

5km-Lauf - Gesamtwertung

3. Bickendorfer Büdchenlauf - 27.09.2009

Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-Pl | AK | Jahr | Runden |
|-------|---------|-----------------------|---------------------------|---------|---------|-------|-------|------|-------------------|
| 1 | 301 | HOENOW BJOERN | LG ASV DSHS Koeln | 0:18:25 | 0:18:27 | 1 | MHK | 80 | 0:08:49 * 0:09:35 |
| 2 | 667 | Gröppel Till | Pulheimer SC | 0:18:39 | 0:18:41 | 2 | MHK | 82 | 0:08:58 * 0:09:40 |
| 3 | 796 | Lorenz Klaus | | 0:18:53 | 0:18:56 | 1 | M30 | 79 | 0:08:49 * 0:10:03 |
| 4 | 798 | Witzke Oliver | LG Wuppertal | 0:19:39 | 0:19:41 | 1 | M35 | 74 | 0:09:32 * 0:10:06 |
| 5 | 347 | FLICK THOMAS | Hoch auf dem Gelben Wagen | 0:20:21 | 0:20:25 | 1 | M40 | 67 | 0:09:56 * 0:10:25 |
| 6 | 118 | REUTER PATRICK | *Koeln | 0:20:23 | 0:20:25 | 3 | MHK | 86 | 0:10:06 * 0:10:17 |
| 7 | 502 | VIDAL LUIS | LG DSHS ASV Koeln | 0:20:26 | 0:20:29 | 1 | MSchC | 98 | 0:09:46 * 0:10:39 |
| 8 | 346 | CREMER JUERGEN | Hoch auf dem Gelben Wagen | 0:20:29 | 0:20:32 | 1 | M45 | 62 | 0:09:58 * 0:10:31 |
| 9 | 360 | MATHEIS MARCO | Koeba-Runners | 0:21:39 | 0:22:02 | 2 | M30 | 78 | 0:10:20 * 0:11:18 |
| 10 | 136 | TERBRUEGGEN TOM LEONA | *Koeln | 0:22:24 | 0:22:31 | 1 | MSchA | 94 | 0:11:19 * 0:11:05 |
| 11 | 194 | SCHUMACHER SASCHA | *Koeln | 0:22:28 | 0:22:49 | 3 | M30 | 76 | 0:11:12 * 0:11:15 |
| 12 | 568 | Gryga Claudius | | 0:22:40 | 0:22:45 | 2 | M40 | 66 | 0:11:19 * 0:11:21 |
| 13 | 45 | TUCHSCHERER SVEN | *Koeln | 0:22:46 | 0:23:07 | 4 | M30 | 76 | 0:11:12 * 0:11:33 |
| 14 | 402 | RICHAU ALEXANDER | *Koeln | 0:22:48 | 0:22:52 | 1 | M65 | 44 | 0:11:13 * 0:11:35 |
| 15 | 208 | WOLFF THOMAS | *Leichlingen | 0:22:51 | 0:23:00 | 3 | M40 | 67 | 0:11:17 * 0:11:33 |
| 16 | 540 | Schrader Tobias | | 0:23:00 | 0:23:02 | 1 | MSchB | 97 | 0:11:04 * 0:11:56 |
| 17 | 190 | CHABOU ISMAIL | | 0:23:04 | 0:23:19 | 4 | MHK | 84 | 0:11:17 * 0:11:46 |
| 18 | 378 | LAMBERZ NIKLAS | *Koeln | 0:23:09 | 0:23:13 | 2 | MSchB | 96 | 0:11:24 * 0:11:44 |
| 19 | 560 | Ackermann Bastian | trinkFormsports Team | 0:23:13 | 0:23:24 | 5 | MHK | 80 | 0:11:42 * 0:11:31 |
| 20 | 428 | HERMANNNS CHRISTIAN | KSK Koeln GUT | 0:23:14 | 0:23:34 | 6 | MHK | 84 | 0:11:33 * 0:11:40 |
| 21 | 624 | Fiegert Marcel | Bocklemünder Judoclub | 0:23:22 | 0:23:26 | 3 | MSchB | 96 | 0:11:25 * 0:11:56 |
| 22 | 189 | BISCHOFF ULRICH | | 0:23:25 | 0:23:41 | 7 | MHK | 85 | 0:11:16 * 0:12:08 |
| 23 | 85 | KLEEFISCH HANS-PETER | LT Cloversoft | 0:23:32 | 0:23:35 | 1 | M60 | 46 | 0:11:00 * 0:12:32 |
| 24 | 427 | SCHLICH CLEMENS | KSK Koeln GUT | 0:23:34 | 0:23:54 | 5 | M30 | 76 | 0:11:34 * 0:12:00 |
| 25 | 587 | Grube Ingo | | 0:23:34 | 0:23:40 | 2 | M45 | 62 | 0:11:33 * 0:12:01 |
| 26 | 574 | Nowak Helmut | | 0:23:38 | 0:23:53 | 2 | M35 | 72 | 0:11:59 * 0:11:39 |
| 27 | 566 | Jenchgewski Sascha | | 0:23:41 | 0:23:48 | 8 | MHK | 87 | 0:11:21 * 0:12:20 |
| 28 | 397 | WINKELMANN REINHARD | Men in Black | 0:23:44 | 0:23:49 | 1 | M50 | 58 | 0:11:28 * 0:12:16 |
| 29 | 585 | Linder Kobe | DJK Rolandwest | 0:23:49 | 0:23:50 | 2 | MSchC | 99 | 0:11:23 * 0:12:25 |
| 30 | 258 | OCKENFELS PHILIPP | Lindweiler Hof 2 | 0:23:53 | 0:24:05 | 6 | M30 | 79 | 0:11:24 * 0:12:29 |
| 31 | 595 | Bach Simon | Die 5 Wilden | 0:23:54 | 0:24:22 | 3 | M35 | 71 | 0:11:26 * 0:12:27 |
| 32 | 257 | LICHTENBERG DAVID | Lindweiler Hof 2 | 0:23:55 | 0:24:05 | 7 | M30 | 79 | 0:11:58 * 0:11:56 |
| 33 | 673 | Friedrich Alexander | 5040 Brühl | 0:24:22 | 0:24:30 | 8 | M30 | 78 | 0:11:35 * 0:12:46 |
| 34 | 665 | Eichel Max | | 0:24:39 | 0:24:55 | 9 | MHK | 88 | 0:12:02 * 0:12:36 |
| 35 | 260 | FREY ECKART | Lindweiler Hof 2 | 0:24:47 | 0:24:57 | 3 | M45 | 64 | 0:12:00 * 0:12:46 |
| 36 | 559 | Jarolimek Christoph | trinkFormsports Team | 0:24:56 | 0:25:07 | 10 | MHK | 81 | 0:12:01 * 0:12:55 |
| 37 | 660 | Bonikowski Matthias | | 0:25:07 | 0:25:13 | 4 | M45 | 63 | 0:11:59 * 0:13:07 |
| 38 | 351 | ATAMTUERK HUSEYEIN | FC Deutsche Post Koeln | 0:25:08 | 0:25:21 | 4 | M40 | 66 | 0:11:24 * 0:13:43 |
| 39 | 592 | Ometting Horst | | 0:25:15 | 0:25:27 | 5 | M40 | 65 | 0:12:27 * 0:12:47 |
| 40 | 256 | LANGE PETER | Lindweiler Hof 2 | 0:25:16 | 0:25:27 | 1 | M55 | 53 | 0:12:09 * 0:13:07 |
| 41 | 454 | KROMBERG STEPHAN KRO | Lindweiler Hof 3 | 0:25:19 | 0:25:30 | 5 | M45 | 60 | 0:12:18 * 0:13:00 |
| 42 | 666 | Schayani Niko | TUS Köln RRH | 0:25:28 | 0:25:30 | 4 | MSchB | 97 | 0:12:59 * 0:12:29 |
| 43 | 558 | Weigelt Felix | trinkFormsports Team | 0:25:37 | 0:25:49 | 11 | MHK | 80 | 0:13:25 * 0:12:11 |
| 44 | 539 | Legenecker Matthias | | 0:25:56 | 0:26:10 | 6 | M45 | 61 | 0:12:23 * 0:13:33 |
| 45 | 362 | BUNN FRED | Koeba-Runners | 0:25:56 | 0:26:19 | 9 | M30 | 79 | 0:12:28 * 0:13:28 |
| 46 | 367 | TYRALLA THOMAS | *Leichlingen | 0:26:05 | 0:26:15 | 6 | M40 | 65 | 0:12:39 * 0:13:26 |
| 47 | 212 | FREY LEON | *Koeln | 0:26:08 | 0:26:11 | 1 | MSchD | 00 | 0:12:34 * 0:13:33 |
| 48 | 797 | Schloemer Stefan | *Köln | 0:26:23 | 0:26:37 | 7 | M40 | 66 | 0:13:24 * 0:12:58 |
| 49 | 334 | YILIRIM HASAN | *Koeln | 0:26:26 | 0:26:31 | 1 | MJB | 92 | 0:12:57 * 0:13:28 |
| 50 | 364 | NACHTSHEIM JOHANNES | Koeba-Runners | 0:26:32 | 0:26:53 | 12 | MHK | 81 | 0:13:13 * 0:13:18 |
| 51 | 431 | HERMANNNS BRUNO | Kreissparkasse Koeln | 0:26:33 | 0:26:53 | 7 | M45 | 60 | 0:12:34 * 0:13:59 |
| 52 | 333 | COBAN SERKAN | *Koeln | 0:26:41 | 0:26:46 | 2 | MJB | 93 | 0:12:57 * 0:13:43 |
| 53 | 259 | SONNTAG BASTIAN | Lindweiler Hof 2 | 0:27:00 | 0:27:11 | 13 | MHK | 84 | 0:12:29 * 0:14:30 |
| 54 | 586 | Michel-Auli Julian | | 0:27:00 | 0:27:02 | 3 | MSchC | 99 | 0:12:42 * 0:14:18 |
| 55 | 298 | WOJTALLA FABIAN | DRK Koeln | 0:27:05 | 0:27:30 | 14 | MHK | 89 | 0:13:40 * 0:13:24 |
| 56 | 291 | BERGMANN HELMUT | *Koeln | 0:27:08 | 0:27:18 | 8 | M45 | 62 | 0:13:12 * 0:13:55 |
| 57 | 290 | BERGMANN PAUL | *Koeln | 0:27:08 | 0:27:18 | 4 | MSchC | 98 | 0:13:12 * 0:13:55 |
| 58 | 297 | KUEPPER DAVID | DRK Koeln | 0:27:12 | 0:27:36 | 15 | MHK | 88 | 0:13:36 * 0:13:36 |
| 59 | 396 | KAISER MARKUS | Men in Black | 0:27:14 | 0:27:21 | 8 | M40 | 65 | 0:13:31 * 0:13:43 |
| 60 | 500 | KLEIN WOLFRAM | *Koeln | 0:27:17 | 0:27:24 | 4 | M35 | 70 | 0:12:33 * 0:14:44 |
| 61 | 564 | Geaf Anton | | 0:27:18 | 0:27:23 | 2 | M50 | 58 | 0:13:25 * 0:13:53 |

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Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-Pl | AK | Jahr | Runden |
|-------|---------|------------------------|-------------------------|---------|---------|-------|-------|------|-------------------|
| 62 | 672 | Segler Anton | Kölner Ausdauer Klub | 0:27:19 | 0:27:26 | 5 | MSchC | 99 | 0:13:58 * 0:13:21 |
| 63 | 662 | Terbrüggen Gustav | TriCologne | 0:27:24 | 0:27:26 | 6 | MSchC | 99 | 0:13:13 * 0:14:11 |
| 64 | 654 | Boesges Heribert | BIG | 0:27:29 | 0:27:35 | 9 | M45 | 61 | 0:13:19 * 0:14:09 |
| 65 | 2102 | Segler Lothar | Kölner Ausdauer Klub | 0:27:29 | 0:27:37 | 2 | M55 | 54 | 0:13:58 * 0:13:31 |
| 66 | 393 | PHILIPP WOLFGANG | Men in Black | 0:27:30 | 0:27:36 | 10 | M45 | 64 | 0:13:31 * 0:13:59 |
| 67 | 598 | Treskow Marcel | Die 5 Wilden | 0:27:38 | 0:28:05 | 16 | MHK | 81 | 0:11:42 * 0:15:56 |
| 68 | 621 | Zilli Ivan | | 0:27:51 | 0:28:00 | 3 | M50 | 57 | 0:13:19 * 0:14:31 |
| 69 | 668 | Schayani Kilian | | 0:27:52 | 0:27:54 | 7 | MSchC | 99 | 0:13:03 * 0:14:49 |
| 70 | 361 | SEUWEN THORSTEN | Koeba-Runners | 0:27:58 | 0:28:21 | 17 | MHK | 83 | 0:13:35 * 0:14:22 |
| 71 | 422 | NEUNZIG FRANZ-JOSEF | *Koeln | 0:27:59 | 0:28:13 | 9 | M40 | 65 | 0:12:43 * 0:15:16 |
| 72 | 186 | BUESCHER BENJAMIN | *Bergisch Gladbach | 0:28:05 | 0:28:21 | 18 | MHK | 86 | 0:13:14 * 0:14:50 |
| 73 | 69 | SCHNITZLER JOSEPH | big - Vorstand | 0:28:07 | 0:28:11 | 3 | M55 | 51 | 0:13:52 * 0:14:14 |
| 74 | 197 | KRAEMER GERMAN | *KOeln | 0:28:22 | 0:28:32 | 8 | MSchC | 99 | 0:15:17 * 0:13:05 |
| 75 | 234 | SCHNEIDER NORBERT | *Koeln | 0:28:23 | 0:28:44 | 10 | M30 | 75 | 0:13:58 * 0:14:25 |
| 76 | 792 | Erle Gerrit | Hauptschule | 0:28:24 | 0:28:26 | 11 | M45 | 62 | 0:13:32 * 0:14:51 |
| 77 | 578 | Groeppe Frank | | 0:28:27 | 0:28:44 | 2 | M60 | 49 | 0:13:48 * 0:14:38 |
| 78 | 652 | Johann Bernd Michael | BSG RaBAZ | 0:28:44 | 0:28:57 | 10 | M40 | 67 | 0:14:05 * 0:14:39 |
| 79 | 473 | DOEMMECKE ANDREAS | *Koeln | 0:28:45 | 0:28:52 | 12 | M45 | 63 | 0:13:50 * 0:14:54 |
| 80 | 227 | BEHRENDT MARCEL | *Koeln | 0:28:45 | 0:28:51 | 5 | M35 | 74 | 0:13:58 * 0:14:47 |
| 81 | 669 | Rückner Thomas | | 0:29:17 | 0:29:38 | 11 | M30 | 78 | 0:13:57 * 0:15:20 |
| 82 | 200 | VAN HUSEN FRANK | *Koeln | 0:29:17 | 0:29:39 | 12 | M30 | 76 | 0:13:52 * 0:15:25 |
| 83 | 597 | Hönig Stefan | Die 5 Wilden | 0:29:30 | 0:29:57 | 13 | M30 | 77 | 0:14:23 * 0:15:06 |
| 84 | 670 | Kura Jürgen | | 0:29:30 | 0:29:34 | 11 | M40 | 65 | 0:12:58 * 0:16:32 |
| 85 | 653 | Weber Axel | | 0:29:31 | 0:29:53 | 6 | M35 | 71 | 0:14:34 * 0:14:56 |
| 86 | 426 | BERGEMANN PHILIPP | KSK Koeln GUT | 0:29:41 | 0:30:00 | 14 | M30 | 77 | 0:13:52 * 0:15:49 |
| 87 | 775 | Simons Ulrich | *Köln | 0:29:49 | 0:29:57 | 12 | M40 | 67 | 0:14:07 * 0:15:41 |
| 88 | 783 | Becker Dieter | Laufmaschine Köln | 0:29:56 | 0:30:14 | 4 | M50 | 58 | 0:15:12 * 0:14:44 |
| 89 | 2110 | Busch Tilo | Laufmaschine Köln | 0:29:56 | 0:30:14 | 4 | M55 | 54 | 0:15:12 * 0:14:44 |
| 90 | 394 | KOCH RAINER | Men in Black | 0:30:05 | 0:30:10 | 13 | M45 | 63 | 0:13:41 * 0:16:23 |
| 91 | 363 | MIRBACH MANFRED | Koeba-Runners | 0:30:12 | 0:30:37 | 5 | M50 | 59 | 0:15:34 * 0:14:38 |
| 92 | 294 | FRINGS BERNHARD | DRK Koeln | 0:30:17 | 0:30:42 | 19 | MHK | 87 | 0:15:13 * 0:15:04 |
| 93 | 453 | FRAMBACH RUDOLF | *Bergheim | 0:31:17 | 0:31:42 | 5 | M55 | 51 | 0:15:34 * 0:15:43 |
| 94 | 483 | OSTFALK BERTHOLD | *Koeln | 0:31:40 | 0:31:59 | 7 | M35 | 72 | 0:15:16 * 0:16:24 |
| 95 | 482 | ABECK V | *Koeln | 0:31:40 | 0:31:59 | 13 | M40 | 69 | 0:15:16 * 0:16:24 |
| 96 | 174 | BURGHOF ALBERT | *Weilerswist | 0:32:01 | 0:32:16 | 6 | M55 | 52 | 0:15:42 * 0:16:18 |
| 97 | 371 | MORGENSTERN MICHAEL | *Koeln | 0:32:15 | 0:32:29 | 14 | M40 | 66 | 0:15:11 * 0:17:03 |
| 98 | 30 | SCHULZ KURT | RheinRunners Cologne.de | 0:32:24 | 0:32:35 | 3 | M60 | 46 | 0:15:46 * 0:16:37 |
| 99 | 395 | QUINT ACHIM | Men in Black | 0:32:25 | 0:32:44 | 6 | M50 | 55 | 0:16:45 * 0:15:39 |
| 100 | 407 | SCHEUBEL PROF DR. WOLF | *Koeln | 0:32:32 | 0:32:37 | 7 | M50 | 57 | 0:15:23 * 0:17:08 |
| 101 | 461 | SCHMIDT VOLKER | *Pulheim | 0:34:10 | 0:34:29 | 15 | M40 | 68 | 0:16:46 * 0:17:24 |
| 102 | 66 | JOHNEN HANS | big - Vorstand | 0:34:32 | 0:34:37 | 7 | M55 | 52 | 0:16:01 * 0:18:31 |
| 103 | 67 | KROELL ERNST-JUERGEN | big - Vorstand | 0:34:34 | 0:34:37 | 4 | M60 | 48 | 0:16:04 * 0:18:29 |
| 104 | 71 | KNEPPER STEPHAN | big | 0:34:35 | 0:34:39 | 8 | M35 | 70 | 0:16:03 * 0:18:31 |
| 105 | 70 | RAMMELMANN REINER | big - Vorstand | 0:34:35 | 0:34:39 | 14 | M45 | 60 | 0:17:06 * 0:17:29 |
| 106 | 68 | BRUCKMANN PETER | big - Vorstand | 0:34:36 | 0:34:39 | 15 | M45 | 60 | 0:17:07 * 0:17:29 |
| 107 | 734 | Broux Jörg | BFO-Team | 0:36:35 | 0:36:50 | 16 | M40 | 66 | 0:17:16 * 0:19:18 |
| 108 | 553 | Fallu Marco | BFO-Team | 0:36:35 | 0:36:51 | 17 | M40 | 68 | 0:17:17 * 0:19:18 |
| 109 | 541 | Degnaldré Stephan | | 0:39:00 | 0:39:18 | 9 | M35 | 73 | 0:18:45 * 0:20:14 |
| 110 | 504 | WILLWEBER JOCHEN | Sparkasse KoelnBonn 1 | 0:40:45 | 0:40:52 | 16 | M45 | 61 | 0:18:59 * 0:21:45 |
| 110 | 508 | MOERSCH JOCHEN | Sparkasse KoelnBonn 1 | 0:40:45 | 0:40:54 | 10 | M35 | 71 | 0:19:05 * 0:21:40 |
| 112 | 516 | PILEWSKI WOLFGANG | Sparkasse KoelnBonn 3 | 0:40:46 | 0:40:56 | 18 | M40 | 65 | 0:18:59 * 0:21:47 |
| 113 | 514 | HEINZ WALTER | Sparkasse KoelnBonn 2 | 0:40:46 | 0:40:54 | 19 | M40 | 67 | 0:19:07 * 0:21:39 |
| 114 | 519 | OVERLACK KEVIN | Sparkasse KoelnBonn 3 | 0:40:47 | 0:40:56 | 1 | MJA | 90 | 0:18:58 * 0:21:48 |
| 115 | 507 | KUBITZKI NICOLAS | Sparkasse KoelnBonn 1 | 0:40:47 | 0:40:55 | 2 | MJA | 90 | 0:19:00 * 0:21:47 |
| 116 | 512 | SAGIR SENGUEL | Sparkasse KoelnBonn 2 | 0:40:48 | 0:40:57 | 11 | M35 | 72 | 0:18:56 * 0:21:52 |
| 117 | 511 | JONDRAL DIETER | Sparkasse KoelnBonn 2 | 0:40:49 | 0:40:57 | 1 | M70 | 39 | 0:19:05 * 0:21:43 |
| 118 | 549 | Kranert Elias | Erlenweg KKG | 0:12:36 | 0:12:38 | 2 | MSchD | 00 | 0:12:36 * 0:00:00 |
| 119 | 671 | Gehlen Denise | Michaeli Schule | 0:17:21 | 0:17:23 | 5 | MSchB | 97 | 0:17:21 * 0:00:00 |

5km-Lauf - Gesamtwertung

3. Bickendorfer Büdchenlauf - 27.09.2009

Frauen

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-Pl | AK | Jahr | Runden |
|-------|---------|---------------------------|---------------------------|---------|---------|-------|-------|------|-------------------|
| 1 | 661 | Wilmschen Sarah | | 0:20:26 | 0:20:28 | 1 | WHK | 86 | 0:09:58 * 0:10:27 |
| 2 | 490 | KANDITT KATJA | Moenchengladbacher LG | 0:20:51 | 0:20:54 | 1 | W30 | 77 | 0:09:51 * 0:11:00 |
| 3 | 522 | VIDAL ANA | LG DSHS ASV Koeln | 0:23:01 | 0:23:07 | 1 | WSchC | 98 | 0:11:08 * 0:11:52 |
| 4 | 348 | FLICK ELISABETH | Hoch auf dem Gelben Wagen | 0:23:06 | 0:23:09 | 1 | W35 | 72 | 0:11:12 * 0:11:53 |
| 5 | 477 | LOEHMER MIRA | ASV Koeln | 0:23:39 | 0:23:44 | 1 | WSchA | 94 | 0:11:47 * 0:11:51 |
| 6 | 594 | Bach Claudia | Die 5 Wilden | 0:23:56 | 0:24:22 | 2 | W30 | 75 | 0:11:29 * 0:12:27 |
| 7 | 226 | HOFFMANN PETRA | *Koeln | 0:25:21 | 0:25:28 | 3 | W30 | 75 | 0:12:02 * 0:13:19 |
| 8 | 596 | Becker Tanja | Die 5 Wilden | 0:25:37 | 0:26:03 | 4 | W30 | 77 | 0:12:41 * 0:12:56 |
| 9 | 664 | Kügelen-Schmidtke Birgitt | | 0:25:41 | 0:25:51 | 1 | W45 | 60 | 0:12:30 * 0:13:10 |
| 10 | 325 | DERYA SIGRID | Lindweiler Hof 1 | 0:25:43 | 0:25:54 | 1 | W50 | 58 | 0:12:15 * 0:13:27 |
| 11 | 656 | Arndt Zoé | Kreuzgasse | 0:26:09 | 0:26:11 | 2 | WSchC | 98 | 0:12:55 * 0:13:13 |
| 11 | 657 | Pesch Maja | Kreuzgasse | 0:26:09 | 0:26:11 | 2 | WSchC | 98 | 0:12:55 * 0:13:13 |
| 13 | 471 | PIEPEREIT ELENA | LG ASV DSHS Koeln | 0:26:13 | 0:26:19 | 2 | WSchA | 95 | 0:13:05 * 0:13:08 |
| 14 | 663 | Schloemer Sonja | ASV Köln | 0:26:18 | 0:26:31 | 4 | WSchC | 99 | 0:13:25 * 0:12:53 |
| 15 | 323 | HOEHNER ELENA | Lindweiler Hof 1 | 0:26:20 | 0:26:32 | 2 | W45 | 61 | 0:12:44 * 0:13:36 |
| 16 | 322 | WEISE SILKE | Lindweiler Hof 1 | 0:26:20 | 0:26:32 | 1 | W40 | 69 | 0:12:44 * 0:13:36 |
| 17 | 2123 | Reckleben Antonia | PSC Pulheim | 0:26:28 | 0:26:40 | 2 | W40 | 69 | 0:13:26 * 0:13:02 |
| 18 | 349 | BURSCH- HOLTHOFF RITA | Hoch auf dem Gelben Wagen | 0:27:16 | 0:27:29 | 3 | W40 | 66 | 0:13:27 * 0:13:48 |
| 19 | 326 | MEYER SANDRA | Lindweiler Hof 1 | 0:27:17 | 0:27:28 | 2 | W35 | 71 | 0:13:26 * 0:13:51 |
| 20 | 494 | BRUENTGENS FELICITAS | *Koeln | 0:27:34 | 0:27:52 | 1 | WJB | 92 | 0:13:51 * 0:13:42 |
| 21 | 340 | BOTTE ANJA | Spvgg. Nickenich | 0:27:34 | 0:27:37 | 4 | W40 | 68 | 0:13:21 * 0:14:13 |
| 22 | 203 | KRESIMON HELENA | *Koeln | 0:27:35 | 0:27:37 | 1 | WSchD | 00 | 0:12:53 * 0:14:41 |
| 23 | 429 | KLEINEKARHOFF KARIN | KSK Koeln GUT | 0:28:18 | 0:28:37 | 1 | WJA | 90 | 0:13:39 * 0:14:38 |
| 24 | 647 | Erle Petra | | 0:28:23 | 0:28:26 | 5 | W40 | 66 | 0:13:32 * 0:14:50 |
| 25 | 28 | SIMSON MARTINA | SBK Team | 0:28:25 | 0:28:37 | 3 | W45 | 61 | 0:13:47 * 0:14:37 |
| 26 | 658 | Püschel Emma | Kreuzgasse | 0:29:20 | 0:29:22 | 5 | WSchC | 98 | 0:13:36 * 0:15:43 |
| 27 | 659 | Dorf Müller Leonie | Kreuzgasse | 0:29:20 | 0:29:23 | 6 | WSchC | 98 | 0:13:36 * 0:15:44 |
| 28 | 655 | Katsapi Maria | | 0:29:30 | 0:29:53 | 5 | W30 | 78 | 0:14:34 * 0:14:56 |
| 29 | 430 | KAEHLIG BRITTA | KSK Koeln GUT | 0:29:40 | 0:30:00 | 2 | WHK | 81 | 0:13:48 * 0:15:52 |
| 30 | 651 | Hohmann Anja | | 0:29:58 | 0:30:08 | 3 | W35 | 71 | 0:14:55 * 0:15:02 |
| 31 | 187 | KORTMANN VANESSA | | 0:30:05 | 0:30:22 | 3 | WHK | 88 | 0:14:37 * 0:15:28 |
| 32 | 79 | HARNEIT KERSTIN | *Koeln | 0:30:05 | 0:30:12 | 6 | W40 | 69 | 0:14:04 * 0:16:00 |
| 33 | 324 | MARX JOHANNA | Lindweiler Hof 1 | 0:30:11 | 0:30:23 | 4 | W35 | 72 | 0:14:34 * 0:15:37 |
| 34 | 535 | Richter Annerose | | 0:30:19 | 0:30:24 | 1 | W60 | 46 | 0:14:33 * 0:15:45 |
| 35 | 640 | Heusinger Lena | Monte Gymnasium | 0:30:43 | 0:30:45 | 7 | WSchC | 99 | 0:13:42 * 0:17:01 |
| 36 | 700 | Auweiler Lina | Montessori | 0:30:43 | 0:30:45 | 8 | WSchC | 99 | 0:13:42 * 0:17:01 |
| 37 | 188 | WELK MANUELA | | 0:30:58 | 0:31:14 | 4 | WHK | 87 | 0:14:38 * 0:16:19 |
| 38 | 125 | DIEKMANN CORINNA | Kreuzgasse | 0:31:46 | 0:31:59 | 5 | W35 | 70 | 0:16:06 * 0:15:40 |
| 39 | 249 | SCHIMMELPFENNIG BARBAR | *Koeln | 0:31:46 | 0:32:00 | 4 | W45 | 64 | 0:16:06 * 0:15:40 |
| 40 | 153 | ROSE SVENJA | *Pulheim | 0:31:48 | 0:31:57 | 2 | WJA | 90 | 0:14:40 * 0:17:08 |
| 41 | 525 | JOHNEN GABRIELA | *Pulheim | 0:31:52 | 0:31:57 | 5 | W45 | 63 | 0:15:16 * 0:16:35 |
| 42 | 542 | Degndre Brigitte | | 0:32:14 | 0:32:31 | 7 | W40 | 68 | 0:16:29 * 0:15:45 |
| 43 | 31 | MOOSDORF BEATE | RheinRunners Cologne.de | 0:32:24 | 0:32:36 | 6 | W45 | 63 | 0:15:46 * 0:16:38 |
| 44 | 198 | KRAEMER MELANIE | *KOeln | 0:32:30 | 0:32:40 | 8 | W40 | 69 | 0:15:17 * 0:17:12 |
| 45 | 432 | PAUL GINA SAMANTHA | Kreissparkasse Koeln | 0:32:33 | 0:32:54 | 5 | WHK | 89 | 0:15:02 * 0:17:31 |
| 46 | 63 | LITERA CHRISTIANE | *Koeln | 0:32:50 | 0:33:04 | 7 | W45 | 64 | 0:16:05 * 0:16:44 |
| 47 | 462 | KERSCHENSTEINER SONJA | *Koeln | 0:33:47 | 0:34:12 | 6 | WHK | 81 | 0:16:10 * 0:17:37 |
| 48 | 296 | KUEPPERFAHRENBERG SIN | DRK Koeln | 0:33:48 | 0:34:12 | 7 | WHK | 88 | 0:16:02 * 0:17:46 |
| 49 | 295 | BALFER NINA | DRK Koeln | 0:33:49 | 0:34:13 | 8 | WHK | 84 | 0:16:03 * 0:17:46 |
| 50 | 2103 | Vorwig Alexandra | | 0:33:52 | 0:33:58 | 9 | W40 | 69 | 0:15:54 * 0:17:57 |
| 51 | 27 | HARFF BEATRIX | SBK Team | 0:34:05 | 0:34:22 | 8 | W45 | 61 | 0:16:35 * 0:17:30 |
| 52 | 72 | TERBRUEGGEN STEPHANI | *Koeln | 0:34:32 | 0:34:37 | 10 | W40 | 65 | 0:16:00 * 0:18:32 |
| 53 | 446 | SCHWARZ BARBARA | *Koeln | 0:34:53 | 0:35:19 | 9 | WHK | 84 | 0:16:38 * 0:18:15 |
| 54 | 492 | STRATMANN NICOLE | *Koeln | 0:34:59 | 0:35:17 | 6 | W35 | 73 | 0:16:38 * 0:18:20 |
| 55 | 336 | DIMATTEO SABRINA | *Koeln | 0:35:46 | 0:35:51 | 3 | WSchA | 94 | 0:15:37 * 0:20:09 |
| 56 | 350 | MAMET ALEXANDRA | Hoch auf dem Gelben Wagen | 0:36:07 | 0:36:20 | 7 | W35 | 70 | 0:17:20 * 0:18:47 |
| 57 | 551 | Jungton Tina | BFO-Team | 0:36:30 | 0:36:45 | 10 | WHK | 80 | 0:17:16 * 0:19:14 |
| 58 | 550 | Müller Evelyn | BFO-Team | 0:36:36 | 0:36:51 | 9 | W45 | 62 | 0:17:16 * 0:19:19 |
| 59 | 372 | MORGENSTERN BEATE | *Koeln | 0:37:01 | 0:37:16 | 11 | W40 | 65 | 0:17:44 * 0:19:17 |
| 60 | 567 | Gryga Isabelle | | 0:38:30 | 0:38:35 | 12 | W40 | 67 | 0:18:16 * 0:20:13 |
| 61 | 552 | Asselhoven Elvira | BFO-Team | 0:38:49 | 0:39:04 | 2 | W50 | 58 | 0:18:11 * 0:20:38 |

Frauen

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-Pl | AK | Jahr | Runden |
|-------|---------|-------------------------|-----------------------|---------|---------|-------|-----|------|-------------------|
| 62 | 510 | MOERSCH ELKE | Sparkasse KoelnBonn 2 | 0:40:45 | 0:40:53 | 8 | W35 | 72 | 0:18:59 * 0:21:45 |
| 63 | 506 | BOZKURT GOEKHAN | Sparkasse KoelnBonn 1 | 0:40:45 | 0:40:53 | 11 | WHK | 87 | 0:18:57 * 0:21:47 |
| 64 | 513 | HEINZ HEIKE | Sparkasse KoelnBonn 2 | 0:40:45 | 0:40:52 | 10 | W45 | 64 | 0:19:07 * 0:21:38 |
| 65 | 505 | WIDMANN CHRISTIANE | Sparkasse KoelnBonn 1 | 0:40:46 | 0:40:55 | 6 | W30 | 77 | 0:18:59 * 0:21:46 |
| 66 | 518 | PUETZ DANIELA | Sparkasse KoelnBonn 3 | 0:40:46 | 0:40:55 | 2 | WJB | 93 | 0:18:58 * 0:21:48 |
| 67 | 515 | HEINZ VICTORIA | Sparkasse KoelnBonn 3 | 0:40:46 | 0:40:54 | 3 | WJA | 91 | 0:19:07 * 0:21:39 |
| 68 | 517 | PUETZ-PILEWSKI KATHARIN | Sparkasse KoelnBonn 3 | 0:40:47 | 0:40:56 | 11 | W45 | 61 | 0:18:59 * 0:21:47 |