

## 10km - Gesamtwertung

## 12. Abteilaufl Brauweiler - 25.6.2017

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	728	Singbeil Daniel	Bunert - Der Kölner Laufladen	0:33:57	0:33:57	1	MHK	89	08:11	08:30	08:32	08:42	
2	1077	Meurer Sebastian	Bunert - Der Kölner Laufladen	0:34:37	0:34:37	1	M30	86	08:11	08:37	08:56	08:52	
3	1021	Jonen Christian	VfB Erfstadt Multisport	0:36:24	0:36:25	1	M35	81	08:47	09:09	09:17	09:10	
4	690	Müller Christian	Kölner Ausdauer und	0:36:33	0:36:33	2	MHK	92	08:34	09:12	09:23	09:22	
5	764	Berhane Abraham	Willkommen in Weiden	0:36:56	0:36:58	3	MHK	94	08:31	09:16	09:32	09:35	
6	699	Orthen Johannes	TV Rodenkirchen Triathlon	0:38:06	0:38:07	1	M55	62	09:15	09:37	09:40	09:33	
7	616	Chao Martinez Juan	*Köln	0:38:12	0:38:13	4	MHK	89	09:15	09:37	09:41	09:38	
8	1073	Hildebrand Berno	LGO Bochum	0:38:24	0:38:24	5	MHK	88	08:36	09:46	10:00	10:00	
9	732	Spörk Konstantin	Cologne Crocodiles	0:39:45	0:39:46	1	MU18	02	09:02	10:05	10:20	10:17	
10	878	Xylander York	X-Team	0:39:51	0:39:52	1	M45	68	09:17	09:58	10:18	10:17	
11	33	Poischen Thomas	BSG RheinEnergie	0:39:58	0:40:00	2	M45	70	09:56	10:07	09:59	09:55	
12	682	Lonnes Markus	*Kaarst	0:40:02	0:40:05	1	M40	76	09:49	10:05	10:07	09:59	
13	1078	Schuster Fabian		0:40:03	0:40:04	2	M35	82	09:48	09:55	10:13	10:06	
14	617	Chudalla Philipp	*Köln	0:40:21	0:40:22	6	MHK	88	09:39	10:07	10:22	10:12	
15	652	Hauser Michael	GVG-Laufteam	0:40:23	0:40:24	2	M40	74	09:52	10:08	10:11	10:11	
16	890	Pieters Fabian	TUS Köln rrh	0:40:30	0:40:31	7	MHK	93	09:57	10:09	10:11	10:12	
17	1018	Asmus Udo	LG Donatus Erfstadt	0:40:41	0:40:42	1	M50	67	09:53	10:04	10:23	10:20	
18	665	Keusen Hans	Pulheimer SC	0:40:41	0:40:43	3	M45	68	09:57	10:09	10:13	10:21	
19	696	Ohme Holger	*Köln	0:40:44	0:40:46	3	M40	77	09:38	10:08	10:22	10:35	
20	710	Rulhoff Michael	Kita Krabbe	0:42:08	0:42:09	4	M45	71	09:56	10:30	10:54	10:47	
21	605	Angrick Jonas	GVG-Laufteam	0:42:13	0:42:14	2	MU18	01	09:43	10:06	10:54	11:28	
22	746	Urlewitz Frank	*Frechen	0:42:21	0:42:22	5	M45	69	10:04	10:37	10:57	10:41	
23	901	Schneider Thomas	LG RWE Pwer	0:42:23	0:42:24	6	M45	69	10:03	10:42	10:54	10:43	
24	625	Eckhardt Christian	*Andernach	0:42:58	0:42:58	3	M35	82	09:41	10:16	11:04	11:55	
25	689	Möres Frank	*Pulheim	0:43:30	0:43:33	4	M40	74	10:40	10:50	11:00	10:59	
26	900	Juckel Bernd	SG Neukirchen-Hülchrath	0:43:50	0:43:52	1	M65	50	10:53	11:07	11:04	10:44	
27	643	Gmähle Max	GVG-Laufteam	0:44:05	0:44:07	2	M50	65	10:36	11:07	11:16	11:04	
28	680	Li Juntian	1996	0:44:14	0:44:19	8	MHK	96	11:23	11:39	10:38	10:33	
29	1040	Weber Thorsten		0:44:32	0:44:35	7	M45	72	10:39	10:50	11:22	11:39	
30	683	Lux Malte	*Köln	0:44:43	0:44:44	9	MHK	88	10:43	11:23	11:42	10:53	
31	77	Last Christoph	TSG Valbert	0:44:43	0:44:44	5	M40	77	10:09	11:06	11:38	11:48	
32	642	Glass Jonathan	*Düsseldorf	0:45:00	0:45:02	4	M35	80	10:43	11:09	11:40	11:26	
33	705	Reinartz Michael	GVG-Laufteam	0:45:00	0:45:06	6	M40	77	10:31	11:14	11:38	11:36	
34	737	Goericke Jens	*Bergheim	0:45:54	0:46:09	2	M30	85	11:16	11:37	11:34	11:26	
35	1083	Biedermann Thomas		0:45:56	0:46:01	3	M50	66	11:29	11:40	11:33	11:13	
36	749	Voigt Maik	*Leverkusen	0:46:18	0:46:27	5	M35	81	11:07	11:19	11:42	12:09	
37	639	Gellert Georg	BSG Stadtwerke Bonn	0:46:24	0:46:26	2	M65	49	11:06	11:43	11:50	11:43	
38	3816	Meisen Markus	*Dormagen	0:46:24	0:46:39	3	M30	87	11:18	11:17	12:03	11:45	
39	725	Sekulla Martin	GVG-Laufteam	0:46:35	0:46:38	6	M35	80	10:55	11:43	12:02	11:54	
40	707	Rode Jörg	*Bergheim	0:46:48	0:47:08	7	M35	81	11:27	11:28	11:50	12:02	
41	773	Gerrits Bodo	Mach3	0:46:48	0:46:51	8	M45	71	11:28	11:55	12:06	11:18	
42	645	Gray Terence	*Pulheim	0:46:54	0:47:00	1	M60	55	11:20	11:42	12:00	11:50	
43	655	Hennies Lennart	*Frechen	0:47:01	0:47:02	3	MU18	00	10:49	11:45	12:12	12:14	
44	627	Engel Klaus	GVG-Laufteam	0:47:09	0:47:10	2	M55	58	10:50	11:51	12:13	12:13	
45	646	Groß Moritz	*Köln	0:47:14	0:47:18	10	MHK	90	11:24	11:46	12:19	11:43	
46	654	Hemke Felix	*Köln	0:47:16	0:47:20	11	MHK	97	11:24	11:47	12:19	11:45	
47	694	Nikelowski Norbert	Marathonfreunde Köln	0:47:40	0:47:56	3	M55	58	11:27	11:49	12:10	12:12	
48	1072	Knüver Michael		0:48:05	0:48:12	8	M35	80	11:21	11:57	12:22	12:24	
49	660	Irrgang Marcel	*Pulheim	0:48:18	0:48:23	9	M35	79	11:29	11:55	12:20	12:33	
50	723	Schwabe Bernd	TuS Brauweiler	0:48:21	0:48:28	2	M60	56	11:29	12:06	12:18	12:27	
51	650	Hallerbach Peter	Knickfööss	0:48:23	0:48:34	4	M50	67	12:30	11:55	12:07	11:49	
52	624	Ebert Torsten	*Frechen	0:48:23	0:48:32	10	M35	81	11:58	12:22	12:19	11:42	
53	629	Färber Wolfgang	*Hürth	0:48:24	0:48:31	5	M50	65	11:51	12:04	12:10	12:18	
54	622	Dillschnitter Christian	*Pulheim	0:48:24	0:48:28	11	M35	80	12:05	12:26	12:08	11:43	
55	42	Kunze Jochen	*Köln	0:48:49	0:48:54	9	M45	69	11:40	12:21	12:32	12:14	
56	756	Werner Martin	*Pulheim	0:48:55	0:49:02	7	M40	73	12:02	12:10	12:25	12:17	
57	702	Puchert Stefan	*Leverkusen	0:49:13	0:49:33	6	M50	66	11:39	12:02	12:39	12:51	
58	633	Froehlich Christian	*Pulheim	0:49:16	0:49:20	8	M40	74	12:05	12:24	12:28	12:18	
59	668	Köngeter Hans	GVG-Laufteam	0:49:31	0:49:36	3	M60	54	12:03	12:14	12:32	12:42	
60	675	Küttler Stephan	*Pulheim	0:49:34	0:49:43	9	M40	74	11:44	12:25	12:44	12:41	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	747	Viggen Bruno	ERGO Sports	0:49:50	0:49:58	7	M50	65	11:57	12:33	12:47	12:32	
62	712	Schäfers Sascha	Runners Point Run Club Köln	0:49:53	0:49:57	12	M35	80	11:55	12:36	12:33	12:48	
63	647	Grube David	*Königswinter	0:50:07	0:50:18	12	MHK	88	13:01	12:27	12:39	11:58	
64	636	Gaßmüller Dirk	GVG-Laufteam	0:50:15	0:50:21	4	M55	61	12:24	12:46	12:36	12:28	
65	730	Soppe Wim	*Pulheim	0:50:17	0:50:27	8	M50	67	12:22	12:38	12:42	12:33	
66	601	Abs Stefan	GVG-Laufteam	0:50:19	0:50:34	10	M40	75	12:12	12:20	13:03	12:42	
67	4711	Tzitis Ioannis Karlos	*Brauweiler	0:50:25	0:50:34	13	M35	78	12:21	12:37	12:55	12:30	
68	748	Vogel Jörg	Runtastics	0:50:29	0:50:40	10	M45	69	11:47	12:38	13:12	12:50	
69	1023	Pütz Jürgen	LuST	0:50:30	0:50:40	11	M45	70	12:46	12:40	12:46	12:17	
70	5	Jäger Michael	*Frechen	0:50:43	0:51:04	11	M40	75	12:21	12:49	12:55	12:36	
71	745	Tschierschke Boris	*Leverkusen	0:50:45	0:50:51	14	M35	82	13:05	12:33	12:34	12:31	
72	677	Kussmann Christian	*Pulheim	0:50:45	0:50:53	15	M35	81	12:19	12:51	13:29	12:05	
72	638	Geldmacher Christoph	*Pulheim	0:50:45	0:50:53	15	M35	81	12:19	12:51	13:28	12:06	
74	1029	Vossel Wolfgang	*Pulheim	0:50:46	0:50:55	4	M60	56	12:18	12:45	12:52	12:50	
75	706	Ritzdorf Tom	*Köln	0:50:48	0:51:04	17	M35	81	12:20	12:32	13:00	12:55	
76	613	Böttcher Dirk	Provinzial	0:50:59	0:51:04	18	M35	79	12:21	12:53	12:56	12:48	
77	679	Ley Thomas	Lt Rösratherstraße	0:51:11	0:51:23	9	M50	65	12:28	12:49	12:58	12:56	
78	708	Rosso Mario	GVG-Laufteam	0:51:14	0:51:27	5	M55	60	12:48	12:50	12:55	12:41	
79	1019	Ewert Stefan	*Frechen	0:51:17	0:51:20	12	M40	77	12:21	13:03	13:16	12:36	
80	661	Jäger Walter	LT Decksteiner Weiher	0:51:17	0:51:20	5	M60	53	12:23	13:05	13:12	12:36	
81	695	Nippen Stefan	*Frechen	0:51:27	0:51:44	12	M45	68	12:36	12:51	13:11	12:48	
82	602	Albrecht DR Jens	*Frechen	0:51:34	0:51:48	13	M45	68	12:18	12:48	13:12	13:16	
83	692	Nett Werner	*Frechen	0:51:46	0:52:05	10	M50	64	12:39	12:53	13:17	12:55	
84	600	Abromeit Werner	GVG-Laufteam	0:51:50	0:52:04	11	M50	65	12:37	12:53	13:12	13:06	
85	76	Fuhrmann Jochen	Bronx United	0:51:58	0:52:06	13	M40	76	13:28	12:20	12:52	13:17	
86	74	Fritz Andreas	Bronx United	0:51:59	0:52:07	14	M40	74	13:28	12:20	12:52	13:18	
87	618	Conrad Jürgen	TSV Bayer Dormagen	0:52:01	0:52:10	1	M70	46	12:23	13:03	13:24	13:11	
88	621	Deusing Thorsten	GVG-Laufteam	0:52:03	0:52:07	19	M35	80	12:35	13:14	13:06	13:06	
89	644	Grau Holger	VfB Lövenich	0:52:04	0:52:20	14	M45	69	12:43	13:09	13:26	12:45	
90	743	Trelenberg PROF Jörg	*Hemer	0:52:05	0:52:09	12	M50	65	11:49	12:48	13:33	13:53	
91	703	Ramakic Kemal	GVG-Laufteam	0:52:17	0:52:23	13	M50	64	11:40	12:42	13:45	14:09	
92	651	Hartung Marcus	*Pulheim	0:52:20	0:52:37	14	M50	66	13:19	13:09	13:07	12:44	
93	738	Sütterle David	*Pulheim	0:52:25	0:52:32	4	M30	83	12:18	12:52	13:30	13:43	
94	891	Karacic Kruno	CRO Running Team Lev	0:52:45	0:52:49	20	M35	78	12:15	13:13	13:54	13:21	
95	709	Rüsing Michael	*Frechen	0:52:49	0:53:05	15	M45	68	12:05	13:08	13:41	13:54	
96	664	Kersting Friedel	*Köln	0:52:52	0:52:57	3	M65	50	12:51	13:09	13:24	13:26	
97	1026	Schmitz Gregor	*Köln	0:52:55	0:53:05	16	M45	69	12:26	13:10	13:32	13:46	
98	628	Erven Alexander	*Köln	0:52:58	0:53:02	5	M30	83	12:23	12:53	13:55	13:45	
99	658	Hoffmann Michael	*Schwetzingen	0:52:58	0:53:16	15	M50	66	15:21	12:22	13:09	12:04	
100	739	Teutsch Uwe	GVG-Laufteam	0:53:04	0:53:18	16	M50	63	13:07	13:19	13:20	13:15	
101	607	Arndt Boris	*Frechen	0:53:07	0:53:26	17	M50	65	13:41	13:03	13:10	13:12	
102	759	Wierk Andreas	GVG-Laufteam	0:53:16	0:53:22	18	M50	67	12:27	13:01	13:39	14:07	
103	700	Pabst Thorsten	*Pulheim	0:53:25	0:53:42	17	M45	72	12:41	13:06	13:41	13:56	
104	752	Weingarten Gregor	Kilowatt Kalk	0:53:30	0:53:36	19	M50	65	12:40	13:10	13:35	14:04	
105	1079	Lechelt Stefan	RUN	0:53:37	0:53:48	15	M40	75	12:21	13:21	14:00	13:54	
106	1069	Weiss Ingolf	Sonntagsläufer	0:53:38	0:53:47	20	M50	67	11:57	13:08	14:11	14:21	
107	666	Klasen Rudolf	*Koeln	0:54:04	0:54:11	2	M70	46	12:30	13:27	14:00	14:04	
108	729	Sollmann Kaj	*Düsseldorf	0:54:09	0:54:26	6	M30	86	12:43	13:50	13:43	13:51	
109	444	Bosen Sascha	*Frechen	0:54:13	0:54:26	16	M40	74	13:00	13:02	14:01	14:09	
110	750	Voosen Ralf	*Pulheim	0:54:14	0:54:35	21	M50	67	13:10	13:27	14:10	13:25	
111	721	Schulz Günther	*Leverkusen	0:54:25	0:54:42	4	M65	52	12:54	13:39	14:02	13:49	
112	608	Artus Kay	*Pulheim	0:54:25	0:54:38	21	M35	79	14:09	13:54	13:22	12:59	
113	615	Buchner Carsten	*Köln	0:54:36	0:54:50	17	M40	75	13:24	13:42	13:49	13:39	
114	681	Lode Mario	*Frechen	0:54:44	0:54:48	18	M40	74	12:26	13:35	14:20	14:22	
115	733	Spörk DR Wolfgang	*Brauweiler	0:54:52	0:55:14	22	M50	67	13:04	13:46	14:07	13:54	
116	604	Altengarten Stephan W.	*Frechen	0:54:56	0:55:15	18	M45	70	13:21	13:26	13:59	14:08	
117	619	Coste Timm	GVG-Laufteam	0:55:03	0:55:24	19	M45	70	13:27	13:34	14:00	14:00	
118	631	Fiedler Stefan	GVG-Laufteam	0:55:04	0:55:11	6	M55	58	12:44	13:45	14:13	14:21	
119	719	Scholz Günter	*Pulheim	0:55:05	0:55:14	7	M55	60	12:23	13:21	14:32	14:48	
120	685	Metzen Benedikt	*Köln	0:55:08	0:55:20	19	M40	77	12:45	13:43	14:16	14:23	

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# 12. Abteilaufl Brauweiler - 25.6.2017

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	720	Schüten Oliver	*Pulheim	0:55:12	0:55:19	20	M45	68	12:48	13:58	14:20	14:04	
122	611	Biedermann Michael	*Pulheim	0:55:17	0:55:27	22	M35	79	13:01	13:54	14:35	13:46	
123	751	Wallmeier Carsten	*Pulheim	0:55:41	0:55:59	21	M45	70	14:17	14:06	13:45	13:32	
124	742	Toennesen Christian	*Düsseldorf	0:55:53	0:56:11	7	M30	86	13:20	14:01	14:17	14:14	
125	669	Kramer Thomas	*Pulheim	0:56:04	0:56:15	22	M45	71	13:23	14:00	14:28	14:12	
126	885	Clemens Tobias	RSV Lövenich	0:56:06	0:56:28	8	M30	83	14:11	13:39	14:02	14:13	
127	606	Arlinghaus Ingo	*Pulheim	0:56:09	0:56:23	23	M45	69	12:33	13:58	14:39	14:57	
128	744	Tripp Christoph	*Pulheim	0:56:12	0:56:24	13	MHK	90	13:33	13:53	14:12	14:33	
129	757	Werxhausen DR Thomas	*Köln	0:56:31	0:56:47	23	M35	79	14:27	14:09	13:59	13:54	
130	701	Peitsch Volker	GVG-Laufteam	0:56:39	0:56:47	23	M50	64	12:42	13:54	14:52	15:09	
131	796	Bartz Werner		0:57:02	0:57:23	8	M55	59	13:54	13:53	14:23	14:50	
132	698	Oltmanns Jan	*Köln	0:57:22	0:57:34	24	M45	70	14:24	14:26	14:15	14:15	
133	687	Mindermann Rainer	TuS Brauweiler	0:57:47	0:58:03	24	M50	66	13:45	14:15	14:45	15:01	
134	1053	Watteroth Hans	*Pulheim	0:57:49	0:58:10	25	M50	65	14:22	14:25	14:29	14:32	
135	693	Nicolae Sorin	*Pulheim	0:57:49	0:58:08	9	M30	84	14:23	14:04	14:42	14:39	
136	676	Kurth Tom	*Bergheim	0:57:54	0:58:04	26	M50	67	13:35	14:22	14:58	14:57	
137	731	Spix Karl-Heinz	VDI Köln	0:57:56	0:58:19	27	M50	64	14:24	14:32	14:30	14:29	
138	760	Wurda Werner	SC Fortuna Köln	0:58:27	0:58:51	9	M55	60	14:06	14:35	15:03	14:43	
139	691	Nelles Michael	*Brühl	0:58:33	0:58:55	24	M35	82	14:20	14:34	15:09	14:28	
140	78	Posmangiu Alex	Bronx United	0:58:37	0:58:46	25	M35	78	13:35	14:11	14:55	15:54	
141	754	Wendlandt Christian	*Pulheim	0:58:37	0:58:41	26	M35	82	12:56	14:37	15:33	15:29	
142	1081	Chalkidis Fotios		0:58:53	0:59:05	20	M40	73	13:49	14:35	15:38	14:49	
143	659	Hoß Alexander	*Pulheim	0:58:56	0:59:11	27	M35	79	14:29	14:38	14:50	14:58	
143	1052	Kaukorat Michael		0:58:56	0:59:11	27	M35	79	14:30	14:37	14:50	14:58	
145	614	Brock Reiner	Pulheimer SC	0:59:15	0:59:26	6	M60	53	14:37	14:50	14:49	14:57	
146	735	Steinke Gerhard	---	0:59:27	0:59:35	1	M75	42	14:33	15:08	15:09	14:34	
147	887	Schurkus Oliver		0:59:45	1:00:03	28	M50	67	15:17	14:52	14:54	14:40	
148	711	Schäfer Alexander	TuS SW Brauweiler	0:59:47	1:00:01	1	MU20	99	13:25	14:21	16:12	15:47	
149	72	Hahnenberg Claus	Bronx United	0:59:55	1:00:03	25	M45	72	13:36	14:44	15:41	15:52	
150	886	Rotte Markus		1:00:08	1:00:17	26	M45	70	14:35	14:52	15:05	15:34	
151	1082	Dehmel Matthias		1:00:30	1:00:54	27	M45	68	15:06	15:54	16:27	13:02	
152	64	Bongartz Ulrich Ignaz	*Hennef	1:00:31	1:00:53	7	M60	53	14:48	14:48	15:27	15:27	
153	717	Schnurbusch DR Henning	*Pulheim	1:00:43	1:00:53	28	M45	70	14:35	15:12	15:29	15:26	
154	892	Cleve Carsten	TUS	1:01:00	1:01:16	29	M50	66	13:45	14:54	15:50	16:30	
155	788	Theis Jörg	Willkommen in Weiden	1:02:00	1:02:13	29	M45	69	15:20	14:51	15:48	16:00	
156	718	Schoknecht David	*Pulheim	1:02:23	1:02:35	21	M40	76	14:09	14:36	16:58	16:38	
157	753	Weißgerber Frank	Laufen und Saufen	1:03:44	1:04:07	30	M45	70	15:18	15:40	16:19	16:26	
158	714	Schmidt Volker	Pulheimer SC Triathlon	1:03:46	1:04:09	31	M45	68	15:06	15:54	16:23	16:21	
159	1076	Eberhardt Uwe	*Dormagen	1:04:30	1:04:50	8	M60	56	16:10	16:00	16:03	16:15	
160	1070	Donimierski Michael		1:04:47	1:05:03	22	M40	77	15:00	15:39	16:47	17:19	
161	620	Cyranka Siegfried	TTC Blau - Rot Geyen	1:06:58	1:07:20	2	M75	38	16:45	16:26	17:19	16:27	
162	797	Hoffmann Helmut		1:07:50	1:08:03	30	M50	63	14:46	16:46	18:10	18:07	
163	889	Freund André		1:08:51	1:09:09	32	M45	71	16:11	16:51	17:49	17:59	

## Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
1	715	Schneider Claudia	Bunert- Der KölnerLaufladen	0:40:32	0:40:33	1	W35	78	09:58	10:09	10:11	10:13	
2	758	Whybra-Döttelbeck Natasha	*Pulheim-Brauweiler	0:46:17	0:46:20	1	W45	70	11:04	11:40	11:53	11:39	
3	688	Minor Astrid	ASV Köln Triathlon	0:47:16	0:47:22	1	W40	73	11:39	11:53	11:59	11:44	
4	637	Geier Sandra	Ragas Dachdeckerei	0:48:07	0:48:08	1	WHK	90	10:44	11:58	13:04	12:19	
5	779	Kolmetz Lena	*Königswinter	0:48:24	0:48:44	1	WU18	02	13:20	11:35	11:35	11:53	
6	734	Steimel Mareike	*Bergheim	0:50:44	0:50:57	2	W40	77	12:16	12:46	13:00	12:41	
7	1022	Kelterbaum Christiane	*Frechen	0:51:26	0:51:29	1	W30	86	12:21	13:02	13:17	12:45	
8	667	Kölsch Claudia	*Pulheim	0:51:52	0:52:05	2	W45	72	12:45	12:45	13:00	13:20	
9	623	Dulak Daniela	GVG-Laufteam	0:53:21	0:53:31	3	W40	74	13:03	13:23	13:40	13:15	
10	726	Sell Ulrike	GVG-Laufteam	0:54:31	0:54:52	4	W40	75	13:11	13:41	13:56	13:42	
11	634	Fuchs Heike	*Brauweiler	0:55:18	0:55:27	5	W40	75	13:01	13:54	14:35	13:47	
12	765	Collado Albertí Anna	*Langenfeld	0:55:44	0:56:03	2	WHK	90	13:01	14:01	14:35	14:05	
13	662	Julius de Valqui Nadja	*Pulheim	0:56:43	0:56:53	3	W45	71	13:35	14:08	14:34	14:23	
14	672	Krings Christina	*Köln	0:57:49	0:58:07	2	W35	81	14:23	14:04	14:41	14:39	
15	755	Wenzel Carolin	Rot-Weiß Köln	0:58:17	0:58:38	2	WU18	02	13:23	14:00	15:13	15:40	
16	767	Donat Nicol	LuST	0:58:30	0:58:40	4	W45	68	14:36	14:35	14:39	14:39	
17	641	Gerrits Andrea	mach3 Köln e.V.	0:58:39	0:58:56	5	W45	71	13:22	14:26	15:24	15:25	
18	727	Sichelschmidt Sarah	HC Wermelskirchen	0:58:54	0:59:11	3	WHK	89	13:55	14:23	15:40	14:55	
19	674	Kubo Carolin	*Köln	0:59:04	0:59:10	3	W35	80	14:13	14:57	15:08	14:45	
20	657	Herpel Wiebke	Pulheimer SC	0:59:43	1:00:03	6	W45	70	14:07	14:47	15:26	15:21	
21	1075	Werner Nadine	I Love Rath-Heumar	1:00:40	1:00:53	2	W30	84	14:32	14:47	15:51	15:28	
22	777	Knüver Claudia	*Köln	1:01:14	1:01:21	3	W30	83	14:44	15:02	15:33	15:54	
23	704	Reck Nicole	HC Wermelskirchen	1:01:45	1:02:02	6	W40	77	13:56	15:21	16:25	16:02	
24	663	Karduck van Vugt Richelle	*Pulheim	1:02:42	1:02:50	4	W30	83	15:23	15:44	16:04	15:30	
25	79	Posmangiu Silvia	Bronx United	1:02:50	1:02:57	4	W35	79	15:23	15:43	16:05	15:37	
26	640	Gepfert Daniela	*Bergheim	1:03:38	1:03:57	7	W40	73	15:24	15:59	16:19	15:54	
27	736	Stern Luisa	*Bergheim	1:03:38	1:03:53	5	W30	86	14:55	16:15	16:24	16:03	
28	671	Krell Barbara	*Frechen	1:04:37	1:04:58	1	W50	67	15:22	16:04	16:50	16:19	
29	741	Thul Gerlinde	*Bergheim	1:07:37	1:07:56	1	W60	55	16:20	17:06	17:06	17:03	
30	648	Grube Silke	*Königswinter	1:09:53	1:10:04	4	WHK	89	15:56	17:27	18:05	18:22	
31	804	Schmitz-Verhjak Sylvia	Team RAFA	1:10:26	1:10:45	1	W65	51	16:53	17:34	18:04	17:54	
32	626	Effertz Ulrike	*Pulheim	1:11:18	1:11:39	7	W45	69	15:18	20:12	17:01	18:45	