

Pl.	Stnr.	Name	Jg.	AK	Verein	Zeit	Netto
Sengbachrunde 11,3 km							
1.	755	Felix Wolff	1998	M	LC Rapid Dortmund	39:51	39:50
2.	795	Christopher Dahlmeyer	2006	MJ U20	TSV Bayer 04 Leverkusen	41:25	41:25
3.	554	Chris Zimmermann	1986	M35	TriClubWuppertal	42:05	42:05
4.	636	Louis Gaj	1998	M		44:01	44:00
5.	271	Micha Frickenschmidt	2006	MJ U20	TSV Bayer 04 Leverkusen	44:34	44:34
6.	350	Berit Scheid	1999	W	TSV Bayer 04 Leverkusen	47:55	47:55
7.	94	Daniel Gottschling	1991	M30	Rheinland Runners	48:09	48:02
8.	331	Marius Rudnick	1993	M30		48:14	48:14
9.	49	Chris Apostel	1985	M35	Rennschnecken 2000	48:40	48:39
10.	2006	Leon Röhrig	2006	MJ U20	Solinger LC	49:30	49:23
11.	76	Tobi Duncker	1971	M50		49:35	49:33
12.	782	Jorge Lyson	1982	M40	Solingen	49:41	49:36
13.	736	Stefan Potthoff	1976	M45		49:59	49:58
14.	365	Simon Hild	1988	M35		50:05	50:04
15.	788	Slawomir Mitus	1975	M45	.	50:06	50:05
16.	273	Lukas Kurowski	1985	M35	Velo Solingen	51:02	50:59
17.	543	Martin Couson	1985	M35		51:32	51:27
18.	635	Peter Krüger	1971	M50		52:24	52:21
19.	787	Pavel Provaznik	1980	M40		52:57	52:54
20.	771	Frank Holz	1971	M50		53:06	53:06
21.	1	Christian Alscher	1968	M55	TV Witzhelden	53:16	53:15
22.	21261	Armin Huelfenhaus	1963	M60		53:38	53:34
23.	451	Anke Brenner	1970	W50		53:39	53:38
24.	410	Martin Dambon	1981	M40	Run for Anna	53:40	53:29
25.	770	Fabian Holz	2005	MJ U20	Hölzer LG	53:43	53:43
26.	697	Tobi Scharwächter	1984	M40	Team Banana-Power	54:34	54:31
27.	70	Henry Wilke	2002	M		54:49	54:44
28.	766	Andrea Alcamisi	1989	M35		54:50	54:47
29.	698	Enno Cirpka	1963	M60	Neukirchener TV Leverkusen	55:06	55:05
30.	423	Robin Walter	1994	M30		55:24	55:20
31.	50	Hans Lermen	1985	M35		56:09	56:05
32.	417	Benny Lenz	1978	M45	Tura Pohlhausen	56:18	56:13
33.	726	Ole Hopfe	2008	MJ U18	LT Dünnwalder TV	57:38	56:49
34.	474	Paul Jürgen Müller	1965	M55	Solinger LC	57:56	57:49
35.	739	Oskar Schwarz	2007	MJ U18		58:11	58:06
36.	705	Leonard Knühmann	2007	MJ U18	Mettmann Sport	58:11	58:06
37.	63	Tim Hauke Hauk	1999	M		58:31	58:26
38.	2009	Bruno Cassettari	1982	M40	RunBo	58:52	58:50
39.	463	Bernd Zimmerbeutel	1960	M60	RTB Remscheid Marathonteam	58:54	58:46

40.	354 Sacha Rotondi	1964 M60		59:04	59:00
41.	728 Przemysław Podeszwa	1979 M45		59:04	58:53
42.	785 Mario Milz	1978 M45		59:07	59:04
43.	338 Kevin Felczer	1979 M45	Lauftreff Gelnhausen	59:15	59:09
44.	780 Anto Pavlovic	1951 M70		59:22	59:22
45.	502 Anne Torbohm	1971 W50	TSV Bayer 04 Leverkusen	59:27	59:25
46.	306 Markus Linnenberg	1992 M30	Freiburg Turtle Power Joggers	59:31	58:38
47.	456 Ute Sterr	1977 W45	TSV Frickenhausen	59:37	59:10
48.	734 Erna Jordan	1994 W30		59:48	59:43
49.	283 Peter Tillmann	1966 M55		59:57	59:55
50.	235 Christoph Haag	1980 M40		59:59	59:53
51.	28 Bela Köthke	1979 M45		1:00:07	59:36
52.	510 Christian Andert	1966 M55		1:00:18	59:39
53.	727 Max Hopfe	2010 MS U16	LT Dünnwalder TV	1:00:20	59:31
54.	74 Timo Zander	1980 M40		1:00:22	1:00:07
55.	759 Jana Zimmer	1969 W55		1:00:26	1:00:20
56.	466 Tobias Beicht	1984 M40		1:00:29	1:00:04
57.	786 Natalia Jäger	1976 W45		1:00:40	1:00:36
58.	153 Michael Talhoff	1982 M40	Heljens Hyenas	1:00:58	1:00:43
59.	2406 Preet Joy	1986 M35		1:01:31	1:00:57
60.	151 Justin Sagromski	1997 M	RRC	1:01:41	1:01:38
61.	544 Michael Stäblein	1961 M60	RTB Remscheid Marathonteam	1:01:43	1:01:34
62.	227 Pascal Früh	1988 M35		1:01:47	1:01:34
63.	197 Christian Haesner	1980 M40	TV Witzhelden	1:01:48	1:01:38
64.	1895 Marc Richter	1974 M50		1:01:53	1:01:47
65.	212 Christina Schinzel-Drescher	1972 W50		1:01:53	1:01:48
66.	6969 Robin Olu	1995 M		1:02:03	1:01:37
67.	401 Josh Lange	1997 M		1:02:34	1:02:30
68.	111 Jacek Czarniecki	1981 M40		1:02:34	1:02:32
69.	114 Mario Schulte	1983 M40		1:02:34	1:02:33
70.	716 Christian Rüdiger	1984 M40	Glocal Gin	1:02:36	1:02:26
71.	460 Walter Clee	1987 M35		1:02:40	1:02:30
72.	438 Simon Machtens	1998 M		1:02:48	1:02:35
73.	433 Florian Federle	1999 M		1:02:48	1:02:34
74.	357 Toni Leyendecker	1956 M65	TuRa Remscheid-Süd	1:02:56	1:02:50
75.	822 Ines Müseler	1991 W30	Bergische Rennsemmeln	1:02:57	1:02:54
76.	262 Michael Schneider	1967 M55		1:03:16	1:03:04
77.	381 Florian Möckel	1992 M30		1:03:20	1:02:20
78.	7777 Stephan Henseler	1985 M35		1:03:47	1:03:44
79.	8888 Sebastian Brockmann	1985 M35		1:03:47	1:03:44
80.	731 Christina Plugge	1988 W35		1:04:10	1:03:52

81.	500 Friederike Martiny	1979 W45	Waldraser	1:04:10	1:03:52
82.	486 Antonio Iacona	1962 M60	LLG 80 Nordpark Köln e.V.	1:04:13	1:04:11
83.	452 Edyta Ulrich	1976 W45	TV Witzhelden	1:04:22	1:04:16
84.	230 Emrah Uskalelier	1987 M35		1:04:26	1:04:04
85.	733 Amine Zidi	2012 MS U16	1. FC Köln	1:04:35	1:04:22
86.	1711 Toni Born	2011 MS U16	VfL Witzhelden	1:04:38	1:04:37
87.	723 Jill Marie Hackländer	1995 W		1:04:39	1:04:30
88.	722 Ralf Wehling	1964 M60		1:04:40	1:04:31
89.	393 Nlemba Adonai Nlungu	2005 MJ U20		1:04:44	1:04:07
90.	476 Lisa Wolscht	1992 W30		1:04:50	1:04:40
91.	496 Annika Hartmann	1983 W40		1:04:58	1:04:43
92.	351 Sven Karthaus	1983 M40		1:04:59	1:04:48
93.	740 Markus Schwarz	1972 M50		1:05:09	1:05:01
94.	772 Mirko Novakovic	1976 M45		1:05:09	1:04:55
95.	385 Dirk Elsner	1983 M40		1:05:12	1:05:07
96.	509 Claus Hasenkamp	1966 M55		1:05:12	1:04:49
97.	280 Isabella Pithan	1985 W35	TV Refrath	1:05:14	1:05:11
98.	443 Heike Hensberg	1968 W55	TuRa Remscheid-Süd	1:05:17	1:05:10
99.	729 Jurgen Bruyneel	1973 M50	ETAP Lighting International NV	1:05:17	1:05:08
100.	170 Alexander Ickert	1980 M40		1:05:20	1:05:03
101.	794 Sabrina Kirchner	1984 W40		1:05:22	1:05:07
102.	196 Ulrich Deuß	1957 M65		1:05:27	1:04:51
103.	195 Nicolas Deuß	1990 M30		1:05:27	1:04:52
104.	790 Frank Diehl	1961 M60	TV WITZHELDEN	1:05:32	1:05:11
105.	52 Thomas Duzia	1963 M60		1:05:34	1:05:16
106.	223 Dennis Marquardt	1985 M35	HSG Refrath/Hand	1:05:36	1:05:21
107.	222 Christopher Braun	1987 M35	HSG Refrath/Hand	1:05:36	1:05:21
108.	696 Simon Schiffer	1976 M45		1:05:43	1:05:16
109.	368 Thomas Poppelreuter	2000 M		1:05:52	1:05:39
110.	234 Nina Butzke	1985 W35		1:05:53	1:05:34
111.	789 Lutz Schmerbauch	1966 M55	LG Schmitzhöhe	1:05:53	1:05:39
112.	485 Andrea Barth	1976 W45	LLG 80 Nordpark Köln e.V.	1:05:56	1:05:48
113.	364 Ricarda Hild	1990 W30		1:06:00	1:05:47
114.	275 Wiebke Böning	1985 W35		1:06:02	1:05:53
115.	194 Lutz Heuser	1973 M50	Solinger LC	1:06:17	1:05:38
116.	704 Jörg Knühmann	1975 M45	Mettmann Sport	1:06:38	1:06:30
117.	7000 Martin Marseille	1953 M70	TV Witzhelden	1:06:46	1:06:41
118.	435 Heinrich Kasek	1962 M60	RTB Remscheid	1:06:54	1:06:44
119.	2603 Tanja Pirsing	1972 W50		1:06:55	1:06:05
120.	162 Jürgen Werther	1982 M40		1:06:56	1:06:28
121.	517 Martin Breitfeld	1974 M50		1:06:59	1:06:52

122.	1987 Phillip Schnitzler	1987 M35		1:07:00	1:06:36
123.	27 Diethelm Schifferdecker	1967 M55		1:07:05	1:06:58
124.	555 Nino Neumann	1989 M35		1:07:07	1:07:03
125.	437 Aline Kasek	1992 W30	RTB Remscheid	1:07:08	1:06:37
126.	720 Uta Niedrig	1966 W55	RTB Remscheid	1:07:24	1:07:15
127.	390 Ellen Messerschmidt	1975 W45		1:07:26	1:06:49
128.	203 Marcel Schröder	1990 M30	VfL Witzhelden	1:07:34	1:07:05
129.	392 Esther Hilger	1993 W30		1:07:38	1:07:00
130.	26 Christian Feldhaus	1959 M65	Running Team Grafenberg	1:07:40	1:07:21
131.	752 Nina Henkel	1996 W		1:07:41	1:07:35
132.	152 Clara Lang	2000 W		1:07:45	1:07:32
133.	499 Dominik Sälzer	1984 M40		1:07:47	1:07:24
134.	730 Patrick Sälzer	1988 M35	Sparkasse Hochrhein	1:07:49	1:07:25
135.	482 Gabi Zange	1960 W60	LLG 80 Nordpark Köln e.V.	1:07:50	1:07:32
136.	429 Max Köstenberger	1982 M40		1:07:50	1:07:39
137.	184 Ulli Kölzer	1951 M70	Running Team Grafenberg	1:07:51	1:07:43
138.	83 Jörg Keyser	1967 M55		1:07:53	1:07:20
139.	356 Claudi Iske	1974 W50	Solinger LC	1:07:53	1:07:45
140.	712 Thomas Kissel	1974 M50	Rennschnecken 2000	1:07:55	1:05:18
141.	756 Alina Goerke	1992 W30		1:07:59	1:07:39
142.	737 Thomas Piechulla	1978 M45		1:08:04	1:07:56
143.	528 Tim Petzel	1996 M		1:08:06	1:07:20
144.	202 Johannes Weber	1982 M40	VfL Witzhelden	1:08:08	1:07:40
145.	173 Theodor Bodes	1959 M65		1:08:12	1:07:56
146.	792 Ralf Hirsch	1968 M55		1:08:22	1:08:10
147.	793 Markus Heynen	1970 M50	Triforce Vital RS	1:08:31	1:08:19
148.	182 Amelie Backhaus	1995 W		1:08:31	1:07:46
149.	219 Ludmila Cevelev	1978 W45	KOKO Team	1:08:50	1:08:31
150.	522 Simon Braun	2010 MS U16		1:08:57	1:08:29
151.	776 Sebastian Rückels	1983 M40		1:09:01	1:08:48
152.	1919 Pascal Windgassen	1991 M30	Privat	1:09:04	1:08:18
153.	725 Claudia Hopfe	1980 W40	LT Dünnwaldi TV	1:09:29	1:08:41
154.	328 Tim Holzner	1991 M30		1:09:29	1:09:17
155.	2111 Ewald Crombach	1989 M35	RRC	1:09:36	1:09:33
156.	774 Alexander Reich	1974 M50	Tri-Raketen	1:09:45	1:09:31
157.	762 Oskar Haag	2002 M		1:09:55	1:09:28
158.	285 Miriam Thilker	1996 W		1:10:02	1:09:39
159.	1958 Philipp Nasser	1988 M35	TSV Bayer04	1:10:06	1:09:58
160.	154 Dagmar Redlin	1977 W45		1:10:33	1:10:13
161.	419 Hermann Reinard	1959 M65	Wupperläufer	1:10:33	1:10:14
162.	330 Klaus Gompert	1952 M70		1:10:39	1:10:23

163.	746 Irene Bendhiba	1956 W65	SG Bockenberg	1:10:40	1:10:33
164.	353 Lutz Stamm	1962 M60	Radsport Nagel Team	1:10:40	1:10:27
165.	701 Janis Allis	1996 M		1:10:53	1:10:33
166.	718 Gregor Holzenkamp	1961 M60		1:10:55	1:10:09
167.	85 Monika Suhr	1957 W65		1:10:56	1:10:45
168.	191 Chiara Nellesen	1993 W30		1:10:59	1:10:14
169.	702 Lisa Hüsgen	1992 W30		1:10:59	1:10:23
170.	717 Sascha Heinze	1982 M40		1:10:59	1:10:23
171.	757 Marco Ciarletta	1984 M40	Vegan-gut-beraten.de	1:11:00	1:09:57
172.	2205 Johanna Froch	2000 W		1:11:08	1:10:55
173.	253 Leonie Hermsmeyer	1996 W		1:11:10	1:10:24
174.	494 Jan Netzer	1993 M30		1:11:12	1:10:43
175.	719 Maren Holzenkamp	1965 W55		1:11:19	1:10:29
176.	293 Andreas Röhrig	1970 M50	Solinger LC	1:11:20	1:11:13
177.	316 Jessica Haack	1986 W35		1:11:21	1:10:21
178.	715 Bernd Meyerling	1961 M60	Wupperläufer	1:11:48	1:11:28
179.	765 Niklas Lang	2009 MS U16		1:12:00	1:11:41
180.	329 Sandra Strauch	1991 W30		1:12:02	1:11:50
181.	137 Luke Steffens	2012 MS U16	VfL Witzhelden	1:12:04	1:12:04
182.	764 Thomas Carle	1969 M55		1:12:12	1:11:53
183.	775 Fabian Pötter	1977 M45		1:12:14	1:11:34
184.	535 Monika Heyer	1982 W40	TV W, VfL Witzhelden	1:12:17	1:11:51
185.	95 Britta Hoßfeld	1975 W45	Athletic Running Factory	1:12:17	1:11:52
186.	2908 Maximilian Poppel	1987 M35		1:12:18	1:11:44
187.	526 Beate Dietzschold	1964 W60	BSV Aktiv	1:12:21	1:12:00
188.	4444 Catharina Brinkmann	1999 W		1:12:31	1:12:18
189.	754 Sabine Rodemers	1976 W45		1:12:33	1:11:41
190.	394 Yannick Güthoff	1997 M		1:12:35	1:12:04
191.	367 Marius Fries	1997 M	KSV Booster	1:12:56	1:12:46
192.	304 Michael Roettger	1965 M55		1:13:00	1:12:21
193.	346 Saskia Neubert	1994 W30	Bergische Rennsemmeln	1:13:08	1:13:06
194.	700 Katja Holzenkamp	1996 W	Siegburger Running Crew	1:13:13	1:12:22
195.	299 Markus Löhr	1993 M30	Sternstraßeftw	1:13:24	1:12:49
196.	493 Ralf Kinkler	1964 M60		1:13:25	1:13:13
197.	292 Britta Röhrig	1970 W50	Solinger LC	1:13:31	1:13:24
198.	758 Joachim Gottschalk	1961 M60	Waldläufer	1:13:37	1:12:51
199.	504 Gisela Hake	1969 W55		1:13:41	1:13:35
200.	467 Sylvia Biskupek	1982 W40		1:13:47	1:13:22
201.	523 Thorsten Hammer	1980 M40		1:13:47	1:13:16
202.	2420 Carsten Blaß	1971 M50		1:13:55	1:13:09
203.	2301 Elias Messerschmidt	2003 M	TV Witzhelden	1:14:08	1:13:43

204.	2207 Björn Thilker	1987 M35	TV Witzhelden	1:14:08	1:13:43
205.	274 Sebastian Ruhs	2002 M		1:14:32	1:14:09
206.	92 Tim Kühnert	1972 M50		1:14:33	1:13:51
207.	483 Elisa Werner	1976 W45	LLG 80 Nordpark Köln e.V.	1:14:37	1:14:28
208.	744 Paula Pabst	2004 W		1:14:39	1:14:25
209.	745 Penelope Gianeridis	2004 W		1:14:39	1:14:25
210.	313 Udo König	1980 M40	Bergischer Esel	1:14:42	1:14:15
211.	637 Patrick Lünendonk	1988 M35	Team Crazyluenis Korschenbroich	1:14:57	1:14:57
212.	408 Carina Schauland	1986 W35		1:15:22	1:15:05
213.	3782 Carola Berger	1982 W40		1:15:22	1:15:05
214.	46 Martin Patzak	1973 M50		1:15:23	1:15:20
215.	506 Jelena Herling	1993 W30		1:15:33	1:15:23
216.	738 Jens Delhofen	1976 M45	TuS 82 Opladen	1:15:36	1:14:52
217.	104 Kirsten Ziems	1965 W55	TuS 82 Opladen	1:15:43	1:14:43
218.	110 Georg Warren	1969 M55		1:15:45	1:15:20
219.	289 Lena Hellmich	1991 W30		1:15:54	1:15:30
220.	557 Gerrit Baier	1966 W55	TuS 05 Quettingen	1:16:07	1:15:35
221.	103 Pia Bahr	1987 W35		1:16:07	1:15:09
222.	142 Lena Pleines	1991 W30		1:16:07	1:15:09
223.	556 Jürgen Baier	1964 M60	TuS 05 Quettingen	1:16:07	1:15:36
224.	711 Alexandra Ranios	1968 W55		1:16:07	1:15:35
225.	710 Guido van Holt	1966 M55		1:16:07	1:15:36
226.	288 Anja Mohr	1992 W30		1:16:12	1:15:49
227.	290 Luisa Lubberich	2000 W		1:16:12	1:15:49
228.	1710 Tatjana Lenuck	1966 W55		1:16:19	1:15:58
229.	708 Jürgen Freymuth	1949 M75	LG Meulenwald Föhren	1:16:33	1:16:27
230.	129 Sarah Koster	1988 W35		1:16:37	1:16:00
231.	130 Alexander Elbert	1987 M35		1:16:37	1:15:59
232.	156 Heike Pahl	1966 W55	TuS 82 Opladen	1:16:47	1:16:05
233.	2511 Maren Glosnicki	1992 W30	WTV	1:16:48	1:16:14
234.	769 Pia Schölermann	2004 W		1:16:58	1:16:22
235.	779 Leoni Weigandt	1996 W		1:17:04	1:16:37
236.	709 Herbert Beine	1951 M70	BSG SPARKASSE LEVERKUSEN	1:17:10	1:16:36
237.	286 Franziska Felder	1991 W30		1:17:24	1:17:01
238.	192 Nina Hemmmerich	1992 W30		1:17:24	1:16:50
239.	760 Angela Verzi	1987 W35		1:17:25	1:16:52
240.	348 Frank Dresbach	1967 M55	Cologne Allblacks	1:17:32	1:17:04
241.	1506 Uschi Sonntag	1962 W60	Cologne Allblacks	1:17:33	1:17:04
242.	270 Sandra Clases	1991 W30		1:17:51	1:16:57
243.	1510 Silke Frey	1975 W45		1:18:03	1:17:41
244.	484 Maria Schley	1971 W50	LLG 80 Nordpark Köln e.V.	1:18:05	1:17:46

245.	324 Bianca Craciun	1987 W35		1:18:10	1:17:36
246.	254 Martina Sarna	1980 W40	Krampe - Schmidt Architekten	1:18:21	1:17:51
247.	257 Jürgen Schmidt	1965 M55	Krampe - Schmidt Architekten	1:18:22	1:17:51
248.	366 Michael Graf	1959 M65		1:18:27	1:18:10
249.	742 Bernd Franke	1969 M55		1:18:27	1:18:07
250.	436 Lydia Kasek	1963 W60	RTB Remscheid	1:18:35	1:18:02
251.	642 Svenja Gottschalk	1990 W30		1:18:36	1:17:59
252.	166 Hasan Basri Benek	1960 M60	TV Witzhelden	1:18:36	1:18:12
253.	294 Sylvia Seven	1966 W55		1:18:44	1:18:28
254.	768 Nina Wacker	1972 W50		1:18:45	1:18:30
255.	69 Lukas Kolodziej	1993 M30		1:18:51	1:18:29
256.	91 Christoph Höffner	1991 M30		1:18:52	1:18:29
257.	40 Stefan Seydewitz	1990 M30		1:18:52	1:18:29
258.	138 Leon Ralf Steffens	2011 MS U16	VfL Witzhelden	1:18:59	1:18:33
259.	201 Tim Hironimus	1991 M30	VfL Witzhelden	1:19:04	1:18:35
260.	139 Annette Steffens	1978 W45	TV Witzhelden	1:19:10	1:18:44
261.	269 Bettina Müller	1977 W45	2B-Balanced Laufgruppe	1:19:43	1:19:08
262.	773 Conny Jürgens	1965 W55		1:19:45	1:18:51
263.	442 Wolfgang Dieter Steinbach	1956 M65		1:19:46	1:19:03
264.	426 Go Takada	1997 M	Running Team Grafenberg	1:19:47	1:19:31
265.	1410 Stefan Stein	1980 M40		1:19:56	1:19:25
266.	1974 Indira Lang	1974 W50	EVL BSG- Laufen	1:20:06	1:19:08
267.	778 Jule Roßberg	1979 W45		1:20:11	1:20:01
268.	721 Deda Geiler	1966 W55	RTB Remscheid	1:20:15	1:19:43
269.	743 Mechthild Rausch	1971 W50		1:20:15	1:19:40
270.	706 Claudia Drüner	1971 W50		1:20:19	1:19:52
271.	296 Agnes Pötz	1979 W45	Schilling Run Club	1:20:37	1:20:13
272.	2024 Michael Schilling	1980 M40	SchillingRun Club	1:20:38	1:20:13
273.	2807 Raquel Gonzalez de Vega	1986 W35		1:20:41	1:19:47
274.	1909 David Clases	1989 M35		1:20:41	1:19:48
275.	1968 Tom Lubetz	1971 M50	TV Witzhelden	1:20:51	1:20:26
276.	160 Artur Hof	1993 M30		1:21:01	1:20:24
277.	689 Doreen Enderlrein	1971 W50	tus opladen	1:21:12	1:20:29
278.	333 Andre Dick	1962 M60		1:21:13	1:20:12
279.	1957 Božo Auer	1957 M65	TuS 05 Quettingen	1:21:16	1:20:33
280.	380 Ralph Kempen	1982 M40		1:21:24	1:20:21
281.	690 Jonny Liebelt	1953 M70	LLG 80 klön	1:21:26	1:21:00
282.	200 Simon Beyer	1998 M	Krummholz Boys	1:21:38	1:20:58
283.	198 Yannik Eder	1999 M	Krummholz Boys	1:21:38	1:20:57
284.	199 Timo Kandzia	1999 M	Krummholz Boys	1:21:43	1:21:03
285.	713 Manuela Thurau	1974 W50		1:21:54	1:21:19

286.	220 Michael Bohn	1969 M55	KOKO Team	1:21:58	1:21:38
287.	361 Lukas Manka	1995 M		1:22:03	1:21:51
288.	169 Volker Werry	1969 M55		1:22:08	1:21:07
289.	11 Laura Marie Hof	1993 W30		1:22:42	1:22:05
290.	2904 Monika Krause	1964 W60	Lauftreff Gruiten-Neandertal	1:22:45	1:22:07
291.	221 Judith Hakenberg	1964 W60	Lauftreff Gruiten-Neandertal	1:22:45	1:22:07
292.	761 Angelika Warnke	1979 W45		1:23:11	1:22:03
293.	763 Jule Krüger	1978 W45		1:23:11	1:22:03
294.	263 Gitta Lossin	1964 W60		1:23:47	1:23:05
295.	321 Eckhard Mohr	1966 M55		1:23:48	1:23:25
296.	521 Viola Lauterjung	1999 W		1:23:53	1:23:31
297.	527 Birgitt Wedel	1963 W60		1:23:54	1:23:32
298.	1051 Lisa Weise	1997 W	Sf Lechtingen	1:24:13	1:24:02
299.	455 Walter Nanay	1956 M65	LT Dünnwalder TV	1:24:24	1:23:50
300.	300 Victor Gill	1983 M40	Sternstraßeftw	1:24:46	1:24:11
301.	468 Stefanie Braun	1973 W50	LT Dünnwalder TV	1:24:49	1:24:09
302.	781 Barbara Rieser-Lüdemann	1977 W45		1:24:50	1:23:57
303.	1990 Friederike Kuhlmann	1990 W30		1:25:09	1:24:40
304.	1863 Stefan Halbach	1977 M45	LG Wuppertal	1:25:09	1:24:40
305.	251 Beate Geßner	1970 W50		1:25:24	1:24:25
306.	109 Ute Warren	1971 W50		1:25:32	1:25:08
307.	252 Patrick Kruse	1976 M45		1:25:46	1:24:44
308.	317 Susanne Kamp	1964 W60		1:26:22	1:25:22
309.	2105 Jens Brodowski	1971 M50		1:26:52	1:26:08
310.	469 Andreas Braun	1973 M50	LT Dünnwalder TV	1:27:32	1:26:52
311.	148 Manuela Vormberge	1972 W50		1:27:32	1:27:10
312.	5658 Egon Trantes	1956 M65	Dünnwalder Turnverein	1:28:14	1:27:24
313.	539 Joachim Krenzel	1963 M60	LLG 80 Nordpark Köln e.V.	1:28:14	1:27:47
314.	146 Susanne Kupferschmidt	1965 W55	Heljens Hyenas	1:28:42	1:28:09
315.	145 Arndt Willwerth	1964 M60	Heljens Hyenas	1:28:42	1:28:26
316.	62 Lena Faulenbach	2000 W		1:29:12	1:29:07
317.	248 Yannick Satori	1994 M30		1:29:15	1:28:09
318.	246 Armin Wenz	1991 M30		1:29:16	1:28:10
319.	541 Karl-Heinz Kevering	1959 M65	Rennschnecken 2000	1:29:17	1:28:18
320.	481 Michael Mannheim	1946 M75	LLG 80 Nordpark Köln e.V.	1:29:23	1:28:55
321.	540 Sibylle Krenzel	1971 W50	LLG 80 Nordpark Köln e.V.	1:30:08	1:29:42
322.	784 Stephanie Behrens	1968 W55	LTV	1:30:36	1:29:43
323.	1407 Sabine Neujahr	1970 W50		1:30:43	1:30:27
324.	6273 Dana Brecht	1985 W35	WTV	1:31:07	1:30:32
325.	82 Claus Boelen-Theile	1966 M55		1:31:15	1:30:14
326.	45 Edwin Fründ	1970 M50		1:31:50	1:31:45

327.	1116 Ina Damrath	1986 W35		1:32:07	1:31:33
328.	218 Hans Lautenschläger	1947 M75	KOKO Team	1:32:16	1:31:56
329.	208 Alexander Finke	1970 M50		1:32:38	1:31:39
330.	207 Simone Finke	1973 W50		1:32:38	1:31:39
331.	344 Dennis Sender-Uhl	1990 M30	www.lonah.de	1:33:55	1:32:51
332.	185 Kazuko Kanuma-Kölzer	1955 W65	Running Team Grafenberg	1:34:12	1:33:17
333.	213 Birgit Meyer	1968 W55	Running Team Grafenberg	1:35:32	1:35:23
334.	2307 Viola Gräfenstein	1969 W55		1:40:01	1:39:54
335.	371 Helga Perschke	1963 W60	LT Dünnwalder TV	1:40:12	1:39:21
336.	735 Ulrike Lempke-Nijmeijer	1960 W60	LT Dünnwalder TV	1:40:12	1:39:21
337.	373 Marten Nijmeijer	1958 M65	LT Dünnwalder TV	1:40:13	1:39:21
338.	149 Sabine Kattenstein	1976 W45		1:40:39	1:40:17
339.	307 Frank Hippler	1963 M60		1:42:15	1:42:15
340.	308 Arndt Krüger	1969 M55		1:42:15	1:42:15
341.	225 Ann Flock	1951 W70		1:42:38	1:41:43
342.	714 Stephanie Renn	1985 W35	WTv	1:44:23	1:44:23
343.	1389 Kevin Lienen	1989 M35	TV Witzhelden	1:45:27	1:45:02
344.	898 Anna-Lena Rinke	1998 W		1:48:48	1:48:37

Halbmarathon 21,1 km

1.	699 Steffen Hager	1991 M30	Milers Colonia	1:20:08	1:20:08
2.	646 Jan Kaschura	1985 M35	RunArtist Holzminden	1:23:14	1:23:14
3.	663 Cara Zollenkopf	1998 W	Ski Club 1952 Wermelskirchen e.V.	1:23:33	1:23:33
4.	176 Christoph Mrosewski	1995 M	SG Welper	1:27:19	1:27:18
5.	388 Simon Büttgen	1985 M35	TSV Bayer 04 Leverkusen	1:29:51	1:29:50
6.	10 Gebremeskel Ayele Wondim	1980 M40	Leichlinger TV/Therapieburg	1:30:03	1:30:02
7.	326 Jan Schneider	1979 M45		1:30:23	1:30:23
8.	478 Andreas Spiller	1991 M30	Milers Colonia 2020	1:32:13	1:32:13
9.	177 Yves Kamp	1990 M30		1:34:27	1:34:26
10.	403 Stefan Strittmatter	1985 M35	Gaffellauffreunde	1:35:50	1:35:47
11.	168 Stefan Steeger	1974 M50		1:36:30	1:36:28
12.	684 Blahoslav Provaznik	1983 M40		1:38:49	1:38:34
13.	358 Patrick Shortall	1990 M30		1:39:29	1:39:27
14.	249 Andre Kreuer	1986 M35		1:40:13	1:40:05
15.	671 Dominic Laaf	1990 M30	Triathlon Team Indeland/ Modellfabrik Papier	1:41:36	1:41:27
16.	670 David Wetzel	1990 M30		1:41:37	1:41:27
17.	319 Markus Zimmermann	1990 M30		1:41:55	1:41:49
18.	520 Ludwig Duch	1963 M60		1:43:51	1:43:49
19.	347 Sebastian Drube	2007 MJ U18	TV Blecher	1:44:05	1:44:02
20.	674 Friedrich Bernitzki	1988 M35		1:44:23	1:44:01
21.	355 Torsten Klatt	1996 M		1:46:18	1:46:16
22.	529 Anthea Niemeyer	1992 W30		1:46:19	1:46:14

23.	402 Mirjam Weskamp	1994 W30		1:46:29	1:46:27
24.	32 Marcus Vander Leek	1986 M35		1:46:41	1:46:40
25.	141 Alex Schröder	1983 M40	Volleyball LMDR	1:46:48	1:46:33
26.	675 Ingo Weiss	1977 M45	YOLO TOURS	1:47:25	1:47:19
27.	440 Felix Moisel	1988 M35		1:47:32	1:47:22
28.	518 Philipp Bamidele	1992 M30	Hobby	1:47:40	1:47:36
29.	258 Leonie Stüttem	1995 W	Schwimmverein Würzburg 05	1:49:30	1:49:27
30.	2248 Magnus Clausmeyer	1974 M50		1:49:53	1:49:51
31.	659 Holger Kotthaus	1974 M50	Skiclub Wermelskirchen	1:50:00	1:49:59
32.	537 Daniel Kromp	1981 M40		1:50:15	1:50:10
33.	681 Sebastian Quack	1992 M30		1:51:18	1:50:57
34.	260 Marco Ellend	1976 M45	TuS 05 Quettingen	1:51:36	1:51:26
35.	683 Bernd Kliebe	1975 M45		1:51:55	1:51:51
36.	644 Oskar Rueda Puertas	1973 M50	TG Neuss	1:51:55	1:51:51
37.	472 Stephan Kolodziej	1969 M55	Ohne	1:52:04	1:52:01
38.	108 Marian Braun	1992 M30		1:52:34	1:52:17
39.	655 Michael Becker	1957 M65	Kremenholter Löper	1:52:35	1:52:32
40.	384 Jens Francke	1980 M40	TuS 05 Quettingen	1:52:35	1:52:26
41.	1848 Jochen Lensing	1982 M40		1:53:34	1:53:17
42.	1910 Roman Drewes	1982 M40		1:53:35	1:53:18
43.	47 Mario Korzen	1989 M35	Laufteam Beercules	1:54:02	1:53:43
44.	279 Marcus Hottenrott	1982 M40	TV Ratingen	1:54:10	1:53:57
45.	1050 Felix Nardmann	1997 M	Sf Lechtingen	1:54:41	1:54:26
46.	86 Christian Steinhäuser	1978 M45	Brücker Lauffreunde	1:54:43	1:54:36
47.	652 Pascal Bauer	1968 M55	LLG80 Nordpark e.V.	1:54:48	1:54:37
48.	639 Timo von Niswandt	1973 M50		1:55:13	1:54:58
49.	538 Thor Wanzek	1976 M45	Maternus-Grundschule	1:55:14	1:55:11
50.	414 Sven Lückerrath	1992 M30		1:55:28	1:55:23
51.	100 Nick Holzbecher	2003 M	MTV	1:55:51	1:55:44
52.	415 Aydan Tasdemir	1989 W35		1:55:57	1:55:14
53.	391 Manuel Dresen	1988 M35		1:56:09	1:56:02
54.	29 Daniel Kremers	1975 M45		1:56:16	1:56:05
55.	1902 Sabrina Prang	1991 W30		1:56:23	1:56:11
56.	244 Christoph Marpe	1987 M35		1:57:13	1:56:52
57.	1492 Lars Albers	2002 M	Haaner TV	1:57:59	1:57:46
58.	665 Franziska Ciarletta	1986 W35	Vegan-gut-beraten.de	1:58:39	1:58:15
59.	497 Frank Sander	1968 M55	TV Witzhelden	1:58:49	1:58:43
60.	17 Siegfried Huntscha	1961 M60	T#SoloNdk	1:58:49	1:58:44
61.	1606 Markus Desire	1982 M40		1:59:20	1:59:12
62.	2331 Anette Sawallich	1986 W35		2:00:01	1:59:39
63.	155 Denis Bauer	1999 M	FSV Düsseldorf	2:00:04	1:59:47

64.	18 Burkhard Frantzen	1966 M55		2:00:48	2:00:32
65.	404 Stephan Weber	1983 M40		2:01:27	2:01:08
66.	265 Lennart Lehmann	1995 M		2:01:34	2:01:14
67.	645 Iwona Prenger	1973 W50	Rennschnecken 2000	2:01:36	2:01:29
68.	473 Heiko Hansen	1966 M55	Team Alfred E. Neumann	2:02:12	2:01:56
69.	39 Lena Klünsch	1996 W		2:02:47	2:02:28
70.	352 Lisette Küttner	1997 W		2:03:22	2:03:01
71.	205 Daniel Jadczyk	1987 M35	Laufteam Beercules	2:03:48	2:03:30
72.	661 Mika Sakamoto	1984 W40		2:04:46	2:04:39
73.	424 Axel Priest	1991 M30		2:04:56	2:04:35
74.	656 Marcel Pastner	1984 M40		2:04:56	2:04:39
75.	662 Heike Scheibe	1968 W55	Sportfreunde 06 Neuwerk	2:05:00	2:04:34
76.	284 Katja Lena Otto	1984 W40		2:05:03	2:04:40
77.	672 Bastian Zabelberg	1987 M35		2:05:21	2:04:59
78.	777 Alexander Hoffmann	1978 M45	Tsv Quettingen	2:05:27	2:05:19
79.	132 Mathias Hartmann	1963 M60	TuS 82 Opladen	2:05:31	2:05:23
80.	641 Claudia Schmidt-Soltau	1969 W55	Rennschnecken 2000	2:05:37	2:05:30
81.	78 Felix Haffke	1988 M35	Laufteam Beercules	2:05:38	2:05:19
82.	654 Markus Kunz	1964 M60	Erdinger Active Team	2:05:57	2:05:43
83.	25 Torsten Fiolka	1980 M40	Meckenheimer SV	2:06:12	2:05:56
84.	150 Paul Meyer	1999 M		2:06:21	2:06:00
85.	647 Sabrina Plötz	1984 W40	ATV Hückeswagen	2:06:38	2:06:24
86.	648 Holger Stoffel	1970 M50	ATV Hückeswagen	2:06:40	2:06:27
87.	77 Adam Forgacs	1984 M40		2:06:52	2:06:25
88.	530 Tim Hinghaus	1987 M35	Die Bussardfreunde n.e.V.	2:07:49	2:07:21
89.	512 Markus Fricke	1973 M50	Die Bussardfreunde n.e.V.	2:07:49	2:07:21
90.	649 Alexander Bohl	1984 M40		2:08:06	2:07:49
91.	640 Oliver Drüner	1969 M55		2:08:20	2:08:05
92.	490 Lydia Binsfeld	1972 W50	LLG 80 Nordpark Köln e.V.	2:08:27	2:08:14
93.	272 Fabian Riedel	1989 M35	Laufteam Beercules	2:08:43	2:08:24
94.	508 Nancy Junghanns	1982 W40		2:09:21	2:09:20
95.	295 Bärbel Woche	1959 W65	Reha-und Breitensportgemeinschaft Borkum e.V.	2:09:22	2:09:11
96.	446 Christian Schach	1994 M30		2:09:40	2:09:23
97.	30 Christina Michaelis	1984 W40		2:09:41	2:09:26
98.	693 Charlotte Hermle	1981 W40		2:09:52	2:09:44
99.	318 Jürgen Däumler	1964 M60	Lauffreunde NRW	2:09:53	2:09:28
100.	707 Marius Gieselbach	1995 M		2:09:58	2:09:44
101.	217 Christoph Tenbrink	1988 M35		2:10:08	2:10:00
102.	657 Tobias Bauer	1986 M35		2:10:29	2:05:08
103.	1608 Susann Hanspach	1989 W35		2:10:34	2:10:20
104.	4711 Maik Zimmermann	1968 M55	LT Dünnwalder TV	2:10:38	2:10:30

105.	12 David Dreyer	1984 M40		2:11:10	2:11:04
106.	489 Thomas Boelter	1963 M60	LLG 80 Nordpark Köln e.V.	2:12:40	2:12:29
107.	38 Pia Leuders	1993 W30		2:12:42	2:12:23
108.	550 Christian Müller	1977 M45	Vereinslos	2:12:54	2:12:43
109.	79 Fiona Jacobs	2003 W		2:13:04	2:12:44
110.	449 Matthias Neveling	1988 M35		2:13:10	2:12:55
111.	48 Karl-Heinz Heyne	1961 M60		2:13:14	2:13:11
112.	147 Murat Köse	1973 M50		2:13:36	2:13:26
113.	651 Sascha Homp	1971 M50		2:14:15	2:13:59
114.	1013 Nicole Hammer	1980 W40	Ohne	2:14:22	2:13:59
115.	1126 Timo Hammer	1991 M30		2:15:24	2:15:00
116.	187 René Beeres	1982 M40	TV Witzhelden	2:15:53	2:15:48
117.	658 Uli Sowade	1970 M50	Running Gag Cologne	2:16:03	2:15:40
118.	276 Gisbert Brauner	1962 M60		2:16:11	2:15:54
119.	259 Michael Stüttem	1965 M55	Schwimmverein Bergisch Gladbach	2:16:11	2:15:45
120.	372 Hong Son Trinh	1992 M30		2:16:25	2:16:12
121.	491 Heike Benz Müller	1971 W50	LLG 80 Nordpark Köln e.V.	2:16:28	2:16:17
122.	2000 Jannik Luis Müller	2000 M	Savehearts	2:16:51	2:16:35
123.	9108 Annika Blankenship	1981 W40		2:17:11	2:17:02
124.	461 Klaus Wittkämper	1947 M75	CrossRunner	2:17:42	2:17:24
125.	73 Chethan Mohan Kumar	1986 M35		2:17:45	2:17:32
126.	2069 Silvie König	1969 W55		2:18:04	2:18:01
127.	379 Beate Gebehart	1961 W60	TV Refrath	2:18:18	2:18:08
128.	386 Katharina Steffens	1994 W30		2:18:19	2:18:08
129.	416 Hans-Peter Weskamp	1958 M65	FlitzBlitz	2:19:23	2:19:18
130.	688 Viola Schulte	1970 W50	TuS 82 Opladen	2:19:54	2:19:45
131.	677 Petra Wolff	1970 W50	Antwort Running Crew & Running Team Grafenberg	2:20:09	2:19:44
132.	458 Reinhard Kaufmann	1955 M65	KURS 42,2	2:20:09	2:19:47
133.	664 Johannes Held	1997 M		2:20:10	2:19:56
134.	910 Kevin Pappon	1991 M30		2:21:54	2:21:30
135.	667 Deniz Çiçek	1984 W40	Ultra Deniz	2:22:02	2:21:59
136.	224 Mathias Schulze	1975 M45		2:22:32	2:22:12
137.	668 Leonie Schreiber	1988 W35		2:22:58	2:22:42
138.	179 Dirk Oligschläger	1987 M35		2:23:42	2:23:27
139.	686 Eva Schäfer	1986 W35	TVFrischAuf	2:23:56	2:23:31
140.	320 Guido Witt	1965 M55		2:24:50	2:24:29
141.	266 Lisa Lehmann	1989 W35		2:24:55	2:24:35
142.	673 Tanja Reich-Zimmermann	1979 W45		2:24:56	2:24:42
143.	128 Michael Kramer	1966 M55	LT Dünwaldter TV	2:25:58	2:25:49
144.	389 Matthäus Reuss	1990 M30		2:26:04	2:25:45
145.	650 Stefan Vierboom	1964 M60		2:28:07	2:27:46

146.	678 Sabrina Rauen	1980 W40	Lauffreunde in NRW	2:28:21	2:27:54
147.	679 Andreas Emsmann	1980 M40	Lauffreunde in NRW	2:28:21	2:27:54
148.	439 Horst Podzus	1961 M60		2:28:53	2:28:42
149.	685 Johannes Grzibek	1975 M45	TVFrischAuf	2:29:46	2:29:20
150.	682 Holger Dumke	1974 M50	BSG Funke Medien	2:30:27	2:30:08
151.	1234 Vicky Stamatopoulou	1970 W50		2:31:10	2:30:58
152.	41 Christina Zidi	1976 W45	Lauftreff Paffrath	2:32:00	2:31:45
153.	498 Lars Jäkel	1975 M45	Solingen Blades 1974 e. V.	2:32:29	2:31:58
154.	23 Ulrike Endrulat	1962 W60		2:33:34	2:33:19
155.	99 Steffen Holzbecher	1999 M		2:33:36	2:33:30
156.	278 Martin Kranz	1965 M55		2:34:14	2:33:52
157.	680 Melanie Schiffke	1980 W40		2:34:19	2:33:52
158.	676 Andreas Kragl	1972 M50	Antwort Running Crew & Running Team Grafenberg	2:34:19	2:33:53
159.	3899 Britta Backhaus	1982 W40		2:35:53	2:35:43
160.	3905 Jessica Clotten	1989 W35		2:35:53	2:35:44
161.	4 Paul Niemeyer	1981 M40		2:36:55	2:36:24
162.	507 Wilm-Henner Niemeyer	1951 M70	1. FC Heidenheim	2:36:55	2:36:24
163.	487 Verena Hajek	1952 W70	LLG 80 Nordpark Köln e.V.	2:42:45	2:42:34
164.	2 Lena Sakowski	2004 W		2:46:48	2:46:23
165.	325 Jonas Pastoors	2001 M		2:47:03	2:41:38
166.	1000 Engelbert Dresen	1952 M70		2:50:11	2:49:53
167.	503 Elvira Weiss	1961 W60		2:50:39	2:50:31
168.	122 Joerg Schwebig	1973 M50	TV Witzhelden	2:54:52	2:54:52
169.	15 Frank Polkähn	1993 M30		3:08:58	3:08:46
170.	16 Alexander Polkähn	1959 M65		3:08:59	3:08:46
171.	724 Ruby Jefferson	1995 W		3:33:44	3:33:25
a.k.	687 N.N. 687			1:51:03	1:51:02
DNF	448 Janina Caroline Schinke	2004 W			
DNF	1973 Oliver Pofahl	1973 M50	Savehearts		

3/4 Marathon 30,9 km

1.	618 Maciek Miernieczko	1979 M45		1:57:55	1:57:54
2.	524 Marius Trompetter	1991 M30	Milers Colonia 2020	1:58:17	1:58:16
3.	465 Sebastian Gerhards	1985 M35	Laufschule Bunert Düsseldorf / OSC Waldniel	2:04:45	2:04:44
4.	90 Jimmy Balla	1983 M40	Tri Power Rhein-Sieg	2:10:22	2:10:20
5.	609 Christian Beelitz	1981 M40	LAZ Rhein-Sieg	2:12:54	2:12:52
6.	525 Boris Tschierschke	1982 M40	TuS 08 Lintorf	2:13:12	2:13:10
7.	605 Stefan Nawrath	1977 M45		2:19:30	2:19:27
8.	612 Karsten Meißner	1985 M35	LG Ultralauf	2:20:28	2:20:27
9.	600 Joe Körbs	1968 M55	Bunert - Der Kölner Laufladen	2:23:42	2:23:41
10.	613 Olaf Mennicken	1973 M50	TV Refrath	2:24:19	2:24:16
11.	626 Andrej Jäger	1978 M45		2:24:23	2:24:20

12.	383 Michael Haydell	1990 M30		2:25:40	2:25:37
13.	603 Henrik Krämer	1990 M30		2:27:58	2:27:53
14.	164 Getnet Alemu	1987 M35		2:28:30	2:28:27
15.	123 Lars Nouvertné	1966 M55		2:31:36	2:31:30
16.	459 Marcel Kaletta	1987 M35		2:32:12	2:32:07
17.	2805 Antoine Vallet	1980 M40		2:32:41	2:32:37
18.	188 Jörn Kaiser	1975 M45	Pulheimer SC Triathlon	2:33:14	2:33:09
19.	84 Claudio Carloni	1993 M30		2:33:49	2:33:47
20.	382 Lena Bagdaschwilli	1983 W40	ATV Hückeswagen	2:36:47	2:36:37
21.	239 Denis Sinanovic	1968 M55	Split Marathon Team	2:37:53	2:37:48
22.	519 Peter Berning	1973 M50	Erkrather Schleickkatzen	2:38:38	2:38:32
23.	536 Florian Fischer	1977 M45		2:40:08	2:39:59
24.	602 Matthias Hauck	1980 M40	TV Refrath	2:41:22	2:41:17
25.	616 Moehre Mohrmann	1973 M50	#gohardorgohomecgn	2:43:29	2:43:22
26.	495 Lars Anders	1976 M45	PSV Brühl Triathlon Team	2:45:02	2:44:59
27.	601 Doris Remshagen	1967 W55	TV Refrath	2:45:43	2:45:40
28.	309 Carsten Gereke	1968 M55	Osterather TV	2:49:30	2:49:24
29.	134 Christian Borusiak	1975 M45	Osterather TV	2:49:47	2:49:40
30.	607 Ralf Stein	1967 M55	Early Morning Runners	2:55:46	2:55:40
31.	608 Andreas Kumpf	1965 M55	EARLY Morning RUNNER	2:57:14	2:57:10
32.	247 Ronald Stoppel	1998 M		2:59:27	2:59:18
33.	434 Julian Mihm	1985 M35		2:59:43	2:59:29
34.	369 Robert Brüning	1972 M50	ERDINGER Active Team	3:01:06	3:00:54
35.	447 Francois Deldycke	1978 M45	Trassencloawns	3:03:09	3:03:05
36.	505 Thomas Hake	1969 M55		3:03:10	3:03:04
37.	627 Manuela Decker	1978 W45		3:05:13	3:05:06
38.	206 Aneta Tymiec	1977 W45	Ausdauererschule bunert	3:05:45	3:05:35
39.	126 Cedric Gallas	1999 M	Bundeswehr	3:07:09	3:07:05
40.	599 Florian Heinz	1990 M30	Fast-Break Leverkusen	3:09:08	3:08:54
41.	135 Henriette Küpper	1986 W35		3:09:40	3:09:32
42.	8 Dennis Dahl	1991 M30	Fast-Break Leverkusen	3:10:40	3:10:26
43.	470 Janine Dörner	1969 W55		3:10:59	3:10:48
44.	471 Axel Dörner	1970 M50		3:11:40	3:11:29
45.	475 Björn Hoffmann	1980 M40		3:12:14	3:12:04
46.	412 Philipp Droszella	1994 M30		3:13:31	3:13:18
47.	531 Manuel Suer	2001 M	Anchor Running Crew Duisburg	3:14:07	3:13:59
48.	1282 Jens Lucaßen	1982 M40		3:15:15	3:15:02
49.	413 Sarah Droszella	1994 W30		3:15:56	3:15:44
50.	19 Tobias Buscher	1969 M55		3:17:03	3:16:56
51.	610 Severine Thiel	1999 W		3:18:41	3:18:36
52.	349 Sebastian Oremek	1979 M45	Team Erdinger	3:19:33	3:19:19

53.	3 Katja Petrilos	1966 W55	Volksgarten parkrun Düsseldorf	3:20:44	3:20:36
54.	558 Colin Wender	1973 M50	Trassenclovn	3:21:35	3:21:31
55.	136 Gaby Mau-Klees	1968 W55	LG Rennhemd Wuppertal	3:22:48	3:22:38
56.	604 Michael Schmitz	1968 M55		3:22:51	3:22:42
57.	68 Stephan Dahms	1986 M35		3:23:55	3:23:44
58.	165 Ralf Wismann	1979 M45	Triathlon Team Düsseldorf	3:24:11	3:24:03
59.	315 Peter Niekrawietz	1968 M55		3:24:29	3:24:19
60.	501 Kristin Beyer	1978 W45		3:26:36	3:26:26
61.	51 Vincent Ter Beek	1976 M45		3:26:46	3:26:36
62.	625 Sven Ziegler	1977 M45	100 Marathon Club	3:26:59	3:26:52
63.	638 Christian Radmann-Bender	1983 M40		3:27:44	3:27:31
64.	614 Lutz Langenbach	1973 M50	Erdinger Active Team	3:28:19	3:28:14
65.	125 Mareike Lässle	1981 W40	Gaffel Lauffreunde	3:28:19	3:28:15
66.	264 Mario Rosso	1960 M60	GVG / PSC	3:36:47	3:36:34
67.	96 Dominik Bethke	1996 M	Post SV Solingen	3:37:38	3:37:32
68.	611 Sven Scholzen	1971 M50		3:39:29	3:39:21
69.	121 Bianca Bley	1971 W50	Die Waldgazellen	3:51:56	3:51:49
70.	5895 Ralf Coböken	1968 M55		3:52:23	3:52:11
71.	617 Leander Derksen	2001 M		3:52:38	3:52:28
72.	753 Marc Hamacher	2000 M		3:52:39	3:47:14
73.	1337 Max van Bebbber	2000 M		3:52:39	3:47:16