



Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	0-28	28-50	
1	1009	Kersting Ralf	*Alfter	07:05:40	03:56:55	03:08:45	7,05 km/h
2	825	Raddatz Knut	*Bonn	07:36:34	04:06:34	03:29:59	6,57 km/h
3	936	Schmidt-Román Hanno	*Beckum	07:36:35	04:06:36	03:29:59	6,57 km/h
4	918	Bender Mikka	*Wachtberg	07:36:39	04:10:51	03:25:48	6,57 km/h
5	811	Friedrichs Gerd	*Bad Neuenahr-Ahrweiler	08:01:41	04:22:21	03:39:20	6,23 km/h
6	652	Peters Piet	piet spiet tiem	08:06:19	04:19:15	03:47:04	6,17 km/h
7	1064	Ralf Günther		08:10:59	04:50:36	03:20:22	6,11 km/h
8	967	Neuschwander Rainer	*Bonn	08:11:06	04:50:39	03:20:26	6,11 km/h
9	789	Spillmann Dieter	SV Wormersdorf	08:28:03	04:27:20	04:00:42	5,90 km/h
10	957	Hofmann Markus	KaputterSchuh	08:31:24	06:04:32	02:26:51	5,87 km/h
11	659	Boelen-Theile Claus	*Rösrath	08:33:31	04:30:00	04:03:31	5,84 km/h
12	930	Mornn Jens	Statkraft	08:34:04	04:31:05	04:02:58	5,84 km/h
13	744	Fuhrmann Johannes	Selbstläufer Altenahr	08:36:50	04:31:24	04:05:26	5,80 km/h
14	651	Volkmer Rainer	*Bornheim	08:40:10	04:34:14	04:05:56	5,77 km/h
15	814	Fröhlich Alexander	Eisvogel	08:50:50	05:05:20	03:45:29	5,65 km/h
16	950	Lanzrath Florian	*Rheinbach	08:54:04	04:47:56	04:06:08	5,62 km/h
17	690	Franke Dieter	*Ahrweiler	08:57:22	04:54:34	04:02:47	5,58 km/h
18	691	Franke Sascha	*Andernach	08:57:42	04:54:50	04:02:52	5,58 km/h
19	976	Schleifnig Volker	*Sinzig	09:00:22	04:48:01	04:12:21	5,55 km/h
20	903	Nellessen Ralf	*Dahlem	09:04:59	04:57:42	04:07:17	5,50 km/h
21	832	Ovelgönne Alfons	*Dülmen	09:09:18	04:47:55	04:21:22	5,46 km/h
22	833	Ovelgönne Gregor	*Dülmen	09:09:20	04:47:59	04:21:20	5,46 km/h
23	974	Buckan Markus	*Hürth	09:14:54	05:01:18	04:13:36	5,41 km/h
24	896	Köhler Jörg	*Bornheim	09:15:17	04:58:48	04:16:28	5,40 km/h
25	892	Pestlin Dirk	*Remscheid	09:17:06	05:04:08	04:12:57	5,39 km/h
26	895	Geier Ingo	*Remscheid	09:17:06	05:04:12	04:12:54	5,38 km/h
27	736	Worliczek Christian	*Straßenhaus	09:20:07	05:16:27	04:03:39	5,36 km/h
28	709	Eul Manfred	*Bad Neuenahr-Ahrweiler	09:21:25	05:07:36	04:13:48	5,34 km/h
29	721	Stollenwerk Daniel	*Neuss	09:27:30	05:11:44	04:15:45	5,29 km/h
30	723	Kliebe Bernd	*Neuss	09:27:30	05:11:47	04:15:43	5,29 km/h
31	717	Bransmoeller Sven	*Essen	09:27:31	05:11:46	04:15:44	5,29 km/h
32	685	Roth Richard	*Bonn	09:28:48	05:08:11	04:20:37	5,27 km/h
33	720	Elenz Dietmar	*Sinzig	09:28:59	05:05:35	04:23:24	5,27 km/h
34	1052	Grüneberg Markus	*Solingen	09:29:56	05:00:41	04:29:15	5,26 km/h
35	703	Nerlinger Jörg	*Pillig	09:29:57	05:00:01	04:29:55	5,26 km/h
36	803	Kuppert Steven	SpVgg Nickenich	09:31:06	00:00:00	00:00:00	5,25 km/h
37	937	Reuter Peter	*Neustadt/Wied	09:33:44	05:37:16	03:56:27	5,23 km/h
38	704	Schumacher Hans-Peter	*Rheinbach	09:34:04	05:01:04	04:32:59	5,23 km/h
39	1021	Nelles Achim	*Bad Neuenahr	09:35:55	05:16:48	04:19:06	5,21 km/h
40	856	Michael Christof	*Halver	09:37:16	05:00:29	04:36:46	5,20 km/h
41	1016	Linck Guido	*Aspiseim	09:37:38	05:12:02	04:25:35	5,19 km/h
42	963	Drößlich Edgar	*Brohl-Lützing	09:41:22	05:03:07	04:38:15	5,16 km/h
43	1020	Baumgart Dominik	*Grafschaft-Birresdorf	09:43:17	05:16:51	04:26:26	5,14 km/h
44	679	Gerres Gerd	*Berg	09:44:20	05:07:59	04:36:21	5,13 km/h
45	901	Steffens Andreas	Wandern am Limit	09:44:57	05:23:22	04:21:34	5,13 km/h
46	1040	Dreier Thomas	*Rheinbach	09:48:22	05:16:52	04:31:30	5,10 km/h
47	1046	Martens Jakob	*Rheinbach	09:48:26	05:16:33	04:31:53	5,10 km/h
48	1045	Krenz Alexander	*Bonn	09:48:28	05:17:00	04:31:28	5,10 km/h
49	942	Marx Winfried	*Bonn	09:52:06	05:23:41	04:28:25	5,07 km/h
50	954	Mohr Dr. Michael	*Bonn	09:52:10	05:24:10	04:28:00	5,07 km/h
51	798	Von der Heiden Ralf	*Rheinbach	09:52:31	05:20:37	04:31:54	5,06 km/h
52	732	Lange Andreas	*Rheinbach	09:52:31	05:19:19	04:33:12	5,06 km/h
53	800	Arentz Winfried	*Rheinbach	09:55:45	05:08:18	04:47:27	5,04 km/h
54	869	Manhillen Jürgen	Vater,Mutter und Tati	09:57:27	05:15:54	04:41:33	5,02 km/h
55	1019	Hübner Gunther	*Rheinbach	09:58:49	05:20:55	04:37:54	5,01 km/h
56	907	Toshev Mihail	*Bonn	10:00:41	05:10:57	04:49:43	4,99 km/h
57	906	Koutzarov Deian	*Königswinter	10:00:43	05:11:00	04:49:43	4,99 km/h
58	786	Schopen Dirk	*Mayschoß	10:03:12	05:04:04	04:59:08	4,97 km/h
59	888	Koch Michael	*Mayschoss	10:03:16	05:03:46	04:59:30	4,97 km/h
60	743	Streich Michael	*Mayschoss	10:03:20	05:04:23	04:58:56	4,97 km/h
61	960	Dohmen Bernhard	*Mayschoß	10:03:21	05:03:46	04:59:35	4,97 km/h



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Platz	Startnr	Name	Verein*/Ort	Gesamt	0-28	28-50	
62	787	Bäcker Stefan	*Dachsenhausen	10:03:23	05:04:27	04:58:55	4,97 km/h
63	1026	Schober Martin	*52372 Kreuzau	10:05:27	05:45:47	04:19:39	4,95 km/h
64	949	Meier Andreas	*Euskirchen	10:10:03	05:43:52	04:26:10	4,92 km/h
65	948	Hülsmann Sebastian	*Euskirchen	10:10:14	05:44:02	04:26:11	4,92 km/h
66	1024	Kurth Markus	*52353 Düren	10:11:53	05:45:44	04:26:09	4,90 km/h
67	1025	Krupp Stefan	*52355 Düren	10:11:54	05:45:48	04:26:06	4,90 km/h
68	1017	Müller Maximilian	*Düren	10:11:55	05:45:44	04:26:11	4,90 km/h
69	1069	Seifert Richard		10:12:31	00:00:00	00:00:00	4,90 km/h
70	883	Czieslik Harald	*Leichlingen	10:16:19	05:11:31	05:04:47	4,87 km/h
71	671	Schumacher Dominic	*Titz	10:20:02	05:22:53	04:57:08	4,84 km/h
72	770	Jansen Karl Heinz	*Reinbach	10:20:14	05:38:23	04:41:50	4,84 km/h
73	1033	Schadt Merlin		10:20:36	05:19:14	05:01:21	4,83 km/h
74	889	Küpper Gustav	Ruhrpott Läufer	10:22:35	05:35:42	04:46:52	4,82 km/h
75	758	Bürvenich Peter	*Rheinbach	10:23:22	05:39:40	04:43:42	4,81 km/h
76	761	Schäfer Albert	*Berg	10:23:26	05:22:09	05:01:16	4,81 km/h
77	716	Schröder Jens	*Reichshof	10:23:41	05:13:02	05:10:39	4,81 km/h
78	729	Schröder Frank	*Rösrath	10:23:42	05:13:08	05:10:34	4,81 km/h
79	855	Gehres Marcel	*Hattingen	10:25:18	05:03:12	05:22:05	4,80 km/h
80	1034	Konrad Marcel	*Rheinbach	10:26:04	05:42:12	04:43:52	4,79 km/h
81	1060	Ruland Matthias		10:26:07	05:42:16	04:43:51	4,79 km/h
82	991	Tils Andreas	*Rheinbach	10:26:09	05:42:40	04:43:29	4,79 km/h
83	990	Strang Marco	*Bad Münstereifel 53902	10:26:11	05:42:20	04:43:51	4,79 km/h
84	989	Becker Christoph	*Rheinbach / Nordrhein-Westfale	10:26:13	05:42:22	04:43:51	4,79 km/h
85	958	Hansen Thorsten	*Mechernich	10:29:24	05:53:22	04:36:02	4,77 km/h
86	876	Otten Thomas	*Wesseling	10:30:34	05:10:00	05:20:34	4,76 km/h
87	899	Rau Thomas	Harzer Keiler e.V.	10:33:50	00:00:00	00:00:00	4,73 km/h
88	854	Schüller Rainer	LTSV Hönningen/Ahr	10:34:06	00:00:00	00:00:00	4,73 km/h
89	839	Robrecht Andreas	Team Vater, Mutter und Tati	10:35:10	05:19:56	05:15:13	4,72 km/h
90	866	Schnack Rainer	*Rheinbach	10:35:50	05:01:11	05:34:39	4,72 km/h
91	861	Köller Stefan	*Köln	10:35:50	05:01:11	05:34:38	4,72 km/h
92	1007	Krueger Michael	*Montabaur	10:36:21	05:15:10	05:21:11	4,71 km/h
93	784	Pesch Bernd	Eisvogel	10:38:47	05:47:28	04:51:18	4,70 km/h
94	848	DeLange Reinhard	*Issum	10:39:50	05:36:29	05:03:21	4,69 km/h
95	850	Birk David	*Mülheim	10:39:54	05:35:47	05:04:06	4,69 km/h
96	847	Stroeve Thomas	*Krefeld	10:39:56	05:36:00	05:03:56	4,69 km/h
97	675	Levas Gerd	*Alfter	10:42:05	05:32:05	05:10:00	4,67 km/h
98	890	Unger Denis	Schuhkaputt	10:43:57	06:00:05	04:43:52	4,66 km/h
99	807	Urban Hans	Die lahmen Enten	10:44:25	05:42:35	05:01:49	4,66 km/h
100	707	Schlegelmilch Dirk	HaPa Team	10:45:09	05:46:47	04:58:22	4,65 km/h
101	731	Wökert Jürgen	*Euskirchen	10:47:31	05:46:05	05:01:25	4,63 km/h
102	1065	Hartmann Roland		10:47:48	00:00:00	00:00:00	4,63 km/h
103	774	Gierschmann Frank	*Wachtberg	10:47:49	00:00:00	00:00:00	4,63 km/h
104	821	Loke Joachim	*Wesseling	10:48:47	06:02:12	04:46:35	4,62 km/h
105	824	Bender Andreas	Hamich Runners/EscargotRun	10:50:13	05:29:43	05:20:29	4,61 km/h
106	845	Rönn Michael	*Meckenheim	10:51:09	05:40:02	05:11:06	4,61 km/h
107	698	Nettekoven Phillip	*Altendorf	10:51:25	05:37:46	05:13:39	4,61 km/h
108	762	Lang Christian	*Neustadt	11:02:27	06:08:28	04:53:59	4,53 km/h
109	844	Külpmann Sven	Polizei Werl	11:03:14	06:09:03	04:54:10	4,52 km/h
110	713	Böhmert Marko	*Swisttal	11:03:43	05:28:28	05:35:14	4,52 km/h
111	728	Wolf Hans Ludwig	*Meckenheim	11:04:34	05:56:38	05:07:56	4,51 km/h
112	868	Pommerich Tim	*Grafschaft	11:05:01	05:48:29	05:16:32	4,51 km/h
113	887	Rath Henning	*Hennef (Sieg)	11:07:08	05:55:17	05:11:50	4,50 km/h
114	884	Böhm Wolfgang	*Leverkusen	11:10:06	06:18:41	04:51:25	4,48 km/h
115	688	Drees Frank	AS Neukirchen-Vluyn	11:11:08	05:55:33	05:15:34	4,47 km/h
116	834	Willi Mandt	*Hönningen / Liers	11:11:18	05:55:26	05:15:51	4,47 km/h
117	815	Dismon Hartmut	LT SV Hönningen/Ahr	11:11:19	05:57:07	05:14:12	4,47 km/h
118	765	Schellin Christian	Querläufer	11:13:17	06:08:57	05:04:19	4,46 km/h
119	669	Cremer Marco	LF Brohltal	11:13:17	05:49:22	05:23:54	4,46 km/h
120	674	Kesternich Manfred	*Niederkrüchten	11:13:21	06:21:18	04:52:03	4,46 km/h
121	993	Lintzen Albert	Alemannia Aachen	11:14:03	05:54:42	05:19:21	4,45 km/h
122	881	Rotstegge Martin	GroBiBuiRo	11:17:16	06:26:13	04:51:03	4,43 km/h



Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	0-28	28-50	
123	700	Oberscheven Peter	*Rheinbach	11:19:30	06:09:11	05:10:18	4,41 km/h
124	852	Krieger Carsten	*Mülheim an der Ruhr	11:21:17	00:00:00	00:00:00	4,40 km/h
125	682	Irrgang Ralf	*Rheinbach	11:22:51	05:55:23	05:27:27	4,39 km/h
126	752	Barthel Silvio	TV Olpe	11:24:45	06:06:13	05:18:31	4,38 km/h
127	1031	Hofacker Christian	*Olpe	11:24:47	06:06:29	05:18:17	4,38 km/h
128	971	Monschauer Torsten	*Dahlheim	11:26:42	06:11:47	05:14:54	4,37 km/h
129	769	Schuck Johannes	LG Donatus Erftstadt	11:29:37	05:55:14	05:34:22	4,35 km/h
130	683	Lossin Holger	Knicklicht-Connection	11:30:32	06:10:35	05:19:57	4,34 km/h
131	851	Giesen Detlef	*Oberhausen	11:31:41	00:00:00	00:00:00	4,34 km/h
132	926	Hetzel Steffen	*Köln	11:32:17	06:17:27	05:14:49	4,33 km/h
133	916	Wallach Hans-Peter	Us dr Lammeng	11:32:17	06:15:20	05:16:56	4,33 km/h
134	917	Gensel Martin	*Köln	11:32:20	06:15:25	05:16:54	4,33 km/h
135	943	Richter Konrad	*Dresden	11:32:20	06:22:57	05:09:22	4,33 km/h
136	959	Mecke Jonas	*Meckenheim	11:32:26	06:17:04	05:15:22	4,33 km/h
137	788	Farschtschijan Jens	*Niddatal	11:32:26	06:13:01	05:19:24	4,33 km/h
138	1036	Wimmer Achim	*Staudt	11:32:40	06:14:13	05:18:27	4,33 km/h
139	1035	Kessler Christian	*Niderelbert	11:32:42	06:14:11	05:18:31	4,33 km/h
140	1038	Michels Dirk	*Montabaur	11:32:44	06:14:15	05:18:28	4,33 km/h
141	921	Falk Dimitri	*Aachen	11:34:27	06:21:08	05:13:19	4,32 km/h
142	792	Gerdas Karsten	*Rheinbach	11:36:33	00:00:00	00:00:00	4,31 km/h
143	764	Schmitz Ernst	Querläufer	11:37:39	06:12:12	05:25:27	4,30 km/h
144	1015	Perner Matthias	*Rheinbach	11:38:13	05:52:00	05:46:12	4,30 km/h
145	1013	Schmitz Guido	*Bad Münstereifel	11:39:34	06:10:35	05:28:59	4,29 km/h
146	781	Jakobs Karl Borromaeus	*Duisburg	11:40:03	06:14:21	05:25:42	4,29 km/h
147	1037	Michels Markus	*Staudt	11:41:23	06:14:17	05:27:05	4,28 km/h
148	747	Mauer Heinz	LT-Venn	11:41:25	06:25:05	05:16:19	4,28 km/h
149	677	Grunenberg Dirk	*Hümmel	11:44:17	05:53:11	05:51:05	4,26 km/h
150	662	Sewing Wolfgang	*Neukirchen-Vluyn	11:44:48	06:13:21	05:31:27	4,26 km/h
151	886	Schömann Peter	*Leverkusen	11:46:16	06:46:54	04:59:21	4,25 km/h
152	897	Dören Dirk	Harzer Keiler e.V.	11:47:14	00:00:00	00:00:00	4,24 km/h
153	914	Esser Volker	*Euskirchen	11:51:55	06:26:50	05:25:04	4,21 km/h
154	944	Klinkhammer Christian	*Blankenheim	11:58:09	00:00:00	00:00:00	4,18 km/h
155	755	Schmohl Stefan	*Bergisch Gladbach	12:04:24	06:59:31	05:04:53	4,14 km/h
156	969	Mundschenk Michael	*Staufenberg	12:05:36	05:57:31	06:08:04	4,13 km/h
157	838	Lotz Karl-Heinz	VFL Altendiez	12:06:21	06:43:56	05:22:25	4,13 km/h
158	794	Michel Frank	*Altendiez	12:06:23	06:44:02	05:22:21	4,13 km/h
159	701	Petatz Mike	Knicklicht-Connection	12:14:59	05:27:40	06:47:19	4,08 km/h
160	773	Zimmermann Thomas	*Hahnstätten	12:18:22	06:44:53	05:33:29	4,06 km/h
161	830	Jany Ralph	Hell O Kitty - BGFT	12:22:46	06:19:02	06:03:44	4,04 km/h



Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	0-28	28-50	
1	977	Kersting Nicole	*Alfter	07:43:02	04:17:45	03:25:16	6,48 km/h
2	1022	Pfefferkorn Kathrin	*53604 Bad Honnef	07:45:54	04:20:18	03:25:35	6,44 km/h
3	820	Dismon Ulla	*Hönningen Liers	08:40:13	04:34:20	04:05:53	5,77 km/h
4	867	Lanzrath Margarete	*Meckenheim	08:44:13	04:47:09	03:57:04	5,72 km/h
5	1010	Schog Dagmar	*Wesseling	08:44:14	04:47:52	03:56:22	5,72 km/h
6	719	Nellessen Ingrid	*Dahlem	08:46:30	04:49:14	03:57:16	5,70 km/h
7	975	Jansen Nicole	*Köln	09:14:57	05:01:18	04:13:39	5,41 km/h
8	737	Worliczek Sandra	*Straßenhaus	09:20:07	05:16:29	04:03:38	5,36 km/h
9	708	Eul Karin	*Bad Neuenahr-Ahrweiler	09:21:25	05:07:30	04:13:55	5,34 km/h
10	757	Jonen Ruth	*Rheinbach	09:23:37	05:00:30	04:23:07	5,32 km/h
11	756	Pfeifer Michaela	*Rheinbach	09:23:38	05:00:22	04:23:15	5,32 km/h
12	1051	Pocervina-Koenig Liane	*Heisdorf	09:23:53	05:09:42	04:14:11	5,32 km/h
13	1012	Schneider Jacqueline Don	*Mayen	09:24:39	05:19:43	04:04:55	5,31 km/h
14	664	Halata-Klein Annette	*Grafschaft	09:26:43	05:15:32	04:11:10	5,29 km/h
15	922	Tölle-Ferner Roswitha	*Swisttal	09:27:02	05:08:47	04:18:14	5,29 km/h
16	686	Roth Ursula	*Bonn	09:28:49	05:08:07	04:20:41	5,27 km/h
17	859	Nestrowicz Axinja		09:30:19	05:05:08	04:25:10	5,26 km/h
18	802	Lengersdorf Natalie	SpVgg Nickenich	09:31:06	00:00:00	00:00:00	5,25 km/h
19	928	Stapmanns Lucie	*Alfter	09:31:07	00:00:00	00:00:00	5,25 km/h
20	951	Gödtner Melanie	*Asbach	09:33:41	05:37:16	03:56:24	5,23 km/h
21	938	Anger Andrea	Team Erdinger Alkoholfrei	09:33:47	05:37:21	03:56:25	5,23 km/h
22	684	Leber Elisabeth	*Rheinbach	09:36:13	05:04:00	04:32:13	5,21 km/h
23	689	Hecking Sonja	*Rheinbach	09:36:18	05:04:07	04:32:11	5,21 km/h
24	872	Riotte Michelle	*Sinzig	09:36:33	05:17:26	04:19:06	5,20 km/h
25	871	Gilles Alexandra	*Remagen-Oberwinter	09:36:34	05:23:03	04:13:30	5,20 km/h
26	955	Mathesie Victoria	*Bonn	09:37:35	05:12:03	04:25:32	5,19 km/h
27	964	Drößlich Anne	*Brohl-Lützing	09:41:20	05:03:03	04:38:17	5,16 km/h
28	933	Heinrich Dagmar	*Königswinter	09:44:19	05:11:20	04:32:59	5,13 km/h
29	900	Steffens Sandra	Wandern am Limit	09:44:57	05:23:20	04:21:36	5,13 km/h
30	902	Schmitz Margarethe	Wandern am Limit	09:44:57	05:23:21	04:21:36	5,13 km/h
31	1047	Miesen Elke	*Euskirchen	09:48:20	05:16:20	04:32:00	5,10 km/h
32	1039	Adamietz Sabrina	*Kreuzberg / Ahr	09:48:22	05:16:42	04:31:39	5,10 km/h
33	1043	Kirchner Julia	*Euskirchen	09:48:26	05:16:30	04:31:56	5,10 km/h
34	1048	Münz Viviana	*Rheinbach	09:48:28	05:17:00	04:31:28	5,10 km/h
35	1041	Hennes Britta	*Rheinbach	09:48:29	05:16:52	04:31:37	5,10 km/h
36	1030	Siegmann Gabriele	Graue Burg Geister	09:51:41	05:15:25	04:36:15	5,07 km/h
37	660	Czerwinski Dr. Mareike	*Rheinbach	09:52:35	05:20:52	04:31:42	5,06 km/h
38	661	Riemann Barbara	RTV	09:52:39	05:21:04	04:31:34	5,06 km/h
39	841	Wollersheim Jennifer	Team Vater, Mutter und Tati	09:52:39	04:57:47	04:54:52	5,06 km/h
40	750	Paral Karin	*Rheinbach	09:55:45	05:08:17	04:47:27	5,04 km/h
41	801	Koch Elisabeth	*Rheinbach	09:55:46	05:08:15	04:47:31	5,04 km/h
42	813	Salewski Pia	*Deidesheim	09:55:50	05:30:14	04:25:35	5,03 km/h
43	1001	Schadt Melina	*Bonn	09:58:46	05:19:14	04:39:31	5,01 km/h
44	994	Habermann Sabine	*Rheinbach	09:59:45	05:19:12	04:40:32	5,00 km/h
45	715	Dijk Nikki	*Geldern	10:02:04	05:15:11	04:46:52	4,98 km/h
46	1070	Mermesen Corinna		10:12:33	00:00:00	00:00:00	4,90 km/h
47	924	Pöll Gisela	*Köln	10:13:29	05:24:13	04:49:16	4,89 km/h
48	771	Jansen Liane	*Rheinbach	10:16:27	05:17:52	04:58:35	4,87 km/h
49	714	Schmandt Torsten		10:18:47	05:31:02	04:47:44	4,85 km/h
50	670	Schumacher Alice	Juke Runner	10:19:50	05:30:35	04:49:14	4,84 km/h
51	893	Wittfoth Claudia Maria	Wittwoodtravel	10:22:32	05:35:38	04:46:53	4,82 km/h
52	858	Leeser Sandra	*Rheinbach	10:26:07	05:48:46	04:37:21	4,79 km/h
53	910	Franzen Manuela	*Grafschaft	10:29:51	05:44:06	04:45:44	4,76 km/h
54	911	Müller Anita	*Grafschaft	10:29:51	05:44:09	04:45:41	4,76 km/h
55	877	Otten Petra	*Wesseling	10:30:35	05:10:00	05:20:35	4,76 km/h
56	992	Axtmann Sonja	*Düren	10:33:04	05:44:25	04:48:38	4,74 km/h
57	1059	Ansorge Nicola		10:36:11	05:27:56	05:08:14	4,72 km/h
58	1058	Neft Petra		10:36:11	05:27:56	05:08:15	4,72 km/h
59	1055	Schweers Kirsten		10:36:43	05:24:54	05:11:48	4,71 km/h
60	812	Heric Karina	*Königsfeld	10:38:49	05:40:09	04:58:39	4,70 km/h
61	697	Nast Monika	*Bad Honnef	10:38:50	05:40:55	04:57:55	4,70 km/h



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Platz	Startnr	Name	Verein*/Ort	Gesamt	0-28	28-50	
62	1056	Schäfer Brigitte		10:39:06	05:56:15	04:42:51	4,69 km/h
63	1057	Paschalidou Sofia		10:39:07	05:56:10	04:42:57	4,69 km/h
64	749	Sundermeier Julia	*Münster	10:39:10	05:45:19	04:53:51	4,69 km/h
65	748	Michel Anne	*Neuss	10:39:22	05:45:20	04:54:01	4,69 km/h
66	849	Anders Linda	*Geldern	10:39:54	05:36:31	05:03:22	4,69 km/h
67	676	Levas Beate	*Alfter	10:42:05	05:32:05	05:10:00	4,67 km/h
68	857	Herz-Will Nadine	*Rheinbach	10:42:59	05:45:46	04:57:12	4,67 km/h
69	874	Lattmann Claudia	*Rheinbach	10:43:03	05:45:51	04:57:12	4,67 km/h
70	806	Motz Andrea	Die lahmen Enten	10:44:28	05:42:34	05:01:53	4,66 km/h
71	706	Schlegelmilch Tanja	HaPa Team	10:45:10	05:46:46	04:58:23	4,65 km/h
72	885	Boehm Kirsten	*Leverkusen	10:46:44	06:14:10	04:32:33	4,64 km/h
73	730	Wölkert Petra	*Euskirchen	10:47:24	05:46:04	05:01:19	4,63 km/h
74	979	Lipowski Andrea	*Bad Neuenahr-Ahrweiler	10:47:30	05:46:23	05:01:06	4,63 km/h
75	980	Wiersch Vanessa	*Bad Neuenahr-Ahrweiler	10:47:30	05:46:21	05:01:09	4,63 km/h
76	1062	Krall Myriam	Konspiratives Damentrio	10:47:45	00:00:00	00:00:00	4,63 km/h
77	775	Gierschmann Ulrike	*Wachtberg	10:47:46	00:00:00	00:00:00	4,63 km/h
78	776	Gierschmann Beate	*Wachtberg	10:47:48	00:00:00	00:00:00	4,63 km/h
79	722	Schaefer Monika	Polizei Bonn	10:49:01	04:55:37	05:53:23	4,62 km/h
80	823	Hauser Bianca	Hamich Runners/EscargotRun	10:50:10	05:29:42	05:20:28	4,61 km/h
81	818	Münch-Dieden Steffi	LT SV Hönningen/Ahr	10:50:51	05:50:53	04:59:58	4,61 km/h
82	819	Dismon Sarah	LT SV Hönningen/Ahr	10:50:54	05:50:52	05:00:01	4,61 km/h
83	699	Nettekoven Christina	*Altendorf	10:51:15	05:37:40	05:13:35	4,61 km/h
84	1028	Linke Stefanie	Knicklicht-Connection	11:04:37	00:00:00	00:00:00	4,51 km/h
85	759	Lademann Bettina	*Bonn	11:07:06	05:55:11	05:11:55	4,50 km/h
86	1053	Konrad Nadja	Marsch - Queens 2.0	11:07:59	05:50:47	05:17:11	4,49 km/h
87	1054	Berk Alina	Marsch - Queens 2.0	11:08:01	05:50:47	05:17:13	4,49 km/h
88	1068	con Hulsen Renate		11:10:04	06:05:44	05:04:20	4,48 km/h
89	1067	Krall Myriam		11:10:07	06:05:49	05:04:17	4,48 km/h
90	1063	Steiner Claudia	*Moorenweis	11:10:08	06:05:49	05:04:19	4,48 km/h
91	829	Zyciora Uschi	LTSVHönningen	11:11:21	05:55:32	05:15:48	4,47 km/h
92	816	Berger Stefanie	LT SV Hönningen/Ahr	11:11:24	05:57:07	05:14:17	4,47 km/h
93	687	Drees Claudia	AS Neukirchen-Vluyn	11:12:17	05:56:46	05:15:31	4,46 km/h
94	668	Strittmatter Jacqueline	*Bachem	11:13:18	05:49:20	05:23:58	4,46 km/h
95	673	Kesternich Gabriele	*Niederkrüchten	11:13:22	06:21:20	04:52:01	4,46 km/h
96	999	Müller Antje	*Aachen	11:14:05	05:54:36	05:19:28	4,45 km/h
97	987	Decker Almut	3xWWW	11:15:53	05:55:21	05:20:32	4,44 km/h
98	995	Martini Andrea	*Moers	11:15:56	05:55:26	05:20:30	4,44 km/h
99	986	Lindner Mandy	3xWWW	11:15:58	05:54:32	05:21:25	4,44 km/h
100	879	Birkhan Leonie	GroBiBuiRo	11:17:12	06:27:12	04:49:59	4,43 km/h
101	880	Birkhan Laura	GroBiBuiRo	11:17:18	00:00:00	00:00:00	4,43 km/h
102	878	Groes Stefanie	GroBiBuiRo	11:17:20	00:00:00	00:00:00	4,43 km/h
103	988	Blumbach Simone	3xWWW	11:17:23	05:55:35	05:21:47	4,43 km/h
104	768	Voss Angela	*Rheinbach	11:21:22	00:00:00	00:00:00	4,40 km/h
105	966	Witte Christine	*Münster	11:22:43	05:58:53	05:23:49	4,39 km/h
106	965	Witte Annelene	*Köln	11:22:43	05:58:55	05:23:48	4,39 km/h
107	925	Dockhorn Heidrun	LG Donatus Erftstadt	11:22:53	05:54:42	05:28:11	4,39 km/h
108	1004	Theisen Claudia	*Bonn	11:23:43	00:00:00	00:00:00	4,39 km/h
109	1003	Lütke Brintrup Nicole	*Bonn	11:23:51	00:00:00	00:00:00	4,39 km/h
110	665	Berbig Sabine	*Ahrweiler	11:23:53	06:06:20	05:17:33	4,39 km/h
111	753	Barthel Melanie	TV Olpe	11:24:41	06:05:57	05:18:44	4,38 km/h
112	1032	Hofacker Katharina	*Olpe	11:24:41	06:06:02	05:18:38	4,38 km/h
113	970	Martin Simone	*Bonn	11:26:39	06:11:49	05:14:49	4,37 km/h
114	738	Same Brigitte	Knicklicht-Connection	11:30:33	06:10:35	05:19:58	4,34 km/h
115	735	Horneck Petra	*Rheinbach	11:31:48	05:37:39	05:54:09	4,34 km/h
116	982	Piscalar Alexandra	*Rheinbach	11:32:05	06:06:19	05:25:46	4,33 km/h
117	766	Merzenich Carmen	Querläufer	11:32:35	06:08:58	05:23:37	4,33 km/h
118	920	Assmus Deborah	*Aachen	11:34:27	06:13:20	05:21:06	4,32 km/h
119	919	Niedek Verena	*Aachen	11:34:28	06:21:04	05:13:24	4,32 km/h
120	782	Mimzeck Karin	*Swisttal-Morenhoven	11:35:09	06:18:29	05:16:40	4,32 km/h
121	783	Tewes Brigitte	*Rheinbach	11:35:10	06:18:42	05:16:27	4,32 km/h
122	793	Gerdas Ursula	*Rheinbach	11:36:19	06:05:07	05:31:11	4,31 km/h



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Platz	Startnr	Name	Verein/*Ort	Gesamt	0-28	28-50	
123	763	Schmitz Alexandra	Querläufer	11:37:40	06:12:15	05:25:24	4,30 km/h
124	1014	Althoff Angela	*Köln	11:38:10	05:51:58	05:46:12	4,30 km/h
125	799	Jakobs Sarah	*Duisburg	11:40:02	06:03:25	05:36:37	4,29 km/h
126	746	Mauer Inge	LT-Venn	11:41:28	06:25:14	05:16:14	4,28 km/h
127	658	Elzer Manuela	*Niederwerth	11:43:28	06:00:17	05:43:11	4,26 km/h
128	657	Müller-Lauterberg Jennife	*Niederwerth	11:43:30	06:01:15	05:42:15	4,26 km/h
129	678	Grunenberg Gudrun	*Hümmel	11:44:21	05:53:17	05:51:04	4,26 km/h
130	663	Sewing Hildegard	*Neukichen-Vluyn	11:44:45	06:13:21	05:31:24	4,26 km/h
131	873	Schömann Brigitte	*Leverkusen	11:46:12	06:46:44	04:59:28	4,25 km/h
132	898	Weizel Katharina	Harzer Keiler e.V.	11:47:09	00:00:00	00:00:00	4,24 km/h
133	827	Schweinheim Elisabeth	ohne	11:47:51	06:39:45	05:08:05	4,24 km/h
134	973	Dietrich Marlen	*Rheinbach	11:49:25	06:03:17	05:46:08	4,23 km/h
135	972	Dietrich-Klett Petra	*Rheinbach	11:49:26	06:03:21	05:46:04	4,23 km/h
136	915	Esser Silke	*Euskirchen	11:51:52	06:24:43	05:27:08	4,21 km/h
137	767	Schmitz Sandra	*Bad Münstereifel	11:56:52	06:12:12	05:44:39	4,18 km/h
138	946	Heinz Elena	*Euskirchen	11:58:09	00:00:00	00:00:00	4,18 km/h
139	696	Maßen Ute	*Mönchengladbach	11:59:37	06:07:40	05:51:57	4,17 km/h
140	705	Dawschan Sabine	Team Rennschnecken	12:03:49	06:28:57	05:34:52	4,14 km/h
141	791	Wegmann Anke	*Borken	12:03:53	06:28:59	05:34:53	4,14 km/h
142	702	Forster Rixta	*Euskirchen	12:05:31	06:36:44	05:28:47	4,13 km/h
143	712	Flohr Andrea	*Köln	12:06:09	07:02:38	05:03:30	4,13 km/h
144	693	Behrent Carina	*Radevormwald	12:12:29	06:25:00	05:47:28	4,10 km/h
145	694	James Andrea	*Radevormwald	12:12:30	06:24:59	05:47:31	4,10 km/h
146	692	Hasenburg Regina	*Radevormwald	12:12:36	06:25:03	05:47:33	4,09 km/h
147	796	Schramm Claudia	*Düsseldorf	12:29:51	06:15:13	06:14:37	4,00 km/h
148	797	Breier Claudia	*Düsseldorf	12:30:52	06:16:50	06:14:02	4,00 km/h
149	1018	Dell Janine	*Lohmar	12:31:36	06:34:13	05:57:22	3,99 km/h
150	711	Götzen-Börke Gaby	Die Zwei	12:35:00	06:39:21	05:55:38	3,97 km/h
151	710	Schmalenbach Claudia	Die Zwei	12:35:01	06:39:20	05:55:41	3,97 km/h
152	653	Hamacher Sabine	*Heinsberg	12:42:51	06:34:31	06:08:19	3,93 km/h
153	654	Liening Margrit	*Heinsberg	12:42:57	06:38:26	06:04:30	3,93 km/h
154	981	Neißner Ruth	*Altenahr	13:49:27	06:50:13	06:59:14	3,62 km/h