

10km - Gesamtwertung

10. Abteilauf Brauweiler - 6.9.2015

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	671	Orthen Johannes	TV Rodenkirchen Triathlon	0:37:54	0:37:56	1	M50	62	09:01	09:39	09:40	09:32	
2	988	Kovalsky Oliver	SV Böttingen/ALB	0:38:00	0:38:01	1	M40	72	09:15	09:37	09:42	09:25	
3	463	Hauser Michael	GVG-Laufteam	0:38:50	0:38:51	2	M40	74	09:09	09:53	10:01	09:45	
4	434	Gollan Michael	Pulheimer SC	0:38:52	0:38:53	1	M30	81	09:38	09:44	09:49	09:40	
5	500	Jörg Julian	*Worms	0:39:00	0:39:00	1	MHK	91	00:00	00:00	00:00	00:00	
6	343	Chudalla Philipp	*Brauweiler	0:39:17	0:39:19	2	MHK	88	09:38	10:03	09:57	09:38	
7	753	Schneider Thomas	LG RWE Power	0:39:33	0:39:35	1	M45	69	09:17	09:59	10:11	10:04	
8	376	Eibl Christoph	*Pulheim	0:39:56	0:39:59	2	M30	81	09:16	10:00	10:20	10:18	
9	574	Krep Ralf	TV Denzlingen	0:40:20	0:40:23	3	M40	74	09:32	09:55	10:28	10:23	
10	1183	Müller Hubertus	Team ESK	0:40:31	0:40:39	2	M50	64	09:35	10:18	10:23	10:14	
11	1195	Röllgen Thomas	*Köln	0:40:34	0:40:41	4	M40	73	09:32	10:24	10:21	10:16	
12	699	Putz Harry	LLG St.-Augustin	0:40:51	0:40:54	1	M55	59	09:43	10:16	10:23	10:27	
13	811	Thoms Christian	*Köln	0:40:55	0:40:56	5	M40	72	09:49	10:23	10:28	10:14	
14	31	Bartz Patrick	Team Erdinger Alkoholfrei	0:41:02	0:41:06	1	M35	80	09:41	10:19	10:31	10:29	
15	588	Last Christoph	TSG Valbert	0:41:18	0:41:19	2	M35	77	09:51	10:26	10:37	10:23	
16	1181	Bornemann Thomas	Central-Team.de	0:41:28	0:41:31	2	M45	68	09:59	10:30	10:39	10:19	
17	938	Urlewitz Frank		0:41:40	0:41:43	3	M45	69	09:43	10:27	10:53	10:35	
18	1197	Demoulin Jean-Brice		0:41:54	0:42:03	6	M40	75	09:31	10:24	10:56	11:02	
19	727	Rulhoff Michael	*Pulheim	0:41:58	0:42:00	7	M40	71	09:41	10:28	10:53	10:55	
20	876	Klakow Kai	*Mönchengladbach	0:42:12	0:42:13	3	M35	76	09:46	10:34	10:51	11:00	
21	930	Weber Thorsten		0:42:17	0:42:21	8	M40	72	10:21	10:45	10:42	10:28	
22	403	Fink Daniel	Laufmonster	0:42:22	0:42:26	4	M35	79	10:17	10:48	10:44	10:32	
23	639	Möres Frank	*Pulheim	0:42:27	0:42:31	9	M40	74	10:21	10:46	10:43	10:36	
24	704	Reinprecht Jochen	*Sankt Augustin	0:42:32	0:42:42	3	M30	84	10:20	10:43	10:54	10:32	
25	396	Falkenberg Jürgen	GVG-Laufteam	0:42:36	0:42:43	5	M35	79	09:55	10:43	10:59	10:58	
26	965	Keßler Oliver	TuS Brauweiler	0:42:43	0:42:45	4	M45	66	09:44	10:42	11:05	11:09	
27	333	Brunschier Benjamin	...es geht immer schneller ...	0:43:11	0:43:13	4	M30	82	10:04	10:53	11:02	11:10	
28	1191	Meinecke Marcel		0:43:32	0:43:36	5	M45	69	10:30	10:57	11:09	10:54	
29	484	Heukamp Michael	ERGO sports Köln	0:43:34	0:43:36	6	M45	67	10:03	11:05	11:22	11:03	
30	960	Adams Raimund	Hunsrück-Marathon	0:43:54	0:43:57	2	M55	60	10:19	11:04	11:19	11:10	
31	1199	Dambon Martin	*Leverkusen	0:44:00	0:44:06	5	M30	81	10:24	11:15	11:22	10:57	
32	783	Spörk Konstantin	SV GW Brauweiler	0:44:01	0:44:05	1	MU18	02	09:39	10:47	11:18	12:16	
33	1185	Marek Adrian	Für Hürth	0:44:10	0:44:15	10	M40	72	10:20	11:02	11:19	11:27	
34	486	Hoffmann Karsten	Triathlon-Team Sinzig	0:44:15	0:44:19	11	M40	71	10:27	10:59	11:24	11:24	
35	1166	Juckel Dr. Bernd	SG Neukirchen	0:44:23	0:44:28	1	M65	50	10:37	11:03	11:13	11:28	
36	409	Frings Andreas	BV Dolomitstraße e.V.	0:44:28	0:44:30	6	M35	76	10:25	11:20	11:22	11:19	
37	966	Wilden Heinz		0:44:29	0:44:37	3	M55	60	22:03	11:18	00:00	11:08	
38	441	Gray Terence	*Pulheim	0:44:30	0:44:37	1	M60	55	10:36	11:16	11:25	11:12	
39	365	Dittrich Winfried	GVG-Laufteam	0:44:46	0:44:54	4	M55	60	10:55	11:16	11:23	11:11	
40	1189	Milz Ralf		0:45:20	0:45:26	3	M50	61	10:53	11:33	11:38	11:15	
41	476	Hennies Lennart	*Brauweiler	0:45:22	0:45:26	2	MU18	00	10:16	11:29	12:21	11:13	
42	607	Luckmann Stefan	*Köln	0:45:45	0:45:54	3	MHK	93	10:52	11:24	11:48	11:41	
43	690	Pöhlmann Andreas	*Frechen	0:45:46	0:45:49	12	M40	71	10:25	11:28	11:57	11:55	
44	556	Köngeter Hans	GVG-Laufteam	0:45:49	0:45:57	2	M60	54	11:06	11:28	11:37	11:36	
45	1167	Gschwendner Jonathan		0:45:52	0:46:14	4	MHK	89	11:12	11:28	11:45	11:25	
46	1196	Grau Holger	*Köln	0:46:00	0:46:06	7	M45	69	10:41	11:43	12:00	11:34	
47	425	Gebehart Achim	SV Bergisch Gladbach	0:46:02	0:46:07	5	M55	59	11:05	11:38	11:47	11:31	
48	847	Westphal Dieter	Team ESK	0:46:08	0:46:16	4	M50	65	10:43	11:38	11:55	11:51	
49	598	Lersch Daniel	*Köln	0:46:20	0:46:36	6	M30	83	11:19	11:29	11:45	11:46	
50	374	Ehlen Thomas	GVG-Laufteam	0:46:37	0:46:47	13	M40	74	11:26	11:55	11:44	11:29	
51	563	Kootz Harald	TUS Brauweiler	0:46:45	0:46:59	6	M55	60	11:43	11:51	11:55	11:15	
52	595	Lehne Marcus	...es geht immer schneller ...	0:46:57	0:47:00	14	M40	71	10:35	11:52	12:03	12:26	
53	715	Rosendahl Thomas	...es geht immer schneller ...	0:46:58	0:47:00	8	M45	66	10:36	11:51	12:04	12:25	
54	830	Vogel Jörg	runtastics	0:47:01	0:47:06	9	M45	69	10:52	11:53	12:05	12:10	
55	431	Gmähle Max	GVG-Laufteam	0:47:04	0:47:08	5	M50	65	11:12	12:15	12:09	11:26	
56	922	Küppers Hans-Günter		0:47:07	0:47:25	6	M50	63	11:15	11:53	11:57	12:00	
57	719	Rosso Stefan	*Pulheim	0:47:14	0:47:26	1	MU20	97	11:34	11:59	12:01	11:39	
58	886	Soulios Max		0:47:17	0:47:20	5	MHK	89	11:27	11:57	12:18	11:33	
59	718	Rosso Martin	*Pulheim	0:47:17	0:47:27	6	MHK	94	11:35	11:58	12:00	11:43	
60	705	Reitmeier Jens	Sportverein Sparkasse	0:47:19	0:47:26	7	MHK	86	10:48	11:58	12:22	12:09	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	846	Werner Martin	*Pulheim	0:47:23	0:47:32	15	M40	73	11:37	12:00	12:07	11:38	
62	898	Schwan Alexander		0:47:38	0:47:57	7	M35	77	11:36	11:55	12:10	11:56	
63	2908	Rizzo Henry	TC Widdersdorf	0:47:55	0:48:16	7	M30	81	12:12	12:09	12:03	11:30	
64	667	Övermöhle Matthias	congstar	0:47:59	0:48:04	7	M50	64	10:45	12:23	12:37	12:12	
65	380	Eisenreich Thomas	*Pulheim	0:48:01	0:48:11	10	M45	67	11:42	12:06	12:08	12:04	
66	1202	Driesch Markus	Tus Mondorf	0:48:06	0:48:12	8	M50	63	10:38	12:04	12:41	12:42	
67	689	Plück Thomas	*Erfstadt	0:48:07	0:48:22	16	M40	74	11:29	12:02	12:23	12:12	
68	578	Kubo DR Florian	ASV Köln Team 42	0:48:21	0:48:30	11	M45	70	11:04	12:17	12:31	12:27	
69	350	Coste Tim	GVG-Laufteam	0:48:23	0:48:34	12	M45	70	11:33	12:09	12:24	12:15	
70	887	Soulios Niko		0:48:26	0:48:29	8	MHK	91	11:27	12:22	12:26	12:09	
71	780	Soppe Wim	*Pulheim	0:48:36	0:48:57	13	M45	67	11:57	12:27	12:26	11:44	
72	818	Trelenberg PROF Jörg	CVJM Iserlohn	0:48:51	0:49:02	9	M50	65	11:35	12:08	12:32	12:34	
73	40	Lechelt Stefan	RUN - RUN- RUN	0:48:55	0:49:12	17	M40	75	11:55	12:21	12:22	12:16	
74	498	Jäger Walter	LT Decksteiner Weiher	0:48:56	0:49:01	3	M60	53	11:42	12:26	12:31	12:15	
75	457	Handstein Holger	*Köln	0:48:56	0:49:12	8	M35	76	11:46	12:28	12:24	12:17	
76	1198	Podzus Horst	*Bergisch Gladbach	0:48:57	0:49:02	10	M50	61	11:57	12:26	12:17	12:15	
77	805	Teutsch Uwe	GVG-Laufteam	0:49:02	0:49:15	11	M50	63	11:46	12:11	12:36	12:27	
78	432	Goebel Oliver	*Pulheim -Brauweiler	0:49:25	0:49:38	18	M40	71	12:01	12:32	12:37	12:13	
79	4711	Tzitis Ioannis Karlos	*Brauweiler	0:49:34	0:49:43	9	M35	78	11:49	12:15	12:39	12:50	
80	265	Amesbauer Magnus	*Köln	0:49:39	0:50:03	10	M35	78	12:02	12:08	13:03	12:25	
81	934	Hein Manfred	Pulheimer SC	0:49:41	0:49:50	2	M65	47	12:13	12:32	12:32	12:22	
82	652	Nahbein Mike	St. Pankratius Schützen	0:49:44	0:49:56	3	MU18	99	12:14	12:30	12:49	12:10	
83	675	Pabst Thorsten	*Pulheim	0:49:53	0:50:15	19	M40	72	11:44	12:27	12:49	12:52	
84	348	Conrad Jürgen	TSV Bayer Dormagen	0:49:57	0:50:12	3	M65	46	12:00	12:36	12:43	12:37	
85	268	Arlinghaus Ingo	*Pulheim	0:50:01	0:50:06	14	M45	69	11:42	12:42	12:52	12:43	
86	710	Ripp Dieter	VTC Köln	0:50:06	0:50:15	7	M55	56	12:07	12:40	12:41	12:36	
87	682	Peitsch Volker	GVG-Laufteam	0:50:10	0:50:21	12	M50	64	11:50	12:36	12:53	12:49	
88	358	Kurninov Andreas	*Grevenbroich	0:50:17	0:50:20	9	MHK	88	10:48	12:14	13:24	13:49	
89	773	Senft Rüdiger	*Köln	0:50:23	0:50:29	15	M45	67	12:23	12:52	12:47	12:20	
90	283	Baus Reiner	Cologne Running Crew	0:50:27	0:50:35	4	M60	54	11:29	12:57	13:05	12:55	
91	557	Königs Manfred	LG RWE Power	0:50:32	0:50:46	13	M50	61	12:10	12:44	12:59	12:38	
92	1200	Hart Heiko	*Leverkusen	0:50:34	0:50:47	16	M45	68	12:31	12:50	12:42	12:29	
93	460	Hartung Marcus	*Pulheim	0:50:36	0:50:51	17	M45	66	12:30	12:50	12:43	12:31	
94	446	Grewatsch Frank	*Pulheim	0:50:42	0:50:59	18	M45	69	12:53	12:55	12:43	12:09	
95	717	Rosso Mario	*Pulheim	0:50:45	0:51:02	8	M55	60	12:34	12:45	12:51	12:34	
96	665	Oehlschläger Norman	*Pulheim	0:50:49	0:51:09	11	M35	80	12:06	12:48	13:08	12:47	
97	344	Clemens Markus	*Pulheim	0:50:50	0:51:10	20	M40	73	12:05	12:47	13:08	12:48	
98	601	Ley Thomas	Lt Rösratherstraße	0:50:56	0:51:05	14	M50	65	11:47	12:51	13:05	13:11	
99	835	Wagener Felix	*Köln	0:51:09	0:51:25	10	MHK	86	11:47	12:51	13:17	13:13	
100	1973	Sengstake Marco	Central-Team	0:51:12	0:51:36	21	M40	73	12:31	12:59	13:02	12:39	
101	572	Kremhelmer Ralf	Team ESK	0:51:21	0:51:30	11	MHK	87	12:14	13:08	13:13	12:46	
102	809	Thomas Leo	LT Venusberg-Bonn	0:51:22	0:51:30	15	M50	63	11:50	12:57	13:19	13:14	
103	296	Bieß Markus	*Brauweiler	0:51:31	0:51:37	19	M45	70	12:45	13:10	12:59	12:36	
104	823	Ulrich Markus	*Grevenbroich	0:51:38	0:51:50	20	M45	66	11:58	13:00	13:24	13:14	
105	269	Arndt Boris	*Frechen Königsdorf	0:52:01	0:52:18	16	M50	65	13:04	13:04	12:56	12:56	
106	272	Bahn Michael	Lauffreunde Vlaten-Köln	0:52:16	0:52:25	17	M50	62	12:36	13:14	13:18	13:07	
107	839	Weidenfeld Günter	GVG-Laufteam	0:52:22	0:52:37	9	M55	56	12:27	13:09	13:29	13:15	
108	580	Küppers Jürgen	GVG-Laufteam	0:52:22	0:52:45	10	M55	58	13:10	13:20	13:18	12:33	
109	712	Rodrigo Heinz Peter	*Grevenbroich	0:52:24	0:52:27	21	M45	66	12:06	13:09	13:23	13:45	
110	834	Voosen Ralf	*Pulheim	0:52:27	0:52:55	22	M45	67	12:53	13:06	13:24	13:02	
111	1948	Hildebrand Sascha	ZEN-Letics	0:52:39	0:52:51	8	M30	82	12:34	13:24	13:29	13:10	
112	684	Peter Ronald	HLG 98 Wuppertal	0:52:44	0:52:54	11	M55	60	12:45	13:23	13:35	13:00	
113	401	Fiedler Stefan	GVG-Laufteam	0:52:53	0:53:12	12	M55	58	12:23	13:23	13:34	13:32	
114	784	Spörk DR Wolfgang	*Brauweiler	0:53:01	0:53:30	23	M45	67	12:19	13:20	13:40	13:40	
115	939	Schneider Christoph	ASV Köln	0:53:17	0:53:22	12	M35	77	12:16	13:22	13:55	13:43	
116	412	Froehlich DR Marcel	*Bergheim	0:53:35	0:53:44	22	M40	73	12:34	13:28	13:51	13:42	
117	411	Fritz Andreas	TuS SW Brauweiler 1951 e.V.	0:53:43	0:54:09	23	M40	74	12:55	13:06	13:45	13:56	
118	1170	Frevel Hermann-Josef		0:53:44	0:54:00	18	M50	62	12:54	13:28	13:42	13:39	
119	469	Helleckes Carsten	*Pulheim-Dansweiler	0:53:45	0:54:12	24	M40	75	13:26	13:35	13:35	13:09	
120	800	Strohhäcker Günter	GVG-Laufteam	0:53:54	0:54:05	1	M75	39	12:32	13:37	13:51	13:52	

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	50	Yngvason Yngvi	*Pulheim-Brauweiler	0:54:07	0:54:24	19	M50	65	12:34	13:29	14:04	13:59	
122	642	Montz Christoph	*Frechen	0:54:08	0:54:28	24	M45	67	13:12	13:56	13:37	13:22	
123	764	Schumacher Lars	TuS Schwarz Weiß Brauweiler	0:54:09	0:54:15	25	M45	70	12:45	13:32	13:59	13:52	
124	658	Nolden Ralf	*Frechen	0:54:24	0:54:55	26	M45	67	13:00	13:59	13:53	13:30	
125	279	Bandlitz Stefan	*Pulheim	0:54:24	0:54:36	27	M45	68	12:21	13:43	13:57	14:22	
126	693	Posmangiu Alexander	TuS Brauweiler	0:54:40	0:55:05	13	M35	78	12:54	13:06	14:32	14:06	
127	636	Mindermann Rainer	TUS Brauweiler	0:54:41	0:54:55	28	M45	66	12:43	13:41	14:05	14:11	
128	443	Grevelding Andreas	Laufschule Erfstadt	0:54:48	0:55:04	20	M50	64	12:59	13:52	14:07	13:49	
129	492	Hühn Roland	*Pulheim	0:55:07	0:55:29	21	M50	65	13:29	14:05	14:18	13:14	
130	513	Kalkbrenner Dietmar	*Pulheim	0:55:08	0:55:20	29	M45	69	12:41	13:57	14:10	14:18	
131	1173	Majewski Matthias		0:55:10	0:55:25	4	MU18	00	13:22	13:45	13:59	14:03	
132	1172	Majewski Martin		0:55:12	0:55:26	14	M35	77	13:22	13:45	13:59	14:04	
133	1511	Kerpen Dirk	*Pulheim	0:55:31	0:55:54	30	M45	68	12:57	13:42	14:37	14:15	
134	749	Schneider Ansgar	*Stolberg	0:55:45	0:56:06	15	M35	76	13:01	14:01	14:24	14:18	
135	633	Miebach DR Peter	*Bonn	0:55:49	0:56:14	5	M60	53	13:41	14:11	14:06	13:48	
136	612	Lux Malte	*Köln	0:56:47	0:56:57	12	MHK	88	12:34	14:52	14:55	14:25	
137	565	Krahn Andreas	*Köln	0:56:58	0:57:13	13	MHK	89	12:57	14:14	14:36	15:10	
138	575	Krümmel Josef	*Pulheim	0:57:09	0:57:37	4	M65	49	13:36	14:31	14:33	14:29	
139	501	Jonas Hans-Jürgen	WfS Brauweiler	0:57:17	0:57:41	13	M55	59	13:38	14:27	14:50	14:20	
140	821	Über Frank	Team ESK	0:58:02	0:58:21	25	M40	71	13:43	14:29	15:03	14:46	
141	261	Abel Jörg	*Leverkusen	0:58:17	0:58:38	16	M35	77	13:38	14:35	15:03	15:00	
142	723	Rütze Andreas	*Kerpen	0:58:22	0:58:39	17	M35	78	14:01	14:37	15:05	14:38	
143	273	Bahn Wolfgang	Team ESK	0:58:36	0:58:54	26	M40	72	13:43	14:30	15:06	15:15	
144	68	Müller Rolf	*Bergheim-Glessen	0:58:39	0:59:05	31	M45	68	13:51	14:29	15:02	15:15	
145	1188	Chalkidis Fotios		0:58:41	0:59:08	27	M40	73	13:51	14:22	15:09	15:16	
146	909	Schnurbusch Henning		0:58:50	0:59:03	32	M45	70	13:39	15:15	14:57	14:58	
147	1976	Graf Mathias	*Kerpen	0:59:01	0:59:19	18	M35	76	14:00	14:38	15:05	15:17	
148	306	Bongartz Ulrich Ignaz	*Hennef	1:00:07	1:00:23	6	M60	53	13:41	14:58	15:54	15:33	
149	840	Weißgerber Frank	*Köln	1:00:10	1:00:22	33	M45	70	13:53	15:18	15:37	15:20	
150	994	Morvan Guy		1:00:28	1:00:45	5	M65	47	14:40	16:03	17:18	12:26	
151	447	Griehl Uwe	Grün-Weiß Brauweiler	1:00:40	1:01:04	14	M55	56	13:45	14:51	16:13	15:50	
152	346	Cleve Carsten	TUS Brauweiler	1:00:49	1:01:04	34	M45	66	13:07	15:28	16:22	15:50	
153	977	Breuer Udo		1:01:14	1:01:34	35	M45	68	14:11	14:45	16:12	16:05	
154	804	Tasche Maik	*Hürth	1:01:26	1:01:47	19	M35	76	14:17	15:08	16:08	15:51	
155	394	Etzbach Sascha	*Pulheim	1:02:39	1:03:05	28	M40	74	15:20	15:52	15:44	15:42	
156	810	Thomas Robert	*Pulheim	1:05:09	1:05:30	29	M40	72	14:41	16:17	17:02	17:08	
157	1161	Heerstraße Oliver	ASG Elsdorf	1:06:53	1:07:13	9	M30	84	15:16	17:27	17:59	16:10	

10km - Gesamtwertung

10. Abteilauf Brauweiler - 6.9.2015

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	750	Schneider Claudia	ASV Köln	0:40:46	0:40:47	1	W35	78	09:44	10:16	10:23	10:22	
2	1190	Meinecke Lea	TV Herkenrath	0:43:21	0:43:25	1	WU18	00	10:23	10:48	10:59	11:09	
3	1201	Basinski Jola	TV Refrath	0:44:42	0:44:45	1	W40	75	10:28	11:21	11:25	11:26	
4	426	Gebehart Beate	TV Refrath	0:46:12	0:46:16	1	W50	61	11:05	11:38	11:47	11:40	
5	499	Janssen Monika	*Würselen	0:47:03	0:47:08	1	W45	68	11:29	11:58	11:51	11:44	
6	622	Mathissen Christiane	*Köln	0:47:32	0:47:40	2	W40	71	11:37	11:59	12:11	11:44	
7	646	Mueller Molina Aitana	Lt DSHS	0:47:38	0:47:51	2	WU18	01	11:50	12:20	12:19	11:07	
8	1174	Fischer Katja	*Köln	0:48:11	0:48:16	2	W45	68	11:31	12:09	12:13	12:16	
9	372	Dulak Daniela	GVG-Laufteam	0:49:43	0:49:49	3	W40	74	11:41	12:35	12:44	12:42	
10	990	Hirschmann Sophie		0:49:56	0:50:05	1	WHK	94	11:37	12:30	12:50	12:57	
11	1184	Förster Martina		0:50:25	0:50:34	2	W50	65	11:58	12:44	13:01	12:40	
12	851	Wieners Daniela	*Kaarst	0:50:52	0:51:04	3	W45	70	11:58	13:00	12:55	12:57	
13	992	Esser Rosalie		0:50:55	0:51:02	2	WHK	95	12:45	12:43	12:39	12:47	
14	991	Hartmann Uta		0:51:04	0:51:18	4	W45	68	12:00	12:59	13:01	13:02	
15	794	Steinke Claudia	*Köln	0:52:13	0:52:20	4	W40	71	12:00	13:03	13:35	13:32	
16	371	Düppers Montserrat	*Köln	0:52:17	0:52:24	2	W35	78	11:55	13:50	13:24	13:06	
17	480	Henze Anja	Team ESK	0:52:45	0:53:03	3	W35	76	13:26	13:38	13:02	12:37	
18	892	Flasch Kristina	TuS SW Brauweiler	0:53:29	0:53:31	3	WHK	87	12:05	13:32	13:51	13:59	
19	1187	Dillmann Lara		0:54:03	0:54:22	5	W40	71	12:32	13:29	13:54	14:07	
20	1194	Murru Miranda		0:54:06	0:54:17	6	W40	71	13:15	13:53	13:36	13:20	
21	1193	Esser Susi	*Brühl	0:54:31	0:54:39	5	W45	67	12:50	13:41	14:05	13:55	
22	895	Reum Dajana	Runtastic	0:55:08	0:55:13	4	W35	80	12:51	14:23	13:59	13:54	
23	925	Donsbach Sandra		0:55:19	0:55:34	7	W40	75	13:21	14:18	14:17	13:21	
24	478	Henschek Katharina	dauerlaufschule	0:55:25	0:55:39	1	W60	52	12:57	14:01	14:12	14:12	
25	708	Rindermann Lara	*Kreuzau	0:55:45	0:55:53	8	W40	73	12:40	14:07	14:23	14:33	
26	795	Stiller Alexandra	*Kerpen	0:55:45	0:56:06	5	W35	80	13:01	14:01	14:24	14:18	
27	716	Rosocha Darja	*Pulheim	0:56:09	0:56:35	1	W30	84	13:15	14:09	14:25	14:19	
28	627	Menssen Katrin	*Pulheim	0:56:10	0:56:37	6	W35	76	13:15	14:09	14:25	14:20	
29	452	Hajek Verena	TUS Brauweiler	0:56:16	0:56:23	2	W60	52	13:36	14:25	14:15	13:58	
30	756	Schreiber Michaela	*Pulheim	0:56:20	0:56:35	9	W40	72	13:21	14:19	14:18	14:20	
31	293	Berger Regine	GVG-Laufteam	0:57:15	0:57:34	3	W50	63	13:51	14:26	14:29	14:28	
32	318	Brengmann Sandra	GVG-Laufteam	0:57:18	0:57:36	10	W40	75	13:52	14:25	14:33	14:26	
33	993	Behr Elisabeth		0:57:24	0:57:34	7	W35	77	13:16	13:56	15:23	14:47	
34	421	Galla Carina	*Pulheim	0:57:29	0:57:48	11	W40	75	13:01	14:35	15:04	14:47	
35	649	Müller-Rösch Tatjana	*Pulheim	0:57:52	0:58:12	6	W45	70	13:43	14:34	14:52	14:42	
36	1964	Merscheidt Elke	Central-Team	0:58:17	0:58:42	4	W50	64	14:10	15:02	14:48	14:16	
37	596	Leidenfrost Heike	*Köln	0:59:39	1:00:07	12	W40	71	14:41	15:03	15:13	14:41	
38	506	Jung Angelika	*Köln	0:59:43	1:00:11	13	W40	71	14:42	15:03	15:14	14:44	
39	264	Alexandrakis Barbara	*Bergheim-Glessen	0:59:52	1:00:00	1	W55	58	13:45	14:52	15:25	15:48	
40	706	Richard Birthe	*Köln	1:00:06	1:00:16	4	WHK	87	13:57	15:21	15:31	15:16	
41	822	Über Sylvia	Team ESK	1:01:40	1:01:58	14	W40	71	14:19	15:34	15:49	15:57	
42	694	Posmangiu Silvia	TuS Brauweiler	1:02:45	1:03:11	8	W35	79	14:56	15:43	16:01	16:04	
43	765	Schwabe-Morvan Ingrid	GVG-Laufteam	1:05:07	1:05:22	5	W50	62	14:40	16:04	17:18	17:03	
44	808	Thomas Birgit	*Pulheim	1:05:09	1:05:30	15	W40	72	14:41	16:17	17:01	17:08	
45	989	Schmitz-Verhnjak Sylvia	Team RAFA	1:05:44	1:05:59	3	W60	51	15:55	16:40	16:43	16:24	
46	1168	Ritzenhoff Christiane		1:05:47	1:06:10	7	W45	68	15:25	16:33	17:01	16:47	
47	981	Obervoßbeck Leonie		1:06:46	1:07:09	3	WU18	03	15:12	16:45	18:53	15:54	
48	850	Wiemann-Schwarz Christine	*Pulheim	1:10:01	1:10:29	16	W40	72	16:08	17:05	18:11	18:36	
49	364	Dittrich Karin	GVG-Laufteam	1:10:43	1:11:07	2	W55	60	16:53	17:20	17:56	18:33	
50	779	Sommerfeld Elisabeth	TuS Brauweiler	1:10:49	1:11:06	3	W55	58	15:53	17:51	18:28	18:35	