

Kölner Nikolauslauf am 4. Dezember 2016 - 10km Funlauf

Ergebnisliste Männer

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gedruckt 04.12.2016 13:06:41

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Rundenzeiten | Geschwindigkeit |
|--------|------|--------------------------|---------------------------|---------|-----------|----------|------------|-----------------------|-----------------|
| 1 | 1740 | Sinnema Andre | Team Arras | 0:38:39 | 1985 M30 | 1 | 0:38:39 | 12:26 * 12:52 * 13:20 | 3:52 min/km |
| 2 | 3208 | Vielharber Burkard | Tusem Essen | 0:38:39 | 1965 M50 | 1 | 0:38:40 | 12:29 * 12:48 * 13:21 | 3:52 min/km |
| 3 | 426 | Borzner Peter | | 0:40:58 | 1979 M35 | 1 | 0:41:00 | 12:55 * 13:36 * 14:26 | 4:06 min/km |
| 4 | 1798 | Metzler-Nesbeda | TSV Bayer 04 Lauftreff | 0:41:24 | 1968 M45 | 1 | 0:41:36 | 13:30 * 13:31 * 14:22 | 4:08 min/km |
| 5 | 3230 | Krause Christian | KTT 01 | 0:42:07 | 1987 M20 | 1 | 0:42:09 | 13:36 * 13:54 * 14:36 | 4:13 min/km |
| 6 | 3229 | Heyer Sascha | KTT 01 | 0:42:08 | 1976 M40 | 1 | 0:42:09 | 13:37 * 13:53 * 14:36 | 4:13 min/km |
| 7 | 909 | Cosler Martin | *Düsseldorf | 0:42:12 | 1983 M30 | 2 | 0:46:10 | 14:00 * 13:44 * 14:27 | 4:13 min/km |
| 8 | 1991 | Schäfer Tobias | Mach3 Köln e.V. | 0:42:19 | 1972 M40 | 2 | 0:42:26 | 13:35 * 13:51 * 14:52 | 4:14 min/km |
| 9 | 3068 | Gajek Chris | Kölner Triathlon Team 01 | 0:42:46 | 1974 M40 | 3 | 0:42:48 | 13:40 * 14:06 * 14:59 | 4:17 min/km |
| 10 | 2984 | Hackenbroch Niclas | EhrenGarde Stadt Köln | 0:42:57 | 1988 M20 | 2 | 0:43:18 | 14:27 * 14:00 * 14:29 | 4:18 min/km |
| 11 | 2685 | Spitkovsky Anton | KölleAlarm e.V. | 0:43:18 | 1996 M20 | 3 | 0:43:18 | 13:59 * 14:16 * 15:01 | 4:20 min/km |
| 12 | 1871 | Vogelsang Marcel | Albis Lauftreff | 0:43:30 | 1984 M30 | 3 | 0:43:38 | 14:05 * 14:24 * 15:00 | 4:21 min/km |
| 13 | 873 | Kings Dennis | *Köln | 0:43:44 | 1975 M40 | 4 | 0:44:05 | 14:22 * 14:00 * 15:21 | 4:22 min/km |
| 14 | 3232 | Schalk Julius | | 0:43:47 | 0 M20 | 4 | 0:44:11 | 14:42 * 14:17 * 14:47 | 4:23 min/km |
| 15 | 2458 | Schlösser Wolfgang | Kieser Training | 0:43:51 | 1962 M50 | 2 | 0:44:01 | 14:17 * 14:15 * 15:18 | 4:23 min/km |
| 16 | 954 | Kuthe Thorsten | *Köln | 0:43:53 | 1972 M40 | 5 | 0:44:01 | 14:07 * 14:30 * 15:15 | 4:23 min/km |
| 17 | 3220 | Ruda | FSV Düsseldorf | 0:44:07 | 1979 M35 | 2 | 0:44:11 | 14:57 * 14:21 * 14:48 | 4:25 min/km |
| 18 | 1036 | Pfeiffer Axel | Laufen und Saufen | 0:44:14 | 1974 M40 | 6 | 0:44:47 | 13:57 * 14:20 * 15:57 | 4:25 min/km |
| 19 | 2238 | Devey Laurent | ASV Köln | 0:44:49 | 1971 M45 | 2 | 0:44:50 | 14:12 * 14:51 * 15:45 | 4:29 min/km |
| 20 | 131 | Goller Markus | *Bonn | 0:45:04 | 1986 M30 | 4 | 0:48:10 | 15:44 * 14:10 * 15:08 | 4:30 min/km |
| 21 | 2895 | Städele Frank | *Bonn | 0:45:19 | 1982 M30 | 5 | 0:45:23 | 14:26 * 14:48 * 16:04 | 4:32 min/km |
| 22 | 3244 | Heireis Chris | | 0:45:22 | 0 M20 | 5 | 0:45:30 | 14:15 * 15:03 * 16:03 | 4:32 min/km |
| 23 | 404 | Nieland Götz | | 0:45:35 | 1993 M20 | 6 | 0:45:50 | 13:26 * 13:35 * 18:33 | 4:34 min/km |
| 24 | 1044 | Ventsch Fabian | *Koeln | 0:45:40 | 1982 M30 | 6 | 0:46:10 | 14:44 * 14:51 * 16:04 | 4:34 min/km |
| 25 | 499 | Breu Florian | Hickery Köln 08 | 0:45:50 | 1985 M30 | 7 | 0:46:11 | 15:22 * 15:04 * 15:24 | 4:35 min/km |
| 26 | 2403 | Kunz Markus | RUNNERS POINT RUN | 0:45:50 | 1964 M50 | 3 | 0:47:02 | 16:12 * 15:08 * 14:30 | 4:35 min/km |
| 27 | 2968 | Rühl Christian | *Köln | 0:45:53 | 1974 M40 | 7 | 0:46:11 | 15:14 * 14:49 * 15:49 | 4:35 min/km |
| 28 | 1760 | Kourkoulos Dr. Dimitrios | LKW-Schorse | 0:45:59 | 1986 M30 | 8 | 0:47:31 | 14:54 * 15:05 * 16:00 | 4:36 min/km |
| 29 | 1588 | Limburg Michael | Laufjunkies | 0:45:59 | 1979 M35 | 3 | 0:46:47 | 15:28 * 14:54 * 15:36 | 4:36 min/km |
| 30 | 2708 | Dinstühler Guido | *Köln | 0:46:13 | 1983 M30 | 9 | 0:46:43 | 15:20 * 15:10 * 15:42 | 4:37 min/km |
| 31 | 248 | Mörsdorf Luca | *Köln | 0:46:20 | 2006 MU12 | 1 | 0:46:20 | 13:31 * 15:04 * 17:44 | 4:38 min/km |
| 32 | 1894 | Schmitz Ralf | *Brühl | 0:46:22 | 1964 M50 | 4 | 0:46:52 | 15:15 * 15:04 * 16:02 | 4:38 min/km |
| 33 | 467 | Csiba Philip | | 0:46:29 | 1971 M45 | 3 | 0:49:49 | 16:22 * 14:47 * 15:19 | 4:39 min/km |
| 34 | 2358 | Hollmann Patrick | Bunert - Der Kölner | 0:46:33 | 1971 M45 | 4 | 0:46:40 | 15:51 * 15:17 * 15:24 | 4:39 min/km |
| 35 | 20 | Haker Christian | *Köln | 0:46:43 | 1973 M40 | 8 | 0:48:00 | 16:05 * 15:17 * 15:20 | 4:40 min/km |
| 36 | 1261 | Schmidt Michael S. | *Sankt Augustin | 0:46:51 | 1971 M45 | 5 | 0:47:02 | 14:55 * 15:32 * 16:23 | 4:41 min/km |
| 37 | 2967 | Reiher Martin | Team flott. | 0:46:55 | 1988 M20 | 7 | 0:47:42 | 16:15 * 15:14 * 15:25 | 4:42 min/km |
| 38 | 2523 | Braton-Kampus Michael | BSG RheinEnergie | 0:46:56 | 1978 M35 | 4 | 0:47:09 | 15:19 * 15:33 * 16:03 | 4:42 min/km |
| 39 | 1701 | Franken Michael | *Köln | 0:46:57 | 1963 M50 | 5 | 0:47:09 | 15:25 * 15:28 * 16:03 | 4:42 min/km |
| 40 | 3237 | Stepker Benedikt | LT DSHS Köln | 0:46:57 | 2003 MU14 | 1 | 0:47:12 | 15:16 * 15:43 * 15:57 | 4:42 min/km |
| 41 | 2253 | Arndt Hartmut | Die Ökos | 0:46:58 | 1957 M55 | 1 | 0:47:20 | 15:22 * 15:24 * 16:11 | 4:42 min/km |
| 42 | 485 | Normann Hans | Pushensy | 0:47:01 | 1967 M45 | 6 | 0:47:28 | 15:45 * 15:11 * 16:03 | 4:42 min/km |
| 43 | 512 | Martens Jörn | Team Erdinger Alkoholfrei | 0:47:05 | 1962 M50 | 6 | 0:47:09 | 15:26 * 15:46 * 15:52 | 4:43 min/km |
| 44 | 3066 | Friedl Simon | EAC Running Club | 0:47:08 | 1994 M20 | 8 | 0:50:10 | 16:42 * 15:05 * 15:20 | 4:43 min/km |
| 45 | 2544 | Eickert Alexander | Zarinfar GmbH | 0:47:10 | 1989 M20 | 9 | 0:48:41 | 15:32 * 15:25 * 16:12 | 4:43 min/km |
| 46 | 2740 | Greiling Ulrich | *Köln | 0:47:11 | 1988 M20 | 10 | 0:47:30 | 14:55 * 15:35 * 16:40 | 4:43 min/km |
| 47 | 1444 | Berkei Nils | *Köln | 0:47:12 | 1986 M30 | 10 | 0:51:21 | 17:17 * 14:51 * 15:03 | 4:43 min/km |
| 48 | 892 | Wurz Andreas | *Köln | 0:47:14 | 1978 M35 | 5 | 0:47:33 | 15:14 * 15:35 * 16:25 | 4:43 min/km |
| 49 | 589 | Kursch Bruno | Team Hasenkamp | 0:47:17 | 1960 M55 | 2 | 0:50:37 | 15:30 * 15:20 * 16:26 | 4:44 min/km |
| 50 | 2636 | Rosso Martin | THW Köln Nord-West | 0:47:22 | 1994 M20 | 11 | 0:49:49 | 16:22 * 15:26 * 15:33 | 4:44 min/km |
| 51 | 915 | Djampour Syrus | SC 08 Elsdorf | 0:47:26 | 1965 M50 | 7 | 0:48:46 | 15:11 * 15:34 * 16:40 | 4:45 min/km |
| 52 | 2790 | Jäger Dr. Gernot | *Erkelenz | 0:47:26 | 1983 M30 | 11 | 0:47:53 | 15:33 * 15:49 * 16:04 | 4:45 min/km |
| 53 | 1438 | Rantze Heiko | *Köln | 0:47:26 | 1975 M40 | 9 | 0:47:40 | 15:54 * 15:10 * 16:22 | 4:45 min/km |

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| | | | | | | | | | | | |
|-----|------|------------------------|---------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 54 | 2208 | Büchel Hans | Lauf Roxy Köln | 0:47:27 | 1962 M50 | 8 | 0:48:54 | 15:19 * | 15:36 * | 16:31 | 4:45 min/km |
| 55 | 1578 | Tiefensee Tim | Sporttrend 24 | 0:47:29 | 1990 M20 | 12 | 0:52:33 | 16:18 * | 15:28 * | 15:42 | 4:45 min/km |
| 56 | 21 | Schumann Sascha | *Köln | 0:47:33 | 1978 M35 | 6 | 0:48:19 | 15:08 * | 15:23 * | 17:01 | 4:45 min/km |
| 57 | 2023 | Sieber Markus | *Köln | 0:47:36 | 1988 M20 | 13 | 0:48:57 | 16:01 * | 15:22 * | 16:11 | 4:46 min/km |
| 58 | 1548 | Gallinat Carl | *Köln | 0:47:37 | 1985 M30 | 12 | 0:49:46 | 17:56 * | 14:45 * | 14:55 | 4:46 min/km |
| 59 | 1259 | Behrens Jakob | *Köln | 0:47:37 | 1987 M20 | 14 | 0:48:54 | 16:09 * | 15:34 * | 15:54 | 4:46 min/km |
| 60 | 642 | Schneeberger Korbinian | Albis Laufftreff | 0:47:38 | 1977 M35 | 7 | 0:47:47 | 15:20 * | 15:44 * | 16:33 | 4:46 min/km |
| 61 | 1821 | Surmann Markus | mejor tarde que nunca | 0:47:38 | 1963 M50 | 9 | 0:47:52 | 15:32 * | 15:20 * | 16:45 | 4:46 min/km |
| 62 | 2383 | Lamah Pascal Aly | Willkommen in | 0:47:42 | 1998 MU20 | 1 | 0:48:34 | 14:21 * | 15:16 * | 18:04 | 4:46 min/km |
| 63 | 1542 | Mattausch Lars | *Köln | 0:47:43 | 1991 M20 | 15 | 0:49:01 | 16:08 * | 15:34 * | 16:00 | 4:46 min/km |
| 64 | 1498 | Becker Reinhard | :anlauf Siegen | 0:47:47 | 1960 M55 | 3 | 0:47:53 | 15:09 * | 15:51 * | 16:46 | 4:47 min/km |
| 65 | 18 | Leweling Sascha | *Münster | 0:47:50 | 1985 M30 | 13 | 0:48:17 | 15:51 * | 15:35 * | 16:23 | 4:47 min/km |
| 66 | 23 | Kelterbaum Michael | *Frechen | 0:47:51 | 1984 M30 | 14 | 0:47:56 | 15:52 * | 15:47 * | 16:11 | 4:47 min/km |
| 67 | 2730 | Gilles Thomas | *Bonn | 0:47:53 | 1982 M30 | 15 | 0:51:54 | 16:14 * | 15:32 * | 16:06 | 4:47 min/km |
| 68 | 2248 | Perbix Daniel | *Neukirchen-Vluyn | 0:48:02 | 1978 M35 | 8 | 0:48:20 | 15:43 * | 15:43 * | 16:36 | 4:48 min/km |
| 69 | 2998 | Potreck Hannes | Hickory Köln 08 | 0:48:02 | 1984 M30 | 16 | 0:48:24 | 15:55 * | 15:50 * | 16:17 | 4:48 min/km |
| 70 | 1216 | Thurwach Rüdiger | Elektro Thurwach GmbH | 0:48:08 | 1957 M55 | 4 | 0:48:10 | 15:43 * | 15:42 * | 16:42 | 4:49 min/km |
| 71 | 2734 | Mitschke Martin | *Köln | 0:48:13 | 1980 M35 | 9 | 0:48:33 | 16:11 * | 15:50 * | 16:11 | 4:49 min/km |
| 72 | 2859 | Sowade Uli | Run of Colours | 0:48:16 | 1970 M45 | 7 | 0:48:20 | 15:33 * | 15:49 * | 16:52 | 4:50 min/km |
| 73 | 1566 | Ley Thomas | Lt Rösratherstraße | 0:48:20 | 1965 M50 | 10 | 0:49:06 | 15:57 * | 15:50 * | 16:32 | 4:50 min/km |
| 74 | 776 | Scholz Florian | *Köln | 0:48:24 | 1985 M30 | 17 | 0:48:49 | 15:04 * | 16:03 * | 17:17 | 4:50 min/km |
| 75 | 1303 | Schäfers Sascha | Runners Point Run Club | 0:48:26 | 1980 M35 | 10 | 0:48:29 | 15:27 * | 15:51 * | 17:07 | 4:51 min/km |
| 76 | 2787 | Mandt Markus | LT Saaler Mühle | 0:48:28 | 1968 M45 | 8 | 0:48:37 | 15:48 * | 15:57 * | 16:42 | 4:51 min/km |
| 77 | 2837 | Hammerstein Friedrich | Köln läuft | 0:48:30 | 1968 M45 | 9 | 0:48:33 | 15:51 * | 16:12 * | 16:26 | 4:51 min/km |
| 78 | 2868 | Gerhard Rolf | *Köln | 0:48:31 | 1979 M35 | 11 | 0:51:36 | 16:20 * | 15:56 * | 16:14 | 4:51 min/km |
| 79 | 1641 | Wagenbach Christoph | *Köln | 0:48:37 | 1981 M35 | 12 | 0:49:33 | 15:58 * | 15:57 * | 16:41 | 4:52 min/km |
| 80 | 1434 | Bahlo Nils | ASV Laufftreff | 0:48:41 | 1983 M30 | 18 | 0:48:50 | 15:37 * | 16:16 * | 16:47 | 4:52 min/km |
| 81 | 2880 | Jähde Frank | *Köln | 0:48:45 | 1964 M50 | 11 | 0:49:18 | 16:12 * | 15:50 * | 16:42 | 4:53 min/km |
| 82 | 2328 | Engels Andreas | *Köln | 0:48:45 | 1976 M40 | 10 | 0:50:56 | 17:07 * | 15:36 * | 16:01 | 4:53 min/km |
| 83 | 2361 | Reimann Sascha | | 0:48:46 | 1980 M35 | 13 | 0:49:27 | 16:43 * | 16:10 * | 15:52 | 4:53 min/km |
| 84 | 1634 | Fröhlich Philipp | DHC | 0:48:49 | 2007 MU10 | 1 | 0:48:50 | 15:34 * | 16:18 * | 16:55 | 4:53 min/km |
| 85 | 724 | Thüß Matthias | *Köln | 0:48:55 | 1982 M30 | 19 | 0:49:07 | 15:31 * | 16:06 * | 17:17 | 4:54 min/km |
| 86 | 2696 | Nagler Georg | CologneRunningCrew | 0:49:00 | 1982 M30 | 20 | 0:52:20 | 16:58 * | 15:39 * | 16:22 | 4:54 min/km |
| 87 | 1792 | Cramer Mathias | Worringer Zähne Running | 0:49:01 | 1969 M45 | 10 | 0:49:05 | 16:04 * | 16:01 * | 16:54 | 4:54 min/km |
| 88 | 3218 | Mehdi Mohamed | Mehdi / Bootcamp | 0:49:01 | 1982 M30 | 21 | 0:49:25 | 15:56 * | 16:15 * | 16:49 | 4:54 min/km |
| 89 | 2575 | Schroeder Alex | *Leverkusen | 0:49:07 | 1983 M30 | 22 | 0:49:48 | 16:06 * | 16:00 * | 17:00 | 4:55 min/km |
| 90 | 2364 | Helten Frank | | 0:49:08 | 1971 M45 | 11 | 0:49:41 | 16:14 * | 15:51 * | 17:02 | 4:55 min/km |
| 91 | 2555 | Hambloch Christoph | Albis Laufftreff | 0:49:20 | 1964 M50 | 12 | 0:49:27 | 15:54 * | 16:06 * | 17:19 | 4:56 min/km |
| 92 | 2257 | Schneider Dominik | *Köln | 0:49:20 | 1966 M50 | 13 | 0:49:23 | 16:01 * | 16:40 * | 16:37 | 4:56 min/km |
| 93 | 2938 | Danek Ingo | Lauffreunde | 0:49:24 | 1972 M40 | 11 | 0:51:21 | 16:47 * | 16:22 * | 16:14 | 4:56 min/km |
| 94 | 1132 | Rebholz Gerold Felix | *Bonn | 0:49:26 | 1988 M20 | 16 | 0:50:36 | 18:06 * | 15:36 * | 15:43 | 4:57 min/km |
| 95 | 418 | Tegmeier Stefan | | 0:49:27 | 1990 M20 | 17 | 0:52:12 | 17:28 * | 15:37 * | 16:22 | 4:57 min/km |
| 96 | 2714 | Maroni Dirk | WDR MausLaufGruppe | 0:49:29 | 1968 M45 | 12 | 0:49:31 | 16:07 * | 16:31 * | 16:50 | 4:57 min/km |
| 97 | 2821 | Burauen Florian | NetCologne | 0:49:31 | 1989 M20 | 18 | 0:49:50 | 16:17 * | 17:04 * | 16:09 | 4:57 min/km |
| 98 | 2624 | Molitor Dr. Harald | ASV | 0:49:32 | 1959 M55 | 5 | 0:50:28 | 15:57 * | 16:24 * | 17:11 | 4:57 min/km |
| 99 | 2609 | Steinmetz Luca | TV Rodenkirchen Triathlon | 0:49:33 | 2000 MU18 | 1 | 0:51:58 | 16:58 * | 16:10 * | 16:24 | 4:57 min/km |
| 100 | 1181 | Janssen Till | *Köln | 0:49:36 | 1990 M20 | 19 | 0:51:56 | 17:49 * | 15:42 * | 16:05 | 4:58 min/km |
| 101 | 2453 | Icks Wolfgang | Kieser Training | 0:49:43 | 1965 M50 | 14 | 0:50:52 | 16:30 * | 16:15 * | 16:57 | 4:58 min/km |
| 102 | 831 | Vahstall Thorsten | *Bergisch Gladbach | 0:49:47 | 1975 M40 | 12 | 0:52:42 | 16:44 * | 16:07 * | 16:55 | 4:59 min/km |
| 103 | 2704 | Sokolowski Ralf | *Pulheim | 0:49:49 | 1979 M35 | 14 | 0:51:00 | 16:24 * | 16:19 * | 17:05 | 4:59 min/km |
| 104 | 2129 | Backes Heiko | Lets Metabolize | 0:49:49 | 1972 M40 | 13 | 0:49:51 | 15:44 * | 16:52 * | 17:12 | 4:59 min/km |
| 105 | 1981 | Große-Veldmann Dr. | *Aachen | 0:49:50 | 1986 M30 | 23 | 0:49:51 | 15:57 * | 16:37 * | 17:15 | 4:59 min/km |
| 106 | 2979 | Zachau Axel | Athletik Waldniel | 0:49:55 | 1974 M40 | 14 | 0:50:04 | 15:51 * | 16:21 * | 17:41 | 4:60 min/km |
| 107 | 836 | Leipold Pascal | *Köln | 0:49:55 | 1981 M35 | 15 | 0:51:30 | 17:24 * | 16:04 * | 16:26 | 4:60 min/km |
| 108 | 1633 | Fröhlich Lukas | DHC | 0:49:55 | 2005 MU12 | 2 | 0:49:57 | 15:34 * | 16:27 * | 17:54 | 4:60 min/km |
| 109 | 2385 | Samha Ahmed | Willkommen in | 0:50:03 | 0 M20 | 20 | 0:50:54 | 16:04 * | 15:36 * | 18:23 | 5:00 min/km |

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| | | | | | | | | | | | | |
|-----|------|------------------------|---------------------------|---------|------|------|----|---------|-------|---------|---------|-------------|
| 110 | 2661 | Nentwich Henry | *Köln | 0:50:06 | 1977 | M35 | 16 | 0:51:57 | 16:41 | * 16:05 | * 17:19 | 5:01 min/km |
| 111 | 409 | Schauer Ferdi | | 0:50:16 | 1980 | M35 | 17 | 0:50:47 | 15:36 | * 16:04 | * 18:36 | 5:02 min/km |
| 112 | 925 | Sander Frank | Santa lauf! | 0:50:18 | 1984 | M30 | 24 | 0:52:39 | 18:47 | * 15:52 | * 15:39 | 5:02 min/km |
| 113 | 2326 | Liebig Dieter | BSG-Lülsdorf e.V. | 0:50:19 | 1958 | M55 | 6 | 0:50:44 | 16:52 | * 16:27 | * 16:59 | 5:02 min/km |
| 114 | 2583 | Bayer Thomas | *Köln | 0:50:20 | 1982 | M30 | 25 | 0:52:21 | 17:18 | * 16:32 | * 16:29 | 5:02 min/km |
| 115 | 2531 | Els Jürgen | BSG RheinEnergie | 0:50:20 | 1969 | M45 | 13 | 0:50:43 | 16:30 | * 16:20 | * 17:30 | 5:02 min/km |
| 116 | 3251 | Kuß Martin | SC Preiußen Münster | 0:50:21 | 1985 | M30 | 26 | 0:50:44 | 16:33 | * 16:50 | * 16:57 | 5:02 min/km |
| 117 | 286 | Siek Johannes | *Köln | 0:50:23 | 1988 | M20 | 21 | 0:51:59 | 17:37 | * 16:25 | * 16:20 | 5:02 min/km |
| 118 | 400 | Susanto Arthur | | 0:50:26 | 1974 | M40 | 15 | 0:51:24 | 16:45 | * 16:38 | * 17:01 | 5:03 min/km |
| 119 | 2816 | Beindorf Daniel | Köln läuft | 0:50:27 | 1982 | M30 | 27 | 0:54:30 | 17:08 | * 16:19 | * 16:59 | 5:03 min/km |
| 120 | 1928 | Urbantat Melchior | *Siegburg | 0:50:27 | 1988 | M20 | 22 | 0:52:06 | 17:37 | * 16:09 | * 16:40 | 5:03 min/km |
| 121 | 1977 | Brugger Martin | *Augsburg | 0:50:27 | 1990 | M20 | 23 | 0:52:06 | 17:37 | * 16:09 | * 16:40 | 5:03 min/km |
| 122 | 2963 | Eger Christian | Team Erdinger Alkoholfrei | 0:50:30 | 1986 | M30 | 28 | 0:52:09 | 17:37 | * 16:09 | * 16:43 | 5:03 min/km |
| 123 | 172 | Gnibba Andreas | *Haan | 0:50:31 | 1960 | M55 | 7 | 0:50:57 | 16:24 | * 16:16 | * 17:50 | 5:03 min/km |
| 124 | 1239 | Trommsdorff Daniel | WVD Köln | 0:50:33 | 1971 | M45 | 14 | 0:50:33 | 16:05 | * 16:42 | * 17:44 | 5:03 min/km |
| 125 | 1979 | Crombach Carsten | *Köln | 0:50:33 | 1977 | M35 | 18 | 0:55:12 | 18:50 | * 16:10 | * 15:32 | 5:03 min/km |
| 126 | 1913 | Hansmann Christoph | Team Haus Schwan | 0:50:33 | 1973 | M40 | 16 | 0:50:40 | 16:57 | * 16:48 | * 16:48 | 5:03 min/km |
| 127 | 2240 | Heene Philipp | *Köln | 0:50:37 | 1984 | M30 | 29 | 0:50:56 | 15:35 | * 16:59 | * 18:01 | 5:04 min/km |
| 128 | 455 | Dohmen Christoph | | 0:50:39 | 1987 | M20 | 24 | 0:50:53 | 17:29 | * 16:55 | * 16:14 | 5:04 min/km |
| 129 | 2549 | Salomon Martin | | 0:50:43 | 1982 | M30 | 30 | 0:53:40 | 17:33 | * 16:24 | * 16:45 | 5:04 min/km |
| 130 | 2550 | May Karlheinz | | 0:50:43 | 1962 | M50 | 15 | 0:53:40 | 17:33 | * 16:24 | * 16:45 | 5:04 min/km |
| 131 | 1749 | Esters Paul | Laktatkönige Köln | 0:50:43 | 1959 | M55 | 8 | 0:50:59 | 16:51 | * 16:21 | * 17:30 | 5:04 min/km |
| 132 | 2635 | Kretz Michael | THW Köln Nord-West | 0:50:44 | 1980 | M35 | 19 | 0:53:09 | 16:39 | * 16:32 | * 17:32 | 5:04 min/km |
| 133 | 900 | Schmitz Eckhard | *Hürth | 0:50:45 | 1969 | M45 | 15 | 0:50:51 | 17:20 | * 16:54 | * 16:31 | 5:05 min/km |
| 134 | 496 | Stöberl Ralf | | 0:50:46 | 1966 | M50 | 16 | 0:55:10 | 16:59 | * 16:43 | * 17:03 | 5:05 min/km |
| 135 | 971 | Weiler Niklas | *Köln | 0:50:47 | 1992 | M20 | 25 | 0:51:15 | 16:54 | * 16:39 | * 17:13 | 5:05 min/km |
| 136 | 2277 | Büscher Thomas | MTV RunAways | 0:50:47 | 1970 | M45 | 16 | 0:51:00 | 16:43 | * 16:48 | * 17:15 | 5:05 min/km |
| 137 | 1931 | Roor Eugen | *Köln | 0:50:49 | 1983 | M30 | 31 | 0:53:04 | 17:52 | * 16:14 | * 16:41 | 5:05 min/km |
| 138 | 3211 | Diemelt Niclas | | 0:50:49 | 1981 | M35 | 20 | 0:52:49 | 17:57 | * 16:28 | * 16:24 | 5:05 min/km |
| 139 | 2524 | Kampus Torsten | BSG RheinEnergie | 0:50:56 | 1969 | M45 | 17 | 0:51:10 | 16:58 | * 16:51 | * 17:07 | 5:06 min/km |
| 140 | 1719 | Linnartz Sven | DLRG Hürth | 0:50:58 | 1972 | M40 | 17 | 0:53:35 | 17:28 | * 16:49 | * 16:40 | 5:06 min/km |
| 141 | 1166 | Bister Dr. Jerry | *Köln | 0:51:00 | 1981 | M35 | 21 | 0:51:06 | 17:31 | * 16:47 | * 16:41 | 5:06 min/km |
| 142 | 3228 | Misof Simon | | 0:51:02 | 1996 | M20 | 26 | 0:52:32 | 15:53 | * 17:10 | * 17:58 | 5:06 min/km |
| 143 | 2994 | Marcus Holger | FSD | 0:51:03 | 1964 | M50 | 17 | 0:51:12 | 17:56 | * 18:34 | * 14:32 | 5:06 min/km |
| 144 | 1204 | Klein Michael | *Köln | 0:51:03 | 1965 | M50 | 18 | 0:53:20 | 17:22 | * 16:34 | * 17:07 | 5:06 min/km |
| 145 | 1167 | Berglar Martin | *Köln | 0:51:05 | 1981 | M35 | 22 | 0:51:12 | 17:31 | * 16:47 | * 16:46 | 5:07 min/km |
| 146 | 1486 | Morgenstern Michael | *Köln | 0:51:07 | 1967 | M45 | 18 | 0:51:54 | 17:14 | * 16:27 | * 17:25 | 5:07 min/km |
| 147 | 716 | Ziglowski Dirk | *Erfstadt | 0:51:08 | 1970 | M45 | 19 | 0:51:13 | 17:20 | * 16:54 | * 16:53 | 5:07 min/km |
| 148 | 1973 | Spaete Niko | *Köln | 0:51:08 | 1980 | M35 | 23 | 0:54:22 | 19:51 | * 15:48 | * 15:28 | 5:07 min/km |
| 149 | 1188 | Lenzen Oliver | *Bornheim | 0:51:12 | 1978 | M35 | 24 | 0:51:33 | 17:18 | * 16:57 | * 16:56 | 5:07 min/km |
| 150 | 2303 | Asseburg-Wietfeldt Tim | Theke Haus Schwan | 0:51:12 | 1980 | M35 | 25 | 0:51:17 | 16:38 | * 17:21 | * 17:12 | 5:07 min/km |
| 151 | 757 | Meyer Benedikt | Nici Running Squad | 0:51:17 | 1986 | M30 | 32 | 0:52:33 | 16:54 | * 17:02 | * 17:20 | 5:08 min/km |
| 152 | 761 | Mick Tobias | Nici Running Squad | 0:51:18 | 1986 | M30 | 33 | 0:52:33 | 16:55 | * 17:02 | * 17:20 | 5:08 min/km |
| 153 | 96 | Romans-Petit Manfred | papas-kochstudio.de | 0:51:21 | 1968 | M45 | 20 | 0:51:26 | 16:51 | * 16:55 | * 17:33 | 5:08 min/km |
| 154 | 1805 | Volkman Tim | *Essen | 0:51:21 | 1978 | M35 | 26 | 0:53:21 | 17:57 | * 16:28 | * 16:55 | 5:08 min/km |
| 155 | 2922 | Auf dem Graben Peter | *Köln | 0:51:21 | 1965 | M50 | 19 | 0:54:57 | 17:27 | * 16:59 | * 16:54 | 5:08 min/km |
| 156 | 2632 | Diehl Oscar | Die 3 von der Gocher Str | 0:51:24 | 1999 | MU18 | 2 | 0:56:04 | 18:48 | * 16:12 | * 16:22 | 5:08 min/km |
| 157 | 2791 | Bergmann Florian | *Köln | 0:51:24 | 1975 | M40 | 18 | 0:52:59 | 18:53 | * 16:13 | * 16:17 | 5:08 min/km |
| 158 | 3209 | Schotten Günther | | 0:51:28 | 1939 | M75 | 1 | 0:51:31 | 16:57 | * 16:50 | * 17:40 | 5:09 min/km |
| 159 | 341 | Männersdörfer Markus | | 0:51:29 | 1980 | M35 | 27 | 0:53:18 | 17:14 | * 16:24 | * 17:50 | 5:09 min/km |
| 160 | 2820 | Snella Michal | NetCologne | 0:51:30 | 1987 | M20 | 27 | 0:54:27 | 17:25 | * 16:59 | * 17:04 | 5:09 min/km |
| 161 | 3239 | Daniel Christian | Original Bootcamp | 0:51:31 | 1973 | M40 | 19 | 0:52:38 | 17:59 | * 16:14 | * 17:18 | 5:09 min/km |
| 162 | 247 | Mörsdorf Klaus | Team Mörsdorf | 0:51:35 | 1970 | M45 | 21 | 0:51:48 | 16:59 | * 16:48 | * 17:47 | 5:10 min/km |
| 163 | 2833 | Bronny Oliver | Köln läuft | 0:51:36 | 1966 | M50 | 20 | 0:56:00 | 17:45 | * 16:42 | * 17:08 | 5:10 min/km |
| 164 | 3018 | Winkelmann Christian | Föhr Marathon e.V. | 0:51:36 | 1978 | M35 | 28 | 0:53:08 | 17:01 | * 17:12 | * 17:22 | 5:10 min/km |
| 165 | 2977 | Anders Lars | PSV Brühl Triathlon Team | 0:51:37 | 1976 | M40 | 20 | 0:51:57 | 16:50 | * 17:00 | * 17:45 | 5:10 min/km |

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| | | | | | | | | | |
|-----|------|---------------------|-------------------------|---------|-----------|----|---------|-----------------------|-------------|
| 166 | 577 | Beuscher Armin | Laktatkönige | 0:51:40 | 1958 M55 | 9 | 0:51:56 | 16:51 * 16:55 * 17:53 | 5:10 min/km |
| 167 | 3055 | Dubbelfeld Markus | *Brühl | 0:51:41 | 1979 M35 | 29 | 0:53:08 | 16:37 * 17:21 * 17:42 | 5:10 min/km |
| 168 | 2247 | Kremer Tobias | *Köln | 0:51:44 | 1975 M40 | 21 | 0:52:02 | 16:33 * 17:20 * 17:49 | 5:10 min/km |
| 169 | 1688 | Huesmann Tim | *Köln | 0:51:48 | 1987 M20 | 28 | 0:52:32 | 17:37 * 17:34 * 16:36 | 5:11 min/km |
| 170 | 829 | Michaelis Ronny | *Köln | 0:51:51 | 1980 M35 | 30 | 0:54:47 | 18:32 * 16:44 * 16:34 | 5:11 min/km |
| 171 | 640 | Schülke Michael | *Erfstadt | 0:51:54 | 1958 M55 | 10 | 0:54:31 | 17:41 * 17:08 * 17:04 | 5:11 min/km |
| 172 | 784 | Förster Dirk | Emskopp | 0:51:56 | 1971 M45 | 22 | 0:53:55 | 17:52 * 16:43 * 17:21 | 5:12 min/km |
| 173 | 1926 | Schirmer Xaver | *Kerpen | 0:51:58 | 1989 M20 | 29 | 0:52:04 | 16:29 * 16:50 * 18:38 | 5:12 min/km |
| 174 | 707 | Röer Fiete | *Köln | 0:51:59 | 1982 M30 | 34 | 0:52:12 | 16:12 * 17:17 * 18:29 | 5:12 min/km |
| 175 | 2557 | Berger Harald | *Sankt AUGustin | 0:51:59 | 1980 M35 | 31 | 0:54:20 | 18:05 * 17:05 * 16:48 | 5:12 min/km |
| 176 | 962 | Geiger Janosch | *Köln | 0:51:59 | 1988 M20 | 30 | 0:53:43 | 18:23 * 16:23 * 17:11 | 5:12 min/km |
| 177 | 501 | Reppmann Reinhard | Aktion Canchanabury MT | 0:52:00 | 1955 M60 | 1 | 0:55:42 | 18:50 * 16:31 * 16:38 | 5:12 min/km |
| 178 | 533 | McKee Jim | Survival of the Fattest | 0:52:01 | 1958 M55 | 11 | 0:54:38 | 17:01 * 17:00 * 17:59 | 5:12 min/km |
| 179 | 1455 | Billmann Rainer | *herzogenrath | 0:52:02 | 1968 M45 | 23 | 0:53:31 | 18:43 * 16:43 * 16:36 | 5:12 min/km |
| 180 | 1565 | Weismantel Florian | *Köln | 0:52:03 | 2002 MU16 | 1 | 0:55:22 | 18:48 * 16:23 * 16:51 | 5:12 min/km |
| 181 | 1184 | Müller Tobias | *Sankt Augustin | 0:52:03 | 1989 M20 | 31 | 0:54:21 | 17:52 * 17:58 * 16:12 | 5:12 min/km |
| 182 | 2081 | Safari Ali | *Olpe | 0:52:07 | 1999 MU18 | 3 | 0:53:55 | 16:44 * 16:42 * 18:41 | 5:13 min/km |
| 183 | 2474 | Schwabe Mario | Gothaer | 0:52:07 | 1976 M40 | 22 | 0:53:07 | 17:33 * 16:38 * 17:55 | 5:13 min/km |
| 184 | 2622 | Sinzig Michael | *Köln | 0:52:08 | 1978 M35 | 32 | 0:56:03 | 17:36 * 16:43 * 17:49 | 5:13 min/km |
| 185 | 2314 | Röseler Patrick | Cleanik Crew | 0:52:09 | 1988 M20 | 32 | 0:55:09 | 17:22 * 17:46 * 17:00 | 5:13 min/km |
| 186 | 2313 | Prinz Fabian | Cleanik Crew | 0:52:10 | 1997 MU20 | 2 | 0:55:11 | 17:22 * 17:45 * 17:02 | 5:13 min/km |
| 187 | 2307 | Arora Rishi | *Köln | 0:52:11 | 1980 M35 | 33 | 0:53:45 | 18:53 * 17:35 * 15:42 | 5:13 min/km |
| 188 | 1839 | Gottschalk Kai | *Köln | 0:52:12 | 1978 M35 | 34 | 0:52:28 | 17:18 * 17:13 * 17:40 | 5:13 min/km |
| 189 | 415 | Sino Basam | | 0:52:12 | 1973 M40 | 23 | 0:54:08 | 18:54 * 16:46 * 16:31 | 5:13 min/km |
| 190 | 1985 | Winheller Frank | *Troisdorf | 0:52:17 | 1966 M50 | 21 | 0:55:34 | 17:56 * 16:52 * 17:27 | 5:14 min/km |
| 191 | 838 | Spill Marco | *Köln | 0:52:19 | 1977 M35 | 35 | 0:52:53 | 16:18 * 17:09 * 18:50 | 5:14 min/km |
| 192 | 2744 | Sigmund Peter | SC Janus | 0:52:22 | 1983 M30 | 35 | 0:52:33 | 16:24 * 17:16 * 18:41 | 5:14 min/km |
| 193 | 2870 | Schröder Georg | Hamburger Sportverein | 0:52:22 | 1966 M50 | 22 | 0:52:27 | 16:47 * 17:22 * 18:11 | 5:14 min/km |
| 194 | 2596 | Esser Dieter | *Kerpen | 0:52:23 | 1964 M50 | 23 | 0:52:29 | 17:09 * 17:10 * 18:03 | 5:14 min/km |
| 195 | 2943 | Benninghoff Derk | TriCologne | 0:52:23 | 1970 M45 | 24 | 0:52:56 | 17:45 * 17:19 * 17:18 | 5:14 min/km |
| 196 | 2058 | Düster Ingo | *Berg | 0:52:26 | 1968 M45 | 25 | 0:56:47 | 18:32 * 16:56 * 16:56 | 5:15 min/km |
| 197 | 433 | Kaborn Maurice | MTV | 0:52:27 | 1988 M20 | 33 | 0:52:39 | 16:44 * 16:59 * 18:43 | 5:15 min/km |
| 198 | 2691 | Behrendt Christoph | *Köln | 0:52:29 | 1988 M20 | 34 | 0:53:43 | 16:55 * 17:09 * 18:25 | 5:15 min/km |
| 199 | 2869 | Marz Alexander | *Köln | 0:52:30 | 1984 M30 | 36 | 0:52:39 | 16:39 * 17:51 * 17:59 | 5:15 min/km |
| 200 | 877 | Boelen-Theile Claus | *Rösrath | 0:52:31 | 1966 M50 | 24 | 0:56:45 | 19:04 * 16:49 * 16:36 | 5:15 min/km |
| 201 | 2910 | Reicher Ronald | *Köln | 0:52:31 | 1975 M40 | 24 | 0:57:27 | 18:13 * 17:24 * 16:53 | 5:15 min/km |
| 202 | 141 | Feld Roland | *Köln | 0:52:31 | 1969 M45 | 26 | 0:56:52 | 18:43 * 16:39 * 17:08 | 5:15 min/km |
| 203 | 2884 | Banz Oliver | *Köln | 0:52:32 | 1970 M45 | 27 | 0:54:07 | 17:59 * 17:13 * 17:18 | 5:15 min/km |
| 204 | 2128 | Kronsbein Günter | *Köln | 0:52:33 | 1965 M50 | 25 | 0:53:32 | 17:44 * 17:21 * 17:26 | 5:15 min/km |
| 205 | 395 | Burmester Cornelius | | 0:52:34 | 1996 M20 | 35 | 0:54:03 | 17:44 * 17:07 * 17:42 | 5:15 min/km |
| 206 | 2461 | Schlack Thorsten | Gothaer | 0:52:35 | 1973 M40 | 25 | 0:53:53 | 17:39 * 17:29 * 17:26 | 5:16 min/km |
| 207 | 2530 | Jakubowitz Martin | BSG RheinEnergie | 0:52:36 | 1967 M45 | 28 | 0:54:35 | 18:16 * 17:15 * 17:04 | 5:16 min/km |
| 208 | 1183 | Triebel Marius | *Köln | 0:52:38 | 1991 M20 | 36 | 0:54:53 | 17:13 * 17:09 * 18:15 | 5:16 min/km |
| 209 | 2021 | Vennen Luca | *Köln | 0:52:39 | 1999 MU18 | 4 | 0:57:19 | 17:50 * 17:22 * 17:26 | 5:16 min/km |
| 210 | 2298 | Poloczek Christian | Central-Team | 0:52:40 | 1975 M40 | 26 | 0:53:19 | 17:01 * 17:13 * 18:25 | 5:16 min/km |
| 211 | 2638 | Krauskopf Alexander | central-team.de | 0:52:41 | 1973 M40 | 27 | 0:53:19 | 17:02 * 17:13 * 18:25 | 5:16 min/km |
| 212 | 421 | Kage Hendrik | | 0:52:43 | 1989 M20 | 37 | 0:55:27 | 18:58 * 17:49 * 15:55 | 5:16 min/km |
| 213 | 3002 | Roczen Ulf | *Köln | 0:52:44 | 1952 M60 | 2 | 0:53:10 | 17:05 * 17:22 * 18:16 | 5:16 min/km |
| 214 | 1527 | Zech Thilo | *Köln | 0:52:45 | 1966 M50 | 26 | 0:53:44 | 17:39 * 17:23 * 17:42 | 5:17 min/km |
| 215 | 924 | Hartung Jonas | Santa lauf! | 0:52:45 | 1983 M30 | 37 | 0:55:05 | 18:47 * 16:53 * 17:04 | 5:17 min/km |
| 216 | 2896 | Döll Johannes | *Köln | 0:52:45 | 1984 M30 | 38 | 0:54:27 | 18:25 * 17:32 * 16:48 | 5:17 min/km |
| 217 | 532 | Schmidt Leonard | *Köln | 0:52:47 | 1994 M20 | 38 | 0:54:18 | 19:33 * 16:18 * 16:55 | 5:17 min/km |
| 218 | 2784 | Schmidt Ulrich | *Köln | 0:52:47 | 1981 M35 | 36 | 0:55:00 | 17:50 * 17:18 * 17:38 | 5:17 min/km |
| 219 | 1584 | Schmidt Robyn | Wilde Seekühe | 0:52:51 | 1993 M20 | 39 | 0:54:34 | 18:34 * 17:09 * 17:06 | 5:17 min/km |
| 220 | 2460 | Wohlrab Klaus | Kieser Training | 0:52:51 | 1974 M40 | 28 | 0:57:00 | 18:30 * 17:03 * 17:16 | 5:17 min/km |
| 221 | 441 | Karatas Efe | DJK Grün-weiss Nippes | 0:52:52 | 1999 MU18 | 5 | 0:57:26 | 18:38 * 17:06 * 17:07 | 5:17 min/km |

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| | | | | | | | | | |
|-----|------|------------------------|--------------------------|---------|-----------|----|---------|-----------------------|-------------|
| 222 | 2877 | Knocks Kai-Olaf | *Köln | 0:52:53 | 1982 M30 | 39 | 0:54:02 | 20:32 * 15:59 * 16:20 | 5:17 min/km |
| 223 | 970 | Rütter Philipp | Für Hürth | 0:52:54 | 1991 M20 | 40 | 0:53:22 | 16:54 * 17:15 * 18:44 | 5:17 min/km |
| 224 | 2722 | Oestreich Dirk | PSV Brühl Triathlon Team | 0:52:58 | 1968 M45 | 29 | 0:53:58 | 17:02 * 17:21 * 18:34 | 5:18 min/km |
| 225 | 1687 | Schmidt Bene | *Köln | 0:52:58 | 1982 M30 | 40 | 0:53:42 | 17:37 * 17:35 * 17:46 | 5:18 min/km |
| 226 | 2095 | Theile Manuel | *Olpe | 0:53:00 | 1988 M20 | 41 | 0:54:44 | 17:55 * 17:14 * 17:50 | 5:18 min/km |
| 227 | 777 | Couval Jérémy | *Köln | 0:53:01 | 1985 M30 | 41 | 0:57:36 | 18:27 * 17:08 * 17:24 | 5:18 min/km |
| 228 | 2165 | Klute Martin | *Waltrop | 0:53:02 | 1964 M50 | 27 | 0:54:54 | 20:08 * 17:18 * 15:35 | 5:18 min/km |
| 229 | 1366 | Maras Georgios | KOUFALIA/THESSALONI | 0:53:04 | 1956 M60 | 3 | 0:53:32 | 17:39 * 17:30 * 17:54 | 5:18 min/km |
| 230 | 2874 | Döhmer Thorsten | *Frechen | 0:53:05 | 1983 M30 | 42 | 0:53:33 | 16:58 * 17:17 * 18:48 | 5:19 min/km |
| 231 | 2752 | Ziegler Robin | *Köln | 0:53:07 | 1994 M20 | 42 | 0:54:07 | 18:28 * 17:10 * 17:27 | 5:19 min/km |
| 232 | 1547 | Ellersiek Markus | *Bergheim | 0:53:08 | 1974 M40 | 29 | 0:54:28 | 20:21 * 16:25 * 16:22 | 5:19 min/km |
| 233 | 2476 | Emmerich Marc | Gothaer | 0:53:10 | 1980 M35 | 37 | 0:54:09 | 17:53 * 17:33 * 17:43 | 5:19 min/km |
| 234 | 329 | Kopitz Sebastian | Run Squad CGN | 0:53:10 | 1985 M30 | 43 | 0:56:01 | 17:34 * 17:26 * 18:09 | 5:19 min/km |
| 235 | 2628 | Ingendahl Detlev | *Köln | 0:53:15 | 1964 M50 | 28 | 0:58:20 | 17:54 * 17:22 * 17:59 | 5:20 min/km |
| 236 | 2946 | Held Moritz | Team-Moritz | 0:53:16 | 1992 M20 | 43 | 0:55:35 | 18:35 * 17:47 * 16:53 | 5:20 min/km |
| 237 | 2723 | Klemann Julian | *Erfstadt | 0:53:18 | 1991 M20 | 44 | 0:55:58 | 17:41 * 17:34 * 18:02 | 5:20 min/km |
| 238 | 815 | Friske Andreas | *Halver | 0:53:18 | 1975 M40 | 30 | 0:55:40 | 19:26 * 17:09 * 16:42 | 5:20 min/km |
| 239 | 1935 | Metzmacher Marc | *Köln | 0:53:19 | 1974 M40 | 31 | 0:54:28 | 17:36 * 17:28 * 18:14 | 5:20 min/km |
| 240 | 2387 | Wagner Andreas | Willkommen in | 0:53:20 | 1990 M20 | 45 | 0:54:14 | 17:27 * 17:50 * 18:02 | 5:20 min/km |
| 241 | 933 | Herschel Dr. Siegfried | *Sankt Augustin | 0:53:22 | 1952 M60 | 4 | 0:53:26 | 17:46 * 17:31 * 18:04 | 5:20 min/km |
| 242 | 1838 | Hirseler Felix | *Köln | 0:53:23 | 1989 M20 | 46 | 0:53:42 | 17:20 * 17:13 * 18:50 | 5:20 min/km |
| 243 | 378 | Kruth David | LT DSHS Köln | 0:53:23 | 2005 MU12 | 3 | 0:53:59 | 18:33 * 17:32 * 17:18 | 5:20 min/km |
| 244 | 1210 | Lemke Andreas | *Köln | 0:53:24 | 1973 M40 | 32 | 0:55:41 | 17:40 * 17:23 * 18:20 | 5:20 min/km |
| 245 | 2764 | Berchtold Julian | *Köln | 0:53:25 | 1984 M30 | 44 | 0:54:06 | 18:12 * 17:18 * 17:53 | 5:21 min/km |
| 246 | 2765 | Stausberg Christoph | *Köln | 0:53:25 | 1984 M30 | 45 | 0:54:06 | 18:13 * 17:18 * 17:53 | 5:21 min/km |
| 247 | 744 | Sekulla Stefan | Rattenscharf | 0:53:27 | 1978 M35 | 38 | 0:53:49 | 18:05 * 17:34 * 17:48 | 5:21 min/km |
| 248 | 636 | Vogt Joey | *Niederzier | 0:53:31 | 1994 M20 | 47 | 0:56:51 | 18:26 * 17:30 * 17:35 | 5:21 min/km |
| 249 | 2871 | Rink Björn | *Frechen | 0:53:31 | 1988 M20 | 48 | 0:57:39 | 18:17 * 17:24 * 17:49 | 5:21 min/km |
| 250 | 1024 | Wery Julian | *Köln | 0:53:33 | 1989 M20 | 49 | 0:54:43 | 19:01 * 16:40 * 17:50 | 5:21 min/km |
| 251 | 1028 | Tegtmeier Joachim | *Bergheim | 0:53:33 | 1957 M55 | 12 | 0:56:21 | 17:34 * 17:35 * 18:24 | 5:21 min/km |
| 252 | 2755 | Heine Hauke | *Köln | 0:53:33 | 1987 M20 | 50 | 0:57:42 | 18:16 * 17:24 * 17:52 | 5:21 min/km |
| 253 | 2342 | Goy Philipp | *Köln | 0:53:35 | 1982 M30 | 46 | 0:55:23 | 20:11 * 16:44 * 16:39 | 5:22 min/km |
| 254 | 3242 | Kolter Dominik | Kugelblizze | 0:53:37 | 1981 M35 | 39 | 0:56:19 | 20:32 * 19:20 * 13:44 | 5:22 min/km |
| 255 | 3214 | Ahlborn Klaus | ASV Düren | 0:53:39 | 1959 M55 | 13 | 0:53:53 | 16:34 * 17:41 * 19:23 | 5:22 min/km |
| 256 | 3120 | Wischeidt Lino | Köln läuft! | 0:53:42 | 1954 M60 | 5 | 0:54:09 | 19:48 * 16:33 * 17:19 | 5:22 min/km |
| 257 | 2565 | Groß Sascha | *Köln | 0:53:42 | 1985 M30 | 47 | 0:54:01 | 17:33 * 17:42 * 18:25 | 5:22 min/km |
| 258 | 1461 | Küpfer Sebastian | Spakken Club | 0:53:43 | 1980 M35 | 40 | 0:55:54 | 18:14 * 17:22 * 18:06 | 5:22 min/km |
| 259 | 1483 | Stangl Ulrich | *Kaarst | 0:53:47 | 1957 M55 | 14 | 0:56:55 | 18:47 * 17:25 * 17:34 | 5:23 min/km |
| 260 | 1996 | Dieffendahl Holger | *Köln | 0:53:51 | 1982 M30 | 48 | 0:55:07 | 18:30 * 17:50 * 17:30 | 5:23 min/km |
| 261 | 1558 | Thelen Michael | *Köln | 0:53:52 | 1985 M30 | 49 | 0:54:33 | 18:29 * 17:28 * 17:54 | 5:23 min/km |
| 262 | 3252 | Lechelt Stefan | RUN | 0:53:52 | 1975 M40 | 33 | 0:57:12 | 19:22 * 17:22 * 17:07 | 5:23 min/km |
| 263 | 1568 | Pfisterer Jörg | *Köln | 0:53:54 | 1958 M55 | 15 | 0:57:03 | 18:47 * 17:26 * 17:40 | 5:23 min/km |
| 264 | 393 | Demond Ralf | | 0:53:54 | 1961 M55 | 16 | 0:57:10 | 18:31 * 17:27 * 17:55 | 5:23 min/km |
| 265 | 1189 | Schild Wolfgang | *Buchholz | 0:53:56 | 1967 M45 | 30 | 0:54:17 | 17:21 * 17:40 * 18:54 | 5:24 min/km |
| 266 | 1727 | Zemlin Benjamin | *Aachen | 0:53:58 | 1995 M20 | 51 | 0:55:09 | 18:52 * 17:27 * 17:38 | 5:24 min/km |
| 267 | 893 | Abs Stefan | LV Stommeln | 0:53:58 | 1975 M40 | 34 | 0:57:08 | 18:58 * 17:33 * 17:26 | 5:24 min/km |
| 268 | 802 | Haak Christian | *Köln | 0:54:00 | 1974 M40 | 35 | 0:57:34 | 18:18 * 17:35 * 18:06 | 5:24 min/km |
| 269 | 2657 | Nolden Ralf | *Frechen | 0:54:01 | 1967 M45 | 31 | 0:55:14 | 17:54 * 17:14 * 18:52 | 5:24 min/km |
| 270 | 335 | Remus Sven | RUNNERS POINT RUN | 0:54:01 | 1976 M40 | 36 | 0:55:50 | 19:34 * 16:53 * 17:33 | 5:24 min/km |
| 271 | 1665 | Mainz Nils | *Köln | 0:54:01 | 1986 M30 | 50 | 0:57:14 | 22:14 * 15:48 * 15:58 | 5:24 min/km |
| 272 | 2069 | Ligocki Joachim | run4pänz | 0:54:03 | 1958 M55 | 17 | 0:54:13 | 18:04 * 17:51 * 18:07 | 5:24 min/km |
| 273 | 2405 | Gliesche Martin | 1WorldSync | 0:54:04 | 1979 M35 | 41 | 0:54:43 | 18:22 * 17:53 * 17:47 | 5:24 min/km |
| 274 | 2177 | Althoff Felix | Bunert - Der Kölner | 0:54:09 | 1988 M20 | 52 | 0:54:50 | 17:44 * 18:19 * 18:05 | 5:25 min/km |
| 275 | 2447 | Gasper Ulrich | Kieser Training | 0:54:12 | 1968 M45 | 32 | 0:58:21 | 20:20 * 16:54 * 16:57 | 5:25 min/km |
| 276 | 1157 | Voll Harald | Diabetes Programm | 0:54:22 | 1959 M55 | 18 | 0:56:59 | 19:36 * 17:27 * 17:18 | 5:26 min/km |
| 277 | 2711 | Rose Harald | WDR MausLaufGruppe | 0:54:24 | 1955 M60 | 6 | 0:54:27 | 17:02 * 17:52 * 19:29 | 5:26 min/km |

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| | | | | | | | | | | | |
|-----|------|-----------------------|---------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 278 | 864 | Beckers Stefan | *Köln | 0:54:30 | 1969 M45 | 33 | 0:55:01 | 17:37 * | 17:59 * | 18:53 | 5:27 min/km |
| 279 | 688 | Löwner Prof. Dr. Ralf | *Köln | 0:54:30 | 1967 M45 | 34 | 0:55:50 | 18:28 * | 17:49 * | 18:12 | 5:27 min/km |
| 280 | 849 | Klein Uwe | *Bedburg | 0:54:30 | 1966 M50 | 29 | 0:55:01 | 17:37 * | 17:59 * | 18:53 | 5:27 min/km |
| 281 | 787 | Krämer Dirk | LV Stommeln | 0:54:33 | 1971 M45 | 35 | 0:57:42 | 19:00 * | 17:36 * | 17:56 | 5:27 min/km |
| 282 | 2646 | Ladenthin Mario | Feuerwehr Erftstadt | 0:54:34 | 1978 M35 | 42 | 0:57:07 | 18:36 * | 17:43 * | 18:15 | 5:27 min/km |
| 283 | 1735 | Lutter Christian | *Sechtem | 0:54:35 | 1983 M30 | 51 | 0:57:24 | 19:42 * | 17:31 * | 17:22 | 5:28 min/km |
| 284 | 558 | Böhnert Julian | *Köln | 0:54:36 | 1986 M30 | 52 | 0:55:03 | 18:00 * | 17:56 * | 18:39 | 5:28 min/km |
| 285 | 2625 | Unger Stefan | LC Weilerswist | 0:54:36 | 1962 M50 | 30 | 0:57:06 | 17:53 * | 17:26 * | 19:16 | 5:28 min/km |
| 286 | 2754 | Weck Ralf | LC Weilerswist | 0:54:37 | 1961 M55 | 19 | 0:57:07 | 17:52 * | 17:28 * | 19:16 | 5:28 min/km |
| 287 | 1333 | Myslicki Patrik | RunningGag | 0:54:39 | 1985 M30 | 53 | 0:57:05 | 17:59 * | 17:41 * | 18:57 | 5:28 min/km |
| 288 | 3006 | Haiplik Marco | *Rösrath | 0:54:39 | 1984 M30 | 54 | 0:55:21 | 18:12 * | 17:37 * | 18:49 | 5:28 min/km |
| 289 | 814 | Kaatz Timo | *Hürth | 0:54:42 | 1976 M40 | 37 | 0:57:04 | 19:26 * | 17:31 * | 17:43 | 5:28 min/km |
| 290 | 328 | Lowis Markus | | 0:54:42 | 1965 M50 | 31 | 0:54:52 | 17:32 * | 18:14 * | 18:55 | 5:28 min/km |
| 291 | 2366 | Maass Daniel | FIT.koeln | 0:54:44 | 1976 M40 | 38 | 0:58:22 | 19:00 * | 17:37 * | 18:07 | 5:28 min/km |
| 292 | 2753 | Schulz Daniel | *Köln | 0:54:48 | 1984 M30 | 55 | 0:56:30 | 18:24 * | 17:42 * | 18:41 | 5:29 min/km |
| 293 | 625 | Pallgen Michael | LV Stommeln | 0:54:49 | 1964 M50 | 32 | 0:57:57 | 19:01 * | 17:24 * | 18:23 | 5:29 min/km |
| 294 | 2762 | Vogt Jürgen | *Jülich | 0:54:51 | 1967 M45 | 36 | 0:58:10 | 18:31 * | 17:29 * | 18:49 | 5:29 min/km |
| 295 | 3224 | Mehdi Saed | Mehdi Bootcamp | 0:54:53 | 1987 M20 | 53 | 0:55:13 | 16:53 * | 18:26 * | 19:33 | 5:29 min/km |
| 296 | 1757 | Turégano Pedruelo | *Madrid | 0:54:53 | 1983 M30 | 56 | 0:55:06 | 17:53 * | 18:22 * | 18:37 | 5:29 min/km |
| 297 | 694 | Sprung Klaus | Run4Pänz.de | 0:54:58 | 1967 M45 | 37 | 0:58:35 | 17:58 * | 17:48 * | 19:11 | 5:30 min/km |
| 298 | 1175 | Schlegel Nico | *Köln | 0:54:59 | 1975 M40 | 39 | 0:57:23 | 19:29 * | 18:22 * | 17:07 | 5:30 min/km |
| 299 | 2045 | Breuer Andreas | GVG Laufteam/Run for | 0:55:00 | 1973 M40 | 40 | 0:56:59 | 18:23 * | 17:48 * | 18:47 | 5:30 min/km |
| 300 | 2607 | Steinmetz Peter | TV Rodenkirchen Triathlon | 0:55:00 | 1964 M50 | 33 | 0:57:24 | 19:35 * | 18:02 * | 17:22 | 5:30 min/km |
| 301 | 392 | Dr. Maru Stefan | | 0:55:07 | 1970 M45 | 38 | 0:56:08 | 18:27 * | 18:07 * | 18:31 | 5:31 min/km |
| 302 | 1405 | Kamp Stefan | *Köln | 0:55:13 | 1964 M50 | 34 | 0:57:29 | 19:24 * | 17:46 * | 18:02 | 5:31 min/km |
| 303 | 833 | Wollenweber OLaf | *Inden | 0:55:17 | 1968 M45 | 39 | 0:57:34 | 19:25 * | 17:39 * | 18:13 | 5:32 min/km |
| 304 | 3260 | Fürschke Ronald | ERGO Sports Köln | 0:55:19 | 1979 M35 | 43 | 0:56:34 | 18:40 * | 18:10 * | 18:28 | 5:32 min/km |
| 305 | 1491 | Stöcker Tobias | *Köln | 0:55:23 | 1978 M35 | 44 | 0:59:14 | 19:53 * | 18:02 * | 17:27 | 5:32 min/km |
| 306 | 1363 | Wilken Andre | *Langenfeld | 0:55:23 | 1988 M20 | 54 | 0:56:39 | 17:32 * | 18:09 * | 19:41 | 5:32 min/km |
| 307 | 693 | Bretschneider Frank | TVA Hürth | 0:55:24 | 1976 M40 | 41 | 0:56:10 | 18:23 * | 18:39 * | 18:21 | 5:32 min/km |
| 308 | 742 | Blecken Dr. Alexander | *Köln | 0:55:24 | 1979 M35 | 45 | 0:55:30 | 17:29 * | 18:38 * | 19:17 | 5:32 min/km |
| 309 | 733 | Espendiller Frank | Marathonis Cologne | 0:55:25 | 1973 M40 | 42 | 0:56:52 | 18:56 * | 17:58 * | 18:30 | 5:33 min/km |
| 310 | 1308 | Peters Jens | *Bonn | 0:55:27 | 1952 M60 | 7 | 0:57:23 | 17:55 * | 18:15 * | 19:16 | 5:33 min/km |
| 311 | 2306 | Hormmann Hans | NAO PT | 0:55:28 | 1957 M55 | 20 | 0:57:55 | 19:12 * | 17:56 * | 18:19 | 5:33 min/km |
| 312 | 2097 | Ballwieser Peter | BW Köln | 0:55:28 | 1966 M50 | 35 | 0:57:25 | 18:53 * | 16:46 * | 19:48 | 5:33 min/km |
| 313 | 527 | Jeising Saschi | läuft. | 0:55:29 | 1981 M35 | 46 | 0:56:33 | 19:41 * | 18:09 * | 17:39 | 5:33 min/km |
| 314 | 1640 | Biskup Ole | neapco | 0:55:40 | 1970 M45 | 40 | 0:57:51 | 19:45 * | 17:51 * | 18:03 | 5:34 min/km |
| 315 | 1765 | Blüm Stephan | *Pulheim | 0:55:40 | 1968 M45 | 41 | 0:57:36 | 19:27 * | 18:13 * | 17:58 | 5:34 min/km |
| 316 | 2748 | Schmidt Holger | *Köln | 0:55:42 | 1980 M35 | 47 | 0:56:16 | 19:50 * | 18:13 * | 17:37 | 5:34 min/km |
| 317 | 2918 | Nilsson Simon | Írsta | 0:55:48 | 1991 M20 | 55 | 0:56:13 | 18:17 * | 18:30 * | 19:00 | 5:35 min/km |
| 318 | 1408 | Kehl Volker | Trottoirschubser | 0:55:49 | 1977 M35 | 48 | 0:58:59 | 19:54 * | 18:01 * | 17:53 | 5:35 min/km |
| 319 | 1837 | Bootz Andreas | *Pulheim | 0:55:51 | 1958 M55 | 21 | 0:56:45 | 18:52 * | 17:53 * | 19:06 | 5:35 min/km |
| 320 | 2345 | Gündert Patrick | *Köln | 0:55:56 | 1982 M30 | 57 | 0:56:24 | 18:03 * | 18:12 * | 19:39 | 5:36 min/km |
| 321 | 923 | Sander Hansjörg | Santa lauf! | 0:55:56 | 1952 M60 | 8 | 0:59:53 | 19:32 * | 18:20 * | 18:04 | 5:36 min/km |
| 322 | 986 | Pöppelmann Daniel | Die 94ers | 0:55:57 | 1994 M20 | 56 | 0:56:33 | 18:01 * | 18:19 * | 19:36 | 5:36 min/km |
| 323 | 2166 | Karoui Anis | *Baesweiler | 0:55:58 | 1977 M35 | 49 | 0:57:49 | 20:08 * | 17:20 * | 18:30 | 5:36 min/km |
| 324 | 2674 | Kölsch Rüdiger | *Köln | 0:55:59 | 1965 M50 | 36 | 0:56:19 | 18:52 * | 18:23 * | 18:42 | 5:36 min/km |
| 325 | 2725 | Geissler Fabian | *München | 0:56:00 | 1990 M20 | 57 | 0:58:59 | 19:07 * | 18:23 * | 18:29 | 5:36 min/km |
| 326 | 1963 | Ingenhaag Luke | VfB Erftstadt | 0:56:02 | 2007 MU10 | 2 | 0:57:45 | 20:06 * | 17:59 * | 17:56 | 5:36 min/km |
| 327 | 2201 | Bruckwilder Hans Jörg | *Köln | 0:56:02 | 1955 M60 | 9 | 0:56:11 | 18:00 * | 18:47 * | 19:14 | 5:36 min/km |
| 328 | 3212 | Schürmann Henrik | | 0:56:04 | 1990 M20 | 58 | 0:57:44 | 18:47 * | 18:37 * | 18:39 | 5:36 min/km |
| 329 | 1680 | Lier Torsten | *Köln | 0:56:05 | 1973 M40 | 43 | 0:57:27 | 18:55 * | 18:29 * | 18:40 | 5:37 min/km |
| 330 | 2311 | Braun Fabian | Cleanik Crew | 0:56:17 | 1992 M20 | 59 | 0:59:18 | 19:17 * | 18:30 * | 18:30 | 5:38 min/km |
| 331 | 615 | Wallmeier Carsten | *Pulheim | 0:56:19 | 1970 M45 | 42 | 0:57:51 | 18:40 * | 18:22 * | 19:16 | 5:38 min/km |
| 332 | 964 | Thomas Marcel | *Köln (Sürth) | 0:56:20 | 1993 M20 | 60 | 0:57:00 | 18:25 * | 18:25 * | 19:29 | 5:38 min/km |
| 333 | 1268 | Fritzsch Matthias | *Köln | 0:56:21 | 1950 M65 | 1 | 0:58:18 | 18:56 * | 18:23 * | 19:01 | 5:38 min/km |

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| | | | | | | | | | | | | |
|-----|------|----------------------|----------------------------|---------|------|-----|----|---------|---------|---------|-------|-------------|
| 334 | 2182 | Möckel Dr. Herbert | KT 43 Köln | 0:56:21 | 1976 | M40 | 44 | 0:57:08 | 18:58 * | 18:29 * | 18:52 | 5:38 min/km |
| 335 | 1338 | Ramesohl Dr. Stephan | *Koeln | 0:56:22 | 1967 | M45 | 43 | 1:00:54 | 20:10 * | 18:47 * | 17:25 | 5:38 min/km |
| 336 | 2547 | Singh Daniel | Zarinfar GmbH | 0:56:26 | 1986 | M30 | 58 | 0:57:54 | 18:53 * | 18:26 * | 19:06 | 5:39 min/km |
| 337 | 495 | Hachenberg Johannes | | 0:56:26 | 1989 | M20 | 61 | 0:58:06 | 19:01 * | 18:49 * | 18:35 | 5:39 min/km |
| 338 | 2975 | Rößel Klaus-Peter | *Langenfeld | 0:56:29 | 1966 | M50 | 37 | 0:59:28 | 18:58 * | 18:20 * | 19:09 | 5:39 min/km |
| 339 | 3210 | Klinkenberg Dirk | SG Girelsrath | 0:56:29 | 1963 | M50 | 38 | 1:00:04 | 18:33 * | 18:38 * | 19:17 | 5:39 min/km |
| 340 | 1915 | Grünther Olaf | *Lohmar | 0:56:31 | 1967 | M45 | 44 | 0:59:29 | 18:38 * | 18:24 * | 19:28 | 5:39 min/km |
| 341 | 2649 | Krah Stefan | *Mönchengladbach | 0:56:32 | 1980 | M35 | 50 | 0:59:52 | 18:55 * | 17:55 * | 19:40 | 5:39 min/km |
| 342 | 425 | Rode Michel | Kurbelteam Ihrefeld | 0:56:36 | 1985 | M30 | 59 | 0:57:57 | 18:19 * | 18:14 * | 20:02 | 5:40 min/km |
| 343 | 2637 | Neumann René | THW Köln Nord-West | 0:56:37 | 1970 | M45 | 45 | 0:59:03 | 18:07 * | 18:28 * | 20:01 | 5:40 min/km |
| 344 | 414 | Merten Jan | | 0:56:37 | 1985 | M30 | 60 | 0:57:58 | 18:19 * | 18:15 * | 20:03 | 5:40 min/km |
| 345 | 1038 | Conrady Benedikt | *Köln | 0:56:38 | 1985 | M30 | 61 | 0:58:11 | 20:05 * | 18:32 * | 18:00 | 5:40 min/km |
| 346 | 515 | Van den Valentyn | *Köln | 0:56:40 | 1983 | M30 | 62 | 0:58:57 | 18:03 * | 18:56 * | 19:40 | 5:40 min/km |
| 347 | 629 | Grunow Michael | *Köln | 0:56:40 | 1967 | M45 | 46 | 0:56:45 | 19:21 * | 19:56 * | 17:22 | 5:40 min/km |
| 348 | 1646 | Tolkmitt Ulrich | *Köln | 0:56:40 | 1952 | M60 | 10 | 0:59:57 | 19:16 * | 18:21 * | 19:03 | 5:40 min/km |
| 349 | 1277 | Kahl Frédéric | *Köln | 0:56:45 | 1980 | M35 | 51 | 0:58:00 | 19:18 * | 18:30 * | 18:55 | 5:41 min/km |
| 350 | 1291 | Menne Peter | *Köln | 0:56:45 | 1991 | M20 | 62 | 0:58:00 | 19:18 * | 18:30 * | 18:56 | 5:41 min/km |
| 351 | 2651 | Maier Jochen | Deportiva la colonia | 0:56:45 | 1975 | M40 | 45 | 1:00:14 | 21:06 * | 19:23 * | 16:15 | 5:41 min/km |
| 352 | 2424 | Dietz Michael | ERGO sports Köln | 0:56:46 | 1966 | M50 | 39 | 1:01:48 | 19:10 * | 18:38 * | 18:57 | 5:41 min/km |
| 353 | 1984 | Kersten Uli | *Bergisch Gladbach | 0:56:49 | 1981 | M35 | 52 | 0:59:14 | 19:38 * | 18:29 * | 18:40 | 5:41 min/km |
| 354 | 1722 | Eichhorn Markus | Dööschtige Schireschliefer | 0:56:50 | 1981 | M35 | 53 | 0:57:14 | 18:20 * | 18:37 * | 19:51 | 5:41 min/km |
| 355 | 2932 | Gehrke Volker | *Köln | 0:56:53 | 1968 | M45 | 47 | 0:57:48 | 19:26 * | 19:03 * | 18:24 | 5:41 min/km |
| 356 | 2452 | Gasper Martin | Kieser Training | 0:56:53 | 1964 | M50 | 40 | 1:01:03 | 21:01 * | 17:43 * | 18:09 | 5:41 min/km |
| 357 | 720 | Schüler Florian | *Bonn | 0:56:54 | 1971 | M45 | 48 | 1:00:06 | 19:57 * | 18:54 * | 18:02 | 5:41 min/km |
| 358 | 542 | Schulz Günther | *Leverkusen | 0:56:56 | 1952 | M60 | 11 | 1:01:07 | 19:20 * | 18:31 * | 19:04 | 5:42 min/km |
| 359 | 2189 | Wurda Werner | Diabetes Programm / Fort. | 0:56:58 | 1960 | M55 | 22 | 1:02:14 | 19:17 * | 18:47 * | 18:54 | 5:42 min/km |
| 360 | 1085 | Herzig Andreas | *Köln | 0:56:59 | 1985 | M30 | 63 | 0:59:44 | 19:55 * | 19:04 * | 17:59 | 5:42 min/km |
| 361 | 1047 | Wüpping Stefan | *Köln | 0:57:00 | 1978 | M35 | 54 | 0:59:21 | 20:21 * | 19:13 * | 17:25 | 5:42 min/km |
| 362 | 1060 | Dollmaier Joerg | *Utrecht | 0:57:03 | 1975 | M40 | 46 | 0:59:47 | 19:59 * | 19:00 * | 18:03 | 5:42 min/km |
| 363 | 1449 | Buchholz Gereon | *Wezembeek-Oppem | 0:57:07 | 1978 | M35 | 55 | 0:58:57 | 19:12 * | 18:48 * | 19:06 | 5:43 min/km |
| 364 | 317 | Schneider Christoph | Brauweiler läuft | 0:57:07 | 1977 | M35 | 56 | 1:00:36 | 19:33 * | 18:41 * | 18:53 | 5:43 min/km |
| 365 | 3226 | Vianden Wolfgang | | 0:57:08 | 1965 | M50 | 41 | 1:00:59 | 20:20 * | 18:30 * | 18:17 | 5:43 min/km |
| 366 | 2535 | Watroba Bartlomiej | Krüger Running Team | 0:57:08 | 1976 | M40 | 47 | 1:00:38 | 19:33 * | 18:41 * | 18:54 | 5:43 min/km |
| 367 | 1171 | Melms Peter | *Köln | 0:57:10 | 1974 | M40 | 48 | 0:59:34 | 19:29 * | 18:24 * | 19:17 | 5:43 min/km |
| 368 | 1131 | Muhs Tim-Cedric | Stadt Köln | 0:57:11 | 1992 | M20 | 63 | 0:57:53 | 18:54 * | 18:42 * | 19:34 | 5:43 min/km |
| 369 | 2578 | Holstein Thomas | *Köln | 0:57:15 | 1961 | M55 | 23 | 0:57:57 | 18:34 * | 16:56 * | 21:43 | 5:44 min/km |
| 370 | 1739 | Arras Niko | Team Arras | 0:57:18 | 1993 | M20 | 64 | 0:59:24 | 22:00 * | 19:07 * | 16:11 | 5:44 min/km |
| 371 | 3011 | Schreiter Thomas | (Essen) | 0:57:19 | 1966 | M50 | 42 | 0:59:54 | 18:33 * | 18:39 * | 20:06 | 5:44 min/km |
| 371 | 3250 | Bergedieck David | | 0:57:19 | 1981 | M35 | 57 | 1:01:25 | 18:52 * | 19:08 * | 19:17 | 5:44 min/km |
| 373 | 2327 | Wienand Dirk | TJW Running | 0:57:19 | 1974 | M40 | 49 | 0:59:18 | 19:53 * | 18:44 * | 18:42 | 5:44 min/km |
| 374 | 1253 | Eggers Sebastian | *Köln | 0:57:23 | 1978 | M35 | 58 | 0:57:40 | 17:29 * | 18:55 * | 20:58 | 5:44 min/km |
| 375 | 8 | Schumacher Stephan | DKMS | 0:57:25 | 1967 | M45 | 49 | 0:58:59 | 21:31 * | 19:16 * | 16:37 | 5:45 min/km |
| 376 | 437 | Stemmler Nicolas | | 0:57:27 | 1987 | M20 | 65 | 0:58:43 | 18:16 * | 18:56 * | 20:15 | 5:45 min/km |
| 377 | 54 | Penkwitz Arnd | *Friedberg | 0:57:29 | 1954 | M60 | 12 | 0:59:22 | 19:38 * | 18:42 * | 19:09 | 5:45 min/km |
| 378 | 3233 | Geuer Martin | Original Bootcamp | 0:57:30 | 1982 | M30 | 64 | 0:58:33 | 19:28 * | 18:21 * | 19:39 | 5:45 min/km |
| 379 | 644 | Ohrem Uwe | *Köln | 0:57:31 | 1958 | M55 | 24 | 0:59:20 | 20:12 * | 18:31 * | 18:46 | 5:45 min/km |
| 380 | 2123 | Ebener Daniel | *Köln | 0:57:31 | 1983 | M30 | 65 | 1:01:16 | 20:12 * | 18:09 * | 19:09 | 5:45 min/km |
| 381 | 2562 | Siegel Florian | GinNastics & RumTastics | 0:57:32 | 1988 | M20 | 66 | 1:00:41 | 22:51 * | 17:20 * | 17:19 | 5:45 min/km |
| 382 | 2516 | Börold Hans | BSG RheinEnergie | 0:57:35 | 1957 | M55 | 25 | 0:59:35 | 19:43 * | 18:49 * | 19:02 | 5:46 min/km |
| 383 | 2026 | Erdenberger Thomas | Laufschabe & Friends | 0:57:36 | 1979 | M35 | 59 | 0:59:26 | 19:50 * | 18:38 * | 19:07 | 5:46 min/km |
| 384 | 2375 | Gerlach Markus | DKMS | 0:57:38 | 1980 | M35 | 60 | 0:59:01 | 20:13 * | 19:14 * | 18:10 | 5:46 min/km |
| 385 | 2616 | Reuter Manfred | *Bornheim | 0:57:38 | 1962 | M50 | 43 | 1:00:27 | 19:24 * | 18:28 * | 19:46 | 5:46 min/km |
| 386 | 1404 | Zadoyan Dr. Gregor | P-Box-Consulting Running | 0:57:42 | 1975 | M40 | 50 | 0:59:37 | 19:57 * | 18:34 * | 19:11 | 5:46 min/km |
| 387 | 1564 | Weismantel Thomas | *Köln | 0:57:43 | 1968 | M45 | 50 | 1:01:01 | 19:31 * | 18:35 * | 19:37 | 5:46 min/km |
| 388 | 2271 | Weber Axel | XTrail-Aktiv | 0:57:47 | 1971 | M45 | 51 | 1:01:09 | 20:04 * | 18:55 * | 18:46 | 5:47 min/km |
| 389 | 1293 | Sabel Frank | *Bergisch Gladbach | 0:57:49 | 1967 | M45 | 52 | 0:59:55 | 20:04 * | 18:43 * | 19:01 | 5:47 min/km |

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|-----|------|--------------------------|--------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 390 | 813 | Band Harald | Lokomotive Stadtwald | 0:57:51 | 1962 M50 | 44 | 0:59:37 | 19:25 * | 18:49 * | 19:36 | 5:47 min/km |
| 391 | 1880 | Bartel Reinhard | Synteam | 0:57:56 | 1957 M55 | 26 | 0:58:07 | 18:40 * | 19:22 * | 19:53 | 5:48 min/km |
| 392 | 1681 | Tiepel Frank | *Köln | 0:58:02 | 1974 M40 | 51 | 0:59:23 | 18:56 * | 18:49 * | 20:16 | 5:48 min/km |
| 393 | 1782 | Holtick Udo | W8 | 0:58:03 | 1973 M40 | 52 | 0:58:40 | 20:49 * | 19:22 * | 17:50 | 5:48 min/km |
| 394 | 1786 | Lammers Vincent | W8 | 0:58:03 | 1981 M35 | 61 | 0:58:41 | 20:49 * | 19:22 * | 17:51 | 5:48 min/km |
| 395 | 2619 | Rau Michael | privat | 0:58:08 | 1971 M45 | 53 | 1:02:48 | 18:21 * | 18:53 * | 20:53 | 5:49 min/km |
| 396 | 1806 | Horak Axel | THW Köln Nord-West | 0:58:10 | 1964 M50 | 45 | 1:00:35 | 18:16 * | 19:02 * | 20:51 | 5:49 min/km |
| 397 | 671 | Schorn Georg | Bon Secours Kamerun | 0:58:10 | 1958 M55 | 27 | 1:01:18 | 20:26 * | 18:46 * | 18:58 | 5:49 min/km |
| 398 | 1196 | Schmiegelt Dr. Christian | *Köln | 0:58:13 | 1968 M45 | 54 | 1:02:29 | 19:42 * | 19:03 * | 19:27 | 5:49 min/km |
| 399 | 2727 | Maye Michael | *Köln | 0:58:13 | 1965 M50 | 46 | 1:00:19 | 19:54 * | 18:52 * | 19:25 | 5:49 min/km |
| 399 | 3005 | Bongartz Igor | *Köln | 0:58:13 | 1993 M20 | 67 | 0:59:53 | 20:10 * | 17:59 * | 20:04 | 5:49 min/km |
| 401 | 2663 | Kaesmacher Martin | *Bornheim | 0:58:13 | 1995 M20 | 68 | 0:59:41 | 20:09 * | 18:54 * | 19:10 | 5:49 min/km |
| 402 | 2037 | Ehlers Hauke | *Hürth | 0:58:17 | 1979 M35 | 62 | 1:00:25 | 20:15 * | 18:46 * | 19:15 | 5:50 min/km |
| 403 | 2079 | Can Emrah | *Köln | 0:58:17 | 1984 M30 | 66 | 1:02:47 | 21:37 * | 18:32 * | 18:07 | 5:50 min/km |
| 404 | 2078 | Agreiter Benjamin | *Köln | 0:58:17 | 1984 M30 | 67 | 1:02:47 | 21:36 * | 18:33 * | 18:07 | 5:50 min/km |
| 405 | 1097 | Votteler Tim | *Köln | 0:58:21 | 1976 M40 | 53 | 0:59:00 | 20:44 * | 18:57 * | 18:39 | 5:50 min/km |
| 406 | 1121 | Maué Dr. Patrick | *Köln | 0:58:22 | 1979 M35 | 63 | 1:03:06 | 23:06 * | 17:11 * | 18:03 | 5:50 min/km |
| 407 | 1098 | Kessler Michael | *Köln | 0:58:22 | 1988 M20 | 69 | 0:59:00 | 20:34 * | 19:07 * | 18:40 | 5:50 min/km |
| 408 | 516 | Peiker Markus | *Köln | 0:58:27 | 1984 M30 | 68 | 1:00:41 | 18:29 * | 19:56 * | 20:00 | 5:51 min/km |
| 409 | 1540 | Morck Marcel | *Köln | 0:58:27 | 1989 M20 | 70 | 0:58:43 | 20:23 * | 18:57 * | 19:05 | 5:51 min/km |
| 410 | 2768 | Pascal Razvan | *Mannheim | 0:58:29 | 1983 M30 | 69 | 1:03:05 | 20:21 * | 18:43 * | 19:24 | 5:51 min/km |
| 411 | 2511 | Kraus Hans | Kölner Verkehrsbetriebe | 0:58:29 | 1971 M45 | 55 | 1:00:31 | 19:46 * | 18:54 * | 19:48 | 5:51 min/km |
| 412 | 1252 | Dosch Martin | *Köln | 0:58:31 | 1985 M30 | 70 | 0:59:20 | 20:27 * | 18:58 * | 19:05 | 5:51 min/km |
| 413 | 1041 | Bootz Thomas | Kleineichen | 0:58:31 | 1955 M60 | 13 | 0:59:23 | 18:52 * | 19:29 * | 20:09 | 5:51 min/km |
| 414 | 2937 | Guzzo-Foliaro Franco | *Köln | 0:58:36 | 1967 M45 | 56 | 1:01:37 | 19:39 * | 18:52 * | 20:03 | 5:52 min/km |
| 415 | 1019 | Hermann Udo | *Köln | 0:58:36 | 1967 M45 | 57 | 0:59:38 | 20:20 * | 18:50 * | 19:25 | 5:52 min/km |
| 416 | 1530 | Klaas Werner | Racing 3 | 0:58:39 | 1968 M45 | 58 | 0:59:15 | 21:09 * | 18:16 * | 19:13 | 5:52 min/km |
| 417 | 2064 | Mertens Michael | *Köln | 0:58:40 | 1964 M50 | 47 | 0:59:28 | 19:08 * | 19:24 * | 20:08 | 5:52 min/km |
| 418 | 1477 | Sander Frank | Arena-Lauftreff | 0:58:40 | 1968 M45 | 59 | 1:01:17 | 20:33 * | 19:01 * | 19:05 | 5:52 min/km |
| 419 | 2571 | Sturm Thomas | *Neuss | 0:58:43 | 1965 M50 | 48 | 1:02:31 | 20:31 * | 19:09 * | 19:02 | 5:52 min/km |
| 420 | 1914 | Nölling Jens | TuS Wesseling | 0:58:44 | 1971 M45 | 60 | 1:01:49 | 20:38 * | 18:42 * | 19:22 | 5:52 min/km |
| 421 | 2028 | Zimmermann Knut | *Köln | 0:58:44 | 1973 M40 | 54 | 1:01:49 | 20:38 * | 18:43 * | 19:22 | 5:52 min/km |
| 422 | 2163 | Wülker Michael | *Roetgen | 0:58:44 | 1964 M50 | 49 | 1:00:36 | 20:57 * | 19:27 * | 18:18 | 5:52 min/km |
| 423 | 2971 | Pax Lars | *Euskirchen | 0:58:45 | 2004 MU14 | 2 | 1:01:03 | 20:33 * | 19:31 * | 18:40 | 5:53 min/km |
| 424 | 2952 | Lörks Thomas | *bergisch gladbach | 0:58:47 | 1983 M30 | 71 | 0:59:31 | 20:47 * | 19:11 * | 18:48 | 5:53 min/km |
| 425 | 2001 | Schlößer Christian | Sportshop-Triathlon Team | 0:58:48 | 1981 M35 | 64 | 1:01:39 | 19:52 * | 19:12 * | 19:43 | 5:53 min/km |
| 426 | 2102 | Thomas Robert | *Pulheim | 0:58:48 | 1972 M40 | 55 | 1:00:10 | 20:30 * | 19:11 * | 19:06 | 5:53 min/km |
| 427 | 973 | Driesch Juergen | *Köln | 0:58:49 | 1963 M50 | 50 | 0:59:32 | 20:22 * | 19:50 * | 18:37 | 5:53 min/km |
| 428 | 1276 | Kreimer Tim | *Köln | 0:58:55 | 1975 M40 | 56 | 0:59:47 | 20:37 * | 19:23 * | 18:54 | 5:54 min/km |
| 429 | 511 | Golda Björn | *Köln | 0:58:58 | 1987 M20 | 71 | 1:03:27 | 20:49 * | 18:59 * | 19:09 | 5:54 min/km |
| 430 | 1062 | Blaut Bastian | *Köln | 0:58:58 | 1975 M40 | 57 | 0:59:47 | 20:40 * | 19:23 * | 18:54 | 5:54 min/km |
| 431 | 2642 | Otten Rolf | *Köln | 0:59:01 | 1964 M50 | 51 | 1:00:53 | 20:05 * | 19:06 * | 19:49 | 5:54 min/km |
| 432 | 1580 | Holthus Matthias | wesma | 0:59:02 | 1980 M35 | 65 | 1:02:18 | 20:29 * | 18:58 * | 19:35 | 5:54 min/km |
| 433 | 1618 | Morawietz Jürgen | TuS 05 Quettingen | 0:59:04 | 1964 M50 | 52 | 1:03:23 | 21:22 * | 18:58 * | 18:43 | 5:54 min/km |
| 434 | 2769 | SEJOURNE David | *Mannheim | 0:59:05 | 1985 M30 | 72 | 1:03:40 | 20:24 * | 18:44 * | 19:57 | 5:55 min/km |
| 435 | 2949 | Eimla Holger | *Köln | 0:59:09 | 1987 M20 | 72 | 1:02:12 | 19:47 * | 19:21 * | 20:00 | 5:55 min/km |
| 436 | 1295 | Röhl Christian | Andare Sport | 0:59:15 | 1985 M30 | 73 | 1:03:09 | 20:18 * | 18:51 * | 20:06 | 5:56 min/km |
| 437 | 1414 | Zins Thomas | *Kürten | 0:59:17 | 1966 M50 | 53 | 0:59:20 | 21:34 * | 19:23 * | 18:18 | 5:56 min/km |
| 438 | 2118 | Hildmann Jan | *Köln | 0:59:18 | 1990 M20 | 73 | 1:01:32 | 21:31 * | 18:30 * | 19:15 | 5:56 min/km |
| 439 | 1865 | Hamann Rainer | *Leichlingen | 0:59:19 | 1984 M30 | 74 | 1:01:28 | 19:07 * | 19:19 * | 20:53 | 5:56 min/km |
| 440 | 2152 | Niebel Joni | Nippeser Lauffreunde :) | 0:59:20 | 1989 M20 | 74 | 1:01:30 | 21:33 * | 18:30 * | 19:16 | 5:56 min/km |
| 441 | 2746 | Lauer Martin | *Köln | 0:59:24 | 1988 M20 | 75 | 1:02:29 | 20:00 * | 19:19 * | 20:05 | 5:56 min/km |
| 442 | 2824 | Kremer Guido | NetCologne | 0:59:25 | 0 M20 | 76 | 0:59:43 | 19:07 * | 19:36 * | 20:42 | 5:57 min/km |
| 443 | 287 | Vesper Stefan | *Bad HOnnef | 0:59:33 | 1956 M60 | 14 | 1:01:40 | 20:50 * | 19:10 * | 19:32 | 5:57 min/km |
| 444 | 1818 | Pahde Thomas | mejor tarde que nunca | 0:59:34 | 1971 M45 | 61 | 1:03:36 | 20:03 * | 19:29 * | 20:01 | 5:57 min/km |
| 445 | 3262 | Cummerja Miran | | 0:59:36 | 1988 M20 | 77 | 1:00:00 | 20:16 * | 20:05 * | 19:15 | 5:58 min/km |

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| | | | | | | | | | | | |
|-----|------|-----------------------|-------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 446 | 956 | Jülich Holger | *Bergheim | 0:59:37 | 1971 M45 | 62 | 1:03:57 | 21:52 * | 19:08 * | 18:35 | 5:58 min/km |
| 447 | 1602 | Löhr Ulli | TuS Griesheim | 0:59:39 | 1964 M50 | 54 | 1:02:57 | 20:35 * | 19:14 * | 19:49 | 5:58 min/km |
| 448 | 2333 | Hudziak Wicolay | sound_de_lights.de | 0:59:43 | 1969 M45 | 63 | 1:02:18 | 20:13 * | 19:00 * | 20:29 | 5:58 min/km |
| 449 | 2052 | Cremer Christoph | *Neuss | 0:59:44 | 1971 M45 | 64 | 1:04:36 | 20:23 * | 19:12 * | 20:07 | 5:58 min/km |
| 450 | 3217 | Mehdi Yasar | Mehdi / Bootcamp | 0:59:45 | 1988 M20 | 78 | 1:00:09 | 17:49 * | 20:49 * | 21:06 | 5:59 min/km |
| 451 | 2797 | Olbrück Hans-Jürgen | SG TÜV Rheinland | 0:59:48 | 1963 M50 | 55 | 1:02:28 | 21:14 * | 19:30 * | 19:03 | 5:59 min/km |
| 452 | 1672 | Werthenbruch Tim | *Troisdorf | 0:59:51 | 0 M30 | 75 | 1:02:43 | 20:10 * | 19:52 * | 19:48 | 5:59 min/km |
| 453 | 1589 | Schmidt Boris | *Troisdorf | 0:59:52 | 1980 M35 | 66 | 1:02:43 | 20:10 * | 19:36 * | 20:04 | 5:59 min/km |
| 454 | 1699 | Wickel Matthias | *Wuppertal | 0:59:53 | 1984 M30 | 76 | 1:02:20 | 21:22 * | 19:06 * | 19:24 | 5:59 min/km |
| 455 | 543 | Minas Sevan | *Köln | 0:59:57 | 1979 M35 | 67 | 1:01:03 | 19:46 * | 19:34 * | 20:35 | 5:60 min/km |
| 456 | 2486 | Vehreschild Tim | Gothaer | 0:59:59 | 1979 M35 | 68 | 1:01:22 | 20:15 * | 19:40 * | 20:04 | 5:60 min/km |
| 457 | 3256 | Gerganov Petko | XC Catlin | 1:00:01 | 1988 M20 | 79 | 1:04:56 | 20:46 * | 19:23 * | 19:50 | 6:00 min/km |
| 458 | 2781 | Roth Matthias | *Mainz | 1:00:01 | 1968 M45 | 65 | 1:01:45 | 19:54 * | 19:45 * | 20:20 | 6:00 min/km |
| 459 | 2885 | Tögel Per | *Großenseebach | 1:00:05 | 1972 M40 | 58 | 1:01:42 | 20:06 * | 19:31 * | 20:27 | 6:01 min/km |
| 460 | 2882 | Fricke Thomas | Die Bierbrauer | 1:00:05 | 1965 M50 | 56 | 1:01:43 | 20:05 * | 19:32 * | 20:27 | 6:01 min/km |
| 461 | 390 | Hartje Stephan | | 1:00:11 | 1983 M30 | 77 | 1:01:14 | 19:27 * | 19:45 * | 20:57 | 6:01 min/km |
| 462 | 1815 | Böhler Martin | MF | 1:00:12 | 1966 M50 | 57 | 1:01:27 | 20:27 * | 19:32 * | 20:12 | 6:01 min/km |
| 463 | 2590 | Laufs Diether | *Weilerswist | 1:00:17 | 1974 M40 | 59 | 1:02:57 | 21:21 * | 19:23 * | 19:32 | 6:02 min/km |
| 464 | 721 | Lingner Uwe | *Grafschaft | 1:00:17 | 1962 M50 | 58 | 1:03:26 | 20:25 * | 18:47 * | 21:05 | 6:02 min/km |
| 465 | 2825 | Zylajew Thomas | NetCologne | 1:00:22 | 1977 M35 | 69 | 1:03:57 | 22:36 * | 19:10 * | 18:35 | 6:02 min/km |
| 466 | 1207 | Haida Tim | *Siegen | 1:00:22 | 1990 M20 | 80 | 1:03:30 | 21:45 * | 19:11 * | 19:25 | 6:02 min/km |
| 467 | 1281 | Gaetje Andreas | *Köln | 1:00:23 | 1972 M40 | 60 | 1:04:13 | 20:53 * | 19:06 * | 20:22 | 6:02 min/km |
| 468 | 2501 | Pirnack Thorsten | Gothaer | 1:00:26 | 1973 M40 | 61 | 1:01:44 | 20:10 * | 19:38 * | 20:37 | 6:03 min/km |
| 469 | 428 | Jansen Wolfgang | | 1:00:27 | 1951 M65 | 2 | 1:00:38 | 20:36 * | 19:59 * | 19:52 | 6:03 min/km |
| 470 | 361 | Heringhaus Jens | Krüger Running Team | 1:00:28 | 1968 M45 | 66 | 1:03:57 | 21:58 * | 20:16 * | 18:13 | 6:03 min/km |
| 471 | 2654 | Braun Matthias | *Hürth | 1:00:31 | 1988 M20 | 81 | 1:03:07 | 20:56 * | 19:53 * | 19:41 | 6:03 min/km |
| 472 | 1795 | Prodomos Patenidis | Worringer Zähne Running | 1:00:33 | 2000 MU18 | 6 | 1:01:26 | 20:47 * | 20:12 * | 19:33 | 6:03 min/km |
| 473 | 2464 | Müller Marco | Gothaer | 1:00:35 | 1969 M45 | 67 | 1:01:49 | 20:11 * | 19:38 * | 20:45 | 6:04 min/km |
| 474 | 3257 | Greis Axel | Lords of Locomotion | 1:00:36 | 1966 M50 | 59 | 1:05:04 | 20:30 * | 19:10 * | 20:55 | 6:04 min/km |
| 475 | 2431 | Schmitz Christof | ERGO sports Köln | 1:00:39 | 1968 M45 | 68 | 1:02:52 | 20:43 * | 19:18 * | 20:36 | 6:04 min/km |
| 476 | 553 | Schier Dr. Holger | *Köln | 1:00:44 | 1976 M40 | 62 | 1:01:19 | 19:49 * | 19:35 * | 21:18 | 6:04 min/km |
| 477 | 920 | Lemler Burkhard | *neunkirchen | 1:00:45 | 1952 M60 | 15 | 1:02:41 | 23:11 * | 18:25 * | 19:08 | 6:05 min/km |
| 478 | 1854 | Hermes Lukas | *Köln | 1:00:46 | 1986 M30 | 78 | 1:06:01 | 19:45 * | 19:51 * | 21:08 | 6:05 min/km |
| 479 | 1593 | Nadvornik Markus | *Bonn | 1:00:46 | 1965 M50 | 60 | 1:02:11 | 21:32 * | 20:13 * | 19:00 | 6:05 min/km |
| 480 | 2154 | LÖhr Peter | LSV Köln | 1:00:47 | 1962 M50 | 61 | 1:04:03 | 22:57 * | 20:09 * | 17:40 | 6:05 min/km |
| 481 | 407 | Pillekamp Hans | TLG-MUT Troisdorf | 1:00:47 | 1951 M65 | 3 | 1:04:56 | 20:47 * | 19:40 * | 20:20 | 6:05 min/km |
| 482 | 665 | Rodewig Stephan | HoHo-HeRo | 1:00:48 | 1985 M30 | 79 | 1:04:01 | 21:19 * | 19:40 * | 19:47 | 6:05 min/km |
| 483 | 1592 | Jantsch Dirk | Original Bootcamp | 1:00:48 | 1959 M55 | 28 | 1:02:13 | 21:32 * | 20:13 * | 19:01 | 6:05 min/km |
| 484 | 935 | Dreier Sebastian | *Köln | 1:00:49 | 1978 M35 | 70 | 1:05:03 | 21:58 * | 19:42 * | 19:08 | 6:05 min/km |
| 485 | 2100 | Thomann-Arenhorst | TuS Badbergen | 1:00:50 | 1952 M60 | 16 | 1:04:29 | 20:53 * | 19:41 * | 20:15 | 6:05 min/km |
| 486 | 1014 | Tepasse Sebastian | *Köln | 1:00:54 | 1986 M30 | 80 | 1:04:53 | 21:16 * | 19:45 * | 19:51 | 6:05 min/km |
| 487 | 2794 | Hollstein André | SG TÜV Rheinland | 1:00:55 | 1971 M45 | 69 | 1:01:55 | 20:06 * | 19:54 * | 20:54 | 6:06 min/km |
| 488 | 712 | Biesemann Christoph | *Köln | 1:00:56 | 1982 M30 | 81 | 1:01:08 | 18:00 * | 20:50 * | 22:05 | 6:06 min/km |
| 489 | 193 | Wagner Jan | *Köln | 1:01:00 | 1979 M35 | 71 | 1:03:03 | 20:03 * | 19:58 * | 20:58 | 6:06 min/km |
| 490 | 2653 | Zurnieden Martin | *Meerbusch | 1:01:01 | 1995 M20 | 82 | 1:03:56 | 22:33 * | 19:10 * | 19:16 | 6:06 min/km |
| 491 | 614 | Middelanis Markus | Stammtisch Veedelsjemös | 1:01:02 | 1966 M50 | 62 | 1:01:50 | 19:08 * | 20:25 * | 21:29 | 6:06 min/km |
| 492 | 1723 | Schwake Thomas | *Bornheim | 1:01:03 | 1971 M45 | 70 | 1:05:39 | 20:36 * | 19:29 * | 20:56 | 6:06 min/km |
| 493 | 2109 | Messinger Alfons | Golden Boys | 1:01:03 | 1971 M45 | 71 | 1:03:53 | 22:19 * | 20:08 * | 18:36 | 6:06 min/km |
| 494 | 2112 | Holzporz Franz Martin | Golden Boys | 1:01:03 | 1970 M45 | 72 | 1:03:53 | 22:19 * | 20:08 * | 18:35 | 6:06 min/km |
| 495 | 2106 | Reimer Willi | Golden Boys | 1:01:04 | 1969 M45 | 73 | 1:03:53 | 22:20 * | 20:07 * | 18:35 | 6:06 min/km |
| 496 | 2107 | Reitze Manfred | Golden Boys | 1:01:04 | 1970 M45 | 74 | 1:03:53 | 22:20 * | 20:08 * | 18:35 | 6:06 min/km |
| 497 | 1373 | Urner Kai | *Düsseldorf | 1:01:05 | 1984 M30 | 82 | 1:03:48 | 21:30 * | 19:32 * | 20:02 | 6:07 min/km |
| 498 | 2591 | Hutschenreiter Frank | *Neuss | 1:01:07 | 1972 M40 | 63 | 1:05:08 | 22:00 * | 21:38 * | 17:29 | 6:07 min/km |
| 499 | 2912 | Herman Jan | *Köln | 1:01:11 | 1962 M50 | 63 | 1:02:59 | 20:52 * | 19:46 * | 20:32 | 6:07 min/km |
| 500 | 1087 | Steinz Lothar | Team Erdinger | 1:01:12 | 1957 M55 | 29 | 1:02:59 | 20:53 * | 19:46 * | 20:31 | 6:07 min/km |
| 501 | 1485 | Bootcamp Bunny | Original Bootcamp | 1:01:16 | 1981 M35 | 72 | 1:02:20 | 21:51 * | 20:15 * | 19:09 | 6:08 min/km |

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| | | | | | | | | | | | |
|-----|------|------------------------|--------------------------|---------|----------|----|---------|---------|---------|-------|-------------|
| 502 | 655 | Wetzel Andreas | LeseWelten | 1:01:18 | 1955 M60 | 17 | 1:03:30 | 20:27 * | 19:44 * | 21:06 | 6:08 min/km |
| 503 | 2017 | Pickhard Holger | Point One Runners | 1:01:18 | 1964 M50 | 64 | 1:04:02 | 21:25 * | 19:42 * | 20:10 | 6:08 min/km |
| 504 | 2538 | Senge Wolfgang | Krüger Running Team | 1:01:19 | 1962 M50 | 65 | 1:04:50 | 21:56 * | 20:01 * | 19:21 | 6:08 min/km |
| 505 | 2019 | Huhn Oliver | ADVANX English for | 1:01:20 | 1967 M45 | 75 | 1:02:27 | 20:12 * | 19:36 * | 21:30 | 6:08 min/km |
| 506 | 2316 | Johnen Sebastian | Cleanik Crew | 1:01:21 | 1993 M20 | 83 | 1:04:21 | 21:05 * | 19:53 * | 20:22 | 6:08 min/km |
| 507 | 1422 | Mauk Michael | Andare Aport | 1:01:23 | 1975 M40 | 64 | 1:05:15 | 20:25 * | 19:29 * | 21:29 | 6:08 min/km |
| 508 | 1238 | Nandinian Navid | *Köln | 1:01:24 | 1988 M20 | 84 | 1:05:58 | 21:57 * | 19:34 * | 19:52 | 6:08 min/km |
| 509 | 590 | Winkler Kevin | Team Hasenkamp | 1:01:25 | 1991 M20 | 85 | 1:04:54 | 22:02 * | 20:20 * | 19:02 | 6:09 min/km |
| 510 | 936 | Witte Philip | Hallo :) | 1:01:28 | 1980 M35 | 73 | 1:02:04 | 19:52 * | 20:10 * | 21:25 | 6:09 min/km |
| 511 | 967 | Zygmanski Tom | *Hürth | 1:01:34 | 1984 M30 | 83 | 1:02:40 | 21:14 * | 20:05 * | 20:13 | 6:09 min/km |
| 512 | 1844 | Gellermann Stefan | *Köln | 1:01:36 | 1984 M30 | 84 | 1:02:46 | 21:44 * | 20:30 * | 19:21 | 6:10 min/km |
| 513 | 2564 | Farrell Allan | LaufLövenich2010 | 1:01:39 | 1970 M45 | 76 | 1:06:08 | 20:51 * | 19:51 * | 20:56 | 6:10 min/km |
| 514 | 1734 | Lange Michael | *Gummersbach | 1:01:39 | 1961 M55 | 30 | 1:03:41 | 20:49 * | 20:03 * | 20:46 | 6:10 min/km |
| 515 | 1940 | Rennhack Jan | *Köln | 1:01:40 | 1988 M20 | 86 | 1:04:12 | 21:25 * | 19:37 * | 20:37 | 6:10 min/km |
| 516 | 2666 | Molitor Walter | *Bedburg | 1:01:41 | 1955 M60 | 18 | 1:02:37 | 20:10 * | 19:59 * | 21:32 | 6:10 min/km |
| 517 | 1607 | Dohalt Nicki Alexander | *Pulheim | 1:01:43 | 1979 M35 | 74 | 1:05:19 | 21:18 * | 19:57 * | 20:28 | 6:10 min/km |
| 518 | 2985 | Metzen Andreas | EhrenGarde der Stadt | 1:01:45 | 1970 M45 | 77 | 1:02:12 | 20:43 * | 20:13 * | 20:49 | 6:11 min/km |
| 519 | 1903 | Steege Peter | *Lohmar | 1:01:47 | 1982 M30 | 85 | 1:02:09 | 20:41 * | 20:19 * | 20:46 | 6:11 min/km |
| 520 | 2323 | Demirci Yavuz | *Köln | 1:01:48 | 1979 M35 | 75 | 1:04:58 | 22:37 * | 20:53 * | 18:16 | 6:11 min/km |
| 521 | 537 | Bergerhausen Henry | Tyrannosaurus quadriceps | 1:01:49 | 1965 M50 | 66 | 1:04:27 | 23:31 * | 19:54 * | 18:23 | 6:11 min/km |
| 522 | 2525 | Hintze Dag | BSG RheinEnergie | 1:01:55 | 1965 M50 | 67 | 1:05:13 | 21:52 * | 19:55 * | 20:07 | 6:12 min/km |
| 523 | 672 | Vogel Ulrich | *Köln | 1:01:56 | 1980 M35 | 76 | 1:04:45 | 20:59 * | 19:43 * | 21:13 | 6:12 min/km |
| 524 | 1776 | Dyrks Ralf | Die schon wieder | 1:01:57 | 1967 M45 | 78 | 1:04:50 | 21:28 * | 20:11 * | 20:17 | 6:12 min/km |
| 525 | 2034 | Lehmann Michael | Deutsche Ärzte-Finanz | 1:01:57 | 1971 M45 | 79 | 1:06:32 | 22:05 * | 19:46 * | 20:06 | 6:12 min/km |
| 526 | 1824 | Braun Stefan | Deutsche Ärzte Finanz | 1:01:58 | 1969 M45 | 80 | 1:06:34 | 22:05 * | 19:45 * | 20:06 | 6:12 min/km |
| 527 | 1240 | Alger Joschi | WVD Köln | 1:01:58 | 1971 M45 | 81 | 1:06:31 | 22:01 * | 18:01 * | 21:54 | 6:12 min/km |
| 528 | 1810 | Welter Joa | DÄF Running Team | 1:01:58 | 1960 M55 | 31 | 1:06:32 | 22:09 * | 17:53 * | 21:55 | 6:12 min/km |
| 529 | 402 | Gitte Malte | | 1:01:59 | 0 M20 | 87 | 1:04:25 | 21:32 * | 19:52 * | 20:33 | 6:12 min/km |
| 530 | 2406 | Handous Ameer | 1WorldSync | 1:02:03 | 1983 M30 | 86 | 1:03:18 | 19:45 * | 20:21 * | 21:57 | 6:12 min/km |
| 531 | 894 | Sprenger Olaf | *Bonn | 1:02:08 | 1967 M45 | 82 | 1:05:51 | 20:51 * | 20:08 * | 21:09 | 6:13 min/km |
| 532 | 1624 | Georgi Sebastian | *Köln | 1:02:09 | 1976 M40 | 65 | 1:05:54 | 21:11 * | 20:11 * | 20:46 | 6:13 min/km |
| 533 | 2676 | Twehues Markus | Squash | 1:02:09 | 1974 M40 | 66 | 1:07:01 | 22:02 * | 21:04 * | 19:02 | 6:13 min/km |
| 534 | 2512 | Wiesner Wolfgang | Kölner Verkehrsbetriebe | 1:02:10 | 1971 M45 | 83 | 1:04:12 | 21:05 * | 20:17 * | 20:47 | 6:13 min/km |
| 535 | 1964 | Schmidt Volker | Pulheimer SC | 1:02:12 | 1968 M45 | 84 | 1:03:54 | 21:14 * | 20:15 * | 20:42 | 6:13 min/km |
| 536 | 1861 | Wellmann Alexander | Lords of Locomotion | 1:02:13 | 1976 M40 | 67 | 1:06:42 | 22:54 * | 19:28 * | 19:50 | 6:13 min/km |
| 537 | 809 | Becker Patrick | *Köln | 1:02:14 | 1970 M45 | 85 | 1:06:07 | 21:10 * | 20:10 * | 20:52 | 6:13 min/km |
| 538 | 972 | Bongartz Ulrich Ignaz | *Hennef | 1:02:14 | 1953 M60 | 19 | 1:03:54 | 21:17 * | 20:15 * | 20:42 | 6:13 min/km |
| 539 | 3216 | Heß Thorsten | | 1:02:18 | 1978 M35 | 77 | 1:03:04 | 20:48 * | 20:19 * | 21:10 | 6:14 min/km |
| 540 | 1242 | Schnabel Dr. Ronald | AachenMünchener | 1:02:18 | 1954 M60 | 20 | 1:05:15 | 19:45 * | 20:25 * | 22:08 | 6:14 min/km |
| 541 | 2087 | Höfer Jörg | *Olpe | 1:02:19 | 1974 M40 | 68 | 1:04:05 | 21:29 * | 20:11 * | 20:39 | 6:14 min/km |
| 542 | 1493 | Leu Sebastian | *Köln | 1:02:27 | 1987 M20 | 88 | 1:04:26 | 21:38 * | 20:19 * | 20:29 | 6:15 min/km |
| 543 | 2338 | Sanchez Manuel | *Köln | 1:02:28 | 1963 M50 | 68 | 1:04:52 | 21:23 * | 20:43 * | 20:21 | 6:15 min/km |
| 544 | 2263 | Schacht Oliver | *Hürth | 1:02:30 | 1984 M30 | 87 | 1:04:25 | 21:48 * | 20:11 * | 20:30 | 6:15 min/km |
| 545 | 2016 | Küpper André | Rookies2015andfriends | 1:02:35 | 1978 M35 | 78 | 1:07:01 | 22:03 * | 20:29 * | 20:03 | 6:16 min/km |
| 546 | 534 | O'Brien John | Survival of the Fattest | 1:02:36 | 1957 M55 | 32 | 1:05:13 | 21:18 * | 20:42 * | 20:35 | 6:16 min/km |
| 547 | 1334 | Myslicki Sebastian | RunningGag | 1:02:37 | 1983 M30 | 88 | 1:05:04 | 20:57 * | 20:17 * | 21:23 | 6:16 min/km |
| 548 | 2264 | Hoffmann Jörn | *Hürth | 1:02:40 | 1988 M20 | 89 | 1:04:34 | 21:49 * | 20:11 * | 20:39 | 6:16 min/km |
| 549 | 2035 | Meutgens Ralf | Lindenthal-Köln.de | 1:02:40 | 1963 M50 | 69 | 1:04:06 | 20:22 * | 20:45 * | 21:32 | 6:16 min/km |
| 550 | 2279 | Lang Dr. Günter | Eisele Lunge Randkanal | 1:02:47 | 1970 M45 | 86 | 1:06:59 | 20:45 * | 22:36 * | 19:25 | 6:17 min/km |
| 551 | 3223 | Metzner Marcus | | 1:02:51 | 1969 M45 | 87 | 1:05:34 | 21:47 * | 19:58 * | 21:05 | 6:17 min/km |
| 552 | 1325 | Hellmann Marvin | Team KÖKK | 1:02:56 | 1991 M20 | 90 | 1:06:20 | 22:08 * | 21:21 * | 19:26 | 6:18 min/km |
| 553 | 3041 | Pruett Casey | EAC Running Club | 1:02:58 | 1969 M45 | 88 | 1:08:10 | 21:02 * | 20:18 * | 21:37 | 6:18 min/km |
| 554 | 2539 | Barthel Björn-Erik | Krüger Running Team | 1:02:59 | 1963 M50 | 70 | 1:06:29 | 21:58 * | 20:15 * | 20:45 | 6:18 min/km |
| 555 | 1152 | Denner Tobias | *Mülheim an der Ruhr | 1:03:05 | 1982 M30 | 89 | 1:05:51 | 21:26 * | 20:43 * | 20:55 | 6:19 min/km |
| 556 | 2845 | Boden Walter | Köln läuft! | 1:03:07 | 1952 M60 | 21 | 1:07:06 | 21:31 * | 21:11 * | 20:23 | 6:19 min/km |
| 557 | 522 | Georgi René | 485Grad | 1:03:07 | 1981 M35 | 79 | 1:06:52 | 21:31 * | 20:42 * | 20:52 | 6:19 min/km |

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| | | | | | | | | | | | |
|-----|------|-----------------------|-------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 558 | 2062 | Carter Samuel | *Köln | 1:03:09 | 1984 M30 | 90 | 1:04:43 | 21:33 * | 20:23 * | 21:12 | 6:19 min/km |
| 559 | 2989 | Olbermann Christoph | EhrenGarde der Stadt | 1:03:15 | 1989 M20 | 91 | 1:03:44 | 20:42 * | 20:34 * | 21:57 | 6:20 min/km |
| 560 | 2471 | Wittemann Rainer | Gothaer | 1:03:17 | 1966 M50 | 71 | 1:04:38 | 21:22 * | 20:40 * | 21:14 | 6:20 min/km |
| 561 | 2487 | Raskin Berhard | Gothaer | 1:03:17 | 1955 M60 | 22 | 1:04:31 | 20:45 * | 20:57 * | 21:34 | 6:20 min/km |
| 562 | 470 | Rebuse Herbert | | 1:03:17 | 1976 M40 | 69 | 1:06:36 | 22:00 * | 21:04 * | 20:12 | 6:20 min/km |
| 563 | 1890 | Küppers Daniel | *Köln | 1:03:25 | 1985 M30 | 91 | 1:04:19 | 20:22 * | 20:03 * | 22:59 | 6:21 min/km |
| 564 | 1286 | Nguyen David | *Köln | 1:03:26 | 1965 M50 | 72 | 1:03:49 | 21:15 * | 21:05 * | 21:06 | 6:21 min/km |
| 565 | 3219 | Gössling Tobias | | 1:03:27 | 1974 M40 | 70 | 1:05:02 | 22:28 * | 20:20 * | 20:38 | 6:21 min/km |
| 566 | 1896 | Leonhardt Klaus | Couchrunner | 1:03:28 | 1953 M60 | 23 | 1:04:54 | 21:09 * | 20:33 * | 21:44 | 6:21 min/km |
| 567 | 1285 | Aschenbrenner Stephan | *Köln | 1:03:28 | 1964 M50 | 73 | 1:03:50 | 21:16 * | 21:04 * | 21:07 | 6:21 min/km |
| 568 | 1115 | Donauer Florian | *Köln | 1:03:31 | 1967 M45 | 89 | 1:08:36 | 21:41 * | 20:40 * | 21:10 | 6:21 min/km |
| 569 | 2285 | Klein Thorsten | *Köln | 1:03:37 | 1983 M30 | 92 | 1:06:58 | 20:58 * | 20:44 * | 21:55 | 6:22 min/km |
| 570 | 2193 | Ditsche Reimund | SG Siegen-Giersberg | 1:03:38 | 1955 M60 | 24 | 1:04:33 | 21:44 * | 20:44 * | 21:09 | 6:22 min/km |
| 571 | 1938 | Sting Michael | VfL Wehbach | 1:03:39 | 1968 M45 | 90 | 1:04:33 | 21:45 * | 20:44 * | 21:09 | 6:22 min/km |
| 572 | 491 | Warbis Rene | | 1:03:39 | 1984 M30 | 93 | 1:08:04 | 20:45 * | 19:59 * | 22:55 | 6:22 min/km |
| 573 | 1761 | Engel Mike | *Essen | 1:03:40 | 1969 M45 | 91 | 1:08:05 | 20:45 * | 19:58 * | 22:55 | 6:22 min/km |
| 574 | 1707 | Abassi Djavid | *Hürth | 1:03:45 | 1958 M55 | 33 | 1:08:27 | 21:34 * | 21:06 * | 21:04 | 6:23 min/km |
| 575 | 1660 | Schneiderwind Karsten | *Neuwied | 1:03:56 | 1990 M20 | 92 | 1:07:09 | 20:52 * | 20:22 * | 22:41 | 6:24 min/km |
| 576 | 1029 | Grah Christian | *Düren | 1:03:57 | 1988 M20 | 93 | 1:07:09 | 20:53 * | 20:21 * | 22:42 | 6:24 min/km |
| 577 | 398 | Tönnies Christopher | | 1:03:57 | 1991 M20 | 94 | 1:09:01 | 23:14 * | 20:27 * | 20:15 | 6:24 min/km |
| 578 | 2041 | Strang Ulli | *Köln | 1:03:59 | 1988 M20 | 95 | 1:05:31 | 21:16 * | 20:44 * | 21:58 | 6:24 min/km |
| 579 | 2450 | Rhode Jürgen | Kieser Training | 1:04:00 | 1957 M55 | 34 | 1:08:19 | 21:59 * | 21:04 * | 20:56 | 6:24 min/km |
| 580 | 1247 | Hetkamp Dirk | *Düsseldorf | 1:04:05 | 1975 M40 | 71 | 1:07:37 | 21:30 * | 21:48 * | 20:46 | 6:25 min/km |
| 581 | 983 | Zensen Florian | *Köln | 1:04:08 | 1986 M30 | 94 | 1:04:40 | 21:56 * | 21:01 * | 21:10 | 6:25 min/km |
| 582 | 1659 | Rieck Holger | *Hürth | 1:04:09 | 1969 M45 | 92 | 1:08:55 | 21:56 * | 20:44 * | 21:29 | 6:25 min/km |
| 583 | 607 | Grob Guido | Team GrobSayn | 1:04:10 | 1965 M50 | 74 | 1:07:25 | 21:49 * | 20:51 * | 21:29 | 6:25 min/km |
| 584 | 1780 | Schulz Christian | ...und tschüss! | 1:04:26 | 1981 M35 | 80 | 1:08:06 | 21:38 * | 20:54 * | 21:53 | 6:27 min/km |
| 585 | 1881 | Wambach Andreas | *Swisttal-Miel | 1:04:29 | 1966 M50 | 75 | 1:08:15 | 21:59 * | 21:06 * | 21:22 | 6:27 min/km |
| 586 | 1962 | Baier Chris | Original Bootcamp | 1:04:30 | 1971 M45 | 93 | 1:05:23 | 21:33 * | 21:01 * | 21:55 | 6:27 min/km |
| 587 | 1272 | Umansky Dr. Andrej | Running with a sloth | 1:04:32 | 1983 M30 | 95 | 1:07:45 | 22:53 * | 21:30 * | 20:08 | 6:27 min/km |
| 588 | 77 | Fieth Christian | *Köln | 1:04:34 | 1981 M35 | 81 | 1:06:44 | 21:34 * | 21:07 * | 21:53 | 6:27 min/km |
| 589 | 1283 | Hagemann Lucas | *Köln | 1:04:35 | 2002 MU16 | 2 | 1:08:17 | 23:05 * | 21:49 * | 19:40 | 6:28 min/km |
| 590 | 92 | Schneider Dr. Markus | MACH3 Köln e.V. | 1:04:36 | 1978 M35 | 82 | 1:06:45 | 21:34 * | 21:05 * | 21:55 | 6:28 min/km |
| 591 | 1126 | Schneider Dr. Markus | MACH3 Köln e.V. | 1:04:36 | 1978 M35 | 83 | 1:06:46 | 21:34 * | 21:05 * | 21:55 | 6:28 min/km |
| 592 | 2761 | Gauger Benjamin | *Hürth | 1:04:43 | 1981 M35 | 84 | 1:09:34 | 22:03 * | 21:01 * | 21:37 | 6:28 min/km |
| 593 | 2504 | Broich Dirk | Kölner Verkehrsbetriebe | 1:04:43 | 1977 M35 | 85 | 1:08:22 | 22:38 * | 21:16 * | 20:48 | 6:28 min/km |
| 594 | 2742 | Heinsch Stefan | *Köln | 1:04:44 | 1978 M35 | 86 | 1:09:35 | 22:05 * | 21:00 * | 21:38 | 6:28 min/km |
| 595 | 571 | Sanfleber Bernd | RUN4FUN | 1:04:54 | 1960 M55 | 35 | 1:07:50 | 22:38 * | 21:09 * | 21:06 | 6:29 min/km |
| 596 | 396 | Romanus Klaus | ASV Köln | 1:04:55 | 1951 M65 | 4 | 1:05:55 | 22:00 * | 21:17 * | 21:37 | 6:30 min/km |
| 597 | 2231 | Scherf Robert | Team Schuppan | 1:04:56 | 1979 M35 | 87 | 1:09:57 | 22:56 * | 21:48 * | 20:12 | 6:30 min/km |
| 598 | 989 | Wenzgol Sebastian | *Köln | 1:04:57 | 1991 M20 | 96 | 1:09:45 | 23:03 * | 20:42 * | 21:10 | 6:30 min/km |
| 599 | 1623 | Menn Niklas | *Köln | 1:04:58 | 1982 M30 | 96 | 1:08:12 | 22:13 * | 21:24 * | 21:20 | 6:30 min/km |
| 600 | 2469 | Engel Wolfgang | Gothaer | 1:05:02 | 1959 M55 | 36 | 1:06:07 | 21:21 * | 21:44 * | 21:55 | 6:30 min/km |
| 601 | 1631 | Emde Falk | *Zülpich | 1:05:09 | 1970 M45 | 94 | 1:08:12 | 21:57 * | 21:19 * | 21:51 | 6:31 min/km |
| 602 | 2158 | Peters Jörg | Do Simmer Dubai vun | 1:05:11 | 1978 M35 | 88 | 1:05:23 | 21:31 * | 21:37 * | 22:02 | 6:31 min/km |
| 603 | 1054 | Ackermann Niklas | M.Gladbacher TV 1848 | 1:05:14 | 1986 M30 | 97 | 1:09:04 | 22:49 * | 21:21 * | 21:03 | 6:31 min/km |
| 604 | 2014 | McNeil Erik | Rookies2015andfriends | 1:05:15 | 1973 M40 | 72 | 1:09:42 | 22:32 * | 21:16 * | 21:26 | 6:32 min/km |
| 605 | 2441 | Offermanns Robert | Kieser Training | 1:05:18 | 1958 M55 | 37 | 1:09:26 | 22:41 * | 21:03 * | 21:34 | 6:32 min/km |
| 606 | 432 | Schmitz Christoph | | 1:05:21 | 1987 M20 | 97 | 1:06:56 | 20:31 * | 21:51 * | 22:58 | 6:32 min/km |
| 607 | 1569 | Meyer Dr. Rolf | *Köln | 1:05:22 | 1957 M55 | 38 | 1:07:57 | 23:10 * | 21:31 * | 20:39 | 6:32 min/km |
| 608 | 2509 | Neubürger Jürgen | Kölner Verkehrsbetriebe | 1:05:29 | 1961 M55 | 39 | 1:07:07 | 21:51 * | 22:33 * | 21:04 | 6:33 min/km |
| 609 | 593 | Schmitt Heinz-Peter | Team Hasenkamp | 1:05:31 | 1971 M45 | 95 | 1:08:56 | 22:04 * | 20:22 * | 23:04 | 6:33 min/km |
| 610 | 2852 | Ludwigs Alexander | Köln läuft! | 1:05:37 | 1967 M45 | 96 | 1:09:13 | 21:53 * | 21:17 * | 22:26 | 6:34 min/km |
| 611 | 2349 | Tramontin Marco | Runners Point Run Club | 1:05:37 | 1976 M40 | 73 | 1:08:33 | 21:10 * | 21:15 * | 23:11 | 6:34 min/km |
| 612 | 1306 | Juhasz Thomas | *Köln | 1:05:41 | 1966 M50 | 76 | 1:10:45 | 21:58 * | 21:50 * | 21:52 | 6:34 min/km |
| 613 | 991 | Jantz Dirk | *Köln | 1:05:43 | 1973 M40 | 74 | 1:09:43 | 22:46 * | 21:45 * | 21:11 | 6:34 min/km |

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|-----|------|-----------------------|--------------------------|---------|-----------|-----|---------|---------|---------|-------|-------------|
| 614 | 942 | Von Carlowitz Carlo | *Köln | 1:05:44 | 1963 M50 | 77 | 1:10:04 | 23:08 * | 23:07 * | 19:28 | 6:34 min/km |
| 615 | 2454 | Schierenberg Einhard | Kieser Training | 1:05:45 | 1948 M65 | 5 | 1:10:41 | 22:49 * | 21:35 * | 21:20 | 6:35 min/km |
| 616 | 1877 | Knepper Nils | Pätzi | 1:05:49 | 1985 M30 | 98 | 1:10:36 | 22:26 * | 21:24 * | 21:58 | 6:35 min/km |
| 617 | 5 | Kinner Oliver | | 1:05:49 | 1972 M40 | 75 | 1:10:09 | 25:30 * | 23:06 * | 17:13 | 6:35 min/km |
| 618 | 1202 | Morawe Stefan | Ines Speck | 1:05:50 | 1964 M50 | 78 | 1:10:12 | 21:27 * | 21:33 * | 22:50 | 6:35 min/km |
| 619 | 2318 | Winkel Johannes | *Hürth | 1:06:01 | 1962 M50 | 79 | 1:10:51 | 24:51 * | 21:14 * | 19:54 | 6:36 min/km |
| 620 | 3190 | Ilgeröz Aydin | Sternenkrieger | 1:06:04 | 1981 M35 | 89 | 1:06:31 | 21:30 * | 21:47 * | 22:47 | 6:36 min/km |
| 621 | 3188 | Becker Rainer | Sternenkrieger | 1:06:05 | 1966 M50 | 80 | 1:06:30 | 21:31 * | 21:46 * | 22:47 | 6:37 min/km |
| 622 | 9 | Seppelt André | | 1:06:07 | 1965 M50 | 81 | 1:06:26 | 21:12 * | 21:57 * | 22:58 | 6:37 min/km |
| 623 | 2229 | Schuppan Dr. Jesko | Team Schuppan | 1:06:24 | 1974 M40 | 76 | 1:11:23 | 22:55 * | 21:48 * | 21:40 | 6:38 min/km |
| 624 | 2930 | Minig Bruno | *Leubsdorf | 1:06:25 | 1955 M60 | 25 | 1:11:18 | 23:32 * | 21:49 * | 21:04 | 6:39 min/km |
| 625 | 377 | Beckschulte Mats | LT DSHS Köln | 1:06:30 | 2005 MU12 | 4 | 1:11:44 | 21:17 * | 22:13 * | 22:58 | 6:39 min/km |
| 626 | 1886 | Pickert Tino | dabei is alles | 1:06:31 | 1964 M50 | 82 | 1:10:05 | 22:39 * | 21:50 * | 22:02 | 6:39 min/km |
| 627 | 1143 | Schwabe Michael | *Dormagen | 1:06:36 | 1969 M45 | 97 | 1:10:04 | 22:37 * | 21:58 * | 21:59 | 6:40 min/km |
| 628 | 940 | Frank Reimann | *Köln | 1:06:37 | 1962 M50 | 83 | 1:09:39 | 22:18 * | 22:39 * | 21:38 | 6:40 min/km |
| 629 | 2593 | Klebsch Mathias | *Köln | 1:06:38 | 1969 M45 | 98 | 1:09:58 | 23:39 * | 22:14 * | 20:44 | 6:40 min/km |
| 630 | 1674 | Weberskirch Karsten | *Viersen | 1:06:39 | 1987 M20 | 98 | 1:09:29 | 21:59 * | 22:40 * | 21:58 | 6:40 min/km |
| 631 | 2320 | Zischkau Dirk | LAUFMAMALAUFL | 1:06:52 | 1976 M40 | 77 | 1:10:51 | 23:50 * | 21:24 * | 21:37 | 6:41 min/km |
| 632 | 1733 | Sommer Thomas | Sommerläufer | 1:06:58 | 1987 M20 | 99 | 1:08:51 | 21:11 * | 22:22 * | 23:24 | 6:42 min/km |
| 633 | 1507 | Hinze Michael | *Köln | 1:06:59 | 1987 M20 | 100 | 1:09:23 | 22:59 * | 22:01 * | 21:58 | 6:42 min/km |
| 634 | 1572 | Dierlich Dr. Eckhard | *Köln | 1:07:01 | 1951 M65 | 6 | 1:09:35 | 23:10 * | 21:33 * | 22:16 | 6:42 min/km |
| 635 | 2300 | Piechatzek Georg | Ninas Supporters | 1:07:01 | 1955 M60 | 26 | 1:10:34 | 22:51 * | 21:38 * | 22:31 | 6:42 min/km |
| 636 | 2863 | Lobbene Quintino | Lobbene | 1:07:03 | 1968 M45 | 99 | 1:08:27 | 22:34 * | 21:17 * | 23:11 | 6:42 min/km |
| 637 | 666 | Kienberger Mischa | Devils Hell | 1:07:03 | 1980 M35 | 90 | 1:09:56 | 22:50 * | 21:55 * | 22:18 | 6:42 min/km |
| 638 | 2800 | Pelka Peter | SG TÜV Rheinland | 1:07:09 | 1969 M45 | 100 | 1:09:51 | 21:16 * | 21:23 * | 24:30 | 6:43 min/km |
| 639 | 2958 | Stillig Jonathan | *Köln | 1:07:09 | 2002 MU16 | 3 | 1:10:20 | 22:29 * | 22:54 * | 21:45 | 6:43 min/km |
| 640 | 2519 | Stillig Michael | BSG RheinEnergie | 1:07:10 | 1973 M40 | 78 | 1:10:21 | 22:31 * | 22:52 * | 21:46 | 6:43 min/km |
| 641 | 1523 | Dündar Can | Roads & Aces | 1:07:12 | 1972 M40 | 79 | 1:09:40 | 22:26 * | 21:42 * | 23:03 | 6:43 min/km |
| 642 | 1595 | Michels Eduard | *Düren | 1:07:16 | 1958 M55 | 40 | 1:10:08 | 22:54 * | 22:03 * | 22:18 | 6:44 min/km |
| 643 | 2147 | Rajamanickam | *Aachen | 1:07:18 | 1988 M20 | 101 | 1:11:52 | 21:09 * | 23:04 * | 23:04 | 6:44 min/km |
| 644 | 1924 | Waligora Marcin | *Köln | 1:07:20 | 1987 M20 | 102 | 1:11:31 | 23:03 * | 21:45 * | 22:31 | 6:44 min/km |
| 645 | 1064 | Heymann Dieter | *Kerpen | 1:07:23 | 1966 M50 | 84 | 1:08:16 | 22:23 * | 21:45 * | 23:14 | 6:44 min/km |
| 646 | 1960 | Schyboll Philipp | *Königstein | 1:07:23 | 2007 MU10 | 3 | 1:12:22 | 23:47 * | 21:27 * | 22:08 | 6:44 min/km |
| 647 | 1262 | Uepping Ralph | *Bad Breisig | 1:07:24 | 1976 M40 | 80 | 1:11:44 | 22:08 * | 22:21 * | 22:53 | 6:44 min/km |
| 648 | 1263 | Uepping Henry | *Bad Breisig | 1:07:24 | 2004 MU14 | 3 | 1:11:44 | 22:09 * | 22:21 * | 22:53 | 6:44 min/km |
| 649 | 1958 | Schyboll Markus | *Königstein | 1:07:24 | 1971 M45 | 101 | 1:12:23 | 23:51 * | 21:23 * | 22:09 | 6:44 min/km |
| 650 | 2223 | Krüger Lovis | *Köln | 1:07:25 | 1994 M20 | 103 | 1:09:11 | 20:05 * | 22:33 * | 24:47 | 6:45 min/km |
| 651 | 958 | Müller Jens | *Köln | 1:07:26 | 1987 M20 | 104 | 1:11:15 | 22:30 * | 22:43 * | 22:12 | 6:45 min/km |
| 652 | 2174 | Bach Christian | #heidewitzka | 1:07:27 | 1987 M20 | 105 | 1:12:12 | 24:12 * | 21:30 * | 21:43 | 6:45 min/km |
| 653 | 1274 | Müller Axel | Running with a sloth | 1:07:29 | 1986 M30 | 99 | 1:10:43 | 22:54 * | 21:31 * | 23:03 | 6:45 min/km |
| 654 | 2644 | Patt Joshua | Sandkasten Spreng | 1:07:31 | 1992 M20 | 106 | 1:09:20 | 22:58 * | 23:56 * | 20:37 | 6:45 min/km |
| 655 | 2286 | Prescher Georg | HüBi | 1:07:32 | 1987 M20 | 107 | 1:09:21 | 22:59 * | 23:55 * | 20:36 | 6:45 min/km |
| 656 | 1645 | Broich Ralph | Ford FCSD 05 | 1:07:33 | 1970 M45 | 102 | 1:07:59 | 17:46 * | 18:15 * | 31:30 | 6:45 min/km |
| 657 | 1721 | Reiners Dominik | *Hürth | 1:07:34 | 2005 MU12 | 5 | 1:12:16 | 23:52 * | 21:58 * | 21:43 | 6:45 min/km |
| 658 | 604 | Mueller Andreas | Ärzte gegen Tierversuche | 1:07:36 | 1969 M45 | 103 | 1:12:28 | 23:39 * | 22:28 * | 21:27 | 6:46 min/km |
| 659 | 1245 | Ludwig Robert | *Mönchengladbach | 1:07:36 | 1981 M35 | 91 | 1:08:25 | 21:35 * | 22:02 * | 23:58 | 6:46 min/km |
| 660 | 2941 | Wartalski C/P Schlimm | *Köln | 1:07:37 | 1987 M20 | 108 | 1:11:52 | 22:48 * | 21:50 * | 22:58 | 6:46 min/km |
| 661 | 605 | Kronaus Claus | Ärzte gegen Tierversuche | 1:07:37 | 1966 M50 | 85 | 1:12:28 | 23:39 * | 22:29 * | 21:28 | 6:46 min/km |
| 662 | 863 | Hauswald Schnutendad | *Bergheim | 1:07:39 | 1965 M50 | 86 | 1:09:07 | 22:25 * | 20:32 * | 24:42 | 6:46 min/km |
| 663 | 1505 | Mischo Klaus | *Wasserliesch | 1:07:40 | 1961 M55 | 41 | 1:11:06 | 21:52 * | 23:17 * | 22:29 | 6:46 min/km |
| 664 | 799 | Werner Robert | *Köln | 1:07:42 | 1970 M45 | 104 | 1:12:40 | 22:53 * | 21:42 * | 23:06 | 6:46 min/km |
| 665 | 2225 | Loke Joachim | Diabetes Programm | 1:07:47 | 1959 M55 | 42 | 1:09:50 | 23:01 * | 22:13 * | 22:31 | 6:47 min/km |
| 666 | 1849 | Pöhlemann Christian | *Köln | 1:07:49 | 1982 M30 | 100 | 1:08:58 | 20:54 * | 22:17 * | 24:37 | 6:47 min/km |
| 667 | 2925 | Rohmann Christian | *Köln | 1:07:57 | 1982 M30 | 101 | 1:12:03 | 22:16 * | 22:18 * | 23:22 | 6:48 min/km |
| 668 | 2733 | Wiemers Denis | Bud Wilmes | 1:07:58 | 1986 M30 | 102 | 1:12:05 | 22:17 * | 22:18 * | 23:22 | 6:48 min/km |
| 669 | 1415 | Carell Michael | Diabetes Programm | 1:08:04 | 1971 M45 | 105 | 1:08:08 | 20:09 * | 22:42 * | 25:12 | 6:48 min/km |

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| 670 | 3193 | Kayak Kaan | Argo | 1:08:09 | 2002 | MU16 | 4 | 1:08:09 | 27:33 * | 20:49 * | 19:46 | 6:49 min/km |
| 671 | 1315 | Becker Claus | equipeBecker.03 | 1:08:10 | 1949 | M65 | 7 | 1:12:33 | 24:57 * | 21:38 * | 21:35 | 6:49 min/km |
| 672 | 2105 | Eßler David | TuS Düsseldorf 95 | 1:08:12 | 2007 | MU10 | 4 | 1:12:30 | 23:37 * | 22:04 * | 22:29 | 6:49 min/km |
| 673 | 1360 | Berger Carl | *Köln | 1:08:20 | 1967 | M45 | 106 | 1:10:44 | 21:44 * | 22:22 * | 24:13 | 6:50 min/km |
| 674 | 1990 | Krawczyk Matthias | 1. Tri-Team Gütersloh | 1:08:35 | 1992 | M20 | 109 | 1:09:40 | 23:13 * | 24:36 * | 20:45 | 6:52 min/km |
| 675 | 1164 | Weilburg Dr. Walter | *Köln | 1:08:53 | 1952 | M60 | 27 | 1:12:28 | 22:43 * | 22:32 * | 23:37 | 6:53 min/km |
| 676 | 1313 | Sauermann Tobias | *Köln | 1:09:02 | 1973 | M40 | 81 | 1:09:53 | 21:40 * | 23:06 * | 24:16 | 6:54 min/km |
| 677 | 949 | Schulte Benjamin | *Köln | 1:09:04 | 1986 | M30 | 103 | 1:12:38 | 23:58 * | 23:35 * | 21:30 | 6:54 min/km |
| 678 | 1077 | Gerlach Uwe | *Hennef | 1:09:18 | 1962 | M50 | 87 | 1:13:20 | 23:10 * | 22:23 * | 23:44 | 6:56 min/km |
| 679 | 2954 | Mies Klaus | Gelpegazellen | 1:09:18 | 1954 | M60 | 28 | 1:14:04 | 23:58 * | 22:20 * | 22:59 | 6:56 min/km |
| 680 | 1079 | Nick Ralph | *Bergheim | 1:09:19 | 1963 | M50 | 88 | 1:13:20 | 23:11 * | 22:23 * | 23:45 | 6:56 min/km |
| 681 | 531 | Burauen Thomas | *Köln | 1:09:23 | 1964 | M50 | 89 | 1:10:57 | 23:17 * | 22:33 * | 23:32 | 6:56 min/km |
| 682 | 1246 | Hoechst Martin | *Hürth | 1:09:30 | 1978 | M35 | 92 | 1:13:01 | 23:23 * | 23:21 * | 22:45 | 6:57 min/km |
| 683 | 1279 | Nachsel Achim | Buckelwale | 1:09:44 | 1955 | M60 | 29 | 1:11:50 | 22:51 * | 22:58 * | 23:54 | 6:58 min/km |
| 684 | 2577 | Birke Marek | *Bergisch Gladbach | 1:09:58 | 1964 | M50 | 90 | 1:12:28 | 22:42 * | 23:08 * | 24:08 | 6:60 min/km |
| 685 | 381 | Krause Michael | Stiftung Leuchfeuer | 1:10:12 | 1968 | M45 | 107 | 1:14:49 | 23:15 * | 22:53 * | 24:03 | 7:01 min/km |
| 686 | 1352 | Llobet Matamoros Alberto | Original Bootcamp | 1:10:16 | 1984 | M30 | 104 | 1:12:20 | 22:56 * | 23:32 * | 23:47 | 7:02 min/km |
| 687 | 1553 | Salihi Deco | *Rösrath | 1:10:22 | 1991 | M20 | 110 | 1:15:16 | 21:40 * | 21:57 * | 26:44 | 7:02 min/km |
| 688 | 1250 | Raskopf Jörg | P-Box Consulting Running | 1:10:27 | 1970 | M45 | 108 | 1:12:22 | 23:22 * | 23:12 * | 23:52 | 7:03 min/km |
| 689 | 504 | Berf Wilfried | *Köln | 1:10:32 | 1959 | M55 | 43 | 1:12:48 | 23:49 * | 23:03 * | 23:39 | 7:03 min/km |
| 690 | 1669 | Von Contzen Max | *Köln | 1:10:36 | 1986 | M30 | 105 | 1:13:29 | 23:21 * | 23:08 * | 24:06 | 7:04 min/km |
| 691 | 2377 | Nolte Daniel | DKMS | 1:10:41 | 1980 | M35 | 93 | 1:12:12 | 27:26 * | 21:26 * | 21:47 | 7:04 min/km |
| 692 | 1679 | Hahn Rouven | *Langenfeld | 1:10:45 | 1984 | M30 | 106 | 1:12:10 | 22:11 * | 22:41 * | 25:51 | 7:05 min/km |
| 693 | 2766 | Brungs Stefan | *Köln | 1:11:11 | 1982 | M30 | 107 | 1:15:11 | 24:13 * | 23:18 * | 23:39 | 7:07 min/km |
| 694 | 2049 | Podsada Michael | *Meerbusch | 1:11:18 | 1960 | M55 | 44 | 1:16:27 | 23:53 * | 23:36 * | 23:48 | 7:08 min/km |
| 695 | 722 | Langen Dominik | Altstädter Köln 1922 | 1:11:19 | 1968 | M45 | 109 | 1:13:17 | 23:18 * | 23:25 * | 24:35 | 7:08 min/km |
| 696 | 1330 | Gerke Lars-Erik | *Hürth | 1:11:24 | 1988 | M20 | 111 | 1:13:31 | 23:11 * | 23:31 * | 24:41 | 7:08 min/km |
| 697 | 387 | Kurowski Rainer | | 1:11:27 | 1966 | M50 | 91 | 1:13:12 | 23:13 * | 23:41 * | 24:32 | 7:09 min/km |
| 698 | 1075 | Demond Detlef | LT Dünwalder TV | 1:11:28 | 1965 | M50 | 92 | 1:12:20 | 23:39 * | 23:01 * | 24:47 | 7:09 min/km |
| 699 | 2466 | Ruland Stefan | Gothaer | 1:11:36 | 1969 | M45 | 110 | 1:12:25 | 27:51 * | 22:39 * | 21:05 | 7:10 min/km |
| 700 | 2350 | Waßer Peter | WagWasKes | 1:12:01 | 1959 | M55 | 45 | 1:15:14 | 23:02 * | 23:35 * | 25:23 | 7:12 min/km |
| 701 | 2143 | Helweg Andreas | Les Tetes Rouges | 1:12:09 | 1963 | M50 | 93 | 1:16:59 | 23:42 * | 22:57 * | 25:29 | 7:13 min/km |
| 702 | 2743 | Weber Björn | *Hürth | 1:12:14 | 1970 | M45 | 111 | 1:17:04 | 25:13 * | 23:14 * | 23:46 | 7:13 min/km |
| 703 | 3003 | Bruch Hendrik | *Hürth | 1:12:14 | 1955 | M60 | 30 | 1:17:04 | 25:13 * | 23:14 * | 23:46 | 7:13 min/km |
| 704 | 2517 | Weiner Helmut | BSG RheinEnergie | 1:12:27 | 1955 | M60 | 31 | 1:15:46 | 24:00 * | 23:37 * | 24:49 | 7:15 min/km |
| 705 | 2492 | Ommmer Udo | Gothaer | 1:12:27 | 1960 | M55 | 46 | 1:16:57 | 24:44 * | 23:37 * | 24:06 | 7:15 min/km |
| 706 | 2712 | Carra Eugenio | WDR MausLaufGruppe | 1:12:28 | 1967 | M45 | 112 | 1:12:32 | 21:36 * | 24:08 * | 26:44 | 7:15 min/km |
| 707 | 576 | Gerlach Michael | Die Unfassbaren | 1:12:36 | 1971 | M45 | 113 | 1:15:59 | 24:24 * | 24:13 * | 23:58 | 7:16 min/km |
| 708 | 3196 | Wickenhäuser Eric | | 1:12:44 | 1970 | M45 | 114 | 1:14:52 | 24:04 * | 23:46 * | 24:54 | 7:16 min/km |
| 709 | 2068 | Möller Joachim | TuS Badbergen | 1:12:46 | 1955 | M60 | 32 | 1:16:26 | 23:10 * | 24:04 * | 25:31 | 7:17 min/km |
| 710 | 1327 | Gerke Prof. Dr. Jürgen | *Hürth | 1:13:03 | 1946 | M70 | 1 | 1:15:12 | 24:53 * | 23:34 * | 24:35 | 7:18 min/km |
| 711 | 736 | Heller Daniel | *Zülpich | 1:13:09 | 1984 | M30 | 108 | 1:17:17 | 23:45 * | 23:17 * | 26:06 | 7:19 min/km |
| 712 | 1144 | Dröger Norbert | *Dormagen | 1:13:41 | 1970 | M45 | 115 | 1:17:10 | 22:44 * | 24:08 * | 26:48 | 7:22 min/km |
| 713 | 811 | Opp Julian | *Köln | 1:13:46 | 1981 | M35 | 94 | 1:18:29 | 25:32 * | 23:57 * | 24:17 | 7:23 min/km |
| 714 | 2002 | Leppin Jürgen | *Berlin | 1:13:56 | 1950 | M65 | 8 | 1:16:50 | 23:16 * | 23:53 * | 26:46 | 7:24 min/km |
| 715 | 1867 | Van de Beeck Jürgen | *Köln | 1:13:58 | 1963 | M50 | 94 | 1:17:34 | 24:15 * | 24:07 * | 25:35 | 7:24 min/km |
| 716 | 1944 | Frohn Thomas | *Köln | 1:14:11 | 1980 | M35 | 95 | 1:18:55 | 25:03 * | 26:22 * | 22:45 | 7:25 min/km |
| 717 | 1945 | Schuster Carsten | *Brühl | 1:14:11 | 1979 | M35 | 96 | 1:18:55 | 25:04 * | 24:24 * | 24:42 | 7:25 min/km |
| 718 | 791 | Bucksch Klaus | *Nidda | 1:14:13 | 1956 | M60 | 33 | 1:16:08 | 23:57 * | 24:50 * | 25:25 | 7:25 min/km |
| 719 | 628 | Vargas Enrique | *Köln | 1:14:14 | 1967 | M45 | 116 | 1:14:50 | 22:27 * | 23:24 * | 28:21 | 7:25 min/km |
| 720 | 3186 | Streber Hanni | | 1:14:20 | 1976 | M40 | 82 | 1:18:29 | 25:53 * | 24:14 * | 24:12 | 7:26 min/km |
| 721 | 2346 | Weyer Stefan | Happy Running Family | 1:14:41 | 1969 | M45 | 117 | 1:19:32 | 24:13 * | 24:12 * | 26:15 | 7:28 min/km |
| 722 | 2146 | Von Minden Chris | *Essen | 1:14:46 | 1948 | M65 | 9 | 1:16:32 | 24:01 * | 25:15 * | 25:29 | 7:29 min/km |
| 723 | 1952 | Braun Jürgen | Running Sailors | 1:14:49 | 1960 | M55 | 47 | 1:17:00 | 23:53 * | 24:54 * | 26:01 | 7:29 min/km |
| 724 | 2887 | Breunung Guido | *Köln | 1:14:49 | 1971 | M45 | 118 | 1:19:39 | 24:16 * | 24:41 * | 25:51 | 7:29 min/km |
| 725 | 1951 | Braun Josef | Running Sailors | 1:15:07 | 1937 | M75 | 2 | 1:17:16 | 23:55 * | 24:54 * | 26:17 | 7:31 min/km |

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| | | | | | | | | | | | |
|-----|------|--------------------|--------------------------|---------|-----------|-----|---------|-------|---------|---------|-------------|
| 726 | 1269 | Höfl Stefan | TEAM | 1:15:37 | 1980 M35 | 97 | 1:16:58 | 23:34 | * 24:45 | * 27:17 | 7:34 min/km |
| 727 | 468 | Lyko Robert | TEAM | 1:15:40 | 1981 M35 | 98 | 1:16:58 | 23:38 | * 24:45 | * 27:16 | 7:34 min/km |
| 728 | 540 | Mielke Florian | *Köln | 1:15:59 | 1978 M35 | 99 | 1:18:57 | 25:14 | * 24:29 | * 26:16 | 7:36 min/km |
| 729 | 2664 | Schmitt Martin | *Köln | 1:16:42 | 1949 M65 | 10 | 1:17:59 | 24:02 | * 26:00 | * 26:39 | 7:40 min/km |
| 730 | 798 | Vauda Marco | Engelchen und | 1:16:55 | 2002 MU16 | 5 | 1:19:14 | 23:08 | * 30:41 | * 23:06 | 7:42 min/km |
| 731 | 1419 | Kaebe Ralph | *Hürth | 1:16:55 | 1968 M45 | 119 | 1:20:35 | 25:06 | * 27:18 | * 24:31 | 7:42 min/km |
| 732 | 2218 | Kamp Lars | *Rösrath | 1:17:07 | 1980 M35 | 100 | 1:19:28 | 20:23 | * 17:50 | * 38:52 | 7:43 min/km |
| 733 | 674 | Schümmelfeder Kurt | Köln-Dortmund-Connectio | 1:17:25 | 1953 M60 | 34 | 1:21:09 | 24:57 | * 25:19 | * 27:08 | 7:45 min/km |
| 734 | 676 | Schönmehl Tom | Köln-Dortmund-Connectio | 1:17:32 | 1974 M40 | 83 | 1:21:14 | 24:50 | * 25:27 | * 27:14 | 7:45 min/km |
| 735 | 2126 | Günes Ünal | *Köln | 1:18:34 | 1977 M35 | 101 | 1:21:42 | 25:30 | * 26:03 | * 27:01 | 7:51 min/km |
| 736 | 1551 | Jäkel Michael | DPD Allwetterläufer Köln | 1:19:51 | 1967 M45 | 120 | 1:24:24 | 27:44 | * 26:04 | * 26:02 | 7:59 min/km |
| 737 | 1726 | Köpfer Carsten | *Bochum | 1:22:08 | 1970 M45 | 121 | 1:26:07 | 26:24 | * 26:33 | * 29:10 | 8:13 min/km |
| 738 | 1466 | Kirschner Erich | *Köln | 1:25:45 | 1941 M75 | 3 | 1:29:28 | 28:24 | * 27:39 | * 29:41 | 8:35 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Rundenzeiten | Geschwindigkeit |
|--------|------|-----------------------|---------------------------|---------|-----------|----------|------------|-----------------------|-----------------|
| 1 | 1832 | Pincers Birgit | synteam | 0:46:48 | 1966 W50 | 1 | 0:49:38 | 15:39 * 15:17 * 15:51 | 4:41 min/km |
| 2 | 1258 | Domnik Kirsten | *Köln | 0:47:38 | 1988 W20 | 1 | 0:48:55 | 16:09 * 15:34 * 15:55 | 4:46 min/km |
| 3 | 3243 | Frieler Sonja | Albis Laufftreff | 0:47:40 | 1990 W20 | 2 | 0:47:48 | 15:21 * 15:44 * 16:34 | 4:46 min/km |
| 4 | 623 | Odenthal Anne | *Bergisch Gladbach | 0:47:54 | 1993 W20 | 3 | 0:49:08 | 15:56 * 15:46 * 16:11 | 4:47 min/km |
| 5 | 3067 | Frank Rebecca | EAC Running Club | 0:48:11 | 1994 W20 | 4 | 0:51:13 | 16:42 * 15:17 * 16:11 | 4:49 min/km |
| 6 | 1614 | Laßmann Kathrin | Brühler TV 1879 e.V. | 0:48:20 | 1977 W35 | 1 | 0:50:49 | 16:35 * 15:39 * 16:05 | 4:50 min/km |
| 7 | 2288 | Klaudius Marlen | *Köln | 0:48:40 | 1991 W20 | 5 | 0:49:15 | 16:38 * 15:54 * 16:07 | 4:52 min/km |
| 8 | 2245 | Melcher Judith | Original Bootcamp | 0:48:40 | 1994 W20 | 6 | 0:49:15 | 16:38 * 15:54 * 16:07 | 4:52 min/km |
| 9 | 2950 | Thiesen Monika | LaufTeamThiesen | 0:48:49 | 1974 W40 | 1 | 0:49:23 | 16:05 * 16:08 * 16:35 | 4:53 min/km |
| 10 | 2611 | Enke Julia | Team flott. e.V. | 0:49:17 | 1988 W20 | 7 | 0:50:07 | 16:12 * 15:33 * 17:31 | 4:56 min/km |
| 11 | 2602 | Peters Nicole | Do simmer Dubai | 0:49:18 | 1977 W35 | 2 | 0:49:29 | 15:59 * 16:20 * 16:57 | 4:56 min/km |
| 12 | 2978 | Hammer Meike | *Bonn | 0:49:20 | 1991 W20 | 8 | 0:50:44 | 18:35 * 15:20 * 15:23 | 4:56 min/km |
| 13 | 2795 | Schipler Sonja | SG TÜV Rheinland | 0:49:20 | 1971 W45 | 1 | 0:49:40 | 16:22 * 16:17 * 16:41 | 4:56 min/km |
| 14 | 1925 | Schirmer Sky | *Kerpen | 0:49:23 | 1996 W20 | 9 | 0:49:28 | 16:29 * 16:12 * 16:41 | 4:56 min/km |
| 15 | 420 | Jansen Verena | | 0:49:29 | 1991 W20 | 10 | 0:52:14 | 17:29 * 15:36 * 16:23 | 4:57 min/km |
| 16 | 947 | Wolff Sandra | *Köln | 0:49:30 | 1970 W45 | 2 | 0:49:33 | 15:41 * 16:29 * 17:19 | 4:57 min/km |
| 17 | 2073 | Leipert Sabine | ASV Köln | 0:49:39 | 1973 W40 | 2 | 0:49:49 | 16:13 * 16:29 * 16:55 | 4:58 min/km |
| 18 | 2569 | Grell Tiga | *Köln | 0:49:41 | 1989 W20 | 11 | 0:49:42 | 16:07 * 16:52 * 16:41 | 4:58 min/km |
| 19 | 1713 | Dittmer Inge | *Kerpen | 0:49:51 | 1965 W50 | 2 | 0:50:25 | 16:22 * 16:23 * 17:05 | 4:59 min/km |
| 20 | 7 | Hasberg Ascelina | Köln läuft | 0:49:52 | 1989 W20 | 12 | 0:50:12 | 15:37 * 16:33 * 17:41 | 4:59 min/km |
| 21 | 1228 | Frankenberger Daniela | *Hürth | 0:49:56 | 1996 W20 | 13 | 0:50:07 | 16:46 * 16:19 * 16:51 | 4:60 min/km |
| 22 | 2397 | Growe Marie | RUNNERS POINT RUN | 0:49:58 | 1991 W20 | 14 | 0:50:13 | 15:54 * 16:29 * 17:34 | 4:60 min/km |
| 23 | 743 | Schwiede Isabella | *Köln | 0:50:05 | 1985 W30 | 1 | 0:50:11 | 16:57 * 16:35 * 16:32 | 5:01 min/km |
| 24 | 2721 | Betz Maria | Wilde Seekühe | 0:50:05 | 1993 W20 | 15 | 0:51:50 | 17:00 * 16:22 * 16:43 | 5:01 min/km |
| 25 | 2815 | Heinrichs Johanna | Köln läuft | 0:50:06 | 1988 W20 | 16 | 0:50:51 | 16:48 * 16:20 * 16:57 | 5:01 min/km |
| 26 | 1793 | Cramer Stephanie | Worringer Zähne Running | 0:50:18 | 1967 W45 | 3 | 0:50:19 | 16:21 * 16:31 * 17:25 | 5:02 min/km |
| 27 | 1601 | Jerichow Vero | *Köln | 0:50:36 | 1980 W35 | 3 | 0:53:20 | 16:46 * 16:22 * 17:27 | 5:04 min/km |
| 28 | 2131 | Kern Lara | Lets Metabolize | 0:50:39 | 1989 W20 | 17 | 0:50:40 | 15:45 * 16:53 * 18:00 | 5:04 min/km |
| 29 | 2332 | Schmitz Eva | *Köln | 0:50:48 | 1992 W20 | 18 | 0:51:15 | 16:55 * 16:39 * 17:13 | 5:05 min/km |
| 30 | 1552 | Zepp Steffi | Original Bootcamp | 0:50:54 | 1985 W30 | 2 | 0:51:22 | 16:58 * 16:35 * 17:20 | 5:05 min/km |
| 30 | 2055 | Faust Marlen | TSV Gemünden | 0:50:54 | 1993 W20 | 19 | 0:50:55 | 16:23 * 16:52 * 17:38 | 5:05 min/km |
| 32 | 2645 | Völler Frederike | *Köln | 0:50:58 | 1982 W30 | 3 | 0:51:11 | 15:57 * 16:51 * 18:09 | 5:06 min/km |
| 33 | 2942 | Udelhoven Tilia | *Köln | 0:51:02 | 1992 W20 | 20 | 0:52:32 | 15:53 * 17:10 * 17:58 | 5:06 min/km |
| 34 | 1395 | Stiller-Unruh Tabea | LAUFMAMALAUFL | 0:51:10 | 1981 W35 | 4 | 0:55:05 | 17:42 * 16:32 * 16:55 | 5:07 min/km |
| 35 | 1576 | Berninger Ilona | *Köln | 0:51:10 | 1985 W30 | 4 | 0:52:04 | 17:33 * 16:52 * 16:44 | 5:07 min/km |
| 36 | 2614 | Schiffer Isabelle | Team flott. | 0:51:22 | 1987 W20 | 21 | 0:52:12 | 16:41 * 16:52 * 17:49 | 5:08 min/km |
| 37 | 410 | Balg Simone | Erdinger Alkoholfrei | 0:51:28 | 1974 W40 | 3 | 0:51:53 | 16:48 * 16:54 * 17:45 | 5:09 min/km |
| 38 | 1359 | Helber Silja | *Köln | 0:51:30 | 1987 W20 | 22 | 0:51:43 | 16:15 * 17:49 * 17:24 | 5:09 min/km |
| 39 | 1440 | Chrzanowski Nina | *Köln | 0:51:34 | 1980 W35 | 5 | 0:56:13 | 18:50 * 16:11 * 16:32 | 5:09 min/km |
| 40 | 2275 | Beier Julia | *Overath | 0:51:35 | 1996 W20 | 23 | 0:52:13 | 17:04 * 17:10 * 17:19 | 5:10 min/km |
| 41 | 682 | Kleinjans Sandra | *Köln | 0:51:37 | 1979 W35 | 6 | 0:51:58 | 16:41 * 17:00 * 17:55 | 5:10 min/km |
| 42 | 2007 | Witzke Melanie | Rookies2015andfriends | 0:51:39 | 1983 W30 | 5 | 0:51:57 | 16:52 * 17:02 * 17:44 | 5:10 min/km |
| 43 | 2012 | Küpper Diana Miriam | Rookies2015andfriends | 0:51:40 | 1974 W40 | 4 | 0:51:59 | 16:51 * 17:01 * 17:47 | 5:10 min/km |
| 44 | 2817 | Ockenfels Janine | Köln läuft | 0:51:43 | 1977 W35 | 7 | 0:52:28 | 16:48 * 16:50 * 18:04 | 5:10 min/km |
| 45 | 1799 | Schroers Andrea | *Köln | 0:51:44 | 1984 W30 | 6 | 0:52:01 | 17:58 * 16:54 * 16:51 | 5:10 min/km |
| 46 | 1393 | Magdanz Katja | *Köln | 0:51:46 | 1979 W35 | 8 | 0:52:40 | 17:23 * 17:04 * 17:18 | 5:11 min/km |
| 47 | 1689 | Huesmann Ella | *Köln | 0:51:46 | 1988 W20 | 24 | 0:52:32 | 17:35 * 17:34 * 16:36 | 5:11 min/km |
| 48 | 1023 | Gäb Kristina | *Köln | 0:51:48 | 1987 W20 | 25 | 0:52:58 | 19:02 * 16:40 * 16:05 | 5:11 min/km |
| 49 | 1691 | Kaumanns Daniela | *Aachen | 0:51:48 | 1987 W20 | 26 | 0:52:33 | 17:22 * 17:04 * 17:22 | 5:11 min/km |
| 50 | 969 | Mueller-Weinitschke | *Köln | 0:51:49 | 1993 W20 | 27 | 0:52:46 | 16:37 * 16:50 * 18:21 | 5:11 min/km |
| 51 | 1851 | Köhler Christine | *Rommerskirchen | 0:51:51 | 1987 W20 | 28 | 0:54:00 | 18:08 * 16:40 * 17:02 | 5:11 min/km |
| 52 | 2608 | Steinmetz Lea | TV Rodenkirchen Triathlon | 0:51:56 | 2000 WU18 | 1 | 0:54:21 | 17:13 * 16:45 * 17:57 | 5:12 min/km |
| 53 | 657 | Wetzel Anna | LeseWelten | 0:51:58 | 2000 WU18 | 2 | 0:54:00 | 16:55 * 17:21 * 17:41 | 5:12 min/km |

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| | | | | | | | | | | | |
|-----|------|-------------------------|---------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 54 | 2698 | Bunte Vivian | *Marburg | 0:51:58 | 1991 W20 | 29 | 0:53:37 | 18:02 * | 16:24 * | 17:31 | 5:12 min/km |
| 55 | 1755 | De la Cruz García Rocío | *Köln | 0:52:04 | 1985 W30 | 7 | 0:52:17 | 17:20 * | 17:19 * | 17:24 | 5:12 min/km |
| 56 | 878 | Mokwa Julia | *Köln | 0:52:08 | 1984 W30 | 8 | 0:53:39 | 17:48 * | 16:59 * | 17:20 | 5:13 min/km |
| 57 | 2893 | Hanebutt Steffi | *Köln | 0:52:09 | 1986 W30 | 9 | 0:52:16 | 16:20 * | 17:19 * | 18:28 | 5:13 min/km |
| 58 | 2763 | Wilk Julia | *Köln | 0:52:10 | 1987 W20 | 30 | 0:52:16 | 16:22 * | 17:19 * | 18:28 | 5:13 min/km |
| 59 | 2579 | Laurenzen Hannah | TriathlonSteckelCologne | 0:52:15 | 1992 W20 | 31 | 0:55:41 | 18:31 * | 16:21 * | 17:21 | 5:14 min/km |
| 60 | 2814 | Lippert Hetty | Köln läuft | 0:52:15 | 1982 W30 | 10 | 0:56:18 | 17:33 * | 16:52 * | 17:48 | 5:14 min/km |
| 61 | 2057 | Düster Rabea | *Hürth | 0:52:24 | 1996 W20 | 32 | 0:56:46 | 18:32 * | 16:56 * | 16:55 | 5:14 min/km |
| 62 | 1807 | Schuster Eva | *Köln | 0:52:27 | 1975 W40 | 5 | 0:53:00 | 17:45 * | 17:19 * | 17:22 | 5:15 min/km |
| 63 | 1083 | Lenz Stefanie | *Köln | 0:52:29 | 1980 W35 | 9 | 0:54:05 | 18:04 * | 17:06 * | 17:18 | 5:15 min/km |
| 64 | 1904 | Cremer Anna Lena | *Köln | 0:52:30 | 1990 W20 | 33 | 0:55:36 | 18:06 * | 17:03 * | 17:19 | 5:15 min/km |
| 65 | 2706 | Goebels Simone | Roadrunner | 0:52:32 | 1971 W45 | 4 | 0:53:06 | 18:08 * | 17:13 * | 17:10 | 5:15 min/km |
| 66 | 2906 | Daschner Hanna | *Gevelsberg | 0:52:33 | 1995 W20 | 34 | 0:54:03 | 17:43 * | 17:08 * | 17:42 | 5:15 min/km |
| 67 | 1020 | Schulze Monika | *Frankfurt a. Main | 0:52:33 | 1964 W50 | 3 | 0:53:34 | 17:43 * | 17:09 * | 17:40 | 5:15 min/km |
| 68 | 2013 | Rook Vanessa | Rookies2015andfriends | 0:52:34 | 1971 W45 | 5 | 0:57:01 | 18:04 * | 16:56 * | 17:34 | 5:15 min/km |
| 69 | 2656 | Schmidt Nelly | *Köln | 0:52:34 | 1997 WU20 | 1 | 0:54:04 | 17:43 * | 17:08 * | 17:42 | 5:15 min/km |
| 70 | 934 | Stahl Kathrin | *Köln | 0:52:40 | 1970 W45 | 6 | 0:52:44 | 17:46 * | 17:31 * | 17:22 | 5:16 min/km |
| 71 | 463 | Ritter Bettina | | 0:52:41 | 1969 W45 | 7 | 0:53:12 | 16:41 * | 16:36 * | 19:23 | 5:16 min/km |
| 72 | 3064 | Manel Vera | EAC Running Club | 0:52:44 | 1993 W20 | 35 | 0:55:45 | 16:44 * | 17:32 * | 18:27 | 5:16 min/km |
| 73 | 528 | Schmidt Rahel | *Köln | 0:52:49 | 1997 WU20 | 2 | 0:54:18 | 18:41 * | 17:02 * | 17:05 | 5:17 min/km |
| 74 | 2959 | Haack Claudia | *Köln | 0:52:51 | 1965 W50 | 4 | 0:53:02 | 17:07 * | 17:23 * | 18:20 | 5:17 min/km |
| 75 | 2905 | Mahl Julia | *Köln | 0:52:55 | 1974 W40 | 6 | 0:54:56 | 17:48 * | 17:06 * | 18:01 | 5:18 min/km |
| 76 | 2844 | Gerdes Sabine | Köln läuft! | 0:52:59 | 1966 W50 | 5 | 0:53:11 | 16:58 * | 17:27 * | 18:33 | 5:18 min/km |
| 77 | 2751 | Hopmann Svenja | *Sindelfingen | 0:53:08 | 1989 W20 | 36 | 0:54:08 | 18:28 * | 17:10 * | 17:28 | 5:19 min/km |
| 78 | 580 | Müller Sarah | *Köln | 0:53:09 | 1985 W30 | 11 | 0:53:50 | 17:24 * | 17:16 * | 18:28 | 5:19 min/km |
| 79 | 2140 | Röper Karina | *Köln | 0:53:10 | 1996 W20 | 37 | 0:53:11 | 16:24 * | 17:20 * | 19:25 | 5:19 min/km |
| 80 | 1479 | Levinskaja Irina | *Köln | 0:53:11 | 1986 W30 | 12 | 0:56:01 | 17:35 * | 17:26 * | 18:09 | 5:19 min/km |
| 81 | 1030 | Mangler Sarah | SBS | 0:53:16 | 1982 W30 | 13 | 0:54:54 | 18:47 * | 17:03 * | 17:25 | 5:20 min/km |
| 82 | 562 | Keuchel Marie | *Köln | 0:53:24 | 1994 W20 | 38 | 0:53:38 | 17:44 * | 17:34 * | 18:04 | 5:20 min/km |
| 83 | 1091 | Rau Simona | *Köln | 0:53:25 | 1969 W45 | 8 | 0:55:40 | 17:41 * | 17:23 * | 18:20 | 5:21 min/km |
| 84 | 959 | Sekulla Xiaoli | Rattenscharf | 0:53:29 | 1979 W35 | 10 | 0:53:50 | 18:06 * | 17:34 * | 17:48 | 5:21 min/km |
| 85 | 3071 | Goldschmidt Nora | *Köln | 0:53:31 | 1991 W20 | 39 | 0:55:11 | 19:00 * | 17:02 * | 17:28 | 5:21 min/km |
| 86 | 494 | Hamm Charlotte | | 0:53:32 | 1993 W20 | 40 | 0:55:11 | 19:01 * | 17:01 * | 17:29 | 5:21 min/km |
| 87 | 2991 | Deutsch Katja | *Kircheib | 0:53:38 | 1973 W40 | 7 | 0:53:47 | 17:15 * | 17:35 * | 18:47 | 5:22 min/km |
| 88 | 2851 | Struyck Sarah | Köln läuft! | 0:53:40 | 1982 W30 | 14 | 0:57:28 | 18:30 * | 17:29 * | 17:41 | 5:22 min/km |
| 89 | 2703 | Jaquet Veronique | MACH3 | 0:53:53 | 1977 W35 | 11 | 0:55:04 | 18:24 * | 17:50 * | 17:38 | 5:23 min/km |
| 90 | 1104 | Fenners Susanne | *Pulheim | 0:53:53 | 1969 W45 | 9 | 0:54:17 | 17:20 * | 17:44 * | 18:49 | 5:23 min/km |
| 91 | 1260 | Kühn Anja | *Sankt Augustin | 0:53:55 | 1977 W35 | 12 | 0:54:06 | 17:39 * | 17:45 * | 18:29 | 5:24 min/km |
| 92 | 641 | Ams Dunja | *Karlsruhe | 0:53:57 | 1980 W35 | 13 | 0:57:15 | 17:55 * | 17:22 * | 18:40 | 5:24 min/km |
| 93 | 1728 | Umbeck Joy | *Bonn | 0:53:58 | 1995 W20 | 41 | 0:55:09 | 18:52 * | 17:27 * | 17:38 | 5:24 min/km |
| 94 | 2265 | Collotta Melanie | *Lohmar | 0:54:01 | 1980 W35 | 14 | 0:55:15 | 18:29 * | 17:49 * | 17:41 | 5:24 min/km |
| 95 | 2331 | Welsch Elke | *Köln-Sülz | 0:54:02 | 1976 W40 | 8 | 0:58:08 | 18:41 * | 17:19 * | 18:01 | 5:24 min/km |
| 96 | 2070 | Ligocki Sabine | run4pänz | 0:54:03 | 1986 W30 | 15 | 0:54:13 | 18:04 * | 17:51 * | 18:07 | 5:24 min/km |
| 97 | 1750 | Antoni Anika | Frau | 0:54:04 | 1975 W40 | 9 | 0:54:09 | 17:30 * | 17:56 * | 18:38 | 5:24 min/km |
| 98 | 1469 | Baetcke Dorit Elisa | *Köln | 0:54:07 | 1981 W35 | 15 | 0:54:38 | 18:20 * | 17:31 * | 18:15 | 5:25 min/km |
| 99 | 1768 | Steckenborn Nadine | *Köln | 0:54:11 | 1987 W20 | 42 | 0:54:51 | 18:36 * | 17:27 * | 18:06 | 5:25 min/km |
| 100 | 2830 | Reichert Daniela | Köln läuft | 0:54:13 | 1971 W45 | 10 | 0:54:33 | 17:30 * | 17:56 * | 18:46 | 5:25 min/km |
| 101 | 824 | Anke Lehmann | LV Stommeln | 0:54:13 | 1971 W45 | 11 | 0:57:22 | 19:00 * | 17:23 * | 17:49 | 5:25 min/km |
| 102 | 2178 | Hirschhäuser Eva | Bunert - Der Kölner | 0:54:15 | 1996 W20 | 43 | 0:54:56 | 17:43 * | 18:20 * | 18:11 | 5:26 min/km |
| 103 | 826 | Läffert Maria | *Köln | 0:54:17 | 1981 W35 | 16 | 0:54:44 | 18:32 * | 17:15 * | 18:29 | 5:26 min/km |
| 104 | 1900 | Thelen Ursula | *Bonn | 0:54:18 | 1964 W50 | 6 | 0:57:35 | 19:32 * | 17:24 * | 17:21 | 5:26 min/km |
| 105 | 2973 | Mohrmann Follow Hollow | Der Elf und seine Freunde | 0:54:23 | 1970 W45 | 12 | 0:57:24 | 19:01 * | 17:23 * | 17:59 | 5:26 min/km |
| 106 | 2475 | Weber Michaela | Gothaer | 0:54:26 | 1990 W20 | 44 | 0:55:23 | 18:19 * | 17:47 * | 18:19 | 5:27 min/km |
| 107 | 872 | Kings Maggi | Original Bootcamp | 0:54:27 | 1980 W35 | 17 | 0:54:45 | 18:03 * | 17:56 * | 18:28 | 5:27 min/km |
| 108 | 2168 | Schmid Jeannette | *Köln | 0:54:27 | 1970 W45 | 13 | 0:58:34 | 17:51 * | 17:55 * | 18:40 | 5:27 min/km |
| 109 | 687 | Staiger Rica | *Köln | 0:54:30 | 1979 W35 | 18 | 0:55:50 | 18:29 * | 17:48 * | 18:12 | 5:27 min/km |

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| | | | | | | | | | | | |
|-----|------|--------------------------|-----------------------|---------|----------|----|---------|---------|---------|-------|-------------|
| 110 | 559 | Bender Dany | *Köln | 0:54:31 | 1980 W35 | 19 | 0:54:56 | 17:58 * | 17:55 * | 18:37 | 5:27 min/km |
| 111 | 152 | Thimme Martha | *Köln | 0:54:34 | 1993 W20 | 45 | 0:55:15 | 18:29 * | 17:28 * | 18:37 | 5:27 min/km |
| 112 | 1992 | Mathias Tanja | Mach3 Köln e.V. | 0:54:35 | 1976 W40 | 10 | 0:54:43 | 17:18 * | 17:59 * | 19:17 | 5:28 min/km |
| 113 | 2749 | Menden Bettina | LC Weilerswist | 0:54:37 | 1969 W45 | 14 | 0:57:07 | 17:52 * | 17:27 * | 19:17 | 5:28 min/km |
| 114 | 2697 | Erber-Savarese Christine | Mach3 Köln e. V. | 0:54:38 | 1967 W45 | 15 | 0:55:49 | 18:24 * | 17:50 * | 18:23 | 5:28 min/km |
| 115 | 1220 | Louvette Caroline | *Köln | 0:54:49 | 1987 W20 | 46 | 0:56:05 | 17:53 * | 18:11 * | 18:44 | 5:29 min/km |
| 116 | 1965 | Thielen Jessica | *Köln | 0:54:57 | 1985 W30 | 16 | 0:55:58 | 19:39 * | 17:37 * | 17:40 | 5:30 min/km |
| 117 | 2117 | Kausche Sibylle | *Köln | 0:54:57 | 1985 W30 | 17 | 0:55:58 | 19:39 * | 17:37 * | 17:40 | 5:30 min/km |
| 118 | 1700 | Scholz Barbara | Emil-Fischer-Gymn. | 0:54:57 | 1972 W40 | 11 | 0:55:58 | 19:40 * | 17:37 * | 17:39 | 5:30 min/km |
| 119 | 151 | Gaida Carolin | *Köln | 0:55:00 | 1992 W20 | 47 | 0:55:42 | 18:28 * | 17:28 * | 19:03 | 5:30 min/km |
| 120 | 2274 | Pradella Anja | *Köln | 0:55:03 | 1987 W20 | 48 | 0:58:06 | 18:15 * | 17:42 * | 19:04 | 5:30 min/km |
| 121 | 2273 | Flöter Laura | *Kerpen | 0:55:03 | 1986 W30 | 18 | 0:58:06 | 18:16 * | 17:42 * | 19:04 | 5:30 min/km |
| 122 | 1773 | Sander Muriel | *Köln | 0:55:04 | 1996 W20 | 49 | 0:57:41 | 19:08 * | 18:11 * | 17:44 | 5:30 min/km |
| 123 | 926 | Strube Katja | *Köln | 0:55:13 | 1982 W30 | 19 | 0:59:53 | 18:44 * | 18:05 * | 18:22 | 5:31 min/km |
| 124 | 1718 | Küpfer Mirjam | *Bad Honnef | 0:55:18 | 1982 W30 | 20 | 0:59:04 | 18:05 * | 18:16 * | 18:56 | 5:32 min/km |
| 125 | 1307 | Rezler Bianca | PSV Köln | 0:55:18 | 1987 W20 | 50 | 0:59:54 | 19:17 * | 17:41 * | 18:19 | 5:32 min/km |
| 126 | 594 | Schumacher Patricia | Team Hasenkamp | 0:55:18 | 1969 W45 | 16 | 0:58:39 | 18:40 * | 18:21 * | 18:16 | 5:32 min/km |
| 127 | 2015 | Voß Anika | Rookies2015andfriends | 0:55:29 | 1975 W40 | 12 | 0:55:40 | 18:09 * | 18:04 * | 19:16 | 5:33 min/km |
| 128 | 1695 | Seeliger Mareike | *Stommeln | 0:55:29 | 1981 W35 | 20 | 0:59:21 | 19:52 * | 18:01 * | 17:34 | 5:33 min/km |
| 129 | 1071 | Kessens Meike | läuft. | 0:55:31 | 1984 W30 | 21 | 0:56:35 | 19:41 * | 18:08 * | 17:41 | 5:33 min/km |
| 130 | 853 | Froitzheim Anna | Die sportlichen | 0:55:34 | 1994 W20 | 51 | 0:56:42 | 19:06 * | 18:06 * | 18:21 | 5:33 min/km |
| 131 | 2993 | Kaven Nela | FSD | 0:55:34 | 1966 W50 | 7 | 0:55:42 | 17:57 * | 18:34 * | 19:02 | 5:33 min/km |
| 132 | 854 | Drescher Claudia | Die sportlichen | 0:55:34 | 1993 W20 | 52 | 0:56:42 | 19:06 * | 18:06 * | 18:21 | 5:33 min/km |
| 133 | 1625 | Bischoffs Nesrin | *Wermelskirchen | 0:55:38 | 1974 W40 | 13 | 0:58:35 | 18:35 * | 18:25 * | 18:38 | 5:34 min/km |
| 134 | 2056 | Deuster Natascha | *Köln | 0:55:40 | 1975 W40 | 14 | 0:59:31 | 18:44 * | 18:07 * | 18:48 | 5:34 min/km |
| 135 | 1670 | Gnap Liliana | Dr Abeln | 0:55:41 | 1986 W30 | 22 | 1:00:55 | 17:49 * | 18:32 * | 19:19 | 5:34 min/km |
| 136 | 1716 | Gebhart Jane | *Köln | 0:55:41 | 1984 W30 | 23 | 0:59:29 | 18:05 * | 18:16 * | 19:19 | 5:34 min/km |
| 137 | 1632 | Fröhlich Ruth | *Düsseldorf | 0:55:42 | 1972 W40 | 15 | 0:58:19 | 18:41 * | 18:05 * | 18:56 | 5:34 min/km |
| 138 | 1178 | Müller Jule | fit.koeln | 0:55:43 | 1990 W20 | 53 | 0:58:03 | 17:49 * | 18:22 * | 19:31 | 5:34 min/km |
| 139 | 445 | Retzlaff Liane | | 0:55:45 | 1957 W55 | 1 | 0:55:48 | 18:01 * | 18:13 * | 19:31 | 5:35 min/km |
| 140 | 1182 | Binder Ann-Julie | *Köln | 0:55:46 | 1988 W20 | 54 | 0:58:03 | 19:21 * | 18:02 * | 18:22 | 5:35 min/km |
| 141 | 2919 | Schalk Sophia | Saltsjöbadens IF | 0:55:49 | 1992 W20 | 55 | 0:56:14 | 18:17 * | 18:30 * | 19:00 | 5:35 min/km |
| 142 | 2151 | Birkenfeld Anja | TV Vennikel | 0:55:49 | 1974 W40 | 16 | 0:57:27 | 23:14 * | 15:55 * | 16:38 | 5:35 min/km |
| 143 | 2190 | Murk Jessica | *Köln | 0:55:51 | 1981 W35 | 21 | 0:59:41 | 19:10 * | 18:08 * | 18:33 | 5:35 min/km |
| 144 | 1458 | Knöll Laura | *Köln-Ehrenfeld | 0:55:56 | 1991 W20 | 56 | 0:57:25 | 18:42 * | 18:20 * | 18:54 | 5:36 min/km |
| 145 | 2675 | Von Basewitz Sibylle | *Köln | 0:55:59 | 1970 W45 | 17 | 0:56:19 | 18:52 * | 18:23 * | 18:43 | 5:36 min/km |
| 146 | 1401 | Sauer Julia | *Essen | 0:56:00 | 1987 W20 | 57 | 0:56:50 | 18:12 * | 18:31 * | 19:17 | 5:36 min/km |
| 147 | 2726 | Firl Jacqueline | *München | 0:56:01 | 1991 W20 | 58 | 0:59:00 | 19:06 * | 18:23 * | 18:30 | 5:36 min/km |
| 148 | 2334 | Konrad Bettina | *Wilnsdorf | 0:56:05 | 1961 W55 | 2 | 0:56:21 | 19:51 * | 17:45 * | 18:27 | 5:37 min/km |
| 149 | 1482 | Syrbe Manuela | *Köln | 0:56:09 | 1984 W30 | 24 | 0:57:38 | 18:42 * | 18:20 * | 19:07 | 5:37 min/km |
| 150 | 639 | Schülke Marianne | *Erfstadt | 0:56:13 | 1965 W50 | 8 | 0:58:50 | 19:38 * | 17:52 * | 18:42 | 5:37 min/km |
| 151 | 1203 | Stiwitz Verena | Ines Speck | 0:56:13 | 1976 W40 | 17 | 1:00:35 | 18:40 * | 18:18 * | 19:14 | 5:37 min/km |
| 152 | 2857 | Bachem Elisa | *Köln | 0:56:31 | 1981 W35 | 22 | 0:56:40 | 16:20 * | 16:46 * | 23:24 | 5:39 min/km |
| 153 | 1243 | Flieger Sabrina | AachenMünchener | 0:56:32 | 1978 W35 | 23 | 0:59:29 | 18:40 * | 18:23 * | 19:28 | 5:39 min/km |
| 154 | 1918 | Franz Lena | *Köln | 0:56:37 | 1995 W20 | 59 | 0:59:00 | 20:07 * | 18:20 * | 18:09 | 5:40 min/km |
| 155 | 1702 | Franken Christina | *Köln | 0:56:37 | 1969 W45 | 18 | 0:56:52 | 18:07 * | 18:53 * | 19:36 | 5:40 min/km |
| 156 | 2269 | Muser Katrin | *Köln | 0:56:37 | 1991 W20 | 60 | 0:59:00 | 20:07 * | 18:20 * | 18:10 | 5:40 min/km |
| 157 | 1932 | Roor Yulia | *Köln | 0:56:40 | 1982 W30 | 25 | 0:58:54 | 18:58 * | 18:33 * | 19:08 | 5:40 min/km |
| 158 | 2595 | Schöttmer Frauke | *Köln | 0:56:44 | 1982 W30 | 26 | 0:58:56 | 19:43 * | 18:26 * | 18:34 | 5:40 min/km |
| 159 | 2022 | Spendlove Heather | *Koeln | 0:56:45 | 1976 W40 | 18 | 0:59:16 | 18:41 * | 18:45 * | 19:18 | 5:41 min/km |
| 160 | 740 | Hubrich Carina | Crossfit Leverkusen | 0:56:47 | 1977 W35 | 24 | 0:57:16 | 19:12 * | 18:29 * | 19:05 | 5:41 min/km |
| 161 | 2157 | Ratzlaff Katrin | *Frechen | 0:56:47 | 1984 W30 | 27 | 0:59:13 | 19:08 * | 18:17 * | 19:21 | 5:41 min/km |
| 162 | 518 | Fuchs Katja | *Köln | 0:56:48 | 1975 W40 | 19 | 0:57:17 | 19:12 * | 18:29 * | 19:05 | 5:41 min/km |
| 163 | 899 | Sauter Birgit | *Köln | 0:56:48 | 1984 W30 | 28 | 0:59:13 | 19:12 * | 18:14 * | 19:21 | 5:41 min/km |
| 164 | 1983 | De Giorgi Kristina | *Bonn | 0:56:49 | 1986 W30 | 29 | 0:59:15 | 19:38 * | 18:30 * | 18:40 | 5:41 min/km |
| 165 | 2148 | Frank Lucile | *Köln | 0:56:52 | 1972 W40 | 20 | 0:57:27 | 21:05 * | 17:54 * | 17:52 | 5:41 min/km |

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| | | | | | | | | | | | |
|-----|------|--------------------------|---------------------------|---------|-----------|----|---------|---------|---------|-------|-------------|
| 166 | 2046 | Klocke Ulla | *Köln | 0:56:52 | 1964 W50 | 9 | 1:00:58 | 18:37 * | 18:54 * | 19:21 | 5:41 min/km |
| 167 | 2894 | Bach Kristina | *Bonn | 0:56:53 | 1981 W35 | 25 | 0:57:30 | 19:28 * | 18:37 * | 18:47 | 5:41 min/km |
| 168 | 1354 | Abts Anne | *KÖLN | 0:56:53 | 1975 W40 | 21 | 0:59:58 | 19:56 * | 18:33 * | 18:23 | 5:41 min/km |
| 169 | 2756 | Fischer Christine | Team Erdinger Alkoholfrei | 0:56:53 | 1971 W45 | 19 | 0:59:58 | 19:56 * | 18:33 * | 18:23 | 5:41 min/km |
| 170 | 2829 | Eich Marianne | Köln läuft | 0:56:53 | 1960 W55 | 3 | 0:57:01 | 17:49 * | 18:56 * | 20:07 | 5:41 min/km |
| 171 | 719 | Velte Dr. Gianna | *Bonn | 0:56:53 | 1983 W30 | 30 | 1:00:06 | 19:57 * | 18:54 * | 18:02 | 5:41 min/km |
| 172 | 1032 | Schüller Stephanie | SBS | 0:56:54 | 1973 W40 | 22 | 0:58:32 | 18:47 * | 18:32 * | 19:34 | 5:41 min/km |
| 173 | 1364 | Pluta Rabea | *Jülich | 0:56:55 | 1993 W20 | 61 | 1:00:15 | 18:26 * | 18:33 * | 19:54 | 5:42 min/km |
| 174 | 529 | Hofmann Elli | *Köln | 0:56:57 | 1995 W20 | 62 | 0:58:27 | 19:38 * | 18:06 * | 19:12 | 5:42 min/km |
| 175 | 2120 | Mörsdorf Lisa | SV-Löwi-die Volleyballer | 0:56:57 | 2003 WU14 | 1 | 1:00:36 | 18:52 * | 18:24 * | 19:39 | 5:42 min/km |
| 176 | 1117 | Yoon Kyung-A | *Pulheim | 0:56:59 | 1975 W40 | 23 | 0:57:22 | 18:02 * | 18:50 * | 20:06 | 5:42 min/km |
| 177 | 3172 | Czerwinski Lara | LV Stommeln | 0:57:00 | 1988 W20 | 63 | 0:58:21 | 18:48 * | 18:31 * | 19:41 | 5:42 min/km |
| 178 | 1244 | Apostel Julia | *Köln | 0:57:01 | 1982 W30 | 31 | 0:58:21 | 18:48 * | 18:31 * | 19:41 | 5:42 min/km |
| 179 | 1710 | Schultheiss Meike | *Nümbrecht | 0:57:02 | 1981 W35 | 26 | 0:58:15 | 19:59 * | 18:31 * | 18:32 | 5:42 min/km |
| 180 | 871 | Haas Doro | *köln | 0:57:03 | 1967 W45 | 20 | 0:59:19 | 19:15 * | 18:30 * | 19:17 | 5:42 min/km |
| 181 | 1811 | Grabe Melanie | Suzis Rennstall | 0:57:04 | 1978 W35 | 27 | 0:59:33 | 19:22 * | 18:36 * | 19:05 | 5:42 min/km |
| 182 | 1796 | Heinke Suzi | Suzis Rennstall Köln | 0:57:05 | 1978 W35 | 28 | 0:59:33 | 19:22 * | 18:37 * | 19:06 | 5:43 min/km |
| 183 | 1450 | Buchholz Heike | *Wezembeek-Oppem | 0:57:06 | 1978 W35 | 29 | 0:58:57 | 19:11 * | 18:49 * | 19:05 | 5:43 min/km |
| 184 | 2856 | Hudaszek Dorothea | *Köln | 0:57:06 | 1980 W35 | 30 | 0:57:23 | 19:07 * | 18:20 * | 19:38 | 5:43 min/km |
| 185 | 2392 | Griese Julia | | 0:57:06 | 1980 W35 | 31 | 0:57:25 | 19:22 * | 18:36 * | 19:07 | 5:43 min/km |
| 186 | 2393 | Nickel Christine | | 0:57:07 | 1979 W35 | 32 | 0:57:25 | 19:22 * | 18:36 * | 19:08 | 5:43 min/km |
| 187 | 2831 | Vorholt Sonja | Köln läuft | 0:57:10 | 1978 W35 | 33 | 0:58:03 | 18:59 * | 18:36 * | 19:34 | 5:43 min/km |
| 188 | 2448 | Gaspar Alison | Kieser Training | 0:57:11 | 1967 W45 | 21 | 1:01:20 | 20:58 * | 17:51 * | 18:21 | 5:43 min/km |
| 189 | 2700 | Winkelmann Nina | Föhr Marathon e.V. | 0:57:16 | 1978 W35 | 34 | 0:58:05 | 18:48 * | 18:41 * | 19:46 | 5:44 min/km |
| 190 | 946 | Opgen-Rhein Sabine | *Tönisvorst | 0:57:19 | 1996 W20 | 64 | 0:59:24 | 21:42 * | 18:00 * | 17:36 | 5:44 min/km |
| 191 | 941 | Thelen Anja | *Kerpen | 0:57:19 | 1996 W20 | 65 | 0:59:24 | 21:41 * | 18:01 * | 17:37 | 5:44 min/km |
| 192 | 2142 | Kurbasik Pauline | Les Tetes Rouges | 0:57:24 | 1982 W30 | 32 | 1:02:14 | 19:20 * | 18:57 * | 19:06 | 5:44 min/km |
| 193 | 2853 | Wischeidt Claudia | Köln läuft! | 0:57:25 | 1965 W50 | 10 | 0:57:53 | 19:48 * | 18:41 * | 18:55 | 5:45 min/km |
| 194 | 3231 | Brocke Sandra | Original Bootcamp | 0:57:30 | 1985 W30 | 33 | 0:58:32 | 19:28 * | 18:21 * | 19:39 | 5:45 min/km |
| 195 | 2699 | Winkelmann Leona | Föhr Marathon e.V. | 0:57:31 | 2004 WU14 | 2 | 0:58:21 | 19:01 * | 19:25 * | 19:05 | 5:45 min/km |
| 196 | 2065 | Jebens Tanja | *Leverkusen | 0:57:32 | 1979 W35 | 35 | 0:58:27 | 19:35 * | 18:34 * | 19:23 | 5:45 min/km |
| 197 | 1345 | Kerkhoff Nikola | Original Bootcamp | 0:57:34 | 1987 W20 | 66 | 0:59:06 | 19:55 * | 18:57 * | 18:40 | 5:45 min/km |
| 198 | 581 | Vick Theresa | *Köln | 0:57:35 | 1986 W30 | 34 | 0:58:16 | 19:17 * | 19:04 * | 19:12 | 5:46 min/km |
| 199 | 2410 | Wilkens Janine | | 0:57:35 | 1976 W40 | 24 | 1:00:07 | 19:48 * | 18:34 * | 19:12 | 5:46 min/km |
| 200 | 2207 | Candan Monika | TS Frechen | 0:57:37 | 1981 W35 | 36 | 0:59:33 | 20:18 * | 18:34 * | 18:44 | 5:46 min/km |
| 201 | 1923 | Fischer-Appelt Anke | *Köln | 0:57:40 | 1972 W40 | 25 | 0:57:42 | 18:44 * | 19:19 * | 19:36 | 5:46 min/km |
| 202 | 185 | Kösler Daniela | XTrail-Aktiv | 0:57:47 | 1977 W35 | 37 | 1:01:09 | 20:06 * | 18:54 * | 18:46 | 5:47 min/km |
| 203 | 2217 | Hass Christina | *Bonn | 0:57:50 | 1975 W40 | 26 | 1:00:11 | 19:57 * | 18:33 * | 19:20 | 5:47 min/km |
| 204 | 1529 | Harms Tanja | Racing 3 | 0:57:53 | 1970 W45 | 22 | 0:58:29 | 21:09 * | 18:17 * | 18:26 | 5:47 min/km |
| 205 | 3008 | Schnitzler Vanessa | Wir laufen schon! | 0:57:55 | 1990 W20 | 67 | 1:00:18 | 20:33 * | 19:30 * | 17:50 | 5:48 min/km |
| 206 | 812 | Selinotakis Nadine Diana | *Köln | 0:57:57 | 1979 W35 | 38 | 0:58:12 | 18:23 * | 19:13 * | 20:20 | 5:48 min/km |
| 207 | 1013 | Tepasse Christina | *Düsseldorf | 0:58:01 | 1989 W20 | 68 | 1:02:00 | 19:46 * | 19:11 * | 19:03 | 5:48 min/km |
| 208 | 995 | Kritzler Maren | TG- Jahnstr. | 0:58:02 | 1981 W35 | 39 | 0:59:13 | 20:12 * | 19:28 * | 18:21 | 5:48 min/km |
| 209 | 1629 | Ströter Katrin | Wedding 2016 | 0:58:03 | 1967 W45 | 23 | 0:58:51 | 19:33 * | 19:07 * | 19:22 | 5:48 min/km |
| 210 | 462 | Fastner Mae | | 0:58:03 | 1990 W20 | 69 | 0:58:36 | 20:09 * | 19:06 * | 18:47 | 5:48 min/km |
| 211 | 2902 | Copil Karina | *Köln | 0:58:04 | 1986 W30 | 35 | 0:58:23 | 19:17 * | 19:04 * | 19:42 | 5:48 min/km |
| 212 | 2658 | Kühnen Maria | Veni Vidi Colonia | 0:58:06 | 1962 W50 | 11 | 1:01:52 | 20:33 * | 18:44 * | 18:48 | 5:49 min/km |
| 213 | 2551 | Heeg Franziska | *köln | 0:58:07 | 1988 W20 | 70 | 0:58:39 | 20:09 * | 19:06 * | 18:50 | 5:49 min/km |
| 214 | 2433 | Sonntag Ursula | ERGO sports Köln | 0:58:08 | 1962 W50 | 12 | 0:59:04 | 19:44 * | 18:50 * | 19:33 | 5:49 min/km |
| 215 | 910 | Kallenbach Julia | *Köln | 0:58:08 | 1990 W20 | 71 | 0:59:11 | 19:49 * | 18:51 * | 19:28 | 5:49 min/km |
| 216 | 2741 | Greiling Acacia | *Köln | 0:58:09 | 1988 W20 | 72 | 0:58:26 | 19:01 * | 18:58 * | 20:09 | 5:49 min/km |
| 217 | 2915 | Nussmann Michaela | *Köln | 0:58:09 | 1964 W50 | 13 | 1:01:28 | 19:47 * | 18:51 * | 19:30 | 5:49 min/km |
| 218 | 1671 | Schwarz Gisela | *Köln | 0:58:11 | 1963 W50 | 14 | 1:01:49 | 19:30 * | 18:50 * | 19:50 | 5:49 min/km |
| 219 | 564 | Auth Denise | *Köln | 0:58:12 | 1986 W30 | 36 | 1:00:34 | 21:13 * | 20:38 * | 16:20 | 5:49 min/km |
| 220 | 609 | Schwarz Annika | *Frechen | 0:58:13 | 1979 W35 | 40 | 1:00:49 | 21:34 * | 18:25 * | 18:13 | 5:49 min/km |
| 221 | 1292 | Schöckel Claudia | *Bergisch Gladbach | 0:58:13 | 1970 W45 | 24 | 1:00:19 | 20:04 * | 18:43 * | 19:25 | 5:49 min/km |

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| | | | | | | | | | | | | |
|-----|------|-------------------------|-------------------------|---------|------|------|----|---------|---------|---------|-------|-------------|
| 222 | 1690 | Schuldt Bente | *Köln | 0:58:16 | 1987 | W20 | 73 | 0:59:01 | 19:35 * | 19:20 * | 19:19 | 5:50 min/km |
| 223 | 768 | Lübbe Annika | Bootcamp | 0:58:16 | 1980 | W35 | 41 | 1:03:35 | 20:28 * | 18:50 * | 18:57 | 5:50 min/km |
| 224 | 766 | Huber Andrea | Original Bootcamp | 0:58:16 | 1980 | W35 | 42 | 1:03:36 | 20:28 * | 18:50 * | 18:57 | 5:50 min/km |
| 225 | 1096 | Votteler Annika | *Köln | 0:58:23 | 1977 | W35 | 43 | 0:59:00 | 20:35 * | 19:07 * | 18:40 | 5:50 min/km |
| 226 | 695 | Mäder Dörte | *Köln | 0:58:29 | 1974 | W40 | 27 | 1:00:17 | 19:39 * | 18:57 * | 19:53 | 5:51 min/km |
| 227 | 2355 | Schaaf Simone | Die röhrenden Elche | 0:58:29 | 1968 | W45 | 25 | 0:59:35 | 20:29 * | 18:52 * | 19:06 | 5:51 min/km |
| 228 | 2510 | Zutt Claudia | Kölner Verkehrsbetriebe | 0:58:29 | 1973 | W40 | 28 | 1:00:31 | 19:46 * | 18:54 * | 19:49 | 5:51 min/km |
| 229 | 1452 | Drees Jutta | *Köln | 0:58:30 | 1967 | W45 | 26 | 1:01:02 | 20:26 * | 18:45 * | 19:19 | 5:51 min/km |
| 230 | 2427 | Höfer Tanja | ERGO sports Köln | 0:58:31 | 1975 | W40 | 29 | 1:02:44 | 19:38 * | 18:57 * | 19:55 | 5:51 min/km |
| 231 | 1146 | Falkenberg Isabell | *Köln | 0:58:32 | 1982 | W30 | 37 | 0:58:55 | 21:01 * | 18:18 * | 19:12 | 5:51 min/km |
| 232 | 944 | Engelhardt Barbara | Pulheimer SC | 0:58:33 | 1944 | W70 | 1 | 0:59:16 | 19:35 * | 19:06 * | 19:50 | 5:51 min/km |
| 233 | 2434 | Wahlen Edith | ERGO sports Köln | 0:58:35 | 1967 | W45 | 27 | 1:00:50 | 19:16 * | 19:09 * | 20:10 | 5:52 min/km |
| 234 | 2494 | Böttcher Andrea | Gothaer | 0:58:37 | 1981 | W35 | 44 | 1:00:00 | 18:31 * | 19:11 * | 20:54 | 5:52 min/km |
| 235 | 1034 | Schroeder Inga | *Baesweiler | 0:58:39 | 1989 | W20 | 74 | 1:00:30 | 20:23 * | 19:03 * | 19:12 | 5:52 min/km |
| 236 | 1476 | Hölmann Sabine | *Leverkusen | 0:58:41 | 1977 | W35 | 45 | 1:01:17 | 20:34 * | 19:02 * | 19:05 | 5:52 min/km |
| 237 | 1066 | Diehm Caroline | *Neunkirchen-Seelscheid | 0:58:43 | 1968 | W45 | 28 | 1:03:43 | 19:54 * | 19:41 * | 19:07 | 5:52 min/km |
| 238 | 2647 | Hentze Marion | *Grevenbroich | 0:58:43 | 1983 | W30 | 38 | 1:02:31 | 20:31 * | 19:09 * | 19:02 | 5:52 min/km |
| 239 | 1751 | Kühne Amelie | *Köln | 0:58:44 | 1993 | W20 | 75 | 1:01:55 | 20:49 * | 19:18 * | 18:36 | 5:52 min/km |
| 240 | 557 | Kunert Katharina | *Köln | 0:58:46 | 1979 | W35 | 46 | 0:59:26 | 19:40 * | 19:26 * | 19:39 | 5:53 min/km |
| 241 | 1130 | Kunert Uschi | *Bremen | 0:58:46 | 1951 | W65 | 1 | 0:59:26 | 19:40 * | 19:26 * | 19:40 | 5:53 min/km |
| 242 | 2006 | Richts Stefanie | Rookies2015andfriends | 0:58:46 | 1983 | W30 | 39 | 1:03:12 | 20:50 * | 19:12 * | 18:43 | 5:53 min/km |
| 243 | 1675 | Nauhauser Jenny | *Hürth | 0:58:46 | 1990 | W20 | 76 | 1:01:37 | 21:11 * | 19:19 * | 18:16 | 5:53 min/km |
| 244 | 2202 | Busch Christina | *Siegen | 0:58:47 | 1981 | W35 | 47 | 1:03:12 | 20:52 * | 19:12 * | 18:43 | 5:53 min/km |
| 245 | 2953 | Lepper Andrea | *bergisch gladbach | 0:58:48 | 1988 | W20 | 77 | 0:59:30 | 20:48 * | 19:10 * | 18:48 | 5:53 min/km |
| 246 | 2931 | Müller Linda | *Köln | 0:58:48 | 1997 | WU20 | 3 | 0:59:40 | 19:29 * | 19:33 * | 19:45 | 5:53 min/km |
| 247 | 1999 | Leppin Tanja | *Frechen | 0:58:50 | 1983 | W30 | 40 | 1:01:42 | 20:35 * | 18:58 * | 19:16 | 5:53 min/km |
| 248 | 2693 | Breyer Dr. Regina | *Köln | 0:58:52 | 1977 | W35 | 48 | 1:01:48 | 19:51 * | 19:21 * | 19:38 | 5:53 min/km |
| 249 | 2483 | Apelt-Zierhold Birgit | Gothaer | 0:58:52 | 1984 | W30 | 41 | 0:59:48 | 19:32 * | 19:27 * | 19:52 | 5:53 min/km |
| 250 | 2272 | Vesper Amelie | *Köln | 0:58:53 | 1988 | W20 | 78 | 1:00:53 | 20:01 * | 19:25 * | 19:25 | 5:53 min/km |
| 251 | 2803 | Koenisch Beate | | 0:58:53 | 1983 | W30 | 42 | 1:00:50 | 20:49 * | 19:02 * | 19:01 | 5:53 min/km |
| 252 | 2283 | Schiffmann Gesa | *Köln | 0:58:53 | 1987 | W20 | 79 | 1:01:00 | 19:59 * | 19:22 * | 19:31 | 5:53 min/km |
| 253 | 2970 | Pax Heike | *Euskirchen | 0:58:55 | 1976 | W40 | 30 | 1:01:12 | 20:33 * | 19:31 * | 18:50 | 5:54 min/km |
| 254 | 1072 | Pauli Sandra | Original cologne | 0:58:56 | 1972 | W40 | 31 | 0:59:47 | 20:37 * | 19:19 * | 19:00 | 5:54 min/km |
| 255 | 1061 | Blaut Simone | *Köln | 0:58:56 | 1973 | W40 | 32 | 0:59:47 | 20:37 * | 19:18 * | 19:01 | 5:54 min/km |
| 256 | 2909 | De Vuyst Kiliane | *Koeln | 0:58:57 | 1987 | W20 | 80 | 1:00:49 | 19:31 * | 19:10 * | 20:16 | 5:54 min/km |
| 257 | 1753 | Gorcowska Marzena | *Köln | 0:59:01 | 1981 | W35 | 49 | 0:59:06 | 18:42 * | 19:41 * | 20:37 | 5:54 min/km |
| 258 | 1324 | Ertmann Violetta | Team KÖKK | 0:59:02 | 1992 | W20 | 81 | 1:02:27 | 21:06 * | 18:57 * | 18:58 | 5:54 min/km |
| 259 | 2843 | Wipperfürth-Braun | Köln läuft! | 0:59:04 | 1980 | W35 | 50 | 1:01:00 | 20:17 * | 18:51 * | 19:55 | 5:54 min/km |
| 260 | 2506 | Lügger Karin | Kölner Verkehrsbetriebe | 0:59:04 | 1971 | W45 | 29 | 1:01:07 | 19:51 * | 19:20 * | 19:52 | 5:54 min/km |
| 261 | 1708 | Grotjan Birgit | TuS 05 Quettingen | 0:59:04 | 1962 | W50 | 15 | 1:03:23 | 21:22 * | 18:58 * | 18:43 | 5:54 min/km |
| 262 | 1376 | Zoll Andrea | *Köln | 0:59:04 | 1980 | W35 | 51 | 1:02:16 | 19:56 * | 19:14 * | 19:53 | 5:54 min/km |
| 263 | 1995 | Tschöke Greta | DOMinosteine | 0:59:07 | 1993 | W20 | 82 | 1:01:05 | 20:00 * | 19:06 * | 20:00 | 5:55 min/km |
| 264 | 2900 | Kalscheuer Corinna | *Köln | 0:59:08 | 1970 | W45 | 30 | 1:00:57 | 21:04 * | 18:52 * | 19:11 | 5:55 min/km |
| 265 | 1105 | Neumann Catherine | *Frechen | 0:59:08 | 1969 | W45 | 31 | 0:59:31 | 19:49 * | 19:26 * | 19:52 | 5:55 min/km |
| 266 | 1453 | Fuhlbrügge Sandra | *Niederzier | 0:59:13 | 1972 | W40 | 33 | 1:01:29 | 20:18 * | 19:03 * | 19:50 | 5:55 min/km |
| 267 | 1123 | Tiggemann-Klein Claudia | *Köln | 0:59:14 | 1970 | W45 | 32 | 1:00:11 | 21:01 * | 19:01 * | 19:11 | 5:55 min/km |
| 268 | 2731 | Gilles Anke | *Bonn | 0:59:19 | 1981 | W35 | 52 | 1:04:10 | 20:28 * | 19:04 * | 19:46 | 5:56 min/km |
| 269 | 2920 | Nagler Sandra | *Köln | 0:59:20 | 1983 | W30 | 43 | 1:01:32 | 19:51 * | 19:31 * | 19:57 | 5:56 min/km |
| 270 | 2876 | Drees Bärbel | *Köln | 0:59:21 | 1964 | W50 | 16 | 1:01:58 | 20:41 * | 19:16 * | 19:24 | 5:56 min/km |
| 271 | 1933 | Fernandez Barriga Carla | *Hürth | 0:59:21 | 1977 | W35 | 53 | 0:59:37 | 21:28 * | 19:47 * | 18:05 | 5:56 min/km |
| 272 | 2745 | Brunk Anika | *Köln | 0:59:25 | 1988 | W20 | 83 | 1:02:29 | 20:01 * | 19:18 * | 20:05 | 5:57 min/km |
| 273 | 2518 | Bauer Petra | BSG RheinEnergie | 0:59:29 | 1966 | W50 | 17 | 1:02:23 | 20:50 * | 19:13 * | 19:24 | 5:57 min/km |
| 274 | 2468 | Weyland Claudia | Gothaer | 0:59:30 | 1964 | W50 | 18 | 1:00:34 | 19:17 * | 19:42 * | 20:30 | 5:57 min/km |
| 275 | 2610 | Schneider Marcil | Runners Point Run Club | 0:59:37 | 1970 | W45 | 33 | 0:59:53 | 19:33 * | 19:43 * | 20:19 | 5:58 min/km |
| 276 | 1009 | Scholl Alexandra | Viox | 0:59:37 | 1990 | W20 | 84 | 0:59:45 | 19:18 * | 19:36 * | 20:42 | 5:58 min/km |
| 277 | 1375 | MÜNZEL Andrea | Laufmädels | 0:59:38 | 1967 | W45 | 34 | 1:03:03 | 20:13 * | 19:23 * | 20:01 | 5:58 min/km |

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| | | | | | | | | | | | | |
|-----|------|----------------------|--------------------------|---------|------|------|----|---------|---------|---------|-------|-------------|
| 278 | 830 | Michaelis Luana | *Köln | 0:59:40 | 1986 | W30 | 44 | 1:02:35 | 20:23 * | 19:26 * | 19:51 | 5:58 min/km |
| 279 | 2976 | Münnich Susanne | *Lübben (Spreewald) | 0:59:42 | 1973 | W40 | 34 | 1:01:11 | 19:30 * | 19:29 * | 20:42 | 5:58 min/km |
| 280 | 2633 | Diehl Tanja | Die 3 von der Gocher Str | 0:59:43 | 1966 | W50 | 19 | 1:04:24 | 19:57 * | 19:35 * | 20:10 | 5:58 min/km |
| 281 | 2529 | Nentwig Nina | BSG RheinEnergie | 0:59:43 | 1974 | W40 | 35 | 1:01:35 | 21:02 * | 19:07 * | 19:33 | 5:58 min/km |
| 282 | 2860 | Georgy Ursula | Original Bootcamp | 0:59:45 | 1958 | W55 | 4 | 1:00:20 | 19:13 * | 19:49 * | 20:43 | 5:59 min/km |
| 283 | 2798 | Gerum Tanja | SG TÜV Rheinland | 0:59:47 | 1977 | W35 | 54 | 1:02:28 | 21:13 * | 19:13 * | 19:19 | 5:59 min/km |
| 284 | 820 | Horst Tanja | *Hürth | 0:59:47 | 1974 | W40 | 36 | 0:59:56 | 19:21 * | 19:49 * | 20:36 | 5:59 min/km |
| 285 | 1355 | Mönch Carolin | *Hürth | 0:59:48 | 1997 | WU20 | 4 | 1:02:30 | 20:37 * | 19:13 * | 19:57 | 5:59 min/km |
| 286 | 624 | Pallgen Claudia | LV Stommeln | 0:59:49 | 1973 | W40 | 37 | 1:02:59 | 20:17 * | 19:30 * | 20:02 | 5:59 min/km |
| 287 | 656 | Wetzel Neele | LeseWelten | 0:59:51 | 2001 | WU16 | 1 | 1:02:12 | 19:34 * | 19:27 * | 20:50 | 5:59 min/km |
| 288 | 340 | Fust Hanne | | 0:59:53 | 1974 | W40 | 38 | 1:01:41 | 21:05 * | 20:14 * | 18:33 | 5:59 min/km |
| 289 | 2373 | Dicke Kathrin | DKMS | 0:59:53 | 1984 | W30 | 45 | 1:01:17 | 20:11 * | 19:16 * | 20:25 | 5:59 min/km |
| 290 | 788 | Ritterbach Caroline | TSV Bayer Dormagen | 0:59:54 | 1981 | W35 | 55 | 1:02:20 | 21:22 * | 19:06 * | 19:24 | 5:59 min/km |
| 291 | 792 | Rayle Tanja | *Köln | 0:59:57 | 1970 | W45 | 35 | 1:01:04 | 20:29 * | 19:04 * | 20:23 | 5:60 min/km |
| 292 | 2371 | Bellen Sabrina | DKMS | 0:59:57 | 1978 | W35 | 56 | 1:01:17 | 20:14 * | 19:17 * | 20:26 | 5:60 min/km |
| 293 | 2600 | Hardtke Annika | Team SHARK | 0:59:57 | 1986 | W30 | 46 | 1:01:53 | 19:32 * | 19:47 * | 20:37 | 5:60 min/km |
| 294 | 1416 | Horstmann Sonja | *Köln | 0:59:59 | 1982 | W30 | 47 | 1:01:02 | 19:42 * | 19:41 * | 20:35 | 5:60 min/km |
| 295 | 1833 | Hustedt Anne-Sophie | Hüpf-Hüpf | 0:59:59 | 1985 | W30 | 48 | 1:00:22 | 20:16 * | 20:04 * | 19:38 | 5:60 min/km |
| 296 | 1676 | Radimsky Milena | *Köln | 0:59:59 | 1994 | W20 | 85 | 1:00:48 | 20:59 * | 19:08 * | 19:51 | 5:60 min/km |
| 297 | 690 | Kirschner Claudia | *Köln | 1:00:02 | 1963 | W50 | 20 | 1:03:41 | 19:50 * | 19:44 * | 20:28 | 6:00 min/km |
| 298 | 1128 | Borgmann Anne | *Bonn | 1:00:06 | 1991 | W20 | 86 | 1:03:11 | 20:26 * | 19:23 * | 20:16 | 6:01 min/km |
| 299 | 1519 | Mindt Yvonne | *Bergheim | 1:00:07 | 1980 | W35 | 57 | 1:02:35 | 20:13 * | 19:40 * | 20:13 | 6:01 min/km |
| 300 | 2601 | Schermuly Jessica | Team SHARK | 1:00:15 | 1987 | W20 | 87 | 1:02:10 | 19:33 * | 19:47 * | 20:54 | 6:02 min/km |
| 301 | 2582 | Hillringhaus Nora | central-team.de | 1:00:17 | 1989 | W20 | 88 | 1:02:57 | 21:21 * | 19:23 * | 19:31 | 6:02 min/km |
| 302 | 978 | Johann Petra | *Köln | 1:00:17 | 1963 | W50 | 21 | 1:00:59 | 20:01 * | 19:52 * | 20:23 | 6:02 min/km |
| 303 | 2488 | Schöpfer Andrea | Gothaer | 1:00:17 | 1969 | W45 | 36 | 1:01:09 | 20:47 * | 19:43 * | 19:46 | 6:02 min/km |
| 304 | 2465 | Ruland Sandra | Gothaer | 1:00:17 | 1973 | W40 | 39 | 1:01:09 | 20:47 * | 19:43 * | 19:46 | 6:02 min/km |
| 305 | 980 | Neelsen Karin | *Köln | 1:00:22 | 1974 | W40 | 40 | 1:00:55 | 19:50 * | 19:33 * | 20:58 | 6:02 min/km |
| 306 | 2849 | Garmhausen Silke | Köln läuft! | 1:00:23 | 1969 | W45 | 37 | 1:04:12 | 20:54 * | 19:06 * | 20:22 | 6:02 min/km |
| 307 | 2024 | Lippert Bianca | *Köln | 1:00:23 | 1977 | W35 | 58 | 1:01:35 | 21:04 * | 20:42 * | 18:36 | 6:02 min/km |
| 308 | 2879 | Schmid Katharina | *Köln | 1:00:25 | 1984 | W30 | 49 | 1:01:33 | 21:08 * | 20:42 * | 18:34 | 6:03 min/km |
| 309 | 1230 | Weyer Lisa | *Plaidt | 1:00:25 | 1993 | W20 | 89 | 1:03:43 | 21:02 * | 19:26 * | 19:56 | 6:03 min/km |
| 310 | 632 | Hilger Simone | Die 3 von der Gocher Str | 1:00:27 | 1981 | W35 | 59 | 1:05:08 | 19:58 * | 19:35 * | 20:53 | 6:03 min/km |
| 311 | 2463 | Söntgerath Angela | Gothaer | 1:00:34 | 1970 | W45 | 38 | 1:01:48 | 20:11 * | 19:38 * | 20:44 | 6:03 min/km |
| 312 | 2881 | Kesemeier Michaela | Lauf Roxy Köln | 1:00:36 | 1979 | W35 | 60 | 1:02:02 | 21:25 * | 19:24 * | 19:45 | 6:04 min/km |
| 313 | 618 | Stolzis Leonie | Familie Stolzis | 1:00:39 | 2001 | WU16 | 2 | 1:03:07 | 20:53 * | 20:03 * | 19:42 | 6:04 min/km |
| 314 | 510 | Schulte Mesum Saskia | *Köln | 1:00:41 | 1990 | W20 | 90 | 1:03:47 | 19:03 * | 20:04 * | 21:33 | 6:04 min/km |
| 315 | 1433 | Scheibe Lisa | *Köln | 1:00:42 | 1990 | W20 | 91 | 1:03:47 | 18:59 * | 20:08 * | 21:33 | 6:04 min/km |
| 316 | 1235 | Tempel Christine | *Frechen | 1:00:42 | 1981 | W35 | 61 | 1:04:39 | 21:04 * | 19:42 * | 19:56 | 6:04 min/km |
| 317 | 2873 | Höfler Meike | ERGO sports Köln | 1:00:45 | 1988 | W20 | 92 | 1:02:09 | 20:51 * | 19:52 * | 20:01 | 6:05 min/km |
| 318 | 2612 | Schönherr Monique | *Köln | 1:00:46 | 1979 | W35 | 62 | 1:04:14 | 20:47 * | 19:26 * | 20:32 | 6:05 min/km |
| 319 | 2613 | Drepper Heike | *Köln | 1:00:47 | 1976 | W40 | 41 | 1:04:14 | 20:48 * | 19:27 * | 20:32 | 6:05 min/km |
| 320 | 347 | Gahmann Ina | Kieser Training | 1:00:48 | 1972 | W40 | 42 | 1:04:55 | 21:21 * | 19:47 * | 19:39 | 6:05 min/km |
| 321 | 3247 | Nordheim Johanna | | 1:00:49 | 1984 | W30 | 50 | 1:04:18 | 21:06 * | 19:29 * | 20:13 | 6:05 min/km |
| 322 | 3013 | Musinski Saskia | TriCologne | 1:00:49 | 1969 | W45 | 39 | 1:03:42 | 20:07 * | 20:11 * | 20:30 | 6:05 min/km |
| 323 | 760 | Floßdorf Pia | *Köln | 1:00:49 | 1978 | W35 | 63 | 1:04:38 | 21:04 * | 19:50 * | 19:54 | 6:05 min/km |
| 324 | 1457 | Fischer Nicole | *Köln | 1:00:52 | 1991 | W20 | 93 | 1:01:46 | 19:53 * | 20:08 * | 20:50 | 6:05 min/km |
| 325 | 1456 | Geller Monika | *Kölm | 1:00:52 | 1962 | W50 | 22 | 1:01:46 | 19:53 * | 20:08 * | 20:50 | 6:05 min/km |
| 326 | 2237 | Müller Juliana | ASV Köln | 1:00:53 | 1982 | W30 | 51 | 1:02:21 | 20:13 * | 20:15 * | 20:24 | 6:05 min/km |
| 327 | 2574 | Schmitz Jessica | *Köln | 1:00:57 | 1983 | W30 | 52 | 1:01:26 | 21:02 * | 19:45 * | 20:09 | 6:06 min/km |
| 328 | 2923 | Benninghaus Anna | *Köln | 1:00:58 | 1999 | WU18 | 3 | 1:04:26 | 21:42 * | 19:28 * | 19:47 | 6:06 min/km |
| 329 | 2924 | Döttelbeck Lotta | *Pulheim | 1:00:58 | 2000 | WU18 | 4 | 1:04:26 | 21:41 * | 19:28 * | 19:47 | 6:06 min/km |
| 330 | 2144 | Antosik Monika | *Köln | 1:00:59 | 1988 | W20 | 94 | 1:06:02 | 20:58 * | 20:04 * | 19:56 | 6:06 min/km |
| 331 | 1296 | Wolf Mareike | *Kürten | 1:01:01 | 1991 | W20 | 95 | 1:04:18 | 22:18 * | 19:45 * | 18:57 | 6:06 min/km |
| 332 | 2009 | Pfannenstiel Ariane | Rookies2015andfriends | 1:01:02 | 1978 | W35 | 64 | 1:05:28 | 20:50 * | 19:40 * | 20:31 | 6:06 min/km |
| 333 | 1927 | Schubert Lena | *Siegburg | 1:01:04 | 1991 | W20 | 96 | 1:02:43 | 21:46 * | 19:19 * | 19:59 | 6:06 min/km |

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|-----|------|----------------------|-------------------------|---------|----------|-----|---------|---------|---------|-------|-------------|
| 334 | 2527 | Sezan Hürimiye | BSG RheinEnergie | 1:01:05 | 1973 W40 | 43 | 1:02:53 | 20:39 * | 20:05 * | 20:19 | 6:07 min/km |
| 335 | 1522 | Bösche Anneke | BTB | 1:01:05 | 1989 W20 | 97 | 1:03:48 | 21:29 * | 19:32 * | 20:03 | 6:07 min/km |
| 336 | 1976 | Hoffmann Kirsten | *Stuttgart | 1:01:05 | 1992 W20 | 98 | 1:02:43 | 21:47 * | 19:18 * | 19:59 | 6:07 min/km |
| 337 | 1794 | Lototzi Martha | Worringer Zähne Running | 1:01:06 | 1976 W40 | 44 | 1:01:58 | 20:48 * | 20:12 * | 20:05 | 6:07 min/km |
| 338 | 552 | Schier Britta | *Köln | 1:01:07 | 1979 W35 | 65 | 1:01:41 | 20:06 * | 20:00 * | 20:59 | 6:07 min/km |
| 339 | 446 | Van de Sand Anna | | 1:01:09 | 1988 W20 | 99 | 1:01:23 | 19:57 * | 20:17 * | 20:54 | 6:07 min/km |
| 340 | 2854 | Krassuski Lisa | Hüpf Hüpf | 1:01:10 | 1987 W20 | 100 | 1:01:33 | 20:04 * | 20:22 * | 20:42 | 6:07 min/km |
| 341 | 2399 | Kaufung Cinderella | RUNNERS POINT RUN | 1:01:12 | 1988 W20 | 101 | 1:04:02 | 20:32 * | 20:11 * | 20:28 | 6:07 min/km |
| 342 | 3261 | Breitenstein Pia | | 1:01:12 | 1990 W20 | 102 | 1:01:37 | 20:14 * | 20:05 * | 20:52 | 6:07 min/km |
| 343 | 887 | Dettmer Mara | *Hennef | 1:01:12 | 1994 W20 | 103 | 1:03:47 | 21:03 * | 20:07 * | 20:02 | 6:07 min/km |
| 344 | 619 | Dettmer Lara | *Ruppichterath | 1:01:13 | 1989 W20 | 104 | 1:03:47 | 21:03 * | 20:07 * | 20:02 | 6:07 min/km |
| 345 | 1642 | Fritzer Vanessa | *Köln | 1:01:16 | 1985 W30 | 53 | 1:02:11 | 19:54 * | 20:39 * | 20:42 | 6:08 min/km |
| 346 | 1397 | Coutellier Petra | *Pulheim | 1:01:16 | 1970 W45 | 40 | 1:04:42 | 20:15 * | 19:46 * | 21:15 | 6:08 min/km |
| 347 | 1256 | Van Treeck Lisa | *Köln | 1:01:17 | 1987 W20 | 105 | 1:03:29 | 22:07 * | 20:00 * | 19:09 | 6:08 min/km |
| 348 | 2533 | Knips Catherine | Krüger Running Team | 1:01:17 | 1976 W40 | 45 | 1:04:50 | 21:55 * | 20:01 * | 19:21 | 6:08 min/km |
| 349 | 1697 | Henny Ulrike | *Köln | 1:01:18 | 1982 W30 | 54 | 1:04:18 | 20:16 * | 19:37 * | 21:24 | 6:08 min/km |
| 350 | 547 | Menser Swea | Run Mum | 1:01:19 | 1969 W45 | 41 | 1:05:41 | 21:32 * | 20:13 * | 19:33 | 6:08 min/km |
| 351 | 174 | Ehrleitner Danielle | *Lohmar | 1:01:20 | 1967 W45 | 42 | 1:02:27 | 20:13 * | 19:36 * | 21:30 | 6:08 min/km |
| 352 | 2916 | Kunz Rebekka | *Köln | 1:01:21 | 1981 W35 | 66 | 1:03:50 | 20:43 * | 20:03 * | 20:33 | 6:08 min/km |
| 353 | 739 | Brandt Jasmin | Original Bootcamp | 1:01:22 | 1990 W20 | 106 | 1:02:25 | 21:52 * | 20:15 * | 19:15 | 6:08 min/km |
| 354 | 1026 | Mana da Costa Milena | *Köln | 1:01:28 | 1987 W20 | 107 | 1:02:14 | 22:38 * | 21:15 * | 17:33 | 6:09 min/km |
| 355 | 1581 | Ehses Caroline | *Köln | 1:01:28 | 1989 W20 | 108 | 1:03:40 | 22:06 * | 20:01 * | 19:21 | 6:09 min/km |
| 356 | 1843 | Buchner Juliane | *Köln | 1:01:29 | 1987 W20 | 109 | 1:02:40 | 21:43 * | 20:29 * | 19:15 | 6:09 min/km |
| 357 | 2667 | Harca Chantal | *Bedburg | 1:01:29 | 1996 W20 | 110 | 1:02:25 | 20:10 * | 19:59 * | 21:20 | 6:09 min/km |
| 358 | 1732 | Sommer Hannelore | Sommerläufer | 1:01:32 | 1958 W55 | 5 | 1:03:25 | 21:11 * | 20:01 * | 20:19 | 6:09 min/km |
| 359 | 1187 | Zygmanski Moni | *Hürth | 1:01:33 | 1980 W35 | 67 | 1:02:40 | 21:14 * | 20:05 * | 20:14 | 6:09 min/km |
| 360 | 966 | Zygmanski Jenny | *Hürth | 1:01:34 | 1985 W30 | 55 | 1:02:40 | 21:15 * | 20:05 * | 20:14 | 6:09 min/km |
| 361 | 1323 | Schlücker Ina | Fronrunners Cologne | 1:01:36 | 1973 W40 | 46 | 1:05:01 | 21:27 * | 20:19 * | 19:49 | 6:10 min/km |
| 362 | 556 | Hlusiak Ramona | *Köln | 1:01:39 | 1986 W30 | 56 | 1:03:49 | 20:32 * | 20:15 * | 20:51 | 6:10 min/km |
| 363 | 1941 | Stichel Laura | *Köln | 1:01:40 | 1991 W20 | 111 | 1:04:12 | 21:25 * | 19:37 * | 20:37 | 6:10 min/km |
| 364 | 2451 | Jiang Hong | Kieser Training | 1:01:40 | 1971 W45 | 43 | 1:05:42 | 20:52 * | 20:08 * | 20:39 | 6:10 min/km |
| 365 | 839 | Scherberich Ruth | Lufthansa Sportverein | 1:01:40 | 1985 W30 | 57 | 1:02:49 | 20:33 * | 20:03 * | 21:03 | 6:10 min/km |
| 366 | 1297 | Wolf Elena | *Kürten | 1:01:41 | 1991 W20 | 112 | 1:04:57 | 22:19 * | 19:45 * | 19:35 | 6:10 min/km |
| 367 | 2832 | Funk Ulrike | Köln läuft | 1:01:42 | 1975 W40 | 47 | 1:03:20 | 21:32 * | 19:38 * | 20:30 | 6:10 min/km |
| 368 | 413 | Beuth Susanne | | 1:01:45 | 1966 W50 | 23 | 1:02:25 | 20:18 * | 20:03 * | 21:23 | 6:11 min/km |
| 369 | 1934 | Hardt Anna | *Köln | 1:01:51 | 1988 W20 | 113 | 1:02:07 | 21:29 * | 20:14 * | 20:07 | 6:11 min/km |
| 370 | 1922 | Cürten Rita | *Kürten | 1:01:52 | 1973 W40 | 48 | 1:03:03 | 21:15 * | 20:30 * | 20:06 | 6:11 min/km |
| 371 | 1426 | Berkenbusch Claudia | Andare Sport | 1:01:53 | 1965 W50 | 24 | 1:05:47 | 21:23 * | 20:17 * | 20:11 | 6:11 min/km |
| 372 | 2255 | Feulner Laura | *Köln | 1:01:56 | 1987 W20 | 114 | 1:02:54 | 20:49 * | 19:57 * | 21:09 | 6:12 min/km |
| 373 | 2256 | Kurnap Mara | *Köln | 1:01:56 | 1989 W20 | 115 | 1:02:54 | 20:49 * | 19:57 * | 21:09 | 6:12 min/km |
| 374 | 1729 | Marqua Heike | Deutsche Ärzte Finanz | 1:01:57 | 1971 W45 | 44 | 1:06:33 | 22:02 * | 19:28 * | 20:26 | 6:12 min/km |
| 375 | 2156 | Sausen Alicja | Deutsche Ärzte Finanz | 1:01:58 | 1971 W45 | 45 | 1:06:32 | 22:03 * | 19:28 * | 20:25 | 6:12 min/km |
| 376 | 403 | Kleidt Ann-Christin | | 1:01:59 | 1987 W20 | 116 | 1:04:25 | 21:33 * | 19:52 * | 20:33 | 6:12 min/km |
| 377 | 2388 | Prior Verena | Willkommen in | 1:02:00 | 1964 W50 | 25 | 1:02:53 | 20:26 * | 20:12 * | 21:21 | 6:12 min/km |
| 378 | 2390 | Schlosser Tina | Willkommen in | 1:02:00 | 1968 W45 | 46 | 1:02:53 | 20:26 * | 20:12 * | 21:22 | 6:12 min/km |
| 379 | 1808 | Höfer Pia | TV Dellbrück | 1:02:02 | 1962 W50 | 26 | 1:05:38 | 22:00 * | 20:36 * | 19:25 | 6:12 min/km |
| 380 | 751 | Meier Nina | *Köln | 1:02:03 | 1984 W30 | 58 | 1:03:45 | 21:27 * | 20:18 * | 20:17 | 6:12 min/km |
| 381 | 2155 | Büttner Kaya Tina | *Köln | 1:02:03 | 1984 W30 | 59 | 1:03:15 | 21:03 * | 20:42 * | 20:16 | 6:12 min/km |
| 382 | 2195 | Klein Katrin | *Köln | 1:02:05 | 1987 W20 | 117 | 1:02:43 | 19:11 * | 19:54 * | 22:59 | 6:13 min/km |
| 383 | 397 | Mucha Luzie | | 1:02:06 | 1986 W30 | 60 | 1:02:39 | 19:55 * | 21:00 * | 21:11 | 6:13 min/km |
| 384 | 2694 | Tischendorf Tamara | *Köln | 1:02:08 | 1974 W40 | 49 | 1:03:51 | 21:01 * | 20:24 * | 20:42 | 6:13 min/km |
| 385 | 861 | Berens Fee | SchnutenTeam | 1:02:10 | 1982 W30 | 61 | 1:03:36 | 22:26 * | 19:23 * | 20:20 | 6:13 min/km |
| 386 | 464 | Jäkel Kathrin | BM2 | 1:02:12 | 1992 W20 | 118 | 1:04:09 | 20:49 * | 20:06 * | 21:16 | 6:13 min/km |
| 387 | 3254 | Schnitzer Barbara | Rückenwind | 1:02:12 | 1974 W40 | 50 | 1:03:57 | 21:00 * | 20:24 * | 20:47 | 6:13 min/km |
| 388 | 3215 | Gebauer Katrin | | 1:02:17 | 1985 W30 | 62 | 1:03:04 | 20:47 * | 20:19 * | 21:10 | 6:14 min/km |
| 389 | 1982 | Große-Veldmann | *Bonn | 1:02:17 | 1984 W30 | 63 | 1:02:19 | 19:22 * | 20:57 * | 21:57 | 6:14 min/km |

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| | | | | | | | | | | | |
|-----|------|----------------------|------------------------|---------|----------|-----|---------|---------|---------|-------|-------------|
| 390 | 1693 | Thelen Alexandra | *Köln | 1:02:18 | 1986 W30 | 64 | 1:06:03 | 22:18 * | 19:17 * | 20:41 | 6:14 min/km |
| 391 | 1344 | Trenkenschuh Jana | *Buchholz | 1:02:20 | 1994 W20 | 119 | 1:06:58 | 22:39 * | 20:02 * | 19:39 | 6:14 min/km |
| 392 | 486 | Luckey Silia | Pushensy | 1:02:23 | 1967 W45 | 47 | 1:04:13 | 20:16 * | 20:24 * | 21:43 | 6:14 min/km |
| 393 | 2913 | Hage Angelika | *Hürth | 1:02:24 | 1956 W60 | 1 | 1:02:46 | 20:42 * | 20:19 * | 21:23 | 6:14 min/km |
| 394 | 1492 | Sandack Christina | *Köln | 1:02:27 | 1990 W20 | 120 | 1:04:26 | 21:38 * | 20:20 * | 20:29 | 6:15 min/km |
| 395 | 1766 | Blüm Andrea | *Puklheim | 1:02:28 | 1967 W45 | 48 | 1:05:54 | 21:03 * | 20:07 * | 21:17 | 6:15 min/km |
| 396 | 786 | Altmann Tina | *Köln | 1:02:28 | 1975 W40 | 51 | 1:04:52 | 21:35 * | 20:31 * | 20:21 | 6:15 min/km |
| 397 | 1617 | Paffrath Martina | TuS 05 Quettingen | 1:02:31 | 1962 W50 | 27 | 1:06:49 | 21:23 * | 20:07 * | 21:00 | 6:15 min/km |
| 398 | 1797 | Hagen Ute | TuS 05 Quettingen | 1:02:31 | 1961 W55 | 6 | 1:06:50 | 21:23 * | 20:08 * | 21:00 | 6:15 min/km |
| 399 | 2010 | Schmitz Sandra | Rookies2015andfriends | 1:02:36 | 1976 W40 | 52 | 1:07:02 | 22:03 * | 20:29 * | 20:02 | 6:16 min/km |
| 400 | 650 | Ewers Stefanie | *Köln | 1:02:39 | 1967 W45 | 49 | 1:03:56 | 21:20 * | 20:42 * | 20:36 | 6:16 min/km |
| 401 | 2138 | Arentz Lisa | Aktion Canchanabury | 1:02:42 | 1961 W55 | 7 | 1:06:25 | 20:23 * | 20:36 * | 21:42 | 6:16 min/km |
| 402 | 1817 | Sinzig Martina | *Köln | 1:02:45 | 1959 W55 | 8 | 1:04:17 | 20:32 * | 20:33 * | 21:39 | 6:17 min/km |
| 403 | 2204 | Bärwolff Katrin | *Köln | 1:02:48 | 1989 W20 | 121 | 1:06:35 | 21:29 * | 20:10 * | 21:07 | 6:17 min/km |
| 404 | 3007 | Bieler Andrea | Wir laufen schon! | 1:02:48 | 1987 W20 | 122 | 1:05:11 | 20:50 * | 20:29 * | 21:28 | 6:17 min/km |
| 405 | 1445 | Zingel Sarah | *Köln | 1:02:53 | 1986 W30 | 65 | 1:07:03 | 22:07 * | 21:04 * | 19:41 | 6:17 min/km |
| 406 | 1470 | Berkei Katharina | *Kaarst | 1:02:54 | 1992 W20 | 123 | 1:07:04 | 22:08 * | 21:03 * | 19:42 | 6:17 min/km |
| 407 | 2534 | Hachenberg Sonja | Krüger Running Team | 1:02:59 | 1974 W40 | 53 | 1:06:29 | 21:58 * | 20:15 * | 20:45 | 6:18 min/km |
| 408 | 1190 | Schulz Steffi | *Köln | 1:02:59 | 1979 W35 | 68 | 1:07:38 | 21:50 * | 20:58 * | 20:11 | 6:18 min/km |
| 409 | 1764 | Kretschmer Stephanie | Reinickendorfer Fühse | 1:03:04 | 1989 W20 | 124 | 1:06:02 | 21:54 * | 20:34 * | 20:34 | 6:18 min/km |
| 410 | 2096 | Reichert Marion | *Pulheim | 1:03:05 | 1976 W40 | 54 | 1:05:34 | 19:43 * | 21:01 * | 22:19 | 6:18 min/km |
| 411 | 1153 | Erkens Annika | *Mülheim an der Ruhr | 1:03:05 | 1987 W20 | 125 | 1:05:51 | 21:26 * | 20:44 * | 20:55 | 6:19 min/km |
| 412 | 889 | Chabowski Stefanie | *Geilenkirchen | 1:03:05 | 1987 W20 | 126 | 1:04:04 | 21:15 * | 20:36 * | 21:14 | 6:19 min/km |
| 413 | 2891 | Antonin Judith | *Köln | 1:03:07 | 1988 W20 | 127 | 1:05:18 | 21:46 * | 21:05 * | 20:15 | 6:19 min/km |
| 414 | 2641 | Holguera Baez Maria | *Köln | 1:03:08 | 1984 W30 | 66 | 1:06:37 | 21:28 * | 20:22 * | 21:17 | 6:19 min/km |
| 415 | 2061 | Aretz Judith | *Köln | 1:03:09 | 1990 W20 | 128 | 1:04:43 | 21:33 * | 20:23 * | 21:12 | 6:19 min/km |
| 416 | 1528 | Pünter Eike | *Köln | 1:03:10 | 1987 W20 | 129 | 1:05:21 | 22:07 * | 20:06 * | 20:56 | 6:19 min/km |
| 417 | 2650 | Fernandez Veronica | *Koeln | 1:03:10 | 1978 W35 | 69 | 1:06:39 | 21:28 * | 20:23 * | 21:19 | 6:19 min/km |
| 418 | 2479 | Linden Daniela | Gothaer | 1:03:11 | 1972 W40 | 55 | 1:04:24 | 21:25 * | 20:52 * | 20:54 | 6:19 min/km |
| 419 | 1717 | Kütt Franziska | *Köln | 1:03:13 | 1987 W20 | 130 | 1:07:03 | 20:53 * | 20:59 * | 21:19 | 6:19 min/km |
| 420 | 2291 | Tetzlaff Lena | *Köln | 1:03:14 | 1984 W30 | 67 | 1:05:58 | 21:12 * | 20:18 * | 21:43 | 6:19 min/km |
| 421 | 987 | David Sarah | Die 94ers | 1:03:16 | 1994 W20 | 131 | 1:03:53 | 19:20 * | 21:33 * | 22:21 | 6:20 min/km |
| 422 | 2470 | Friedrich Marion | Gothaer | 1:03:16 | 1967 W45 | 50 | 1:04:38 | 21:22 * | 20:40 * | 21:14 | 6:20 min/km |
| 423 | 2990 | Sahm Anna-Sophia | EhrenGarde der Stadt | 1:03:16 | 1989 W20 | 132 | 1:03:44 | 20:44 * | 20:34 * | 21:57 | 6:20 min/km |
| 424 | 1738 | Arras Pia | Team Arras | 1:03:22 | 1990 W20 | 133 | 1:05:25 | 18:36 * | 23:55 * | 20:50 | 6:20 min/km |
| 425 | 1541 | Liebenow Alena | *Köln | 1:03:23 | 1985 W30 | 68 | 1:03:37 | 20:25 * | 21:03 * | 21:54 | 6:20 min/km |
| 426 | 1848 | Simon Anja | *Erfstadt | 1:03:27 | 1968 W45 | 51 | 1:05:37 | 21:05 * | 20:50 * | 21:32 | 6:21 min/km |
| 427 | 1591 | Petrequin Florence | *Köln | 1:03:27 | 1971 W45 | 52 | 1:07:34 | 21:02 * | 21:04 * | 21:21 | 6:21 min/km |
| 428 | 2793 | Baar Lydia | SG TÜV Rheinland | 1:03:31 | 1981 W35 | 70 | 1:06:46 | 20:36 * | 20:50 * | 22:04 | 6:21 min/km |
| 429 | 574 | Böhm Susanne | Die Unfassbaren | 1:03:31 | 1971 W45 | 53 | 1:06:26 | 21:02 * | 20:46 * | 21:41 | 6:21 min/km |
| 430 | 2324 | Nikoleiski Janina | Decathlon | 1:03:32 | 1988 W20 | 134 | 1:06:42 | 22:01 * | 20:25 * | 21:05 | 6:21 min/km |
| 431 | 2934 | Tinschmann Malina | *Köln | 1:03:33 | 1990 W20 | 135 | 1:03:58 | 21:26 * | 21:25 * | 20:41 | 6:21 min/km |
| 432 | 1939 | Sting Daniela | VfL Wehbach | 1:03:37 | 1972 W40 | 56 | 1:04:33 | 21:44 * | 20:42 * | 21:10 | 6:22 min/km |
| 433 | 2192 | Stötzel-Ditsche | SG Siegen-Giersberg | 1:03:37 | 1957 W55 | 9 | 1:04:33 | 21:44 * | 20:42 * | 21:10 | 6:22 min/km |
| 434 | 1655 | Reiners Simona | Super Mom - The Family | 1:03:42 | 1976 W40 | 57 | 1:08:28 | 22:03 * | 20:35 * | 21:03 | 6:22 min/km |
| 435 | 756 | Alflen Monika | Kreissparkasse Köln | 1:03:47 | 1958 W55 | 10 | 1:04:50 | 21:31 * | 20:35 * | 21:40 | 6:23 min/km |
| 436 | 2878 | Domnick Corinna | *Köln | 1:03:49 | 1985 W30 | 69 | 1:04:56 | 21:09 * | 20:43 * | 21:56 | 6:23 min/km |
| 437 | 1396 | Schwemer Caroline | *Köln | 1:03:55 | 1981 W35 | 71 | 1:07:06 | 21:00 * | 20:57 * | 21:58 | 6:24 min/km |
| 438 | 2317 | Breyer Lisa | *Köln | 1:03:59 | 1988 W20 | 136 | 1:05:31 | 21:15 * | 20:45 * | 21:58 | 6:24 min/km |
| 439 | 2677 | Wilkens Carmen | *Kall | 1:04:00 | 1965 W50 | 28 | 1:04:47 | 21:15 * | 21:06 * | 21:38 | 6:24 min/km |
| 440 | 2449 | Rhode Michaelae | Kieser Training | 1:04:00 | 1957 W55 | 11 | 1:08:19 | 21:59 * | 21:05 * | 20:56 | 6:24 min/km |
| 441 | 1656 | Rieck Claudia | Super Mom - The Family | 1:04:01 | 1970 W45 | 54 | 1:08:46 | 22:04 * | 20:36 * | 21:21 | 6:24 min/km |
| 442 | 1398 | Schmidt Svenja | *Köln | 1:04:01 | 1980 W35 | 72 | 1:04:57 | 19:52 * | 21:16 * | 22:52 | 6:24 min/km |
| 443 | 474 | Steffen Susanne | | 1:04:09 | 1982 W30 | 70 | 1:04:40 | 21:56 * | 21:01 * | 21:10 | 6:25 min/km |
| 444 | 982 | Specht Frederike | *Köln | 1:04:09 | 1985 W30 | 71 | 1:04:40 | 21:56 * | 21:01 * | 21:10 | 6:25 min/km |
| 445 | 1748 | Hahn Hannah | *Köln | 1:04:11 | 1981 W35 | 73 | 1:05:36 | 22:11 * | 22:41 * | 19:18 | 6:25 min/km |

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| | | | | | | | | | | | | |
|-----|------|----------------------|------------------------|---------|------|------|-----|---------|---------|---------|-------|-------------|
| 446 | 1615 | Gerling Melanie | *Cologne | 1:04:12 | 1986 | W30 | 72 | 1:06:01 | 21:32 * | 20:50 * | 21:49 | 6:25 min/km |
| 447 | 2866 | Leuchsner Kerstin | *Bergisch Gladbach | 1:04:20 | 1992 | W20 | 137 | 1:06:01 | 22:27 * | 20:53 * | 21:00 | 6:26 min/km |
| 448 | 444 | Büscher Anja | TV Refrath | 1:04:20 | 1985 | W30 | 73 | 1:06:01 | 22:27 * | 20:53 * | 21:00 | 6:26 min/km |
| 449 | 1891 | Müller Claudia | *Köln | 1:04:21 | 1982 | W30 | 74 | 1:06:22 | 20:52 * | 21:19 * | 22:09 | 6:26 min/km |
| 450 | 1696 | Majert Gesa | *Köln | 1:04:21 | 1982 | W30 | 75 | 1:06:23 | 20:52 * | 21:19 * | 22:09 | 6:26 min/km |
| 451 | 1447 | Hansmann Tanja | *Troisdorf | 1:04:21 | 1973 | W40 | 58 | 1:05:06 | 21:04 * | 21:00 * | 22:15 | 6:26 min/km |
| 452 | 2921 | Nettersheim Rosa | *Köln | 1:04:24 | 1951 | W65 | 2 | 1:08:00 | 21:36 * | 21:06 * | 21:41 | 6:26 min/km |
| 453 | 530 | Kühnle Ele | *Köln | 1:04:27 | 1963 | W50 | 29 | 1:05:57 | 21:58 * | 21:10 * | 21:18 | 6:27 min/km |
| 454 | 2899 | Schmidt Kim | ... und Tschüß! | 1:04:27 | 1981 | W35 | 74 | 1:08:06 | 21:41 * | 20:52 * | 21:53 | 6:27 min/km |
| 455 | 1860 | Wellmann Carmen | Lords of Locomotion | 1:04:28 | 1979 | W35 | 75 | 1:08:57 | 21:46 * | 20:36 * | 22:06 | 6:27 min/km |
| 456 | 1961 | Herlitze Marie | Original Bootcamp | 1:04:29 | 1985 | W30 | 76 | 1:05:23 | 21:32 * | 21:02 * | 21:54 | 6:27 min/km |
| 457 | 1103 | Hartel Tamara | *Eschweiler | 1:04:30 | 1983 | W30 | 77 | 1:07:37 | 22:20 * | 20:58 * | 21:12 | 6:27 min/km |
| 458 | 2260 | Schenk Andrea | Schneller als das Sofa | 1:04:31 | 1984 | W30 | 78 | 1:09:00 | 22:42 * | 20:24 * | 21:24 | 6:27 min/km |
| 459 | 1102 | Kaiser Christine | *Köln | 1:04:33 | 1983 | W30 | 79 | 1:07:40 | 22:20 * | 20:58 * | 21:14 | 6:27 min/km |
| 460 | 1114 | Fieth Katharina | *Köln | 1:04:36 | 1979 | W35 | 76 | 1:06:46 | 21:34 * | 21:05 * | 21:55 | 6:28 min/km |
| 461 | 1065 | Schmitz Nicole | Rennmäuse Kirchheim | 1:04:38 | 1972 | W40 | 59 | 1:08:24 | 22:00 * | 21:09 * | 21:29 | 6:28 min/km |
| 462 | 1043 | Wambach Katja | Rennmäuse kirchheim | 1:04:38 | 1977 | W35 | 77 | 1:08:25 | 21:59 * | 21:09 * | 21:29 | 6:28 min/km |
| 463 | 1106 | Lausberg Hella | *Pulheim | 1:04:43 | 1977 | W35 | 78 | 1:05:05 | 20:18 * | 20:56 * | 23:27 | 6:28 min/km |
| 464 | 2604 | Lammers Hannelore | *Köln | 1:04:44 | 1959 | W55 | 12 | 1:07:38 | 22:14 * | 21:23 * | 21:06 | 6:28 min/km |
| 465 | 1149 | Schomakers Wencke | Laufschnecken | 1:04:44 | 1973 | W40 | 60 | 1:08:30 | 23:16 * | 21:00 * | 20:27 | 6:28 min/km |
| 466 | 2301 | Weickmann Nicole | Laufschnecken | 1:04:46 | 1969 | W45 | 55 | 1:08:30 | 23:11 * | 21:06 * | 20:27 | 6:29 min/km |
| 467 | 1086 | Urselmann Katja | *Eschweiler | 1:04:49 | 1983 | W30 | 80 | 1:07:55 | 22:20 * | 20:58 * | 21:30 | 6:29 min/km |
| 468 | 1853 | Haffke Anne | TriCologne | 1:04:49 | 1981 | W35 | 79 | 1:09:14 | 22:33 * | 21:16 * | 20:59 | 6:29 min/km |
| 469 | 2011 | Hötgen Caro | Rookies2015andfriends | 1:04:49 | 1989 | W20 | 138 | 1:09:14 | 22:32 * | 21:16 * | 20:59 | 6:29 min/km |
| 470 | 1869 | Atasoy Jasmin | *Köln | 1:04:50 | 1966 | W50 | 30 | 1:08:08 | 22:00 * | 21:02 * | 21:46 | 6:29 min/km |
| 471 | 2051 | Kupper Theresa | *Linnich | 1:04:53 | 1998 | WU20 | 5 | 1:06:41 | 22:05 * | 21:05 * | 21:42 | 6:29 min/km |
| 472 | 2230 | Fischer Fiene | Team Schuppan | 1:04:56 | 1988 | W20 | 139 | 1:09:57 | 22:53 * | 21:49 * | 20:12 | 6:30 min/km |
| 473 | 996 | Moritz Liesa | *Köln | 1:04:56 | 1986 | W30 | 81 | 1:08:54 | 22:39 * | 21:36 * | 20:41 | 6:30 min/km |
| 474 | 2254 | Arndt Bärbel | Die Ökos | 1:04:57 | 1956 | W60 | 2 | 1:08:15 | 21:52 * | 21:15 * | 21:48 | 6:30 min/km |
| 475 | 1127 | Macziejek Anna Maria | *Kamp-Lintfort | 1:04:57 | 1993 | W20 | 140 | 1:09:45 | 23:03 * | 20:42 * | 21:11 | 6:30 min/km |
| 476 | 1909 | Maldener Anne | *Köln | 1:04:57 | 1987 | W20 | 141 | 1:08:12 | 22:37 * | 21:23 * | 20:56 | 6:30 min/km |
| 477 | 908 | Hoffmann Maike | *Düsseldorf | 1:04:57 | 1984 | W30 | 82 | 1:08:55 | 22:39 * | 21:35 * | 20:42 | 6:30 min/km |
| 478 | 689 | Junker Petra | Original Bootcamp | 1:04:58 | 1979 | W35 | 80 | 1:09:31 | 21:20 * | 21:25 * | 22:12 | 6:30 min/km |
| 479 | 1622 | Kranich Larissa | *Köln | 1:04:59 | 1986 | W30 | 83 | 1:08:12 | 22:15 * | 21:24 * | 21:19 | 6:30 min/km |
| 480 | 748 | Lüger Nadine | *Hürth | 1:04:59 | 1984 | W30 | 84 | 1:06:41 | 21:50 * | 21:05 * | 22:03 | 6:30 min/km |
| 481 | 2066 | Prick Julia | Laufmamalauf | 1:05:02 | 1983 | W30 | 85 | 1:08:58 | 22:20 * | 21:26 * | 21:15 | 6:30 min/km |
| 482 | 1781 | Thiel Sabine | *Wermelskirchen | 1:05:03 | 1965 | W50 | 31 | 1:05:18 | 21:36 * | 21:15 * | 22:11 | 6:30 min/km |
| 483 | 1278 | Koebke Susanne | LaufMamaLauf | 1:05:04 | 1973 | W40 | 61 | 1:08:59 | 22:20 * | 21:26 * | 21:17 | 6:30 min/km |
| 484 | 405 | Kremeike Kerstin | | 1:05:06 | 1976 | W40 | 62 | 1:05:42 | 21:59 * | 21:09 * | 21:57 | 6:31 min/km |
| 485 | 2594 | Younis Dr. Nadja | *Köln | 1:05:09 | 1970 | W45 | 56 | 1:08:30 | 23:38 * | 22:14 * | 19:16 | 6:31 min/km |
| 486 | 1736 | Arras Ilka | Team Arras | 1:05:11 | 1987 | W20 | 142 | 1:07:16 | 22:00 * | 21:19 * | 21:51 | 6:31 min/km |
| 487 | 2179 | Heinzen Tanja | Do Simmer Dubai vun | 1:05:11 | 1975 | W40 | 63 | 1:05:23 | 21:31 * | 21:37 * | 22:02 | 6:31 min/km |
| 488 | 406 | Bruns Anke | | 1:05:11 | 1966 | W50 | 32 | 1:05:48 | 21:59 * | 21:09 * | 22:03 | 6:31 min/km |
| 489 | 2341 | Calliari Sara | *Köln | 1:05:13 | 1996 | W20 | 143 | 1:06:04 | 23:05 * | 21:19 * | 20:48 | 6:31 min/km |
| 490 | 1582 | Nürnberg Monika | TV Dellbrück | 1:05:13 | 1966 | W50 | 33 | 1:08:50 | 22:00 * | 21:15 * | 21:57 | 6:31 min/km |
| 491 | 2340 | Schäfer Claudia | *Köln | 1:05:13 | 1990 | W20 | 144 | 1:06:04 | 23:04 * | 21:19 * | 20:49 | 6:31 min/km |
| 492 | 1016 | Issel Sarah | *Niederkrüchten | 1:05:14 | 1992 | W20 | 145 | 1:09:04 | 22:49 * | 21:21 * | 21:02 | 6:31 min/km |
| 492 | 1017 | Hensel Laura | *Wegberg | 1:05:14 | 1992 | W20 | 145 | 1:09:04 | 22:49 * | 21:21 * | 21:02 | 6:31 min/km |
| 494 | 597 | Schneider Theresa | *Köln | 1:05:15 | 1987 | W20 | 147 | 1:09:42 | 22:32 * | 21:16 * | 21:26 | 6:32 min/km |
| 495 | 1673 | Schmidt Kristin | *Leverkusen | 1:05:15 | 1994 | W20 | 148 | 1:06:04 | 21:03 * | 21:23 * | 22:49 | 6:32 min/km |
| 496 | 951 | Schmotz Katharina | *Köln | 1:05:18 | 1986 | W30 | 86 | 1:06:59 | 22:08 * | 20:45 * | 22:24 | 6:32 min/km |
| 497 | 346 | Barz Elke | Kieser Training | 1:05:18 | 1961 | W55 | 13 | 1:09:25 | 22:27 * | 21:17 * | 21:34 | 6:32 min/km |
| 498 | 1273 | Mathieu Mylčne | Running with a sloth | 1:05:19 | 1984 | W30 | 87 | 1:08:32 | 22:54 * | 21:31 * | 20:53 | 6:32 min/km |
| 499 | 2573 | Gerlach Claudia | *Frechen | 1:05:21 | 1975 | W40 | 64 | 1:06:45 | 22:23 * | 21:13 * | 21:44 | 6:32 min/km |
| 500 | 1435 | Krause Nadja | *Köln | 1:05:22 | 1966 | W50 | 34 | 1:07:57 | 23:10 * | 21:32 * | 20:39 | 6:32 min/km |
| 501 | 2862 | Lobbene Meike | Lobbene | 1:05:30 | 1973 | W40 | 65 | 1:06:54 | 22:23 * | 21:13 * | 21:54 | 6:33 min/km |

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| | | | | | | | | | | | |
|-----|------|------------------------|------------------------|---------|----------|-----|---------|---------|---------|-------|-------------|
| 502 | 1863 | Schneider Berenike | Lords of Locomotion | 1:05:31 | 1992 W20 | 149 | 1:10:00 | 21:46 * | 21:14 * | 22:29 | 6:33 min/km |
| 503 | 725 | Lehrbach Prof. Dr. | Sandy | 1:05:36 | 1981 W35 | 81 | 1:08:52 | 22:47 * | 21:23 * | 21:25 | 6:34 min/km |
| 504 | 691 | Will Anne | *Pulheim | 1:05:36 | 1981 W35 | 82 | 1:08:52 | 22:47 * | 21:24 * | 21:25 | 6:34 min/km |
| 505 | 2027 | Erdenberger Sandra | Laufschabe & Friends | 1:05:39 | 1976 W40 | 66 | 1:07:29 | 20:55 * | 21:49 * | 22:55 | 6:34 min/km |
| 506 | 1769 | Röwert Claudia | *Köln | 1:05:40 | 1975 W40 | 67 | 1:06:15 | 20:44 * | 21:40 * | 23:16 | 6:34 min/km |
| 507 | 992 | Jantz Petra | *Köln | 1:05:44 | 1970 W45 | 57 | 1:09:43 | 22:47 * | 21:44 * | 21:11 | 6:34 min/km |
| 508 | 1878 | Többe Antje | Pätzi | 1:05:48 | 1985 W30 | 88 | 1:10:35 | 22:27 * | 21:24 * | 21:56 | 6:35 min/km |
| 509 | 2262 | Alisic Aida | *Köln | 1:05:50 | 1987 W20 | 150 | 1:10:53 | 23:09 * | 21:58 * | 20:42 | 6:35 min/km |
| 510 | 1341 | Hoffmann Geraldine | Lauf Mama Lauf | 1:05:51 | 1983 W30 | 89 | 1:10:53 | 23:09 * | 21:59 * | 20:42 | 6:35 min/km |
| 511 | 2668 | Wallrafem Tessa | *Erkelenz | 1:05:51 | 1979 W35 | 83 | 1:07:14 | 21:07 * | 21:26 * | 23:18 | 6:35 min/km |
| 512 | 438 | Brosch Lioba | | 1:05:56 | 1988 W20 | 151 | 1:07:13 | 22:47 * | 21:30 * | 21:37 | 6:36 min/km |
| 513 | 2720 | Fiedler Marga | *Viersen | 1:05:58 | 1955 W60 | 3 | 1:06:41 | 21:42 * | 21:25 * | 22:50 | 6:36 min/km |
| 514 | 2719 | Fiedler Gianna | *Köln | 1:05:58 | 1987 W20 | 152 | 1:06:41 | 21:42 * | 21:24 * | 22:51 | 6:36 min/km |
| 515 | 1442 | Görtz Stephanie | *Köln | 1:06:01 | 1986 W30 | 90 | 1:08:23 | 22:34 * | 21:25 * | 22:01 | 6:36 min/km |
| 516 | 1484 | Rentzsch Elisa | *Köln | 1:06:02 | 1987 W20 | 153 | 1:08:23 | 22:34 * | 21:25 * | 22:02 | 6:36 min/km |
| 517 | 1511 | Süß-Dahmen Renate | LT Saaler Mühle | 1:06:04 | 1944 W70 | 2 | 1:07:07 | 22:02 * | 21:40 * | 22:21 | 6:36 min/km |
| 518 | 2626 | Schulte-Unger Beatrix | LC Weilerswist | 1:06:05 | 1966 W50 | 35 | 1:08:34 | 22:36 * | 21:32 * | 21:55 | 6:37 min/km |
| 519 | 2360 | Heinen Susanne | | 1:06:05 | 1971 W45 | 58 | 1:08:36 | 22:36 * | 21:32 * | 21:56 | 6:37 min/km |
| 520 | 3189 | Aerts-Winninger Carmen | Sternenkrieger | 1:06:05 | 1967 W45 | 59 | 1:06:31 | 21:31 * | 21:47 * | 22:46 | 6:37 min/km |
| 521 | 2145 | Vielhaber Christiane | *Köln | 1:06:06 | 1965 W50 | 36 | 1:10:33 | 22:31 * | 21:36 * | 21:58 | 6:37 min/km |
| 522 | 2898 | Mutschall Nadja | *Frechen | 1:06:06 | 1988 W20 | 154 | 1:09:46 | 22:24 * | 22:01 * | 21:40 | 6:37 min/km |
| 523 | 2576 | Birke Jola | *Bergisch Gladbach | 1:06:06 | 1968 W45 | 60 | 1:08:35 | 22:41 * | 23:07 * | 20:17 | 6:37 min/km |
| 524 | 1300 | Wichmann Juliana | naopt | 1:06:06 | 1984 W30 | 91 | 1:09:46 | 22:24 * | 22:01 * | 21:40 | 6:37 min/km |
| 525 | 10 | Dres-Seppelt Brigitte | | 1:06:07 | 1965 W50 | 37 | 1:06:26 | 21:12 * | 21:56 * | 22:58 | 6:37 min/km |
| 526 | 2389 | Theis Gisela | Willkommen in | 1:06:08 | 1970 W45 | 61 | 1:07:03 | 22:25 * | 21:08 * | 22:34 | 6:37 min/km |
| 527 | 2226 | Loke Bettina | *Wesseling | 1:06:12 | 1964 W50 | 38 | 1:08:14 | 23:01 * | 21:48 * | 21:22 | 6:37 min/km |
| 528 | 1771 | Esser Elisabeth | *Köln | 1:06:17 | 1986 W30 | 92 | 1:10:05 | 23:09 * | 21:43 * | 21:25 | 6:38 min/km |
| 529 | 1744 | McConachie Oxana | *Köln | 1:06:20 | 1987 W20 | 155 | 1:09:10 | 22:13 * | 21:47 * | 22:18 | 6:38 min/km |
| 530 | 3264 | Abramova Evgenia | | 1:06:20 | 1983 W30 | 93 | 1:09:11 | 22:13 * | 21:47 * | 22:19 | 6:38 min/km |
| 531 | 1176 | Waibel Inna | Laufmamalauf Köln Nord | 1:06:21 | 1983 W30 | 94 | 1:10:31 | 22:41 * | 21:29 * | 22:10 | 6:38 min/km |
| 532 | 2228 | Schuppan Dr. Pirkko | *Cologne | 1:06:23 | 1976 W40 | 68 | 1:11:23 | 22:54 * | 21:49 * | 21:39 | 6:38 min/km |
| 533 | 2603 | Henseler-Kovacic | *Köln | 1:06:24 | 1974 W40 | 69 | 1:10:48 | 23:04 * | 21:33 * | 21:46 | 6:38 min/km |
| 534 | 2162 | Wasser Nadine | Schneller als das Sofa | 1:06:24 | 1980 W35 | 84 | 1:10:52 | 23:03 * | 21:29 * | 21:52 | 6:38 min/km |
| 535 | 2928 | Hauschild Daniela | *Leubsdorf | 1:06:25 | 1968 W45 | 62 | 1:11:18 | 22:46 * | 22:34 * | 21:04 | 6:39 min/km |
| 536 | 2929 | Bastian-Büsch Kirsten | *Waldbreitbach | 1:06:25 | 1967 W45 | 63 | 1:11:19 | 23:33 * | 21:47 * | 21:03 | 6:39 min/km |
| 537 | 1772 | Esser Tanja | *Köln | 1:06:25 | 1981 W35 | 85 | 1:10:13 | 23:09 * | 21:41 * | 21:33 | 6:39 min/km |
| 538 | 2572 | Gerlach Andrea | *Frechen | 1:06:28 | 1972 W40 | 70 | 1:07:52 | 22:34 * | 21:17 * | 22:36 | 6:39 min/km |
| 539 | 1888 | Pickert Dana | dabei is alles | 1:06:33 | 1991 W20 | 156 | 1:10:06 | 22:40 * | 21:49 * | 22:02 | 6:39 min/km |
| 540 | 1887 | Stüttgen Nicole | dabei is alles | 1:06:33 | 1969 W45 | 64 | 1:10:06 | 22:40 * | 21:50 * | 22:02 | 6:39 min/km |
| 541 | 1142 | Koch Tanja | *Köln | 1:06:36 | 1976 W40 | 71 | 1:10:04 | 22:37 * | 21:59 * | 21:59 | 6:40 min/km |
| 542 | 965 | Meissner Andrea | *Köln | 1:06:42 | 1965 W50 | 39 | 1:08:29 | 21:56 * | 21:55 * | 22:50 | 6:40 min/km |
| 543 | 1686 | Rüger Lioba | Die Ökos | 1:06:47 | 1990 W20 | 157 | 1:11:41 | 22:41 * | 21:42 * | 22:24 | 6:41 min/km |
| 544 | 2044 | Grella Nina | Die Ökos | 1:06:47 | 1994 W20 | 158 | 1:11:41 | 22:40 * | 21:42 * | 22:24 | 6:41 min/km |
| 545 | 2423 | Brune Dorothee | ERGO sports Köln | 1:06:49 | 1970 W45 | 65 | 1:11:03 | 22:57 * | 22:02 * | 21:50 | 6:41 min/km |
| 546 | 2652 | Esser Marie | *Meerbusch | 1:06:51 | 1994 W20 | 159 | 1:09:45 | 22:36 * | 22:04 * | 22:09 | 6:41 min/km |
| 547 | 2639 | Fischer Sylvia | *Düren | 1:06:54 | 1971 W45 | 66 | 1:07:53 | 21:29 * | 21:51 * | 23:32 | 6:41 min/km |
| 548 | 2772 | Joisten Martina | *Koeln | 1:06:56 | 1973 W40 | 72 | 1:11:51 | 23:05 * | 21:49 * | 22:01 | 6:42 min/km |
| 549 | 638 | Zimmer-Beukert Sonja | *Bonn | 1:06:56 | 1974 W40 | 73 | 1:11:51 | 23:04 * | 21:50 * | 22:01 | 6:42 min/km |
| 550 | 1512 | Schneider Susanne | *Köln | 1:06:59 | 1982 W30 | 95 | 1:10:47 | 23:50 * | 22:07 * | 21:01 | 6:42 min/km |
| 551 | 1506 | Spanuth Annette | *Köln | 1:06:59 | 1989 W20 | 160 | 1:09:23 | 22:59 * | 22:01 * | 21:58 | 6:42 min/km |
| 552 | 1237 | Bongartz Silvia | *Köln | 1:07:01 | 1976 W40 | 74 | 1:11:37 | 23:49 * | 21:46 * | 21:25 | 6:42 min/km |
| 553 | 1236 | Alger Angela | WVD Köln | 1:07:01 | 1979 W35 | 86 | 1:11:37 | 23:49 * | 21:45 * | 21:26 | 6:42 min/km |
| 554 | 480 | Günedel Eimear | Pushensy | 1:07:02 | 1974 W40 | 75 | 1:08:51 | 22:12 * | 22:13 * | 22:36 | 6:42 min/km |
| 555 | 1778 | Achnitz Inge | Die schon wieder | 1:07:03 | 1970 W45 | 67 | 1:09:59 | 22:52 * | 22:13 * | 21:58 | 6:42 min/km |
| 556 | 1598 | Gsella Theresa | *Frechen | 1:07:03 | 1985 W30 | 96 | 1:09:56 | 22:50 * | 21:55 * | 22:17 | 6:42 min/km |
| 557 | 1737 | Arras Elisabeth | Team Arras | 1:07:04 | 1955 W60 | 4 | 1:09:08 | 22:01 * | 21:22 * | 23:39 | 6:42 min/km |

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|-----|------|---------------------|------------------------------|---------|-----------|-----|---------|---------|---------|-------|-------------|
| 558 | 1777 | Dyrks Monika | Die schon wieder | 1:07:04 | 1966 W50 | 40 | 1:09:59 | 22:52 * | 22:13 * | 21:58 | 6:42 min/km |
| 559 | 2804 | Beckschulte Jule | LT DSHS Köln | 1:07:05 | 2003 WU14 | 3 | 1:12:19 | 21:17 * | 22:14 * | 23:33 | 6:43 min/km |
| 560 | 2278 | Friedl Elena | *Bergisch Gladbach | 1:07:08 | 1988 W20 | 161 | 1:09:02 | 23:08 * | 22:04 * | 21:55 | 6:43 min/km |
| 561 | 1304 | Klinge Tatjana | *Bergisch Gladbach | 1:07:08 | 1971 W45 | 68 | 1:09:02 | 23:08 * | 22:03 * | 21:56 | 6:43 min/km |
| 562 | 2425 | Gädecke Kerstin | ERGO sports Köln | 1:07:10 | 1972 W40 | 76 | 1:09:53 | 22:59 * | 21:54 * | 22:16 | 6:43 min/km |
| 563 | 745 | Weißborn Andrea | *Köln | 1:07:10 | 1972 W40 | 77 | 1:09:53 | 22:59 * | 21:54 * | 22:16 | 6:43 min/km |
| 564 | 2210 | Motzkus Stefanie | *Frechen | 1:07:13 | 1977 W35 | 87 | 1:10:51 | 23:22 * | 21:42 * | 22:08 | 6:43 min/km |
| 565 | 2211 | Littschwager Andrea | *Frechen | 1:07:13 | 1978 W35 | 88 | 1:10:51 | 23:22 * | 21:42 * | 22:08 | 6:43 min/km |
| 566 | 1108 | Mücken Dorothee | *Bonn | 1:07:16 | 1979 W35 | 89 | 1:08:53 | 22:20 * | 22:00 * | 22:55 | 6:44 min/km |
| 567 | 1082 | Wegner Karola | *Köln | 1:07:16 | 1980 W35 | 90 | 1:08:53 | 22:22 * | 21:58 * | 22:56 | 6:44 min/km |
| 568 | 1321 | Koch Jennifer | *Overath | 1:07:19 | 1984 W30 | 97 | 1:10:51 | 22:38 * | 22:29 * | 22:11 | 6:44 min/km |
| 569 | 1331 | Ilieva Lyuba | *Köln | 1:07:21 | 1984 W30 | 98 | 1:11:31 | 23:02 * | 21:46 * | 22:31 | 6:44 min/km |
| 570 | 1063 | Heymann Margarete | *Kerpen | 1:07:24 | 1961 W55 | 14 | 1:08:16 | 22:24 * | 21:45 * | 23:14 | 6:44 min/km |
| 571 | 2020 | Ilsemann Mareike | *Köln | 1:07:25 | 1975 W40 | 78 | 1:11:16 | 22:02 * | 22:03 * | 23:19 | 6:45 min/km |
| 572 | 1779 | Klarmann-Schulz Ute | ...und tschüss! | 1:07:27 | 1977 W35 | 91 | 1:11:05 | 22:12 * | 22:07 * | 23:06 | 6:45 min/km |
| 573 | 2865 | Fischer Katarzyna | *Swisttal | 1:07:27 | 1977 W35 | 92 | 1:11:05 | 22:12 * | 22:07 * | 23:06 | 6:45 min/km |
| 574 | 1148 | Dötsch Rebecca | *Hennef | 1:07:30 | 1976 W40 | 79 | 1:11:17 | 22:47 * | 22:16 * | 22:26 | 6:45 min/km |
| 575 | 1147 | Dötsch Andrea | *Hennef | 1:07:30 | 1975 W40 | 80 | 1:11:17 | 22:47 * | 22:16 * | 22:26 | 6:45 min/km |
| 576 | 2846 | Wagner Marion | Köln läuft! | 1:07:31 | 1966 W50 | 41 | 1:09:57 | 21:44 * | 22:26 * | 23:20 | 6:45 min/km |
| 577 | 2287 | Arnemann Anja | Sandkasten Spreng | 1:07:32 | 1984 W30 | 99 | 1:09:20 | 22:59 * | 23:56 * | 20:36 | 6:45 min/km |
| 578 | 2847 | Harders Sina | Köln läuft! | 1:07:32 | 1965 W50 | 42 | 1:09:57 | 21:45 * | 22:24 * | 23:22 | 6:45 min/km |
| 579 | 1919 | Dahl Sarah | *Köln | 1:07:32 | 1974 W40 | 81 | 1:12:28 | 23:06 * | 23:09 * | 21:16 | 6:45 min/km |
| 580 | 1897 | Mentzel Sarah | Mentzels Familiy | 1:07:34 | 1979 W35 | 93 | 1:10:45 | 21:47 * | 22:26 * | 23:20 | 6:45 min/km |
| 581 | 1305 | Lindner Nadine | *Köln | 1:07:35 | 1975 W40 | 82 | 1:09:30 | 22:32 * | 22:04 * | 22:58 | 6:46 min/km |
| 582 | 1005 | Fritz Michele | TuS Brauweiler | 1:07:36 | 1974 W40 | 83 | 1:09:30 | 22:32 * | 22:05 * | 22:58 | 6:46 min/km |
| 583 | 981 | Posmangiu Silvia | *Pulheim | 1:07:37 | 1979 W35 | 94 | 1:09:31 | 22:32 * | 22:05 * | 22:59 | 6:46 min/km |
| 584 | 603 | Steffen Natalie | Ärzte gegen Tierversuche | 1:07:37 | 1973 W40 | 84 | 1:12:28 | 23:39 * | 22:30 * | 21:27 | 6:46 min/km |
| 585 | 2940 | Schlimm Natascha | *Köln | 1:07:40 | 1981 W35 | 95 | 1:11:56 | 22:47 * | 21:51 * | 23:01 | 6:46 min/km |
| 586 | 2939 | Schlimm Katharina | *Köln | 1:07:41 | 1981 W35 | 96 | 1:11:56 | 22:48 * | 21:51 * | 23:01 | 6:46 min/km |
| 587 | 637 | Zipperle Madeleine | ASV Köln Triathlon | 1:07:41 | 1978 W35 | 97 | 1:10:24 | 21:32 * | 22:40 * | 23:28 | 6:46 min/km |
| 588 | 3236 | Schmitz Claudia | | 1:07:43 | 1983 W30 | 100 | 1:08:56 | 22:53 * | 22:21 * | 22:28 | 6:46 min/km |
| 589 | 2643 | Otten Petra | *Köln | 1:07:49 | 1964 W50 | 43 | 1:09:41 | 21:13 * | 22:09 * | 24:26 | 6:47 min/km |
| 590 | 1850 | Pöhlemann Ursula | *Köln | 1:07:50 | 1959 W55 | 15 | 1:08:58 | 20:55 * | 22:17 * | 24:37 | 6:47 min/km |
| 591 | 1282 | Hagemann Ricarda | *Köln | 1:07:51 | 1976 W40 | 85 | 1:11:35 | 22:39 * | 22:14 * | 22:57 | 6:47 min/km |
| 592 | 709 | Busch Imke | *Köln | 1:07:54 | 1985 W30 | 101 | 1:12:11 | 23:22 * | 22:21 * | 22:10 | 6:47 min/km |
| 593 | 708 | Davids Britta | *Köln | 1:07:54 | 1983 W30 | 102 | 1:12:12 | 23:22 * | 22:21 * | 22:10 | 6:47 min/km |
| 594 | 3175 | Hellenkamp Ute | | 1:07:55 | 1989 W20 | 162 | 1:08:38 | 21:04 * | 22:45 * | 24:05 | 6:48 min/km |
| 595 | 2732 | Schmitz Stefanie | Bud Wilmes | 1:07:58 | 1983 W30 | 103 | 1:12:05 | 22:17 * | 22:19 * | 23:21 | 6:48 min/km |
| 596 | 706 | Beyen Katharina | *Köln | 1:08:03 | 1988 W20 | 163 | 1:12:21 | 24:13 * | 21:55 * | 21:54 | 6:48 min/km |
| 597 | 1057 | Kaiser Susan | *Köln | 1:08:05 | 1976 W40 | 86 | 1:12:22 | 23:09 * | 22:10 * | 22:45 | 6:49 min/km |
| 598 | 2886 | Hempe Mechthild | X-Trail aktiv | 1:08:06 | 1967 W45 | 69 | 1:11:00 | 23:27 * | 22:24 * | 22:13 | 6:49 min/km |
| 599 | 2707 | Achenbach Annika | *Solingen | 1:08:09 | 1985 W30 | 104 | 1:12:42 | 23:41 * | 22:29 * | 21:58 | 6:49 min/km |
| 600 | 1316 | Becker Astrid | equipeBecker.03 | 1:08:10 | 1986 W30 | 105 | 1:12:33 | 24:57 * | 21:37 * | 21:35 | 6:49 min/km |
| 601 | 1265 | Uepping Jordis | *Bad Breisig | 1:08:11 | 2007 WU10 | 1 | 1:12:31 | 23:36 * | 22:04 * | 22:29 | 6:49 min/km |
| 602 | 2224 | Horsch Ruth | *Köln | 1:08:11 | 1984 W30 | 106 | 1:11:00 | 21:49 * | 22:29 * | 23:52 | 6:49 min/km |
| 603 | 2799 | Neuhaus Christiane | SG TÜV Rheinland | 1:08:11 | 1970 W45 | 70 | 1:10:55 | 22:32 * | 22:07 * | 23:31 | 6:49 min/km |
| 604 | 2104 | Eßer Linda | TuS Düsseldorf 1895 e.V. | 1:08:12 | 2005 WU12 | 1 | 1:12:31 | 23:36 * | 22:05 * | 22:29 | 6:49 min/km |
| 605 | 2249 | Eiffler Simone | Schneller als das Sofa | 1:08:12 | 1981 W35 | 98 | 1:12:41 | 23:25 * | 21:51 * | 22:56 | 6:49 min/km |
| 606 | 1767 | Dohle Simone | LaufMamaLauf | 1:08:13 | 1981 W35 | 99 | 1:12:10 | 23:28 * | 21:56 * | 22:48 | 6:49 min/km |
| 607 | 2039 | Pallenberg Antje | LAUFMAMALAUf | 1:08:13 | 1977 W35 | 100 | 1:12:10 | 23:28 * | 21:54 * | 22:50 | 6:49 min/km |
| 608 | 2933 | Heller Marlene | *Köln | 1:08:14 | 1952 W60 | 5 | 1:11:08 | 22:44 * | 22:09 * | 23:20 | 6:49 min/km |
| 609 | 2282 | Scholz Annalena | ...schneller als das Sofa... | 1:08:14 | 1981 W35 | 101 | 1:12:41 | 23:26 * | 21:50 * | 22:56 | 6:49 min/km |
| 610 | 2241 | Schulze Doreen | Schneller als das Sofa | 1:08:15 | 1988 W20 | 164 | 1:12:43 | 23:24 * | 21:53 * | 22:57 | 6:50 min/km |
| 611 | 3263 | Toczek-Thiel Joanne | Lauf Mama Lauf Köln | 1:08:16 | 1990 W20 | 165 | 1:12:11 | 23:47 * | 21:39 * | 22:49 | 6:50 min/km |
| 612 | 2702 | Jäschke Bärbel | *Radevormwald | 1:08:18 | 1958 W55 | 16 | 1:11:46 | 23:52 * | 22:14 * | 22:11 | 6:50 min/km |
| 613 | 855 | Salem Laura | *Düsseldorf | 1:08:18 | 1989 W20 | 166 | 1:12:29 | 22:04 * | 22:32 * | 23:40 | 6:50 min/km |

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|-----|------|-------------------------|----------------------|---------|-----------|-----|---------|---------|---------|-------|-------------|
| 614 | 1299 | Yaktubay Sibel | *Köln | 1:08:18 | 1990 W20 | 167 | 1:12:29 | 22:05 * | 22:33 * | 23:40 | 6:50 min/km |
| 615 | 2701 | Jäschke Elisabeth | *Köln | 1:08:19 | 1989 W20 | 168 | 1:11:47 | 23:52 * | 22:14 * | 22:12 | 6:50 min/km |
| 616 | 1174 | Oudehinkel Hilde | *Köln | 1:08:22 | 1973 W40 | 87 | 1:09:48 | 22:37 * | 22:18 * | 23:27 | 6:50 min/km |
| 617 | 1855 | Koschorreck Franziska | *Erkelenz | 1:08:23 | 1989 W20 | 169 | 1:09:48 | 22:36 * | 22:18 * | 23:28 | 6:50 min/km |
| 618 | 2025 | Berger Sandra | *Köln | 1:08:23 | 1987 W20 | 170 | 1:12:54 | 22:57 * | 22:33 * | 22:52 | 6:50 min/km |
| 619 | 3201 | Zadory Lilla | | 1:08:25 | 1956 W60 | 6 | 1:10:55 | 22:37 * | 22:15 * | 23:32 | 6:51 min/km |
| 620 | 1195 | Schmiegelt Claudia | *Köln | 1:08:27 | 1968 W45 | 71 | 1:12:44 | 23:12 * | 22:48 * | 22:26 | 6:51 min/km |
| 621 | 1192 | Lindemann-Haker Kerstin | *Köln | 1:08:28 | 1973 W40 | 88 | 1:12:45 | 23:12 * | 22:48 * | 22:27 | 6:51 min/km |
| 622 | 867 | Schubert Inga | *Jüchen /Gierath | 1:08:30 | 1979 W35 | 102 | 1:12:13 | 23:23 * | 22:23 * | 22:43 | 6:51 min/km |
| 623 | 866 | Denkmann Sandra | *Köln | 1:08:30 | 1980 W35 | 103 | 1:12:13 | 23:23 * | 22:23 * | 22:43 | 6:51 min/km |
| 624 | 1994 | Schranz Vera | *Gütersloh | 1:08:34 | 1996 W20 | 171 | 1:09:39 | 23:12 * | 24:37 * | 20:44 | 6:51 min/km |
| 625 | 2692 | Evers Annika Carina | *Köln | 1:08:38 | 1989 W20 | 172 | 1:09:51 | 22:50 * | 22:54 * | 22:53 | 6:52 min/km |
| 626 | 705 | Recker Jacqueline | *Jüchen | 1:08:38 | 1994 W20 | 173 | 1:12:56 | 24:12 * | 21:56 * | 22:29 | 6:52 min/km |
| 627 | 1746 | Esser Birgit | *Köln | 1:08:38 | 1977 W35 | 104 | 1:09:51 | 22:52 * | 22:22 * | 23:23 | 6:52 min/km |
| 628 | 1533 | Hucklenbroich Birgit | *Hürth | 1:08:39 | 1968 W45 | 72 | 1:12:05 | 23:56 * | 22:20 * | 22:22 | 6:52 min/km |
| 629 | 1535 | Bendel Cordula | *Hürth | 1:08:39 | 1971 W45 | 73 | 1:12:06 | 23:57 * | 22:18 * | 22:23 | 6:52 min/km |
| 630 | 1532 | Lux Silke | *Hürth | 1:08:39 | 1972 W40 | 89 | 1:12:05 | 23:56 * | 22:20 * | 22:22 | 6:52 min/km |
| 631 | 1534 | Uekermann Solveigh | *Hürth | 1:08:40 | 1971 W45 | 74 | 1:12:06 | 23:57 * | 22:19 * | 22:23 | 6:52 min/km |
| 632 | 2615 | Ohlmann Kathrin | *Köln | 1:08:44 | 1980 W35 | 105 | 1:11:48 | 22:50 * | 22:41 * | 23:12 | 6:52 min/km |
| 633 | 2184 | Hübner Prof. Nadya | *Köln | 1:08:44 | 1974 W40 | 90 | 1:11:22 | 21:43 * | 22:53 * | 24:07 | 6:52 min/km |
| 634 | 1314 | Klewer Stefanie | *Remagen | 1:08:45 | 1985 W30 | 107 | 1:12:18 | 22:39 * | 22:28 * | 23:38 | 6:53 min/km |
| 635 | 1840 | Grimm Katharina | *Hamburg | 1:08:48 | 1989 W20 | 174 | 1:11:59 | 23:53 * | 22:37 * | 22:17 | 6:53 min/km |
| 636 | 852 | Pössinger Julia | Die sportlichen | 1:08:49 | 1993 W20 | 175 | 1:09:56 | 21:40 * | 22:28 * | 24:41 | 6:53 min/km |
| 637 | 1538 | Hamacher Ariane | *Köln | 1:08:55 | 1987 W20 | 176 | 1:12:44 | 21:54 * | 22:54 * | 24:06 | 6:54 min/km |
| 638 | 2944 | Rodeit Savanthip | *Köln | 1:09:03 | 1982 W30 | 108 | 1:13:54 | 23:06 * | 22:05 * | 23:51 | 6:54 min/km |
| 639 | 2850 | Kaiser Claudia | Köln läuft! | 1:09:03 | 1975 W40 | 91 | 1:12:51 | 22:48 * | 22:11 * | 24:03 | 6:54 min/km |
| 640 | 2640 | Hudl Rosemarie | *Jülich--Stetternich | 1:09:04 | 1971 W45 | 75 | 1:10:03 | 22:45 * | 22:53 * | 23:25 | 6:54 min/km |
| 641 | 948 | Langhoff Birte | *Bonn | 1:09:05 | 1990 W20 | 177 | 1:12:39 | 23:58 * | 22:30 * | 22:37 | 6:55 min/km |
| 642 | 2592 | Krauß Vera | *Köln | 1:09:10 | 1971 W45 | 76 | 1:12:31 | 23:22 * | 22:35 * | 23:11 | 6:55 min/km |
| 643 | 585 | Haas Angela | Team Hasenkamp | 1:09:12 | 1958 W55 | 17 | 1:12:36 | 23:04 * | 22:24 * | 23:44 | 6:55 min/km |
| 644 | 469 | Meyer Laura | Original Bootcamp | 1:09:13 | 1985 W30 | 109 | 1:10:10 | 22:34 * | 22:14 * | 24:24 | 6:55 min/km |
| 645 | 897 | Zidek Silke | *Troisdorf | 1:09:13 | 1975 W40 | 92 | 1:12:37 | 23:17 * | 22:44 * | 23:11 | 6:55 min/km |
| 646 | 1409 | Neuerburg Andrea | Laufschnecken | 1:09:18 | 1967 W45 | 77 | 1:13:04 | 22:49 * | 22:37 * | 23:51 | 6:56 min/km |
| 647 | 1410 | Neuerburg Lilli | Laufschnecken | 1:09:21 | 2006 WU12 | 2 | 1:13:06 | 22:50 * | 22:37 * | 23:52 | 6:56 min/km |
| 648 | 1221 | Nick Anna | *Düsseldorf | 1:09:23 | 1989 W20 | 178 | 1:10:38 | 22:49 * | 22:54 * | 23:39 | 6:56 min/km |
| 649 | 3222 | Kleine Annette | | 1:09:26 | 1965 W50 | 44 | 1:12:09 | 22:52 * | 22:41 * | 23:52 | 6:57 min/km |
| 650 | 2172 | Stangier Kerstin | *Köln | 1:09:33 | 1987 W20 | 179 | 1:11:46 | 22:10 * | 22:59 * | 24:23 | 6:57 min/km |
| 651 | 1619 | Varvodic Angélique | *Köln | 1:09:34 | 1979 W35 | 106 | 1:11:20 | 22:33 * | 22:52 * | 24:08 | 6:57 min/km |
| 652 | 1620 | Katja Meyer | *Köln | 1:09:34 | 1974 W40 | 93 | 1:11:20 | 22:34 * | 22:51 * | 24:08 | 6:57 min/km |
| 653 | 2660 | Lutkewitz Ursula | Veni Vidi Colonia | 1:09:37 | 1953 W60 | 7 | 1:14:15 | 23:13 * | 22:33 * | 23:51 | 6:58 min/km |
| 654 | 1828 | Schmidt Daniela | *Köln | 1:09:38 | 1975 W40 | 94 | 1:12:19 | 23:33 * | 23:16 * | 22:47 | 6:58 min/km |
| 655 | 1831 | Derichs Ursula | *Köln | 1:09:39 | 1964 W50 | 45 | 1:12:21 | 23:34 * | 23:17 * | 22:47 | 6:58 min/km |
| 656 | 2497 | Kraheck Beate | Gothaer | 1:09:41 | 1965 W50 | 46 | 1:12:22 | 21:46 * | 21:23 * | 26:30 | 6:58 min/km |
| 657 | 2395 | Bieker Heike | RUNNERS POINT RUN | 1:09:55 | 1969 W45 | 78 | 1:14:10 | 22:42 * | 22:54 * | 24:18 | 6:60 min/km |
| 658 | 1583 | Pop Anamaria | *Köln | 1:10:00 | 1977 W35 | 107 | 1:14:49 | 23:13 * | 22:02 * | 24:44 | 7:00 min/km |
| 659 | 1320 | Hlusiak Doris | *Remscheid | 1:10:06 | 1958 W55 | 18 | 1:12:15 | 22:41 * | 23:12 * | 24:11 | 7:01 min/km |
| 660 | 1301 | Neuwald Julia | *Köln | 1:10:11 | 1990 W20 | 180 | 1:13:17 | 25:16 * | 22:37 * | 22:18 | 7:01 min/km |
| 661 | 1392 | Wardenbach Christine | *Bonn | 1:10:12 | 1989 W20 | 181 | 1:13:18 | 25:16 * | 22:38 * | 22:18 | 7:01 min/km |
| 662 | 2802 | Kimmerle Friederike | SG TÜV Rheinland | 1:10:13 | 1990 W20 | 182 | 1:12:58 | 23:31 * | 23:12 * | 23:29 | 7:01 min/km |
| 663 | 2855 | Becher Anna | Hüpf Hüpf | 1:10:14 | 1992 W20 | 183 | 1:10:39 | 23:33 * | 23:34 * | 23:06 | 7:01 min/km |
| 664 | 1351 | Fortmann Sabine | Original Bootcamp | 1:10:16 | 1989 W20 | 184 | 1:12:21 | 22:56 * | 23:32 * | 23:47 | 7:02 min/km |
| 665 | 3238 | Faßbender Kim | | 1:10:20 | 1988 W20 | 185 | 1:12:18 | 23:06 * | 24:29 * | 22:44 | 7:02 min/km |
| 666 | 1353 | Knopp Conny | *Hennef | 1:10:21 | 1969 W45 | 79 | 1:12:53 | 22:27 * | 22:36 * | 25:17 | 7:02 min/km |
| 667 | 503 | Kapplusch Jana | *Hamburg | 1:10:21 | 1986 W30 | 110 | 1:12:32 | 23:03 * | 22:21 * | 24:56 | 7:02 min/km |
| 668 | 1712 | Schultz Dikki Dirk | *Bochum | 1:10:21 | 1982 W30 | 111 | 1:12:32 | 23:03 * | 22:20 * | 24:57 | 7:02 min/km |
| 669 | 921 | Lemler Lea | *Köln | 1:10:22 | 1988 W20 | 186 | 1:12:18 | 23:12 * | 22:59 * | 24:10 | 7:02 min/km |

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| | | | | | | | | | | | | | |
|-----|------|-------------------------|------------------------|---------|------|------|-----|---------|-------|---------|---------|------|--------|
| 670 | 1460 | Hoffmann Dr. Hanna | *Düsseldorf | 1:10:30 | 1981 | W35 | 108 | 1:12:01 | 24:10 | * 23:14 | * 23:05 | 7:03 | min/km |
| 671 | 1459 | Hassan Mira | *Neuss | 1:10:30 | 1984 | W30 | 112 | 1:12:01 | 25:39 | * 21:45 | * 23:05 | 7:03 | min/km |
| 672 | 456 | Tebbe Dorothee | | 1:10:30 | 1986 | W30 | 113 | 1:12:45 | 23:49 | * 23:02 | * 23:37 | 7:03 | min/km |
| 673 | 505 | Berf Bianca | *Köln | 1:10:32 | 1987 | W20 | 187 | 1:12:49 | 23:48 | * 23:03 | * 23:39 | 7:03 | min/km |
| 674 | 1177 | Weiden Verena | Laufen gegen Leiden | 1:10:32 | 1980 | W35 | 109 | 1:12:48 | 23:49 | * 23:03 | * 23:39 | 7:03 | min/km |
| 675 | 1876 | Garbe Dana | *Pulheim | 1:10:33 | 1969 | W45 | 80 | 1:12:47 | 23:50 | * 23:03 | * 23:39 | 7:03 | min/km |
| 676 | 754 | Eberhard Ulla | LeseWelten | 1:10:35 | 1958 | W55 | 19 | 1:12:51 | 22:18 | * 23:08 | * 25:08 | 7:04 | min/km |
| 677 | 1668 | Melzner Mäggi | *Köln | 1:10:37 | 1985 | W30 | 114 | 1:13:31 | 23:21 | * 23:09 | * 24:06 | 7:04 | min/km |
| 678 | 1667 | Kuppels Anne | *Köln | 1:10:37 | 1986 | W30 | 115 | 1:13:30 | 23:21 | * 23:09 | * 24:06 | 7:04 | min/km |
| 679 | 772 | Malacasa Ana | *Bergneustadt | 1:10:54 | 1984 | W30 | 116 | 1:15:14 | 23:08 | * 23:07 | * 24:38 | 7:05 | min/km |
| 680 | 1574 | Ruth Kaulen | *Merzenich | 1:10:58 | 1969 | W45 | 81 | 1:14:51 | 23:32 | * 23:40 | * 23:45 | 7:06 | min/km |
| 681 | 1747 | Rindermann Lara | *Kreuzau | 1:10:59 | 1973 | W40 | 95 | 1:14:51 | 23:31 | * 23:42 | * 23:45 | 7:06 | min/km |
| 682 | 546 | Jansen Marion | Run Mum | 1:10:59 | 1975 | W40 | 96 | 1:15:21 | 23:53 | * 23:01 | * 24:04 | 7:06 | min/km |
| 683 | 1573 | Melanie De Cicco | *Düren | 1:11:00 | 1975 | W40 | 97 | 1:14:51 | 23:33 | * 23:41 | * 23:45 | 7:06 | min/km |
| 684 | 2980 | Sommerberg Carmen | *Asbach | 1:11:00 | 1974 | W40 | 98 | 1:14:52 | 23:32 | * 23:41 | * 23:46 | 7:06 | min/km |
| 685 | 1134 | Wagner Sandra | *Köln | 1:11:08 | 1975 | W40 | 99 | 1:15:14 | 24:00 | * 23:25 | * 23:42 | 7:07 | min/km |
| 686 | 1537 | Gammersbach Lisa | Running Gag | 1:11:11 | 1986 | W30 | 117 | 1:15:00 | 23:03 | * 23:19 | * 24:47 | 7:07 | min/km |
| 687 | 1231 | Neumann Anke | Laufftreff BG ETEM | 1:11:18 | 1975 | W40 | 100 | 1:13:18 | 23:17 | * 23:24 | * 24:36 | 7:08 | min/km |
| 688 | 2048 | Podsada Regina | *Meerbusch | 1:11:18 | 1962 | W50 | 47 | 1:16:27 | 23:53 | * 23:36 | * 23:48 | 7:08 | min/km |
| 689 | 2801 | Kimmerle-Lindner | SG TÜV Rheinland | 1:11:24 | 1961 | W55 | 20 | 1:14:09 | 23:32 | * 23:11 | * 24:39 | 7:08 | min/km |
| 690 | 388 | Weber Sylvia | | 1:11:26 | 1968 | W45 | 82 | 1:13:11 | 23:14 | * 23:41 | * 24:31 | 7:09 | min/km |
| 691 | 389 | Megid Alexandra | | 1:11:27 | 1968 | W45 | 83 | 1:13:12 | 23:14 | * 23:41 | * 24:32 | 7:09 | min/km |
| 692 | 2000 | Schlößer Sabrina | *Kerpen | 1:11:29 | 1985 | W30 | 118 | 1:14:22 | 23:16 | * 23:31 | * 24:41 | 7:09 | min/km |
| 693 | 2351 | Wagner Regina | WagWasKes | 1:11:30 | 1979 | W35 | 110 | 1:14:44 | 23:02 | * 23:35 | * 24:53 | 7:09 | min/km |
| 694 | 1158 | Hildmann Sarah | *Engelskirchen | 1:11:34 | 1997 | WU20 | 6 | 1:13:48 | 21:41 | * 24:05 | * 25:46 | 7:09 | min/km |
| 695 | 1917 | Flensberg-Nußbaum | *Köln | 1:11:42 | 1971 | W45 | 84 | 1:14:46 | 23:13 | * 23:41 | * 24:47 | 7:10 | min/km |
| 696 | 1050 | Blümel Dr. Nicole | *Pulheim | 1:11:46 | 1971 | W45 | 85 | 1:13:06 | 22:53 | * 24:00 | * 24:52 | 7:11 | min/km |
| 697 | 2103 | Thomas Birgit | *Pulheim | 1:11:46 | 1972 | W40 | 101 | 1:13:06 | 22:53 | * 24:00 | * 24:52 | 7:11 | min/km |
| 698 | 1504 | Glaw Susanne | *Nörvenich | 1:11:50 | 1977 | W35 | 111 | 1:15:16 | 21:55 | * 23:14 | * 26:39 | 7:11 | min/km |
| 699 | 1889 | Pickert Eileen | dabei is alles | 1:11:50 | 1991 | W20 | 188 | 1:15:24 | 23:37 | * 23:49 | * 24:24 | 7:11 | min/km |
| 700 | 2076 | Agreiter Arlett | *Köln | 1:11:52 | 1981 | W35 | 112 | 1:16:24 | 24:36 | * 22:55 | * 24:20 | 7:11 | min/km |
| 701 | 2077 | Can Vreda | *Köln | 1:11:52 | 1985 | W30 | 119 | 1:16:24 | 24:36 | * 22:55 | * 24:20 | 7:11 | min/km |
| 702 | 1399 | Brommann Hanna | *Rheda-Wiedenbrück | 1:11:55 | 1993 | W20 | 189 | 1:14:58 | 24:16 | * 24:22 | * 23:16 | 7:12 | min/km |
| 703 | 3004 | Löhmann Tatjana | *Köln | 1:11:59 | 1973 | W40 | 102 | 1:13:49 | 23:51 | * 23:44 | * 24:23 | 7:12 | min/km |
| 704 | 6 | Cusumano Natascha | | 1:12:04 | 1984 | W30 | 120 | 1:16:59 | 23:06 | * 23:09 | * 25:48 | 7:12 | min/km |
| 705 | 2948 | Wilczek Eva | IAC Düren | 1:12:07 | 1946 | W70 | 3 | 1:13:58 | 23:27 | * 24:05 | * 24:34 | 7:13 | min/km |
| 706 | 1391 | Janßen Annika | *Köln | 1:12:10 | 1986 | W30 | 121 | 1:14:51 | 23:48 | * 23:46 | * 24:35 | 7:13 | min/km |
| 707 | 1683 | Pabst Josephine | *Köln | 1:12:11 | 1990 | W20 | 190 | 1:14:50 | 23:48 | * 23:46 | * 24:36 | 7:13 | min/km |
| 708 | 2493 | Ommmer Annika | Gothaer | 1:12:24 | 1994 | W20 | 191 | 1:16:57 | 24:42 | * 23:37 | * 24:04 | 7:14 | min/km |
| 709 | 922 | Rech Gisela | LG Donatus | 1:12:29 | 1976 | W40 | 103 | 1:13:12 | 23:15 | * 24:03 | * 25:10 | 7:15 | min/km |
| 710 | 2439 | Müller Birgit | Kieser Training | 1:12:29 | 1963 | W50 | 48 | 1:16:46 | 24:52 | * 23:45 | * 23:52 | 7:15 | min/km |
| 711 | 635 | Same Brigitte | Ihrefelder Geissboecke | 1:12:30 | 1963 | W50 | 49 | 1:13:13 | 23:15 | * 24:03 | * 25:11 | 7:15 | min/km |
| 712 | 2445 | Hartmann Heike | Kieser Training | 1:12:30 | 1967 | W45 | 86 | 1:16:46 | 24:52 | * 23:46 | * 23:51 | 7:15 | min/km |
| 713 | 1318 | Kockelmann Alexandra | *Köln | 1:12:35 | 1989 | W20 | 192 | 1:13:51 | 23:32 | * 24:18 | * 24:44 | 7:16 | min/km |
| 714 | 1346 | Schefers Pia | *Köln | 1:12:36 | 1987 | W20 | 193 | 1:13:51 | 23:32 | * 24:18 | * 24:44 | 7:16 | min/km |
| 715 | 606 | Sayn Sandra | Team GrobSayn | 1:12:38 | 1968 | W45 | 87 | 1:15:53 | 23:24 | * 24:00 | * 25:13 | 7:16 | min/km |
| 716 | 668 | Rover Sonja | *Köln | 1:12:45 | 1970 | W45 | 88 | 1:14:52 | 24:04 | * 23:47 | * 24:53 | 7:17 | min/km |
| 717 | 2897 | Linke Inge | Spaß Läuferin | 1:12:46 | 1969 | W45 | 89 | 1:14:52 | 24:05 | * 23:46 | * 24:54 | 7:17 | min/km |
| 718 | 473 | Rausch Sonja | | 1:12:49 | 1970 | W45 | 90 | 1:17:19 | 25:07 | * 23:30 | * 24:11 | 7:17 | min/km |
| 719 | 2444 | Klein Stephanie | Kieser Training | 1:12:59 | 1982 | W30 | 122 | 1:17:16 | 24:52 | * 23:45 | * 24:20 | 7:18 | min/km |
| 720 | 2164 | Thiele Petra | *Köln | 1:13:00 | 1967 | W45 | 91 | 1:14:52 | 23:34 | * 24:13 | * 25:12 | 7:18 | min/km |
| 721 | 2440 | Marburger Yvonne | Kieser Training | 1:13:00 | 1984 | W30 | 123 | 1:17:16 | 24:53 | * 23:45 | * 24:21 | 7:18 | min/km |
| 722 | 2309 | Ahrens Barbara | Cleanik Crew | 1:13:01 | 1983 | W30 | 124 | 1:16:01 | 24:22 | * 23:51 | * 24:47 | 7:18 | min/km |
| 723 | 2308 | Sump Stephanie | Cleanik Crew | 1:13:01 | 1983 | W30 | 125 | 1:16:02 | 24:22 | * 23:51 | * 24:47 | 7:18 | min/km |
| 724 | 1756 | Polo de Alvarado Paloma | *Madrid | 1:13:05 | 1985 | W30 | 126 | 1:13:17 | 22:57 | * 23:34 | * 26:32 | 7:19 | min/km |
| 725 | 652 | Mahlberg Anna | *Köln | 1:13:09 | 1984 | W30 | 127 | 1:17:17 | 23:45 | * 23:16 | * 26:07 | 7:19 | min/km |

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|-----|------|-------------------------|-------------------------|---------|-----------|-----|---------|---------|---------|-------|-------------|
| 726 | 523 | Bartz Gabi | *Köln | 1:13:11 | 1965 W50 | 50 | 1:13:57 | 23:03 * | 24:55 * | 25:13 | 7:19 min/km |
| 727 | 835 | Schaeven Nadine | *Köln | 1:13:21 | 1977 W35 | 113 | 1:14:58 | 23:47 * | 24:08 * | 25:24 | 7:20 min/km |
| 728 | 1762 | Nickel Svenja | Turtle-Runners | 1:13:23 | 1978 W35 | 114 | 1:18:07 | 24:17 * | 24:01 * | 25:05 | 7:20 min/km |
| 729 | 837 | Vogel Britta | *Dormagen | 1:13:24 | 1976 W40 | 104 | 1:15:00 | 23:48 * | 24:09 * | 25:26 | 7:20 min/km |
| 730 | 928 | Kempe Anne | TabuCrew | 1:13:31 | 1983 W30 | 128 | 1:17:54 | 25:04 * | 24:17 * | 24:09 | 7:21 min/km |
| 731 | 575 | Hölters Petra | Die Unfassbaren | 1:13:31 | 1968 W45 | 92 | 1:16:54 | 24:23 * | 24:13 * | 24:54 | 7:21 min/km |
| 732 | 1754 | Kolb Anita | *Pulheim | 1:13:31 | 1980 W35 | 115 | 1:16:54 | 24:25 * | 24:12 * | 24:54 | 7:21 min/km |
| 733 | 2917 | Kunz Prof. Miriam | *Groningen | 1:13:32 | 1977 W35 | 116 | 1:16:01 | 23:15 * | 23:59 * | 26:16 | 7:21 min/km |
| 734 | 1284 | Hagemann Patricia | *Köln | 1:13:36 | 2005 WU12 | 3 | 1:17:19 | 22:40 * | 22:34 * | 28:22 | 7:22 min/km |
| 735 | 374 | Jansen Janine | LT DSHS Köln | 1:13:37 | 2004 WU14 | 4 | 1:17:19 | 22:40 * | 22:34 * | 28:22 | 7:22 min/km |
| 736 | 2072 | Dörrenbach Kathrin | *Kürten | 1:13:38 | 1984 W30 | 129 | 1:16:09 | 23:54 * | 24:01 * | 25:41 | 7:22 min/km |
| 737 | 2071 | Sauerschell Nadine | *Kürten | 1:13:38 | 1984 W30 | 130 | 1:16:09 | 23:54 * | 24:02 * | 25:42 | 7:22 min/km |
| 738 | 2114 | Alvarez Gonzalez Monica | *Köln | 1:13:41 | 1978 W35 | 117 | 1:14:53 | 23:45 * | 24:41 * | 25:14 | 7:22 min/km |
| 739 | 2153 | Kückels Andrea | *Köln | 1:13:41 | 1981 W35 | 118 | 1:14:54 | 23:45 * | 24:41 * | 25:14 | 7:22 min/km |
| 740 | 1859 | Schneider Anna | Lords of Locomotion | 1:13:48 | 1986 W30 | 131 | 1:18:18 | 23:06 * | 24:22 * | 26:20 | 7:23 min/km |
| 741 | 1608 | Dohalt-Schulze Annika | *Pulheim | 1:13:48 | 1980 W35 | 119 | 1:17:23 | 24:13 * | 23:39 * | 25:55 | 7:23 min/km |
| 742 | 810 | Roos Judith | *Köln | 1:13:49 | 1983 W30 | 132 | 1:18:28 | 25:34 * | 23:56 * | 24:18 | 7:23 min/km |
| 743 | 1385 | Emmerich Ilka | Die Laufmaschen | 1:13:52 | 1969 W45 | 93 | 1:17:53 | 25:35 * | 24:25 * | 23:51 | 7:23 min/km |
| 744 | 1549 | Fittkau Marion | *Pulheim | 1:13:57 | 1969 W45 | 94 | 1:17:32 | 24:13 * | 23:40 * | 26:03 | 7:24 min/km |
| 745 | 1254 | Daufenbach Katrina | *Bonn | 1:13:57 | 1989 W20 | 194 | 1:18:22 | 24:28 * | 24:01 * | 25:27 | 7:24 min/km |
| 746 | 1942 | Iwers Caroline | *Bonn | 1:13:57 | 1992 W20 | 195 | 1:18:22 | 24:28 * | 24:00 * | 25:29 | 7:24 min/km |
| 747 | 927 | Berger Silke | TabuCrew | 1:13:58 | 1979 W35 | 120 | 1:18:21 | 25:03 * | 24:17 * | 24:36 | 7:24 min/km |
| 748 | 1868 | Van de Beeck Laura | *Köln | 1:13:58 | 1997 WU20 | 7 | 1:17:34 | 24:16 * | 24:07 * | 25:35 | 7:24 min/km |
| 749 | 2396 | Deppe Stefanie | RUNNERS POINT RUN | 1:13:59 | 1981 W35 | 121 | 1:16:49 | 23:19 * | 24:18 * | 26:21 | 7:24 min/km |
| 750 | 2935 | Asadi Katayoun | *Hohen Neuendorf | 1:14:11 | 1991 W20 | 196 | 1:14:36 | 23:33 * | 24:26 * | 26:11 | 7:25 min/km |
| 751 | 2695 | Hunke Mirka | *KÖLN | 1:14:12 | 1985 W30 | 133 | 1:18:55 | 25:05 * | 24:24 * | 24:42 | 7:25 min/km |
| 752 | 3185 | Vorderwülbecke Elke | | 1:14:18 | 1971 W45 | 95 | 1:18:28 | 25:54 * | 24:12 * | 24:10 | 7:26 min/km |
| 753 | 2347 | Weyer Heike | Gehzeitenläufer | 1:14:41 | 1972 W40 | 105 | 1:19:32 | 24:13 * | 24:12 * | 26:15 | 7:28 min/km |
| 754 | 2903 | Niehöfer Martina | *Rösrath | 1:14:43 | 1971 W45 | 96 | 1:18:50 | 24:30 * | 24:36 * | 25:37 | 7:28 min/km |
| 755 | 2888 | Breunung Eva | *Köln | 1:14:49 | 2004 WU14 | 5 | 1:19:39 | 24:16 * | 24:41 * | 25:51 | 7:29 min/km |
| 756 | 929 | Penning Vanessa | TabuCrew | 1:14:56 | 1981 W35 | 122 | 1:19:19 | 25:04 * | 24:18 * | 25:33 | 7:30 min/km |
| 757 | 1950 | Braun Elke | Running Sailors | 1:15:06 | 1962 W50 | 51 | 1:17:16 | 23:54 * | 24:54 * | 26:16 | 7:31 min/km |
| 758 | 1949 | Braun Jasmin | Running Sailors | 1:15:06 | 1994 W20 | 197 | 1:17:16 | 23:54 * | 24:54 * | 26:17 | 7:31 min/km |
| 759 | 3213 | Hömann Kirsten | | 1:15:14 | 1967 W45 | 97 | 1:17:48 | 24:23 * | 24:44 * | 26:05 | 7:31 min/km |
| 760 | 1270 | Hoessl Lea | TEAM | 1:15:36 | 1984 W30 | 134 | 1:16:58 | 23:34 * | 24:44 * | 27:17 | 7:34 min/km |
| 761 | 541 | Rüsch Ina | *Köln | 1:15:59 | 1979 W35 | 123 | 1:18:56 | 25:13 * | 24:29 * | 26:16 | 7:36 min/km |
| 762 | 968 | Mueller-Weinitschke | *Köln | 1:16:11 | 1991 W20 | 198 | 1:18:02 | 22:54 * | 26:27 * | 26:49 | 7:37 min/km |
| 763 | 508 | Hesse Rebecca | *Schwalmtal | 1:16:19 | 1987 W20 | 199 | 1:21:03 | 25:31 * | 25:08 * | 25:38 | 7:38 min/km |
| 764 | 507 | Kaumanns Carina | *Köln | 1:16:19 | 1987 W20 | 200 | 1:21:03 | 25:32 * | 25:08 * | 25:38 | 7:38 min/km |
| 765 | 1280 | Nachsel Monika | *Köln | 1:16:24 | 1956 W60 | 8 | 1:18:29 | 24:16 * | 25:03 * | 27:03 | 7:38 min/km |
| 766 | 1209 | Erler Ellen | *Siegen | 1:17:04 | 1992 W20 | 201 | 1:20:13 | 23:48 * | 24:59 * | 28:16 | 7:42 min/km |
| 767 | 1970 | Monfrance Rianne | *koeln | 1:17:24 | 1989 W20 | 202 | 1:19:46 | 20:23 * | 17:51 * | 39:10 | 7:44 min/km |
| 768 | 2848 | Sitzler Margret | Köln läuft! | 1:17:28 | 1960 W55 | 21 | 1:18:48 | 25:39 * | 25:48 * | 26:01 | 7:45 min/km |
| 769 | 675 | Schönmehl Sabine | Köln-Dortmund-Connectio | 1:17:32 | 1976 W40 | 106 | 1:21:14 | 24:58 * | 25:19 * | 27:14 | 7:45 min/km |
| 770 | 1208 | Biehl Sophia | *Siegen | 1:17:42 | 1994 W20 | 203 | 1:20:51 | 23:47 * | 25:00 * | 28:54 | 7:46 min/km |
| 771 | 2125 | Günes Sandra | *Köln | 1:18:35 | 1970 W45 | 98 | 1:21:41 | 25:31 * | 26:02 * | 27:01 | 7:52 min/km |
| 772 | 2222 | Elliott Stephanie | *Köln | 1:18:45 | 1986 W30 | 135 | 1:21:08 | 27:40 * | 26:16 * | 24:48 | 7:53 min/km |
| 773 | 1008 | Fritzenkötter Viola | Viox | 1:18:56 | 1975 W40 | 107 | 1:19:04 | 24:56 * | 26:26 * | 27:33 | 7:54 min/km |
| 774 | 797 | Vauda Jessica | Engelchen und | 1:19:18 | 2001 WU16 | 3 | 1:21:36 | 23:08 * | 30:42 * | 25:26 | 7:56 min/km |
| 775 | 1550 | Ramroth Cordula | *Köln | 1:19:50 | 1966 W50 | 52 | 1:24:24 | 27:43 * | 26:05 * | 26:01 | 7:59 min/km |
| 776 | 840 | Bischopink Anja | *Köln | 1:20:10 | 1987 W20 | 204 | 1:22:10 | 26:52 * | 26:07 * | 27:09 | 8:01 min/km |
| 777 | 841 | Lasch Katrin | *Köln | 1:20:10 | 1987 W20 | 205 | 1:22:10 | 26:53 * | 26:07 * | 27:09 | 8:01 min/km |
| 778 | 2728 | Maye Imke | *Köln | 1:20:48 | 1966 W50 | 53 | 1:22:52 | 25:58 * | 25:40 * | 29:09 | 8:05 min/km |
| 779 | 2554 | Münch Chiara Marianne | *Köln | 1:24:53 | 2001 WU16 | 4 | 1:26:46 | 25:58 * | 30:01 * | 28:53 | 8:29 min/km |
| 780 | 2552 | Kaufmann Janina Astrid | *Köln | 1:24:53 | 1994 W20 | 206 | 1:26:46 | 25:59 * | 27:58 * | 30:55 | 8:29 min/km |
| 781 | 2553 | Schipler Ramona | *Köln | 1:24:53 | 1992 W20 | 207 | 1:26:46 | 25:59 * | 27:58 * | 30:55 | 8:29 min/km |

Kölner Nikolauslauf am 4. Dezember 2016 - 10km Funlauf

Ergebnisliste Frauen

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