

Männer

Platz	Start.	Name	Verein/*Ort	Brutto	Rundenzeiten (2.195 Runde / 5km Runden)
1	215	TV REFRATH - Mixed Team I	Sebastian Wagner - Sigrid Zündorf - Simon Dahl - Julia Boye - Manuel Skopnik - Silke Schäpers	2:37:33	07:23 17:33 20:53 17:19 16:56 21:01 18:14 18:08 20:00
2	221	die geilste staffel der welt	Lars Haferkamp - Gunnar Keitzel - Nina Kunz - Nora Honke - Thomas Schulte - Kristina Ziemons	2:37:57	07:23 17:01 17:08 19:03 18:51 21:08 18:21 18:13 20:44
3	164	LG RWE Power 9 Mixed-Speed	Jürgen Reiser - Annette Geiken - Thomas Schneider - Marianne Jerosch - Thomas Schneider - Annette Geiken	2:51:28	08:03 19:15 20:23 19:52 20:05 22:04 20:23 20:34 20:40
4	216	TV REFRATH - Mixed Team II	Simon Dahl - Zyra Sporin - Dirk-Henning Lotz - Sabine Singer - Stefan Wietscher - Anke Greinerl	2:57:36	07:34 17:35 23:09 21:49 22:01 23:04 20:33 20:06 21:39
5	202	RHEIN-ERFT AKADEMIE	Lutz Schmalstieg - Anke Korgel - Oliver Klug - Michael Laub - Sylvia Lenke - Annette Methner	3:03:17	08:06 20:15 25:37 19:44 19:43 20:03 23:38 24:25 21:38
6	146	RheinEnergie	Natascha Herkenhoener - Christina Etten - Thomas Poischen - Dorota Lindstädt - Timo Herkenhoener - Christoph Wernei	3:10:52	10:26 25:50 25:40 19:13 19:38 26:29 19:58 19:54 23:34
7	148	Päärchenstaffel aus Essen	Jens Vollmer - Bettina Vollmer - Daniel Schneider - Maria Köhler - Sabine Seidel - Gerald Seidel	3:18:54	11:02 25:41 26:04 18:32 19:00 24:38 26:35 26:44 20:19
8	184	VFL Engelskirchen	Frank Zimmermann - Angelika Hensel - Carsten Möllmann - Eva Prange - Ralf Eschbach - Stefani Richter	3:20:29	08:57 21:21 26:25 20:58 21:41 23:48 24:55 26:05 26:09
9	206	LT Flinke Fööss 2	Vidar Andersen - Sorreen Schroll - Maik Leichner - Sorreen Schroll - Carolin Willmer - Philipp Kaszynski	3:21:02	12:39 31:22 19:57 23:24 22:42 20:26 22:51 23:47 23:33
10	242	TriTeens TUS Schleiden	Marius Kohlhaas - Niklas Scheld - Robin Junick - Janina Junick - Isabelle Sloof - Isabel Lagier	3:22:43	08:58 21:24 25:42 24:28 24:18 24:38 23:25 23:21 26:19
11	168	Laufmonster 3	Verena Hajek - Christian Seifert - Kai Engelhardt - Verena Hajek - Frank Kaiser - Tanja Krämer	3:23:21	10:53 27:21 23:33 20:40 21:00 27:05 49:45 00:00 00:00
12	147	GSV Porz miXexpress	Birgit Mataré - Bernadetta Zmarsky - Ulf Issel - Gabi Zange - Ralf Oberheim - Stefan Berger	3:24:30	10:13 24:38 26:26 22:51 23:44 24:08 23:37 25:20 23:12
13	207	3 Hühner 1 Hahn	Sandra Wonsack - Linda Beikirch - Alexander Görlach - Sandra Wonsack - Daniela Dahl - Alexander Görlach	3:25:53	10:06 26:10 29:48 20:20 20:49 26:30 25:19 26:01 20:41
14	170	Ziel 3:30	Sabina Klingner - Wilhelmine Wurz - Peter Heyl - Astrid Lang - Eckart Sievers - Bernd Dienhart	3:28:05	10:50 26:55 27:40 22:14 22:02 21:43 24:01 23:50 28:38
15	149	Naturtalente	Simone Adam - Hans Werner Wüst - Thomas Schiffer - Julia Ebelin - Michael Havers - Michaela Reifferscheidt	3:28:30	08:55 21:42 22:15 25:18 26:06 25:26 23:06 23:23 32:09
16	275	Sportuhren-Profi.de	Dieter De Haan - Regina Knufinke - Ludwig Filz - Marie-Jan Gelneke - Carsten Fuhser - Mareike Roszinski	3:29:45	09:05 23:30 25:17 23:45 24:33 25:50 24:06 26:18 27:09
17	288	Reha Nova	Susanne Alexi - Jeraine Berg - Jakob Triesel - Susanne Alexi - Flo Bechtel - Karl Strack	3:29:48	09:43 24:38 33:42 22:37 22:08 22:49 25:39 27:03 21:16
18	177	Röntgenlüöper	Tanja Möller - Janette Üffing - Andrea Wildschütz - Sabine Goldberg - Martin Sobetzko - Thomas Krempel	3:30:08	11:09 27:37 29:57 29:13 30:06 24:15 19:10 19:29 18:57
19	293	Feierläufer	Adi Dommermuth - Heike Zanger - Adi Dommermuth - Heike Zanger - Jürgen Zanger - Heike Zangei	3:30:28	10:38 25:28 23:30 26:37 26:23 23:47 24:12 24:57 24:38
20	208	BSG Mixed	Petra Engel - Ulla Marx - Arno Stockbrink - Heike Ahrens - Sara Könsgen - Axel Speelmanns	3:30:59	10:18 24:45 26:39 24:10 24:13 48:23 23:39 28:39 00:00
21	205	LT Flinke Fööss	Daniela Brock - Iris Hanf - Mischa Hoch - Thilo Stäbler - Uwe Nießing - Stefanie Paschke	3:31:19	10:56 26:15 27:14 23:36 23:34 21:30 24:31 25:09 28:28
22	103	Lokomotive Vernich	Julia Fischenich - Sabine Krause - Norbert Thiemermann - Julia Fischenich - Frank Bienert - Norbert Thiemermann	3:31:57	10:24 26:19 28:14 23:35 24:00 26:08 24:16 24:51 23:52
23	203	Die Humfakker	Lorenz Turski - Lena Speckmann - Nicole Erdmann - Miriam Schweitzer - Matthias Kröling - Frieder Barta	3:32:15	10:07 27:35 26:10 26:23 29:03 26:17 22:08 22:54 21:30
24	267	LG Badewanne	Klaas-Steffen Jacobs - Rahel Jacobs - Klaus Monzel - Beate Welsch - Wolfgang Wirths - Monika Knipp	3:32:26	10:41 25:02 27:24 25:05 25:07 28:12 21:12 21:42 27:42

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25	251	LCW 3		3:32:42	09:44 23:46 30:01 25:50 25:41 26:14 23:21 24:46 23:08
		Rainer Krüger - Gabi Krüger - Julien Levy - Daniela Krüger - Andreas Black - Gabi Krüger			
26	124	DEVK 1		3:33:27	08:47 20:41 31:02 24:41 24:07 33:34 22:00 22:02 26:23
		Philipp Fröhlich - Kathleen Goslicki - Katerina Keunecke - Stephanie Lesch-Kuznik - Thorsten Hilberath - Philip Wiesbaum			
27	200	Ski-Club Blau-Rot		3:34:45	11:32 28:38 29:27 20:17 19:59 27:33 24:06 24:16 28:46
		Georg Beringhoff - Rabeler Annette - Takao Mühlmeier - Berit Hempfing - Michael Heuer - Luise Weber			
28	188	Postilione 1		3:34:59	10:01 23:52 27:11 26:01 27:59 28:31 22:55 23:04 25:14
		Hüseyin Atamtuerk - Rosamunde Garito - Adrian Garito - Irene "Anita Pereira Teixeira - Jürgen Cremer - Nicole Kroggel			
29	244	Ford Climate 2		3:36:34	11:13 30:26 31:27 23:46 23:46 24:36 23:24 22:34 25:11
		Mustafa Ertunc - Achim Maus - Sabina Doerfler - Sandra Trachta - Stephan Kyriou - Alice Badescu			
30	119	SSK Kerpen 2		3:36:48	10:23 25:16 24:33 22:19 23:00 27:11 28:25 28:10 27:17
		Tina Bartneck - Carola Schneider - Jürgen Gossmann - Nicole Lummerich - Frank Balanze - Burkhard Steffens			
31	145	St Georges School Cologne		3:37:46	10:35 27:07 28:11 24:05 24:41 25:08 25:32 25:56 26:18
		Elizabeth Reece - Meghan Mardus - Paul Mardus - Peter King - David Nolan - Caroline Hemmend			
32	130	Gruppenzwang		3:39:20	09:49 24:45 29:03 25:34 24:31 32:47 21:23 23:11 28:13
		Susanne Klein-Giesler - Miriam Hässner - Alexander Hässner - Britta Schmitz - Christian Klein - Antje Giesler			
33	186	Olympia-Schule		3:40:48	12:07 28:51 32:58 26:20 26:15 25:04 24:17 24:10 20:26
		Mascha Bilstein - Katharina Hinck - Bernhard Mayr - Sinje Flockenhaus - Volker Schütz - Simone Noben			
34	133	6Run4Fun		3:40:55	11:31 27:03 29:52 26:11 27:38 26:14 22:14 22:22 27:39
		Elena Gimbarova - Frank Elsner - Sandra Weeger - Anje Wiemuth - Sergej Gimbarov - Tanith Elsner			
35	189	Olympia II		3:41:30	12:07 26:18 29:30 26:15 25:55 32:15 24:07 24:15 20:28
		Jochen Bauer - Kirsten Bauer - Simon Hoffmann - Sandra Kanonenberg - Caroline Cohsmann - Corinna Roth			
36	109	Running Gag		3:41:36	10:34 26:03 28:40 22:48 22:54 35:04 22:25 22:15 30:40
		Ulrich Sowade - Anne Abts - Patrik Flores - Sandra Flores - Thomas Manz - Claudia Frank			
37	262	Türkisweg 1		3:42:20	10:06 23:36 28:25 26:52 26:47 33:18 23:28 23:07 26:23
		Marco Noel - Wiebke Herpel - Roland Schmitz - Dörthe Hapig - Jens Krepela - Daniela Paul			
38	180	DEVK 4		3:42:50	11:33 27:37 27:59 22:29 23:07 27:14 27:01 25:32 30:02
		Georg Nogaj - Ingo Busse - Achim Hornig - Heike Hornig - Lydia Tarara - Barbara Engelkamp			
39	129	Haldenflitzer Allrath		3:43:11	11:15 25:26 25:41 27:15 26:18 21:58 24:28 23:23 37:21
		Andreas Gerwing - Elke Gerwing - Christian Migas - Melanie Migas - Martin Sturm - Hannah Sturm			
40	266	LeoGoesRunning Team		3:43:33	09:30 23:44 32:32 26:10 26:24 28:53 23:18 24:16 28:36
		Oliver Meier - Silvia Meier - Michael Heidchen - Angelika Schalenbach - Eckhardt Eversberg - Andrea Schalenbach			
41	101	The Mamas And The Papas		3:43:34	10:08 24:28 27:30 26:05 25:49 26:36 28:17 29:42 24:46
		Susi Esser - Ruben Esser - Ralf Meuskens - Nina Sackczewski - Gerd Jäger - Rosalie Esser			
42	132	Fussvolk		3:45:04	10:28 28:16 29:26 23:41 22:55 31:14 24:28 25:13 29:12
		Kai Gramlich - Katrin Feige - Andreas Pilz - Dana Korth - Falk Feige - Michaela Feige			
43	228	Martins & Mädels		3:45:48	10:35 25:54 30:33 29:37 22:00 27:11 28:59 28:36 22:11
		Alexandra Kremp - Steffi Heß - Simone - das Nüßchen - Joseph - Katharina Wohlers - Martin Balsliemke - Martin Lauer			
44	182	Röntgenlüöper		3:46:40	10:32 25:32 32:42 24:33 24:34 29:16 00:00 00:00 00:00
		Rosa Gorselink - Rolf New - Gerd Norbisrath - Claudia Leers - Stefan Mosblech - Ute Hübner			
45	194	SSV Strümp Fondistas		3:47:45	10:51 27:01 26:02 26:27 27:21 27:32 27:38 28:01 26:37
		Wolfgang Eirmbter - Barbara Theisen - Anja Derendorf - Doris Furch - Sylke Warschnauer - Wolfgang Eirmbter			
46	256	Stadtbetrieb Freche I		3:48:14	11:57 28:13 24:55 24:57 24:53 28:10 27:25 29:55 27:27
		Anja Jansen - Eva Schulze - Ralf Harf - Johannes Gatzen - Matthias Rongen - Wolfgang Witzke			
46	257	Stadtbetrieb Frechen II		3:48:14	11:57 28:13 24:18 24:49 27:06 24:47 28:07 27:39 30:56
		Johannes Gatzen - Anja Jansen - Sabi Aktas - Giusewpe Cerbino - Eva Schulze - Matthias Rongen			
48	185	Laufantilopen		3:48:43	12:57 30:20 34:09 26:11 27:26 28:33 22:11 23:45 22:52
		Gabi Frömberg - Petra Schemberger - Rainer Grüne - Max Bade - Anke Daniels - Bettina Kapune			

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49	201	LLG St. Augustin 4 Jürgen Ziegert - Sigurt Zacher - Birgit Lennartz - Corinna Pehlke - Manfred Licharz - Petra Helmbold		3:48:44	10:15 25:23 28:15 26:00 25:17 31:23 26:20 26:43 28:58
50	171	MCK Guido Ebeler - Annette Ebeler - Marco Heinrich - Martina Grotjahn - Angelika Möller - Josef Dichtl		3:49:08	09:22 23:14 27:55 27:13 27:15 31:58 26:26 27:14 28:18
51	156	Running for our Trainer Joana Kraege - Sebastian Hartwig - Peter Schatzl - Katharina Schatzl - Theresa Schatzl - Peter Schatzl		3:49:24	12:13 29:12 24:09 27:58 27:25 24:45 24:34 25:25 33:32
52	123	Lindweiler Hof Cordula Klaas - Elena Höhner - Peter Lange - Silke Weise - Philipp Ockenfels-Rudies - Sigrid Derya		3:49:37	12:25 27:01 28:20 25:28 25:13 27:42 25:16 28:52 29:00
53	108	PSC - SPORTABZEICHEN-TEAM ELKE KÜPPER - BARBARA ENGELHARDT - ACHIM KOPPMANN - JUTTA ENGELHARDT - WILFRIED LENZEN - BARBARA ENGELHARDT		3:51:58	11:50 30:59 28:49 22:45 23:35 27:41 28:02 28:58 29:08
54	158	Almost A Jan-Michael Becker - Steffi Frommhold - Kristina Klein - Bastian Meyer - Alexander Rühle - Kristina Klein		3:52:13	12:09 27:47 29:54 27:18 28:45 26:33 25:07 25:52 28:30
55	162	LG RWE Power 7 Garzweiler Michaela Lübben - Marc André Röhrig - Armin Sauer - Roswitha Heilmann - Stefan Voigt - Christiane Siebert		3:52:32	12:15 30:26 24:25 29:35 31:03 26:39 24:29 24:53 28:40
56	191	Fit4Bonn Isabelle Keller - Ilona Wald - Klaus Ahlborn - Charlotte Spohr - Marion Eggers - Laurenz Mülheims		3:55:54	11:40 28:27 25:30 31:35 31:19 25:44 56:41 00:00 00:00
57	128	Da Nicos Freunde Brauweiler Winni Pfau - Kiki Djurbert - Johannes Orthen - Monika Krull - Heinz Franz - Christiane Florack		3:56:37	12:27 30:37 27:22 18:50 19:06 35:40 30:29 31:11 30:45
58	176	Gelpegazellen Renate Fahlenbock - Susann Dreiholz - Gerd Stratmann - Brigitte Stratmann - Klaus Mies - Bernhard Glombitza		3:56:54	10:41 26:17 34:53 26:41 27:32 33:03 24:39 24:55 28:04
59	237	LV Stommeln Dirk Hagendorf - Andrea Hagendorf - Michael Pallgen - Claudia Pallgen-Hupperich - Andrea Hagendorf - Claudia Pallgen-Hupperich		3:57:06	10:50 27:03 28:06 27:16 28:22 28:18 28:51 29:09 28:59
60	190	Zons-Runners Reiner Goldbach - Klaus-Peter Hofstadt - Brigitte Görner - Marliese Schwerdtfeger - Stefan Peschke - Karin Garbe		4:00:12	10:54 26:52 22:19 28:55 28:12 29:49 32:11 31:54 28:53
61	104	die wilden kerle 1.0 Svenja Oguz - Sabine Eisele - Marco Wolfgarten - Svenja Oguz - Diemo Eisele - Jakob Parrisius		4:02:56	11:13 29:58 33:14 26:28 28:20 31:43 27:35 31:15 22:53
62	127	Diakonie Michaelshoven Wolfgang Schmidt - Mareike Carlitscheck - Rudi Porten - Birgit Fischer - Mareike Carlitscheck - Thorsten Pulskamp		4:04:00	12:48 33:16 26:03 26:09 27:17 37:06 27:31 28:06 25:27
63	140	rwe- run with me Stefanie Klein - Sabrina Schramm - Martin Pesch - Bernhard Eckhardt - Marco Pennazzato - Sandra Degen		4:05:35	10:46 28:25 32:24 29:53 28:32 22:48 29:54 31:03 31:32
64	226	ESV Gremberghoven Mixed Katja Breutigam - Jana Pack - Norman Buckow - Iris Kliscak - Nadine Pannke - Silvia Seher		4:07:21	12:38 30:25 27:18 27:35 28:23 31:43 30:30 28:57 29:36
65	276	CaBas CaBaNauTeN Wolfgang Fredrich - Wolfgang Friedrich - Wolfgang Fredrichs - Isabella Dobija - Isabella Dobijo - Isabella Dobiju		4:08:15	12:33 30:55 25:52 30:49 26:22 30:30 28:52 30:22 31:41
66	155	LG RWE Power 4 Dormagen Gerd Gorzalnik - Elke Jennert - Lothar Gerke - Nannette Gorzalnik - Jolanta Chojnicki - Martina Esser		4:09:50	11:09 26:33 32:46 25:31 25:28 32:39 30:48 32:23 32:13