



Overall-Ranking

Lauf (15 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|--------|-----------------------|------|-----------------------------------|---------|
| 1 | (901) | 1. | M30 | Nolte, Benedikt | 1978 | Bunert Running Team | 0:54:28 |
| 2 | (41) | 1. | M35 | Fischer, Gert | 1974 | ASV Köln Triathlon | 0:54:38 |
| 3 | (169) | 1. | M50 | Schneider, Thomas | 1962 | SSG Königswinter | 0:55:09 |
| 4 | (1605) | 2. | M30 | Kufferath, Moritz | 1979 | MTV Köln 1850 | 0:55:22 |
| 5 | (848) | 1. | M40 | Plohmann, Stefan | 1972 | Freestyle-Plohmann.de | 0:56:02 |
| 6 | (20) | 2. | M35 | Breunung, Dirk | 1976 | TEA | 0:56:36 |
| 7 | (1637) | 1. | M45 | Nicolay, Thomas | 1964 | SSG Königswinter | 0:56:53 |
| 8 | (644) | 1. | MJ-U20 | Schommers, Lukas | 1993 | Albis Lauftreff | 0:57:10 |
| 9 | (820) | 2. | M45 | Franssen, Andreas | 1963 | TV Refrath | 0:57:37 |
| 10 | (276) | 2. | M40 | Poischen, Thomas | 1970 | RheinEnergie AG | 0:58:30 |
| 11 | (893) | 3. | M30 | Lütkefent, Jan | 1982 | Run ² by Runners Point | 0:58:39 |
| 12 | (1647) | 3. | M40 | Müll, Stephan | 1970 | STORM-Team Triathlon | 0:58:44 |
| 13 | (1508) | 2. | M50 | Ruhnke, Robert | 1958 | Bewegungsfelder Uta Oehl | 0:58:50 |
| 14 | (32) | 3. | M50 | Dudley, Richard-James | 1961 | | 0:58:56 |
| 15 | (162) | 3. | M45 | Schmidt, Markus | 1967 | | 0:59:23 |
| 16 | (865) | 3. | M35 | Kings, Simon | 1977 | TriTeam MountainHome | 0:59:28 |
| 17 | (1622) | 4. | M40 | Christian, Matthias | 1972 | DJK Marienstatt | 0:59:39 |
| 18 | (1634) | 4. | M45 | Mauel, Thomas | 1965 | SSG Königswinter | 0:59:49 |
| 19 | (853) | 4. | M30 | Futschik, Daniel | 1982 | LC Weilerswist | 1:00:54 |
| 20 | (1635) | 1. | M60 | Engels, Herbie | 1948 | LLG St.Augustin | 1:01:19 |
| 21 | (895) | 5. | M45 | Heitkamp, Michael | 1964 | SV AXA | 1:01:27 |
| 22 | (129) | 6. | M45 | Pfolk, Dieter | 1963 | Laufzentrum Martinstraße | 1:01:52 |
| 23 | (1616) | 5. | M30 | Bender, Dennis | 1982 | ASV Köln Triathlon | 1:02:00 |
| 24 | (240) | 6. | M30 | Hamm, Mario | 1978 | | 1:02:04 |
| 25 | (611) | 1. | W35 | Kopatschek, Anne | 1975 | MACH3 Köln | 1:02:05 |
| 26 | (108) | 7. | M45 | Mädje, Ingo | 1963 | Union Biesfeld Triathlon | 1:02:15 |
| 27 | (1648) | 5. | M40 | Eggers, Sven | 1972 | | 1:02:23 |
| 28 | (283) | 8. | M45 | Rocheteau, Dominique | 1965 | LG Gummersbach | 1:02:33 |
| 29 | (82) | 6. | M40 | Keloudis, Georgios | 1969 | LG Gummersbach | 1:03:00 |
| 30 | (1467) | 4. | M35 | Ibarburu, Sylvain | 1975 | | 1:03:16 |
| 31 | (660) | 9. | M45 | Wotzlaw, Mathias | 1963 | ASV Köln Triathlon | 1:03:18 |
| 32 | (277) | 5. | M35 | Pörsch, Michael | 1973 | Laufmonster | 1:03:24 |
| 33 | (1656) | 10. | M45 | Blissenbach, Gerd | 1963 | SV Bergisch Gladbach 1920/71 | 1:03:31 |
| 34 | (1628) | 4. | M50 | Wolff, Udo | 1962 | LG Gummersbach | 1:04:08 |
| 35 | (852) | 7. | M40 | Hölzer, Thomas | 1969 | Team Carboo4U | 1:04:12 |
| 36 | (11) | 2. | W35 | Bannert, Birte | 1973 | | 1:04:16 |
| 37 | (278) | 11. | M45 | Prause, Stefan | 1965 | TSV Bayer 04 Leverkusen | 1:04:32 |
| 38 | (1454) | 8. | M40 | Gröner, Ole | 1968 | MACH3-Köln e.V. | 1:04:37 |
| 39 | (741) | 5. | M50 | Blöcker, Thomas | 1962 | Meckenheim | 1:04:47 |
| 40 | (1630) | 1. | M55 | Hoffmann, Michael | 1954 | | 1:04:51 |
| 41 | (113) | 12. | M45 | Morillas, Antonio | 1966 | | 1:05:57 |
| 42 | (668) | 9. | M40 | Zupan, Christian | 1969 | | 1:05:59 |
| 43 | (869) | 10. | M40 | Hartmann, Frederik | 1968 | TV Refrath | 1:06:16 |
| 44 | (173) | 13. | M45 | Schröder, Wolfgang | 1967 | Union Biesfeld Triathlon | 1:06:23 |



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Lauf (15 km)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-----|------------------------|------|----------------------------|---------|
| 45 | (103) | 6. | M35 | Last, Christoph | 1977 | LG Ebberock | 1:06:51 |
| 46 | (1627) | 6. | M50 | Dudek, Dieter | 1958 | Wuppertal | 1:06:59 |
| 47 | (236) | 2. | M55 | Gerber, Peter | 1955 | REINSHAGENER TURNERBUND | 1:07:09 |
| 48 | (878) | 14. | M45 | Dinter, Martin | 1967 | | 1:07:19 |
| 49 | (1651) | 7. | M30 | Lohse, Maik | 1982 | ErdingerAlkoholfrei | 1:07:25 |
| 50 | (118) | 3. | M55 | Müller, Wolfgang | 1956 | VfL Engelskirchen | 1:07:28 |
| 51 | (2) | 15. | M45 | Arens, Norbert | 1963 | Merlin-Runners | 1:07:35 |
| 52 | (1649) | 16. | M45 | Arnold, Jörg | 1964 | | 1:07:54 |
| 53 | (1614) | 2. | M60 | Machado, Mario | 1950 | Spiridon Portugal | 1:08:02 |
| 54 | (818) | 1. | W45 | Lennartz, Birgit | 1965 | LLG St.Augustin | 1:08:10 |
| 55 | (175) | 4. | M55 | Schumacher, Hans Heinz | 1954 | BSG Delphi Draka | 1:08:11 |
| 56 | (299) | 7. | M35 | Slotosch, Marco | 1977 | Triathlon Team Hennef | 1:08:26 |
| 57 | (1618) | 11. | M40 | Poplawski, Andrzej | 1972 | | 1:08:32 |
| 58 | (89) | 17. | M45 | Knepper, Michael | 1963 | Marathon Mülheim | 1:08:34 |
| 59 | (785) | 3. | M60 | Pohle, Gerhard | 1950 | LLG St.Augustin | 1:08:37 |
| 60 | (256) | 8. | M35 | Krapohl, Sven | 1974 | | 1:08:40 |
| 61 | (832) | 18. | M45 | Müller, Ralph | 1963 | LT Düsseldorf-Süd | 1:08:56 |
| 62 | (1641) | 12. | M40 | Taczynski, Dirk | 1969 | | 1:09:04 |
| 63 | (179) | 9. | M35 | Siegemund, Sven | 1977 | TV Witzhelden | 1:09:13 |
| 64 | (1652) | 1. | M | Vogt, Andreas | 1983 | | 1:09:14 |
| 65 | (898) | 13. | M40 | Albert, David | 1972 | | 1:09:16 |
| 66 | (1640) | 7. | M50 | Dupont, Jürgen | 1960 | LTD Köln-Dellbrück | 1:09:19 |
| 67 | (1657) | 10. | M35 | Theisen, Stephan | 1976 | | 1:09:29 |
| 68 | (207) | 19. | M45 | Wiesmann, Ingo | 1967 | RTB Remscheid | 1:09:46 |
| 69 | (1655) | 20. | M45 | Doi, Shinichi | 1967 | | 1:10:03 |
| 70 | (861) | 14. | M40 | Elvenkemper, Andreas | 1968 | | 1:10:05 |
| 71 | (291) | 8. | M50 | Scheu, Peter | 1960 | | 1:10:23 |
| 72 | (1646) | 21. | M45 | Nettekoven, Jürgen | 1967 | | 1:10:42 |
| 73 | (38) | 22. | M45 | Euler, Michael | 1964 | Mimavoca Langel | 1:11:02 |
| 74 | (168) | 23. | M45 | Schneider, Reiner | 1965 | Lauflöwe 65 | 1:11:19 |
| 75 | (752) | 1. | W40 | Tückmantel, Nicole | 1971 | BSG Delphi Draka | 1:11:22 |
| 76 | (590) | 4. | M60 | Feindt, Reinhard | 1950 | Sg Bockenberg Bensberg | 1:11:27 |
| 77 | (320) | 8. | M30 | Weber, Dominic | 1980 | | 1:11:37 |
| 78 | (196) | 9. | M50 | Waldoff, Michael | 1961 | ASV Köln | 1:11:44 |
| 79 | (1645) | 15. | M40 | Boedeker, Grit | 1970 | STORM-Team Triathlon | 1:11:46 |
| 80 | (269) | 2. | W45 | Niedrig, Uta | 1966 | RTB Remscheid Marathonteam | 1:11:52 |
| 81 | (817) | 5. | M60 | Levermann, Werner | 1949 | Ford FCSD | 1:12:02 |
| 82 | (239) | 10. | M50 | Grimm, Manfred | 1962 | 1. Kölner Laufstall | 1:12:10 |
| 83 | (275) | 11. | M50 | Pinner, Thomas | 1961 | DJK Frankonia Porz | 1:12:12 |
| 84 | (1624) | 5. | M55 | Beyer, Heinrich | 1956 | Mirko`s Running Team | 1:12:16 |
| 85 | (1626) | 24. | M45 | Riepelmeier, Ulrich | 1966 | | 1:12:19 |
| 86 | (674) | 16. | M40 | Pahlow, Lars | 1970 | | 1:12:29 |
| 87 | (158) | 25. | M45 | Scheidler, Uwe | 1963 | Solorunners | 1:12:38 |
| 88 | (815) | 2. | M | Schorde, Christoph | 1983 | | 1:12:42 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|--------|----------------------|------|---------------------------------|---------|
| 89 | (661) | 11. | M35 | Zeug, Alexander | 1974 | | 1:13:03 |
| 90 | (634) | 12. | M50 | Podzus, Horst | 1961 | | 1:13:04 |
| 91 | (1629) | 6. | M55 | Groos, Martin | 1953 | | 1:13:17 |
| 92 | (282) | 1. | W30 | Renner, Frauke | 1980 | | 1:13:18 |
| 93 | (309) | 26. | M45 | Thiemermann, Norbert | 1963 | Kölner Ausdauer- und Laufschule | 1:13:20 |
| 94 | (1612) | 2. | MJ-U20 | Kethers, Yannick | 1994 | Spiridon Portugall | 1:13:24 |
| 95 | (1636) | 1. | W55 | Engels, Angelika | 1956 | LLG St.Augustin | 1:13:29 |
| 96 | (238) | 7. | M55 | Göbel, Harald | 1954 | ssf bonn | 1:13:35 |
| 97 | (822) | 8. | M55 | Risch, Joachim | 1955 | | 1:13:43 |
| 98 | (91) | 9. | M55 | Köngeter, Hans | 1954 | SCB Horrem | 1:13:46 |
| 99 | (1625) | 3. | M | Eul, Andreas | 1985 | Germanwings | 1:14:00 |
| 100 | (119) | 9. | M30 | Niehaus, Marco | 1980 | | 1:14:05 |
| 101 | (676) | 13. | M50 | Brodowski, Günter | 1960 | | 1:14:07 |
| 102 | (1644) | 10. | M55 | Schmitz, Wolfgang | 1955 | LA TUS Mayen | 1:14:17 |
| 103 | (1658) | 11. | M55 | Müller, Ralf | 1956 | Schnaufgruppe | 1:14:20 |
| 104 | (1598) | 10. | M30 | Münch, Patrick | 1980 | | 1:14:21 |
| 105 | (234) | 27. | M45 | Friede, Matthias | 1967 | | 1:14:26 |
| 106 | (312) | 2. | W30 | Urbansky, Christine | 1981 | ASV Köln Triathlon | 1:14:31 |
| 107 | (192) | 12. | M35 | von Niswandt, Timo | 1973 | ERGO sports Köln | 1:14:32 |
| 108 | (80) | 14. | M50 | Katz, Alexander | 1961 | | 1:14:34 |
| 109 | (1661) | 3. | W35 | Steinbusch, Ute | 1974 | | 1:14:34 |
| 110 | (1654) | 28. | M45 | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 1:14:35 |
| 111 | (131) | 17. | M40 | Potreck, Frank | 1971 | Team Erdinger Alkoholfrei | 1:14:37 |
| 112 | (107) | 29. | M45 | Ley, Thomas | 1965 | LT Rösratherstraße | 1:14:40 |
| 113 | (33) | 11. | M30 | Egger, Andy | 1978 | Team Handelshof | 1:14:42 |
| 114 | (28) | 13. | M35 | Dahm, Martin | 1973 | | 1:15:00 |
| 115 | (873) | 30. | M45 | Kremer, Franz | 1963 | LT Hennef/Sieg | 1:15:03 |
| 116 | (189) | 15. | M50 | Trost, Stefan | 1958 | Laufzentrum Martinstraße | 1:15:11 |
| 117 | (249) | 31. | M45 | Kai, Kühne | 1966 | | 1:15:19 |
| 118 | (773) | 3. | W45 | Göbel, Claudia | 1966 | TV 1843 Dillenburg | 1:15:27 |
| 119 | (70) | 18. | M40 | Hoffmann, Dirk | 1969 | | 1:15:29 |
| 120 | (1653) | 16. | M50 | Simon, Hans-Peter | 1962 | | 1:15:32 |
| 121 | (112) | 17. | M50 | Mischke, Gerhard | 1959 | Vaselino Quattro | 1:15:36 |
| 122 | (355) | 2. | W40 | Holtkamp, Kamilla | 1972 | BSG RheinEnergie | 1:15:36 |
| 123 | (160) | 14. | M35 | Schlausch, Dominik | 1974 | | 1:15:45 |
| 124 | (190) | 4. | M | Virnich, Dennis | 1983 | DJK Blumenthal | 1:15:51 |
| 125 | (834) | 6. | M60 | Niemann, Heribert | 1949 | 1.BC Bevel | 1:15:56 |
| 126 | (1642) | 19. | M40 | Campodonico, Mario | 1969 | Moitzfeld | 1:16:20 |
| 127 | (879) | 20. | M40 | Zyzik, Gunna | 1970 | | 1:16:28 |
| 128 | (222) | 5. | M | Buckenmayer, Jan | 1987 | | 1:16:31 |
| 129 | (157) | 12. | M55 | Schall, Manfred | 1955 | Tus 82 Opladen | 1:16:33 |
| 130 | (824) | 18. | M50 | Hauser, Peter | 1962 | Fifty minutes | 1:16:35 |
| 131 | (288) | 19. | M50 | Sanno, Martin | 1959 | Prosecco-Lauf | 1:16:36 |
| 132 | (21) | 7. | M60 | Bucks, Hermann | 1950 | | 1:16:36 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-----|---------------------------|------|--------------------|---------|
| 133 | (197) | 32. | M45 | Walpert, Jens | 1966 | MACH3 Köln | 1:16:53 |
| 134 | (911) | 21. | M40 | Carle, Thomas | 1969 | | 1:17:05 |
| 135 | (1444) | 15. | M35 | Folberger, Milan | 1975 | | 1:17:06 |
| 136 | (260) | 22. | M40 | Lehr, Achim | 1968 | | 1:17:29 |
| 137 | (63) | 16. | M35 | Heering, Karl-Richard | 1977 | | 1:17:41 |
| 138 | (1602) | 1. | M65 | Peeters, Wolfgang | 1946 | TuS Mechernich | 1:17:51 |
| 139 | (100) | 4. | W45 | Küttner, Christiane | 1967 | ASV Köln Triathlon | 1:17:55 |
| 140 | (663) | 3. | W40 | Wahl, Susanne | 1968 | | 1:18:01 |
| 141 | (665) | 2. | W55 | Suhr, Monika | 1957 | | 1:18:02 |
| 142 | (194) | 13. | M55 | Voss, Herbert | 1954 | Henkel Ausbildung | 1:18:04 |
| 143 | (187) | 5. | W45 | Thein, Sylvia | 1963 | Henkel Ausbildung | 1:18:16 |
| 144 | (764) | 1. | M70 | Meyer, Werner | 1941 | TTG Radevormwald | 1:18:28 |
| 145 | (598) | 20. | M50 | Graf, Dr. Andreas | 1958 | | 1:18:33 |
| 146 | (272) | 1. | W50 | Paasovaara-Aulbach, Sisko | 1959 | Prosecco-Lauf | 1:18:39 |
| 147 | (136) | 8. | M60 | Rabenbauer, Roland | 1951 | Prosecco-Lauf | 1:18:39 |
| 148 | (1496) | 4. | W35 | Nieth, Sonja | 1976 | LT Hennef/Sieg | 1:18:42 |
| 149 | (321) | 3. | W30 | Weishaupt, Ursula | 1980 | | 1:18:58 |
| 150 | (801) | 9. | M60 | Pauly, Thomas | 1952 | | 1:19:00 |
| 151 | (826) | 10. | M60 | Okamoto, Shinchu | 1950 | | 1:19:02 |
| 152 | (26) | 12. | M30 | Claus, Marco | 1978 | | 1:19:09 |
| 153 | (93) | 4. | W40 | Kosmol, Heike | 1970 | ESV Gremberghoven | 1:19:15 |
| 154 | (307) | 17. | M35 | Taschner, Marco | 1973 | | 1:19:18 |
| 155 | (305) | 21. | M50 | Stephan, Burghardt | 1961 | www.idaa.de | 1:19:19 |
| 156 | (37) | 2. | W50 | Eschment-Schnitzler, Ruth | 1958 | Running TV Bedburg | 1:19:49 |
| 157 | (301) | 18. | M35 | Soulivongsak, Vanhnasay | 1973 | BCT-TOURISTIK | 1:19:50 |
| 158 | (1510) | 22. | M50 | Schmergal, Michael | 1960 | LT Paffrath | 1:20:15 |
| 159 | (183) | 2. | M70 | Steinke, Gerhard | 1942 | | 1:20:19 |
| 160 | (58) | 23. | M50 | Gutmann, Matthias | 1959 | DJK Marienstatt | 1:20:36 |
| 161 | (1632) | 24. | M50 | Baumeister, Wolfgang | 1960 | | 1:20:50 |
| 162 | (1633) | 13. | M30 | Baumeister, Sebastian | 1982 | | 1:20:50 |
| 163 | (1617) | 14. | M55 | Weidenfeld, Günter | 1956 | Running TV Bedburg | 1:20:58 |
| 164 | (220) | 14. | M30 | Bruns, Daniel | 1981 | | 1:21:04 |
| 165 | (135) | 3. | W50 | Rabenbauer, Gabi | 1959 | Prosecco-Lauf | 1:21:11 |
| 166 | (914) | 33. | M45 | Neugebauer, Markus | 1967 | | 1:21:13 |
| 167 | (241) | 15. | M30 | Heinze, Tobias | 1981 | | 1:21:19 |
| 168 | (223) | 25. | M50 | Caspar, Karl-Heinz | 1962 | | 1:21:27 |
| 169 | (1613) | 15. | M55 | Kethers, Klaus | 1957 | Spiridon Portugall | 1:21:31 |
| 170 | (1615) | 23. | M40 | Klenke, Thorsten | 1970 | h.i.t.s.@jogmap | 1:21:36 |
| 171 | (1660) | 5. | W35 | Rosen, Sabine | 1977 | Mach 3 Köln | 1:21:37 |
| 172 | (1659) | 16. | M55 | Böcking, Detlef | 1957 | TUSEM Essen | 1:21:41 |
| 173 | (751) | 17. | M55 | Grunert, Uwe | 1954 | DJK Löwe | 1:21:50 |
| 174 | (626) | 19. | M35 | Olberts, Jens | 1976 | | 1:22:00 |
| 175 | (310) | 20. | M35 | Thöne, Christian | 1975 | | 1:22:00 |
| 176 | (148) | 24. | M40 | Roll, Andreas | 1970 | Skiclub Olpe | 1:22:00 |



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| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-------|-----------------------|------|---------------------------|---------|
| 177 | (1663) | 34. | M45 | Alker, Felix | 1967 | | 1:22:04 |
| 178 | (1664) | 6. | W35 | Alker, Sandra | 1975 | West Coast Eikamp | 1:22:06 |
| 179 | (153) | 21. | M35 | Ruschmeier, Sebastian | 1974 | Fanclub Linda & Karl | 1:22:11 |
| 180 | (672) | 11. | M60 | Becker, Claus | 1949 | Cegelec Wallabies | 1:22:16 |
| 181 | (1662) | 25. | M40 | Hazebrouck, Jan-Peter | 1969 | | 1:22:18 |
| 182 | (877) | 26. | M40 | Gremmel, Jens | 1972 | | 1:22:20 |
| 183 | (5) | 26. | M50 | Audehm, Dr. Uwe | 1960 | Alfterer SC | 1:22:29 |
| 184 | (1620) | 35. | M45 | Dickmann, Volker | 1966 | Lauffreunde HADI Wesel | 1:23:54 |
| 185 | (289) | 27. | M40 | Scheibenbogen, Markus | 1968 | The Invisibles | 1:23:55 |
| 186 | (49) | 2. | M65 | Froböse, Ingo | 1947 | BSG Delphi Draka | 1:24:04 |
| 187 | (1650) | 5. | W40 | Astner, Beate | 1969 | Gummy Bear Runners | 1:24:17 |
| 188 | (1643) | 36. | M45 | Heuschötter, Klaus | 1964 | Fifty minutes | 1:24:20 |
| 189 | (144) | 37. | M45 | Rieger, Herbert | 1966 | Campinglauf | 1:24:23 |
| 190 | (154) | 4. | W50 | Rypholz, Monika | 1960 | ASV Köln Triathlon | 1:24:46 |
| 191 | (251) | 3. | M65 | Kies, Heinrich | 1947 | | 1:25:00 |
| 192 | (8) | 7. | W35 | Azizmohammadi, Monika | 1976 | TSV Hochdahl | 1:25:15 |
| 193 | (14) | 8. | W35 | Becker, Cornell | 1977 | | 1:25:24 |
| 194 | (72) | 6. | W45 | Hoppe, Silke | 1963 | | 1:25:46 |
| 195 | (73) | 38. | M45 | Hoppe, Thomas | 1963 | | 1:25:46 |
| 196 | (255) | 39. | M45 | Kosmol, Robert | 1967 | | 1:25:54 |
| 197 | (1631) | 27. | M50 | Kattenthaler, Ludger | 1959 | | 1:25:54 |
| 198 | (15) | 7. | W45 | Bickendorf, Marion | 1963 | Running TV Bedburg | 1:25:55 |
| 199 | (85) | 8. | W45 | Kleesattel, Astrid | 1965 | | 1:26:05 |
| 200 | (200) | 18. | M55 | Weidmann, Wolfgang | 1955 | | 1:26:05 |
| 201 | (213) | 28. | M50 | Wurda, Werner | 1960 | SC Fortuna Köln | 1:26:11 |
| 202 | (293) | 40. | M45 | Schmickler, Andreas | 1964 | | 1:26:28 |
| 203 | (294) | 6. | W40 | Schmickler, Tanja | 1969 | | 1:26:28 |
| 204 | (246) | 19. | M55 | Jansegers, André | 1956 | | 1:26:48 |
| 205 | (1623) | 29. | M50 | Wüst, Gerhard | 1958 | Mirko`s Running Team | 1:27:12 |
| 206 | (314) | 30. | M50 | Volkmer, Rainer | 1961 | LT Sommersberg | 1:28:06 |
| 207 | (679) | 31. | M50 | Borkowski, Klaus | 1961 | | 1:29:09 |
| 208 | (146) | 1. | W-U23 | Röhrig, Anni | 1992 | TroisdorfHotwheels | 1:29:31 |
| 209 | (147) | 32. | M50 | Röhrig, Thomas | 1958 | TroisdorfHotwheels | 1:29:31 |
| 210 | (210) | 6. | M | Winter, Chris | 1987 | | 1:29:32 |
| 211 | (1539) | 41. | M45 | Weerman, Ferko | 1967 | | 1:30:07 |
| 212 | (201) | 9. | W45 | Weiler, Doris | 1965 | TV Kärlich | 1:30:43 |
| 213 | (202) | 42. | M45 | Weiler, Horst | 1965 | TV Kärlich | 1:30:43 |
| 214 | (823) | 1. | W60 | Heller, Marlene | 1952 | | 1:30:58 |
| 215 | (633) | 28. | M40 | Philipp, Manfred | 1971 | | 1:31:02 |
| 216 | (109) | 10. | W45 | Meyer, Katja | 1966 | | 1:31:08 |
| 217 | (75) | 33. | M50 | Ilsanker, Georg | 1960 | Vaselino Quattro | 1:32:44 |
| 218 | (81) | 1. | W | Keller, Isabelle | 1983 | PSV Bonn Triathlon | 1:33:24 |
| 219 | (1473) | 3. | W55 | Klefisch, Malgorzata | 1954 | Hospizverein Köln-Mülheim | 1:33:31 |
| 220 | (208) | 5. | W50 | Wilbert, Sylvia | 1961 | Vaselino Quattro | 1:33:37 |



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|------------|--------|-----|-----|-----------------------------|------|------------------------|----------------|
| 221 | (226) | 43. | M45 | Cramer, Enno | 1967 | Cramer | 1:33:56 |
| 222 | (78) | 3. | M70 | John, Gerd | 1941 | 1/2 Marathon Köln rrh. | 1:33:58 |
| 223 | (829) | 11. | W45 | Bukow, Alexandra | 1967 | | 1:34:20 |
| 224 | (1638) | 12. | M60 | Teusch, Achim | 1952 | LLG St.Augustin | 1:34:21 |
| 225 | (90) | 6. | W50 | Könemann, Sonja | 1959 | ERGO sports Köln | 1:34:22 |
| 226 | (1639) | 12. | W45 | Segtrop, Anette | 1963 | | 1:34:26 |
| 227 | (203) | 20. | M55 | Weiner, Helmut | 1955 | | 1:35:21 |
| 228 | (1411) | 13. | W45 | Benatia, Brigitte | 1966 | | 1:36:32 |
| 229 | (1535) | 2. | W60 | Volkmar, Monika | 1952 | LT Paffrath | 1:38:02 |
| 230 | (176) | 34. | M50 | Schumann, Sabine | 1961 | Prosecco-Lauf | 1:39:16 |
| 231 | (813) | 35. | M50 | Lopez de Quinterra, Alfonso | 1961 | KALS | 1:52:06 |
| 232 | (92) | 4. | W55 | Kordeuter, Jutta | 1954 | MediVital | 2:05:21 |



Wertung nach Geschlecht

Lauf (15 km) - Frauen (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-------|---------------------------|------|----------------------------|---------|
| 1 | (611) | 1. | W35 | Kopatschek, Anne | 1975 | MACH3 Köln | 1:02:05 |
| 2 | (11) | 2. | W35 | Bannert, Birte | 1973 | | 1:04:16 |
| 3 | (818) | 1. | W45 | Lennartz, Birgit | 1965 | LLG St.Augustin | 1:08:10 |
| 4 | (752) | 1. | W40 | Tückmantel, Nicole | 1971 | BSG Delphi Draka | 1:11:22 |
| 5 | (269) | 2. | W45 | Niedrig, Uta | 1966 | RTB Remscheid Marathonteam | 1:11:52 |
| 6 | (282) | 1. | W30 | Renner, Frauke | 1980 | | 1:13:18 |
| 7 | (1636) | 1. | W55 | Engels, Angelika | 1956 | LLG St.Augustin | 1:13:29 |
| 8 | (312) | 2. | W30 | Urbansky, Christine | 1981 | ASV Köln Triathlon | 1:14:31 |
| 9 | (1661) | 3. | W35 | Steinbusch, Ute | 1974 | | 1:14:34 |
| 10 | (773) | 3. | W45 | Göbel, Claudia | 1966 | TV 1843 Dillenburg | 1:15:27 |
| 11 | (355) | 2. | W40 | Holtkamp, Kamilla | 1972 | BSG RheinEnergie | 1:15:36 |
| 12 | (100) | 4. | W45 | Küttner, Christiane | 1967 | ASV Köln Triathlon | 1:17:55 |
| 13 | (663) | 3. | W40 | Wahl, Susanne | 1968 | | 1:18:01 |
| 14 | (665) | 2. | W55 | Suhr, Monika | 1957 | | 1:18:02 |
| 15 | (187) | 5. | W45 | Thein, Sylvia | 1963 | Henkel Ausbildung | 1:18:16 |
| 16 | (272) | 1. | W50 | Paasovaara-Aulbach, Sisko | 1959 | Prosecco-Lauf | 1:18:39 |
| 17 | (1496) | 4. | W35 | Nieth, Sonja | 1976 | LT Hennef/Sieg | 1:18:42 |
| 18 | (321) | 3. | W30 | Weishaupt, Ursula | 1980 | | 1:18:58 |
| 19 | (93) | 4. | W40 | Kosmol, Heike | 1970 | ESV Gremberghoven | 1:19:15 |
| 20 | (37) | 2. | W50 | Eschment-Schnitzler, Ruth | 1958 | Running TV Bedburg | 1:19:49 |
| 21 | (135) | 3. | W50 | Rabenbauer, Gabi | 1959 | Prosecco-Lauf | 1:21:11 |
| 22 | (1660) | 5. | W35 | Rosen, Sabine | 1977 | Mach 3 Köln | 1:21:37 |
| 23 | (1664) | 6. | W35 | Alker, Sandra | 1975 | West Coast Eikamp | 1:22:06 |
| 24 | (1650) | 5. | W40 | Astner, Beate | 1969 | Gummy Bear Runners | 1:24:17 |
| 25 | (154) | 4. | W50 | Rypholz, Monika | 1960 | ASV Köln Triathlon | 1:24:46 |
| 26 | (8) | 7. | W35 | Azizmohammadi, Monika | 1976 | TSV Hochdahl | 1:25:15 |
| 27 | (14) | 8. | W35 | Becker, Cornell | 1977 | | 1:25:24 |
| 28 | (72) | 6. | W45 | Hoppe, Silke | 1963 | | 1:25:46 |
| 29 | (15) | 7. | W45 | Bickendorf, Marion | 1963 | Running TV Bedburg | 1:25:55 |
| 30 | (85) | 8. | W45 | Kleesattel, Astrid | 1965 | | 1:26:05 |
| 31 | (294) | 6. | W40 | Schmickler, Tanja | 1969 | | 1:26:28 |
| 32 | (146) | 1. | W-U23 | Röhrig, Anni | 1992 | TroisdorfHotwheels | 1:29:31 |
| 33 | (201) | 9. | W45 | Weiler, Doris | 1965 | TV Kärlich | 1:30:43 |
| 34 | (823) | 1. | W60 | Heller, Marlene | 1952 | | 1:30:58 |
| 35 | (109) | 10. | W45 | Meyer, Katja | 1966 | | 1:31:08 |
| 36 | (81) | 1. | W | Keller, Isabelle | 1983 | PSV Bonn Triathlon | 1:33:24 |
| 37 | (1473) | 3. | W55 | Klefish, Malgorzata | 1954 | Hospizverein Köln-Mülheim | 1:33:31 |
| 38 | (208) | 5. | W50 | Wilbert, Sylvia | 1961 | Vaselino Quattro | 1:33:37 |
| 39 | (829) | 11. | W45 | Bukow, Alexandra | 1967 | | 1:34:20 |
| 40 | (90) | 6. | W50 | Könemann, Sonja | 1959 | ERGO sports Köln | 1:34:22 |
| 41 | (1639) | 12. | W45 | Segtrop, Anette | 1963 | | 1:34:26 |
| 42 | (1411) | 13. | W45 | Benatia, Brigitte | 1966 | | 1:36:32 |
| 43 | (1535) | 2. | W60 | Volkmar, Monika | 1952 | LT Paffrath | 1:38:02 |
| 44 | (92) | 4. | W55 | Kordeuter, Jutta | 1954 | MediVital | 2:05:21 |



Wertung nach Geschlecht

Lauf (15 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|--------|-----------------------|------|-----------------------------------|---------|
| 1 | (901) | 1. | M30 | Nolte, Benedikt | 1978 | Bunert Running Team | 0:54:28 |
| 2 | (41) | 1. | M35 | Fischer, Gert | 1974 | ASV Köln Triathlon | 0:54:38 |
| 3 | (169) | 1. | M50 | Schneider, Thomas | 1962 | SSG Königswinter | 0:55:09 |
| 4 | (1605) | 2. | M30 | Kufferath, Moritz | 1979 | MTV Köln 1850 | 0:55:22 |
| 5 | (848) | 1. | M40 | Plohmann, Stefan | 1972 | Freestyle-Plohmann.de | 0:56:02 |
| 6 | (20) | 2. | M35 | Breunung, Dirk | 1976 | TEA | 0:56:36 |
| 7 | (1637) | 1. | M45 | Nicolay, Thomas | 1964 | SSG Königswinter | 0:56:53 |
| 8 | (644) | 1. | MJ-U20 | Schommers, Lukas | 1993 | Albis Lauftreff | 0:57:10 |
| 9 | (820) | 2. | M45 | Franssen, Andreas | 1963 | TV Refrath | 0:57:37 |
| 10 | (276) | 2. | M40 | Poischen, Thomas | 1970 | RheinEnergie AG | 0:58:30 |
| 11 | (893) | 3. | M30 | Lütkefent, Jan | 1982 | Run ² by Runners Point | 0:58:39 |
| 12 | (1647) | 3. | M40 | Müll, Stephan | 1970 | STORM-Team Triathlon | 0:58:44 |
| 13 | (1508) | 2. | M50 | Ruhnke, Robert | 1958 | Bewegungsfelder Uta Oehl | 0:58:50 |
| 14 | (32) | 3. | M50 | Dudley, Richard-James | 1961 | | 0:58:56 |
| 15 | (162) | 3. | M45 | Schmidt, Markus | 1967 | | 0:59:23 |
| 16 | (865) | 3. | M35 | Kings, Simon | 1977 | TriTeam MountainHome | 0:59:28 |
| 17 | (1622) | 4. | M40 | Christian, Matthias | 1972 | DJK Marienstatt | 0:59:39 |
| 18 | (1634) | 4. | M45 | Mauel, Thomas | 1965 | SSG Königswinter | 0:59:49 |
| 19 | (853) | 4. | M30 | Futschik, Daniel | 1982 | LC Weilerswist | 1:00:54 |
| 20 | (1635) | 1. | M60 | Engels, Herbie | 1948 | LLG St.Augustin | 1:01:19 |
| 21 | (895) | 5. | M45 | Heitkamp, Michael | 1964 | SV AXA | 1:01:27 |
| 22 | (129) | 6. | M45 | Pfolk, Dieter | 1963 | Laufzentrum Martinstraße | 1:01:52 |
| 23 | (1616) | 5. | M30 | Bender, Dennis | 1982 | ASV Köln Triathlon | 1:02:00 |
| 24 | (240) | 6. | M30 | Hamm, Mario | 1978 | | 1:02:04 |
| 25 | (108) | 7. | M45 | Mädje, Ingo | 1963 | Union Biesfeld Triathlon | 1:02:15 |
| 26 | (1648) | 5. | M40 | Eggers, Sven | 1972 | | 1:02:23 |
| 27 | (283) | 8. | M45 | Rocheteau, Dominique | 1965 | LG Gummersbach | 1:02:33 |
| 28 | (82) | 6. | M40 | Keloudis, Georgios | 1969 | LG Gummersbach | 1:03:00 |
| 29 | (1467) | 4. | M35 | Ibarburu, Sylvain | 1975 | | 1:03:16 |
| 30 | (660) | 9. | M45 | Wotzlaw, Mathias | 1963 | ASV Köln Triathlon | 1:03:18 |
| 31 | (277) | 5. | M35 | Pörsch, Michael | 1973 | Laufmonster | 1:03:24 |
| 32 | (1656) | 10. | M45 | Blissenbach, Gerd | 1963 | SV Bergisch Gladbach 1920/71 | 1:03:31 |
| 33 | (1628) | 4. | M50 | Wolff, Udo | 1962 | LG Gummersbach | 1:04:08 |
| 34 | (852) | 7. | M40 | Hölzer, Thomas | 1969 | Team Carboo4U | 1:04:12 |
| 35 | (278) | 11. | M45 | Prause, Stefan | 1965 | TSV Bayer 04 Leverkusen | 1:04:32 |
| 36 | (1454) | 8. | M40 | Gröner, Ole | 1968 | MACH3-Köln e.V. | 1:04:37 |
| 37 | (741) | 5. | M50 | Blöcker, Thomas | 1962 | Meckenheim | 1:04:47 |
| 38 | (1630) | 1. | M55 | Hoffmann, Michael | 1954 | | 1:04:51 |
| 39 | (113) | 12. | M45 | Morillas, Antonio | 1966 | | 1:05:57 |
| 40 | (668) | 9. | M40 | Zupan, Christian | 1969 | | 1:05:59 |
| 41 | (869) | 10. | M40 | Hartmann, Frederik | 1968 | TV Refrath | 1:06:16 |
| 42 | (173) | 13. | M45 | Schröder, Wolfgang | 1967 | Union Biesfeld Triathlon | 1:06:23 |
| 43 | (103) | 6. | M35 | Last, Christoph | 1977 | LG Ebberock | 1:06:51 |
| 44 | (1627) | 6. | M50 | Dudek, Dieter | 1958 | Wuppertal | 1:06:59 |



Wertung nach Geschlecht

Lauf (15 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|--------|------------------------|------|---------------------------------|---------|
| 45 | (236) | 2. | M55 | Gerber, Peter | 1955 | REINSHAGENER TURNERBUND | 1:07:09 |
| 46 | (878) | 14. | M45 | Dinter, Martin | 1967 | | 1:07:19 |
| 47 | (1651) | 7. | M30 | Lohse, Maik | 1982 | ErdingerAlkoholfrei | 1:07:25 |
| 48 | (118) | 3. | M55 | Müller, Wolfgang | 1956 | VfL Engelskirchen | 1:07:28 |
| 49 | (2) | 15. | M45 | Arens, Norbert | 1963 | Merlin-Runners | 1:07:35 |
| 50 | (1649) | 16. | M45 | Arnold, Jörg | 1964 | | 1:07:54 |
| 51 | (1614) | 2. | M60 | Machado, Mario | 1950 | Spiridon Portugal | 1:08:02 |
| 52 | (175) | 4. | M55 | Schumacher, Hans Heinz | 1954 | BSG Delphi Draka | 1:08:11 |
| 53 | (299) | 7. | M35 | Slotosch, Marco | 1977 | Triathlon Team Hennef | 1:08:26 |
| 54 | (1618) | 11. | M40 | Poplawski, Andrzej | 1972 | | 1:08:32 |
| 55 | (89) | 17. | M45 | Knepper, Michael | 1963 | Marathon Mülheim | 1:08:34 |
| 56 | (785) | 3. | M60 | Pohle, Gerhard | 1950 | LLG St.Augustin | 1:08:37 |
| 57 | (256) | 8. | M35 | Krapohl, Sven | 1974 | | 1:08:40 |
| 58 | (832) | 18. | M45 | Müller, Ralph | 1963 | LT Düsseldorf-Süd | 1:08:56 |
| 59 | (1641) | 12. | M40 | Taczynski, Dirk | 1969 | | 1:09:04 |
| 60 | (179) | 9. | M35 | Siegemund, Sven | 1977 | TV Witzhelden | 1:09:13 |
| 61 | (1652) | 1. | M | Vogt, Andreas | 1983 | | 1:09:14 |
| 62 | (898) | 13. | M40 | Albert, David | 1972 | | 1:09:16 |
| 63 | (1640) | 7. | M50 | Dupont, Jürgen | 1960 | LTD Köln-Dellbrück | 1:09:19 |
| 64 | (1657) | 10. | M35 | Theisen, Stephan | 1976 | | 1:09:29 |
| 65 | (207) | 19. | M45 | Wiesmann, Ingo | 1967 | RTB Remscheid | 1:09:46 |
| 66 | (1655) | 20. | M45 | Doi, Shinichi | 1967 | | 1:10:03 |
| 67 | (861) | 14. | M40 | Elvenkemper, Andreas | 1968 | | 1:10:05 |
| 68 | (291) | 8. | M50 | Scheu, Peter | 1960 | | 1:10:23 |
| 69 | (1646) | 21. | M45 | Nettekoven, Jürgen | 1967 | | 1:10:42 |
| 70 | (38) | 22. | M45 | Euler, Michael | 1964 | Mimavoca Langel | 1:11:02 |
| 71 | (168) | 23. | M45 | Schneider, Reiner | 1965 | Lauflöwe 65 | 1:11:19 |
| 72 | (590) | 4. | M60 | Feindt, Reinhard | 1950 | Sg Bockenbergl Bensberg | 1:11:27 |
| 73 | (320) | 8. | M30 | Weber, Dominic | 1980 | | 1:11:37 |
| 74 | (196) | 9. | M50 | Waldoff, Michael | 1961 | ASV Köln | 1:11:44 |
| 75 | (1645) | 15. | M40 | Boedeker, Grit | 1970 | STORM-Team Triathlon | 1:11:46 |
| 76 | (817) | 5. | M60 | Levermann, Werner | 1949 | Ford FCSD | 1:12:02 |
| 77 | (239) | 10. | M50 | Grimm, Manfred | 1962 | 1. Kölner Laufstall | 1:12:10 |
| 78 | (275) | 11. | M50 | Pinner, Thomas | 1961 | DJK Frankonia Porz | 1:12:12 |
| 79 | (1624) | 5. | M55 | Beyer, Heinrich | 1956 | Mirko`s Running Team | 1:12:16 |
| 80 | (1626) | 24. | M45 | Riepelmeier, Ulrich | 1966 | | 1:12:19 |
| 81 | (674) | 16. | M40 | Pahlow, Lars | 1970 | | 1:12:29 |
| 82 | (158) | 25. | M45 | Scheidler, Uwe | 1963 | Solorunners | 1:12:38 |
| 83 | (815) | 2. | M | Schorde, Christoph | 1983 | | 1:12:42 |
| 84 | (661) | 11. | M35 | Zeug, Alexander | 1974 | | 1:13:03 |
| 85 | (634) | 12. | M50 | Podzus, Horst | 1961 | | 1:13:04 |
| 86 | (1629) | 6. | M55 | Groos, Martin | 1953 | | 1:13:17 |
| 87 | (309) | 26. | M45 | Thiemermann, Norbert | 1963 | Kölner Ausdauer- und Laufschule | 1:13:20 |
| 88 | (1612) | 2. | MJ-U20 | Kethers, Yannick | 1994 | Spiridon Portugall | 1:13:24 |



Wertung nach Geschlecht

Lauf (15 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-----|-----------------------|------|---------------------------|---------|
| 89 | (238) | 7. | M55 | Göbel, Harald | 1954 | ssf bonn | 1:13:35 |
| 90 | (822) | 8. | M55 | Risch, Joachim | 1955 | | 1:13:43 |
| 91 | (91) | 9. | M55 | Köngeter, Hans | 1954 | SCB Horrem | 1:13:46 |
| 92 | (1625) | 3. | M | Eul, Andreas | 1985 | Germanwings | 1:14:00 |
| 93 | (119) | 9. | M30 | Niehaus, Marco | 1980 | | 1:14:05 |
| 94 | (676) | 13. | M50 | Brodowski, Günter | 1960 | | 1:14:07 |
| 95 | (1644) | 10. | M55 | Schmitz, Wolfgang | 1955 | LA TUS Mayen | 1:14:17 |
| 96 | (1658) | 11. | M55 | Müller, Ralf | 1956 | Schnaufgruppe | 1:14:20 |
| 97 | (1598) | 10. | M30 | Münch, Patrick | 1980 | | 1:14:21 |
| 98 | (234) | 27. | M45 | Friede, Matthias | 1967 | | 1:14:26 |
| 99 | (192) | 12. | M35 | von Niswandt, Timo | 1973 | ERGO sports Köln | 1:14:32 |
| 100 | (80) | 14. | M50 | Katz, Alexander | 1961 | | 1:14:34 |
| 101 | (1654) | 28. | M45 | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 1:14:35 |
| 102 | (131) | 17. | M40 | Potreck, Frank | 1971 | Team Erdinger Alkoholfrei | 1:14:37 |
| 103 | (107) | 29. | M45 | Ley, Thomas | 1965 | LT Rösratherstraße | 1:14:40 |
| 104 | (33) | 11. | M30 | Egger, Andy | 1978 | Team Handelshof | 1:14:42 |
| 105 | (28) | 13. | M35 | Dahm, Martin | 1973 | | 1:15:00 |
| 106 | (873) | 30. | M45 | Kremer, Franz | 1963 | LT Hennef/Sieg | 1:15:03 |
| 107 | (189) | 15. | M50 | Trost, Stefan | 1958 | Laufzentrum Martinstraße | 1:15:11 |
| 108 | (249) | 31. | M45 | Kai, Kühne | 1966 | | 1:15:19 |
| 109 | (70) | 18. | M40 | Hoffmann, Dirk | 1969 | | 1:15:29 |
| 110 | (1653) | 16. | M50 | Simon, Hans-Peter | 1962 | | 1:15:32 |
| 111 | (112) | 17. | M50 | Mischke, Gerhard | 1959 | Vaselino Quattro | 1:15:36 |
| 112 | (160) | 14. | M35 | Schlausch, Dominik | 1974 | | 1:15:45 |
| 113 | (190) | 4. | M | Virnich, Dennis | 1983 | DJK Blumenthal | 1:15:51 |
| 114 | (834) | 6. | M60 | Niemann, Heribert | 1949 | 1.BC Bevel | 1:15:56 |
| 115 | (1642) | 19. | M40 | Campodonico, Mario | 1969 | Moitzfeld | 1:16:20 |
| 116 | (879) | 20. | M40 | Zyzik, Gunna | 1970 | | 1:16:28 |
| 117 | (222) | 5. | M | Buckenmayer, Jan | 1987 | | 1:16:31 |
| 118 | (157) | 12. | M55 | Schall, Manfred | 1955 | Tus 82 Opladen | 1:16:33 |
| 119 | (824) | 18. | M50 | Hauser, Peter | 1962 | Fifty minutes | 1:16:35 |
| 120 | (288) | 19. | M50 | Sanno, Martin | 1959 | Prosecco-Lauf | 1:16:36 |
| 121 | (21) | 7. | M60 | Bucks, Hermann | 1950 | | 1:16:36 |
| 122 | (197) | 32. | M45 | Walpert, Jens | 1966 | MACH3 Köln | 1:16:53 |
| 123 | (911) | 21. | M40 | Carle, Thomas | 1969 | | 1:17:05 |
| 124 | (1444) | 15. | M35 | Folberger, Milan | 1975 | | 1:17:06 |
| 125 | (260) | 22. | M40 | Lehr, Achim | 1968 | | 1:17:29 |
| 126 | (63) | 16. | M35 | Heering, Karl-Richard | 1977 | | 1:17:41 |
| 127 | (1602) | 1. | M65 | Peeters, Wolfgang | 1946 | TuS Mechernich | 1:17:51 |
| 128 | (194) | 13. | M55 | Voss, Herbert | 1954 | Henkel Ausbildung | 1:18:04 |
| 129 | (764) | 1. | M70 | Meyer, Werner | 1941 | TTG Radevormwald | 1:18:28 |
| 130 | (598) | 20. | M50 | Graf, Dr. Andreas | 1958 | | 1:18:33 |
| 131 | (136) | 8. | M60 | Rabenbauer, Roland | 1951 | Prosecco-Lauf | 1:18:39 |
| 132 | (801) | 9. | M60 | Pauly, Thomas | 1952 | | 1:19:00 |



Wertung nach Geschlecht

Lauf (15 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-----|-------------------------|------|------------------------|---------|
| 133 | (826) | 10. | M60 | Okamoto, Shinchi | 1950 | | 1:19:02 |
| 134 | (26) | 12. | M30 | Claus, Marco | 1978 | | 1:19:09 |
| 135 | (307) | 17. | M35 | Taschner, Marco | 1973 | | 1:19:18 |
| 136 | (305) | 21. | M50 | Stephan, Burghardt | 1961 | www.idaa.de | 1:19:19 |
| 137 | (301) | 18. | M35 | Soulivongsak, Vanhnasay | 1973 | BCT-TOURISTIK | 1:19:50 |
| 138 | (1510) | 22. | M50 | Schmergal, Michael | 1960 | LT Paffrath | 1:20:15 |
| 139 | (183) | 2. | M70 | Steinke, Gerhard | 1942 | | 1:20:19 |
| 140 | (58) | 23. | M50 | Gutmann, Matthias | 1959 | DJK Marienstatt | 1:20:36 |
| 141 | (1632) | 24. | M50 | Baumeister, Wolfgang | 1960 | | 1:20:50 |
| 142 | (1633) | 13. | M30 | Baumeister, Sebastian | 1982 | | 1:20:50 |
| 143 | (1617) | 14. | M55 | Weidenfeld, Günter | 1956 | Running TV Bedburg | 1:20:58 |
| 144 | (220) | 14. | M30 | Bruns, Daniel | 1981 | | 1:21:04 |
| 145 | (914) | 33. | M45 | Neugebauer, Markus | 1967 | | 1:21:13 |
| 146 | (241) | 15. | M30 | Heinze, Tobias | 1981 | | 1:21:19 |
| 147 | (223) | 25. | M50 | Caspar, Karl-Heinz | 1962 | | 1:21:27 |
| 148 | (1613) | 15. | M55 | Kethers, Klaus | 1957 | Spiridon Portugall | 1:21:31 |
| 149 | (1615) | 23. | M40 | Klenke, Thorsten | 1970 | h.i.t.s.@jogmap | 1:21:36 |
| 150 | (1659) | 16. | M55 | Böcking, Detlef | 1957 | TUSEM Essen | 1:21:41 |
| 151 | (751) | 17. | M55 | Grunert, Uwe | 1954 | DJK Löwe | 1:21:50 |
| 152 | (626) | 19. | M35 | Olberts, Jens | 1976 | | 1:22:00 |
| 153 | (310) | 20. | M35 | Thöne, Christian | 1975 | | 1:22:00 |
| 154 | (148) | 24. | M40 | Roll, Andreas | 1970 | Skiclub Olpe | 1:22:00 |
| 155 | (1663) | 34. | M45 | Alker, Felix | 1967 | | 1:22:04 |
| 156 | (153) | 21. | M35 | Ruschmeier, Sebastian | 1974 | Fanclub Linda & Karl | 1:22:11 |
| 157 | (672) | 11. | M60 | Becker, Claus | 1949 | Cegelec Wallabies | 1:22:16 |
| 158 | (1662) | 25. | M40 | Hazebrouck, Jan-Peter | 1969 | | 1:22:18 |
| 159 | (877) | 26. | M40 | Gremmel, Jens | 1972 | | 1:22:20 |
| 160 | (5) | 26. | M50 | Audehm, Dr. Uwe | 1960 | Alfterer SC | 1:22:29 |
| 161 | (1620) | 35. | M45 | Dickmann, Volker | 1966 | Lauffreunde HADI Wesel | 1:23:54 |
| 162 | (289) | 27. | M40 | Scheibenbogen, Markus | 1968 | The Invisibles | 1:23:55 |
| 163 | (49) | 2. | M65 | Froböse, Ingo | 1947 | BSG Delphi Draka | 1:24:04 |
| 164 | (1643) | 36. | M45 | Heuschötter, Klaus | 1964 | Fifty minutes | 1:24:20 |
| 165 | (144) | 37. | M45 | Rieger, Herbert | 1966 | Campinglauf | 1:24:23 |
| 166 | (251) | 3. | M65 | Kies, Heinrich | 1947 | | 1:25:00 |
| 167 | (73) | 38. | M45 | Hoppe, Thomas | 1963 | | 1:25:46 |
| 168 | (255) | 39. | M45 | Kosmol, Robert | 1967 | | 1:25:54 |
| 169 | (1631) | 27. | M50 | Kattenthaler, Ludger | 1959 | | 1:25:54 |
| 170 | (200) | 18. | M55 | Weidmann, Wolfgang | 1955 | | 1:26:05 |
| 171 | (213) | 28. | M50 | Wurda, Werner | 1960 | SC Fortuna Köln | 1:26:11 |
| 172 | (293) | 40. | M45 | Schmickler, Andreas | 1964 | | 1:26:28 |
| 173 | (246) | 19. | M55 | Jansegers, André | 1956 | | 1:26:48 |
| 174 | (1623) | 29. | M50 | Wüst, Gerhard | 1958 | Mirko`s Running Team | 1:27:12 |
| 175 | (314) | 30. | M50 | Volkmer, Rainer | 1961 | LT Sommersberg | 1:28:06 |
| 176 | (679) | 31. | M50 | Borkowski, Klaus | 1961 | | 1:29:09 |



Wertung nach Geschlecht

Lauf (15 km) - Männer (gesamt)

| Rang | StNr | Rg | AK | Name, Vorname | Jg. | Verein / (Wohnort) | Zeit |
|------|--------|-----|-----|-----------------------------|------|------------------------|---------|
| 177 | (147) | 32. | M50 | Röhrig, Thomas | 1958 | TroisdorfHotwheels | 1:29:31 |
| 178 | (210) | 6. | M | Winter, Chris | 1987 | | 1:29:32 |
| 179 | (1539) | 41. | M45 | Weerman, Ferko | 1967 | | 1:30:07 |
| 180 | (202) | 42. | M45 | Weiler, Horst | 1965 | TV Kärlich | 1:30:43 |
| 181 | (633) | 28. | M40 | Philipp, Manfred | 1971 | | 1:31:02 |
| 182 | (75) | 33. | M50 | Ilsanker, Georg | 1960 | Vaselino Quattro | 1:32:44 |
| 183 | (226) | 43. | M45 | Cramer, Enno | 1967 | Cramer | 1:33:56 |
| 184 | (78) | 3. | M70 | John, Gerd | 1941 | 1/2 Marathon Köln rrh. | 1:33:58 |
| 185 | (1638) | 12. | M60 | Teusch, Achim | 1952 | LLG St.Augustin | 1:34:21 |
| 186 | (203) | 20. | M55 | Weiner, Helmut | 1955 | | 1:35:21 |
| 187 | (176) | 34. | M50 | Schumann, Sabine | 1961 | Prosecco-Lauf | 1:39:16 |
| 188 | (813) | 35. | M50 | Lopez de Quinterra, Alfonso | 1961 | KALS | 1:52:06 |



Wertung nach Altersklassen

Lauf (15 km) - Männer

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|--------------------|------|----------------|---------|
| 1 | (1652) | 61. | Vogt, Andreas | 1983 | | 1:09:14 |
| 2 | (815) | 83. | Schorde, Christoph | 1983 | | 1:12:42 |
| 3 | (1625) | 92. | Eul, Andreas | 1985 | Germanwings | 1:14:00 |
| 4 | (190) | 113. | Virnich, Dennis | 1983 | DJK Blumenthal | 1:15:51 |
| 5 | (222) | 117. | Buckenmayer, Jan | 1987 | | 1:16:31 |
| 6 | (210) | 178. | Winter, Chris | 1987 | | 1:29:32 |

Lauf (15 km) - Senioren M30

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-----------------------|------|-----------------------------------|---------|
| 1 | (901) | 1. | Nolte, Benedikt | 1978 | Bunert Running Team | 0:54:28 |
| 2 | (1605) | 4. | Kufferath, Moritz | 1979 | MTV Köln 1850 | 0:55:22 |
| 3 | (893) | 11. | Lütkefent, Jan | 1982 | Run ² by Runners Point | 0:58:39 |
| 4 | (853) | 19. | Futschik, Daniel | 1982 | LC Weilerswist | 1:00:54 |
| 5 | (1616) | 23. | Bender, Dennis | 1982 | ASV Köln Triathlon | 1:02:00 |
| 6 | (240) | 24. | Hamm, Mario | 1978 | | 1:02:04 |
| 7 | (1651) | 47. | Lohse, Maik | 1982 | ErdingerAlkoholfrei | 1:07:25 |
| 8 | (320) | 73. | Weber, Dominic | 1980 | | 1:11:37 |
| 9 | (119) | 93. | Niehaus, Marco | 1980 | | 1:14:05 |
| 10 | (1598) | 97. | Münch, Patrick | 1980 | | 1:14:21 |
| 11 | (33) | 104. | Egger, Andy | 1978 | Team Handelshof | 1:14:42 |
| 12 | (26) | 134. | Claus, Marco | 1978 | | 1:19:09 |
| 13 | (1633) | 142. | Baumeister, Sebastian | 1982 | | 1:20:50 |
| 14 | (220) | 144. | Bruns, Daniel | 1981 | | 1:21:04 |
| 15 | (241) | 146. | Heinze, Tobias | 1981 | | 1:21:19 |



Wertung nach Altersklassen

Lauf (15 km) - Senioren M35

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-------------------------|------|-----------------------|---------|
| 1 | (41) | 2. | Fischer, Gert | 1974 | ASV Köln Triathlon | 0:54:38 |
| 2 | (20) | 6. | Breunung, Dirk | 1976 | TEA | 0:56:36 |
| 3 | (865) | 16. | Kings, Simon | 1977 | TriTeam MountainHome | 0:59:28 |
| 4 | (1467) | 29. | Ibarburu, Sylvain | 1975 | | 1:03:16 |
| 5 | (277) | 31. | Pörsch, Michael | 1973 | Laufmonster | 1:03:24 |
| 6 | (103) | 43. | Last, Christoph | 1977 | LG Ebberock | 1:06:51 |
| 7 | (299) | 53. | Slotosch, Marco | 1977 | Triathlon Team Hennef | 1:08:26 |
| 8 | (256) | 57. | Krapohl, Sven | 1974 | | 1:08:40 |
| 9 | (179) | 60. | Siegemund, Sven | 1977 | TV Witzhelden | 1:09:13 |
| 10 | (1657) | 64. | Theisen, Stephan | 1976 | | 1:09:29 |
| 11 | (661) | 84. | Zeug, Alexander | 1974 | | 1:13:03 |
| 12 | (192) | 99. | von Niswandt, Timo | 1973 | ERGO sports Köln | 1:14:32 |
| 13 | (28) | 105. | Dahm, Martin | 1973 | | 1:15:00 |
| 14 | (160) | 112. | Schlausch, Dominik | 1974 | | 1:15:45 |
| 15 | (1444) | 124. | Folberger, Milan | 1975 | | 1:17:06 |
| 16 | (63) | 126. | Heering, Karl-Richard | 1977 | | 1:17:41 |
| 17 | (307) | 135. | Taschner, Marco | 1973 | | 1:19:18 |
| 18 | (301) | 137. | Soulivongsak, Vanhnasay | 1973 | BCT-TOURISTIK | 1:19:50 |
| 19 | (626) | 152. | Olberts, Jens | 1976 | | 1:22:00 |
| 20 | (310) | 153. | Thöne, Christian | 1975 | | 1:22:00 |
| 21 | (153) | 156. | Ruschmeier, Sebastian | 1974 | Fanclub Linda & Karl | 1:22:11 |



Wertung nach Altersklassen

Lauf (15 km) - Senioren M40

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-----------------------|------|---------------------------|---------|
| 1 | (848) | 5. | Plohmann, Stefan | 1972 | Freestyle-Plohmann.de | 0:56:02 |
| 2 | (276) | 10. | Poischen, Thomas | 1970 | RheinEnergie AG | 0:58:30 |
| 3 | (1647) | 12. | Müll, Stephan | 1970 | STORM-Team Triathlon | 0:58:44 |
| 4 | (1622) | 17. | Christian, Matthias | 1972 | DJK Marienstatt | 0:59:39 |
| 5 | (1648) | 26. | Eggers, Sven | 1972 | | 1:02:23 |
| 6 | (82) | 28. | Keloudis, Georgios | 1969 | LG Gummersbach | 1:03:00 |
| 7 | (852) | 34. | Hölzer, Thomas | 1969 | Team Carboo4U | 1:04:12 |
| 8 | (1454) | 36. | Gröner, Ole | 1968 | MACH3-Köln e.V. | 1:04:37 |
| 9 | (668) | 40. | Zupan, Christian | 1969 | | 1:05:59 |
| 10 | (869) | 41. | Hartmann, Frederik | 1968 | TV Refrath | 1:06:16 |
| 11 | (1618) | 54. | Poplawski, Andrzej | 1972 | | 1:08:32 |
| 12 | (1641) | 59. | Taczynski, Dirk | 1969 | | 1:09:04 |
| 13 | (898) | 62. | Albert, David | 1972 | | 1:09:16 |
| 14 | (861) | 67. | Elvenkemper, Andreas | 1968 | | 1:10:05 |
| 15 | (1645) | 75. | Boedeker, Grit | 1970 | STORM-Team Triathlon | 1:11:46 |
| 16 | (674) | 81. | Pahlow, Lars | 1970 | | 1:12:29 |
| 17 | (131) | 102. | Potreck, Frank | 1971 | Team Erdinger Alkoholfrei | 1:14:37 |
| 18 | (70) | 109. | Hoffmann, Dirk | 1969 | | 1:15:29 |
| 19 | (1642) | 115. | Campodonico, Mario | 1969 | Moitzfeld | 1:16:20 |
| 20 | (879) | 116. | Zyzik, Gunna | 1970 | | 1:16:28 |
| 21 | (911) | 123. | Carle, Thomas | 1969 | | 1:17:05 |
| 22 | (260) | 125. | Lehr, Achim | 1968 | | 1:17:29 |
| 23 | (1615) | 149. | Klenke, Thorsten | 1970 | h.i.t.s.@jogmap | 1:21:36 |
| 24 | (148) | 154. | Roll, Andreas | 1970 | Skiclub Olpe | 1:22:00 |
| 25 | (1662) | 158. | Hazebrouck, Jan-Peter | 1969 | | 1:22:18 |
| 26 | (877) | 159. | Gremmel, Jens | 1972 | | 1:22:20 |
| 27 | (289) | 162. | Scheibenbogen, Markus | 1968 | The Invisibles | 1:23:55 |
| 28 | (633) | 181. | Philipp, Manfred | 1971 | | 1:31:02 |



Wertung nach Altersklassen

Lauf (15 km) - Senioren M45

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|----------------------|------|---------------------------------|---------|
| 1 | (1637) | 7. | Nicolay, Thomas | 1964 | SSG Königswinter | 0:56:53 |
| 2 | (820) | 9. | Franssen, Andreas | 1963 | TV Refrath | 0:57:37 |
| 3 | (162) | 15. | Schmidt, Markus | 1967 | | 0:59:23 |
| 4 | (1634) | 18. | Mauel, Thomas | 1965 | SSG Königswinter | 0:59:49 |
| 5 | (895) | 21. | Heitkamp, Michael | 1964 | SV AXA | 1:01:27 |
| 6 | (129) | 22. | Pfolk, Dieter | 1963 | Laufzentrum Martinstraße | 1:01:52 |
| 7 | (108) | 25. | Mädje, Ingo | 1963 | Union Biesfeld Triathlon | 1:02:15 |
| 8 | (283) | 27. | Rocheteau, Dominique | 1965 | LG Gummersbach | 1:02:33 |
| 9 | (660) | 30. | Wotzlaw, Mathias | 1963 | ASV Köln Triathlon | 1:03:18 |
| 10 | (1656) | 32. | Blissenbach, Gerd | 1963 | SV Bergisch Gladbach 1920/71 | 1:03:31 |
| 11 | (278) | 35. | Prause, Stefan | 1965 | TSV Bayer 04 Leverkusen | 1:04:32 |
| 12 | (113) | 39. | Morillas, Antonio | 1966 | | 1:05:57 |
| 13 | (173) | 42. | Schröder, Wolfgang | 1967 | Union Biesfeld Triathlon | 1:06:23 |
| 14 | (878) | 46. | Dinter, Martin | 1967 | | 1:07:19 |
| 15 | (2) | 49. | Arens, Norbert | 1963 | Merlin-Runners | 1:07:35 |
| 16 | (1649) | 50. | Arnold, Jörg | 1964 | | 1:07:54 |
| 17 | (89) | 55. | Knepper, Michael | 1963 | Marathon Mülheim | 1:08:34 |
| 18 | (832) | 58. | Müller, Ralph | 1963 | LT Düsseldorf-Süd | 1:08:56 |
| 19 | (207) | 65. | Wiesmann, Ingo | 1967 | RTB Remscheid | 1:09:46 |
| 20 | (1655) | 66. | Doi, Shinichi | 1967 | | 1:10:03 |
| 21 | (1646) | 69. | Nettekoven, Jürgen | 1967 | | 1:10:42 |
| 22 | (38) | 70. | Euler, Michael | 1964 | Mimavoca Langel | 1:11:02 |
| 23 | (168) | 71. | Schneider, Reiner | 1965 | Lauflöwe 65 | 1:11:19 |
| 24 | (1626) | 80. | Riegelmeier, Ulrich | 1966 | | 1:12:19 |
| 25 | (158) | 82. | Scheidler, Uwe | 1963 | Solorunners | 1:12:38 |
| 26 | (309) | 87. | Thiemermann, Norbert | 1963 | Kölner Ausdauer- und Laufschule | 1:13:20 |
| 27 | (234) | 98. | Friede, Matthias | 1967 | | 1:14:26 |
| 28 | (1654) | 101. | Schepers, Thomas | 1965 | 1. Kölner Laufstall | 1:14:35 |
| 29 | (107) | 103. | Ley, Thomas | 1965 | LT Rösratherstraße | 1:14:40 |
| 30 | (873) | 106. | Kremer, Franz | 1963 | LT Hennef/Sieg | 1:15:03 |
| 31 | (249) | 108. | Kai, Kühne | 1966 | | 1:15:19 |
| 32 | (197) | 122. | Walpert, Jens | 1966 | MACH3 Köln | 1:16:53 |
| 33 | (914) | 145. | Neugebauer, Markus | 1967 | | 1:21:13 |
| 34 | (1663) | 155. | Alker, Felix | 1967 | | 1:22:04 |
| 35 | (1620) | 161. | Dickmann, Volker | 1966 | Lauffreunde HADI Wesel | 1:23:54 |
| 36 | (1643) | 164. | Heuschötter, Klaus | 1964 | Fifty minutes | 1:24:20 |
| 37 | (144) | 165. | Rieger, Herbert | 1966 | Campinglauf | 1:24:23 |
| 38 | (73) | 167. | Hoppe, Thomas | 1963 | | 1:25:46 |
| 39 | (255) | 168. | Kosmol, Robert | 1967 | | 1:25:54 |
| 40 | (293) | 172. | Schmickler, Andreas | 1964 | | 1:26:28 |
| 41 | (1539) | 179. | Weerman, Ferko | 1967 | | 1:30:07 |
| 42 | (202) | 180. | Weiler, Horst | 1965 | TV Kärlich | 1:30:43 |
| 43 | (226) | 183. | Cramer, Enno | 1967 | Cramer | 1:33:56 |



Wertung nach Altersklassen

Lauf (15 km) - Senioren M50

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-----------------------------|------|--------------------------|---------|
| 1 | (169) | 3. | Schneider, Thomas | 1962 | SSG Königswinter | 0:55:09 |
| 2 | (1508) | 13. | Ruhnke, Robert | 1958 | Bewegungsfelder Uta Oehl | 0:58:50 |
| 3 | (32) | 14. | Dudley, Richard-James | 1961 | | 0:58:56 |
| 4 | (1628) | 33. | Wolff, Udo | 1962 | LG Gummersbach | 1:04:08 |
| 5 | (741) | 37. | Blöcker, Thomas | 1962 | Meckenheim | 1:04:47 |
| 6 | (1627) | 44. | Dudek, Dieter | 1958 | Wuppertal | 1:06:59 |
| 7 | (1640) | 63. | Dupont, Jürgen | 1960 | LTD Köln-Dellbrück | 1:09:19 |
| 8 | (291) | 68. | Scheu, Peter | 1960 | | 1:10:23 |
| 9 | (196) | 74. | Waldoff, Michael | 1961 | ASV Köln | 1:11:44 |
| 10 | (239) | 77. | Grimm, Manfred | 1962 | 1. Kölner Laufstall | 1:12:10 |
| 11 | (275) | 78. | Pinner, Thomas | 1961 | DJK Frankonia Porz | 1:12:12 |
| 12 | (634) | 85. | Podzus, Horst | 1961 | | 1:13:04 |
| 13 | (676) | 94. | Brodowski, Günter | 1960 | | 1:14:07 |
| 14 | (80) | 100. | Katz, Alexander | 1961 | | 1:14:34 |
| 15 | (189) | 107. | Trost, Stefan | 1958 | Laufzentrum Martinstraße | 1:15:11 |
| 16 | (1653) | 110. | Simon, Hans-Peter | 1962 | | 1:15:32 |
| 17 | (112) | 111. | Mischke, Gerhard | 1959 | Vaselino Quattro | 1:15:36 |
| 18 | (824) | 119. | Hauser, Peter | 1962 | Fifty minutes | 1:16:35 |
| 19 | (288) | 120. | Sanno, Martin | 1959 | Prosecco-Lauf | 1:16:36 |
| 20 | (598) | 130. | Graf, Dr. Andreas | 1958 | | 1:18:33 |
| 21 | (305) | 136. | Stephan, Burghardt | 1961 | www.idaa.de | 1:19:19 |
| 22 | (1510) | 138. | Schmergal, Michael | 1960 | LT Paffrath | 1:20:15 |
| 23 | (58) | 140. | Gutmann, Matthias | 1959 | DJK Marienstatt | 1:20:36 |
| 24 | (1632) | 141. | Baumeister, Wolfgang | 1960 | | 1:20:50 |
| 25 | (223) | 147. | Caspar, Karl-Heinz | 1962 | | 1:21:27 |
| 26 | (5) | 160. | Audehm, Dr. Uwe | 1960 | Alfterer SC | 1:22:29 |
| 27 | (1631) | 169. | Kattenthaler, Ludger | 1959 | | 1:25:54 |
| 28 | (213) | 171. | Wurda, Werner | 1960 | SC Fortuna Köln | 1:26:11 |
| 29 | (1623) | 174. | Wüst, Gerhard | 1958 | Mirko`s Running Team | 1:27:12 |
| 30 | (314) | 175. | Volkmer, Rainer | 1961 | LT Sommersberg | 1:28:06 |
| 31 | (679) | 176. | Borkowski, Klaus | 1961 | | 1:29:09 |
| 32 | (147) | 177. | Röhrig, Thomas | 1958 | TroisdorfHotwheels | 1:29:31 |
| 33 | (75) | 182. | Ilsanker, Georg | 1960 | Vaselino Quattro | 1:32:44 |
| 34 | (176) | 187. | Schumann, Sabine | 1961 | Prosecco-Lauf | 1:39:16 |
| 35 | (813) | 188. | Lopez de Quinterra, Alfonso | 1961 | KALS | 1:52:06 |



Wertung nach Altersklassen

Lauf (15 km) - Senioren M55

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|------------------------|------|-------------------------|---------|
| 1 | (1630) | 38. | Hoffmann, Michael | 1954 | | 1:04:51 |
| 2 | (236) | 45. | Gerber, Peter | 1955 | REINSHAGENER TURNERBUND | 1:07:09 |
| 3 | (118) | 48. | Müller, Wolfgang | 1956 | VfL Engelskirchen | 1:07:28 |
| 4 | (175) | 52. | Schumacher, Hans Heinz | 1954 | BSG Delphi Draka | 1:08:11 |
| 5 | (1624) | 79. | Beyer, Heinrich | 1956 | Mirko`s Running Team | 1:12:16 |
| 6 | (1629) | 86. | Groos, Martin | 1953 | | 1:13:17 |
| 7 | (238) | 89. | Göbel, Harald | 1954 | ssf bonn | 1:13:35 |
| 8 | (822) | 90. | Risch, Joachim | 1955 | | 1:13:43 |
| 9 | (91) | 91. | Köngeter, Hans | 1954 | SCB Horrem | 1:13:46 |
| 10 | (1644) | 95. | Schmitz, Wolfgang | 1955 | LA TUS Mayen | 1:14:17 |
| 11 | (1658) | 96. | Müller, Ralf | 1956 | Schnaufgruppe | 1:14:20 |
| 12 | (157) | 118. | Schall, Manfred | 1955 | Tus 82 Opladen | 1:16:33 |
| 13 | (194) | 128. | Voss, Herbert | 1954 | Henkel Ausbildung | 1:18:04 |
| 14 | (1617) | 143. | Weidenfeld, Günter | 1956 | Running TV Bedburg | 1:20:58 |
| 15 | (1613) | 148. | Kethers, Klaus | 1957 | Spiridon Portugal | 1:21:31 |
| 16 | (1659) | 150. | Böcking, Detlef | 1957 | TUSEM Essen | 1:21:41 |
| 17 | (751) | 151. | Grunert, Uwe | 1954 | DJK Löwe | 1:21:50 |
| 18 | (200) | 170. | Weidmann, Wolfgang | 1955 | | 1:26:05 |
| 19 | (246) | 173. | Jansegers, André | 1956 | | 1:26:48 |
| 20 | (203) | 186. | Weiner, Helmut | 1955 | | 1:35:21 |

Lauf (15 km) - Senioren M60

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|--------------------|------|------------------------|---------|
| 1 | (1635) | 20. | Engels, Herbie | 1948 | LLG St.Augustin | 1:01:19 |
| 2 | (1614) | 51. | Machado, Mario | 1950 | Spiridon Portugal | 1:08:02 |
| 3 | (785) | 56. | Pohle, Gerhard | 1950 | LLG St.Augustin | 1:08:37 |
| 4 | (590) | 72. | Feindt, Reinhard | 1950 | Sg Bockenberg Bensberg | 1:11:27 |
| 5 | (817) | 76. | Levermann, Werner | 1949 | Ford FCSD | 1:12:02 |
| 6 | (834) | 114. | Niemann, Heribert | 1949 | 1.BC Bevel | 1:15:56 |
| 7 | (21) | 121. | Bucks, Hermann | 1950 | | 1:16:36 |
| 8 | (136) | 131. | Rabenbauer, Roland | 1951 | Prosecco-Lauf | 1:18:39 |
| 9 | (801) | 132. | Pauly, Thomas | 1952 | | 1:19:00 |
| 10 | (826) | 133. | Okamoto, Shinchi | 1950 | | 1:19:02 |
| 11 | (672) | 157. | Becker, Claus | 1949 | Cegelec Wallabies | 1:22:16 |
| 12 | (1638) | 185. | Teusch, Achim | 1952 | LLG St.Augustin | 1:34:21 |

Lauf (15 km) - Senioren M65

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-------------------|------|------------------|---------|
| 1 | (1602) | 127. | Peeters, Wolfgang | 1946 | TuS Mechernich | 1:17:51 |
| 2 | (49) | 163. | Froböse, Ingo | 1947 | BSG Delphi Draka | 1:24:04 |
| 3 | (251) | 166. | Kies, Heinrich | 1947 | | 1:25:00 |



Wertung nach Altersklassen

Lauf (15 km) - Senioren M70

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|------------------|------|------------------------|---------|
| 1 | (764) | 129. | Meyer, Werner | 1941 | TTG Radevormwald | 1:18:28 |
| 2 | (183) | 139. | Steinke, Gerhard | 1942 | | 1:20:19 |
| 3 | (78) | 184. | John, Gerd | 1941 | 1/2 Marathon Köln rrh. | 1:33:58 |

Lauf (15 km) - männl. Jugend U20

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|------------------|------|-------------------|---------|
| 1 | (644) | 8. | Schommers, Lukas | 1993 | Albis Lauftreff | 0:57:10 |
| 2 | (1612) | 88. | Kethers, Yannick | 1994 | Spiridon Portugal | 1:13:24 |

Lauf (15 km) - Frauen

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|------|--------|------------------|------|--------------------|---------|
| 1 | (81) | 36. | Keller, Isabelle | 1983 | PSV Bonn Triathlon | 1:33:24 |

Lauf (15 km) - Juniorinnen U23

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|---------------|------|--------------------|---------|
| 1 | (146) | 32. | Röhrig, Anni | 1992 | TroisdorfHotwheels | 1:29:31 |

Lauf (15 km) - Seniorinnen W30

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|---------------------|------|--------------------|---------|
| 1 | (282) | 6. | Renner, Frauke | 1980 | | 1:13:18 |
| 2 | (312) | 8. | Urbansky, Christine | 1981 | ASV Köln Triathlon | 1:14:31 |
| 3 | (321) | 18. | Weishaupt, Ursula | 1980 | | 1:18:58 |

Lauf (15 km) - Seniorinnen W35

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-----------------------|------|-------------------|---------|
| 1 | (611) | 1. | Kopatschek, Anne | 1975 | MACH3 Köln | 1:02:05 |
| 2 | (11) | 2. | Bannert, Birte | 1973 | | 1:04:16 |
| 3 | (1661) | 9. | Steinbusch, Ute | 1974 | | 1:14:34 |
| 4 | (1496) | 17. | Nieth, Sonja | 1976 | LT Hennef/Sieg | 1:18:42 |
| 5 | (1660) | 22. | Rosen, Sabine | 1977 | Mach 3 Köln | 1:21:37 |
| 6 | (1664) | 23. | Alker, Sandra | 1975 | West Coast Eikamp | 1:22:06 |
| 7 | (8) | 26. | Azizmohammadi, Monika | 1976 | TSV Hochdahl | 1:25:15 |
| 8 | (14) | 27. | Becker, Cornell | 1977 | | 1:25:24 |

Lauf (15 km) - Seniorinnen W40

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|--------------------|------|--------------------|---------|
| 1 | (752) | 4. | Tückmantel, Nicole | 1971 | BSG Delphi Draka | 1:11:22 |
| 2 | (355) | 11. | Holtkamp, Kamilla | 1972 | BSG RheinEnergie | 1:15:36 |
| 3 | (663) | 13. | Wahl, Susanne | 1968 | | 1:18:01 |
| 4 | (93) | 19. | Kosmol, Heike | 1970 | ESV Gremberghoven | 1:19:15 |
| 5 | (1650) | 24. | Astner, Beate | 1969 | Gummy Bear Runners | 1:24:17 |
| 6 | (294) | 31. | Schmickler, Tanja | 1969 | | 1:26:28 |



Wertung nach Altersklassen

Lauf (15 km) - Seniorinnen W45

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|---------------------|------|----------------------------|---------|
| 1 | (818) | 3. | Lennartz, Birgit | 1965 | LLG St.Augustin | 1:08:10 |
| 2 | (269) | 5. | Niedrig, Uta | 1966 | RTB Remscheid Marathonteam | 1:11:52 |
| 3 | (773) | 10. | Göbel, Claudia | 1966 | TV 1843 Dillenburg | 1:15:27 |
| 4 | (100) | 12. | Küttner, Christiane | 1967 | ASV Köln Triathlon | 1:17:55 |
| 5 | (187) | 15. | Thein, Sylvia | 1963 | Henkel Ausbildung | 1:18:16 |
| 6 | (72) | 28. | Hoppe, Silke | 1963 | | 1:25:46 |
| 7 | (15) | 29. | Bickendorf, Marion | 1963 | Running TV Bedburg | 1:25:55 |
| 8 | (85) | 30. | Kleesattel, Astrid | 1965 | | 1:26:05 |
| 9 | (201) | 33. | Weiler, Doris | 1965 | TV Kärlich | 1:30:43 |
| 10 | (109) | 35. | Meyer, Katja | 1966 | | 1:31:08 |
| 11 | (829) | 39. | Bukow, Alexandra | 1967 | | 1:34:20 |
| 12 | (1639) | 41. | Segtrop, Anette | 1963 | | 1:34:26 |
| 13 | (1411) | 42. | Benatia, Brigitte | 1966 | | 1:36:32 |

Lauf (15 km) - Seniorinnen W50

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|-------|--------|---------------------------|------|--------------------|---------|
| 1 | (272) | 16. | Paasovaara-Aulbach, Sisko | 1959 | Prosecco-Lauf | 1:18:39 |
| 2 | (37) | 20. | Eschment-Schnitzler, Ruth | 1958 | Running TV Bedburg | 1:19:49 |
| 3 | (135) | 21. | Rabenbauer, Gabi | 1959 | Prosecco-Lauf | 1:21:11 |
| 4 | (154) | 25. | Rypholz, Monika | 1960 | ASV Köln Triathlon | 1:24:46 |
| 5 | (208) | 38. | Wilbert, Sylvia | 1961 | Vaselino Quattro | 1:33:37 |
| 6 | (90) | 40. | Könemann, Sonja | 1959 | ERGO sports Köln | 1:34:22 |

Lauf (15 km) - Seniorinnen W55

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|----------------------|------|---------------------------|---------|
| 1 | (1636) | 7. | Engels, Angelika | 1956 | LLG St.Augustin | 1:13:29 |
| 2 | (665) | 14. | Suhr, Monika | 1957 | | 1:18:02 |
| 3 | (1473) | 37. | Klefisch, Malgorzata | 1954 | Hospizverein Köln-Mülheim | 1:33:31 |
| 4 | (92) | 44. | Kordeuter, Jutta | 1954 | MediVital | 2:05:21 |

Lauf (15 km) - Seniorinnen W60

| Rang | StNr | Rg Ges | Name, Vorname | Jg. | Verein | Zeit |
|------|--------|--------|-----------------|------|-------------|---------|
| 1 | (823) | 34. | Heller, Marlene | 1952 | | 1:30:58 |
| 2 | (1535) | 43. | Volkmar, Monika | 1952 | LT Paffrath | 1:38:02 |



Mannschaftswertung gemischt

Lauf (15 km)

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|--------|-----------------------------|------|-----------------|----------------|
| 1 | | SSG Königswinter | | | 2:51:51 |
| | (169) | Schneider, Thomas | 1962 | Senioren M50 | 0:55:09 |
| | (1637) | Nicolay, Thomas | 1964 | Senioren M45 | 0:56:53 |
| | (1634) | Mauel, Thomas | 1965 | Senioren M45 | 0:59:49 |
| 2 | | ASV Köln Triathlon | | | 2:59:56 |
| | (41) | Fischer, Gert | 1974 | Senioren M35 | 0:54:38 |
| | (1616) | Bender, Dennis | 1982 | Senioren M30 | 1:02:00 |
| | (660) | Wotzlaw, Mathias | 1963 | Senioren M45 | 1:03:18 |
| 3 | | LG Gummersbach | | | 3:09:41 |
| | (283) | Rocheteau, Dominique | 1965 | Senioren M45 | 1:02:33 |
| | (82) | Keloudis, Georgios | 1969 | Senioren M40 | 1:03:00 |
| | (1628) | Wolff, Udo | 1962 | Senioren M50 | 1:04:08 |
| 4 | | LLG St.Augustin | | | 3:18:06 |
| | (1635) | Engels, Herbie | 1948 | Senioren M60 | 1:01:19 |
| | (818) | Lennartz, Birgit | 1965 | Seniorinnen W45 | 1:08:10 |
| | (785) | Pohle, Gerhard | 1950 | Senioren M60 | 1:08:37 |
| 5 | | BSG Delphi Draka | | | 3:43:37 |
| | (175) | Schumacher, Hans Heinz | 1954 | Senioren M55 | 1:08:11 |
| | (752) | Tückmantel, Nicole | 1971 | Seniorinnen W40 | 1:11:22 |
| | (49) | Froböse, Ingo | 1947 | Senioren M65 | 1:24:04 |
| 6 | | Prosecco-Lauf | | | 3:53:54 |
| | (288) | Sanno, Martin | 1959 | Senioren M50 | 1:16:36 |
| | (272) | Paasovaara-Aulbach, Sisko | 1959 | Seniorinnen W50 | 1:18:39 |
| | (136) | Rabenbauer, Roland | 1951 | Senioren M60 | 1:18:39 |
| 7 | | ASV Köln Triathlon 2 | | | 3:57:12 |
| | (312) | Urbansky, Christine | 1981 | Seniorinnen W30 | 1:14:31 |
| | (100) | Küttner, Christiane | 1967 | Seniorinnen W45 | 1:17:55 |
| | (154) | Rypholz, Monika | 1960 | Seniorinnen W50 | 1:24:46 |
| 8 | | Running TV Bedburg | | | 4:06:42 |
| | (37) | Eschment-Schnitzler, Ruth | 1958 | Seniorinnen W50 | 1:19:49 |
| | (1617) | Weidenfeld, Günter | 1956 | Senioren M55 | 1:20:58 |
| | (15) | Bickendorf, Marion | 1963 | Seniorinnen W45 | 1:25:55 |
| 9 | | Vaselino Quattro | | | 4:21:57 |
| | (112) | Mischke, Gerhard | 1959 | Senioren M50 | 1:15:36 |
| | (75) | Ilsanker, Georg | 1960 | Senioren M50 | 1:32:44 |
| | (208) | Wilbert, Sylvia | 1961 | Seniorinnen W50 | 1:33:37 |



Mannschaftswertung nach Geschlecht (DLV)

Lauf (15 km) - männlich

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|--------|---------------------------|------|--------------|----------------|
| 1 | | SSG Königswinter | | | 2:51:51 |
| | (169) | Schneider, Thomas | 1962 | Senioren M50 | 0:55:09 |
| | (1637) | Nicolay, Thomas | 1964 | Senioren M45 | 0:56:53 |
| | (1634) | Mauel, Thomas | 1965 | Senioren M45 | 0:59:49 |
| 2 | | ASV Köln Triathlon | | | 2:59:56 |
| | (41) | Fischer, Gert | 1974 | Senioren M35 | 0:54:38 |
| | (1616) | Bender, Dennis | 1982 | Senioren M30 | 1:02:00 |
| | (660) | Wotzlaw, Mathias | 1963 | Senioren M45 | 1:03:18 |
| 3 | | LG Gummersbach | | | 3:09:41 |
| | (283) | Rocheteau, Dominique | 1965 | Senioren M45 | 1:02:33 |
| | (82) | Keloudis, Georgios | 1969 | Senioren M40 | 1:03:00 |
| | (1628) | Wolff, Udo | 1962 | Senioren M50 | 1:04:08 |
| 4 | | LLG St.Augustin | | | 3:44:17 |
| | (1635) | Engels, Herbie | 1948 | Senioren M60 | 1:01:19 |
| | (785) | Pohle, Gerhard | 1950 | Senioren M60 | 1:08:37 |
| | (1638) | Teusch, Achim | 1952 | Senioren M60 | 1:34:21 |
| 5 | | Prosecco-Lauf | | | 4:14:31 |
| | (288) | Sanno, Martin | 1959 | Senioren M50 | 1:16:36 |
| | (136) | Rabenbauer, Roland | 1951 | Senioren M60 | 1:18:39 |
| | (176) | Schumann, Sabine | 1961 | Senioren M50 | 1:39:16 |



Mannschaftswertung nach Geschlecht (DLV)

Lauf (15 km) - weiblich

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|-------|---------------------------|------|-----------------|----------------|
| 1 | | ASV Köln Triathlon | | | 3:57:12 |
| | (312) | Urbansky, Christine | 1981 | Seniorinnen W30 | 1:14:31 |
| | (100) | Küttner, Christiane | 1967 | Seniorinnen W45 | 1:17:55 |
| | (154) | Rypholz, Monika | 1960 | Seniorinnen W50 | 1:24:46 |



Mannschaftswertung nach Altersklasse (DLV)

Lauf (15 km) - Senioren M60

| Rang | StNr | Name, Vorname | Jg. | Altersklasse | Zeit |
|----------|--------|------------------------|------|--------------|----------------|
| 1 | | LLG St.Augustin | | | 3:44:17 |
| | (1635) | Engels, Herbie | 1948 | Senioren M60 | 1:01:19 |
| | (785) | Pohle, Gerhard | 1950 | Senioren M60 | 1:08:37 |
| | (1638) | Teusch, Achim | 1952 | Senioren M60 | 1:34:21 |