

10km - Gesamtwertung

11. Abteilaufl Brauweiler - 12.6.2016

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	257	Hain Matthias	LVR Donatusschule	0:38:31	0:38:32	1	M40	76	09:02	09:43	09:55	09:48	
2	1111	Kurth Jürgen	Pulheimer SC	0:39:00	0:39:00	1	M50	63	09:03	09:51	10:04	10:00	
3	132	Chudalla Philipp	*Aachen	0:39:15	0:39:17	1	MHK	88	09:35	09:57	09:51	09:50	
4	236	Gollan Michael	Pulheimer SC	0:39:25	0:39:26	1	M35	81	09:22	09:57	10:07	09:57	
5	24	Aldana Gamboa Jose Israel	Team Mexico	0:40:00	0:40:02	2	MHK	89	09:06	10:09	10:12	10:33	
6	870	Hauser Michael	GVG-Laufteam	0:40:17	0:40:19	2	M40	74	09:12	10:02	10:23	10:39	
7	1066	Schuster Fabian		0:40:53	0:40:55	1	M30	82	09:49	10:20	10:22	10:20	
8	35	Baltes Achim	*Köln	0:40:53	0:40:57	3	M40	75	09:55	10:20	10:22	10:15	
9	1109	Hengst Nando	*Odenthal	0:41:39	0:41:43	2	M30	85	09:48	10:26	10:38	10:46	
10	225	Gaspar Dennis	Wir für Sofia	0:42:00	0:42:02	2	M35	80	09:48	10:48	10:50	10:34	
11	659	Rulhoff Michael	Kita Krabbe	0:42:06	0:42:08	1	M45	71	10:02	10:33	10:44	10:46	
12	326	Juckel DR Bernd	SG Neukirchen-Hülchrath	0:42:13	0:42:15	1	M65	50	10:14	10:38	10:44	10:36	
13	735	Spörk Konstantin	SV GW Brauweiler	0:42:28	0:42:34	1	MU18	02	09:39	10:29	11:15	11:03	
14	1106	Lüttger Jörg	SC GFC Düren 99	0:42:45	0:42:47	2	M45	68	10:21	10:45	10:43	10:54	
15	958	Weber Thorsten	*Pulheim	0:43:04	0:43:14	4	M40	72	10:33	10:47	10:51	10:52	
16	1027	Gräser Steffen	Troisdorfer LG	0:43:23	0:43:28	3	M45	67	10:05	10:44	11:06	11:27	
17	1100	Keßler Oliver	TUS Brauweiler	0:43:50	0:43:56	2	M50	66	10:31	10:56	11:16	11:06	
18	64	Biedermann Thomas	*Köln	0:43:54	0:43:59	3	M50	66	10:24	10:56	11:25	11:07	
19	484	Urlewitz Frank		0:43:58	0:44:01	4	M45	69	10:22	11:09	11:18	11:07	
20	893	Köllner Niklas	*Pulheim	0:43:59	0:44:02	2	MU18	99	10:28	11:03	11:18	11:08	
21	280	Herzkamp Andreas	*Pulheim	0:44:09	0:44:15	3	MHK	92	10:29	11:07	11:27	11:05	
22	1062	Xylander Espen		0:44:26	0:44:29	1	MU20	98	10:33	11:12	11:39	11:00	
23	801	Weißenberg Martin	*Köln	0:44:41	0:44:48	3	M35	77	10:29	11:14	11:26	11:30	
24	487	Moenter Kevin		0:44:50	0:44:53	4	MHK	91	10:38	11:21	11:44	11:06	
25	239	Gray Terence	*Pulheim	0:45:28	0:45:32	1	M60	55	10:34	11:24	11:42	11:46	
26	285	Hofer Markus	Dürener TV 1847	0:45:41	0:45:44	4	M35	78	10:20	11:17	11:58	12:04	
27	369	Köthe Noël	Dürener TV 1847	0:45:42	0:45:45	5	M40	74	10:20	11:17	11:59	12:04	
28	925	Reinartz Michael	GVG-Laufteam	0:45:45	0:46:08	5	M35	77	11:10	11:15	11:39	11:39	
29	0	unbekannt CE87389		0:45:50	0:45:55	5	MHK		10:42	11:27	11:51	11:48	
30	40	Bastek Martin	*Köln	0:45:56	0:46:09	6	M35	77	10:48	11:28	11:57	11:42	
31	282	Herzkamp Ulrich	*Pulheim	0:46:04	0:46:07	6	MHK	89	10:08	11:31	11:54	12:30	
32	731	Soulios Max	*Frechen	0:46:20	0:46:34	7	MHK	89	11:21	11:28	11:47	11:42	
33	202	Fester Hubert	Dorfgemeinschaft Geyen	0:46:29	0:46:41	4	M50	65	10:46	11:26	12:01	12:15	
34	603	Preuß Stephan	SV Auweiler-Esch	0:46:34	0:46:53	3	M30	85	10:43	11:48	12:16	11:45	
35	855	Engel Klaus	GVG-Laufteam	0:46:35	0:46:41	1	M55	58	10:47	11:30	11:59	12:17	
36	623	Reitmeier Jens	Runners Point Run Club Köln	0:46:47	0:46:53	4	M30	86	10:51	11:43	12:09	12:03	
37	732	Soulios Niko	*Frechen	0:46:51	0:46:55	8	MHK	91	11:07	11:41	11:59	12:03	
38	897	Köngeter Hans	GVG-Laufteam	0:46:53	0:47:07	2	M60	54	11:31	11:45	11:51	11:45	
38	1038	Harter Wulfram	*Frechen	0:46:53	0:46:56	2	M55	58	10:49	11:46	12:20	11:57	
40	153	Degenhardt Olaf	*Pulheim	0:46:56	0:47:05	5	M45	67	10:41	11:38	12:08	12:28	
41	47	Becker Lars	LVS Stommeln	0:47:04	0:47:09	7	M35	77	11:15	11:52	11:52	12:03	
42	710	Schwabe Bernd	Sonntagsläufer	0:47:11	0:47:19	3	M60	56	11:01	11:53	12:05	12:11	
43	983	Humpisch Christoph		0:47:31	0:47:35	9	MHK	89	10:28	11:39	12:38	12:45	
44	1105	Milzarek Christian		0:47:58	0:48:03	10	MHK	87	10:36	12:01	12:43	12:36	
45	1115	Podzus Horst	*Bergisch Gladbach	0:48:09	0:48:17	3	M55	61	11:38	12:16	12:08	12:05	
46	976	Shokry Samy	TUS Brauweiler	0:48:13	0:48:40	8	M35	80	11:47	12:14	12:21	11:49	
47	1040	Nikelowski Norbert	Marathonfreunde Köln	0:48:19	0:48:34	4	M55	58	11:16	11:56	12:20	12:46	
48	594	Pelko Peter	*Dormagen	0:48:23	0:48:50	6	M45	69	11:53	12:13	12:22	11:53	
49	258	Hammerschmidt Marcel	FC Junkersdorf	0:48:30	0:48:37	6	M40	72	11:51	12:27	12:27	11:43	
50	643	Rosendahl Thomas	Sonntagsläufer	0:48:43	0:48:51	5	M50	66	11:01	11:58	13:09	12:35	
51	823	Zell Jörg	*Kerpen	0:48:48	0:48:56	7	M40	72	11:51	12:26	12:27	12:02	
52	1110	Schmidt Carsten		0:48:50	0:48:51	9	M35	78	11:38	12:19	12:38	12:14	
53	641	Rogge Sven	*Köln	0:48:56	0:49:23	8	M40	76	11:37	12:13	12:35	12:30	
54	354	Kleibert Rainer	*Pulheim	0:48:56	0:49:23	7	M45	69	11:54	12:16	12:35	12:10	
55	1042	Kirstein Andreas		0:49:01	0:49:05	9	M40	74	11:18	12:03	13:00	12:39	
56	85	Breidenbach Frank	Union Biesfeld Triathlon	0:49:03	0:49:18	8	M45	70	11:53	12:29	12:26	12:14	
57	1031	Grau Holger	VfB Lövenich	0:49:04	0:49:16	9	M45	69	11:25	12:21	12:38	12:39	
58	281	Herzkamp David	*Pulheim	0:49:08	0:49:15	2	MU20	97	11:30	12:16	12:52	12:29	
59	808	Werner Martin	KiGa Krabbe	0:49:09	0:49:14	10	M40	73	11:31	12:03	12:38	12:57	
60	922	Ramakic Kemal	GVG-Laufteam	0:49:15	0:49:38	6	M50	64	11:59	12:16	12:26	12:32	

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
61	301	Hupertz Jörg	*Pulheim	0:49:23	0:49:29	11	M40	73	12:14	12:27	12:14	12:27	
62	978	Wieneke Vincent	NGK	0:49:23	0:49:26	3	MU18	01	10:42	12:30	13:17	12:53	
63	730	Soppe Wim	*Pulheim	0:49:32	0:49:52	10	M45	67	12:04	12:33	12:48	12:06	
64	41	Baus Reiner	Cologne Running Crew	0:49:39	0:49:50	4	M60	54	11:37	12:39	12:39	12:42	
65	88	Breiter Sascha	*Pulheim	0:49:43	0:49:47	11	M45	69	11:24	12:23	12:59	12:55	
66	849	Coste Timm	GVG-Laufteam	0:49:48	0:50:01	12	M45	70	11:52	12:28	12:44	12:42	
67	137	Conrad Jürgen	TSV Bayer Dormagen	0:49:53	0:50:04	1	M70	46	11:49	12:35	12:50	12:38	
68	500	Kussmann Christian	*Pulheim	0:50:00	0:50:19	10	M35	81	12:10	12:33	12:41	12:34	
69	207	Frechen Joachim	Prize-Ring Kampfsport Koblenz	0:50:10	0:50:21	7	M50	66	12:20	12:42	12:39	12:28	
70	314	Jäger Walter	LT Decksteiner Weiher	0:50:19	0:50:36	5	M60	53	12:09	12:47	12:53	12:29	
71	854	Emmerich Marc	GVG-Laufteam	0:50:34	0:50:47	11	M35	80	12:17	12:45	12:56	12:34	
72	934	Schmiedel Matthias	*Köln	0:50:43	0:50:57	11	MHK	88	12:16	12:46	12:59	12:40	
73	376	Koslowski Stephan	mika.timing	0:50:43	0:51:04	13	M45	71	12:09	12:51	13:04	12:38	
74	884	Kahlert Arthur	GVG-Laufteam	0:50:50	0:50:53	12	M35	80	11:27	13:09	13:42	12:30	
75	177	Ebert Torsten	*Frechen-Königsdorf	0:50:58	0:51:19	13	M35	81	12:46	12:51	13:01	12:19	
76	969	Biess Markus		0:51:01	0:51:07	14	M45	70	12:17	12:42	12:57	13:03	
77	103	Masrouchehr Sebastian	Raiba Frechen-Hürth eG	0:51:05	0:51:24	5	M30	86	12:32	12:59	13:00	12:32	
78	1192	Wüst Hans Werner	ASC	0:51:09	0:51:17	2	M65	50	12:19	12:56	13:00	12:52	
79	783	Viggen Bruno	Sonntagsläufer	0:51:11	0:51:21	8	M50	65	12:04	12:45	13:10	13:11	
80	775	Uekermann Dirk	*Düsseldorf	0:51:13	0:51:24	15	M45	70	12:30	13:02	12:58	12:42	
81	646	Rosso Mario	TUS	0:51:14	0:51:33	5	M55	60	12:41	12:51	12:57	12:45	
82	945	Teutsch Uwe	GVG-Laufteam	0:51:16	0:51:31	9	M50	63	12:06	12:52	12:58	13:19	
83	868	Hartl Sigggi	GVG-Laufteam	0:51:23	0:51:38	6	M55	58	12:24	12:38	13:08	13:13	
84	763	Thomas Leo	*Bonn	0:51:33	0:51:37	10	M50	63	11:44	12:52	13:24	13:32	
85	63	Bieda Marc	Lauf-Akademie	0:51:36	0:51:48	6	M30	84	12:15	12:45	12:55	13:40	
86	829	Abs Stefan	GVG-Laufteam	0:51:39	0:51:44	12	M40	75	11:40	12:54	13:30	13:32	
87	0	unbekannt DT7F16W		0:51:43	0:51:43	12	MHK		11:45	12:54	13:30	13:33	
88	696	Schoberth DR Peter	Sonntagsläufer	0:51:53	0:52:02	11	M50	62	12:05	13:03	13:33	13:11	
89	800	Weiss Ingolf	Sonntagsläufer	0:51:53	0:52:03	16	M45	67	11:59	12:52	13:26	13:34	
90	915	Pallgen Michael	GVG-Laufteam	0:52:02	0:52:07	12	M50	64	11:45	13:16	13:34	13:26	
91	1061	Pabst Thorsten		0:52:15	0:52:22	13	M40	72	11:56	13:04	13:31	13:43	
92	826	Abromeit Werner	GVG-Laufteam	0:52:36	0:52:59	13	M50	65	12:44	13:15	13:17	13:19	
93	480	Golf Stefan		0:52:45	0:53:11	14	M40	72	12:31	13:06	13:33	13:34	
94	1062	Schiffer Marcel	LC JUgend 07 Bergheim	0:53:03	0:53:25	7	M30	83	12:21	13:02	13:50	13:48	
95	956	Wardenbach Thomas	GVG-Laufteam	0:53:04	0:53:10	17	M45	67	11:43	13:11	14:07	14:01	
96	468	Thuener Lennart	RollingBull	0:53:10	0:53:12	4	MU18	02	10:58	13:14	15:20	13:37	
97	481	Fischenich Wolfgang		0:53:11	0:54:08	14	M50	64	12:09	13:12	13:33	14:16	
98	278	Hertel Aaron	KG Fischenich Runners	0:53:21	0:53:24	14	M35	81	12:10	13:38	13:49	13:43	
99	632	Ripp Dieter	VTC Köln	0:53:26	0:53:30	6	M60	56	12:36	13:26	13:38	13:44	
100	99	Kerpen Dirk	*Pulheim	0:53:30	0:53:46	18	M45	68	12:05	13:00	14:01	14:23	
101	244	Grömling Michael	*Pulheim	0:53:40	0:53:55	15	M50	65	13:20	13:36	13:47	12:56	
102	32	Arndt Boris	*Frechen	0:53:53	0:54:21	16	M50	65	14:28	13:17	13:13	12:54	
103	572	Neuwaldt Volker	*Pulheim	0:54:19	0:54:31	17	M50	65	13:21	13:37	13:57	13:23	
104	393	Krus Manfred	*Pulheim	0:54:20	0:54:34	19	M45	69	12:50	13:19	13:47	14:22	
105	126	Bussmann Thomas	*Köln	0:54:33	0:54:44	20	M45	67	13:19	14:08	13:57	13:07	
106	616	Ralf Preussner	*Köln	0:54:33	0:54:44	21	M45	69	13:19	14:08	13:57	13:08	
107	197	Felder Christoph	*Frechen	0:54:33	0:54:55	15	M35	78	13:08	13:54	13:56	13:34	
108	31	Arlinghaus Ingo	*Pulheim	0:54:49	0:55:17	22	M45	69	12:18	14:00	14:18	14:12	
109	1067	Wagner Georg	TV Bedburg	0:54:55	0:55:14	7	M55	61	12:23	13:35	14:40	14:15	
110	937	Schumacher Lars	TuS Schwarz Weiß Brauweiler	0:55:02	0:55:09	23	M45	70	12:43	13:50	14:06	14:22	
111	1034	Schneider Christoph	ASV	0:55:03	0:55:15	16	M35	77	12:52	13:48	14:17	14:05	
112	736	Spörk DR Wolfgang	*Brauweiler	0:55:04	0:55:34	24	M45	67	12:25	13:43	14:26	14:28	
113	792	Voosen Ralf	*Düsseldorf	0:55:18	0:55:47	25	M45	67	13:28	14:14	13:59	13:35	
114	553	Mindermann Rainer	TuS Brauweiler	0:55:23	0:55:39	18	M50	66	13:05	13:54	14:12	14:10	
115	1024	Kornhoff Christian	Cologne Running Crew	0:55:31	0:55:53	15	M40	73	13:18	14:01	13:58	14:13	
116	700	Scholz Günter	Sonntagsläufer	0:55:31	0:55:41	8	M55	60	12:13	13:48	14:38	14:50	
117	845	Breunung Guido	TSV BAYER Dormagen	0:55:35	0:55:54	26	M45	71	12:57	13:49	14:20	14:28	
118	592	Palm Berthold	TUS SW Brauweiler	0:55:39	0:55:57	9	M55	59	12:35	14:03	14:21	14:39	
119	66	Biermann Eric	*Pulheim	0:55:45	0:56:13	19	M50	65	13:48	14:12	14:04	13:39	
120	341	Khurshid Yasir	Bananenflanke	0:55:56	0:56:02	8	M30	83	12:28	14:52	14:25	14:09	

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11. Abteilaufl Brauweiler - 12.6.2016

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
121	1035	Schotten Günther		0:56:10	0:56:27	1	M75	39	13:24	14:05	14:17	14:22	
122	578	Nolden Ralf	Altes Brauhaus	0:56:17	0:56:52	27	M45	67	13:04	14:10	14:30	14:31	
123	274	Hennies Lennart	*Brauweiler	0:56:22	0:56:29	5	MU18	00	14:39	15:23	15:32	10:47	
124	932	Schmidt Johann	*Köln	0:56:26	0:56:41	28	M45	71	13:18	14:18	14:26	14:23	
125	563	Müller Sven	*Pulheim	0:56:38	0:57:01	13	MHK	92	13:53	14:21	14:26	13:56	
126	287	Hohn Bernd	Knickfööss Köln	0:56:40	0:56:50	29	M45	70	13:19	14:21	14:29	14:29	
127	571	Neuhaus Walter	*Erfstadt	0:56:54	0:57:20	7	M60	53	14:06	14:10	14:11	14:26	
128	191	Etzbach Sascha	*Pulheim	0:56:56	0:57:05	16	M40	74	13:08	14:31	14:38	14:38	
129	377	Krahmer Constantin	*Köln	0:57:13	0:57:42	9	M30	86	13:34	14:36	14:43	14:17	
130	357	Kling Ralf	*Pulheim	0:57:27	0:57:40	30	M45	68	13:00	14:05	14:52	15:29	
131	765	Thomas Robert	PROVINZIAL	0:57:27	0:57:57	17	M40	72	14:38	14:38	14:38	13:31	
132	678	Schiffer Stefan	Flöotekäs	0:57:45	0:58:09	20	M50	63	13:49	14:31	14:36	14:47	
133	391	Krümml Josef	*Pulheim	0:57:49	0:58:06	3	M65	49	13:56	14:26	14:42	14:44	
134	824	Ziemnicki Josef	*Pulheim	0:57:53	0:58:03	10	M55	60	13:02	14:37	15:08	15:05	
135	695	Schnurbusch Henning	*Pulheim	0:58:15	0:58:41	31	M45	70	14:07	14:24	14:59	14:43	
136	916	Peitsch Volker	GVG-Laufteam	0:58:17	0:58:27	21	M50	64	12:45	14:33	15:18	15:41	
137	977	Albrecht Jeus		0:58:31	0:58:48	32	M45	68	12:45	14:25	15:41	15:39	
138	972	Widuch Jan		0:58:31	0:58:53	17	M35	77	13:10	15:07	15:11	15:01	
139	1039	Chalkidis Fotios		0:59:04	0:59:24	18	M40	73	13:35	14:35	15:09	15:42	
140	702	Schovenberg Wolfgang	*Köln	0:59:09	0:59:26	11	M55	58	13:33	14:54	15:15	15:25	
141	68	Müller Rolf	SSC Napoli	0:59:09	0:59:36	33	M45	68	13:20	14:18	15:29	16:00	
142	959	Werth Thomas	GVG-Laufteam	0:59:37	1:00:00	12	M55	61	13:10	14:54	15:27	16:04	
143	1505	Pannenbecker Till	*Pulheim-Dansweiler	0:59:46	1:00:07	19	M40	72	14:35	15:05	15:10	14:55	
144	1072	Fuhrmann Jochen		0:59:55	1:00:26	20	M40	76	14:24	14:51	15:09	15:30	
145	1114	Hanenberg Claus		0:59:55	1:00:26	21	M40	72	14:23	14:51	15:09	15:30	
146	698	Schöll Lucas	*Pulheim	0:59:57	1:00:20	14	MHK	93	15:38	15:24	14:53	14:02	
147	385	Kramer Thomas	*Pulheim	1:00:58	1:01:23	34	M45	71	15:08	15:47	15:31	14:31	
148	943	Strohhäcker Günter	GVG-Laufteam	1:01:10	1:01:20	2	M75	39	13:19	15:03	16:00	16:47	
149	80	Bongartz Ulrich	*Hennef	1:01:15	1:01:39	8	M60	53	14:34	15:21	15:37	15:41	
150	663	Sauerland Stefan	*Köln	1:01:15	1:01:31	22	M50	63	13:27	15:24	16:00	16:23	
151	1068	Deilmann Alexander	TV Bedburg	1:01:18	1:01:40	13	M55	60	14:44	15:12	15:35	15:45	
152	754	Strobl Ulli	*Köln	1:01:56	1:02:17	9	M60	56	14:31	15:30	15:52	16:01	
153	574	Nicklisch Fred	*Frechen	1:02:42	1:03:08	23	M50	65	15:53	16:18	15:45	14:45	
154	51	Behling Martin	*Köln	1:02:55	1:03:21	3	M75	41	14:57	15:49	16:07	16:01	
155	734	Spix Karl-Heinz	VDI Köln	1:04:01	1:04:25	24	M50	64	15:13	15:55	16:07	16:44	
156	364	Knoche Frank	*Rösrath	1:04:09	1:04:30	22	M40	74	14:36	16:01	16:38	16:53	
157	50	Teschner Carsten	*Pulheim	1:04:42	1:05:02	15	MHK	87	14:49	15:47	16:45	17:20	
158	368	Koch Stefan	*Pulheim	1:04:42	1:05:10	25	M50	63	15:22	16:18	16:40	16:21	
159	1041	Hoffmann Michael	*schwetzingen	1:05:08	1:05:20	26	M50	66	15:12	16:35	16:39	16:40	
160	469	Thuener Lars	RollingBull	1:05:25	1:05:27	35	M45	67	13:30	15:55	17:47	18:11	
161	27	Antwerpen Dietmar	*Königsfeld	1:05:33	1:05:53	27	M50	63	14:41	15:50	17:19	17:42	
162	767	Tigges Philipp	*Pulheim	1:06:21	1:06:42	10	M30	85	14:55	16:31	17:16	17:37	
163	482	Donimierski Michael		1:07:13	1:07:29	18	M35	77	14:52	17:16	17:25	17:38	
164	146	Cyranka Siegfried	TTC-Geyeen	1:09:08	1:09:13	4	M75	38	16:38	17:33	17:39	17:16	
165	1012	Heerstraß Oliver	ASG Elsdorf	1:10:04	1:10:12	11	M30	84	16:08	17:51	19:06	16:57	
166	290	Hopkins Martijn	*Würselen	1:12:39	1:12:59	19	M35	81	14:34	17:51	20:25	19:48	
167	699	Schöll Thomas	*Pulheim	1:13:52	1:14:16	14	M55	57	16:51	17:39	19:40	19:40	
168	780	Vedder Georg	*Pulheim	1:15:49	1:16:14	16	MHK	92	16:38	19:08	19:25	20:37	

10km - Gesamtwertung

11. Abteilaufl Brauweiler - 12.6.2016

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Runden				
1	692	Schneider Claudia	LT DSHS Köln	0:41:55	0:41:56	1	W35	78	10:03	10:32	10:40	10:39	
2	531	Maschmeier Marie-Luise	Dürener TV 1847	0:44:21	0:44:24	2	W35	79	10:20	11:16	11:30	11:13	
3	226	Geier Sandra	Top Style	0:45:10	0:45:13	1	WHK	90	10:38	11:08	11:42	11:40	
4	389	Kreutner Anke	Brühler TV 1879	0:45:35	0:45:39	3	W35	77	10:37	11:23	11:42	11:51	
5	1002	Spill Simone	*Dormagen	0:45:53	0:46:04	1	W50	66	11:03	11:33	11:41	11:34	
6	587	Ong Chin Jana	PROVINZIAL	0:48:02	0:48:08	1	W30	85	11:42	11:42	12:08	12:29	
7	957	Weber Kathrin	*Frechen	0:48:38	0:48:53	4	W35	77	11:58	12:18	12:23	11:58	
8	1113	Domgörgen Evi	DJK LC Vettweiß	0:49:16	0:49:24	2	W30	83	12:03	12:26	12:35	12:10	
9	342	Kierstein Katarzyna	*Köln	0:50:21	0:50:37	3	W30	84	12:16	12:31	12:49	12:44	
10	333	Kelterbaum Christiane	*Frechen	0:50:23	0:50:36	4	W30	86	12:10	12:39	12:53	12:40	
11	809	Wieneke Lea Paula	*Pulheim	0:51:39	0:51:47	1	WU20	97	12:20	12:53	13:13	13:12	
12	894	Kölsch Claudia	TUS Brauweiler	0:53:20	0:53:45	1	W40	72	13:49	13:20	13:13	12:56	
13	961	Winter Cordelia	TuS Brauweiler	0:55:31	0:55:53	1	W45	69	13:17	14:01	13:58	14:13	
14	199	Fenners Susanne	*Pulheim	0:55:39	0:55:54	2	W45	69	12:49	13:58	14:22	14:28	
15	390	Krings Christina	*Köln	0:55:42	0:55:52	5	W35	81	12:49	13:55	14:20	14:37	
16	724	Sell Ulrike	*Pulheim	0:56:02	0:56:17	2	W40	75	13:12	14:02	14:25	14:21	
17	189	Esser Heidrun	*Bergheim	0:56:07	0:56:15	1	W55	60	12:29	13:56	14:39	15:02	
18	914	Pallgen Claudia	GVG-Laufteam	0:57:48	0:57:54	3	W40	73	13:10	14:18	14:51	15:28	
19	275	Henny Ulrike	*Köln	0:58:33	0:59:02	5	W30	82	13:25	14:41	15:03	15:23	
20	762	Thomas Birgit	PROVINZIAL	1:00:07	1:00:34	4	W40	72	14:39	14:39	15:06	15:42	
21	1071	Newton Paula	Friedrich Wilhelm Gymnasium	1:01:27	1:01:34	1	WU18	99	14:40	15:23	15:32	15:51	
22	938	Schwabe-Morvan Ingrid	GVG-Laufteam	1:01:52	1:02:06	2	W50	62	14:10	15:28	15:58	16:14	
23	1064	Lotter Marie		1:04:00	1:04:25	3	W50	63	15:12	15:56	16:06	16:44	
24	386	Krams Sabine	www.gluhweinlauf.de	1:05:07	1:05:20	4	W50	64	15:11	16:36	16:38	16:40	
25	25	Alexandrakis Barbara	*Bergheim	1:05:29	1:05:37	2	W55	58	15:04	16:05	16:43	17:35	
26	159	Dobke Bianca	Djk SW Köln	1:06:04	1:06:33	6	W35	80	15:47	16:53	17:23	15:59	
27	766	Thul Gerlinde	*Bergheim	1:06:33	1:06:50	1	W60	55	16:07	17:08	16:38	16:39	
28	240	Greuel Silke	Djk SW Köln	1:08:06	1:08:35	3	W45	69	15:47	16:53	17:22	18:02	
29	527	Mannheim Melanie	*Köln	1:08:21	1:08:39	7	W35	80	17:00	17:36	17:30	16:14	
30	968	Schmitz-Verhnjek Sylvia	Team RAFA	1:08:53	1:09:11	1	W65	51	16:25	17:32	17:39	17:15	
31	907	Müller Dagmar	GVG-Laufteam	1:09:45	1:09:56	5	W50	62	15:05	17:10	19:10	18:19	
32	21	Agiannidis Athina	*Köln	1:11:45	1:12:04	8	W35	80	17:00	17:36	18:14	18:53	
33	266	Heath Angela	*Köln	1:12:12	1:12:37	4	W45	67	16:52	17:36	18:44	18:59	
34	515	Ley Marianne	*Köln	1:12:13	1:12:37	2	W65	50	16:52	17:36	18:44	18:59	
35	697	Schöll Lara	*Pulheim	1:13:52	1:14:16	2	WHK	96	16:52	17:39	19:41	19:39	
36	1011	Leuchtberg Sabrina	ASG Elsdorf	1:21:09	1:21:17	6	W30	83	17:50	19:49	21:35	21:55	