

Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)									
1	427	Kaminsky Peter	LG Emsdetten	3:12:21	1	M30	1977	09:41	22:46	22:54	22:40	22:31	23:06	22:42	23:02	22:53	
2	10	Basten Silvan	*Messel	3:17:07	1	M35	1976	09:41	23:29	23:02	23:01	22:43	22:48	23:17	24:25	24:35	
3	2	Vogt Wolfgang	Feuerwehr SV Düsseldorf	3:20:39	1	M50	1959	10:06	23:13	23:29	23:11	23:38	24:02	24:35	24:15	23:53	
4	35	Schrötelер Franz	*Düren	3:24:02	1	M40	1967	10:20	23:18	23:46	23:57	24:02	24:22	24:12	25:15	24:43	
5	15	Van Loo DR Chris	*Brühl	3:24:05	2	M50	1959	10:12	23:27	23:44	23:48	25:10	24:15	24:46	24:50	23:49	
6	34	Kuschel Tom	Marathon-Club Menden	3:35:06	2	M40	1970	11:09	26:08	26:02	25:44	25:15	25:14	25:28	25:23	24:34	
7	435	Saadi Robert	LG Rheinbach	3:36:01	1	M45	1966	10:15	23:46	24:56	24:29	25:05	25:32	26:03	28:17	27:32	
8	29	Pfohl Stefan	LT Rennhamster	3:37:48	3	M40	1967	11:03	26:08	26:09	25:47	25:18	25:18	25:33	26:11	26:13	
9	44	Sadrina Gereon	SG BMF Bonn	3:39:28	3	M50	1958	11:03	26:09	26:09	25:52	25:43	25:54	25:56	26:22	26:10	
10	45	Schwaeppe Harald	Bonner RG	3:39:28	4	M50	1958	11:03	26:09	26:09	25:52	25:43	25:54	25:56	26:22	26:10	
11	33	Michollek Wolfgang	GSV Porz Köln	3:40:08	5	M50	1960	11:28	26:12	26:43	26:52	26:37	26:19	25:30	26:32	24:46	
12	40	Schulte-Zweckel Michael	BSG WAZ Essen	3:41:27	6	M50	1960	11:11	26:29	27:24	27:02	25:47	25:52	25:30	26:17	25:49	
13	36	Grau Philipp	*Köln	3:42:36	2	M35	1972	11:26	26:11	26:47	26:22	25:12	25:17	26:29	27:05	27:39	
14	49	Becker Mattin	Troisdorfer LG	3:48:51	7	M50	1960	11:11	26:10	26:22	27:05	26:40	27:43	27:53	28:10	27:30	
15	31	ROTH DR Edwin	LG D.U.V.	3:49:16	1	M55	1953	11:09	26:29	27:07	26:29	26:57	27:08	27:36	28:18	27:57	
16	17	Theisen Andreas	*Weiler	3:49:46	3	M35	1972	11:24	26:35	26:51	26:54	27:03	27:15	27:23	28:10	28:00	
17	48	Willems Andre	Troisdorfer LG	3:50:25	4	M40	1967	10:32	25:22	25:50	27:30	26:45	26:34	29:03	28:29	30:13	
18	426	Masermann Dietmar	*Köln	3:53:03	8	M50	1957	09:33	23:24	24:31	25:15	26:24	27:22	28:30	30:52	37:07	
19	5	Schmidt-Soltau Peer	100 Marathon Club	3:54:47	2	M30	1981	11:00	27:38	28:14	27:56	27:56	28:31	27:49	28:16	27:17	
20	30	Dumke Holger	BSG Waz Medien	3:55:08	4	M35	1974	10:54	26:20	26:06	26:30	26:28	26:19	28:45	31:26	32:12	
21	47	Wilden Heinz	Abteiläufer	3:55:52	9	M50	1960	11:37	27:53	27:35	27:29	27:46	27:57	28:18	28:33	28:34	
22	11	Mackenrodt André	TSV Immenhausen	3:56:18	5	M35	1976	11:16	28:15	27:49	27:29	27:35	27:37	28:17	29:08	28:46	
23	28	Schreurs Piet	AV Heythuysen	3:57:31	2	M55	1955	11:28	26:31	26:58	27:17	27:16	27:28	28:16	30:14	31:55	
24	431	Kahla Dr. Said	LG DUV	4:02:20	1	M60	1950	11:51	28:57	27:26	27:30	29:25	29:45	29:08	29:02	29:04	
25	26	Wachsmann Rainer	LSF Münster	4:03:44	2	M45	1965	11:46	28:11	28:55	29:03	29:01	29:34	29:34	29:32	27:58	
26	37	Peikert Alexander	Brücker Lauffreunde	4:04:27	3	M55	1956	11:46	28:11	28:52	29:07	29:02	29:34	29:20	29:31	28:57	
27	425	König Volker	*Bergisch Gladbach	4:04:28	10	M50	1960	11:41	28:17	29:09	29:15	29:13	28:53	29:24	29:31	28:57	
28	25	Jüchter Birger	Rennschnecken 2000	4:04:47	6	M35	1972	12:23	29:19	29:02	29:11	29:34	29:46	30:34	27:30	27:22	
29	38	Wittkämper Klaus	Lauftreff Bundesnetzagentur	4:04:47	2	M60	1947	11:44	29:19	29:05	28:17	28:41	28:53	29:59	29:26	29:14	
30	20	Thome Niko	Meddys LWT Koblenz	4:05:24	3	M45	1966	11:46	29:19	29:05	28:17	28:42	28:53	30:00	29:26	29:52	
31	32	Kalsbach Mirco	*Köln	4:09:22	7	M35	1976	10:16	25:41	25:49	27:30	26:45	26:56	30:49	36:26	39:05	
32	18	Ackermann Detlev	SG Bockenberg	4:10:25	5	M40	1970	10:52	27:25	28:06	28:13	27:10	28:53	31:26	33:18	34:56	
33	41	Halder Roland	Anne Frank Gesamtschule Dü	4:10:43	6	M40	1970	10:32	28:08	28:13	27:55	27:56	28:31	27:50	28:16	43:13	
34	24	Schranz Jörg	*Oberhausen	4:12:40	4	M45	1965	12:21	29:19	29:02	29:11	29:34	29:46	30:35	31:07	31:38	
35	14	Kramer DR Gerd	zeitimraum	4:22:45	11	M50	1961	10:59	27:53	28:11	29:45	31:08	32:08	34:00	33:44	34:50	

Frauen

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)								
1	19	Ebert Silke	K1-media	3:43:51	1	W40	1969	11:06	26:30	27:06	26:09	25:51	25:31	26:06	27:15	28:09
2	43	Nikelowski Renate	LT Köln-Esch	3:45:07	1	W45	1965	11:06	27:05	26:08	26:26	26:01	26:27	26:57	27:06	27:43