

| Startnr | Name | Verein*/Ort | Gesamt | Brutto | Jahr | Runden |
|---------|-----------------------|----------------|---------|---------|------|-------------------|
| 859 | Berndsen Elke | Lev-Aktiv | 0:44:58 | 0:45:26 | 64 | 0:22:12 * 0:22:46 |
| 908 | Blackert Stephan | Lev-Aktiv | 0:45:47 | 0:46:13 | 65 | 0:22:37 * 0:23:10 |
| 1311 | Casals Merce | *Pulheim | 0:51:01 | 0:51:33 | 61 | 0:24:57 * 0:26:04 |
| 903 | Dumbeck Hanna | Inklusion e.V. | 0:48:33 | 0:49:06 | 93 | 0:21:33 * 0:27:00 |
| 1200 | Fischer Sigrid | *Köln | 0:51:00 | 0:51:31 | 49 | 0:24:57 * 0:26:02 |
| 885 | Gitzen Margit | Die Schlatzens | 0:37:28 | 0:37:43 | 54 | 0:18:26 * 0:19:01 |
| 860 | Gutzke Beate | Lev-Aktiv | 0:46:08 | 0:46:36 | 73 | 0:22:38 * 0:23:30 |
| 902 | Hinz Margot | Inklusion e.V. | 0:45:34 | 0:45:34 | 18 | 0:26:12 * 0:19:21 |
| 1635 | Jauk Hermann | | 0:42:29 | 0:42:48 | 38 | 0:20:48 * 0:21:40 |
| 1199 | Jeuck Robert | *PULHEIM | 0:48:44 | 0:49:11 | 45 | 0:23:44 * 0:24:59 |
| 1041 | Jülich DR Markus | *Frechen | 0:36:28 | 0:36:50 | 71 | 0:18:05 * 0:18:23 |
| 858 | Klöver Wilfried | Lev-Aktiv | 0:40:50 | 0:41:21 | 51 | 0:20:16 * 0:20:34 |
| 1210 | Leininger Marlene | GVG Laufteam | 0:41:04 | 0:41:13 | 52 | 0:20:20 * 0:20:44 |
| 862 | Liepertz Maria | Lev-Aktiv | 0:45:26 | 0:45:54 | 58 | 0:22:26 * 0:22:59 |
| 1195 | Lotter Hedwig | *Pulheim | 0:45:35 | 0:45:56 | 43 | 0:22:44 * 0:22:51 |
| 863 | Mayer Helmut | Lev-Aktiv | 0:44:19 | 0:44:51 | 53 | 0:21:52 * 0:22:27 |
| 797 | Özgöz-Hoffmann Gitti | *Gröbenzell | 0:44:54 | 0:45:24 | 71 | 0:22:10 * 0:22:43 |
| 840 | Peters Kathrin | *Köln | 0:45:51 | 0:46:16 | 64 | 0:22:48 * 0:23:03 |
| 1627 | Sanders-Schäfer Sarah | | 0:41:04 | 0:41:32 | 78 | 0:20:02 * 0:21:02 |
| 1212 | Schäfer DR Luisa | GVG Laufteam | 0:44:31 | 0:44:55 | 70 | 0:22:09 * 0:22:21 |
| 904 | Schmidt Thomas | *Bergheim | 0:41:28 | 0:41:49 | 57 | 0:20:41 * 0:20:46 |
| 798 | Schoknecht Yessica | *Gröbenzell | 0:44:54 | 0:45:24 | 76 | 0:22:10 * 0:22:44 |
| 1612 | Sporrer Hubert | TUS Zülpich | 0:37:05 | 0:37:23 | 51 | 0:18:19 * 0:18:45 |
| 841 | Theodorou Stella | *Köln | 0:45:51 | 0:46:15 | 68 | 0:22:47 * 0:23:04 |
| 861 | Tollnick Brigitte | Lev-Aktiv | 0:47:47 | 0:48:16 | 55 | 0:22:51 * 0:24:56 |
| 1209 | Von Döhren Burkhard | GVG Laufteam | 0:40:34 | 0:41:04 | 56 | 0:20:21 * 0:20:12 |