

**Männer****Altersklasse M30**

| Platz AK | Startnr | Name                | *Ort/Verein                  | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|---------------------|------------------------------|---------|---------|----------|------|
| 1        | 710     | Dahl Simon          | Bunert - Der Kölner Lauflade | 0:32:59 | 0:33:00 | 1 M30    | 87   |
| 2        | 1134    | Johnen Kenny        | LG RWE Power                 | 0:39:24 | 0:39:27 | 11 M30   | 85   |
| 3        | 600     | Barkhau Benjamin    | *Frechen                     | 0:41:31 | 0:41:33 | 16 M30   | 85   |
| 4        | 417     | Oehler Matthias     | *Köln                        | 0:42:49 | 0:42:57 | 22 M30   | 85   |
| 5        | 320     | Nowicki Patryk      | Kreissparkasse Köln          | 0:46:19 | 0:46:36 | 41 M30   | 85   |
| 6        | 646     | Overhage Patrick    | *Düsseldorf                  | 0:46:26 | 0:46:44 | 43 M30   | 85   |
| 7        | 725     | Lesch Marcel        | *Bergheim                    | 0:47:47 | 0:48:09 | 53 M30   | 86   |
| 8        | 1103    | Kuntschke Marcel    | TSV Warzen                   | 0:49:03 | 0:49:05 | 63 M30   | 85   |
| 9        | 575     | Zwiens Christoph    | *Kerpen                      | 0:48:54 | 0:49:15 | 65 M30   | 84   |
| 10       | 495     | Steffens Daniel     | *Kornwestheim                | 0:50:49 | 0:51:13 | 87 M30   | 84   |
| 11       | 724     | Kaminski David      | *Köln                        | 0:51:17 | 0:51:41 | 89 M30   | 84   |
| 12       | 975     | Braun Stephan       | Feuerwehr Frechen            | 0:54:02 | 0:54:25 | 111 M30  | 88   |
| 13       | 640     | Bungarten Sebastian | *Frechen                     | 0:54:58 | 0:55:06 | 117 M30  | 87   |
| 14       | 904     | Lux Malte           | *Köln                        | 0:55:47 | 0:56:00 | 128 M30  | 88   |
| 15       | 597     | Gensmüller Tobias   | TS Frechen                   | 0:56:14 | 0:56:53 | 137 M30  | 87   |
| 16       | 545     | Olschak Jan         | Bauhaus Racing Team          | 0:57:46 | 0:58:18 | 146 M30  | 87   |
| 17       | 486     | Okos Thomas         | CDU-Fraktion Frechen         | 0:57:46 | 0:58:24 | 148 M30  | 88   |
| 18       | 1129    | Heerstraße Oliver   | ASG Elsdorf                  | 1:07:20 | 1:07:42 | 182 M30  | 84   |
| 19       | 748     | Groß Sascha         | GVG-Laufteam                 | 1:11:17 | 1:11:39 | 189 M30  | 85   |

**Altersklasse M35**

| Platz AK | Startnr | Name                 | *Ort/Verein                | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|----------------------|----------------------------|---------|---------|----------|------|
| 1        | 730     | Meissner Pascal      | Bunert / Rhein-Berg Runner | 0:35:52 | 0:35:52 | 5 M35    | 83   |
| 2        | 428     | Odenthal Oliver      | Kegelverein Ruhige Kugel   | 0:42:02 | 0:42:07 | 18 M35   | 80   |
| 3        | 955     | Vuuadinovic Andreas  |                            | 0:42:57 | 0:42:59 | 23 M35   | 83   |
| 4        | 631     | Steinberg Daniel     | *Köln                      | 0:43:41 | 0:43:44 | 27 M35   | 79   |
| 5        | 502     | Fink Daniel          | Laufmonster                | 0:44:24 | 0:44:28 | 31 M35   | 79   |
| 6        | 913     | Ropohl Martin        | *Frechen                   | 0:44:13 | 0:44:47 | 34 M35   | 83   |
| 7        | 773     | Sekulla Martin       | GVG-Laufteam               | 0:45:03 | 0:45:19 | 36 M35   | 80   |
| 8        | 301     | Barkhausen Christian | *Köln                      | 0:47:22 | 0:47:41 | 47 M35   | 81   |
| 9        | 445     | Rohwer Sebastian     | *Frechen                   | 0:49:38 | 0:49:43 | 69 M35   | 79   |
| 10       | 307     | Lutz Erik            | *Köln                      | 0:49:41 | 0:50:06 | 74 M35   | 82   |
| 11       | 329     | Massier Philipp      | *Mannheim                  | 0:50:02 | 0:50:22 | 78 M35   | 83   |
| 12       | 739     | Deusing Thorsten     | GVG-Laufteam               | 0:50:56 | 0:51:09 | 86 M35   | 80   |
| 13       | 323     | Ehmann Jochen        | *Erfstadt                  | 0:53:15 | 0:53:51 | 107 M35  | 82   |
| 14       | 992     | Schlich Niklas       | Provinzial                 | 0:54:07 | 0:54:41 | 114 M35  | 79   |
| 15       | 496     | Kohls Ingo           | *Köln                      | 0:55:08 | 0:55:33 | 122 M35  | 82   |
| 16       | 350     | Schroeder Christian  | *Frechen                   | 0:57:40 | 0:58:01 | 143 M35  | 81   |
| 17       | 728     | Blaschke Nils        | *Frechen                   | 0:58:31 | 0:58:53 | 151 M35  | 79   |
| 18       | 658     | Umansky DR Andrej    | runningwithoutasloth       | 1:00:52 | 1:01:21 | 170 M35  | 83   |
| 19       | 656     | Schumacher Sascha    | *Elsdorf                   | 1:02:49 | 1:03:14 | 172 M35  | 80   |
| 20       | 357     | Kleinsorg Stefan     | *Frechen                   | 1:05:04 | 1:05:12 | 176 M35  | 83   |
| 21       | 328     | Kirchner Andreas     | *Köln                      | 1:16:56 | 1:17:16 | 192 M35  | 79   |

**Männer****Altersklasse M40**

| Platz AK | Startnr | Name                    | *Ort/Verein                | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|-------------------------|----------------------------|---------|---------|----------|------|
| 1        | 1110    | El Makrini Hakim        | LT DSHS                    | 0:34:33 | 0:34:34 | 3 M40    | 75   |
| 2        | 1108    | Trems Torsten           | Centralteam                | 0:37:05 | 0:37:06 | 6 M40    | 77   |
| 3        | 906     | Van Dillen Tobias       | Run Squad CGN              | 0:42:37 | 0:42:42 | 20 M40   | 76   |
| 4        | 775     | Sudmann Tobias          | GVG-Laufteam               | 0:43:06 | 0:43:10 | 24 M40   | 78   |
| 5        | 769     | Reinartz Michael        | GVG-Laufteam               | 0:44:00 | 0:44:13 | 29 M40   | 77   |
| 6        | 1133    | Möres Frank             |                            | 0:44:07 | 0:44:31 | 32 M40   | 74   |
| 7        | 559     | Spoehr Dirk             | Bauhaus Racing Team        | 0:44:42 | 0:44:53 | 35 M40   | 76   |
| 8        | 391     | Schaaf Markus           | *Kerpen                    | 0:46:02 | 0:46:14 | 40 M40   | 74   |
| 9        | 326     | Weißenberg Martin       | *Köln                      | 0:46:39 | 0:46:43 | 42 M40   | 77   |
| 10       | 819     | Jansen Heiko            | *Frechen                   | 0:47:54 | 0:48:08 | 52 M40   | 76   |
| 11       | 318     | Lode Mario              | Lode Runners               | 0:52:09 | 0:52:28 | 94 M40   | 74   |
| 12       | 352     | Mayer Danilo            | 1. FC Köln                 | 0:52:38 | 0:52:43 | 95 M40   | 76   |
| 13       | 1119    | Marek Waldemar          | Für Hürth                  | 0:52:52 | 0:53:03 | 98 M40   | 74   |
| 14       | 341     | Reilbach Olaf           | *Frechen                   | 0:52:53 | 0:53:19 | 102 M40  | 76   |
| 15       | 1136    | Voigt Stefan            | Laktajunkies Rheinland     | 0:53:04 | 0:53:28 | 104 M40  | 74   |
| 16       | 315     | Eisele Diemo            | *Frechen                   | 0:53:19 | 0:53:47 | 106 M40  | 78   |
| 17       | 618     | Hussy Dirk              | LAV-Tischtennis            | 0:54:33 | 0:55:01 | 116 M40  | 76   |
| 18       | 736     | Ewert Stefan            | KSK Köln                   | 0:55:58 | 0:56:27 | 130 M40  | 77   |
| 19       | 606     | Saerbeck Marc           | *Krefeld                   | 0:56:29 | 0:56:40 | 135 M40  | 76   |
| 20       | 507     | Flieher Marko           | Bauhaus Racing Team        | 0:59:28 | 0:59:38 | 158 M40  | 78   |
| 21       | 756     | Ladenthin Mario         | GVG-Laufteam               | 0:59:23 | 0:59:44 | 159 M40  | 78   |
| 22       | 469     | Koch-van der Velden Sim | Raiffeisenbank Frechen-Hür | 0:59:23 | 0:59:47 | 161 M40  | 78   |
| 23       | 763     | Omar Sabry              | GVG-Laufteam               | 1:00:05 | 1:00:27 | 165 M40  | 76   |
| 24       | 1107    | Müller Dirk             |                            | 1:00:24 | 1:00:29 | 166 M40  | 74   |
| 25       | 1109    | Donimierski Michael     | Mach 3                     | 1:05:55 | 1:06:22 | 178 M40  | 77   |
| 26       | 626     | Boyacian Norayr         | ASC Akhtamar               | 1:06:57 | 1:07:03 | 181 M40  | 78   |
| 27       | 543     | Rasque Andreas          | Bauhaus Racing Team        | 1:14:54 | 1:15:05 | 191 M40  | 74   |

## Männer

## Altersklasse M45

| Platz AK | Startnr | Name                    | *Ort/Verein                | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|-------------------------|----------------------------|---------|---------|----------|------|
| 1        | 731     | Hörniss Alexander       | Bunert / Rhein-Berg Runner | 0:37:58 | 0:38:00 | 8 M45    | 70   |
| 2        | 688     | Schneider Thomas        | LG RWE Power               | 0:38:21 | 0:38:24 | 9 M45    | 69   |
| 3        | 639     | Bräutigam DR Claus      | TFG Köln-Nippes            | 0:39:39 | 0:39:41 | 12 M45   | 69   |
| 4        | 309     | Schröter Martin         | *Frechen                   | 0:40:02 | 0:40:10 | 13 M45   | 71   |
| 5        | 1101    | Salewska Boris          | Laufmonster.de             | 0:41:15 | 0:41:18 | 15 M45   | 73   |
| 6        | 1124    | Rösler Denis            | 25 Minutes                 | 0:41:50 | 0:41:53 | 17 M45   | 70   |
| 7        | 479     | Saerbeck DR Ulrich      | Frechener-Schwimm-Verein   | 0:44:38 | 0:44:47 | 33 M45   | 70   |
| 8        | 616     | Vogt Wolfgang           | *Frechen                   | 0:47:15 | 0:47:20 | 45 M45   | 70   |
| 9        | 615     | Ewert Volker            | Roadrunner 69              | 0:47:10 | 0:47:22 | 46 M45   | 69   |
| 10       | 1121    | Waldforst Thomas        |                            | 0:47:32 | 0:47:51 | 48 M45   | 71   |
| 11       | 929     | Goldbeck Jens           | Knickfööss Köln            | 0:47:42 | 0:48:06 | 50 M45   | 70   |
| 12       | 1126    | Förster Dirk            | VCS Köln                   | 0:48:07 | 0:48:14 | 54 M45   | 73   |
| 13       | 1114    | Engels Andreas          | RTC Frechen 80 e.V.        | 0:49:56 | 0:50:06 | 75 M45   | 72   |
| 14       | 651     | Schreiter Rüdiger       | *Duisburg                  | 0:50:39 | 0:51:06 | 85 M45   | 71   |
| 15       | 424     | Vogel Jörg              | *Köln                      | 0:51:33 | 0:51:44 | 90 M45   | 69   |
| 16       | 973     | Do Souto Martins Raus V |                            | 0:51:51 | 0:52:08 | 93 M45   | 73   |
| 17       | 752     | Kahlert Arthur          | GVG-Laufteam               | 0:52:19 | 0:52:51 | 96 M45   | 70   |
| 18       | 410     | Altengarten Stephan W.  | *Frechen                   | 0:53:06 | 0:53:15 | 101 M45  | 70   |
| 19       | 530     | Mehles Thomas           | Bauhaus Racing Team        | 0:53:52 | 0:54:06 | 108 M45  | 69   |
| 20       | 327     | Strohacker Carsten      | *Köln                      | 0:53:50 | 0:54:07 | 109 M45  | 71   |
| 21       | 383     | Zech Heiko              | *Frechen                   | 0:54:25 | 0:54:53 | 115 M45  | 71   |
| 22       | 531     | Gärtner Daniel          | Bauhaus Racing Team        | 0:55:00 | 0:55:08 | 118 M45  | 73   |
| 23       | 395     | Lister Frank            | *Frechen                   | 0:54:51 | 0:55:13 | 120 M45  | 71   |
| 24       | 741     | Donnerstag Christian    | GVG-Laufteam               | 0:55:21 | 0:55:36 | 123 M45  | 72   |
| 25       | 356     | Reho Antonio            | *Frechen                   | 0:55:25 | 0:55:41 | 124 M45  | 70   |
| 26       | 347     | Oberzier Ralph          | *Frechen                   | 0:56:32 | 0:56:37 | 134 M45  | 70   |
| 27       | 333     | Wilke Burkhard          | *Frechen                   | 0:57:50 | 0:57:57 | 142 M45  | 70   |
| 28       | 923     | Chalkidis Fotios        | *Frechen                   | 0:58:26 | 0:58:56 | 152 M45  | 73   |
| 29       | 355     | Anderson Marko          | BenzDancer                 | 0:59:01 | 0:59:10 | 156 M45  | 71   |
| 30       | 1116    | Matheja Reinhold        |                            | 1:00:43 | 1:00:50 | 167 M45  | 70   |
| 31       | 312     | Foest Martin            | *Düren                     | 1:06:20 | 1:06:26 | 179 M45  | 72   |

## Altersklasse M50

| Platz AK | Startnr | Name                   | *Ort/Verein              | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|------------------------|--------------------------|---------|---------|----------|------|
| 1        | 894     | Langzauner Dietmar     | *Brühl                   | 0:45:10 | 0:45:25 | 37 M50   | 64   |
| 2        | 776     | Trommer Jürgen         | GVG-Laufteam             | 0:45:44 | 0:45:52 | 38 M50   | 65   |
| 3        | 887     | Jakubowitz Martin      | *Köln                    | 0:46:45 | 0:47:04 | 44 M50   | 67   |
| 4        | 305     | Matschull Frank        | für meine Jungs          | 0:47:43 | 0:47:52 | 49 M50   | 67   |
| 5        | 621     | Kuckert Andreas        | AXA Marathon Team        | 0:47:58 | 0:48:15 | 55 M50   | 66   |
| 6        | 733     | Kiehn Rainer           | Bachemer Wahnsinn        | 0:47:55 | 0:48:18 | 56 M50   | 67   |
| 7        | 930     | Nippen Stefan          | *Frechen                 | 0:48:26 | 0:48:35 | 59 M50   | 68   |
| 8        | 960     | Wieschollek Florian    |                          | 0:48:35 | 0:48:41 | 60 M50   | 68   |
| 9        | 313     | Surma Ralf             | *Frechen                 | 0:48:45 | 0:48:52 | 61 M50   | 66   |
| 10       | 686     | Christ Carsten         | SF Glückauf Habelrath-Gr | 0:49:13 | 0:49:20 | 66 M50   | 67   |
| 11       | 771     | Schöne Sebastian       | GVG-Laufteam             | 0:49:40 | 0:49:49 | 70 M50   | 68   |
| 12       | 821     | Metzmacher Heinz-Jürge | *Frechen                 | 0:49:42 | 0:49:52 | 71 M50   | 67   |
| 13       | 754     | Kurth Tom              | GVG-Laufteam             | 0:49:51 | 0:50:04 | 73 M50   | 67   |
| 14       | 924     | Rüsing Michael         | *Frechen                 | 0:50:34 | 0:50:53 | 84 M50   | 68   |
| 15       | 390     | Velinov DR Alexander   | *Frechen                 | 0:50:59 | 0:51:36 | 88 M50   | 65   |
| 16       | 777     | Wierk Andreas          | GVG-Laufteam             | 0:51:34 | 0:51:58 | 91 M50   | 67   |
| 17       | 483     | Leers Christian        | SCB-Horrem               | 0:55:25 | 0:55:32 | 121 M50  | 68   |
| 18       | 1105    | Furman Dirk            | Ti Prof. Klaus Baum      | 0:55:31 | 0:55:44 | 125 M50  | 65   |
| 19       | 694     | Paesch Horst           | MST Laufpoint            | 0:55:36 | 0:55:57 | 127 M50  | 67   |
| 20       | 952     | Albrecht Jens          |                          | 0:56:15 | 0:56:29 | 131 M50  | 68   |
| 21       | 884     | Hartl Peter            | Feuerwehr Frechen        | 0:57:33 | 0:57:56 | 141 M50  | 64   |
| 22       | 1113    | Padberg Rainulf        | CVJM Frechen             | 0:57:58 | 0:58:17 | 145 M50  | 64   |
| 23       | 473     | Probek Hans Elmar      | *Herne                   | 1:03:10 | 1:03:44 | 173 M50  | 68   |
| 24       | 764     | Pilgermann Bernd       | GVG-Laufteam             | 1:05:09 | 1:05:25 | 177 M50  | 64   |
| 25       | 840     | Brandt Bernhard        | *Frechen                 | 1:06:47 | 1:06:49 | 180 M50  | 67   |

**Männer****Altersklasse M55**

| Platz AK | Startnr | Name                  | *Ort/Verein                | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|-----------------------|----------------------------|---------|---------|----------|------|
| 1        | 956     | Kurth Jürgen          | Pulheimer SC               | 0:40:27 | 0:40:29 | 14 M55   | 63   |
| 2        | 768     | Reiff Franz-Josef     | GVG-Laufteam               | 0:47:53 | 0:48:07 | 51 M55   | 63   |
| 3        | 501     | Krause Jörg           | TV Witzhelden              | 0:48:30 | 0:48:35 | 58 M55   | 63   |
| 4        | 734     | Martens Jörn          | Run of Colours Promoteam   | 0:49:52 | 0:50:11 | 76 M55   | 62   |
| 5        | 820     | Link Jochen           | *Frechen                   | 0:50:10 | 0:50:22 | 79 M55   | 63   |
| 6        | 1118    | Wenz Ralf             | TV Alpengruehn             | 0:49:57 | 0:50:24 | 80 M55   | 59   |
| 7        | 743     | Gaßmüller Dirk        | GVG-Laufteam               | 0:50:43 | 0:50:53 | 83 M55   | 61   |
| 8        | 770     | Rosso Mario           | GVG-Laufteam               | 0:52:47 | 0:53:14 | 100 M55  | 60   |
| 9        | 1137    | Podzus Horst          |                            | 0:54:15 | 0:54:28 | 112 M55  | 61   |
| 10       | 386     | Schulze Ronald        | *Frechen                   | 0:55:33 | 0:55:45 | 126 M55  | 61   |
| 11       | 601     | Wegewitz Ralf         | *Frechen                   | 0:56:42 | 0:57:11 | 138 M55  | 60   |
| 12       | 898     | Schumacher Hans Peter | *Frechen                   | 0:58:30 | 0:59:08 | 155 M55  | 60   |
| 13       | 919     | Ferdinand Markus      | BSG Airflow                | 0:58:57 | 0:59:28 | 157 M55  | 59   |
| 14       | 467     | Hamacher Hermann      | Raiffeisenbank Frechen-Hür | 0:59:23 | 0:59:47 | 160 M55  | 62   |
| 15       | 1138    | Klug Michael          | CVJM                       | 0:59:52 | 1:00:10 | 163 M55  | 62   |
| 16       | 396     | Wurda Werner          | SC Fortuna Köln            | 1:00:26 | 1:01:06 | 168 M55  | 60   |
| 17       | 722     | Ommer Udo             | Road Runner Hasenweide     | 1:11:23 | 1:12:01 | 190 M55  | 60   |

**Altersklasse M60**

| Platz AK | Startnr | Name               | *Ort/Verein            | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|--------------------|------------------------|---------|---------|----------|------|
| 1        | 622     | Costantini Alfons  | LG RWE Power           | 0:50:38 | 0:50:52 | 82 M60   | 58   |
| 2        | 1127    | Trimborn Johannes  | LG RWE Power           | 0:51:37 | 0:52:03 | 92 M60   | 55   |
| 3        | 746     | Göbgen Rolf        | GVG-Laufteam           | 0:52:55 | 0:53:05 | 99 M60   | 57   |
| 4        | 637     | Desprez Pierre     | Bachemer Wahnsinn      | 0:53:11 | 0:53:34 | 105 M60  | 54   |
| 5        | 1135    | Johnen Manfred     | LG RWE Power           | 0:55:41 | 0:56:04 | 129 M60  | 58   |
| 6        | 696     | Kleinsorg Heinz    | TuS Königsdorf         | 0:56:28 | 0:56:44 | 136 M60  | 55   |
| 7        | 647     | Becker Günter      | *Frechen               | 0:59:25 | 0:59:53 | 162 M60  | 56   |
| 8        | 485     | Tesch Friedrich    | Sebastianus Balkhausen | 0:59:43 | 1:00:15 | 164 M60  | 58   |
| 9        | 345     | Heller Franz-Josef | *Frechen               | 1:08:28 | 1:08:38 | 184 M60  | 55   |
| 10       | 418     | Persé Jürgen       | RTC Frechen 80         | 1:08:18 | 1:08:46 | 185 M60  | 56   |

**Altersklasse M65**

| Platz AK | Startnr | Name             | *Ort/Verein  | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|------------------|--------------|---------|---------|----------|------|
| 1        | 751     | Jäger Walter     | GVG-Laufteam | 0:52:57 | 0:53:27 | 103 M65  | 53   |
| 2        | 1120    | Würt Hans Werner |              | 0:54:21 | 0:54:36 | 113 M65  | 50   |
| 3        | 492     | Pfeiffer Heinz   | *Kreuzau     | 0:55:04 | 0:55:12 | 119 M65  | 53   |
| 4        | 625     | Peters Jens      | *Bonn        | 0:57:55 | 0:58:33 | 150 M65  | 52   |

**Altersklasse M75**

| Platz AK | Startnr | Name             | *Ort/Verein    | Netto   | Brutto  | Platz AK | Jahr |
|----------|---------|------------------|----------------|---------|---------|----------|------|
| 1        | 781     | Claassen Manfred | Laufmonster    | 0:50:17 | 0:50:21 | 77 M75   | 40   |
| 2        | 784     | Behling Martin   | *Köln-Lövenich | 1:00:43 | 1:01:16 | 169 M75  | 41   |

**Männer****Altersklasse MHK**

| Platz | AK | Startnr | Name              | *Ort/Verein                  | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-------------------|------------------------------|---------|---------|-------|-----|------|
| 1     |    | 708     | Singbeil Daniel   | Bunert - Der Kölner Lauflade | 0:33:51 | 0:33:52 | 2     | MHK | 89   |
| 2     |    | 1122    | Ranftler David    | TV Refrath                   | 0:34:47 | 0:34:48 | 4     | MHK | 90   |
| 3     |    | 909     | Hammer Marcel     | RC Adler Köln 1921 e.V.      | 0:37:21 | 0:37:24 | 7     | MHK | 90   |
| 4     |    | 426     | Winters Laurin    | ASV Köln                     | 0:38:45 | 0:38:47 | 10    | MHK | 90   |
| 5     |    | 690     | Metz Fabian       | *Frechen                     | 0:42:30 | 0:42:34 | 19    | MHK | 90   |
| 6     |    | 593     | Lemke Daniel      | Theater Harlekin             | 0:42:38 | 0:42:50 | 21    | MHK | 91   |
| 7     |    | 405     | Schuchardt Hannes | Fresh Open Bäder Frechen     | 0:42:49 | 0:43:16 | 25    | MHK | 97   |
| 8     |    | 921     | Zorkin Björn      | Piraten AG                   | 0:43:28 | 0:43:31 | 26    | MHK | 92   |
| 9     |    | 718     | Gramel Tom        | *Hürth                       | 0:44:04 | 0:44:10 | 28    | MHK | 93   |
| 10    |    | 914     | Lellek Lars       | *Köln                        | 0:44:03 | 0:44:14 | 30    | MHK | 89   |
| 11    |    | 757     | Liebertz Marvin   | GVG-Laufteam                 | 0:45:40 | 0:45:56 | 39    | MHK | 93   |
| 12    |    | 778     | Wagner Sven       | Run of Colours Promoteam     | 0:48:03 | 0:48:23 | 57    | MHK | 89   |
| 13    |    | 406     | Templer Martin    | Fresh Open Bäder Frechen     | 0:48:35 | 0:49:04 | 62    | MHK | 89   |
| 14    |    | 381     | Kremser Tobias    | TuS Königsdorf               | 0:49:15 | 0:49:28 | 68    | MHK | 90   |
| 15    |    | 1123    | Hermann Michael   |                              | 0:49:35 | 0:49:55 | 72    | MHK | 94   |
| 16    |    | 1128    | Vogel Christoph   |                              | 0:50:25 | 0:50:35 | 81    | MHK | 97   |
| 17    |    | 407     | Walde Maximilian  | Fresh Open Bäder Frechen     | 0:52:26 | 0:52:55 | 97    | MHK | 95   |
| 18    |    | 517     | Franke Pascal     | Bauhaus Racing Team          | 0:53:38 | 0:54:12 | 110   | MHK | 89   |
| 19    |    | 893     | Lay Bunly         | *Köln                        | 0:57:21 | 0:57:55 | 140   | MHK | 91   |
| 20    |    | 487     | Koppers Thomas    | CDU-Fraktion Frechen         | 0:57:45 | 0:58:23 | 147   | MHK | 92   |
| 21    |    | 488     | Doll Sebastian    | CDU-Fraktion Frechen         | 0:57:45 | 0:58:24 | 149   | MHK | 92   |
| 22    |    | 468     | Noack Nils        | Raiffeisenbank Frechen-Hür   | 0:58:32 | 0:58:58 | 153   | MHK | 94   |
| 23    |    | 0       | unbekannt DZ70KW8 |                              | 0:58:32 | 0:58:58 | 154   | MHK |      |
| 24    |    | 661     | Rothe Moritz      | *Bergheim                    | 1:01:10 | 1:01:27 | 171   | MHK | 93   |
| 25    |    | 654     | Lay Bunlean       | Herr                         | 1:03:44 | 1:04:20 | 174   | MHK | 93   |
| 26    |    | 822     | Berger Michael    | TTC Bachen                   | 1:04:23 | 1:04:52 | 175   | MHK | 96   |
| 27    |    | 0       | unbekannt DY6CYF3 |                              | 1:08:22 | 1:08:56 | 187   | MHK |      |
| 28    |    | 477     | Kosfeld Pascal    | Feuerwehrsportteamrheinla    | 1:10:16 | 1:10:41 | 188   | MHK | 95   |

**Altersklasse MU12**

| Platz | AK | Startnr | Name           | *Ort/Verein | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|----------------|-------------|---------|---------|-------|-----|------|
| 1     |    | 349     | Oberzier Jonas | *Frechen    | 0:56:32 | 0:56:37 | 133   | MU1 | 08   |

**Altersklasse MU14**

| Platz | AK | Startnr | Name        | *Ort/Verein            | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-------------|------------------------|---------|---------|-------|-----|------|
| 1     |    | 879     | Hartl Silas | LAV Habelrath-Grefrath | 1:07:20 | 1:07:42 | 183   | MU1 | 06   |

**Altersklasse MU16**

| Platz | AK | Startnr | Name           | *Ort/Verein   | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|----------------|---------------|---------|---------|-------|-----|------|
| 1     |    | 348     | Oberzier Simon | *Frechen      | 0:56:31 | 0:56:37 | 132   | MU1 | 04   |
| 2     |    | 926     | Maass Yannick  | TuS Schildgen | 0:57:18 | 0:57:49 | 139   | MU1 | 04   |

**Altersklasse MU18**

| Platz | AK | Startnr | Name             | *Ort/Verein         | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|------------------|---------------------|---------|---------|-------|-----|------|
| 1     |    | 532     | Mehles Patrick   | Bauhaus Racing Team | 0:49:20 | 0:49:28 | 67    | MU1 | 02   |
| 2     |    | 971     | Padberg Benjamin | CVJM Frechen        | 0:57:48 | 0:58:06 | 144   | MU1 | 02   |

**Altersklasse MU20**

| Platz | AK | Startnr | Name              | *Ort/Verein             | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-------------------|-------------------------|---------|---------|-------|-----|------|
| 1     |    | 687     | Christ Constantin | SFGlückauf Habelrath-Gr | 0:49:04 | 0:49:11 | 64    | MU2 | 00   |
| 2     |    | 620     | Goll Noel         | *Seelscheid-nackhausen  | 1:08:21 | 1:08:54 | 186   | MU2 | 99   |

**Frauen****Altersklasse W30**

| Platz | AK | Startnr | Name           | *Ort/Verein          | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|----------------|----------------------|---------|---------|-------|-----|------|
| 1     |    | 322     | Ehmann Lisa    | *Erfstadt            | 1:04:44 | 1:05:20 | 35    | W30 | 84   |
| 2     |    | 659     | Mathieu Mylčne | runningwithoutasloth | 1:05:14 | 1:05:43 | 37    | W30 | 84   |
| 3     |    | 546     | Tamm Mareike   | Bauhaus Racing Team  | 1:14:00 | 1:14:33 | 47    | W30 | 87   |

**Altersklasse W35**

| Platz | AK | Startnr | Name            | *Ort/Verein | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-----------------|-------------|---------|---------|-------|-----|------|
| 1     |    | 1125    | Koch Pamela     | DTV 1847    | 0:47:24 | 0:47:27 | 5     | W35 | 80   |
| 2     |    | 735     | Ogamba Simone   | *Bergheim   | 0:50:53 | 0:51:03 | 7     | W35 | 81   |
| 3     |    | 389     | Velinov DR Anke | *Frechen    | 0:52:08 | 0:52:44 | 9     | W35 | 79   |
| 4     |    | 331     | Flieger Sabrina | *Köln       | 0:56:53 | 0:57:03 | 18    | W35 | 79   |
| 5     |    | 330     | Huneke Pia      | *Köln       | 1:06:48 | 1:07:08 | 40    | W35 | 83   |

**Altersklasse W40**

| Platz | AK | Startnr | Name                | *Ort/Verein           | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|---------------------|-----------------------|---------|---------|-------|-----|------|
| 1     |    | 497     | Peters Nicole       | Mach Melli Mobil      | 0:52:41 | 0:53:05 | 10    | W40 | 77   |
| 2     |    | 982     | Rodewald Harion     | Sportfreunde Aremberg | 0:53:04 | 0:53:08 | 11    | W40 | 76   |
| 3     |    | 571     | Heesen Anita        | Bauhaus Racing Team   | 0:53:35 | 0:54:01 | 14    | W40 | 77   |
| 4     |    | 510     | Beckerhoff Natalie  | Bauhaus Racing Team   | 0:53:43 | 0:54:10 | 15    | W40 | 75   |
| 5     |    | 1102    | Mikschik Sylvia     |                       | 0:56:51 | 0:57:15 | 19    | W40 | 75   |
| 6     |    | 435     | Schlechtriem Bianca | *Frechen              | 1:01:34 | 1:01:46 | 30    | W40 | 76   |
| 7     |    | 437     | Makropoulos Heike   | *Frechen              | 1:02:44 | 1:03:20 | 32    | W40 | 78   |

**Altersklasse W45**

| Platz | AK | Startnr | Name            | *Ort/Verein              | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-----------------|--------------------------|---------|---------|-------|-----|------|
| 1     |    | 493     | Burdak Diana    | 1969                     | 0:53:01 | 0:53:09 | 12    | W45 | 69   |
| 2     |    | 907     | Pfahlbusch Elfi | Run of Colours Promoteam | 0:55:41 | 0:56:01 | 16    | W45 | 72   |
| 3     |    | 783     | Vogel Sabine    | *Köln                    | 0:57:38 | 0:58:09 | 22    | W45 | 72   |
| 4     |    | 1106    | Domes Simone    |                          | 1:10:10 | 1:10:46 | 45    | W45 | 72   |

**Altersklasse W50**

| Platz | AK | Startnr | Name             | *Ort/Verein               | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|------------------|---------------------------|---------|---------|-------|-----|------|
| 1     |    | 346     | Heller Elke      | *Frechen                  | 0:57:11 | 0:57:22 | 20    | W50 | 67   |
| 2     |    | 839     | Keunecke Kerstin | Die Grauen Burggeister    | 0:59:06 | 0:59:24 | 23    | W50 | 67   |
| 3     |    | 441     | Szyszka Bärbel   | *Frechen                  | 1:00:02 | 1:00:12 | 24    | W50 | 66   |
| 4     |    | 439     | Sommer DR Anette | *Berlin                   | 1:00:15 | 1:00:23 | 25    | W50 | 68   |
| 5     |    | 436     | Ippen Conny      | *Frechen                  | 1:01:34 | 1:01:46 | 29    | W50 | 68   |
| 6     |    | 316     | Rohr Swantje     | Pulchra-Amphora e.V. Neus | 1:05:55 | 1:06:30 | 39    | W50 | 66   |

**Altersklasse W55**

| Platz | AK | Startnr | Name              | *Ort/Verein   | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-------------------|---------------|---------|---------|-------|-----|------|
| 1     |    | 703     | Hock Ines         | TS Frechen    | 0:43:12 | 0:43:14 | 3     | W55 | 60   |
| 2     |    | 358     | Schwarz Gise      | born2run      | 1:02:30 | 1:03:02 | 31    | W55 | 63   |
| 3     |    | 900     | Dichant Heidi     | *Frechen      | 1:03:48 | 1:04:20 | 33    | W55 | 60   |
| 4     |    | 359     | Sonntag Ursula    | TFG Nippes 78 | 1:05:09 | 1:05:35 | 36    | W55 | 62   |
| 5     |    | 744     | Gaßmüller Marlene | GVG-Laufteam  | 1:06:00 | 1:06:13 | 38    | W55 | 60   |

**Altersklasse W60**

| Platz | AK | Startnr | Name        | *Ort/Verein | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|-------------|-------------|---------|---------|-------|-----|------|
| 1     |    | 1061    | Meul Monika |             | 1:01:11 | 1:01:27 | 28    | W60 | 58   |

**Altersklasse W65**

| Platz | AK | Startnr | Name         | *Ort/Verein  | Netto   | Brutto  | Platz | AK  | Jahr |
|-------|----|---------|--------------|--------------|---------|---------|-------|-----|------|
| 1     |    | 749     | Hajek Verena | GVG-Laufteam | 1:01:07 | 1:01:26 | 26    | W65 | 52   |
| 2     |    | 742     | Engels Kathy | GVG-Laufteam | 1:07:00 | 1:07:31 | 42    | W65 | 51   |

**Frauen****Altersklasse WHK**

| Platz AK | Startnr | Name                | *Ort/Verein                  | Netto   | Brutto  | Platz | AK  | Jahr |
|----------|---------|---------------------|------------------------------|---------|---------|-------|-----|------|
| 1        | 712     | Jaschke Lisa        | Bunert - Der Kölner Lauflade | 0:39:46 | 0:39:48 | 1     | WHK | 90   |
| 2        | 336     | Lerche Sabine       | *Köln                        | 0:41:56 | 0:41:59 | 2     | WHK | 96   |
| 3        | 425     | Schippa Beatrix     | ASV Köln                     | 0:44:59 | 0:45:01 | 4     | WHK | 89   |
| 4        | 922     | Kreutner Sophie     | Piraten AG                   | 0:48:05 | 0:48:07 | 6     | WHK | 91   |
| 5        | 695     | Peters Tina         | *Frechen                     | 0:50:56 | 0:51:09 | 8     | WHK | 90   |
| 6        | 660     | Herling Jelena      | *Hürth                       | 0:53:33 | 0:53:45 | 13    | WHK | 93   |
| 7        | 638     | Scheidweiler Sandra | Sportsfreunde2018            | 0:56:09 | 0:56:22 | 17    | WHK | 89   |
| 8        | 444     | Wiebe Birte         | *Köln                        | 0:57:42 | 0:58:02 | 21    | WHK | 91   |
| 9        | 717     | Hilbk Katharina     | *Köln                        | 1:01:09 | 1:01:26 | 27    | WHK | 93   |
| 10       | 384     | Stupp Nicola        | *Kerpen                      | 1:04:08 | 1:04:42 | 34    | WHK | 94   |
| 11       | 885     | Hartl Britta        | *Frechen                     | 1:07:20 | 1:07:43 | 43    | WHK | 95   |
| 12       | 623     | Vietz Vivien        | LG RWE Power                 | 1:07:42 | 1:07:56 | 44    | WHK | 95   |
| 13       | 723     | Ommer Annika        | Road Runner Hasenweide       | 1:11:23 | 1:12:01 | 46    | WHK | 94   |

**Altersklasse WU18**

| Platz AK | Startnr | Name       | *Ort/Verein  | Netto   | Brutto  | Platz | AK  | Jahr |
|----------|---------|------------|--------------|---------|---------|-------|-----|------|
| 1        | 627     | Kaci Lilit | ASC Akhtamar | 1:07:03 | 1:07:09 | 41    | WU1 | 01   |