

18. Mondorfer REWE-Weihnachtslauf 2. Dezember 2012

10km Lauf

Männer

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|---------------------|----------------------------|---------|---------|----------|-----|----------|-----------------|
| 1 | 23 | Apfelbaum Frank | SSG Königswinter | 0:35:35 | 0:35:36 | 1963 | M40 | 1 | 3:34 min/km |
| 2 | 317 | Mucha Bastian | LAZ Puma Rhein-Sieg | 0:35:56 | 0:35:56 | 1983 | M20 | 1 | 3:36 min/km |
| 3 | 221 | Klein Julian | SSF Bonn Triathlon | 0:35:58 | 0:35:58 | 1993 | MJA | 1 | 3:36 min/km |
| 4 | 698 | Jankuloski Boris | *Niederkassel | 0:36:24 | 0:36:25 | 1973 | M30 | 1 | 3:38 min/km |
| 5 | 503 | Westerhausen Thomas | LAZ PUMA Rhein Sieg | 0:36:37 | 0:36:38 | 1984 | M20 | 2 | 3:40 min/km |
| 6 | 689 | Göldner René | Run2 by Runners Point | 0:36:43 | 0:36:44 | 1973 | M30 | 2 | 3:40 min/km |
| 7 | 681 | Schröder Frank | Sporterherz | 0:37:04 | 0:37:04 | 1968 | M40 | 2 | 3:42 min/km |
| 8 | 444 | Sommershof Joachim | PSV Bonn Triathlon | 0:37:36 | 0:37:37 | 1963 | M40 | 3 | 3:46 min/km |
| 9 | 368 | Rauch Markus | PSV Bonn Triathlon | 0:37:58 | 0:38:03 | 1980 | M30 | 3 | 3:48 min/km |
| 10 | 487 | Wajda Slawek | Team Sieg-Reha | 0:38:03 | 0:38:04 | 1980 | M30 | 4 | 3:48 min/km |
| 11 | 556 | Lennartz Burkhard | LLG St. Augustin | 0:38:33 | 0:38:35 | 1967 | M40 | 4 | 3:51 min/km |
| 12 | 121 | Fischer Jan | TRI POWER Rhein-Sieg | 0:38:42 | 0:38:42 | 1991 | M20 | 3 | 3:52 min/km |
| 13 | 654 | Körbs Joe | www.laufen-im-rheinland.de | 0:38:53 | 0:38:54 | 1968 | M40 | 5 | 3:53 min/km |
| 14 | 333 | Nolden Marco | JFC 09 Mondorf - Rheidt | 0:38:59 | 0:39:01 | 1994 | MJA | 2 | 3:54 min/km |
| 15 | 299 | Merker Thomas | Tortenküche /Lauftreff | 0:39:01 | 0:39:02 | 1970 | M40 | 6 | 3:54 min/km |
| 16 | 375 | Rendschmidt Kai | WSV BW Rheidt | 0:39:08 | 0:39:08 | 1995 | MJB | 1 | 3:55 min/km |
| 17 | 200 | Juckel Dr. Bernd | SG Neunkirchen-Hülchrath | 0:39:39 | 0:39:41 | 1950 | M60 | 1 | 3:58 min/km |
| 18 | 80 | Czambor Stefan | KKP Bergheim | 0:39:51 | 0:39:54 | 1987 | M20 | 4 | 3:59 min/km |
| 19 | 234 | Köker Ralf | *Bonn | 0:39:52 | 0:39:54 | 1981 | M30 | 5 | 3:59 min/km |
| 20 | 467 | Theißen Michael | Lauftreff Hersel | 0:40:03 | 0:40:04 | 1959 | M50 | 1 | 4:00 min/km |
| 21 | 948 | Schmidt Martin | PSV Bonn Triathlon | 0:40:16 | 0:40:19 | 1983 | M20 | 5 | 4:02 min/km |
| 22 | 148 | Gummersbach Markus | Sportlich Team Bornheim | 0:40:20 | 0:40:25 | 1988 | M20 | 6 | 4:02 min/km |
| 23 | 319 | Müller Daniel | LT. Käseknaller | 0:40:30 | 0:40:37 | 1975 | M30 | 6 | 4:03 min/km |
| 24 | 18 | Alario Flavio | FC Deutsche Post | 0:40:33 | 0:40:38 | 1977 | M30 | 7 | 4:03 min/km |
| 25 | 167 | Hennes Frank | Sportlich Team Bornheim | 0:41:02 | 0:41:07 | 1970 | M40 | 7 | 4:06 min/km |
| 26 | 364 | Putz Harry | TV 08 Neunkirchen | 0:41:08 | 0:41:11 | 1959 | M50 | 2 | 4:07 min/km |
| 27 | 93 | Domgörgen Severin | JLT TuS Mondorf | 0:41:14 | 0:41:17 | 1995 | MJB | 2 | 4:07 min/km |
| 28 | 44 | Berk Torsten | Evonik Industries AG | 0:41:20 | 0:41:21 | 1971 | M40 | 8 | 4:08 min/km |
| 29 | 259 | Kucher Olaf | LLG St. Augustin | 0:41:30 | 0:41:33 | 1963 | M40 | 9 | 4:09 min/km |
| 30 | 150 | Haack Gunnar | LAZ Puma | 0:41:37 | 0:41:42 | 1971 | M40 | 10 | 4:10 min/km |
| 31 | 61 | Bravo Miguel | Team RIFA | 0:41:37 | 0:41:38 | 1980 | M30 | 8 | 4:10 min/km |
| 32 | 690 | Plachta Detlef | *Hennef | 0:41:41 | 0:41:45 | 1968 | M40 | 11 | 4:10 min/km |
| 33 | 161 | Hawlitzy Matthias | *Niederkassel | 0:41:41 | 0:41:44 | 1995 | MJB | 3 | 4:10 min/km |
| 34 | 409 | Schmitz Thomas | Lt-Neunkirchen | 0:41:49 | 0:41:53 | 1960 | M50 | 3 | 4:11 min/km |
| 35 | 945 | Wenzel Arne | PSV Bonn Triathlon | 0:41:53 | 0:41:57 | 1982 | M30 | 9 | 4:11 min/km |
| 36 | 431 | Seeliger Johannes | *Niederkassel | 0:42:02 | 0:42:19 | 1979 | M30 | 10 | 4:12 min/km |
| 37 | 554 | Lennertz Dannie | *Ertstadt | 0:42:12 | 0:42:17 | 1975 | M30 | 11 | 4:13 min/km |
| 38 | 665 | Wichmann Thomas | Lauftreff Köln Süd | 0:42:17 | 0:42:20 | 1967 | M40 | 12 | 4:14 min/km |
| 39 | 463 | Tesch Norbert | LLG St. Augustin | 0:42:23 | 0:42:27 | 1959 | M50 | 4 | 4:14 min/km |
| 40 | 582 | Lanzen Markus | *Lohmar | 0:42:52 | 0:42:55 | 1959 | M50 | 5 | 4:17 min/km |
| 41 | 270 | Langbein Charly | Matz machts möglich | 0:42:54 | 0:43:00 | 1985 | M20 | 7 | 4:17 min/km |
| 42 | 197 | Jener Marius | MJ POWER | 0:42:55 | 0:42:58 | 1974 | M30 | 12 | 4:18 min/km |
| 43 | 5 | Orbach Stefan | Lauftreff Lindlar | 0:42:56 | 0:43:10 | 1972 | M40 | 13 | 4:18 min/km |
| 44 | 126 | Frankenberg Steffen | FC Deutsche Post | 0:43:03 | 0:43:06 | 1972 | M40 | 14 | 4:18 min/km |
| 45 | 11 | Abrecht Oliver | LT Venusberg | 0:43:10 | 0:43:13 | 1965 | M40 | 15 | 4:19 min/km |
| 46 | 668 | Schmitz Walter | SV Mutscheid | 0:43:12 | 0:43:15 | 1964 | M40 | 16 | 4:19 min/km |
| 47 | 671 | Schmitz Horst | SV 47 Mutscheid | 0:43:15 | 0:43:18 | 1962 | M50 | 6 | 4:20 min/km |
| 48 | 58 | Borgolte Stephan | *Niederkassel | 0:43:25 | 0:44:44 | 1965 | M40 | 17 | 4:21 min/km |
| 49 | 597 | Gerhardus Martin | *Niederkassel | 0:43:33 | 0:43:38 | 1994 | MJA | 3 | 4:21 min/km |
| 50 | 673 | Klotz Peter | *Troisdorf | 0:43:33 | 0:43:41 | 1968 | M40 | 18 | 4:21 min/km |
| 51 | 443 | Slotosch Marco | *Neunkirchen-Seelscheid | 0:43:37 | 0:43:45 | 1977 | M30 | 13 | 4:22 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|-----------------------|--------------------------|---------|---------|----------|-----|----------|-----------------|
| 52 | 700 | Rasten Heinz | TV 1908 Neunkirchen | 0:43:41 | 0:43:52 | 1963 | M40 | 19 | 4:22 min/km |
| 53 | 691 | Nitsche Bernd | LLG St. Augustin | 0:43:47 | 0:44:03 | 1958 | M50 | 7 | 4:23 min/km |
| 54 | 192 | Jähmig Marek | BSG Energie Cottbus | 0:43:51 | 0:43:57 | 1980 | M30 | 14 | 4:23 min/km |
| 55 | 390 | Sarcher Herr | TUS 07 OBERLAR | 0:44:04 | 0:44:32 | 1981 | M30 | 15 | 4:24 min/km |
| 56 | 531 | Zorn Alexander | WSV BW Rheidt | 0:44:04 | 0:44:06 | 1996 | MJB | 4 | 4:24 min/km |
| 57 | 65 | Brinkmann Michael | *Bonn | 0:44:07 | 0:44:12 | 1959 | M50 | 8 | 4:25 min/km |
| 58 | 590 | Engels Christian | | 0:44:09 | 0:44:19 | 1989 | M20 | 8 | 4:25 min/km |
| 59 | 923 | Wilsing Rene | Verein vom Rhein | 0:44:12 | 0:44:18 | 1978 | M30 | 16 | 4:25 min/km |
| 60 | 288 | Mann Andreas | PSV Bonn Triathlon | 0:44:19 | 0:44:30 | 1967 | M40 | 20 | 4:26 min/km |
| 61 | 699 | Bartsch Karl-Heinz | Lauftreff Hersel | 0:44:20 | 0:44:47 | 1963 | M40 | 21 | 4:26 min/km |
| 62 | 675 | Geyer Christian | TFG Nippes 1878 | 0:44:21 | 0:44:23 | 2000 | MSB | 1 | 4:26 min/km |
| 63 | 622 | Hellmann Michael | Sportpark Ennert | 0:44:22 | 0:44:41 | 1967 | M40 | 22 | 4:26 min/km |
| 64 | 70 | Brüning Paul | Rheinhöhenlauf | 0:44:28 | 0:45:09 | 1962 | M50 | 9 | 4:27 min/km |
| 65 | 229 | Knipp Manuel | Freunde des Bieres | 0:44:34 | 0:44:57 | 1972 | M40 | 23 | 4:27 min/km |
| 66 | 243 | Kowalski Lucas | WSV BW Rheidt | 0:44:34 | 0:44:35 | 1997 | MSA | 1 | 4:27 min/km |
| 67 | 388 | Rongen Matthias | *Niederkassel | 0:44:40 | 0:44:44 | 1959 | M50 | 10 | 4:28 min/km |
| 68 | 79 | Cremer Jürgen | FC Deutsche Post | 0:44:53 | 0:44:55 | 1962 | M50 | 11 | 4:29 min/km |
| 69 | 151 | Haase Sven | *Troisdorf | 0:44:59 | 0:45:31 | 1971 | M40 | 24 | 4:30 min/km |
| 70 | 447 | Spanier Nils | *Bonn | 0:45:12 | 0:45:39 | 1982 | M30 | 17 | 4:31 min/km |
| 71 | 155 | Hallerbach Maximilian | *Niederkassel | 0:45:17 | 0:45:21 | 1995 | MJB | 5 | 4:32 min/km |
| 72 | 604 | Brors Stefan | Tiebreak Troisdorf | 0:45:18 | 0:45:28 | 1971 | M40 | 25 | 4:32 min/km |
| 73 | 158 | Harnau Volker | Gipfelstürmer Vorgebirge | 0:45:21 | 0:45:24 | 1972 | M40 | 26 | 4:32 min/km |
| 74 | 672 | Glaw Paul | *Burscheid | 0:45:30 | 0:45:32 | 1968 | M40 | 27 | 4:33 min/km |
| 75 | 174 | Hesemann Marc | *Troisdorf | 0:45:32 | 0:46:24 | 1973 | M30 | 18 | 4:33 min/km |
| 76 | 163 | Heil Christian | WSV BW Rheidt | 0:45:47 | 0:45:49 | 1983 | M20 | 9 | 4:35 min/km |
| 77 | 331 | Niefanger Frank | Lauftreff Hersel | 0:45:47 | 0:46:14 | 1959 | M50 | 12 | 4:35 min/km |
| 78 | 128 | Frey Detlev | WSV BW Rheidt | 0:45:48 | 0:45:49 | 1964 | M40 | 28 | 4:35 min/km |
| 79 | 658 | Reitz Friedhelm | FC Keldenich | 0:45:59 | 0:46:04 | 1967 | M40 | 29 | 4:36 min/km |
| 80 | 592 | Fuß Werner | BSG Evonik | 0:46:00 | 0:46:09 | 1959 | M50 | 13 | 4:36 min/km |
| 81 | 680 | Gellweiler Armin | Siegburger Ruderverein | 0:46:01 | 0:46:07 | 1965 | M40 | 30 | 4:36 min/km |
| 82 | 501 | Weschenbach Guido | FC Deutsche Post | 0:46:04 | 0:46:35 | 1967 | M40 | 31 | 4:36 min/km |
| 83 | 517 | Wolf Ralf-Uwe | *Ertstadt | 0:46:09 | 0:46:15 | 1964 | M40 | 32 | 4:37 min/km |
| 84 | 120 | Fischer Dr. Bernd | TRI POWER Rhein-Sieg | 0:46:19 | 0:46:23 | 1958 | M50 | 14 | 4:38 min/km |
| 85 | 657 | Müller Ralf | Team Luftwaffe Köln | 0:46:25 | 0:46:29 | 1965 | M40 | 33 | 4:39 min/km |
| 86 | 75 | Catarino Paulo | TGE Runners Bonn | 0:46:27 | 0:46:32 | 1964 | M40 | 34 | 4:39 min/km |
| 87 | 334 | Odenthal René | Evonik Industries AG | 0:46:29 | 0:47:06 | 1992 | M20 | 10 | 4:39 min/km |
| 88 | 248 | Kremb Georg | 1. FC Spich | 0:46:31 | 0:46:49 | 1943 | M60 | 2 | 4:39 min/km |
| 89 | 337 | Offerzier Paul | FC Keldenich | 0:46:45 | 0:47:06 | 1959 | M50 | 15 | 4:41 min/km |
| 90 | 262 | Kuhn Paul | *Niederkassel | 0:46:52 | 0:46:59 | 1994 | MJA | 4 | 4:41 min/km |
| 91 | 4 | Kletschke Lucas | KKB | 0:47:01 | 0:47:23 | 1965 | M40 | 35 | 4:42 min/km |
| 92 | 583 | Baginski Tobias | *Köln | 0:47:05 | 0:47:27 | 1991 | M20 | 11 | 4:43 min/km |
| 93 | 247 | Krawczyk Sascha | Lauf(b)engel | 0:47:06 | 0:47:24 | 1974 | M30 | 19 | 4:43 min/km |
| 94 | 242 | Kowal Andreas | KSK Köln | 0:47:07 | 0:47:11 | 1971 | M40 | 36 | 4:43 min/km |
| 95 | 605 | Macdonell Kieran | | 0:47:08 | 0:47:28 | 1976 | M30 | 20 | 4:43 min/km |
| 96 | 147 | Günauer Frank | *Niederkassel | 0:47:11 | 0:47:24 | 1967 | M40 | 37 | 4:43 min/km |
| 97 | 376 | Reuter Thomas | Tus 07 Oberlar | 0:47:17 | 0:47:38 | 1962 | M50 | 16 | 4:44 min/km |
| 98 | 548 | Trost Detlef | *Paris | 0:47:18 | 0:47:52 | 1969 | M40 | 38 | 4:44 min/km |
| 99 | 291 | Matschull Frank | fuer meine Jungs | 0:47:21 | 0:47:27 | 1967 | M40 | 39 | 4:44 min/km |
| 100 | 547 | Spitz Rüdiger | *Köln | 0:47:24 | 0:47:58 | 1970 | M40 | 40 | 4:44 min/km |
| 101 | 456 | Straub Peter | *Wachtberg | 0:47:24 | 0:47:39 | 1975 | M30 | 21 | 4:44 min/km |
| 102 | 34 | Barion Dr. Ralf | *Bonn | 0:47:25 | 0:47:29 | 1959 | M50 | 17 | 4:45 min/km |

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| Total. | Nr. | Name Vorname | Verein**Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|-----------------------|----------------------------|---------|---------|----------|-----|----------|-----------------|
| 103 | 16 | Ahrens Christian | PSV Bonn Triathlon | 0:47:25 | 0:47:36 | 1976 | M30 | 22 | 4:45 min/km |
| 104 | 267 | Kurtenbach Frank | FC Hertha Rheidt | 0:47:29 | 0:47:45 | 1973 | M30 | 23 | 4:45 min/km |
| 105 | 427 | Schulz Reiner | *Kürten | 0:47:37 | 0:48:42 | 1967 | M40 | 41 | 4:46 min/km |
| 106 | 356 | Pohl Andreas | Pi-Lauf-Freunde | 0:47:41 | 0:47:56 | 1965 | M40 | 42 | 4:46 min/km |
| 107 | 412 | Schneider Reiner | Lauflöwe 65 | 0:47:42 | 0:47:45 | 1965 | M40 | 43 | 4:46 min/km |
| 108 | 172 | Herzig Wolfgang | Gipfelstürmer Vorgebirge | 0:47:45 | 0:47:47 | 1964 | M40 | 44 | 4:47 min/km |
| 109 | 137 | Gonzales Carlos | VR-Bank Rhein-Sieg eG | 0:47:50 | 0:47:57 | 1972 | M40 | 45 | 4:47 min/km |
| 110 | 89 | Dingil Ahmet | *Bornheim | 0:47:50 | 0:48:06 | 1967 | M40 | 46 | 4:47 min/km |
| 111 | 0 | unbekannt DT2RHPPF | | 0:47:50 | 0:48:28 | | M20 | 12 | 4:47 min/km |
| 112 | 0 | Corrado Marco | opferbuexxe | 0:47:56 | 0:48:27 | 1975 | M30 | 24 | 4:48 min/km |
| 113 | 585 | Konsdorf Pascal | *Köln | 0:47:56 | 0:48:19 | 1991 | M20 | 13 | 4:48 min/km |
| 114 | 617 | Reglin Alexander | LLG St. Augustin | 0:47:56 | 0:48:34 | 1976 | M30 | 25 | 4:48 min/km |
| 115 | 278 | Lipka Robert | Team Sieg-Reha | 0:47:57 | 0:48:20 | 1986 | M20 | 14 | 4:48 min/km |
| 116 | 561 | Schütz Alexander | | 0:48:02 | 0:48:14 | 1965 | M40 | 47 | 4:48 min/km |
| 117 | 411 | Schneider Jürgen | TuS 07 Oberlar | 0:48:03 | 0:48:22 | 1961 | M50 | 18 | 4:48 min/km |
| 118 | 722 | Schäfer Michael | Berufsfeuerwehr Bonn | 0:48:07 | 0:48:33 | 1968 | M40 | 48 | 4:49 min/km |
| 119 | 177 | Hildebrand Lukas | Radtreff Campus Bonn | 0:48:10 | 0:48:36 | 1995 | MJB | 6 | 4:49 min/km |
| 120 | 84 | Dankers Michael | *Bonn | 0:48:11 | 0:48:46 | 1967 | M40 | 49 | 4:49 min/km |
| 121 | 198 | Johanshon Hans-Dieter | HSV Troisdorf | 0:48:13 | 0:48:17 | 1955 | M50 | 19 | 4:49 min/km |
| 122 | 394 | Schäfer Peter | *Asbach | 0:48:14 | 0:48:20 | 1971 | M40 | 50 | 4:49 min/km |
| 123 | 488 | Walenzky Alfons | Evonik Industries AG | 0:48:14 | 0:48:46 | 1946 | M60 | 3 | 4:49 min/km |
| 124 | 457 | Strothmann Ulrich | Radtreff Campus Bonn | 0:48:16 | 0:48:40 | 1970 | M40 | 51 | 4:50 min/km |
| 125 | 432 | Seickfried Gerhard | Stadtwerke Niederkassel | 0:48:28 | 0:48:47 | 1954 | M50 | 20 | 4:51 min/km |
| 126 | 265 | Kunert Stephan | *Niederkassel | 0:48:29 | 0:48:31 | 1960 | M50 | 21 | 4:51 min/km |
| 127 | 620 | Meyer Matthias | FSB Bonn | 0:48:35 | 0:49:27 | 1973 | M30 | 26 | 4:52 min/km |
| 128 | 286 | Mahmod Miran | LT Ennert | 0:48:37 | 0:48:44 | 1996 | MJB | 7 | 4:52 min/km |
| 129 | 280 | Lorry Sven | *Troisdorf | 0:48:37 | 0:48:55 | 1980 | M30 | 27 | 4:52 min/km |
| 130 | 659 | Beßlich Axel | *Bonn | 0:48:39 | 0:48:46 | 1963 | M40 | 52 | 4:52 min/km |
| 131 | 107 | Eicke Holger | TuS Mondorf AH | 0:48:47 | 0:48:49 | 1972 | M40 | 53 | 4:53 min/km |
| 132 | 14 | Ahlborn Klaus | PSV Bonn Triathlon | 0:48:47 | 0:48:53 | 1959 | M50 | 22 | 4:53 min/km |
| 133 | 696 | Tölkes Rudolf | LT Ennert Bonn e.V. | 0:48:50 | 0:49:00 | 1958 | M50 | 23 | 4:53 min/km |
| 134 | 514 | Winkler Maximilian | Deutsche Telekom AG | 0:49:01 | 0:49:18 | 1991 | M20 | 15 | 4:54 min/km |
| 135 | 188 | Hürten Holger | LT 1.FC Spich | 0:49:02 | 0:49:09 | 1970 | M40 | 54 | 4:54 min/km |
| 136 | 281 | Ludwig Frank | *Niederkassel | 0:49:05 | 0:49:21 | 1959 | M50 | 24 | 4:55 min/km |
| 137 | 470 | Thierbach Kai | SSF-Bonn | 0:49:06 | 0:49:15 | 1979 | M30 | 28 | 4:55 min/km |
| 138 | 519 | Woll Klaus | Lt TuS mondorf | 0:49:10 | 0:49:36 | 1961 | M50 | 25 | 4:55 min/km |
| 139 | 491 | Walterschen Kai | *Bonn | 0:49:11 | 0:49:29 | 1978 | M30 | 29 | 4:55 min/km |
| 140 | 927 | Podzus Horst | *Bergisch Gladbach | 0:49:16 | 0:49:31 | 1961 | M50 | 26 | 4:56 min/km |
| 141 | 49 | Boelen-Theile Claus | *Rösrath | 0:49:19 | 0:50:11 | 1966 | M40 | 55 | 4:56 min/km |
| 142 | 212 | Kartheuser Philip | Evonik Industries AG | 0:49:21 | 0:50:02 | 1988 | M20 | 16 | 4:56 min/km |
| 143 | 438 | Siebert Michael | *Bonn-Beuel | 0:49:33 | 0:50:24 | 1976 | M30 | 30 | 4:57 min/km |
| 144 | 999 | Krause Jürgen | Team Dolorgiet | 0:49:35 | 0:49:58 | 1957 | M50 | 27 | 4:58 min/km |
| 145 | 430 | Schwister Hans | Kanu-Klub-Pirat | 0:49:45 | 0:49:58 | 1953 | M50 | 28 | 4:59 min/km |
| 146 | 100 | Driesch Markus | Widmaier-web-design | 0:49:46 | 0:49:55 | 1963 | M40 | 56 | 4:59 min/km |
| 147 | 252 | Kreuzer Andre | LT 1.FC Spich | 0:49:53 | 0:50:04 | 1970 | M40 | 57 | 4:59 min/km |
| 148 | 502 | Wessel Sebastian | Evonik Industries AG | 0:49:55 | 0:50:30 | 1973 | M30 | 31 | 4:60 min/km |
| 149 | 922 | Wilsing Sascha | Verein vom Rhein | 0:49:59 | 0:50:04 | 1976 | M30 | 32 | 4:60 min/km |
| 150 | 448 | Spill Manfred | TTG Niederkassel 1958 e.V. | 0:50:03 | 0:50:11 | 1961 | M50 | 29 | 5:00 min/km |
| 151 | 322 | Müller Dr. Ralph | Gerl Laufsportgruppe | 0:50:07 | 0:50:20 | 1968 | M40 | 58 | 5:01 min/km |
| 152 | 196 | Jeitner Thomas | KSK Köln | 0:50:15 | 0:50:40 | 1976 | M30 | 33 | 5:02 min/km |
| 153 | 558 | Schwarz Jürgen | SSF Bonn | 0:50:16 | 0:50:35 | 1976 | M30 | 34 | 5:02 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|--------------------------|------------------------|---------|---------|----------|-----|----------|-----------------|
| 154 | 540 | Oninh Nick | Kilometerfresser | 0:50:16 | 0:50:24 | 1980 | M30 | 35 | 5:02 min/km |
| 155 | 595 | Hohmann Christian | | 0:50:20 | 0:50:28 | 1990 | M20 | 17 | 5:02 min/km |
| 156 | 466 | Theis Stephan | *Niederkassel | 0:50:20 | 0:50:29 | 1986 | M20 | 18 | 5:02 min/km |
| 157 | 37 | Bauer Wolf-Dieter | WSV BW Rheidt | 0:50:21 | 0:51:17 | 1958 | M50 | 30 | 5:02 min/km |
| 158 | 19 | Albert Florian | *St. Augustin | 0:50:23 | 0:50:34 | 1991 | M20 | 19 | 5:02 min/km |
| 159 | 20 | Albert Matthias | LT TUS Meindorf | 0:50:23 | 0:50:34 | 1962 | M50 | 31 | 5:02 min/km |
| 160 | 694 | Abel Klaus | LC Duisburg | 0:50:24 | 0:50:57 | 1950 | M60 | 4 | 5:02 min/km |
| 161 | 129 | Friederiszick Frank | *Niederkassel | 0:50:24 | 0:51:08 | 1970 | M40 | 59 | 5:02 min/km |
| 162 | 535 | Salcedas Tomas | Elternin. krebskranker | 0:50:34 | 0:51:27 | 1967 | M40 | 60 | 5:03 min/km |
| 163 | 484 | Vogg Michael | SSF Bonn | 0:50:36 | 0:51:06 | 1962 | M50 | 32 | 5:04 min/km |
| 164 | 650 | Schumacher Claus | LüRa | 0:50:36 | 0:50:49 | 1965 | M40 | 61 | 5:04 min/km |
| 165 | 513 | Winandy Winfried | FC Deutsche Post | 0:50:40 | 0:51:11 | 1964 | M40 | 62 | 5:04 min/km |
| 166 | 616 | Brüssel Frank Maximilian | Yeti-Jünger | 0:50:43 | 0:50:53 | 1963 | M40 | 63 | 5:04 min/km |
| 167 | 320 | Müller Mathias | *Niederkassel | 0:50:46 | 0:51:15 | 1978 | M30 | 36 | 5:05 min/km |
| 168 | 599 | Wolff Hans | Lauftreff Hersel | 0:50:48 | 0:51:36 | 1948 | M60 | 5 | 5:05 min/km |
| 169 | 152 | Habel Dirk | Team Sieg-Reha | 0:50:56 | 0:51:20 | 1971 | M40 | 64 | 5:06 min/km |
| 170 | 693 | Ackermann Detlev | *Köln | 0:50:57 | 0:51:00 | 1970 | M40 | 65 | 5:06 min/km |
| 171 | 227 | Knie Bernd | FC Keldenich | 0:50:59 | 0:51:24 | 1961 | M50 | 33 | 5:06 min/km |
| 172 | 559 | Nisch Christian | | 0:51:00 | 0:51:09 | 1988 | M20 | 20 | 5:06 min/km |
| 173 | 485 | Vogt Hartwig | TuS 07 Oberlar | 0:51:04 | 0:51:26 | 1959 | M50 | 34 | 5:06 min/km |
| 174 | 539 | Habets Luke | Kilometerfresser | 0:51:06 | 0:51:13 | 1986 | M20 | 21 | 5:07 min/km |
| 175 | 87 | Dietzler Elmar | 1.FC Spich Lauftreff | 0:51:06 | 0:51:26 | 1965 | M40 | 66 | 5:07 min/km |
| 176 | 48 | Bode Dr. Markus | FC Deutsche Post | 0:51:07 | 0:51:38 | 1966 | M40 | 67 | 5:07 min/km |
| 177 | 173 | Herzog Rolf | PSV Bonn Triathlon | 0:51:10 | 0:51:40 | 1965 | M40 | 68 | 5:07 min/km |
| 178 | 202 | Junkersdorf Andreas | *Niederkassel | 0:51:13 | 0:51:17 | 1977 | M30 | 37 | 5:07 min/km |
| 179 | 395 | Schallenberg Frank | FC Hertha Rheidt | 0:51:13 | 0:51:30 | 1971 | M40 | 69 | 5:07 min/km |
| 180 | 40 | Bell Georg | just the 2 of us | 0:51:14 | 0:52:08 | 1967 | M40 | 70 | 5:07 min/km |
| 181 | 686 | Reinartz Jörg | | 0:51:17 | 0:51:48 | 1966 | M40 | 71 | 5:08 min/km |
| 182 | 38 | Baum Detlef | Team Laufcampus | 0:51:17 | 0:51:34 | 1962 | M50 | 35 | 5:08 min/km |
| 183 | 664 | Lorkowski Frank | | 0:51:22 | 0:51:37 | 1966 | M40 | 72 | 5:08 min/km |
| 184 | 182 | Hirnstajn Ivica | *Niederkassel | 0:51:24 | 0:51:29 | 1984 | M20 | 22 | 5:08 min/km |
| 185 | 391 | Sausen Jürgen | *Niederkassel | 0:51:36 | 0:51:53 | 1963 | M40 | 73 | 5:10 min/km |
| 186 | 220 | Klaucke Ingo | Schöne Fiffis | 0:51:37 | 0:51:42 | 1969 | M40 | 74 | 5:10 min/km |
| 187 | 508 | Wiesen Thomas | ssf Bonn | 0:51:39 | 0:52:09 | 1977 | M30 | 38 | 5:10 min/km |
| 188 | 303 | Meyer Friedrich | *St. Augustin | 0:51:41 | 0:52:28 | 1977 | M30 | 39 | 5:10 min/km |
| 189 | 621 | Karbach Werner | *Bonn | 0:51:44 | 0:52:10 | 1960 | M50 | 36 | 5:10 min/km |
| 190 | 677 | Rabe Peter | 1.FC Spich Lauftreff | 0:51:46 | 0:52:30 | 1948 | M60 | 6 | 5:11 min/km |
| 191 | 164 | Heitkamp Heiner | *Wesseling | 0:51:53 | 0:52:03 | 1948 | M60 | 7 | 5:11 min/km |
| 192 | 674 | Richter Stefan | | 0:51:55 | 0:52:14 | 1969 | M40 | 75 | 5:12 min/km |
| 193 | 593 | Engelskirchen Ulrich | | 0:52:05 | 0:52:13 | 1957 | M50 | 37 | 5:13 min/km |
| 194 | 290 | Matas Nobis José | *Bonn | 0:52:08 | 0:52:31 | 1967 | M40 | 76 | 5:13 min/km |
| 195 | 480 | Verbeek Joachim | *niederkassel | 0:52:12 | 0:52:28 | 1963 | M40 | 77 | 5:13 min/km |
| 196 | 55 | Bonikowski Matthias | *Ertstadt | 0:52:19 | 0:52:53 | 1963 | M40 | 78 | 5:14 min/km |
| 197 | 31 | Baeyens Oliver | *Hennef | 0:52:20 | 0:53:06 | 1996 | MJB | 8 | 5:14 min/km |
| 198 | 537 | Busse Jan | Elternin. krebskranker | 0:52:22 | 0:53:15 | 1973 | M30 | 40 | 5:14 min/km |
| 199 | 30 | Baeyens Norbert | *Hennef | 0:52:32 | 0:53:18 | 1958 | M50 | 38 | 5:15 min/km |
| 200 | 7 | Danjörgen Karl | | 0:52:33 | 0:52:55 | 1958 | M50 | 39 | 5:15 min/km |
| 201 | 345 | Peisker Michael | 1. FC Spich | 0:52:36 | 0:52:58 | 1958 | M50 | 40 | 5:16 min/km |
| 202 | 146 | Grünberg Christian | *Asbach | 0:52:38 | 0:52:44 | 1968 | M40 | 79 | 5:16 min/km |
| 203 | 586 | Rohr Thomas | VR Bank Rhein Sieg | 0:52:39 | 0:52:50 | 1969 | M40 | 80 | 5:16 min/km |
| 204 | 389 | Rosendahl Markus | LT Ennert Bonn | 0:52:40 | 0:52:48 | 1980 | M30 | 41 | 5:16 min/km |

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| Total. | Nr. | Name Vorname | Verein**Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|----------------------|---------------------------|---------|---------|----------|-----|----------|-----------------|
| 205 | 669 | Weller Uli | Team Magellan | 0:52:41 | 0:53:39 | 1964 | M40 | 81 | 5:16 min/km |
| 206 | 140 | Gottwald Bernd | *Troisdorf | 0:52:42 | 0:53:24 | 1971 | M40 | 82 | 5:16 min/km |
| 207 | 83 | Dahm Herbert | Tus 07 Oberlar | 0:52:44 | 0:53:07 | 1959 | M50 | 41 | 5:16 min/km |
| 208 | 313 | Morgenstern Lutz | TuS 07 Oberlar | 0:52:45 | 0:53:08 | 1962 | M50 | 42 | 5:17 min/km |
| 209 | 541 | Kleban Martin | Kilometerfresser | 0:52:46 | 0:53:37 | 1968 | M40 | 83 | 5:17 min/km |
| 210 | 542 | Kleinfeld Bernd | *Dresden | 0:52:51 | 0:53:30 | 1960 | M50 | 43 | 5:17 min/km |
| 211 | 341 | Pankratz Jörg | *Niederkassel | 0:52:51 | 0:53:22 | 1970 | M40 | 84 | 5:17 min/km |
| 212 | 416 | Schoss Manfred | LLG80 Nordpark Köln | 0:52:53 | 0:53:06 | 1938 | M70 | 1 | 5:17 min/km |
| 213 | 420 | Schröder Christian | FC Deutsche Post | 0:52:56 | 0:53:43 | 1984 | M20 | 23 | 5:18 min/km |
| 214 | 579 | Jansen Ludger | FC Keldenich | 0:52:57 | 0:53:18 | 1968 | M40 | 85 | 5:18 min/km |
| 215 | 321 | Müller Michael | *Troisdorf | 0:53:10 | 0:53:41 | 1971 | M40 | 86 | 5:19 min/km |
| 216 | 371 | Rauter Andreas | WSV BW Rheidt | 0:53:10 | 0:53:23 | 1971 | M40 | 87 | 5:19 min/km |
| 217 | 521 | Wurda Werner | SC Fortuna Köln | 0:53:17 | 0:54:19 | 1960 | M50 | 44 | 5:20 min/km |
| 218 | 377 | Rhein Norbert | *Troisdorf | 0:53:22 | 0:53:54 | 1951 | M60 | 8 | 5:20 min/km |
| 219 | 0 | Heidl Klaus | Blau-Weiß Remscheid | 0:53:23 | 0:54:09 | 1954 | M50 | 45 | 5:20 min/km |
| 220 | 661 | Laugendörfer Daniel | *Niederkassel | 0:53:25 | 0:53:48 | 1975 | M30 | 42 | 5:21 min/km |
| 221 | 170 | Hering Mario | REWE Mondorf | 0:53:28 | 0:53:40 | 1968 | M40 | 88 | 5:21 min/km |
| 222 | 266 | Kurczyk Holger | Okinawa Running Fighters | 0:53:29 | 0:53:57 | 1978 | M30 | 43 | 5:21 min/km |
| 223 | 60 | Brand Björn | *Bonn | 0:53:30 | 0:54:03 | 1997 | MSA | 2 | 5:21 min/km |
| 224 | 670 | Eis Clemens | Hobbyläufer Team | 0:53:31 | 0:53:46 | 1960 | M50 | 46 | 5:21 min/km |
| 225 | 39 | Baum Heinz | Skiclub Troisdorf-Sieglar | 0:53:42 | 0:54:13 | 1954 | M50 | 47 | 5:22 min/km |
| 226 | 226 | Klug Berthold | FC Deutsche Post | 0:53:42 | 0:53:52 | 1969 | M40 | 89 | 5:22 min/km |
| 227 | 255 | Krückeberg Andreas | Tandempower | 0:53:46 | 0:54:00 | 1964 | M40 | 90 | 5:23 min/km |
| 228 | 421 | Schröder Marc | *Niederkassel-Lülsdorf | 0:53:50 | 0:54:32 | 1978 | M30 | 44 | 5:23 min/km |
| 229 | 366 | Raak Hans-Georg | *Köln | 0:53:55 | 0:54:31 | 1965 | M40 | 91 | 5:24 min/km |
| 230 | 218 | Kirsch Manfred | Evonik Industries AG | 0:53:59 | 0:54:41 | 1957 | M50 | 48 | 5:24 min/km |
| 231 | 91 | Döring Bastian | Achims LT eingetragen | 0:54:02 | 0:54:39 | 1985 | M20 | 24 | 5:24 min/km |
| 232 | 264 | Kullmann Thomas | Evonik Industries AG | 0:54:02 | 0:54:41 | 1967 | M40 | 92 | 5:24 min/km |
| 233 | 567 | Schaller Dieter | | 0:54:02 | 0:55:00 | 1964 | M40 | 93 | 5:24 min/km |
| 234 | 1305 | Bär Ralf | Civitec | 0:54:03 | 0:54:47 | 1967 | M40 | 94 | 5:24 min/km |
| 235 | 574 | Hemkes Andreas | Siegburger Ruderverein | 0:54:11 | 0:54:50 | 1957 | M50 | 49 | 5:25 min/km |
| 236 | 244 | Kozyra Jörg | Mondorf United | 0:54:11 | 0:54:23 | 1971 | M40 | 95 | 5:25 min/km |
| 237 | 509 | Wilbert Harald | Evonik Industries AG | 0:54:11 | 0:54:50 | 1960 | M50 | 50 | 5:25 min/km |
| 238 | 74 | Carbonaro Sergio | FC Hertha Rheidt | 0:54:14 | 0:54:32 | 1966 | M40 | 96 | 5:25 min/km |
| 239 | 21 | Andreas Mischker | FC Hertha Rheidt | 0:54:15 | 0:54:32 | 1970 | M40 | 97 | 5:26 min/km |
| 240 | 1407 | Schreiner Ralf | Civitec | 0:54:16 | 0:54:58 | 1958 | M50 | 51 | 5:26 min/km |
| 241 | 253 | Krill Michael | Steuerberater | 0:54:23 | 0:54:30 | 1966 | M40 | 98 | 5:26 min/km |
| 242 | 240 | Konopka Karl-Josef | *Niederkassel | 0:54:32 | 0:54:46 | 1962 | M50 | 52 | 5:27 min/km |
| 243 | 63 | Breuch Karl-Heinz | *Niederkassel | 0:54:33 | 0:55:12 | 1962 | M50 | 53 | 5:27 min/km |
| 244 | 545 | Gupta Mike | *Bonn | 0:54:33 | 0:55:07 | 1969 | M40 | 99 | 5:27 min/km |
| 245 | 189 | Huhn Dr. Christoph | *Troisdorf | 0:54:37 | 0:54:44 | 1973 | M30 | 45 | 5:28 min/km |
| 246 | 405 | Schmidt Ralf | Okinawa Running Fighters | 0:54:37 | 0:55:06 | 1967 | M40 | 100 | 5:28 min/km |
| 247 | 324 | Müller Stefan | *Troisdorf | 0:54:43 | 0:55:28 | 1965 | M40 | 101 | 5:28 min/km |
| 248 | 544 | Dreßler Axel | *Alfter | 0:54:44 | 0:55:16 | 1974 | M30 | 46 | 5:28 min/km |
| 249 | 346 | Peters Jens | *Bonn | 0:54:53 | 0:56:04 | 1952 | M60 | 9 | 5:29 min/km |
| 250 | 589 | Vorreger Martin | | 0:55:03 | 0:55:40 | 1977 | M30 | 47 | 5:30 min/km |
| 251 | 53 | Bollmann Matthias | FC Deutsche Post | 0:55:12 | 0:55:43 | 1971 | M40 | 102 | 5:31 min/km |
| 252 | 382 | Rittersberger Jürgen | Gerl Laufsportgruppe | 0:55:17 | 0:55:30 | 1960 | M50 | 54 | 5:32 min/km |
| 253 | 203 | Jurkschat Karl-Heinz | privat | 0:55:18 | 0:55:27 | 1956 | M50 | 55 | 5:32 min/km |
| 254 | 256 | Krupp Ralf | KSK Köln | 0:55:28 | 0:55:55 | 1971 | M40 | 103 | 5:33 min/km |
| 255 | 486 | Von Hänisch Moritz | OGS Mondorf | 0:55:29 | 0:55:55 | 2002 | MSC | 1 | 5:33 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|------------------------|-------------------------|---------|---------|----------|-----|----------|-----------------|
| 256 | 381 | Risto Andreas | TUS 07 OBERLAR | 0:55:35 | 0:56:02 | 1976 | M30 | 48 | 5:34 min/km |
| 257 | 311 | Montenarh Wilfried | Sportlich-Team Bornheim | 0:55:36 | 0:56:10 | 1964 | M40 | 104 | 5:34 min/km |
| 258 | 207 | Kamin Andy | Lt Käseknaller | 0:55:37 | 0:55:46 | 1969 | M40 | 105 | 5:34 min/km |
| 259 | 97 | Dresen Heiner | *Bonn | 0:55:37 | 0:56:18 | 1956 | M50 | 56 | 5:34 min/km |
| 260 | 439 | Sieburg Mike | Evonik Industries AG | 0:55:42 | 0:56:21 | 1957 | M50 | 57 | 5:34 min/km |
| 261 | 563 | Rost Timo | SG Kaarst | 0:55:42 | 0:56:15 | 1991 | M20 | 25 | 5:34 min/km |
| 262 | 998 | Derigs Dieter | BSG Postbank Köln | 0:55:42 | 0:56:23 | 1972 | M40 | 106 | 5:34 min/km |
| 263 | 254 | Kruck-Paulussen Thomas | FC Deutsche Post | 0:55:51 | 0:56:06 | 1966 | M40 | 107 | 5:35 min/km |
| 264 | 208 | Kamps Stefan | TuS 07 Oberlar | 0:55:52 | 0:56:13 | 1965 | M40 | 108 | 5:35 min/km |
| 265 | 374 | Reinhard Harald | *Bonn | 0:55:52 | 0:56:46 | 1961 | M50 | 58 | 5:35 min/km |
| 266 | 534 | Kronefeld Thomas | Elternin. krebskranker | 0:55:53 | 0:56:46 | 1967 | M40 | 109 | 5:35 min/km |
| 267 | 298 | Menzel Eberhard | *Niederkassel | 0:55:54 | 0:56:14 | 1949 | M60 | 10 | 5:35 min/km |
| 268 | 543 | Förster Johannes | *Niederkassel | 0:55:54 | 0:56:04 | 1982 | M30 | 49 | 5:35 min/km |
| 269 | 520 | Wortmann Peter | FC Deutsche Post | 0:55:55 | 0:56:09 | 1962 | M50 | 59 | 5:36 min/km |
| 270 | 194 | Jansen Mike | *Niederkassel | 0:55:55 | 0:56:42 | 1983 | M20 | 26 | 5:36 min/km |
| 271 | 216 | Kesting Jörg | *Bonn | 0:56:02 | 0:56:08 | 1964 | M40 | 110 | 5:36 min/km |
| 272 | 22 | Angerer Dr. Jörg | *Troisdorf | 0:56:07 | 0:56:39 | 1966 | M40 | 111 | 5:37 min/km |
| 273 | 695 | Kentenich Willi | Sportlich-Team-Bornheim | 0:56:12 | 0:56:46 | 1960 | M50 | 60 | 5:37 min/km |
| 274 | 287 | Malberg Adam | *Troisdorf | 0:56:20 | 0:57:10 | 1973 | M30 | 50 | 5:38 min/km |
| 275 | 600 | Gotsch Marko | *Niederkassel | 0:56:20 | 0:56:46 | 1977 | M30 | 51 | 5:38 min/km |
| 276 | 222 | Klein Rene | FC Hertha Rheidt | 0:56:23 | 0:56:40 | 1978 | M30 | 52 | 5:38 min/km |
| 277 | 211 | Karsten Oehme | FC Hertha Rheidt | 0:56:29 | 0:56:48 | 1967 | M40 | 112 | 5:39 min/km |
| 278 | 468 | Thiebes Michael | FC Hertha Rheidt | 0:56:30 | 0:56:48 | 1967 | M40 | 113 | 5:39 min/km |
| 279 | 276 | Lehnert Rolf | Rheinhöhenlauf | 0:56:32 | 0:57:15 | 1953 | M50 | 61 | 5:39 min/km |
| 280 | 76 | Cella Franz | Evonik Industries AG | 0:56:33 | 0:57:14 | 1952 | M60 | 11 | 5:39 min/km |
| 281 | 257 | Kruse Sebastian | Evonik Industries AG | 0:56:34 | 0:57:14 | 1983 | M20 | 27 | 5:39 min/km |
| 282 | 68 | Brombach Günter | LT Ennert | 0:56:43 | 0:57:10 | 1952 | M60 | 12 | 5:40 min/km |
| 283 | 475 | Torun Önder | vereinslos | 0:56:43 | 0:57:41 | 1974 | M30 | 53 | 5:40 min/km |
| 284 | 996 | Schloesser Karl | | 0:56:47 | 0:57:07 | 1953 | M50 | 62 | 5:41 min/km |
| 285 | 130 | Frisicaro Giuseppe | VerkehrsUni Ranzel | 0:56:52 | 0:57:39 | 1973 | M30 | 54 | 5:41 min/km |
| 286 | 504 | Wevelsiep Dirk | Tri Power Rhein-Sieg | 0:56:53 | 0:57:48 | 1965 | M40 | 114 | 5:41 min/km |
| 287 | 162 | Heftrich Sebastian | Matz machts möglich | 0:56:54 | 0:57:03 | 1979 | M30 | 55 | 5:41 min/km |
| 288 | 358 | Pohl Wolfgang | *Niederkassel | 0:56:58 | 0:57:34 | 1967 | M40 | 115 | 5:42 min/km |
| 289 | 347 | Petersen Dirk | *Neunkirchen-Seelscheid | 0:57:00 | 0:57:29 | 1965 | M40 | 116 | 5:42 min/km |
| 290 | 348 | Petersen Leon | *Neunkirchen-Seelscheid | 0:57:01 | 0:57:29 | 1998 | MSA | 3 | 5:42 min/km |
| 291 | 338 | Ott Claus | FC Deutsche Post | 0:57:01 | 0:57:45 | 1967 | M40 | 117 | 5:42 min/km |
| 292 | 88 | Dietzler Willy | WSV BW Rheidt | 0:57:04 | 0:57:06 | 1963 | M40 | 118 | 5:42 min/km |
| 293 | 618 | Gorissen Wolfram | *Siegburg | 0:57:04 | 0:57:49 | 1938 | M70 | 2 | 5:42 min/km |
| 294 | 99 | Dreyer Hinnerk | *Troisdorf | 0:57:05 | 0:57:34 | 1952 | M60 | 13 | 5:43 min/km |
| 295 | 336 | Oelsner Sascha | Evonik Industries AG | 0:57:10 | 0:57:17 | 1977 | M30 | 56 | 5:43 min/km |
| 296 | 179 | Hildebrandt Oliver | LT Leidenhausen-Porz | 0:57:14 | 0:57:33 | 1961 | M50 | 63 | 5:43 min/km |
| 297 | 181 | Hinz Malte | Lemlinge | 0:57:17 | 0:57:47 | 1974 | M30 | 57 | 5:44 min/km |
| 298 | 565 | Brehm Rolf | 6 von der Sieg | 0:57:22 | 0:57:48 | 1940 | M70 | 3 | 5:44 min/km |
| 299 | 997 | Kimpel Wolfgang | *Niederkassel | 0:57:25 | 0:57:44 | 1951 | M60 | 14 | 5:45 min/km |
| 300 | 679 | Zerwas Gerd | Rheinhöhenlauf | 0:57:25 | 0:58:10 | 1962 | M50 | 64 | 5:45 min/km |
| 301 | 656 | Schopf Hans | LT TUS Mondorf | 0:57:27 | 0:58:21 | 1964 | M40 | 119 | 5:45 min/km |
| 302 | 941 | Weber Harald | | 0:57:30 | 0:57:55 | 1968 | M40 | 120 | 5:45 min/km |
| 303 | 940 | Emmerich Dirk | FC Schalke 04 | 0:57:30 | 0:57:55 | 1968 | M40 | 121 | 5:45 min/km |
| 304 | 474 | Tondorf Johannes | Evonik Industries AG | 0:57:31 | 0:58:10 | 1964 | M40 | 122 | 5:45 min/km |
| 305 | 176 | Hildebrandt Jasper | Radtreff Campus Bonn | 0:57:32 | 0:58:10 | 1997 | MSA | 4 | 5:45 min/km |
| 306 | 355 | Pötschke Thomas | AP-Sportswear | 0:57:34 | 0:58:32 | 1967 | M40 | 123 | 5:45 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|--------------------------|---------|---------|----------|-----|----------|-----------------|
| 307 | 393 | Schäfer Christian | *Troisdorf | 0:57:37 | 0:58:13 | 1979 | M30 | 58 | 5:46 min/km |
| 308 | 125 | Follmann Mario | *Lohmar | 0:57:41 | 0:58:29 | 1978 | M30 | 59 | 5:46 min/km |
| 309 | 110 | Engels Hans-Peter | *Siegburg | 0:57:42 | 0:58:02 | 1966 | M40 | 124 | 5:46 min/km |
| 310 | 564 | Küpper Franz | | 0:57:46 | 0:58:08 | 1958 | M50 | 65 | 5:47 min/km |
| 311 | 660 | Harms Stefan | *Bonn | 0:57:51 | 0:58:45 | 1965 | M40 | 125 | 5:47 min/km |
| 312 | 169 | Herde Volker | *Niederkassel | 0:57:53 | 0:58:53 | 1962 | M50 | 66 | 5:47 min/km |
| 313 | 399 | Schilling Dr. Martin | VR-Bank Rhein-Sieg eG | 0:57:54 | 0:58:28 | 1955 | M50 | 67 | 5:47 min/km |
| 314 | 449 | Spitzensteder Jörg | *Sankt Augustin | 0:57:55 | 0:58:29 | 1969 | M40 | 126 | 5:48 min/km |
| 315 | 59 | Born Eckhard | Team ERDINGER | 0:57:56 | 0:58:10 | 1953 | M50 | 68 | 5:48 min/km |
| 316 | 96 | Drees Lukas | *Niederkassel | 0:57:58 | 0:58:32 | 1994 | MJA | 5 | 5:48 min/km |
| 317 | 455 | Stocksiefen Benjamin | Holzbau Stocksiefen GmbH | 0:58:05 | 0:58:31 | 1987 | M20 | 28 | 5:49 min/km |
| 318 | 340 | Paluszek Manfred | -- | 0:58:05 | 0:58:26 | 1965 | M40 | 127 | 5:49 min/km |
| 319 | 342 | Partheil Joachim | Evonik Industries AG | 0:58:06 | 0:58:47 | 1964 | M40 | 128 | 5:49 min/km |
| 320 | 560 | Köng Ragnar | | 0:58:08 | 0:58:57 | 1961 | M50 | 69 | 5:49 min/km |
| 321 | 939 | Schreiber Dieter | SV Hellas Siegburg | 0:58:10 | 0:58:36 | 1961 | M50 | 70 | 5:49 min/km |
| 322 | 697 | Brüll Stefan | *Niederkassel | 0:58:13 | 0:58:54 | 1959 | M50 | 71 | 5:49 min/km |
| 323 | 185 | Hoffmann Frank | *Troisdorf | 0:58:16 | 0:58:49 | 1969 | M40 | 129 | 5:50 min/km |
| 324 | 428 | Schwalbach Alexander | Software AG | 0:58:25 | 0:59:14 | 1964 | M40 | 130 | 5:51 min/km |
| 325 | 383 | Rönz Stefan | FC Deutsche Post | 0:58:26 | 0:58:38 | 1971 | M40 | 131 | 5:51 min/km |
| 326 | 108 | Eigenbrod Frank | TuS Oberlar | 0:58:30 | 0:58:52 | 1962 | M50 | 72 | 5:51 min/km |
| 327 | 199 | Jonen Peter | Gerl Laufsportgruppe | 0:58:31 | 0:58:44 | 1968 | M40 | 132 | 5:51 min/km |
| 328 | 418 | Schreiner Hans Peter | SV Vorgebirge | 0:58:32 | 0:58:59 | 1951 | M60 | 15 | 5:51 min/km |
| 329 | 73 | Burgk-Komarek Johannes | 1. FC Spich | 0:58:32 | 0:58:54 | 1965 | M40 | 133 | 5:51 min/km |
| 330 | 135 | Gerving Karsten | *Bonn | 0:58:44 | 0:59:39 | | M20 | 29 | 5:52 min/km |
| 331 | 575 | Tiller Moritz | *Troisdorf | 0:58:46 | 0:58:52 | 1982 | M30 | 60 | 5:53 min/km |
| 332 | 1000 | Arslan Adil | | 0:58:53 | 0:59:03 | 1975 | M30 | 61 | 5:53 min/km |
| 333 | 232 | Knott Frank | FC Deutsche Post | 0:58:53 | 0:59:08 | 1967 | M40 | 134 | 5:53 min/km |
| 334 | 350 | Piel Stephan | Industrietortechnik | 0:59:11 | 0:59:56 | 1979 | M30 | 62 | 5:55 min/km |
| 335 | 233 | Kocak Ceyhan | Industrietortechnik | 0:59:12 | 0:59:57 | 1968 | M40 | 135 | 5:55 min/km |
| 336 | 166 | Henn Ralf | FC Deutsche Post | 0:59:14 | 0:59:27 | 1965 | M40 | 136 | 5:55 min/km |
| 337 | 239 | Kolsdorf Kolja | Deutsche Post AG | 0:59:15 | 1:00:00 | 1978 | M30 | 63 | 5:56 min/km |
| 338 | 45 | Bialas Peter | Evonik Industries AG | 0:59:23 | 1:00:04 | 1957 | M50 | 73 | 5:56 min/km |
| 339 | 461 | Tegge Olaf | FC Deutsche Post | 0:59:23 | 1:00:10 | 1963 | M40 | 137 | 5:56 min/km |
| 340 | 26 | Auster Klaus | *Sankt Augustin | 0:59:34 | 0:59:44 | 1964 | M40 | 138 | 5:57 min/km |
| 341 | 64 | Breuer Andreas | FC Deutsche Post | 0:59:41 | 1:00:25 | 1964 | M40 | 139 | 5:58 min/km |
| 342 | 360 | Prell Karl | TuS Mondorf | 0:59:46 | 1:00:11 | 1955 | M50 | 74 | 5:59 min/km |
| 343 | 328 | Nick Rudi | *Mendig | 0:59:54 | 1:00:26 | 1971 | M40 | 140 | 5:59 min/km |
| 344 | 584 | Baginski Andreas | *Köln | 0:59:56 | 1:00:19 | 1957 | M50 | 75 | 5:60 min/km |
| 345 | 408 | Schmitz Bruno | Evonik Industries AG | 1:00:16 | 1:00:55 | 1955 | M50 | 76 | 6:02 min/km |
| 346 | 131 | Fritzen Hubert | *Niederkassel-Rheidt | 1:00:19 | 1:00:44 | 1965 | M40 | 141 | 6:02 min/km |
| 347 | 305 | Meyer Heinrich | *Sankt Augustin | 1:00:19 | 1:01:07 | 1979 | M30 | 64 | 6:02 min/km |
| 348 | 414 | Schoch Sebastian | *Köln | 1:00:26 | 1:01:19 | 1988 | M20 | 30 | 6:03 min/km |
| 349 | 223 | Klein Stefan | *Königswinter | 1:00:31 | 1:01:07 | 1966 | M40 | 142 | 6:03 min/km |
| 350 | 47 | Billotin Frank | *Niederkassel | 1:00:46 | 1:01:45 | 1961 | M50 | 77 | 6:05 min/km |
| 351 | 33 | Banhold Andreas | 1. FC Niederkassel | 1:00:47 | 1:01:47 | 1973 | M30 | 65 | 6:05 min/km |
| 352 | 530 | Zolper Wolfgang | LT Tus Meindorf | 1:00:48 | 1:01:23 | 1972 | M40 | 143 | 6:05 min/km |
| 353 | 676 | Goldner Klaus | TuS Mondorf | 1:00:49 | 1:00:58 | 1954 | M50 | 78 | 6:05 min/km |
| 354 | 591 | Schmid Oliver | SV Bergheim 1937 e.V. | 1:01:00 | 1:01:30 | 1968 | M40 | 144 | 6:06 min/km |
| 355 | 1384 | Neukirch Thomas | Civitec | 1:01:03 | 1:01:47 | 1965 | M40 | 145 | 6:06 min/km |
| 356 | 1365 | Kreuz Michael | Civitec | 1:01:03 | 1:01:47 | 1961 | M50 | 79 | 6:06 min/km |
| 357 | 655 | Kühn Wolfgang | *Niederkassel | 1:01:04 | 1:01:51 | 1959 | M50 | 80 | 6:06 min/km |

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| Total. | Nr. | Name Vorname | Verein**Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|-----------------------|---------------------------|---------|---------|----------|-----|----------|-----------------|
| 358 | 623 | Kuntzmann Eugen | LG Bonn/Troisdorf | 1:01:08 | 1:02:02 | 1939 | M70 | 4 | 6:07 min/km |
| 359 | 569 | Stoffels Adrian | *Neustadt | 1:01:29 | 1:01:54 | 1966 | M40 | 146 | 6:09 min/km |
| 360 | 528 | Zimmermann Dirk | Evonik Industries AG | 1:01:42 | 1:01:48 | 1962 | M50 | 81 | 6:10 min/km |
| 361 | 95 | Drees Bruno | *Niederkassel | 1:01:54 | 1:02:55 | 1963 | M40 | 147 | 6:11 min/km |
| 362 | 363 | Prinz Nikolas | Uedorfer Schnecken | 1:01:54 | 1:02:57 | 1995 | MJB | 9 | 6:11 min/km |
| 363 | 62 | Brenning Gerd | privat | 1:02:06 | 1:02:59 | 1957 | M50 | 82 | 6:13 min/km |
| 364 | 56 | Booth Russell | FC Deutsche Post | 1:02:12 | 1:03:03 | 1956 | M50 | 83 | 6:13 min/km |
| 365 | 249 | Kremer Franz | TriPower Rhein-Sieg | 1:02:16 | 1:03:13 | 1963 | M40 | 148 | 6:14 min/km |
| 366 | 224 | Klemmt Florian | *Köln | 1:02:21 | 1:03:20 | 1974 | M30 | 66 | 6:14 min/km |
| 367 | 335 | Odenthal Roman | Evonik Industries AG | 1:02:23 | 1:03:01 | 1965 | M40 | 149 | 6:14 min/km |
| 368 | 353 | Plener Thomas | *Niederkassel | 1:02:25 | 1:02:33 | 1964 | M40 | 150 | 6:15 min/km |
| 369 | 307 | Mirgel Ralf | Evonik Industries AG | 1:02:30 | 1:03:12 | 1957 | M50 | 84 | 6:15 min/km |
| 370 | 546 | Köbele Michael | Große Zehe Mondorf | 1:02:31 | 1:03:17 | 1962 | M50 | 85 | 6:15 min/km |
| 371 | 157 | Harald Wagner | *Niederkassel | 1:02:44 | 1:03:11 | 1959 | M50 | 86 | 6:16 min/km |
| 372 | 494 | Wappenschmidt Wilhelm | TuS 07 Oberlar | 1:02:47 | 1:03:07 | 1965 | M40 | 151 | 6:17 min/km |
| 373 | 302 | Meusch Dieter | stadtwerke Bonn | 1:02:59 | 1:03:09 | 1960 | M50 | 87 | 6:18 min/km |
| 374 | 511 | Kolling Stefan | 1.FC Spich Lauftreff | 1:03:00 | 1:03:26 | 1970 | M40 | 152 | 6:18 min/km |
| 375 | 217 | Kinast Dr. Christian | *Troisdorf | 1:03:02 | 1:03:08 | 1957 | M50 | 88 | 6:18 min/km |
| 376 | 251 | Kretschmer Andre | VR-Bank Rhein-Sieg eG | 1:03:15 | 1:03:26 | 1980 | M30 | 67 | 6:20 min/km |
| 377 | 294 | Maurer Michael | *Niederkassel | 1:03:25 | 1:04:22 | 1971 | M40 | 153 | 6:21 min/km |
| 378 | 114 | Falaise Eric | andres GmbH | 1:03:26 | 1:03:47 | 1971 | M40 | 154 | 6:21 min/km |
| 379 | 300 | Mermet Andreas | LAZ Puma Rhein-Sieg | 1:03:34 | 1:04:11 | 1959 | M50 | 89 | 6:21 min/km |
| 380 | 282 | Lülsdorf Uwe | Evonik Industries AG | 1:03:46 | 1:04:28 | 1962 | M50 | 90 | 6:23 min/km |
| 381 | 85 | Deiters Lothar | LSV Porz/Köln | 1:04:05 | 1:04:37 | 1934 | M70 | 5 | 6:25 min/km |
| 382 | 692 | Hildebrandt Andreas | SV Hellas Siegburg | 1:04:09 | 1:04:28 | 1963 | M40 | 155 | 6:25 min/km |
| 383 | 323 | Müller Richard | Troisdorfer LG M.U.T. | 1:04:35 | 1:05:34 | 1963 | M40 | 156 | 6:28 min/km |
| 384 | 357 | Pohl Walter | DARC | 1:04:35 | 1:04:49 | 1963 | M40 | 157 | 6:28 min/km |
| 385 | 413 | Schneider Uwe | lk42,2st.augustin | 1:04:37 | 1:05:24 | 1969 | M40 | 158 | 6:28 min/km |
| 386 | 8 | Ruprecht Knecht | LT Hennef | 1:05:14 | 1:06:10 | 1961 | M50 | 91 | 6:31 min/km |
| 387 | 498 | Weisbach Guido | LT Hennef/Sieg | 1:05:15 | 1:06:10 | 1973 | M30 | 68 | 6:32 min/km |
| 387 | 492 | Wank Michael | LT Hennef/Sieg | 1:05:15 | 1:06:10 | 1969 | M40 | 159 | 6:32 min/km |
| 389 | 25 | Armbrust Michael | LT Hennef/Sieg | 1:05:15 | 1:06:10 | 1974 | M30 | 69 | 6:32 min/km |
| 390 | 191 | Ittenbach Sascha | VR-Bank Rhein-Sieg eG | 1:05:23 | 1:05:57 | 1982 | M30 | 70 | 6:32 min/km |
| 391 | 525 | Zelgert Roland | *Niederkassel | 1:06:02 | 1:06:42 | 1961 | M50 | 92 | 6:36 min/km |
| 392 | 361 | Prinz Dieter | Uedorfer Schnecken | 1:06:14 | 1:07:17 | 1957 | M50 | 93 | 6:37 min/km |
| 393 | 349 | Pick Sascha | Evonik Industries AG | 1:06:16 | 1:06:52 | 1975 | M30 | 71 | 6:38 min/km |
| 394 | 17 | Ahrens Thomas | *Niederkassel | 1:06:17 | 1:06:30 | 1971 | M40 | 160 | 6:38 min/km |
| 395 | 136 | Glasmacher Ralf | *Köln | 1:06:21 | 1:06:50 | 1965 | M40 | 161 | 6:38 min/km |
| 396 | 122 | Fischer Klemens | *Troisdorf | 1:06:28 | 1:07:21 | 1961 | M50 | 94 | 6:39 min/km |
| 397 | 195 | Jehmlich Sebastian | *Niederkassel | 1:06:29 | 1:07:21 | 1992 | M20 | 31 | 6:39 min/km |
| 398 | 213 | Kelsch Christian | *Niederkassel | 1:06:49 | 1:07:29 | 1972 | M40 | 162 | 6:41 min/km |
| 399 | 490 | Walter Detlef | Boulefreunde Niederkassel | 1:06:50 | 1:07:48 | 1954 | M50 | 95 | 6:41 min/km |
| 400 | 536 | Melz Richard | Elternin. krebskranker | 1:07:57 | 1:08:51 | 1956 | M50 | 96 | 6:48 min/km |
| 401 | 379 | Rieger Tobias | Campinglauf-Sahrtal | 1:10:35 | 1:11:31 | 1996 | MJB | 10 | 7:04 min/km |
| 402 | 378 | Rieger Herbert | Campinglauf-Sahrtal | 1:10:41 | 1:11:37 | 1966 | M40 | 163 | 7:04 min/km |
| 403 | 596 | Larychta Dominik | *Niederkassel | 1:10:47 | 1:11:20 | 1994 | MJA | 6 | 7:05 min/km |
| 404 | 160 | Hausmann Günther | LT TuS Mondorf | 1:12:32 | 1:13:00 | 1937 | M70 | 6 | 7:15 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|--------------------------|-----------------------|---------|---------|----------|-----|----------|-----------------|
| 1 | 587 | Schulze Susanne | Kurtis Mädels | 0:36:46 | 0:36:46 | 1975 | W30 | 1 | 3:41 min/km |
| 2 | 1 | Jaschke Lisa | SSF Bonn | 0:38:05 | 0:38:07 | 1990 | W20 | 1 | 3:49 min/km |
| 3 | 942 | Schöneborn Dr. Debbie | SSF Bonn | 0:38:55 | 0:38:56 | 1994 | WJA | 1 | 3:54 min/km |
| 4 | 423 | Schürig Michaela | LC Euskirchen | 0:43:49 | 0:43:53 | 1974 | W30 | 2 | 4:23 min/km |
| 5 | 24 | Arft Caroline | WSV BW Rheidt | 0:44:39 | 0:44:39 | 1996 | WJB | 1 | 4:28 min/km |
| 5 | 2 | Lennartz Birgit | LLG St. Augustin | 0:44:39 | 0:44:42 | 1965 | W40 | 1 | 4:28 min/km |
| 7 | 325 | Müßeler Gisele | *Troisdorf | 0:44:58 | 0:45:01 | 1964 | W40 | 2 | 4:30 min/km |
| 8 | 344 | Peiler Uta | *Bonn | 0:45:07 | 0:45:11 | 1960 | W50 | 1 | 4:31 min/km |
| 9 | 678 | Krallmann-Bräll Petra | ASV Duisburg | 0:45:07 | 0:45:13 | 1967 | W40 | 3 | 4:31 min/km |
| 10 | 3 | Steeger Ulrike | Troisdorfer LG | 0:45:20 | 0:45:20 | 1961 | W50 | 2 | 4:32 min/km |
| 11 | 578 | Rach Martina | FC Keldenich | 0:46:00 | 0:46:04 | 1981 | W30 | 3 | 4:36 min/km |
| 12 | 410 | Schneider Caterina | Imkerei im Melbtal | 0:46:12 | 0:46:29 | 1971 | W40 | 4 | 4:37 min/km |
| 13 | 538 | Jördens Stefanie | Kilometerfresser | 0:47:55 | 0:48:02 | 1986 | W20 | 2 | 4:48 min/km |
| 14 | 314 | Morsch Judith | *Niederkassel | 0:48:01 | 0:48:06 | 1984 | W20 | 3 | 4:48 min/km |
| 15 | 144 | Greiner Julia | JLT TuS Mondorf | 0:48:12 | 0:48:28 | 1996 | WJB | 2 | 4:49 min/km |
| 16 | 666 | Pfeil Beate | PSV Bonn Triathlon | 0:48:34 | 0:48:46 | 1962 | W50 | 3 | 4:51 min/km |
| 17 | 13 | Ahlborn Annette | PSV Bonn Triathlon | 0:48:41 | 0:48:53 | 1964 | W40 | 5 | 4:52 min/km |
| 18 | 27 | Bach Birgit | WSV BW Rheidt | 0:49:13 | 0:49:15 | 1980 | W30 | 4 | 4:55 min/km |
| 19 | 417 | Schramm Dunja | SSF Bonn | 0:49:32 | 0:49:48 | 1971 | W40 | 6 | 4:57 min/km |
| 20 | 685 | Stieber Silke | *Bonn | 0:49:44 | 0:49:57 | 1970 | W40 | 7 | 4:58 min/km |
| 21 | 483 | Vogg Andrea | SSF Bonn | 0:50:17 | 0:50:43 | 1964 | W40 | 8 | 5:02 min/km |
| 22 | 9 | Steiner Ursula | | 0:50:48 | 0:51:03 | 1971 | W40 | 9 | 5:05 min/km |
| 23 | 42 | Bergander Sandra | *Niederkassel | 0:50:50 | 0:50:51 | 1973 | W30 | 5 | 5:05 min/km |
| 24 | 28 | Bade Dorothee | Team Sieg-Reha | 0:51:06 | 0:51:30 | 1989 | W20 | 4 | 5:07 min/km |
| 25 | 6 | Eusterholz Monika | 6 von der Sieg | 0:51:11 | 0:51:36 | 1963 | W40 | 10 | 5:07 min/km |
| 26 | 562 | Sancillo Giulia | | 0:51:29 | 0:52:03 | 1992 | W20 | 5 | 5:09 min/km |
| 27 | 118 | Feneberg Magdalena | *Sankt Augustin | 0:51:37 | 0:52:06 | 1960 | W50 | 4 | 5:10 min/km |
| 28 | 555 | Tröme Lisann | WSV Blau-Weiß Rheidt | 0:51:37 | 0:51:39 | 1996 | WJB | 3 | 5:10 min/km |
| 29 | 380 | Rink Jana | WSV BW Rheidt | 0:51:38 | 0:51:39 | 1996 | WJB | 4 | 5:10 min/km |
| 30 | 464 | Teske Angelika | TV 1908 Neunkirchen | 0:51:45 | 0:52:07 | 1964 | W40 | 11 | 5:11 min/km |
| 31 | 419 | Schroeder Christa | Herseler Lauftreff | 0:52:17 | 0:53:03 | 1961 | W50 | 5 | 5:14 min/km |
| 32 | 275 | Legies Sabrina | *Bonn | 0:52:43 | 0:52:57 | 1979 | W30 | 6 | 5:16 min/km |
| 33 | 273 | Lautner Karin | WSV Blau-Weiss Rheidt | 0:52:53 | 0:53:22 | 1968 | W40 | 12 | 5:17 min/km |
| 34 | 478 | Trümper Silke | VR-Bank Rhein-Sieg eG | 0:52:56 | 0:53:08 | 1974 | W30 | 7 | 5:18 min/km |
| 35 | 667 | Hilbert Heidi | *Bonn | 0:53:06 | 0:53:19 | 1958 | W50 | 6 | 5:19 min/km |
| 36 | 507 | Wiesel Patricia | Team Magenta | 0:53:08 | 0:53:37 | 1978 | W30 | 8 | 5:19 min/km |
| 37 | 553 | Monschau Martina | FC Keldenich | 0:53:10 | 0:53:34 | 1965 | W40 | 13 | 5:19 min/km |
| 38 | 397 | Schiebel Vera | *Troisdorf | 0:53:27 | 0:53:35 | 1980 | W30 | 9 | 5:21 min/km |
| 39 | 577 | Scaramozza Jutta | FC Keldenich | 0:53:35 | 0:53:58 | 1967 | W40 | 14 | 5:22 min/km |
| 40 | 201 | Jülich Denise | Team Erdinger | 0:53:49 | 0:54:03 | 1971 | W40 | 15 | 5:23 min/km |
| 41 | 682 | Enkirch-Schmidt Gabriele | Lauftreff Hersel | 0:53:55 | 0:54:41 | 1960 | W50 | 7 | 5:24 min/km |
| 42 | 145 | Gronau Martina | *Köln | 0:53:55 | 0:54:31 | 1972 | W40 | 16 | 5:24 min/km |
| 43 | 168 | Herbers Anja | *Bonn | 0:54:18 | 0:54:45 | 1985 | W20 | 6 | 5:26 min/km |
| 44 | 149 | Guschmann Monika | PSV Bonn Triathlon | 0:54:22 | 0:54:51 | 1965 | W40 | 17 | 5:26 min/km |
| 45 | 36 | Bauer Madlen | Evonik Industries AG | 0:54:32 | 0:55:10 | 1984 | W20 | 7 | 5:27 min/km |
| 46 | 532 | Freiling Camille | | 0:54:34 | 0:54:40 | 1997 | WSA | 1 | 5:27 min/km |
| 47 | 506 | Widmaier Sabine | widmaier-webdesign | 0:54:35 | 0:54:45 | 1968 | W40 | 18 | 5:28 min/km |
| 48 | 67 | Brodermanns Jessica | Team Sieg-Reha | 0:55:20 | 0:55:44 | 1981 | W30 | 10 | 5:32 min/km |
| 49 | 493 | Wappenschmidt Birgit | TuS 07 Oberlar | 0:55:50 | 0:56:13 | 1966 | W40 | 19 | 5:35 min/km |
| 50 | 615 | Reifenberg Nina | | 0:55:55 | 0:56:44 | 1994 | WJA | 2 | 5:36 min/km |
| 51 | 312 | Morgenstern Gabi | TuS 07 Oberlar | 0:55:56 | 0:56:19 | 1964 | W40 | 20 | 5:36 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|-----|------------------------|----------------------------|---------|---------|----------|-----|----------|-----------------|
| 52 | 614 | Zygar Cathrin | | 0:56:00 | 0:56:48 | 1994 | WJA | 3 | 5:36 min/km |
| 53 | 653 | Heppner Claudia | Kilometerfresser | 0:56:00 | 0:56:47 | 1977 | W30 | 11 | 5:36 min/km |
| 54 | 369 | Rauen Dr. Rene | WSV Rheidt | 0:56:02 | 0:56:18 | 1972 | W40 | 21 | 5:36 min/km |
| 55 | 190 | Inhestern Anna | Matz machts möglich | 0:56:03 | 0:56:11 | 1982 | W30 | 12 | 5:36 min/km |
| 56 | 285 | Mahmod Dagmar | LT Ennert | 0:56:06 | 0:56:56 | 1965 | W40 | 22 | 5:37 min/km |
| 57 | 426 | Schulz Michaela | *Hennef | 0:56:23 | 0:56:43 | 1969 | W40 | 23 | 5:38 min/km |
| 58 | 580 | Abels Susanne | SSF Bonn | 0:56:27 | 0:57:23 | 1967 | W40 | 24 | 5:39 min/km |
| 59 | 469 | Thiebes Renate | *Niederkassel | 0:56:31 | 0:56:49 | 1967 | W40 | 25 | 5:39 min/km |
| 60 | 458 | Strowa Kerstin | SSG Kernscheid | 0:56:42 | 0:57:40 | 1984 | W20 | 8 | 5:40 min/km |
| 61 | 392 | Sboron Stephanie | Pi-Lauf-Freunde | 0:56:52 | 0:57:07 | 1966 | W40 | 26 | 5:41 min/km |
| 62 | 296 | Meinhard Elena | Matz machts möglich | 0:56:55 | 0:57:04 | 1986 | W20 | 9 | 5:42 min/km |
| 63 | 297 | Menrath Katharina | WSV BW Rheidt | 0:57:03 | 0:57:05 | 1996 | WJB | 5 | 5:42 min/km |
| 64 | 354 | Poensgen Kelly | VTG Köln | 0:57:10 | 0:57:27 | 1966 | W40 | 27 | 5:43 min/km |
| 65 | 261 | Kuhn Beate | *Niederkassel | 0:57:12 | 0:57:44 | 1962 | W50 | 8 | 5:43 min/km |
| 66 | 90 | Ditzler Brigitte | PSV Bonn Triathlon | 0:57:16 | 0:57:47 | 1962 | W50 | 9 | 5:44 min/km |
| 67 | 373 | Reifenhäuser Monika | Rheinhöhenlauf | 0:57:19 | 0:58:03 | 1967 | W40 | 28 | 5:44 min/km |
| 68 | 127 | Freudenberg Babette | Rheinhöhenlauf | 0:57:20 | 0:58:03 | 1964 | W40 | 29 | 5:44 min/km |
| 69 | 230 | Knoll Angela | Radtreff Campus Bonn | 0:57:32 | 0:58:10 | 1965 | W40 | 30 | 5:45 min/km |
| 70 | 178 | Hildebrand Uta | Radtreff Campus Bonn | 0:57:33 | 0:58:10 | 1969 | W40 | 31 | 5:45 min/km |
| 71 | 926 | Hübner Inna | Verein vom Rhein | 0:57:36 | 0:57:41 | 1983 | W20 | 10 | 5:46 min/km |
| 72 | 407 | Schmidt Silke | *Troisdorf | 0:57:36 | 0:58:12 | 1986 | W20 | 11 | 5:46 min/km |
| 73 | 132 | Fuhrmann Andrea | *Köln | 0:57:55 | 0:58:05 | 1971 | W40 | 32 | 5:48 min/km |
| 74 | 180 | Hinsberg Andrea | Evonik Industries AG | 0:58:04 | 0:58:47 | 1977 | W30 | 13 | 5:48 min/km |
| 75 | 489 | Wallerheim Jessica | *Niederkassel | 0:58:15 | 0:59:14 | 1971 | W40 | 33 | 5:50 min/km |
| 76 | 453 | Steinmetz Stephanie | Schwägyie Runners | 0:58:19 | 0:58:49 | 1970 | W40 | 34 | 5:50 min/km |
| 77 | 154 | Hajek Verena | Laufmonster | 0:58:21 | 0:58:49 | 1952 | W60 | 1 | 5:50 min/km |
| 78 | 119 | Finkemeier Anja | LT Ennert Bonn | 0:58:25 | 0:58:33 | 1978 | W30 | 14 | 5:51 min/km |
| 79 | 370 | Rauen Sabine | *niederkassel | 0:58:31 | 0:58:46 | 1972 | W40 | 35 | 5:51 min/km |
| 80 | 104 | Eggert Astrid | Ergo sports | 0:58:32 | 0:58:54 | 1967 | W40 | 36 | 5:51 min/km |
| 81 | 258 | Gerlach Anne | LLG St. Augustin | 0:58:34 | 0:58:52 | 1950 | W60 | 2 | 5:51 min/km |
| 82 | 316 | Mosebach Aleksandra | *Troisdorf | 0:58:34 | 0:59:10 | 1958 | W50 | 10 | 5:51 min/km |
| 83 | 289 | Martius-Schmidt Verena | *Erftstadt | 0:58:42 | 0:59:17 | 1959 | W50 | 11 | 5:52 min/km |
| 84 | 134 | Gerhardus Ruth | *Troisdorf | 0:58:46 | 0:59:27 | 1961 | W50 | 12 | 5:53 min/km |
| 85 | 235 | Koenig Bianca | Troisdorfer Leichtathletik | 0:59:02 | 0:59:32 | 1973 | W30 | 15 | 5:54 min/km |
| 86 | 71 | Brusznicky Nicole | VR-Bank Rhein-Sieg eG | 0:59:02 | 0:59:13 | 1975 | W30 | 16 | 5:54 min/km |
| 87 | 295 | Maurer Regina | *Niederkassel | 0:59:31 | 1:00:28 | 1970 | W40 | 37 | 5:57 min/km |
| 88 | 398 | Schilling Elli | *Duisburg | 0:59:45 | 1:00:25 | 1952 | W60 | 3 | 5:59 min/km |
| 89 | 103 | Eggers Marion | Psv Bonn Triathlon | 0:59:46 | 0:59:59 | 1973 | W30 | 17 | 5:59 min/km |
| 90 | 139 | Gottschling Ricarda | Evonik Industries AG | 0:59:47 | 1:00:28 | 1962 | W50 | 13 | 5:59 min/km |
| 91 | 422 | Schröder Marianne | *Niederkassel | 0:59:48 | 1:00:48 | 1962 | W50 | 14 | 5:59 min/km |
| 92 | 301 | Mermet Stefanie | LAZ Puma Rhein-Sieg | 0:59:49 | 1:00:26 | 1961 | W50 | 15 | 5:59 min/km |
| 93 | 175 | Hey Patty, Kimberly | *Niederkassel | 0:59:57 | 1:00:19 | 1980 | W30 | 18 | 5:60 min/km |
| 94 | 329 | Nick Sandra | *Mendig | 0:59:57 | 1:00:27 | 1977 | W30 | 19 | 5:60 min/km |
| 95 | 473 | Toliati Yasmin | *BONN | 1:00:16 | 1:00:27 | 1973 | W30 | 20 | 6:02 min/km |
| 96 | 141 | Graf Marion | *Bad Münstereifel | 1:00:29 | 1:01:01 | 1966 | W40 | 38 | 6:03 min/km |
| 97 | 116 | Falkenberg Susanne | just the 2 of us | 1:00:49 | 1:01:39 | 1966 | W40 | 39 | 6:05 min/km |
| 98 | 156 | Hamacher Sabine | *Niederkassel | 1:01:10 | 1:01:37 | 1969 | W40 | 40 | 6:07 min/km |
| 99 | 225 | Klemmt Katharina | *Köln | 1:01:17 | 1:02:16 | 1980 | W30 | 21 | 6:08 min/km |
| 100 | 440 | Siegel Renate | *Troisdorf | 1:01:22 | 1:01:30 | 1964 | W40 | 41 | 6:08 min/km |
| 101 | 57 | Borgolte Rita | *Niederkassel | 1:01:41 | 1:02:30 | 1958 | W50 | 16 | 6:10 min/km |
| 102 | 306 | Miggelbrink Monika | *Hennef | 1:01:42 | 1:01:52 | 1961 | W50 | 17 | 6:10 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|--------------------------|------------------------|---------|---------|----------|-----|----------|-----------------|
| 103 | 721 | Prinzler Jeanette | *Niederkassel-Lülsdorf | 1:01:51 | 1:02:31 | 1977 | W30 | 22 | 6:11 min/km |
| 104 | 425 | Schulters Sandra | *Niederassel | 1:01:55 | 1:02:04 | 1969 | W40 | 42 | 6:12 min/km |
| 105 | 451 | Steinert Petra | FC Deutsche Post | 1:02:15 | 1:03:02 | 1958 | W50 | 18 | 6:14 min/km |
| 106 | 460 | Tegge Anke | FC Deutsche Post | 1:02:15 | 1:03:02 | 1965 | W40 | 43 | 6:14 min/km |
| 107 | 352 | Plener Jana | *Bonn | 1:02:25 | 1:02:33 | 1991 | W20 | 12 | 6:15 min/km |
| 108 | 1330 | Friederiszick Nadine | Civitec | 1:02:47 | 1:03:30 | 1981 | W30 | 23 | 6:17 min/km |
| 109 | 454 | Stephan Carola | *Troisdorf | 1:02:56 | 1:03:45 | 1960 | W50 | 19 | 6:18 min/km |
| 110 | 238 | Kolling Sandra | 1.FC Spich Laufftreff | 1:02:59 | 1:03:24 | 1970 | W40 | 44 | 6:18 min/km |
| 111 | 445 | Somplatzki Beret | *Wachtberg | 1:03:10 | 1:03:16 | 1997 | WSA | 2 | 6:19 min/km |
| 112 | 482 | Vits Veronika | VR-Bank Rhein-Sieg eG | 1:03:15 | 1:03:26 | 1977 | W30 | 24 | 6:20 min/km |
| 113 | 424 | Schuh Andrea | *Niederkassel-Mondorf | 1:03:17 | 1:03:47 | 1977 | W30 | 25 | 6:20 min/km |
| 114 | 372 | Maciejok Sigrun | *Lohmar | 1:03:18 | 1:03:48 | 1968 | W40 | 45 | 6:20 min/km |
| 115 | 683 | Jud-Wawrzinek Karola | Laufftreff Hersel | 1:03:18 | 1:04:06 | 1958 | W50 | 20 | 6:20 min/km |
| 116 | 481 | Vespo Dr. Elke | Team Sieg-Reha | 1:03:19 | 1:03:43 | 1965 | W40 | 46 | 6:20 min/km |
| 117 | 522 | Zachau Tanja | *Troisdorf | 1:03:25 | 1:04:23 | 1986 | W20 | 13 | 6:21 min/km |
| 118 | 465 | Tessartz-Bühning Héléčne | *Troisdorf | 1:03:27 | 1:04:15 | 1965 | W40 | 47 | 6:21 min/km |
| 119 | 245 | Krause Dr. Yvonne | *Siegburg | 1:03:27 | 1:04:16 | 1975 | W30 | 26 | 6:21 min/km |
| 120 | 602 | Stietz Dorothee | LT Hennef | 1:03:40 | 1:04:37 | 1957 | W50 | 21 | 6:22 min/km |
| 121 | 518 | Wolf Sandra | *Troisdorf | 1:03:41 | 1:03:48 | 1967 | W40 | 48 | 6:22 min/km |
| 122 | 684 | Herrmann Marion | Laufftreff Hersel | 1:03:44 | 1:04:32 | 1960 | W50 | 22 | 6:22 min/km |
| 123 | 396 | Scharenberg Felicia | Tus 07 Oberlar | 1:03:49 | 1:04:13 | 1966 | W40 | 49 | 6:23 min/km |
| 124 | 406 | Schmidt Sabine | Tus 07 Oberlar | 1:03:49 | 1:04:13 | 1961 | W50 | 23 | 6:23 min/km |
| 125 | 598 | Wypior Justyna | *Sankt Augustin | 1:04:10 | 1:04:28 | 1980 | W30 | 27 | 6:25 min/km |
| 126 | 505 | Wicharz Ulrike | *Königswinter | 1:04:19 | 1:04:39 | 1969 | W40 | 50 | 6:26 min/km |
| 127 | 403 | Schmidt Angelika | Lk42,2st.Augustin | 1:04:37 | 1:05:23 | 1975 | W30 | 28 | 6:28 min/km |
| 128 | 603 | Schmid Sabine | *Sankt Augustin | 1:04:43 | 1:05:41 | 1968 | W40 | 51 | 6:28 min/km |
| 129 | 35 | Bauer Christiane | Rheinhöhenlauf | 1:04:58 | 1:05:40 | 1964 | W40 | 52 | 6:30 min/km |
| 130 | 143 | Grau Diana | LT Hennef/Sieg | 1:05:13 | 1:06:10 | 1974 | W30 | 29 | 6:31 min/km |
| 131 | 153 | Hahs Eveline | Lt Hennef/ Sieg | 1:05:14 | 1:06:11 | 1958 | W50 | 24 | 6:31 min/km |
| 132 | 601 | Stiltz Svenja | Laufftreff Hennef | 1:05:14 | 1:06:11 | 1989 | W20 | 14 | 6:31 min/km |
| 133 | 332 | Nieth Sonja | LT Hennef/Sieg | 1:05:15 | 1:06:10 | 1976 | W30 | 30 | 6:31 min/km |
| 134 | 105 | Ehnis Karin | Achims Sport Shop | 1:05:25 | 1:06:03 | 1952 | W60 | 4 | 6:33 min/km |
| 135 | 588 | Rabe Zdenka | 1.FC Spich | 1:06:09 | 1:06:53 | 1949 | W60 | 5 | 6:37 min/km |
| 136 | 362 | Prinz Marlene | Uedorfer Schnecken | 1:06:15 | 1:07:17 | 1992 | W20 | 15 | 6:38 min/km |
| 137 | 688 | Hilbert Brigitte | *Bonn | 1:06:17 | 1:06:33 | 1960 | W50 | 25 | 6:38 min/km |
| 138 | 236 | Kösters Stefanie | VR-Bank Rhein-Sieg eG | 1:06:31 | 1:06:42 | 1970 | W40 | 53 | 6:39 min/km |
| 139 | 687 | Knott Claudia | BfS | 1:06:57 | 1:07:55 | 1960 | W50 | 26 | 6:42 min/km |
| 140 | 92 | Dolenga Anke | *köln | 1:07:06 | 1:08:06 | 1976 | W30 | 31 | 6:43 min/km |
| 141 | 250 | Kreß Andrea | *köln | 1:07:06 | 1:08:06 | 1970 | W40 | 54 | 6:43 min/km |
| 142 | 106 | Eichner Brigitte | 1. FC Spich | 1:07:34 | 1:08:00 | 1950 | W60 | 6 | 6:45 min/km |
| 143 | 263 | Kukla Melanie | Evonik Industries | 1:08:16 | 1:08:56 | 1978 | W30 | 32 | 6:50 min/km |
| 144 | 204 | Jurkschat Maria | Deutsche Post | 1:08:35 | 1:08:44 | 1961 | W50 | 27 | 6:52 min/km |
| 145 | 50 | Bönisch Dr. Anne | *Niederassel | 1:08:41 | 1:08:56 | 1977 | W30 | 33 | 6:52 min/km |
| 146 | 404 | Schmidt Ilka | OGS Mondorf | 1:09:09 | 1:09:55 | 1973 | W30 | 34 | 6:55 min/km |
| 147 | 193 | Jansen Julia | *Niederassel | 1:09:09 | 1:09:55 | 1976 | W30 | 35 | 6:55 min/km |
| 148 | 138 | Gonzalez-Hernandez | VR-Bank Rhein-Sieg eG | 1:09:27 | 1:09:36 | 1970 | W40 | 55 | 6:57 min/km |
| 149 | 109 | Engels Diana | *Niederassel | 1:12:41 | 1:13:35 | 1973 | W30 | 36 | 7:16 min/km |
| 150 | 1399 | Sander Anke | Radtreff Campus Bonn | 1:12:47 | 1:13:26 | 1973 | W30 | 37 | 7:17 min/km |
| 151 | 82 | Dahm Angelika | Tus 07 Oberlar | 1:15:20 | 1:15:43 | 1962 | W50 | 28 | 7:32 min/km |
| 152 | 214 | Kenda Tanja | *Niederassel | 1:19:27 | 1:20:21 | 1970 | W40 | 56 | 7:57 min/km |
| 153 | 500 | Weiß Saskia | Evonik Industries AG | 1:20:05 | 1:20:42 | 1985 | W20 | 16 | 8:01 min/km |