

Männer

Altersklasse M30

| Platz | AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------------|--------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 995 | Lewanzik Heiko | Albertus Magnus | | 0:34:57 | 0:34:59 | 2 | M30 | 81 |
| 2 | | 81 | Maak Sören | *Köln | DE | 0:36:26 | 0:36:26 | 5 | M30 | 83 |
| 3 | | 1360 | Bosshammer Michael | Pulheimer SC Triathlon | | 0:38:12 | 0:38:13 | 8 | M30 | 84 |
| 4 | | 987 | Hölle Magnus | | | 0:39:39 | 0:39:43 | 11 | M30 | 84 |
| 5 | | 1981 | Drabiniok Tobias | *Köln | DE | 0:39:41 | 0:39:43 | 12 | M30 | 81 |
| 6 | | 1365 | Kamp Marcel | LG RWE Power | | 0:43:19 | 0:43:19 | 29 | M30 | 85 |
| 7 | | 684 | Sevenich Philipp | *Köln | DE | 0:44:00 | 0:44:16 | 38 | M30 | 84 |
| 8 | | 473 | Keese Philipp | *Köln | DE | 0:44:49 | 0:45:02 | 53 | M30 | 84 |
| 9 | | 914 | Schwabauer Nikolai | MINT Solutions | | 0:45:06 | 0:45:06 | 54 | M30 | 84 |
| 10 | | 1317 | Georgi Christopher | Jläser Huh KG | GER | 0:45:27 | 0:45:52 | 60 | M30 | 81 |
| 11 | | 994 | Römermann Daniel | | | 0:46:12 | 0:46:16 | 63 | M30 | 85 |
| 12 | | 391 | Menrath Christian | *Köln | DE | 0:45:42 | 0:46:17 | 64 | M30 | 82 |
| 13 | | 1204 | Volk Georg | | | 0:45:57 | 0:46:20 | 65 | M30 | 81 |
| 14 | | 1301 | Finke Christian | | | 0:46:17 | 0:46:40 | 69 | M30 | 83 |
| 15 | | 997 | Eveleich Garath | | | 0:47:15 | 0:47:42 | 84 | M30 | 83 |
| 16 | | 113 | Kreye Marcus | *Köln | DE | 0:48:10 | 0:48:23 | 93 | M30 | 83 |
| 17 | | 1176 | Kames Philipp | | | 0:48:20 | 0:48:33 | 94 | M30 | 82 |
| 18 | | 1287 | Schumann Malte | | | 0:49:18 | 0:49:49 | 109 | M30 | 81 |
| 19 | | 550 | Symnick Lars | *Köln | DE | 0:50:31 | 0:50:52 | 120 | M30 | 83 |
| 20 | | 404 | Schneider Lars | Lokalpatrioten | DE | 0:51:07 | 0:51:15 | 125 | M30 | 81 |
| 21 | | 101 | Bosch Dennis | *Köln | DE | 0:53:13 | 0:53:41 | 152 | M30 | 81 |
| 22 | | 980 | Bucher Sebastian | SPD Ehrenfeld | | 0:53:36 | 0:54:14 | 164 | M30 | 84 |
| 23 | | 1948 | Hildebrand Sascha | ZEN-LETICS | DE | 0:54:16 | 0:54:16 | 165 | M30 | 82 |
| 24 | | 1202 | Kühn Philip | | | 0:53:54 | 0:54:21 | 167 | M30 | 85 |
| 25 | | 118 | Kessel Uli | KG Kölsches Levensjeföhl | DE | 0:54:14 | 0:54:42 | 172 | M30 | 82 |
| 26 | | 365 | Becker Alexander | Familie Becker | DE | 0:54:52 | 0:55:14 | 175 | M30 | 82 |
| 27 | | 305 | Wehlert Gunnar | Bickendorfer Rochusclub | DE | 0:56:31 | 0:57:08 | 201 | M30 | 82 |
| 28 | | 596 | Rechenberger Moritz | TSV 06 Wolsdorf | DE | 0:59:44 | 1:00:25 | 238 | M30 | 81 |
| 29 | | 190 | Schacht Marius | *Köln | DE | 1:00:26 | 1:01:00 | 243 | M30 | 83 |
| 30 | | 271 | Suchanka Stefan | *Köln | DE | 1:00:22 | 1:01:12 | 245 | M30 | 82 |
| 31 | | 144 | Schroth Adrian | Aug 15 | DE | 1:00:44 | 1:01:41 | 252 | M30 | 85 |
| 32 | | 248 | Marx Denny | *Köln | DE | 1:07:34 | 1:08:30 | 274 | M30 | 84 |

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Altersklasse M35

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 1380 | Riefe Sebastian | | | 0:37:51 | 0:37:53 | 6 M35 | 78 |
| 2 | 627 | Hain Matthias | *Bergisch Gladbach | DE | 0:39:19 | 0:39:20 | 9 M35 | 76 |
| 3 | 314 | Piehler Björn | BSG DEVK KÖLN | DE | 0:41:36 | 0:41:39 | 18 M35 | 77 |
| 4 | 686 | Neidhardt Raki | *Bergisch-Gladbach | DE | 0:42:15 | 0:42:19 | 22 M35 | 77 |
| 5 | 572 | Hink Peter | *Troisdorf | DE | 0:43:14 | 0:43:22 | 30 M35 | 78 |
| 6 | 566 | Greite Stefan | *Köln | DE | 0:44:13 | 0:44:19 | 40 M35 | 79 |
| 7 | 1391 | Kreft Stefan | | | 0:44:11 | 0:44:33 | 45 M35 | 79 |
| 8 | 548 | Reimann Sascha | *Köln | DE | 0:45:13 | 0:45:52 | 59 M35 | 80 |
| 9 | 1179 | Linssen Bastian | Run Core Cologne | | 0:46:29 | 0:46:29 | 66 M35 | 79 |
| 10 | 713 | Menge Jakob | *Köln | DE | 0:47:17 | 0:47:38 | 83 M35 | 79 |
| 11 | 56 | Walder Lars | *Köln | DE | 0:47:38 | 0:47:53 | 87 M35 | 77 |
| 12 | 3333 | Buder Daniel | WDR Aktiv | DE | 0:48:00 | 0:48:13 | 89 M35 | 77 |
| 13 | 235 | Rößler Marcus | *Köln | DE | 0:49:19 | 0:49:31 | 105 M35 | 77 |
| 14 | 256 | Kratz Sebastian | *Köln | DE | 0:49:05 | 0:49:50 | 111 M35 | 78 |
| 15 | 653 | Winkelmann Christian | SG Deutsche Bank Köln | DE | 0:49:43 | 0:49:55 | 113 M35 | 78 |
| 16 | 1976 | Schneider Markus | Lokalpatrioten | DE | 0:51:08 | 0:51:15 | 126 M35 | 76 |
| 17 | 678 | Klein Norbert | *Troisdorf | DE | 0:51:18 | 0:51:27 | 129 M35 | 79 |
| 18 | 106 | Kienberger Mischa | The Expendables | DE | 0:51:07 | 0:51:52 | 134 M35 | 80 |
| 19 | 416 | Degenhardt Torsten | *Köln | DE | 0:51:37 | 0:52:35 | 139 M35 | 76 |
| 20 | 14 | Thiessen DR Nils | *Köln | DE | 0:52:43 | 0:52:50 | 142 M35 | 77 |
| 21 | 457 | Keppler Markus | TV Donrath | DE | 0:52:39 | 0:53:15 | 146 M35 | 79 |
| 22 | 51 | Bosch Daniel | *Köln | DE | 0:53:06 | 0:53:34 | 150 M35 | 80 |
| 23 | 1977 | Justa Marcel | *Koeln | CZ | 0:53:48 | 0:53:57 | 157 M35 | 77 |
| 24 | 76 | Breuer Andreas | *Köln | DE | 0:53:39 | 0:54:06 | 160 M35 | 76 |
| 25 | 538 | Bülles Christian | *Köln | DE | 0:53:40 | 0:54:12 | 162 M35 | 76 |
| 26 | 726 | Schneider Christoph | ASV Köln | DE | 0:54:26 | 0:54:38 | 169 M35 | 77 |
| 27 | 166 | Eggert Henning | *Köln | DE | 0:54:07 | 0:54:54 | 173 M35 | 77 |
| 28 | 982 | Schönmann Jochen | | | 0:54:27 | 0:55:14 | 175 M35 | 77 |
| 29 | 78 | Paul Reinhard | *Köln | DE | 0:54:54 | 0:55:28 | 179 M35 | 79 |
| 30 | 935 | Glasow Marcus | | | 0:56:07 | 0:56:51 | 195 M35 | 79 |
| 31 | 307 | Debray Marcel | *Köln | DE | 0:56:23 | 0:56:52 | 196 M35 | 76 |
| 32 | 131 | Gonzales Phil | Düsselpinoy | DE | 0:56:27 | 0:57:17 | 203 M35 | 76 |
| 33 | 92 | Abels Holger | DJK Roland West | DE | 0:57:00 | 0:57:34 | 206 M35 | 77 |
| 34 | 1269 | Enomoto Masahiro | | | 0:57:25 | 0:58:21 | 211 M35 | 80 |
| 35 | 727 | Dose Stefan | *Bergheim | DE | 0:57:50 | 0:58:33 | 213 M35 | 77 |
| 36 | 58 | Lehnert Enrico | *Köln | DE | 0:57:58 | 0:58:45 | 215 M35 | 78 |
| 36 | 59 | Bollermann Christian | *Köln | DE | 0:57:58 | 0:58:45 | 215 M35 | 78 |
| 38 | 936 | Weigel Benny | | | 0:58:05 | 0:58:50 | 217 M35 | 79 |
| 39 | 242 | Kölsche Daniel | *Köln | DE | 0:58:07 | 0:59:05 | 220 M35 | 76 |
| 40 | 377 | Grunewald Joachim | *Köln | DE | 0:58:53 | 0:59:07 | 222 M35 | 78 |
| 41 | 177 | Binzen Martin | *Köln | DE | 0:58:52 | 0:59:52 | 229 M35 | 76 |
| 42 | 488 | Küpper André | Rookies2015 and Friends | DE | 0:59:49 | 1:00:06 | 234 M35 | 78 |
| 43 | 1199 | Demirci Yavuz | | | 1:00:03 | 1:00:51 | 242 M35 | 79 |
| 44 | 304 | Drathen Oliver | *Köln | DE | 1:02:21 | 1:02:48 | 258 M35 | 79 |
| 45 | 296 | Blacha Leszek | *Düsseldorf | DE | 1:05:00 | 1:05:55 | 271 M35 | 77 |

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Altersklasse M40

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 1267 | Fricke Marc | Rhein-Berg Runners | DEU | 0:33:42 | 0:33:43 | 1 M40 | 74 |
| 2 | 1350 | Kistner Axel | *Köln | DEU | 0:40:27 | 0:40:29 | 14 M40 | 73 |
| 3 | 609 | Möres Frank | *Pulheim | DE | 0:41:46 | 0:41:49 | 19 M40 | 74 |
| 4 | 1378 | Orbach Stefan | | | 0:41:50 | 0:41:53 | 20 M40 | 72 |
| 5 | 605 | Wirtz Oliver | / | DE | 0:42:36 | 0:42:38 | 24 M40 | 72 |
| 6 | 759 | Hattendorf Kai | LT Decksteiner Weiher | DE | 0:42:59 | 0:43:03 | 26 M40 | 73 |
| 7 | 396 | Saure Carsten | *Köln | DE | 0:44:21 | 0:44:32 | 44 M40 | 73 |
| 8 | 637 | Kuthe Thorsten | *Köln | DE | 0:44:56 | 0:44:56 | 49 M40 | 72 |
| 9 | 310 | Balg Christoph | *Köln | DE | 0:44:42 | 0:44:56 | 50 M40 | 74 |
| 10 | 694 | Riegel Thomas | *Köln | DE | 0:44:48 | 0:44:59 | 51 M40 | 73 |
| 11 | 483 | Lennarz Joachim | *Köln | DE | 0:45:44 | 0:45:54 | 61 M40 | 75 |
| 12 | 363 | Niggemeier Frank | *Köln | DE | 0:47:11 | 0:47:51 | 85 M40 | 74 |
| 13 | 509 | Scheible Peter | *Köln | DE | 0:48:16 | 0:48:21 | 92 M40 | 71 |
| 14 | 1362 | Thiehoff Oliver | | | 0:48:03 | 0:48:44 | 95 M40 | 71 |
| 15 | 455 | Nießen Dirk | Lauffreunde Vlatten-Köln | DE | 0:49:51 | 0:50:14 | 116 M40 | 75 |
| 16 | 1385 | Schlegel Nils | | | 0:49:56 | 0:50:25 | 118 M40 | 75 |
| 17 | 464 | Hoffmann Carsten | *Köln | DE | 0:51:00 | 0:51:13 | 123 M40 | 74 |
| 18 | 414 | Herwig Heiko | *Köln | DE | 0:50:28 | 0:51:26 | 128 M40 | 73 |
| 19 | 985 | Lechelt Stefan | Run-Run-Run | | 0:50:47 | 0:51:30 | 130 M40 | 75 |
| 20 | 576 | Knipscher Bernd | *Niederkassel | DE | 0:52:37 | 0:53:32 | 148 M40 | 74 |
| 21 | 173 | Schmitgen Volker | Groß und Klein | DE | 0:53:21 | 0:54:02 | 159 M40 | 72 |
| 22 | 989 | Frielinghaus Diedrich | iTrim | | 0:54:23 | 0:55:13 | 174 M40 | 72 |
| 23 | 1899 | Graalman Dirk | *Köln | DE | 0:54:36 | 0:55:17 | 177 M40 | 74 |
| 24 | 934 | Seitzinger Christian | | | 0:54:48 | 0:55:32 | 180 M40 | 75 |
| 25 | 409 | Müsegaes Mike | *Königswinter | DE | 0:55:32 | 0:55:54 | 183 M40 | 73 |
| 26 | 944 | Hartmann Tobias | | | 0:55:16 | 0:55:55 | 185 M40 | 72 |
| 27 | 673 | Kotthaus Michael | *Köln | DE | 0:55:48 | 0:56:24 | 189 M40 | 73 |
| 28 | 1381 | Roso Marcus | Rochusclub e. V. | DEU | 0:56:29 | 0:57:06 | 200 M40 | 75 |
| 29 | 87 | Ernst Ralph | NippesRunners | DE | 0:56:53 | 0:57:23 | 204 M40 | 74 |
| 30 | 154 | Schmitz Thomas | *Köln | DE | 0:58:41 | 0:59:01 | 219 M40 | 75 |
| 31 | 179 | Günther Thomas | *Köln | DE | 0:59:05 | 0:59:16 | 223 M40 | 75 |
| 32 | 679 | Pinkert Mathias | Laktatjunkies Rheinland | DE | 0:59:15 | 0:59:47 | 227 M40 | 73 |
| 33 | 731 | Köneke Jörg | Team Bunker | DE | 0:58:57 | 0:59:51 | 228 M40 | 74 |
| 34 | 90 | Büthiel Benjamin | *Köln | DE | 1:00:01 | 1:00:32 | 239 M40 | 72 |
| 35 | 44 | Birkenfeld Gero | SV Bayer Uerdingen 08 | DE | 1:01:16 | 1:01:56 | 254 M40 | 72 |
| 36 | 1194 | Wiesemann Dirk | | | 1:01:11 | 1:01:59 | 255 M40 | 72 |
| 37 | 556 | Malig Sven Hauke | Strüssjer | DE | 1:04:07 | 1:04:32 | 265 M40 | 72 |
| 38 | 402 | Mannteufel Jens | *Köln | DE | 1:06:11 | 1:06:43 | 273 M40 | 74 |

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Altersklasse M45

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 1375 | Krischer Siegfried | TSV Bayer 04 Leverkusen | DEU | 0:35:12 | 0:35:13 | 3 M45 | 68 |
| 2 | 945 | Wilmes Heiko | TV Refrath | | 0:37:52 | 0:37:53 | 7 M45 | 69 |
| 3 | 552 | Oelmaier Tobias | BSG Stadt Köln | DE | 0:39:34 | 0:39:36 | 10 M45 | 67 |
| 4 | 188 | Salmon Heiko | TUS Mechernich 1897 | DE | 0:40:39 | 0:40:42 | 15 M45 | 66 |
| 5 | 680 | Padberg Stefan | TV Erkelenz | DE | 0:41:19 | 0:41:29 | 17 M45 | 69 |
| 6 | 687 | Kresimon Johannes | Team Crazymoon | DE | 0:42:13 | 0:42:15 | 21 M45 | 69 |
| 7 | 919 | Semglaty Paul | | | 0:43:29 | 0:43:33 | 33 M45 | 69 |
| 8 | 942 | Pöpper Roland | | | 0:44:08 | 0:44:21 | 41 M45 | 67 |
| 9 | 1209 | Mamet Michael | ESV Horrem | | 0:44:13 | 0:44:26 | 43 M45 | 67 |
| 10 | 1379 | Ackermann Sebastian | Triathlon Nonstop Köln | DEU | 0:44:58 | 0:45:09 | 55 M45 | 66 |
| 11 | 1358 | Eisermann Stephan | Team Erdinger | DEU | 0:46:33 | 0:46:42 | 70 M45 | 66 |
| 12 | 240 | Reinecke Alexander | Fix und Foxi | DE | 0:47:16 | 0:47:26 | 81 M45 | 68 |
| 13 | 491 | Scheibenbogen Markus | Rookies2015 and Friends | DE | 0:48:47 | 0:49:05 | 99 M45 | 68 |
| 14 | 722 | Schlömer Reiner | *Köln | DE | 0:48:22 | 0:49:10 | 101 M45 | 68 |
| 15 | 913 | Schröter Johannes | | | 0:49:12 | 0:49:39 | 106 M45 | 66 |
| 16 | 621 | Funk Kay | Köln läuft | DE | 0:49:29 | 0:49:45 | 108 M45 | 70 |
| 17 | 708 | Horak Frank | *Mönchengladach | DE | 0:50:18 | 0:50:39 | 119 M45 | 70 |
| 18 | 373 | Rabbe Jens | *Köln | DE | 0:50:33 | 0:50:57 | 121 M45 | 70 |
| 19 | 72 | Bietendüfel Andreas | *Lünen | DE | 0:50:22 | 0:50:59 | 122 M45 | 67 |
| 20 | 979 | Thierolf Hendrik | | | 0:51:13 | 0:51:37 | 132 M45 | 70 |
| 21 | 403 | Berlik Sacha | *Köln | DE | 0:52:37 | 0:52:48 | 141 M45 | 70 |
| 22 | 236 | Kesseler Thomas | *Köln | DE | 0:52:19 | 0:52:57 | 144 M45 | 68 |
| 23 | 543 | Engel Thomas | *Köln | DE | 0:52:38 | 0:53:14 | 145 M45 | 70 |
| 24 | 577 | Engels Rüdiger | *Niederkassel | DE | 0:52:37 | 0:53:32 | 149 M45 | 67 |
| 25 | 874 | Rhein Stefan | *Köln | DE | 0:53:00 | 0:53:42 | 153 M45 | 68 |
| 26 | 134 | Sprung Klaus | *Köln | DE | 0:53:28 | 0:53:58 | 158 M45 | 67 |
| 27 | 1182 | Quetting Jörg | immer hinterher laufend | | 0:53:39 | 0:54:40 | 170 M45 | 68 |
| 28 | 153 | Breuer Heiko | *Köln | DE | 0:55:13 | 0:55:41 | 181 M45 | 69 |
| 29 | 1386 | Schwab Stefan | | | 0:55:58 | 0:56:19 | 187 M45 | 70 |
| 30 | 249 | Jonas Torsten | tojobo@gmx.de | DE | 0:55:59 | 0:56:37 | 191 M45 | 69 |
| 31 | 342 | Hämmerle Norbert | *Bergisch Gladbach | DE | 0:56:17 | 0:56:55 | 198 M45 | 68 |
| 32 | 124 | Marinas Alfredo | *Köln, Deutschland | PH | 0:56:16 | 0:57:06 | 199 M45 | 69 |
| 33 | 241 | Kluck DR Marcus | Kluck Umwelt-Logistik | DE | 0:58:07 | 0:59:05 | 221 M45 | 69 |
| 34 | 505 | Perner DR Jens | *Köln | DE | 0:58:36 | 0:59:20 | 224 M45 | 69 |
| 35 | 160 | Jentges Michael | *Kempen | DE | 1:00:23 | 1:00:37 | 240 M45 | 69 |
| 36 | 1922 | Langen Dominik | Altstädter Köln 1922 e.v. | DE | 1:01:22 | 1:01:31 | 249 M45 | 68 |
| 37 | 93 | Weißgerber Frank | *Köln | DE | 1:01:31 | 1:02:20 | 256 M45 | 70 |
| 38 | 730 | Röseler Thomas | Team Bunker | DE | 1:02:38 | 1:03:31 | 260 M45 | 69 |
| 39 | 573 | Althaus Andreas | *Köln | DE | 1:03:11 | 1:03:53 | 261 M45 | 68 |
| 40 | 9000 | Borschbach Markus | FHDW | DE | 1:04:16 | 1:04:16 | 264 M45 | 70 |
| 41 | 926 | Vorbau Harriet | | | 1:04:33 | 1:05:03 | 266 M45 | 68 |
| 42 | 1286 | Wachsmuth Martin | | | 1:05:43 | 1:06:43 | 272 M45 | 70 |
| 43 | 728 | Heinzel Steve | Team Bunker | DE | 1:07:48 | 1:08:41 | 275 M45 | 69 |

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Altersklasse M50

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 923 | Tucker Michael | USMES | | 0:43:12 | 0:43:16 | 28 M50 | 61 |
| 2 | 1372 | Milz Ralf | Vorwärts Köln | | 0:44:03 | 0:44:09 | 37 M50 | 61 |
| 3 | 1965 | Borgolte Stephan | BAPersBw Köln | DE | 0:44:15 | 0:44:22 | 42 M50 | 65 |
| 4 | 266 | Stephan Heinz Michael | *Köln | DE | 0:44:33 | 0:44:41 | 46 M50 | 61 |
| 5 | 1207 | Krüger Thomas | | | 0:44:30 | 0:44:51 | 48 M50 | 63 |
| 6 | 372 | Loewer Ralf | *Köln | DE | 0:46:49 | 0:47:01 | 75 M50 | 65 |
| 7 | 631 | Paulus Frank | BSG Stadt Köln | DE | 0:47:00 | 0:47:07 | 78 M50 | 65 |
| 8 | 557 | Löpki Dirk | *Köln | DE | 0:47:01 | 0:47:11 | 79 M50 | 63 |
| 9 | 551 | Berndt Ulrich | TFG Nippes | DE | 0:47:46 | 0:47:51 | 86 M50 | 65 |
| 10 | 1366 | Thieme Dieter | BSG Sparkasse Köln-Bonn | DEU | 0:48:09 | 0:48:20 | 91 M50 | 64 |
| 11 | 671 | Annegarn Mario | PSC | DE | 0:49:08 | 0:49:11 | 102 M50 | 64 |
| 12 | 11 | Kramer Uwe | *Köln | DE | 0:50:01 | 0:50:14 | 115 M50 | 62 |
| 13 | 264 | Kresimon Georg | *Dormagen | DE | 0:50:01 | 0:50:25 | 117 M50 | 64 |
| 14 | 340 | Bartel Thomas | BSG Stadt Köln | DE | 0:51:08 | 0:51:14 | 124 M50 | 63 |
| 15 | 581 | Gruneberg DR Ralf | BSG Köln | DE | 0:52:22 | 0:52:28 | 138 M50 | 64 |
| 16 | 454 | Bahn Michael | Lauffreunde Vlatten-Köln | DE | 0:52:24 | 0:52:47 | 140 M50 | 62 |
| 17 | 1384 | Gierling Reinhard | *Köln | DEU | 0:53:30 | 0:53:39 | 151 M50 | 61 |
| 18 | 1308 | Eichler Michael | TUS Ehrenfeld | | 0:53:37 | 0:53:57 | 154 M50 | 64 |
| 19 | 617 | Krome Andreas | - | DE | 0:54:08 | 0:54:38 | 168 M50 | 65 |
| 20 | 984 | Mohlem Rainer | SC West Köln | | 0:55:35 | 0:56:04 | 186 M50 | 61 |
| 21 | 1175 | Hilgert Udo | | | 0:56:00 | 0:56:35 | 190 M50 | 65 |
| 22 | 1392 | Schlumbohm Michael | | | 0:56:24 | 0:56:47 | 193 M50 | 65 |
| 23 | 315 | Petenati Udo | LG-Leichlingen 2005 | DE | 0:56:31 | 0:57:11 | 202 M50 | 61 |
| 24 | 344 | Wind Torsten | *Engelskirchen | DE | 0:57:31 | 0:58:08 | 209 M50 | 61 |
| 25 | 654 | Erichsen Christian | *Köln | DE | 0:57:26 | 0:58:12 | 210 M50 | 64 |
| 26 | 100 | Lüttel Stephan | TTC Vanicum | DE | 0:59:01 | 0:59:30 | 225 M50 | 63 |
| 27 | 663 | Ilius Mario | *Bonn | DE | 0:59:09 | 0:59:32 | 226 M50 | 63 |
| 28 | 6206 | Longerich Bernd | *Köln | DE | 0:59:42 | 1:00:01 | 233 M50 | 62 |
| 29 | 540 | Rösgen Heribert | *Köln | DE | 0:59:57 | 1:00:24 | 237 M50 | 61 |
| 30 | 1148 | Frömberg Ralf | | | 1:00:33 | 1:01:11 | 244 M50 | 63 |
| 31 | 99 | Müller Oliver | diabetes programm | DE | 1:01:08 | 1:01:55 | 253 M50 | 65 |
| 32 | 1278 | Migge Ulrich | | | 1:01:37 | 1:02:21 | 257 M50 | 62 |
| 33 | 328 | Oehlert DR Wolfgang | *Koeln | DE | 1:04:23 | 1:05:04 | 267 M50 | 63 |

Männer**Altersklasse M55**

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|------------------------|-----|---------|---------|----------|------|
| 1 | 438 | Peikert Alexander | Brücker Lauffreunde | DE | 0:46:27 | 0:46:34 | 67 M55 | 56 |
| 2 | 615 | Thomé Arno | BSG Stadt Köln | DE | 0:46:57 | 0:47:02 | 76 M55 | 58 |
| 3 | 1373 | Szelies Dieter | *Grevenbroich | DEU | 0:47:28 | 0:47:33 | 82 M55 | 60 |
| 4 | 8 | Achten Bernhard | Kölner Narrenunft | DE | 0:49:14 | 0:49:22 | 104 M55 | 59 |
| 5 | 375 | Ripp Dieter | VTC Köln | DE | 0:49:43 | 0:49:53 | 112 M55 | 56 |
| 6 | 273 | Rosso Mario | *Pulheim | DE | 0:51:16 | 0:51:32 | 131 M55 | 60 |
| 7 | 1959 | Voll Harald | Diabetes Programm | DE | 0:51:00 | 0:51:48 | 133 M55 | 59 |
| 8 | 23 | Hoyer Harald | *Köln | DE | 0:51:43 | 0:52:19 | 136 M55 | 57 |
| 9 | 977 | Schorn Gerd | Kölner Narrenzunft | | 0:53:05 | 0:53:16 | 147 M55 | 59 |
| 10 | 949 | Walter Stephan | SC Dümmersee | | 0:53:31 | 0:54:10 | 161 M55 | 59 |
| 11 | 990 | Jäger Edgar | | | 0:55:13 | 0:55:27 | 178 M55 | 58 |
| 12 | 219 | Rzesnik Thomas | *Köln | DE | 0:55:13 | 0:55:42 | 182 M55 | 60 |
| 13 | 244 | Wurda Werner | Diabetes Programm | DE | 0:54:53 | 0:55:54 | 184 M55 | 60 |
| 14 | 293 | Weiß Reinhold | *Köln | DE | 0:56:08 | 0:56:22 | 188 M55 | 58 |
| 15 | 1181 | Manthey Alexander | TSV Bayer 04 | | 0:56:22 | 0:56:38 | 192 M55 | 56 |
| 16 | 199 | Wagner Johannes | *Köln | DE | 0:55:53 | 0:56:48 | 194 M55 | 58 |
| 17 | 193 | Wolf DR Christian | Laktatkönige | DE | 0:57:10 | 0:57:29 | 205 M55 | 58 |
| 18 | 641 | Banneyer Michael | never give up | DE | 0:57:54 | 0:58:28 | 212 M55 | 60 |
| 19 | 695 | Hermanns Bruno | *Pulheim | DE | 0:58:01 | 0:58:44 | 214 M55 | 60 |
| 20 | 1206 | Rixius Edmund | | | 0:58:52 | 0:59:52 | 230 M55 | 58 |
| 21 | 2016 | Durst Hans-Peter | Dreamteam Dad&Daughter | DE | 0:59:04 | 0:59:56 | 231 M55 | 58 |
| 22 | 465 | Müller Wilfried | BSG Stadt Köln | DE | 0:59:23 | 1:00:21 | 236 M55 | 56 |
| 23 | 112 | Küchler Uwe | Diabetes Programm | DE | 1:00:26 | 1:01:13 | 246 M55 | 59 |
| 24 | 480 | Waßer Peter | Kotties Lauf Freunde | DE | 1:00:50 | 1:01:25 | 248 M55 | 59 |
| 25 | 642 | Stöckmann Franz | never give up | DE | 1:01:05 | 1:01:39 | 250 M55 | 57 |
| 26 | 247 | Joisten Ralf | DPD | DE | 1:03:23 | 1:03:55 | 262 M55 | 60 |
| 27 | 729 | Struve Norbert | Team Bunker | DE | 1:03:10 | 1:04:04 | 263 M55 | 60 |
| 28 | 558 | Seidel Jürgen | *Köln | DE | 1:09:57 | 1:10:19 | 276 M55 | 60 |
| 29 | 80 | Liebich-Eisele Georg | *Köln | DE | 1:10:01 | 1:10:39 | 277 M55 | 59 |

Altersklasse M60

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|--------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 968 | Groos Martin | TV Refrath | | 0:43:06 | 0:43:09 | 27 M60 | 53 |
| 2 | 1367 | Isbaner Wolfgang | TSV Bayer 04 Leverkusen | DEU | 0:44:54 | 0:44:59 | 52 M60 | 54 |
| 3 | 1376 | Bosbach Gerd | ESV Gremberghoven | DEU | 0:45:11 | 0:45:27 | 56 M60 | 53 |
| 4 | 204 | Roth DR Edwin | LG DUV | DE | 0:47:05 | 0:47:14 | 80 M60 | 53 |
| 5 | 361 | Baur Norbert | DJK Roland West | DE | 0:49:41 | 0:49:50 | 110 M60 | 53 |
| 6 | 46 | Baus Reiner | Porsche Zentrum Bensberg | DE | 0:49:38 | 0:50:01 | 114 M60 | 54 |
| 7 | 245 | Kunkel Helmut | *Köln | DE | 0:52:30 | 0:52:51 | 143 M60 | 51 |
| 8 | 554 | Hess Bernd | WDR-Köln | DE | 0:53:44 | 0:54:20 | 166 M60 | 51 |
| 9 | 938 | Schilling Wolfgang | | | 0:58:05 | 0:58:50 | 218 M60 | 52 |
| 10 | 135 | Vetter Raimund | Diabetes Programm | DE | 1:00:40 | 1:01:13 | 247 M60 | 52 |
| 11 | 1168 | Grohmann Ralf | VTC Köln | | 1:01:08 | 1:01:41 | 251 M60 | 54 |

Altersklasse M65

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------|----------------|-----|---------|---------|----------|------|
| 1 | 331 | Finger Karl-Heinz | BSG Stadt Köln | DE | 0:46:39 | 0:46:43 | 71 M65 | 47 |
| 2 | 297 | Deckert Helmut | Ohne | DE | 1:04:35 | 1:05:20 | 268 M65 | 48 |

Männer**Altersklasse M70**

| Platz | AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------------|-------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1259 | Romboy Wolfgang | Colonia Team | | 0:51:09 | 0:51:23 | 127 | M70 | 43 |
| 2 | | 1371 | Becker Walter | LLG 80 Nordpark Köln | DEU | 0:54:06 | 0:54:13 | 163 | M70 | 44 |
| 3 | | 1361 | Trottenberg Wilhelm | Pingsheimer Rentnerband | | 0:59:25 | 0:59:58 | 232 | M70 | 42 |
| 4 | | 265 | Haupt Ulrich | Diabetes Progeramm | DE | 1:04:55 | 1:05:28 | 269 | M70 | 43 |
| 5 | | 733 | Köneke Wolfram | Team Bunker | DE | 1:15:59 | 1:16:51 | 278 | M70 | 43 |

Altersklasse MHK

| Platz | AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------------|--------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1383 | Pesch Robin | Runners Point | | 0:36:12 | 0:36:14 | 4 | MHK | 91 |
| 2 | | 1351 | Hierholzer Stephan | | | 0:40:21 | 0:40:24 | 13 | MHK | |
| 3 | | 703 | Krönkemeier Dennis | Kölner Triathlon Team 01 | DE | 0:40:54 | 0:40:58 | 16 | MHK | 90 |
| 4 | | 159 | Zerth Matthias | *Köln | DE | 0:42:32 | 0:42:35 | 23 | MHK | 88 |
| 5 | | 571 | Schäffer Moritz | *Köln | DE | 0:43:24 | 0:43:29 | 31 | MHK | 88 |
| 6 | | 696 | Volkmer Dominik | *Pulheim | DE | 0:43:08 | 0:43:50 | 34 | MHK | 91 |
| 7 | | 1159 | Pörtner Florian | | | 0:43:55 | 0:44:00 | 35 | MHK | 86 |
| 8 | | 140 | Köster-Eiserfunke Julian | BSG Sparkasse Iserlohn | DE | 0:43:50 | 0:44:07 | 36 | MHK | 87 |
| 9 | | 993 | Zerth Nikolas | | | 0:44:12 | 0:44:17 | 39 | MHK | 88 |
| 10 | | 661 | Kranz Daniel | TSV Bokeloh | DE | 0:44:39 | 0:44:42 | 47 | MHK | 88 |
| 11 | | 116 | Kessel Dieter André | KG Kölsches Levensjeföhl | DE | 0:45:07 | 0:45:34 | 57 | MHK | 87 |
| 12 | | 623 | Lorre Marcus | RochusFit | DE | 0:45:26 | 0:45:46 | 58 | MHK | 89 |
| 13 | | 559 | Florian Simon | *Würselen | DE | 0:46:04 | 0:46:06 | 62 | MHK | 95 |
| 14 | | 761 | Zarl Christian | *Bergisch Gladbach | DE | 0:46:16 | 0:46:37 | 68 | MHK | 94 |
| 15 | | 1201 | Jasosch Felix | | | 0:46:17 | 0:46:45 | 73 | MHK | 86 |
| 16 | | 274 | Rosso Martin | *Pulheim | DE | 0:46:25 | 0:46:55 | 74 | MHK | 94 |
| 17 | | 435 | Seyfried Sebastian | *Köln | DE | 0:46:46 | 0:47:03 | 77 | MHK | 91 |
| 18 | | 401 | Sonntag Frank | ERGO Sports Köln | DE | 0:47:27 | 0:48:06 | 88 | MHK | 91 |
| 19 | | 957 | Orbach Kevin | Sparkasse Köln-Bonn | | 0:47:43 | 0:48:18 | 90 | MHK | 89 |
| 20 | | 988 | Wefelnberg Michael | KT 43 | | 0:48:45 | 0:48:55 | 96 | MHK | 87 |
| 21 | | 598 | Steltzner Florian | *Köln | DE | 0:48:42 | 0:49:02 | 97 | MHK | 93 |
| 22 | | 640 | Mühlhaus Lukas | *Köln Sülz | DE | 0:48:43 | 0:49:04 | 98 | MHK | 94 |
| 23 | | 583 | Süß Paul | *Köln | DE | 0:48:48 | 0:49:09 | 100 | MHK | 91 |
| 24 | | 1216 | Winkler Kevin | | | 0:49:06 | 0:49:18 | 103 | MHK | 91 |
| 25 | | 225 | Weyres Philipp | BBBC | DE | 0:51:16 | 0:52:07 | 135 | MHK | 87 |
| 26 | | 978 | Zenner Erwin | Audi | | 0:51:57 | 0:52:21 | 137 | MHK | |
| 27 | | 1310 | Eichler David | | | 0:53:37 | 0:53:57 | 155 | MHK | 90 |
| 28 | | 928 | Weidel Philipp | | | 0:54:20 | 0:54:41 | 171 | MHK | 86 |
| 29 | | 937 | Schilling Julius | | | 0:56:08 | 0:56:54 | 197 | MHK | 88 |
| 30 | | 456 | Bursch Marc | *Weilerswist | DE | 0:56:46 | 0:57:44 | 207 | MHK | 86 |
| 31 | | 308 | Miller David | BBBC | DE | 0:57:00 | 0:57:49 | 208 | MHK | 88 |
| 32 | | 1161 | Bohr Detlef | | | 0:59:10 | 1:00:07 | 235 | MHK | |
| 33 | | 259 | Kirschke Frederic | *Köln | DE | 0:59:39 | 1:00:40 | 241 | MHK | 87 |
| 34 | | 567 | Morowski Dennis | *Jüchen | DE | 1:02:45 | 1:03:23 | 259 | MHK | 92 |

Altersklasse MU18

| Platz | AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------|---------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 672 | Annegarn Luca | PSC | DE | 0:42:46 | 0:42:48 | 25 | MU1 | 99 |
| 2 | | 909 | Schmidt Leon | | | 0:43:23 | 0:43:30 | 32 | MU1 | 01 |
| 3 | | 1268 | Riehl Simon | Montessori Gymnasium | | 0:49:27 | 0:49:40 | 107 | MU1 | 01 |
| 4 | | 410 | Langen Peter | Altstädter Köln 1922 e.v. | DE | 0:53:47 | 0:53:57 | 156 | MU1 | 00 |

Männer

Altersklasse MU20

| Platz | AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------|-------------|-----|---------|---------|-------|-----|------|
| 1 | | 275 | Rosso Stefan | *Pulheim | DE | 0:46:27 | 0:46:43 | 71 | MU2 | 97 |

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Altersklasse W30

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 459 | Ern Janett | SV Linde Schönewalde | DE | 0:44:04 | 0:44:21 | 3 W30 | 85 |
| 2 | 740 | Meier Christin | *Aachen | DE | 0:47:24 | 0:47:49 | 7 W30 | 83 |
| 3 | 330 | Bachem Elisa | *Köln | DE | 0:48:08 | 0:48:24 | 10 W30 | 81 |
| 4 | 614 | De Vries Antje | *Köln | DE | 0:49:22 | 0:49:32 | 18 W30 | 84 |
| 5 | 474 | Hüner Karolin | *Köln | DE | 0:50:15 | 0:50:28 | 22 W30 | 84 |
| 6 | 229 | Straub Heike | *Köln | DE | 0:52:13 | 0:52:31 | 26 W30 | 82 |
| 7 | 191 | Stephan Hannah | *Köln | DE | 0:54:10 | 0:54:44 | 35 W30 | 85 |
| 8 | 463 | Braun Julia | *Köln | DE | 0:55:23 | 0:55:42 | 40 W30 | 85 |
| 9 | 198 | Happ Lena | *Köln | DE | 0:55:34 | 0:56:24 | 48 W30 | 85 |
| 10 | 1909 | Heintges Carmen | *Köln | DE | 0:55:34 | 0:56:25 | 49 W30 | 83 |
| 11 | 1184 | Scheffler Katja | | | 0:56:28 | 0:56:54 | 53 W30 | 82 |
| 12 | 693 | Bamberg Jessika | Viktoria frechen | DE | 0:58:46 | 0:58:54 | 64 W30 | 84 |
| 13 | 1357 | Banca Velciov | | GER | 0:59:57 | 1:00:08 | 76 W30 | 83 |
| 14 | 1370 | Haubrich Julia | | | 0:59:52 | 1:00:24 | 78 W30 | 85 |
| 15 | 262 | Zocher Sarah | *Rheinberg | NL | 0:59:45 | 1:00:25 | 79 W30 | 81 |
| 16 | 272 | Aust Tina | *Köln | DE | 1:00:23 | 1:01:13 | 86 W30 | 85 |
| 17 | 294 | Heinzen Sonja | *Köln | DE | 1:00:55 | 1:01:21 | 88 W30 | 82 |
| 18 | 487 | Sczuka Steffi | Rookies2015 and Friends | DE | 1:03:00 | 1:03:17 | 107 W30 | 83 |
| 19 | 306 | Köster Anna | *Köln | DE | 1:03:33 | 1:04:30 | 115 W30 | 82 |
| 20 | 181 | Jochmann Sarah | *Köln | DE | 1:21:04 | 1:21:48 | 134 W30 | 83 |

Altersklasse W35

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|---------------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 1185 | Schneider Claudia | ASV Köln | | 0:41:18 | 0:41:18 | 1 W35 | 78 |
| 2 | 660 | Graulich Natalia | Köln läuft | DE | 0:49:44 | 0:49:49 | 19 W35 | 79 |
| 3 | 376 | Grunewald Dorit | *Köln | DE | 0:52:02 | 0:52:16 | 25 W35 | 77 |
| 4 | 301 | Damaschke Maren | *Köln | DE | 0:52:54 | 0:53:05 | 28 W35 | 76 |
| 5 | 172 | Berrisch Christiane | Groß und Klein | DE | 0:53:21 | 0:54:02 | 31 W35 | 80 |
| 6 | 255 | Seliniotakis Nadine Diana | *Köln | DE | 0:53:59 | 0:54:11 | 33 W35 | 79 |
| 7 | 905 | Morrison Abigail | | | 0:54:25 | 0:54:45 | 36 W35 | 76 |
| 8 | 882 | Defli Mülkiye | | | 0:55:46 | 0:55:46 | 41 W35 | 79 |
| 9 | 996 | Vasbender Iris | | | 0:56:43 | 0:57:10 | 55 W35 | 76 |
| 10 | 88 | Thieler Nicole | NippesRunners | DE | 0:56:53 | 0:57:23 | 57 W35 | 76 |
| 11 | 335 | Felter Inga | *Köln | DE | 0:58:07 | 0:58:55 | 66 W35 | 77 |
| 12 | 986 | Pinkert Beate | | | 0:59:15 | 0:59:48 | 71 W35 | 77 |
| 13 | 110 | Simon Sabine | *Koblenz | DE | 0:59:26 | 1:00:01 | 73 W35 | 78 |
| 14 | 486 | Schmitz Sandra | Rookies2015 and Friends | DE | 0:59:46 | 1:00:03 | 74 W35 | 76 |
| 15 | 490 | Pfannstiel Ariane | Rookies2015 and Friends | DE | 0:59:47 | 1:00:03 | 75 W35 | 78 |
| 16 | 316 | Diedenhofen Nadine | *Niederkassel | DE | 1:00:11 | 1:00:37 | 81 W35 | 76 |
| 17 | 657 | Simon Barbara | *Köln | DE | 1:01:51 | 1:02:36 | 99 W35 | 76 |
| 18 | 298 | Hansen Natalie | *Köln | DE | 1:02:21 | 1:02:47 | 101 W35 | 80 |
| 19 | 732 | Köneke Anna | Team Bunker | DE | 1:02:56 | 1:03:50 | 111 W35 | 79 |
| 20 | 494 | Mentzel Sarah | Für die Gesundheit | DE | 1:04:24 | 1:04:37 | 117 W35 | 79 |

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Altersklasse W40

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|---------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 594 | Stähler Alexandra | *Köln | DE | 0:44:52 | 0:44:56 | 5 W40 | 71 |
| 2 | 322 | Daniels Anke | Kölner Turnerschaft von | DE | 0:48:14 | 0:48:30 | 11 W40 | 74 |
| 3 | 912 | Schmidtova Renata | | | 0:53:57 | 0:53:57 | 30 W40 | 74 |
| 4 | 224 | Voigt Karo | NippesRunners | DE | 0:55:47 | 0:56:18 | 46 W40 | 74 |
| 5 | 200 | Hitscher Doris | *Köln | DE | 0:55:50 | 0:56:45 | 51 W40 | 74 |
| 6 | 951 | Grau Michaela | | | 0:56:52 | 0:56:52 | 52 W40 | 72 |
| 7 | 130 | Nowicki Crisanta | Düsselpinoy | DE | 0:57:10 | 0:57:59 | 59 W40 | 71 |
| 8 | 136 | Boussettaoui Samira | *Leverkusen | DE | 0:58:22 | 0:59:11 | 69 W40 | 74 |
| 9 | 289 | Rips Diane | *Köln | DE | 0:59:15 | 0:59:53 | 72 W40 | 73 |
| 10 | 82 | Pfeil Nina | *Ransbach-Baumbach | DE | 1:00:20 | 1:00:54 | 83 W40 | 73 |
| 11 | 288 | Friedt Wibke | *Köln | DE | 1:00:26 | 1:01:04 | 85 W40 | 73 |
| 12 | 650 | Zömbik Miriam | *Köln | DE | 1:00:47 | 1:01:33 | 89 W40 | 75 |
| 13 | 1239 | Hohmann Anja | | | 1:00:47 | 1:01:33 | 90 W40 | 71 |
| 14 | 718 | Suilmann Doris | *Köln | DE | 1:01:40 | 1:02:26 | 98 W40 | 72 |
| 15 | 612 | Voß Anika | Rookies2015 and Friends | DE | 1:02:59 | 1:03:17 | 106 W40 | 75 |
| 16 | 33 | Birkenfeld Anja | TV Moers-Vennikel | DE | 1:03:03 | 1:03:43 | 110 W40 | 74 |
| 17 | 998 | Buck Liane | | | 1:03:36 | 1:03:52 | 112 W40 | 75 |

Altersklasse W45

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|--------------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 462 | Engel Petra | BSG Stadt-Koeln | DE | 0:49:58 | 0:50:06 | 20 W45 | 67 |
| 2 | 1369 | Maar Brigitte | BSG Stadt Köln | | 0:51:40 | 0:51:46 | 24 W45 | 69 |
| 3 | 300 | Weeger Sandra | *Köln | DE | 0:53:48 | 0:54:18 | 34 W45 | 67 |
| 4 | 959 | Schulz Claudia | Es ist Liebe | | 0:55:19 | 0:55:59 | 43 W45 | 69 |
| 5 | 655 | Zurheiden Sabine | *Bedburg | DE | 0:55:54 | 0:56:12 | 45 W45 | 67 |
| 6 | 470 | Jäger Regina | Frauen Sportunion Nippes | DE | 0:57:27 | 0:57:55 | 58 W45 | 69 |
| 7 | 468 | Reimers Brigitte | Frauen Sportunion Nippes | DE | 0:57:38 | 0:58:07 | 61 W45 | 67 |
| 8 | 443 | Maletz Daniela | LSaufgruppe | DE | 0:58:25 | 0:58:40 | 62 W45 | 68 |
| 9 | 611 | Schmitz-Winninger Nicole | LSaufgruppe | DE | 0:58:25 | 0:58:40 | 63 W45 | 70 |
| 10 | 145 | Schwender Kerstin | *Köln | DE | 0:58:17 | 0:58:55 | 65 W45 | 66 |
| 11 | 161 | Jentges Katja | *Kempfen | DE | 1:00:22 | 1:00:37 | 82 W45 | 70 |
| 12 | 896 | Jorzik Eveline | | | 1:02:09 | 1:02:09 | 95 W45 | 67 |
| 13 | 147 | Stockebrand Barbara | itrim | DE | 1:01:56 | 1:02:46 | 100 W45 | 70 |
| 14 | 223 | Neufang Christiane | Rochusfit Lauftreff | DE | 1:02:55 | 1:03:14 | 105 W45 | 70 |
| 15 | 542 | Kipker Kerstin | - | DE | 1:03:42 | 1:03:58 | 113 W45 | 69 |
| 16 | 504 | Malig Susanne | Strüssjer | DE | 1:04:07 | 1:04:31 | 116 W45 | 67 |
| 17 | 41 | Correns Rosemarie | Longericher SC | DE | 1:04:36 | 1:05:29 | 120 W45 | 66 |

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Altersklasse W50

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|----------------------|-----|---------|---------|----------|------|
| 1 | 437 | Ahrens Heike | BSG Stadt Köln | DE | 0:48:00 | 0:48:06 | 9 W50 | 65 |
| 2 | 981 | Schmitz Britta | Köln läuft | | 0:55:42 | 0:55:47 | 42 W50 | 63 |
| 3 | 579 | Böhm Heike | *Köln | DE | 0:55:36 | 0:56:02 | 44 W50 | 63 |
| 4 | 674 | Wende Andrea | *Köln | DE | 0:55:47 | 0:56:24 | 47 W50 | 62 |
| 5 | 358 | Jüttner Angela | S.C.Colonia 06 | DE | 0:56:31 | 0:57:22 | 56 W50 | 65 |
| 6 | 1388 | Müller Christine | TUS Bayer Leverkusen | | 0:58:47 | 0:59:03 | 67 W50 | 65 |
| 7 | 42 | Sonntag Ursula | ERGO Sports Köln | DE | 0:58:26 | 0:59:06 | 68 W50 | 62 |
| 8 | 662 | Ahl Madeleine | *Bonn | SE | 0:59:11 | 0:59:34 | 70 W50 | 62 |
| 9 | 753 | Herschel Maria | *Köln | DE | 1:00:56 | 1:01:41 | 92 W50 | 64 |
| 10 | 917 | Tebbe Clara | | | 1:01:32 | 1:02:02 | 94 W50 | 61 |
| 11 | 910 | Scherello Lisa | | | 1:01:55 | 1:02:25 | 97 W50 | 64 |
| 12 | 227 | Wirths Judith | *Köln | DE | 1:03:14 | 1:03:35 | 108 W50 | 61 |
| 13 | 253 | Sensken-Behrend Iris | Lauftreff Rochusfit | DE | 1:03:14 | 1:03:36 | 109 W50 | 61 |
| 14 | 1280 | Richmann Margret | | | 1:06:09 | 1:07:00 | 125 W50 | 62 |
| 15 | 243 | Propheter Ute | *Köln | DE | 1:08:50 | 1:09:38 | 129 W50 | 64 |
| 16 | 52 | Sambunjak Angelika | Itrim | DE | 1:12:59 | 1:13:49 | 132 W50 | 63 |

Altersklasse W55

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------------------------|----------------|-----|---------|---------|----------|------|
| 1 | 644 | Retzlaff Liane | never give up | DE | 0:54:48 | 0:55:22 | 37 W55 | 57 |
| 2 | 192 | Wolf Ulrike | Laktatkönige | DE | 0:55:21 | 0:55:40 | 39 W55 | 58 |
| 3 | 205 | Roth Monika | *Köln | DE | 0:57:49 | 0:58:03 | 60 W55 | 58 |
| 4 | 109 | Brunst Monika | kein Verein | DE | 1:00:19 | 1:00:54 | 84 W55 | 60 |
| 5 | 992 | Gerecke Carolina | | | 1:00:37 | 1:01:34 | 91 W55 | 59 |
| 6 | 939 | Schilling Birgit | | | 1:03:37 | 1:04:21 | 114 W55 | 60 |
| 7 | 397 | Spachtholz Maria Luise | TUS Brauweiler | DE | 1:07:31 | 1:08:16 | 126 W55 | 56 |
| 8 | 79 | Krichel Annette | *Köln | DE | 1:10:01 | 1:10:39 | 130 W55 | 59 |

Altersklasse W60

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------------|--------------------|-----|---------|---------|----------|------|
| 1 | 257 | Bramsiepe Monika | BSG Köln | DE | 0:59:11 | 1:00:08 | 76 W60 | 51 |
| 2 | 1363 | Can Mediha | Marathin IST | | 1:00:31 | 1:00:31 | 80 W60 | 53 |
| 3 | 1246 | Schmitz-Verhnjak Sylvia | Team RAFA | | 1:05:19 | 1:05:37 | 122 W60 | 51 |
| 4 | 721 | Ayche Karin | Laufmariechen Köln | DE | 1:07:58 | 1:08:23 | 127 W60 | 54 |
| 5 | 711 | Rohrmoser Eva-Maria | Laufmariechen Köln | DE | 1:17:57 | 1:18:23 | 133 W60 | 54 |

Altersklasse W65

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|---------------|-------------|-----|---------|---------|----------|------|
| 1 | 1389 | Bürger Angela | | | 1:01:59 | 1:02:55 | 102 W65 | 49 |

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Altersklasse WHK

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------|--------------------------|-----|---------|---------|----------|------|
| 1 | 1382 | Steinbuch Hannah | | | 0:42:41 | 0:42:44 | 2 WHK | 95 |
| 2 | 117 | Hoepner Sophie | KG Kölsches Levensjeföhl | DE | 0:45:06 | 0:45:34 | 6 WHK | 86 |
| 3 | 1284 | Cauvin Morgane | | | 0:47:53 | 0:47:53 | 8 WHK | 93 |
| 4 | 452 | Schäfer Judith | *Köln | DE | 0:48:16 | 0:48:32 | 12 WHK | 87 |
| 5 | 714 | Esser Stephanie | *Köln | DE | 0:48:28 | 0:48:35 | 13 WHK | 89 |
| 6 | 983 | Smeding-Terveer Maike | Mach 3 Köln e.V. | | 0:48:37 | 0:48:44 | 14 WHK | 91 |
| 7 | 353 | Gisbertz Lisa | *Köln | DE | 0:48:41 | 0:49:01 | 15 WHK | 94 |
| 8 | 77 | Jaspers Jessica | *Köln | DE | 0:48:32 | 0:49:09 | 16 WHK | 94 |
| 9 | 565 | Biermann Judith | *Köln | DE | 0:49:04 | 0:49:12 | 17 WHK | 93 |
| 10 | 393 | Grönebaum Andrea | TSV Bayer 04 Leverkusen | DE | 0:50:13 | 0:50:22 | 21 WHK | 93 |
| 11 | 1555 | Knaul Selina | | GER | 0:50:11 | 0:50:42 | 23 WHK | 95 |
| 12 | 476 | Lo Brutto Giulia | *Köln | IT | 0:52:47 | 0:52:58 | 27 WHK | 91 |
| 13 | 418 | Wiebe Birte | LT DSHS | DE | 0:53:01 | 0:53:42 | 29 WHK | 91 |
| 14 | 1203 | Helbert Stefanie | | | 0:53:39 | 0:54:06 | 32 WHK | 89 |
| 15 | 234 | Scholtysssek Katrin | RochusFit | DE | 0:55:06 | 0:55:23 | 38 WHK | 91 |
| 16 | 31 | Ehlert Britta | *Köln | DE | 0:56:05 | 0:57:05 | 54 WHK | 90 |
| 17 | 999 | Iger Maja | *Lindlar | DE | 1:00:25 | 1:01:19 | 87 WHK | 94 |
| 18 | 877 | Aretz Judith | | | 1:00:44 | 1:01:41 | 93 WHK | 90 |
| 19 | 698 | Lutaj Ewgenija | *Pulheim | DE | 1:01:32 | 1:02:16 | 96 WHK | 87 |
| 20 | 367 | Hecht Ines Larissa | *Düsseldorf | DE | 1:02:28 | 1:03:10 | 103 WHK | 89 |
| 21 | 366 | Hecht Pia Alina | *Köln | DE | 1:02:28 | 1:03:11 | 104 WHK | 87 |
| 22 | 697 | Kronenberg Heike | *Pulheim | DE | 1:04:07 | 1:04:50 | 118 WHK | 88 |
| 23 | 261 | Göddertz Iris | *Köln | DE | 1:03:58 | 1:04:59 | 119 WHK | 90 |
| 24 | 84 | Pickert Dana | *Köln | DE | 1:04:40 | 1:05:34 | 121 WHK | 91 |
| 25 | 295 | Blacha Monika | *Düsseldorf | DE | 1:04:59 | 1:05:55 | 123 WHK | 89 |
| 26 | 498 | Riedhammer Claudia | *Köln | DE | 1:08:42 | 1:09:24 | 128 WHK | 86 |
| 27 | 3 | Willms Sabine | *Köln | DE | 1:10:54 | 1:11:45 | 131 WHK | 86 |

Altersklasse WU18

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------|-------------|-----|---------|---------|----------|------|
| 1 | 907 | Pfeifer Jördis | | | 1:06:19 | 1:06:19 | 124 WU1 | 99 |

Altersklasse WU20

| Platz AK | Startnr | Name | *Ort/Verein | Nat | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|----------------------|-------------|-----|---------|---------|----------|------|
| 1 | 0 | Loefgen-Fiegert Anja | | | 0:44:23 | 0:44:34 | 4 WU2 | 96 |