



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------|-----------|-------------------------|------|-----------------------------------|----------|
| 1 (171) | 1. M | SINGBEIL, Daniel | 1989 | Bunert der Laufladen | 00:35:56 |
| 2 (23011) | 1. M45 | SCHNEIDER, Norbert | 1968 | Bunert - Der Siegburger Laufladen | 00:38:29 |
| 3 (63) | 1. M40 | GÜNDÜZ, Deniz | 1974 | 25MINUTES Köln | 00:39:06 |
| 4 (2311) | 1. M50 | RITTER, Johannes | 1965 | | 00:39:09 |
| 5 (19) | 2. M45 | BRÄUTIGAM, Dr. Claus | 1969 | TFG 1878 Köln-Nippes e.V. | 00:40:11 |
| 6 (72) | 1. M35 | HELLEBUSCH, Timo | 1980 | 25MINUTES Köln | 00:40:31 |
| 7 (152) | 3. M45 | RÖSLER, Denis | 1970 | 25MINUTES Köln | 00:40:37 |
| 8 (148) | 1. W40 | ROCHE, Liz | 1973 | TV Refrath | 00:40:45 |
| 9 (159) | 2. W40 | SCHNEIDER, Silke | 1976 | Bunert - Der Siegburger Laufladen | 00:41:08 |
| 10 (23150) | 2. M40 | VAN DE WEYER, Stephan | 1975 | Bunert - Der Siegburger Laufladen | 00:41:09 |
| 11 (15) | 2. M50 | BLÖCKER, Thomas | 1962 | Meckenheim | 00:41:53 |
| 12 (111) | 1. M U23 | LEURS, Dries | 1996 | - | 00:42:34 |
| 13 (2316) | 1. W30 | HENNEKEN, Claudia Maria | 1985 | SSC Köln | 00:43:14 |
| 14 (131) | 3. M40 | OBERNDÖRFER, Martin | 1972 | LLG St. Augustin | 00:43:19 |
| 15 (49) | 1. M30 | FROHN, Thomas | 1983 | Grave Adviezen.nl | 00:45:12 |
| 16 (104) | 4. M40 | KUTHE, Thorsten | 1972 | | 00:45:21 |
| 17 (124) | 1. M60 | MÖBUS, Volkmar | 1953 | LT Skinny Bergheim 02 | 00:45:28 |
| 18 (143) | 1. MJ U20 | REINHARD, Sandro | 1998 | | 00:45:35 |
| 19 (147) | 2. M35 | RIEDEL, Oliver | 1979 | TSV Dieringhausen | 00:45:38 |
| 20 (122) | 2. M | MERMET, Marco | 1993 | | 00:45:44 |
| 21 (121) | 3. M50 | MERMET, Frank | 1964 | | 00:45:46 |
| 22 (125) | 3. W40 | MÖBUS, Renate | 1973 | LSV Porz / Köln | 00:45:47 |
| 23 (129) | 3. M | NEUMANN, Maxim | 1990 | MEP Köln | 00:46:25 |
| 24 (38) | 4. M45 | DREBACH, Frank | 1967 | Cologne Allblacks | 00:46:38 |
| 25 (2317) | 4. W40 | CREMER, Michaela | 1972 | cologne-runners.de | 00:47:04 |
| 26 (83) | 2. M60 | ISBANER, Wolfgang | 1954 | TSV Bayer 04 Leverkusen | 00:47:08 |
| 27 (66) | 4. M50 | HANSEN, Christoph | 1965 | Cologne Allblacks | 00:48:00 |
| 28 (100) | 2. M30 | KÖPPE, Stefan | 1985 | 1. FC Köln | 00:48:04 |
| 29 (16) | 5. M50 | BOELTER, Thomas | 1963 | ERGO sports Köln | 00:48:19 |
| 30 (30) | 6. M50 | CREMER, Jürgen | 1962 | | 00:49:00 |
| 31 (189) | 1. M70 | VON HARLESSEM, Klaus | 1945 | Realschule Im Hasental | 00:49:21 |
| 32 (173) | 4. M | SONNTAG, Frank | 1991 | ERGO sports Köln | 00:49:36 |
| 33 (176) | 3. M60 | STECKEL, Manfred | 1955 | TriathlonSteckelCologne | 00:49:39 |
| 34 (92) | 7. M50 | KAMMLER, Reinhard | 1963 | Cologne Allblacks | 00:49:45 |
| 35 (200) | 1. W55 | ZANGE, Gabi | 1960 | LSV Porz / Köln | 00:50:02 |
| 36 (11) | 3. M30 | BAUMEISTER, Manuel | 1982 | Hard Rock Cafe Cologne | 00:50:10 |
| 37 (2320) | 1. W50 | AHRENS, Heike | 1965 | BSG Stadt Köln | 00:50:28 |
| 38 (2313) | 5. M45 | BAKIREL, Ishak | 1970 | | 00:50:56 |
| 39 (135) | 4. M30 | PRANGE, Christian | 1985 | GCH | 00:51:04 |
| 40 (7) | 5. M | ALIHODZIC, Amar | 1991 | Mise en Place Lüttich | 00:51:18 |
| 41 (174) | 6. M45 | SOWADE, Uli | 1970 | Run of Colours Promoteam | 00:51:26 |
| 42 (600) | 5. M30 | ALDENHOVEN, Max | 1986 | Mise en Place Nederland | 00:51:30 |
| 43 (184) | 7. M45 | TSCHÖKE, Thomas | 1969 | | 00:51:54 |
| 44 (2310) | 8. M45 | SCHULZ, Torsten | 1968 | 1.FC Spich | 00:51:57 |
| 45 (2318) | 9. M45 | ELS, Jürgen | 1969 | BSG Rhein Energie | 00:52:08 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) OVERALL-RANKING

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|-----------|----------|----------------------------|------|-------------------------------|----------|
| 46 (68) | 6. M30 | HAWICKHORST, Stefan | 1983 | | 00:52:30 |
| 47 (20) | 1. W35 | BRIX, Silke | 1979 | DJK Rheinkraft | 00:52:36 |
| 48 (2314) | 5. M40 | BREUER, Andreas | 1973 | GVG Laufteam (Run for Fun) | 00:53:00 |
| 49 (128) | 6. M | MÜLLER-BOURGON, Magnus | 1992 | Mise en Place Bochum | 00:54:37 |
| 50 (86) | 7. M30 | JANZ, Maik | 1984 | | 00:54:39 |
| 51 (45) | 7. M | FAIX, Thiebaud | 1989 | Mise en Place Lüttich | 00:54:40 |
| 52 (82) | 4. M60 | HRISTIC, Zlatan | 1955 | GCH | 00:54:43 |
| 53 (114) | 1. W | LOBATO GIL GONCALVES, Lais | 1987 | Hard Rock Café Cologne | 00:55:17 |
| 54 (113) | 1. M55 | LEYENDECKER, Matthias | 1961 | SC Fortuna Köln | 00:55:41 |
| 55 (123) | 10. M45 | MISSENBERGER, Marco | 1971 | 25MINUTES Köln | 00:56:07 |
| 56 (98) | 2. W50 | KOHL, Helga | 1964 | ERGO sports Köln | 00:56:09 |
| 57 (28) | 8. M | CHIRACU, Antonio | 1990 | Hard Rock Cafe Cologne | 00:56:40 |
| 58 (48) | 2. W30 | FLIß, Charlotte | 1982 | ERGO sports Köln | 00:57:13 |
| 59 (142) | 5. M60 | REDA, Karl-Heinz | 1953 | ERGO sports Köln | 00:57:31 |
| 60 (18) | 6. M40 | BOTT, Alexander | 1976 | ERGO sports Köln | 00:57:52 |
| 61 (93) | 9. M | KATHER, Thimo | 1993 | GCH | 00:59:54 |
| 62 (165) | 2. M U23 | SENKBEIL, Patrick | 1996 | GCH | 01:01:25 |
| 63 (2319) | 11. M45 | NIERHOFF, Boris | 1969 | | 01:02:14 |
| 64 (199) | 2. M55 | WURDA, Werner | 1960 | Diabetes Programm Deutschland | 01:02:24 |
| 65 (1380) | 3. W30 | QUAEDVLIEG, Philomena | 1983 | Mise en Place Nederland | 01:02:25 |
| 66 (2321) | 8. M50 | PICKHARD, Holger | 1964 | | 01:02:32 |
| 67 (2308) | 12. M45 | KRÄMER, Thomas | 1970 | | 01:02:33 |
| 68 (55) | 10. M | GERICKE, Fabian | 1991 | Mise En Place | 01:02:53 |
| 69 (2) | 3. M U23 | AERTS, Jay | 1996 | Mise en Place Lüttich | 01:03:05 |
| 70 (22) | 1. M75 | BRUNNER, Ulrich | 1937 | | 01:03:13 |
| 71 (158) | 3. W50 | SCHNEIDER, Marion | 1966 | ERGO sports | 01:03:15 |
| 72 (130) | 4. W30 | NOWACK, Nadine | 1986 | SG Köln - Worringen | 01:03:17 |
| 73 (2307) | 4. M U23 | HAMID-MUNOZ, David | 1996 | | 01:05:09 |
| 74 (2306) | 4. W50 | M., Zarica | 1965 | | 01:05:41 |
| 75 (470) | 5. M U23 | FLASSIG, Tom | 1996 | GCH | 01:05:47 |
| 76 (116) | 5. W30 | MALUDY, Katharina | 1983 | Hard Rock köln | 01:06:24 |
| 77 (163) | 1. W65 | SCHULZE, Bärbel | 1951 | TV 08 Lohmar | 01:06:30 |
| 78 (2312) | 1. M65 | FEIGE, Manfred | 1947 | Cologne Allblacks | 01:06:51 |
| 79 (46) | 5. W40 | FIGUEROA CARRASCO, Lidia | 1973 | Cologne Allblacks | 01:06:52 |
| 80 (117) | 9. M50 | MALZAHN, Norbert | 1964 | | 01:06:54 |
| 81 (2305) | 6. W40 | GANDRAZ, Bianca | 1975 | | 01:08:06 |
| 82 (161) | 2. W | SCHOPEN DE MELO, Celina | 1990 | | 01:09:49 |
| 83 (164) | 13. M45 | SCHUSCHKE, Stephan | 1971 | | 01:09:51 |
| 84 (79) | 10. M50 | LUDWIG, Karl-Heinz | 1965 | KölleAlarm e.V. | 01:10:26 |
| 85 (178) | 5. W50 | STEINBÜCHEL, Constanze | 1966 | KölleAlarm e.V. | 01:10:26 |
| 86 (195) | 1. W70 | WILCZEK, Eva | 1946 | BSG Hilden | 01:11:36 |
| 87 (203) | 6. W50 | CHLADEK-MIESEN, Claudia | 1965 | | 01:17:27 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|--------|----------------------------|------|-----------------------------------|-----------------|
| WEIBLICH | | | | | |
| 1 (148) | 1. W40 | ROCHE, Liz | 1973 | TV Refrath | 00:40:45 |
| 2 (159) | 2. W40 | SCHNEIDER, Silke | 1976 | Bunert - Der Siegburger Laufladen | 00:41:08 |
| 3 (2316) | 1. W30 | HENNEKEN, Claudia Maria | 1985 | SSC Köln | 00:43:14 |
| 4 (125) | 3. W40 | MÖBUS, Renate | 1973 | LSV Porz / Köln | 00:45:47 |
| 5 (2317) | 4. W40 | CREMER, Michaela | 1972 | cologne-runners.de | 00:47:04 |
| 6 (200) | 1. W55 | ZANGE, Gabi | 1960 | LSV Porz / Köln | 00:50:02 |
| 7 (2320) | 1. W50 | AHRENS, Heike | 1965 | BSG Stadt Köln | 00:50:28 |
| 8 (20) | 1. W35 | BRIX, Silke | 1979 | DJK Rheinkraft | 00:52:36 |
| 9 (114) | 1. W | LOBATO GIL GONCALVES, Lais | 1987 | Hard Rock Café Cologne | 00:55:17 |
| 10 (98) | 2. W50 | KOHL, Helga | 1964 | ERGO sports Köln | 00:56:09 |
| 11 (48) | 2. W30 | FLIß, Charlotte | 1982 | ERGO sports Köln | 00:57:13 |
| 12 (1380) | 3. W30 | QUAEDVLIEG, Philomena | 1983 | Mise en Place Nederland | 01:02:25 |
| 13 (158) | 3. W50 | SCHNEIDER, Marion | 1966 | ERGO sports | 01:03:15 |
| 14 (130) | 4. W30 | NOWACK, Nadine | 1986 | SG Köln - Worringen | 01:03:17 |
| 15 (2306) | 4. W50 | M., Zarica | 1965 | | 01:05:41 |
| 16 (116) | 5. W30 | MALUDY, Katharina | 1983 | Hard Rock köln | 01:06:24 |
| 17 (163) | 1. W65 | SCHULZE, Bärbel | 1951 | TV 08 Lohmar | 01:06:30 |
| 18 (46) | 5. W40 | FIGUEROA CARRASCO, Lidia | 1973 | Cologne Allblacks | 01:06:52 |
| 19 (2305) | 6. W40 | GANDRAZ, Bianca | 1975 | | 01:08:06 |
| 20 (161) | 2. W | SCHOPEN DE MELO, Celina | 1990 | | 01:09:49 |
| 21 (178) | 5. W50 | STEINBÜCHEL, Constanze | 1966 | KölleAlarm e.V. | 01:10:26 |
| 22 (195) | 1. W70 | WILCZEK, Eva | 1946 | BSG Hilden | 01:11:36 |
| 23 (203) | 6. W50 | CHLADEK-MIESEN, Claudia | 1965 | | 01:17:27 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|-----------|------------------------|------|-----------------------------------|-----------------|
| MÄNNLICH | | | | | |
| 1 (171) | 1. M | SINGBEIL, Daniel | 1989 | Bunert der Laufladen | 00:35:56 |
| 2 (23011) | 1. M45 | SCHNEIDER, Norbert | 1968 | Bunert - Der Siegburger Laufladen | 00:38:29 |
| 3 (63) | 1. M40 | GÜNDÜZ, Deniz | 1974 | 25MINUTES Köln | 00:39:06 |
| 4 (2311) | 1. M50 | RITTER, Johannes | 1965 | | 00:39:09 |
| 5 (19) | 2. M45 | BRÄUTIGAM, Dr. Claus | 1969 | TFG 1878 Köln-Nippes e.V. | 00:40:11 |
| 6 (72) | 1. M35 | HELLEBUSCH, Timo | 1980 | 25MINUTES Köln | 00:40:31 |
| 7 (152) | 3. M45 | RÖSLER, Denis | 1970 | 25MINUTES Köln | 00:40:37 |
| 8 (23150) | 2. M40 | VAN DE WEYER, Stephan | 1975 | Bunert - Der Siegburger Laufladen | 00:41:09 |
| 9 (15) | 2. M50 | BLÖCKER, Thomas | 1962 | Meckenheim | 00:41:53 |
| 10 (111) | 1. M U23 | LEURS, Dries | 1996 | - | 00:42:34 |
| 11 (131) | 3. M40 | OBERNDÖRFER, Martin | 1972 | LLG St. Augustin | 00:43:19 |
| 12 (49) | 1. M30 | FROHN, Thomas | 1983 | Grave Adviezen.nl | 00:45:12 |
| 13 (104) | 4. M40 | KUTHE, Thorsten | 1972 | | 00:45:21 |
| 14 (124) | 1. M60 | MÖBUS, Volkmar | 1953 | LT Skinny Bergheim 02 | 00:45:28 |
| 15 (143) | 1. MJ U20 | REINHARD, Sandro | 1998 | | 00:45:35 |
| 16 (147) | 2. M35 | RIEDEL, Oliver | 1979 | TSV Dieringhausen | 00:45:38 |
| 17 (122) | 2. M | MERMET, Marco | 1993 | | 00:45:44 |
| 18 (121) | 3. M50 | MERMET, Frank | 1964 | | 00:45:46 |
| 19 (129) | 3. M | NEUMANN, Maxim | 1990 | MEP Köln | 00:46:25 |
| 20 (38) | 4. M45 | DRESBACH, Frank | 1967 | Cologne Allblacks | 00:46:38 |
| 21 (83) | 2. M60 | ISBANER, Wolfgang | 1954 | TSV Bayer 04 Leverkusen | 00:47:08 |
| 22 (66) | 4. M50 | HANSEN, Christoph | 1965 | Cologne Allblacks | 00:48:00 |
| 23 (100) | 2. M30 | KÖPPE, Stefan | 1985 | 1. FC Köln | 00:48:04 |
| 24 (16) | 5. M50 | BOELTER, Thomas | 1963 | ERGO sports Köln | 00:48:19 |
| 25 (30) | 6. M50 | CREMER, Jürgen | 1962 | | 00:49:00 |
| 26 (189) | 1. M70 | VON HARLESSEM, Klaus | 1945 | Realschule Im Hasental | 00:49:21 |
| 27 (173) | 4. M | SONNTAG, Frank | 1991 | ERGO sports Köln | 00:49:36 |
| 28 (176) | 3. M60 | STECKEL, Manfred | 1955 | TriathlonSteckelCologne | 00:49:39 |
| 29 (92) | 7. M50 | KAMMLER, Reinhard | 1963 | Cologne Allblacks | 00:49:45 |
| 30 (11) | 3. M30 | BAUMEISTER, Manuel | 1982 | Hard Rock Cafe Cologne | 00:50:10 |
| 31 (2313) | 5. M45 | BAKIREL, Ishak | 1970 | | 00:50:56 |
| 32 (135) | 4. M30 | PRANGE, Christian | 1985 | GCH | 00:51:04 |
| 33 (7) | 5. M | ALIHODZIC, Amar | 1991 | Mise en Place Lüttich | 00:51:18 |
| 34 (174) | 6. M45 | SOWADE, Uli | 1970 | Run of Colours Promoteam | 00:51:26 |
| 35 (600) | 5. M30 | ALDENHOVEN, Max | 1986 | Mise en Place Nederland | 00:51:30 |
| 36 (184) | 7. M45 | TSCHÖKE, Thomas | 1969 | | 00:51:54 |
| 37 (2310) | 8. M45 | SCHULZ, Torsten | 1968 | 1.FC Spich | 00:51:57 |
| 38 (2318) | 9. M45 | ELS, Jürgen | 1969 | BSG Rhein Energie | 00:52:08 |
| 39 (68) | 6. M30 | HAWICKHORST, Stefan | 1983 | | 00:52:30 |
| 40 (2314) | 5. M40 | BREUER, Andreas | 1973 | GVG Laufteam (Run for Fun) | 00:53:00 |
| 41 (128) | 6. M | MÜLLER-BOURGON, Magnus | 1992 | Mise en Place Bochum | 00:54:37 |
| 42 (86) | 7. M30 | JANZ, Maik | 1984 | | 00:54:39 |
| 43 (45) | 7. M | FAIX, Thiebaud | 1989 | Mise en Place Lüttich | 00:54:40 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) WERTUNG NACH GESCHLECHT

| RG (STNR) | RG AK | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------|----------|-----------------------|------|-------------------------------|-----------------|
| MÄNNLICH | | | | | |
| 44 (82) | 4. M60 | HRISTIC, Zlatan | 1955 | GCH | 00:54:43 |
| 45 (113) | 1. M55 | LEYENDECKER, Matthias | 1961 | SC Fortuna Köln | 00:55:41 |
| 46 (123) | 10. M45 | MISSENBERGER, Marco | 1971 | 25MINUTES Köln | 00:56:07 |
| 47 (28) | 8. M | CHIRACU, Antonio | 1990 | Hard Rock Cafe Cologne | 00:56:40 |
| 48 (142) | 5. M60 | REDA, Karl-Heinz | 1953 | ERGO sports Köln | 00:57:31 |
| 49 (18) | 6. M40 | BOTT, Alexander | 1976 | ERGO sports Köln | 00:57:52 |
| 50 (93) | 9. M | KATHER, Thimo | 1993 | GCH | 00:59:54 |
| 51 (165) | 2. M U23 | SENKBEIL, Patrick | 1996 | GCH | 01:01:25 |
| 52 (2319) | 11. M45 | NIERHOFF, Boris | 1969 | | 01:02:14 |
| 53 (199) | 2. M55 | WURDA, Werner | 1960 | Diabetes Programm Deutschland | 01:02:24 |
| 54 (2321) | 8. M50 | PICKHARD, Holger | 1964 | | 01:02:32 |
| 55 (2308) | 12. M45 | KRÄMER, Thomas | 1970 | | 01:02:33 |
| 56 (55) | 10. M | GERICKE, Fabian | 1991 | Mise En Place | 01:02:53 |
| 57 (2) | 3. M U23 | AERTS, Jay | 1996 | Mise en Place Lüttich | 01:03:05 |
| 58 (22) | 1. M75 | BRUNNER, Ulrich | 1937 | | 01:03:13 |
| 59 (2307) | 4. M U23 | HAMID-MUNOZ, David | 1996 | | 01:05:09 |
| 60 (470) | 5. M U23 | FLASSIG, Tom | 1996 | GCH | 01:05:47 |
| 61 (2312) | 1. M65 | FEIGE, Manfred | 1947 | Cologne Allblacks | 01:06:51 |
| 62 (117) | 9. M50 | MALZAHN, Norbert | 1964 | | 01:06:54 |
| 63 (164) | 13. M45 | SCHUSCHKE, Stephan | 1971 | | 01:09:51 |
| 64 (79) | 10. M50 | LUDWIG, Karl-Heinz | 1965 | KölleAlarm e.V. | 01:10:26 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|---------------------|------------|------------------------|------|-----------------------------------|----------|
| MÄNNER | | | | | |
| 1 (171) | 1. gesamt | SINGBEIL, Daniel | 1989 | Bunert der Laufladen | 00:35:56 |
| 2 (122) | 20. gesamt | MERMET, Marco | 1993 | | 00:45:44 |
| 3 (129) | 23. gesamt | NEUMANN, Maxim | 1990 | MEP Köln | 00:46:25 |
| 4 (173) | 32. gesamt | SONNTAG , Frank | 1991 | ERGO sports Köln | 00:49:36 |
| 5 (7) | 40. gesamt | ALIHODZIC, Amar | 1991 | Mise en Place Lüttich | 00:51:18 |
| 6 (128) | 49. gesamt | MÜLLER-BOURGON, Magnus | 1992 | Mise en Place Bochum | 00:54:37 |
| 7 (45) | 51. gesamt | FAIX, Thiebaud | 1989 | Mise en Place Lüttich | 00:54:40 |
| 8 (28) | 57. gesamt | CHIRACU, Antonio | 1990 | Hard Rock Cafe Cologne | 00:56:40 |
| 9 (93) | 61. gesamt | KATHER, Thimo | 1993 | GCH | 00:59:54 |
| 10 (55) | 68. gesamt | GERICKE, Fabian | 1991 | Mise En Place | 01:02:53 |
| JUNIOREN U23 | | | | | |
| 1 (111) | 12. gesamt | LEURS, Dries | 1996 | - | 00:42:34 |
| 2 (165) | 62. gesamt | SENKBEIL, Patrick | 1996 | GCH | 01:01:25 |
| 3 (2) | 69. gesamt | AERTS, Jay | 1996 | Mise en Place Lüttich | 01:03:05 |
| 4 (2307) | 73. gesamt | HAMID-MUNOZ, David | 1996 | | 01:05:09 |
| 5 (470) | 75. gesamt | FLASSIG, Tom | 1996 | GCH | 01:05:47 |
| SENIOREN M30 | | | | | |
| 1 (49) | 15. gesamt | FROHN, Thomas | 1983 | Grave Adviezen.nl | 00:45:12 |
| 2 (100) | 28. gesamt | KÖPPE, Stefan | 1985 | 1. FC Köln | 00:48:04 |
| 3 (11) | 36. gesamt | BAUMEISTER, Manuel | 1982 | Hard Rock Cafe Cologne | 00:50:10 |
| 4 (135) | 39. gesamt | PRANGE, Christian | 1985 | GCH | 00:51:04 |
| 5 (600) | 42. gesamt | ALDENHOVEN, Max | 1986 | Mise en Place Nederland | 00:51:30 |
| 6 (68) | 46. gesamt | HAWICKHORST, Stefan | 1983 | | 00:52:30 |
| 7 (86) | 50. gesamt | JANZ, Maik | 1984 | | 00:54:39 |
| SENIOREN M35 | | | | | |
| 1 (72) | 6. gesamt | HELLEBUSCH, Timo | 1980 | 25MINUTES Köln | 00:40:31 |
| 2 (147) | 19. gesamt | RIEDEL , Oliver | 1979 | TSV Dieringhausen | 00:45:38 |
| SENIOREN M40 | | | | | |
| 1 (63) | 3. gesamt | GÜNDÜZ, Deniz | 1974 | 25MINUTES Köln | 00:39:06 |
| 2 (23150) | 10. gesamt | VAN DE WEYER, Stephan | 1975 | Bunert - Der Siegburger Laufladen | 00:41:09 |
| 3 (131) | 14. gesamt | OBERNDÖRFER, Martin | 1972 | LLG St. Augustin | 00:43:19 |
| 4 (104) | 16. gesamt | KUTHE, Thorsten | 1972 | | 00:45:21 |
| 5 (2314) | 48. gesamt | BREUER, Andreas | 1973 | GVG Laufteam (Run for Fun) | 00:53:00 |
| 6 (18) | 60. gesamt | BOTT , Alexander | 1976 | ERGO sports Köln | 00:57:52 |
| SENIOREN M45 | | | | | |
| 1 (23011) | 2. gesamt | SCHNEIDER, Norbert | 1968 | Bunert - Der Siegburger Laufladen | 00:38:29 |
| 2 (19) | 5. gesamt | BRÄUTIGAM, Dr. Claus | 1969 | TFG 1878 Köln-Nippes e.V. | 00:40:11 |
| 3 (152) | 7. gesamt | RÖSLER, Denis | 1970 | 25MINUTES Köln | 00:40:37 |
| 4 (38) | 24. gesamt | DRESBACH, Frank | 1967 | Cologne Allblacks | 00:46:38 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|--------------------------|------------|-----------------------|------|-------------------------------|----------|
| SENIOREN M45 | | | | | |
| 5 (2313) | 38. gesamt | BAKIREL, Ishak | 1970 | | 00:50:56 |
| 6 (174) | 41. gesamt | SOWADE, Uli | 1970 | Run of Colours Promoteam | 00:51:26 |
| 7 (184) | 43. gesamt | TSCHÖKE, Thomas | 1969 | | 00:51:54 |
| 8 (2310) | 44. gesamt | SCHULZ, Torsten | 1968 | 1.FC Spich | 00:51:57 |
| 9 (2318) | 45. gesamt | ELS, Jürgen | 1969 | BSG Rhein Energie | 00:52:08 |
| 10 (123) | 55. gesamt | MISSENBERGER, Marco | 1971 | 25MINUTES Köln | 00:56:07 |
| 11 (2319) | 63. gesamt | NIERHOFF, Boris | 1969 | | 01:02:14 |
| 12 (2308) | 67. gesamt | KRÄMER, Thomas | 1970 | | 01:02:33 |
| 13 (164) | 83. gesamt | SCHUSCHKE, Stephan | 1971 | | 01:09:51 |
| SENIOREN M50 | | | | | |
| 1 (2311) | 4. gesamt | RITTER, Johannes | 1965 | | 00:39:09 |
| 2 (15) | 11. gesamt | BLÖCKER, Thomas | 1962 | Meckenheim | 00:41:53 |
| 3 (121) | 21. gesamt | MERMET, Frank | 1964 | | 00:45:46 |
| 4 (66) | 27. gesamt | HANSEN, Christoph | 1965 | Cologne Allblacks | 00:48:00 |
| 5 (16) | 29. gesamt | BOELTER, Thomas | 1963 | ERGO sports Köln | 00:48:19 |
| 6 (30) | 30. gesamt | CREMER, Jürgen | 1962 | | 00:49:00 |
| 7 (92) | 34. gesamt | KAMMLER, Reinhard | 1963 | Cologne Allblacks | 00:49:45 |
| 8 (2321) | 66. gesamt | PICKHARD, Holger | 1964 | | 01:02:32 |
| 9 (117) | 80. gesamt | MALZAHN, Norbert | 1964 | | 01:06:54 |
| 10 (79) | 84. gesamt | LUDWIG, Karl-Heinz | 1965 | KölleAlarm e.V. | 01:10:26 |
| SENIOREN M55 | | | | | |
| 1 (113) | 54. gesamt | LEYENDECKER, Matthias | 1961 | SC Fortuna Köln | 00:55:41 |
| 2 (199) | 64. gesamt | WURDA, Werner | 1960 | Diabetes Programm Deutschland | 01:02:24 |
| SENIOREN M60 | | | | | |
| 1 (124) | 17. gesamt | MÖBUS, Volkmar | 1953 | LT Skinny Bergheim 02 | 00:45:28 |
| 2 (83) | 26. gesamt | ISBANER, Wolfgang | 1954 | TSV Bayer 04 Leverkusen | 00:47:08 |
| 3 (176) | 33. gesamt | STECKEL, Manfred | 1955 | TriathlonSteckelCologne | 00:49:39 |
| 4 (82) | 52. gesamt | HRISTIC, Zlatan | 1955 | GCH | 00:54:43 |
| 5 (142) | 59. gesamt | REDA, Karl-Heinz | 1953 | ERGO sports Köln | 00:57:31 |
| SENIOREN M65 | | | | | |
| 1 (2312) | 78. gesamt | FEIGE, Manfred | 1947 | Cologne Allblacks | 01:06:51 |
| SENIOREN M70 | | | | | |
| 1 (189) | 31. gesamt | VON HARLESSEM, Klaus | 1945 | Realschule Im Hasental | 00:49:21 |
| SENIOREN M75 | | | | | |
| 1 (22) | 70. gesamt | BRUNNER, Ulrich | 1937 | | 01:03:13 |
| MÄNNL. JUGEND U20 | | | | | |
| 1 (143) | 18. gesamt | REINHARD, Sandro | 1998 | | 00:45:35 |



5. Kölner GastRUNomie-Lauf

LAUF (10 KM) WERTUNG NACH ALTERSKLASSEN

| RG (STNR) | RG GES | NAME, VORNAME | JG | VEREIN / (WOHNORT) | ZEIT |
|------------------------|------------|----------------------------|------|-----------------------------------|----------|
| FRAUEN | | | | | |
| 1 (114) | 53. gesamt | LOBATO GIL GONCALVES, Lais | 1987 | Hard Rock Café Cologne | 00:55:17 |
| 2 (161) | 82. gesamt | SCHOPEN DE MELO, Celina | 1990 | | 01:09:49 |
| SENIORINNEN W30 | | | | | |
| 1 (2316) | 13. gesamt | HENNEKEN, Claudia Maria | 1985 | SSC Köln | 00:43:14 |
| 2 (48) | 58. gesamt | FLIß, Charlotte | 1982 | ERGO sports Köln | 00:57:13 |
| 3 (1380) | 65. gesamt | QUAEDVLIIEG, Philomena | 1983 | Mise en Place Nederland | 01:02:25 |
| 4 (130) | 72. gesamt | NOWACK, Nadine | 1986 | SG Köln - Worringen | 01:03:17 |
| 5 (116) | 76. gesamt | MALUDY, Katharina | 1983 | Hard Rock köln | 01:06:24 |
| SENIORINNEN W35 | | | | | |
| 1 (20) | 47. gesamt | BRIX, Silke | 1979 | DJK Rheinkraft | 00:52:36 |
| SENIORINNEN W40 | | | | | |
| 1 (148) | 8. gesamt | ROCHE, Liz | 1973 | TV Refrath | 00:40:45 |
| 2 (159) | 9. gesamt | SCHNEIDER, Silke | 1976 | Bunert - Der Siegburger Laufladen | 00:41:08 |
| 3 (125) | 22. gesamt | MÖBUS, Renate | 1973 | LSV Porz / Köln | 00:45:47 |
| 4 (2317) | 25. gesamt | CREMER, Michaela | 1972 | cologne-runners.de | 00:47:04 |
| 5 (46) | 79. gesamt | FIGUEROA CARRASCO, Lidia | 1973 | Cologne Allblacks | 01:06:52 |
| 6 (2305) | 81. gesamt | GANDRAZ, Bianca | 1975 | | 01:08:06 |
| SENIORINNEN W50 | | | | | |
| 1 (2320) | 37. gesamt | AHRENS, Heike | 1965 | BSG Stadt Köln | 00:50:28 |
| 2 (98) | 56. gesamt | KOHL, Helga | 1964 | ERGO sports Köln | 00:56:09 |
| 3 (158) | 71. gesamt | SCHNEIDER, Marion | 1966 | ERGO sports | 01:03:15 |
| 4 (2306) | 74. gesamt | M., Zarica | 1965 | | 01:05:41 |
| 5 (178) | 85. gesamt | STEINBÜCHEL, Constanze | 1966 | KölleAlarm e.V. | 01:10:26 |
| 6 (203) | 87. gesamt | CHLADEK-MIESEN, Claudia | 1965 | | 01:17:27 |
| SENIORINNEN W55 | | | | | |
| 1 (200) | 35. gesamt | ZANGE, Gabi | 1960 | LSV Porz / Köln | 00:50:02 |
| SENIORINNEN W65 | | | | | |
| 1 (163) | 77. gesamt | SCHULZE, Bärbel | 1951 | TV 08 Lohmar | 01:06:30 |
| SENIORINNEN W70 | | | | | |
| 1 (195) | 86. gesamt | WILCZEK, Eva | 1946 | BSG Hilden | 01:11:36 |