

20. Mondorfer REWE-Weihnachtslauf 30. November 2014

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|----------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 1 | 550 | Breunung Dirk | TEA | 0:35:36 | 0:35:37 | 1976 | M35 | 1 | 3:34 min/km |
| 2 | 1915 | Schubert Michael | SSF Bonn Triathlon | 0:35:53 | 0:35:54 | 1992 | M20 | 1 | 3:35 min/km |
| 3 | 23 | Flader Moritz | LG Gummersbach | 0:36:08 | 0:36:09 | 1991 | M20 | 2 | 3:37 min/km |
| 4 | 1996 | Decker Christian | Team Kohlscheid running | 0:36:11 | 0:36:13 | 1982 | M30 | 1 | 3:37 min/km |
| 5 | 402 | Göldner René | RUNNERS POINT | 0:36:27 | 0:36:28 | 1973 | M40 | 1 | 3:39 min/km |
| 6 | 36 | Czambor Stefan | KKP Bergheim | 0:36:39 | 0:36:40 | 1987 | M20 | 3 | 3:40 min/km |
| 7 | 1925 | Birkhölzer Patrick | KFW Duathlon | 0:36:44 | 0:36:46 | 1976 | M35 | 2 | 3:40 min/km |
| 8 | 758 | Hebchen Jonas | SSG Königswinter | 0:36:50 | 0:36:52 | 1995 | MU20 | 1 | 3:41 min/km |
| 9 | 283 | Koerbs Joe | www.gieSom.com | 0:37:02 | 0:37:03 | 1968 | M45 | 1 | 3:42 min/km |
| 10 | 466 | Penno Winni | SSG Königswinter | 0:37:29 | 0:37:32 | 1969 | M45 | 2 | 3:45 min/km |
| 11 | 1787 | Dallmann Anno | | 0:37:33 | 0:37:34 | | M20 | 4 | 3:45 min/km |
| 12 | 163 | Wagner Aaron | EKKK | 0:37:43 | 0:37:47 | 1992 | M20 | 5 | 3:46 min/km |
| 13 | 757 | Scholz Swen | Team Kohlscheid Running | 0:37:53 | 0:37:56 | 1989 | M20 | 6 | 3:47 min/km |
| 14 | 1942 | Mülder Maurice | SSF Bonn Triathlon | 0:37:58 | 0:38:00 | 1988 | M20 | 7 | 3:48 min/km |
| 15 | 1851 | van de Weyer Stephan | Laufsport Bunert Siegburg | 0:38:40 | 0:38:42 | 1975 | M35 | 3 | 3:52 min/km |
| 16 | 1983 | Cromm Andreas | TUS Köln RRH. | 0:38:42 | 0:38:44 | 1960 | M50 | 1 | 3:52 min/km |
| 17 | 759 | Ulrich Jonathan | SSG Königswinter | 0:38:56 | 0:38:58 | 1993 | M20 | 8 | 3:54 min/km |
| 18 | 462 | Rendschmidt Kai | WSV BW Rheidt | 0:39:10 | 0:39:11 | 1995 | MU20 | 2 | 3:55 min/km |
| 19 | 1977 | Wezling Mattia | SSF Bonn Triathlon Jugend | 0:39:13 | 0:39:17 | 2000 | MU16 | 1 | 3:55 min/km |
| 20 | 1944 | Wagner Ulrich | EKKK | 0:39:19 | 0:39:21 | 1977 | M35 | 4 | 3:56 min/km |
| 21 | 1993 | Raatz Marcus | LG Gummersbach | 0:39:24 | 0:39:26 | 1983 | M30 | 2 | 3:56 min/km |
| 22 | 1920 | Nirnberg Peter | | 0:39:33 | 0:39:35 | 1978 | M35 | 5 | 3:57 min/km |
| 23 | 1947 | Kleine Ingo | LT Ennert | 0:39:38 | 0:39:45 | 1964 | M50 | 2 | 3:58 min/km |
| 24 | 1777 | Isaac Dirk | Aachener TG | 0:39:47 | 0:39:49 | 1969 | M45 | 3 | 3:59 min/km |
| 25 | 403 | Jarauta Jorge | OCCAR-EA | 0:39:49 | 0:39:51 | 1980 | M30 | 3 | 3:59 min/km |
| 26 | 1775 | Nitsche Bernd | LCG St. Augustin | 0:39:53 | 0:39:55 | 1958 | M55 | 1 | 3:59 min/km |
| 27 | 1855 | Arenz Jens | Team C | 0:40:07 | 0:40:13 | 1969 | M45 | 4 | 4:01 min/km |
| 28 | 461 | Helding Alexander | WSV BW Rheidt | 0:40:24 | 0:40:25 | 1997 | MU18 | 1 | 4:02 min/km |
| 29 | 763 | Appl Andreas | Sturmvoegel Ahrweiler | 0:40:24 | 0:40:27 | 1977 | M35 | 6 | 4:02 min/km |
| 30 | 530 | Lohse Maik | Team Erdinger Alkoholfrei | 0:40:30 | 0:40:33 | 1982 | M30 | 4 | 4:03 min/km |
| 31 | 657 | Hilleringmann Mark | Troisdorfer LG | 0:40:39 | 0:40:56 | 1988 | M20 | 9 | 4:04 min/km |
| 32 | 1789 | Davidi Hartmut | FC Keldenich | 0:40:43 | 0:40:48 | 1954 | M60 | 1 | 4:04 min/km |
| 33 | 634 | Kirst Gerold | SSG Königswinter | 0:40:59 | 0:41:02 | 1997 | MU18 | 2 | 4:06 min/km |
| 34 | 395 | Grüne Ansgar | PSV Bonn Triathlon | 0:40:59 | 0:41:13 | 1974 | M40 | 2 | 4:06 min/km |
| 35 | 569 | Schilling Benjamin | Runners Point | 0:40:59 | 0:41:10 | 1983 | M30 | 5 | 4:06 min/km |
| 36 | 1980 | Lenza Markus | SV Hellas Siegburg | 0:41:02 | 0:41:13 | 1959 | M55 | 2 | 4:06 min/km |
| 37 | 544 | Lichtenberg Bernhard | LLG St. Augustin | 0:41:17 | 0:41:20 | 1970 | M40 | 3 | 4:08 min/km |
| 38 | 518 | Münch Thomas | Cross-LG Rhein | 0:41:21 | 0:41:23 | 1968 | M45 | 5 | 4:08 min/km |
| 39 | 633 | Kremser Fabian | SSG Königswinter | 0:41:39 | 0:41:42 | 1997 | MU18 | 3 | 4:10 min/km |
| 40 | 511 | Dreßen Horst | FC Deutsche Post | 0:41:42 | 0:41:49 | 1970 | M40 | 4 | 4:10 min/km |
| 41 | 326 | Seemayer Stephan | PSV Bonn Triathlon | 0:41:44 | 0:41:57 | 1978 | M35 | 7 | 4:10 min/km |
| 42 | 1779 | Titze Jürgen | Troisdorfer LG M.U.T | 0:41:47 | 0:42:09 | 1963 | M50 | 3 | 4:11 min/km |
| 43 | 116 | Gelnar Thomas | *Aachen | 0:42:03 | 0:45:52 | 1974 | M40 | 5 | 4:12 min/km |
| 44 | 1987 | Oldach Gerd | Peevav SUT GYM | 0:42:12 | 0:42:18 | 1969 | M45 | 6 | 4:13 min/km |
| 45 | 24 | Sarcher Sven | TuS 07 Oberlar | 0:42:18 | 0:42:22 | 1981 | M30 | 6 | 4:14 min/km |
| 46 | 616 | Große Gehling Jürgen | TV Kreuztal | 0:42:25 | 0:42:29 | 1969 | M45 | 7 | 4:15 min/km |
| 47 | 1990 | Heyer Sascha | Monster-Köln | 0:42:37 | 0:42:40 | 1976 | M35 | 8 | 4:16 min/km |
| 48 | 451 | Krull Robert | *Sankt Augustin | 0:42:56 | 0:43:05 | 1972 | M40 | 6 | 4:18 min/km |
| 49 | 549 | Müller Marco | 13.02.1948 | 0:42:58 | 0:43:05 | 1975 | M35 | 9 | 4:18 min/km |
| 50 | 308 | Pusdrowski Thorsten | Laufsport NRW | 0:43:11 | 0:43:46 | 1969 | M45 | 8 | 4:19 min/km |
| 51 | 730 | Pohl Christoph | JFC 09 | 0:43:18 | 0:43:24 | | M20 | 10 | 4:20 min/km |

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|--------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 52 | 526 | Bleisch Carsten | *Bergisch Gladbach | 0:43:19 | 0:43:24 | 1960 | M50 | 4 | 4:20 min/km |
| 53 | 174 | Kohlhaas Kim | Fc Deutsche Post | 0:43:20 | 0:43:42 | 1987 | M20 | 11 | 4:20 min/km |
| 54 | 1922 | Stein Andreas | drei-Brüsckenlauf.de | 0:43:22 | 0:43:41 | 1994 | M20 | 12 | 4:20 min/km |
| 55 | 627 | Wiche Reinhold | BSG Kreisverwaltung | 0:43:22 | 0:43:35 | 1955 | M55 | 3 | 4:20 min/km |
| 56 | 320 | Loehr Dr. Joerg | zatopek-eitorf | 0:43:23 | 0:43:31 | 1962 | M50 | 5 | 4:20 min/km |
| 57 | 208 | Matas Nobis José | *Bonn | 0:43:27 | 0:43:31 | 1967 | M45 | 9 | 4:21 min/km |
| 58 | 711 | Krahe Holger | BSG Reifenhäuser | 0:43:29 | 0:44:09 | 1976 | M35 | 10 | 4:21 min/km |
| 59 | 1785 | Schulz Matthias | | 0:43:29 | 0:43:52 | 1978 | M35 | 11 | 4:21 min/km |
| 60 | 1998 | Ghalayini Nicolas | | 0:43:43 | 0:43:48 | 1971 | M40 | 7 | 4:22 min/km |
| 61 | 411 | Fischer Dr. Bernd | TRI POWER Rhein-Sieg | 0:43:44 | 0:43:49 | 1958 | M55 | 4 | 4:22 min/km |
| 62 | 717 | Neumann Florian | Kopernikus Gymnasium | 0:43:52 | 0:44:22 | 1998 | MU18 | 4 | 4:23 min/km |
| 63 | 523 | Manthei Christian | ERGO sports Köln | 0:43:53 | 0:44:00 | 1962 | M50 | 6 | 4:23 min/km |
| 64 | 1923 | Marek Adrian | Für Hürth | 0:43:57 | 0:44:51 | 1972 | M40 | 8 | 4:24 min/km |
| 65 | 613 | Knips Ralf | SSF Bonn Triathlon | 0:43:57 | 0:44:02 | 1970 | M40 | 9 | 4:24 min/km |
| 66 | 246 | Jener Marius | Mia san Mia | 0:43:59 | 0:44:05 | 1974 | M40 | 10 | 4:24 min/km |
| 67 | 1999 | Schneider Udo | | 0:44:02 | 0:44:17 | 1966 | M45 | 10 | 4:24 min/km |
| 68 | 706 | Geus Hans-Georg | BSG Reifenhäuser | 0:44:06 | 0:44:51 | 1963 | M50 | 7 | 4:25 min/km |
| 69 | 486 | Gennrich Stephan | Firma Dressler Group | 0:44:13 | 0:44:24 | 1983 | M30 | 7 | 4:25 min/km |
| 70 | 1984 | Clever Frank | FC Deutsche Post | 0:44:20 | 0:44:27 | 1966 | M45 | 11 | 4:26 min/km |
| 71 | 487 | Schirmer Alexander | Firma Dressler Group | 0:44:22 | 0:44:34 | 1972 | M40 | 11 | 4:26 min/km |
| 72 | 522 | Müller Hanno | *Neuss | 0:44:23 | 0:44:33 | 1971 | M40 | 12 | 4:26 min/km |
| 73 | 710 | Blanke Alfons | BSG Reifenhäuser | 0:44:24 | 0:49:54 | 1957 | M55 | 5 | 4:26 min/km |
| 74 | 42 | Wilsing Rene | Verein vom Rhein | 0:44:38 | 0:44:52 | 1978 | M35 | 12 | 4:28 min/km |
| 75 | 640 | Itzwerth Matthias | Kilometerfresser | 0:44:42 | 0:44:45 | 1973 | M40 | 13 | 4:28 min/km |
| 76 | 631 | Ulrich Julius | SSG Königswinter | 0:44:49 | 0:44:52 | 1998 | MU18 | 5 | 4:29 min/km |
| 77 | 628 | Klein Thorsten | *Mondorf | 0:44:54 | 0:46:11 | 1975 | M35 | 13 | 4:29 min/km |
| 78 | 762 | Bauriedl Frank | | 0:44:59 | 0:45:02 | 1974 | M40 | 14 | 4:30 min/km |
| 79 | 607 | Kohnen Manfred | Skiclub Troisdorf-Sieglar | 0:45:00 | 0:45:27 | 1970 | M40 | 15 | 4:30 min/km |
| 80 | 515 | Welter Joa | SSF Bonn Triathlon | 0:45:01 | 0:45:08 | 1960 | M50 | 8 | 4:30 min/km |
| 81 | 694 | Engels Christian | *Niederkassel | 0:45:02 | 0:45:12 | 1989 | M20 | 13 | 4:30 min/km |
| 82 | 577 | Kruse Sebastian | Evonik Industries | 0:45:02 | 0:45:14 | 1983 | M30 | 8 | 4:30 min/km |
| 83 | 368 | Jamrozy Gregor | Herzlauf Hilden | 0:45:06 | 0:45:16 | 1970 | M40 | 16 | 4:31 min/km |
| 84 | 621 | Dartsch Tom | Tierheim Troisdorf | 0:45:10 | 0:45:25 | 1961 | M50 | 9 | 4:31 min/km |
| 85 | 655 | Kost Daniel | PSV Bonn Triathlon | 0:45:14 | 0:45:23 | 1980 | M30 | 9 | 4:31 min/km |
| 86 | 606 | Dreesbach Herbert | Skiclub Troisdorf-Sieglar | 0:45:17 | 0:46:05 | 1965 | M45 | 12 | 4:32 min/km |
| 87 | 270 | Ogrizek Oliver | Team Top Race Germany | 0:45:18 | 0:45:37 | 1982 | M30 | 10 | 4:32 min/km |
| 88 | 140 | Bodes Theo | Team Erdinger Alkoholfrei | 0:45:20 | 0:45:30 | 1959 | M55 | 6 | 4:32 min/km |
| 89 | 101 | Matschull Frank | für meine Jungs | 0:45:24 | 0:45:33 | 1967 | M45 | 13 | 4:32 min/km |
| 90 | 630 | Schulte Tobias | SSG Königswinter | 0:45:24 | 0:45:29 | 1998 | MU18 | 6 | 4:32 min/km |
| 91 | 33 | Vilain Stephan | *Niederkassel | 0:45:25 | 0:45:35 | 1970 | M40 | 17 | 4:33 min/km |
| 92 | 182 | Wilhelm Torben | *Troisdorf | 0:45:26 | 0:45:33 | 1968 | M45 | 14 | 4:33 min/km |
| 93 | 772 | Heß Thorsten | TUS 07 Oberlar | 0:45:26 | 0:45:30 | 1984 | M30 | 11 | 4:33 min/km |
| 94 | 307 | Borgolte Stephan | *Niederkassel | 0:45:30 | 0:45:35 | 1965 | M45 | 15 | 4:33 min/km |
| 95 | 502 | Reinisch Frank | LLG St. Augustin | 0:45:31 | 0:46:04 | 1958 | M55 | 7 | 4:33 min/km |
| 96 | 206 | Asmus Sven | SSF Bonn Triathlon | 0:45:32 | 0:45:39 | 1962 | M50 | 10 | 4:33 min/km |
| 97 | 1930 | Fuss Werner | BSG Evonik Wesseling | 0:45:37 | 0:45:43 | 1959 | M55 | 8 | 4:34 min/km |
| 98 | 503 | Pethes Nico | *Bonn | 0:45:38 | 0:45:41 | 1970 | M40 | 18 | 4:34 min/km |
| 99 | 164 | Isenberg Simon | *München | 0:45:39 | 0:46:52 | 1983 | M30 | 12 | 4:34 min/km |
| 100 | 262 | Cinque Carlo | KKK-Dörrobst | 0:45:40 | 0:45:53 | 1963 | M50 | 11 | 4:34 min/km |
| 101 | 632 | Mainzer Simon | SSG Königswinter | 0:45:43 | 0:45:46 | 1998 | MU18 | 7 | 4:34 min/km |
| 102 | 739 | Spitz Rüdiger | Ich steh' auf Mannheim! | 0:45:46 | 0:45:51 | 1970 | M40 | 19 | 4:35 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|----------------------|-----------------------------|---------|---------|----------|------|----------|-----------------|
| 103 | 738 | Trost Detlef | | 0:45:46 | 0:45:52 | 1969 | M45 | 16 | 4:35 min/km |
| 104 | 747 | Scheld Alexander | | 0:45:51 | 0:47:01 | 1993 | M20 | 14 | 4:35 min/km |
| 105 | 309 | Müller Ralf | Team Luftwaffe Köln | 0:45:55 | 0:46:24 | 1965 | M45 | 17 | 4:36 min/km |
| 106 | 328 | Praß Thomas | FC Deutsche Post | 0:45:57 | 0:46:25 | 1971 | M40 | 20 | 4:36 min/km |
| 107 | 57 | Peschel Sascha | *Niederkassel | 0:45:57 | 0:46:22 | 1979 | M35 | 14 | 4:36 min/km |
| 108 | 1843 | Schneider Marco | LSM Libur | 0:46:03 | 0:46:13 | 1978 | M35 | 15 | 4:36 min/km |
| 109 | 252 | Arp Joachim | Lauftreff Hersel | 0:46:07 | 0:46:18 | 1983 | M30 | 13 | 4:37 min/km |
| 110 | 176 | Rohen Guido | LT Baar | 0:46:07 | 0:46:18 | 1976 | M35 | 16 | 4:37 min/km |
| 111 | 540 | Kretschmer Steffen | SSV Happerschoß | 0:46:09 | 0:46:50 | 1966 | M45 | 18 | 4:37 min/km |
| 112 | 1903 | Konradi Thomas | Selbstläufer SV Alternahr | 0:46:14 | 0:46:25 | 1959 | M55 | 9 | 4:37 min/km |
| 113 | 321 | Oehme Karsten | LT TuS Mondorf | 0:46:14 | 0:46:44 | 1967 | M45 | 19 | 4:37 min/km |
| 114 | 713 | Wahnschaffe Jens | BSG Reifenhäuser | 0:46:15 | 0:46:44 | 1965 | M45 | 20 | 4:38 min/km |
| 115 | 444 | Knipp Peter | KiTa Langgasse | 0:46:17 | 0:46:23 | 1969 | M45 | 21 | 4:38 min/km |
| 116 | 551 | Wiese Marco | VR-Bank Rhein-Sieg eG | 0:46:19 | 0:46:43 | 1984 | M30 | 14 | 4:38 min/km |
| 117 | 306 | Grunwald Tobias | SSF Bonn | 0:46:19 | 0:47:00 | 1989 | M20 | 15 | 4:38 min/km |
| 118 | 602 | Harsch Daniel | WSV BW Rheidt | 0:46:19 | 0:46:22 | 1996 | MU20 | 3 | 4:38 min/km |
| 119 | 432 | Driesch Markus | TV | 0:46:20 | 0:46:34 | 1963 | M50 | 12 | 4:38 min/km |
| 120 | 1997 | Eisermann Stephan | Team Erdinger Alkoholfrei | 0:46:24 | 0:46:30 | 1966 | M45 | 22 | 4:38 min/km |
| 121 | 12 | Albert Matthias | LT TuS Meindorf | 0:46:26 | 0:46:38 | 1962 | M50 | 13 | 4:39 min/km |
| 122 | 381 | Schnitzler Klaus | LT Tus Meindorf | 0:46:26 | 0:46:42 | 1955 | M55 | 10 | 4:39 min/km |
| 123 | 470 | Weschenbach Guido | FC Deutsche Post | 0:46:27 | 0:46:36 | 1967 | M45 | 23 | 4:39 min/km |
| 124 | 201 | Hildebrand Dr. Falk | *Bonn | 0:46:28 | 0:47:02 | 1980 | M30 | 15 | 4:39 min/km |
| 125 | 1857 | unbekannt DX0SRG9 | | 0:46:30 | 0:47:09 | 1972 | M40 | 21 | 4:39 min/km |
| 126 | 151 | Flasse Denis | *Niederkassel | 0:46:30 | 0:46:59 | 1996 | MU20 | 4 | 4:39 min/km |
| 127 | 1795 | Friese Tobias | PSV Bonn Triathlon | 0:46:30 | 0:46:40 | 1980 | M30 | 16 | 4:39 min/km |
| 128 | 760 | Brors Stefan | | 0:46:34 | 0:46:45 | 1971 | M40 | 22 | 4:39 min/km |
| 129 | 14 | Haack Gunnar | *Siegburg | 0:46:36 | 0:46:45 | 1971 | M40 | 23 | 4:40 min/km |
| 130 | 18 | Abraham Erich | TC Köln-Poll e. V. 1904 | 0:46:37 | 0:46:41 | 1968 | M45 | 24 | 4:40 min/km |
| 131 | 726 | Jelden Frederik | | 0:46:37 | 0:46:40 | 1993 | M20 | 16 | 4:40 min/km |
| 132 | 1783 | Hamann Bert | LT TUS Meindorf | 0:46:43 | 0:46:59 | | M20 | 17 | 4:40 min/km |
| 133 | 467 | Cremer Jürgen | FC Deutsche Post | 0:46:50 | 0:46:56 | 1962 | M50 | 14 | 4:41 min/km |
| 134 | 777 | Jensch Frank | | 0:46:56 | 0:47:34 | 1956 | M55 | 11 | 4:42 min/km |
| 135 | 175 | Müller Markus | SV Bergheim - Tennis | 0:46:59 | 0:47:45 | 1964 | M50 | 15 | 4:42 min/km |
| 136 | 223 | Affeld Christoph | Knippscher&Bruckmann | 0:47:06 | 0:48:01 | 1986 | M20 | 18 | 4:43 min/km |
| 137 | 379 | Ortega Juan | itelligence AG | 0:47:07 | 0:47:47 | 1975 | M35 | 17 | 4:43 min/km |
| 138 | 177 | Hidajat Dr. Herman | *Gütersloh | 0:47:09 | 0:47:18 | 1975 | M35 | 18 | 4:43 min/km |
| 139 | 512 | Bregenstroth Lars | *Bonn | 0:47:09 | 0:47:20 | 1975 | M35 | 19 | 4:43 min/km |
| 140 | 768 | Stein Jannik | VfL Engelskirchen | 0:47:10 | 0:47:11 | 2001 | MU14 | 1 | 4:43 min/km |
| 141 | 543 | Altmann Markus | Fußball-Verband Mittelrhein | 0:47:16 | 0:47:34 | 1982 | M30 | 17 | 4:44 min/km |
| 142 | 688 | Dittrich Winfried | SCB Horrem | 0:47:19 | 0:48:22 | 1960 | M50 | 16 | 4:44 min/km |
| 143 | 118 | Stapel Ulf | *Niederkassel | 0:47:21 | 0:47:45 | 1967 | M45 | 25 | 4:44 min/km |
| 144 | 580 | Ackermann Detlev | Laufen-in-Koeln.de | 0:47:21 | 0:47:24 | 1970 | M40 | 24 | 4:44 min/km |
| 145 | 1147 | Kalinski Yannik | *niederkassel | 0:47:23 | 0:47:49 | 2002 | MU14 | 2 | 4:44 min/km |
| 146 | 437 | Schlegelmilch Ludwig | *Bonn | 0:47:30 | 0:47:53 | 1964 | M50 | 17 | 4:45 min/km |
| 147 | 207 | Schwingeler Theo | *Bonn | 0:47:30 | 0:47:50 | 1969 | M45 | 26 | 4:45 min/km |
| 148 | 504 | Fremerey Christian | EKKK | 0:47:31 | 0:47:35 | 1970 | M40 | 25 | 4:45 min/km |
| 149 | 582 | Odenthal René | Evonik Industries | 0:47:38 | 0:48:37 | 1992 | M20 | 19 | 4:46 min/km |
| 150 | 654 | Emschermann Max | *Wuppertal | 0:47:39 | 0:48:12 | 1995 | MU20 | 5 | 4:46 min/km |
| 151 | 745 | Bravo Michel | | 0:47:39 | 0:48:43 | 1980 | M30 | 18 | 4:46 min/km |
| 152 | 1975 | Tantow Mathies | WSV Rheidt | 0:47:44 | 0:48:23 | 1975 | M35 | 20 | 4:46 min/km |
| 153 | 173 | Sterzenbach Jörg | *Bornheim | 0:47:45 | 0:48:52 | 1981 | M30 | 19 | 4:47 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|-----------------------|---------|---------|----------|------|----------|-----------------|
| 154 | 715 | Jansen Markus | BSG Reifenhäuser | 0:47:45 | 0:48:26 | 1986 | M20 | 20 | 4:47 min/km |
| 155 | 1950 | Peters Jochen | TUS Mondorf | 0:47:46 | 0:48:36 | | M20 | 21 | 4:47 min/km |
| 156 | 227 | Engels Rü | Knippscher&Bruckmann | 0:47:46 | 0:48:37 | 1967 | M45 | 27 | 4:47 min/km |
| 157 | 147 | Knipp Manuel | Der Rheinländer | 0:47:47 | 0:48:40 | 1972 | M40 | 26 | 4:47 min/km |
| 158 | 555 | Lülsdorf Andreas | VR-Bank Rhein-Sieg eG | 0:47:47 | 0:48:37 | 1982 | M30 | 20 | 4:47 min/km |
| 159 | 1927 | Breidbach Armin | FC Deutsche Post | 0:47:56 | 0:48:05 | 1961 | M50 | 18 | 4:48 min/km |
| 160 | 64 | Wilsing Sascha | Verein vom Rhein | 0:48:00 | 0:48:11 | 1976 | M35 | 21 | 4:48 min/km |
| 161 | 365 | Mühlnikel Oliver | *Bonn | 0:48:10 | 0:48:48 | 1971 | M40 | 27 | 4:49 min/km |
| 162 | 561 | Wolber Matthias | VR-Bank Rhein-Sieg eG | 0:48:11 | 0:48:36 | 1975 | M35 | 22 | 4:49 min/km |
| 163 | 767 | von Bebber Ludger | TUS Xanten | 0:48:13 | 0:48:59 | 1965 | M45 | 28 | 4:49 min/km |
| 164 | 52 | Wertenbruch Sebastian | *Niederkassel | 0:48:16 | 0:48:28 | 1983 | M30 | 21 | 4:50 min/km |
| 165 | 134 | Becker Holger | *Troisdorf | 0:48:23 | 0:48:47 | 1964 | M50 | 19 | 4:50 min/km |
| 166 | 1784 | Hamm Jan | WSV Blau Weiß Rheidtd | 0:48:23 | 0:49:03 | 1973 | M40 | 28 | 4:50 min/km |
| 167 | 228 | Knein Daniel | Knippscher&Bruckmann | 0:48:24 | 0:49:17 | 1977 | M35 | 23 | 4:50 min/km |
| 168 | 445 | Wilkens Robert | FC Keldenich | 0:48:24 | 0:48:41 | 1964 | M50 | 20 | 4:50 min/km |
| 169 | 397 | Woll Klaus | LT-TUS Mondorf | 0:48:25 | 0:48:35 | 1961 | M50 | 21 | 4:51 min/km |
| 170 | 625 | Gläser Karl-Josef | BSG Kreisverwaltung | 0:48:29 | 0:48:46 | 1953 | M60 | 2 | 4:51 min/km |
| 171 | 39 | Nüsgen Wilhelm | FC Keldenich | 0:48:33 | 0:49:00 | 1947 | M65 | 1 | 4:51 min/km |
| 172 | 53 | Jansen Mike | Feuerwehr Röttgen | 0:48:34 | 0:48:46 | 1983 | M30 | 22 | 4:51 min/km |
| 173 | 275 | Ludwig Frank | *Niederkassel | 0:48:34 | 0:48:54 | 1959 | M55 | 12 | 4:51 min/km |
| 174 | 664 | Brochhagen Tim | Kopernikus-Gymnasium | 0:48:44 | 0:49:07 | 1999 | MU16 | 2 | 4:52 min/km |
| 175 | 373 | Morlock Marko | Running Zeros | 0:48:46 | 0:49:18 | 1969 | M45 | 29 | 4:53 min/km |
| 176 | 137 | Kowal Andreas | Kreisparkasse Köln | 0:48:47 | 0:48:53 | 1971 | M40 | 29 | 4:53 min/km |
| 177 | 1971 | Breuer Thomas | LT TUS Mondorf | 0:48:49 | 0:49:39 | 1969 | M45 | 30 | 4:53 min/km |
| 178 | 604 | Kurtenbach Frank | WSV BW Rheidt | 0:48:50 | 0:49:03 | 1973 | M40 | 30 | 4:53 min/km |
| 179 | 562 | Frost Werner | VR-Bank Rhein-Sieg eG | 0:48:51 | 0:49:05 | 1966 | M45 | 31 | 4:53 min/km |
| 180 | 414 | Lange Frank | Der-Flotte-kaldauer | 0:48:57 | 0:49:13 | 1962 | M50 | 22 | 4:54 min/km |
| 181 | 263 | Donner Marc | KKK-Dörrobst | 0:48:57 | 0:49:10 | 1973 | M40 | 31 | 4:54 min/km |
| 182 | 528 | Kappel Dennis | Cross-LG Rhein | 0:48:58 | 0:49:05 | 1980 | M30 | 23 | 4:54 min/km |
| 183 | 667 | Altkemper Christian | Kopernikus-Gymnasium | 0:48:58 | 0:49:30 | 1982 | M30 | 24 | 4:54 min/km |
| 184 | 637 | Fischer Rainer | *Hümmerich | 0:49:01 | 0:50:12 | 1969 | M45 | 32 | 4:54 min/km |
| 185 | 197 | Haase Sven | *Troisdorf | 0:49:04 | 0:49:08 | 1971 | M40 | 32 | 4:54 min/km |
| 186 | 733 | Evers Wulf | | 0:49:08 | 0:50:12 | 1969 | M45 | 33 | 4:55 min/km |
| 187 | 292 | Wolfram Tobias | SC Eichholz Essen | 0:49:17 | 0:49:41 | 1975 | M35 | 24 | 4:56 min/km |
| 188 | 774 | Schaller Dieter | | 0:49:17 | 0:49:40 | 1964 | M50 | 23 | 4:56 min/km |
| 189 | 596 | Carle Matthias | FC Deutsche Post | 0:49:19 | 0:49:45 | 1985 | M20 | 22 | 4:56 min/km |
| 190 | 751 | Rohr Steffen | Team MDR | 0:49:19 | 0:49:32 | 1977 | M35 | 25 | 4:56 min/km |
| 191 | 314 | Jelden Andreas | Team Magenta | 0:49:20 | 0:49:22 | 1966 | M45 | 34 | 4:56 min/km |
| 192 | 322 | Neu Wolfram | ... | 0:49:20 | 0:49:39 | 1982 | M30 | 25 | 4:56 min/km |
| 193 | 746 | Neu Julian | TuS Oberlar | 0:49:20 | 0:49:39 | 2003 | MU12 | 1 | 4:56 min/km |
| 194 | 0 | unbekannt DY583T4 | | 0:49:21 | 0:49:45 | | M20 | 23 | 4:56 min/km |
| 195 | 8 | Catarino Paulo | SSF Bonn Triathlon | 0:49:21 | 0:49:50 | 1964 | M50 | 24 | 4:56 min/km |
| 196 | 748 | Steigels Achim | | 0:49:21 | 0:49:42 | 1962 | M50 | 25 | 4:56 min/km |
| 197 | 556 | Rohr Thomas | VR-Bank Rhein-Sieg eG | 0:49:23 | 0:49:46 | 1969 | M45 | 35 | 4:56 min/km |
| 198 | 28 | Schaaf Peter | *Niederkassel | 0:49:24 | 0:49:45 | 1968 | M45 | 36 | 4:56 min/km |
| 199 | 1949 | Brüker Georg | L.T. Ennert Bonn e.V. | 0:49:27 | 0:50:09 | 1963 | M50 | 26 | 4:57 min/km |
| 200 | 1854 | Groß Markus | SV Hellas Siegburg | 0:49:27 | 0:50:38 | 1972 | M40 | 33 | 4:57 min/km |
| 201 | 412 | Baird Matt | SSF Bonn | 0:49:27 | 0:50:13 | 1974 | M40 | 34 | 4:57 min/km |
| 202 | 61 | Eicke Holger | TuS Mondorf AH | 0:49:28 | 0:49:34 | 1972 | M40 | 35 | 4:57 min/km |
| 203 | 507 | Stein Christian | *Bonn | 0:49:28 | 0:50:20 | 1982 | M30 | 26 | 4:57 min/km |
| 204 | 160 | Schultz Marc | Verine vom Rhein | 0:49:30 | 0:49:50 | 1973 | M40 | 36 | 4:57 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|----------------------------|---------|---------|----------|------|----------|-----------------|
| 205 | 399 | Friederiszick Frank | *Niederkassel | 0:49:30 | 0:49:37 | 1970 | M40 | 37 | 4:57 min/km |
| 206 | 300 | Gerhards Jens | LT Hennef/Sieg | 0:49:36 | 0:50:53 | 1972 | M40 | 38 | 4:58 min/km |
| 207 | 303 | Baum Detlef | FC Keldenich | 0:49:37 | 0:49:57 | 1962 | M50 | 27 | 4:58 min/km |
| 208 | 764 | Quast Carsten | | 0:49:37 | 0:49:41 | 1966 | M45 | 37 | 4:58 min/km |
| 209 | 43 | Boelen-Theile Claus | *Rösrath | 0:49:40 | 0:50:53 | 1966 | M45 | 38 | 4:58 min/km |
| 210 | 780 | Heinsen Heinz | Wilheimshaven Patriots | 0:49:43 | 0:50:14 | 1974 | M40 | 39 | 4:58 min/km |
| 211 | 744 | Rausel Michael | | 0:49:44 | 0:49:50 | 1978 | M35 | 26 | 4:58 min/km |
| 212 | 1986 | Horn Julian | | 0:49:44 | 0:50:07 | 1981 | M30 | 27 | 4:58 min/km |
| 213 | 239 | Hink Peter | Knippscher&Bruckmann | 0:49:49 | 0:50:43 | 1978 | M35 | 27 | 4:59 min/km |
| 214 | 448 | Bolten Bernd | *Much | 0:49:50 | 0:50:40 | 1969 | M45 | 39 | 4:59 min/km |
| 215 | 222 | Knippscher Bernd | Knippscher&Bruckmann | 0:49:53 | 0:50:46 | 1974 | M40 | 40 | 4:59 min/km |
| 216 | 648 | Kleban Martin | Kilometerfresser | 0:49:57 | 0:50:05 | 1968 | M45 | 40 | 4:60 min/km |
| 217 | 360 | Heimann Andreas | *Niederkassel | 0:49:57 | 0:50:51 | 1969 | M45 | 41 | 4:60 min/km |
| 218 | 574 | Gerhardt Dirk | Evonik Industries | 0:49:58 | 0:50:27 | 1974 | M40 | 41 | 4:60 min/km |
| 219 | 126 | Kübler Dr. Mirco | *Bonn | 0:50:02 | 0:50:13 | 1974 | M40 | 42 | 5:00 min/km |
| 220 | 659 | Schuh Marcel | Kopernikus-Gymnasium | 0:50:04 | 0:50:38 | 2000 | MU16 | 3 | 5:00 min/km |
| 221 | 190 | Dietzler Elmar | 1. FC Spich | 0:50:10 | 0:50:35 | 1965 | M45 | 42 | 5:01 min/km |
| 222 | 718 | Müller Uwe | | 0:50:18 | 0:50:26 | 1963 | M50 | 28 | 5:02 min/km |
| 223 | 1946 | Emschermann Christoph | *Bonn | 0:50:18 | 0:50:54 | 1951 | M60 | 3 | 5:02 min/km |
| 224 | 0 | unbekannt DG9GS0D | | 0:50:22 | 0:50:51 | | M20 | 24 | 5:02 min/km |
| 225 | 255 | Angerer Dr. Jörg | *Troisdorf | 0:50:22 | 0:50:36 | 1966 | M45 | 43 | 5:02 min/km |
| 226 | 921 | Seickfried Gerhard | Stadtläufer Niederkassel | 0:50:24 | 0:50:44 | 1954 | M60 | 4 | 5:02 min/km |
| 227 | 721 | Istas Claus | | 0:50:25 | 0:51:18 | 1974 | M40 | 43 | 5:03 min/km |
| 228 | 676 | Wessling Harry | Axcepting GmbH | 0:50:26 | 0:50:39 | 1968 | M45 | 44 | 5:03 min/km |
| 229 | 324 | Nohl Udo | *Wesseling | 0:50:26 | 0:50:56 | 1967 | M45 | 45 | 5:03 min/km |
| 230 | 334 | Valder Oliver | *Niederkassel | 0:50:27 | 0:51:15 | 1980 | M30 | 28 | 5:03 min/km |
| 231 | 594 | Pohl Andreas | Pi-Lauf-Freunde-Neunkirche | 0:50:27 | 0:51:03 | 1965 | M45 | 46 | 5:03 min/km |
| 232 | 1921 | Marek Waldemar | Für Hürth | 0:50:29 | 0:51:17 | 1974 | M40 | 44 | 5:03 min/km |
| 233 | 742 | Karp Johannes | | 0:50:31 | 0:50:49 | | M20 | 25 | 5:03 min/km |
| 234 | 68 | Klüser Andree | *Niederkassel | 0:50:31 | 0:50:58 | 1967 | M45 | 47 | 5:03 min/km |
| 235 | 1976 | Schaaf Walter | | 0:50:31 | 0:50:50 | 1984 | M30 | 29 | 5:03 min/km |
| 236 | 396 | Mülheims Laurenz | PSV Bonn Triathlon | 0:50:34 | 0:51:54 | 1960 | M50 | 29 | 5:03 min/km |
| 237 | 472 | Knie Bernd | FC Keldenich | 0:50:37 | 0:51:17 | 1961 | M50 | 30 | 5:04 min/km |
| 238 | 588 | Wessel Sebastian | Evonik Industries | 0:50:41 | 0:51:23 | 1973 | M40 | 45 | 5:04 min/km |
| 239 | 653 | Roitzsch Andreas | FC Keldenich | 0:50:42 | 0:51:23 | 1979 | M35 | 28 | 5:04 min/km |
| 240 | 1913 | Weber Benjamin | | 0:50:47 | 0:51:10 | 1983 | M30 | 30 | 5:05 min/km |
| 241 | 712 | Heitmann Sascha | BSG Reifenhäuser | 0:50:51 | 0:51:18 | 1974 | M40 | 46 | 5:05 min/km |
| 242 | 1856 | Theis Stephan | | 0:50:51 | 0:51:35 | 1986 | M20 | 26 | 5:05 min/km |
| 243 | 279 | Schmale Sönke | *Bonn | 0:50:53 | 0:51:05 | 1977 | M35 | 29 | 5:05 min/km |
| 244 | 17 | Krückeberg Andreas | ECSA | 0:50:55 | 0:51:18 | 1964 | M50 | 31 | 5:06 min/km |
| 245 | 1852 | Vogel Tobias | | 0:50:56 | 0:51:17 | | M20 | 27 | 5:06 min/km |
| 246 | 136 | Hessenbruch Sascha | *Niederkassel | 0:51:00 | 0:52:10 | 1978 | M35 | 30 | 5:06 min/km |
| 247 | 778 | Schreiner Markus | SV Bornheim | 0:51:04 | 0:51:48 | | M20 | 28 | 5:06 min/km |
| 248 | 673 | Emschermann Benedikt | *Neuss | 0:51:07 | 0:51:41 | 1957 | M55 | 13 | 5:07 min/km |
| 249 | 120 | Alsch Rainer | *Köln | 0:51:08 | 0:52:25 | 1973 | M40 | 47 | 5:07 min/km |
| 250 | 1926 | Faulhaber Bernd | TSV Heidenfeld/Franzen | 0:51:09 | 0:51:36 | 1966 | M45 | 48 | 5:07 min/km |
| 251 | 171 | Buchholzer Yann | *Niederkassel | 0:51:12 | 0:51:17 | 1997 | MU18 | 8 | 5:07 min/km |
| 252 | 269 | Vering Wilfried | *Köln | 0:51:18 | 0:52:06 | 1958 | M55 | 14 | 5:08 min/km |
| 253 | 564 | Vollmuth Peter | *Niederkassel | 0:51:19 | 0:52:11 | 1965 | M45 | 49 | 5:08 min/km |
| 254 | 545 | Teischler Simon | *Sankt Augustin | 0:51:19 | 0:51:29 | 1979 | M35 | 31 | 5:08 min/km |
| 255 | 19 | Pohl Wolfgang | *Niederkassel | 0:51:20 | 0:51:25 | 1967 | M45 | 50 | 5:08 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 256 | 215 | Pingel Gregor | FC Deutsche Post | 0:51:21 | 0:51:44 | 1949 | M65 | 2 | 5:08 min/km |
| 257 | 79 | Kreuzer Andre | LG JoLe | 0:51:24 | 0:52:10 | 1970 | M40 | 48 | 5:08 min/km |
| 258 | 146 | Cordes Ingo | *Troisdorf | 0:51:26 | 0:52:29 | 1967 | M45 | 51 | 5:09 min/km |
| 259 | 127 | Vogg Michael | SSF Bonn Triathlon | 0:51:35 | 0:52:14 | 1962 | M50 | 32 | 5:10 min/km |
| 260 | 593 | Bulla Marius | Evonik Industries | 0:51:37 | 0:52:06 | 1992 | M20 | 29 | 5:10 min/km |
| 261 | 680 | Hundenborn Jörn | *Niederkassel | 0:51:40 | 0:52:13 | 1982 | M30 | 31 | 5:10 min/km |
| 262 | 714 | Kuczera Marcus | BSG Reifenhäuser | 0:51:41 | 0:52:13 | 1989 | M20 | 30 | 5:10 min/km |
| 263 | 35 | Müller Michael | *Troisdorf | 0:51:45 | 0:51:57 | 1971 | M40 | 49 | 5:11 min/km |
| 264 | 536 | Niefanger Frank | Lauftreff Hersel | 0:51:47 | 0:52:44 | 1959 | M55 | 15 | 5:11 min/km |
| 265 | 15 | Theißen Michael | Lauftreff Hersel | 0:51:49 | 0:52:46 | 1959 | M55 | 16 | 5:11 min/km |
| 266 | 1945 | Nicklas Rainer | Schnelle Füße Spich | 0:51:49 | 0:52:42 | 1974 | M40 | 50 | 5:11 min/km |
| 267 | 685 | Schulz Torsten | 1. FC Spich | 0:51:53 | 0:52:18 | 1968 | M45 | 52 | 5:11 min/km |
| 268 | 538 | Rohrmoser-von Glasow | SSV Happerschoß | 0:51:54 | 0:52:34 | 1960 | M50 | 33 | 5:11 min/km |
| 269 | 374 | Morlock Max | Running Zeros | 0:51:55 | 0:52:13 | 1997 | MU18 | 9 | 5:12 min/km |
| 270 | 563 | Neuhaus Michael | VR-Bank Rhein-Sieg eG | 0:51:59 | 0:52:24 | 1979 | M35 | 32 | 5:12 min/km |
| 271 | 111 | Rath Thomas | klotzkoepfe.de | 0:52:00 | 0:53:16 | 1967 | M45 | 53 | 5:12 min/km |
| 272 | 429 | Lenz Wolfgang | *Niederkassel | 0:52:00 | 0:52:43 | 1981 | M30 | 32 | 5:12 min/km |
| 273 | 493 | Steinhäuser Benedikt | *Leverkusen | 0:52:02 | 0:52:39 | 1981 | M30 | 33 | 5:12 min/km |
| 274 | 701 | Barion Dr. Ralf | diabetespraxis-rhein-sieg | 0:52:02 | 0:52:16 | 1959 | M55 | 17 | 5:12 min/km |
| 275 | 740 | Clemens Markus | | 0:52:05 | 0:52:33 | 1969 | M45 | 54 | 5:13 min/km |
| 276 | 587 | Sieburg Mike | Evonik Industries | 0:52:05 | 0:53:07 | 1957 | M55 | 18 | 5:13 min/km |
| 277 | 405 | Girod Thomas | *Herzogenrath | 0:52:22 | 0:53:41 | 1965 | M45 | 55 | 5:14 min/km |
| 278 | 558 | Dudek Peter | VR-Bank Rhein-Sieg eG | 0:52:27 | 0:52:52 | 1978 | M35 | 33 | 5:15 min/km |
| 279 | 1978 | Wünsche Hendrik | | 0:52:33 | 0:53:23 | 1978 | M35 | 34 | 5:15 min/km |
| 280 | 339 | Schmitz Thomas | Deutsche Post | 0:52:34 | 0:53:38 | 1981 | M30 | 34 | 5:15 min/km |
| 281 | 316 | Peter Ronald | HLG 98 Wuppertal | 0:52:34 | 0:52:53 | 1960 | M50 | 34 | 5:15 min/km |
| 282 | 589 | Wiemar Udo | Evonik Industries | 0:52:34 | 0:53:37 | 1969 | M45 | 56 | 5:15 min/km |
| 283 | 338 | Gunia Thomas | Deutsche Post | 0:52:35 | 0:53:38 | 1961 | M50 | 35 | 5:16 min/km |
| 284 | 1940 | Welter Ralf | | 0:52:36 | 0:53:02 | 1972 | M40 | 51 | 5:16 min/km |
| 285 | 539 | Von Glasow Piet | SSV Happerschoß | 0:52:36 | 0:52:36 | 1998 | MU18 | 10 | 5:16 min/km |
| 286 | 241 | Rausch Hubert | Silly Walks Squad | 0:52:42 | 0:52:57 | 1957 | M55 | 19 | 5:16 min/km |
| 287 | 337 | Nerger Armand | LT TUS Mondorf | 0:52:43 | 0:52:58 | 1939 | M75 | 1 | 5:16 min/km |
| 288 | 244 | Johanshon Hans-Dieter | HSV Troisdorf | 0:52:44 | 0:53:02 | 1955 | M55 | 20 | 5:16 min/km |
| 289 | 37 | Rhein Norbert | *troisdorf | 0:52:45 | 0:52:49 | 1951 | M60 | 5 | 5:17 min/km |
| 290 | 766 | Jonas Torsten | | 0:52:47 | 0:53:34 | 1969 | M45 | 57 | 5:17 min/km |
| 291 | 1776 | Offerzier Paul-Heinz | FC Keldenich | 0:52:47 | 0:53:05 | 1959 | M55 | 21 | 5:17 min/km |
| 292 | 463 | Dietler Willy | WSV BW Rheidt | 0:52:49 | 0:52:51 | 1963 | M50 | 36 | 5:17 min/km |
| 293 | 770 | Garling Lars | | 0:52:50 | 0:53:38 | 1977 | M35 | 35 | 5:17 min/km |
| 294 | 1794 | Jacobs Klaas-Steffen | LG Badewanne | 0:52:54 | 0:53:38 | 1956 | M55 | 22 | 5:17 min/km |
| 295 | 510 | Stein Dieter | TuS Pützchen 05 e.V. | 0:53:01 | 0:53:48 | 1951 | M60 | 6 | 5:18 min/km |
| 296 | 34 | Dingil Ahmet | *Bornheim | 0:53:01 | 0:53:37 | 1967 | M45 | 58 | 5:18 min/km |
| 297 | 1781 | Lammers Hermann | | 0:53:03 | 0:53:43 | 1960 | M50 | 37 | 5:18 min/km |
| 298 | 123 | Gasior Pawel | *Niederkassel | 0:53:06 | 0:53:51 | 1979 | M35 | 36 | 5:19 min/km |
| 299 | 96 | Baum Heinz | VFL Engelskirchen | 0:53:10 | 0:53:31 | 1954 | M60 | 7 | 5:19 min/km |
| 300 | 304 | Franke Dieter | *BAd Neuenahr-Ahrweile | 0:53:10 | 0:53:40 | 1954 | M60 | 8 | 5:19 min/km |
| 301 | 389 | Seidl Christian | WSV-Rheidt-Tennis | 0:53:10 | 0:53:28 | 1973 | M40 | 52 | 5:19 min/km |
| 302 | 2000 | Schwesig Jörn | | 0:53:17 | 0:53:24 | 1970 | M40 | 53 | 5:20 min/km |
| 303 | 62 | Herde Volker | Königreich GuSi | 0:53:23 | 0:53:44 | 1962 | M50 | 38 | 5:20 min/km |
| 304 | 449 | Konradi Toni | Selbstläufer SV Altenahr | 0:53:25 | 0:53:37 | 1985 | M20 | 31 | 5:21 min/km |
| 305 | 199 | Mueller Stefan | TLG/Basketball | 0:53:26 | 0:54:09 | 1965 | M45 | 59 | 5:21 min/km |
| 306 | 371 | Schwung Ralf | *Troisdorf, Spich | 0:53:27 | 0:54:10 | 1959 | M55 | 23 | 5:21 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|----------------------|-----------------------|---------|---------|----------|------|----------|-----------------|
| 307 | 71 | Börste Andreas | TuS 07 Oberlar e.V. | 0:53:27 | 0:54:09 | 1972 | M40 | 54 | 5:21 min/km |
| 308 | 1443 | Glombitza Michael | *Niederkassel | 0:53:34 | 0:54:41 | 1969 | M45 | 60 | 5:21 min/km |
| 309 | 661 | Werner Axel | Kopernikus-Gymnasium | 0:53:40 | 0:54:02 | 1970 | M40 | 55 | 5:22 min/km |
| 310 | 660 | Werner Paul | Kopernikus-Gymnasium | 0:53:40 | 0:54:02 | 2004 | MU12 | 2 | 5:22 min/km |
| 311 | 484 | Dressler Axel | Firma Dressler Group | 0:53:49 | 0:54:36 | 1974 | M40 | 56 | 5:23 min/km |
| 312 | 586 | Schmitz Bruno | Evonik Industries | 0:53:56 | 0:54:02 | 1955 | M55 | 24 | 5:24 min/km |
| 313 | 1788 | Domgörgen Karl | | 0:54:01 | 0:54:40 | 1958 | M55 | 25 | 5:24 min/km |
| 314 | 568 | Winkler Maximilian | Deutsche Telekom AG | 0:54:05 | 0:55:17 | 1991 | M20 | 32 | 5:25 min/km |
| 315 | 465 | Rauen Rene | WSV BW Rheidt | 0:54:10 | 0:54:57 | 1970 | M40 | 57 | 5:25 min/km |
| 316 | 185 | Knuf Roland | *Niederkassel-Mondorf | 0:54:12 | 0:54:28 | 1969 | M45 | 61 | 5:25 min/km |
| 317 | 1991 | Weinrich Kay | TV 08 Lohmar | 0:54:12 | 0:55:20 | 1955 | M55 | 26 | 5:25 min/km |
| 318 | 476 | Spitzensteder Jörg | Team Magenta | 0:54:13 | 0:55:25 | 1969 | M45 | 62 | 5:25 min/km |
| 319 | 261 | Brüll Stefan | *Niederkassel | 0:54:14 | 0:54:46 | 1959 | M55 | 27 | 5:25 min/km |
| 320 | 693 | Langendörfer Daniel | *Niederkassel | 0:54:15 | 0:54:52 | 1975 | M35 | 37 | 5:26 min/km |
| 321 | 679 | Bernard Christian | *Niederkassel | 0:54:20 | 0:54:53 | 1984 | M30 | 35 | 5:26 min/km |
| 322 | 217 | Buhr Marcus | *St. Augustin | 0:54:25 | 0:55:12 | 1970 | M40 | 58 | 5:27 min/km |
| 323 | 452 | Klaucke Ingo | El Chulo | 0:54:27 | 0:55:22 | 1969 | M45 | 63 | 5:27 min/km |
| 324 | 253 | Abels Olaf | Lufthansa Pinguine | 0:54:27 | 0:55:25 | 1968 | M45 | 64 | 5:27 min/km |
| 325 | 491 | Schaulandt Hans-Paul | *Troisdorf | 0:54:37 | 0:55:13 | 1945 | M65 | 3 | 5:28 min/km |
| 326 | 370 | Belz Karl-Heinz | *Wesseling | 0:54:37 | 0:55:22 | 1963 | M50 | 39 | 5:28 min/km |
| 327 | 1992 | Kreimb Schorsch | Alles für Bastian | 0:54:38 | 0:55:26 | 1943 | M70 | 1 | 5:28 min/km |
| 328 | 623 | Steinke Gerhard | --- | 0:54:41 | 0:55:25 | 1942 | M70 | 2 | 5:28 min/km |
| 329 | 560 | Hürten Holger | VR-Bank Rhein-Sieg eG | 0:54:43 | 0:55:10 | 1970 | M40 | 59 | 5:28 min/km |
| 330 | 363 | Holbe Jörn | *Bonn | 0:54:43 | 0:55:43 | 1972 | M40 | 60 | 5:28 min/km |
| 331 | 319 | Suthhof Andreas | *Bonn | 0:54:45 | 0:55:44 | 1967 | M45 | 65 | 5:29 min/km |
| 332 | 386 | Grommes Michael | Fc Schalke 04 | 0:54:48 | 0:54:57 | 1985 | M20 | 33 | 5:29 min/km |
| 333 | 89 | Wehr Christian | *Bonn | 0:54:54 | 0:55:52 | 1980 | M30 | 36 | 5:29 min/km |
| 334 | 294 | Raeder Alexander | FC Deutsche Post | 0:54:55 | 0:55:32 | 1948 | M65 | 4 | 5:30 min/km |
| 335 | 598 | Böttcher Werner | SC Fortuna Bonn | 0:54:55 | 0:55:18 | 1946 | M65 | 5 | 5:30 min/km |
| 336 | 86 | Schmidt Martin | *Bonn | 0:54:56 | 0:55:52 | 1983 | M30 | 37 | 5:30 min/km |
| 337 | 144 | Celoglou Avraam | *Wesseling | 0:54:56 | 0:55:25 | 1967 | M45 | 66 | 5:30 min/km |
| 338 | 11 | Temmesfeld Christoph | *Niederkassel | 0:54:56 | 0:56:18 | 1959 | M55 | 28 | 5:30 min/km |
| 339 | 1951 | Gibson Achim | | 0:55:01 | 0:55:18 | 1961 | M50 | 40 | 5:30 min/km |
| 340 | 113 | Simon Christian | *Rheinbach | 0:55:04 | 0:55:21 | 1968 | M45 | 67 | 5:30 min/km |
| 341 | 141 | Scheidel Michael | OGS Mondorf | 0:55:06 | 0:55:20 | 1967 | M45 | 68 | 5:31 min/km |
| 342 | 519 | Paust Roman | Cross-LG Rhein | 0:55:12 | 0:55:19 | 1981 | M30 | 38 | 5:31 min/km |
| 343 | 258 | Klein Oliver | *Niederkassel | 0:55:13 | 0:55:35 | 1966 | M45 | 69 | 5:31 min/km |
| 344 | 296 | Breuch Karl-Heinz | *Niederkassel | 0:55:15 | 0:56:06 | 1962 | M50 | 41 | 5:32 min/km |
| 345 | 525 | Jokisch Sven | FC Deutsche Post | 0:55:16 | 0:55:43 | 1969 | M45 | 70 | 5:32 min/km |
| 346 | 194 | Konopka Karl-Josef | Rheinkilometer 666 | 0:55:20 | 0:56:32 | 1962 | M50 | 42 | 5:32 min/km |
| 347 | 302 | Woelke Dirk | Rasende Pädogogen | 0:55:21 | 0:56:20 | 1963 | M50 | 43 | 5:32 min/km |
| 348 | 47 | Schwalbach Alexander | Software AG Team DSW | 0:55:21 | 0:55:50 | 1964 | M50 | 44 | 5:32 min/km |
| 348 | 669 | Baeyens Norbert | *Hennef | 0:55:21 | 0:55:36 | 1958 | M55 | 29 | 5:32 min/km |
| 350 | 318 | Wurda Werner | Diabetes Programm | 0:55:22 | 0:56:45 | 1960 | M50 | 45 | 5:32 min/km |
| 351 | 489 | Poschbeck Steffen | Firma Dressler Group | 0:55:24 | 0:56:09 | 1984 | M30 | 39 | 5:32 min/km |
| 352 | 369 | Potocnik Andreas | *Wesseling | 0:55:28 | 0:56:10 | 1963 | M50 | 46 | 5:33 min/km |
| 353 | 1858 | Hinz Malte | | 0:55:28 | 0:55:49 | 1974 | M40 | 61 | 5:33 min/km |
| 354 | 156 | Gottwald Lukas | Lt Mondorf | 0:55:29 | 0:55:35 | 2004 | MU12 | 3 | 5:33 min/km |
| 355 | 682 | Gupta Mike | *Bonn | 0:55:30 | 0:56:16 | 1969 | M45 | 71 | 5:33 min/km |
| 356 | 155 | Gottwald Bernd | LT Mondorf | 0:55:32 | 0:55:37 | 1971 | M40 | 62 | 5:33 min/km |
| 357 | 453 | Kistenich Matthias | Kopernikus-Gymnasium | 0:55:33 | 0:56:05 | 1964 | M50 | 47 | 5:33 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|---------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 357 | 454 | Kistenich Lukas | Kopernikus-Gymnasium | 0:55:33 | 0:56:06 | 1996 | MU20 | 6 | 5:33 min/km |
| 359 | 674 | Brombach Günter | LT Ennert e.V. | 0:55:35 | 0:56:09 | 1952 | M60 | 9 | 5:34 min/km |
| 360 | 668 | Heuser Ingo | Kopernikus-Gymnasium | 0:55:36 | 0:56:17 | 1963 | M50 | 48 | 5:34 min/km |
| 361 | 313 | Müssner Rainer | MDR | 0:55:40 | 0:55:53 | 1967 | M45 | 72 | 5:34 min/km |
| 362 | 771 | Götsch Marko | | 0:55:41 | 0:56:30 | 1977 | M35 | 38 | 5:34 min/km |
| 363 | 169 | Messing Marc | *Troisdorf | 0:55:44 | 0:56:22 | 1971 | M40 | 63 | 5:34 min/km |
| 364 | 636 | Harms Stefan | *Niederkassel | 0:55:44 | 0:56:40 | 1965 | M45 | 73 | 5:34 min/km |
| 365 | 439 | Kurczyk Holger | Okinawa Running Fighters | 0:55:45 | 0:56:19 | 1978 | M35 | 39 | 5:35 min/km |
| 366 | 356 | Görres Thomas | PRIOR1 GmbH | 0:55:48 | 0:56:30 | 1972 | M40 | 64 | 5:35 min/km |
| 367 | 348 | Hildebrandt Andreas | Sika Trocal GmbH | 0:55:50 | 0:56:21 | 1963 | M50 | 49 | 5:35 min/km |
| 368 | 351 | Zimmermann Ralf | Sika Trocal GmbH | 0:55:50 | 0:56:21 | 1969 | M45 | 74 | 5:35 min/km |
| 369 | 366 | Krischel Rolf-Peter | * Niederkassel | 0:55:53 | 0:56:02 | 1945 | M65 | 6 | 5:35 min/km |
| 370 | 769 | Kletschke Lucas | | 0:55:54 | 0:56:58 | 1965 | M45 | 75 | 5:35 min/km |
| 371 | 392 | Geurden Florian | - | 0:55:56 | 0:56:27 | 1984 | M30 | 40 | 5:36 min/km |
| 372 | 66 | Kreuz Michael | civitec | 0:55:58 | 0:56:08 | 1961 | M50 | 50 | 5:36 min/km |
| 373 | 603 | Eggert Harald | WSV BW Rheidt | 0:55:58 | 0:56:28 | 1967 | M45 | 76 | 5:36 min/km |
| 374 | 684 | Rahr Karsten | *Troisdorf | 0:56:03 | 0:56:38 | 1965 | M45 | 77 | 5:36 min/km |
| 375 | 488 | Parusel Christian | Firma Dressler Group | 0:56:04 | 0:56:51 | 1962 | M50 | 51 | 5:36 min/km |
| 376 | 686 | Middendorf Joerg | *Köln | 0:56:06 | 0:56:37 | 1978 | M35 | 40 | 5:37 min/km |
| 377 | 1786 | Schlosser Karl | | 0:56:11 | 0:56:29 | 1953 | M60 | 10 | 5:37 min/km |
| 378 | 242 | Kimpel Wolfgang | *Niederkassel | 0:56:12 | 0:56:29 | 1951 | M60 | 11 | 5:37 min/km |
| 379 | 703 | Bargel Marco | FC Pech | 0:56:16 | 0:56:48 | 1965 | M45 | 78 | 5:38 min/km |
| 380 | 1914 | Weller Uli | | 0:56:17 | 0:56:36 | 1964 | M50 | 52 | 5:38 min/km |
| 381 | 329 | Flock Stephan | *Niederkassel | 0:56:22 | 0:57:04 | 1961 | M50 | 53 | 5:38 min/km |
| 382 | 552 | Espendiller Frank | VR-Bank Rhein-Sieg eG | 0:56:30 | 0:56:54 | 1973 | M40 | 65 | 5:39 min/km |
| 383 | 415 | Reinhard Harald | EKKK | 0:56:32 | 0:57:11 | 1961 | M50 | 54 | 5:39 min/km |
| 384 | 546 | Hemkes Andreas | Siegburger Ruderverein | 0:56:32 | 0:57:32 | 1957 | M55 | 30 | 5:39 min/km |
| 385 | 532 | Klein Uwe | *Niederkassel | 0:56:35 | 0:57:13 | 1967 | M45 | 79 | 5:40 min/km |
| 386 | 231 | Hink Andreas | Knippscher&Bruckmann | 0:56:36 | 0:57:28 | 1976 | M35 | 41 | 5:40 min/km |
| 387 | 285 | Thielen Jens | *Hennef | 0:56:37 | 0:56:52 | 1969 | M45 | 80 | 5:40 min/km |
| 388 | 200 | Maatz Helmut | LLG St. Augustin | 0:56:41 | 0:57:30 | 1947 | M65 | 7 | 5:40 min/km |
| 389 | 218 | Lauen Christian | *Alfter | 0:56:43 | 0:57:22 | 1982 | M30 | 41 | 5:40 min/km |
| 390 | 723 | Kurz Jonathan | JLT-Mondorf | 0:56:43 | 0:57:18 | 1998 | MU18 | 11 | 5:40 min/km |
| 391 | 284 | Poppe Klaus | civitec | 0:56:49 | 0:58:05 | 1961 | M50 | 55 | 5:41 min/km |
| 392 | 135 | Schaefer Daniel | *Niederkassel | 0:56:50 | 0:57:36 | 1978 | M35 | 42 | 5:41 min/km |
| 393 | 541 | Apel Hans Jürgen | *Köln | 0:56:50 | 0:57:01 | 1939 | M75 | 2 | 5:41 min/km |
| 394 | 121 | Kann Gilbert | *Köln | 0:56:53 | 0:58:08 | 1972 | M40 | 66 | 5:41 min/km |
| 395 | 1994 | Krüger Michael | Bonn-Eifel-Connection | 0:56:53 | 0:58:06 | 1975 | M35 | 43 | 5:41 min/km |
| 396 | 656 | Busse Jan | EKKK | 0:57:02 | 0:57:11 | 1973 | M40 | 67 | 5:42 min/km |
| 397 | 30 | Rauter Andreas | *Niederkassel | 0:57:05 | 0:57:47 | 1971 | M40 | 68 | 5:43 min/km |
| 398 | 31 | Schumacher Claus | *Niederkassel | 0:57:10 | 0:57:50 | 1965 | M45 | 81 | 5:43 min/km |
| 399 | 277 | Morick Sebastian | *Niederkassel-Mondorf | 0:57:12 | 0:58:06 | 1977 | M35 | 44 | 5:43 min/km |
| 400 | 620 | Schneider Hans | Ig-Rheinbach | 0:57:12 | 0:57:46 | 1942 | M70 | 3 | 5:43 min/km |
| 401 | 1979 | Wittemann Rainer | Team Rosa Socke | 0:57:13 | 0:58:22 | 1966 | M45 | 82 | 5:43 min/km |
| 402 | 531 | Utke Klaus | TUS Mondorf Volleyball | 0:57:17 | 0:57:52 | 1973 | M40 | 69 | 5:44 min/km |
| 403 | 125 | Maroldt Dieter | Skiclub Troisdorf-Sieglar | 0:57:21 | 0:58:00 | 1939 | M75 | 3 | 5:44 min/km |
| 403 | 652 | Bröcher Andreas | *Niederkassel | 0:57:21 | 0:57:47 | 1963 | M50 | 56 | 5:44 min/km |
| 405 | 741 | Möllmathe Albrecht | | 0:57:23 | 0:57:54 | | M20 | 34 | 5:44 min/km |
| 406 | 129 | Greif Thomas | Erdmännchen | 0:57:28 | 0:57:34 | 1964 | M50 | 57 | 5:45 min/km |
| 407 | 434 | Pleiß David | Feuerwehr Bergisch | 0:57:30 | 0:58:15 | 1984 | M30 | 42 | 5:45 min/km |
| 408 | 537 | Schubert Ralf | *Bergisch Gladbach | 0:57:30 | 0:57:39 | 1961 | M50 | 58 | 5:45 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|---------------------------|---------|---------|----------|------|----------|-----------------|
| 409 | 691 | Winkler Johannes | *Bonn | 0:57:31 | 0:58:29 | 1970 | M40 | 70 | 5:45 min/km |
| 410 | 433 | Steinnökel Stefan | Feuerwehr Bergisch | 0:57:31 | 0:58:15 | 1985 | M20 | 35 | 5:45 min/km |
| 411 | 98 | Wollenweber Uwe | LSV Porz | 0:57:38 | 0:58:01 | 1962 | M50 | 59 | 5:46 min/km |
| 412 | 219 | Penzersinski Frank | *Much | 0:57:40 | 0:58:30 | 1965 | M45 | 83 | 5:46 min/km |
| 413 | 168 | Bertschat Marcel | *Niederkassel | 0:57:45 | 0:58:23 | 1986 | M20 | 36 | 5:47 min/km |
| 414 | 716 | Wilde Sebastian | Nur für die ganz harten! | 0:57:46 | 0:58:23 | 1986 | M20 | 37 | 5:47 min/km |
| 415 | 335 | Muth Peter | *Niederkassel | 0:57:52 | 0:58:46 | 1961 | M50 | 60 | 5:47 min/km |
| 416 | 548 | Braun Reinhard | REWE runners | 0:57:54 | 0:58:48 | 1961 | M50 | 61 | 5:47 min/km |
| 417 | 0 | unbekannt DT4NW1M | | 0:57:56 | 0:58:21 | | M20 | 38 | 5:48 min/km |
| 418 | 743 | Linke Frank | | 0:58:00 | 0:59:07 | 1962 | M50 | 62 | 5:48 min/km |
| 419 | 333 | Dick Christoph | Team MDR | 0:58:02 | 0:58:14 | 1971 | M40 | 71 | 5:48 min/km |
| 420 | 20 | Billotin Frank | *Niederkassel | 0:58:06 | 0:59:22 | 1961 | M50 | 63 | 5:49 min/km |
| 421 | 1988 | Noske Stefan | TC Blau Weiss Lülsdorf | 0:58:16 | 0:58:57 | 1965 | M45 | 84 | 5:50 min/km |
| 422 | 180 | Rick Clifford | *Bonn | 0:58:16 | 0:59:27 | 1976 | M35 | 45 | 5:50 min/km |
| 423 | 400 | Eicke Torsten | Sünner Abenteuer Team | 0:58:21 | 0:58:59 | 1975 | M35 | 46 | 5:50 min/km |
| 424 | 705 | Bertschat Harry | BSG Reifenhäuser | 0:58:22 | 0:58:54 | 1958 | M55 | 31 | 5:50 min/km |
| 425 | 394 | Pohl Walter | DARC | 0:58:24 | 0:58:31 | 1963 | M50 | 64 | 5:50 min/km |
| 426 | 609 | Onderka Manfred | Skiclub | 0:58:25 | 0:59:12 | 1964 | M50 | 65 | 5:51 min/km |
| 427 | 590 | Wilbert Harald | Evonik Industries | 0:58:28 | 0:59:28 | 1960 | M50 | 66 | 5:51 min/km |
| 428 | 226 | Schell Christian | Knippscher&Bruckmann | 0:58:29 | 0:59:21 | 1976 | M35 | 47 | 5:51 min/km |
| 429 | 728 | Neumann Daniel | GGs Mondorf | 0:58:30 | 0:59:04 | 1988 | M20 | 39 | 5:51 min/km |
| 430 | 1933 | Lülsdorf Udo | GGs Mondorf | 0:58:30 | 0:59:04 | 1966 | M45 | 85 | 5:51 min/km |
| 431 | 583 | Odenthal Roman | Evonik Industries | 0:58:41 | 0:59:40 | 1965 | M45 | 86 | 5:52 min/km |
| 432 | 1404 | Hoffmann Stephan | *Troisdorf | 0:58:43 | 0:59:09 | 1980 | M30 | 43 | 5:52 min/km |
| 433 | 495 | Steinmetz Peter | Follow Me | 0:58:45 | 0:59:20 | 1969 | M45 | 87 | 5:53 min/km |
| 433 | 753 | Pietzu Robert | | 0:58:45 | 0:58:54 | 1966 | M45 | 87 | 5:53 min/km |
| 435 | 191 | Mittler Manfred | *Köln | 0:58:45 | 0:59:20 | 1964 | M50 | 67 | 5:53 min/km |
| 436 | 508 | Wermter Ralf | *Troisdorf | 0:58:48 | 0:59:42 | 1967 | M45 | 89 | 5:53 min/km |
| 437 | 347 | Löhr Axel | *Köln | 0:58:49 | 0:59:58 | 1974 | M40 | 72 | 5:53 min/km |
| 438 | 642 | Schulz Bernhard | Kilometerfresser | 0:58:51 | 0:59:36 | 1967 | M45 | 90 | 5:53 min/km |
| 439 | 1908 | Giller Günter | LK 42.2 | 0:58:53 | 0:59:49 | 1944 | M70 | 4 | 5:53 min/km |
| 440 | 1904 | Wippe Sascha | | 0:59:05 | 1:00:15 | 1972 | M40 | 73 | 5:55 min/km |
| 441 | 756 | Harg Tobias | 1. FC Köln | 0:59:08 | 0:59:16 | 1997 | MU18 | 12 | 5:55 min/km |
| 442 | 585 | Pick Sascha | Evonik Industries | 0:59:14 | 1:00:15 | 1975 | M35 | 48 | 5:55 min/km |
| 443 | 1916 | Plachta Detlef | | 0:59:16 | 1:00:18 | 1968 | M45 | 91 | 5:56 min/km |
| 444 | 471 | Neeb Lian | *köln | 0:59:20 | 0:59:30 | 2004 | MU12 | 4 | 5:56 min/km |
| 445 | 409 | Dick Fabien | Team MDR | 0:59:21 | 0:59:32 | 2004 | MU12 | 5 | 5:56 min/km |
| 446 | 468 | Heiße Niko | *Köln | 0:59:27 | 0:59:55 | 1984 | M30 | 44 | 5:57 min/km |
| 447 | 520 | Schreiner Hans-Peter | SV Vorgebirge | 0:59:45 | 1:00:41 | 1961 | M50 | 68 | 5:59 min/km |
| 448 | 186 | Goralczyk Oliver | Feuerwehr Troisdorf | 0:59:46 | 1:00:51 | 1989 | M20 | 40 | 5:59 min/km |
| 449 | 187 | Schlimbach Daniel | Feuerwehr Troisdorf | 0:59:47 | 1:00:53 | 1985 | M20 | 41 | 5:59 min/km |
| 450 | 361 | Schulmeister Sebastian | *Köln | 0:59:55 | 1:00:49 | 1986 | M20 | 42 | 5:60 min/km |
| 451 | 1928 | Packbier Norbert | LT Immer wigger | 0:59:56 | 1:00:40 | 1963 | M50 | 69 | 5:60 min/km |
| 452 | 213 | Herkenrath Klaus | PSV Bonn Triathlon | 1:00:12 | 1:00:28 | 1956 | M55 | 32 | 6:01 min/km |
| 453 | 1846 | Gorissen Wolfram | | 1:00:25 | 1:00:25 | 1938 | M75 | 4 | 6:03 min/km |
| 454 | 130 | Auster Klaus | *Sankt Augustin | 1:00:30 | 1:01:23 | 1964 | M50 | 70 | 6:03 min/km |
| 455 | 610 | Slangen Detlef | Skiclub Troisdorf-Sieglar | 1:00:43 | 1:01:32 | 1941 | M70 | 5 | 6:04 min/km |
| 456 | 272 | Jonen Peter | Gerl Laufsportgruppe | 1:00:45 | 1:01:35 | 1968 | M45 | 92 | 6:05 min/km |
| 457 | 384 | Müller Jürgen | *Niederkassel | 1:00:47 | 1:01:05 | 1956 | M55 | 33 | 6:05 min/km |
| 458 | 514 | Hildebrandt Oliver | LSV Porz | 1:00:50 | 1:01:16 | 1961 | M50 | 71 | 6:05 min/km |
| 459 | 573 | Florin Markus | Evonik Industries | 1:01:00 | 1:02:03 | 1968 | M45 | 93 | 6:06 min/km |

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|--------------------------|---------|---------|----------|------|----------|-----------------|
| 460 | 16 | Schimanowski Alexander | Verein vom Rhein | 1:01:00 | 1:01:36 | 1973 | M40 | 74 | 6:06 min/km |
| 461 | 273 | Rittersberger Jürgen | Gerl Laufsportgruppe | 1:01:00 | 1:01:51 | 1960 | M50 | 72 | 6:06 min/km |
| 462 | 267 | Jehlich Sebastian | *Niederkassel | 1:01:01 | 1:02:11 | 1992 | M20 | 43 | 6:06 min/km |
| 463 | 266 | Fischer Niklas | *Niederkassel | 1:01:01 | 1:02:12 | 1996 | MU20 | 7 | 6:06 min/km |
| 464 | 179 | Schäfer Gerd | BG Grafschaft-Bonn | 1:01:09 | 1:02:06 | 1974 | M40 | 75 | 6:07 min/km |
| 465 | 346 | Maurer Michael | OGS Mondorf | 1:01:09 | 1:02:07 | 1971 | M40 | 76 | 6:07 min/km |
| 466 | 233 | Rosendahl Markus | LT Ennert Bonn e.V. | 1:01:11 | 1:01:52 | 1980 | M30 | 45 | 6:07 min/km |
| 467 | 362 | Adams Andreas | *Niederkassel | 1:01:26 | 1:02:40 | 1980 | M30 | 46 | 6:09 min/km |
| 468 | 650 | Steffens Sascha | Kilometerfresser | 1:01:51 | 1:02:44 | 1982 | M30 | 47 | 6:11 min/km |
| 469 | 1932 | Zelgert Roland | | 1:02:04 | 1:03:04 | 1961 | M50 | 73 | 6:12 min/km |
| 470 | 592 | Mirgel Dr. Ralf | Evonik Industries | 1:02:09 | 1:02:37 | 1957 | M55 | 34 | 6:13 min/km |
| 471 | 55 | Dreyer Ralf | *Niederkassel | 1:02:24 | 1:02:44 | 1963 | M50 | 74 | 6:14 min/km |
| 472 | 133 | Meier Rudolf | SSF Bonn Triathlon | 1:02:29 | 1:03:37 | 1949 | M65 | 8 | 6:15 min/km |
| 473 | 193 | Vural Marko | *Köln | 1:02:33 | 1:03:25 | 1981 | M30 | 48 | 6:15 min/km |
| 474 | 388 | Becker Rainer | *Niederkassel-Rheidt | 1:02:36 | 1:03:47 | 1960 | M50 | 75 | 6:16 min/km |
| 475 | 1948 | Goldner Klaus | TuS Mondorf | 1:02:39 | 1:02:48 | 1954 | M60 | 12 | 6:16 min/km |
| 476 | 167 | Garcia Lars | *Niederkassel | 1:02:47 | 1:03:25 | 1980 | M30 | 49 | 6:17 min/km |
| 477 | 312 | Brenig Albert | BSG Stadtwerke Bonn | 1:02:48 | 1:04:21 | 1952 | M60 | 13 | 6:17 min/km |
| 478 | 323 | Winheller Frank | 1. FC Spich | 1:02:53 | 1:03:14 | 1966 | M45 | 94 | 6:17 min/km |
| 479 | 1859 | Kuntzmann Eugen | LLG Sankt Augustin | 1:02:58 | 1:03:22 | 1939 | M75 | 5 | 6:18 min/km |
| 480 | 46 | Malberg Adam | *Troisdorf | 1:03:16 | 1:04:20 | 1973 | M40 | 77 | 6:20 min/km |
| 481 | 377 | Matthias Alker | *Köln | 1:03:18 | 1:04:03 | 1989 | M20 | 44 | 6:20 min/km |
| 482 | 69 | Kraus Norbert | 1962 | 1:03:25 | 1:04:41 | 1962 | M50 | 76 | 6:21 min/km |
| 483 | 421 | Fiedler Joschua | Team Rosa Socke | 1:03:25 | 1:04:34 | 1993 | M20 | 45 | 6:21 min/km |
| 484 | 430 | Gilles Sascha | *St. Katharinen | 1:03:27 | 1:03:35 | 1980 | M30 | 50 | 6:21 min/km |
| 485 | 506 | Walter Detlef | *Niederkassel | 1:03:29 | 1:04:44 | 1954 | M60 | 14 | 6:21 min/km |
| 486 | 473 | Lorson Olaf | *Sankt Augustin | 1:03:34 | 1:04:46 | 1971 | M40 | 78 | 6:21 min/km |
| 487 | 776 | Bartz Markus | aks GmbH | 1:03:34 | 1:04:47 | 1968 | M45 | 95 | 6:21 min/km |
| 488 | 7 | Born Eckhard | Team ERDINGER | 1:03:46 | 1:04:18 | 1953 | M60 | 15 | 6:23 min/km |
| 489 | 601 | Polkahn Alexander | Lauftreff civitec | 1:03:46 | 1:05:00 | 1959 | M55 | 35 | 6:23 min/km |
| 490 | 440 | Schmidt Ralf | Okinawa Running Fighters | 1:03:47 | 1:05:00 | 1967 | M45 | 96 | 6:23 min/km |
| 491 | 732 | Springmeier Andreas | | 1:03:58 | 1:04:50 | 1972 | M40 | 79 | 6:24 min/km |
| 492 | 83 | Jungheim Bernd | *Troisdorf | 1:04:01 | 1:04:26 | 1982 | M30 | 51 | 6:24 min/km |
| 493 | 349 | Ebert Jakob | Sika Trocal GmbH | 1:04:11 | 1:04:40 | 1973 | M40 | 80 | 6:25 min/km |
| 494 | 1985 | Nobis Olaf | SCB Horrem | 1:04:20 | 1:05:23 | 1968 | M45 | 97 | 6:26 min/km |
| 495 | 708 | Rosenbaum Hans-Josef | BSG Reifenhäuser | 1:04:26 | 1:04:43 | 1951 | M60 | 16 | 6:27 min/km |
| 496 | 203 | Ulbricht Christian | *Bergisch Gladbach | 1:04:28 | 1:05:18 | 1977 | M35 | 49 | 6:27 min/km |
| 497 | 773 | Wedel Ben | TUS Mondorf Volleyball | 1:04:35 | 1:05:07 | 1990 | M20 | 46 | 6:28 min/km |
| 498 | 989 | Bastin Peter | Evonik Industries | 1:05:04 | 1:06:03 | 1961 | M50 | 77 | 6:30 min/km |
| 499 | 1902 | Broich Stefan | | 1:05:19 | 1:06:26 | 1966 | M45 | 98 | 6:32 min/km |
| 500 | 419 | Küppers Rolf | Team Rosa Socke | 1:05:21 | 1:06:31 | 1966 | M45 | 99 | 6:32 min/km |
| 501 | 420 | Grüning Christoph | Team Rosa Socke | 1:05:21 | 1:06:31 | 1959 | M55 | 36 | 6:32 min/km |
| 502 | 367 | Brenner Gerd | *Bonn | 1:05:28 | 1:05:49 | 1972 | M40 | 81 | 6:33 min/km |
| 503 | 29 | Schmitz Peter | *Niederkassel | 1:06:20 | 1:06:59 | 1965 | M45 | 100 | 6:38 min/km |
| 504 | 265 | Fischer Klemens | *Troisdorf | 1:06:31 | 1:07:42 | 1961 | M50 | 78 | 6:39 min/km |
| 505 | 74 | Fischbach Florian | Nur für die ganz harten! | 1:06:58 | 1:07:34 | 1987 | M20 | 47 | 6:42 min/km |
| 506 | 344 | Teves Michael | Stadtläufer Niederkassel | 1:07:25 | 1:08:08 | 1963 | M50 | 79 | 6:45 min/km |
| 507 | 229 | Hausen Norbert | Knippscher&Bruckmann | 1:07:36 | 1:08:30 | 1977 | M35 | 50 | 6:46 min/km |
| 508 | 535 | Derscheid Fabian | *Troisdorf | 1:08:00 | 1:09:08 | 1980 | M30 | 52 | 6:48 min/km |
| 509 | 534 | Derscheid Karl-Hans | *Troisdorf | 1:08:00 | 1:09:08 | 1951 | M60 | 17 | 6:48 min/km |
| 510 | 1853 | Dahlhausen Frank | BSG Postbank Köln | 1:09:11 | 1:10:28 | | M20 | 48 | 6:55 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|--------------------------|---------|---------|----------|------|----------|-----------------|
| 511 | 1941 | v. Campenhausen Mark | | 1:09:16 | 1:10:33 | 1966 | M45 | 101 | 6:56 min/km |
| 512 | 236 | Janssen Markus | LT Hennef/Sieg | 1:09:44 | 1:11:05 | 1976 | M35 | 51 | 6:58 min/km |
| 513 | 4 | Braungart-Zink Achim | SG Arheiligen | 1:09:46 | 1:09:47 | 1981 | M30 | 53 | 6:59 min/km |
| 514 | 0 | unbekannt KX14NEV | | 1:09:47 | 1:11:07 | | M20 | 49 | 6:59 min/km |
| 515 | 280 | Wank Michael | LT Hennef/Sieg | 1:09:47 | 1:11:08 | 1969 | M45 | 102 | 6:59 min/km |
| 516 | 291 | Kremer Franz | LT Hennef/Sieg | 1:09:47 | 1:11:09 | 1963 | M50 | 80 | 6:59 min/km |
| 517 | 315 | Retzmann Ingo | LT Hennef/Sieg | 1:09:47 | 1:11:07 | 1968 | M45 | 103 | 6:59 min/km |
| 518 | 424 | Armbrust Michael | LT Hennef/Sieg | 1:09:48 | 1:11:07 | 1974 | M40 | 82 | 6:59 min/km |
| 519 | 282 | Weisbach Guido | LT Hennef/Sieg | 1:09:49 | 1:11:09 | 1973 | M40 | 83 | 6:59 min/km |
| 520 | 566 | Franzen Knut | *Niederkassel | 1:10:01 | 1:11:20 | 1968 | M45 | 104 | 7:00 min/km |
| 521 | 565 | Breuer Sascha | *Niederkassel | 1:10:01 | 1:11:19 | 1970 | M40 | 84 | 7:00 min/km |
| 522 | 700 | Lehmann Ottmar | WSV Rheidt | 1:10:19 | 1:10:35 | 1962 | M50 | 81 | 7:02 min/km |
| 523 | 225 | Stocksiefen Hans | Knippscher&Bruckmann | 1:10:29 | 1:11:25 | 1975 | M35 | 52 | 7:03 min/km |
| 524 | 50 | Zingsheim Guido | GSV Porz | 1:10:30 | 1:11:36 | 1965 | M45 | 105 | 7:03 min/km |
| 525 | 99 | Lang Michael | *Bonn | 1:10:30 | 1:11:36 | 1969 | M45 | 106 | 7:03 min/km |
| 526 | 1973 | Müller Kunibert | *St. Augustin | 1:12:15 | 1:13:20 | 1942 | M70 | 6 | 7:14 min/km |
| 527 | 581 | Lülsdorf Uwe | Evonik Industries | 1:12:24 | 1:13:26 | 1962 | M50 | 82 | 7:14 min/km |
| 528 | 572 | Fickert Manfred | Evonik Industries | 1:12:25 | 1:13:26 | 1959 | M55 | 37 | 7:15 min/km |
| 529 | 317 | Linnemann Ralf | Andyman | 1:12:30 | 1:13:37 | 1957 | M55 | 38 | 7:15 min/km |
| 530 | 599 | Mermet Andreas | TV 08 Lohmar | 1:12:31 | 1:13:37 | 1959 | M55 | 39 | 7:15 min/km |
| 531 | 615 | Lindner Andreas | TUS 07 Oberlar | 1:13:17 | 1:13:59 | 1968 | M45 | 107 | 7:20 min/km |
| 532 | 54 | Junkersdorf Andreas | *Niederkassel | 1:13:57 | 1:15:06 | 1977 | M35 | 53 | 7:24 min/km |
| 533 | 391 | Nöthen Christofer | *Niederkassel | 1:14:55 | 1:15:47 | 1988 | M20 | 50 | 7:30 min/km |
| 534 | 390 | Großmann Marco | *Niederkassel | 1:14:55 | 1:15:47 | 1996 | MU20 | 8 | 7:30 min/km |
| 535 | 639 | Hinrichs Bernd | Kilometerfresser | 1:15:14 | 1:16:03 | 1969 | M45 | 108 | 7:31 min/km |
| 536 | 251 | Noack Ralf | *Niederkassel | 1:18:45 | 1:19:41 | 1977 | M35 | 54 | 7:53 min/km |
| 537 | 148 | Lorenz-Kimmich Jürgen | *Sankt Augustin | 1:18:52 | 1:19:05 | 1959 | M55 | 40 | 7:53 min/km |
| 538 | 385 | Schäfer Peter | Fc Schalke 04 | 1:28:37 | 1:28:46 | 1963 | M50 | 83 | 8:52 min/km |
| 539 | 387 | Westfeld Michael | Fc Schalke 04 | 1:28:38 | 1:28:45 | 1969 | M45 | 109 | 8:52 min/km |
| 540 | 75 | Hastrich Markus | Nur für die ganz harten! | 1:28:53 | 1:29:30 | 1976 | M35 | 55 | 8:53 min/km |
| 541 | 72 | Zimmermann Dirk | Nur für die ganz harten! | 1:28:59 | 1:29:35 | 1962 | M50 | 84 | 8:54 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|------------------------|----------------------------|---------|---------|----------|------|----------|-----------------|
| 1 | 1 | Mikitenko Irina | LG Eintracht Frankfurt | 0:38:37 | 0:38:38 | 1972 | W40 | 1 | 3:52 min/km |
| 2 | 1995 | Ganzow Astrid | DLC Aachen | 0:39:12 | 0:39:14 | 1979 | W35 | 1 | 3:55 min/km |
| 3 | 1850 | Schneider Silke | Bunert Siegburg | 0:41:01 | 0:41:03 | 1976 | W35 | 2 | 4:06 min/km |
| 4 | 1974 | Brandenberg Jara | SSF Bonn Triathlon | 0:42:09 | 0:42:12 | 1999 | WU16 | 1 | 4:13 min/km |
| 5 | 1791 | Schneider Caterina | | 0:42:50 | 0:43:09 | 1971 | W40 | 2 | 4:17 min/km |
| 6 | 153 | Große Gehling Heidi | :anlauf Siegen | 0:43:41 | 0:43:44 | 1971 | W40 | 3 | 4:22 min/km |
| 7 | 597 | Müßeler Gisele | Samtpfötchen | 0:44:37 | 0:44:40 | 1964 | W50 | 1 | 4:28 min/km |
| 8 | 671 | Jochum Carina | *Bonn | 0:46:15 | 0:46:19 | 1974 | W40 | 4 | 4:38 min/km |
| 9 | 689 | Vernikov Sonja | *Mechernich | 0:46:23 | 0:46:24 | 2001 | WU14 | 1 | 4:38 min/km |
| 10 | 287 | Thielen Alexandra | LAZ Puma Rhein-Sieg | 0:46:27 | 0:46:37 | 1973 | W40 | 5 | 4:39 min/km |
| 11 | 281 | Friese Annabelle | PSV Bonn Triathlon | 0:46:31 | 0:46:40 | 1982 | W30 | 1 | 4:39 min/km |
| 12 | 162 | Kollak Anja | *Eitorf | 0:46:34 | 0:46:42 | 1975 | W35 | 3 | 4:39 min/km |
| 13 | 1931 | Wiemker-Schneider | LLG St. Augustin | 0:47:36 | 0:47:39 | 1967 | W45 | 1 | 4:46 min/km |
| 14 | 614 | Schmidt Ute | SSF Bonn Triathlon | 0:47:39 | 0:47:51 | 1969 | W45 | 2 | 4:46 min/km |
| 15 | 289 | Willems Larissa | *Mondorf | 0:48:13 | 0:48:49 | 1983 | W30 | 2 | 4:49 min/km |
| 16 | 446 | Stemper Christiane | *Bonn | 0:48:38 | 0:48:46 | 1957 | W55 | 1 | 4:52 min/km |
| 17 | 524 | Kamenz-Jokisch Carmen | FC Deutsche Post | 0:49:21 | 0:49:48 | 1980 | W30 | 3 | 4:56 min/km |
| 18 | 205 | Lacher Daniela | *Siegburg | 0:49:42 | 0:50:17 | 1984 | W30 | 4 | 4:58 min/km |
| 19 | 428 | Krumbe Anja | *Niederkassel | 0:49:45 | 0:49:56 | 1968 | W45 | 3 | 4:59 min/km |
| 20 | 677 | Beckmann Johanna | FC Deutsche Post | 0:49:52 | 0:50:41 | 1982 | W30 | 5 | 4:59 min/km |
| 21 | 517 | Kretschmer Romina | Cross-LG Rhein | 0:50:22 | 0:50:51 | 1971 | W40 | 6 | 5:02 min/km |
| 22 | 591 | Bendhiba Irene | Laufen-in-Koeln.de | 0:50:45 | 0:50:59 | 1956 | W55 | 2 | 5:05 min/km |
| 23 | 3 | Bach Birgit | WSV BW Rheidt | 0:50:48 | 0:50:54 | 1980 | W30 | 6 | 5:05 min/km |
| 24 | 128 | Vogg Andrea | SSF Bonn Triathlon | 0:51:34 | 0:52:02 | 1964 | W50 | 2 | 5:09 min/km |
| 25 | 78 | Rach Martina | FC Keldenich | 0:51:36 | 0:51:53 | 1981 | W30 | 7 | 5:10 min/km |
| 26 | 398 | Rommel Andrea | *Bonn | 0:51:46 | 0:52:23 | 1976 | W35 | 4 | 5:11 min/km |
| 27 | 675 | Dankers Alexandra | *Bonn | 0:51:51 | 0:51:55 | 1971 | W40 | 7 | 5:11 min/km |
| 28 | 704 | Becker Dr. Ulrike | diabetes-praxis-rhein-sieg | 0:52:02 | 0:52:16 | 1973 | W40 | 8 | 5:12 min/km |
| 29 | 297 | Nellessen Martina | SSF Bonn Triathlon | 0:52:02 | 0:53:07 | 1961 | W50 | 3 | 5:12 min/km |
| 30 | 115 | Roitzsch Katjana | FC Keldenich | 0:52:03 | 0:52:45 | 1978 | W35 | 5 | 5:12 min/km |
| 31 | 458 | Menrath Katharina | WSV BW Rheidt | 0:52:14 | 0:52:16 | 1996 | WU20 | 1 | 5:13 min/km |
| 32 | 447 | Weber Sarah | *Niederkassel | 0:52:16 | 0:52:29 | 1982 | W30 | 8 | 5:14 min/km |
| 33 | 724 | Casper-Nolte Kirsten | | 0:52:17 | 0:53:04 | 1970 | W40 | 9 | 5:14 min/km |
| 34 | 1919 | Wasserlechner Barbara | | 0:52:18 | 0:52:55 | 1977 | W35 | 6 | 5:14 min/km |
| 35 | 1848 | Metzen-Seifert Susanne | | 0:52:21 | 0:53:02 | 1982 | W30 | 9 | 5:14 min/km |
| 36 | 1939 | Mattheus Anita | Team Mattheus | 0:52:27 | 0:52:41 | 1967 | W45 | 4 | 5:15 min/km |
| 37 | 435 | Kisters-Woike Brigitte | LG Donatus Erfstadt | 0:52:45 | 0:53:43 | 1957 | W55 | 3 | 5:17 min/km |
| 38 | 750 | Raschke Uyen | | 0:53:08 | 0:53:30 | 1978 | W35 | 7 | 5:19 min/km |
| 39 | 1780 | Wroz Dagmar | CT Spich | 0:53:14 | 0:53:51 | 1956 | W55 | 4 | 5:19 min/km |
| 40 | 678 | Witte Heike | *Königswinter | 0:53:22 | 0:53:59 | 1974 | W40 | 10 | 5:20 min/km |
| 41 | 460 | Hemsing Julia | WSV BW Rheidt | 0:53:28 | 0:53:30 | 1995 | WU20 | 2 | 5:21 min/km |
| 42 | 1918 | Pfeil-Bonnin Beate | PSV Bonn Triathlon | 0:53:28 | 0:54:30 | 1961 | W50 | 4 | 5:21 min/km |
| 43 | 1849 | Caspers Alexandra | PSV Bonn Triathlon | 0:53:28 | 0:54:29 | 1972 | W40 | 11 | 5:21 min/km |
| 44 | 40 | Schulters Sandra | Rhine Runners | 0:53:29 | 0:54:14 | 1969 | W45 | 5 | 5:21 min/km |
| 45 | 336 | Elsner Alexandra | *Köln | 0:53:38 | 0:54:00 | 1979 | W35 | 8 | 5:22 min/km |
| 46 | 416 | Wahl Susanne | Team Rosa Socke | 0:53:55 | 0:55:04 | 1968 | W45 | 6 | 5:24 min/km |
| 47 | 1935 | Wilhelm Yvonne | | 0:54:07 | 0:54:44 | 1983 | W30 | 10 | 5:25 min/km |
| 48 | 681 | Diehm Caroline | *Neunkirchen-Seelscheid | 0:54:16 | 0:54:31 | 1968 | W45 | 7 | 5:26 min/km |
| 49 | 1906 | Hoening-Drost Ulla | SSF Bonn Triathlon | 0:54:16 | 0:55:23 | 1964 | W50 | 5 | 5:26 min/km |
| 50 | 106 | Wallerseim Jessy | *Niederkassel | 0:54:23 | 0:54:44 | 1971 | W40 | 12 | 5:26 min/km |
| 51 | 459 | Menrath Hannah | WSV BW Rheidt | 0:54:26 | 0:54:28 | 1998 | WU18 | 1 | 5:27 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-----------------------|----------------------------|---------|---------|----------|------|----------|-----------------|
| 52 | 626 | Lason Anna | BSG Kreisverwaltung | 0:54:32 | 0:54:49 | 1978 | W35 | 9 | 5:27 min/km |
| 53 | 697 | Ahlborn Annette | PSV Bonn Triathlon | 0:54:35 | 0:55:38 | 1964 | W50 | 6 | 5:28 min/km |
| 54 | 1929 | Hildebrand Uta | Radtreff Campus Bonn | 0:54:43 | 0:55:11 | 1969 | W45 | 8 | 5:28 min/km |
| 55 | 775 | Ehrle Hilde | | 0:54:49 | 0:55:11 | 1968 | W45 | 9 | 5:29 min/km |
| 56 | 376 | Jahn Katrin | LT TUS Meindorf | 0:54:52 | 0:55:07 | 1965 | W45 | 10 | 5:29 min/km |
| 57 | 559 | Krengel Isabel | VR-Bank Rhein-Sieg eG | 0:54:53 | 0:55:19 | 1991 | W20 | 1 | 5:29 min/km |
| 58 | 249 | Hartzsch Gabriele | Lt tus Meindorf | 0:54:54 | 0:55:08 | 1968 | W45 | 11 | 5:29 min/km |
| 59 | 332 | Lemaire Melanie | FC Deutsche Post | 0:54:57 | 0:55:25 | 1985 | W20 | 2 | 5:30 min/km |
| 60 | 114 | Unterstell Kerstin | *Troisdorf | 0:55:05 | 0:55:21 | 1970 | W40 | 13 | 5:31 min/km |
| 61 | 88 | Lütkefent Isa | *Bonn | 0:55:06 | 0:56:03 | 1960 | W50 | 7 | 5:31 min/km |
| 62 | 1793 | Zefferer Claudia | TV Geislar | 0:55:09 | 0:56:06 | 1968 | W45 | 12 | 5:31 min/km |
| 63 | 576 | Hinsberg Andrea | Evonik Industries | 0:55:25 | 0:56:25 | 1977 | W35 | 10 | 5:33 min/km |
| 64 | 393 | Brüll Verena | - | 0:55:57 | 0:56:27 | 1985 | W20 | 3 | 5:36 min/km |
| 65 | 683 | Leßmann Bernadette | *Troisdorf | 0:56:03 | 0:56:38 | 1976 | W35 | 11 | 5:36 min/km |
| 66 | 629 | Tenberken Ulrike | *Neuss | 0:56:07 | 0:56:21 | 1974 | W40 | 14 | 5:37 min/km |
| 67 | 666 | Schuth Henrike | Kopernikus-Gymnasium | 0:56:09 | 0:56:42 | 1985 | W20 | 4 | 5:37 min/km |
| 68 | 736 | van Bernum Katharina | | 0:56:16 | 0:56:34 | 1992 | W20 | 5 | 5:38 min/km |
| 69 | 612 | Poensgen Kelly | Tierheim Troisdorf | 0:56:16 | 0:56:33 | 1966 | W45 | 13 | 5:38 min/km |
| 70 | 595 | Sboron Stephanie | Pi-Lauf-Freunde-Neunkirche | 0:56:34 | 0:57:08 | 1966 | W45 | 14 | 5:39 min/km |
| 71 | 181 | Senftleben Simone | SSF Bonn | 0:56:50 | 0:57:55 | 1961 | W50 | 8 | 5:41 min/km |
| 71 | 663 | Ritter-Heuser Kerstin | Kopernikus-Gymnasium | 0:56:50 | 0:57:28 | 1973 | W40 | 15 | 5:41 min/km |
| 73 | 618 | Hippe Nicole | *Troisdorf | 0:56:51 | 0:58:02 | 1975 | W35 | 12 | 5:41 min/km |
| 74 | 172 | Buchholzer Christine | *Niederkassel | 0:56:59 | 0:57:17 | 1964 | W50 | 9 | 5:42 min/km |
| 75 | 257 | Battocchio Sandra | *Niederkassel | 0:57:00 | 0:57:19 | 1971 | W40 | 16 | 5:42 min/km |
| 75 | 672 | Maurer Regina | OGS Mondorf | 0:57:00 | 0:57:56 | 1970 | W40 | 16 | 5:42 min/km |
| 77 | 417 | Friedrich Marion | Team Rosa Socke | 0:57:13 | 0:58:22 | 1967 | W45 | 15 | 5:43 min/km |
| 78 | 131 | Kalinski Nicole | *niederkassel | 0:57:24 | 0:58:28 | 1982 | W30 | 11 | 5:44 min/km |
| 79 | 109 | Ott Marion | *Köln | 0:57:28 | 0:57:47 | 1970 | W40 | 18 | 5:45 min/km |
| 80 | 647 | Schnittker Viola | Kilometerfresser | 0:57:29 | 0:57:38 | 1997 | WU18 | 2 | 5:45 min/km |
| 81 | 1938 | Welter Birgit | | 0:57:35 | 0:58:01 | 1964 | W50 | 10 | 5:46 min/km |
| 82 | 104 | Zachau Tanja | *Troisdorf | 0:57:41 | 0:58:28 | 1986 | W20 | 6 | 5:46 min/km |
| 83 | 529 | Schuth Sandra | PSV Bonn Triathlon | 0:57:43 | 0:58:17 | 1974 | W40 | 19 | 5:46 min/km |
| 84 | 1847 | Klein Marie | | 0:57:49 | 0:58:04 | 1981 | W30 | 12 | 5:47 min/km |
| 85 | 427 | Hajek Verena | Laufmonster | 0:57:54 | 0:58:27 | 1952 | W60 | 1 | 5:47 min/km |
| 86 | 527 | Bleisch Kristin | *Bergisch Gladbach | 0:58:01 | 0:58:48 | 1993 | W20 | 7 | 5:48 min/km |
| 87 | 752 | Noske Dagmar | TC BW Lülsdorf | 0:58:11 | 0:58:52 | 1970 | W40 | 20 | 5:49 min/km |
| 88 | 260 | Jarolin Claudia | *München | 0:58:14 | 0:59:09 | 1967 | W45 | 16 | 5:49 min/km |
| 89 | 755 | Müller Ute | TV Terntal | 0:58:16 | 0:58:31 | | W20 | 8 | 5:50 min/km |
| 90 | 301 | Woelke Ines | Rasende Pädologen | 0:58:16 | 0:59:14 | 1964 | W50 | 11 | 5:50 min/km |
| 91 | 1972 | Bahls Roswitha | LSV Porz Köln | 0:58:25 | 0:58:41 | 1961 | W50 | 12 | 5:51 min/km |
| 92 | 702 | Schneider Angelika | *Hennef | 0:58:25 | 0:58:40 | 1975 | W35 | 13 | 5:51 min/km |
| 93 | 63 | Schröder Marianne | Königreich GuSi | 0:58:27 | 0:58:48 | 1965 | W45 | 17 | 5:51 min/km |
| 94 | 1934 | Schmitz Manuela | GGs Mondorf | 0:58:31 | 0:59:04 | 1968 | W45 | 18 | 5:51 min/km |
| 95 | 212 | Nettersheim Pia Maria | *Neunkirchen-Seelscheid | 0:58:36 | 0:58:59 | 1993 | W20 | 9 | 5:52 min/km |
| 96 | 571 | Bungarten Stephanie | Evonik Industries | 0:58:44 | 0:59:44 | 1987 | W20 | 10 | 5:52 min/km |
| 97 | 645 | Sebastian Sandra | Kilometerfresser | 0:58:51 | 0:59:37 | 1983 | W30 | 13 | 5:53 min/km |
| 98 | 358 | Alte Andrea | PRIOR1 GmbH | 0:59:14 | 0:59:51 | 1975 | W35 | 14 | 5:55 min/km |
| 99 | 243 | Orth Tanja | *Niederkassel | 0:59:14 | 1:00:03 | 1977 | W35 | 15 | 5:55 min/km |
| 100 | 1917 | Stieber Silke | | 0:59:15 | 1:00:18 | 1970 | W40 | 21 | 5:56 min/km |
| 101 | 516 | Sikora Marina | SSF Bonn Triathlon | 0:59:15 | 1:00:21 | 1960 | W50 | 13 | 5:56 min/km |
| 102 | 1907 | Lehmann Heike | SSF Bonn Triathlon | 0:59:16 | 1:00:21 | 1968 | W45 | 19 | 5:56 min/km |

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| Total. | Nr. | Name Vorname | Verein*Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|---------------------|--------------------------|---------|---------|----------|------|----------|-----------------|
| 103 | 1905 | Fuß Ivonne | SSF Bonn Triathlon | 0:59:16 | 1:00:21 | 1975 | W35 | 16 | 5:56 min/km |
| 104 | 1844 | Tesket Angelika | | 0:59:17 | 1:00:18 | 1964 | W50 | 14 | 5:56 min/km |
| 105 | 611 | Reimann Marlies | LT Ennert | 0:59:24 | 0:59:57 | 1957 | W55 | 5 | 5:56 min/km |
| 106 | 408 | Hoffmann Susanne | TV Witzhelden | 0:59:30 | 1:00:36 | 1972 | W40 | 22 | 5:57 min/km |
| 107 | 578 | Kukla Melanie | Evonik Industries | 0:59:30 | 1:00:29 | 1978 | W35 | 17 | 5:57 min/km |
| 108 | 492 | Bendig Karoline | *Bonn | 0:59:34 | 1:00:33 | 1977 | W35 | 18 | 5:57 min/km |
| 109 | 354 | Zschäck Anja | PRIOR1 GmbH | 0:59:44 | 1:00:22 | 1970 | W40 | 23 | 5:58 min/km |
| 110 | 132 | Gerhardus Ruth | *Troisdorf | 0:59:47 | 1:00:26 | 1961 | W50 | 15 | 5:59 min/km |
| 111 | 464 | Rauen Sabine | WSV BW Rheidt | 1:00:11 | 1:00:57 | 1972 | W40 | 24 | 6:01 min/km |
| 112 | 32 | Siebertz Daniela | *Köln | 1:00:14 | 1:01:04 | 1990 | W20 | 11 | 6:01 min/km |
| 113 | 617 | Haack Gisela | LT Ennert | 1:00:18 | 1:00:54 | 1954 | W60 | 2 | 6:02 min/km |
| 114 | 737 | Beck Nicole | | 1:00:27 | 1:00:50 | 1972 | W40 | 25 | 6:03 min/km |
| 115 | 649 | Blömer Laura | Kilometerfresser | 1:00:39 | 1:00:57 | 1980 | W30 | 14 | 6:04 min/km |
| 116 | 575 | Gottschling Ricarda | Evonik Industries | 1:01:01 | 1:01:47 | 1962 | W50 | 16 | 6:06 min/km |
| 117 | 600 | Mermet Stefanie | TV 08 Lohmar | 1:01:02 | 1:01:45 | 1961 | W50 | 17 | 6:06 min/km |
| 118 | 1981 | Alda Anita | TV 08 Lohmar | 1:01:03 | 1:01:46 | 1951 | W60 | 3 | 6:06 min/km |
| 119 | 178 | Lademann Bettina | BG Grafschaft-Bonn | 1:01:09 | 1:02:06 | 1975 | W35 | 19 | 6:07 min/km |
| 120 | 1924 | Finkemeier Anja | LT Ennert Bonn | 1:01:10 | 1:01:52 | 1978 | W35 | 20 | 6:07 min/km |
| 121 | 553 | Hylla Anna | VR-Bank Rhein-Sieg eG | 1:01:12 | 1:01:39 | 1986 | W20 | 12 | 6:07 min/km |
| 122 | 404 | Girod Dagmar | *Herzogenrath | 1:01:14 | 1:02:32 | 1966 | W45 | 20 | 6:07 min/km |
| 123 | 690 | Chen Shuhua | *Bonn | 1:01:27 | 1:02:26 | 1969 | W45 | 21 | 6:09 min/km |
| 124 | 643 | Georgy Ursula | Kilometerfresser | 1:01:52 | 1:01:59 | 1958 | W55 | 6 | 6:11 min/km |
| 125 | 450 | Konradi Nadine | Selbstläufer SV Altenahr | 1:01:53 | 1:02:22 | 1980 | W30 | 15 | 6:11 min/km |
| 126 | 725 | Konradi Steffi | Selbstläufer SV Altenahr | 1:01:53 | 1:02:22 | 1959 | W55 | 7 | 6:11 min/km |
| 127 | 494 | Steindorf Ute | *Swisttal | 1:01:57 | 1:02:54 | 1951 | W60 | 4 | 6:12 min/km |
| 128 | 727 | Gossert Andrea | | 1:02:04 | 1:03:04 | 1968 | W45 | 22 | 6:12 min/km |
| 129 | 665 | Rauter Annika | Kopernikus-Gymnasium | 1:02:15 | 1:02:48 | 1997 | WU18 | 3 | 6:14 min/km |
| 130 | 547 | Schumacher Inna | *Bonn | 1:02:24 | 1:03:30 | 1980 | W30 | 16 | 6:14 min/km |
| 131 | 1792 | Schölzel Uschi | TV Geislar | 1:02:24 | 1:03:22 | 1967 | W45 | 23 | 6:14 min/km |
| 132 | 10 | Zeilinger Claudia | *Niederkassel | 1:02:36 | 1:03:00 | 1973 | W40 | 26 | 6:16 min/km |
| 133 | 443 | Lorentz Susanne | *Niederkassel | 1:02:37 | 1:03:25 | 1981 | W30 | 17 | 6:16 min/km |
| 134 | 622 | Schilling Elli | *NeukirchenVluyn | 1:02:47 | 1:03:20 | 1952 | W60 | 5 | 6:17 min/km |
| 135 | 73 | Gobelius Ramona | Nur für die ganz harten! | 1:02:47 | 1:03:26 | 1988 | W20 | 13 | 6:17 min/km |
| 136 | 431 | Schmidt Enisa | *Kelkheim | 1:02:53 | 1:03:14 | 1976 | W35 | 21 | 6:17 min/km |
| 137 | 254 | Toliati Yasmin | *Bonn | 1:03:06 | 1:04:08 | 1973 | W40 | 27 | 6:19 min/km |
| 138 | 353 | Klemp Maya | *Bonn | 1:03:07 | 1:04:07 | 1986 | W20 | 14 | 6:19 min/km |
| 139 | 438 | Michel Nina | *Königswinter | 1:03:14 | 1:03:43 | 1977 | W35 | 22 | 6:19 min/km |
| 140 | 49 | Weiß Claudia | *Königswinter | 1:03:16 | 1:03:43 | 1976 | W35 | 23 | 6:20 min/km |
| 141 | 159 | Bonitz Antje | *Königswinter | 1:03:17 | 1:03:43 | 1975 | W35 | 24 | 6:20 min/km |
| 142 | 378 | Nora Stubbe | *Köln | 1:03:17 | 1:04:03 | 1995 | WU20 | 3 | 6:20 min/km |
| 143 | 189 | Wilhelm Anja | 1. FC Spich | 1:03:28 | 1:04:33 | 1968 | W45 | 24 | 6:21 min/km |
| 144 | 436 | Maciejok Sigrun | *Niederkassel | 1:03:35 | 1:03:59 | 1968 | W45 | 25 | 6:22 min/km |
| 145 | 211 | Quabeck-Nettersheim | *Neunkirchen-Seelscheid | 1:03:36 | 1:04:01 | 1956 | W55 | 8 | 6:22 min/km |
| 146 | 1796 | Welsch Beate | LG Badewanne | 1:03:41 | 1:04:28 | 1956 | W55 | 9 | 6:22 min/km |
| 147 | 327 | Kucht Alexandra | EKKK | 1:03:41 | 1:04:20 | 1977 | W35 | 25 | 6:22 min/km |
| 148 | 687 | Middendorf Nadine | *Köln | 1:03:43 | 1:04:16 | 1979 | W35 | 26 | 6:22 min/km |
| 149 | 202 | Oehlenberg Franca | Facebooks Lauffreunde | 1:03:46 | 1:04:22 | 1977 | W35 | 27 | 6:23 min/km |
| 150 | 352 | Dyck Stefanie | Sika Trocal GmbH | 1:04:09 | 1:04:40 | 1982 | W30 | 18 | 6:25 min/km |
| 151 | 619 | Miggelbrink Monika | *Hennef | 1:04:45 | 1:05:22 | 1961 | W50 | 18 | 6:29 min/km |
| 152 | 1982 | Schröer Christa | LT Ennert Bonn | 1:05:06 | 1:06:13 | 1946 | W65 | 1 | 6:31 min/km |
| 153 | 84 | Schmidt Britta | *Niederkassel | 1:05:07 | 1:05:27 | 1973 | W40 | 28 | 6:31 min/km |

20. Mondorfer REWE-Weihnachtslauf 30. November 2014

10km Lauf

Frauen

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | Brutto | Jahrgang | AK | AK-Platz | Geschwindigkeit |
|--------|------|-------------------------|-----------------------|---------|---------|----------|------|----------|-----------------|
| 154 | 230 | Hausen Sandra | Knippscher&Bruckmann | 1:05:14 | 1:06:07 | 1979 | W35 | 28 | 6:31 min/km |
| 155 | 722 | Otto Bianca | | 1:05:19 | 1:06:26 | 1969 | W45 | 26 | 6:32 min/km |
| 156 | 375 | Sündermann Petra | Running Zeros | 1:05:21 | 1:05:52 | 1972 | W40 | 29 | 6:32 min/km |
| 157 | 418 | Prüß Helga | Team Rosa Socke | 1:05:23 | 1:06:31 | 1963 | W50 | 19 | 6:32 min/km |
| 158 | 441 | Becker Anja | *Niederkassel-Mondorf | 1:05:40 | 1:06:32 | 1973 | W40 | 30 | 6:34 min/km |
| 159 | 91 | Keller Christina | *Niederkassel | 1:06:18 | 1:06:36 | 1982 | W30 | 19 | 6:38 min/km |
| 160 | 9 | Frohn-Lehmann Claudia | WSV BW Rheidt | 1:06:54 | 1:07:08 | 1963 | W50 | 20 | 6:41 min/km |
| 161 | 407 | Benzenberg Susanne | *Troisdorf | 1:07:01 | 1:08:04 | 1964 | W50 | 21 | 6:42 min/km |
| 162 | 406 | Siegel Renate | *Troisdorf | 1:07:02 | 1:08:04 | 1964 | W50 | 22 | 6:42 min/km |
| 163 | 651 | Sauerhöfer Marguerite | *Niederkassel | 1:08:58 | 1:10:14 | 1958 | W55 | 10 | 6:54 min/km |
| 164 | 22 | Pack Isabel | *Gummersbach | 1:09:28 | 1:10:18 | 1991 | W20 | 15 | 6:57 min/km |
| 165 | 264 | Weisbach Heike | LT Hennef/Sieg | 1:09:41 | 1:11:03 | 1975 | W35 | 29 | 6:58 min/km |
| 166 | 455 | Misch Sabine | LT Hennef | 1:09:42 | 1:11:03 | 1961 | W50 | 23 | 6:58 min/km |
| 167 | 237 | Hahs Eveline | LT Hennef/Sieg | 1:09:43 | 1:11:05 | 1958 | W55 | 11 | 6:58 min/km |
| 168 | 299 | Sachs Sandra | LT Hennef/Sieg | 1:09:43 | 1:11:03 | 1970 | W40 | 31 | 6:58 min/km |
| 169 | 238 | Eisfeld Petra Alexandra | LT Hennef/Sieg | 1:09:44 | 1:11:05 | 1973 | W40 | 32 | 6:58 min/km |
| 170 | 290 | Fitz Martina | LT Hennef/Sieg | 1:09:47 | 1:11:07 | 1969 | W45 | 27 | 6:59 min/km |
| 171 | 423 | Armbrust Sonja | LT Hennef/Sieg | 1:09:48 | 1:11:08 | 1976 | W35 | 30 | 6:59 min/km |
| 172 | 372 | Potocnik Linda | *Wesseling | 1:09:51 | 1:10:35 | 1994 | W20 | 16 | 6:59 min/km |
| 173 | 749 | Glanz Jennifer | Kilometerfresser | 1:10:05 | 1:10:27 | 1990 | W20 | 17 | 7:01 min/km |
| 174 | 256 | Neeb Angela | *Köln | 1:10:23 | 1:11:38 | 1971 | W40 | 33 | 7:02 min/km |
| 175 | 248 | Bellendir Nadine | *Niederkassel | 1:10:24 | 1:11:39 | 1977 | W35 | 31 | 7:02 min/km |
| 176 | 469 | Hoffsümmer Carina | SpVgg LüRa | 1:10:25 | 1:11:39 | 1994 | W20 | 18 | 7:03 min/km |
| 177 | 288 | Wagner Helen | EKKK | 1:10:25 | 1:11:39 | 1994 | W20 | 19 | 7:03 min/km |
| 178 | 286 | Trauth Jessica | *Niederkassel | 1:10:25 | 1:11:39 | 1993 | W20 | 20 | 7:03 min/km |
| 178 | 699 | Schmidt Verena | WSV Rheidt | 1:10:25 | 1:10:40 | 1964 | W50 | 24 | 7:03 min/km |
| 180 | 719 | Konzak Ann-Kristin | | 1:11:13 | 1:12:08 | 1997 | WU18 | 4 | 7:07 min/km |
| 181 | 720 | Konzak Carmen | | 1:11:14 | 1:12:08 | 1965 | W45 | 28 | 7:07 min/km |
| 182 | 729 | Boneja Maya | | 1:12:18 | 1:13:20 | 1978 | W35 | 32 | 7:14 min/km |
| 183 | 1936 | Cartier Yvonne | | 1:12:18 | 1:13:21 | 1948 | W65 | 2 | 7:14 min/km |
| 184 | 570 | Berger Monika | Evonik Industries | 1:12:24 | 1:13:25 | 1978 | W35 | 33 | 7:14 min/km |
| 185 | 51 | Junkersdorf Nadine | *Niederkassel | 1:13:57 | 1:15:06 | 1983 | W30 | 20 | 7:24 min/km |
| 186 | 709 | Rosenbaum Gerlinde | BSG Reifenhäuser | 1:14:23 | 1:14:42 | 1953 | W60 | 6 | 7:26 min/km |
| 187 | 638 | Meyer Britta | Kilometerfresser | 1:15:14 | 1:16:03 | 1971 | W40 | 34 | 7:31 min/km |
| 188 | 82 | Steffens Sabine | *Eitorf | 1:18:46 | 1:19:41 | 1974 | W40 | 35 | 7:53 min/km |
| 189 | 149 | Kaufer Petra | *Sankt Augustin | 1:18:51 | 1:19:05 | 1970 | W40 | 36 | 7:53 min/km |
| 190 | 0 | Hausmann Helke | LT TUS Mondorf | 1:28:11 | 1:29:35 | 1965 | W45 | 29 | 8:49 min/km |