

## Männer

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)										
1	73	Ziegler Ferdinand Aron	*Köln	2:50:23	1	M30	1981	08:26	20:00	20:24	20:09	19:46	20:02	20:21	20:28	20:43		
2	7	Burke Michael	*Köln	2:58:46	2	M30	1981	08:14	19:34	19:43	20:12	20:37	21:06	22:14	23:02	23:58		
3	3	Bodenstein Kai-Uwe	TSG Valbert	2:59:10	1	M45	1967	08:36	20:35	20:50	20:54	21:08	21:21	21:31	21:41	22:27		
4	25	Krüger Udo	SV Germania Dürwiß	3:01:34	1	M40	1968	08:15	19:33	19:43	20:12	20:37	21:13	22:40	24:17	24:58		
5	8	Carbach Frank	Laufmonster	3:02:25	2	M40	1970	08:54	21:07	21:25	21:19	20:55	21:09	21:59	22:35	22:57		
6	39	Rummeler-Kihm Tobias	RTC FRECHEN 80	3:12:07	1	M50	1959	08:55	21:17	21:53	22:14	22:45	22:59	23:11	24:04	24:41		
7	48	Vogt Wolfgang	Feuerwehr SV Düsseldorf	3:12:56	2	M50	1959	09:31	22:17	22:33	22:32	23:05	23:15	23:07	23:06	23:25		
8	445	Kirbach Peter	SG Holzheim	3:14:43	3	M40	1969	09:28	22:32	22:27	22:29	22:40	22:53	23:16	23:49	25:02		
9	4	Bouge Frank	Team Erdinger Alkoholfrei	3:17:52	2	M45	1966	08:56	22:08	22:14	22:31	23:06	23:32	24:11	25:39	25:29		
10	22	Karl Dirk	TSG Grünstadt	3:22:00	4	M40	1968	09:02	22:13	23:29	25:51	24:55	24:19	23:48	24:18	24:00		
11	93	Shelepen Viacheslav	JRC Sankt Petersburg	3:24:45	3	M45	1964	09:25	22:20	23:41	23:37	23:56	23:58	24:39	26:11	26:48		
12	32	Pfohl Stefan	LT Rennhamster	3:25:00	4	M45	1967	10:35	25:51	25:04	24:13	23:46	23:37	23:48	23:38	24:22		
13	66	Helmert Michael	DJK Marienstatt	3:25:09	5	M45	1966	09:24	22:23	22:50	22:48	23:38	23:18	24:13	25:10	26:59	27:55	
14	56	Ziegler DR Michael	Marathon Finanz - KTT 01	3:27:25	6	M45	1964	10:55	24:32	24:07	24:09	23:50	24:07	24:18	24:54	26:27		
15	2	Beffort Marc	*Kraainem	3:27:39	3	M50	1962	09:52	24:29	24:54	24:44	24:39	24:34	24:55	25:06	24:18		
16	1	Arndt Oliver	LC Solbad Ravensberg	3:28:23	5	M40	1971	10:37	24:46	24:44	23:38	23:43	24:25	24:52	26:03	25:17		
17	59	Dresler Günther	Lt Ahrweiler	3:33:42	4	M50	1959	10:02	24:01	24:07	24:14	24:36	25:07	25:46	27:13	28:21		
18	57	Becker Mattin	Troisdorfer LG M.U.T.	3:34:20	5	M50	1960	10:45	25:38	25:06	24:41	24:48	25:13	25:32	26:11	26:19		
19	29	Neubert Tim	*Düsseldorf	3:34:54	1	MJA	1993	09:31	23:16	23:31	23:54	24:59	25:37	26:46	28:42	28:31		
20	27	Maiwald Holger	LT Rennhamster	3:35:05	6	M40	1970	10:26	23:03	23:14	23:48	24:16	25:08	26:59	28:25	29:24		
21	90	Dietz DR Gunnar	H. Lundbeck A/S	3:35:15	7	M45	1965	11:12	25:12	25:22	23:55	24:24	25:01	25:28	26:55	27:40		
22	26	Kuschel Tom	Marathon-Club Menden	3:36:05	7	M40	1970	10:43	25:05	25:01	24:48	24:51	25:12	26:02	26:34	27:42		
23	72	Saadi Robert	LG Rheinbach	3:37:09	8	M45	1966	10:57	24:24	24:32	24:30	24:34	25:17	25:48	28:25	28:31		
24	21	Jüchter Birger	Team Erdinger Alkoholfrei	3:37:43	8	M40	1972	11:31	26:00	25:40	25:58	25:55	25:57	26:01	25:57	24:37		
25	42	Slabon Raimund	Team Erdinger alkoholfrei	3:37:43	6	M50	1960	11:31	26:01	25:39	25:58	25:55	25:57	26:00	25:58	24:37		
26	47	Titze Jürgen	Troisdorfer LG M.U.T.	3:39:41	9	M45	1963	10:45	25:05	25:23	24:48	25:33	25:38	26:32	28:16	27:34		
27	12	Flören Jens	Troisdorfer LG M.U.T.	3:39:41	10	M45	1967	10:45	25:05	25:23	24:49	25:33	25:44	26:28	28:16	27:33		
28	13	Freudenberg Jörg	*Koblenz	3:39:52	9	M40	1968	10:28	24:13	24:27	24:57	25:29	26:42	27:48	28:21	27:14		
29	6	Buchwald DR Andreas	*Schlangen	3:43:29	11	M45	1966	09:50	24:23	25:45	25:24	25:09	25:40	28:01	29:20	29:51		
30	15	Grömling Michael	*Pulheim	3:43:48	12	M45	1965	11:04	26:20	25:17	25:52	25:19	25:47	27:03	27:53	29:03		
31	20	Irrgang Michael	Troisdorfer LG M.U.T.	3:45:21	13	M45	1964	10:12	27:57	25:07	26:09	26:31	26:23	26:30	28:14	27:57		
32	43	Sprang Holger	*Aachen	3:48:06	14	M45	1964	11:37	27:53	27:21	26:57	26:58	26:47	26:52	27:21	26:13		
33	71	Nolk Dirk	TG Westhofen 1883	3:48:11	3	M30	1982	10:06	24:15	24:09	23:30	24:01	24:07	25:23	37:59	34:35		
34	10	Dumke Holger	BSG Waz Medien	3:48:52	1	M35	1974	11:24	26:25	25:50	26:11	26:21	27:08	27:22	28:22	29:42		
35	77	Krüll Dr. Dr. Joey	Laufftreff Brügggen	3:51:12	15	M45	1965	11:04	26:30	25:40	26:27	27:34	28:05	28:36	28:52	28:19		
36	53	Wenzel Christoph	100 Marathon Club	3:52:10	7	M50	1960	11:38	28:06	27:17	27:39	27:30	27:23	27:15	28:10	27:06		
37	33	Pink Günter	LTF Köllertal	3:52:17	1	M55	1953	10:44	26:35	27:27	27:04	27:22	27:18	27:51	28:27	29:24		
38	16	Halder Roland	GVG Laufteam	3:52:57	10	M40	1970	11:00	26:05	26:11	27:05	27:06	27:13	27:42	28:55	31:31		
39	70	Nofftz Klaus	Gummy-Bear-Runners	3:56:07	2	M55	1957	11:15	28:15	27:41	28:06	27:33	27:24	27:14	28:37	29:54		
40	91	Green Jeffrey	Tidewater Striders	3:57:20	8	M50	1962	10:47	27:47	27:24	27:34	27:59	28:25	28:52	29:56	28:18		
41	31	Peikert Alexander	Brücker Lauffreunde	3:57:31	3	M55	1956	12:27	28:59	28:34	28:35	27:59	27:48	28:01	28:05	26:52		
42	46	Thome Niuko	Meddys LWT Koblenz	4:00:23	16	M45	1966	12:23	29:02	29:09	29:09	28:46	28:28	28:00	28:03	27:11		
43	69	Beuschold Klaus	DAV Köln	4:04:45	4	M55	1953	12:24	28:11	28:23	28:26	28:15	28:36	29:09	29:50	31:18		
44	5	Brunhuber Oliver	DLC Aachen	4:05:09	11	M40	1969	11:20	27:37	27:29	27:42	28:37	28:14	28:35	31:05	34:21		
45	54	Wolgast Leif	*Köln	4:05:47	4	M30	1979	12:29	28:59	29:07	28:19	28:19	28:50	28:52	28:36	32:03		
46	49	Wachsmann Rainer	LSF Münster	4:06:15	17	M45	1965	11:44	29:21	29:34	29:35	29:26	30:14	30:01	28:36	27:35		
47	60	Hofmann Friedhelm	DLR Simmern	4:09:52	18	M45	1965	12:30	28:55	30:02	29:13	29:13	30:04	29:12	30:08	30:22		
48	37	Rohrman Bernd	TV Hasperbach 1898 e.V	4:13:07	9	M50	1959	11:31	28:57	30:23	29:28	29:22	30:14	30:31	31:41	30:51		
49	24	Krampf DR Peter	EnBW Stromer	4:18:19	12	M40	1971	11:30	27:14	27:30	27:53	28:44	30:55	33:17	36:41	34:24		
50	38	Rota Bruno	*Sorcy St Martin	4:20:19	10	M50	1962	11:43	28:06	29:04	29:21	29:01	28:44	30:56	32:34	40:22		
51	19	Ilges Volkmar	*Bergheim	4:25:22	5	M55	1953	12:34	30:21	30:15	30:58	31:32	31:57	31:45	32:27	33:21		

## Frauen

Platz	Start.	Name	Verein/*Ort	Brutto	AK-Pl	AK	Jahr	Rundenzeiten (2.195km Runde / 5km Runden)									
1	446	Diawvoss Annabel	VFL Engelskirchen	3:18:26	1	WHK	1989	10:14	23:56	24:09	23:39	24:02	24:07	23:26	22:31	22:16	
2	11	Durry Simone	TG Neuss	3:25:00	1	W35	1975	10:35	25:51	24:59	23:40	23:57	24:04	23:48	23:38	24:22	
3	45	Tank Regina	Dortmund	3:32:24	1	W50	1959	10:34	25:19	24:58	24:48	24:51	24:51	24:59	25:44	26:14	
4	51	Wasserfuhr Barbara	Team Erdinger Alkoholfrei	3:51:35	2	W50	1962	11:02	25:48	26:18	27:02	27:38	27:53	28:00	28:39	29:06	
5	67	Reece Elisabeth	St George's School	3:56:07	3	W50	1958	11:14	28:15	27:41	28:06	27:33	27:24	27:14	28:38	29:53	
6	14	Frühauf Sylvia	MCV 2010	4:13:38	1	W45	1964	12:25	29:15	30:04	29:56	30:05	30:11	30:24	31:36	29:27	
7	44	Sprang Sonja	*Aachen	4:14:42	2	W35	1973	11:36	29:30	29:34	29:36	29:36	30:08	31:46	31:21	31:28	
8	18	Ilges Vera	cubo azul de palma	4:25:22	2	W45	1967	12:34	30:20	30:15	30:58	31:32	31:57	31:45	32:27	33:20	
9	40	Schächinger Elena	*Dettenheim	4:57:21	2	WHK	1992	12:49	30:19	31:16	31:41	32:09	34:08	38:00	45:53	40:54	