



Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|------------------------|------|-----------------------------------|---------|
| 1 | (842) | 1. | M | Ackermann, Johann | 1984 | Kölner Triathlon Team 01 | 0:33:35 |
| 2 | (896) | 2. | M | Schramm, Till | 1985 | SV Bergisch Gladbach 1920/71 | 0:34:26 |
| 3 | (642) | 1. | M40 | Schneider, Norbert | 1968 | Bunert Running Team/ TV Refrath | 0:35:09 |
| 4 | (859) | 1. | M45 | Heuschen, Dirk | 1964 | TV Refrath | 0:35:17 |
| 5 | (161) | 2. | M40 | Schmidt, Mario Michael | 1971 | Köln Triathlon e.V. | 0:35:39 |
| 6 | (686) | 3. | M40 | Di Dio, Salvatore | 1972 | LKD Düsseldorf | 0:36:17 |
| 7 | (41) | 1. | M35 | Fischer, Gert | 1974 | ASV Köln Triathlon | 0:36:19 |
| 8 | (706) | 1. | M55 | Paulitschke, Wilfried | 1957 | ASICS Frontrunner | 0:36:34 |
| 9 | (848) | 4. | M40 | Plohmann, Stefan | 1972 | Freestyle-Plohmann.de | 0:36:35 |
| 10 | (644) | 1. | MJ U20 | Schommers, Lukas | 1993 | Albis Lauftreff | 0:36:39 |
| 11 | (365) | 2. | M45 | Lohmann, Peter | 1965 | SC Bayer 05 Uerdingen | 0:36:40 |
| 12 | (901) | 1. | M30 | Nolte, Benedikt | 1978 | Bunert Running Team | 0:36:52 |
| 13 | (169) | 1. | M50 | Schneider, Thomas | 1962 | SSG Königswinter | 0:36:55 |
| 14 | (319) | 2. | M35 | Wallmen, Sören | 1977 | Kölner Triathlon Team 01 | 0:36:55 |
| 15 | (850) | 3. | M45 | Sambale, Thomas | 1965 | ASICS Frontrunner | 0:37:07 |
| 16 | (20) | 3. | M35 | Breunung, Dirk | 1976 | TEA | 0:37:08 |
| 17 | (287) | 3. | M | Rühe, Stephan | 1983 | TriathlonSteckelCologne | 0:37:22 |
| 18 | (831) | 5. | M40 | Niemann, Christoph | 1968 | LG Gummersbach | 0:37:23 |
| 19 | (893) | 2. | M30 | Lütkefent, Jan | 1982 | Run ² by Runners Point | 0:37:32 |
| 20 | (884) | 4. | M35 | Mc Guire, Stephan | 1975 | TV Refrath | 0:37:43 |
| 21 | (902) | 5. | M35 | van de Weyer, Stephan | 1975 | Bunert Running Team | 0:37:45 |
| 22 | (820) | 4. | M45 | Franssen, Andreas | 1963 | TV Refrath | 0:37:50 |
| 23 | (835) | 5. | M45 | Nicolay, Thomas | 1964 | SSG Königswinter | 0:37:51 |
| 24 | (232) | 6. | M45 | Fischer, Stefan | 1963 | ASV Köln Triathlon | 0:37:54 |
| 25 | (257) | 6. | M35 | Kurz, Till Robin | 1973 | MACH3 Köln | 0:37:56 |
| 26 | (276) | 6. | M40 | Poischen, Thomas | 1970 | RheinEnergie AG | 0:38:02 |
| 27 | (867) | 7. | M40 | Schneider, Thomas | 1969 | LG RWE Power | 0:38:13 |
| 28 | (178) | 3. | M30 | Senkyr, Martin | 1981 | Tri Power Rhein Sieg | 0:38:14 |
| 29 | (243) | 8. | M40 | Hoßbach, Markus | 1969 | Tri Power Rhein Sieg | 0:38:15 |
| 30 | (888) | 4. | M30 | Groneuer, Christoph | 1979 | ASV Köln Triathlon | 0:38:22 |
| 31 | (582) | 5. | M30 | Deli , Housein | 1979 | LSG Wind Immobilien | 0:38:28 |
| 32 | (689) | 2. | M50 | Ruhnke, Robert | 1958 | Bewegungsfelder | 0:38:37 |
| 33 | (913) | 7. | M35 | Wagner, Nils | 1976 | TuS Naunheim | 0:38:48 |
| 34 | (862) | 7. | M45 | Stephan, Matthias | 1963 | LT TUS Meindorf | 0:38:51 |
| 35 | (853) | 6. | M30 | Futschik, Daniel | 1982 | LC Weilerswist | 0:39:07 |
| 36 | (248) | 9. | M40 | Jatzlau, Guido | 1971 | | 0:39:07 |
| 37 | (133) | 8. | M35 | Preuß, Alexander | 1974 | VfL Engelskirchen | 0:39:12 |
| 38 | (74) | 10. | M40 | Hufnagel, Carsten | 1969 | Team Bauchfleisch | 0:39:21 |
| 39 | (32) | 3. | M50 | Dudley, Richard-James | 1961 | | 0:39:22 |
| 40 | (865) | 9. | M35 | Kings, Simon | 1977 | TriTeam MountainHome | 0:39:23 |
| 41 | (349) | 10. | M35 | Hammermeister, Thomas | 1973 | Team Erdinger Alkoholfrei | 0:39:40 |
| 42 | (162) | 8. | M45 | Schmidt, Markus | 1967 | | 0:39:44 |
| 43 | (300) | 9. | M45 | Sommershof, Joachim | 1963 | PSV Bonn Triathlon | 0:39:49 |
| 44 | (743) | 10. | M45 | Mauter, Jörg | 1965 | Wiehlaler LC | 0:40:01 |



Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|----------------------|------|------------------------------|---------|
| 45 | (259) | 11. | M40 | Land, Rolf | 1970 | MACH3 Köln | 0:40:02 |
| 46 | (335) | 11. | M45 | Bracht, Dirk | 1966 | Mach3 Köln | 0:40:11 |
| 47 | (627) | 12. | M45 | Ollig, Arndt | 1965 | Running at Cologne | 0:40:12 |
| 48 | (82) | 12. | M40 | Keloudis, Georgios | 1969 | LG Gummersbach | 0:40:18 |
| 49 | (910) | 11. | M35 | Niemann, Daniel | 1975 | LSG Wind Immobilien | 0:40:21 |
| 50 | (240) | 7. | M30 | Hamm, Mario | 1978 | | 0:40:23 |
| 51 | (854) | 13. | M45 | Hiesch, Claus-Peter | 1963 | VfL Kommern | 0:40:24 |
| 52 | (283) | 14. | M45 | Rocheteau, Dominique | 1965 | LG Gummersbach | 0:40:25 |
| 53 | (324) | 4. | M50 | Wolff, Udo | 1962 | LG Gummersbach | 0:40:32 |
| 54 | (895) | 15. | M45 | Heitkamp, Michael | 1964 | SV AXA | 0:40:38 |
| 55 | (660) | 16. | M45 | Wotzlaw, Mathias | 1963 | ASV Köln Triathlon | 0:40:41 |
| 56 | (904) | 17. | M45 | Plewnia, Roman | 1964 | DJK Marienstatt | 0:40:47 |
| 57 | (377) | 4. | M | Nöthen, Thomas | 1987 | TV 1908 Neunkirchen e.V. | 0:40:56 |
| 58 | (10) | 12. | M35 | Baltes, Achim | 1975 | | 0:41:00 |
| 59 | (856) | 13. | M35 | Tochel, Carsten | 1973 | TSV Bayer 04 Leverkusen | 0:41:05 |
| 60 | (348) | 14. | M35 | Gutschke, Nils | 1976 | Mach3 Köln | 0:41:06 |
| 61 | (915) | 5. | M | Haasner, Olaf | 1987 | DSHS Köln | 0:41:09 |
| 62 | (611) | 1. | W35 | Kopatschek, Anne | 1975 | MACH3 Köln | 0:41:12 |
| 63 | (108) | 18. | M45 | Mädje, Ingo | 1963 | Union Biesfeld Triathlon | 0:41:13 |
| 64 | (880) | 19. | M45 | Blissenbach, Gerd | 1963 | SV Bergisch Gladbach 1920/71 | 0:41:19 |
| 65 | (906) | 13. | M40 | Timme, Volker | 1969 | | 0:41:25 |
| 66 | (584) | 5. | M50 | Dötzer, Günter | 1961 | SV Pretzfeld (Oberfranken) | 0:41:40 |
| 67 | (277) | 15. | M35 | Pörsch, Michael | 1973 | Laufmonster | 0:41:47 |
| 68 | (807) | 6. | M50 | Böcker, Thorsten | 1962 | Breite Heide | 0:41:49 |
| 69 | (114) | 14. | M40 | Müll, Stephan | 1970 | STORM-Team Triathlon | 0:41:55 |
| 70 | (129) | 20. | M45 | Pfolk, Dieter | 1963 | Laufzentrum Martinstraße | 0:42:02 |
| 71 | (357) | 16. | M35 | Ibarburu, Sylvain | 1975 | | 0:42:06 |
| 72 | (116) | 15. | M40 | Müller, Josef | 1968 | LT Grafenschaft | 0:42:13 |
| 73 | (819) | 7. | M50 | Schnödewind, Uwe | 1960 | RTC Frechen 80 | 0:42:14 |
| 74 | (887) | 17. | M35 | Fritz, Thomas | 1975 | LSG Wind Immobilien | 0:42:15 |
| 75 | (741) | 8. | M50 | Blöcker, Thomas | 1962 | Meckenheim | 0:42:16 |
| 76 | (905) | 16. | M40 | Liedtke, Olaf | 1969 | DJK Coesfeld | 0:42:19 |
| 77 | (649) | 1. | W30 | Steinberg, Steffi | 1981 | Tri Power Rhein Sieg | 0:42:20 |
| 78 | (794) | 21. | M45 | Grimberg, Christoph | 1965 | SV 09/35 Wermelskirchen | 0:42:34 |
| 79 | (852) | 17. | M40 | Hölzer, Thomas | 1969 | Team Carboo4U | 0:42:40 |
| 80 | (4) | 2. | M55 | Arndt, Hartmut | 1957 | ASV Köln Triathlon | 0:42:42 |
| 81 | (274) | 18. | M40 | Petersen, Sven | 1970 | GSV Porz | 0:42:44 |
| 82 | (28) | 18. | M35 | Dahm, Martin | 1973 | | 0:42:48 |
| 83 | (103) | 19. | M35 | Last, Christoph | 1977 | LG Ebberock | 0:42:51 |
| 84 | (917) | 19. | M40 | King, Gerard | 1972 | | 0:42:51 |
| 85 | (31) | 20. | M40 | Dreesbach, Dirk | 1968 | LC Weilerswist | 0:42:54 |
| 86 | (397) | 21. | M40 | Wank, Michael | 1969 | LT Hennef/Sieg | 0:42:58 |
| 87 | (278) | 22. | M45 | Prause, Stefan | 1965 | TSV Bayer 04 Leverkusen | 0:43:01 |
| 88 | (102) | 8. | M30 | Land, Matthias | 1980 | | 0:43:13 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-------|--------------------------|------|--------------------------|---------|
| 89 | (51) | 20. | M35 | Gatzen, Harald | 1975 | CENTRAL-Team | 0:43:15 |
| 90 | (89) | 23. | M45 | Knepper, Michael | 1963 | Marathon Mülheim | 0:43:22 |
| 91 | (832) | 24. | M45 | Müller, Ralph | 1963 | LT Düsseldorf-Süd | 0:43:25 |
| 92 | (818) | 1. | W45 | Lennartz, Birgit | 1965 | LLG St.Augustin | 0:43:29 |
| 93 | (668) | 22. | M40 | Zupan, Christian | 1969 | | 0:43:30 |
| 94 | (86) | 23. | M40 | Klenke, Thorsten | 1970 | h.i.t.s.@jogmap | 0:43:33 |
| 95 | (869) | 24. | M40 | Hartmann, Frederik | 1968 | TV Refrath | 0:43:39 |
| 96 | (175) | 3. | M55 | Schumacher, Hans Heinz | 1954 | BSG Delphi Draka | 0:43:42 |
| 97 | (120) | 25. | M40 | Niekrawietz, Peter | 1968 | | 0:43:44 |
| 98 | (113) | 25. | M45 | Morillas, Antonio | 1966 | | 0:43:44 |
| 99 | (374) | 26. | M40 | Mühlwinkel, Oliver | 1971 | | 0:43:48 |
| 100 | (775) | 2. | W45 | Weißengel, Hilu | 1964 | TuS Deutz | 0:43:50 |
| 101 | (719) | 4. | M55 | Mielczarek, Norbert | 1955 | Rhein Erft Akademie | 0:43:50 |
| 102 | (2) | 26. | M45 | Arens, Norbert | 1963 | Merlin-Runners | 0:43:52 |
| 103 | (118) | 5. | M55 | Müller, Wolfgang | 1956 | VfL Engelskirchen | 0:43:59 |
| 104 | (329) | 21. | M35 | Armbrust, Michael | 1974 | LT Hennef/Sieg | 0:44:04 |
| 105 | (863) | 27. | M45 | Rinas, R. | 1963 | | 0:44:06 |
| 106 | (38) | 28. | M45 | Euler, Michael | 1964 | Mimavoca Langel | 0:44:10 |
| 107 | (748) | 22. | M35 | Longert, David | 1976 | Bunert Running Team | 0:44:20 |
| 108 | (737) | 23. | M35 | Mech, Mario | 1974 | Rockaway Shanty | 0:44:26 |
| 109 | (256) | 24. | M35 | Krapohl, Sven | 1974 | | 0:44:27 |
| 110 | (265) | 6. | M55 | Maurer, Franz | 1955 | LT Grafschaft | 0:44:33 |
| 111 | (898) | 27. | M40 | Albert, David | 1972 | | 0:44:35 |
| 112 | (228) | 2. | W30 | Düweke, Judith Düweke | 1980 | Non-Stop-Ultra | 0:44:38 |
| 113 | (785) | 1. | M60 | Pohle, Gerhard | 1950 | LLG St.Augustin | 0:44:41 |
| 114 | (878) | 29. | M45 | Dinter, Martin | 1967 | | 0:44:41 |
| 115 | (205) | 1. | M U23 | Wieczorreck, Kay Yannick | 1991 | | 0:44:44 |
| 116 | (173) | 30. | M45 | Schröder, Wolfgang | 1967 | Union Biesfeld Triathlon | 0:44:44 |
| 117 | (222) | 6. | M | Buckenmayer, Jan | 1987 | | 0:44:45 |
| 118 | (299) | 25. | M35 | Slotosch, Marco | 1977 | Triathlon Team Hennef | 0:44:46 |
| 119 | (872) | 3. | W30 | Jensen, Tina | 1981 | PSV Bonn Triathlon | 0:44:50 |
| 120 | (875) | 4. | W30 | Hohage, Anna | 1978 | PSV Bonn Triathlon | 0:44:50 |
| 121 | (871) | 5. | W30 | Sautter, Julia | 1982 | PSV Bonn Triathlon | 0:44:50 |
| 122 | (268) | 28. | M40 | Müller, Stephan | 1970 | G8 | 0:44:58 |
| 123 | (236) | 7. | M55 | Gerber, Peter | 1955 | REINSHAGENER TURNERBUND | 0:45:00 |
| 124 | (585) | 31. | M45 | Drees, Volker | 1966 | | 0:45:07 |
| 125 | (810) | 9. | M50 | Manthei, Christian | 1962 | ERGO sports Köln | 0:45:07 |
| 126 | (800) | 3. | W45 | Neumann, Ines | 1966 | SV 09/35 Wermelskirchen | 0:45:10 |
| 127 | (390) | 4. | W45 | Singer, Sabine | 1967 | TV Refrath | 0:45:12 |
| 128 | (588) | 32. | M45 | Eschbach, Ralf | 1963 | VfL Engelskirchen | 0:45:14 |
| 129 | (168) | 33. | M45 | Schneider, Reiner | 1965 | Lauflöwe 65 | 0:45:16 |
| 130 | (207) | 34. | M45 | Wiesmann, Ingo | 1967 | RTB Remscheid | 0:45:19 |
| 131 | (322) | 1. | W55 | Wilbrand, Ulrike | 1955 | LG Südsauerland | 0:45:29 |
| 132 | (641) | 6. | W30 | Schillings, Stefanie | 1981 | TRC Essen 84 | 0:45:32 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|-----------------------|------|---------------------------------|---------|
| 133 | (874) | 35. | M45 | Dreesbach, Rudolf | 1966 | LT Siebengebirge | 0:45:36 |
| 134 | (145) | 10. | M50 | Rohland, Bernd | 1960 | PSV Bonn Triathlon | 0:45:40 |
| 135 | (630) | 7. | W30 | Otten, Sylvia | 1981 | | 0:45:40 |
| 136 | (269) | 5. | W45 | Niedrig, Uta | 1966 | RTB Remscheid Marathonteam | 0:45:44 |
| 137 | (35) | 11. | M50 | Eidmann, Volker | 1960 | | 0:45:47 |
| 138 | (597) | 2. | W35 | Garve, Agnes | 1975 | Mach3 | 0:45:50 |
| 139 | (158) | 36. | M45 | Scheidler, Uwe | 1963 | Solorunners | 0:45:51 |
| 140 | (767) | 8. | M55 | Herzog, Christoph | 1955 | Postbank Köln | 0:45:56 |
| 141 | (603) | 37. | M45 | Höhmänn, Dr. Marc | 1964 | | 0:45:59 |
| 142 | (333) | 12. | M50 | Bode, Andreas | 1958 | Empire Triathlon Club New York | 0:46:00 |
| 143 | (841) | 13. | M50 | Quirbach, Jürgen | 1960 | Tri Power Rhein Sieg | 0:46:01 |
| 144 | (288) | 14. | M50 | Sanno, Martin | 1959 | Prosecco-Lauf | 0:46:03 |
| 145 | (382) | 7. | M | Sanno, Maximilian | 1985 | | 0:46:04 |
| 146 | (907) | 38. | M45 | Heinrichs, Alex | 1966 | TriAlex | 0:46:06 |
| 147 | (156) | 15. | M50 | Schaffarczyk, Bernd | 1960 | | 0:46:11 |
| 148 | (590) | 2. | M60 | Feindt, Reinhard | 1950 | Sg Bockenbergs Bensberg | 0:46:14 |
| 149 | (804) | 3. | M60 | Wüst, Hans-Werner | 1950 | | 0:46:15 |
| 150 | (766) | 1. | M65 | Haude, Franz | 1945 | TSV Rönsahl | 0:46:22 |
| 151 | (358) | 1. | W40 | Janssen, Sylvia | 1969 | Tri-Team TV Schiefbahn | 0:46:23 |
| 152 | (188) | 26. | M35 | Torun, Önder | 1974 | | 0:46:23 |
| 153 | (861) | 29. | M40 | Elvenkemper, Andreas | 1968 | | 0:46:24 |
| 154 | (916) | 30. | M40 | Krannich, Michael | 1970 | | 0:46:35 |
| 155 | (312) | 8. | W30 | Urbansky, Christine | 1981 | ASV Köln Triathlon | 0:46:39 |
| 156 | (239) | 16. | M50 | Grimm, Manfred | 1962 | 1. Kölner Laufstall | 0:46:41 |
| 157 | (378) | 9. | M30 | Osterritter, Benjamin | 1981 | ATSV Marlon | 0:46:45 |
| 158 | (309) | 39. | M45 | Thiemermann, Norbert | 1963 | Kölner Ausdauer- und Laufschule | 0:46:47 |
| 159 | (855) | 17. | M50 | Zimmermann, Ralf | 1961 | LG Eifel Runners | 0:46:50 |
| 160 | (179) | 27. | M35 | Siegemund, Sven | 1977 | TV Witzhelden | 0:46:52 |
| 161 | (332) | 4. | M60 | Bleibaum, Ernesto | 1952 | BSG BML Bonn | 0:46:55 |
| 162 | (307) | 28. | M35 | Taschner, Marco | 1973 | | 0:46:57 |
| 163 | (864) | 10. | M30 | Vogt, Dirk-Steffen | 1979 | | 0:46:59 |
| 164 | (690) | 18. | M50 | Stilez, Christian | 1961 | TSV Bayer 04 Leverkusen | 0:47:03 |
| 165 | (282) | 9. | W30 | Renner, Frauke | 1980 | | 0:47:08 |
| 166 | (275) | 19. | M50 | Pinner, Thomas | 1961 | DJK Frankonia Porz | 0:47:10 |
| 167 | (839) | 20. | M50 | Boven, Josef | 1961 | | 0:47:12 |
| 168 | (381) | 2. | M65 | Runge, Günther | 1947 | VfL Engelskirchen | 0:47:13 |
| 169 | (616) | 31. | M40 | Langen, Mike | 1972 | Et jeht immer Jraaduss | 0:47:15 |
| 170 | (218) | 8. | M | Barton, Tobias | 1985 | | 0:47:15 |
| 171 | (296) | 11. | M30 | Schröder, Rene | 1978 | | 0:47:17 |
| 172 | (817) | 5. | M60 | Levermann, Werner | 1949 | Ford FCSD | 0:47:17 |
| 173 | (290) | 40. | M45 | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 0:47:18 |
| 174 | (752) | 2. | W40 | Tückmantel, Nicole | 1971 | BSG Delphi Draka | 0:47:18 |
| 175 | (847) | 3. | W40 | Erdmann, Sonja | 1969 | ASV Köln | 0:47:21 |
| 176 | (399) | 2. | MJ U20 | Wolf, Fabian | 1994 | TPSK | 0:47:21 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|-------------------------|------|----------------------------|---------|
| 177 | (185) | 9. | M55 | Stollwerk, Udo | 1953 | RTB Remscheid Marathonteam | 0:47:22 |
| 178 | (291) | 21. | M50 | Scheu, Peter | 1960 | | 0:47:23 |
| 179 | (315) | 29. | M35 | Volmer, Martin | 1977 | | 0:47:24 |
| 180 | (634) | 22. | M50 | Podzus, Horst | 1961 | | 0:47:25 |
| 181 | (91) | 10. | M55 | Köngeter, Hans | 1954 | SCB Horrem | 0:47:26 |
| 182 | (623) | 12. | M30 | Müller, Stefan | 1979 | Wind Immobilien | 0:47:30 |
| 183 | (33) | 13. | M30 | Egger, Andy | 1978 | Team Handelshof | 0:47:30 |
| 184 | (909) | 30. | M35 | Wind, Sebastian | 1977 | LSG Wind Immobilien | 0:47:30 |
| 185 | (25) | 14. | M30 | Castellaneta, Mario | 1980 | LSG Wind Immobilien | 0:47:30 |
| 186 | (40) | 31. | M35 | Firmin, Patrick | 1977 | | 0:47:30 |
| 187 | (160) | 32. | M35 | Schlausch, Dominik | 1974 | | 0:47:31 |
| 188 | (320) | 15. | M30 | Weber, Dominic | 1980 | | 0:47:31 |
| 189 | (131) | 32. | M40 | Potreck, Frank | 1971 | Team Erdinger Alkoholfrei | 0:47:34 |
| 190 | (12) | 41. | M45 | Barkholz, Andreas | 1967 | Henkel Ausbildung | 0:47:40 |
| 191 | (196) | 23. | M50 | Waldoff, Michael | 1961 | ASV Köln | 0:47:41 |
| 192 | (868) | 9. | M | Schmitz, Wolfgang | 1955 | LA TUS Mayen | 0:47:43 |
| 193 | (883) | 33. | M40 | Zielke, Christian | 1972 | | 0:47:51 |
| 194 | (107) | 42. | M45 | Ley, Thomas | 1965 | LT Rösratherstraße | 0:47:54 |
| 195 | (225) | 1. | W50 | Cordes, Ulla | 1960 | LG Südsauerland | 0:47:55 |
| 196 | (903) | 6. | W45 | Plewnia, Moni | 1966 | DJK Marienstatt | 0:47:56 |
| 197 | (688) | 43. | M45 | Kürpig, Jürgen | 1964 | | 0:47:58 |
| 198 | (80) | 24. | M50 | Katz, Alexander | 1961 | | 0:48:01 |
| 199 | (890) | 3. | W35 | Steinbusch, Ute | 1974 | | 0:48:01 |
| 200 | (234) | 44. | M45 | Friede, Matthias | 1967 | | 0:48:03 |
| 201 | (815) | 10. | M | Schorde, Christoph | 1983 | | 0:48:10 |
| 202 | (674) | 34. | M40 | Pahlow, Lars | 1970 | | 0:48:13 |
| 203 | (676) | 25. | M50 | Brodowski, Günter | 1960 | | 0:48:18 |
| 204 | (127) | 3. | MJ U20 | Pfannenschmidt, Nils | 1993 | LC Weilerswist | 0:48:20 |
| 205 | (128) | 45. | M45 | Pfannenschmidt, Timo | 1966 | LC Weilerswist | 0:48:20 |
| 206 | (681) | 2. | M U23 | Butz, Gerrit | 1991 | Freiwillige Feuerwehr Eil | 0:48:28 |
| 207 | (260) | 35. | M40 | Lehr, Achim | 1968 | | 0:48:29 |
| 208 | (238) | 11. | M55 | Göbel, Harald | 1954 | ssf bonn | 0:48:31 |
| 209 | (164) | 36. | M40 | Schmidt-Krayer, Jan | 1969 | | 0:48:32 |
| 210 | (189) | 26. | M50 | Trost, Stefan | 1958 | Laufzentrum Martinstraße | 0:48:34 |
| 211 | (325) | 12. | M55 | Wrampelmeyer, Christian | 1953 | | 0:48:34 |
| 212 | (119) | 16. | M30 | Niehaus, Marco | 1980 | | 0:48:36 |
| 213 | (190) | 11. | M | Virnich, Dennis | 1983 | DJK Blumenthal | 0:48:39 |
| 214 | (192) | 33. | M35 | von Niswandt, Timo | 1973 | ERGO sports Köln | 0:48:41 |
| 215 | (860) | 37. | M40 | Schallenberg, Jörg | 1968 | FWVK | 0:48:44 |
| 216 | (264) | 2. | W50 | Mataré, Birgit | 1962 | TPSK | 0:48:45 |
| 217 | (197) | 46. | M45 | Walpert, Jens | 1966 | MACH3 Köln | 0:48:49 |
| 218 | (894) | 12. | M | Schmitz, Sebastian | 1988 | MACH3 Köln | 0:48:52 |
| 219 | (879) | 38. | M40 | Zyzik, Gunna | 1970 | | 0:48:52 |
| 220 | (249) | 47. | M45 | Kai, Kühne | 1966 | | 0:48:54 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|-------------------------|------|----------------------------|---------|
| 221 | (840) | 27. | M50 | Grassmann, Robert | 1958 | | 0:49:01 |
| 222 | (26) | 17. | M30 | Claus, Marco | 1978 | | 0:49:05 |
| 223 | (773) | 7. | W45 | Göbel, Claudia | 1966 | TV 1843 Dillenburg | 0:49:09 |
| 224 | (822) | 13. | M55 | Risch, Joachim | 1955 | | 0:49:16 |
| 225 | (811) | 28. | M50 | Reifferscheid, Paul | 1959 | MACH3 Köln | 0:49:18 |
| 226 | (796) | 29. | M50 | Hessenbruch, Axel | 1961 | SV Wermelskirchen 09 | 0:49:20 |
| 227 | (849) | 39. | M40 | Fiedler, Bernhard | 1971 | | 0:49:25 |
| 228 | (873) | 48. | M45 | Kremer, Franz | 1963 | LT Hennef/Sieg | 0:49:30 |
| 229 | (220) | 18. | M30 | Bruns, Daniel | 1981 | | 0:49:33 |
| 230 | (59) | 49. | M45 | Hansen, Christoph | 1965 | Cologne Allblacks | 0:49:36 |
| 231 | (846) | 30. | M50 | Döring, Uwe | 1958 | HAT Köln | 0:49:37 |
| 232 | (241) | 19. | M30 | Heinze, Tobias | 1981 | | 0:49:38 |
| 233 | (100) | 8. | W45 | Küttner, Christiane | 1967 | ASV Köln Triathlon | 0:49:41 |
| 234 | (5) | 31. | M50 | Audehm, Dr. Uwe | 1960 | Alfterer SC | 0:49:42 |
| 235 | (30) | 50. | M45 | Djamalpour, Darius | 1964 | Team Erdinger Alkoholfrei | 0:49:47 |
| 236 | (395) | 40. | M40 | Vogel, Jörg | 1969 | vogel | 0:49:48 |
| 237 | (834) | 6. | M60 | Niemann, Heribert | 1949 | 1.BC Bevel | 0:49:49 |
| 238 | (70) | 41. | M40 | Hoffmann, Dirk | 1969 | | 0:49:50 |
| 239 | (258) | 51. | M45 | Kusch, Thomas | 1965 | PSV Bonn Triathlon | 0:49:50 |
| 240 | (355) | 4. | W40 | Holtkamp, Kamilla | 1972 | | 0:49:55 |
| 241 | (233) | 4. | MJ U20 | Forsch, Axel | 1994 | TPSK | 0:49:55 |
| 242 | (372) | 52. | M45 | Mottweiler, Jürgen | 1965 | | 0:49:56 |
| 243 | (821) | 7. | M60 | Kersting, Friedel | 1950 | | 0:49:57 |
| 244 | (912) | 53. | M45 | Nuber, Michael | 1966 | TriCologne | 0:49:57 |
| 245 | (159) | 34. | M35 | Schink, Oliver | 1977 | Rather Flitzer | 0:50:01 |
| 246 | (360) | 14. | M55 | Kals, Leo | 1954 | | 0:50:02 |
| 247 | (368) | 20. | M30 | Lüsebrink, Sebastian | 1980 | BSG Sparkasse Gummersbach- | 0:50:03 |
| 248 | (635) | 32. | M50 | Reese, Uwe | 1958 | ASV Köln | 0:50:07 |
| 249 | (301) | 35. | M35 | Soulivongsak, Vanhnasay | 1973 | BCT-TOURISTIK | 0:50:13 |
| 250 | (327) | 21. | M30 | Andersson, Niko | 1978 | | 0:50:14 |
| 251 | (112) | 33. | M50 | Mischke, Gerhard | 1959 | Vaselino Quattro | 0:50:29 |
| 252 | (836) | 34. | M50 | Band, Harald | 1962 | Feuerwehr Frechen | 0:50:32 |
| 253 | (147) | 35. | M50 | Röhrig, Thomas | 1958 | TroisdorfHotwheels | 0:50:33 |
| 254 | (343) | 54. | M45 | Emkes, Lars | 1964 | BSG RheinEnergie | 0:50:36 |
| 255 | (908) | 42. | M40 | Thelen, Christian | 1968 | | 0:50:36 |
| 256 | (52) | 55. | M45 | Geppert, Dietmar | 1967 | | 0:50:40 |
| 257 | (598) | 36. | M50 | Graf, Dr. Andreas | 1958 | | 0:50:43 |
| 258 | (911) | 43. | M40 | Carle, Thomas | 1969 | | 0:50:44 |
| 259 | (136) | 8. | M60 | Rabenbauer, Roland | 1951 | Prosecco-Lauf | 0:50:44 |
| 260 | (230) | 10. | W30 | Eßer, Liisa | 1981 | KSG Köln | 0:50:48 |
| 261 | (21) | 9. | M60 | Bucks, Hermann | 1950 | | 0:50:51 |
| 262 | (897) | 5. | W40 | Kurschildgen, Alice | 1972 | | 0:50:53 |
| 263 | (680) | 37. | M50 | Robl, Joachim | 1960 | | 0:50:54 |
| 264 | (330) | 38. | M50 | Becker, Reinhard | 1960 | | 0:50:58 |



Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|---------------------------|------|--------------------------|---------|
| 265 | (824) | 39. | M50 | Hauser, Peter | 1962 | Fifty minutes | 0:51:01 |
| 266 | (661) | 36. | M35 | Zeug, Alexander | 1974 | | 0:51:02 |
| 267 | (79) | 56. | M45 | Kaiser, Stephan | 1967 | ERGO sports Köln | 0:51:02 |
| 268 | (280) | 1. | W | Preussner, Marie | 1987 | | 0:51:06 |
| 269 | (279) | 9. | W45 | Preussner, Catrin | 1965 | | 0:51:06 |
| 270 | (63) | 37. | M35 | Heering, Karl-Richard | 1977 | | 0:51:07 |
| 271 | (891) | 22. | M30 | Müller, Janis | 1981 | Hochtief | 0:51:12 |
| 272 | (157) | 15. | M55 | Schall, Manfred | 1955 | Tus 82 Opladen | 0:51:12 |
| 273 | (892) | 4. | W35 | Rosen, Sabine | 1977 | MACH3 Köln | 0:51:13 |
| 274 | (61) | 2. | W | Harnau, Yvonne | 1987 | Gipfelstürmer Vorgebirge | 0:51:14 |
| 275 | (665) | 2. | W55 | Suhr, Monika | 1957 | | 0:51:25 |
| 276 | (126) | 40. | M50 | Peter, Ronald | 1960 | HLG 98 Wuppertal | 0:51:27 |
| 277 | (194) | 16. | M55 | Voss, Herbert | 1954 | Henkel Ausbildung | 0:51:37 |
| 278 | (801) | 10. | M60 | Pauly, Thomas | 1952 | | 0:51:43 |
| 279 | (826) | 11. | M60 | Okamoto, Shinchi | 1950 | | 0:51:44 |
| 280 | (187) | 10. | W45 | Thein, Sylvia | 1963 | Henkel Ausbildung | 0:51:44 |
| 281 | (844) | 44. | M40 | Martinez, Carlos | 1972 | | 0:51:46 |
| 282 | (751) | 17. | M55 | Grunert, Uwe | 1954 | DJK Löwe | 0:51:51 |
| 283 | (16) | 57. | M45 | Bitzer, Traugott | 1967 | LSV Halver | 0:51:53 |
| 284 | (663) | 6. | W40 | Wahl, Susanne | 1968 | | 0:51:56 |
| 285 | (837) | 41. | M50 | Dittrich, Ulrich | 1960 | Energiekoeln.de | 0:51:57 |
| 286 | (828) | 58. | M45 | Heuschötter, Klaus | 1964 | Fifty minutes | 0:51:58 |
| 287 | (305) | 42. | M50 | Stephan, Burghardt | 1961 | www.idaa.de | 0:52:01 |
| 288 | (776) | 43. | M50 | Weissensel, Alexander | 1958 | TuS Deutz | 0:52:13 |
| 289 | (914) | 59. | M45 | Neugebauer, Markus | 1967 | | 0:52:20 |
| 290 | (321) | 11. | W30 | Weishaupt, Ursula | 1980 | | 0:52:23 |
| 291 | (735) | 3. | W55 | Spahrkäs, Ulrike | 1956 | | 0:52:23 |
| 292 | (58) | 44. | M50 | Gutmann, Matthias | 1959 | DJK Marienstatt | 0:52:30 |
| 293 | (93) | 7. | W40 | Kosmol, Heike | 1970 | ESV Gremberghoven | 0:52:34 |
| 294 | (272) | 3. | W50 | Paasovaara-Aulbach, Sisko | 1959 | Prosecco-Lauf | 0:52:38 |
| 295 | (764) | 1. | M70 | Meyer, Werner | 1941 | TTG Radevormwald | 0:52:41 |
| 296 | (213) | 45. | M50 | Wurda, Werner | 1960 | SC Fortuna Köln | 0:52:53 |
| 297 | (673) | 46. | M50 | Heße, Axel | 1958 | | 0:52:55 |
| 298 | (918) | 12. | W30 | Markowitz, Mona | 1982 | | 0:52:58 |
| 299 | (135) | 4. | W50 | Rabenbauer, Gabi | 1959 | Prosecco-Lauf | 0:53:05 |
| 300 | (310) | 38. | M35 | Thöne, Christian | 1975 | | 0:53:13 |
| 301 | (626) | 39. | M35 | Olberts, Jens | 1976 | | 0:53:13 |
| 302 | (148) | 45. | M40 | Roll, Andreas | 1970 | Skiclub Olpe | 0:53:13 |
| 303 | (37) | 5. | W50 | Eschment-Schnitzler, Ruth | 1958 | Running TV Bedburg | 0:53:16 |
| 304 | (295) | 40. | M35 | Schorn, Michael | 1974 | | 0:53:19 |
| 305 | (253) | 60. | M45 | Koch, Frank | 1966 | | 0:53:25 |
| 306 | (210) | 13. | M | Winter, Chris | 1987 | | 0:53:41 |
| 307 | (251) | 3. | M65 | Kies, Heinrich | 1947 | | 0:53:41 |
| 308 | (73) | 61. | M45 | Hoppe, Thomas | 1963 | | 0:53:44 |



Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-------|-----------------------|------|--------------------------|---------|
| 309 | (177) | 46. | M40 | Seeland, Thomas | 1969 | Team NY Marathon 2012 | 0:53:51 |
| 310 | (183) | 2. | M70 | Steinke, Gerhard | 1942 | | 0:53:58 |
| 311 | (153) | 41. | M35 | Ruschmeier, Sebastian | 1974 | Fanclub Linda & Karl | 0:54:03 |
| 312 | (137) | 6. | W50 | Ramb, Birgit | 1961 | | 0:54:12 |
| 313 | (812) | 7. | W50 | Göbel, Heike | 1958 | ssf bonn | 0:54:12 |
| 314 | (866) | 42. | M35 | Barner, Markus | 1976 | | 0:54:16 |
| 315 | (367) | 23. | M30 | Lothmann, Thorsten | 1978 | | 0:54:16 |
| 316 | (62) | 47. | M40 | Hazebrouck, Jan-Peter | 1969 | | 0:54:17 |
| 317 | (144) | 62. | M45 | Rieger, Herbert | 1966 | Campinglauf | 0:54:20 |
| 318 | (1) | 43. | M35 | Altemühle, Dirk | 1973 | | 0:54:23 |
| 319 | (632) | 48. | M40 | Pels, Didi | 1969 | 1. FC Köln | 0:54:23 |
| 320 | (8) | 5. | W35 | Azizmohammadi, Monika | 1976 | TSV Hochdahl | 0:54:31 |
| 321 | (36) | 24. | M30 | Engel, Sascha | 1979 | nekoelschefetz | 0:54:33 |
| 322 | (787) | 18. | M55 | Frenser, Uwe | 1955 | Berufsfeuerwehr Köln | 0:54:37 |
| 323 | (226) | 63. | M45 | Cramer, Enno | 1967 | Cramer | 0:54:41 |
| 324 | (76) | 3. | W | Jacobs, Annika | 1983 | Kölner Triathlon Team 01 | 0:54:42 |
| 325 | (376) | 6. | W35 | Nieth, Sonja | 1976 | LT Hennef/Sieg | 0:54:43 |
| 326 | (17) | 64. | M45 | Blass, Frank | 1967 | | 0:54:44 |
| 327 | (180) | 11. | W45 | Siemons, Elisabeth | 1966 | | 0:54:45 |
| 328 | (877) | 49. | M40 | Gremmel, Jens | 1972 | | 0:54:50 |
| 329 | (94) | 44. | M35 | Kottmann, Thorsten | 1974 | | 0:55:02 |
| 330 | (85) | 12. | W45 | Kleesattel, Astrid | 1965 | | 0:55:09 |
| 331 | (200) | 19. | M55 | Weidmann, Wolfgang | 1955 | | 0:55:09 |
| 332 | (57) | 13. | W45 | Guschmann, Monika | 1965 | PSV Bonn Triathlon | 0:55:14 |
| 333 | (154) | 8. | W50 | Rypholz, Monika | 1960 | ASV Köln Triathlon | 0:55:16 |
| 334 | (889) | 45. | M35 | Höttschold, Rainer | 1974 | 1. FC Spich Lauftreff | 0:55:16 |
| 335 | (49) | 4. | M65 | Froböse, Ingo | 1947 | BSG Delphi Draka | 0:55:24 |
| 336 | (899) | 4. | W | Rietzschel, Tina | 1985 | | 0:55:34 |
| 337 | (816) | 1. | M75 | Wettengl, Dietmar | 1935 | TSV Weiss-Köln | 0:55:54 |
| 338 | (143) | 3. | M U23 | Reinartz, Sven | 1992 | 1/2 Marathon Köln rrh. | 0:56:01 |
| 339 | (125) | 65. | M45 | Pagers, Sven | 1966 | ESV Gremberghoven | 0:56:03 |
| 340 | (825) | 9. | W50 | Rotscheidt, Doris | 1958 | Fifty minutes | 0:56:26 |
| 341 | (78) | 3. | M70 | John, Gerd | 1941 | 1/2 Marathon Köln rrh. | 0:56:36 |
| 342 | (14) | 7. | W35 | Becker, Cornell | 1977 | | 0:56:37 |
| 343 | (672) | 12. | M60 | Becker, Claus | 1949 | | 0:56:41 |
| 344 | (385) | 5. | W | Schopper, Nadine | 1985 | ATSV Marlon | 0:56:41 |
| 345 | (304) | 8. | W40 | Steinseifer, Kerstin | 1969 | Tri Power Rhein-Sieg | 0:56:51 |
| 346 | (67) | 47. | M50 | Hildebrandt, Oliver | 1961 | | 0:56:55 |
| 347 | (111) | 14. | W45 | Milz, Anke | 1964 | Team NY Marathon 2012 | 0:56:58 |
| 348 | (270) | 48. | M50 | Nuyken, Jochen | 1961 | TriCologne | 0:57:03 |
| 349 | (15) | 15. | W45 | Bickendorf, Marion | 1963 | Running TV Bedburg | 0:57:06 |
| 350 | (246) | 20. | M55 | Jansegers, André | 1956 | | 0:57:07 |
| 351 | (730) | 10. | W50 | Hoffmann, Andrea | 1959 | TC Kirchhundem | 0:57:15 |
| 352 | (146) | 1. | W U23 | Röhrig, Anni | 1992 | TroisdorfHotwheels | 0:57:15 |



Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|----------------------|------|--------------------|---------|
| 353 | (734) | 21. | M55 | Spahrkäs, Markus | 1955 | | 0:57:18 |
| 354 | (845) | 46. | M35 | Leffelsender, Thomas | 1977 | Löschgruppe Eil | 0:57:26 |
| 355 | (780) | 66. | M45 | Schmitz, Martin | 1967 | | 0:57:37 |
| 356 | (359) | 6. | W | Jegust, Vanessa | 1989 | | 0:57:39 |
| 357 | (648) | 13. | W30 | Siebert, Melanie | 1981 | | 0:57:46 |
| 358 | (255) | 67. | M45 | Kosmol, Robert | 1967 | | 0:58:00 |
| 359 | (293) | 68. | M45 | Schmickler, Andreas | 1964 | | 0:58:08 |
| 360 | (294) | 9. | W40 | Schmickler, Tanja | 1969 | | 0:58:08 |
| 361 | (202) | 69. | M45 | Weiler, Horst | 1965 | TV Kärlich | 0:58:12 |
| 362 | (201) | 16. | W45 | Weiler, Doris | 1965 | TV Kärlich | 0:58:12 |
| 363 | (286) | 14. | W30 | Röwekamp, Mareike | 1981 | MACH3 Köln | 0:58:13 |
| 364 | (633) | 50. | M40 | Philipp, Manfred | 1971 | | 0:58:23 |
| 365 | (829) | 17. | W45 | Bukow, Alexandra | 1967 | | 0:58:46 |
| 366 | (90) | 11. | W50 | Könemann, Sonja | 1959 | ERGO sports Köln | 0:58:47 |
| 367 | (75) | 49. | M50 | Ilsanker, Georg | 1960 | Vaselino Quattro | 0:58:49 |
| 368 | (679) | 50. | M50 | Borkowski, Klaus | 1961 | | 0:58:56 |
| 369 | (314) | 51. | M50 | Volkmer, Rainer | 1961 | LT Sommersberg | 0:59:04 |
| 370 | (292) | 10. | W40 | Schlinge, Susanna | 1971 | | 0:59:12 |
| 371 | (833) | 25. | M30 | Motin, Magali | 1978 | GSV Porz | 0:59:26 |
| 372 | (211) | 18. | W45 | Wolf, Petra | 1965 | ERGO sports Köln | 0:59:33 |
| 373 | (858) | 70. | M45 | Karuth, Volker | 1964 | | 0:59:36 |
| 374 | (208) | 12. | W50 | Wilbert, Sylvia | 1961 | Vaselino Quattro | 0:59:50 |
| 375 | (823) | 1. | W60 | Heller, Marlene | 1952 | | 0:59:59 |
| 376 | (81) | 7. | W | Keller, Isabelle | 1983 | PSV Bonn Triathlon | 1:00:06 |
| 377 | (328) | 8. | W | Appelt, Jennifer | 1984 | | 1:00:08 |
| 378 | (306) | 8. | W35 | Strube, Daniela | 1975 | | 1:00:09 |
| 379 | (786) | 13. | W50 | Frenser, Beate | 1959 | | 1:00:22 |
| 380 | (152) | 4. | M70 | Rückel, Horst | 1940 | LC Euskirchen | 1:00:35 |
| 381 | (203) | 22. | M55 | Weiner, Helmut | 1955 | | 1:00:37 |
| 382 | (749) | 23. | M55 | Salterberg, Klaus | 1953 | | 1:00:52 |
| 383 | (60) | 11. | W40 | Hansen, Nicol | 1968 | Cologne Allblacks | 1:01:24 |
| 384 | (885) | 71. | M45 | Dresbach, Frank | 1967 | Cologne Allblacks | 1:01:24 |
| 385 | (607) | 26. | M30 | Jacobs, Jan Tim | 1979 | | 1:01:33 |
| 386 | (66) | 5. | M65 | Hergarten, Dieter | 1943 | ERGO DIREKT | 1:01:44 |
| 387 | (254) | 19. | W45 | Koch, Simone | 1966 | | 1:02:08 |
| 388 | (827) | 14. | W50 | Weltin, Klaudia | 1960 | Turboschnecken | 1:02:09 |
| 389 | (704) | 6. | M65 | Tutas, Werner | 1947 | Ford | 1:02:20 |
| 390 | (221) | 72. | M45 | Buchta, Michael | 1965 | | 1:02:25 |
| 391 | (303) | 13. | M60 | Ständer, Roland | 1952 | | 1:02:26 |
| 392 | (302) | 14. | M60 | Ständer, Gerhard | 1950 | | 1:02:26 |
| 393 | (223) | 52. | M50 | Caspar, Karl-Heinz | 1962 | | 1:02:26 |
| 394 | (655) | 4. | W55 | Vogel, Carmen | 1954 | | 1:02:42 |
| 395 | (176) | 53. | M50 | Schumann, Sabine | 1961 | Prosecco-Lauf | 1:03:04 |
| 396 | (788) | 5. | W55 | Kühnel, Walli | 1953 | | 1:03:33 |



Overall-Ranking

Lauf (10 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------------|-------|-----|--------|-----------------------------|------|----------------------------|----------------|
| 397 | (109) | 20. | W45 | Meyer, Katja | 1966 | | 1:03:33 |
| 398 | (206) | 24. | M55 | Wiemer, Karl Peter | 1955 | Team Silberfische Solingen | 1:03:34 |
| 399 | (814) | 4. | M U23 | Groenewald, Freeke-Marie | 1990 | | 1:03:41 |
| 400 | (813) | 54. | M50 | Lopez de Quinterra, Alfonso | 1961 | KALS | 1:03:45 |
| 401 | (677) | 7. | M65 | Uebber, Dieter | 1946 | | 1:04:04 |
| 402 | (798) | 15. | W50 | Pfeffer, Evelyn | 1960 | | 1:04:27 |
| 403 | (797) | 5. | M70 | Senst, Wolfram | 1941 | | 1:04:27 |
| 404 | (311) | 21. | W45 | Trautsch, Ines | 1965 | | 1:04:39 |
| 405 | (39) | 9. | W35 | Figueroa Carrasco, Lidia | 1973 | Cologne Allblacks | 1:04:53 |
| 406 | (795) | 2. | M75 | Beckel, Winfried | 1937 | LaV-Bad Godesberg | 1:05:02 |
| 407 | (843) | 47. | M35 | Comuth, Sascha | 1973 | Löschgruppe Eil | 1:05:32 |
| 408 | (851) | 27. | M30 | Neumann, Jessica | 1981 | | 1:06:41 |
| 409 | (870) | 10. | W35 | Steller-Lübke, Manuela | 1977 | | 1:06:47 |
| 410 | (285) | 6. | W55 | Rohrmoser, Felicitas | 1956 | Laufmariechen Köln | 1:07:01 |
| 411 | (289) | 51. | M40 | Scheibenbogen, Markus | 1968 | The Invisibles | 1:07:08 |
| 412 | (231) | 15. | W30 | Fischer, Christina | 1981 | The Invisibles | 1:07:09 |
| 413 | (132) | 11. | W35 | Potreck, Michaela | 1974 | Team Erdinger Alkoholfrei | 1:07:20 |
| 414 | (882) | 52. | M40 | Schmidt, Volker | 1968 | PSC | 1:07:58 |
| 415 | (838) | 5. | MJ U20 | Fiedler, Joschua | 1993 | | 1:08:52 |
| 416 | (263) | 12. | W40 | Loos, Britta | 1971 | TriPower Rhein-Sieg | 1:09:22 |
| 417 | (138) | 16. | W30 | Ratte , Sonja | 1978 | | 1:09:50 |
| 418 | (124) | 17. | W30 | Olberts, Ramona | 1979 | | 1:09:51 |
| 419 | (658) | 22. | W45 | Vukota, Nicola | 1964 | PSV Bonn Triathlon | 1:09:57 |
| 420 | (122) | 73. | M45 | Nolden, Dirk | 1965 | PSV Bonn Triathlon | 1:09:58 |
| 421 | (284) | 7. | W55 | Rohrmoser, Eva-Maria | 1954 | Laufmariechen Köln | 1:13:00 |
| 422 | (87) | 14. | M | Klich, Patrick | 1988 | | 1:13:32 |
| 423 | (318) | 23. | W45 | Wald, Ilona | 1965 | PSV Bonn Triathlon | 2:34:18 |



Wertung nach Geschlecht

Lauf (10 km) - Frauen (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|---------------------------|------|----------------------------|---------|
| 1 | (611) | 1. | W35 | Kopatschek, Anne | 1975 | MACH3 Köln | 0:41:12 |
| 2 | (649) | 1. | W30 | Steinberg, Steffi | 1981 | Tri Power Rhein Sieg | 0:42:20 |
| 3 | (818) | 1. | W45 | Lennartz, Birgit | 1965 | LLG St.Augustin | 0:43:29 |
| 4 | (775) | 2. | W45 | Weißengel, Hilu | 1964 | TuS Deutz | 0:43:50 |
| 5 | (228) | 2. | W30 | Düweke, Judith Düweke | 1980 | Non-Stop-Ultra | 0:44:38 |
| 6 | (872) | 3. | W30 | Jensen, Tina | 1981 | PSV Bonn Triathlon | 0:44:50 |
| 7 | (875) | 4. | W30 | Hohage, Anna | 1978 | PSV Bonn Triathlon | 0:44:50 |
| 8 | (871) | 5. | W30 | Sautter, Julia | 1982 | PSV Bonn Triathlon | 0:44:50 |
| 9 | (800) | 3. | W45 | Neumann, Ines | 1966 | SV 09/35 Wermelskirchen | 0:45:10 |
| 10 | (390) | 4. | W45 | Singer, Sabine | 1967 | TV Refrath | 0:45:12 |
| 11 | (322) | 1. | W55 | Wilbrand, Ulrike | 1955 | LG Südsauerland | 0:45:29 |
| 12 | (641) | 6. | W30 | Schillings, Stefanie | 1981 | TRC Essen 84 | 0:45:32 |
| 13 | (630) | 7. | W30 | Otten, Sylvia | 1981 | | 0:45:40 |
| 14 | (269) | 5. | W45 | Niedrig, Uta | 1966 | RTB Remscheid Marathonteam | 0:45:44 |
| 15 | (597) | 2. | W35 | Garve, Agnes | 1975 | Mach3 | 0:45:50 |
| 16 | (358) | 1. | W40 | Janssen, Sylvia | 1969 | Tri-Team TV Schiefbahn | 0:46:23 |
| 17 | (312) | 8. | W30 | Urbansky, Christine | 1981 | ASV Köln Triathlon | 0:46:39 |
| 18 | (282) | 9. | W30 | Renner, Frauke | 1980 | | 0:47:08 |
| 19 | (752) | 2. | W40 | Tückmantel, Nicole | 1971 | BSG Delphi Draka | 0:47:18 |
| 20 | (847) | 3. | W40 | Erdmann, Sonja | 1969 | ASV Köln | 0:47:21 |
| 21 | (225) | 1. | W50 | Cordes, Ulla | 1960 | LG Südsauerland | 0:47:55 |
| 22 | (903) | 6. | W45 | Plewnia, Moni | 1966 | DJK Marienstatt | 0:47:56 |
| 23 | (890) | 3. | W35 | Steinbusch, Ute | 1974 | | 0:48:01 |
| 24 | (264) | 2. | W50 | Mataré, Birgit | 1962 | TPSK | 0:48:45 |
| 25 | (773) | 7. | W45 | Göbel, Claudia | 1966 | TV 1843 Dillenburg | 0:49:09 |
| 26 | (100) | 8. | W45 | Küttner, Christiane | 1967 | ASV Köln Triathlon | 0:49:41 |
| 27 | (355) | 4. | W40 | Holtkamp, Kamilla | 1972 | | 0:49:55 |
| 28 | (230) | 10. | W30 | Eßer, Liisa | 1981 | KSG Köln | 0:50:48 |
| 29 | (897) | 5. | W40 | Kurschildgen, Alice | 1972 | | 0:50:53 |
| 30 | (280) | 1. | W | Preussner, Marie | 1987 | | 0:51:06 |
| 31 | (279) | 9. | W45 | Preussner, Catrin | 1965 | | 0:51:06 |
| 32 | (892) | 4. | W35 | Rosen, Sabine | 1977 | MACH3 Köln | 0:51:13 |
| 33 | (61) | 2. | W | Harnau, Yvonne | 1987 | Gipfelstürmer Vorgebirge | 0:51:14 |
| 34 | (665) | 2. | W55 | Suhr, Monika | 1957 | | 0:51:25 |
| 35 | (187) | 10. | W45 | Thein, Sylvia | 1963 | Henkel Ausbildung | 0:51:44 |
| 36 | (663) | 6. | W40 | Wahl, Susanne | 1968 | | 0:51:56 |
| 37 | (321) | 11. | W30 | Weishaupt, Ursula | 1980 | | 0:52:23 |
| 38 | (735) | 3. | W55 | Spahrkäs, Ulrike | 1956 | | 0:52:23 |
| 39 | (93) | 7. | W40 | Kosmol, Heike | 1970 | ESV Gremberghoven | 0:52:34 |
| 40 | (272) | 3. | W50 | Paasovaara-Aulbach, Sisko | 1959 | Prosecco-Lauf | 0:52:38 |
| 41 | (918) | 12. | W30 | Markowitz, Mona | 1982 | | 0:52:58 |
| 42 | (135) | 4. | W50 | Rabenbauer, Gabi | 1959 | Prosecco-Lauf | 0:53:05 |
| 43 | (37) | 5. | W50 | Eschment-Schnitzler, Ruth | 1958 | Running TV Bedburg | 0:53:16 |
| 44 | (137) | 6. | W50 | Ramb, Birgit | 1961 | | 0:54:12 |



Wertung nach Geschlecht

Lauf (10 km) - Frauen (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-------|--------------------------|------|--------------------------|---------|
| 45 | (812) | 7. | W50 | Göbel, Heike | 1958 | ssf bonn | 0:54:12 |
| 46 | (8) | 5. | W35 | Azizmohammadi, Monika | 1976 | TSV Hochdahl | 0:54:31 |
| 47 | (76) | 3. | W | Jacobs, Annika | 1983 | Kölner Triathlon Team 01 | 0:54:42 |
| 48 | (376) | 6. | W35 | Nieth, Sonja | 1976 | LT Hennef/Sieg | 0:54:43 |
| 49 | (180) | 11. | W45 | Siemons, Elisabeth | 1966 | | 0:54:45 |
| 50 | (85) | 12. | W45 | Kleesattel, Astrid | 1965 | | 0:55:09 |
| 51 | (57) | 13. | W45 | Guschmann, Monika | 1965 | PSV Bonn Triathlon | 0:55:14 |
| 52 | (899) | 4. | W | Rietzschel, Tina | 1985 | | 0:55:34 |
| 53 | (154) | 8. | W50 | Rypholz, Monika | 1960 | ASV Köln Triathlon | 0:55:16 |
| 54 | (825) | 9. | W50 | Rotscheidt, Doris | 1958 | Fifty minutes | 0:56:26 |
| 55 | (14) | 7. | W35 | Becker, Cornell | 1977 | | 0:56:37 |
| 56 | (385) | 5. | W | Schopper, Nadine | 1985 | ATSV Marlon | 0:56:41 |
| 57 | (304) | 8. | W40 | Steinseifer, Kerstin | 1969 | Tri Power Rhein-Sieg | 0:56:51 |
| 58 | (111) | 14. | W45 | Milz, Anke | 1964 | Team NY Marathon 2012 | 0:56:58 |
| 59 | (15) | 15. | W45 | Bickendorf, Marion | 1963 | Running TV Bedburg | 0:57:06 |
| 60 | (730) | 10. | W50 | Hoffmann, Andrea | 1959 | TC Kirchhundem | 0:57:15 |
| 61 | (146) | 1. | W U23 | Röhrig, Anni | 1992 | TroisdorfHotwheels | 0:57:15 |
| 62 | (359) | 6. | W | Jegust, Vanessa | 1989 | | 0:57:39 |
| 63 | (648) | 13. | W30 | Siebert, Melanie | 1981 | | 0:57:46 |
| 64 | (294) | 9. | W40 | Schmickler, Tanja | 1969 | | 0:58:08 |
| 65 | (201) | 16. | W45 | Weiler, Doris | 1965 | TV Kärlich | 0:58:12 |
| 66 | (286) | 14. | W30 | Röwekamp, Mareike | 1981 | MACH3 Köln | 0:58:13 |
| 67 | (829) | 17. | W45 | Bukow, Alexandra | 1967 | | 0:58:46 |
| 68 | (90) | 11. | W50 | Könemann, Sonja | 1959 | ERGO sports Köln | 0:58:47 |
| 69 | (292) | 10. | W40 | Schlinge, Susanna | 1971 | | 0:59:12 |
| 70 | (211) | 18. | W45 | Wolf, Petra | 1965 | ERGO sports Köln | 0:59:33 |
| 71 | (208) | 12. | W50 | Wilbert, Sylvia | 1961 | Vaselino Quattro | 0:59:50 |
| 72 | (823) | 1. | W60 | Heller, Marlene | 1952 | | 0:59:59 |
| 73 | (81) | 7. | W | Keller, Isabelle | 1983 | PSV Bonn Triathlon | 1:00:06 |
| 74 | (328) | 8. | W | Appelt, Jennifer | 1984 | | 1:00:08 |
| 75 | (306) | 8. | W35 | Strube, Daniela | 1975 | | 1:00:09 |
| 76 | (786) | 13. | W50 | Frenser, Beate | 1959 | | 1:00:22 |
| 77 | (60) | 11. | W40 | Hansen, Nicol | 1968 | Cologne Allblacks | 1:01:24 |
| 78 | (254) | 19. | W45 | Koch, Simone | 1966 | | 1:02:08 |
| 79 | (827) | 14. | W50 | Weltin, Klaudia | 1960 | Turboschnecken | 1:02:09 |
| 80 | (655) | 4. | W55 | Vogel, Carmen | 1954 | | 1:02:42 |
| 81 | (788) | 5. | W55 | Kühnel, Walli | 1953 | | 1:03:33 |
| 82 | (109) | 20. | W45 | Meyer, Katja | 1966 | | 1:03:33 |
| 83 | (798) | 15. | W50 | Pfeffer, Evelyn | 1960 | | 1:04:27 |
| 84 | (311) | 21. | W45 | Trautsch, Ines | 1965 | | 1:04:39 |
| 85 | (39) | 9. | W35 | Figueroa Carrasco, Lidia | 1973 | Cologne Allblacks | 1:04:53 |
| 86 | (870) | 10. | W35 | Steller-Lübke, Manuela | 1977 | | 1:06:47 |
| 87 | (285) | 6. | W55 | Rohrmoser, Felicitas | 1956 | Laufmariechen Köln | 1:07:01 |
| 88 | (231) | 15. | W30 | Fischer, Christina | 1981 | The Invisibles | 1:07:09 |



Wertung nach Geschlecht

Lauf (10 km) - Frauen (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|----------------------|------|---------------------------|---------|
| 89 | (132) | 11. | W35 | Potreck, Michaela | 1974 | Team Erdinger Alkoholfrei | 1:07:20 |
| 90 | (263) | 12. | W40 | Loos, Britta | 1971 | TriPower Rhein-Sieg | 1:09:22 |
| 91 | (138) | 16. | W30 | Ratte, Sonja | 1978 | | 1:09:50 |
| 92 | (124) | 17. | W30 | Olberts, Ramona | 1979 | | 1:09:51 |
| 93 | (658) | 22. | W45 | Vukota, Nicola | 1964 | PSV Bonn Triathlon | 1:09:57 |
| 94 | (284) | 7. | W55 | Rohrmoser, Eva-Maria | 1954 | Laufmariechen Köln | 1:13:00 |
| 95 | (318) | 23. | W45 | Wald, Ilona | 1965 | PSV Bonn Triathlon | 2:34:18 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|------------------------|------|-----------------------------------|---------|
| 1 | (842) | 1. | M | Ackermann, Johann | 1984 | Kölner Triathlon Team 01 | 0:33:35 |
| 2 | (896) | 2. | M | Schramm, Till | 1985 | SV Bergisch Gladbach 1920/71 | 0:34:26 |
| 3 | (642) | 1. | M40 | Schneider, Norbert | 1968 | Bunert Running Team/ TV Refrath | 0:35:09 |
| 4 | (859) | 1. | M45 | Heuschen, Dirk | 1964 | TV Refrath | 0:35:17 |
| 5 | (161) | 2. | M40 | Schmidt, Mario Michael | 1971 | Köln Triathlon e.V. | 0:35:39 |
| 6 | (686) | 3. | M40 | Di Dio, Salvatore | 1972 | LKD Düsseldorf | 0:36:17 |
| 7 | (41) | 1. | M35 | Fischer, Gert | 1974 | ASV Köln Triathlon | 0:36:19 |
| 8 | (706) | 1. | M55 | Paulitschke, Wilfried | 1957 | ASICS Fronrunner | 0:36:34 |
| 9 | (848) | 4. | M40 | Plohmann, Stefan | 1972 | Freestyle-Plohmann.de | 0:36:35 |
| 10 | (644) | 1. | MJ U20 | Schommers, Lukas | 1993 | Albis Laufftreff | 0:36:39 |
| 11 | (365) | 2. | M45 | Lohmann, Peter | 1965 | SC Bayer 05 Uerdingen | 0:36:40 |
| 12 | (901) | 1. | M30 | Nolte, Benedikt | 1978 | Bunert Running Team | 0:36:52 |
| 13 | (169) | 1. | M50 | Schneider, Thomas | 1962 | SSG Königswinter | 0:36:55 |
| 14 | (319) | 2. | M35 | Wallmen, Sören | 1977 | Kölner Triathlon Team 01 | 0:36:55 |
| 15 | (850) | 3. | M45 | Sambale, Thomas | 1965 | ASICS Fronrunner | 0:37:07 |
| 16 | (20) | 3. | M35 | Breunung, Dirk | 1976 | TEA | 0:37:08 |
| 17 | (287) | 3. | M | Rühe, Stephan | 1983 | TriathlonSteckelCologne | 0:37:22 |
| 18 | (831) | 5. | M40 | Niemann, Christoph | 1968 | LG Gummersbach | 0:37:23 |
| 19 | (893) | 2. | M30 | Lütkefent, Jan | 1982 | Run ² by Runners Point | 0:37:32 |
| 20 | (884) | 4. | M35 | Mc Guire, Stephan | 1975 | TV Refrath | 0:37:43 |
| 21 | (902) | 5. | M35 | van de Weyer, Stephan | 1975 | Bunert Running Team | 0:37:45 |
| 22 | (820) | 4. | M45 | Franssen, Andreas | 1963 | TV Refrath | 0:37:50 |
| 23 | (835) | 5. | M45 | Nicolay, Thomas | 1964 | SSG Königswinter | 0:37:51 |
| 24 | (232) | 6. | M45 | Fischer, Stefan | 1963 | ASV Köln Triathlon | 0:37:54 |
| 25 | (257) | 6. | M35 | Kurz, Till Robin | 1973 | MACH3 Köln | 0:37:56 |
| 26 | (276) | 6. | M40 | Poischen, Thomas | 1970 | RheinEnergie AG | 0:38:02 |
| 27 | (867) | 7. | M40 | Schneider, Thomas | 1969 | LG RWE Power | 0:38:13 |
| 28 | (178) | 3. | M30 | Senkyr, Martin | 1981 | Tri Power Rhein Sieg | 0:38:14 |
| 29 | (243) | 8. | M40 | Hoßbach, Markus | 1969 | Tri Power Rhein Sieg | 0:38:15 |
| 30 | (888) | 4. | M30 | Groneuer, Christoph | 1979 | ASV Köln Triathlon | 0:38:22 |
| 31 | (582) | 5. | M30 | Deli , Housein | 1979 | LSG Wind Immobilien | 0:38:28 |
| 32 | (689) | 2. | M50 | Ruhnke, Robert | 1958 | Bewegungsfelder | 0:38:37 |
| 33 | (913) | 7. | M35 | Wagner, Nils | 1976 | TuS Naunheim | 0:38:48 |
| 34 | (862) | 7. | M45 | Stephan, Matthias | 1963 | LT TUS Meindorf | 0:38:51 |
| 35 | (853) | 6. | M30 | Futschik, Daniel | 1982 | LC Weilerswist | 0:39:07 |
| 36 | (248) | 9. | M40 | Jatzlau, Guido | 1971 | | 0:39:07 |
| 37 | (133) | 8. | M35 | Preuß, Alexander | 1974 | VfL Engelskirchen | 0:39:12 |
| 38 | (74) | 10. | M40 | Hufnagel, Carsten | 1969 | Team Bauchfleisch | 0:39:21 |
| 39 | (32) | 3. | M50 | Dudley, Richard-James | 1961 | | 0:39:22 |
| 40 | (865) | 9. | M35 | Kings, Simon | 1977 | TriTeam MountainHome | 0:39:23 |
| 41 | (349) | 10. | M35 | Hammermeister, Thomas | 1973 | Team Erdinger Alkoholfrei | 0:39:40 |
| 42 | (162) | 8. | M45 | Schmidt, Markus | 1967 | | 0:39:44 |
| 43 | (300) | 9. | M45 | Sommershof, Joachim | 1963 | PSV Bonn Triathlon | 0:39:49 |
| 44 | (743) | 10. | M45 | Mauter, Jörg | 1965 | Wiehltaler LC | 0:40:01 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|----------------------|------|------------------------------|---------|
| 45 | (259) | 11. | M40 | Land, Rolf | 1970 | MACH3 Köln | 0:40:02 |
| 46 | (335) | 11. | M45 | Bracht, Dirk | 1966 | Mach3 Köln | 0:40:11 |
| 47 | (627) | 12. | M45 | Ollig, Arndt | 1965 | Running at Cologne | 0:40:12 |
| 48 | (82) | 12. | M40 | Keloudis, Georgios | 1969 | LG Gummersbach | 0:40:18 |
| 49 | (910) | 11. | M35 | Niemann, Daniel | 1975 | LSG Wind Immobilien | 0:40:21 |
| 50 | (240) | 7. | M30 | Hamm, Mario | 1978 | | 0:40:23 |
| 51 | (854) | 13. | M45 | Hiesch, Claus-Peter | 1963 | VfL Kommern | 0:40:24 |
| 52 | (283) | 14. | M45 | Rocheteau, Dominique | 1965 | LG Gummersbach | 0:40:25 |
| 53 | (324) | 4. | M50 | Wolff, Udo | 1962 | LG Gummersbach | 0:40:32 |
| 54 | (895) | 15. | M45 | Heitkamp, Michael | 1964 | SV AXA | 0:40:38 |
| 55 | (660) | 16. | M45 | Wotzlaw, Mathias | 1963 | ASV Köln Triathlon | 0:40:41 |
| 56 | (904) | 17. | M45 | Plewnia, Roman | 1964 | DJK Marienstatt | 0:40:47 |
| 57 | (377) | 4. | M | Nöthen, Thomas | 1987 | TV 1908 Neunkirchen e.V. | 0:40:56 |
| 58 | (10) | 12. | M35 | Baltes, Achim | 1975 | | 0:41:00 |
| 59 | (856) | 13. | M35 | Tochel, Carsten | 1973 | TSV Bayer 04 Leverkusen | 0:41:05 |
| 60 | (348) | 14. | M35 | Gutschke, Nils | 1976 | Mach3 Köln | 0:41:06 |
| 61 | (915) | 5. | M | Haasner, Olaf | 1987 | DSHS Köln | 0:41:09 |
| 62 | (108) | 18. | M45 | Mädje, Ingo | 1963 | Union Biesfeld Triathlon | 0:41:13 |
| 63 | (880) | 19. | M45 | Blissenbach, Gerd | 1963 | SV Bergisch Gladbach 1920/71 | 0:41:19 |
| 64 | (906) | 13. | M40 | Timme, Volker | 1969 | | 0:41:25 |
| 65 | (584) | 5. | M50 | Dötzer, Günter | 1961 | SV Pretzfeld (Oberfranken) | 0:41:40 |
| 66 | (277) | 15. | M35 | Pörsch, Michael | 1973 | Laufmonster | 0:41:47 |
| 67 | (807) | 6. | M50 | Böcker, Thorsten | 1962 | Breite Heide | 0:41:49 |
| 68 | (114) | 14. | M40 | Müll, Stephan | 1970 | STORM-Team Triathlon | 0:41:55 |
| 69 | (129) | 20. | M45 | Pfolk, Dieter | 1963 | Laufzentrum Martinstraße | 0:42:02 |
| 70 | (357) | 16. | M35 | Ibarburu, Sylvain | 1975 | | 0:42:06 |
| 71 | (116) | 15. | M40 | Müller, Josef | 1968 | LT Grafenschaft | 0:42:13 |
| 72 | (819) | 7. | M50 | Schnödewind, Uwe | 1960 | RTC Frechen 80 | 0:42:14 |
| 73 | (887) | 17. | M35 | Fritz, Thomas | 1975 | LSG Wind Immobilien | 0:42:15 |
| 74 | (741) | 8. | M50 | Blöcker, Thomas | 1962 | Meckenheim | 0:42:16 |
| 75 | (905) | 16. | M40 | Liedtke, Olaf | 1969 | DJK Coesfeld | 0:42:19 |
| 76 | (794) | 21. | M45 | Grimberg, Christoph | 1965 | SV 09/35 Wermelskirchen | 0:42:34 |
| 77 | (852) | 17. | M40 | Hölzer, Thomas | 1969 | Team Carboo4U | 0:42:40 |
| 78 | (4) | 2. | M55 | Arndt, Hartmut | 1957 | ASV Köln Triathlon | 0:42:42 |
| 79 | (274) | 18. | M40 | Petersen, Sven | 1970 | GSV Porz | 0:42:44 |
| 80 | (28) | 18. | M35 | Dahm, Martin | 1973 | | 0:42:48 |
| 81 | (103) | 19. | M35 | Last, Christoph | 1977 | LG Ebberock | 0:42:51 |
| 82 | (917) | 19. | M40 | King, Gerard | 1972 | | 0:42:51 |
| 83 | (31) | 20. | M40 | Dreesbach, Dirk | 1968 | LC Weilerswist | 0:42:54 |
| 84 | (397) | 21. | M40 | Wank, Michael | 1969 | LT Hennef/Sieg | 0:42:58 |
| 85 | (278) | 22. | M45 | Prause, Stefan | 1965 | TSV Bayer 04 Leverkusen | 0:43:01 |
| 86 | (102) | 8. | M30 | Land, Matthias | 1980 | | 0:43:13 |
| 87 | (51) | 20. | M35 | Gatzen, Harald | 1975 | CENTRAL-Team | 0:43:15 |
| 88 | (89) | 23. | M45 | Knepper, Michael | 1963 | Marathon Mülheim | 0:43:22 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-------|--------------------------|------|--------------------------------|---------|
| 89 | (832) | 24. | M45 | Müller, Ralph | 1963 | LT Düsseldorf-Süd | 0:43:25 |
| 90 | (668) | 22. | M40 | Zupan, Christian | 1969 | | 0:43:30 |
| 91 | (86) | 23. | M40 | Klenke, Thorsten | 1970 | h.i.t.s.@jogmap | 0:43:33 |
| 92 | (869) | 24. | M40 | Hartmann, Frederik | 1968 | TV Refrath | 0:43:39 |
| 93 | (175) | 3. | M55 | Schumacher, Hans Heinz | 1954 | BSG Delphi Draka | 0:43:42 |
| 94 | (120) | 25. | M40 | Niekrawietz, Peter | 1968 | | 0:43:44 |
| 95 | (113) | 25. | M45 | Morillas, Antonio | 1966 | | 0:43:44 |
| 96 | (374) | 26. | M40 | Mühlwinkel, Oliver | 1971 | | 0:43:48 |
| 97 | (719) | 4. | M55 | Mielczarek, Norbert | 1955 | Rhein Erft Akademie | 0:43:50 |
| 98 | (2) | 26. | M45 | Arens, Norbert | 1963 | Merlin-Runners | 0:43:52 |
| 99 | (118) | 5. | M55 | Müller, Wolfgang | 1956 | VfL Engelskirchen | 0:43:59 |
| 100 | (329) | 21. | M35 | Armbrust, Michael | 1974 | LT Hennef/Sieg | 0:44:04 |
| 101 | (863) | 27. | M45 | Rinas, R. | 1963 | | 0:44:06 |
| 102 | (38) | 28. | M45 | Euler, Michael | 1964 | Mimavoca Langel | 0:44:10 |
| 103 | (748) | 22. | M35 | Longert, David | 1976 | Bunert Running Team | 0:44:20 |
| 104 | (737) | 23. | M35 | Mech, Mario | 1974 | Rockaway Shanty | 0:44:26 |
| 105 | (256) | 24. | M35 | Krapohl, Sven | 1974 | | 0:44:27 |
| 106 | (265) | 6. | M55 | Maurer, Franz | 1955 | LT Grafschaft | 0:44:33 |
| 107 | (898) | 27. | M40 | Albert, David | 1972 | | 0:44:35 |
| 108 | (785) | 1. | M60 | Pohle, Gerhard | 1950 | LLG St.Augustin | 0:44:41 |
| 109 | (878) | 29. | M45 | Dinter, Martin | 1967 | | 0:44:41 |
| 110 | (205) | 1. | M U23 | Wieczorreck, Kay Yannick | 1991 | | 0:44:44 |
| 111 | (173) | 30. | M45 | Schröder, Wolfgang | 1967 | Union Biesfeld Triathlon | 0:44:44 |
| 112 | (222) | 6. | M | Buckenmayer, Jan | 1987 | | 0:44:45 |
| 113 | (299) | 25. | M35 | Slotosch, Marco | 1977 | Triathlon Team Hennef | 0:44:46 |
| 114 | (268) | 28. | M40 | Müller, Stephan | 1970 | G8 | 0:44:58 |
| 115 | (236) | 7. | M55 | Gerber, Peter | 1955 | REINSHAGENER TURNERBUND | 0:45:00 |
| 116 | (585) | 31. | M45 | Drees, Volker | 1966 | | 0:45:07 |
| 117 | (810) | 9. | M50 | Manthei, Christian | 1962 | ERGO sports Köln | 0:45:07 |
| 118 | (588) | 32. | M45 | Eschbach, Ralf | 1963 | VfL Engelskirchen | 0:45:14 |
| 119 | (168) | 33. | M45 | Schneider, Reiner | 1965 | Lauflöwe 65 | 0:45:16 |
| 120 | (207) | 34. | M45 | Wiesmann, Ingo | 1967 | RTB Remscheid | 0:45:19 |
| 121 | (874) | 35. | M45 | Dreesbach, Rudolf | 1966 | LT Siebengebirge | 0:45:36 |
| 122 | (145) | 10. | M50 | Rohland, Bernd | 1960 | PSV Bonn Triathlon | 0:45:40 |
| 123 | (35) | 11. | M50 | Eidmann, Volker | 1960 | | 0:45:47 |
| 124 | (158) | 36. | M45 | Scheidler, Uwe | 1963 | Solorunners | 0:45:51 |
| 125 | (767) | 8. | M55 | Herzog, Christoph | 1955 | Postbank Köln | 0:45:56 |
| 126 | (603) | 37. | M45 | Höhmman, Dr. Marc | 1964 | | 0:45:59 |
| 127 | (333) | 12. | M50 | Bode, Andreas | 1958 | Empire Triathlon Club New York | 0:46:00 |
| 128 | (841) | 13. | M50 | Quirbach, Jürgen | 1960 | Tri Power Rhein Sieg | 0:46:01 |
| 129 | (288) | 14. | M50 | Sanno, Martin | 1959 | Prosecco-Lauf | 0:46:03 |
| 130 | (382) | 7. | M | Sanno, Maximilian | 1985 | | 0:46:04 |
| 131 | (907) | 38. | M45 | Heinrichs, Alex | 1966 | TriAlex | 0:46:06 |
| 132 | (156) | 15. | M50 | Schaffarczyk, Bernd | 1960 | | 0:46:11 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|-----------------------|------|---------------------------------|---------|
| 133 | (590) | 2. | M60 | Feindt, Reinhard | 1950 | Sg Bockenber Berg Bensberg | 0:46:14 |
| 134 | (804) | 3. | M60 | Wüst, Hans-Werner | 1950 | | 0:46:15 |
| 135 | (766) | 1. | M65 | Haude, Franz | 1945 | TSV Rönsahl | 0:46:22 |
| 136 | (188) | 26. | M35 | Torun, Önder | 1974 | | 0:46:23 |
| 137 | (861) | 29. | M40 | Elvenkemper, Andreas | 1968 | | 0:46:24 |
| 138 | (916) | 30. | M40 | Krannich, Michael | 1970 | | 0:46:35 |
| 139 | (239) | 16. | M50 | Grimm, Manfred | 1962 | 1. Kölner Laufstall | 0:46:41 |
| 140 | (378) | 9. | M30 | Osterritter, Benjamin | 1981 | ATSV Marlon | 0:46:45 |
| 141 | (309) | 39. | M45 | Thiemermann, Norbert | 1963 | Kölner Ausdauer- und Laufschule | 0:46:47 |
| 142 | (855) | 17. | M50 | Zimmermann, Ralf | 1961 | LG Eifel Runners | 0:46:50 |
| 143 | (179) | 27. | M35 | Siegemund, Sven | 1977 | TV Witzhelden | 0:46:52 |
| 144 | (332) | 4. | M60 | Bleibaum, Ernesto | 1952 | BSG BML Bonn | 0:46:55 |
| 145 | (307) | 28. | M35 | Taschner, Marco | 1973 | | 0:46:57 |
| 146 | (864) | 10. | M30 | Vogt, Dirk-Steffen | 1979 | | 0:46:59 |
| 147 | (690) | 18. | M50 | Stilez, Christian | 1961 | TSV Bayer 04 Leverkusen | 0:47:03 |
| 148 | (275) | 19. | M50 | Pinner, Thomas | 1961 | DJK Frankonia Porz | 0:47:10 |
| 149 | (839) | 20. | M50 | Boven, Josef | 1961 | | 0:47:12 |
| 150 | (381) | 2. | M65 | Runge, Günther | 1947 | VfL Engelskirchen | 0:47:13 |
| 151 | (616) | 31. | M40 | Langen, Mike | 1972 | Et jeht immer Jraaduss | 0:47:15 |
| 152 | (218) | 8. | M | Barton, Tobias | 1985 | | 0:47:15 |
| 153 | (296) | 11. | M30 | Schröder, Rene | 1978 | | 0:47:17 |
| 154 | (817) | 5. | M60 | Levermann, Werner | 1949 | Ford FCSD | 0:47:17 |
| 155 | (290) | 40. | M45 | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 0:47:18 |
| 156 | (399) | 2. | MJ U20 | Wolf, Fabian | 1994 | TPSK | 0:47:21 |
| 157 | (185) | 9. | M55 | Stollwerk, Udo | 1953 | RTB Remscheid Marathonteam | 0:47:22 |
| 158 | (291) | 21. | M50 | Scheu, Peter | 1960 | | 0:47:23 |
| 159 | (315) | 29. | M35 | Volmer, Martin | 1977 | | 0:47:24 |
| 160 | (634) | 22. | M50 | Podzus, Horst | 1961 | | 0:47:25 |
| 161 | (91) | 10. | M55 | Köngeter, Hans | 1954 | SCB Horrem | 0:47:26 |
| 162 | (623) | 12. | M30 | Müller, Stefan | 1979 | Wind Immobilien | 0:47:30 |
| 163 | (33) | 13. | M30 | Egger, Andy | 1978 | Team Handelshof | 0:47:30 |
| 164 | (909) | 30. | M35 | Wind, Sebastian | 1977 | LSG Wind Immobilien | 0:47:30 |
| 165 | (25) | 14. | M30 | Castellaneta, Mario | 1980 | LSG Wind Immobilien | 0:47:30 |
| 166 | (40) | 31. | M35 | Firmin, Patrick | 1977 | | 0:47:30 |
| 167 | (160) | 32. | M35 | Schlausch, Dominik | 1974 | | 0:47:31 |
| 168 | (320) | 15. | M30 | Weber, Dominic | 1980 | | 0:47:31 |
| 169 | (131) | 32. | M40 | Potreck, Frank | 1971 | Team Erdinger Alkoholfrei | 0:47:34 |
| 170 | (12) | 41. | M45 | Barkholz, Andreas | 1967 | Henkel Ausbildung | 0:47:40 |
| 171 | (196) | 23. | M50 | Waldoff, Michael | 1961 | ASV Köln | 0:47:41 |
| 172 | (868) | 9. | M | Schmitz, Wolfgang | 1955 | LA TUS Mayen | 0:47:43 |
| 173 | (883) | 33. | M40 | Zielke, Christian | 1972 | | 0:47:51 |
| 174 | (107) | 42. | M45 | Ley, Thomas | 1965 | LT Rösratherstraße | 0:47:54 |
| 175 | (688) | 43. | M45 | Kürpig, Jürgen | 1964 | | 0:47:58 |
| 176 | (80) | 24. | M50 | Katz, Alexander | 1961 | | 0:48:01 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|-------------------------|------|----------------------------|---------|
| 177 | (234) | 44. | M45 | Friede, Matthias | 1967 | | 0:48:03 |
| 178 | (815) | 10. | M | Schorde, Christoph | 1983 | | 0:48:10 |
| 179 | (674) | 34. | M40 | Pahlow, Lars | 1970 | | 0:48:13 |
| 180 | (676) | 25. | M50 | Brodowski, Günter | 1960 | | 0:48:18 |
| 181 | (127) | 3. | MJ U20 | Pfannenschmidt, Nils | 1993 | LC Weilerswist | 0:48:20 |
| 182 | (128) | 45. | M45 | Pfannenschmidt, Timo | 1966 | LC Weilerswist | 0:48:20 |
| 183 | (681) | 2. | M U23 | Butz, Gerrit | 1991 | Freiwillige Feuerwehr Eil | 0:48:28 |
| 184 | (260) | 35. | M40 | Lehr, Achim | 1968 | | 0:48:29 |
| 185 | (238) | 11. | M55 | Göbel, Harald | 1954 | ssf bonn | 0:48:31 |
| 186 | (164) | 36. | M40 | Schmidt-Krayer, Jan | 1969 | | 0:48:32 |
| 187 | (189) | 26. | M50 | Trost, Stefan | 1958 | Laufzentrum Martinstraße | 0:48:34 |
| 188 | (325) | 12. | M55 | Wrampelmeyer, Christian | 1953 | | 0:48:34 |
| 189 | (119) | 16. | M30 | Niehaus, Marco | 1980 | | 0:48:36 |
| 190 | (190) | 11. | M | Virnich, Dennis | 1983 | DJK Blumenthal | 0:48:39 |
| 191 | (192) | 33. | M35 | von Niswandt, Timo | 1973 | ERGO sports Köln | 0:48:41 |
| 192 | (860) | 37. | M40 | Schallenberg, Jörg | 1968 | FWVK | 0:48:44 |
| 193 | (197) | 46. | M45 | Walpert, Jens | 1966 | MACH3 Köln | 0:48:49 |
| 194 | (894) | 12. | M | Schmitz, Sebastian | 1988 | MACH3 Köln | 0:48:52 |
| 195 | (879) | 38. | M40 | Zyzik, Gunna | 1970 | | 0:48:52 |
| 196 | (249) | 47. | M45 | Kai, Kühne | 1966 | | 0:48:54 |
| 197 | (840) | 27. | M50 | Grassmann, Robert | 1958 | | 0:49:01 |
| 198 | (26) | 17. | M30 | Claus, Marco | 1978 | | 0:49:05 |
| 199 | (822) | 13. | M55 | Risch, Joachim | 1955 | | 0:49:16 |
| 200 | (811) | 28. | M50 | Reifferscheid, Paul | 1959 | MACH3 Köln | 0:49:18 |
| 201 | (796) | 29. | M50 | Hessenbruch, Axel | 1961 | SV Wermelskirchen 09 | 0:49:20 |
| 202 | (849) | 39. | M40 | Fiedler, Bernhard | 1971 | | 0:49:25 |
| 203 | (873) | 48. | M45 | Kremer, Franz | 1963 | LT Hennef/Sieg | 0:49:30 |
| 204 | (220) | 18. | M30 | Bruns, Daniel | 1981 | | 0:49:33 |
| 205 | (59) | 49. | M45 | Hansen, Christoph | 1965 | Cologne Allblacks | 0:49:36 |
| 206 | (846) | 30. | M50 | Döring, Uwe | 1958 | HAT Köln | 0:49:37 |
| 207 | (241) | 19. | M30 | Heinze, Tobias | 1981 | | 0:49:38 |
| 208 | (5) | 31. | M50 | Audehm, Dr. Uwe | 1960 | Alfterer SC | 0:49:42 |
| 209 | (30) | 50. | M45 | Djamalpour, Darius | 1964 | Team Erdinger Alkoholfrei | 0:49:47 |
| 210 | (395) | 40. | M40 | Vogel, Jörg | 1969 | vogel | 0:49:48 |
| 211 | (834) | 6. | M60 | Niemann, Heribert | 1949 | 1.BC Bevel | 0:49:49 |
| 212 | (70) | 41. | M40 | Hoffmann, Dirk | 1969 | | 0:49:50 |
| 213 | (258) | 51. | M45 | Kusch, Thomas | 1965 | PSV Bonn Triathlon | 0:49:50 |
| 214 | (233) | 4. | MJ U20 | Forsch, Axel | 1994 | TPSK | 0:49:55 |
| 215 | (372) | 52. | M45 | Mottweiler, Jürgen | 1965 | | 0:49:56 |
| 216 | (821) | 7. | M60 | Kersting, Friedel | 1950 | | 0:49:57 |
| 217 | (912) | 53. | M45 | Nuber, Michael | 1966 | TriCologne | 0:49:57 |
| 218 | (159) | 34. | M35 | Schink, Oliver | 1977 | Rather Flitzer | 0:50:01 |
| 219 | (360) | 14. | M55 | Kals, Leo | 1954 | | 0:50:02 |
| 220 | (368) | 20. | M30 | Lüsebrink, Sebastian | 1980 | BSG Sparkasse Gummersbach- | 0:50:03 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-----|-------------------------|------|--------------------|---------|
| 221 | (635) | 32. | M50 | Reese, Uwe | 1958 | ASV Köln | 0:50:07 |
| 222 | (301) | 35. | M35 | Soulivongsak, Vanhnasay | 1973 | BCT-TOURISTIK | 0:50:13 |
| 223 | (327) | 21. | M30 | Andersson, Niko | 1978 | | 0:50:14 |
| 224 | (112) | 33. | M50 | Mischke, Gerhard | 1959 | Vaselino Quattro | 0:50:29 |
| 225 | (836) | 34. | M50 | Band, Harald | 1962 | Feuerwehr Frechen | 0:50:32 |
| 226 | (147) | 35. | M50 | Röhrig, Thomas | 1958 | TroisdorfHotwheels | 0:50:33 |
| 227 | (343) | 54. | M45 | Emkes, Lars | 1964 | BSG RheinEnergie | 0:50:36 |
| 228 | (908) | 42. | M40 | Thelen, Christian | 1968 | | 0:50:36 |
| 229 | (52) | 55. | M45 | Geppert, Dietmar | 1967 | | 0:50:40 |
| 230 | (598) | 36. | M50 | Graf, Dr. Andreas | 1958 | | 0:50:43 |
| 231 | (911) | 43. | M40 | Carle, Thomas | 1969 | | 0:50:44 |
| 232 | (136) | 8. | M60 | Rabenbauer, Roland | 1951 | Prosecco-Lauf | 0:50:44 |
| 233 | (21) | 9. | M60 | Bucks, Hermann | 1950 | | 0:50:51 |
| 234 | (680) | 37. | M50 | Robl, Joachim | 1960 | | 0:50:54 |
| 235 | (330) | 38. | M50 | Becker, Reinhard | 1960 | | 0:50:58 |
| 236 | (824) | 39. | M50 | Hauser, Peter | 1962 | Fifty minutes | 0:51:01 |
| 237 | (661) | 36. | M35 | Zeug, Alexander | 1974 | | 0:51:02 |
| 238 | (79) | 56. | M45 | Kaiser, Stephan | 1967 | ERGO sports Köln | 0:51:02 |
| 239 | (63) | 37. | M35 | Heering, Karl-Richard | 1977 | | 0:51:07 |
| 240 | (891) | 22. | M30 | Müller, Janis | 1981 | Hochtief | 0:51:12 |
| 241 | (157) | 15. | M55 | Schall, Manfred | 1955 | Tus 82 Opladen | 0:51:12 |
| 242 | (126) | 40. | M50 | Peter, Ronald | 1960 | HLG 98 Wuppertal | 0:51:27 |
| 243 | (194) | 16. | M55 | Voss, Herbert | 1954 | Henkel Ausbildung | 0:51:37 |
| 244 | (801) | 10. | M60 | Pauly, Thomas | 1952 | | 0:51:43 |
| 245 | (826) | 11. | M60 | Okamoto, Shinchi | 1950 | | 0:51:44 |
| 246 | (844) | 44. | M40 | Martinez, Carlos | 1972 | | 0:51:46 |
| 247 | (751) | 17. | M55 | Grunert, Uwe | 1954 | DJK Löwe | 0:51:51 |
| 248 | (16) | 57. | M45 | Bitzer, Traugott | 1967 | LSV Halver | 0:51:53 |
| 249 | (837) | 41. | M50 | Dittrich, Ulrich | 1960 | Energiekoeln.de | 0:51:57 |
| 250 | (828) | 58. | M45 | Heuschötter, Klaus | 1964 | Fifty minutes | 0:51:58 |
| 251 | (305) | 42. | M50 | Stephan, Burghardt | 1961 | www.idaa.de | 0:52:01 |
| 252 | (776) | 43. | M50 | Weissensel, Alexander | 1958 | TuS Deutz | 0:52:13 |
| 253 | (914) | 59. | M45 | Neugebauer, Markus | 1967 | | 0:52:20 |
| 254 | (58) | 44. | M50 | Gutmann, Matthias | 1959 | DJK Marienstatt | 0:52:30 |
| 255 | (764) | 1. | M70 | Meyer, Werner | 1941 | TTG Radevormwald | 0:52:41 |
| 256 | (213) | 45. | M50 | Wurda, Werner | 1960 | SC Fortuna Köln | 0:52:53 |
| 257 | (673) | 46. | M50 | Heße, Axel | 1958 | | 0:52:55 |
| 258 | (310) | 38. | M35 | Thöne, Christian | 1975 | | 0:53:13 |
| 259 | (626) | 39. | M35 | Olberts, Jens | 1976 | | 0:53:13 |
| 260 | (148) | 45. | M40 | Roll, Andreas | 1970 | Skiclub Olpe | 0:53:13 |
| 261 | (295) | 40. | M35 | Schorn, Michael | 1974 | | 0:53:19 |
| 262 | (253) | 60. | M45 | Koch, Frank | 1966 | | 0:53:25 |
| 263 | (210) | 13. | M | Winter, Chris | 1987 | | 0:53:41 |
| 264 | (251) | 3. | M65 | Kies, Heinrich | 1947 | | 0:53:41 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|-------|-----------------------|------|------------------------|---------|
| 265 | (73) | 61. | M45 | Hoppe, Thomas | 1963 | | 0:53:44 |
| 266 | (177) | 46. | M40 | Seeland, Thomas | 1969 | Team NY Marathon 2012 | 0:53:51 |
| 267 | (183) | 2. | M70 | Steinke, Gerhard | 1942 | | 0:53:58 |
| 268 | (153) | 41. | M35 | Ruschmeier, Sebastian | 1974 | Fanclub Linda & Karl | 0:54:03 |
| 269 | (866) | 42. | M35 | Barner, Markus | 1976 | | 0:54:16 |
| 270 | (367) | 23. | M30 | Lothmann, Thorsten | 1978 | | 0:54:16 |
| 271 | (62) | 47. | M40 | Hazebrouck, Jan-Peter | 1969 | | 0:54:17 |
| 272 | (144) | 62. | M45 | Rieger, Herbert | 1966 | Campinglauf | 0:54:20 |
| 273 | (1) | 43. | M35 | Altemühle, Dirk | 1973 | | 0:54:23 |
| 274 | (632) | 48. | M40 | Pels, Didi | 1969 | 1. FC Köln | 0:54:23 |
| 275 | (36) | 24. | M30 | Engel, Sascha | 1979 | nekoelschefetz | 0:54:33 |
| 276 | (787) | 18. | M55 | Frenser, Uwe | 1955 | Berufsfeuerwehr Köln | 0:54:37 |
| 277 | (226) | 63. | M45 | Cramer, Enno | 1967 | Cramer | 0:54:41 |
| 278 | (17) | 64. | M45 | Blass, Frank | 1967 | | 0:54:44 |
| 279 | (877) | 49. | M40 | Gremmel, Jens | 1972 | | 0:54:50 |
| 280 | (94) | 44. | M35 | Kottmann, Thorsten | 1974 | | 0:55:02 |
| 281 | (200) | 19. | M55 | Weidmann, Wolfgang | 1955 | | 0:55:09 |
| 282 | (889) | 45. | M35 | Hötzschold, Rainer | 1974 | 1. FC Spich Laufftreff | 0:55:16 |
| 283 | (49) | 4. | M65 | Froböse, Ingo | 1947 | BSG Delphi Draka | 0:55:24 |
| 284 | (816) | 1. | M75 | Wettengl, Dietmar | 1935 | TSV Weiss-Köln | 0:55:54 |
| 285 | (143) | 3. | M U23 | Reinartz, Sven | 1992 | 1/2 Marathon Köln rrh. | 0:56:01 |
| 286 | (125) | 65. | M45 | Pagers, Sven | 1966 | ESV Gremberghoven | 0:56:03 |
| 287 | (78) | 3. | M70 | John, Gerd | 1941 | 1/2 Marathon Köln rrh. | 0:56:36 |
| 288 | (672) | 12. | M60 | Becker, Claus | 1949 | | 0:56:41 |
| 289 | (67) | 47. | M50 | Hildebrandt, Oliver | 1961 | | 0:56:55 |
| 290 | (270) | 48. | M50 | Nuyken, Jochen | 1961 | TriCologne | 0:57:03 |
| 291 | (246) | 20. | M55 | Jansegers, André | 1956 | | 0:57:07 |
| 292 | (734) | 21. | M55 | Spahrkäs, Markus | 1955 | | 0:57:18 |
| 293 | (845) | 46. | M35 | Leffelsender, Thomas | 1977 | Löschgruppe Eil | 0:57:26 |
| 294 | (780) | 66. | M45 | Schmitz, Martin | 1967 | | 0:57:37 |
| 295 | (255) | 67. | M45 | Kosmol, Robert | 1967 | | 0:58:00 |
| 296 | (293) | 68. | M45 | Schmickler, Andreas | 1964 | | 0:58:08 |
| 297 | (202) | 69. | M45 | Weiler, Horst | 1965 | TV Kärlich | 0:58:12 |
| 298 | (633) | 50. | M40 | Philipp, Manfred | 1971 | | 0:58:23 |
| 299 | (75) | 49. | M50 | Ilsanker, Georg | 1960 | Vaselino Quattro | 0:58:49 |
| 300 | (679) | 50. | M50 | Borkowski, Klaus | 1961 | | 0:58:56 |
| 301 | (314) | 51. | M50 | Volkmer, Rainer | 1961 | LT Sommersberg | 0:59:04 |
| 302 | (833) | 25. | M30 | Motin, Magali | 1978 | GSV Porz | 0:59:26 |
| 303 | (858) | 70. | M45 | Karuth, Volker | 1964 | | 0:59:36 |
| 304 | (152) | 4. | M70 | Rückel, Horst | 1940 | LC Euskirchen | 1:00:35 |
| 305 | (203) | 22. | M55 | Weiner, Helmut | 1955 | | 1:00:37 |
| 306 | (749) | 23. | M55 | Salterberg, Klaus | 1953 | | 1:00:52 |
| 307 | (885) | 71. | M45 | Dresbach, Frank | 1967 | Cologne Allblacks | 1:01:24 |
| 308 | (607) | 26. | M30 | Jacobs, Jan Tim | 1979 | | 1:01:33 |



Wertung nach Geschlecht

Lauf (10 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|-------|-----|--------|-----------------------------|------|----------------------------|---------|
| 309 | (66) | 5. | M65 | Hergarten, Dieter | 1943 | ERGO DIREKT | 1:01:44 |
| 310 | (704) | 6. | M65 | Tutas, Werner | 1947 | Ford | 1:02:20 |
| 311 | (221) | 72. | M45 | Buchta, Michael | 1965 | | 1:02:25 |
| 312 | (303) | 13. | M60 | Ständer, Roland | 1952 | | 1:02:26 |
| 313 | (302) | 14. | M60 | Ständer, Gerhard | 1950 | | 1:02:26 |
| 314 | (223) | 52. | M50 | Caspar, Karl-Heinz | 1962 | | 1:02:26 |
| 315 | (176) | 53. | M50 | Schumann, Sabine | 1961 | Prosecco-Lauf | 1:03:04 |
| 316 | (206) | 24. | M55 | Wiemer, Karl Peter | 1955 | Team Silberfische Solingen | 1:03:34 |
| 317 | (814) | 4. | M U23 | Groenewald, Freeke-Marie | 1990 | | 1:03:41 |
| 318 | (813) | 54. | M50 | Lopez de Quinterra, Alfonso | 1961 | KALS | 1:03:45 |
| 319 | (677) | 7. | M65 | Uebber, Dieter | 1946 | | 1:04:04 |
| 320 | (797) | 5. | M70 | Senst, Wolfram | 1941 | | 1:04:27 |
| 321 | (795) | 2. | M75 | Beckel, Winfried | 1937 | LaV-Bad Godesberg | 1:05:02 |
| 322 | (843) | 47. | M35 | Comuth, Sascha | 1973 | Löschgruppe Eil | 1:05:32 |
| 323 | (851) | 27. | M30 | Neumann, Jessica | 1981 | | 1:06:41 |
| 324 | (289) | 51. | M40 | Scheibenbogen, Markus | 1968 | The Invisibles | 1:07:08 |
| 325 | (882) | 52. | M40 | Schmidt, Volker | 1968 | PSC | 1:07:58 |
| 326 | (838) | 5. | MJ U20 | Fiedler, Joschua | 1993 | | 1:08:52 |
| 327 | (122) | 73. | M45 | Nolden, Dirk | 1965 | PSV Bonn Triathlon | 1:09:58 |
| 328 | (87) | 14. | M | Klich, Patrick | 1988 | | 1:13:32 |



Wertung nach Altersklassen

Lauf (10 km) - Männer

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|--------------------|------|------------------------------|---------|
| 1 | (842) | 1. | Ackermann, Johann | 1984 | Kölner Triathlon Team 01 | 0:33:35 |
| 2 | (896) | 2. | Schramm, Till | 1985 | SV Bergisch Gladbach 1920/71 | 0:34:26 |
| 3 | (287) | 17. | Rühe, Stephan | 1983 | TriathlonSteckelCologne | 0:37:22 |
| 4 | (377) | 57. | Nöthen, Thomas | 1987 | TV 1908 Neunkirchen e.V. | 0:40:56 |
| 5 | (915) | 61. | Haasner, Olaf | 1987 | DSHS Köln | 0:41:09 |
| 6 | (222) | 112. | Buckenmayer, Jan | 1987 | | 0:44:45 |
| 7 | (382) | 130. | Sanno, Maximilian | 1985 | | 0:46:04 |
| 8 | (218) | 152. | Barton, Tobias | 1985 | | 0:47:15 |
| 9 | (868) | 172. | Schmitz, Wolfgang | 1955 | LA TUS Mayen | 0:47:43 |
| 10 | (815) | 178. | Schorde, Christoph | 1983 | | 0:48:10 |
| 11 | (190) | 190. | Virnich, Dennis | 1983 | DJK Blumenthal | 0:48:39 |
| 12 | (894) | 194. | Schmitz, Sebastian | 1988 | MACH3 Köln | 0:48:52 |
| 13 | (210) | 263. | Winter, Chris | 1987 | | 0:53:41 |
| 14 | (87) | 328. | Klich, Patrick | 1988 | | 1:13:32 |

Lauf (10 km) - Junioren U23

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|--------------------------|------|---------------------------|---------|
| 1 | (205) | 110. | Wieczorreck, Kay Yannick | 1991 | | 0:44:44 |
| 2 | (681) | 183. | Butz, Gerrit | 1991 | Freiwillige Feuerwehr Eil | 0:48:28 |
| 3 | (143) | 285. | Reinartz, Sven | 1992 | 1/2 Marathon Köln rrh. | 0:56:01 |
| 4 | (814) | 317. | Groenewald, Freeke-Marie | 1990 | | 1:03:41 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M30

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-----------------------|------|-----------------------------------|---------|
| 1 | (901) | 12. | Nolte, Benedikt | 1978 | Bunert Running Team | 0:36:52 |
| 2 | (893) | 19. | Lütkefent, Jan | 1982 | Run ² by Runners Point | 0:37:32 |
| 3 | (178) | 28. | Senkyr, Martin | 1981 | Tri Power Rhein Sieg | 0:38:14 |
| 4 | (888) | 30. | Groneuer, Christoph | 1979 | ASV Köln Triathlon | 0:38:22 |
| 5 | (582) | 31. | Deli , Housein | 1979 | LSG Wind Immobilien | 0:38:28 |
| 6 | (853) | 35. | Futschik, Daniel | 1982 | LC Weilerswist | 0:39:07 |
| 7 | (240) | 50. | Hamm, Mario | 1978 | | 0:40:23 |
| 8 | (102) | 86. | Land, Matthias | 1980 | | 0:43:13 |
| 9 | (378) | 140. | Osterritter, Benjamin | 1981 | ATSV Marlon | 0:46:45 |
| 10 | (864) | 146. | Vogt, Dirk-Steffen | 1979 | | 0:46:59 |
| 11 | (296) | 153. | Schröder, Rene | 1978 | | 0:47:17 |
| 12 | (623) | 162. | Müller, Stefan | 1979 | Wind Immobilien | 0:47:30 |
| 13 | (33) | 163. | Egger, Andy | 1978 | Team Handelshof | 0:47:30 |
| 14 | (25) | 165. | Castellaneta, Mario | 1980 | LSG Wind Immobilien | 0:47:30 |
| 15 | (320) | 168. | Weber, Dominic | 1980 | | 0:47:31 |
| 16 | (119) | 189. | Niehaus, Marco | 1980 | | 0:48:36 |
| 17 | (26) | 198. | Claus, Marco | 1978 | | 0:49:05 |
| 18 | (220) | 204. | Bruns, Daniel | 1981 | | 0:49:33 |
| 19 | (241) | 207. | Heinze, Tobias | 1981 | | 0:49:38 |
| 20 | (368) | 220. | Lüsebrink, Sebastian | 1980 | BSG Sparkasse Gummersbach- | 0:50:03 |
| 21 | (327) | 223. | Andersson, Niko | 1978 | | 0:50:14 |
| 22 | (891) | 240. | Müller, Janis | 1981 | Hochtief | 0:51:12 |
| 23 | (367) | 270. | Lothmann, Thorsten | 1978 | | 0:54:16 |
| 24 | (36) | 275. | Engel, Sascha | 1979 | nekoelschefetz | 0:54:33 |
| 25 | (833) | 302. | Motin, Magali | 1978 | GSV Porz | 0:59:26 |
| 26 | (607) | 308. | Jacobs, Jan Tim | 1979 | | 1:01:33 |
| 27 | (851) | 323. | Neumann, Jessica | 1981 | | 1:06:41 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M35

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-------------------------|------|---------------------------|---------|
| 1 | (41) | 7. | Fischer, Gert | 1974 | ASV Köln Triathlon | 0:36:19 |
| 2 | (319) | 14. | Wallmen, Sören | 1977 | Kölner Triathlon Team 01 | 0:36:55 |
| 3 | (20) | 16. | Breunung, Dirk | 1976 | TEA | 0:37:08 |
| 4 | (884) | 20. | Mc Guire, Stephan | 1975 | TV Refrath | 0:37:43 |
| 5 | (902) | 21. | van de Weyer, Stephan | 1975 | Bunert Running Team | 0:37:45 |
| 6 | (257) | 25. | Kurz, Till Robin | 1973 | MACH3 Köln | 0:37:56 |
| 7 | (913) | 33. | Wagner, Nils | 1976 | TuS Naunheim | 0:38:48 |
| 8 | (133) | 37. | Preuß, Alexander | 1974 | VfL Engelskirchen | 0:39:12 |
| 9 | (865) | 40. | Kings, Simon | 1977 | TriTeam MountainHome | 0:39:23 |
| 10 | (349) | 41. | Hammermeister, Thomas | 1973 | Team Erdinger Alkoholfrei | 0:39:40 |
| 11 | (910) | 49. | Niemann, Daniel | 1975 | LSG Wind Immobilien | 0:40:21 |
| 12 | (10) | 58. | Baltes, Achim | 1975 | | 0:41:00 |
| 13 | (856) | 59. | Tochel, Carsten | 1973 | TSV Bayer 04 Leverkusen | 0:41:05 |
| 14 | (348) | 60. | Gutschke, Nils | 1976 | Mach3 Köln | 0:41:06 |
| 15 | (277) | 66. | Pörsch, Michael | 1973 | Laufmonster | 0:41:47 |
| 16 | (357) | 70. | Ibarburu, Sylvain | 1975 | | 0:42:06 |
| 17 | (887) | 73. | Fritz, Thomas | 1975 | LSG Wind Immobilien | 0:42:15 |
| 18 | (28) | 80. | Dahm, Martin | 1973 | | 0:42:48 |
| 19 | (103) | 81. | Last, Christoph | 1977 | LG Ebberock | 0:42:51 |
| 20 | (51) | 87. | Gatzen, Harald | 1975 | CENTRAL-Team | 0:43:15 |
| 21 | (329) | 100. | Armbrust, Michael | 1974 | LT Hennef/Sieg | 0:44:04 |
| 22 | (748) | 103. | Longert, David | 1976 | Bunert Running Team | 0:44:20 |
| 23 | (737) | 104. | Mech, Mario | 1974 | Rockaway Shanty | 0:44:26 |
| 24 | (256) | 105. | Krapohl, Sven | 1974 | | 0:44:27 |
| 25 | (299) | 113. | Slotosch, Marco | 1977 | Triathlon Team Hennef | 0:44:46 |
| 26 | (188) | 136. | Torun, Önder | 1974 | | 0:46:23 |
| 27 | (179) | 143. | Siegemund, Sven | 1977 | TV Witzhelden | 0:46:52 |
| 28 | (307) | 145. | Taschner, Marco | 1973 | | 0:46:57 |
| 29 | (315) | 159. | Volmer, Martin | 1977 | | 0:47:24 |
| 30 | (909) | 164. | Wind, Sebastian | 1977 | LSG Wind Immobilien | 0:47:30 |
| 31 | (40) | 166. | Firmin, Patrick | 1977 | | 0:47:30 |
| 32 | (160) | 167. | Schlausch, Dominik | 1974 | | 0:47:31 |
| 33 | (192) | 191. | von Niswandt, Timo | 1973 | ERGO sports Köln | 0:48:41 |
| 34 | (159) | 218. | Schink, Oliver | 1977 | Rather Flitzer | 0:50:01 |
| 35 | (301) | 222. | Soulivongsak, Vanhnasay | 1973 | BCT-TOURISTIK | 0:50:13 |
| 36 | (661) | 237. | Zeug, Alexander | 1974 | | 0:51:02 |
| 37 | (63) | 239. | Heering, Karl-Richard | 1977 | | 0:51:07 |
| 38 | (310) | 258. | Thöne, Christian | 1975 | | 0:53:13 |
| 39 | (626) | 259. | Olberts, Jens | 1976 | | 0:53:13 |
| 40 | (295) | 261. | Schorn, Michael | 1974 | | 0:53:19 |
| 41 | (153) | 268. | Ruschmeier, Sebastian | 1974 | Fanclub Linda & Karl | 0:54:03 |
| 42 | (866) | 269. | Barner, Markus | 1976 | | 0:54:16 |
| 43 | (1) | 273. | Altemühle, Dirk | 1973 | | 0:54:23 |
| 44 | (94) | 280. | Kottmann, Thorsten | 1974 | | 0:55:02 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M35

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|----------------------|------|------------------------|---------|
| 45 | (889) | 282. | Hötzschild, Rainer | 1974 | 1. FC Spich Laufftreff | 0:55:16 |
| 46 | (845) | 293. | Leffelsender, Thomas | 1977 | Löschgruppe Eil | 0:57:26 |
| 47 | (843) | 322. | Comuth, Sascha | 1973 | Löschgruppe Eil | 1:05:32 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M40

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|------------------------|------|---------------------------------|---------|
| 1 | (642) | 3. | Schneider, Norbert | 1968 | Bunert Running Team/ TV Refrath | 0:35:09 |
| 2 | (161) | 5. | Schmidt, Mario Michael | 1971 | Köln Triathlon e.V. | 0:35:39 |
| 3 | (686) | 6. | Di Dio, Salvatore | 1972 | LKD Düsseldorf | 0:36:17 |
| 4 | (848) | 9. | Plohmann, Stefan | 1972 | Freestyle-Plohmann.de | 0:36:35 |
| 5 | (831) | 18. | Niemann, Christoph | 1968 | LG Gummersbach | 0:37:23 |
| 6 | (276) | 26. | Poischen, Thomas | 1970 | RheinEnergie AG | 0:38:02 |
| 7 | (867) | 27. | Schneider, Thomas | 1969 | LG RWE Power | 0:38:13 |
| 8 | (243) | 29. | Hoßbach, Markus | 1969 | Tri Power Rhein Sieg | 0:38:15 |
| 9 | (248) | 36. | Jatzlau, Guido | 1971 | | 0:39:07 |
| 10 | (74) | 38. | Hufnagel, Carsten | 1969 | Team Bauchfleisch | 0:39:21 |
| 11 | (259) | 45. | Land, Rolf | 1970 | MACH3 Köln | 0:40:02 |
| 12 | (82) | 48. | Keloudis, Georgios | 1969 | LG Gummersbach | 0:40:18 |
| 13 | (906) | 64. | Timme, Volker | 1969 | | 0:41:25 |
| 14 | (114) | 68. | Müll, Stephan | 1970 | STORM-Team Triathlon | 0:41:55 |
| 15 | (116) | 71. | Müller, Josef | 1968 | LT Graftschaft | 0:42:13 |
| 16 | (905) | 75. | Liedtke, Olaf | 1969 | DJK Coesfeld | 0:42:19 |
| 17 | (852) | 77. | Hölzer, Thomas | 1969 | Team Carboo4U | 0:42:40 |
| 18 | (274) | 79. | Petersen, Sven | 1970 | GSV Porz | 0:42:44 |
| 19 | (917) | 82. | King, Gerard | 1972 | | 0:42:51 |
| 20 | (31) | 83. | Dreesbach, Dirk | 1968 | LC Weilerswist | 0:42:54 |
| 21 | (397) | 84. | Wank, Michael | 1969 | LT Hennef/Sieg | 0:42:58 |
| 22 | (668) | 90. | Zupan, Christian | 1969 | | 0:43:30 |
| 23 | (86) | 91. | Klenke, Thorsten | 1970 | h.i.t.s.@jogmap | 0:43:33 |
| 24 | (869) | 92. | Hartmann, Frederik | 1968 | TV Refrath | 0:43:39 |
| 25 | (120) | 94. | Niekrawietz, Peter | 1968 | | 0:43:44 |
| 26 | (374) | 96. | Mühlwinkel, Oliver | 1971 | | 0:43:48 |
| 27 | (898) | 107. | Albert, David | 1972 | | 0:44:35 |
| 28 | (268) | 114. | Müller, Stephan | 1970 | G8 | 0:44:58 |
| 29 | (861) | 137. | Elvenkemper, Andreas | 1968 | | 0:46:24 |
| 30 | (916) | 138. | Krannich, Michael | 1970 | | 0:46:35 |
| 31 | (616) | 151. | Langen, Mike | 1972 | Et jeht immer Jraaduss | 0:47:15 |
| 32 | (131) | 169. | Potreck, Frank | 1971 | Team Erdinger Alkoholfrei | 0:47:34 |
| 33 | (883) | 173. | Zielke, Christian | 1972 | | 0:47:51 |
| 34 | (674) | 179. | Pahlow, Lars | 1970 | | 0:48:13 |
| 35 | (260) | 184. | Lehr, Achim | 1968 | | 0:48:29 |
| 36 | (164) | 186. | Schmidt-Krayer, Jan | 1969 | | 0:48:32 |
| 37 | (860) | 192. | Schallenberg, Jörg | 1968 | FWVK | 0:48:44 |
| 38 | (879) | 195. | Zyzik, Gunna | 1970 | | 0:48:52 |
| 39 | (849) | 202. | Fiedler, Bernhard | 1971 | | 0:49:25 |
| 40 | (395) | 210. | Vogel, Jörg | 1969 | vogel | 0:49:48 |
| 41 | (70) | 212. | Hoffmann, Dirk | 1969 | | 0:49:50 |
| 42 | (908) | 228. | Thelen, Christian | 1968 | | 0:50:36 |
| 43 | (911) | 231. | Carle, Thomas | 1969 | | 0:50:44 |
| 44 | (844) | 246. | Martinez, Carlos | 1972 | | 0:51:46 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M40

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-----------------------|------|-----------------------|---------|
| 45 | (148) | 260. | Roll, Andreas | 1970 | Skiclub Olpe | 0:53:13 |
| 46 | (177) | 266. | Seeland, Thomas | 1969 | Team NY Marathon 2012 | 0:53:51 |
| 47 | (62) | 271. | Hazebrouck, Jan-Peter | 1969 | | 0:54:17 |
| 48 | (632) | 274. | Pels, Didi | 1969 | 1. FC Köln | 0:54:23 |
| 49 | (877) | 279. | Gremmel, Jens | 1972 | | 0:54:50 |
| 50 | (633) | 298. | Philipp, Manfred | 1971 | | 0:58:23 |
| 51 | (289) | 324. | Scheibenbogen, Markus | 1968 | The Invisibles | 1:07:08 |
| 52 | (882) | 325. | Schmidt, Volker | 1968 | PSC | 1:07:58 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M45

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|----------------------|------|---------------------------------|---------|
| 1 | (859) | 4. | Heuschen, Dirk | 1964 | TV Refrath | 0:35:17 |
| 2 | (365) | 11. | Lohmann, Peter | 1965 | SC Bayer 05 Uerdingen | 0:36:40 |
| 3 | (850) | 15. | Sambale, Thomas | 1965 | ASICS Frontrunner | 0:37:07 |
| 4 | (820) | 22. | Franssen, Andreas | 1963 | TV Refrath | 0:37:50 |
| 5 | (835) | 23. | Nicolay, Thomas | 1964 | SSG Königswinter | 0:37:51 |
| 6 | (232) | 24. | Fischer, Stefan | 1963 | ASV Köln Triathlon | 0:37:54 |
| 7 | (862) | 34. | Stephan, Matthias | 1963 | LT TUS Meindorf | 0:38:51 |
| 8 | (162) | 42. | Schmidt, Markus | 1967 | | 0:39:44 |
| 9 | (300) | 43. | Sommershof, Joachim | 1963 | PSV Bonn Triathlon | 0:39:49 |
| 10 | (743) | 44. | Mauter, Jörg | 1965 | Wiehltaler LC | 0:40:01 |
| 11 | (335) | 46. | Bracht, Dirk | 1966 | Mach3 Köln | 0:40:11 |
| 12 | (627) | 47. | Ollig, Arndt | 1965 | Running at Cologne | 0:40:12 |
| 13 | (854) | 51. | Hiesch, Claus-Peter | 1963 | VfL Kommern | 0:40:24 |
| 14 | (283) | 52. | Rocheteau, Dominique | 1965 | LG Gummersbach | 0:40:25 |
| 15 | (895) | 54. | Heitkamp, Michael | 1964 | SV AXA | 0:40:38 |
| 16 | (660) | 55. | Wotzlaw, Mathias | 1963 | ASV Köln Triathlon | 0:40:41 |
| 17 | (904) | 56. | Plewnia, Roman | 1964 | DJK Marienstatt | 0:40:47 |
| 18 | (108) | 62. | Mädje, Ingo | 1963 | Union Biesfeld Triathlon | 0:41:13 |
| 19 | (880) | 63. | Blissenbach, Gerd | 1963 | SV Bergisch Gladbach 1920/71 | 0:41:19 |
| 20 | (129) | 69. | Pfolk, Dieter | 1963 | Laufzentrum Martinstraße | 0:42:02 |
| 21 | (794) | 76. | Grimberg, Christoph | 1965 | SV 09/35 Wermelskirchen | 0:42:34 |
| 22 | (278) | 85. | Prause, Stefan | 1965 | TSV Bayer 04 Leverkusen | 0:43:01 |
| 23 | (89) | 88. | Knepper, Michael | 1963 | Marathon Mülheim | 0:43:22 |
| 24 | (832) | 89. | Müller, Ralph | 1963 | LT Düsseldorf-Süd | 0:43:25 |
| 25 | (113) | 95. | Morillas, Antonio | 1966 | | 0:43:44 |
| 26 | (2) | 98. | Arens, Norbert | 1963 | Merlin-Runners | 0:43:52 |
| 27 | (863) | 101. | Rinas, R. | 1963 | | 0:44:06 |
| 28 | (38) | 102. | Euler, Michael | 1964 | Mimavoca Langel | 0:44:10 |
| 29 | (878) | 109. | Dinter, Martin | 1967 | | 0:44:41 |
| 30 | (173) | 111. | Schröder, Wolfgang | 1967 | Union Biesfeld Triathlon | 0:44:44 |
| 31 | (585) | 116. | Drees, Volker | 1966 | | 0:45:07 |
| 32 | (588) | 118. | Eschbach, Ralf | 1963 | VfL Engelskirchen | 0:45:14 |
| 33 | (168) | 119. | Schneider, Reiner | 1965 | Lauflöwe 65 | 0:45:16 |
| 34 | (207) | 120. | Wiesmann, Ingo | 1967 | RTB Remscheid | 0:45:19 |
| 35 | (874) | 121. | Dreesbach, Rudolf | 1966 | LT Siebengebirge | 0:45:36 |
| 36 | (158) | 124. | Scheidler, Uwe | 1963 | Solorunners | 0:45:51 |
| 37 | (603) | 126. | Höhmann, Dr. Marc | 1964 | | 0:45:59 |
| 38 | (907) | 131. | Heinrichs, Alex | 1966 | TriAlex | 0:46:06 |
| 39 | (309) | 141. | Thiemermann, Norbert | 1963 | Kölner Ausdauer- und Laufschule | 0:46:47 |
| 40 | (290) | 155. | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 0:47:18 |
| 41 | (12) | 170. | Barkholz, Andreas | 1967 | Henkel Ausbildung | 0:47:40 |
| 42 | (107) | 174. | Ley, Thomas | 1965 | LT Rösratherstraße | 0:47:54 |
| 43 | (688) | 175. | Kürpig, Jürgen | 1964 | | 0:47:58 |
| 44 | (234) | 177. | Friede, Matthias | 1967 | | 0:48:03 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M45

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|----------------------|------|---------------------------|---------|
| 45 | (128) | 182. | Pfannenschmidt, Timo | 1966 | LC Weilerswist | 0:48:20 |
| 46 | (197) | 193. | Walpert, Jens | 1966 | MACH3 Köln | 0:48:49 |
| 47 | (249) | 196. | Kai, Kühne | 1966 | | 0:48:54 |
| 48 | (873) | 203. | Kremer, Franz | 1963 | LT Hennef/Sieg | 0:49:30 |
| 49 | (59) | 205. | Hansen, Christoph | 1965 | Cologne Allblacks | 0:49:36 |
| 50 | (30) | 209. | Djamalpour, Darius | 1964 | Team Erdinger Alkoholfrei | 0:49:47 |
| 51 | (258) | 213. | Kusch, Thomas | 1965 | PSV Bonn Triathlon | 0:49:50 |
| 52 | (372) | 215. | Mottweiler, Jürgen | 1965 | | 0:49:56 |
| 53 | (912) | 217. | Nuber, Michael | 1966 | TriCologne | 0:49:57 |
| 54 | (343) | 227. | Emkes, Lars | 1964 | BSG RheinEnergie | 0:50:36 |
| 55 | (52) | 229. | Geppert, Dietmar | 1967 | | 0:50:40 |
| 56 | (79) | 238. | Kaiser, Stephan | 1967 | ERGO sports Köln | 0:51:02 |
| 57 | (16) | 248. | Bitzer, Traugott | 1967 | LSV Halver | 0:51:53 |
| 58 | (828) | 250. | Heuschötter, Klaus | 1964 | Fifty minutes | 0:51:58 |
| 59 | (914) | 253. | Neugebauer, Markus | 1967 | | 0:52:20 |
| 60 | (253) | 262. | Koch, Frank | 1966 | | 0:53:25 |
| 61 | (73) | 265. | Hoppe, Thomas | 1963 | | 0:53:44 |
| 62 | (144) | 272. | Rieger, Herbert | 1966 | Campinglauf | 0:54:20 |
| 63 | (226) | 277. | Cramer, Enno | 1967 | Cramer | 0:54:41 |
| 64 | (17) | 278. | Blass, Frank | 1967 | | 0:54:44 |
| 65 | (125) | 286. | Pagers, Sven | 1966 | ESV Gremberghoven | 0:56:03 |
| 66 | (780) | 294. | Schmitz, Martin | 1967 | | 0:57:37 |
| 67 | (255) | 295. | Kosmol, Robert | 1967 | | 0:58:00 |
| 68 | (293) | 296. | Schmickler, Andreas | 1964 | | 0:58:08 |
| 69 | (202) | 297. | Weiler, Horst | 1965 | TV Kärlich | 0:58:12 |
| 70 | (858) | 303. | Karuth, Volker | 1964 | | 0:59:36 |
| 71 | (885) | 307. | Dresbach, Frank | 1967 | Cologne Allblacks | 1:01:24 |
| 72 | (221) | 311. | Buchta, Michael | 1965 | | 1:02:25 |
| 73 | (122) | 327. | Nolden, Dirk | 1965 | PSV Bonn Triathlon | 1:09:58 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M50

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-----------------------|------|-------------------------------------|---------|
| 1 | (169) | 13. | Schneider, Thomas | 1962 | SSG Königswinter | 0:36:55 |
| 2 | (689) | 32. | Ruhnke, Robert | 1958 | Bewegungsfelder | 0:38:37 |
| 3 | (32) | 39. | Dudley, Richard-James | 1961 | | 0:39:22 |
| 4 | (324) | 53. | Wolff, Udo | 1962 | LG Gummersbach | 0:40:32 |
| 5 | (584) | 65. | Dötzer, Günter | 1961 | SV Pretzfeld (Oberfranken) | 0:41:40 |
| 6 | (807) | 67. | Böcker, Thorsten | 1962 | Breite Heide | 0:41:49 |
| 7 | (819) | 72. | Schnödewind, Uwe | 1960 | RTC Frechen 80 | 0:42:14 |
| 8 | (741) | 74. | Blöcker, Thomas | 1962 | Meckenheim | 0:42:16 |
| 9 | (810) | 117. | Manthei, Christian | 1962 | ERGO sports Köln | 0:45:07 |
| 10 | (145) | 122. | Rohland, Bernd | 1960 | PSV Bonn Triathlon | 0:45:40 |
| 11 | (35) | 123. | Eidmann, Volker | 1960 | | 0:45:47 |
| 12 | (333) | 127. | Bode, Andreas | 1958 | Empire Triathlon Club New York City | 0:46:00 |
| 13 | (841) | 128. | Quirbach, Jürgen | 1960 | Tri Power Rhein Sieg | 0:46:01 |
| 14 | (288) | 129. | Sanno, Martin | 1959 | Prosecco-Lauf | 0:46:03 |
| 15 | (156) | 132. | Schaffarczyk, Bernd | 1960 | | 0:46:11 |
| 16 | (239) | 139. | Grimm, Manfred | 1962 | 1. Kölner Laufstall | 0:46:41 |
| 17 | (855) | 142. | Zimmermann, Ralf | 1961 | LG Eifel Runners | 0:46:50 |
| 18 | (690) | 147. | Stilez, Christian | 1961 | TSV Bayer 04 Leverkusen | 0:47:03 |
| 19 | (275) | 148. | Pinner, Thomas | 1961 | DJK Frankonia Porz | 0:47:10 |
| 20 | (839) | 149. | Boven, Josef | 1961 | | 0:47:12 |
| 21 | (291) | 158. | Scheu, Peter | 1960 | | 0:47:23 |
| 22 | (634) | 160. | Podzus, Horst | 1961 | | 0:47:25 |
| 23 | (196) | 171. | Waldoff, Michael | 1961 | ASV Köln | 0:47:41 |
| 24 | (80) | 176. | Katz, Alexander | 1961 | | 0:48:01 |
| 25 | (676) | 180. | Brodowski, Günter | 1960 | | 0:48:18 |
| 26 | (189) | 187. | Trost, Stefan | 1958 | Laufzentrum Martinstraße | 0:48:34 |
| 27 | (840) | 197. | Grassmann, Robert | 1958 | | 0:49:01 |
| 28 | (811) | 200. | Reifferscheid, Paul | 1959 | MACH3 Köln | 0:49:18 |
| 29 | (796) | 201. | Hessenbruch, Axel | 1961 | SV Wermelskirchen 09 | 0:49:20 |
| 30 | (846) | 206. | Döring, Uwe | 1958 | HAT Köln | 0:49:37 |
| 31 | (5) | 208. | Audehm, Dr. Uwe | 1960 | Alfterer SC | 0:49:42 |
| 32 | (635) | 221. | Reese, Uwe | 1958 | ASV Köln | 0:50:07 |
| 33 | (112) | 224. | Mischke, Gerhard | 1959 | Vaselino Quattro | 0:50:29 |
| 34 | (836) | 225. | Band, Harald | 1962 | Feuerwehr Frechen | 0:50:32 |
| 35 | (147) | 226. | Röhrig, Thomas | 1958 | TroisdorfHotwheels | 0:50:33 |
| 36 | (598) | 230. | Graf, Dr. Andreas | 1958 | | 0:50:43 |
| 37 | (680) | 234. | Robl, Joachim | 1960 | | 0:50:54 |
| 38 | (330) | 235. | Becker, Reinhard | 1960 | | 0:50:58 |
| 39 | (824) | 236. | Hauser, Peter | 1962 | Fifty minutes | 0:51:01 |
| 40 | (126) | 242. | Peter, Ronald | 1960 | HLG 98 Wuppertal | 0:51:27 |
| 41 | (837) | 249. | Dittrich, Ulrich | 1960 | Energiekoeln.de | 0:51:57 |
| 42 | (305) | 251. | Stephan, Burghardt | 1961 | www.idaa.de | 0:52:01 |
| 43 | (776) | 252. | Weissensel, Alexander | 1958 | TuS Deutz | 0:52:13 |
| 44 | (58) | 254. | Gutmann, Matthias | 1959 | DJK Marienstatt | 0:52:30 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M50

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-----------------------------|------|------------------|---------|
| 45 | (213) | 256. | Wurda, Werner | 1960 | SC Fortuna Köln | 0:52:53 |
| 46 | (673) | 257. | Heße, Axel | 1958 | | 0:52:55 |
| 47 | (67) | 289. | Hildebrandt, Oliver | 1961 | | 0:56:55 |
| 48 | (270) | 290. | Nuyken, Jochen | 1961 | TriCologne | 0:57:03 |
| 49 | (75) | 299. | Ilsanker, Georg | 1960 | Vaselino Quattro | 0:58:49 |
| 50 | (679) | 300. | Borkowski, Klaus | 1961 | | 0:58:56 |
| 51 | (314) | 301. | Volkmer, Rainer | 1961 | LT Sommersberg | 0:59:04 |
| 52 | (223) | 314. | Caspar, Karl-Heinz | 1962 | | 1:02:26 |
| 53 | (176) | 315. | Schumann, Sabine | 1961 | Prosecco-Lauf | 1:03:04 |
| 54 | (813) | 318. | Lopez de Quinterra, Alfonso | 1961 | KALS | 1:03:45 |

Lauf (10 km) - Senioren M55

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-------------------------|------|----------------------------|---------|
| 1 | (706) | 8. | Paulitschke, Wilfried | 1957 | ASICS Frontrunner | 0:36:34 |
| 2 | (4) | 78. | Arndt, Hartmut | 1957 | ASV Köln Triathlon | 0:42:42 |
| 3 | (175) | 93. | Schumacher, Hans Heinz | 1954 | BSG Delphi Draka | 0:43:42 |
| 4 | (719) | 97. | Mielczarek, Norbert | 1955 | Rhein Erft Akademie | 0:43:50 |
| 5 | (118) | 99. | Müller, Wolfgang | 1956 | VfL Engelskirchen | 0:43:59 |
| 6 | (265) | 106. | Maurer, Franz | 1955 | LT Grafenschaft | 0:44:33 |
| 7 | (236) | 115. | Gerber, Peter | 1955 | REINSHAGENER TURNERBUND | 0:45:00 |
| 8 | (767) | 125. | Herzog, Christoph | 1955 | Postbank Köln | 0:45:56 |
| 9 | (185) | 157. | Stollwerk, Udo | 1953 | RTB Remscheid Marathonteam | 0:47:22 |
| 10 | (91) | 161. | Köngeter, Hans | 1954 | SCB Horrem | 0:47:26 |
| 11 | (238) | 185. | Göbel, Harald | 1954 | ssf bonn | 0:48:31 |
| 12 | (325) | 188. | Wrampelmeyer, Christian | 1953 | | 0:48:34 |
| 13 | (822) | 199. | Risch, Joachim | 1955 | | 0:49:16 |
| 14 | (360) | 219. | Kals, Leo | 1954 | | 0:50:02 |
| 15 | (157) | 241. | Schall, Manfred | 1955 | Tus 82 Opladen | 0:51:12 |
| 16 | (194) | 243. | Voss, Herbert | 1954 | Henkel Ausbildung | 0:51:37 |
| 17 | (751) | 247. | Grunert, Uwe | 1954 | DJK Löwe | 0:51:51 |
| 18 | (787) | 276. | Frenser, Uwe | 1955 | Berufsfeuerwehr Köln | 0:54:37 |
| 19 | (200) | 281. | Weidmann, Wolfgang | 1955 | | 0:55:09 |
| 20 | (246) | 291. | Jansegers, André | 1956 | | 0:57:07 |
| 21 | (734) | 292. | Spahrkäs, Markus | 1955 | | 0:57:18 |
| 22 | (203) | 305. | Weiner, Helmut | 1955 | | 1:00:37 |
| 23 | (749) | 306. | Salterberg, Klaus | 1953 | | 1:00:52 |
| 24 | (206) | 316. | Wiemer, Karl Peter | 1955 | Team Silberfische Solingen | 1:03:34 |



Wertung nach Altersklassen

Lauf (10 km) - Senioren M60

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|--------------------|------|-------------------------|---------|
| 1 | (785) | 108. | Pohle, Gerhard | 1950 | LLG St.Augustin | 0:44:41 |
| 2 | (590) | 133. | Feindt, Reinhard | 1950 | Sg Bockenbergl Bensberg | 0:46:14 |
| 3 | (804) | 134. | Wüst, Hans-Werner | 1950 | | 0:46:15 |
| 4 | (332) | 144. | Bleibaum, Ernesto | 1952 | BSG BML Bonn | 0:46:55 |
| 5 | (817) | 154. | Levermann, Werner | 1949 | Ford FCSD | 0:47:17 |
| 6 | (834) | 211. | Niemann, Heribert | 1949 | 1.BC Bevel | 0:49:49 |
| 7 | (821) | 216. | Kersting, Friedel | 1950 | | 0:49:57 |
| 8 | (136) | 232. | Rabenbauer, Roland | 1951 | Prosecco-Lauf | 0:50:44 |
| 9 | (21) | 233. | Bucks, Hermann | 1950 | | 0:50:51 |
| 10 | (801) | 244. | Pauly, Thomas | 1952 | | 0:51:43 |
| 11 | (826) | 245. | Okamoto, Shinchi | 1950 | | 0:51:44 |
| 12 | (672) | 288. | Becker, Claus | 1949 | | 0:56:41 |
| 13 | (303) | 312. | Ständer, Roland | 1952 | | 1:02:26 |
| 14 | (302) | 313. | Ständer, Gerhard | 1950 | | 1:02:26 |

Lauf (10 km) - Senioren M65

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-------------------|------|-------------------|---------|
| 1 | (766) | 135. | Haude, Franz | 1945 | TSV Rönsahl | 0:46:22 |
| 2 | (381) | 150. | Runge, Günther | 1947 | VfL Engelskirchen | 0:47:13 |
| 3 | (251) | 264. | Kies, Heinrich | 1947 | | 0:53:41 |
| 4 | (49) | 283. | Froböse, Ingo | 1947 | BSG Delphi Draka | 0:55:24 |
| 5 | (66) | 309. | Hergarten, Dieter | 1943 | ERGO DIREKT | 1:01:44 |
| 6 | (704) | 310. | Tutas, Werner | 1947 | Ford | 1:02:20 |
| 7 | (677) | 319. | Uebber, Dieter | 1946 | | 1:04:04 |

Lauf (10 km) - Senioren M70

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|------------------|------|------------------------|---------|
| 1 | (764) | 255. | Meyer, Werner | 1941 | TTG Radevormwald | 0:52:41 |
| 2 | (183) | 267. | Steinke, Gerhard | 1942 | | 0:53:58 |
| 3 | (78) | 287. | John, Gerd | 1941 | 1/2 Marathon Köln rrh. | 0:56:36 |
| 4 | (152) | 304. | Rückel, Horst | 1940 | LC Euskirchen | 1:00:35 |
| 5 | (797) | 320. | Senst, Wolfram | 1941 | | 1:04:27 |

Lauf (10 km) - Senioren M75

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-------------------|------|-------------------|---------|
| 1 | (816) | 284. | Wettengl, Dietmar | 1935 | TSV Weiss-Köln | 0:55:54 |
| 2 | (795) | 321. | Beckel, Winfried | 1937 | LaV-Bad Godesberg | 1:05:02 |



Wertung nach Altersklassen

Lauf (10 km) - männl. Jugend U20

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|----------------------|------|-----------------|---------|
| 1 | (644) | 10. | Schommers, Lukas | 1993 | Albis Lauftreff | 0:36:39 |
| 2 | (399) | 156. | Wolf, Fabian | 1994 | TPSK | 0:47:21 |
| 3 | (127) | 181. | Pfannenschmidt, Nils | 1993 | LC Weilerswist | 0:48:20 |
| 4 | (233) | 214. | Forsch, Axel | 1994 | TPSK | 0:49:55 |
| 5 | (838) | 326. | Fiedler, Joschua | 1993 | | 1:08:52 |

Lauf (10 km) - Frauen

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|------------------|------|--------------------------|---------|
| 1 | (280) | 30. | Preussner, Marie | 1987 | | 0:51:06 |
| 2 | (61) | 33. | Harnau, Yvonne | 1987 | Gipfelstürmer Vorgebirge | 0:51:14 |
| 3 | (76) | 47. | Jacobs, Annika | 1983 | Kölner Triathlon Team 01 | 0:54:42 |
| 4 | (899) | 52. | Rietzschel, Tina | 1985 | | 0:55:34 |
| 5 | (385) | 56. | Schopper, Nadine | 1985 | ATSV Marlon | 0:56:41 |
| 6 | (359) | 62. | Jegust, Vanessa | 1989 | | 0:57:39 |
| 7 | (81) | 73. | Keller, Isabelle | 1983 | PSV Bonn Triathlon | 1:00:06 |
| 8 | (328) | 74. | Appelt, Jennifer | 1984 | | 1:00:08 |

Lauf (10 km) - Juniorinnen U23

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|---------------|------|--------------------|---------|
| 1 | (146) | 61. | Röhrig, Anni | 1992 | TroisdorfHotwheels | 0:57:15 |

Lauf (10 km) - Seniorinnen W30

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-----------------------|------|----------------------|---------|
| 1 | (649) | 2. | Steinberg, Steffi | 1981 | Tri Power Rhein Sieg | 0:42:20 |
| 2 | (228) | 5. | Düweke, Judith Düweke | 1980 | Non-Stop-Ultra | 0:44:38 |
| 3 | (872) | 6. | Jensen, Tina | 1981 | PSV Bonn Triathlon | 0:44:50 |
| 4 | (875) | 7. | Hohage, Anna | 1978 | PSV Bonn Triathlon | 0:44:50 |
| 5 | (871) | 8. | Sautter, Julia | 1982 | PSV Bonn Triathlon | 0:44:50 |
| 6 | (641) | 12. | Schillings, Stefanie | 1981 | TRC Essen 84 | 0:45:32 |
| 7 | (630) | 13. | Otten, Sylvia | 1981 | | 0:45:40 |
| 8 | (312) | 17. | Urbansky, Christine | 1981 | ASV Köln Triathlon | 0:46:39 |
| 9 | (282) | 18. | Renner, Frauke | 1980 | | 0:47:08 |
| 10 | (230) | 28. | Eßer, Liisa | 1981 | KSG Köln | 0:50:48 |
| 11 | (321) | 37. | Weishaupt, Ursula | 1980 | | 0:52:23 |
| 12 | (918) | 41. | Markowitz, Mona | 1982 | | 0:52:58 |
| 13 | (648) | 63. | Siebert, Melanie | 1981 | | 0:57:46 |
| 14 | (286) | 66. | Röwekamp, Mareike | 1981 | MACH3 Köln | 0:58:13 |
| 15 | (231) | 88. | Fischer, Christina | 1981 | The Invisibles | 1:07:09 |
| 16 | (138) | 91. | Ratte, Sonja | 1978 | | 1:09:50 |
| 17 | (124) | 92. | Olberts, Ramona | 1979 | | 1:09:51 |



Wertung nach Altersklassen

Lauf (10 km) - Seniorinnen W35

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-------------------------|------|---------------------------|---------|
| 1 | (611) | 1. | Kopatschek, Anne | 1975 | MACH3 Köln | 0:41:12 |
| 2 | (597) | 15. | Garve, Agnes | 1975 | Mach3 | 0:45:50 |
| 3 | (890) | 23. | Steinbusch, Ute | 1974 | | 0:48:01 |
| 4 | (892) | 32. | Rosen, Sabine | 1977 | MACH3 Köln | 0:51:13 |
| 5 | (8) | 46. | Azizmohammadi, Monika | 1976 | TSV Hochdahl | 0:54:31 |
| 6 | (376) | 48. | Nieth, Sonja | 1976 | LT Hennef/Sieg | 0:54:43 |
| 7 | (14) | 55. | Becker, Cornell | 1977 | | 0:56:37 |
| 8 | (306) | 75. | Strube, Daniela | 1975 | | 1:00:09 |
| 9 | (39) | 85. | Figuroa Carrasco, Lidia | 1973 | Cologne Allblacks | 1:04:53 |
| 10 | (870) | 86. | Steller-Lübke, Manuela | 1977 | | 1:06:47 |
| 11 | (132) | 89. | Potreck, Michaela | 1974 | Team Erdinger Alkoholfrei | 1:07:20 |

Lauf (10 km) - Seniorinnen W40

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|----------------------|------|------------------------|---------|
| 1 | (358) | 16. | Janssen, Sylvia | 1969 | Tri-Team TV Schiefbahn | 0:46:23 |
| 2 | (752) | 19. | Tückmantel, Nicole | 1971 | BSG Delphi Draka | 0:47:18 |
| 3 | (847) | 20. | Erdmann, Sonja | 1969 | ASV Köln | 0:47:21 |
| 4 | (355) | 27. | Holtkamp, Kamilla | 1972 | | 0:49:55 |
| 5 | (897) | 29. | Kurschildgen, Alice | 1972 | | 0:50:53 |
| 6 | (663) | 36. | Wahl, Susanne | 1968 | | 0:51:56 |
| 7 | (93) | 39. | Kosmol, Heike | 1970 | ESV Gremberghoven | 0:52:34 |
| 8 | (304) | 57. | Steinseifer, Kerstin | 1969 | Tri Power Rhein-Sieg | 0:56:51 |
| 9 | (294) | 64. | Schmickler, Tanja | 1969 | | 0:58:08 |
| 10 | (292) | 69. | Schlinge, Susanna | 1971 | | 0:59:12 |
| 11 | (60) | 77. | Hansen, Nicol | 1968 | Cologne Allblacks | 1:01:24 |
| 12 | (263) | 90. | Loos, Britta | 1971 | TriPower Rhein-Sieg | 1:09:22 |



Wertung nach Altersklassen

Lauf (10 km) - Seniorinnen W45

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|---------------------|------|----------------------------|---------|
| 1 | (818) | 3. | Lennartz, Birgit | 1965 | LLG St.Augustin | 0:43:29 |
| 2 | (775) | 4. | Weißengel, Hilu | 1964 | TuS Deutz | 0:43:50 |
| 3 | (800) | 9. | Neumann, Ines | 1966 | SV 09/35 Wermelskirchen | 0:45:10 |
| 4 | (390) | 10. | Singer, Sabine | 1967 | TV Refrath | 0:45:12 |
| 5 | (269) | 14. | Niedrig, Uta | 1966 | RTB Remscheid Marathonteam | 0:45:44 |
| 6 | (903) | 22. | Plewnia, Moni | 1966 | DJK Marienstatt | 0:47:56 |
| 7 | (773) | 25. | Göbel, Claudia | 1966 | TV 1843 Dillenburg | 0:49:09 |
| 8 | (100) | 26. | Küttner, Christiane | 1967 | ASV Köln Triathlon | 0:49:41 |
| 9 | (279) | 31. | Preussner, Catrin | 1965 | | 0:51:06 |
| 10 | (187) | 35. | Thein, Sylvia | 1963 | Henkel Ausbildung | 0:51:44 |
| 11 | (180) | 49. | Siemons, Elisabeth | 1966 | | 0:54:45 |
| 12 | (85) | 50. | Kleesattel, Astrid | 1965 | | 0:55:09 |
| 13 | (57) | 51. | Guschmann, Monika | 1965 | PSV Bonn Triathlon | 0:55:14 |
| 14 | (111) | 58. | Milz, Anke | 1964 | Team NY Marathon 2012 | 0:56:58 |
| 15 | (15) | 59. | Bickendorf, Marion | 1963 | Running TV Bedburg | 0:57:06 |
| 16 | (201) | 65. | Weiler, Doris | 1965 | TV Kärlich | 0:58:12 |
| 17 | (829) | 67. | Bukow, Alexandra | 1967 | | 0:58:46 |
| 18 | (211) | 70. | Wolf, Petra | 1965 | ERGO sports Köln | 0:59:33 |
| 19 | (254) | 78. | Koch, Simone | 1966 | | 1:02:08 |
| 20 | (109) | 82. | Meyer, Katja | 1966 | | 1:03:33 |
| 21 | (311) | 84. | Trautsch, Ines | 1965 | | 1:04:39 |
| 22 | (658) | 93. | Vukota, Nicola | 1964 | PSV Bonn Triathlon | 1:09:57 |
| 23 | (318) | 95. | Wald, Ilona | 1965 | PSV Bonn Triathlon | 2:34:18 |

Lauf (10 km) - Seniorinnen W50

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|---------------------------|------|--------------------|---------|
| 1 | (225) | 21. | Cordes, Ulla | 1960 | LG Südsauerland | 0:47:55 |
| 2 | (264) | 24. | Mataré, Birgit | 1962 | TPSK | 0:48:45 |
| 3 | (272) | 40. | Paasovaara-Aulbach, Sisko | 1959 | Prosecco-Lauf | 0:52:38 |
| 4 | (135) | 42. | Rabenbauer, Gabi | 1959 | Prosecco-Lauf | 0:53:05 |
| 5 | (37) | 43. | Eschment-Schnitzler, Ruth | 1958 | Running TV Bedburg | 0:53:16 |
| 6 | (137) | 44. | Ramb, Birgit | 1961 | | 0:54:12 |
| 7 | (812) | 45. | Göbel, Heike | 1958 | ssf bonn | 0:54:12 |
| 8 | (154) | 53. | Rypholz, Monika | 1960 | ASV Köln Triathlon | 0:55:16 |
| 9 | (825) | 54. | Rotscheidt, Doris | 1958 | Fifty minutes | 0:56:26 |
| 10 | (730) | 60. | Hoffmann, Andrea | 1959 | TC Kirchhudem | 0:57:15 |
| 11 | (90) | 68. | Könemann, Sonja | 1959 | ERGO sports Köln | 0:58:47 |
| 12 | (208) | 71. | Wilbert, Sylvia | 1961 | Vaselino Quattro | 0:59:50 |
| 13 | (786) | 76. | Frenser, Beate | 1959 | | 1:00:22 |
| 14 | (827) | 79. | Weltin, Klaudia | 1960 | Turboschnecken | 1:02:09 |
| 15 | (798) | 83. | Pfeffer, Evelyn | 1960 | | 1:04:27 |



Wertung nach Altersklassen

Lauf (10 km) - Seniorinnen W55

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|----------------------|------|--------------------|---------|
| 1 | (322) | 11. | Wilbrand, Ulrike | 1955 | LG Südsauerland | 0:45:29 |
| 2 | (665) | 34. | Suhr, Monika | 1957 | | 0:51:25 |
| 3 | (735) | 38. | Spahrkäs, Ulrike | 1956 | | 0:52:23 |
| 4 | (655) | 80. | Vogel, Carmen | 1954 | | 1:02:42 |
| 5 | (788) | 81. | Kühnel, Walli | 1953 | | 1:03:33 |
| 6 | (285) | 87. | Rohrmoser, Felicitas | 1956 | Laufmariechen Köln | 1:07:01 |
| 7 | (284) | 94. | Rohrmoser, Eva-Maria | 1954 | Laufmariechen Köln | 1:13:00 |

Lauf (10 km) - Seniorinnen W60

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|-----------------|------|--------|---------|
| 1 | (823) | 72. | Heller, Marlene | 1952 | | 0:59:59 |



Mannschaftswertung gemischt

Lauf (10 km)

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|---------------------------------|------|-----------------|----------------|
| 1 | | TV Refrath | | | 1:50:50 |
| | (859) | Heuschen, Dirk | 1964 | Senioren M45 | 0:35:17 |
| | (884) | Mc Guire, Stephan | 1975 | Senioren M35 | 0:37:43 |
| | (820) | Franssen, Andreas | 1963 | Senioren M45 | 0:37:50 |
| 2 | | ASV Köln Triathlon | | | 1:52:35 |
| | (41) | Fischer, Gert | 1974 | Senioren M35 | 0:36:19 |
| | (232) | Fischer, Stefan | 1963 | Senioren M45 | 0:37:54 |
| | (888) | Groneuer, Christoph | 1979 | Senioren M30 | 0:38:22 |
| 3 | | LG Gummersbach | | | 1:58:06 |
| | (831) | Niemann, Christoph | 1968 | Senioren M40 | 0:37:23 |
| | (82) | Keloudis, Georgios | 1969 | Senioren M40 | 0:40:18 |
| | (283) | Rocheteau, Dominique | 1965 | Senioren M45 | 0:40:25 |
| 4 | | Tri Power Rhein Sieg | | | 1:58:49 |
| | (178) | Senkyr, Martin | 1981 | Senioren M30 | 0:38:14 |
| | (243) | Hoßbach, Markus | 1969 | Senioren M40 | 0:38:15 |
| | (649) | Steinberg, Steffi | 1981 | Seniorinnen W30 | 0:42:20 |
| 5 | | Bunert Running Team | | | 1:58:57 |
| | (901) | Nolte, Benedikt | 1978 | Senioren M30 | 0:36:52 |
| | (902) | van de Weyer, Stephan | 1975 | Senioren M35 | 0:37:45 |
| | (748) | Longert, David | 1976 | Senioren M35 | 0:44:20 |
| 6 | | MACH3 Köln | | | 1:59:10 |
| | (257) | Kurz, Till Robin | 1973 | Senioren M35 | 0:37:56 |
| | (259) | Land, Rolf | 1970 | Senioren M40 | 0:40:02 |
| | (611) | Kopatschek, Anne | 1975 | Seniorinnen W35 | 0:41:12 |
| 7 | | LSG Wind Immobilien | | | 2:01:04 |
| | (582) | Deli , Housein | 1979 | Senioren M30 | 0:38:28 |
| | (910) | Niemann, Daniel | 1975 | Senioren M35 | 0:40:21 |
| | (887) | Fritz, Thomas | 1975 | Senioren M35 | 0:42:15 |
| 8 | | Kölner Triathlon Team 01 | | | 2:05:12 |
| | (842) | Ackermann, Johann | 1984 | Männer | 0:33:35 |
| | (319) | Wallmen, Sören | 1977 | Senioren M35 | 0:36:55 |
| | (76) | Jacobs, Annika | 1983 | Frauen | 0:54:42 |
| 9 | | VfL Engelskirchen | | | 2:08:25 |
| | (133) | Preuß, Alexander | 1974 | Senioren M35 | 0:39:12 |
| | (118) | Müller, Wolfgang | 1956 | Senioren M55 | 0:43:59 |
| | (588) | Eschbach, Ralf | 1963 | Senioren M45 | 0:45:14 |



Mannschaftswertung gemischt

Lauf (10 km)

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|-----------|-------|----------------------------------|------|-----------------|----------------|
| 10 | | PSV Bonn Triathlon | | | 2:09:29 |
| | (300) | Sommershof, Joachim | 1963 | Senioren M45 | 0:39:49 |
| | (871) | Sautter, Julia | 1982 | Seniorinnen W30 | 0:44:50 |
| | (875) | Hohage, Anna | 1978 | Seniorinnen W30 | 0:44:50 |
| 11 | | ASV Köln Triathlon 2 | | | 2:10:02 |
| | (660) | Wotzlaw, Mathias | 1963 | Senioren M45 | 0:40:41 |
| | (4) | Arndt, Hartmut | 1957 | Senioren M55 | 0:42:42 |
| | (312) | Urbansky, Christine | 1981 | Seniorinnen W30 | 0:46:39 |
| 12 | | LC Weilerswist | | | 2:10:21 |
| | (853) | Futschik, Daniel | 1982 | Senioren M30 | 0:39:07 |
| | (31) | Dreesbach, Dirk | 1968 | Senioren M40 | 0:42:54 |
| | (128) | Pfannenschmidt, Timo | 1966 | Senioren M45 | 0:48:20 |
| 13 | | TSV Bayer 04 Leverkusen | | | 2:11:09 |
| | (856) | Tochel, Carsten | 1973 | Senioren M35 | 0:41:05 |
| | (278) | Prause, Stefan | 1965 | Senioren M45 | 0:43:01 |
| | (690) | Stilez, Christian | 1961 | Senioren M50 | 0:47:03 |
| 14 | | LT Hennef/Sieg | | | 2:16:32 |
| | (397) | Wank, Michael | 1969 | Senioren M40 | 0:42:58 |
| | (329) | Armbrust, Michael | 1974 | Senioren M35 | 0:44:04 |
| | (873) | Kremer, Franz | 1963 | Senioren M45 | 0:49:30 |
| 15 | | Team Erdinger Alkoholfrei | | | 2:17:01 |
| | (349) | Hammermeister, Thomas | 1973 | Senioren M35 | 0:39:40 |
| | (131) | Potreck, Frank | 1971 | Senioren M40 | 0:47:34 |
| | (30) | Djamalpour, Darius | 1964 | Senioren M45 | 0:49:47 |
| 16 | | PSV Bonn Triathlon 2 | | | 2:20:20 |
| | (872) | Jensen, Tina | 1981 | Seniorinnen W30 | 0:44:50 |
| | (145) | Rohland, Bernd | 1960 | Senioren M50 | 0:45:40 |
| | (258) | Kusch, Thomas | 1965 | Senioren M45 | 0:49:50 |
| 17 | | DJK Marienstatt | | | 2:21:13 |
| | (904) | Plewnia, Roman | 1964 | Senioren M45 | 0:40:47 |
| | (903) | Plewnia, Moni | 1966 | Seniorinnen W45 | 0:47:56 |
| | (58) | Gutmann, Matthias | 1959 | Senioren M50 | 0:52:30 |
| 18 | | ERGO sports Köln | | | 2:24:50 |
| | (810) | Manthei, Christian | 1962 | Senioren M50 | 0:45:07 |
| | (192) | von Niswandt, Timo | 1973 | Senioren M35 | 0:48:41 |
| | (79) | Kaiser, Stephan | 1967 | Senioren M45 | 0:51:02 |



Mannschaftswertung gemischt

Lauf (10 km)

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|-----------|-------|---------------------------|------|-------------------|----------------|
| 19 | | ASV Köln | | | 2:25:09 |
| | (847) | Erdmann, Sonja | 1969 | Seniorinnen W40 | 0:47:21 |
| | (196) | Waldoff, Michael | 1961 | Senioren M50 | 0:47:41 |
| | (635) | Reese, Uwe | 1958 | Senioren M50 | 0:50:07 |
| 20 | | TPSK | | | 2:26:01 |
| | (399) | Wolf, Fabian | 1994 | männl. Jugend U20 | 0:47:21 |
| | (264) | Mataré, Birgit | 1962 | Seniorinnen W50 | 0:48:45 |
| | (233) | Forsch, Axel | 1994 | männl. Jugend U20 | 0:49:55 |
| 21 | | BSG Delphi Draka | | | 2:26:24 |
| | (175) | Schumacher, Hans Heinz | 1954 | Senioren M55 | 0:43:42 |
| | (752) | Tückmantel, Nicole | 1971 | Seniorinnen W40 | 0:47:18 |
| | (49) | Froböse, Ingo | 1947 | Senioren M65 | 0:55:24 |
| 22 | | MACH3 Köln 2 | | | 2:26:59 |
| | (197) | Walpert, Jens | 1966 | Senioren M45 | 0:48:49 |
| | (894) | Schmitz, Sebastian | 1988 | Männer | 0:48:52 |
| | (811) | Reifferscheid, Paul | 1959 | Senioren M50 | 0:49:18 |
| 23 | | Prosecco-Lauf | | | 2:29:25 |
| | (288) | Sanno, Martin | 1959 | Senioren M50 | 0:46:03 |
| | (136) | Rabenbauer, Roland | 1951 | Senioren M60 | 0:50:44 |
| | (272) | Paasovaara-Aulbach, Sisko | 1959 | Seniorinnen W50 | 0:52:38 |
| 24 | | Henkel Ausbildung | | | 2:31:01 |
| | (12) | Barkholz, Andreas | 1967 | Senioren M45 | 0:47:40 |
| | (194) | Voss, Herbert | 1954 | Senioren M55 | 0:51:37 |
| | (187) | Thein, Sylvia | 1963 | Seniorinnen W45 | 0:51:44 |
| 25 | | Fifty minutes | | | 2:39:25 |
| | (824) | Hauser, Peter | 1962 | Senioren M50 | 0:51:01 |
| | (828) | Heuschötter, Klaus | 1964 | Senioren M45 | 0:51:58 |
| | (825) | Rotscheidt, Doris | 1958 | Seniorinnen W50 | 0:56:26 |
| 26 | | Vaselino Quattro | | | 2:49:08 |
| | (112) | Mischke, Gerhard | 1959 | Senioren M50 | 0:50:29 |
| | (75) | Ilsanker, Georg | 1960 | Senioren M50 | 0:58:49 |
| | (208) | Wilbert, Sylvia | 1961 | Seniorinnen W50 | 0:59:50 |
| 27 | | Cologne Allblacks | | | 2:52:24 |
| | (59) | Hansen, Christoph | 1965 | Senioren M45 | 0:49:36 |
| | (60) | Hansen, Nicol | 1968 | Seniorinnen W40 | 1:01:24 |
| | (885) | Dresbach, Frank | 1967 | Senioren M45 | 1:01:24 |



28. Winterserie des GSV Porz - 1. Lauf

Dienstag, 21. Februar 2012

13:09:52

Mannschaftswertung gemischt

Lauf (10 km)

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|-----------|-------|-----------------------------|------|-----------------|----------------|
| 28 | | PSV Bonn Triathlon 3 | | | 3:05:17 |
| | (57) | Guschmann, Monika | 1965 | Seniorinnen W45 | 0:55:14 |
| | (81) | Keller, Isabelle | 1983 | Frauen | 1:00:06 |
| | (658) | Vukota, Nicola | 1964 | Seniorinnen W45 | 1:09:57 |



Mannschaftswertung nach Geschlecht (DLV)

Lauf (10 km) - männlich

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|-----------------------------|------|--------------|----------------|
| 1 | | TV Refrath | | | 1:50:50 |
| | (859) | Heuschen, Dirk | 1964 | Senioren M45 | 0:35:17 |
| | (884) | Mc Guire, Stephan | 1975 | Senioren M35 | 0:37:43 |
| | (820) | Franssen, Andreas | 1963 | Senioren M45 | 0:37:50 |
| 2 | | ASV Köln Triathlon | | | 1:52:35 |
| | (41) | Fischer, Gert | 1974 | Senioren M35 | 0:36:19 |
| | (232) | Fischer, Stefan | 1963 | Senioren M45 | 0:37:54 |
| | (888) | Groneuer, Christoph | 1979 | Senioren M30 | 0:38:22 |
| 3 | | LG Gummersbach | | | 1:58:06 |
| | (831) | Niemann, Christoph | 1968 | Senioren M40 | 0:37:23 |
| | (82) | Keloudis, Georgios | 1969 | Senioren M40 | 0:40:18 |
| | (283) | Rocheteau, Dominique | 1965 | Senioren M45 | 0:40:25 |
| 4 | | Bunert Running Team | | | 1:58:57 |
| | (901) | Nolte, Benedikt | 1978 | Senioren M30 | 0:36:52 |
| | (902) | van de Weyer, Stephan | 1975 | Senioren M35 | 0:37:45 |
| | (748) | Longert, David | 1976 | Senioren M35 | 0:44:20 |
| 5 | | LSG Wind Immobilien | | | 2:01:04 |
| | (582) | Deli , Housein | 1979 | Senioren M30 | 0:38:28 |
| | (910) | Niemann, Daniel | 1975 | Senioren M35 | 0:40:21 |
| | (887) | Fritz, Thomas | 1975 | Senioren M35 | 0:42:15 |
| 6 | | Tri Power Rhein Sieg | | | 2:02:30 |
| | (178) | Senkyr, Martin | 1981 | Senioren M30 | 0:38:14 |
| | (243) | Hoßbach, Markus | 1969 | Senioren M40 | 0:38:15 |
| | (841) | Quirbach, Jürgen | 1960 | Senioren M50 | 0:46:01 |
| 7 | | MACH3 Köln | | | 2:06:47 |
| | (257) | Kurz, Till Robin | 1973 | Senioren M35 | 0:37:56 |
| | (259) | Land, Rolf | 1970 | Senioren M40 | 0:40:02 |
| | (197) | Walpert, Jens | 1966 | Senioren M45 | 0:48:49 |
| 8 | | VfL Engelskirchen | | | 2:08:25 |
| | (133) | Preuß, Alexander | 1974 | Senioren M35 | 0:39:12 |
| | (118) | Müller, Wolfgang | 1956 | Senioren M55 | 0:43:59 |
| | (588) | Eschbach, Ralf | 1963 | Senioren M45 | 0:45:14 |
| 9 | | LC Weilerswist | | | 2:10:21 |
| | (853) | Futschik, Daniel | 1982 | Senioren M30 | 0:39:07 |
| | (31) | Dreesbach, Dirk | 1968 | Senioren M40 | 0:42:54 |
| | (128) | Pfannenschmidt, Timo | 1966 | Senioren M45 | 0:48:20 |



Mannschaftswertung nach Geschlecht (DLV)

Lauf (10 km) - männlich

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|-----------|-------|----------------------------------|------|--------------|----------------|
| 10 | | TSV Bayer 04 Leverkusen | | | 2:11:09 |
| | (856) | Tochel, Carsten | 1973 | Senioren M35 | 0:41:05 |
| | (278) | Prause, Stefan | 1965 | Senioren M45 | 0:43:01 |
| | (690) | Stilez, Christian | 1961 | Senioren M50 | 0:47:03 |
| 11 | | PSV Bonn Triathlon | | | 2:15:19 |
| | (300) | Sommershof, Joachim | 1963 | Senioren M45 | 0:39:49 |
| | (145) | Rohland, Bernd | 1960 | Senioren M50 | 0:45:40 |
| | (258) | Kusch, Thomas | 1965 | Senioren M45 | 0:49:50 |
| 12 | | LT Hennef/Sieg | | | 2:16:32 |
| | (397) | Wank, Michael | 1969 | Senioren M40 | 0:42:58 |
| | (329) | Armbrust, Michael | 1974 | Senioren M35 | 0:44:04 |
| | (873) | Kremer, Franz | 1963 | Senioren M45 | 0:49:30 |
| 13 | | Team Erdinger Alkoholfrei | | | 2:17:01 |
| | (349) | Hammermeister, Thomas | 1973 | Senioren M35 | 0:39:40 |
| | (131) | Potreck, Frank | 1971 | Senioren M40 | 0:47:34 |
| | (30) | Djamalpour, Darius | 1964 | Senioren M45 | 0:49:47 |
| 14 | | ERGO sports Köln | | | 2:24:50 |
| | (810) | Manthei, Christian | 1962 | Senioren M50 | 0:45:07 |
| | (192) | von Niswandt, Timo | 1973 | Senioren M35 | 0:48:41 |
| | (79) | Kaiser, Stephan | 1967 | Senioren M45 | 0:51:02 |
| 15 | | Prosecco-Lauf | | | 2:39:51 |
| | (288) | Sanno, Martin | 1959 | Senioren M50 | 0:46:03 |
| | (136) | Rabenbauer, Roland | 1951 | Senioren M60 | 0:50:44 |
| | (176) | Schumann, Sabine | 1961 | Senioren M50 | 1:03:04 |



Mannschaftswertung nach Geschlecht (DLV)

Lauf (10 km) - weiblich

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|-----------------------------|------|-----------------|----------------|
| 1 | | PSV Bonn Triathlon | | | 2:14:30 |
| | (871) | Sautter, Julia | 1982 | Seniorinnen W30 | 0:44:50 |
| | (875) | Hohage, Anna | 1978 | Seniorinnen W30 | 0:44:50 |
| | (872) | Jensen, Tina | 1981 | Seniorinnen W30 | 0:44:50 |
| 2 | | MACH3 Köln | | | 2:30:38 |
| | (611) | Kopatschek, Anne | 1975 | Seniorinnen W35 | 0:41:12 |
| | (892) | Rosen, Sabine | 1977 | Seniorinnen W35 | 0:51:13 |
| | (286) | Röwekamp, Mareike | 1981 | Seniorinnen W30 | 0:58:13 |
| 3 | | ASV Köln Triathlon | | | 2:31:36 |
| | (312) | Urbansky, Christine | 1981 | Seniorinnen W30 | 0:46:39 |
| | (100) | Küttner, Christiane | 1967 | Seniorinnen W45 | 0:49:41 |
| | (154) | Rypholz, Monika | 1960 | Seniorinnen W50 | 0:55:16 |
| 4 | | PSV Bonn Triathlon 2 | | | 3:05:17 |
| | (57) | Guschmann, Monika | 1965 | Seniorinnen W45 | 0:55:14 |
| | (81) | Keller, Isabelle | 1983 | Frauen | 1:00:06 |
| | (658) | Vukota, Nicola | 1964 | Seniorinnen W45 | 1:09:57 |



Mannschaftswertung nach Altersklasse (DLV)

Lauf (10 km) - Senioren M35

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|----------------------------|------|--------------|----------------|
| 1 | | LSG Wind Immobilien | | | 2:10:06 |
| | (910) | Niemann, Daniel | 1975 | Senioren M35 | 0:40:21 |
| | (887) | Fritz, Thomas | 1975 | Senioren M35 | 0:42:15 |
| | (909) | Wind, Sebastian | 1977 | Senioren M35 | 0:47:30 |

Lauf (10 km) - Senioren M45

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|---------------------------|------|--------------|----------------|
| 1 | | PSV Bonn Triathlon | | | 2:39:37 |
| | (300) | Sommershof, Joachim | 1963 | Senioren M45 | 0:39:49 |
| | (258) | Kusch, Thomas | 1965 | Senioren M45 | 0:49:50 |
| | (122) | Nolden, Dirk | 1965 | Senioren M45 | 1:09:58 |

Lauf (10 km) - Seniorinnen W30

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|---------------------------|------|-----------------|----------------|
| 1 | | PSV Bonn Triathlon | | | 2:14:30 |
| | (871) | Sautter, Julia | 1982 | Seniorinnen W30 | 0:44:50 |
| | (875) | Hohage, Anna | 1978 | Seniorinnen W30 | 0:44:50 |
| | (872) | Jensen, Tina | 1981 | Seniorinnen W30 | 0:44:50 |

Lauf (10 km) - Seniorinnen W45

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|---------------------------|------|-----------------|----------------|
| 1 | | PSV Bonn Triathlon | | | 4:39:29 |
| | (57) | Guschmann, Monika | 1965 | Seniorinnen W45 | 0:55:14 |
| | (658) | Vukota, Nicola | 1964 | Seniorinnen W45 | 1:09:57 |
| | (318) | Wald, Ilona | 1965 | Seniorinnen W45 | 2:34:18 |