

Männer

| Ges.Platz | Startnr | Name | Verein/*Ort | Nat | Gesamt | Brutto | AK-PI | AK | Jahr | 0-5 | 5-10 | 10-15 | 15-20 |
|-----------|---------|--------------------|----------------|-----|---------|---------|-------|-----|------|-------|-------|-------|-------|
| 2 | 2 | Mihretab Michael | TuS 82 Opladen | GER | 1:14:15 | 1:14:16 | 1 | M20 | 96 | 17:08 | 17:22 | 17:38 | 18:19 |
| 10 | 1042 | Domogalla Matthias | JoMa | GER | 1:21:33 | 1:21:34 | 1 | M30 | 87 | 18:01 | 19:02 | 19:40 | 20:29 |
| 12 | 1345 | Diederichs Gunnar | TuS 82 Opladen | GER | 1:21:59 | 1:21:59 | 5 | M35 | 79 | 19:21 | 19:22 | 19:21 | 19:45 |
| 13 | 2216 | Hoerniss Alexander | Momentive | GER | 1:22:48 | 1:22:49 | 2 | M45 | 70 | 19:20 | 19:30 | 19:48 | 19:58 |
| 15 | 1356 | Burges Andres | TuS 82 Opladen | GER | 1:23:44 | 1:23:45 | 2 | M30 | 86 | 19:20 | 19:45 | 20:17 | 20:10 |
| 18 | 176 | Schulte Martin | TuS 82 Opladen | GER | 1:26:17 | 1:26:17 | 3 | M45 | 70 | 19:20 | 19:49 | 21:09 | 21:42 |

Frauen

| Ges.Platz | Startnr | Name | Verein/*Ort | Nat | Gesamt | Brutto | AK-PI | AK | Jahr | 0-5 | 5-10 | 10-15 | 15-20 |
|-----------|---------|------------------|---------------------|-----|---------|---------|-------|-----|------|-------|-------|-------|-------|
| 7 | 1138 | Erhardt Irena | Next Level | GER | 1:41:53 | 1:42:11 | 1 | W40 | 77 | 23:10 | 23:46 | 24:41 | 25:08 |
| 11 | 2145 | Gebauer Lea | Klinikum Leverkusen | GER | 1:42:43 | 1:43:28 | 4 | W20 | 95 | 24:38 | 24:24 | 24:17 | 24:20 |
| 13 | 10 | Von Maltzahn Ute | TuS 82 Opladen | GER | 1:44:23 | 1:44:37 | 3 | W40 | 78 | 23:27 | 24:09 | 25:25 | 26:07 |
| 15 | 364 | Ernst Kathrin | *Leverkusen | GER | 1:44:31 | 1:44:43 | 6 | W20 | 94 | 23:02 | 25:00 | 25:14 | 26:05 |