

Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (1,097km Runde / 5km Runden)
1	446	Jonen Dr Christian	VfB Erftstadt	1:18:04	1	M35	1981	03:36 18:40 18:28 18:30 18:48
2	533	Beelitz Christian	LAZ Puma Rhein-Sieg	1:22:46	2	M35	1981	03:51 19:18 19:34 19:41 20:20
3	540	Petschellies Harald	Der-Fahrradmister.de	1:23:42	1	M40	1974	03:56 19:45 19:50 20:06 20:04
4	408	Blaesen Ralf	*Stolberg	1:24:55	1	M50	1965	04:05 19:55 20:02 20:13 20:37
5	422	Diblik Jens	Fc keldenich	1:26:24	1	MHK	1987	04:10 20:29 20:11 20:45 20:47
6	536	Diederichs Gunnar	FCSD-E	1:26:59	3	M35	1979	04:01 20:23 20:43 20:58 20:52
7	541	Dudley Richard	LG Donatus Erftstadt	1:28:32	1	M55	1961	04:39 21:03 20:34 20:48 21:26
8	481	Schmitz Andreas	YourNextLevel	1:30:31	1	M30	1983	04:12 21:52 21:32 21:26 21:27
9	418	Dammer Sven	Brander SV Tri Team	1:30:57	4	M35	1978	03:52 20:31 21:07 21:59 23:25
10	424	Dölling Fabian	*Köln	1:31:18	2	M30	1984	04:12 21:52 21:32 21:53 21:47
11	500	Madisar Hussan		1:33:34	1	MU20	1997	04:14 27:22 29:24 32:12 00:21
12	411	Bovo Frank	*Köln	1:34:16	1	M45	1968	04:26 22:29 22:26 22:43 22:11
13	538	Hofmann Peter	ASV Köln Lauftreff	1:34:55	2	M50	1965	04:20 21:47 22:25 23:00 23:22
14	453	Lütgen Patrick	FC Keldenich	1:37:29	2	MHK	1992	04:53 24:08 23:03 22:45 22:39
15	455	Marek Adrian	Für Hürth	1:38:12	2	M40	1972	04:25 22:14 22:56 23:41 24:54
16	469	Reck Denny	Bundeswehr	1:38:43	3	MHK	1989	04:47 22:38 23:22 24:32 23:23
17	435	Gmähle Max	GVG-Laufteam	1:39:42	3	M50	1965	04:46 23:45 23:34 23:47 23:48
18	503	Konsen Thomas	Night on Bike Cycling Team	1:40:18	3	M30	1983	04:35 22:58 23:37 24:14 24:51
19	543	Milz Ralf	Vorwärts Köln	1:40:25	2	M55	1961	04:32 22:50 23:21 24:03 25:37
20	461	Mulder Thomas	*Eschweiler	1:41:22	2	M45	1967	04:29 23:14 24:44 24:20 24:33
21	502	Gasper Dennis	RUN SQUAD CGN	1:41:30	4	M30	1984	05:05 24:45 24:33 24:15 22:50
22	497	Wilden Heinz	Abteiläufer	1:42:03	3	M55	1960	04:52 24:11 24:12 24:19 24:27
23	535	Steinhoff Frank	KCKB	1:42:23	3	M40	1972	04:56 24:12 24:12 24:22 24:40
24	444	Hüllen Jürgen	SG GFC Düren 99	1:42:33	4	M50	1962	04:30 23:33 24:25 25:02 25:01
25	436	Greif Uwe	Dürener TV 1847	1:43:28	5	M50	1965	04:29 23:10 23:54 25:01 26:52
26	506	Grauke Tobias	TuS Lintorf	1:43:44	4	M55	1960	04:42 24:01 24:27 25:08 25:25
27	542	Grau Holger	VfB Lövenich	1:46:34	3	M45	1969	04:46 24:21 24:49 25:39 26:57
28	495	Weidenfeld Günter	GVG-Laufteam	1:47:27	1	M60	1956	04:55 24:48 25:15 25:59 26:28
29	437	Grevenstein Christian	*Pulheim	1:47:27	4	MHK	1987	05:24 25:48 24:57 25:08 26:08
30	432	Fiori Marvin	*Köln	1:48:29	5	MHK	1991	05:21 25:39 25:10 25:43 26:35
31	433	Floer Dr Will	Happy Running Family	1:48:32	6	M50	1966	05:22 26:01 26:03 25:40 25:25
32	532	Böckmann Carsten	*Mülheim	1:48:38	4	M45	1970	05:26 25:51 25:26 26:01 25:52
33	472	Riedel Thomas	*Mülheim	1:48:42	7	M50	1963	05:15 25:36 25:54 25:49 26:07
34	485	Selvanera Marco	*Köln	1:48:44	5	M35	1980	05:25 25:46 25:10 25:52 26:30
35	410	Bonikowski Matthias	*Erftstadt	1:48:47	8	M50	1963	05:29 25:14 25:25 26:00 26:36
36	421	Davies James	*Köln	1:49:34	5	M30	1985	04:32 24:28 25:36 27:17 27:39
37	430	Feldgen Thomas	Running MMPs	1:49:59	6	M30	1985	04:54 25:26 25:52 26:18 27:28
38	456	Marek Waldemar	Für Hürth	1:50:12	4	M40	1974	05:15 25:53 25:15 26:10 27:37
39	544	Alberty Gordon	ASV Duisburg	1:50:28	6	MHK	1988	05:14 26:35 27:06 26:52 24:40
40	534	Wüst Hans-Werner	ASV Köln	1:50:38	1	M65	1950	05:17 25:43 25:49 26:29 27:18
41	452	Lückerath Volker	Hobbysportrobber	1:50:47	9	M50	1964	05:38 26:27 26:19 26:13 26:08
42	420	Daufenbach Markus	*Pulheim	1:50:50	10	M50	1964	05:16 25:26 25:55 26:37 27:36
43	494	Walder Lars	*Köln	1:51:09	6	M35	1977	05:21 25:38 25:53 26:26 27:49
44	476	Rother Helmut	*Bergheim	1:51:38	11	M50	1965	04:52 24:17 24:51 26:45 30:51
45	498	Reiff Franz	GVG-Laufteam	1:51:43	12	M50	1963	04:28 24:40 26:10 27:58 28:24
46	475	Rosal Jörg	*Köln	1:52:22	13	M50	1965	05:59 27:06 26:29 26:35 26:12
47	531	Damerow Raymond	Ford FCSD	1:52:45	5	M55	1957	05:30 26:46 26:34 26:47 27:05
48	493	Voll Harald	Diabetes Programm Deutschla	1:53:29	6	M55	1959	05:38 26:16 26:21 27:02 28:10
49	407	Bickendorf Josef	Running Friends Bedburg	1:53:43	14	M50	1964	05:29 26:51 26:45 27:10 27:27
50	427	Ermisch Heinz-Werner	Happy Running Family/TEA	1:53:44	15	M50	1966	05:21 26:23 30:56 25:38 25:24
51	447	Kath Thorsten	LT SV Westum	1:53:49	16	M50	1965	05:23 25:38 26:25 27:24 28:57
52	462	Ommer Udo	GVG-Laufteam	1:54:17	7	M55	1960	05:44 26:56 27:15 27:12 27:07
53	412	Breuer Andreas	GVG-Laufteam	1:54:49	5	M40	1973	05:36 26:43 26:47 27:24 28:17
54	487	Sturm Ralf	BSG Stadt Köln	1:55:18	8	M55	1959	05:20 26:17 26:49 28:02 28:48
55	537	Stöberl Ralf	Köln läuft mit	1:55:24	17	M50	1966	05:14 28:22 27:31 27:24 26:51
56	470	Redlinger Thilo	*Düsseldorf	1:57:50	5	M45	1969	05:06 26:12 27:51 28:58 29:41
57	467	Quarré Sierd	*Köln	1:58:04	18	M50	1964	05:21 27:40 28:21 28:20 28:19
58	413	Broich Ralph	Ford FCSD	1:58:12	6	M45	1970	05:30 27:14 27:54 28:24 29:09
59	488	Thamm Mirko	3M Lackläufer	1:58:17	7	M30	1986	05:17 26:24 27:11 28:34 30:49
60	505	Schiffer Marcel	LC Jugend 07 Bergheim	1:58:19	8	M30	1983	05:31 27:05 27:22 28:38 29:41
61	414	Budair Abdelrahman	*Heidelberg	1:59:26	7	MHK	1993	04:48 26:33 29:15 29:06 29:43

Männer

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62	482	Schöne Deniz	3M Lackläufer	2:00:14	9	M30	1986	05:17	26:23	27:11	28:37	32:43
63	10	Falkenberg Jürgen	GVG-Laufteam	2:00:17	6	M40	1974	11:23	25:22	26:52	28:02	28:36
64	478	Samuel Estifanos	*Köln	2:00:19	7	M35	1978	05:33	27:59	29:05	28:30	29:10
65	483	Scholz Jürgen	Katholische Kirche	2:03:40	19	M50	1963	05:51	27:58	28:27	29:29	31:53
66	442	Hirtz Udo	FunRunAachen	2:03:41	9	M55	1959	05:19	27:38	28:41	30:16	31:44
67	474	Rochlitz Karl-Heinz	Marathon4you	2:06:27	10	M55	1959	05:38	29:14	30:32	30:12	30:48
68	545	Both Viktor		2:06:33	10	M30	1982	11:38	28:18	28:13	28:57	29:25
69	439	Heilers Florian	3M Lackläufer	2:06:57	7	M40	1975	06:01	29:41	30:27	30:15	30:31
70	409	Böttcher Dirk	*Bergheim	2:08:03	8	M35	1979	06:16	31:00	30:44	30:33	29:28
71	491	Thomas Robert	*Pulheim	2:09:02	8	M40	1972	06:16	31:00	30:50	30:27	30:26
72	405	Beuscher Henning	*Solingen	2:18:40	20	M50	1963	06:14	31:50	32:59	33:45	33:51

Frauen

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1	507	Lamberty Anja	ASV	1:24:00	1	WHK	1987	03:48	19:39	19:50	20:17	20:23
2	428	Federhen Jenny	VDES	1:36:44	1	W35	1978	04:32	22:33	22:34	23:09	23:53
3	449	Knödler Christina	*Kerpen	1:43:02	2	WHK	1990	04:38	23:04	24:32	25:02	25:43
4	404	Berikoven Jenny	Fc Keldenich	1:43:02	1	W30	1986	04:54	24:41	24:24	24:25	24:37
5	443	Hoppen Marlin	Blau- Weiß Köln	1:45:41	3	WHK	1996	04:51	24:45	25:14	25:53	24:57
6	403	Becker Christine	FC Keldenich	1:47:11	2	W35	1979	04:53	24:41	25:20	26:06	26:09
7	504	Hetgens Anne		1:47:59	2	W30	1986	05:18	26:22	25:54	25:32	24:50
8	458	Meyer Kathrin	Garbsener SC	1:49:16	3	W35	1980	04:42	24:26	25:38	26:51	27:37
9	539	Köhn Gabriele	Running Friends Bedburg	1:53:29	1	W50	1964	05:29	26:51	26:47	27:11	27:10
10	448	Kathage Susanne	Marathon Mülheim	1:54:31	1	W45	1969	05:22	27:01	26:57	27:38	27:31
11	419	Dauber Kirstin	RUNNERS POINT Bonn	1:56:02	3	W30	1984	05:34	27:33	27:24	27:31	27:57
12	473	Riley Laura	*Köln	1:56:54	4	WHK	1989	05:00	26:30	27:59	28:39	28:44
13	423	Diehm Caroline	*Neunkirchen-Seelscheid	2:00:41	2	W45	1968	05:24	28:51	28:17	28:45	29:22
14	438	Hajek Verena	GVG-Laufteam	2:06:34	1	W60	1952	05:39	29:41	30:01	30:31	30:41
15	490	Thomas Katharina	3M Lackläufer	2:06:57	5	WHK	1993	06:01	29:41	29:50	30:52	30:31
16	425	Dotzauer Helena	YourNextLevel	2:07:04	4	W30	1984	06:05	29:43	29:58	30:34	30:42
17	440	Henning Heike	ASV Köln Triathlon	2:09:43	1	W55	1957	06:14	30:53	30:41	31:12	30:42
18	457	Martius-Schmidt Verena	*Erfstadt	2:10:34	2	W55	1959	06:03	29:46	30:40	31:49	32:13
19	465	Pille Heike	Hobbysportrobber	2:14:50	3	W45	1970	06:15	31:05	30:56	32:18	34:13
20	426	El Aissati Souria	IFF e.V.	2:15:32	1	W40	1976	05:34	31:15	31:28	33:00	34:12
21	406	Beuscher Tonia	*Solingen	2:18:38	4	W45	1969	06:14	31:50	32:59	33:44	33:49
22	416	Conrad Jana	*Waldbröl	2:24:17	6	WHK	1991	06:45	33:11	33:50	34:27	36:03
23	417	Conrad Larissa	*Waldbröl	2:24:17	7	WHK	1988	06:45	33:11	33:49	34:28	36:02