

33. int. Volkslauf des TVR am 17. März 2012

Lauf über 10 km

Männer

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gedruckt 20.03.2012 21:17:00

| Total. | Nr. | Name Vorname | Verein/*Ort | Nettozeit | Bruttozeit | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|---------------------------|-----------|------------|-----|----------|-----------------|
| 1 | 7447 | Schmidt Daniel | LT DSHS Köln | 0:32:39 | 0:32:40 | M20 | 1 | 3:16 min/km |
| 2 | 7477 | Ackermann Johann | KTT 01 | 0:33:33 | 0:33:33 | M20 | 2 | 3:21 min/km |
| 3 | 7486 | Fricke Marc | Non-Stop-Ultra Brakel | 0:33:48 | 0:33:49 | M35 | 1 | 3:23 min/km |
| 4 | 7473 | Hein Markus | Kölner Triathlon-Team 01 | 0:35:34 | 0:35:35 | M20 | 3 | 3:33 min/km |
| 5 | 7431 | Middeldorf Stefan | TSV Solingen | 0:35:52 | 0:35:54 | M40 | 1 | 3:35 min/km |
| 6 | 7441 | Reiß Björn | LSF Münster | 0:36:21 | 0:36:23 | M35 | 2 | 3:38 min/km |
| 7 | 7211 | Jonen Christian | *Köln | 0:36:25 | 0:36:27 | M30 | 1 | 3:39 min/km |
| 8 | 7303 | Schommers Lukas | ASV Köln | 0:36:32 | 0:36:33 | MJA | 1 | 3:39 min/km |
| 9 | 7485 | Gläßer Harald | Laufmonster | 0:36:42 | 0:36:47 | M40 | 2 | 3:40 min/km |
| 10 | 7429 | Grob Jochen | TSV Solingen | 0:36:46 | 0:36:48 | M55 | 1 | 3:41 min/km |
| 11 | 7276 | Quaschnig-Kirsch Matt | *Aachen | 0:36:56 | 0:37:00 | M45 | 1 | 3:42 min/km |
| 12 | 7298 | Schneider Thomas | LG RWE Power | 0:37:01 | 0:37:05 | M40 | 3 | 3:42 min/km |
| 13 | 7467 | Kufermann Frank | LGW | 0:37:05 | 0:37:06 | M40 | 4 | 3:43 min/km |
| 14 | 7260 | Orthen Johannes | TV Rodenkirchen Triathlon | 0:37:12 | 0:37:15 | M50 | 1 | 3:43 min/km |
| 15 | 6115 | Sandscheper Clemens | TV Rodenkirchen | 0:37:12 | 0:37:15 | M40 | 5 | 3:43 min/km |
| 16 | 7313 | Singer Michael | TV Refrath | 0:37:19 | 0:37:22 | M45 | 2 | 3:44 min/km |
| 17 | 6024 | Meyer Irek | TV Refrath | 0:37:32 | 0:37:34 | M40 | 6 | 3:45 min/km |
| 18 | 7320 | Sommershof Joachim | PSV Bonn Triathlon | 0:37:55 | 0:37:58 | M45 | 3 | 3:48 min/km |
| 19 | 7269 | Pöhler Frank | TV Refrath | 0:38:24 | 0:38:26 | M50 | 2 | 3:50 min/km |
| 20 | 7493 | Kräker Thorsten | Superpunk | 0:38:30 | 0:38:33 | M40 | 7 | 3:51 min/km |
| 21 | 7500 | Mückenheim Sven | Hardtseemafia | 0:38:31 | 0:38:34 | M35 | 3 | 3:51 min/km |
| 22 | 7453 | Oberndörfer Martin | LLG St. Augustin | 0:38:32 | 0:38:34 | M40 | 8 | 3:51 min/km |
| 23 | 7143 | Fein Axel | Mach 3 Köln | 0:39:01 | 0:39:03 | M35 | 4 | 3:54 min/km |
| 24 | 7468 | Lorbach Daniel | TUS Köln rrh. | 0:39:05 | 0:39:07 | M30 | 2 | 3:55 min/km |
| 25 | 7449 | Keuer Gerd | Brücker Lauffreunde | 0:39:25 | 0:39:27 | M45 | 4 | 3:57 min/km |
| 26 | 7336 | Villalpando Salvador | SG Zons | 0:39:38 | 0:39:40 | M40 | 9 | 3:58 min/km |
| 27 | 7155 | Franitza Marek | *Köln | 0:39:38 | 0:39:42 | M35 | 5 | 3:58 min/km |
| 28 | 7226 | Kopp Kay-Hermann | *Bergisch Gladbach | 0:40:12 | 0:40:16 | M45 | 5 | 4:01 min/km |
| 29 | 7266 | Pier Gregor | RLG Köln-West | 0:40:38 | 0:40:45 | M40 | 10 | 4:04 min/km |
| 30 | 7306 | Schovenberg Alexander | *Köln | 0:40:39 | 0:40:47 | M20 | 4 | 4:04 min/km |
| 31 | 7470 | Hoffmann Michael | *Köln | 0:40:41 | 0:40:44 | M55 | 2 | 4:04 min/km |
| 32 | 7289 | Salmon Heiko | TuS Mechernich 1897 | 0:40:44 | 0:40:49 | M45 | 6 | 4:04 min/km |
| 33 | 7159 | Fresenborg Mike | mike-running.de | 0:41:11 | 0:41:14 | M40 | 11 | 4:07 min/km |
| 34 | 7368 | Görtz Thomas | Poseidon Worms | 0:41:16 | 0:41:24 | M20 | 5 | 4:08 min/km |
| 35 | 7490 | Kammler Reinhard | TSV Weiss Köln | 0:41:35 | 0:41:37 | M45 | 7 | 4:10 min/km |
| 36 | 7113 | Blöcker Thomas | Meckenheim | 0:41:41 | 0:41:44 | M50 | 3 | 4:10 min/km |
| 37 | 7435 | Müller Dieter | TuS Deuz | 0:41:47 | 0:41:50 | M50 | 4 | 4:11 min/km |
| 38 | 7280 | Röskens Jens | *Straelen | 0:41:54 | 0:42:05 | M20 | 6 | 4:11 min/km |
| 39 | 7315 | Skrzeba Christopher | *Krefeld | 0:42:07 | 0:42:12 | M20 | 7 | 4:13 min/km |
| 40 | 7385 | Bosch Stefan | JLG Köln | 0:42:13 | 0:42:35 | M40 | 12 | 4:13 min/km |
| 41 | 7471 | Jacob Michael | TV Refrath | 0:42:14 | 0:42:17 | M45 | 8 | 4:13 min/km |
| 42 | 7475 | Rasten Heinz | TV 1908 Neunkirchen | 0:42:15 | 0:42:21 | M45 | 9 | 4:14 min/km |
| 43 | 7459 | Völker Helmut | PSV Bonn Triathlon | 0:42:34 | 0:43:07 | M55 | 3 | 4:15 min/km |
| 44 | 7495 | Isbaner Wolfgang | TV Bayer 04 Leverkusen | 0:42:35 | 0:42:39 | M55 | 4 | 4:16 min/km |
| 45 | 7482 | Elsinghorst Detlev | SSF Bonn | 0:42:45 | 0:42:59 | M40 | 13 | 4:17 min/km |
| 46 | 7103 | Basseng Wilfried | LT Saaler Mühle | 0:42:47 | 0:42:53 | M55 | 5 | 4:17 min/km |
| 47 | 7430 | Gawantka Axel | TSV Solingen | 0:42:49 | 0:42:51 | M45 | 10 | 4:17 min/km |
| 48 | 7203 | Husemann Georg | *Köln | 0:43:04 | 0:43:16 | M40 | 14 | 4:18 min/km |
| 49 | 7426 | Winkler Benno | Opa für Jona | 0:43:08 | 0:43:12 | M60 | 1 | 4:19 min/km |
| 50 | 7139 | Everling Jürgen | *Köln | 0:43:19 | 0:43:48 | M45 | 11 | 4:20 min/km |
| 51 | 7297 | Schneider Markus | MACH3 Köln | 0:43:23 | 0:43:32 | M30 | 3 | 4:20 min/km |
| 52 | 7433 | Doppelfeld Mark | TV Rodenkirchen | 0:43:26 | 0:43:33 | M40 | 15 | 4:21 min/km |

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| | | | | | | | | |
|-----|------|--------------------------|-------------------------|---------|---------|-----|----|-------------|
| 53 | 7251 | Mosler Ralph | 1.FC Spich | 0:43:41 | 0:43:42 | M40 | 16 | 4:22 min/km |
| 54 | 7022 | Reul Matthias | *Köln | 0:43:46 | 0:44:02 | M45 | 12 | 4:23 min/km |
| 55 | 7254 | Niekrawietz Peter | *Köln | 0:43:47 | 0:43:52 | M40 | 17 | 4:23 min/km |
| 56 | 7432 | Rau Helmut | Team Magenta | 0:43:53 | 0:44:04 | M55 | 6 | 4:23 min/km |
| 57 | 7023 | Blieschies Bernd-Rüdiger | Laktatkönige Köln | 0:43:53 | 0:43:57 | M50 | 5 | 4:23 min/km |
| 58 | 7256 | Nolden Dirk | PSV Bonn Triathlon | 0:44:01 | 0:44:11 | M45 | 13 | 4:24 min/km |
| 59 | 7036 | Müller Ralf | Team Luftwaffe Köln | 0:44:04 | 0:44:14 | M45 | 14 | 4:24 min/km |
| 60 | 7347 | Werner Helmut | LLG 80 NOrdpark Köln | 0:44:05 | 0:44:10 | M60 | 2 | 4:25 min/km |
| 61 | 7437 | Klein Norbert | *Köln | 0:44:09 | 0:44:19 | M55 | 7 | 4:25 min/km |
| 62 | 7451 | Voss Dr. Hartmut | Laktatkönige Köln | 0:44:09 | 0:44:13 | M50 | 6 | 4:25 min/km |
| 63 | 7483 | Vollmerhause Stefan | FSV Vohwinkel | 0:44:13 | 0:44:23 | M35 | 6 | 4:25 min/km |
| 64 | 7290 | Salzmann Carsten | Nonstop Köln | 0:44:15 | 0:44:41 | M40 | 18 | 4:26 min/km |
| 65 | 6023 | Gerhards Dominik | *Mannheim | 0:44:19 | 0:44:35 | M30 | 4 | 4:26 min/km |
| 66 | 7158 | Freischlad Markus | *Bonn | 0:44:19 | 0:44:26 | M30 | 5 | 4:26 min/km |
| 67 | 7356 | Würz Olaf | LLG 80 NOrdpark Köln | 0:44:20 | 0:44:25 | M35 | 7 | 4:26 min/km |
| 68 | 7179 | Haas Harald | Köln | 0:44:21 | 0:44:27 | M45 | 15 | 4:26 min/km |
| 69 | 7481 | Wolf Harald | 1. Kölner Laufstall | 0:44:22 | 0:44:30 | M45 | 16 | 4:26 min/km |
| 70 | 7446 | Blicke Christian | *Remscheid | 0:44:46 | 0:44:50 | M20 | 8 | 4:29 min/km |
| 71 | 6025 | Brors Stefan | Tie Break Troisdorf | 0:44:48 | 0:44:58 | M40 | 19 | 4:29 min/km |
| 72 | 7144 | Feindt Reinhard | SC Bockenbergs Bensberg | 0:45:02 | 0:45:19 | M60 | 3 | 4:30 min/km |
| 73 | 7175 | Grimm Manfred | 1. Kölner Laufstall | 0:45:14 | 0:45:27 | M50 | 7 | 4:31 min/km |
| 74 | 7445 | Osbahr Sven | *Köln | 0:45:26 | 0:45:29 | M45 | 17 | 4:33 min/km |
| 75 | 7421 | Bonn Dietmar | BSG Leybuld | 0:45:26 | 0:45:39 | M55 | 8 | 4:33 min/km |
| 76 | 7152 | Flügel Marcus | *Köln | 0:45:31 | 0:45:43 | M35 | 8 | 4:33 min/km |
| 77 | 0 | unbekannt DK944KA | | 0:45:33 | 0:45:33 | M20 | 9 | 4:33 min/km |
| 78 | 7173 | Grell Ludwig | LG Donatus Erftstadt | 0:45:34 | 0:45:43 | M60 | 4 | 4:33 min/km |
| 79 | 7396 | Hawighorst Achim | TSV - Weiss Köln | 0:45:36 | 0:45:45 | M50 | 8 | 4:34 min/km |
| 80 | 7425 | Volmer Martin | *Köln | 0:45:49 | 0:45:55 | M35 | 9 | 4:35 min/km |
| 81 | 8296 | Marcel Koch | *Köln | 0:46:05 | 0:46:36 | M40 | 20 | 4:37 min/km |
| 82 | 7443 | Hölzel Holger | Vorwärts Köln | 0:46:11 | 0:46:18 | M40 | 21 | 4:37 min/km |
| 83 | 7325 | Stempel Stefan | die Präsidenten | 0:46:15 | 0:46:38 | M40 | 22 | 4:38 min/km |
| 84 | 7183 | Hansen Christoph | Cologne Allblacks | 0:46:18 | 0:46:23 | M45 | 18 | 4:38 min/km |
| 85 | 7115 | Breuer Dr. Wolfgang | *Köln | 0:46:36 | 0:46:57 | M45 | 19 | 4:40 min/km |
| 86 | 7210 | Jawadi Jawad | *Jülich | 0:46:44 | 0:46:56 | M20 | 10 | 4:40 min/km |
| 87 | 7212 | Kaderka Kevin | TVR Rodenkirchen | 0:46:45 | 0:47:03 | M30 | 6 | 4:41 min/km |
| 88 | 7122 | Csiba Philip | *Köln | 0:46:50 | 0:47:00 | M40 | 23 | 4:41 min/km |
| 89 | 7208 | Jankowski Markus | PSV Brühl | 0:46:51 | 0:47:16 | M40 | 24 | 4:41 min/km |
| 90 | 7061 | Hermisdorf Tobias | Antilopen Kottenforst | 0:46:55 | 0:47:32 | M30 | 7 | 4:42 min/km |
| 91 | 7389 | Kranzkowski Stefan | *Köln | 0:47:04 | 0:47:11 | M50 | 9 | 4:42 min/km |
| 92 | 7487 | Meyer Bernhard | *Bonn | 0:47:04 | 0:47:16 | M55 | 9 | 4:42 min/km |
| 93 | 7494 | Araki Jiro | *Düsseldorf | 0:47:09 | 0:47:30 | M50 | 10 | 4:43 min/km |
| 94 | 7111 | Birkenfeld Bernd | LLG 80 Nordpark Köln | 0:47:09 | 0:47:30 | M65 | 1 | 4:43 min/km |
| 95 | 7106 | Becker Walter | LLG 80 NOrdpark Köln | 0:47:11 | 0:47:24 | M65 | 2 | 4:43 min/km |
| 96 | 7110 | Beuscher Armin | Laktatkönige | 0:47:18 | 0:47:27 | M50 | 11 | 4:44 min/km |
| 97 | 7142 | Faßbender Stephan | BNetzA | 0:47:21 | 0:47:35 | M30 | 8 | 4:44 min/km |
| 98 | 7178 | Gruenner Olaf | RK Kallenhardt | 0:47:23 | 0:47:38 | M35 | 10 | 4:44 min/km |
| 99 | 7455 | Agan Kunter | 1. Kölner Laufstall | 0:47:43 | 0:47:57 | M45 | 20 | 4:46 min/km |
| 100 | 7202 | Hupp Bernhard | TSV Weiss-Köln | 0:47:45 | 0:47:55 | M60 | 5 | 4:47 min/km |
| 101 | 7287 | Rupprecht Axel | SG Zons | 0:47:48 | 0:48:04 | M40 | 25 | 4:47 min/km |
| 102 | 7384 | Pniewski Bernd | Brücker Lauffreunde | 0:47:53 | 0:48:11 | M55 | 10 | 4:47 min/km |
| 103 | 7365 | Rudolf Oliver | *Köln | 0:47:58 | 0:48:25 | M45 | 21 | 4:48 min/km |
| 104 | 7112 | Bisping Dirk | SG Zons | 0:48:00 | 0:48:16 | M40 | 26 | 4:48 min/km |
| 105 | 7080 | Polzin Werner | | 0:48:01 | 0:48:16 | M50 | 12 | 4:48 min/km |
| 106 | 7456 | Hennecke Torsten | SC Wilzenberg | 0:48:06 | 0:48:44 | M35 | 11 | 4:49 min/km |
| 107 | 7215 | Kesting Jörg | *Bonn | 0:48:09 | 0:48:24 | M45 | 22 | 4:49 min/km |

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| | | | | | | | | |
|-----|------|----------------------|-------------------------|---------|---------|-----|----|-------------|
| 107 | 7249 | Mispelkamp Wendel | LLG 80 NORDpark Köln | 0:48:09 | 0:48:23 | M60 | 6 | 4:49 min/km |
| 107 | 7271 | Pommerenke Rolf | LT-Duesseldorf-Sued | 0:48:09 | 0:48:14 | M45 | 22 | 4:49 min/km |
| 110 | 7197 | Höller Marcel | *Overath | 0:48:13 | 0:48:33 | M20 | 11 | 4:49 min/km |
| 111 | 7108 | Berger Stefan | GSV Porz Köln | 0:48:15 | 0:48:26 | M50 | 13 | 4:50 min/km |
| 112 | 7438 | Kempe Horst | ASV Wesseling | 0:48:20 | 0:48:41 | M65 | 3 | 4:50 min/km |
| 113 | 7257 | Ohl Heinz | *Nümbrecht | 0:48:20 | 0:48:37 | M55 | 11 | 4:50 min/km |
| 114 | 6113 | Hauser Peter | Fifty-Minutes | 0:48:22 | 0:48:39 | M50 | 14 | 4:50 min/km |
| 115 | 7199 | Hoffmann Michael | *Schwetzingen | 0:48:25 | 0:49:04 | M45 | 24 | 4:51 min/km |
| 116 | 7262 | Peschke Stefan | SG Zons | 0:48:28 | 0:48:35 | M45 | 25 | 4:51 min/km |
| 117 | 7461 | Mülheims Laurenz | PSV Bonn Triathlon | 0:48:33 | 0:49:22 | M50 | 15 | 4:51 min/km |
| 118 | 7275 | Przybilla Christian | *Köln | 0:48:48 | 0:49:18 | M35 | 12 | 4:53 min/km |
| 119 | 7380 | Hartmann Michael | PSV Bonn Triathlon | 0:48:48 | 0:49:22 | M50 | 16 | 4:53 min/km |
| 120 | 7003 | Offermann Frank | | 0:48:52 | 0:49:04 | M35 | 13 | 4:53 min/km |
| 121 | 7265 | Pickhard Holger | Point One Runners | 0:49:03 | 0:49:35 | M45 | 26 | 4:54 min/km |
| 122 | 7355 | Wisotzki Holger | *Köln | 0:49:05 | 0:49:41 | M50 | 17 | 4:55 min/km |
| 123 | 7392 | Schumacher Maik | *Köln | 0:49:32 | 0:49:54 | M35 | 14 | 4:57 min/km |
| 124 | 7308 | Schulz Torsten | 1. FC Spich | 0:49:35 | 0:49:39 | M40 | 27 | 4:58 min/km |
| 125 | 7205 | Huxoll Robert | *Köln | 0:49:35 | 0:49:43 | M35 | 15 | 4:58 min/km |
| 126 | 7196 | Hinnecke Matthias | *Berlin | 0:49:40 | 0:49:56 | M35 | 16 | 4:58 min/km |
| 127 | 7044 | Greier Gunnar | LG Sauerland | 0:49:43 | 0:50:05 | M40 | 28 | 4:58 min/km |
| 128 | 7300 | Schnippering Erik | *Köln | 0:49:44 | 0:50:02 | M40 | 29 | 4:58 min/km |
| 129 | 7322 | Stein Dieter | TuS Pützchen 05, Bonn | 0:49:51 | 0:50:13 | M60 | 7 | 4:59 min/km |
| 130 | 7120 | Christophel Werner | TV Refrath | 0:49:53 | 0:50:00 | M75 | 1 | 4:59 min/km |
| 131 | 7232 | Leuschen Christian | *Bonn | 0:49:54 | 0:50:31 | M30 | 9 | 4:59 min/km |
| 132 | 7243 | Mannheim Michael | LLG 80 NORDpark Köln | 0:49:56 | 0:50:11 | M65 | 4 | 4:60 min/km |
| 133 | 7480 | Schulz Alfred | Lauftreff Köln Süd | 0:50:15 | 0:50:21 | M45 | 27 | 5:02 min/km |
| 134 | 7307 | Schreiber Torsten | *Köln | 0:50:16 | 0:50:35 | M40 | 30 | 5:02 min/km |
| 135 | 7186 | Haserich Dirk | *Rösrath | 0:50:18 | 0:50:48 | M45 | 28 | 5:02 min/km |
| 136 | 7125 | Debald Volker | ASV Wesseling 1985 e.V. | 0:50:19 | 0:50:37 | M65 | 5 | 5:02 min/km |
| 137 | 7235 | Lindenmann Paul | *Bonn | 0:50:23 | 0:50:23 | M50 | 18 | 5:02 min/km |
| 138 | 7332 | Tuncer Orhan | *Köln | 0:50:34 | 0:50:38 | M35 | 17 | 5:03 min/km |
| 139 | 7350 | Will Wolfgang | *Köln | 0:50:37 | 0:50:42 | M45 | 29 | 5:04 min/km |
| 140 | 7323 | Stoltzenburg Karsten | *Köln | 0:50:43 | 0:51:04 | M45 | 30 | 5:04 min/km |
| 141 | 7171 | Graf Michael | *Köln | 0:50:48 | 0:51:05 | M50 | 19 | 5:05 min/km |
| 142 | 7220 | Kluger Klaus-Dieter | *Köln | 0:50:59 | 0:51:18 | M50 | 20 | 5:06 min/km |
| 143 | 7105 | Baurmann Heinz | *Köln | 0:50:59 | 0:51:14 | M60 | 8 | 5:06 min/km |
| 144 | 7107 | Begemann Hanns fried | *Köln | 0:51:09 | 0:51:29 | M50 | 21 | 5:07 min/km |
| 145 | 7397 | Övermöhle Matthias | *Frechen | 0:51:12 | 0:51:23 | M45 | 31 | 5:07 min/km |
| 146 | 7200 | Honal Martin | *Köln | 0:51:15 | 0:51:44 | M35 | 18 | 5:08 min/km |
| 147 | 7344 | Weil Ramon | *Köln | 0:51:20 | 0:52:06 | MJA | 2 | 5:08 min/km |
| 148 | 7130 | Doyle Joshua | *Köln | 0:51:21 | 0:52:06 | MJB | 1 | 5:08 min/km |
| 149 | 7333 | Uerdingen Jan | *Troisdorf | 0:51:22 | 0:51:35 | M30 | 10 | 5:08 min/km |
| 150 | 7141 | Faßbender Michael | *Alfter | 0:51:26 | 0:52:10 | M40 | 31 | 5:09 min/km |
| 151 | 7255 | Nohl Günter | GSV Köln Porz | 0:51:30 | 0:51:44 | M50 | 22 | 5:09 min/km |
| 152 | 7136 | Ender Markus | SG Zons | 0:51:34 | 0:51:51 | M40 | 32 | 5:09 min/km |
| 153 | 7192 | Hertel Aaron | *Hürth | 0:51:34 | 0:51:52 | M30 | 11 | 5:09 min/km |
| 154 | 7102 | August Dieter | *Hennef | 0:51:43 | 0:52:08 | M55 | 12 | 5:10 min/km |
| 155 | 7357 | Wurda Werner | SC Fortuna Köln | 0:51:50 | 0:52:37 | M50 | 23 | 5:11 min/km |
| 156 | 7128 | Döring Uwe | HAT Köln | 0:51:53 | 0:52:05 | M50 | 24 | 5:11 min/km |
| 157 | 7345 | Weisbarth Stephan | *Köln | 0:51:53 | 0:52:28 | M45 | 32 | 5:11 min/km |
| 158 | 7348 | Wernke Ulf | *Marienheide | 0:51:59 | 0:52:27 | M45 | 33 | 5:12 min/km |
| 159 | 7132 | Dworeck Alexander | *Köln | 0:52:16 | 0:52:22 | M35 | 19 | 5:14 min/km |
| 160 | 7263 | Peter Ronald | HLG 98 Wuppertal | 0:52:33 | 0:53:01 | M50 | 25 | 5:15 min/km |
| 161 | 7337 | Vogt Daniel | MACH3 Köln e.V. | 0:52:43 | 0:52:51 | M35 | 20 | 5:16 min/km |
| 162 | 7242 | Mainz Torsten | Die Präsidenten | 0:52:54 | 0:53:18 | M40 | 33 | 5:17 min/km |

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|-----|------|----------------------|------------------------|---------|---------|-----|----|-------------|
| 163 | 7363 | Hahn Josef | TV Rodenkirchen | 0:52:56 | 0:53:03 | M70 | 1 | 5:18 min/km |
| 164 | 7442 | Moga Bruno | Euskirchen | 0:53:01 | 0:53:25 | M60 | 9 | 5:18 min/km |
| 165 | 7261 | Pagers Sven | ESV Gremberghoven | 0:53:02 | 0:53:34 | M45 | 34 | 5:18 min/km |
| 166 | 7293 | Schlegelmilch Dirk | PSV Bonn-Triathlon | 0:53:03 | 0:53:37 | M45 | 35 | 5:18 min/km |
| 167 | 7169 | Goldbach Reiner | SG Zons | 0:53:09 | 0:53:17 | M55 | 13 | 5:19 min/km |
| 168 | 7129 | Dose Stefan | *Köln | 0:53:15 | 0:53:32 | M35 | 21 | 5:20 min/km |
| 169 | 7354 | Wirth Burkhard | *Euskirchen | 0:53:26 | 0:53:53 | M55 | 14 | 5:21 min/km |
| 170 | 7278 | Reda Karl-Heinz | Ergo sports Köln | 0:53:32 | 0:53:57 | M55 | 15 | 5:21 min/km |
| 171 | 7253 | Mulder Maarten | *Köln | 0:53:34 | 0:54:00 | M30 | 12 | 5:21 min/km |
| 172 | 7360 | Stephan Christoph | *Köln | 0:53:46 | 0:54:15 | M45 | 36 | 5:23 min/km |
| 173 | 7331 | Tigges Philipp | *Pulheim | 0:53:50 | 0:54:20 | M20 | 12 | 5:23 min/km |
| 174 | 7393 | Kokta Rolf | *Köln | 0:53:51 | 0:54:17 | M50 | 26 | 5:23 min/km |
| 175 | 7164 | Fuhrmann Hans Alfred | Mach3 Köln e.v. | 0:53:54 | 0:53:54 | M55 | 16 | 5:23 min/km |
| 176 | 7188 | Heermann Dieter | *Neckargemünd | 0:53:57 | 0:54:17 | M55 | 17 | 5:24 min/km |
| 177 | 7450 | Bohne Leo | SV Endorf | 0:54:09 | 0:54:30 | M70 | 2 | 5:25 min/km |
| 178 | 6022 | Peters Jens | *Bonn | 0:54:15 | 0:54:27 | M60 | 10 | 5:26 min/km |
| 179 | 7399 | Schuhmann Marc | Akademie | 0:54:16 | 0:54:56 | MJA | 3 | 5:26 min/km |
| 180 | 7339 | Voigt Matthias | *Köln | 0:54:21 | 0:55:07 | M45 | 37 | 5:26 min/km |
| 181 | 7195 | Hinnecke Hannes | *Nürnberg | 0:54:27 | 0:54:57 | M45 | 38 | 5:27 min/km |
| 182 | 7250 | Möhn Günter | LG Donatus | 0:54:40 | 0:55:00 | M45 | 39 | 5:28 min/km |
| 183 | 7310 | Seemann Stefan | *Köln | 0:54:47 | 0:55:22 | M20 | 13 | 5:29 min/km |
| 184 | 7100 | Achten Bernhard | Kölner Narrenzunft | 0:54:53 | 0:55:07 | M50 | 27 | 5:29 min/km |
| 185 | 7118 | Brunner Ulrich | *Köln | 0:55:03 | 0:55:13 | M75 | 2 | 5:30 min/km |
| 186 | 7216 | Kies Dr. Heinrich | TVDÄ | 0:55:07 | 0:55:38 | M65 | 6 | 5:31 min/km |
| 187 | 7376 | Ruf Joachim | RaBaz | 0:55:10 | 0:55:50 | M50 | 28 | 5:31 min/km |
| 188 | 7370 | Brehm Rolf | 6 von der Sieg | 0:55:10 | 0:55:34 | M70 | 3 | 5:31 min/km |
| 189 | 7201 | Hüsch Frank | *Köln | 0:55:27 | 0:55:49 | M45 | 40 | 5:33 min/km |
| 190 | 7362 | Wettengel Dietmar | TSV Weiss | 0:55:31 | 0:55:41 | M75 | 3 | 5:33 min/km |
| 191 | 7378 | Fank Matthias | TV Rodenkirchen | 0:55:32 | 0:55:48 | M50 | 29 | 5:33 min/km |
| 192 | 7185 | Harwardt Stefan | die Präsidenten | 0:55:37 | 0:55:53 | M45 | 41 | 5:34 min/km |
| 193 | 7140 | Fackert Ulrich | *Köln | 0:55:44 | 0:56:07 | M45 | 42 | 5:34 min/km |
| 194 | 7311 | Siekmann Dieter | *Köln | 0:55:50 | 0:56:13 | M65 | 7 | 5:35 min/km |
| 195 | 7373 | Eggerts Helge | Sanitas-Coaching.de | 0:55:57 | 0:56:37 | M40 | 34 | 5:36 min/km |
| 196 | 7372 | Hetges Marc | Sanitas-Coaching.de | 0:55:57 | 0:56:38 | M30 | 13 | 5:36 min/km |
| 197 | 7458 | Richter Thomas | *Köln | 0:56:06 | 0:56:36 | M40 | 35 | 5:37 min/km |
| 198 | 7427 | Volkmer Rainer | LT Sommersberg | 0:56:09 | 0:56:43 | M50 | 30 | 5:37 min/km |
| 199 | 7469 | Warkentin Detlef | *Moers | 0:56:12 | 0:56:32 | M65 | 8 | 5:37 min/km |
| 200 | 7383 | John Gerd | 1/2 Marathon Köln rrh. | 0:56:17 | 0:56:40 | M70 | 4 | 5:38 min/km |
| 201 | 7491 | Schneider Helmut | Kölner Narre-Zunft | 0:56:24 | 0:56:38 | M45 | 43 | 5:38 min/km |
| 202 | 7454 | Erken Ralf | LG Donatus Erftstadt | 0:56:34 | 0:56:55 | M45 | 44 | 5:39 min/km |
| 203 | 7206 | Ilius Mario | *Bonn | 0:57:01 | 0:57:30 | M45 | 45 | 5:42 min/km |
| 204 | 7386 | Wiesen Rolf | *Brühl | 0:57:30 | 0:57:36 | M45 | 46 | 5:45 min/km |
| 205 | 7388 | Köhl Günther | *Köln | 0:57:49 | 0:58:34 | M50 | 31 | 5:47 min/km |
| 206 | 7277 | Quiede Uwe | *Hürth | 0:58:20 | 0:58:46 | M45 | 47 | 5:50 min/km |
| 207 | 7252 | Müller Martin | *Köln | 0:58:25 | 0:59:03 | M45 | 48 | 5:51 min/km |
| 208 | 7382 | Salterberg Klaus | *Hennef | 0:58:28 | 0:58:56 | M55 | 18 | 5:51 min/km |
| 209 | 7474 | Vogler Wolfgang | Fairer Handel | 0:59:02 | 0:59:21 | M60 | 11 | 5:54 min/km |
| 210 | 7321 | Spreemann Carsten | SC LWL 05 | 0:59:19 | 0:59:38 | M35 | 22 | 5:56 min/km |
| 211 | 7476 | Arslan Adil | *Niederkassel | 0:59:26 | 0:59:37 | M35 | 23 | 5:57 min/km |
| 212 | 7316 | Sönnichsen Jan | *Köln | 0:59:26 | 0:59:57 | M35 | 24 | 5:57 min/km |
| 213 | 7119 | Buttrey Rich | MACH3 Köln e.V. | 0:59:37 | 0:59:45 | M45 | 49 | 5:58 min/km |
| 214 | 7448 | Lüttge Fred | LG RWE Power | 0:59:43 | 0:59:55 | M60 | 12 | 5:58 min/km |
| 215 | 7148 | Fey Martin | *Köln | 1:00:03 | 1:00:43 | M50 | 32 | 6:00 min/km |
| 216 | 7170 | Graf Markus | *Köln | 1:00:34 | 1:01:10 | M45 | 50 | 6:03 min/km |
| 217 | 7472 | Möller Bernhard | *Pulheim | 1:00:38 | 1:01:17 | M60 | 13 | 6:04 min/km |

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Männer

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| | | | | | | | | |
|-----|------|--------------------|-----------------------------|---------|---------|-----|----|-------------|
| 218 | 7423 | Schneider Ben | MACH 3 Köln e.V. | 1:00:41 | 1:00:41 | M35 | 25 | 6:04 min/km |
| 219 | 7104 | Baumann Holger | *Köln | 1:00:49 | 1:01:11 | M40 | 36 | 6:05 min/km |
| 220 | 7309 | Schwarz Werner | Mach3 e.V.Koeln | 1:01:00 | 1:01:13 | M60 | 14 | 6:06 min/km |
| 221 | 7126 | Deiters Lothar | GSV-Porz/Köln | 1:01:11 | 1:01:38 | M75 | 4 | 6:07 min/km |
| 222 | 7424 | Riebschläger Jörg | MACH 3 Köln e.V. | 1:01:42 | 1:01:42 | M35 | 26 | 6:10 min/km |
| 223 | 7422 | Dinter Martin | MACH 3 Köln e.V. | 1:01:51 | 1:01:51 | M45 | 51 | 6:11 min/km |
| 224 | 7258 | Orsag Otmar | ASV Wesseling 1985 e.V. | 1:01:55 | 1:02:28 | M60 | 15 | 6:12 min/km |
| 225 | 7464 | Schneider Benjamin | GFV 06 | 1:02:34 | 1:03:19 | M20 | 14 | 6:15 min/km |
| 226 | 7222 | Knapp Ralph | *Wuppertal | 1:02:41 | 1:02:53 | M50 | 33 | 6:16 min/km |
| 227 | 7217 | Kirch Jürgen | die Präsidenten | 1:02:58 | 1:03:24 | M40 | 37 | 6:18 min/km |
| 228 | 7145 | Feldmann Christoph | *Bornheim | 1:02:59 | 1:03:38 | M45 | 52 | 6:18 min/km |
| 229 | 7329 | Thomas Andre | *Köln | 1:03:01 | 1:03:10 | M20 | 15 | 6:18 min/km |
| 230 | 7330 | Thomas Marcel | *Köln | 1:03:02 | 1:03:11 | MJA | 4 | 6:18 min/km |
| 231 | 7488 | Schmitt Karl | *Köln | 1:03:03 | 1:03:40 | M60 | 16 | 6:18 min/km |
| 232 | 7361 | Michel Ralf | *Köln | 1:03:15 | 1:03:41 | M40 | 38 | 6:20 min/km |
| 233 | 7375 | Hölzenbein Alfons | RaBaz | 1:03:26 | 1:04:09 | M55 | 19 | 6:21 min/km |
| 234 | 7239 | Ludwig Johannes | Team Veronesi Bornheim | 1:06:32 | 1:06:45 | M50 | 34 | 6:39 min/km |
| 235 | 7381 | Stegger Philipp | MACH 3 Köln e.V. | 1:07:00 | 1:07:00 | M30 | 14 | 6:42 min/km |
| 236 | 7292 | Schauenberg Frank | *Troisdorf | 1:08:10 | 1:08:55 | M40 | 39 | 6:49 min/km |
| 237 | 7127 | Detmer Hanspeter | Altstädter Köln Reiterkorps | 1:08:18 | 1:08:32 | M65 | 9 | 6:50 min/km |
| 238 | 7466 | Schneider Bernd | *Bonn | 1:18:58 | 1:19:43 | M55 | 20 | 7:54 min/km |

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| Total. | Nr. | Name Vorname | Verein/*Ort | Nettozeit | Bruttozeit | AK | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|----------------------|-----------|------------|-----|----------|-----------------|
| 1 | 7434 | Schmitz-Elvenich Anke | ASV Köln Triathlon | 0:37:34 | 0:37:37 | W40 | 1 | 3:45 min/km |
| 2 | 7452 | Lennartz Birgit | LLG St. Augustin | 0:40:44 | 0:40:47 | W45 | 1 | 4:04 min/km |
| 3 | 7436 | Müller-Scherzant Gabi | TuS Deuz | 0:41:49 | 0:41:50 | W40 | 2 | 4:11 min/km |
| 4 | 7479 | Rey Claudia | LAZ Puma Rhein-Sieg | 0:42:07 | 0:42:11 | W40 | 3 | 4:13 min/km |
| 5 | 7229 | Küpfer Fabia | Sportpuls | 0:42:24 | 0:42:26 | W30 | 1 | 4:14 min/km |
| 6 | 7016 | Drumm-Becker Sabine | Laktatkönige | 0:42:35 | 0:42:43 | W45 | 2 | 4:16 min/km |
| 7 | 7274 | Pritzer Petra | DJK Marienstatt | 0:43:20 | 0:43:24 | W35 | 1 | 4:20 min/km |
| 8 | 7457 | Gradowski Marina | TuS Köln rrh. | 0:43:47 | 0:43:55 | W20 | 1 | 4:23 min/km |
| 9 | 7167 | Garve Agnes | MACH3 Köln e.V. | 0:44:08 | 0:44:12 | W35 | 2 | 4:25 min/km |
| 10 | 7180 | Hacker Stefanie | *Köln | 0:44:40 | 0:44:45 | W30 | 2 | 4:28 min/km |
| 11 | 7268 | Plewnia Monika | DJK Marienstatt | 0:45:42 | 0:45:46 | W45 | 3 | 4:34 min/km |
| 12 | 7444 | Bergener Petra | *Köln | 0:46:11 | 0:46:18 | W45 | 4 | 4:37 min/km |
| 13 | 7314 | Singer Sabine | TV Refrath | 0:46:32 | 0:46:40 | W45 | 5 | 4:39 min/km |
| 14 | 7398 | Husemann Johanna | *Köln | 0:46:36 | 0:46:52 | W30 | 3 | 4:40 min/km |
| 15 | 7209 | Jansen Dr. Marion | TSV Weiss-Köln | 0:47:05 | 0:47:15 | W55 | 1 | 4:43 min/km |
| 16 | 7138 | Eschweiler Marion | TSV Weiss-Köln | 0:47:12 | 0:47:23 | W40 | 4 | 4:43 min/km |
| 17 | 7294 | Schlüter Vera | SSF Bonn | 0:47:21 | 0:47:36 | W30 | 4 | 4:44 min/km |
| 18 | 7228 | Kroh Jeannette | *Vielbach | 0:47:21 | 0:48:01 | W40 | 5 | 4:44 min/km |
| 19 | 7153 | Frandrup Silke | *Bonn | 0:47:57 | 0:48:20 | W30 | 5 | 4:48 min/km |
| 20 | 7395 | Uhle Marietta | SG Frankfurt | 0:48:02 | 0:48:10 | W30 | 6 | 4:48 min/km |
| 21 | 7489 | Küttner Christiane | ASV Köln Triathlon | 0:48:15 | 0:48:23 | W45 | 6 | 4:50 min/km |
| 22 | 7098 | Deppe Susanne | TSV Weiss | 0:48:18 | 0:48:28 | W35 | 3 | 4:50 min/km |
| 23 | 7279 | Remshagen Doris | Lauf Schnella | 0:48:30 | 0:48:35 | W45 | 7 | 4:51 min/km |
| 24 | 7352 | Wiora Anne-Christa | *Jülich | 0:48:39 | 0:48:43 | W40 | 6 | 4:52 min/km |
| 25 | 7146 | Feldmann-Hunold Marion | *Köln | 0:48:46 | 0:49:05 | W45 | 8 | 4:53 min/km |
| 26 | 7189 | Heinke Suzanne | *Köln | 0:48:49 | 0:49:03 | W30 | 7 | 4:53 min/km |
| 27 | 7151 | Fischer Sabine | laufmonster | 0:48:53 | 0:49:01 | W50 | 1 | 4:53 min/km |
| 28 | 7161 | Frömmig Yvonne | MACH3 Köln e.V. | 0:49:09 | 0:49:14 | W30 | 8 | 4:55 min/km |
| 29 | 7394 | Mühlenhörer Anja | *Köln | 0:49:33 | 0:49:49 | W35 | 4 | 4:57 min/km |
| 30 | 7497 | Meyer Heidi | SSF Bonn | 0:49:34 | 0:50:01 | W40 | 7 | 4:57 min/km |
| 31 | 7359 | Zange Gabi | GSV Porz Köln | 0:49:39 | 0:49:57 | W50 | 2 | 4:58 min/km |
| 32 | 7116 | Brocke Anika | Lucky Stars | 0:49:52 | 0:50:15 | W30 | 9 | 4:59 min/km |
| 33 | 7234 | Lewandowski Lisa | Laktatkönige Köln | 0:50:09 | 0:50:18 | WJA | 1 | 5:01 min/km |
| 34 | 7379 | Dütting Birgit | 1. Kölner Laufstall | 0:50:19 | 0:50:31 | W50 | 3 | 5:02 min/km |
| 35 | 7346 | Went Melanie | Tooor Runners | 0:50:36 | 0:50:47 | W40 | 8 | 5:04 min/km |
| 36 | 7439 | Eusterholz Monika | 6 von der Sieg | 0:50:44 | 0:51:05 | W45 | 9 | 5:04 min/km |
| 37 | 7318 | Söntgerath Birgit | *Köln | 0:50:47 | 0:51:03 | W40 | 9 | 5:05 min/km |
| 38 | 7463 | Flätgen Gisela | ESV Gremberghoven | 0:52:22 | 0:52:53 | W55 | 2 | 5:14 min/km |
| 39 | 7214 | Kernchen Sabrina | MACH3 Köln e.V. | 0:52:45 | 0:52:51 | W30 | 10 | 5:17 min/km |
| 40 | 7182 | Hajek Verena | LG Donatus Erftstadt | 0:52:53 | 0:53:12 | W60 | 1 | 5:17 min/km |
| 41 | 7440 | Beckmann Edith | *Köln | 0:53:00 | 0:53:28 | W35 | 5 | 5:18 min/km |
| 42 | 7364 | Garling Marie | *Köln | 0:53:02 | 0:53:19 | W20 | 2 | 5:18 min/km |
| 43 | 7133 | Eiteneier Silke | *Köln | 0:53:07 | 0:53:16 | W40 | 10 | 5:19 min/km |
| 44 | 7231 | Lelittko Alexandra | SG Zons | 0:53:08 | 0:53:16 | W45 | 10 | 5:19 min/km |
| 45 | 7377 | Weber Natalie | *Köln | 0:53:19 | 0:53:52 | W35 | 6 | 5:20 min/km |
| 46 | 7193 | Hertlein Angela | *Köln | 0:54:06 | 0:54:15 | W45 | 11 | 5:25 min/km |
| 47 | 7176 | Grossmann Vera | *Köln | 0:54:08 | 0:54:19 | W50 | 4 | 5:25 min/km |
| 48 | 7312 | Siemons Elisabeth | *Köln | 0:54:10 | 0:54:42 | W45 | 12 | 5:25 min/km |
| 49 | 7343 | Wald Ilona | PSV Bonn Triathlon | 0:54:12 | 0:54:52 | W45 | 13 | 5:25 min/km |
| 50 | 7191 | Hemment Caroline | *Koeln | 0:54:15 | 0:54:25 | W45 | 14 | 5:26 min/km |
| 51 | 7221 | Klußmann Tanja | 1. Kölner Laufstall | 0:54:20 | 0:54:32 | W40 | 11 | 5:26 min/km |
| 52 | 7478 | Niehues Karin | SG Zons | 0:55:04 | 0:55:44 | W55 | 3 | 5:30 min/km |

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| | | | | | | | | |
|-----|------|-------------------------|---------------------------|---------|---------|-----|----|-------------|
| 53 | 7283 | Rosen Sabine | MACH3 Köln e.V. | 0:55:06 | 0:55:37 | W35 | 7 | 5:31 min/km |
| 54 | 7163 | Fuhrmann Andrea | *Köln | 0:55:27 | 0:55:52 | W40 | 12 | 5:33 min/km |
| 55 | 7296 | Schneider Anne | T&T Racing Team | 0:55:41 | 0:55:58 | W30 | 11 | 5:34 min/km |
| 56 | 7134 | Elias Sabine | Sunshine-Söckchen | 0:55:48 | 0:56:26 | W45 | 15 | 5:35 min/km |
| 57 | 6114 | Rotscheidt Doris | Fifty-Minutes | 0:55:50 | 0:56:11 | W50 | 5 | 5:35 min/km |
| 58 | 7299 | Schnettler Yvonne | *Siegburg | 0:56:44 | 0:57:06 | W35 | 8 | 5:40 min/km |
| 59 | 7245 | Mathias Tanja | MACH3 Köln e.V. | 0:56:45 | 0:56:52 | W35 | 9 | 5:41 min/km |
| 60 | 7499 | Siebert Melanie | Vorwärts Köln | 0:56:45 | 0:57:10 | W30 | 12 | 5:41 min/km |
| 61 | 7241 | Madeleine Ahl | *Bonn | 0:57:01 | 0:57:29 | W50 | 6 | 5:42 min/km |
| 62 | 7496 | Isbaner Marita | TV Bayer 04 Lauftreff | 0:57:23 | 0:58:01 | W50 | 7 | 5:44 min/km |
| 63 | 7484 | Urhahn Petra | *Hürth | 0:57:47 | 0:58:08 | W55 | 4 | 5:47 min/km |
| 64 | 7342 | Wagner Alexandra | *Alfter | 0:58:39 | 0:59:13 | W40 | 13 | 5:52 min/km |
| 65 | 7233 | Lewandowski Birgit | Laktatkönige Köln | 0:58:51 | 0:59:10 | W45 | 16 | 5:53 min/km |
| 66 | 7055 | Oster Silvia | Atilopen Kottenforst | 0:59:04 | 0:59:40 | W30 | 13 | 5:54 min/km |
| 67 | 7272 | Poppen Sonja | LUCKY STARS | 0:59:13 | 0:59:43 | W35 | 10 | 5:55 min/km |
| 68 | 7492 | Eggers Marion | PSV Bonn Triathlon | 0:59:20 | 1:00:00 | W35 | 11 | 5:56 min/km |
| 69 | 7114 | Breuer Dr. Claudia | *Köln | 0:59:21 | 1:00:07 | W45 | 17 | 5:56 min/km |
| 70 | 7207 | Ishita Mayumi | Yazaki | 0:59:24 | 1:00:00 | W35 | 12 | 5:56 min/km |
| 71 | 7317 | Sönnichsen Stefani | *Köln | 0:59:26 | 0:59:57 | W35 | 13 | 5:57 min/km |
| 72 | 7349 | Wilbert Annette | *Köln | 0:59:42 | 1:00:06 | W40 | 14 | 5:58 min/km |
| 73 | 7150 | Fischer Jutta | *wipperfürth | 1:00:02 | 1:00:37 | W45 | 18 | 6:00 min/km |
| 74 | 7184 | Hartmann Alexandra | *Köln | 1:00:05 | 1:00:30 | W40 | 15 | 6:01 min/km |
| 75 | 7460 | Keller Isabelle | PSV Bonn Triathlon | 1:00:11 | 1:00:52 | W20 | 3 | 6:01 min/km |
| 76 | 7225 | Kopatschek Anne | MACH3 Köln e.V. | 1:00:41 | 1:00:41 | W35 | 14 | 6:04 min/km |
| 77 | 7270 | Pöll Gisela | keine | 1:00:49 | 1:01:21 | W65 | 1 | 6:05 min/km |
| 78 | 7156 | Frank Claudia | Running Gag Cologne | 1:00:57 | 1:01:22 | W30 | 14 | 6:06 min/km |
| 79 | 7149 | Figueroa Carrasco Lidia | Cologne Allblacks | 1:01:24 | 1:01:50 | W35 | 15 | 6:08 min/km |
| 80 | 7248 | Meyer Melanie | SC LWL 05 | 1:01:26 | 1:01:46 | W35 | 16 | 6:09 min/km |
| 81 | 7284 | Roß Dorothea | *Köln | 1:01:38 | 1:02:05 | W55 | 5 | 6:10 min/km |
| 82 | 7227 | Krams Sabine | Team Erdinger Alkoholfrei | 1:01:46 | 1:02:22 | W45 | 19 | 6:11 min/km |
| 83 | 7160 | Friedrich Alisa | LT Hersel | 1:01:48 | 1:02:29 | W20 | 4 | 6:11 min/km |
| 84 | 7286 | Rupietta Susanne | Colombina Colonia | 1:02:02 | 1:02:35 | W45 | 20 | 6:12 min/km |
| 85 | 7240 | Ludwig Michaela | *Köln | 1:04:18 | 1:04:43 | W40 | 16 | 6:26 min/km |
| 86 | 7390 | Althoff Christiane | *Köln | 1:04:22 | 1:05:07 | W55 | 6 | 6:26 min/km |
| 87 | 7259 | Orsag Wilma | ASV Wesseling 1985 e.V. | 1:05:16 | 1:05:48 | W60 | 2 | 6:32 min/km |
| 88 | 7244 | Maslak Bettina | *Köln | 1:05:28 | 1:06:07 | W40 | 17 | 6:33 min/km |
| 89 | 7121 | Cording Gabriele | *Köln | 1:05:28 | 1:06:07 | W40 | 18 | 6:33 min/km |
| 90 | 7391 | Eichorn Sonja | *Brühl | 1:05:34 | 1:05:45 | W40 | 19 | 6:33 min/km |
| 91 | 7282 | Rohrmoser Felicitas | Laufmariechen Köln | 1:06:07 | 1:06:35 | W55 | 7 | 6:37 min/km |
| 92 | 7020 | Borcherding Sylvia | | 1:06:08 | 1:06:32 | W45 | 21 | 6:37 min/km |
| 93 | 7147 | Fendel Heike | *Köln | 1:06:32 | 1:06:45 | W45 | 22 | 6:39 min/km |
| 94 | 7157 | Freischem Karin | *köln | 1:07:46 | 1:08:24 | W45 | 23 | 6:47 min/km |
| 95 | 7285 | Rudolph Petra | *berg.-gladb. | 1:07:46 | 1:08:24 | W45 | 24 | 6:47 min/km |
| 96 | 7273 | Prinz Alexandra | *Köln | 1:08:01 | 1:08:43 | W35 | 17 | 6:48 min/km |
| 96 | 7218 | Klein Annette | *köln | 1:08:01 | 1:08:43 | W40 | 20 | 6:48 min/km |
| 98 | 7387 | Bühne Birgit | *Molsberg | 1:08:23 | 1:09:04 | W40 | 21 | 6:50 min/km |
| 99 | 7335 | Van den Akker Heidi | *Dernau | 1:08:32 | 1:09:16 | W40 | 22 | 6:51 min/km |
| 100 | 7027 | Selbach Elke | *Bergisch Gladbach | 1:08:33 | 1:08:56 | W60 | 3 | 6:51 min/km |
| 101 | 7181 | Hahs Eveline | *Hennef | 1:08:52 | 1:09:15 | W50 | 8 | 6:53 min/km |
| 102 | 7465 | Schneider Annette | *Bonn | 1:08:56 | 1:09:41 | W50 | 9 | 6:54 min/km |
| 103 | 7367 | Busch Betti | *Köln-Müngersdorf | 1:09:09 | 1:09:49 | W40 | 23 | 6:55 min/km |
| 104 | 7374 | Kattau Regina | RaBaz | 1:09:20 | 1:10:04 | W50 | 10 | 6:56 min/km |
| 105 | 7198 | Hövel-Wagner Astrid | *Alfter | 1:09:34 | 1:10:07 | W45 | 25 | 6:57 min/km |
| 106 | 7281 | Rohrmoser Eva-Maria | Laufmariechen Köln | 1:10:16 | 1:10:44 | W55 | 8 | 7:02 min/km |
| 107 | 7288 | Sänger Monika | BSG RheinEnergie AG | 1:10:19 | 1:10:48 | W35 | 18 | 7:02 min/km |

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| | | | | | | | | |
|-----|------|------------------|-------------------|---------|---------|-----|----|-------------|
| 108 | 6026 | Osterloh Tanja | *Köln | 1:10:34 | 1:10:34 | W45 | 26 | 7:03 min/km |
| 109 | 7326 | Südmeyer Susanne | Sunshine-Söckchen | 1:10:42 | 1:11:18 | W40 | 24 | 7:04 min/km |
| 110 | 7366 | Schuhmann Sabine | *Köln | 1:10:58 | 1:11:37 | W50 | 11 | 7:06 min/km |