

22. Mondorfer REWE-Weihnachtslauf 27. November 2016

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|---------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 1 | 6 | Schreiner Christian | LAZ Puma Rhein-Sieg | 0:32:41 | 0:32:42 | 1986 | M30 | 1 | 3:16 min/km |
| 2 | 14 | Wagner Aaron | Uni Bonn | 0:35:31 | 0:35:33 | 1992 | M20 | 1 | 3:33 min/km |
| 3 | 522 | Pinter Felix | VfL Marburg | 0:35:32 | 0:35:33 | 1986 | M30 | 2 | 3:33 min/km |
| 4 | 1678 | Hesemann Luis | SSF Bonn Team Artegic | 0:35:40 | 0:35:41 | 1963 | M50 | 1 | 3:34 min/km |
| 5 | 1641 | Nolte Simon | SSF Bonn Team Artegic | 0:35:48 | 0:35:49 | 1998 | MU20 | 1 | 3:35 min/km |
| 6 | 586 | Deune Nils | SSF Bonn Team Artegic | 0:36:00 | 0:36:01 | 1984 | M30 | 3 | 3:36 min/km |
| 7 | 482 | Rexin Lewin | SSF Bonn Team Artegic | 0:36:48 | 0:36:49 | 1995 | M20 | 2 | 3:41 min/km |
| 8 | 1638 | Kugler Sebastian | PSV Bonn Triathlon | 0:36:56 | 0:36:58 | 1978 | M35 | 1 | 3:42 min/km |
| 9 | 67 | Czambor Stefan | KKP Bergheim | 0:36:57 | 0:36:58 | 1987 | M20 | 3 | 3:42 min/km |
| 10 | 498 | Pampus Ralf | Team Reifenhäuser | 0:37:07 | 0:37:09 | 1983 | M30 | 4 | 3:43 min/km |
| 11 | 251 | Wajda Slawek | Sieg REHA | 0:37:39 | 0:37:43 | 1980 | M35 | 2 | 3:46 min/km |
| 12 | 7 | Körbs Joe | Runners Point | 0:37:56 | 0:37:58 | 1968 | M45 | 1 | 3:48 min/km |
| 13 | 368 | Schneider Marco | Sportshop-Triathlon-Team | 0:38:00 | 0:38:03 | 1978 | M35 | 3 | 3:48 min/km |
| 14 | 1649 | Nyhuis Elmar | OSC Damme | 0:38:41 | 0:38:41 | 1970 | M45 | 2 | 3:52 min/km |
| 15 | 1676 | Arenz Jens | Team C | 0:38:47 | 0:38:50 | 1969 | M45 | 3 | 3:53 min/km |
| 16 | 1666 | Hahn Philippe | SSF Bonn Jugend | 0:39:04 | 0:39:06 | 2000 | MU18 | 1 | 3:54 min/km |
| 17 | 506 | Steger Rene | Team Reifenhäuser | 0:39:06 | 0:39:09 | 1975 | M40 | 1 | 3:55 min/km |
| 18 | 478 | Seidemann Jakob | SSF Bonn Triathlon Jugend | 0:39:14 | 0:39:15 | 2001 | MU16 | 1 | 3:55 min/km |
| 19 | 122 | Dresen Florian | *Neunkirchen-Seelscheid | 0:39:17 | 0:39:33 | 1997 | MU20 | 2 | 3:56 min/km |
| 20 | 377 | Frings Eule | Selbstläufer SV Altenahr | 0:39:19 | 0:39:21 | 1959 | M55 | 1 | 3:56 min/km |
| 21 | 284 | Boehning Christian | Sparta Beuel | 0:39:30 | 0:39:31 | 1985 | M30 | 5 | 3:57 min/km |
| 22 | 20 | Theißen Michael | Lauftreff Hersel | 0:39:30 | 0:39:33 | 1959 | M55 | 2 | 3:57 min/km |
| 23 | 1621 | Lingen Kai | SSF Bonn Triathlon | 0:39:32 | 0:39:35 | 1999 | MU18 | 2 | 3:57 min/km |
| 24 | 1643 | Kuhl Alexander | PSV Bonn Triathlon | 0:39:37 | 0:39:42 | 1981 | M35 | 4 | 3:58 min/km |
| 25 | 1542 | Starke Matthias | Deutsche Post | 0:40:01 | 0:40:09 | 1970 | M45 | 4 | 4:00 min/km |
| 26 | 540 | Helding Alexander | WSV Blau-Weiß Rheidt | 0:40:02 | 0:40:03 | 1997 | MU20 | 3 | 4:00 min/km |
| 27 | 1543 | Crämer Stephan | Die Siebengebirgsathleten | 0:40:06 | 0:40:09 | 1968 | M45 | 5 | 4:01 min/km |
| 28 | 532 | Wettermann Claas | Sturmvogel Bonn | 0:40:11 | 0:40:14 | 1968 | M45 | 6 | 4:01 min/km |
| 29 | 413 | Remmers Hillard | FC Deutsche Post | 0:40:23 | 0:40:25 | 1984 | M30 | 6 | 4:02 min/km |
| 30 | 584 | Kozak Jan | AC Kozak | 0:40:27 | 0:40:41 | 1989 | M20 | 4 | 4:03 min/km |
| 31 | 374 | Van de Loo Robin | SSF Bonn Triathlon | 0:40:41 | 0:40:44 | 1992 | M20 | 5 | 4:04 min/km |
| 32 | 1597 | Stuer Roger | *Ulm | 0:40:51 | 0:40:57 | 1979 | M35 | 5 | 4:05 min/km |
| 33 | 320 | Bürgers Leon | *Bonn | 0:41:00 | 0:41:12 | 2000 | MU18 | 3 | 4:06 min/km |
| 34 | 1656 | Schneider Florian | SSF Bonn Triathlon | 0:41:04 | 0:41:08 | 2000 | MU18 | 4 | 4:06 min/km |
| 35 | 1626 | Lohse Maik | Erdinger Alkoholfrei | 0:41:15 | 0:41:21 | 1982 | M30 | 7 | 4:08 min/km |
| 36 | 412 | Dreßen Horst | FC Deutsche Post | 0:41:17 | 0:41:33 | 1970 | M45 | 7 | 4:08 min/km |
| 37 | 458 | Gertsch Stephen | *Bonn | 0:41:19 | 0:41:48 | 1981 | M35 | 6 | 4:08 min/km |
| 38 | 451 | Friedrich Lars | Evonik | 0:41:41 | 0:42:26 | 1987 | M20 | 6 | 4:10 min/km |
| 39 | 105 | Güne Dr. Ansgar | PSV Bonn Triathlon | 0:41:43 | 0:41:50 | 1974 | M40 | 2 | 4:10 min/km |
| 40 | 587 | Erdrich Andreas | | 0:41:51 | 0:41:55 | 1981 | M35 | 7 | 4:11 min/km |
| 41 | 1625 | Görner Christoph | Runners Point | 0:41:58 | 0:42:03 | 1982 | M30 | 8 | 4:12 min/km |
| 42 | 258 | Engels Christian | *Niederkassel | 0:41:58 | 0:42:25 | 1989 | M20 | 7 | 4:12 min/km |
| 43 | 1657 | Schneider Udo | 76 Laufteam | 0:42:07 | 0:42:10 | 1966 | M50 | 2 | 4:13 min/km |
| 44 | 1635 | Monreal Markus | PSV Brühl Triathlon Team | 0:42:12 | 0:42:21 | 1978 | M35 | 8 | 4:13 min/km |
| 45 | 1667 | Greulich Bernd | Bad Breisig | 0:42:14 | 0:42:19 | 1965 | M50 | 3 | 4:13 min/km |
| 46 | 37 | Mainzer Simon | *Königsinter | 0:42:14 | 0:42:17 | 1998 | MU20 | 4 | 4:13 min/km |
| 47 | 1556 | Brors Stefan | Skiclub | 0:42:16 | 0:42:22 | 1971 | M45 | 8 | 4:14 min/km |
| 48 | 302 | Ahrens Christian | PSV Bonn Triathlon | 0:42:20 | 0:42:26 | 1976 | M40 | 3 | 4:14 min/km |
| 49 | 188 | Flasse Denis | Selbstläufer Altenahr | 0:42:20 | 0:42:24 | 1996 | M20 | 8 | 4:14 min/km |
| 50 | 358 | Kohnen Manfred | Skiclub Troisdorf-Sieglar | 0:42:23 | 0:42:28 | 1970 | M45 | 9 | 4:14 min/km |
| 51 | 533 | Tesch Norbert | LLG St. Augustin | 0:42:26 | 0:42:29 | 1959 | M55 | 3 | 4:15 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|---------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 52 | 547 | Neu Wolfram | Volle_Pulle | 0:42:27 | 0:42:31 | 1982 | M30 | 9 | 4:15 min/km |
| 53 | 240 | Martin Johannes | Kopernikus-Gymnasium | 0:42:30 | 0:42:48 | 1976 | M40 | 4 | 4:15 min/km |
| 54 | 294 | Günther Thomas | SSF Bonn | 0:42:35 | 0:42:38 | 1974 | M40 | 5 | 4:16 min/km |
| 55 | 12 | Matas Nobis José | *Bonn | 0:42:45 | 0:42:50 | 1967 | M45 | 10 | 4:17 min/km |
| 56 | 566 | Auracher Tim | | 0:42:56 | 0:43:04 | 1974 | M40 | 6 | 4:18 min/km |
| 57 | 543 | Neis Markus | *Köln | 0:43:00 | 0:43:13 | 1967 | M45 | 11 | 4:18 min/km |
| 58 | 536 | Kucher Olaf | LLG St. Augustin | 0:43:06 | 0:43:11 | 1963 | M50 | 4 | 4:19 min/km |
| 59 | 515 | Gerhardus Martin | *Aachen | 0:43:07 | 0:43:18 | 1994 | M20 | 9 | 4:19 min/km |
| 60 | 594 | De Palma Michele | RV Blitz Spich | 0:43:09 | 0:43:10 | 1969 | M45 | 12 | 4:19 min/km |
| 61 | 266 | Altkemper Christian | Kopernikus-Gymnasium | 0:43:18 | 0:43:38 | 1982 | M30 | 10 | 4:20 min/km |
| 62 | 229 | Müller Ulrich | Ulis Laufschnle | 0:43:20 | 0:43:25 | 1980 | M35 | 9 | 4:20 min/km |
| 63 | 220 | Schulte Denis | OGS Mondorf | 0:43:22 | 0:43:25 | 1983 | M30 | 11 | 4:20 min/km |
| 64 | 1623 | Klinkert Roman | | 0:43:34 | 0:43:55 | 1965 | M50 | 5 | 4:21 min/km |
| 65 | 534 | Reinisch Frank | LLG St. Augustin | 0:43:35 | 0:43:39 | 1958 | M55 | 4 | 4:22 min/km |
| 66 | 217 | Jochim TJ | St Augustin runners | 0:43:45 | 0:43:47 | 1975 | M40 | 7 | 4:23 min/km |
| 67 | 383 | Kletschke Lucas | KKB | 0:43:46 | 0:44:25 | 1965 | M50 | 6 | 4:23 min/km |
| 68 | 1679 | Plachta Detlef | *Hennef | 0:44:01 | 0:44:12 | 1968 | M45 | 13 | 4:24 min/km |
| 69 | 345 | Hink Peter | *Troisdorf | 0:44:08 | 0:44:16 | 1978 | M35 | 10 | 4:25 min/km |
| 70 | 322 | Klein Thorsten | *Mondorf | 0:44:08 | 0:44:18 | 1975 | M40 | 8 | 4:25 min/km |
| 71 | 560 | Grosskopf Christoph | SSF Bonn Triathlon | 0:44:11 | 0:44:15 | 1979 | M35 | 11 | 4:25 min/km |
| 72 | 363 | Dreesbach Herbert | Skiclub Sieglar | 0:44:14 | 0:44:19 | 1968 | M45 | 14 | 4:25 min/km |
| 73 | 585 | Grassmann Henrieke | SSF Bonn Team Artegic | 0:44:16 | 0:44:28 | 1988 | M20 | 10 | 4:26 min/km |
| 74 | 104 | Vilain Stephan | SpVgg Lülisdorf-Ranzel | 0:44:16 | 0:44:24 | 1970 | M45 | 15 | 4:26 min/km |
| 75 | 527 | Stein Christian | Team Drei-Brücken-Lauf | 0:44:17 | 0:44:32 | 1982 | M30 | 12 | 4:26 min/km |
| 76 | 1599 | Sprenker Ulrich | | 0:44:27 | 0:44:33 | 1959 | M55 | 5 | 4:27 min/km |
| 77 | 10 | Pusdrowski Thorsten | LT Aegidienberg | 0:44:28 | 0:44:33 | 1969 | M45 | 16 | 4:27 min/km |
| 78 | 398 | Prass Thomas | FC Deutsche Post | 0:44:41 | 0:45:13 | 1971 | M45 | 17 | 4:28 min/km |
| 79 | 42 | Bodes Theo | Team Erdinger Alkoholfrei | 0:44:46 | 0:44:52 | 1959 | M55 | 6 | 4:29 min/km |
| 80 | 204 | Arp Joachim | Lauftreff Hersel | 0:44:51 | 0:44:58 | 1983 | M30 | 13 | 4:29 min/km |
| 81 | 448 | De Pasca Sascha | Evonik | 0:44:52 | 0:45:01 | 1972 | M40 | 9 | 4:29 min/km |
| 82 | 1677 | Gerstner Jean-Marc | Team C | 0:44:58 | 0:45:04 | 1978 | M35 | 12 | 4:30 min/km |
| 83 | 1674 | Hausen Alexander | Lauftreff Hersel | 0:44:59 | 0:45:07 | 1964 | M50 | 7 | 4:30 min/km |
| 84 | 1662 | Feddersen Egbert | LT Venusberg | 0:45:06 | 0:45:10 | 1956 | M60 | 1 | 4:31 min/km |
| 85 | 301 | Marciano Ely | *Bonn | 0:45:11 | 0:45:24 | 1998 | MU20 | 5 | 4:31 min/km |
| 86 | 1634 | Sauer Jochen | PSV Brühl Triathlon Team | 0:45:13 | 0:45:28 | 1965 | M50 | 8 | 4:31 min/km |
| 87 | 238 | Zinndorf Kim | *Troisdorf | 0:45:14 | 0:45:35 | 1987 | M20 | 11 | 4:31 min/km |
| 88 | 298 | Zinndof Bernhard | Team Erdinger Alkoholfrei | 0:45:18 | 0:45:39 | 1974 | M40 | 10 | 4:32 min/km |
| 89 | 102 | Matschull Frank | für meine Jungs | 0:45:21 | 0:45:28 | 1967 | M45 | 18 | 4:32 min/km |
| 90 | 444 | Odenthal Rene | Evonik | 0:45:28 | 0:45:38 | 1992 | M20 | 12 | 4:33 min/km |
| 91 | 1663 | Schmitz Horst | SV 47 Mutscheid | 0:45:28 | 0:45:37 | 1962 | M50 | 9 | 4:33 min/km |
| 92 | 502 | Geus Hans-Georg | Team Reifenhäuser | 0:45:31 | 0:45:37 | 1963 | M50 | 10 | 4:33 min/km |
| 93 | 271 | Heuer Sebastian | Kopernikus-Gymnasium | 0:45:35 | 0:45:54 | 1985 | M30 | 14 | 4:34 min/km |
| 94 | 336 | Kowal Andreas | Kreissparkasse Köln | 0:45:47 | 0:45:51 | 1971 | M45 | 19 | 4:35 min/km |
| 95 | 1661 | Schmitz Walter | SV 47 Mutscheid | 0:45:48 | 0:46:00 | 1964 | M50 | 11 | 4:35 min/km |
| 96 | 396 | Eichner Christoph | FC Deutsche Post | 0:45:48 | 0:46:01 | 1968 | M45 | 20 | 4:35 min/km |
| 97 | 605 | Förster Dirk | VCS Köln | 0:45:59 | 0:46:08 | 1973 | M40 | 11 | 4:36 min/km |
| 98 | 287 | Kuck Rainer | *Sankt Augustin | 0:46:00 | 0:46:04 | 1964 | M50 | 12 | 4:36 min/km |
| 99 | 496 | Wilkens Robert | FC Keldenich | 0:46:01 | 0:46:06 | 1964 | M50 | 13 | 4:36 min/km |
| 100 | 530 | Reintzsch Ingo | LAZ Puma Reihn Sieg | 0:46:08 | 0:46:16 | 1977 | M35 | 13 | 4:37 min/km |
| 101 | 1673 | Orth Günter | Lauftreff Hersel | 0:46:08 | 0:46:22 | 1963 | M50 | 14 | 4:37 min/km |
| 102 | 94 | Dietzler Elmar | 1. FC Spich | 0:46:10 | 0:46:20 | 1965 | M50 | 15 | 4:37 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 103 | 230 | Ortega Juan | Team itelligence | 0:46:14 | 0:46:28 | 1975 | M40 | 12 | 4:37 min/km |
| 104 | 146 | Niefanger Frank | Lauftreff Hersel | 0:46:17 | 0:46:31 | 1959 | M55 | 7 | 4:38 min/km |
| 105 | 1128 | Antonio Luis | *Bonn | 0:46:37 | 0:46:54 | 1977 | M35 | 14 | 4:40 min/km |
| 106 | 211 | Straub Peter | *Wachtberg | 0:46:39 | 0:46:43 | 1975 | M40 | 13 | 4:40 min/km |
| 107 | 356 | Diblik Jens | FC Keldenich | 0:46:39 | 0:46:44 | 1987 | M20 | 13 | 4:40 min/km |
| 108 | 590 | Alder Benedikt | | 0:46:46 | 0:46:55 | 1997 | MU20 | 6 | 4:41 min/km |
| 109 | 476 | Hoang Anh-Tuan | TGE Runners Bonn | 0:46:47 | 0:47:05 | 1965 | M50 | 16 | 4:41 min/km |
| 110 | 604 | Langer Michael | KGN | 0:46:58 | 0:47:10 | 1966 | M50 | 17 | 4:42 min/km |
| 111 | 556 | Ritz Leon | | 0:47:00 | 0:47:16 | 2003 | MU14 | 1 | 4:42 min/km |
| 112 | 1593 | Karp Johannes | *Niederkassel | 0:47:01 | 0:47:16 | 2003 | MU14 | 2 | 4:42 min/km |
| 113 | 1592 | Prentzel Carsten | *Hennef | 0:47:02 | 0:47:18 | 1978 | M35 | 15 | 4:42 min/km |
| 114 | 1594 | Schaaf Walter | *Köln | 0:47:03 | 0:47:18 | 1961 | M55 | 8 | 4:42 min/km |
| 115 | 400 | Weschenbach Guido | FC Deutsche Post | 0:47:05 | 0:47:25 | 1967 | M45 | 21 | 4:43 min/km |
| 116 | 384 | Mai Julian | Schreinerei Julian Mai | 0:47:13 | 0:47:28 | 1984 | M30 | 15 | 4:43 min/km |
| 117 | 589 | Schuhenn Ansgar | Lauftreff Hersel | 0:47:13 | 0:47:21 | 1966 | M50 | 18 | 4:43 min/km |
| 118 | 127 | Loehr Dr. Joerg | zatopek-eitorf | 0:47:20 | 0:47:56 | 1962 | M50 | 19 | 4:44 min/km |
| 119 | 1622 | Catarino Paulo | SSF Bonn | 0:47:22 | 0:47:40 | 1964 | M50 | 20 | 4:44 min/km |
| 120 | 421 | Maerz Stephan | FC Deutsche Post | 0:47:22 | 0:48:00 | 1968 | M45 | 22 | 4:44 min/km |
| 121 | 107 | Engels Daniel | *Troisdorf | 0:47:23 | 0:47:51 | 1978 | M35 | 16 | 4:44 min/km |
| 122 | 1555 | Rhein Norbert | *Troisdorf | 0:47:26 | 0:47:30 | 1951 | M65 | 1 | 4:45 min/km |
| 123 | 420 | Breidbach Armin | FC Deutsche Post | 0:47:27 | 0:47:31 | 1961 | M55 | 9 | 4:45 min/km |
| 124 | 1630 | Gläser Karl-Josef | BSG Rhein-Sieg-Kreis | 0:47:28 | 0:47:35 | 1953 | M60 | 2 | 4:45 min/km |
| 125 | 557 | Spitz Rüdiger | | 0:47:29 | 0:47:48 | 1970 | M45 | 23 | 4:45 min/km |
| 126 | 269 | Trost Dr. Detlef | *Enghien les Bains | 0:47:30 | 0:47:49 | 1969 | M45 | 24 | 4:45 min/km |
| 127 | 305 | Braun Thomas | SV Hellas | 0:47:32 | 0:47:47 | 1966 | M50 | 21 | 4:45 min/km |
| 128 | 455 | Driesch Markus | Team Kobolt | 0:47:34 | 0:47:57 | 1963 | M50 | 22 | 4:45 min/km |
| 129 | 60 | Knipp Manuel | Freunde des Bieres | 0:47:35 | 0:47:41 | 1972 | M40 | 14 | 4:46 min/km |
| 130 | 379 | Fahnster Lars | *Bonn | 0:47:35 | 0:48:05 | 1991 | M20 | 14 | 4:46 min/km |
| 131 | 46 | Valder Oliver | *Niederkassel | 0:47:36 | 0:48:14 | 1980 | M35 | 17 | 4:46 min/km |
| 132 | 409 | Cremer Jürgen | FC Deutsche Post | 0:47:39 | 0:47:43 | 1962 | M50 | 23 | 4:46 min/km |
| 133 | 526 | Ludwig Frank | *Niederkassel | 0:47:42 | 0:47:54 | 1959 | M55 | 10 | 4:46 min/km |
| 134 | 546 | Müller Hanno | Schindler Aufzüge | 0:47:42 | 0:47:51 | 1971 | M45 | 25 | 4:46 min/km |
| 135 | 184 | Kaun Stefan | *Witten | 0:47:46 | 0:48:06 | 1970 | M45 | 26 | 4:47 min/km |
| 136 | 140 | Hartmann Peter | *Brohl-Lützing | 0:47:52 | 0:48:12 | 1972 | M40 | 15 | 4:47 min/km |
| 137 | 565 | Brands Fabian | | 0:47:56 | 0:48:33 | 1989 | M20 | 15 | 4:48 min/km |
| 138 | 40 | Knipp Peter | WSV Rheidt | 0:47:57 | 0:48:22 | 1969 | M45 | 27 | 4:48 min/km |
| 139 | 1620 | Soos Paul | TV Rodenkirchen Triathlon | 0:47:59 | 0:48:11 | 1974 | M40 | 16 | 4:48 min/km |
| 140 | 395 | Soppe Bastiaan | FC Deutsche Post | 0:48:01 | 0:48:08 | 1984 | M30 | 16 | 4:48 min/km |
| 141 | 212 | Neumann Stefan | FC Deutsche Post | 0:48:01 | 0:48:09 | 1982 | M30 | 17 | 4:48 min/km |
| 142 | 194 | Grundmann Horst | Kölner Ausdauer- & | 0:48:02 | 0:48:11 | 1957 | M55 | 11 | 4:48 min/km |
| 143 | 323 | Dittrich Winfried | SCB Horrem e. V. | 0:48:02 | 0:48:50 | 1960 | M55 | 12 | 4:48 min/km |
| 144 | 602 | Seidl Jan | Skiclub Bonn | 0:48:05 | 0:48:32 | 1995 | M20 | 16 | 4:49 min/km |
| 145 | 507 | Achten Thomas | Team Reifenhäuser | 0:48:09 | 0:48:49 | 1989 | M20 | 17 | 4:49 min/km |
| 146 | 1557 | Schäfer Martin | Physiotherapie M.Schäfer | 0:48:09 | 0:48:40 | 1982 | M30 | 18 | 4:49 min/km |
| 147 | 316 | Affeld Christoph | Knippscher&Bruckmann | 0:48:15 | 0:49:14 | 1986 | M30 | 19 | 4:50 min/km |
| 148 | 495 | Linder Michael | *Köln | 0:48:18 | 0:48:37 | 1983 | M30 | 20 | 4:50 min/km |
| 149 | 645 | Lange Jürgen | Blau Weiss Rheidt | 0:48:21 | 0:48:59 | 1960 | M55 | 13 | 4:50 min/km |
| 150 | 103 | Wertenbruch Sebastian | TuS Mondorf AH | 0:48:24 | 0:48:43 | 1983 | M30 | 21 | 4:50 min/km |
| 151 | 575 | Schrot Lajosch | | 0:48:35 | 0:48:45 | 1998 | MU20 | 7 | 4:52 min/km |
| 152 | 542 | Frey Detlef | WSV Blau-Weiß Rheidt | 0:48:36 | 0:48:46 | 1964 | M50 | 24 | 4:52 min/km |
| 153 | 263 | Rollar Robin | *Troisdorf | 0:48:37 | 0:49:28 | 1992 | M20 | 18 | 4:52 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|--------------------------|----------------------------|---------|---------|----------|------|----------|-----------------|
| 154 | 202 | Hombach Christoph | *Bad Schwalbach | 0:48:37 | 0:48:48 | 1984 | M30 | 22 | 4:52 min/km |
| 155 | 309 | Schmidt Nico | 1.FC Niederkassel | 0:48:39 | 0:48:57 | 2002 | MU16 | 2 | 4:52 min/km |
| 156 | 117 | Eicke Holger | TuS Mondorf AH | 0:48:39 | 0:48:47 | 1972 | M40 | 17 | 4:52 min/km |
| 157 | 483 | Scholtes Thomas | *Königswinter | 0:48:45 | 0:49:07 | 1964 | M50 | 25 | 4:53 min/km |
| 158 | 520 | Assenmacher Dr. Wilfried | LT Ennert | 0:48:46 | 0:48:58 | 1963 | M50 | 26 | 4:53 min/km |
| 159 | 1548 | Asmus Sven | SSF Bonn Triathlon | 0:48:56 | 0:49:09 | 1962 | M50 | 27 | 4:54 min/km |
| 160 | 154 | Nicklas Rainer | *Troisdorf | 0:48:59 | 0:49:16 | 1974 | M40 | 18 | 4:54 min/km |
| 161 | 1549 | Groß Markus | SV Hellas Siegburg | 0:49:03 | 0:49:19 | 1972 | M40 | 19 | 4:54 min/km |
| 162 | 96 | Schulz Niklas | *Niederkassel | 0:49:03 | 0:49:44 | 1992 | M20 | 19 | 4:54 min/km |
| 163 | 480 | Bolten Bernd | *Much | 0:49:05 | 0:49:41 | 1969 | M45 | 28 | 4:55 min/km |
| 164 | 64 | Schaaf Peter | Peter Schaaf & | 0:49:06 | 0:49:29 | 1968 | M45 | 29 | 4:55 min/km |
| 165 | 519 | Podzus Horst | *Overath | 0:49:08 | 0:49:48 | 1961 | M55 | 14 | 4:55 min/km |
| 166 | 1658 | Wierig Thomas | SV Hellas Siegburg | 0:49:11 | 0:49:26 | 1973 | M40 | 20 | 4:55 min/km |
| 167 | 462 | Winandy Winfried | FC Deutsche Post | 0:49:15 | 0:49:22 | 1964 | M50 | 28 | 4:56 min/km |
| 168 | 362 | Vogel Tobias | casa ciclista | 0:49:18 | 0:49:47 | 1972 | M40 | 21 | 4:56 min/km |
| 169 | 1584 | Albert Matthias | LT Tus Meindorf | 0:49:19 | 0:49:19 | 1962 | M50 | 29 | 4:56 min/km |
| 170 | 187 | Rasten Robert | *Sankt Augustin | 0:49:19 | 0:50:10 | 1964 | M50 | 30 | 4:56 min/km |
| 171 | 108 | Cely Andre | *Hennef | 0:49:20 | 0:49:48 | 1976 | M40 | 22 | 4:56 min/km |
| 172 | 391 | Clever Frank | FC Deutsche Post | 0:49:20 | 0:49:33 | 1966 | M50 | 31 | 4:56 min/km |
| 173 | 15 | Hessenbruch Sascha | *Niederkassel | 0:49:22 | 0:49:46 | 1978 | M35 | 18 | 4:56 min/km |
| 174 | 224 | Schmitz Frederik | Box Club Troisdorf | 0:49:24 | 0:49:58 | 1980 | M35 | 19 | 4:56 min/km |
| 175 | 475 | Kuhl Marcus | VR-Bank Rhein-Sieg eG | 0:49:35 | 0:49:51 | 1967 | M45 | 30 | 4:58 min/km |
| 176 | 471 | Wiese Marco | VR-Bank Rhein-Sieg eG | 0:49:37 | 0:50:09 | 1984 | M30 | 23 | 4:58 min/km |
| 177 | 297 | Spill Manfred | TTG Niederkassel 1958 e.V. | 0:49:40 | 0:50:24 | 1961 | M55 | 15 | 4:58 min/km |
| 178 | 319 | Torres Didier | *Köln | 0:49:49 | 0:50:13 | 1964 | M50 | 32 | 4:59 min/km |
| 179 | 57 | Neeb Lian | *Köln | 0:49:51 | 0:50:17 | 2004 | MU14 | 3 | 4:59 min/km |
| 180 | 464 | Löbach Ralf | VR-Bank Rhein-Sieg eG | 0:49:55 | 0:50:12 | 1971 | M45 | 31 | 4:60 min/km |
| 181 | 467 | Wolber Matthias | VR-Bank Rhein-Sieg eG | 0:49:55 | 0:50:26 | 1975 | M40 | 23 | 4:60 min/km |
| 182 | 1595 | Werner Thorsten | *Troisdorf | 0:49:56 | 0:50:23 | 1978 | M35 | 20 | 4:60 min/km |
| 183 | 601 | Pax Jochen | Skiclub Bonn | 0:49:57 | 0:50:23 | 1976 | M40 | 24 | 4:60 min/km |
| 184 | 38 | Schlösser Daniel | *Bonn | 0:49:58 | 0:50:38 | 1986 | M30 | 24 | 4:60 min/km |
| 185 | 1665 | Puetzstuelk Mario | | 0:50:01 | 0:50:10 | 1978 | M35 | 21 | 5:00 min/km |
| 186 | 76 | Schmidt Martin | Tri4Fun | 0:50:01 | 0:50:30 | 1983 | M30 | 25 | 5:00 min/km |
| 187 | 215 | Tietz Klaus | FC Deutsche Post | 0:50:02 | 0:51:00 | 1968 | M45 | 32 | 5:00 min/km |
| 188 | 91 | Buchholzer Yann | *Niederkassel | 0:50:06 | 0:50:12 | 1997 | MU20 | 8 | 5:01 min/km |
| 189 | 367 | Mauel Christoph | TSG Urbach-Dernbach | 0:50:06 | 0:50:17 | 1968 | M45 | 33 | 5:01 min/km |
| 190 | 118 | Stapel Ulf | *Niederkassel | 0:50:09 | 0:50:23 | 1967 | M45 | 34 | 5:01 min/km |
| 191 | 171 | Kentrat Torsten | *Niederkassel | 0:50:09 | 0:50:23 | 1970 | M45 | 35 | 5:01 min/km |
| 191 | 261 | Metzen Guido | *Sankt Augustin | 0:50:09 | 0:51:01 | 1964 | M50 | 33 | 5:01 min/km |
| 193 | 472 | Gauchel Ralf | VR-Bank Rhein-Sieg eG | 0:50:09 | 0:50:26 | 1968 | M45 | 36 | 5:01 min/km |
| 194 | 300 | Reßler Fynn | *Bonn | 0:50:10 | 0:50:26 | 1999 | MU18 | 5 | 5:01 min/km |
| 195 | 1650 | Lorkowski Frank | | 0:50:14 | 0:50:25 | 1966 | M50 | 34 | 5:01 min/km |
| 196 | 408 | Kuntze Michael | FC Deutsche Post | 0:50:15 | 0:50:59 | 1969 | M45 | 37 | 5:02 min/km |
| 197 | 244 | Donner Marc | KKK Kirsch-Kern-Kumpels | 0:50:16 | 0:51:02 | 1973 | M40 | 25 | 5:02 min/km |
| 198 | 243 | Cinque Carlo | KKK Kirsch-Kern-Kumpels | 0:50:16 | 0:51:02 | 1963 | M50 | 35 | 5:02 min/km |
| 199 | 370 | Maia Carlos | Rechtsanwälte Habermann | 0:50:17 | 0:50:56 | 1973 | M40 | 26 | 5:02 min/km |
| 200 | 331 | Omar Sabry | Pescher Lauffreund | 0:50:20 | 0:50:33 | 1976 | M40 | 27 | 5:02 min/km |
| 201 | 369 | Habermann Marcus | Rechtsanwälte Habermann | 0:50:21 | 0:50:56 | 1964 | M50 | 36 | 5:02 min/km |
| 202 | 13 | Budack Lars | Rhein-Mosel-Lahn e.V. | 0:50:23 | 0:50:39 | 1971 | M45 | 38 | 5:02 min/km |
| 203 | 163 | Becker Holger | *Troisdorf | 0:50:25 | 0:51:02 | 1964 | M50 | 37 | 5:03 min/km |
| 204 | 419 | Zimmermann Frank | FC Deutsche Post | 0:50:25 | 0:50:46 | 1968 | M45 | 39 | 5:03 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-------------------------|-----------------------------|---------|---------|----------|------|----------|-----------------|
| 205 | 337 | Behr Michael | *Asbach | 0:50:28 | 0:50:43 | 1982 | M30 | 26 | 5:03 min/km |
| 206 | 1591 | Peters Jochen | TuS Mondorf | 0:50:30 | 0:50:50 | 1968 | M45 | 40 | 5:03 min/km |
| 207 | 351 | Hofer Arne | *St. Augustin | 0:50:33 | 0:50:53 | 1967 | M45 | 41 | 5:03 min/km |
| 208 | 378 | Schoppmeyer Lars | *Sankt Augustin | 0:50:41 | 0:51:11 | 1989 | M20 | 20 | 5:04 min/km |
| 209 | 599 | Krupp Alex | SV Bergheim | 0:50:41 | 0:51:16 | 1996 | M20 | 21 | 5:04 min/km |
| 210 | 600 | Nolden Sebastian | SV Germania Impekoven | 0:50:41 | 0:51:16 | 1982 | M30 | 27 | 5:04 min/km |
| 211 | 137 | Krebs Marian | *Niederkassel | 0:50:43 | 0:51:12 | 1994 | M20 | 22 | 5:04 min/km |
| 212 | 592 | Hanhbück Daniel | | 0:50:49 | 0:51:05 | 1964 | M50 | 38 | 5:05 min/km |
| 213 | 195 | Teischler Simon | civitec | 0:50:57 | 0:51:06 | 1979 | M35 | 22 | 5:06 min/km |
| 214 | 1596 | Johanshon Hans-Dieter | HSV Troisdorf | 0:50:58 | 0:51:04 | 1955 | M60 | 3 | 5:06 min/km |
| 215 | 246 | Steinsträßer Sebastian | *Much | 0:50:58 | 0:51:09 | 1983 | M30 | 28 | 5:06 min/km |
| 216 | 389 | Schütte Julian | FC Deutsche Post | 0:50:59 | 0:51:54 | 2000 | MU18 | 6 | 5:06 min/km |
| 217 | 317 | Engels Rü | Knippscher&Bruckmann | 0:51:09 | 0:52:08 | 1967 | M45 | 42 | 5:07 min/km |
| 218 | 468 | Dudek Peter | VR-Bank Rhein-Sieg eG | 0:51:11 | 0:51:39 | 1978 | M35 | 23 | 5:07 min/km |
| 219 | 1108 | Boelen-Theile Claus | *Rösrath | 0:51:12 | 0:52:12 | 1966 | M50 | 39 | 5:07 min/km |
| 220 | 1669 | Ackermann Sebastian | Triathlon Nonstop Köln | 0:51:19 | 0:51:38 | 1966 | M50 | 40 | 5:08 min/km |
| 221 | 499 | Gütthe Alexander | Team Reifenhäuser | 0:51:19 | 0:51:41 | 1982 | M30 | 29 | 5:08 min/km |
| 222 | 504 | Yossa Christian | Team Reifenhäuser | 0:51:20 | 0:52:01 | 1986 | M30 | 30 | 5:08 min/km |
| 223 | 245 | Nikolakopoulos Nikolaos | WSV Blau Weiß Rheidt | 0:51:21 | 0:51:21 | 1999 | MU18 | 7 | 5:08 min/km |
| 224 | 1633 | Jasper Carsten | | 0:51:23 | 0:51:44 | 1969 | M45 | 43 | 5:08 min/km |
| 225 | 4 | Braungart-Zink Achim | *Niederkassel | 0:51:24 | 0:51:25 | 1981 | M35 | 24 | 5:08 min/km |
| 226 | 71 | Schmitz Florian | *Koblenz | 0:51:26 | 0:53:32 | 1986 | M30 | 31 | 5:09 min/km |
| 227 | 510 | Panzer David | WSV Blau-Weiß Rheidt | 0:51:26 | 0:51:37 | 1975 | M40 | 28 | 5:09 min/km |
| 228 | 438 | Liebig Dieter | Evonik | 0:51:31 | 0:52:16 | 1958 | M55 | 16 | 5:09 min/km |
| 229 | 332 | Stein Lothar | *Bonn | 0:51:36 | 0:52:07 | 1957 | M55 | 17 | 5:10 min/km |
| 229 | 545 | Kurtenbach Frank | Schindler Aufzüge | 0:51:36 | 0:51:58 | 1973 | M40 | 29 | 5:10 min/km |
| 231 | 548 | Fischer Rainer | *Hümmerich | 0:51:43 | 0:52:35 | 1969 | M45 | 44 | 5:10 min/km |
| 232 | 293 | Werle Frank | dressler group | 0:51:43 | 0:52:07 | 1975 | M40 | 30 | 5:10 min/km |
| 233 | 525 | Stein Dieter | Team Drei-Brücken-Lauf | 0:51:46 | 0:52:01 | 1951 | M65 | 2 | 5:11 min/km |
| 234 | 106 | Reinartz Andre | *Niederkassel | 0:51:49 | 0:52:18 | 1979 | M35 | 25 | 5:11 min/km |
| 235 | 131 | Kurczyk Holger | Okinawa Running Fighters | 0:51:51 | 0:52:06 | 1978 | M35 | 26 | 5:11 min/km |
| 236 | 315 | Knippscher Bernd | Knippscher&Bruckmann | 0:51:57 | 0:52:55 | 1974 | M40 | 31 | 5:12 min/km |
| 237 | 51 | Dingil Ahmet | *Bornheim | 0:51:58 | 0:52:51 | 1967 | M45 | 45 | 5:12 min/km |
| 238 | 201 | Rolff Dirk | *Troisdorf | 0:52:08 | 0:53:04 | 1969 | M45 | 46 | 5:13 min/km |
| 239 | 111 | Börste Andreas | TuS 07 Oberlar e.V. | 0:52:10 | 0:52:45 | 1972 | M40 | 32 | 5:13 min/km |
| 240 | 265 | Mueller Stefan | Troisdorfer LG / Basketball | 0:52:12 | 0:52:45 | 1965 | M50 | 41 | 5:13 min/km |
| 241 | 132 | Hartmann Stefan | *Troisdorf | 0:52:14 | 0:52:28 | 1972 | M40 | 33 | 5:13 min/km |
| 242 | 473 | Kreuzer Andre | VR-Bank Rhein-Sieg eG | 0:52:16 | 0:52:51 | 1970 | M45 | 47 | 5:14 min/km |
| 243 | 1632 | Schneider Philipp | | 0:52:18 | 0:52:55 | 1986 | M30 | 32 | 5:14 min/km |
| 244 | 291 | Dreßler Axel | dressler group | 0:52:19 | 0:52:59 | 1974 | M40 | 34 | 5:14 min/km |
| 245 | 330 | Hohmann Christian | *Köln | 0:52:23 | 0:52:49 | 1990 | M20 | 23 | 5:14 min/km |
| 246 | 120 | Bäte Jens | TSV Bonn rrh. 1897/07 e. V. | 0:52:23 | 0:52:47 | 1966 | M50 | 42 | 5:14 min/km |
| 247 | 329 | Theis Stephan | *Niederkassel | 0:52:24 | 0:52:49 | 1986 | M30 | 33 | 5:14 min/km |
| 248 | 203 | Halfen Manuel | *Niederkassel | 0:52:26 | 0:53:00 | 1976 | M40 | 35 | 5:15 min/km |
| 249 | 311 | Messing Mark | *Troisdorf | 0:52:30 | 0:52:54 | 1971 | M45 | 48 | 5:15 min/km |
| 250 | 289 | Schaulandt Hans-Paul | *Troisdorf | 0:52:30 | 0:52:55 | 1945 | M70 | 1 | 5:15 min/km |
| 251 | 650 | Lewis Philip | | 0:52:34 | 0:53:31 | 1987 | M20 | 24 | 5:15 min/km |
| 252 | 153 | Linke Frank | *Remscheid | 0:52:34 | 0:53:23 | 1962 | M50 | 43 | 5:15 min/km |
| 253 | 549 | Clemens Markus | | 0:52:35 | 0:52:56 | 1969 | M45 | 49 | 5:16 min/km |
| 254 | 155 | Sterzenbach Hans | *Bonn | 0:52:36 | 0:53:00 | 1968 | M45 | 50 | 5:16 min/km |
| 255 | 86 | Kreuz Michael | civitec | 0:52:37 | 0:52:46 | 1961 | M55 | 18 | 5:16 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 256 | 1109 | Vogg Michael | SSF Bonn | 0:52:38 | 0:52:58 | 1962 | M50 | 44 | 5:16 min/km |
| 257 | 392 | Kruck-Paulusen Thomas | FC Deutsche Post | 0:52:39 | 0:53:35 | 1966 | M50 | 45 | 5:16 min/km |
| 258 | 1668 | Ringel Michael | LG Laacher See | 0:52:43 | 0:52:52 | 1974 | M40 | 36 | 5:16 min/km |
| 259 | 435 | Sausen Jürgen | *Niederkassel | 0:52:46 | 0:52:57 | 1963 | M50 | 46 | 5:17 min/km |
| 260 | 63 | Schneider-Störmann | *Köln | 0:52:51 | 0:53:26 | 1963 | M50 | 47 | 5:17 min/km |
| 261 | 1545 | Wiche Reinhold | BSG Rhein-Sieg-Kreis | 0:52:52 | 0:52:58 | 1955 | M60 | 4 | 5:17 min/km |
| 262 | 432 | Bremer Thilo | *Niederkassel | 0:52:55 | 0:53:13 | 1981 | M35 | 27 | 5:18 min/km |
| 263 | 339 | Reßler Ingo | *Bonn | 0:53:00 | 0:53:17 | 1969 | M45 | 51 | 5:18 min/km |
| 264 | 403 | Raeder Alexander | FC Deutsche Post | 0:53:02 | 0:53:09 | 1948 | M65 | 3 | 5:18 min/km |
| 265 | 1554 | Kersting Friedel | *Köln | 0:53:05 | 0:53:17 | 1950 | M65 | 4 | 5:19 min/km |
| 266 | 372 | Göttner Thomas | WSV Rheidt | 0:53:09 | 0:53:52 | 1967 | M45 | 52 | 5:19 min/km |
| 267 | 68 | Reiher Christoph | *Lohmar | 0:53:16 | 0:53:36 | 1976 | M40 | 37 | 5:20 min/km |
| 268 | 310 | Maier Jörg | Sportfreunde Aegidienberg | 0:53:19 | 0:54:12 | 1973 | M40 | 38 | 5:20 min/km |
| 269 | 1651 | Eis Clemens | *Bonn | 0:53:24 | 0:54:13 | 1960 | M55 | 19 | 5:20 min/km |
| 270 | 648 | Spilger Lukas | WSV Blau Weiß Rheidt | 0:53:25 | 0:53:50 | 1995 | M20 | 25 | 5:21 min/km |
| 271 | 427 | Spyra Peter-Franz | FC Deutsche Post | 0:53:31 | 0:54:21 | 1965 | M50 | 48 | 5:21 min/km |
| 272 | 470 | Hürten Holger | VR-Bank Rhein-Sieg eG | 0:53:33 | 0:54:09 | 1970 | M45 | 53 | 5:21 min/km |
| 273 | 312 | Brieger Thomas | 1. FC Spich | 0:53:33 | 0:53:41 | 1956 | M60 | 5 | 5:21 min/km |
| 274 | 321 | Schneiders Thomas | WSV Blau-Weiß Rheidt | 0:53:33 | 0:54:16 | 1961 | M55 | 20 | 5:21 min/km |
| 275 | 186 | Schneider Jürgen | TuS 07 Oberlar | 0:53:39 | 0:54:16 | 1961 | M55 | 21 | 5:22 min/km |
| 276 | 442 | Sieburg Mike | Evonik | 0:53:47 | 0:54:32 | 1957 | M55 | 22 | 5:23 min/km |
| 277 | 1639 | Wegel Heiko | M.U.T. Troisdorf | 0:53:48 | 0:54:26 | 1965 | M50 | 49 | 5:23 min/km |
| 278 | 544 | Leben Georg | SSF Bonn Triathlon | 0:53:48 | 0:54:14 | 1961 | M55 | 23 | 5:23 min/km |
| 279 | 130 | Schmidt Ralf | Okinawa Running Fighters | 0:53:54 | 0:54:09 | 1967 | M45 | 54 | 5:23 min/km |
| 280 | 150 | Angerer Dr. Jörg | *Troisdorf | 0:53:54 | 0:54:19 | 1966 | M50 | 50 | 5:23 min/km |
| 281 | 1113 | Springmeier Andreas | Bin dabei | 0:53:56 | 0:54:12 | 1972 | M40 | 39 | 5:24 min/km |
| 282 | 487 | Renner Michael | Evonik | 0:53:57 | 0:54:41 | 1972 | M40 | 40 | 5:24 min/km |
| 283 | 50 | Zander Nicolas | *Hennef | 0:53:57 | 0:54:12 | 1976 | M40 | 41 | 5:24 min/km |
| 284 | 352 | Barion Dr. Ralf | *Bonn | 0:54:00 | 0:54:10 | 1959 | M55 | 24 | 5:24 min/km |
| 285 | 333 | Rauen Rene | WSV Blau-Weiß-Rheidt | 0:54:11 | 0:54:46 | 1970 | M45 | 55 | 5:25 min/km |
| 286 | 603 | Ilgen Marco | Skiclub Bonn | 0:54:11 | 0:54:39 | 1980 | M35 | 28 | 5:25 min/km |
| 287 | 350 | Emschermann Christoph | *Niederkassel | 0:54:15 | 0:54:54 | 1951 | M65 | 5 | 5:26 min/km |
| 288 | 308 | Stadtbaeumer Tobias | *bonn | 0:54:29 | 0:54:52 | 1987 | M20 | 26 | 5:27 min/km |
| 289 | 121 | Reisener Ingo | *Niederkassel | 0:54:37 | 0:55:27 | 1970 | M45 | 56 | 5:28 min/km |
| 290 | 142 | Rapp Oliver | Kanu-Klub-Pirat e.V. | 0:54:39 | 0:55:09 | 1959 | M55 | 25 | 5:28 min/km |
| 291 | 143 | Meyer Thomas | Kanu-Klub-Pirat e.V. | 0:54:40 | 0:55:08 | 1961 | M55 | 26 | 5:28 min/km |
| 292 | 125 | Fischer Niklas | *Niederkassel-Mondorf | 0:54:42 | 0:55:30 | 1996 | M20 | 27 | 5:28 min/km |
| 293 | 568 | Mies Alex | Praxis Kriegel / Brandt | 0:54:49 | 0:55:23 | 1973 | M40 | 42 | 5:29 min/km |
| 294 | 598 | Groß Sascha | | 0:54:57 | 0:55:10 | 1985 | M30 | 34 | 5:30 min/km |
| 295 | 135 | Leutner Elmar | *Much | 0:55:01 | 0:55:32 | 1961 | M55 | 27 | 5:30 min/km |
| 296 | 77 | Wollenweber Uwe | LSV Porz/Köln | 0:55:04 | 0:55:14 | 1962 | M50 | 51 | 5:30 min/km |
| 297 | 349 | Banhold Lenard | 1. FC Niederkassel | 0:55:04 | 0:55:22 | 2002 | MU16 | 3 | 5:30 min/km |
| 298 | 591 | Boeckenhoff Finn | Mondorf Homies | 0:55:07 | 0:55:17 | 1998 | MU20 | 9 | 5:31 min/km |
| 299 | 1631 | Bierschenk Udo | | 0:55:08 | 0:55:29 | 1957 | M55 | 28 | 5:31 min/km |
| 300 | 385 | Nerger Armand | LT TUS Mondorf | 0:55:18 | 0:55:37 | 1939 | M75 | 1 | 5:32 min/km |
| 301 | 1627 | Dzialis Karsten | WSV Blau Weiß Rheidt | 0:55:20 | 0:55:24 | 1972 | M40 | 43 | 5:32 min/km |
| 302 | 27 | Herde Volker | Königreich GuSi | 0:55:20 | 0:56:10 | 1962 | M50 | 52 | 5:32 min/km |
| 303 | 234 | Hamann Martin | 1. FC Spich | 0:55:23 | 0:55:34 | 1967 | M45 | 57 | 5:32 min/km |
| 304 | 75 | Peters Jens | *Bonn | 0:55:26 | 0:55:54 | 1952 | M60 | 6 | 5:33 min/km |
| 305 | 1587 | Brüll Stefan | *Niederkassel | 0:55:28 | 0:55:58 | 1959 | M55 | 29 | 5:33 min/km |
| 306 | 414 | Ziegenbalg Martin | FC Deutsche Post | 0:55:34 | 0:55:59 | 1964 | M50 | 53 | 5:33 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|----------------------|-----------------------------|---------|---------|----------|-----|----------|-----------------|
| 307 | 1551 | Lammers Hermann | | 0:55:40 | 0:56:32 | 1960 | M55 | 30 | 5:34 min/km |
| 308 | 49 | Müller Thomas | *Niederkassel | 0:55:40 | 0:56:18 | 1980 | M35 | 29 | 5:34 min/km |
| 309 | 1637 | Geurden Florian | | 0:55:45 | 0:56:17 | 1984 | M30 | 35 | 5:35 min/km |
| 310 | 141 | Onderka Manfred | Kanu-Klub-Pirat e.V. | 0:55:46 | 0:56:16 | 1964 | M50 | 54 | 5:35 min/km |
| 311 | 456 | Kurtenbach Heinz | *Neustadt | 0:55:47 | 0:55:59 | 1963 | M50 | 55 | 5:35 min/km |
| 312 | 85 | Cordes Ingo | *Troisdorf | 0:55:48 | 0:56:00 | 1967 | M45 | 58 | 5:35 min/km |
| 313 | 453 | Schoog Peter | Skiclub Troisdorf | 0:55:49 | 0:56:16 | 1969 | M45 | 59 | 5:35 min/km |
| 314 | 219 | Elfgen Sascha | TuS 07 Oberlar | 0:55:54 | 0:56:22 | 1977 | M35 | 30 | 5:35 min/km |
| 315 | 306 | Vogel Matthias | *Troisdorf | 0:55:56 | 0:56:53 | 1985 | M30 | 36 | 5:36 min/km |
| 316 | 553 | Plener Thomas | | 0:55:56 | 0:56:58 | 1964 | M50 | 56 | 5:36 min/km |
| 317 | 16 | Seip Roland | Kriegsdorfer Männerballett | 0:55:59 | 0:56:55 | 1967 | M45 | 60 | 5:36 min/km |
| 318 | 1636 | Hildebrandt Andreas | SV Hellas Siegburg | 0:56:04 | 0:56:34 | 1963 | M50 | 57 | 5:36 min/km |
| 319 | 279 | Götsch Marko | OGS Mondorf | 0:56:07 | 0:56:34 | 1977 | M35 | 31 | 5:37 min/km |
| 320 | 1153 | Heine Joachim | TV-Dellbrück | 0:56:08 | 0:56:40 | 1949 | M65 | 6 | 5:37 min/km |
| 321 | 572 | Garling Lars | | 0:56:08 | 0:56:34 | 1977 | M35 | 32 | 5:37 min/km |
| 322 | 174 | Von der Recke Giso | *Troisdorf | 0:56:09 | 0:56:27 | 1976 | M40 | 44 | 5:37 min/km |
| 323 | 494 | Rahr Karsten | *Troisdorf | 0:56:13 | 0:56:47 | 1965 | M50 | 58 | 5:37 min/km |
| 324 | 208 | Busse Jan | EKKK | 0:56:17 | 0:56:42 | 1973 | M40 | 45 | 5:38 min/km |
| 325 | 116 | Pohl Wolfgang | *Niederkassel | 0:56:18 | 0:56:57 | 1967 | M45 | 61 | 5:38 min/km |
| 326 | 1101 | Baum Heinz | VFL Engelskirchen / Skiclub | 0:56:21 | 0:56:35 | 1954 | M60 | 7 | 5:38 min/km |
| 327 | 344 | Wilsing Rene | | 0:56:22 | 0:57:07 | 1978 | M35 | 33 | 5:38 min/km |
| 328 | 290 | Harms Stefan | *Niederkassel | 0:56:22 | 0:57:00 | 1965 | M50 | 59 | 5:38 min/km |
| 329 | 596 | Fröhlke Tim | | 0:56:25 | 0:56:58 | 1989 | M20 | 28 | 5:39 min/km |
| 330 | 404 | Hölscher Jan Hendrik | FC Deutsche Post | 0:56:34 | 0:57:18 | 1983 | M30 | 37 | 5:39 min/km |
| 331 | 538 | Stein Bernhard | *Bonn | 0:56:34 | 0:57:17 | 1989 | M20 | 29 | 5:39 min/km |
| 332 | 292 | Dreßler Jan | dressler group | 0:56:46 | 0:57:24 | 1972 | M40 | 46 | 5:41 min/km |
| 333 | 178 | Limbach Marc | TuS 07 Oberlar | 0:56:48 | 0:57:17 | 1969 | M45 | 62 | 5:41 min/km |
| 334 | 340 | Walter Detlef | Boulefreunde Niederkassel | 0:56:50 | 0:57:50 | 1954 | M60 | 8 | 5:41 min/km |
| 335 | 552 | Kunert Stephan | | 0:56:51 | 0:57:22 | 1960 | M55 | 31 | 5:41 min/km |
| 336 | 133 | Konopka Karl-Josef | Rheinkilometer 666 | 0:56:54 | 0:57:07 | 1962 | M50 | 60 | 5:41 min/km |
| 337 | 164 | Schnitter Thomas | KGS Holzlar | 0:56:56 | 0:57:11 | 1973 | M40 | 47 | 5:42 min/km |
| 338 | 79 | Müssner Rainer | Team MDR | 0:57:01 | 0:57:48 | 1967 | M45 | 63 | 5:42 min/km |
| 339 | 581 | Stracke Stephan | | 0:57:03 | 0:57:50 | 1960 | M55 | 32 | 5:42 min/km |
| 340 | 1544 | Henneheuser Andreas | Die Siebengebirgsathleten | 0:57:07 | 0:58:04 | 1973 | M40 | 48 | 5:43 min/km |
| 341 | 160 | Nies Philipp | *Niederkassel | 0:57:08 | 0:57:31 | 1996 | M20 | 30 | 5:43 min/km |
| 342 | 562 | Kohlhaas Harald | Die Mannschaft e.V. | 0:57:08 | 0:57:44 | 1970 | M45 | 64 | 5:43 min/km |
| 343 | 158 | Scholl Mirko | *Niederkassel | 0:57:09 | 0:57:31 | 1976 | M40 | 49 | 5:43 min/km |
| 344 | 569 | Knie Bernd | FC Keldenich | 0:57:18 | 0:57:54 | 1961 | M55 | 33 | 5:44 min/km |
| 345 | 353 | Wilsing Sascha | Verein vom Rhein | 0:57:25 | 0:58:08 | 1976 | M40 | 50 | 5:45 min/km |
| 346 | 241 | Luckas Jan | *Eitorf | 0:57:27 | 0:57:38 | 1962 | M50 | 61 | 5:45 min/km |
| 347 | 1581 | Dartsch Thomas | Tierheim Troisdorf | 0:57:27 | 0:57:34 | 1961 | M55 | 34 | 5:45 min/km |
| 348 | 436 | König Michael | Evonik | 0:57:27 | 0:58:11 | 1965 | M50 | 62 | 5:45 min/km |
| 349 | 172 | Apel Hans Jürgen | *Köln | 0:57:28 | 0:57:46 | 1939 | M75 | 2 | 5:45 min/km |
| 350 | 45 | Vering Wilfried | LSV PORZ | 0:57:34 | 0:58:13 | 1958 | M55 | 35 | 5:45 min/km |
| 351 | 17 | Morrn Jens | Herr | 0:57:37 | 0:58:37 | 1974 | M40 | 51 | 5:46 min/km |
| 352 | 28 | Eichert Christian | *Niederkassel | 0:57:41 | 0:58:18 | 1960 | M55 | 36 | 5:46 min/km |
| 353 | 109 | Herkenrath Klaus | PSV Bonn Triathlon | 0:57:41 | 0:57:52 | 1956 | M60 | 9 | 5:46 min/km |
| 354 | 260 | Dick Christoph | Team MDR | 0:57:46 | 0:58:34 | 1971 | M45 | 65 | 5:47 min/km |
| 355 | 81 | Müller Michael | *Troisdorf | 0:57:47 | 0:58:11 | 1971 | M45 | 66 | 5:47 min/km |
| 356 | 69 | Junghelm Bernd | *Troisdorf | 0:57:49 | 0:58:34 | 1982 | M30 | 38 | 5:47 min/km |
| 357 | 347 | Banhold Andreas | 1. FC Niederkassel | 0:57:51 | 0:58:09 | 1973 | M40 | 52 | 5:47 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 358 | 210 | Schwalbach Alexander | Software AG | 0:57:54 | 0:58:25 | 1964 | M50 | 63 | 5:47 min/km |
| 359 | 197 | Staudt Dirk | *Bonn | 0:58:01 | 0:58:49 | 1966 | M50 | 64 | 5:48 min/km |
| 360 | 216 | Rath Thomas | klotzkoepfe.de | 0:58:05 | 0:58:46 | 1967 | M45 | 67 | 5:49 min/km |
| 361 | 355 | Kelsch Christian | *Niederkassel Rheidt | 0:58:11 | 0:58:32 | 1972 | M40 | 53 | 5:49 min/km |
| 362 | 314 | Strack Günter | *Bonn | 0:58:14 | 0:59:18 | 1950 | M65 | 7 | 5:49 min/km |
| 363 | 136 | Hemkes Andreas | Siegburger Ruderverein | 0:58:17 | 0:59:03 | 1957 | M55 | 37 | 5:50 min/km |
| 364 | 481 | Wurda Werner | Diabetes Programm / Fort. | 0:58:18 | 0:59:23 | 1960 | M55 | 38 | 5:50 min/km |
| 365 | 318 | Lülsdorf Martin | Knippscher&Bruckmann | 0:58:19 | 0:59:18 | 1971 | M45 | 68 | 5:50 min/km |
| 366 | 541 | Eggert Harald | WSV Blau-Weiß Rheidt | 0:58:20 | 0:58:58 | 1967 | M45 | 69 | 5:50 min/km |
| 367 | 1648 | Schnierig Jörg | | 0:58:31 | 0:59:08 | 1963 | M50 | 65 | 5:51 min/km |
| 368 | 1546 | Plattmann Deepak | BSG Rhein-Sieg-Kreis | 0:58:31 | 0:58:49 | 1977 | M35 | 34 | 5:51 min/km |
| 369 | 190 | Buchholz Gereon | *Wezembeek-Oppem | 0:58:32 | 0:59:08 | 1978 | M35 | 35 | 5:51 min/km |
| 370 | 225 | Odenthal Robin | *Niederkassel | 0:58:43 | 0:59:20 | 1997 | MU20 | 10 | 5:52 min/km |
| 371 | 1582 | Schilling Marcel | Verein vom Rhein | 0:58:44 | 0:59:29 | 1986 | M30 | 39 | 5:52 min/km |
| 372 | 497 | Borutta Mark | Team Reifenhäuser | 0:58:51 | 0:59:13 | 1970 | M45 | 70 | 5:53 min/km |
| 373 | 134 | Malberg Adam | *Troisdorf | 0:58:54 | 0:59:33 | 1973 | M40 | 54 | 5:53 min/km |
| 374 | 417 | Klug Berthold | FC Deutsche Post | 0:58:57 | 1:00:00 | 1969 | M45 | 71 | 5:54 min/km |
| 375 | 206 | Hofmann Thilo | *Niederkassel | 0:59:13 | 1:00:07 | 1967 | M45 | 72 | 5:55 min/km |
| 376 | 445 | Odenthal Roman | Evonik | 0:59:21 | 0:59:57 | 1965 | M50 | 66 | 5:56 min/km |
| 377 | 328 | Lennartz Heinz-Josef | St.Seb.Schützen Schwerfen | 0:59:25 | 1:00:01 | 1954 | M60 | 10 | 5:57 min/km |
| 378 | 31 | Schmidt Boris | *Troisdorf | 0:59:26 | 1:00:08 | 1980 | M35 | 36 | 5:57 min/km |
| 379 | 500 | Hoffmann Wolfgang | Team Reifenhäuser | 0:59:28 | 0:59:53 | 1955 | M60 | 11 | 5:57 min/km |
| 380 | 98 | Senkowski Martin | *Neunkirchen-Seelscheid | 0:59:29 | 1:00:23 | 1977 | M35 | 37 | 5:57 min/km |
| 381 | 221 | Reuter Thomas | TuS 07 Oberlar | 0:59:30 | 0:59:53 | 1962 | M50 | 67 | 5:57 min/km |
| 382 | 443 | Wilbert Harald | Evonik | 0:59:38 | 1:00:24 | 1960 | M55 | 39 | 5:58 min/km |
| 383 | 227 | Koch Klaus | *Moers | 0:59:38 | 1:00:28 | 1963 | M50 | 68 | 5:58 min/km |
| 384 | 488 | Wertenbach Tim | Evonik | 0:59:44 | 1:00:25 | 1986 | M30 | 40 | 5:58 min/km |
| 385 | 274 | Nogly Hubertus | Lt Tus Mondorf | 0:59:46 | 1:00:30 | 1950 | M65 | 8 | 5:59 min/km |
| 386 | 1659 | Nießen Dieter | Troisdorf LG M.U.T. | 1:00:07 | 1:00:48 | 1959 | M55 | 40 | 6:01 min/km |
| 387 | 366 | Reuter Manfred | *Bornheim | 1:00:13 | 1:01:11 | 1962 | M50 | 69 | 6:01 min/km |
| 388 | 295 | Viktorin Philipp | Deutsche Post | 1:00:58 | 1:01:18 | 1983 | M30 | 41 | 6:06 min/km |
| 389 | 226 | Melz Richard | EKKK | 1:01:00 | 1:01:23 | 1956 | M60 | 12 | 6:06 min/km |
| 390 | 512 | Hildebrandt Oliver | LSV Porz | 1:01:00 | 1:01:34 | 1961 | M55 | 41 | 6:06 min/km |
| 391 | 52 | Reppmann Reinhard | Aktion Canchanabury MT | 1:01:06 | 1:01:53 | 1955 | M60 | 13 | 6:07 min/km |
| 392 | 441 | Schultz Andreas | Evonik | 1:01:19 | 1:02:05 | 1978 | M35 | 38 | 6:08 min/km |
| 393 | 100 | Lorenz-Kimmich Jürgen | *Sankt Augustin | 1:01:26 | 1:01:46 | 1959 | M55 | 42 | 6:09 min/km |
| 394 | 277 | Maurer Michael | OGS Mondorf | 1:01:27 | 1:02:01 | 1971 | M45 | 73 | 6:09 min/km |
| 395 | 282 | Wambach Andreas | *Swisttal-Miel | 1:01:32 | 1:02:00 | 1966 | M50 | 70 | 6:09 min/km |
| 396 | 36 | Lenz Dirk | *Eitorf | 1:01:53 | 1:02:54 | 1979 | M35 | 39 | 6:11 min/km |
| 397 | 375 | Hardt Jürgen | *Duisburg | 1:01:56 | 1:02:43 | 1956 | M60 | 14 | 6:12 min/km |
| 398 | 492 | Schöttler Jannik | Skiclub Sieglar | 1:01:56 | 1:02:19 | 2001 | MU16 | 4 | 6:12 min/km |
| 399 | 152 | Maatz Helmut | *Niederkassel | 1:01:58 | 1:02:45 | 1947 | M65 | 9 | 6:12 min/km |
| 400 | 401 | Booth Russell | FC Deutsche Post | 1:02:05 | 1:02:47 | 1956 | M60 | 15 | 6:13 min/km |
| 401 | 449 | Eich Achim | Evonik | 1:02:07 | 1:02:52 | 1968 | M45 | 74 | 6:13 min/km |
| 402 | 115 | Jansen Uwe | *Köln | 1:02:20 | 1:03:09 | 1960 | M55 | 43 | 6:14 min/km |
| 403 | 1670 | Kimpel Wolfgang | *Niederkassel | 1:02:21 | 1:02:42 | 1951 | M65 | 10 | 6:14 min/km |
| 404 | 463 | Bauer Jörg | VR-Bank Rhein-Sieg eG | 1:02:30 | 1:03:02 | 1977 | M35 | 40 | 6:15 min/km |
| 405 | 489 | Zelgert Roland | *Rheidt | 1:02:48 | 1:03:08 | 1961 | M55 | 44 | 6:17 min/km |
| 406 | 11 | Mittler Manfred | *Köln | 1:02:53 | 1:03:47 | 1964 | M50 | 71 | 6:17 min/km |
| 407 | 144 | Skarlatos Filippos | PSA Citroen | 1:02:57 | 1:03:54 | 1955 | M60 | 16 | 6:18 min/km |
| 408 | 365 | Paier Walter | Stups | 1:02:58 | 1:03:56 | 1953 | M60 | 17 | 6:18 min/km |

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| Total. | Nr. | Name Vorname | Verein**Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|--------------------------|---------|---------|----------|------|----------|-----------------|
| 409 | 583 | Hebestreit Timo | Kopernikus-Gymnasium | 1:02:59 | 1:03:25 | 1999 | MU18 | 8 | 6:18 min/km |
| 410 | 582 | Horn Max | Kopernikus-Gymnasium | 1:03:00 | 1:03:26 | 1999 | MU18 | 9 | 6:18 min/km |
| 411 | 425 | Schütte Tjark | FC Deutsche Post | 1:03:11 | 1:04:07 | 1963 | M50 | 72 | 6:19 min/km |
| 412 | 268 | Gröppmair Werner | FC Deutsche Post | 1:03:21 | 1:04:03 | 1965 | M50 | 73 | 6:20 min/km |
| 413 | 613 | Taaks Kevin | Physiotherapie M.Schäfer | 1:03:35 | 1:04:01 | 1991 | M20 | 31 | 6:22 min/km |
| 414 | 528 | Döpfer Benjamin | *Niederkassel | 1:03:38 | 1:04:24 | 1982 | M30 | 42 | 6:22 min/km |
| 415 | 529 | Frings Christian | *Bonn | 1:03:50 | 1:04:08 | 1982 | M30 | 43 | 6:23 min/km |
| 416 | 32 | Steinmetz Peter | L&S Freunde | 1:04:04 | 1:04:57 | 1969 | M45 | 75 | 6:24 min/km |
| 417 | 574 | Kurz Konstantin | | 1:04:24 | 1:04:51 | 1985 | M30 | 44 | 6:26 min/km |
| 418 | 1644 | Göldner Klaus | Tus Mondorf | 1:04:31 | 1:04:43 | 1954 | M60 | 18 | 6:27 min/km |
| 419 | 405 | Lehnert Rolf | FC Deutsche Post | 1:04:39 | 1:05:31 | 1953 | M60 | 19 | 6:28 min/km |
| 420 | 162 | Becker Rainer | *Rheidt | 1:05:04 | 1:05:58 | 1960 | M55 | 45 | 6:30 min/km |
| 421 | 222 | Pfeifer Christof | ekkk | 1:05:06 | 1:06:00 | 1966 | M50 | 74 | 6:31 min/km |
| 422 | 433 | Weisbach Rentier Rex | LT Hennef/Sieg | 1:05:08 | 1:06:10 | 1973 | M40 | 55 | 6:31 min/km |
| 423 | 272 | Wank (B)Engel | LT Hennef (B)Engel | 1:05:08 | 1:06:11 | 1969 | M45 | 76 | 6:31 min/km |
| 424 | 324 | Kremer Franz | LT Hennef/Sieg | 1:05:08 | 1:06:11 | 1963 | M50 | 75 | 6:31 min/km |
| 425 | 110 | Jansen Christoph | *Alfter | 1:06:00 | 1:06:49 | 1962 | M50 | 76 | 6:36 min/km |
| 426 | 397 | Breuer Andreas | FC Deutsche Post | 1:06:22 | 1:07:19 | 1964 | M50 | 77 | 6:38 min/km |
| 427 | 597 | Mey Andreas | | 1:06:32 | 1:07:17 | 1986 | M30 | 45 | 6:39 min/km |
| 428 | 342 | Schimanowski Alexander | Verein vom Rhein | 1:07:03 | 1:07:48 | 1973 | M40 | 56 | 6:42 min/km |
| 429 | 124 | Fischer Klemens | *Troisdorf | 1:07:29 | 1:08:31 | 1961 | M55 | 46 | 6:45 min/km |
| 430 | 275 | Böttcher Werner | SC Fortuna Bonn | 1:07:54 | 1:08:50 | 1946 | M70 | 2 | 6:47 min/km |
| 431 | 170 | Guido Zingsheim | RTL Sports e.V. | 1:08:22 | 1:09:05 | 1965 | M50 | 78 | 6:50 min/km |
| 432 | 97 | Kupffer Henning | *Niederkassel | 1:08:26 | 1:09:20 | 1977 | M35 | 41 | 6:51 min/km |
| 433 | 1553 | Gorissen Wolfram | *Siegburg | 1:09:43 | 1:10:32 | 1938 | M75 | 3 | 6:58 min/km |
| 434 | 873 | Nöbel Jakob | Evonik | 1:10:13 | 1:10:59 | 1960 | M55 | 47 | 7:01 min/km |
| 435 | 450 | Fickert Manfred | Evonik | 1:10:15 | 1:10:59 | 1959 | M55 | 48 | 7:02 min/km |
| 436 | 418 | Höller André | FC Deutsche Post | 1:10:30 | 1:11:28 | 1987 | M20 | 32 | 7:03 min/km |
| 437 | 56 | Neeb Mika | *Köln | 1:11:16 | 1:11:43 | 2008 | MU10 | 1 | 7:08 min/km |
| 438 | 44 | Philipp Jonas | *Niederkassel | 1:11:47 | 1:11:50 | 2003 | MU14 | 4 | 7:11 min/km |
| 439 | 43 | Philipp Marcus | *Niederkassel | 1:11:47 | 1:11:50 | 1972 | M40 | 57 | 7:11 min/km |
| 440 | 1645 | Brüssel Frank | | 1:12:32 | 1:13:01 | 1963 | M50 | 79 | 7:15 min/km |
| 441 | 192 | Scholz Carsten | *Niederkassel | 1:13:46 | 1:14:46 | 1965 | M50 | 80 | 7:23 min/km |
| 442 | 394 | Schmitz Thomas | FC Deutsche Post | 1:14:06 | 1:15:02 | 1981 | M35 | 42 | 7:25 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|--------------------------|-----------------------------|---------|---------|----------|------|----------|-----------------|
| 1 | 1 | Mockenhaupt Sabrina | *Niederkassel | 0:35:52 | 0:35:53 | 1980 | W35 | 1 | 3:35 min/km |
| 2 | 461 | Schulze Susanne | Bunert - Der Kölner | 0:37:11 | 0:37:13 | 1975 | W40 | 1 | 3:43 min/km |
| 3 | 5 | Heimann Lisa | LAZ Puma Rhein-Sieg | 0:37:21 | 0:37:22 | 1987 | W20 | 1 | 3:44 min/km |
| 4 | 1540 | Peiler Annika | SSF Bonn | 0:39:30 | 0:39:33 | 1985 | W30 | 1 | 3:57 min/km |
| 5 | 477 | Maschke Franzi | LAZ Puma Rhein-Sieg | 0:40:08 | 0:40:10 | 1987 | W20 | 2 | 4:01 min/km |
| 6 | 1664 | Schuhenn Therese | SSF Bonn Triathlon | 0:40:29 | 0:40:32 | 2002 | WU16 | 1 | 4:03 min/km |
| 7 | 1672 | Stegmaier Hannah | SSF Bonn Triathlon Jugend | 0:42:22 | 0:42:35 | 2001 | WU16 | 2 | 4:14 min/km |
| 8 | 1680 | Kämmerer Lena | SSF Bonn Team Artecic | 0:42:40 | 0:42:43 | 1994 | W20 | 3 | 4:16 min/km |
| 9 | 48 | Dillenburg Marsha | *Hürth | 0:43:07 | 0:43:33 | 1991 | W20 | 4 | 4:19 min/km |
| 10 | 39 | Oberbeckmann Amelie | *Hennef | 0:43:45 | 0:43:48 | 1999 | WU18 | 1 | 4:23 min/km |
| 11 | 288 | Isenberg Verena | Triabolos Triathlon Hamburg | 0:44:15 | 0:44:23 | 1981 | W35 | 2 | 4:26 min/km |
| 12 | 535 | Lennartz Birgit | LLG St. Augustin | 0:44:38 | 0:44:42 | 1965 | W50 | 1 | 4:28 min/km |
| 13 | 354 | Krallmann-Brüll Petra | ASV Duisburg | 0:45:04 | 0:45:11 | 1967 | W45 | 1 | 4:30 min/km |
| 14 | 454 | Müßeler Gisèle | Samtpfötchen | 0:45:11 | 0:45:14 | 1964 | W50 | 2 | 4:31 min/km |
| 15 | 285 | Jochum Carina | Selbstläufer SV Altenahr | 0:45:17 | 0:45:21 | 1974 | W40 | 2 | 4:32 min/km |
| 16 | 1671 | Brandenberg Jara | SSF Bonn Team Artecic | 0:45:56 | 0:45:58 | 1999 | WU18 | 2 | 4:36 min/km |
| 17 | 1550 | Roersch Inge | Bunert - Der Kölner | 0:46:22 | 0:46:52 | 1983 | W30 | 2 | 4:38 min/km |
| 18 | 19 | Weingärtner Pamela | Perlentaucher | 0:46:35 | 0:46:41 | 1969 | W45 | 2 | 4:40 min/km |
| 19 | 357 | Diblik Jenny | FC Keldenich | 0:46:38 | 0:46:43 | 1986 | W30 | 3 | 4:40 min/km |
| 20 | 521 | Mann Sabine | LT Ennert | 0:46:59 | 0:47:08 | 1965 | W50 | 3 | 4:42 min/km |
| 21 | 262 | Metzen-Seifert Susanne | *Sankt Augustin | 0:47:04 | 0:47:12 | 1982 | W30 | 4 | 4:42 min/km |
| 22 | 1541 | Peiler Noa Sophie | | 0:47:12 | 0:47:15 | 2000 | WU18 | 3 | 4:43 min/km |
| 23 | 1539 | Peiler Dr. Uta | | 0:47:13 | 0:47:17 | 1960 | W55 | 1 | 4:43 min/km |
| 24 | 1629 | Steeger Ulrike | LLG St. Augustin | 0:47:36 | 0:47:41 | 1961 | W55 | 2 | 4:46 min/km |
| 25 | 1586 | Willems Larissa | *Niederkassel | 0:48:03 | 0:48:09 | 1983 | W30 | 5 | 4:48 min/km |
| 26 | 523 | Schoeppner Katrin | VfL Marburg | 0:48:07 | 0:48:12 | 1985 | W30 | 6 | 4:49 min/km |
| 27 | 180 | Mutterlose Claudia | SSF Bonn | 0:48:26 | 0:48:44 | 1965 | W50 | 4 | 4:51 min/km |
| 28 | 151 | Roitzsch Katjana | FC Keldenich | 0:48:36 | 0:48:42 | 1978 | W35 | 3 | 4:52 min/km |
| 29 | 283 | Richter Judith | SSF Bonn Triathlon | 0:48:37 | 0:48:39 | 1984 | W30 | 7 | 4:52 min/km |
| 30 | 1145 | Wunder Steffi | LT SV Westum | 0:48:39 | 0:48:44 | 1967 | W45 | 3 | 4:52 min/km |
| 31 | 88 | Hey Patricia | *Niederkassel | 0:48:55 | 0:49:09 | 1980 | W35 | 4 | 4:54 min/km |
| 32 | 183 | Thielen Alexandra | LAZ Puma Rhein-Sieg | 0:49:06 | 0:49:26 | 1973 | W40 | 3 | 4:55 min/km |
| 33 | 517 | Galda Maria | SSF Bonn Triathlon | 0:49:16 | 0:49:34 | 1980 | W35 | 5 | 4:56 min/km |
| 34 | 213 | Beckmann Johanna | FC Deutsche Post | 0:49:21 | 0:49:47 | 1982 | W30 | 8 | 4:56 min/km |
| 35 | 390 | Seidemann Sonja | FC Deutsche Post | 0:49:26 | 0:49:34 | 1965 | W50 | 5 | 4:57 min/km |
| 36 | 364 | Schiebel Dr. Vera | *Stadecken-Elsheim | 0:50:00 | 0:50:14 | 1980 | W35 | 6 | 5:00 min/km |
| 37 | 286 | Thiesen Monika | LaufTeamThiesen | 0:50:11 | 0:50:43 | 1974 | W40 | 4 | 5:01 min/km |
| 38 | 1646 | Pfeil-Bonnin Beate | PSV-Bonn Triathlon | 0:50:14 | 0:50:43 | 1961 | W55 | 3 | 5:01 min/km |
| 39 | 343 | Becker Katharina | *Bornheim | 0:50:33 | 0:50:54 | 1988 | W20 | 5 | 5:03 min/km |
| 40 | 446 | Jury Hannah | *Mondorf | 0:50:52 | 0:51:09 | 1995 | W20 | 6 | 5:05 min/km |
| 41 | 1647 | Caspers Alexandra | PSV Bonn Triathlon | 0:50:59 | 0:51:27 | 1972 | W40 | 5 | 5:06 min/km |
| 42 | 148 | Fiebig Dr. Antje | *Bonn | 0:51:08 | 0:51:20 | 1987 | W20 | 7 | 5:07 min/km |
| 43 | 457 | Kurtenbach Mara | *Neustadt | 0:51:19 | 0:51:30 | 1996 | W20 | 8 | 5:08 min/km |
| 44 | 8 | Menrath Hannah | | 0:51:20 | 0:51:21 | 1998 | WU20 | 1 | 5:08 min/km |
| 45 | 1660 | Jaschky-Sterzenbach Iris | Troisdorf LG M.U.T. | 0:51:28 | 0:51:50 | 1961 | W55 | 4 | 5:09 min/km |
| 46 | 1675 | Reinhardt Michaela | Dream Team | 0:51:57 | 0:52:11 | 1970 | W45 | 4 | 5:12 min/km |
| 47 | 1126 | Wroz Dagmar | SV Hellas Siegburg | 0:52:13 | 0:52:30 | 1956 | W60 | 1 | 5:13 min/km |
| 48 | 252 | Peters Ilka | Sieg REHA | 0:52:20 | 0:52:57 | 1989 | W20 | 9 | 5:14 min/km |
| 49 | 593 | Crämer Barbara | Die Siebengebirgsathleten | 0:52:35 | 0:53:31 | 2000 | WU18 | 4 | 5:16 min/km |
| 50 | 62 | Störmann Wiebke | *Köln | 0:52:51 | 0:53:26 | 1964 | W50 | 6 | 5:17 min/km |
| 51 | 161 | Umbeck Joy | *Bonn | 0:53:28 | 0:53:49 | 1995 | W20 | 10 | 5:21 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-------------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 52 | 524 | Middendorf Nadine | *Köln | 0:53:36 | 0:54:06 | 1979 | W35 | 7 | 5:22 min/km |
| 53 | 87 | Lehmann Jana | *Bonn | 0:53:42 | 0:54:03 | 1984 | W30 | 9 | 5:22 min/km |
| 54 | 189 | Mohr-Hombach Birgit | TV Bad Schwalbach | 0:53:52 | 0:54:04 | 1955 | W60 | 2 | 5:23 min/km |
| 55 | 70 | Schmitz Helen | *Niederkassel | 0:53:58 | 0:56:05 | 1989 | W20 | 11 | 5:24 min/km |
| 56 | 1547 | Becker Dr. Ulrike | Diabetispraxis Rhein-Sieg | 0:54:00 | 0:54:10 | 1973 | W40 | 6 | 5:24 min/km |
| 57 | 388 | Lehmann Petra | FC Deutsche Post | 0:54:03 | 0:54:54 | 1972 | W40 | 7 | 5:24 min/km |
| 58 | 114 | Vera Zurl | *Niederkassel | 0:54:11 | 0:55:08 | 1980 | W35 | 8 | 5:25 min/km |
| 59 | 579 | Heuser Kerstin | KGN | 0:54:38 | 0:54:52 | 1973 | W40 | 8 | 5:28 min/km |
| 60 | 447 | Braun Claudia | Evonik | 0:54:40 | 0:55:22 | 1969 | W45 | 5 | 5:28 min/km |
| 61 | 1110 | Vogg Andrea | SSF Bonn | 0:54:49 | 0:55:06 | 1964 | W50 | 7 | 5:29 min/km |
| 62 | 567 | Loewenhaupt Christina | Praxis Kriegel / Brandt | 0:54:49 | 0:55:23 | 1975 | W40 | 9 | 5:29 min/km |
| 63 | 307 | Vogel Christiane | *Troisdorf | 0:55:03 | 0:55:59 | 1986 | W30 | 10 | 5:30 min/km |
| 64 | 267 | Schuth Henrike | Kopernikus-Gymnasium | 0:55:06 | 0:55:26 | 1985 | W30 | 11 | 5:31 min/km |
| 65 | 631 | Völker Helena | Messdiener | 0:55:07 | 0:55:17 | 2000 | WU18 | 5 | 5:31 min/km |
| 66 | 479 | Witte Heike | *Königswinter | 0:55:14 | 0:55:53 | 1974 | W40 | 10 | 5:31 min/km |
| 67 | 514 | Rommel Andrea | *Bonn | 0:55:14 | 0:55:53 | 1976 | W40 | 11 | 5:31 min/km |
| 68 | 78 | Lütkefent Isa | fit4fun | 0:55:16 | 0:55:45 | 1960 | W55 | 5 | 5:32 min/km |
| 69 | 578 | Juraga Sandra | KGN | 0:55:27 | 0:55:40 | 1972 | W40 | 12 | 5:33 min/km |
| 70 | 1588 | Probst Ann-Careen | SSF Bonn | 0:55:28 | 0:55:31 | 2001 | WU16 | 3 | 5:33 min/km |
| 71 | 1583 | Hartzsch Gabriele | LT Tus Meindorf | 0:55:41 | 0:55:53 | 1968 | W45 | 6 | 5:34 min/km |
| 72 | 570 | Monschau Martina | TF Keldenich | 0:55:51 | 0:56:27 | 1965 | W50 | 8 | 5:35 min/km |
| 73 | 1640 | Wegel Edith | M.U.T. Troisdorf | 0:55:53 | 0:56:31 | 1959 | W55 | 6 | 5:35 min/km |
| 74 | 264 | Ploszaj Alice | *Troisdorf | 0:55:57 | 0:56:47 | 1990 | W20 | 12 | 5:36 min/km |
| 75 | 615 | Rodu Isabela | Physiotherapie M.Schäfer | 0:56:04 | 0:56:32 | 1999 | WU18 | 6 | 5:36 min/km |
| 76 | 299 | Janku Martina | *Bonn | 0:56:09 | 0:56:26 | 1968 | W45 | 7 | 5:37 min/km |
| 77 | 175 | Von der Recke Katharina | *Troisdorf | 0:56:09 | 0:56:27 | 1977 | W35 | 9 | 5:37 min/km |
| 78 | 493 | Leßmann Bernadette | *Troisdorf | 0:56:14 | 0:56:47 | 1976 | W40 | 13 | 5:37 min/km |
| 79 | 595 | Baumeister Laura | | 0:56:25 | 0:56:58 | 1991 | W20 | 13 | 5:39 min/km |
| 80 | 1589 | Kinast Dr. Hannah | *Troisdorf | 0:56:42 | 0:57:18 | 1992 | W20 | 14 | 5:40 min/km |
| 81 | 278 | Maurer Regina | OGS Mondorf | 0:56:58 | 0:57:32 | 1970 | W45 | 8 | 5:42 min/km |
| 82 | 561 | Mühlbauer Diana | | 0:57:09 | 0:57:43 | 1981 | W35 | 10 | 5:43 min/km |
| 83 | 559 | Peltz Alexandra | | 0:57:13 | 0:57:26 | 1971 | W45 | 9 | 5:43 min/km |
| 84 | 516 | Michaela Nussmann | *Köln | 0:57:25 | 0:57:58 | 1964 | W50 | 9 | 5:45 min/km |
| 85 | 242 | Goebbels Jacqueline | *Köln - Mülheim | 0:57:26 | 0:57:38 | 1978 | W35 | 11 | 5:45 min/km |
| 86 | 382 | Poensgen Kelly | Tierheim Troisdorf | 0:57:27 | 0:57:34 | 1966 | W50 | 10 | 5:45 min/km |
| 87 | 474 | Marenbach Ina | VR-Bank Rhein-Sieg eG | 0:58:00 | 0:58:22 | 1989 | W20 | 15 | 5:48 min/km |
| 88 | 61 | Ott Marion | *Köln | 0:58:06 | 0:58:46 | 1970 | W45 | 10 | 5:49 min/km |
| 89 | 1652 | Hilbert Heidi | TAV bonn | 0:58:10 | 0:58:56 | 1958 | W55 | 7 | 5:49 min/km |
| 90 | 406 | Freudenberg Babette | FC Deutsche Post | 0:58:19 | 0:59:11 | 1964 | W50 | 11 | 5:50 min/km |
| 91 | 47 | Dillenburg-Lux Manuela | *Hürth | 0:58:22 | 0:58:48 | 1963 | W50 | 12 | 5:50 min/km |
| 92 | 191 | Buchholz Heike | *Wezembeek-Oppem | 0:58:32 | 0:59:08 | 1978 | W35 | 12 | 5:51 min/km |
| 93 | 99 | Höfer Pia | TV Dellbrück | 0:58:38 | 0:59:10 | 1962 | W50 | 13 | 5:52 min/km |
| 94 | 165 | Kurzawski Anne Katrin | KGS Holzlar | 0:58:56 | 0:59:15 | 1984 | W30 | 12 | 5:54 min/km |
| 95 | 18 | Esser Tanja | *Ahrweiler | 0:59:01 | 0:59:07 | 1973 | W40 | 14 | 5:54 min/km |
| 96 | 588 | Steindorf Ute | | 0:59:01 | 0:59:34 | 1951 | W65 | 1 | 5:54 min/km |
| 97 | 182 | Hajek Verena | Laufmonster | 0:59:07 | 0:59:28 | 1952 | W60 | 3 | 5:55 min/km |
| 98 | 359 | Kuhn Beate | *Niederkassel | 0:59:13 | 0:59:39 | 1962 | W50 | 14 | 5:55 min/km |
| 99 | 30 | Schmidt Katja | *Troisdorf | 0:59:19 | 0:59:59 | 1981 | W35 | 13 | 5:56 min/km |
| 100 | 505 | Wiedensohler Martina | Team Reifenhäuser | 0:59:25 | 0:59:48 | 1967 | W45 | 11 | 5:57 min/km |
| 101 | 334 | Rauen Dr. Sabine | WSV Blau-Weiß-Rheidt | 0:59:26 | 1:00:02 | 1972 | W40 | 15 | 5:57 min/km |
| 102 | 273 | Klink Elisabeth | TuS 07 Oberlar | 0:59:32 | 0:59:53 | 1968 | W45 | 12 | 5:57 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|--------------------------|--------------------------|---------|---------|----------|------|----------|-----------------|
| 103 | 439 | Liebig Katrin | Evonik | 0:59:40 | 1:00:24 | 1995 | W20 | 16 | 5:58 min/km |
| 104 | 237 | Kreuser Iris | S.V. Hertha Buschhoven | 0:59:43 | 1:00:40 | 1969 | W45 | 13 | 5:58 min/km |
| 105 | 236 | Loll Isabelle | S.V. Hertha Buschhoven | 0:59:43 | 1:00:41 | 1983 | W30 | 13 | 5:58 min/km |
| 106 | 1585 | Tenberken Ulrike | *Neuss | 0:59:44 | 1:00:06 | 1974 | W40 | 16 | 5:58 min/km |
| 107 | 93 | Wilhelm Anja | 1. FC Spich | 0:59:50 | 1:00:13 | 1968 | W45 | 14 | 5:59 min/km |
| 108 | 92 | Buchholzer Christine | *Niederkassel | 0:59:54 | 1:00:21 | 1964 | W50 | 15 | 5:59 min/km |
| 109 | 361 | Leimbach Alexandra | *Niederkassel | 1:00:07 | 1:00:46 | 1977 | W35 | 14 | 6:01 min/km |
| 110 | 1653 | Lange Christiana | Troisdorf LG M.U.T. | 1:00:08 | 1:00:48 | 1960 | W55 | 8 | 6:01 min/km |
| 111 | 232 | Muck Nadja | Kölsche Mädchen | 1:00:13 | 1:01:08 | 1983 | W30 | 14 | 6:01 min/km |
| 112 | 231 | Gollmer Daniela | Kölsche Mädchen | 1:00:13 | 1:01:08 | 1978 | W35 | 15 | 6:01 min/km |
| 113 | 34 | Breuer Stefani | *Niederkassel | 1:00:17 | 1:01:02 | 1980 | W35 | 16 | 6:02 min/km |
| 114 | 233 | Weiß Mariyke | Kölsche Mädchen | 1:00:19 | 1:01:14 | 1983 | W30 | 15 | 6:02 min/km |
| 115 | 571 | Martius-Schmidt Verena | | 1:00:36 | 1:00:53 | 1959 | W55 | 9 | 6:04 min/km |
| 116 | 1552 | Schneiders Katja | | 1:00:43 | 1:01:11 | 1998 | WU20 | 2 | 6:04 min/km |
| 117 | 346 | Wieneke Johanna | *niederkassel | 1:00:47 | 1:01:40 | 1983 | W30 | 16 | 6:05 min/km |
| 118 | 341 | Frantzen Simone | *Niederkassel | 1:00:47 | 1:01:40 | 1974 | W40 | 17 | 6:05 min/km |
| 119 | 55 | Arentz Lisa | Aktion Canchanabury | 1:01:07 | 1:01:55 | 1961 | W55 | 10 | 6:07 min/km |
| 120 | 518 | Hoffmeister Yvette | *Troisdorf | 1:01:21 | 1:01:54 | 1975 | W40 | 18 | 6:08 min/km |
| 121 | 281 | Wambach Katja | *Swisttal-Miel | 1:01:33 | 1:02:00 | 1977 | W35 | 17 | 6:09 min/km |
| 122 | 335 | Ikonen Sini | *Meckenheim | 1:01:37 | 1:02:24 | 1982 | W30 | 17 | 6:10 min/km |
| 123 | 501 | Julia Krupp | Team Reifenhäuser | 1:01:48 | 1:02:13 | 1988 | W20 | 17 | 6:11 min/km |
| 124 | 373 | Hardt Ulrike | *Duisburg | 1:01:56 | 1:02:43 | 1957 | W55 | 11 | 6:12 min/km |
| 125 | 491 | Schöttler Petra | Skiclub Sieglar | 1:02:01 | 1:02:24 | 1970 | W45 | 15 | 6:12 min/km |
| 126 | 580 | Kirschbaum Hannelore | TV 08 Lohmar | 1:02:12 | 1:03:02 | 1957 | W55 | 12 | 6:13 min/km |
| 127 | 1655 | Mermet Stefanie | TV 08 Lohmar | 1:02:12 | 1:03:03 | 1961 | W55 | 13 | 6:13 min/km |
| 128 | 1654 | Alda Anita | TV 08 Lohmar | 1:02:12 | 1:03:03 | 1951 | W65 | 2 | 6:13 min/km |
| 129 | 119 | Schilling Elli | *Köln | 1:02:25 | 1:02:56 | 1952 | W60 | 4 | 6:15 min/km |
| 130 | 612 | Kübe Melancia | Physiotherapie M.Schäfer | 1:02:39 | 1:03:06 | 1983 | W30 | 18 | 6:16 min/km |
| 131 | 73 | Gasior Franziska | Frau | 1:02:40 | 1:03:21 | 1983 | W30 | 19 | 6:16 min/km |
| 132 | 74 | Prencipe Nicole | Frau | 1:02:40 | 1:03:21 | 1980 | W35 | 18 | 6:16 min/km |
| 133 | 303 | Dornseifer Julia | *Bonn | 1:02:53 | 1:03:47 | 1978 | W35 | 19 | 6:17 min/km |
| 134 | 348 | Banhold Monika | 1. FC Niederkassel | 1:02:58 | 1:03:49 | 1971 | W45 | 16 | 6:18 min/km |
| 135 | 176 | Nikoleiczik Vera | *Troisdorf | 1:02:59 | 1:03:48 | 1995 | W20 | 18 | 6:18 min/km |
| 136 | 1590 | Kinast Dr. Christian | *Troisdorf | 1:03:10 | 1:03:46 | 1957 | W55 | 14 | 6:19 min/km |
| 137 | 386 | Schütte-Beckhaus | FC Deutsche Post | 1:03:12 | 1:04:07 | 1967 | W45 | 17 | 6:19 min/km |
| 138 | 393 | Ulbricht Kerstin | FC Deutsche Post | 1:03:21 | 1:04:03 | 1970 | W45 | 18 | 6:20 min/km |
| 139 | 123 | Nachbaur-Sturm Christine | *Eitorf | 1:03:22 | 1:04:23 | 1964 | W50 | 16 | 6:20 min/km |
| 140 | 156 | Klein Susanne | *Bonn | 1:03:23 | 1:03:49 | 1970 | W45 | 19 | 6:20 min/km |
| 141 | 159 | Scholl Michaela | *Niederkassel | 1:03:24 | 1:03:49 | 1976 | W40 | 19 | 6:20 min/km |
| 142 | 157 | Stürmer Stefanie | *Niederkassel | 1:03:25 | 1:03:49 | 1983 | W30 | 20 | 6:21 min/km |
| 143 | 573 | Kurz Elena | | 1:03:35 | 1:04:01 | 1988 | W20 | 19 | 6:22 min/km |
| 144 | 53 | Schlösser Corinna | *Niederkassel | 1:03:38 | 1:04:24 | 1991 | W20 | 20 | 6:22 min/km |
| 145 | 511 | Wallau Franziska | 1. FC Spich | 1:04:11 | 1:04:34 | 1994 | W20 | 21 | 6:25 min/km |
| 146 | 387 | Gutte Julia | FC Deutsche Post | 1:04:14 | 1:05:05 | 1981 | W35 | 20 | 6:25 min/km |
| 147 | 90 | Nürnberg Monika | TV Dellbrück | 1:04:30 | 1:05:02 | 1966 | W50 | 17 | 6:27 min/km |
| 148 | 1642 | Florczak Claudia | TV Dellbrück | 1:04:30 | 1:05:02 | 1964 | W50 | 18 | 6:27 min/km |
| 149 | 29 | Schlang Natascha | *Linz am Rhein | 1:04:39 | 1:05:31 | 1988 | W20 | 22 | 6:28 min/km |
| 150 | 54 | Jeschke Katrin | Willpower.Races | 1:04:42 | 1:05:18 | 1966 | W50 | 19 | 6:28 min/km |
| 151 | 399 | Lemaire Melanie | FC Deutsche Post | 1:04:47 | 1:05:17 | 1985 | W30 | 21 | 6:29 min/km |
| 152 | 248 | Vespo Elke | Sieg REHA | 1:04:47 | 1:05:08 | 1965 | W50 | 20 | 6:29 min/km |
| 153 | 223 | Pfeifer Elke | ekkk | 1:05:06 | 1:06:00 | 1966 | W50 | 21 | 6:31 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|----------------------|-------------------------|---------|---------|----------|------|----------|-----------------|
| 154 | 270 | Grau Engelchen Diana | LT-Engel | 1:05:07 | 1:06:10 | 1974 | W40 | 20 | 6:31 min/km |
| 155 | 325 | Fitz Martina | LT Hennef/Sieg | 1:05:08 | 1:06:11 | 1969 | W45 | 20 | 6:31 min/km |
| 156 | 66 | Cataudella Nicole | *Köln | 1:05:08 | 1:05:48 | 1983 | W30 | 22 | 6:31 min/km |
| 156 | 434 | Weisbach Engelchen | LT Hennef/Sieg | 1:05:08 | 1:06:11 | 1975 | W40 | 21 | 6:31 min/km |
| 158 | 147 | Schmitz Hannelore | *Köln | 1:05:16 | 1:05:58 | 1947 | W65 | 3 | 6:32 min/km |
| 159 | 207 | Runge Sarah | *Köln | 1:05:27 | 1:06:13 | 1984 | W30 | 23 | 6:33 min/km |
| 160 | 65 | Rein Sonja | *Niederkassel | 1:05:38 | 1:06:18 | 1960 | W55 | 15 | 6:34 min/km |
| 161 | 614 | Schäfer Sonja | Physio M.Schäfer | 1:05:39 | 1:06:12 | 1979 | W35 | 21 | 6:34 min/km |
| 162 | 371 | Gerhard Manuela | *Siegburg | 1:05:56 | 1:06:44 | 1967 | W45 | 21 | 6:36 min/km |
| 163 | 576 | Schmitz Denise | | 1:07:10 | 1:08:00 | 1995 | W20 | 23 | 6:43 min/km |
| 164 | 138 | Hartmann Sarah | *Niederkassel | 1:07:15 | 1:08:03 | 1991 | W20 | 24 | 6:44 min/km |
| 165 | 139 | Hartmann Iris | *Brohl-Lützing | 1:07:34 | 1:08:21 | 1974 | W40 | 22 | 6:45 min/km |
| 166 | 485 | Heppekaussen Esther | *Neunkirchen-Seelscheid | 1:07:59 | 1:08:33 | 1999 | WU18 | 7 | 6:48 min/km |
| 167 | 89 | Kupffer Melanie | *Niederkassel | 1:10:03 | 1:10:57 | 1978 | W35 | 22 | 7:00 min/km |
| 168 | 181 | Handke Birgit | *Bonn | 1:10:10 | 1:10:51 | 1969 | W45 | 22 | 7:01 min/km |
| 169 | 646 | Höller Ines | | 1:10:31 | 1:11:28 | 1988 | W20 | 25 | 7:03 min/km |
| 170 | 490 | Wolf Sandra | VR-Bank Rhein-Sieg eG | 1:10:35 | 1:10:57 | 1967 | W45 | 23 | 7:04 min/km |
| 171 | 254 | Mryka Xenia | Sieg REHA | 1:10:52 | 1:11:29 | 1991 | W20 | 26 | 7:05 min/km |
| 172 | 58 | Neeb Angela | *köln | 1:11:24 | 1:11:52 | 1971 | W45 | 24 | 7:08 min/km |
| 173 | 257 | Bauer Daphne | *Troisdorf | 1:11:37 | 1:12:41 | 1979 | W35 | 23 | 7:10 min/km |
| 174 | 577 | Brüssel Laura | | 1:12:33 | 1:13:00 | 2001 | WU16 | 4 | 7:15 min/km |
| 175 | 193 | Scholz Katrin | *Niederkassel | 1:13:46 | 1:14:46 | 1967 | W45 | 25 | 7:23 min/km |
| 176 | 177 | Schmitz-Walber Sarah | *Bonn | 1:14:05 | 1:15:01 | 1982 | W30 | 24 | 7:25 min/km |
| 177 | 41 | Knipp Eva | WSV Rheidt | 1:14:50 | 1:15:14 | 1976 | W40 | 23 | 7:29 min/km |
| 178 | 554 | Grommes Carina | | 1:15:06 | 1:15:58 | 1979 | W35 | 24 | 7:31 min/km |
| 179 | 173 | Kirwald Kerstin | *Bad Honnef | 1:17:13 | 1:17:46 | 1974 | W40 | 24 | 7:43 min/km |
| 180 | 218 | Bärhausen Sandra | *Alfter | 1:17:39 | 1:18:12 | 1988 | W20 | 27 | 7:46 min/km |
| 181 | 235 | Hamann Heike | 1. FC Spich | 1:17:50 | 1:18:16 | 1971 | W45 | 26 | 7:47 min/km |
| 182 | 0 | Hausmann Helke | LT TUS Mondorf | 1:20:38 | 1:21:44 | 1965 | W50 | 22 | 8:04 min/km |
| 183 | 465 | Natzel Phila | VR-Bank Rhein-Sieg eG | 1:21:25 | 1:21:43 | 1997 | WU20 | 3 | 8:09 min/km |