

10km - Gesamtwertung

4. Abteilauf Brauweiler - 23.08.2009

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden | | | | |
|-------|---------|----------------------|------------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 1 | 1478 | Winterholler Andreas | bronny.de Team PSV Bonn | 0:33:42 | 0:33:42 | 1 | MHK | 83 | 07:59 | 08:30 | 08:33 | 08:38 | |
| 2 | 1272 | Kempis Oliver | Pulheimer SC | 0:35:15 | 0:35:16 | 1 | M30 | 77 | 07:59 | 08:30 | 09:09 | 09:35 | |
| 3 | 1483 | di Dio Salvatore | UKD Düsseldorf | 0:36:15 | 0:36:15 | 1 | M35 | 72 | 08:13 | 09:09 | 09:22 | 09:30 | |
| 4 | 1493 | Welsch Armand | LG Langsur | 0:38:14 | 0:38:17 | 1 | M45 | 62 | 08:59 | 09:41 | 09:47 | 09:46 | |
| 5 | 1464 | Kurth Jürgen | PSC | 0:38:15 | 0:38:18 | 2 | M45 | 63 | 08:36 | 09:44 | 09:56 | 09:57 | |
| 6 | 781 | WANNIG HOLGER | *Koeln | 0:38:59 | 0:39:01 | 2 | M30 | 77 | 08:55 | 09:46 | 10:10 | 10:07 | |
| 7 | 1484 | Mörth Sascha | Molerrunners | 0:39:00 | 0:39:07 | 2 | M35 | 70 | 09:16 | 09:44 | 09:58 | 10:02 | |
| 8 | 1300 | Körbs Joe | *Bonn | 0:39:02 | 0:39:03 | 1 | M40 | 68 | 09:13 | 09:48 | 10:05 | 09:54 | |
| 9 | 957 | GLAESSER HARALD | Laufmonster | 0:39:06 | 0:39:08 | 2 | M40 | 68 | 09:15 | 09:51 | 10:07 | 09:53 | |
| 10 | 480 | ENGELHARDT KAI | laufmonster.de | 0:39:11 | 0:39:13 | 3 | M40 | 67 | 09:12 | 09:49 | 10:05 | 10:03 | |
| 11 | 819 | KRUSE TOBIAS | LT Karlsruhe | 0:39:13 | 0:39:16 | 3 | M30 | 78 | 09:05 | 09:57 | 10:07 | 10:01 | |
| 12 | 955 | GAU MICHAEL | ardzdf-fernsehwerbung.de | 0:39:30 | 0:39:30 | 2 | MHK | 81 | 09:20 | 09:53 | 10:11 | 10:04 | |
| 13 | 716 | BEIL DAVID | LT Fiji | 0:39:55 | 0:39:59 | 3 | MHK | 83 | 09:14 | 10:02 | 10:26 | 10:10 | |
| 14 | 909 | ORTHEN JOHANNES | TuS Schwarz-Weiss Brauweiler | 0:40:01 | 0:40:03 | 3 | M45 | 62 | 09:18 | 10:01 | 10:27 | 10:14 | |
| 15 | 1435 | Heidenreich Axel | Uniklinik Aachen | 0:40:06 | 0:40:12 | 4 | M45 | 64 | 09:04 | 09:57 | 10:30 | 10:33 | |
| 16 | 504 | BLECK NICOLAS | Tus-Blau-Weiss Koenigsdorf | 0:40:32 | 0:40:45 | 1 | MJA | 90 | 09:29 | 10:27 | 10:29 | 10:05 | |
| 17 | 292 | MUELLER JOSEF | LT Grafschaft | 0:40:36 | 0:40:37 | 4 | M40 | 68 | 09:26 | 10:14 | 10:38 | 10:17 | |
| 18 | 259 | SALEWSKA BORIS | Team parkinn Deutschland | 0:40:41 | 0:40:47 | 3 | M35 | 73 | 09:27 | 10:13 | 10:39 | 10:21 | |
| 19 | 202 | MOERES FRANK | *Koeln | 0:41:02 | 0:41:09 | 4 | M35 | 74 | 09:59 | 10:17 | 10:25 | 10:20 | |
| 20 | 965 | CRONIN GER | Dromin AC | 0:41:05 | 0:41:08 | 5 | M40 | 69 | 09:04 | 10:28 | 10:54 | 10:37 | |
| 21 | 1488 | Mückenheim Sven | *Köln | 0:41:06 | 0:41:09 | 5 | M35 | 74 | 09:39 | 10:29 | 10:33 | 10:24 | |
| 22 | 461 | KLUG HELMUT | Dynamo Takufeld | 0:41:36 | 0:41:45 | 4 | M30 | 75 | 09:28 | 10:41 | 10:51 | 10:34 | |
| 23 | 1077 | MORAWIETZ ANDREE | TSV Weiss | 0:41:45 | 0:41:48 | 5 | M45 | 64 | 09:26 | 10:41 | 11:02 | 10:34 | |
| 24 | 1471 | Herrera Felix | KTT 01 | 0:41:46 | 0:41:49 | 4 | MHK | 89 | 09:26 | 10:54 | 10:59 | 10:26 | |
| 25 | 256 | REINHARDT INGO | *Koeln | 0:41:55 | 0:41:59 | 5 | M30 | 77 | 09:41 | 10:31 | 11:00 | 10:41 | |
| 26 | 187 | BARKAT LARS | *Koeln | 0:42:11 | 0:42:28 | 6 | M35 | 70 | 09:59 | 10:39 | 10:49 | 10:42 | |
| 27 | 201 | SCHIEDMAYER AXEL | *Frechen | 0:42:16 | 0:42:21 | 6 | M40 | 65 | 09:42 | 10:32 | 11:00 | 11:01 | |
| 27 | 998 | SCHROEDER HEINZ | *Bedburg | 0:42:16 | 0:42:21 | 6 | M40 | 67 | 09:50 | 10:22 | 10:58 | 11:04 | |
| 29 | 916 | SCHIMON BURKHARD | *Bergheim | 0:42:20 | 0:42:29 | 6 | M45 | 60 | 10:20 | 11:16 | 10:17 | 10:26 | |
| 30 | 1342 | Küpper Jörg | *Köln | 0:42:28 | 0:42:52 | 7 | M35 | 74 | 10:22 | 10:41 | 10:44 | 10:41 | |
| 31 | 619 | ABRECHT OLIVER | LT Venusberg Bonn | 0:42:40 | 0:42:49 | 8 | M40 | 65 | 10:10 | 10:46 | 10:56 | 10:47 | |
| 32 | 1259 | Engel Klaus | LT Rennhamster | 0:42:42 | 0:42:55 | 1 | M50 | 58 | 09:47 | 10:37 | 11:08 | 11:08 | |
| 33 | 699 | SPERLE ANTON | Pulheim-Vipers | 0:42:50 | 0:42:56 | 8 | M35 | 72 | 09:51 | 11:01 | 11:09 | 10:47 | |
| 34 | 24 | PLOEGER PETER | *Pulheim | 0:42:53 | 0:42:59 | 9 | M35 | 71 | 09:29 | 10:39 | 11:15 | 11:28 | |
| 35 | 115 | WASSONG THOMAS | Sparkasse KoelnBonn | 0:42:53 | 0:42:58 | 7 | M45 | 64 | 10:11 | 10:45 | 10:54 | 11:02 | |
| 36 | 1440 | Heukamp Michael | | 0:42:57 | 0:42:59 | 9 | M40 | 67 | 09:34 | 10:50 | 11:28 | 11:04 | |
| 37 | 657 | VAN DER LINDEN HEINZ | SSK-Kerpen | 0:43:07 | 0:43:17 | 2 | M50 | 59 | 10:11 | 10:50 | 11:03 | 11:01 | |
| 38 | 1008 | BLOECKER THOMAS | Meckenheim | 0:43:14 | 0:43:18 | 8 | M45 | 62 | 09:58 | 10:50 | 11:11 | 11:14 | |
| 39 | 895 | CATTELAENS GERD | LG Rhein-Erft | 0:43:22 | 0:43:43 | 1 | M55 | 54 | 10:13 | 10:49 | 11:09 | 11:10 | |
| 40 | 622 | BOENISCH WINFRIED | TG Neuss - Triathlon | 0:43:24 | 0:43:31 | 3 | M50 | 59 | 10:11 | 10:52 | 11:06 | 11:14 | |
| 41 | 1250 | Satow Niklas | SV Grün-Weiss Brauweiler | 0:43:27 | 0:43:35 | 2 | MJA | 90 | 10:31 | 11:00 | 11:06 | 10:49 | |
| 42 | 857 | HUEBSCH THOMAS | *Wesseling | 0:43:35 | 0:43:42 | 9 | M45 | 63 | 10:12 | 10:53 | 11:14 | 11:14 | |
| 43 | 491 | LEMKE DANIEL | Tus-Blau-Weiss Koenigsdorf | 0:43:40 | 0:43:52 | 3 | MJA | 91 | 09:37 | 11:09 | 11:20 | 11:32 | |
| 44 | 433 | EISENREICH THOMAS | *Pulheim | 0:43:51 | 0:44:04 | 10 | M40 | 67 | 10:25 | 11:04 | 11:07 | 11:14 | |
| 45 | 186 | HERDA KLAUS-HEINZ | *Koeln | 0:43:55 | 0:44:02 | 11 | M40 | 67 | 10:09 | 11:06 | 11:24 | 11:15 | |
| 46 | 19 | HENGES DANIEL | *Pulheim | 0:44:07 | 0:44:08 | 1 | MJB | 92 | 09:20 | 10:52 | 12:06 | 11:48 | |
| 47 | 924 | BLOEDOW WOLFGANG | LV Stommeln | 0:44:14 | 0:44:17 | 4 | M50 | 58 | 10:28 | 11:08 | 11:21 | 11:15 | |
| 48 | 108 | HERZKAMP ULRICH | *Pulheim | 0:44:16 | 0:44:19 | 5 | MHK | 89 | 09:24 | 11:17 | 11:58 | 11:36 | |
| 49 | 1235 | Oetlermann Guido | Team Oetlermann | 0:44:27 | 0:44:31 | 10 | M35 | 70 | 10:22 | 11:10 | 11:31 | 11:23 | |
| 50 | 43 | LERSCH DANIEL | *Koeln | 0:44:29 | 0:44:54 | 6 | MHK | 83 | 10:54 | 11:09 | 11:13 | 11:11 | |
| 51 | 374 | PETROVIC GUENTER | *Koeln | 0:44:36 | 0:44:40 | 2 | M55 | 50 | 10:01 | 11:16 | 11:37 | 11:40 | |
| 52 | 896 | BAKONYI ANDRÉ | LG Rhein-Erft | 0:44:37 | 0:44:58 | 12 | M40 | 69 | 10:36 | 11:15 | 11:20 | 11:25 | |
| 53 | 197 | KEUSEN HANS | Pulheimer SC | 0:44:39 | 0:44:48 | 13 | M40 | 68 | 11:03 | 11:01 | 11:12 | 11:21 | |
| 54 | 254 | PATZKE FRANK | *Koeln | 0:44:42 | 0:45:00 | 14 | M40 | 67 | 10:52 | 11:16 | 11:23 | 11:09 | |
| 55 | 1261 | Novicky Branislav | Pulheim | 0:44:46 | 0:45:01 | 6 | M30 | 76 | 10:34 | 11:00 | 11:32 | 11:38 | |
| 56 | 241 | WEBER THORSTEN | *Pulheim | 0:44:51 | 0:44:58 | 11 | M35 | 72 | 10:41 | 11:17 | 11:30 | 11:23 | |
| 57 | 608 | MAURER FRANZ | LT Grafschaft | 0:44:59 | 0:45:01 | 5 | M50 | 55 | 10:27 | 11:35 | 11:42 | 11:14 | |
| 58 | 563 | KAMP MARCEL | TUS Fresh Peppermint | 0:45:01 | 0:45:08 | 7 | MHK | 85 | 10:23 | 11:16 | 11:46 | 11:34 | |
| 59 | 954 | ZIMMERMANN JAN | *Koeln | 0:45:04 | 0:45:24 | 8 | MHK | 82 | 11:05 | 11:28 | 11:26 | 11:03 | |
| 60 | 545 | WERNER HELMUT | *Koeln | 0:45:07 | 0:45:11 | 1 | M60 | 49 | 10:34 | 11:21 | 11:36 | 11:34 | |

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4. Abteilauf Brauweiler - 23.08.2009

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden | | | | |
|-------|---------|-----------------------|---------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 61 | 891 | VOOSEN RALF | *Pulheim | 0:45:22 | 0:45:38 | 15 | M40 | 67 | 10:44 | 11:30 | 11:35 | 11:32 | |
| 62 | 889 | WIECHERS RAINER | *Walsrode | 0:45:22 | 0:45:39 | 16 | M40 | 66 | 10:44 | 11:30 | 11:34 | 11:32 | |
| 63 | 962 | GAEDECKE THOMAS | *koeln | 0:45:28 | 0:45:49 | 12 | M35 | 71 | 11:11 | 11:28 | 11:30 | 11:17 | |
| 64 | 762 | RUSCH GERD | Stommelerbusch | 0:45:29 | 0:45:31 | 7 | M30 | 79 | 10:11 | 11:30 | 11:57 | 11:50 | |
| 65 | 779 | FILLIES ANDRÉS | Computacenter Kerpen | 0:45:41 | 0:45:46 | 10 | M45 | 64 | 10:09 | 11:30 | 11:57 | 12:03 | |
| 66 | 821 | GIESELER BURKHARD | *Koeln | 0:45:45 | 0:45:57 | 6 | M50 | 55 | 10:47 | 11:19 | 11:45 | 11:53 | |
| 67 | 1494 | Moeck Detlev | Lahm Söck Frechen | 0:45:55 | 0:46:13 | 11 | M45 | 61 | 10:39 | 11:34 | 11:52 | 11:48 | |
| 68 | 286 | GRAY TERENCE | *Bergheim | 0:45:57 | 0:46:06 | 7 | M50 | 55 | 10:20 | 11:24 | 12:04 | 12:09 | |
| 69 | 1476 | Osbahr Sven | *Köln | 0:46:04 | 0:46:10 | 17 | M40 | 66 | 10:31 | 11:38 | 11:54 | 11:59 | |
| 70 | 1164 | de Luna Silvio | *Pulheim | 0:46:18 | 0:46:24 | 18 | M40 | 67 | 10:10 | 12:00 | 12:19 | 11:47 | |
| 71 | 490 | SCHULTHEISS VOLKER | *Kerpen | 0:46:22 | 0:46:32 | 8 | M50 | 56 | 10:38 | 11:39 | 12:01 | 12:03 | |
| 72 | 1481 | Jochum Carsten | *Pulheim | 0:46:25 | 0:46:32 | 13 | M35 | 71 | 10:50 | 11:52 | 12:09 | 11:32 | |
| 73 | 773 | FRICKE MATTHIAS | *Pulheim | 0:46:26 | 0:46:40 | 12 | M45 | 63 | 10:52 | 11:39 | 11:58 | 11:56 | |
| 74 | 184 | AHN WALTER | *Pulheim | 0:46:26 | 0:46:36 | 13 | M45 | 63 | 10:49 | 11:32 | 12:05 | 12:00 | |
| 75 | 913 | METZDORF ULRICH | LG Langsur | 0:46:28 | 0:46:43 | 14 | M45 | 63 | 10:44 | 11:35 | 12:14 | 11:53 | |
| 76 | 488 | EISERMANN STEPHAN | Team Erdinger Alkoholfrei | 0:46:29 | 0:46:41 | 19 | M40 | 66 | 10:45 | 11:37 | 12:09 | 11:58 | |
| 77 | 1278 | Tatje Julian | *Köln | 0:46:30 | 0:47:02 | 9 | MHK | 84 | 11:26 | 11:49 | 11:44 | 11:30 | |
| 78 | 445 | BECKER PROF HUBERT | *Pulheim | 0:46:36 | 0:46:50 | 20 | M40 | 65 | 11:12 | 11:51 | 11:55 | 11:37 | |
| 79 | 1276 | Zachgo Lars | *Köln | 0:46:41 | 0:47:05 | 4 | MJA | 90 | 11:09 | 11:24 | 12:05 | 12:01 | |
| 80 | 78 | KOENEN PETER | *Schwelm | 0:46:43 | 0:47:06 | 9 | M50 | 55 | 11:04 | 11:40 | 12:03 | 11:55 | |
| 81 | 484 | SCHEUER ERIC | LG Langsur | 0:46:52 | 0:47:08 | 21 | M40 | 65 | 10:44 | 11:35 | 12:14 | 12:18 | |
| 82 | 1099 | LANG RAYMOND | LG Langsur | 0:46:56 | 0:47:16 | 10 | M50 | 59 | 11:11 | 11:48 | 11:52 | 12:04 | |
| 83 | 1452 | Böttcher Daniel | *Pulheim | 0:47:05 | 0:47:20 | 15 | M45 | 63 | 11:06 | 11:50 | 12:14 | 11:53 | |
| 84 | 370 | PETERS JOHANNES | VfR Bachem | 0:47:10 | 0:47:48 | 10 | MHK | 88 | 12:22 | 11:58 | 11:25 | 11:23 | |
| 85 | 307 | KLASEN RUDOLF | *Koeln | 0:47:12 | 0:47:15 | 2 | M60 | 46 | 10:54 | 11:53 | 12:11 | 12:13 | |
| 86 | 1267 | Noppeney Bernd | RTC Rodenkirchen | 0:47:21 | 0:47:42 | 16 | M45 | 62 | 11:10 | 11:48 | 12:10 | 12:11 | |
| 87 | 20 | HENGES HANS | *Pulheim | 0:47:23 | 0:47:25 | 17 | M45 | 63 | 10:38 | 11:57 | 12:22 | 12:25 | |
| 88 | 298 | EWERT STEFAN | KSK Koeln | 0:47:23 | 0:47:33 | 8 | M30 | 77 | 10:38 | 11:59 | 12:30 | 12:15 | |
| 89 | 763 | SATOW MALTE | GW Brauweiler | 0:47:24 | 0:47:31 | 2 | MJB | 96 | 11:09 | 11:53 | 12:10 | 12:11 | |
| 90 | 1113 | WOLFF THOMAS | *Leichlingen | 0:47:26 | 0:47:51 | 22 | M40 | 67 | 11:04 | 11:49 | 12:14 | 12:17 | |
| 91 | 293 | HOLETZEK HOLGER | *Pulheim | 0:47:53 | 0:48:07 | 18 | M45 | 61 | 11:32 | 12:02 | 12:17 | 12:01 | |
| 92 | 1274 | Wahl Christian | *Frechen | 0:47:57 | 0:48:05 | 9 | M30 | 75 | 10:38 | 12:02 | 12:46 | 12:29 | |
| 93 | 284 | HUMPESCH MICHAEL | Deutsche Post DHL | 0:48:00 | 0:48:08 | 10 | M30 | 76 | 10:45 | 12:12 | 12:30 | 12:31 | |
| 94 | 1068 | ERKELING ACHIM | TTC Brauweiler | 0:48:14 | 0:48:47 | 14 | M35 | 72 | 11:37 | 12:06 | 12:24 | 12:06 | |
| 95 | 316 | HERZKAMP ANDREAS | H2O | 0:48:16 | 0:48:19 | 3 | MJB | 92 | 10:10 | 12:25 | 12:43 | 12:57 | |
| 96 | 1248 | Theres Klaus | Grün-Weiss Brauweiler | 0:48:17 | 0:48:22 | 3 | M55 | 54 | 10:55 | 12:06 | 12:41 | 12:35 | |
| 97 | 51 | RIPP DIETER | VTC Koeln | 0:48:19 | 0:48:24 | 11 | M50 | 56 | 11:27 | 12:14 | 12:13 | 12:24 | |
| 98 | 1202 | Rodermund Dirk | Feuerwehr Brauweiler | 0:48:19 | 0:48:48 | 23 | M40 | 69 | 11:41 | 11:57 | 12:43 | 11:56 | |
| 99 | 858 | KOENIGS MANFRED | LG RWE Power | 0:48:22 | 0:48:38 | 19 | M45 | 61 | 11:13 | 12:07 | 12:34 | 12:26 | |
| 100 | 899 | PISSOWOTZKI GUENTER | LG Rhein-Erft | 0:48:23 | 0:48:43 | 1 | M65 | 42 | 11:15 | 12:05 | 12:30 | 12:31 | |
| 101 | 1489 | Sander-Fischer Thomas | RheinEnergie AG | 0:48:38 | 0:49:02 | 20 | M45 | 61 | 11:10 | 12:09 | 12:35 | 12:43 | |
| 102 | 521 | HARTUNG MARCUS | *Pulheim | 0:48:40 | 0:48:56 | 24 | M40 | 66 | 11:19 | 12:16 | 12:38 | 12:27 | |
| 103 | 1472 | Vogt Dirk-Steffen | Kölsche Weicheier | 0:48:49 | 0:49:22 | 11 | M30 | 79 | 11:40 | 12:24 | 12:29 | 12:14 | |
| 104 | 945 | SEIDEL CHRISTIAN | BSGGGEZ | 0:48:53 | 0:49:39 | 15 | M35 | 70 | 11:51 | 12:13 | 12:22 | 12:25 | |
| 105 | 1482 | Jacobs Kurt | Pulheimer SC | 0:48:56 | 0:49:04 | 2 | M65 | 40 | 11:22 | 12:21 | 12:41 | 12:31 | |
| 106 | 196 | KRINGS MARKUS | TuS Brauweiler | 0:49:04 | 0:49:10 | 25 | M40 | 67 | 10:23 | 11:56 | 12:58 | 13:46 | |
| 107 | 1193 | Keßler Oliver | | 0:49:13 | 0:49:27 | 26 | M40 | 66 | 11:34 | 12:22 | 12:32 | 12:43 | |
| 108 | 851 | MAXELON HOLGER | *Koeln | 0:49:15 | 0:49:23 | 21 | M45 | 64 | 11:33 | 12:34 | 12:34 | 12:33 | |
| 109 | 55 | GUDAT FRIEDHELM | RWE Power | 0:49:19 | 0:49:27 | 22 | M45 | 61 | 10:48 | 12:10 | 13:11 | 13:09 | |
| 110 | 1002 | ACKERMANN DETLEV | www.laufen-in-koeln.de | 0:49:21 | 0:49:23 | 16 | M35 | 70 | 11:06 | 12:27 | 12:54 | 12:54 | |
| 111 | 114 | KRONSBELN GUENTER | *Koeln | 0:49:23 | 0:49:44 | 27 | M40 | 65 | 11:25 | 12:28 | 12:41 | 12:48 | |
| 112 | 1098 | FEOLA MICHEL | LG Langsur | 0:49:26 | 0:49:46 | 28 | M40 | 65 | 11:20 | 12:23 | 13:01 | 12:42 | |
| 113 | 897 | KOESTER HENNING | LG Rhein-Erft | 0:49:26 | 0:49:48 | 29 | M40 | 66 | 11:34 | 12:44 | 12:59 | 12:07 | |
| 114 | 900 | STRERATH MATTHIAS | LG Rhein-Erft | 0:49:43 | 0:50:05 | 23 | M45 | 60 | 11:19 | 11:57 | 13:41 | 12:45 | |
| 115 | 372 | SONNTAG DIRK | *niederzier | 0:49:46 | 0:50:01 | 12 | M30 | 77 | 11:29 | 12:34 | 12:49 | 12:54 | |
| 116 | 107 | VIERLING-LOHOEFER | *Rommerskirchen | 0:49:48 | 0:50:25 | 13 | M30 | 75 | 12:02 | 12:26 | 12:42 | 12:37 | |
| 117 | 531 | REINHOLZ THOMAS | LG Langsur | 0:49:57 | 0:50:16 | 30 | M40 | 67 | 11:32 | 12:57 | 13:00 | 12:26 | |
| 118 | 621 | BIENERT FRANK | *Weilerswist | 0:49:58 | 0:50:09 | 12 | M50 | 57 | 11:37 | 12:24 | 13:00 | 12:55 | |
| 119 | 469 | SCHEER MARKUS | *pulheim | 0:50:00 | 0:50:14 | 24 | M45 | 63 | 11:51 | 12:55 | 12:37 | 12:35 | |
| 120 | 1152 | Gärtner Walter | | 0:50:05 | 0:50:37 | 13 | M50 | 55 | 11:48 | 12:39 | 13:01 | 12:35 | |

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4. Abteilauf Brauweiler - 23.08.2009

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden | | | | |
|-------|---------|--------------------------|-------------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 121 | 980 | HEINNINGER STEPHAN | *Bonn | 0:50:05 | 0:50:36 | 31 | M40 | 67 | 11:29 | 12:45 | 12:54 | 12:57 | |
| 122 | 963 | BIEDERMANN THOMAS | *Koeln | 0:50:06 | 0:50:08 | 32 | M40 | 66 | 11:32 | 12:45 | 13:25 | 12:23 | |
| 123 | 280 | LEY THOMAS | Lt Roesratherstrasse | 0:50:08 | 0:50:33 | 33 | M40 | 65 | 12:07 | 12:41 | 12:44 | 12:36 | |
| 124 | 529 | GOEBGEN ROLF | LT Schlickrutscher | 0:50:09 | 0:51:03 | 14 | M50 | 57 | 12:15 | 12:33 | 12:45 | 12:34 | |
| 125 | 21 | MAGAR ARMIN | *Pulheim | 0:50:10 | 0:50:28 | 25 | M45 | 62 | 11:53 | 12:35 | 12:55 | 12:45 | |
| 126 | 926 | WEBER MORITZ | Grün-Weiss Brauweiler | 0:50:27 | 0:50:28 | 4 | MJB | 96 | 11:22 | 13:24 | 13:19 | 12:20 | |
| 127 | 624 | BERLING JONAS | SV Gruen Weiss Brauweiler | 0:50:27 | 0:50:28 | 5 | MJB | 96 | 11:22 | 13:24 | 13:19 | 12:21 | |
| 128 | 1050 | OSTRZINSKI JOERG | Wessinghages Erben | 0:50:35 | 0:51:08 | 34 | M40 | 66 | 12:13 | 12:48 | 12:59 | 12:34 | |
| 129 | 1175 | Zurmuhlen Jonathan | | 0:50:36 | 0:50:41 | 0 | M | | 10:22 | 13:22 | 13:32 | 13:18 | |
| 130 | 130 | DE LUNA ALESSANDRO | Eiscafe La Luna Pulheim | 0:50:44 | 0:50:49 | 15 | M50 | 58 | 10:59 | 12:56 | 13:23 | 13:24 | |
| 131 | 176 | Lanner Marco | *Köln | 0:50:54 | 0:51:37 | 14 | M30 | 78 | 12:17 | 12:27 | 12:39 | 13:28 | |
| 132 | 262 | HUDSON LEE | *Pulheim - Sinthern | 0:50:56 | 0:51:02 | 15 | M30 | 78 | 11:07 | 12:51 | 13:22 | 13:34 | |
| 133 | 1064 | GOYKE ANDRÉ | Team Laufcampus Euskirchen | 0:51:05 | 0:51:23 | 35 | M40 | 68 | 12:23 | 13:03 | 13:05 | 12:32 | |
| 134 | 730 | KRAMER MICHAEL | TS79 | 0:51:08 | 0:51:18 | 36 | M40 | 66 | 11:39 | 12:47 | 13:16 | 13:25 | |
| 135 | 485 | ZINECKER JUERGEN | *pulheim | 0:51:14 | 0:51:38 | 26 | M45 | 62 | 13:15 | 12:31 | 12:30 | 12:57 | |
| 136 | 1277 | Pauwels Dieter | PSC | 0:51:24 | 0:51:40 | 27 | M45 | 61 | 11:56 | 13:06 | 13:18 | 13:03 | |
| 137 | 778 | KIESELBACH MARCO | TVE Weiher | 0:51:26 | 0:52:15 | 16 | M30 | 77 | 13:02 | 12:41 | 12:47 | 12:53 | |
| 138 | 67 | SCHWAMBORN | *koeln | 0:51:28 | 0:51:39 | 28 | M45 | 64 | 11:52 | 13:12 | 13:46 | 12:36 | |
| 139 | 546 | GONTERMANN MARKO | TuS 1910 Driedorf | 0:51:33 | 0:52:11 | 37 | M40 | 66 | 12:22 | 12:50 | 13:03 | 13:16 | |
| 140 | 547 | PCHALEK DIETMAR | Naehstuebchen-Karla | 0:51:37 | 0:52:26 | 16 | M50 | 59 | 13:25 | 13:17 | 12:24 | 12:29 | |
| 141 | 0 | DR09AT9 unbekannter Chip | | 0:51:44 | 0:51:59 | 0 | M | | 11:51 | 12:57 | 13:25 | 13:29 | |
| 142 | 314 | HEIKENS ANDREAS | *Wesseling-Urfeld | 0:51:52 | 0:52:17 | 17 | M30 | 79 | 12:22 | 13:12 | 13:29 | 12:48 | |
| 143 | 1157 | Schüten Oliver | | 0:51:58 | 0:52:47 | 38 | M40 | 68 | 12:29 | 13:00 | 13:16 | 13:11 | |
| 144 | 856 | HOHL DR MICHAEL | ZAHNWERK GmbH | 0:51:58 | 0:52:33 | 4 | M55 | 53 | 12:42 | 13:03 | 13:13 | 12:59 | |
| 145 | 188 | GEFFE GERD | *Koeln | 0:51:59 | 0:52:42 | 17 | M50 | 56 | 12:29 | 12:51 | 13:22 | 13:15 | |
| 146 | 694 | HONECKER RALF | *Koeln-Bickendorf | 0:51:59 | 0:52:41 | 29 | M45 | 64 | 12:26 | 12:55 | 13:22 | 13:15 | |
| 147 | 503 | PETERS JENS | *Bonn | 0:52:01 | 0:52:21 | 5 | M55 | 52 | 11:33 | 12:58 | 13:54 | 13:36 | |
| 148 | 36 | LUTZ MICHAEL | *Pulheim | 0:52:11 | 0:52:58 | 17 | M35 | 71 | 12:36 | 13:02 | 13:15 | 13:17 | |
| 149 | 651 | MINDERMANN RAINER | TuS Brauweiler | 0:52:11 | 0:52:34 | 39 | M40 | 66 | 11:55 | 12:53 | 13:36 | 13:45 | |
| 150 | 557 | PICKHARD HOLGER | Point One Runners | 0:52:13 | 0:52:50 | 30 | M45 | 64 | 12:53 | 13:15 | 13:03 | 13:00 | |
| 151 | 94 | BIEL RALF | *Pulheim | 0:52:16 | 0:52:53 | 40 | M40 | 69 | 12:29 | 13:20 | 13:15 | 13:12 | |
| 152 | 989 | DEMANET SIDNEY | *Brauweiler | 0:52:20 | 0:52:24 | 11 | MHK | 89 | 10:54 | 13:19 | 13:42 | 14:24 | |
| 153 | 217 | HEINRICHS TORSTEN | *Pulheim | 0:52:24 | 0:52:40 | 41 | M40 | 66 | 11:55 | 13:07 | 13:32 | 13:49 | |
| 154 | 910 | KAHLE ANDREAS | Schuetzenverein Rehburg Stadt | 0:52:34 | 0:52:44 | 18 | M35 | 71 | 11:52 | 13:12 | 13:46 | 13:42 | |
| 155 | 1423 | Weinreich Michael | *Köln | 0:52:35 | 0:53:28 | 42 | M40 | 69 | 13:48 | 13:36 | 12:33 | 12:36 | |
| 156 | 472 | HAFEZI MAHMOOD | *Pulheim | 0:52:36 | 0:53:04 | 6 | M55 | 53 | 11:54 | 12:58 | 13:37 | 14:06 | |
| 157 | 588 | PAULKE JOERG | Rochusschule | 0:52:42 | 0:53:02 | 43 | M40 | 68 | 11:57 | 12:55 | 13:37 | 14:12 | |
| 158 | 526 | SCHARTOW ULRICH | *Pulheim | 0:52:47 | 0:53:05 | 44 | M40 | 69 | 11:30 | 13:09 | 14:01 | 14:06 | |
| 159 | 499 | PCHALEK VOLKER | Naehstuebchen bei Karla | 0:52:49 | 0:53:37 | 12 | MHK | 81 | 13:00 | 12:58 | 13:09 | 13:41 | |
| 160 | 979 | FOX STEFAN | congstar | 0:52:49 | 0:53:20 | 45 | M40 | 68 | 13:02 | 13:06 | 13:16 | 13:24 | |
| 161 | 539 | SENFT RUEDIGER | *Pulheim-Sinthern | 0:52:50 | 0:53:11 | 46 | M40 | 67 | 12:46 | 12:57 | 13:35 | 13:30 | |
| 162 | 16 | KUTSCHEIDT THOMAS | DJK Preussen 1911 Bochum | 0:52:54 | 0:53:39 | 31 | M45 | 64 | 12:24 | 13:15 | 13:37 | 13:37 | |
| 163 | 642 | BAUR BERND | *Pulheim | 0:53:05 | 0:53:17 | 47 | M40 | 68 | 12:14 | 13:04 | 13:35 | 14:10 | |
| 164 | 878 | SCHOSS MANFRED | LLG 80 | 0:53:17 | 0:53:31 | 1 | M70 | 38 | 12:25 | 13:25 | 13:41 | 13:43 | |
| 165 | 132 | FESTER HUBERT | *Pulheim-Sinthern | 0:53:21 | 0:53:22 | 48 | M40 | 65 | 11:36 | 13:17 | 14:14 | 14:13 | |
| 166 | 1024 | BOSSINGER OLAF | *pulheim | 0:53:31 | 0:54:28 | 32 | M45 | 63 | 12:40 | 13:26 | 13:40 | 13:43 | |
| 167 | 732 | STROEBELT REINER | *Pulheim | 0:53:36 | 0:53:53 | 33 | M45 | 62 | 13:05 | 13:39 | 13:40 | 13:11 | |
| 168 | 610 | GROSS ROLAND | *Pulheim | 0:53:37 | 0:53:50 | 49 | M40 | 68 | 12:10 | 13:08 | 14:13 | 14:05 | |
| 169 | 662 | TEGTMEIER JOACHIM | *Bergheim | 0:53:41 | 0:53:58 | 18 | M50 | 57 | 13:00 | 13:32 | 13:31 | 13:36 | |
| 170 | 458 | WEINER HELMUT | *Koeln | 0:53:45 | 0:54:08 | 19 | M50 | 55 | 12:52 | 13:18 | 13:51 | 13:44 | |
| 171 | 204 | KRUEMMEL JOSEF | *Pulheim | 0:53:46 | 0:53:52 | 3 | M60 | 49 | 12:10 | 13:27 | 14:05 | 14:03 | |
| 172 | 933 | SCHMIDTMANN VOLKER | *Koeln | 0:53:48 | 0:53:59 | 34 | M45 | 63 | 12:31 | 13:40 | 13:47 | 13:48 | |
| 173 | 322 | LOESCH DIETER | *Pulheim | 0:53:58 | 0:54:39 | 20 | M50 | 58 | 13:25 | 13:20 | 13:39 | 13:33 | |
| 174 | 927 | DEUTSCHEN PETER | LG Langsur | 0:54:04 | 0:54:34 | 21 | M50 | 55 | 12:51 | 13:40 | 14:06 | 13:25 | |
| 175 | 519 | SCHMITZ HORST | LG Langsur | 0:54:05 | 0:54:34 | 35 | M45 | 62 | 13:29 | 13:45 | 13:20 | 13:28 | |
| 176 | 1096 | METZLER ROMAN | LG Langsur | 0:54:07 | 0:54:34 | 50 | M40 | 66 | 13:31 | 13:45 | 13:22 | 13:28 | |
| 177 | 1487 | Weber Dieter | Condition Köln | 0:54:13 | 0:54:19 | 22 | M50 | 57 | 12:41 | 13:48 | 13:58 | 13:44 | |
| 178 | 260 | BIERMANN ERIC | TTC Blau-Rot Geyen 1971 e.V. | 0:54:14 | 0:54:52 | 51 | M40 | 65 | 12:50 | 13:44 | 13:51 | 13:47 | |
| 179 | 770 | CHARPENTIER | *Pulheim | 0:54:17 | 0:54:35 | 52 | M40 | 65 | 11:50 | 12:45 | 14:17 | 15:24 | |
| 180 | 865 | SPENGLER STEFAN | *Bergheim | 0:54:19 | 0:54:52 | 36 | M45 | 62 | 13:48 | 13:44 | 13:35 | 13:10 | |

10km - Gesamtwertung

4. Abteilauf Brauweiler - 23.08.2009

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden | | | | |
|-------|---------|---------------------|--------------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 181 | 505 | BARTSCH MATTHIAS | *Huerth | 0:54:20 | 0:54:44 | 13 | MHK | 88 | 12:11 | 13:40 | 14:16 | 14:11 | |
| 182 | 946 | BOLLIG KLAUS | *Bergheim | 0:54:22 | 0:54:41 | 37 | M45 | 64 | 12:08 | 13:29 | 14:08 | 14:35 | |
| 183 | 535 | VOLK DR GERRIT | *Koeln | 0:54:22 | 0:54:41 | 23 | M50 | 58 | 12:55 | 13:55 | 13:57 | 13:34 | |
| 184 | 102 | SCHNEIDER DIERK | *Pulheim | 0:54:26 | 0:55:15 | 19 | M35 | 70 | 13:25 | 13:17 | 13:34 | 14:09 | |
| 185 | 449 | BIDINGER AXEL | LG Langsur | 0:54:31 | 0:54:59 | 53 | M40 | 67 | 13:30 | 13:50 | 13:38 | 13:31 | |
| 186 | 288 | WIENAND DIRK | *Pulheim | 0:54:32 | 0:55:10 | 20 | M35 | 74 | 13:01 | 13:25 | 14:05 | 14:00 | |
| 187 | 502 | MURAWSKI DIRK | *Pulheim | 0:54:43 | 0:55:06 | 21 | M35 | 74 | 12:14 | 13:38 | 14:17 | 14:34 | |
| 188 | 210 | PRUEHL WOLFGANG | *Overath | 0:54:47 | 0:55:13 | 54 | M40 | 67 | 11:15 | 13:21 | 15:02 | 15:07 | |
| 189 | 717 | MUELLER ROLF | *Pulheim | 0:54:52 | 0:55:45 | 22 | M35 | 70 | 13:49 | 13:47 | 13:48 | 13:26 | |
| 190 | 300 | KOENEN ROLF | *Sinnersdorf | 0:54:55 | 0:55:36 | 38 | M45 | 61 | 13:54 | 14:00 | 14:07 | 12:53 | |
| 191 | 487 | HAHN ARNE | *Kerpen | 0:54:56 | 0:55:47 | 39 | M45 | 64 | 13:01 | 13:34 | 13:58 | 14:22 | |
| 192 | 52 | STOLZIS BERND | *Pulheim | 0:55:03 | 0:55:28 | 40 | M45 | 64 | 13:47 | 14:07 | 13:40 | 13:28 | |
| 193 | 283 | TURIC MARIO | TuS Brauweiler | 0:55:23 | 0:56:00 | 55 | M40 | 67 | 13:40 | 13:47 | 13:46 | 14:08 | |
| 194 | 956 | SCHIERENBERG | TuS Brauweiler | 0:55:24 | 0:56:21 | 4 | M60 | 48 | 13:33 | 13:58 | 14:08 | 13:43 | |
| 195 | 609 | VOIGTSCHILDT FREDDY | *Frechen | 0:55:30 | 0:56:14 | 41 | M45 | 61 | 13:21 | 13:45 | 14:08 | 14:14 | |
| 196 | 859 | KLOTZ ANDREAS | TV Altendorf-Ersdorf | 0:55:38 | 0:56:18 | 56 | M40 | 68 | 13:20 | 13:55 | 14:07 | 14:15 | |
| 197 | 893 | GROSS JOSEF | *Meckenheim | 0:55:39 | 0:56:18 | 24 | M50 | 55 | 13:14 | 13:52 | 14:00 | 14:30 | |
| 198 | 1470 | Berweiler Martin | *Pulheim | 0:55:42 | 0:56:26 | 42 | M45 | 62 | 13:07 | 13:35 | 14:31 | 14:28 | |
| 199 | 439 | BUETTNER WERNER | *Frechen | 0:55:48 | 0:56:25 | 25 | M50 | 57 | 13:21 | 13:58 | 14:13 | 14:15 | |
| 200 | 594 | HOEHNWARTER JOERG | Montagtreff | 0:56:04 | 0:56:41 | 57 | M40 | 69 | 13:34 | 13:51 | 14:10 | 14:27 | |
| 201 | 593 | LAMPE GUENTHER | Montagtreff | 0:56:10 | 0:56:48 | 23 | M35 | 70 | 13:34 | 13:51 | 14:16 | 14:27 | |
| 202 | 818 | WALPERT JENS | Laufteam Tischlerei Walpert | 0:56:31 | 0:57:11 | 58 | M40 | 66 | 12:51 | 13:50 | 14:35 | 15:13 | |
| 203 | 864 | BECKER GUENTER | Glückauf AlteHerren Habbelrath | 0:56:32 | 0:57:16 | 26 | M50 | 56 | 13:21 | 13:45 | 15:11 | 14:14 | |
| 204 | 908 | HANSEN UWE | TV Altendorf-Ersdorf | 0:56:34 | 0:57:27 | 43 | M45 | 60 | 13:52 | 14:16 | 14:19 | 14:05 | |
| 205 | 90 | SCHLUMBOHM MICHAEL | *Koeln | 0:56:35 | 0:56:45 | 59 | M40 | 65 | 12:21 | 14:03 | 15:14 | 14:55 | |
| 206 | 607 | DOSE STEFAN | *Koeln | 0:56:41 | 0:57:16 | 18 | M30 | 77 | 13:37 | 14:08 | 14:33 | 14:21 | |
| 207 | 817 | HENNEBORN ROLAND | *Pulheim | 0:56:51 | 0:57:26 | 44 | M45 | 61 | 12:35 | 14:09 | 14:51 | 15:15 | |
| 208 | 544 | CREMER | *Pulheim | 0:56:55 | 0:57:36 | 7 | M55 | 50 | 13:54 | 14:00 | 14:24 | 14:35 | |
| 209 | 118 | BORNEMANN CHRISTIAN | *Bergheim-Glessen | 0:57:07 | 0:58:05 | 14 | MHK | 82 | 14:51 | 13:39 | 14:13 | 14:23 | |
| 210 | 119 | JASTROW ANDREAS | *Frechen | 0:57:10 | 0:58:07 | 24 | M35 | 70 | 14:28 | 14:01 | 14:13 | 14:26 | |
| 211 | 117 | LUDWIG BORNEMANN | *Pulheim | 0:57:11 | 0:58:09 | 27 | M50 | 58 | 14:28 | 14:01 | 14:13 | 14:27 | |
| 212 | 680 | SCHIFFER PETER | Floeoetekaes | 0:57:14 | 0:57:51 | 45 | M45 | 63 | 13:55 | 14:12 | 14:39 | 14:27 | |
| 213 | 969 | BOBZIN JENS | *Pulheim | 0:57:15 | 0:57:45 | 25 | M35 | 70 | 13:18 | 14:30 | 14:45 | 14:41 | |
| 214 | 25 | SCHEPERS CHRISTOPH | *Pulheim | 0:57:20 | 0:58:02 | 60 | M40 | 68 | 13:33 | 14:11 | 14:52 | 14:42 | |
| 215 | 271 | DRUEKE MAURICE | Rheinrunner and friends | 0:57:20 | 0:57:59 | 61 | M40 | 69 | 13:08 | 14:11 | 14:54 | 15:06 | |
| 216 | 321 | KOEHLER DR PETER | *Bergheim-Glessen | 0:57:30 | 0:57:52 | 8 | M55 | 53 | 13:35 | 14:22 | 14:33 | 14:57 | |
| 217 | 649 | MARTENS DR KNUTH | *Bruehl | 0:57:32 | 0:57:42 | 62 | M40 | 68 | 12:28 | 14:27 | 15:08 | 15:27 | |
| 218 | 460 | SCHULZE MIKE | *Rheinbach | 0:57:53 | 0:58:09 | 19 | M30 | 76 | 13:10 | 14:31 | 15:03 | 15:08 | |
| 219 | 863 | DAKEN ROLF | *Pulheim | 0:58:00 | 0:58:35 | 46 | M45 | 60 | 12:11 | 13:38 | 15:38 | 16:31 | |
| 220 | 369 | HORN MICHAEL | Ergo Sports Koeln Langlauf | 0:58:05 | 0:58:47 | 26 | M35 | 71 | 13:39 | 14:41 | 14:54 | 14:50 | |
| 221 | 77 | LIPS ROLF | *koeln | 0:58:10 | 0:58:46 | 47 | M45 | 63 | 13:53 | 14:30 | 14:36 | 15:10 | |
| 222 | 1473 | Freytag Thibault | Kölsche Weicheier | 0:58:15 | 0:58:49 | 20 | M30 | 79 | 13:08 | 14:29 | 15:22 | 15:15 | |
| 223 | 517 | BROCK REINER | Pulheimer Sportclub | 0:58:20 | 0:58:40 | 9 | M55 | 53 | 14:00 | 14:55 | 14:43 | 14:41 | |
| 224 | 1264 | Maassen Willy | | 0:58:28 | 0:59:14 | 10 | M55 | 53 | 14:41 | 15:05 | 14:54 | 13:47 | |
| 225 | 1257 | Schwerther Niklas | Abtei Gymnasium | 0:58:30 | 0:59:18 | 5 | MJA | 91 | 14:40 | 15:04 | 14:54 | 13:50 | |
| 226 | 997 | LUECKERATH WALTER | *Bad Muenstereifel | 0:58:36 | 0:59:24 | 5 | M60 | 49 | 14:11 | 14:46 | 14:47 | 14:51 | |
| 227 | 468 | BURGHOF STEFAN | *Weilerswist | 0:58:47 | 0:59:22 | 15 | MHK | 88 | 14:16 | 14:53 | 14:49 | 14:48 | |
| 228 | 467 | BERNSEN MICHAEL | *Erfstadt | 0:58:48 | 0:59:22 | 28 | M50 | 55 | 14:16 | 14:53 | 14:49 | 14:48 | |
| 229 | 136 | CLEVE CARSTEN | *Pulheim | 0:58:50 | 0:59:12 | 63 | M40 | 66 | 12:24 | 13:22 | 16:13 | 16:50 | |
| 230 | 600 | WILLEKE HORST | *Koeln | 0:58:59 | 0:59:55 | 48 | M45 | 61 | 13:47 | 14:31 | 15:03 | 15:37 | |
| 231 | 583 | LUEBBERS MARIO | LG Langsur | 0:59:02 | 0:59:31 | 49 | M45 | 61 | 14:29 | 14:43 | 14:48 | 15:00 | |
| 231 | 541 | MOELLER EDGAR | LG Langsur | 0:59:02 | 0:59:31 | 29 | M50 | 56 | 14:29 | 14:43 | 14:48 | 15:00 | |
| 233 | 906 | OHREM DETLEF | *Frechen | 0:59:02 | 0:59:26 | 50 | M45 | 62 | 13:59 | 14:52 | 15:11 | 14:58 | |
| 234 | 1447 | Götte Konrad | LC Weilerswist | 0:59:06 | 0:59:16 | 6 | MJB | 99 | 13:08 | 15:55 | 15:04 | 14:58 | |
| 235 | 338 | GRIEHL UWE | *Pulheim | 0:59:15 | 0:59:35 | 30 | M50 | 56 | 13:58 | 14:55 | 15:05 | 15:16 | |
| 236 | 983 | WAUQUIER MARCO | *Alfter | 0:59:16 | 0:59:47 | 27 | M35 | 73 | 14:28 | 13:55 | 15:14 | 15:38 | |
| 237 | 129 | ESSER RALPH | Eiscafe La Luna Pulheim | 0:59:22 | 0:59:27 | 51 | M45 | 63 | 13:01 | 15:09 | 15:23 | 15:48 | |
| 238 | 34 | STOEHR MARKUS | *Koeln | 0:59:24 | 0:59:53 | 28 | M35 | 72 | 13:55 | 14:30 | 14:55 | 16:03 | |
| 239 | 599 | MICHALKE GUIDO | *Frechen | 0:59:27 | 1:00:14 | 64 | M40 | 67 | 13:36 | 14:35 | 15:25 | 15:50 | |
| 240 | 606 | BANTIN HOLGER | Unser Wasser e.V. | 0:59:29 | 0:59:55 | 11 | M55 | 53 | 13:57 | 15:03 | 15:10 | 15:19 | |

10km - Gesamtwertung

4. Abteilauf Brauweiler - 23.08.2009

Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden | | | | |
|-------|---------|--------------------------|------------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 241 | 1268 | Kitz Rainer | *Hürth | 0:59:35 | 1:00:31 | 31 | M50 | 55 | 14:34 | 15:03 | 15:01 | 14:55 | |
| 242 | 486 | REST JUERGEN | Eiscafe La Luna Pulheim | 0:59:36 | 0:59:41 | 52 | M45 | 60 | 12:52 | 15:19 | 15:22 | 16:02 | |
| 243 | 1491 | Engels Marco | Pulheimer SC | 0:59:41 | 1:00:32 | 65 | M40 | 66 | 14:22 | 14:41 | 15:11 | 15:25 | |
| 244 | 1492 | Krug Wilfried | *Kreuzau | 0:59:41 | 1:00:08 | 12 | M55 | 50 | 14:32 | 15:09 | 15:09 | 14:49 | |
| 245 | 308 | JONAS HANS-JUERGEN | *Pulheim-Brauweiler | 0:59:43 | 1:00:10 | 32 | M50 | 59 | 14:35 | 15:23 | 15:13 | 14:30 | |
| 246 | 0 | DG9GZVN unbekannter Chip | | 0:59:45 | 1:00:33 | 0 | M | | 13:21 | 14:39 | 15:45 | 15:59 | |
| 247 | 1156 | Wachtmeister Ralf | *Brauweiler | 0:59:45 | 1:00:34 | 66 | M40 | 68 | 13:20 | 14:39 | 15:45 | 15:59 | |
| 248 | 137 | ENGELS MICHAEL | *Pulheim | 0:59:49 | 1:00:45 | 67 | M40 | 65 | 15:09 | 15:20 | 15:24 | 13:54 | |
| 249 | 623 | HARM KLAUS | *Frechen | 1:00:04 | 1:00:38 | 53 | M45 | 62 | 13:58 | 14:49 | 15:24 | 15:53 | |
| 250 | 1455 | Kerkow Detlev | colognerunners | 1:00:10 | 1:00:27 | 54 | M45 | 63 | 13:35 | 15:08 | 15:38 | 15:47 | |
| 251 | 376 | ROGGENDORF HANS | *Frechen | 1:00:25 | 1:01:11 | 55 | M45 | 62 | 14:13 | 15:01 | 15:23 | 15:46 | |
| 252 | 1182 | Haidvogel Walter | | 1:00:48 | 1:01:21 | 13 | M55 | 53 | 13:53 | 15:13 | 16:06 | 15:35 | |
| 253 | 581 | KUNZE DIRK | *Dueren | 1:00:51 | 1:01:29 | 29 | M35 | 73 | 14:33 | 15:08 | 15:27 | 15:40 | |
| 254 | 447 | STROBL ULRICH | *Koeln | 1:00:52 | 1:01:23 | 33 | M50 | 56 | 14:20 | 15:12 | 15:59 | 15:19 | |
| 255 | 1023 | GOERS JUERGEN | *Essen | 1:00:55 | 1:01:23 | 56 | M45 | 62 | 14:36 | 15:22 | 15:54 | 15:01 | |
| 256 | 981 | WINTERSCHIEDT ROLF | *Lohmar | 1:00:57 | 1:01:28 | 30 | M35 | 71 | 14:29 | 15:09 | 15:52 | 15:26 | |
| 257 | 510 | FRANZ STEPHAN | Team Oeltermann | 1:01:11 | 1:01:42 | 57 | M45 | 64 | 13:54 | 14:33 | 14:53 | 17:50 | |
| 258 | 555 | HARTMANN PHILIPP | *Frechen | 1:01:50 | 1:02:16 | 58 | M45 | 64 | 13:33 | 15:22 | 16:17 | 16:36 | |
| 258 | 1131 | Hagendorf Dirk | | 1:01:50 | 1:02:35 | 68 | M40 | 65 | 15:00 | 15:28 | 15:46 | 15:34 | |
| 260 | 479 | SCHOLZ MARCO | Computacenter | 1:01:58 | 1:02:53 | 21 | M30 | 75 | 13:58 | 14:51 | 16:36 | 16:31 | |
| 261 | 1205 | Wegert Dietman | *Pulheim | 1:02:03 | 1:02:36 | 59 | M45 | 60 | 14:26 | 14:43 | 16:14 | 16:39 | |
| 262 | 332 | HUEPPMEIER ULRICH | *Pulheim | 1:02:20 | 1:03:07 | 22 | M30 | 75 | 15:27 | 15:13 | 16:05 | 15:33 | |
| 263 | 448 | MAIHOEFER REINHARD | *Koeln | 1:02:51 | 1:03:23 | 14 | M55 | 52 | 13:54 | 15:23 | 16:37 | 16:57 | |
| 264 | 126 | THOMS OLIVER | *Pulheim | 1:02:59 | 1:03:45 | 23 | M30 | 78 | 15:41 | 15:40 | 15:52 | 15:44 | |
| 265 | 257 | EBERHARDT RUDOLF | *Pulheim | 1:03:02 | 1:03:57 | 69 | M40 | 66 | 15:01 | 15:29 | 15:57 | 16:34 | |
| 266 | 904 | KOEHL GUENTHER | *Koeln | 1:03:12 | 1:03:54 | 60 | M45 | 62 | 14:23 | 15:37 | 16:54 | 16:16 | |
| 267 | 1280 | Arndt Michael | *Siegburg | 1:03:27 | 1:03:52 | 70 | M40 | 69 | 14:08 | 15:06 | 16:35 | 17:37 | |
| 268 | 275 | MOHRENSTECHE DIRK | Rheirunner and friends | 1:03:41 | 1:04:21 | 71 | M40 | 69 | 15:09 | 16:14 | 16:28 | 15:48 | |
| 269 | 1027 | SCHLOESSER RALF | Eiscafe La Luna Pulheim | 1:04:16 | 1:05:00 | 61 | M45 | 63 | 15:08 | 16:09 | 16:55 | 16:02 | |
| 270 | 1266 | Oldenburg Uwe | Prof.Baum Trainingsinstitut | 1:04:17 | 1:04:30 | 3 | M65 | 41 | 14:28 | 16:37 | 16:50 | 16:21 | |
| 271 | 549 | MICHAEL MARKUS | *Pulheim | 1:04:49 | 1:05:34 | 62 | M45 | 64 | 14:44 | 16:05 | 17:22 | 16:37 | |
| 272 | 478 | SCHUGT THOMAS | TKD Dragons Pulheim e.V. | 1:04:57 | 1:05:52 | 24 | M30 | 76 | 13:56 | 16:16 | 17:30 | 17:13 | |
| 273 | 109 | DULAK CHRISTOPH | *Frechen | 1:04:57 | 1:05:28 | 31 | M35 | 70 | 14:54 | 16:25 | 17:00 | 16:37 | |
| 274 | 731 | BONGEN MICHAEL | *Pulheim | 1:04:58 | 1:05:44 | 63 | M45 | 64 | 13:44 | 15:14 | 17:56 | 18:03 | |
| 275 | 245 | BAUMANN PATRICK | *Pulheim | 1:05:58 | 1:06:46 | 72 | M40 | 65 | 14:39 | 16:01 | 17:25 | 17:51 | |
| 276 | 537 | FRANZ HEINRICH | *Pulheim-Brauweiler | 1:06:10 | 1:07:01 | 64 | M45 | 63 | 15:11 | 16:16 | 17:03 | 17:39 | |
| 277 | 279 | DOELKEN WOLFRAM | *Siegen | 1:06:10 | 1:07:01 | 15 | M55 | 54 | 15:11 | 16:16 | 17:03 | 17:38 | |
| 278 | 922 | CYRANKA SIEGFRIED | TTC Blau-Rot-Geyen 1971 e.V. | 1:06:27 | 1:07:07 | 2 | M70 | 38 | 15:07 | 16:18 | 17:09 | 17:52 | |
| 279 | 708 | KLAR ALFONS | TTC Brauweiler | 1:06:55 | 1:06:57 | 16 | M55 | 53 | 14:58 | 17:02 | 17:24 | 17:29 | |
| 280 | 660 | KAMINSKI HANS | *Pulheim | 1:07:40 | 1:08:32 | 25 | M30 | 75 | 15:26 | 17:09 | 17:35 | 17:28 | |
| 280 | 978 | GAARZ MARCUS | *Brauweiler | 1:07:40 | 1:08:32 | 25 | M30 | 78 | 15:26 | 17:08 | 17:35 | 17:28 | |
| 282 | 861 | BRAUN KARL-HEINZ | *Lohmar | 1:08:13 | 1:09:03 | 6 | M60 | 48 | 16:01 | 16:46 | 17:23 | 18:02 | |
| 283 | 243 | KIRK UWE | Prof. Baum | 1:09:26 | 1:09:52 | 4 | M65 | 42 | 15:33 | 17:08 | 18:36 | 18:08 | |
| 284 | 1052 | MUELLER MANFRED | TEAM RAFA | 1:12:39 | 1:13:06 | 7 | M60 | 48 | 16:44 | 18:28 | 19:16 | 18:10 | |
| 285 | 335 | ANDRE PATRIC | *Bergheim-Oberaussem | 1:14:31 | 1:15:07 | 32 | M35 | 71 | 16:15 | 20:16 | 19:29 | 18:30 | |
| 286 | 1069 | SCHWER DR DOMINIC | *Koeln | 1:16:21 | 1:17:09 | 27 | M30 | 76 | 16:35 | 19:22 | 19:32 | 20:51 | |
| 287 | 46 | PABST THORSTEN | *Pulheim | 0:38:51 | 0:39:09 | 33 | M35 | 72 | 12:17 | 13:00 | 13:33 | 00:00 | |
| 288 | 1174 | Gröppel Frank | Pulheimer SC | 0:42:50 | 0:43:02 | 8 | M60 | 49 | 12:48 | 14:21 | 15:40 | 00:00 | |
| 289 | 320 | RODDE CHRISTIAN | *Koeln | 0:23:53 | 0:24:14 | 34 | M35 | 70 | 11:11 | 12:42 | 00:00 | 00:00 | |
| 290 | 1265 | Ostorkamp Hermann Jörg | *Pulheim | 0:26:48 | 0:27:22 | 17 | M55 | 54 | 13:07 | 13:40 | 00:00 | 00:00 | |
| 291 | 1282 | Fatapour Mehdi | *Köln | 0:29:31 | 0:30:19 | 18 | M55 | 51 | 14:19 | 15:11 | 00:00 | 00:00 | |
| 292 | 536 | VOLK MAEXX | SC Pulheim | 0:30:33 | 0:30:53 | 7 | MJB | 96 | 14:15 | 16:18 | 00:00 | 00:00 | |
| 293 | 564 | SCHLOEMER | TUS Fresh Peppermint | 0:10:22 | 0:10:30 | 16 | MHK | 85 | 10:22 | 00:00 | 00:00 | 00:00 | |
| 294 | 1 | THOMAS LEO | LT Venusberg-Bonn | 0:13:49 | 0:14:24 | 65 | M45 | 63 | 13:49 | 00:00 | 00:00 | 00:00 | |
| 295 | 655 | ZEHNPFENNIG | *Much | 0:14:10 | 0:14:23 | 19 | M55 | 53 | 14:10 | 00:00 | 00:00 | 00:00 | |
| 296 | 99 | BUCHHEISTER ANDREAS | *Arnsberg | 0:16:31 | 0:17:28 | 66 | M45 | 62 | 16:31 | 00:00 | 00:00 | 00:00 | |

10km - Gesamtwertung

4. Abteilauf Brauweiler - 23.08.2009

Frauen

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden |
|-------|---------|----------------------|--------------------------------|---------|---------|-------|-----|------|-------------------------|
| 1 | 1273 | Jaeger Ronja | Glessen | 0:39:10 | 0:39:11 | 1 | WHK | 89 | 09:25 09:52 10:00 09:51 |
| 2 | 898 | MEYER MARLIES | LG Rhein-Erft | 0:39:14 | 0:39:18 | 1 | W40 | 68 | 09:22 09:55 10:04 09:51 |
| 3 | 1065 | JASCHKE LISA | LG ASV DSHS Koeln | 0:41:01 | 0:41:11 | 1 | WJA | 90 | 09:45 10:10 10:33 10:32 |
| 4 | 1495 | Sokolowska Agnieszka | RTC Frechen 80 e.V. | 0:43:25 | 0:43:28 | 1 | W30 | 76 | 10:00 11:00 11:18 11:06 |
| 5 | 528 | STOPPKOTTE EVA-MARIA | *Koeln | 0:48:19 | 0:48:49 | 1 | W35 | 70 | 11:37 12:11 12:22 12:08 |
| 6 | 598 | SCHMIEDER PETRA | SSF Bonn | 0:49:05 | 0:49:20 | 1 | W45 | 62 | 11:18 12:12 12:40 12:53 |
| 7 | 37 | DRYGALSKY HEIKE | *Bergheim | 0:49:11 | 0:49:19 | 2 | W40 | 69 | 11:03 12:32 12:39 12:55 |
| 8 | 1022 | MOCK ARIANE | *Dormagen | 0:49:16 | 0:49:33 | 2 | W35 | 73 | 11:43 12:18 12:32 12:41 |
| 9 | 612 | HAGEN KATRIN | *Titz | 0:50:23 | 0:50:38 | 3 | W35 | 72 | 12:17 12:45 12:48 12:32 |
| 10 | 975 | HOERSTER NATALIE | *Koeln | 0:50:31 | 0:50:54 | 4 | W35 | 74 | 12:50 12:44 12:33 12:23 |
| 11 | 92 | SCHWARZ ROSHANAK | *Koeln | 0:51:19 | 0:51:30 | 2 | W45 | 63 | 12:08 12:56 13:14 12:59 |
| 12 | 470 | SCHEER SUZANNE | *pulheim | 0:51:39 | 0:51:52 | 3 | W45 | 63 | 11:51 12:55 13:18 13:33 |
| 13 | 532 | REINHOLZ CHRISTIANE | LG Langsur | 0:52:06 | 0:52:33 | 4 | W45 | 64 | 12:39 13:09 13:12 13:05 |
| 14 | 35 | LUTZ ESTHER | *Pulheim | 0:52:11 | 0:52:58 | 5 | W35 | 71 | 12:37 13:01 13:15 13:17 |
| 15 | 17 | HENGES ANTJE | TuS Brauweiler | 0:52:22 | 0:52:24 | 5 | W45 | 61 | 12:17 13:09 13:26 13:29 |
| 16 | 1486 | Brandenburg Helga | ASV Köln | 0:52:25 | 0:52:31 | 1 | W65 | 44 | 11:56 13:06 13:34 13:47 |
| 17 | 58 | BAGINSKI ALICE | Prof.Dr.Baum Institut | 0:52:35 | 0:52:45 | 1 | W50 | 56 | 11:53 13:13 13:45 13:42 |
| 18 | 967 | SELENT MICHAELA | BiMi | 0:53:37 | 0:54:09 | 6 | W45 | 64 | 13:00 13:33 13:41 13:22 |
| 19 | 966 | BERAN BIRGIT | BiMi | 0:53:38 | 0:54:10 | 3 | W40 | 68 | 12:59 13:33 13:40 13:24 |
| 20 | 285 | HEINRICH ANJA | Deutsche Post DHL | 0:54:18 | 0:54:27 | 2 | WHK | 81 | 12:31 13:31 14:11 14:05 |
| 21 | 704 | KREMP ALEXANDRA | *Pulheim | 0:54:27 | 0:55:21 | 4 | W40 | 68 | 13:51 13:56 13:37 13:01 |
| 22 | 1097 | ZIEWERS ERIKA | LG Langsur | 0:54:54 | 0:55:20 | 7 | W45 | 63 | 12:55 13:40 14:07 14:11 |
| 23 | 96 | HENNING HEIKE | TuS Brauweiler | 0:55:05 | 0:55:29 | 2 | W50 | 57 | 13:49 14:04 13:41 13:29 |
| 24 | 459 | ESSER LIISA | KSG Koeln e.V. | 0:55:20 | 0:56:00 | 3 | WHK | 81 | 13:27 13:37 14:05 14:09 |
| 25 | 631 | WEEGER SANDRA | *Koeln | 0:55:28 | 0:55:38 | 5 | W40 | 67 | 12:19 14:04 14:30 14:33 |
| 26 | 287 | GRAY CARRIE | *Bergheim | 0:55:53 | 0:56:02 | 4 | WHK | 89 | 13:04 14:18 14:21 14:08 |
| 27 | 749 | HELLMICH KIRSTEN | *koeln | 0:56:01 | 0:56:46 | 6 | W40 | 67 | 13:44 14:12 14:12 13:51 |
| 28 | 50 | HAJEK VERENA | TuS Brauweiler | 0:56:26 | 0:56:37 | 1 | W55 | 52 | 13:04 14:23 14:32 14:24 |
| 29 | 892 | GROSS STEFANI | TV Altendorf Ersdorf | 0:56:33 | 0:57:23 | 8 | W45 | 61 | 13:55 14:07 14:08 14:22 |
| 30 | 48 | LEHMANN ANKE | LV Stommeln | 0:56:37 | 0:56:48 | 6 | W35 | 71 | 12:17 14:23 15:11 14:44 |
| 31 | 301 | NOLTE SABINE | *Pulheim | 0:56:42 | 0:57:18 | 3 | W50 | 56 | 13:36 14:11 14:29 14:25 |
| 32 | 450 | SCHMITZ KARIN | LG Langsur | 0:57:26 | 0:57:53 | 9 | W45 | 60 | 13:58 14:18 14:33 14:36 |
| 33 | 268 | COSSMANN DOROTHEE | Rheinrunner and friends | 0:57:29 | 0:58:07 | 7 | W40 | 67 | 13:08 14:11 14:54 15:14 |
| 34 | 1490 | Borgel Silvia | *Köln | 0:57:43 | 0:57:50 | 7 | W35 | 73 | 12:51 14:35 14:53 15:23 |
| 35 | 1279 | Kraus Sonja | *Frechen | 0:57:44 | 0:58:08 | 8 | W35 | 73 | 14:08 15:05 14:13 14:16 |
| 36 | 75 | BENDER MARIANNE | *Frechen | 0:57:53 | 0:58:05 | 2 | W55 | 50 | 13:28 14:21 14:56 15:07 |
| 37 | 203 | KOENIG NATASCHA | *Bergheim | 0:57:55 | 0:58:30 | 2 | W30 | 75 | 13:26 14:23 15:07 14:59 |
| 38 | 375 | Petrovic Sonja | *Bergisch Gladbach | 0:58:10 | 0:58:59 | 5 | WHK | 81 | 13:59 14:30 14:53 14:47 |
| 39 | 522 | KNOTH-HARTUNG | *Pulheim | 0:58:20 | 0:58:36 | 10 | W45 | 64 | 13:29 14:30 14:55 15:25 |
| 40 | 613 | BILLSTEIN KATHARINA | *Erfstadt | 0:58:20 | 0:58:32 | 4 | W50 | 59 | 14:11 14:47 14:40 14:40 |
| 41 | 923 | SPECHT-SELLE BIRGIT | TuS Brauweiler | 0:58:26 | 0:58:51 | 8 | W40 | 66 | 13:26 14:28 15:06 15:24 |
| 42 | 735 | VAN LAACK MARTINA | *Pulheim | 0:58:29 | 0:58:44 | 11 | W45 | 62 | 13:45 14:38 15:04 15:00 |
| 43 | 82 | KAMMHOLZ ALMUT | *Leverkusen | 0:58:42 | 0:59:27 | 9 | W40 | 65 | 14:40 14:50 14:38 14:32 |
| 44 | 244 | HERZKAMP CHRISTEL | H2O | 0:58:44 | 0:59:00 | 6 | WHK | 86 | 13:33 14:45 15:13 15:12 |
| 45 | 693 | TE PASS CHRISTINE | ASV Koeln | 0:58:46 | 0:59:04 | 12 | W45 | 63 | 14:10 14:47 14:52 14:55 |
| 46 | 1271 | Mehren Jutta | *Grevenbroich | 0:58:58 | 0:59:17 | 13 | W45 | 64 | 13:36 14:28 15:06 15:46 |
| 47 | 483 | SCHEUER DOROTHE | LG Langsur | 0:59:01 | 0:59:31 | 10 | W40 | 68 | 14:28 14:44 14:48 15:00 |
| 48 | 518 | SCHMITZ MARION | LG Langsur | 0:59:01 | 0:59:31 | 14 | W45 | 64 | 14:29 14:43 14:48 15:00 |
| 49 | 584 | JOSTOCK CLAUDIA | LG Langsur | 0:59:01 | 0:59:31 | 11 | W40 | 67 | 14:29 14:43 14:48 15:00 |
| 50 | 733 | VAN LAACK NURIA | *Pulheim | 0:59:03 | 0:59:17 | 1 | WJB | 93 | 13:41 14:44 15:08 15:29 |
| 51 | 426 | KRELLIG MANUELA | *Koeln | 0:59:16 | 0:59:45 | 7 | WHK | 81 | 14:15 14:52 15:06 15:01 |
| 52 | 714 | WENKE ANJA | *Koeln | 0:59:42 | 1:00:18 | 9 | W35 | 71 | 13:24 15:06 15:47 15:23 |
| 53 | 1475 | Thul Gerlinde | Prof. Dr. Baum Team | 1:00:34 | 1:00:46 | 5 | W50 | 55 | 14:11 16:05 15:13 15:04 |
| 54 | 984 | PARK HYE-JIN | *Bonn | 1:00:57 | 1:01:29 | 3 | W30 | 76 | 15:06 14:49 15:51 15:10 |
| 55 | 617 | FEHLIS KERSTIN | *Herzogenrath | 1:01:02 | 1:01:36 | 10 | W35 | 71 | 14:43 15:28 15:33 15:17 |
| 56 | 1404 | Schmitz Hannelore | Prof. Dr. Baum | 1:01:35 | 1:01:48 | 1 | W60 | 47 | 14:10 15:15 16:02 16:07 |
| 57 | 315 | KRAEMER MICHELE | Kölner Ausdauer-und Laufschule | 1:01:43 | 1:02:12 | 11 | W35 | 74 | 14:40 15:59 15:44 15:19 |
| 58 | 317 | HAGENDORF ANDREA | *Pulheim | 1:01:49 | 1:02:35 | 12 | W35 | 70 | 15:00 15:29 15:46 15:33 |
| 59 | 1203 | Rabe Antje | Rabensports | 1:02:11 | 1:03:05 | 12 | W40 | 65 | 15:17 15:21 15:44 15:48 |
| 60 | 550 | WINGEN ELKE | *Pulheim | 1:02:13 | 1:02:58 | 13 | W40 | 65 | 14:48 15:30 15:44 16:10 |

10km - Gesamtwertung

4. Abteilauf Brauweiler - 23.08.2009

Frauen

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Runden | | | | |
|-------|---------|----------------------|--------------------------------|---------|---------|-------|-----|------|--------|-------|-------|-------|--|
| 61 | 855 | ARPE DORIS | TV Altendorf-Ersdorf | 1:02:14 | 1:03:03 | 6 | W50 | 55 | 14:43 | 15:43 | 16:15 | 15:31 | |
| 62 | 982 | MERTEN IRINA | *Bonn | 1:02:20 | 1:02:54 | 13 | W35 | 71 | 15:26 | 15:55 | 15:49 | 15:08 | |
| 63 | 695 | LEY MARIANNE | *Koeln | 1:02:40 | 1:02:57 | 3 | W55 | 50 | 14:33 | 15:39 | 16:22 | 16:05 | |
| 64 | 1061 | SCHNEIDER MARIA | *Huerth | 1:03:08 | 1:03:26 | 14 | W40 | 66 | 13:57 | 15:24 | 16:45 | 17:00 | |
| 65 | 1053 | SCHMITZ-VERHNJAK | TEAM RAFA | 1:03:27 | 1:04:18 | 4 | W55 | 51 | 15:22 | 16:04 | 16:07 | 15:52 | |
| 66 | 325 | ROSENKRANZ SANDRA | *bergheim | 1:03:57 | 1:03:59 | 15 | W40 | 68 | 14:28 | 16:12 | 16:19 | 16:57 | |
| 67 | 911 | HANSEN PIA | TV Altendorf-Ersdorf | 1:04:55 | 1:05:46 | 15 | W45 | 62 | 15:11 | 16:24 | 16:59 | 16:20 | |
| 68 | 711 | RUPIETTA SUSANNE | *Koeln | 1:05:20 | 1:06:14 | 16 | W45 | 64 | 14:57 | 16:17 | 17:04 | 17:00 | |
| 69 | 83 | BARDENHEUER SILKE | TuS Brauweiler | 1:05:28 | 1:06:12 | 14 | W35 | 71 | 15:28 | 16:35 | 16:59 | 16:25 | |
| 70 | 1479 | Stuhm Silvia | *Bergisch Gladbach | 1:05:29 | 1:06:15 | 15 | W35 | 70 | 15:00 | 16:36 | 17:26 | 16:26 | |
| 71 | 1176 | Reifferscheid Monika | | 1:05:33 | 1:05:52 | 17 | W45 | 64 | 14:47 | 16:24 | 17:09 | 17:13 | |
| 72 | 333 | KUEPPERS ANGELIKA | *Pulheim | 1:05:39 | 1:06:26 | 4 | W30 | 76 | 15:30 | 16:13 | 16:56 | 16:58 | |
| 73 | 127 | THOMS KATJA | *Pulheim | 1:08:32 | 1:09:17 | 5 | W30 | 79 | 16:13 | 16:58 | 17:37 | 17:43 | |
| 74 | 1480 | Parmann Rita | *Köln | 1:08:50 | 1:09:32 | 16 | W35 | 71 | 15:36 | 16:58 | 18:10 | 18:05 | |
| 75 | 558 | ROLAND ELKE | *Hennef | 1:09:05 | 1:09:31 | 16 | W40 | 69 | 15:30 | 17:13 | 18:23 | 17:58 | |
| 76 | 905 | ALTHOFF CHRISTIANA | *Koeln | 1:10:13 | 1:10:55 | 7 | W50 | 57 | 15:09 | 17:08 | 18:43 | 19:12 | |
| 77 | 185 | WENG SIMONE | *Koeln | 1:12:43 | 1:13:35 | 17 | W35 | 72 | 15:40 | 18:14 | 19:32 | 19:17 | |
| 78 | 251 | KLEIN UTE | *Frechen | 1:13:54 | 1:14:13 | 17 | W40 | 68 | 16:32 | 18:23 | 20:08 | 18:50 | |
| 79 | 860 | SPACHTHOLZ MARLIES | *Bergheim-Glessen | 1:13:57 | 1:14:52 | 8 | W50 | 56 | 16:26 | 18:56 | 19:26 | 19:08 | |
| 80 | 272 | DRUEKE BARBARA | Rheinrunner and friends | 1:15:56 | 1:16:36 | 18 | W35 | 71 | 17:19 | 19:02 | 20:24 | 19:09 | |
| 81 | 1485 | Hinterthan Monika | Prof Baum | 1:22:17 | 1:22:45 | 1 | W70 | 39 | 19:01 | 20:54 | 20:50 | 21:31 | |
| 82 | 105 | DULAK DANIELA | ssk kerpen | 0:24:02 | 0:24:13 | 19 | W35 | 74 | 11:14 | 12:47 | 00:00 | 00:00 | |
| 83 | 1281 | Obnosterer Ute | Lahm Söck Frechen | 0:25:43 | 0:26:03 | 18 | W45 | 63 | 11:54 | 13:49 | 00:00 | 00:00 | |
| 84 | 113 | MUENZEL ANDREA | Kölner Ausdauer-und Laufschule | 0:29:18 | 0:29:46 | 18 | W40 | 67 | 14:15 | 15:02 | 00:00 | 00:00 | |
| 85 | 1469 | Berweiler Barbara | | 0:29:47 | 0:30:30 | 6 | W30 | 78 | 14:18 | 15:28 | 00:00 | 00:00 | |
| 86 | 1252 | Satow Karin | | 0:32:38 | 0:32:49 | 19 | W45 | 60 | 15:25 | 17:12 | 00:00 | 00:00 | |
| 87 | 917 | SINGH NICOLE | *Bergheim | 0:10:20 | 0:10:29 | 20 | W35 | 74 | 10:20 | 00:00 | 00:00 | 00:00 | |
| 88 | 548 | KERTELS SIMONE | LG Langsur | 0:12:55 | 0:13:22 | 21 | W35 | 72 | 12:55 | 00:00 | 00:00 | 00:00 | |