

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Netto | AK-Pl | NaAK | Runden |
|-------|---------|-------------------------|--------------------------------|---------|---------|-------|------|-------------------|
| 1 | 773 | Pieters Fabian | TuS Köln rrh | 0:17:04 | 0:17:04 | 1 | MHK | 0:08:20 * 0:08:44 |
| 2 | 777 | Weber Eiken | Mach 3 Köln | 0:18:35 | 0:18:32 | 1 | M35 | 0:08:35 * 0:09:56 |
| 3 | 436 | Kneer Tom | Siegburger SV 04 | 0:18:40 | 0:18:39 | 1 | MU18 | 0:08:20 * 0:10:18 |
| 4 | 359 | Vernikov Wiktor | Ski-Keller Kaulard & Schroiff | 0:18:45 | 0:18:43 | 2 | MU18 | 0:08:37 * 0:10:06 |
| 5 | 397 | Krott Ole | LAV Habelrath-Grefrath | 0:18:47 | 0:18:47 | 1 | MU16 | 0:08:51 * 0:09:56 |
| 6 | 775 | Schreer Fabian | LG Gummersbach | 0:18:52 | 0:18:52 | 1 | MU20 | 0:08:51 * 0:10:00 |
| 7 | 60 | Müller Maximilian | LAZ Puma Rhein-Sieg | 0:19:25 | 0:19:24 | 2 | MHK | 0:08:55 * 0:10:29 |
| 8 | 774 | Heller Nick | SSG Königswinter | 0:19:25 | 0:19:24 | 3 | MU18 | 0:09:10 * 0:10:14 |
| 9 | 56 | Hoberg Felix | VfL Engelskirchen | 0:19:29 | 0:19:28 | 2 | MU16 | 0:08:48 * 0:10:39 |
| 10 | 382 | Allenberg Aaron | Anno Gymnasium Siegburg | 0:19:31 | 0:19:30 | 4 | MU18 | 0:08:51 * 0:10:38 |
| 11 | 229 | Böttcher Marcel | LAZ Puma Rhein-Sieg | 0:19:42 | 0:19:41 | 1 | MU14 | 0:09:18 * 0:10:22 |
| 12 | 299 | Nitsche Bernd | LLG St. Augustin | 0:19:48 | 0:19:47 | 1 | M60 | 0:09:31 * 0:10:16 |
| 13 | 135 | Rieck Eliah | LAZ Puma Rhein-Sieg | 0:19:50 | 0:19:46 | 3 | MU16 | 0:09:16 * 0:10:30 |
| 14 | 437 | Dieckmann Nathan | SSG Königswinter | 0:19:50 | 0:19:49 | 2 | MU20 | 0:09:10 * 0:10:38 |
| 15 | 336 | Krüger Paul | Rhenag | 0:20:10 | 0:20:05 | 3 | MHK | 0:09:34 * 0:10:31 |
| 16 | 318 | Fugger Nicolas | LG Rasch | 0:20:12 | 0:20:09 | 1 | M30 | 0:09:15 * 0:10:54 |
| 17 | 422 | Longert Nils | LAZ Puma Rhein-Sieg | 0:20:40 | 0:20:39 | 4 | MU16 | 0:09:42 * 0:10:56 |
| 18 | 765 | van de Weyer Stephan J. | Bunert-Der SiegburgerLaufaden | 0:20:40 | 0:20:40 | 1 | M40 | 0:09:43 * 0:10:56 |
| 19 | 400 | Saraiva Carlos | AoK | 0:20:47 | 0:20:47 | 1 | M50 | 0:09:44 * 0:11:02 |
| 20 | 442 | Graumann Van-Ole | LAZ Puma Rhein-Sieg | 0:20:56 | 0:20:55 | 3 | MU20 | 0:10:04 * 0:10:50 |
| 21 | 449 | Burmeister Herman | | 0:21:00 | 0:20:57 | 2 | M50 | 0:09:53 * 0:11:03 |
| 22 | 746 | von Heesen Florian | | 0:21:14 | 0:21:12 | 2 | M35 | 0:10:11 * 0:11:01 |
| 23 | 383 | Blönigen Max | Anno Gymnasium Siegburg | 0:21:18 | 0:21:16 | 5 | MU18 | 0:09:53 * 0:11:22 |
| 24 | 441 | Wank Michael | SV Hellas Siegburg | 0:21:34 | 0:21:32 | 1 | M45 | 0:10:14 * 0:11:18 |
| 25 | 305 | Müller Jonas | Die Zange läuft | 0:22:10 | 0:22:08 | 5 | MU16 | 0:10:06 * 0:12:02 |
| 26 | 304 | Gebhardt Martin | SV Hellas Siegburg | 0:22:22 | 0:22:18 | 2 | M45 | 0:10:14 * 0:12:03 |
| 27 | 281 | Ayhan Ilhan | | 0:22:50 | 0:22:47 | 3 | M45 | 0:10:08 * 0:12:38 |
| 28 | 386 | Rommel Philipp | STV | 0:23:19 | 0:23:17 | 2 | MU14 | 0:10:24 * 0:12:53 |
| 29 | 77 | Nsongila Benedit | Kinder-und Jugendhilfe Hollenb | 0:23:24 | 0:23:23 | 6 | MU18 | 0:10:14 * 0:13:08 |
| 30 | 384 | Kammerer Manuel | Anno Gymnasium Siegburg | 0:23:37 | 0:23:36 | 7 | MU18 | 0:11:11 * 0:12:25 |
| 31 | 120 | Küppers Philipp | LAZ Puma Rhein-Sieg | 0:23:38 | 0:23:37 | 6 | MU16 | 0:10:40 * 0:12:56 |
| 32 | 252 | Ostrominski Tim | LAZ Puma Rhein-Sieg | 0:24:30 | 0:24:27 | 1 | MU12 | 0:11:47 * 0:12:40 |
| 33 | 351 | Raddatz Dirk | Rhenag | 0:24:33 | 0:24:28 | 1 | M55 | 0:11:54 * 0:12:33 |
| 34 | 322 | Hommes Jan | Gesamtschule Siegburg | 0:24:48 | 0:24:44 | 7 | MU16 | 0:11:39 * 0:13:04 |
| 35 | 445 | Bröhan Tim | Hamburg Ole | 0:24:52 | 0:24:51 | 3 | M35 | 0:11:29 * 0:13:21 |
| 36 | 344 | Räder Matthias | Rhenag | 0:25:19 | 0:25:14 | 4 | M35 | 0:11:56 * 0:13:17 |
| 37 | 345 | Stiller Robert | Rhenag | 0:25:19 | 0:25:14 | 2 | M30 | 0:11:56 * 0:13:17 |
| 38 | 67 | Schmitz Timo | | 0:25:39 | 0:25:36 | 1 | MU10 | 0:12:13 * 0:13:22 |
| 39 | 424 | Wiens Jakob | | 0:25:40 | 0:25:30 | 2 | M40 | 0:11:50 * 0:13:39 |
| 40 | 435 | Münzenmaier Andreas | Pulheim-Dansweiler | 0:25:40 | 0:25:33 | 5 | M35 | 0:12:04 * 0:13:29 |
| 41 | 771 | Sohnius Jochen | TV Kaldauen | 0:25:45 | 0:25:41 | 3 | M40 | 0:12:08 * 0:13:33 |
| 42 | 306 | Müller Ralf | Die Zange läuft | 0:25:48 | 0:25:44 | 3 | M50 | 0:11:59 * 0:13:45 |
| 43 | 381 | Siahmakoun Paya | Anno Gymnasium Siegburg | 0:26:14 | 0:26:12 | 8 | MU18 | 0:11:53 * 0:14:19 |
| 44 | 444 | Kelly Leon | LAZ Puma Rhein-Sieg | 0:26:47 | 0:26:37 | 8 | MU16 | 0:11:33 * 0:15:04 |
| 45 | 292 | Glasner Jona | Anno Gymnasium Siegburg | 0:27:08 | 0:27:07 | 4 | MU20 | 0:11:53 * 0:15:14 |
| 46 | 433 | Sommer Moritz | TV Rosbach | 0:27:16 | 0:27:13 | 2 | MU12 | 0:12:24 * 0:14:49 |
| 46 | 772 | Sommer Ralf | TV Rosbach | 0:27:16 | 0:27:13 | 4 | M45 | 0:12:24 * 0:14:49 |
| 48 | 312 | Schäfer Kai | | 0:27:28 | 0:27:23 | 4 | M50 | 0:12:50 * 0:14:32 |
| 49 | 326 | Müller Benno | | 0:27:28 | 0:27:25 | 6 | M35 | 0:13:12 * 0:14:12 |
| 50 | 425 | Wiens Rudolf | | 0:27:40 | 0:27:31 | 5 | M45 | 0:12:22 * 0:15:08 |
| 51 | 768 | Hiersemann Jannes | *Troisdorf | 0:28:19 | 0:28:17 | 3 | MU14 | 0:12:51 * 0:15:25 |
| 52 | 440 | Lorenscheit Nils | | 0:28:26 | 0:28:21 | 5 | M50 | 0:13:10 * 0:15:11 |
| 53 | 776 | Zimmer Martin | Die Hosterter | 0:28:26 | 0:28:21 | 6 | M45 | 0:13:11 * 0:15:10 |
| 54 | 341 | Schokal Paul | Rhenag | 0:28:35 | 0:28:29 | 4 | MHK | 0:13:05 * 0:15:24 |
| 55 | 770 | Machefer Stephan | *Frankfurt (Oder) | 0:29:41 | 0:29:34 | 4 | M40 | 0:14:00 * 0:15:34 |
| 55 | 769 | Machefer Guy | Kein | 0:29:41 | 0:29:33 | 1 | M70 | 0:13:59 * 0:15:34 |
| 57 | 298 | Keller Jens | | 0:31:12 | 0:31:06 | 5 | M40 | 0:15:02 * 0:16:04 |
| 58 | 337 | Beckers Thomas | Rhenag | 0:31:21 | 0:31:18 | 6 | M40 | 0:15:01 * 0:16:16 |
| 59 | 210 | Sscejw Rafael | Happy Walking | 0:31:44 | 0:31:36 | 3 | M30 | 0:13:38 * 0:17:58 |
| 60 | 208 | Fröhlich Robert | Happy Walking | 0:31:50 | 0:31:42 | 2 | M55 | 0:13:37 * 0:18:04 |

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Netto | AK-Pl | NaAK | Runden |
|-------|---------|----------------------|--------------------------------|---------|---------|-------|------|-------------------|
| 61 | 191 | Carl Leander | Fortuna Bonn | 0:32:19 | 0:32:13 | 2 | MU10 | 0:15:27 * 0:16:46 |
| 62 | 72 | Lapatki Kevin | Kinder-und Jugendhilfe Hollenb | 0:32:32 | 0:32:30 | 9 | MU18 | 0:13:31 * 0:18:58 |
| 63 | 114 | Klinkert Roman | DATAGROUP Endurance Team | 0:33:48 | 0:33:40 | 6 | M50 | 0:15:36 * 0:18:04 |
| 64 | 18 | Spall Thomas | Spall-Rojas | 0:33:58 | 0:33:50 | 7 | M35 | 0:15:39 * 0:18:11 |
| 65 | 19 | Spall Rojas Benjamin | Spall-Rojas | 0:33:59 | 0:33:53 | 3 | MU10 | 0:15:41 * 0:18:11 |
| 66 | 78 | Weber Chris | Kinder-und Jugendhilfe Hollenb | 0:34:12 | 0:34:10 | 4 | MU14 | 0:15:27 * 0:18:43 |
| 67 | 79 | Köhr Christian | Kinder-und Jugendhilfe Hollenb | 0:34:12 | 0:34:11 | 5 | MHK | 0:15:28 * 0:18:42 |
| 68 | 446 | Ziemer Sander | | 0:34:37 | 0:34:31 | 4 | MU10 | 0:16:09 * 0:18:22 |
| 69 | 447 | Rehagel Jöm | | 0:34:37 | 0:34:30 | 7 | M50 | 0:16:08 * 0:18:22 |
| 70 | 94 | Nauen Sascha | | 0:35:06 | 0:34:57 | 7 | M40 | 0:16:17 * 0:18:39 |

Frauen

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Netto | AK-Pl | NaAK | Runden |
|-------|---------|-------------------------------|--------------------------------|---------|---------|-------|------|-------------------|
| 1 | 358 | Vernikov Sonja | Ski-Keller Kaulard & Schroiff | 0:18:18 | 0:18:17 | 1 | WU18 | 0:08:20 * 0:09:57 |
| 2 | 764 | Schneider Silke | Bunert-Der SiegburgerLaufladen | 0:20:13 | 0:20:13 | 1 | W40 | 0:09:38 * 0:10:34 |
| 3 | 303 | Köhn Luisa | Bonn | 0:21:18 | 0:21:16 | 1 | WU20 | 0:10:08 * 0:11:07 |
| 4 | 431 | Tischer Arina | | 0:23:25 | 0:23:22 | 1 | WU14 | 0:10:15 * 0:13:06 |
| 5 | 302 | Gebhardt Kirsten | SV Hellas Siegburg | 0:24:35 | 0:24:34 | 1 | W45 | 0:11:32 * 0:13:01 |
| 6 | 434 | Sommer Jantje | TV Rosbach | 0:25:45 | 0:25:42 | 2 | WU14 | 0:12:08 * 0:13:34 |
| 7 | 291 | Papendick Ronja | | 0:25:48 | 0:25:47 | 1 | W35 | 0:12:01 * 0:13:45 |
| 8 | 253 | Zur Nieden Clara | LAZ Puma Rhein-Sieg | 0:26:00 | 0:25:58 | 1 | WU12 | 0:12:15 * 0:13:42 |
| 9 | 68 | Doukas Theodora | | 0:27:16 | 0:27:14 | 2 | W35 | 0:12:28 * 0:14:46 |
| 10 | 432 | Tischer Julija | | 0:27:38 | 0:27:35 | 2 | W40 | 0:12:38 * 0:14:57 |
| 11 | 32 | Renner Marie | | 0:27:46 | 0:27:44 | 1 | WU16 | 0:12:18 * 0:15:25 |
| 12 | 34 | Scharmann Jette | | 0:28:02 | 0:28:00 | 2 | WU18 | 0:12:26 * 0:15:33 |
| 13 | 748 | Baird Carolin | SSF Bonn Triathlon | 0:28:03 | 0:28:00 | 3 | W35 | 0:13:05 * 0:14:55 |
| 14 | 338 | Beckers Hannah | Rhenag | 0:28:37 | 0:28:34 | 2 | WU12 | 0:14:34 * 0:13:59 |
| 15 | 333 | Krause Katharina | Rhenag | 0:29:16 | 0:29:12 | 1 | WHK | 0:13:01 * 0:16:10 |
| 16 | 355 | Schade Julia | Rhenag | 0:29:16 | 0:29:12 | 4 | W35 | 0:13:06 * 0:16:05 |
| 17 | 443 | Kelly Lillian | LAZ Puma Rhein-Sieg | 0:29:25 | 0:29:15 | 3 | WU14 | 0:15:15 * 0:13:59 |
| 18 | 329 | Sieberz Tanja | Rhenag | 0:30:02 | 0:29:58 | 2 | WHK | 0:14:28 * 0:15:30 |
| 19 | 332 | Schubert Sarah | Rhenag | 0:30:06 | 0:30:02 | 1 | W30 | 0:14:28 * 0:15:33 |
| 20 | 209 | Fröhlich Claudia | Happy Walking | 0:30:15 | 0:30:07 | 1 | W50 | 0:14:10 * 0:15:57 |
| 21 | 388 | Remmerl Paola | STV | 0:30:17 | 0:30:12 | 2 | W45 | 0:14:11 * 0:16:01 |
| 22 | 766 | Happe Hannelore | | 0:30:23 | 0:30:21 | 1 | W55 | 0:13:57 * 0:16:24 |
| 23 | 315 | Barrera Clara | | 0:30:34 | 0:30:30 | 3 | WU18 | 0:14:31 * 0:15:59 |
| 24 | 427 | Brandl-Meyer Claudia | | 0:30:58 | 0:30:48 | 2 | W50 | 0:14:15 * 0:16:32 |
| 25 | 137 | Klarmann-Schulz Ute | ... und tschüss! | 0:31:11 | 0:31:07 | 3 | W40 | 0:15:11 * 0:15:55 |
| 26 | 81 | Strunk Vanessa | Kinder-und Jugendhilfe Hollenb | 0:31:14 | 0:31:13 | 3 | WHK | 0:13:58 * 0:17:15 |
| 27 | 339 | Beckers Lea | Rhenag | 0:31:21 | 0:31:17 | 1 | WU10 | 0:15:01 * 0:16:15 |
| 28 | 190 | Carl Claudia | LT Friesdorf | 0:32:23 | 0:32:16 | 3 | W45 | 0:15:28 * 0:16:47 |
| 29 | 343 | Opitz Katharina | Rhenag | 0:32:42 | 0:32:37 | 2 | W30 | 0:14:54 * 0:17:43 |
| 30 | 12 | Baiamonte-Teschner Noemi | | 0:33:34 | 0:33:26 | 5 | W35 | 0:15:34 * 0:17:52 |
| 31 | 115 | Carvalho dos Santos Klink Nei | Ironminds | 0:33:47 | 0:33:40 | 3 | W50 | 0:15:36 * 0:18:03 |
| 32 | 325 | Müller Natalie | | 0:33:55 | 0:33:51 | 3 | W30 | 0:15:37 * 0:18:14 |
| 33 | 448 | Ziemer Gesa | | 0:34:37 | 0:34:29 | 4 | W45 | 0:15:56 * 0:18:33 |
| 34 | 53 | Elders Corinna | | 0:35:34 | 0:35:27 | 5 | W45 | 0:15:57 * 0:19:29 |
| 35 | 356 | Kuplay Burcak | Rhenag | 0:36:56 | 0:36:52 | 4 | WHK | 0:16:36 * 0:20:15 |
| 36 | 71 | Gedom Katharina | Kinder-und Jugendhilfe Hollenb | 0:37:47 | 0:37:44 | 2 | W55 | 0:18:01 * 0:19:42 |