

Männer

Altersklasse M30

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 1467 | Eichhorn Daniel | | | 0:38:24 | 0:38:25 | 6 M30 | 86 |
| 2 | 1462 | Lorbach Daniel | Bunert - der Kölner | | 0:38:45 | 0:38:49 | 7 M30 | 82 |
| 3 | 1001 | Steinmann Markus | Osterather TV | DE | 0:39:20 | 0:39:22 | 11 M30 | 82 |
| 4 | 684 | Saßen Christoph | *Köln | DE | 0:39:35 | 0:39:36 | 13 M30 | 84 |
| 5 | 1275 | Ebert Ben | | | 0:40:39 | 0:40:47 | 16 M30 | 84 |
| 6 | 851 | Schovenberg Alexander | Team Erdinger Alkoholfrei | DE | 0:42:26 | 0:42:28 | 26 M30 | 84 |
| 7 | 1219 | Schmidt Nikolaus | BSG Köln Köln | | 0:44:10 | 0:44:15 | 38 M30 | 82 |
| 8 | 926 | Eveleigh Gareth | *Düsseldorf | DE | 0:44:07 | 0:44:17 | 39 M30 | 83 |
| 9 | 1231 | Vogelsang Marcel | Albis Lauftreff | | 0:44:47 | 0:44:51 | 45 M30 | 84 |
| 10 | 189 | Schwabauer Nikolai | *Köln | DE | 0:46:22 | 0:46:46 | 63 M30 | 84 |
| 11 | 362 | Birnkammer Markus | *Köln | DE | 0:47:34 | 0:47:38 | 75 M30 | 82 |
| 12 | 761 | Kaumanns Markus | SPD | DE | 0:47:25 | 0:47:40 | 76 M30 | 85 |
| 13 | 513 | Steinmetzer Tim | *Köln | DE | 0:47:27 | 0:47:50 | 78 M30 | 83 |
| 14 | 1367 | Di Noto Roberto | | | 0:50:18 | 0:50:31 | 110 M30 | 82 |
| 15 | 270 | Foit Andre | Starke Freunde | DE | 0:50:19 | 0:50:32 | 111 M30 | 83 |
| 16 | 524 | Nutz Henrik | *Köln | DE | 0:52:12 | 0:52:58 | 149 M30 | 83 |
| 17 | 1421 | Zanders Sebastian | | | 0:53:12 | 0:53:16 | 155 M30 | 86 |
| 18 | 1014 | Nack Nicolas | *Aachen | DE | 0:53:33 | 0:53:59 | 160 M30 | 85 |
| 19 | 14 | Lux Sebastian | *Köln | DE | 0:53:39 | 0:54:16 | 167 M30 | 83 |
| 20 | 81 | Manthey Philipp | *Köln | DE | 0:53:31 | 0:54:21 | 169 M30 | 82 |
| 21 | 70 | Walther Markus | *Köln | DE | 0:54:11 | 0:54:40 | 172 M30 | 82 |
| 22 | 303 | Michels Sebastian | *Köln | DE | 0:54:22 | 0:54:53 | 175 M30 | 83 |
| 23 | 557 | Mitschke Tobias | *Dormagen | DE | 0:55:44 | 0:56:09 | 193 M30 | 86 |
| 24 | 1200 | Koscielny Daniel | | | 0:56:35 | 0:56:58 | 196 M30 | 82 |
| 25 | 394 | Becker Alexander | Becker Team | DE | 0:57:51 | 0:58:25 | 212 M30 | 82 |
| 26 | 323 | Lutter Christian | *Bornheim | DE | 0:58:13 | 0:59:00 | 215 M30 | 83 |
| 27 | 591 | Kamp Marcel | RWE Power | DE | 0:58:50 | 0:59:34 | 219 M30 | 85 |
| 28 | 255 | Marx Denny | *Köln | DE | 1:02:49 | 1:03:48 | 238 M30 | 84 |
| 29 | 1113 | Kreter Tobias | Internet | | 1:13:03 | 1:13:58 | 258 M30 | 82 |

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Altersklasse M35

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|--------------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 1347 | Miereczko Maciek | VFB Erftstadt Multisport | | 0:32:51 | 0:32:51 | 1 M35 | 79 |
| 2 | 1131 | Wittland Mark | | | 0:37:49 | 0:37:50 | 4 M35 | 77 |
| 3 | 890 | Drabiniok Tobias | Woyton Rheinland | DE | 0:39:12 | 0:39:17 | 10 M35 | 81 |
| 4 | 1466 | Riefe Sebastian | | | 0:41:04 | 0:41:06 | 18 M35 | 78 |
| 5 | 937 | Mueller Kai | *Köln | DE | 0:41:18 | 0:41:20 | 19 M35 | 79 |
| 6 | 17 | Last Christoph | TSG Valbert | DE | 0:41:20 | 0:41:21 | 20 M35 | 77 |
| 7 | 504 | Hintzen Michael Philippe | Brooks Running | DE | 0:42:32 | 0:42:37 | 29 M35 | 81 |
| 8 | 188 | Reuther Michael | *Bonn | DE | 0:43:07 | 0:43:16 | 31 M35 | 80 |
| 9 | 1384 | Butscheid Sebastian | | | 0:43:59 | 0:44:04 | 36 M35 | 81 |
| 10 | 596 | Nowakowski Michael | *Klein Warin | DE | 0:44:11 | 0:44:18 | 40 M35 | 80 |
| 11 | 468 | Gardemann Thomas | *Köln | DE | 0:43:46 | 0:44:21 | 43 M35 | 77 |
| 12 | 35 | Wiengarten Andre | Freie Schwimmer | DE | 0:46:18 | 0:46:31 | 59 M35 | 81 |
| 13 | 310 | Wölm Lars | DJK LC Vettweiß | DE | 0:47:31 | 0:47:37 | 74 M35 | 79 |
| 14 | 133 | Maass Sascha | Fantastic Four | DE | 0:48:07 | 0:48:35 | 86 M35 | 80 |
| 15 | 66 | Lohmann Sebastian | *Köln | DE | 0:50:05 | 0:50:27 | 107 M35 | 78 |
| 16 | 1174 | Glasow Marcus | | | 0:50:36 | 0:51:13 | 121 M35 | 79 |
| 17 | 1115 | Jähnig Marek | | | 0:51:30 | 0:51:41 | 131 M35 | 80 |
| 18 | 152 | Gottschalk Kai | *Köln | DE | 0:51:21 | 0:52:06 | 137 M35 | 78 |
| 19 | 369 | Brauer DR Helge | *Köln | DE | 0:53:31 | 0:53:52 | 158 M35 | 81 |
| 20 | 487 | Erdenberger Thomas | Laufschabe & Friends | DE | 0:53:35 | 0:53:55 | 159 M35 | 79 |
| 21 | 913 | Hertel Aaron | KG Fischenich Runners | DE | 0:53:30 | 0:53:59 | 161 M35 | 81 |
| 22 | 577 | Güven Mustafa | *Köln | DE | 0:53:45 | 0:54:28 | 171 M35 | 79 |
| 23 | 1221 | Schönmann Jochen | | | 0:54:13 | 0:54:52 | 174 M35 | 77 |
| 24 | 302 | Zenz Lukas | *Köln | DE | 0:54:58 | 0:55:28 | 184 M35 | 81 |
| 25 | 59 | Eggert Henning | *Köln | DE | 0:57:21 | 0:57:59 | 207 M35 | 77 |
| 26 | 788 | Schneider Christoph | *Pulheim | DE | 0:58:41 | 0:59:04 | 216 M35 | 77 |
| 27 | 1173 | Weigel Benjamin | | | 1:00:50 | 1:01:28 | 228 M35 | 79 |
| 28 | 635 | Karras Sven | *Leverkusen | DE | 1:00:50 | 1:01:36 | 230 M35 | 77 |
| 29 | 20 | Hennemann Jan Nicolai | *Köln | DE | 1:09:57 | 1:10:29 | 252 M35 | 81 |
| 30 | 1518 | Cakiroglu Hale | | GER | 1:12:43 | 1:13:24 | 257 M35 | 78 |
| 31 | 9999 | Braunagel Franz | *Köln | DE | 1:14:51 | 1:15:47 | 259 M35 | 79 |
| 32 | 1020 | Tissen Oliver | *Brühl | DE | 1:19:05 | 1:19:32 | 260 M35 | 77 |

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Altersklasse M40

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 561 | Hain Matthias | *Bergisch Gladbach | DE | 0:38:21 | 0:38:23 | 5 M40 | 76 |
| 2 | 1457 | Mühlenstädt Gunnar | | | 0:38:57 | 0:38:59 | 8 M40 | 73 |
| 3 | 1335 | Riebschläger Jörg | TUS Köln rrh. | | 0:42:14 | 0:42:16 | 23 M40 | 73 |
| 4 | 301 | Buhr Holger | *Köln | DE | 0:42:25 | 0:42:29 | 27 M40 | 74 |
| 5 | 898 | Dworeck Alexander | TV Refrath | DE | 0:42:46 | 0:42:49 | 30 M40 | 75 |
| 6 | 932 | Kistner Axel | *Köln | DE | 0:43:15 | 0:43:18 | 32 M40 | 73 |
| 7 | 1289 | Hecher Michael | | | 0:43:37 | 0:43:40 | 34 M40 | 72 |
| 8 | 518 | Taetz Timo | LT Emilia | DE | 0:44:13 | 0:44:18 | 41 M40 | 75 |
| 9 | 1013 | Kuthe Thorsten | *Köln | DE | 0:44:23 | 0:44:44 | 44 M40 | 72 |
| 10 | 1377 | Gajek Chris | Kölner Triathlon Team 01 | | 0:44:49 | 0:44:53 | 46 M40 | 74 |
| 11 | 390 | Freywald Eric | *Köln | DE | 0:45:40 | 0:45:44 | 50 M40 | 72 |
| 12 | 1238 | Lorenz Marcus | JML e.V. | | 0:45:56 | 0:46:25 | 58 M40 | 74 |
| 13 | 288 | Wagner Axel | *Köln | DE | 0:46:17 | 0:46:42 | 61 M40 | 74 |
| 14 | 195 | Lennarz Joachim | hypoxiamed | DE | 0:46:42 | 0:46:50 | 64 M40 | 75 |
| 15 | 405 | Niggemeier Frank | *Köln | DE | 0:46:53 | 0:47:14 | 69 M40 | 74 |
| 16 | 1464 | Basinski Jola | TV Refrath | | 0:47:26 | 0:47:37 | 73 M40 | 75 |
| 17 | 1373 | Grothaus Bernd | | | 0:47:32 | 0:47:49 | 77 M40 | 74 |
| 18 | 131 | Müller Stephan | *Pulheim | DE | 0:48:05 | 0:48:23 | 81 M40 | 72 |
| 19 | 213 | Jauk Alexander | KG Schnüsse Tring von | DE | 0:48:18 | 0:48:45 | 88 M40 | 76 |
| 20 | 318 | Omar Sabry | Pescher Lauffreund | DE | 0:49:31 | 0:49:42 | 97 M40 | 76 |
| 21 | 281 | Kempkes Thomas | *Köln | DE | 0:49:53 | 0:50:04 | 104 M40 | 73 |
| 22 | 754 | Klein André | Roads & Aces | DE | 0:50:02 | 0:50:29 | 108 M40 | 76 |
| 23 | 1049 | Berg Alexander | *Köln | DE | 0:49:29 | 0:50:31 | 109 M40 | 73 |
| 24 | 491 | Herwig Heiko | Vogelsanger | DE | 0:50:56 | 0:51:11 | 119 M40 | 73 |
| 25 | 579 | Sonnenberg Axel | BSG DEVK | DE | 0:50:58 | 0:51:13 | 120 M40 | 72 |
| 26 | 378 | Kremer Tobias | *Köln | DE | 0:50:54 | 0:51:15 | 123 M40 | 75 |
| 27 | 159 | Schmitz Thomas | Team RochusFit | DE | 0:51:09 | 0:51:16 | 125 M40 | 75 |
| 28 | 63 | Kühmstedt Stefan | *Mönchengladbach | DE | 0:50:44 | 0:51:38 | 129 M40 | 75 |
| 29 | 64 | Hausberg Hardy | *Mönchengladbach | DE | 0:50:59 | 0:51:53 | 133 M40 | 74 |
| 30 | 418 | Hoffmann Carsten | *Köln | DE | 0:52:45 | 0:52:54 | 147 M40 | 74 |
| 31 | 1000 | Jakobs Mario | *Köln | DE | 0:52:56 | 0:53:07 | 153 M40 | 75 |
| 32 | 567 | Seitzinger Christian | *Pulheim | DE | 0:53:27 | 0:54:05 | 164 M40 | 75 |
| 33 | 299 | Morrn Jens | *Niederkassel | DE | 0:53:37 | 0:54:18 | 168 M40 | 74 |
| 34 | 1599 | Schneider Martin | | GER | 0:54:56 | 0:54:56 | 176 M40 | 75 |
| 35 | 256 | Rüger Thomas | *Bühlerzell | DE | 0:55:02 | 0:55:56 | 189 M40 | 72 |
| 36 | 311 | Voelz Chris | Ollum Runners | DE | 0:55:27 | 0:56:08 | 192 M40 | 74 |
| 37 | 783 | Dellaert Aron | Roads & Aces | NL | 0:56:38 | 0:57:05 | 197 M40 | 74 |
| 38 | 493 | Degenhardt Torsten | Vogelsanger | DE | 0:56:50 | 0:57:06 | 198 M40 | 76 |
| 39 | 2403 | Mauermann Michael | *Eschweiler | DE | 0:57:00 | 0:57:35 | 201 M40 | 74 |
| 40 | 1213 | Hartmann Tobias | | | 0:57:26 | 0:57:53 | 204 M40 | 72 |
| 41 | 124 | Ernst Ralph | *Köln | DE | 0:57:02 | 0:57:57 | 205 M40 | 74 |
| 42 | 573 | Lipnik Dirk | *Köln | DE | 0:57:17 | 0:57:58 | 206 M40 | 75 |
| 43 | 928 | Gerwin Ralf | *Köln | DE | 0:58:09 | 0:59:08 | 217 M40 | 72 |
| 44 | 1459 | Lechelt Stefan | | | 0:58:42 | 0:59:12 | 218 M40 | 75 |
| 45 | 509 | Binzen Martin | *Köln | DE | 0:59:23 | 1:00:11 | 223 M40 | 76 |
| 46 | 1089 | Graalman Dirk | *Köln | DE | 0:59:51 | 1:00:47 | 225 M40 | 74 |
| 47 | 365 | Balg Christoph | *Köln | DE | 1:01:24 | 1:01:57 | 232 M40 | 74 |
| 48 | 445 | Kölsche Daniel | *Köln | DE | 1:01:40 | 1:02:33 | 236 M40 | 76 |
| 49 | 173 | Büttrich Benjamin | *Köln | DE | 1:04:04 | 1:05:01 | 241 M40 | 72 |
| 50 | 167 | Schulze Christian | *Köln | DE | 1:19:58 | 1:20:47 | 261 M40 | 76 |

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Altersklasse M45

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 99 | Poischen Thomas | BSG RheinEnergie | DE | 0:39:07 | 0:39:10 | 9 M45 | 70 |
| 2 | 506 | Oelmaier Tobias | BSG Stadt Köln | DE | 0:39:46 | 0:39:48 | 14 M45 | 67 |
| 3 | 379 | Bräutigam DR Claus | TFG Köln-Nippes | DE | 0:40:24 | 0:40:27 | 15 M45 | 69 |
| 4 | 1196 | Rulhoff Michael | Kita Krabbe | | 0:41:38 | 0:41:40 | 22 M45 | 71 |
| 5 | 830 | Kresimon Johannes | Team Crazymoon | DE | 0:44:15 | 0:44:19 | 42 M45 | 69 |
| 6 | 274 | Doppelfeld Mark | *Brühl | DE | 0:45:54 | 0:46:01 | 51 M45 | 70 |
| 7 | 1190 | Christensen Lars | | | 0:46:58 | 0:47:02 | 66 M45 | 68 |
| 8 | 572 | Van Hasselt Stefan | *Köln | DE | 0:46:47 | 0:47:07 | 68 M45 | 67 |
| 9 | 1405 | Fiegert Frank | TV Dellbrück | GER | 0:47:13 | 0:47:34 | 70 M45 | 71 |
| 10 | 566 | Fantin Frank | *Bergisch Gladbach | DE | 0:47:40 | 0:48:01 | 80 M45 | 70 |
| 11 | 321 | Corzelius Mathias | *Bad Münstereifel | DE | 0:48:23 | 0:48:47 | 89 M45 | 70 |
| 12 | 90 | Esteves Manuel | Privat | PT | 0:48:05 | 0:49:03 | 91 M45 | 67 |
| 13 | 1339 | Vogel Jörg | | | 0:48:45 | 0:49:15 | 92 M45 | 69 |
| 14 | 608 | Scheible Peter | *Köln | DE | 0:50:50 | 0:50:55 | 116 M45 | 71 |
| 15 | 955 | Schmidt Michael | Team Erdinger Alkoholfrei | DE | 0:50:06 | 0:51:05 | 118 M45 | 68 |
| 16 | 540 | Fels Markus | *Köln | DE | 0:50:55 | 0:51:32 | 126 M45 | 70 |
| 17 | 733 | Janello Jörg | *Köln | DE | 0:51:20 | 0:51:40 | 130 M45 | 69 |
| 18 | 61 | Bobzin Dirk | *Mönchengladbach | DE | 0:52:29 | 0:53:24 | 156 M45 | 68 |
| 19 | 285 | Linden Thomas | *Köln | DE | 0:53:39 | 0:54:25 | 170 M45 | 69 |
| 20 | 1130 | BERLIK SACHA | | | 0:54:48 | 0:54:57 | 177 M45 | 70 |
| 21 | 1188 | Felter Manfred | | | 0:54:24 | 0:55:12 | 179 M45 | 71 |
| 22 | 1280 | Rossol Frank | | | 0:54:47 | 0:55:14 | 180 M45 | 71 |
| 23 | 298 | Sowade Uli | Run of Colours Promoteam | DE | 0:55:05 | 0:55:40 | 185 M45 | 70 |
| 24 | 408 | Sprung Klaus | Run4Pänz.de | DE | 0:54:47 | 0:55:49 | 187 M45 | 67 |
| 25 | 175 | Klein Jörg | de Famillich | DE | 0:55:20 | 0:55:55 | 188 M45 | 69 |
| 26 | 510 | Völler Claus | *Köln | DE | 0:55:21 | 0:55:57 | 191 M45 | 69 |
| 27 | 132 | Niemuth Axel | Fantastic Four | DE | 0:56:19 | 0:56:47 | 195 M45 | 69 |
| 28 | 1324 | Kirsten Dieter | | | 0:56:46 | 0:57:18 | 200 M45 | 70 |
| 29 | 497 | Bernd Alexander | *Köln | DE | 0:57:01 | 0:57:38 | 202 M45 | 71 |
| 30 | 57 | Roth Uwe | *Köln | DE | 0:57:26 | 0:58:16 | 209 M45 | 70 |
| 31 | 212 | Lackmann Claus Dieter | jecke Freizeitgestaltung | DE | 0:59:09 | 0:59:44 | 220 M45 | 69 |
| 32 | 33 | Lehmann Mirko | Privat | DE | 0:58:54 | 0:59:53 | 222 M45 | 69 |
| 33 | 470 | Morath DR Frank | dr. momo | DE | 1:01:21 | 1:01:53 | 231 M45 | 69 |
| 34 | 190 | Pscheidt Martin | TÜV Rheinland SG | DE | 1:01:39 | 1:01:59 | 234 M45 | 71 |
| 35 | 1337 | Mann Martin | Brave 8 Dufftown | | 1:02:59 | 1:03:52 | 239 M45 | 68 |
| 36 | 1078 | Ludwigs Alexander | *Pulheim | DE | 1:05:09 | 1:06:00 | 244 M45 | 67 |
| 37 | 1222 | Lauterbach Ingo | | | 1:05:27 | 1:06:27 | 245 M45 | 68 |
| 38 | 83 | Weißgerber Frank | *Köln | DE | 1:06:05 | 1:06:51 | 246 M45 | 70 |
| 39 | 454 | Piosek Arkadius | Diakonie Runners | DE | 1:07:10 | 1:07:23 | 247 M45 | 68 |
| 40 | 1338 | Langen Dominik | Alt städter Köln 1922 | | 1:09:08 | 1:09:43 | 250 M45 | 68 |
| 41 | 5 | Moritzky Günter | *Köln | DE | 1:11:30 | 1:12:01 | 255 M45 | 69 |

Männer

Altersklasse M50

| Platz | AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------------|--------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1458 | Lange Ralf | | DEU | 0:39:24 | 0:39:25 | 12 | M50 | 66 |
| 2 | | 295 | Pastors Andreas | *Köln | DE | 0:42:20 | 0:42:24 | 25 | M50 | 65 |
| 3 | | 254 | Pelzer Wolfgang | Galeria Kaufhof | DE | 0:43:28 | 0:43:33 | 33 | M50 | 62 |
| 4 | | 1474 | Sqovio Leonardo | *Köln | DEU | 0:43:19 | 0:44:04 | 35 | M50 | 65 |
| 5 | | 799 | Schloemer Stefan | KTT01 Kölner Triathlon | DE | 0:44:54 | 0:45:00 | 48 | M50 | 66 |
| 6 | | 304 | Eisermann Stephan | Run of Colours Promoteam | DE | 0:45:21 | 0:45:28 | 49 | M50 | 66 |
| 7 | | 1422 | Groß Michael | Hardtseemafia | DEU | 0:45:50 | 0:46:02 | 53 | M50 | 65 |
| 8 | | 11 | Kramer Uwe | *Köln | DE | 0:48:23 | 0:48:32 | 85 | M50 | 62 |
| 9 | | 741 | Kruse Martin | BSG Stern | DE | 0:48:28 | 0:48:41 | 87 | M50 | 65 |
| 10 | | 306 | Loewer Ralf | Never give up | | 0:49:08 | 0:49:21 | 94 | M50 | 65 |
| 11 | | 905 | Paulus Frank | BSG-Stadt-Köln | DE | 0:49:41 | 0:50:02 | 102 | M50 | 65 |
| 12 | | 119 | Zöllig Uwe | *Köln | DE | 0:49:50 | 0:50:03 | 103 | M50 | 65 |
| 13 | | 736 | Berndt Ulrich | Rote Mauer | DE | 0:49:24 | 0:50:05 | 105 | M50 | 65 |
| 14 | | 1479 | Thieme Dieter | *Köln | DEU | 0:49:56 | 0:50:19 | 106 | M50 | 64 |
| 15 | | 357 | Rossenbach Ralf | *Köln | DE | 0:50:23 | 0:50:35 | 112 | M50 | 66 |
| 16 | | 1498 | Jähde Frank | *Bonn | DEU | 0:50:27 | 0:50:46 | 113 | M50 | 64 |
| 17 | | 58 | Ledertheil-Gerriets Ralf | *Langenfeld | DE | 0:50:18 | 0:50:47 | 114 | M50 | 65 |
| 18 | | 537 | Kresimon Georg | *Dormagen | DE | 0:51:09 | 0:51:15 | 123 | M50 | 64 |
| 19 | | 1122 | Eichler Michael | | | 0:51:20 | 0:51:34 | 128 | M50 | 64 |
| 20 | | 1021 | Ackermann Sebastian | Triathlon Nonstop Köln | DE | 0:51:36 | 0:51:54 | 134 | M50 | 66 |
| 21 | | 899 | Czech Volker | Pulheimer SC Triathlon | DE | 0:51:40 | 0:52:07 | 139 | M50 | 64 |
| 22 | | 383 | Löpki Dirk | *Köln | DE | 0:51:57 | 0:52:09 | 140 | M50 | 63 |
| 23 | | 243 | Hederich Achim | Lightequip | DE | 0:52:02 | 0:52:18 | 141 | M50 | 64 |
| 24 | | 1478 | Stöberl Ralf | Kappes Köpp | GER | 0:52:08 | 0:52:37 | 143 | M50 | 66 |
| 25 | | 1128 | Dürscheid Jürgen | | | 0:52:20 | 0:52:42 | 144 | M50 | 62 |
| 26 | | 1313 | Pallgen Michael | LVS Stommeln | DE | 0:52:33 | 0:52:49 | 146 | M50 | 64 |
| 27 | | 140 | Kronsbein Günter | *Köln | DE | 0:52:37 | 0:52:57 | 148 | M50 | 65 |
| 28 | | 764 | Gruneberg DR Ralf | BSG Köln | DE | 0:52:57 | 0:53:31 | 157 | M50 | 64 |
| 29 | | 1513 | Bastel Thomas | BSG Stadt Köln | GER | 0:54:07 | 0:54:41 | 173 | M50 | 63 |
| 30 | | 1119 | Neuhalfen Stephan | | | 0:54:41 | 0:55:16 | 181 | M50 | 66 |
| 31 | | 358 | Harperath Kristof | *Köln | DE | 0:55:09 | 0:55:40 | 186 | M50 | 66 |
| 32 | | 627 | Bahn Michael | Lauffreunde Vlatten-Köln | DE | 0:55:33 | 0:55:57 | 190 | M50 | 62 |
| 33 | | 614 | Pickhard Holger | Point One Runners | DE | 0:55:46 | 0:56:40 | 194 | M50 | 64 |
| 34 | | 123 | Leiders Peter | *Köln | DE | 0:58:53 | 0:59:50 | 221 | M50 | 65 |
| 35 | | 544 | Migge Ulrich | *Köln | DE | 1:00:28 | 1:01:19 | 227 | M50 | 62 |
| 36 | | 930 | Lipp Peter | *Köln | DE | 1:01:22 | 1:02:14 | 235 | M50 | 63 |
| 37 | | 1178 | Lübke Andreas | | | 1:08:31 | 1:09:07 | 248 | M50 | 65 |
| 38 | | 155 | Marklewitz Dirk | *Glesch | DE | 1:12:10 | 1:13:08 | 256 | M50 | 66 |

Männer**Altersklasse M55**

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------|-------------------------------|-----|---------|---------|----------|------|
| 1 | 901 | Dudley Richard | LG Donatus Erftstadt e.V. | GB | 0:41:34 | 0:41:36 | 21 M55 | 61 |
| 2 | 1340 | Schmalstieg Lutz | Laufmonster | | 0:43:46 | 0:44:07 | 37 M55 | 57 |
| 3 | 1461 | Dupont Jürgen | LTD Köln-Dellbrück | | 0:46:48 | 0:47:07 | 67 M55 | 60 |
| 4 | 1116 | Weber Robert | VAUDOISE JOGGING | | 0:47:45 | 0:47:57 | 79 M55 | 59 |
| 5 | 436 | Eckert Josef | memler.de | DE | 0:48:03 | 0:48:28 | 82 M55 | 58 |
| 6 | 1471 | Szelies Dieter | *Grevenbroich | DEU | 0:48:35 | 0:49:17 | 93 M55 | 60 |
| 7 | 135 | Kassubek Wolfgang | Fantastic Four | DE | 0:48:55 | 0:49:23 | 95 M55 | 61 |
| 8 | 1465 | Greven Alois | Campana Multisport | | 0:49:28 | 0:49:43 | 99 M55 | 61 |
| 9 | 670 | Rosso Mario | TUS | DE | 0:49:34 | 0:49:57 | 100 M55 | 60 |
| 10 | 1111 | Voll Harald | Diabetes Programm | DE | 0:51:14 | 0:51:32 | 127 M55 | 59 |
| 11 | 144 | Gaßmüller Dirk | Multisportsfriends Brühl e.V. | DE | 0:51:02 | 0:51:49 | 132 M55 | 61 |
| 12 | 137 | Göbgen Rolf | LT Schlickrutscher | DE | 0:51:07 | 0:51:54 | 135 M55 | 57 |
| 13 | 1472 | Köttgen Markus | *Köln | DEU | 0:53:31 | 0:54:09 | 165 M55 | 61 |
| 14 | 1300 | Demond Ralf | Der Weg ist das Ziel | | 0:53:51 | 0:54:15 | 166 M55 | 61 |
| 15 | 218 | Mehlem Rainer | SC West Köln | DE | 0:55:10 | 0:55:17 | 182 M55 | 60 |
| 16 | 47 | Reiche Hansjörg | *Köln | DE | 0:57:23 | 0:58:12 | 208 M55 | 60 |
| 17 | 469 | Wurda Werner | Diabetes Programm / Fort. | DE | 1:02:15 | 1:03:17 | 237 M55 | 60 |
| 18 | 813 | Rösgen Heribert | *Köln | DE | 1:04:49 | 1:05:25 | 242 M55 | 61 |
| 19 | 264 | Liebich Georg | Mickey Mouse | DE | 1:10:37 | 1:11:28 | 253 M55 | 59 |
| 20 | 499 | Seidel Jürgen | *Köln | DE | 1:11:19 | 1:11:39 | 254 M55 | 60 |

Altersklasse M60

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|--------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 1218 | Isbaner Wolfgang | TSV Bayer 04 Leverkusen | | 0:44:55 | 0:45:00 | 47 M60 | 54 |
| 2 | 1103 | Peikert Alexander | Brücker Lauffreunde | DE | 0:46:35 | 0:46:44 | 62 M60 | 56 |
| 3 | 1509 | Pniewski Bernd | Brücker Lauffreunde | GER | 0:46:46 | 0:46:51 | 65 M60 | 54 |
| 4 | 836 | Schmitz Helmut | Kempfen | DE | 0:48:25 | 0:48:30 | 84 M60 | 53 |
| 5 | 316 | Ripp Dieter | VTC Köln | DE | 0:52:17 | 0:52:33 | 142 M60 | 56 |
| 6 | 1412 | Effers Hans | TPSK Köln | | 0:52:34 | 0:52:59 | 150 M60 | 56 |
| 7 | 28 | Peters Jens | *Bonn | DE | 0:57:03 | 0:57:45 | 203 M60 | 52 |
| 8 | 89 | Maciej Werner | *Köln | DE | 0:57:36 | 0:58:18 | 210 M60 | 53 |
| 9 | 1176 | Schilling Wolfgang | | | 1:00:51 | 1:01:29 | 229 M60 | 52 |

Altersklasse M65

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------|----------------|-----|---------|---------|----------|------|
| 1 | 2516 | Fnger Kalle | BSG Stadt Köln | DE | 0:51:09 | 0:51:14 | 122 M65 | 47 |
| 2 | 554 | Hess Bernd | WDR-Aktiv | DE | 0:56:57 | 0:57:07 | 199 M65 | 51 |
| 3 | 1463 | Steil Wolfgang | | DEU | 1:00:16 | 1:00:28 | 224 M65 | 50 |

Altersklasse M70

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|---------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 835 | Conrad Jürgen | TSV Bayer Dormagen | DE | 0:49:40 | 0:49:58 | 101 M70 | 46 |
| 2 | 1477 | Trottenberg Wilhelm | Pingsheimer Rentnerband | | 1:03:42 | 1:04:17 | 240 M70 | 42 |

Altersklasse M75

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------|--------------------|-----|---------|---------|----------|------|
| 1 | 589 | Cyranka Siegfried | TTC Blau-Rot-Geyen | DE | 1:08:25 | 1:09:13 | 249 M75 | 38 |

Männer**Altersklasse MHK**

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------------------------|----------------------|-----|---------|---------|----------|------|
| 1 | 1342 | Singbeil Daniel | Bunert - Der Kölner | | 0:34:11 | 0:34:12 | 2 MHK | 89 |
| 2 | 1511 | Appelhaus Daniel | | GER | 0:36:51 | 0:36:52 | 3 MHK | 92 |
| 3 | 1 | Kaiser Thomas | Sebamed Running Team | DE | 0:40:57 | 0:41:00 | 17 MHK | 89 |
| 4 | 751 | Schick Markus | *Köln | DE | 0:42:20 | 0:42:23 | 24 MHK | 93 |
| 5 | 923 | Kaufmann Markus | SLC Solingen | DE | 0:42:30 | 0:42:33 | 28 MHK | 87 |
| 6 | 887 | Schäffer Moritz | *Köln | DE | 0:45:50 | 0:46:08 | 54 MHK | 88 |
| 7 | 1406 | Fiebert Marcel | | | 0:45:19 | 0:46:08 | 55 MHK | 96 |
| 8 | 719 | Gröner Niklas | *Köln | DE | 0:45:51 | 0:46:17 | 56 MHK | 96 |
| 9 | 1123 | Ahrens Daniel | | | 0:45:51 | 0:46:17 | 57 MHK | 89 |
| 10 | 1081 | Pack Hannes | fit.Koeln | DE | 0:46:33 | 0:46:34 | 60 MHK | 90 |
| 11 | 392 | Terbrüggen Tom | *Köln | DE | 0:47:18 | 0:47:35 | 71 MHK | 94 |
| 12 | 1515 | Setzer Sven | | GER | 0:48:13 | 0:48:30 | 83 MHK | 94 |
| 13 | 1469 | Orbach Kevin | Sparkasse Köln Bon | | 0:48:51 | 0:49:27 | 96 MHK | 89 |
| 14 | 765 | Budde Nils | *Köln | DE | 0:49:43 | 0:49:43 | 98 MHK | 91 |
| 15 | 393 | Jendryewski PROF | *Köln | DE | 0:50:33 | 0:50:52 | 115 MHK | 87 |
| 16 | 220 | Lux Malte | *Köln | DE | 0:50:45 | 0:51:03 | 117 MHK | 88 |
| 17 | 1121 | Eichler David | | | 0:51:48 | 0:52:02 | 136 MHK | 90 |
| 18 | 130 | Hirseler Felix | *Köln | DE | 0:51:21 | 0:52:06 | 138 MHK | 89 |
| 19 | 791 | Winters Laurin | *Frechen | DE | 0:52:14 | 0:52:47 | 145 MHK | 90 |
| 20 | 1948 | Kuske Tim | *Köln | DE | 0:52:48 | 0:53:06 | 152 MHK | 92 |
| 21 | 103 | Kleinekarhoff Johannes | Itting GmbH | DE | 0:53:03 | 0:53:14 | 154 MHK | 91 |
| 22 | 0 | unbekannt CF25016 | | | 0:54:23 | 0:55:01 | 178 MHK | |
| 23 | 713 | Glomb Lukas | *Köln | DE | 0:58:10 | 0:58:24 | 211 MHK | 92 |
| 24 | 1120 | Brückers Christian | | | 0:58:05 | 0:58:31 | 213 MHK | 95 |
| 25 | 1105 | Sedelmeier Anatol | *Köln | DE | 0:58:12 | 0:58:38 | 214 MHK | 96 |
| 26 | 0 | unbekannt CG48333 | | | 1:00:20 | 1:01:09 | 226 MHK | |
| 27 | 381 | Popovic Jan | *Köln | DE | 1:01:31 | 1:01:59 | 233 MHK | 87 |
| 28 | 619 | Weberskirch Karsten | *Viersen | DE | 1:04:59 | 1:05:46 | 243 MHK | 87 |
| 29 | 0 | unbekannt DY8MHK3 | | | 1:09:23 | 1:10:03 | 251 MHK | |
| 30 | 384 | Giesbrecht Bernhard | *Sankt Augustin | DE | 1:28:11 | 1:29:11 | 262 MHK | 90 |

Altersklasse MU18

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------------------|-------------|-----|---------|---------|----------|------|
| 1 | 2000 | Terbrüggen Henry | *Köln | DE | 0:47:18 | 0:47:35 | 72 MU1 | 00 |
| 2 | 1133 | Schmidt Leon | Schüler | | 0:48:50 | 0:48:59 | 90 MU1 | 01 |
| 3 | 912 | Nieswandt Luk | *Pulheim | DE | 0:52:52 | 0:53:00 | 151 MU1 | 02 |
| 4 | 1034 | Morgenstern Tim | *Köln | DE | 0:53:46 | 0:54:03 | 162 MU1 | 01 |
| 5 | 520 | Simons Sven | *Pulheim | DE | 0:53:46 | 0:54:03 | 163 MU1 | 01 |
| 6 | 1230 | Ritterbusch Nico | | | 0:54:38 | 0:55:18 | 183 MU1 | 03 |

Altersklasse MU20

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|--------------|-------------|-----|---------|---------|----------|------|
| 1 | 671 | Rosso Martin | TUS | DE | 0:45:44 | 0:46:02 | 52 MU2 | 97 |

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Altersklasse W30

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|---------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 1336 | Wippich Sara | Team Erdinger Alkoholfrei | | 0:46:45 | 0:46:56 | 4 W30 | 84 |
| 2 | 1015 | Meyer Monique | *Aachen | DE | 0:48:49 | 0:49:00 | 10 W30 | 86 |
| 3 | 307 | De Vries Antje | *Köln | DE | 0:49:30 | 0:49:37 | 11 W30 | 84 |
| 4 | 271 | Schneider Lara | Starke Freunde | DE | 0:50:18 | 0:50:32 | 14 W30 | 86 |
| 5 | 876 | Herbers-Jähmig Anja | *Köln | DE | 0:51:29 | 0:51:40 | 17 W30 | 85 |
| 6 | 1019 | Lange Simone | *Aachen | DE | 0:52:02 | 0:52:12 | 19 W30 | 85 |
| 7 | 621 | Ligocki Sabine | Run4Pänz | DE | 0:52:25 | 0:52:54 | 24 W30 | 86 |
| 8 | 1341 | Müller Ute | | | 0:53:19 | 0:53:29 | 28 W30 | 82 |
| 9 | 1346 | Kuschel Katrin | | | 0:54:30 | 0:55:01 | 34 W30 | 85 |
| 10 | 1129 | Thome Valentina | Laufverein Thessaloniki | | 0:54:30 | 0:55:01 | 35 W30 | 85 |
| 11 | 1345 | Stephan Hannah | | | 0:55:58 | 0:56:23 | 44 W30 | 85 |
| 12 | 1456 | Mann Carolin | | | 0:57:46 | 0:58:26 | 56 W30 | 84 |
| 13 | 1124 | Schmidt Karina | | | 0:59:06 | 0:59:15 | 61 W30 | 86 |
| 14 | 1818 | Henning Linn | RWE Power | DE | 0:58:49 | 0:59:33 | 66 W30 | 85 |
| 15 | 432 | Borth Maraike | *Düsseldorf | DE | 0:58:50 | 0:59:43 | 68 W30 | 86 |
| 16 | 192 | Weyer-Lichy Juliane | *Köln | DE | 1:01:12 | 1:01:56 | 77 W30 | 83 |
| 17 | 1517 | Velcio Bianca | | GER | 1:03:44 | 1:04:07 | 88 W30 | 83 |
| 18 | 292 | Stadie Katharina | *Köln | DE | 1:04:59 | 1:05:52 | 92 W30 | 85 |
| 19 | 291 | Heuing Katharina | *Köln | DE | 1:04:59 | 1:05:52 | 93 W30 | 86 |
| 20 | 109 | Buer Frauke | Die Rennschnecken | DE | 1:05:56 | 1:06:37 | 99 W30 | 85 |
| 21 | 925 | Erichs Kathrin | *Bonn | DE | 1:09:30 | 1:10:14 | 114 W30 | 82 |
| 22 | 1114 | Beller Lisa | | | 1:11:33 | 1:12:29 | 119 W30 | 86 |

Altersklasse W35

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 920 | Riese Insa | *Köln | DE | 0:48:01 | 0:48:04 | 6 W35 | 79 |
| 2 | 1343 | Rombey Nina | Schüßler-Plan-RUN-ING | | 0:48:32 | 0:48:36 | 8 W35 | 80 |
| 3 | 594 | Felter Inga | Albis Laufftreff | DE | 0:54:00 | 0:54:24 | 29 W35 | 77 |
| 4 | 1110 | Schmidtlein Anna | | | 0:54:05 | 0:54:29 | 30 W35 | 80 |
| 5 | 746 | Thelen Sylvia | *Köln | DE | 0:54:20 | 0:54:42 | 31 W35 | 78 |
| 6 | 848 | Grabe Melanie | Suzis Rennstall | DE | 0:54:56 | 0:55:04 | 36 W35 | 78 |
| 7 | 467 | Gardemann Nina | *Köln | DE | 0:56:40 | 0:57:15 | 49 W35 | 80 |
| 8 | 1470 | Ebeling Julia | ASV Laufftreff | | 0:57:00 | 0:57:36 | 51 W35 | 77 |
| 9 | 211 | Engels Melanie | *Köln | DE | 0:57:02 | 0:57:45 | 52 W35 | 81 |
| 10 | 849 | Schwarz Annika | *Frechen | DE | 0:57:43 | 0:57:58 | 54 W35 | 79 |
| 11 | 122 | Hilger Simone | *Köln | DE | 0:59:52 | 1:00:30 | 69 W35 | 81 |
| 12 | 1220 | Pieper Doris | | | 1:02:56 | 1:03:35 | 85 W35 | 78 |
| 13 | 1311 | Sonneborn Melanie | Kaiserswerther Renntauben | DE | 1:07:20 | 1:07:24 | 106 W35 | 77 |
| 14 | 1127 | Haffke Anne | TriCologne | | 1:06:50 | 1:07:48 | 109 W35 | 81 |
| 15 | 110 | Lohmar Sabine | Die Rennschnecken | DE | 1:09:23 | 1:10:03 | 113 W35 | 77 |

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Altersklasse W40

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 359 | Daniels Anke | Kölner Turnerschaft | DE | 0:51:31 | 0:51:37 | 16 W40 | 74 |
| 2 | 186 | Fröhling Kolinda | Verhaagen | NL | 0:54:15 | 0:54:56 | 32 W40 | 75 |
| 3 | 553 | Träger-Neumann Nicole | TV-Bretten | DE | 0:55:51 | 0:56:01 | 41 W40 | 72 |
| 4 | 435 | Pfahlbusch Elfi | Run of Colours Promoteam | DE | 0:57:11 | 0:57:19 | 50 W40 | 72 |
| 5 | 125 | Thieler Nicole | *Köln | DE | 0:57:03 | 0:57:58 | 53 W40 | 76 |
| 6 | 917 | Montag Silke | *Köln | DE | 0:57:34 | 0:58:11 | 55 W40 | 73 |
| 7 | 769 | Birnbach Ulrike | *Köln | DE | 0:58:12 | 0:58:28 | 57 W40 | 76 |
| 8 | 129 | Gössl Susanne | *Köln | DE | 0:57:52 | 0:58:34 | 59 W40 | 75 |
| 9 | 907 | Suilmann Doris | *Köln | DE | 0:58:39 | 0:59:19 | 64 W40 | 72 |
| 10 | 892 | Simon Barbara | *Köln | DE | 0:58:43 | 0:59:21 | 65 W40 | 76 |
| 11 | 1109 | Kliem Kristina | | | 0:59:01 | 0:59:34 | 67 W40 | 74 |
| 12 | 525 | Pallgen Claudia | LV Stommeln | DE | 1:00:21 | 1:00:37 | 71 W40 | 73 |
| 13 | 244 | Hederich Khatereh | Ligthequip | DE | 1:02:43 | 1:03:00 | 82 W40 | 76 |
| 14 | 286 | Linden Daniela | *Köln | DE | 1:03:33 | 1:04:19 | 89 W40 | 72 |
| 15 | 1132 | Niessen Sarah | | | 1:05:15 | 1:05:55 | 94 W40 | 73 |
| 16 | 372 | Babenerd Jutta | *Koeln | DE | 1:05:20 | 1:06:08 | 96 W40 | 72 |
| 17 | 1223 | Basantny Yvonne | | | 1:05:27 | 1:06:27 | 98 W40 | 72 |
| 18 | 488 | Erdenberger Sandra | Laufschabe & Friends | DE | 1:06:29 | 1:06:48 | 101 W40 | 76 |
| 19 | 446 | Manthey Nicole | Diakonie Runners | DE | 1:07:12 | 1:07:25 | 107 W40 | 76 |
| 20 | 56 | Schmitz Sandra | Sportshop-Triathlon Team | DE | 1:06:50 | 1:07:47 | 108 W40 | 76 |
| 21 | 82 | Knoll Birgit | *Köln | DE | 1:17:26 | 1:17:58 | 122 W40 | 75 |

Altersklasse W45

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 422 | Damaschke Regina | RRRUN | DE | 0:42:44 | 0:42:56 | 2 W45 | 69 |
| 2 | 1017 | Meibeck Anja | Laufmonster | DE | 0:49:50 | 0:50:17 | 13 W45 | 71 |
| 3 | 417 | Engel Petra | BSG Stadt Köln | DE | 0:51:10 | 0:51:17 | 15 W45 | 67 |
| 4 | 1329 | Würminghausen Susanna | | | 0:51:25 | 0:52:16 | 20 W45 | 67 |
| 5 | 931 | Maar Brigitte | BSG Stadt Köln | DE | 0:53:14 | 0:53:21 | 27 W45 | 69 |
| 6 | 1229 | Ritterbusch Nicole | | | 0:54:44 | 0:55:24 | 38 W45 | 69 |
| 7 | 1364 | Thoridt Kirsten | Lauffeunde Klatten-Köln | | 0:56:01 | 0:56:10 | 43 W45 | 69 |
| 8 | 183 | Drees Jutta | *Köln | DE | 1:00:01 | 1:00:44 | 72 W45 | 67 |
| 9 | 434 | Troescher Gabriele | memler.de | DE | 1:00:14 | 1:01:08 | 73 W45 | 68 |
| 10 | 277 | Zurheiden Sabine | *Bedburg | DE | 1:00:35 | 1:01:14 | 74 W45 | 67 |
| 11 | 639 | Bell Katrin | *Hürth | DE | 1:01:02 | 1:01:49 | 75 W45 | 70 |
| 12 | 156 | Schäfer Henrike | *Köln | DE | 1:01:02 | 1:01:49 | 76 W45 | 70 |
| 13 | 673 | Engel Sonja | *Köln | DE | 1:02:32 | 1:03:20 | 83 W45 | 71 |
| 14 | 112 | Stecken Karoline | Die Rennschnecken | DE | 1:03:13 | 1:03:54 | 87 W45 | 67 |
| 15 | 151 | Taxhet Martina | *Köln | DE | 1:03:59 | 1:04:44 | 91 W45 | 69 |
| 16 | 88 | Stockebrand Barbara | *Köln | DE | 1:06:13 | 1:07:11 | 103 W45 | 70 |
| 17 | 22 | Moritzky Monika | *Köln | DE | 1:11:30 | 1:12:01 | 118 W45 | 67 |

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Altersklasse W50

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------|-------------------|-----|---------|---------|----------|------|
| 1 | 1098 | Ahrens Heike | BSG Stadt Köln | DE | 0:48:35 | 0:48:40 | 9 W50 | 65 |
| 2 | 391 | Eschbach Rita | rrrun | DE | 0:51:36 | 0:51:49 | 18 W50 | 64 |
| 3 | 317 | Ripp Bärbel | VTC Köln | DE | 0:52:17 | 0:52:33 | 22 W50 | 65 |
| 4 | 904 | Ahrens Martina | *Pulheim | DE | 0:54:58 | 0:55:26 | 39 W50 | 64 |
| 5 | 498 | Janssen Sabina | *Köln | DE | 0:55:55 | 0:56:04 | 42 W50 | 65 |
| 6 | 794 | Bardtke Ute | BSG | DE | 0:56:18 | 0:56:52 | 45 W50 | 66 |
| 7 | 118 | Jung Beate | *Hennef | DE | 0:56:43 | 0:57:14 | 48 W50 | 64 |
| 8 | 850 | Schmitz Britta | Köln läuft | DE | 0:58:34 | 0:59:16 | 63 W50 | 63 |
| 9 | 46 | Schwender Kerstin | *Köln | DE | 1:00:02 | 1:00:30 | 70 W50 | 66 |
| 10 | 642 | Derichs Ursula | *Köln | DE | 1:01:21 | 1:02:12 | 80 W50 | 64 |
| 11 | 1077 | Herschel Maria | *Köln | DE | 1:01:34 | 1:02:13 | 81 W50 | 64 |
| 12 | 1240 | Ernestine Prader | | | 1:05:08 | 1:06:00 | 95 W50 | 65 |
| 13 | 174 | Drees Sabine | *Köln | DE | 1:06:34 | 1:07:18 | 104 W50 | 64 |
| 14 | 453 | Feigl Gaby | Diakonie Runners | DE | 1:07:10 | 1:07:23 | 105 W50 | 64 |
| 15 | 1215 | Richmann Margret | | | 1:07:36 | 1:08:31 | 110 W50 | 62 |
| 16 | 182 | Görgens Martina | Die Rennschnecken | DE | 1:19:51 | 1:20:31 | 124 W50 | 65 |

Altersklasse W55

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|-----------------------------|-----|---------|---------|----------|------|
| 1 | 731 | Motter Heidi | LG Stolberg | DE | 0:52:27 | 0:52:35 | 23 W55 | 61 |
| 2 | 1460 | Retzlaff Liane | *Köln | GER | 0:58:01 | 0:58:33 | 58 W55 | 57 |
| 3 | 1228 | Kies Bernadeta | Alois Louff | | 0:58:49 | 0:59:12 | 60 W55 | 59 |
| 4 | 1376 | Stula Rosel | Pulhgimer SC | | 1:01:39 | 1:02:08 | 79 W55 | 58 |
| 5 | 1177 | Schilling Birgit | | | 1:03:10 | 1:03:47 | 86 W55 | 60 |
| 6 | 143 | Gaßmüller Marlene | Multisportsfriends Brühl eV | DE | 1:03:50 | 1:04:39 | 90 W55 | 60 |
| 7 | 412 | Sommerfeld Elisabeth | TuS Brauweiler | DE | 1:10:56 | 1:11:13 | 115 W55 | 58 |
| 8 | 265 | Krichel Annette | Mickey Mouse | DE | 1:10:37 | 1:11:27 | 117 W55 | 59 |

Altersklasse W60

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------|-----|---------|---------|----------|------|
| 1 | 936 | Ayche Karin | Laufmariechen Köln | DE | 1:08:26 | 1:08:59 | 111 W60 | 54 |
| 2 | 581 | Spachholz Maria Luise | TUS Brauweiler | DE | 1:08:41 | 1:09:24 | 112 W60 | 56 |
| 3 | 939 | Rohrmoser Eva-Maria | Laufmariechen Köln | DE | 1:18:04 | 1:18:38 | 123 W60 | 54 |

Altersklasse W70

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------|-------------|-----|---------|---------|----------|------|
| 1 | 1080 | Wilczek Eva | IAC Düren | DE | 1:14:36 | 1:15:06 | 121 W70 | 46 |

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Altersklasse WHK

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------------|---------------------|-----|---------|---------|----------|------|
| 1 | 884 | Schön Meike | Bunert - Der Kölner | DE | 0:37:49 | 0:37:51 | 1 WHK | 89 |
| 2 | 885 | Lüchtfeld Alice | Bunert - Der Kölner | DE | 0:43:15 | 0:43:20 | 3 WHK | 92 |
| 3 | 267 | Breitkreutz Stephanie | *Oberhausen | DE | 0:46:44 | 0:47:01 | 5 WHK | 95 |
| 4 | 1514 | Kranz Dunja | | GER | 0:48:12 | 0:48:30 | 7 WHK | 95 |
| 5 | 1473 | Hohlbein Maika | | | 0:49:43 | 0:49:53 | 12 WHK | 89 |
| 6 | 252 | Swodenk Antonia | *Düsseldorf | DE | 0:52:18 | 0:52:29 | 21 WHK | 96 |
| 7 | 429 | Lo Brutto Giulia | *Köln | DE | 0:52:39 | 0:52:56 | 25 WHK | 91 |
| 8 | 1468 | Wiebe Birte | | | 0:52:49 | 0:53:06 | 26 WHK | 91 |
| 9 | 628 | Kempf Kira | *Köln | DE | 0:54:33 | 0:54:57 | 33 WHK | 89 |
| 10 | 1512 | Rückborn Marie | | GER | 0:55:02 | 0:55:05 | 37 WHK | 93 |
| 11 | 620 | Nauhauser Jenny | *Viersen | DE | 0:54:57 | 0:55:45 | 40 WHK | 90 |
| 12 | 1079 | Jolie Marieke | fit-Koeln | BE | 0:57:11 | 0:57:13 | 46 WHK | 91 |
| 13 | 80 | Wegele Melanie | *Köln | DE | 0:56:21 | 0:57:13 | 47 WHK | 88 |
| 14 | 1125 | Klein-Caruso Sabrina | | | 0:59:06 | 0:59:15 | 62 WHK | 90 |
| 15 | 79 | Klaus Hanna | *Köln | DE | 1:01:09 | 1:02:01 | 78 WHK | 88 |
| 16 | 27 | Lieblang Anni | *Hürth | DE | 1:03:03 | 1:03:25 | 84 WHK | 88 |
| 17 | 760 | Eichler Nele | SPD | DE | 1:06:00 | 1:06:14 | 97 WHK | 93 |
| 18 | 102 | Kleinekarhoff Franziska | Itting GmbH | DE | 1:06:33 | 1:06:45 | 100 WHK | 93 |
| 19 | 413 | Bansberg Almud | *Pulheim | DE | 1:10:56 | 1:11:13 | 116 WHK | 96 |
| 20 | 331 | Kübbeler Anja | *Bornheim | DE | 1:12:32 | 1:13:19 | 120 WHK | 91 |

Altersklasse WU18

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------------------|-------------|-----|---------|---------|----------|------|
| 1 | 171 | Massenberg Laura | *Köln | DE | 1:05:58 | 1:06:51 | 102 WU1 | 99 |