

Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)										
1	45	Theunissen Iwan A.J.	AV STB Landgraaf	2:54:28	1	M40	1972	08:23	20:14	20:24	20:42	20:41	20:48	21:08	21:27	20:22		
2	56	Jäkel Robert	TuS 08 Lintorf	2:55:37	1	M50	1964	08:36	21:35	21:13	21:00	20:45	20:40	20:44	20:47	19:58		
3	54	Haakma Erik	STB Landgraaf	2:58:35	1	M55	1960	08:39	20:42	20:35	20:56	21:03	21:00	21:19	21:41	22:18		
4	53	Kovalovsky Oliver	SV PO Böttingen/Alb	3:09:10	2	M40	1972	09:22	23:09	23:08	22:57	22:44	22:34	22:08	22:03	20:46		
5	25	Knauf Albert	LG Mützenich	3:10:29	2	M50	1964	08:38	21:45	22:10	22:28	22:47	22:46	23:06	23:14	23:14		
6	41	Roszinsky Simon	ASC Rosellen/Neuss	3:14:28	1	M30	1982	11:10	23:08	23:20	23:22	23:03	23:05	22:50	22:40	21:31		
7	42	Rück Matthias	TG Neuss	3:14:29	2	M30	1982	11:10	23:08	23:20	23:22	23:03	23:05	22:51	22:40	21:32		
8	47	Treptow Thorsten	*Köln	3:24:17	3	M50	1965	09:49	23:48	24:01	24:06	24:12	24:24	24:24	24:48	24:23		
9	4	Bougé Frank	GVG-Laufteam	3:25:29	4	M50	1966	09:28	23:03	23:30	24:08	24:25	24:14	24:36	26:22	25:20		
10	32	Marcel Zöllner Marcel	LT Blttermark Dortmund	3:25:52	3	M30	1982	10:35	24:21	24:21	23:41	23:36	23:43	24:08	24:57	26:09		
11	37	Neumann Markus	*Köln	3:28:58	1	M45	1970	11:04	25:23	25:53	25:17	24:56	24:20	24:07	23:55	23:41		
12	63	Beffort Marc	CACE	3:29:09	5	M50	1962	10:33	24:46	24:36	25:21	24:45	24:53	24:55	24:42	24:17		
13	31	Malhofer Thorsten	SG Neukirchen-Hülchrath	3:29:27	1	M35	1977	09:56	24:18	24:26	23:23	23:45	24:27	25:40	25:50	27:22		
14	65	Lössner Ralph	TuS 08 Lintorf	3:30:23	3	M40	1972	09:52	23:44	23:56	23:37	23:54	23:37	24:19	27:45	29:10		
15	33	Merten Torsten	1.FC Köln	3:32:09	2	M35	1977	10:51	24:11	24:30	24:24	24:04	24:43	25:18	26:43	27:08		
16	66	Helmert Michael	DJK Marienstatt	3:32:50	6	M50	1966	09:33	23:47	24:05	24:17	24:33	25:17	25:29	27:25	27:58		
17	21	Huss Roland	TV Biburg	3:33:21	2	M45	1967	10:49	24:13	24:21	24:26	24:12	24:56	25:42	27:15	27:05		
18	34	Micola Dan	Dunstable Road Runners	3:34:03	4	M40	1972	10:09	24:32	24:12	24:17	24:36	25:57	26:30	27:04	26:27		
19	67	John Dennis	TC Kray 1892 e.V.	3:39:45	3	M35	1981	11:06	24:47	25:36	25:56	26:52	27:08	27:11	26:53	24:00		
20	50	Wilmsen Andreas	RUNNERS POINT Bonn	3:39:57	4	M30	1986	10:07	25:05	25:18	25:42	25:57	26:18	25:29	26:23	29:19		
21	62	Rath Frank	TV Hochneukirch	3:41:09	2	M55	1961	10:23	25:21	25:45	25:39	25:33	25:09	25:42	27:50	29:21		
22	3	Behlau Markus	LC Duisburg	3:41:21	4	M35	1981	10:40	24:37	24:58	26:14	26:10	26:52	27:05	27:13	27:08		
23	16	Grittner Werner	LC Duisburg	3:41:21	3	M55	1959	10:40	24:38	24:58	26:15	26:10	26:52	27:05	27:12	27:08		
24	40	Roos Jürgen	Ghostrunners	3:42:59	7	M50	1965	11:22	27:02	26:51	26:00	26:43	26:32	25:53	26:45	25:29		
25	39	Reinartz Michael	GVG-Laufteam	3:44:42	5	M35	1977	11:23	25:19	26:54	27:58	28:12	25:23	25:51	26:21	26:59		
26	28	Lawalata Hady	RUNNERS POINT Forum Mü	3:44:44	3	M45	1968	11:06	24:48	25:36	25:57	26:52	27:08	27:11	27:08	28:36		
27	29	Loeber Ralf	*Düsseldorf	3:45:27	6	M35	1977	11:08	25:24	25:43	25:19	26:02	26:14	27:54	28:17	29:04		
28	52	Winters Eugene	Ireland	3:52:16	4	M55	1957	10:58	24:56	25:38	28:58	26:10	27:39	28:25	29:33	00:00		
29	9	Eckstein Raik	Eiserne Lunge Randkanal	3:54:23	5	M40	1974	11:58	27:24	27:30	27:38	28:04	28:01	27:11	28:14	27:58		
30	48	Van Loo Christian	*Brühl	3:56:33	5	M55	1959	11:29	27:20	27:17	28:25	28:27	30:08	28:42	27:57	26:27		
31	69	Toplak Fred		3:56:52	6	M55	1959	11:48	27:17	27:40	27:45	28:05	28:02	28:20	28:59	28:34		
32	26	Kreuter Joachim	LLG Wustweiler	3:57:00	8	M50	1966	12:01	28:21	28:05	28:02	28:00	28:17	28:23	28:43	26:44		
33	68	Kruell Joey	World-Record-Run-4-Schumi	3:58:18	4	M45	1968	11:48	27:17	27:40	27:49	28:11	28:15	28:30	29:11	29:13		
34	11	Frankel Ian	Sportlich Team Bornheim	3:58:34	5	M45	1969	11:20	27:58	27:30	27:50	28:12	28:28	28:24	28:50	29:38		
35	5	Buchmaier Dietmar	TriCologne	4:01:55	7	M55	1958	12:16	28:27	28:44	28:41	28:53	28:47	28:25	28:50	28:30		
36	36	Müller Arno	Die Ruhrpotts Dortmund	4:08:48	8	M55	1957	12:30	29:05	29:28	28:59	28:54	29:52	30:56	30:00	28:42		
37	46	Thies Dirk	*Dormagen	4:09:55	9	M50	1965	12:42	29:17	29:05	28:38	29:27	29:39	30:17	30:06	30:17		
38	61	Nofftz Klaus	Run For Fun	4:11:04	9	M55	1957	12:47	29:12	29:04	28:39	29:27	29:41	30:53	29:28	31:27		
39	44	Stoll Winfried	*Offenburg	4:11:12	10	M50	1964	11:35	26:48	27:16	28:50	29:00	30:26	31:17	32:54	32:39		
40	55	Rawe Dr. Klaus	Frontrunner Cologne	4:11:33	6	M45	1968	10:49	24:29	25:06	26:05	27:38	31:14	33:50	35:23	36:30		
41	70	Latz Markus	Neo Bank Johannesburg	4:14:20	7	M35	1977	11:10	28:08	27:30	27:49	28:13	29:09	31:18	34:27	36:11		
42	20	Hofmann Friedhelm	Hunsrück Marathon e.V.	4:14:47	11	M50	1965	11:58	29:32	30:05	30:08	29:55	29:41	30:13	30:37	32:10		
43	15	Gickler DR Wolfgang	Mirkos Running Team	4:14:47	10	M55	1959	11:58	29:32	30:05	30:08	29:55	29:41	30:15	30:36	32:08		
44	2	Baum Sebastian	*Frechen	4:27:22	8	M35	1978	12:47	30:24	30:43	30:03	30:12	32:06	32:22	34:57	00:00		

Frauen

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)									
1	7	Diawuoh Annabel	Kölner Triathlon-Team 01	3:26:31	1	WHK	1989	09:08	23:06	23:44	24:05	24:34	25:05	25:47	25:31	25:11	
2	22	Just Gladys	Bunert - Der Kölner Laufladen	3:27:42	1	W40	1974	10:24	25:21	25:45	25:38	25:34	25:09	24:01	23:53	21:39	
3	24	Kath Petra	LT SV Westum	3:57:20	1	W50	1966	12:24	28:43	28:44	28:24	28:24	28:14	28:06	27:12	26:47	
4	43	Seer Diana	LT SV Westum	3:57:20	2	W40	1972	12:24	28:43	28:44	28:24	28:23	28:14	28:06	27:12	26:48	
5	35	Miketta Helga	Birkesdorfer TV	4:03:18	1	W75	1941	11:27	26:29	26:47	28:49	27:40	28:08	29:09	30:55	33:23	
6	6	Conrad Kerstin	LG Falkenberg	4:09:55	1	W45	1971	12:42	29:17	29:04	28:39	29:27	29:38	30:18	30:06	30:17	
7	1	Baum Sarah	*Frechen	4:27:21	1	W30	1982	12:47	30:24	30:43	30:03	30:13	32:05	32:22	34:56	00:00	
8	14	Gall Sabrina	RUNNERS POINT Forum Mü	4:27:31	2	W30	1983	12:42	29:40	30:24	30:42	31:08	32:14	33:44	35:01	00:00	