

Männer**Altersklasse M30**

| Platz | AK | Startnr | Name | *Ort/Verein | Brutto | Platz | AK | Jahr | Runden |
|-------|----|---------|-----------------------|------------------------------|---------|-------|-----|------|-----------------|
| 1 | | 490 | Bitz Felix | *Bergisch Gladbach | 0:38:14 | 6 | M30 | 85 | 0:18:50 0:19:22 |
| 2 | | 869 | Richardson Christophe | *Köln | 0:40:27 | 14 | M30 | 87 | 0:19:36 0:20:49 |
| 3 | | 727 | Oehler Matthias | *Köln | 0:41:33 | 19 | M30 | 85 | 0:20:51 0:20:35 |
| 4 | | 103 | Courtat Edward | *Köln | 0:42:18 | 22 | M30 | 86 | 0:20:20 0:21:50 |
| 5 | | 142 | Strittmatter Stefan | PSV Köln | 0:42:31 | 23 | M30 | 85 | 0:21:03 0:21:22 |
| 6 | | 700 | Mathey Philipp | *Köln | 0:45:32 | 32 | M30 | 88 | 0:21:56 0:23:27 |
| 7 | | 725 | Lodemann Tim | *Köln | 0:49:03 | 52 | M30 | 84 | 0:24:20 0:24:31 |
| 8 | | 113 | Döriing Mischa | Rendantur Kreis Mettmann | 0:50:05 | 60 | M30 | 87 | 0:24:07 0:25:33 |
| 9 | | 860 | Siller Sebastian | JuCare | 0:52:48 | 79 | M30 | 85 | 0:26:26 0:26:05 |
| 10 | | 963 | Grede Johan | | 0:54:09 | 85 | M30 | 84 | 0:26:22 0:27:26 |
| 11 | | 774 | Kamann Ben | Bunert - Der Kölner Laufclub | 0:56:28 | 105 | M30 | 84 | 0:26:28 0:29:57 |
| 12 | | 455 | Fuchs Adrian | telering | 0:56:39 | 109 | M30 | 87 | 0:28:54 0:27:27 |
| 13 | | 58 | Marhenke Tristan | *Köln | 0:58:22 | 119 | M30 | 84 | 0:27:50 0:29:55 |
| 14 | | 864 | Brieger Jörn | JuCare | 1:01:01 | 140 | M30 | 87 | 0:30:01 0:30:43 |
| 15 | | 724 | Sommer Thomas | Sommerläufer | 1:08:56 | 176 | M30 | 87 | 0:32:33 0:35:49 |

Altersklasse M35

| Platz | AK | Startnr | Name | *Ort/Verein | Brutto | Platz | AK | Jahr | Runden |
|-------|----|---------|---------------------|---------------------------|---------|-------|-----|------|-----------------|
| 1 | | 433 | Ortelbach Tim | *Köln | 0:44:28 | 28 | M35 | 81 | 0:22:12 0:22:08 |
| 2 | | 381 | Nebel Markus | Team Erdinger Alkoholfrei | 0:50:04 | 59 | M35 | 82 | 0:24:08 0:25:47 |
| 3 | | 628 | Schellberg Daniel | *Köln | 0:50:18 | 61 | M35 | 81 | 0:25:14 0:24:50 |
| 4 | | 843 | Wong DR Karianto | *Köln | 0:51:08 | 63 | M35 | 79 | 0:24:41 0:25:55 |
| 5 | | 711 | Beuermann Marco | *Köln | 0:51:31 | 66 | M35 | 83 | 0:23:45 0:27:39 |
| 6 | | 473 | Von Zeddelmann Eric | *Köln | 0:52:39 | 78 | M35 | 80 | 0:26:27 0:25:42 |
| 7 | | 240 | Röhl Fabian | *Köln | 0:53:14 | 82 | M35 | 83 | 0:25:00 0:28:06 |
| 8 | | 1095 | Taistra Marc | Mukoviszidose e.V. | 0:54:48 | 89 | M35 | 79 | 0:26:58 0:27:33 |
| 9 | | 731 | Paas Marcel | *Pulheim | 0:56:19 | 104 | M35 | 80 | 0:31:10 0:24:46 |
| 10 | | 701 | Bieguszewski Jakob | *Bonn | 0:56:35 | 108 | M35 | 83 | 0:25:51 0:30:35 |
| 11 | | 718 | Elsner DR Stefan | *Köln | 0:57:23 | 112 | M35 | 81 | 0:28:20 0:28:42 |
| 12 | | 1046 | Kauter Tobias | | 0:59:02 | 124 | M35 | 82 | 0:28:35 0:30:09 |
| 13 | | 377 | Schäfers Sascha | Runners Point Run Club | 1:01:43 | 145 | M35 | 80 | 0:30:36 0:30:35 |
| 14 | | 1630 | Banda Patricio | | 1:01:45 | 146 | M35 | 81 | 0:30:07 0:31:15 |
| 15 | | 100 | Vehreschild Tim | *Köln | 1:05:07 | 161 | M35 | 79 | 0:31:39 0:32:54 |
| 16 | | 932 | Rick Christoph | | 1:07:25 | 169 | M35 | 80 | 0:30:32 0:36:32 |
| 17 | | 795 | Müller Jörg | *Bergheim | 1:08:47 | 175 | M35 | 82 | 0:32:31 0:36:04 |
| 18 | | 64 | Pavlic Goran | *Leverkusen | 1:10:50 | 179 | M35 | 79 | 0:33:57 0:36:21 |
| 19 | | 175 | Krüll Marcus | *Hürth | 1:11:15 | 180 | M35 | 82 | 0:35:07 0:35:53 |

Männer

Altersklasse M40

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|-----------------------|------------------------------|---------|----------|------|-----------------|
| 1 | 564 | Böttcher Zaido | www.tagesmutter-in-roesrat | 0:39:27 | 11 M40 | 76 | 0:19:28 0:19:57 |
| 2 | 28 | Domke Andreas | Haus der Gesundheit Waldb | 0:44:48 | 29 M40 | 74 | 0:21:53 0:22:47 |
| 3 | 408 | Ortelbach Björn | *Neuss | 0:44:49 | 30 M40 | 78 | 0:22:13 0:22:28 |
| 4 | 871 | Kaspirowitsch Walter | *Alfter | 0:46:15 | 34 M40 | 77 | 0:22:38 0:23:28 |
| 5 | 243 | Hillen Michael | Die Muskelkater | 0:46:37 | 36 M40 | 78 | 0:22:49 0:23:27 |
| 6 | 1633 | Balikci Atakan | SV Baris Delmenhorst | 0:46:46 | 37 M40 | 77 | 0:23:06 0:23:34 |
| 7 | 202 | Weißenberg Martin | *Köln | 0:47:05 | 39 M40 | 77 | 0:22:41 0:24:20 |
| 8 | 215 | Unger Florian | Judo-Club Frechen 1964 e. | 0:47:23 | 40 M40 | 74 | 0:23:45 0:23:32 |
| 9 | 398 | Moll Markus | *Hürth | 0:48:34 | 49 M40 | 76 | 0:24:23 0:23:57 |
| 10 | 726 | Fischer Maik | *Köln | 0:49:03 | 53 M40 | 78 | 0:24:20 0:24:30 |
| 11 | 816 | Bader Michael | *Köln | 0:49:54 | 58 M40 | 74 | 0:23:59 0:25:40 |
| 12 | 125 | Kern Aleks | BSG Beitragsservice | 0:52:04 | 70 M40 | 76 | 0:25:34 0:25:55 |
| 13 | 290 | Bußmann Marco | We are Speed - Team Bußn | 0:52:08 | 73 M40 | 74 | 0:25:37 0:26:21 |
| 14 | 308 | Reinicke Thomas | *Stolberg | 0:55:44 | 97 M40 | 78 | 0:26:42 0:28:52 |
| 15 | 365 | Podporowski Sebastian | *Köln | 0:57:25 | 114 M40 | 74 | 0:27:41 0:29:34 |
| 16 | 20 | Takos Panagiotis | *Köln | 0:59:08 | 125 M40 | 75 | 0:28:58 0:29:31 |
| 17 | 788 | Hügler Thomas | *Frechen | 0:59:22 | 128 M40 | 74 | 0:27:32 0:31:14 |
| 18 | 362 | Heidtmann Axel | *Elsdorf | 1:00:30 | 134 M40 | 75 | 0:29:18 0:30:42 |
| 19 | 388 | Zischkau Dirk | *Erfstadt | 1:01:23 | 143 M40 | 76 | 0:29:46 0:30:56 |
| 20 | 84 | Mackowiak Magnus | *Bonn | 1:01:23 | 144 M40 | 78 | 0:29:27 0:31:20 |
| 21 | 275 | Steffen Frank | Kita St. Joseph Lev.-Hitdorf | 1:03:24 | 152 M40 | 78 | 0:30:32 0:32:45 |
| 22 | 794 | Müller Ariel | *Bergheim | 1:08:47 | 174 M40 | 75 | 0:32:31 0:36:04 |
| 23 | 5 | Brod Marcus | Team KerryGum | 0:28:16 | 191 M40 | 74 | 0:27:52 0:00:00 |

Altersklasse M45

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------------|--------------------------|---------|----------|------|-----------------|
| 1 | 1650 | Poischen Thomas | | 0:40:21 | 13 M45 | 70 | 0:19:34 0:20:45 |
| 2 | 832 | Sixtus Florian | Run of Colours Promoteam | 0:40:34 | 15 M45 | 73 | 0:20:25 0:20:08 |
| 3 | 1073 | Kräker Thorsten | ASV Köln | 0:41:01 | 16 M45 | 69 | 0:19:56 0:21:01 |
| 4 | 394 | Steber Roland | *Windeck | 0:41:14 | 18 M45 | 72 | 0:20:04 0:21:06 |
| 5 | 1628 | Dreßen Horst | FC Germania Vossenack | 0:42:06 | 21 M45 | 70 | 0:20:06 0:21:55 |
| 6 | 250 | Ewert Volker | Roadrunner69 | 0:47:51 | 46 M45 | 69 | 0:23:18 0:24:26 |
| 7 | 676 | Goldbeck Jens | Knickfööss Köln | 0:49:17 | 54 M45 | 70 | 0:23:52 0:25:12 |
| 8 | 849 | Kraus Holger | *Köln | 0:49:43 | 57 M45 | 73 | 0:24:04 0:25:36 |
| 9 | 530 | Matthias Toetz | Lebenshilfe Köln | 0:50:52 | 62 M45 | 71 | 0:24:16 0:26:26 |
| 10 | 840 | Vogel Jörg | Running Vogels | 0:51:19 | 64 M45 | 69 | 0:25:22 0:25:52 |
| 11 | 34 | Brunner Ralf | Früh | 0:53:19 | 83 M45 | 71 | 0:26:43 0:26:33 |
| 12 | 1635 | Roepert Carsten | | 0:54:56 | 92 M45 | 72 | 0:26:23 0:28:09 |
| 13 | 170 | Strohhäcker Carsten | | 0:55:02 | 93 M45 | 71 | 0:27:08 0:27:42 |
| 14 | 483 | Zech Heiko | *Frechen | 0:55:27 | 94 M45 | 71 | 0:26:06 0:28:43 |
| 15 | 397 | Mehles Thomas | *Tönisvorst | 0:55:48 | 98 M45 | 69 | 0:27:11 0:28:13 |
| 16 | 838 | Stephani Stephan | *Merzenich | 0:55:50 | 99 M45 | 70 | 0:26:45 0:28:42 |
| 17 | 380 | Klein Jörg | *Köln | 0:55:57 | 100 M45 | 69 | 0:29:15 0:26:14 |
| 18 | 118 | Frick Robert | Born2Run | 0:56:15 | 103 M45 | 69 | 0:25:15 0:30:55 |
| 19 | 182 | Schreier Dirk | *Köln | 0:57:24 | 113 M45 | 70 | 0:27:46 0:29:17 |
| 20 | 1049 | Martens Marc | | 0:57:55 | 117 M45 | 70 | 0:28:17 0:29:00 |
| 21 | 364 | Krause Hans-Günther | *Elsdorf | 0:58:38 | 120 M45 | 70 | 0:28:49 0:29:19 |
| 22 | 386 | Brück-Thies David | Erzbistum Köln | 0:58:57 | 123 M45 | 73 | 0:28:38 0:29:52 |
| 23 | 821 | Goebel DR Marc | *Köln | 0:59:42 | 132 M45 | 70 | 0:29:02 0:30:16 |
| 24 | 592 | Leeser Rene | Die strammen Maxe | 1:00:40 | 137 M45 | 69 | 0:29:17 0:30:55 |
| 25 | 839 | Dittmann Lars | Deutzrunner | 1:01:21 | 142 M45 | 70 | 0:29:44 0:31:15 |
| 26 | 75 | Jenniages Michael | *Hürth | 1:01:46 | 147 M45 | 72 | 0:28:37 0:32:55 |
| 27 | 205 | Reho Antonio | *Frechen | 1:02:39 | 149 M45 | 70 | 0:27:32 0:34:33 |
| 28 | 699 | Pscheidt Martin | TÜV Rheinland Sport | 1:04:14 | 154 M45 | 71 | 0:30:01 0:33:48 |
| 29 | 782 | Sowade Uli | Run of Colours Promoteam | 0:29:43 | 192 M45 | 70 | 0:29:14 0:00:00 |

Männer**Altersklasse M50**

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------------|----------------------------|---------|----------|------|-----------------|
| 1 | 769 | Sambale Thomas | Bunert / Rhein-Berg Runner | 0:38:50 | 8 M50 | 65 | 0:18:56 0:19:53 |
| 2 | 1651 | Glahn Lutz | Birkenstock Footbed Fighth | 0:44:04 | 26 M50 | 67 | 0:21:55 0:22:01 |
| 3 | 556 | Pier Gregor | St. Pankratius | 0:45:24 | 31 M50 | 67 | 0:22:07 0:22:41 |
| 4 | 1059 | Schätz Dirk | Remscheid | 0:47:00 | 38 M50 | 66 | 0:23:14 0:23:44 |
| 5 | 1648 | Sgovio Leonardo | *Köln | 0:47:43 | 45 M50 | 65 | 0:24:04 0:23:11 |
| 6 | 247 | Jost Dirk | Die Muskelkater | 0:48:44 | 51 M50 | 65 | 0:22:46 0:25:38 |
| 7 | 9 | Lubitz Jürgen | *Köln | 0:49:26 | 56 M50 | 66 | 0:23:46 0:25:37 |
| 8 | 379 | Grischek Rainer | *Köln | 0:51:52 | 69 M50 | 67 | 0:24:58 0:26:26 |
| 9 | 39 | Bienentreu Ralf | *Köln | 0:52:06 | 71 M50 | 67 | 0:25:06 0:26:23 |
| 10 | 706 | Schwarzkopf Stephan | *Frechen | 0:53:08 | 81 M50 | 68 | 0:25:15 0:27:15 |
| 11 | 557 | Morgenstern Michael | St. Pankratius | 0:54:14 | 87 M50 | 67 | 0:27:04 0:26:35 |
| 12 | 254 | Kurth Tom | *Bergheim | 0:54:54 | 91 M50 | 67 | 0:26:39 0:27:55 |
| 13 | 361 | Köpke Jan | *Niederkassel | 0:55:30 | 96 M50 | 67 | 0:27:17 0:27:59 |
| 14 | 1083 | Martin Dirk | St. Paulratus | 0:56:04 | 101 M50 | 68 | 0:27:24 0:28:27 |
| 15 | 382 | Ley Thomas | *Köln | 0:57:20 | 111 M50 | 65 | 0:26:47 0:30:21 |
| 16 | 870 | Wolff Bernhard | KAB Düsseldorf | 0:57:32 | 115 M50 | 66 | 0:26:40 0:30:30 |
| 17 | 53 | Kronsbein Günter | *Köln | 0:57:38 | 116 M50 | 65 | 0:28:04 0:29:17 |
| 18 | 8 | Wilden Michael | *Kürten | 0:57:57 | 118 M50 | 64 | 0:27:24 0:30:16 |
| 19 | 456 | Maske Andreas | telering | 0:58:47 | 121 M50 | 67 | 0:28:56 0:29:32 |
| 20 | 1658 | Stanzel Christoph | | 0:59:20 | 127 M50 | 65 | 0:26:56 0:32:17 |
| 21 | 1642 | Moos Dirk | | 0:59:25 | 129 M50 | 64 | 0:29:23 0:29:48 |
| 22 | 217 | Dienhoff Oliver | Janus | 1:00:09 | 133 M50 | 66 | 0:29:33 0:30:11 |
| 23 | 399 | Kiss Paul | *Bergisch Gladbach | 1:04:58 | 159 M50 | 65 | 0:29:08 0:35:43 |
| 24 | 792 | Breyer Martin | *Köln | 1:05:03 | 160 M50 | 67 | 0:29:16 0:35:25 |
| 25 | 516 | Kaletha Jörg | Kaletha Haustechnik | 1:05:18 | 164 M50 | 66 | 0:31:27 0:33:32 |
| 26 | 517 | Müller Heinz | Kaletha Haustechnik | 1:05:18 | 165 M50 | 65 | 0:31:27 0:33:32 |
| 27 | 591 | Deckert Michael | Die strammen Maxe | 1:08:25 | 173 M50 | 68 | 0:32:12 0:35:44 |
| 28 | 269 | Leniger DR Markus | *Köln | 1:13:47 | 183 M50 | 68 | 0:35:33 0:37:34 |
| 29 | 538 | Brill Thomas | St. Pankratius | 1:16:12 | 185 M50 | 64 | 0:34:28 0:41:08 |

Altersklasse M55

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|--------------------|--------------------------|---------|----------|------|-----------------|
| 1 | 508 | Voll Harald | Köln läuft | 0:52:07 | 72 M55 | 59 | 0:25:18 0:26:10 |
| 2 | 1098 | Basmer Ekkehard | | 0:52:14 | 74 M55 | 61 | 0:25:48 0:26:04 |
| 3 | 225 | Bitter Stefan | LG Wittgenstein | 0:52:16 | 75 M55 | 63 | 0:25:46 0:26:27 |
| 4 | 486 | Krug Christian | *Köln | 0:54:19 | 88 M55 | 63 | 0:26:59 0:27:10 |
| 5 | 1886 | Fink Ulrich | Erzbistum Köln | 0:54:53 | 90 M55 | 59 | 0:27:27 0:27:16 |
| 6 | 859 | Stoelting Markus | JuCare | 0:56:29 | 106 M55 | 59 | 0:27:18 0:28:54 |
| 7 | 948 | Tromm Thed | | 0:59:14 | 126 M55 | 59 | 0:28:15 0:30:40 |
| 8 | 539 | Mailand Bernd | Lebenshilfe Köln | 1:00:58 | 139 M55 | 60 | 0:29:32 0:31:17 |
| 9 | 670 | Wiemar Dirk | *Erfstadt | 1:02:07 | 148 M55 | 61 | 0:30:18 0:31:34 |
| 10 | 263 | Esser Günter | born2run | 1:05:17 | 162 M55 | 61 | 0:30:14 0:34:57 |
| 11 | 572 | Waßer Peter | GWK Runner | 1:07:40 | 170 M55 | 59 | 0:32:35 0:34:31 |
| 12 | 115 | Meyer Thomas | Rendantur Kreis Mettmann | 1:10:03 | 178 M55 | 62 | 0:34:06 0:35:30 |
| 13 | 972 | Meyer Dirk | | 1:13:53 | 184 M55 | 62 | 0:35:41 0:37:47 |
| 14 | 526 | Wertenbruch Lothar | Lebenshilfe Köln | 0:25:22 | 189 M55 | 62 | 0:25:13 0:00:00 |

Männer**Altersklasse M60**

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|-----------------------|--------------------------|---------|----------|------|-----------------|
| 1 | 1065 | Weber Eberhard | Triforce vital Remscheid | 0:46:22 | 35 M60 | 54 | 0:22:09 0:24:08 |
| 2 | 1084 | Nikelowski Norbert | *Köln | 0:47:28 | 41 M60 | 58 | 0:23:00 0:24:17 |
| 3 | 1660 | Trimborn Johannes | LG RWE Power | 0:51:35 | 67 M60 | 55 | 0:25:40 0:25:44 |
| 4 | 1636 | Herrndorf Norbert | LT Saaler Mühle | 0:51:45 | 68 M60 | 54 | 0:25:03 0:26:35 |
| 5 | 274 | Beuscher Armin | Laktatkoenige | 0:54:11 | 86 M60 | 58 | 0:26:42 0:27:20 |
| 6 | 207 | Grimm Gerald | Wilde Wutz | 0:56:32 | 107 M60 | 57 | 0:27:35 0:28:45 |
| 7 | 114 | Röblitz Frank Rüdiger | Rendantur Kreis Mettmann | 0:58:52 | 122 M60 | 57 | 0:28:34 0:29:52 |
| 8 | 513 | Reimann Bernd | Erzbistum Köln | 0:59:39 | 131 M60 | 55 | 0:29:19 0:30:04 |
| 9 | 500 | Tesch Friedrich | Sebastianus Balkhausen | 1:00:54 | 138 M60 | 58 | 0:29:40 0:30:49 |
| 10 | 30 | Maack Bodo | ChrissiLayla Running | 1:01:10 | 141 M60 | 57 | 0:29:10 0:31:36 |
| 11 | 467 | Wiefermann Heinz | HW Team est. 2018 | 1:05:20 | 166 M60 | 58 | 0:32:01 0:32:49 |
| 12 | 484 | Pfisterer Jörg | *Köln | 1:05:31 | 167 M60 | 58 | 0:32:02 0:33:13 |
| 13 | 287 | Heller Franz-Josef | *Frechen | 1:08:13 | 172 M60 | 55 | 0:32:14 0:35:27 |
| 14 | 278 | Grunert Uwe | DJK Löwe Köln e.V. | 1:09:54 | 177 M60 | 54 | 0:34:08 0:35:09 |
| 15 | 818 | Hach Ulrich | LT Dünwaldener TV | 1:16:37 | 186 M60 | 58 | 0:34:47 0:41:12 |
| 16 | 1647 | Breuer Norbert | Team Erdingeralkoholfrei | 1:21:18 | 188 M60 | 58 | 0:38:44 0:42:02 |

Altersklasse M65

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|------------------|----------------|---------|----------|------|-----------------|
| 1 | 705 | Kersting Friedel | *Köln | 0:53:31 | 84 M65 | 50 | 0:26:26 0:26:57 |
| 2 | 452 | KLotz Wilfried | telering | 0:56:09 | 102 M65 | 50 | 0:27:18 0:28:39 |
| 3 | 295 | Peters Jens | *Bonn | 0:59:34 | 130 M65 | 52 | 0:28:19 0:30:55 |
| 4 | 210 | Birk Volker | Uniquetraining | 1:05:36 | 168 M65 | 49 | 0:30:56 0:34:01 |
| 5 | 237 | Schulz Günther | *Leverkusen | 0:30:50 | 193 M65 | 52 | 0:30:36 0:00:00 |

Altersklasse M70

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------|--------------|---------|----------|------|-----------------|
| 1 | 220 | Hermes Alfred | Pulheimer SC | 0:47:34 | 42 M70 | 46 | 0:23:18 0:23:45 |

Altersklasse M75

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|--------------------|-------------|---------|----------|------|-----------------|
| 1 | 867 | Strohhäcker Günter | Bergheim | 1:03:01 | 150 M75 | 39 | 0:30:14 0:32:36 |
| 2 | 889 | Behling Martin | | 1:04:15 | 155 M75 | 41 | 0:31:27 0:32:08 |

Männer**Altersklasse MHK**

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------------|------------------------------|---------|----------|------|-----------------|
| 1 | 773 | Bunte Marian | Bunert - Der Kölner Lauflade | 0:34:05 | 1 MHK | 89 | 0:17:03 0:17:02 |
| 2 | 798 | Kley Lukas | *Köln | 0:34:46 | 2 MHK | 92 | 0:17:38 0:17:06 |
| 3 | 777 | Rinke André | Bunert - Der Kölner Lauflade | 0:34:57 | 3 MHK | 91 | 0:17:18 0:17:38 |
| 4 | 768 | Hemkes Lucas | Bunert / Rhein-Berg Runner | 0:37:39 | 4 MHK | 92 | 0:18:31 0:19:07 |
| 5 | 876 | Breuer Laurids | Fort Runners Köln | 0:37:47 | 5 MHK | 93 | 0:18:50 0:18:56 |
| 6 | 1640 | Kahlenberg Fabian | | 0:38:49 | 7 MHK | 95 | 0:18:59 0:19:48 |
| 7 | 594 | Esch David | *Köln | 0:39:21 | 10 MHK | 91 | 0:19:35 0:19:41 |
| 8 | 141 | Freiling Ingo | USC Bochum | 0:39:47 | 12 MHK | 94 | 0:19:11 0:20:34 |
| 9 | 1646 | Mermet Marco | | 0:41:04 | 17 MHK | 93 | 0:20:32 0:20:28 |
| 10 | 353 | Sturm Paul | *Köln | 0:41:55 | 20 MHK | 98 | 0:20:55 0:20:58 |
| 11 | 264 | Niebergall Tim | *Köln | 0:43:10 | 25 MHK | 98 | 0:20:55 0:22:12 |
| 12 | 1634 | Fessler Michael | | 0:45:33 | 33 MHK | 94 | 0:21:53 0:23:36 |
| 13 | 226 | Bock Vincent | Deutsche Sporthochschule f | 0:47:37 | 43 MHK | 95 | 0:23:07 0:24:23 |
| 14 | 121 | Schmitz Altay | *Köln | 0:47:38 | 44 MHK | 97 | 0:23:09 0:24:25 |
| 15 | 238 | Zucchi Luca | *Köln | 0:47:56 | 47 MHK | 97 | 0:23:08 0:24:45 |
| 16 | 482 | Braunsmann Leonard | *Köln | 0:48:37 | 50 MHK | 96 | 0:23:26 0:24:58 |
| 17 | 895 | Stürznickel Malte | Erzbistum Köln | 0:49:24 | 55 MHK | 91 | 0:25:15 0:23:51 |
| 18 | 128 | Pabst Johannes | *Köln | 0:51:23 | 65 MHK | 98 | 0:23:50 0:27:30 |
| 19 | 1645 | Grimminger Maik | | 0:52:27 | 76 MHK | 91 | 0:26:13 0:26:05 |
| 20 | 390 | Hentschel Leon | Grenzenloser Sportverein e | 0:52:32 | 77 MHK | 96 | 0:25:29 0:26:58 |
| 21 | 861 | Böcking Michael | JuCare | 0:52:49 | 80 MHK | 92 | 0:26:25 0:26:05 |
| 22 | 239 | Quack Sebastian | *Waldfeucht | 0:55:29 | 95 MHK | 92 | 0:27:29 0:27:31 |
| 23 | 856 | Schmelter Christian | *Kerpen | 0:57:12 | 110 MHK | 89 | 0:27:46 0:28:57 |
| 24 | 682 | Berghaus Julian | *Köln | 1:04:04 | 153 MHK | 92 | 0:31:43 0:31:47 |
| 25 | 391 | Horo Mervan | Grenzenloser Sportverein e | 1:04:17 | 156 MHK | 96 | 0:30:43 0:33:30 |
| 26 | 1099 | Guter Dominik | Die Strammen Maxe | 1:04:37 | 157 MHK | 94 | 0:32:13 0:31:56 |
| 27 | 593 | Steinbach Tim | Die strammen Maxe | 1:04:58 | 158 MHK | 90 | 0:30:30 0:34:00 |
| 28 | 413 | Sevilmis Goekhan | *Köln | 1:05:18 | 163 MHK | 90 | 0:31:20 0:33:40 |
| 29 | 72 | Winkelbach John | *Köln | 1:13:08 | 181 MHK | 90 | 0:32:41 0:39:58 |
| 30 | 73 | Kaiser Alexander | *Wuppertal | 1:13:30 | 182 MHK | 90 | 0:32:42 0:40:19 |
| 31 | 656 | Rinck Matthias | *Bonn | 1:20:00 | 187 MHK | 93 | 0:39:05 0:40:35 |
| 32 | 1662 | Silva Ricardo | Caritas | 0:27:25 | 190 MHK | 94 | 0:27:16 0:00:00 |

Altersklasse MU14

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|--------------|-------------|---------|----------|------|-----------------|
| 1 | 173 | Irzik Sverre | *Köln | 1:00:39 | 136 MU1 | 06 | 0:28:31 0:31:42 |

Altersklasse MU16

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|------------------|-------------|---------|----------|------|-----------------|
| 1 | 801 | Poyer David | *Hennef | 0:42:56 | 24 MU1 | 04 | 0:20:36 0:22:18 |
| 2 | 183 | Langenfeld Oskar | *Köln | 1:00:37 | 135 MU1 | 04 | 0:28:31 0:31:40 |

Altersklasse MU18

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|----------------|-------------|---------|----------|------|-----------------|
| 1 | 1637 | Hofmann Pascal | | 1:07:55 | 171 MU1 | 01 | 0:32:39 0:34:56 |

Altersklasse MU20

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------------------|----------------------------|---------|----------|------|-----------------|
| 1 | 392 | Ghanem Isam | Grenzenloser Sportverein e | 0:39:20 | 9 MU2 | 99 | 0:19:20 0:19:54 |
| 2 | 174 | Prier Jonas | *Müngersdorf | 0:44:08 | 27 MU2 | 99 | 0:21:03 0:23:03 |
| 3 | 406 | Cetin Dennis Üzeyir Manfr | *Köln | 0:48:00 | 48 MU2 | 99 | 0:23:48 0:24:09 |
| 4 | 793 | Breyer Cedrik | *Köln | 1:03:12 | 151 MU2 | 99 | 0:27:41 0:35:08 |

Frauen

Altersklasse W30

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|--------------------|------------------------------|---------|----------|------|-----------------|
| 1 | 1654 | Morsbach Sophie | | 0:43:15 | 2 W30 | 88 | 0:20:57 0:22:13 |
| 2 | 139 | Große-Gehling Vera | Laufftreff Decksteiner Weihe | 0:48:04 | 5 W30 | 87 | 0:23:33 0:24:26 |
| 3 | 359 | Grüters Miriam | *Köln | 0:57:38 | 32 W30 | 85 | 0:28:54 0:28:11 |
| 4 | 969 | Carrgira Liliana | | 0:58:19 | 35 W30 | 85 | 0:28:35 0:29:25 |
| 5 | 1086 | Nowack Nadine | | 0:59:49 | 42 W30 | 86 | 0:29:26 0:30:03 |
| 6 | 79 | Giersch Selina | *Köln | 1:09:53 | 74 W30 | 88 | 0:34:13 0:35:09 |
| 7 | 81 | Krutzler Jasmin | *Köln | 1:15:23 | 82 W30 | 88 | 0:34:13 0:40:39 |

Altersklasse W35

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|--------------------------|------------------------------|---------|----------|------|-----------------|
| 1 | 1657 | Cohsmann Caro | | 0:44:47 | 4 W35 | 83 | 0:22:45 0:21:31 |
| 2 | 853 | Hamrin Nicaise Charlotte | *Köln | 0:52:15 | 10 W35 | 82 | 0:25:01 0:27:11 |
| 3 | 122 | Wallenfang Janine | *Köln | 0:55:41 | 22 W35 | 82 | 0:27:09 0:28:18 |
| 4 | 1047 | Kauter Meghan | | 0:59:02 | 38 W35 | 82 | 0:28:35 0:30:08 |
| 5 | 607 | Kleinbrahm DR Kathrin | *Köln | 1:00:34 | 44 W35 | 83 | 0:27:47 0:32:36 |
| 6 | 1815 | Van Rijswijk Nora | *Köln | 1:01:22 | 48 W35 | 81 | 0:29:40 0:31:29 |
| 7 | 276 | Steffen Sandra | Kita St. Joseph Lev.-Hitdorf | 1:03:24 | 59 W35 | 80 | 0:30:31 0:32:46 |
| 8 | 730 | Paas Mirjam | *Pulheim | 1:13:41 | 80 W35 | 83 | 0:34:27 0:38:51 |

Altersklasse W40

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------------|------------------------------|---------|----------|------|-----------------|
| 1 | 778 | Schneider Claudia | Bunert - Der Kölner Lauflade | 0:39:31 | 1 W40 | 78 | 0:19:35 0:19:55 |
| 2 | 930 | Bohr Frederike | DSHS Köln | 0:48:37 | 7 W40 | 76 | 0:23:26 0:24:58 |
| 3 | 497 | Augustin Beate | *Köln | 0:49:34 | 9 W40 | 74 | 0:24:03 0:25:28 |
| 4 | 501 | Caesar Nathalie | *Köln | 0:55:22 | 21 W40 | 78 | 0:26:35 0:28:41 |
| 5 | 835 | Klois Elisabeth | Run of Colours Promoteam | 0:56:33 | 26 W40 | 78 | 0:28:24 0:27:36 |
| 6 | 518 | Seitz Sabine | Lebenshilfe Köln | 0:56:46 | 27 W40 | 76 | 0:27:04 0:29:33 |
| 7 | 299 | Flieger Sabrina | *Köln | 0:57:42 | 33 W40 | 78 | 0:28:18 0:28:53 |
| 8 | 815 | Strupp DR Julia | *Köln | 0:59:23 | 40 W40 | 76 | 0:28:16 0:30:51 |
| 9 | 80 | Esser Sabine | *Köln | 1:00:22 | 43 W40 | 77 | 0:30:11 0:29:42 |
| 10 | 636 | Wehrmann Silvia | *Köln | 1:01:58 | 53 W40 | 74 | 0:30:02 0:31:41 |
| 11 | 738 | Wieland Catrin | *Köln | 1:02:18 | 54 W40 | 76 | 0:29:32 0:32:34 |
| 12 | 198 | Berling Neda | *Köln | 1:03:21 | 58 W40 | 75 | 0:30:38 0:32:16 |
| 13 | 172 | Irzik Melanie | *Köln | 1:04:28 | 64 W40 | 76 | 0:31:08 0:32:53 |
| 14 | 385 | Brück-Thies Cathrin | Erzbistum Köln | 1:07:52 | 70 W40 | 77 | 0:32:49 0:34:36 |
| 15 | 559 | Pietroschinsky Eva | St. Pankratius | 1:09:18 | 72 W40 | 74 | 0:33:42 0:35:00 |
| 16 | 1632 | Holz Jasmin | | 1:10:45 | 76 W40 | 78 | 0:33:54 0:36:14 |
| 17 | 63 | Pavlic Stefanie | *Leverkusen | 1:10:49 | 77 W40 | 78 | 0:33:57 0:36:20 |

Altersklasse W45

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|-------------------|------------------------|---------|----------|------|-----------------|
| 1 | 256 | Päffgen Anne | *Köln | 0:44:43 | 3 W45 | 72 | 0:22:14 0:22:25 |
| 2 | 844 | Langmack Anke | *Köln | 0:52:55 | 12 W45 | 69 | 0:25:57 0:26:53 |
| 3 | 1659 | Binder Elke | *Köln | 0:55:47 | 23 W45 | 69 | 0:27:02 0:28:34 |
| 4 | 822 | Schulte DR Uschi | *Köln | 0:55:57 | 24 W45 | 73 | 0:27:45 0:27:48 |
| 5 | 306 | Gehrke Mirjam | *Bergheim | 0:56:19 | 25 W45 | 69 | 0:27:32 0:28:35 |
| 6 | 298 | Kewitz Sabine | *Kerpen | 0:57:17 | 30 W45 | 72 | 0:27:51 0:29:16 |
| 7 | 356 | Schulz Claudia | Adler-Langlaud Bottrop | 0:59:42 | 41 W45 | 69 | 0:29:12 0:30:00 |
| 8 | 635 | Hensen Ulrike | *Hürth | 1:01:57 | 52 W45 | 72 | 0:30:02 0:31:41 |
| 9 | 268 | Schütz Eva | *Köln | 1:02:25 | 55 W45 | 69 | 0:30:56 0:30:49 |
| 10 | 828 | Kracht Daniela | *Essen | 1:03:19 | 57 W45 | 71 | 0:30:55 0:31:48 |
| 11 | 558 | Morgenstern Julia | St. Pankratius | 1:09:19 | 73 W45 | 70 | 0:33:42 0:35:00 |
| 12 | 463 | Hemb Alexandra | TG Neuss | 1:24:45 | 87 W45 | 69 | 0:42:59 0:41:19 |

Frauen**Altersklasse W50**

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|-------------------|-------------------|---------|----------|------|-----------------|
| 1 | 1091 | Martin Martina | St. Paulratius | 0:53:04 | 13 W50 | 67 | 0:26:31 0:26:20 |
| 2 | 236 | Kühnen Carola | Veni Vidi Colonia | 0:54:05 | 16 W50 | 64 | 0:26:13 0:27:37 |
| 3 | 1063 | Ostrinski Ulricke | St. Paukratins | 0:57:26 | 31 W50 | 66 | 0:28:08 0:28:43 |
| 4 | 286 | Heller Elke | *Frechen | 0:58:20 | 36 W50 | 67 | 0:27:55 0:29:54 |
| 5 | 228 | Münzel Andrea | Jakobusflitzer | 0:58:28 | 37 W50 | 67 | 0:28:53 0:29:06 |
| 6 | 847 | Kühnen Birgit | Erzbistum Köln | 0:59:19 | 39 W50 | 68 | 0:28:07 0:30:56 |

Altersklasse W55

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|--------------|----------------|---------|----------|------|-----------------|
| 1 | 1639 | Serban Ruth | BSG Stadt Köln | 1:03:26 | 60 W55 | 61 | 0:29:55 0:32:57 |
| 2 | 973 | Meyer Vera | | 1:13:53 | 81 W55 | 61 | 0:35:46 0:37:42 |
| 3 | 233 | Schwarz Gise | Born2run | 0:29:00 | 88 W55 | 63 | 0:28:55 0:00:00 |

Altersklasse W60

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|------------------|--------------|---------|----------|------|-----------------|
| 1 | 206 | Anderer Birgit | Wilde Wutz | 1:03:58 | 61 W60 | 57 | 0:31:01 0:32:42 |
| 2 | 723 | Sommer Hannelore | Sommerläufer | 1:10:41 | 75 W60 | 58 | 0:32:32 0:37:35 |

Altersklasse WHK

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|-----------------------|-------------------|---------|----------|------|-----------------|
| 1 | 1631 | Alfaro Solano Camila | TriFroce Vital | 0:48:21 | 6 WHK | 98 | 0:23:07 0:25:11 |
| 2 | 445 | Bauer Julia | *Bonn | 0:49:29 | 8 WHK | 95 | 0:23:56 0:25:25 |
| 3 | 429 | Hartje Johanna | *Köln | 0:52:16 | 11 WHK | 90 | 0:24:54 0:27:11 |
| 4 | 712 | Krickel Anna | *Köln | 0:53:15 | 14 WHK | 97 | 0:25:09 0:28:02 |
| 5 | 961 | Leick Sarah | | 0:54:09 | 17 WHK | 89 | 0:26:23 0:27:25 |
| 6 | 129 | Fitzek Tabea | *Köln | 0:54:40 | 18 WHK | 90 | 0:27:29 0:27:01 |
| 7 | 817 | Schneider Elena | *Remscheid | 0:54:59 | 20 WHK | 96 | 0:27:24 0:27:31 |
| 8 | 112 | Rexin Vanessa | *Köln | 0:56:49 | 28 WHK | 90 | 0:27:57 0:28:24 |
| 9 | 110 | Kirberich Elisa | *Köln | 0:57:57 | 34 WHK | 89 | 0:27:58 0:29:32 |
| 10 | 544 | Schreiber Merle | Lebenshilfe Köln | 1:00:57 | 45 WHK | 92 | 0:29:45 0:30:52 |
| 11 | 543 | Haenes Anna | Lebenshilfe Köln | 1:00:57 | 46 WHK | 93 | 0:29:45 0:30:52 |
| 12 | 29 | Beck Kira | *Köln | 1:01:07 | 47 WHK | 94 | 0:29:01 0:32:00 |
| 13 | 480 | Baruth Julia | *Frechen | 1:01:25 | 49 WHK | 90 | 0:29:50 0:31:29 |
| 14 | 683 | Roumen Michelle | GWK Runner | 1:01:26 | 50 WHK | 95 | 0:30:34 0:30:18 |
| 15 | 573 | Goller Sarah | GWK Runner | 1:01:26 | 51 WHK | 95 | 0:30:34 0:30:18 |
| 16 | 811 | Schütz Tanja Christin | *Köln | 1:02:42 | 56 WHK | 89 | 0:30:16 0:32:12 |
| 17 | 134 | Lachmann Clara | *Köln | 1:05:05 | 65 WHK | 90 | 0:32:45 0:31:58 |
| 18 | 201 | Ries Cathy | *Belvaux | 1:05:17 | 66 WHK | 89 | 0:31:08 0:33:36 |
| 19 | 457 | Hofmann Eva | teling | 1:05:31 | 67 WHK | 91 | 0:32:02 0:33:12 |
| 20 | 1638 | Fildler Carolin | | 1:06:11 | 68 WHK | 98 | 0:30:48 0:35:13 |
| 21 | 466 | Wiefermann Lara | HW Team est. 2018 | 1:07:35 | 69 WHK | 94 | 0:31:39 0:35:25 |
| 22 | 694 | Wißkirchen Christina | Pax-Bank Köln | 1:07:56 | 71 WHK | 97 | 0:32:28 0:35:10 |
| 23 | 737 | Lang Yvonne | *Köln | 1:10:50 | 78 WHK | 90 | 0:32:39 0:38:01 |
| 24 | 27 | Kreuder Nora | *Köln | 1:12:47 | 79 WHK | 97 | 0:34:40 0:37:57 |
| 25 | 109 | Kühnlein Milena | *Köln | 1:16:08 | 83 WHK | 94 | 0:35:50 0:40:09 |
| 26 | 395 | Schumann Sara | *Köln | 1:19:10 | 85 WHK | 90 | 0:38:09 0:40:28 |
| 27 | 655 | Leschka Josephine | *Bonn | 1:20:01 | 86 WHK | 91 | 0:39:06 0:40:35 |

Altersklasse WU16

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|----------------------|----------------|---------|----------|------|-----------------|
| 1 | 561 | Pietroschinsky Lilly | St. Pankratius | 1:04:05 | 63 WU1 | 04 | 0:31:06 0:32:23 |

Altersklasse WU18

| Platz AK | Startnr | Name | *Ort/Verein | Brutto | Platz AK | Jahr | Runden |
|----------|---------|---------------------|----------------|---------|----------|------|-----------------|
| 1 | 246 | Remus Nelly | *Köln | 0:56:55 | 29 WU1 | 02 | 0:28:06 0:28:11 |
| 2 | 560 | Pietroschinsky Emma | St. Pankratius | 1:04:05 | 62 WU1 | 02 | 0:31:06 0:32:23 |

Frauen

Altersklasse WU20

| Platz | AK | Startnr | Name | *Ort/Verein | Brutto | Platz | AK | Jahr | Runden |
|-------|----|---------|-------------------|---------------|---------|-------|-----|------|-----------------|
| 1 | | 695 | Nogherotto Morena | Pax-Bank Köln | 0:53:26 | 15 | WU2 | 99 | 0:25:04 0:28:06 |
| 2 | | 407 | Lude Milena | *Köln | 0:54:41 | 19 | WU2 | 99 | 0:25:59 0:28:41 |
| 3 | | 866 | Rodenberg Bettina | *Köln | 1:16:12 | 84 | WU2 | 99 | 0:34:51 0:41:18 |