

## Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (1.097km Runde / 5km Runden)
1	1077	Jonen DR Christian	VfB Multisport Rhein-Erft	1:18:56	1	M30	1981	03:53 19:15 18:58 18:27 18:20
1	1199	Johnstone Nikki	ASICS Frontrunner	1:18:56	1	M30	1984	03:53 19:16 18:58 18:27 18:19
3	1072	Schiffer DR Frank	PSV Brühl	1:19:35	1	M45	1969	03:55 19:15 19:00 18:45 18:39
4	1200	Condon Liam	TV Refrath	1:25:20	2	M45	1968	03:55 20:11 20:02 20:35 20:36
5	1083	Knauf Albert	LG Mützenich	1:25:38	1	M50	1964	03:55 19:57 20:29 20:33 20:43
6	1065	Schmitz Christoph	*Aachen	1:32:11	1	M35	1976	04:19 21:37 21:47 22:06 22:19
7	1039	Moritz Ralf	*Köln	1:33:53	3	M45	1968	04:35 22:30 22:13 22:04 22:28
8	1107	Kruse Tobias	*Castrop-Rauxel	1:34:15	2	M35	1978	04:14 21:46 21:49 22:15 24:10
9	1004	Fockers Thomas	*Düsseldorf	1:36:59	3	M35	1979	04:24 22:50 22:50 23:00 23:53
10	1035	Savariello Andreas	Gesamtschule Marienheide	1:37:04	1	MHK	1995	04:39 23:47 23:01 22:21 23:16
11	1048	Carrillo de Mora DR Francis	*Duisburg	1:37:34	2	MHK	1988	04:19 21:11 23:07 23:39 25:15
12	1091	Dreisewerd Markus	KC Karo Bube	1:38:25	1	M40	1972	04:47 23:55 23:28 23:21 22:52
13	1085	Conrad Achim	LG Falkenberg	1:38:33	4	M45	1966	04:25 23:09 23:32 23:40 23:46
14	1055	Altmann Markus	Fußball-Verband Mittelrhein	1:38:59	3	M30	1982	04:34 23:19 23:23 23:33 24:08
15	1023	Grau Holger	VfB Lövenich	1:39:59	5	M45	1969	04:34 23:17 23:24 23:49 24:54
16	1069	Manthei Christian	ERGO sports Köln	1:41:49	2	M50	1962	06:22 22:57 23:43 24:17 24:28
17	1090	Nisula Juuso	Uni Köln	1:41:51	3	MHK	1990	04:59 25:27 24:56 23:42 22:46
18	1001	Bodes Theo	Team Erdinger Alkoholfrei	1:43:06	1	M55	1959	04:37 24:05 24:10 24:46 25:26
19	1073	Eßer Andreas	VfB Erftstadt Triathlon	1:43:37	6	M45	1968	05:02 24:07 24:06 25:03 25:18
20	1086	Thome Niko	Meddys LWT Koblenz	1:43:39	7	M45	1966	04:58 24:11 24:43 24:53 24:51
21	1012	Danowski Danny	*Kreuzau-Stockheim	1:43:59	4	M35	1978	04:52 24:35 24:37 24:55 24:59
22	1054	Greif Uwe	Dürener TV 1847	1:45:03	3	M50	1965	04:38 24:24 25:00 25:16 25:43
23	1016	Selbach Fabian	IGR Remscheid	1:45:06	4	MHK	1994	04:40 24:11 25:05 25:46 25:22
24	1006	Ewert Stefan	KSK Köln	1:45:40	5	M35	1977	05:09 25:12 24:37 25:04 25:35
25	1111	Bomkowski Matthias		1:46:22	4	M50	1963	05:13 25:09 25:08 25:23 25:26
26	1080	Weidenfels Günter	GVG-Laufteam	1:46:35	2	M55	1956	04:45 24:41 25:32 26:07 25:28
27	1053	Sellenthin PROF Mark	FWV Vallendar	1:46:39	2	M40	1974	05:35 25:26 25:09 25:23 25:04
28	1108	Steinhoff Frank	KC Karo Bube	1:47:08	3	M40	1972	05:01 25:27 25:16 25:25 25:58
29	1009	Dworeck Alexander	No Meat Athlete	1:47:59	4	M40	1975	04:51 25:07 25:37 25:36 26:45
30	1104	Hoffmann Yannick		1:48:19	5	MHK	1992	04:31 23:55 25:12 26:48 27:51
31	1025	Schaake Matt	TUSEM Essen	1:48:27	6	MHK	1989	05:18 26:47 26:17 25:53 24:11
32	1070	Strube Thomas Alexander	AG Köln	1:48:28	6	M35	1976	04:33 24:40 25:42 26:27 27:04
33	1008	Steffens Jörg	*Vettweiß	1:48:43	5	M40	1971	04:54 25:38 25:24 25:55 26:49
34	1076	Fetzer Tillmann	*Köln	1:48:45	4	M30	1982	04:39 23:15 24:13 24:51 31:45
35	1068	Eible DR Max	ERGO sports Köln	1:48:47	5	M50	1961	05:40 26:10 25:45 26:09 25:02
36	1011	Voll Harald	Diabetes Programm Deutschla	1:48:55	3	M55	1959	04:57 25:28 25:43 26:13 26:33
37	1071	Rösner Christian	keiner	1:49:33	7	MHK	1986	05:08 25:08 25:01 26:27 27:47
38	1082	Martens Joern	GVG-Laufteam	1:49:47	6	M50	1962	04:42 25:14 26:13 26:58 26:39
39	1067	Von Niswandt Timo	ERGO sports Köln	1:50:04	6	M40	1973	05:39 26:11 25:45 26:09 26:19
40	1092	Seifried Michael		1:50:40	7	M35	1978	04:54 25:17 25:31 26:51 28:06
41	1081	Sturm Ralf	GVG-Laufteam	1:50:53	4	M55	1959	04:55 25:17 25:31 27:10 27:58
42	1102	Walder Lars		1:51:02	8	M35	1977	05:09 26:23 27:00 26:09 26:19
43	1028	Kuthe Thorsten	*Köln	1:51:04	7	M40	1972	05:37 27:25 27:42 26:20 23:57
44	1105	Lechelt Stefan	Runtastic Laufgruppe	1:51:43	8	M40	1975	04:50 25:27 27:50 26:35 26:58
45	1106	Gugliotta Tindaro Roberto	abc siegen	1:52:48	9	M40	1972	05:12 25:11 26:20 27:30 28:34
46	1063	Czech Heinrich	HB	1:54:29	8	M45	1966	05:34 26:19 26:37 27:18 28:40
47	1044	Lückerath Volker	Rommerskirchen-Anstel	1:55:38	7	M50	1964	05:33 27:04 27:27 28:07 27:25
48	1047	Fuhrmann Hans Alfred	Mach3Köln e. V.	1:55:58	1	M60	1955	05:24 26:55 27:35 27:30 28:33
49	1078	Breuer Andreas	GVG-Laufteam	1:57:17	10	M40	1973	05:24 27:32 27:39 27:51 28:49
50	1112	Damerow Raymond	Ford FCSD	1:57:44	5	M55	1957	05:30 27:01 27:41 28:23 29:07
51	1036	Stiefelhagen Markus	Gesamtschule Marienheide	1:58:30	8	MHK	1995	04:39 23:47 23:24 28:24 38:15
52	1032	Heine Nicolas	*Düsseldorf	1:58:38	9	M35	1978	05:27 27:30 28:11 29:18 28:10
53	1061	Debreczeni DR Attila	*Porta Westfalica	2:02:32	9	MHK	1986	05:10 27:57 29:31 29:56 29:56
54	1051	Breunung Guido	*Pulheim	2:05:36	11	M40	1971	05:48 28:44 29:29 30:30 31:03
55	1052	Beinke Martin	*Pulheim	2:05:36	9	M45	1969	05:48 28:44 29:29 30:30 31:03
56	1103	Wolff Olli	Hapy Running Family	2:09:16	10	M45	1966	05:43 29:18 29:40 31:01 33:31
57	1064	Fabian Andreas	TETRA unter Wasser die Nr. 1	2:09:22	11	M45	1966	05:41 28:53 30:19 31:32 32:54
58	1056	Kamsties Michael	EGGER Powerteam	2:09:54	5	M30	1982	05:42 28:54 30:18 31:39 33:20
59	1101	Braun Reinhard	REWE-runners	2:12:27	8	M50	1961	05:20 29:57 31:04 32:34 33:30
60	1020	Farrell Allan	LaufLövenich2010	2:14:07	12	M45	1970	06:01 30:27 31:20 32:34 33:44
61	1046	Waffenschmidt Udo	*Köln	2:14:28	9	M50	1962	05:58 30:35 32:00 32:39 33:14

**Männer**

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (1.097km Runde / 5km Runden)				
62	1038	Fuchs Klaus	*Pulheim	2:16:43	10	M50	1965	05:39	28:18	34:37	32:39	35:28
63	1022	Hoffmann Michael	*Schwetzingen	2:22:29	13	M45	1966	06:33	32:46	33:35	33:57	35:36

## Frauen

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (1.097km Runde / 5km Runden)				
1	1110	Bange Dagmar	TSV Dieringhausen	1:42:18	1	W40	1972	04:38	23:15	24:14	24:46	25:23
2	1087	Hilgenberg Mareike	Meddys LWT Koblenz	1:43:39	1	WHK	1987	04:58	24:11	24:43	24:54	24:51
3	1003	Elbert Annette	*Düsseldorf	1:46:17	2	WHK	1986	04:50	25:22	25:31	25:44	24:48
4	1109	Reece Elizabeth	ASG Elsdorf	1:46:46	1	W55	1958	04:53	25:21	25:27	25:22	25:40
5	1018	Wilms Karoline	LKD Düsseldorf	1:47:32	3	WHK	1990	05:00	25:27	25:28	25:38	25:57
6	1074	Eßer Vera	*Erftstadt	1:50:09	2	W40	1971	05:35	26:56	26:14	26:04	25:19
7	1075	Hesse Frauke	*Düsseldorf	1:54:11	1	W45	1967	05:21	26:48	27:00	27:08	27:53
8	1062	Michel Claudia	Cityrunner 2012	1:57:41	2	W45	1968	05:34	27:07	27:45	28:06	29:08
9	1033	Böcker Daphne	*Düsseldorf	1:58:38	4	WHK	1989	05:27	27:30	28:11	29:18	28:10
10	1040	Waffenschmidt Carolin	Ford FCSD	2:01:33	1	W50	1963	05:39	28:09	28:30	29:05	30:07
11	1021	Linnartz Isabel	Team Erdinger Alkoholfrei	2:05:52	1	W30	1981	05:42	29:28	29:31	30:20	30:50
12	1024	Henning Heike	ASV Köln Triathlon	2:09:58	2	W55	1957	06:03	31:02	30:17	30:40	31:53
13	1029	El Aissati Souria	IFF Aacheb	2:16:51	1	W35	1976	05:27	30:45	31:52	33:21	35:24
14	1013	Vondeberg Anne	*Heinsberg	2:22:11	5	WHK	1989	06:38	33:50	33:43	34:08	33:51
15	1007	Krams Sabine	Team Erdinger Alkoholfrei	2:22:29	2	W50	1964	06:33	32:45	33:35	33:57	35:37
16	1042	Hollek Cornelia	*Buchholz	2:27:15	3	W45	1970	06:29	33:17	34:09	36:04	37:14