

Männer

Altersklasse M30

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|------------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 24 | Dianas Christian | TriColoane | GFR | 0:18:12 | 0:18:13 | 7 | M30 | 76 |
| 2 | | 1090 | Loll Hendrik | 3. Team 42 Tausend/NAO G | GFR | 0:20:45 | 0:20:59 | 28 | M30 | 77 |
| 3 | | 1080 | Semmelroth Phillip | 1. Team 42 Tausend/NAO G | GFR | 0:21:18 | 0:21:22 | 32 | M30 | 79 |
| 4 | | 93 | Brod Thomas | Deutsche Post NL Köln West | GFR | 0:21:36 | 0:22:06 | 46 | M30 | 78 |
| 5 | | 120 | Malota Frank | Team Buraschule | GFR | 0:23:18 | 0:23:36 | 71 | M30 | 79 |
| 6 | | 1083 | Kessemeier Christof | 2. Team 42 Tausend/NAO G | GFR | 0:23:41 | 0:23:55 | 77 | M30 | 76 |
| 7 | | 64 | Sauerbier Christian | TuS Königsdorf Team 3 | GFR | 0:24:47 | 0:24:55 | 92 | M30 | 78 |
| 8 | | 11 | Dinhof Alexander | Dehner Gartencenter Freche | GFR | 0:24:48 | 0:25:04 | 93 | M30 | 79 |
| 9 | | 44 | Harf Ralf | Stadtbetrieb Frechen GmbH | GFR | 0:24:59 | 0:25:22 | 98 | M30 | 77 |
| 10 | | 1129 | Funk Vitalii | MGL Frechen | GFR | 0:25:23 | 0:25:44 | 107 | M30 | 78 |
| 11 | | 1087 | Veith Robert | 3. Team 42 Tausend/NAO G | GFR | 0:25:37 | 0:25:55 | 109 | M30 | 78 |
| 12 | | 1085 | Stiller Arved | 2. Team 42 Tausend/NAO G | GFR | 0:26:30 | 0:26:46 | 122 | M30 | 77 |
| 13 | | 6 | Eil John | Gecko's Running Club Seoul | GFR | 0:27:28 | 0:27:51 | 145 | M30 | 78 |
| 14 | | 1296 | Müller Daniel | | GFR | 0:27:27 | 0:28:03 | 150 | M30 | 78 |
| 15 | | 1318 | Dubbers Mohamet | | GFR | 0:28:14 | 0:28:31 | 153 | M30 | 78 |
| 16 | | 82 | Bergemann Philipp | Kreissparkasse Köln 1 | GFR | 0:28:19 | 0:28:50 | 157 | M30 | 77 |
| 17 | | 136 | Gomez-Alcalde Crisoulo | MGL Frechen | GFR | 0:28:46 | 0:29:02 | 163 | M30 | 75 |
| 18 | | 80 | Kreutner Michael | Römerturm | GFR | 0:28:41 | 0:29:21 | 166 | M30 | 78 |
| 19 | | 88 | Redlina Michael | Kreissparkasse Köln 2 | GFR | 0:30:28 | 0:30:59 | 189 | M30 | 78 |

Altersklasse M35

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1076 | Schneider Ben | 1. Team 42 Tausend/NAO G | GFR | 0:18:19 | 0:18:21 | 9 | M35 | 74 |
| 2 | | 1077 | Riebschläger Joera | 1. Team 42 Tausend/NAO G | GFR | 0:19:01 | 0:19:03 | 14 | M35 | 73 |
| 3 | | 3059 | Waldforst Thomas | | GFR | 0:21:35 | 0:22:04 | 44 | M35 | 71 |
| 4 | | 32 | Theodosiou Stavros | Team Weishaupt | GFR | 0:21:57 | 0:22:23 | 52 | M35 | 72 |
| 5 | | 825 | Ruth Stefan | Konradsheim | GFR | 0:22:28 | 0:22:31 | 54 | M35 | 72 |
| 6 | | 1283 | Groß Sascha | | GFR | 0:22:29 | 0:22:58 | 63 | M35 | 71 |
| 7 | | 1088 | Braunisch David | 3. Team 42 Tausend/NAO G | GFR | 0:23:07 | 0:23:23 | 67 | M35 | 73 |
| 8 | | 1081 | Friederichs Raloh | 2. Team 42 Tausend/NAO G | GFR | 0:23:16 | 0:23:30 | 70 | M35 | 74 |
| 9 | | 1082 | Aichinger Daniel | 2. Team 42 Tausend/NAO G | GFR | 0:23:40 | 0:23:56 | 78 | M35 | 74 |
| 10 | | 1084 | Veith Matthias | 2. Team 42 Tausend/NAO G | GFR | 0:23:39 | 0:23:58 | 79 | M35 | 73 |
| 11 | | 1250 | Van Leven Markus | | GFR | 0:23:57 | 0:24:10 | 81 | M35 | 70 |
| 12 | | 1249 | Porschen Michael | | GFR | 0:24:01 | 0:24:15 | 82 | M35 | 71 |
| 13 | | 13 | Carbach Thomas | Dehner Gartencenter Freche | GFR | 0:24:15 | 0:24:34 | 84 | M35 | 72 |
| 14 | | 698 | Möller Carsten | * Frechen | GFR | 0:25:18 | 0:25:55 | 110 | M35 | 72 |
| 15 | | 1038 | Wolf Vitali | * FRECHEN | GFR | 0:26:00 | 0:26:05 | 111 | M35 | 71 |
| 16 | | 1289 | Heß Michael | 42tausen | GFR | 0:26:08 | 0:26:25 | 119 | M35 | 72 |
| 17 | | 139 | Absuh Boukhiar | MGL Frechen | GFR | 0:26:30 | 0:26:50 | 123 | M35 | 74 |
| 18 | | 1073 | Link Holger | Tandem | GFR | 0:26:54 | 0:27:19 | 137 | M35 | 70 |
| 19 | | 778 | Pohl Sven | * Köln | GFR | 0:27:10 | 0:27:22 | 139 | M35 | 73 |
| 20 | | 1093 | Helfrich Clemens | 4. Team 42 Tausend/NAO G | GFR | 0:28:39 | 0:28:54 | 159 | M35 | 74 |
| 21 | | 1171 | Schmitz Michael | MGL Frechen | GFR | 0:30:17 | 0:30:32 | 180 | M35 | 70 |
| 22 | | 1144 | Klemm Mehrsad | TuS Opladen | GFR | 0:33:18 | 0:33:31 | 199 | M35 | 70 |
| 23 | | 981 | Voigt Oliver | * Frechen | GFR | 0:34:35 | 0:35:14 | 207 | M35 | 74 |

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Altersklasse M40

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|----------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1262 | Xyländer York | X-Team | GFR | 0:18:18 | 0:18:19 | 8 | M40 | 68 |
| 2 | | 1078 | Schäle Henning | 1. Team 42 Tausend/NAO G | GFR | 0:19:39 | 0:19:42 | 18 | M40 | 68 |
| 3 | | 531 | Husemann Geora | Gesamtschule Berheim | GFR | 0:19:40 | 0:19:44 | 19 | M40 | 68 |
| 4 | | 131 | Litzner Thorsten | LAV Habelrath-Grefrath Te | GFR | 0:19:55 | 0:19:57 | 21 | M40 | 67 |
| 5 | | 22 | Nuber Michael | TriColoane | GFR | 0:21:00 | 0:21:02 | 29 | M40 | 66 |
| 6 | | 94 | Flick Thomas | Deutsche Post NL Köln West | GFR | 0:21:03 | 0:21:13 | 31 | M40 | 67 |
| 7 | | 138 | Göksu Adnan | MGL Frechen | GFR | 0:21:34 | 0:21:38 | 36 | M40 | 66 |
| 8 | | 31 | Jöra Auer | Team Weishaupt | GFR | 0:22:11 | 0:22:37 | 57 | M40 | 65 |
| 9 | | 35 | Lehr Achim | Team Weishaupt | GFR | 0:22:50 | 0:23:17 | 66 | M40 | 68 |
| 10 | | 66 | Pick Carsten | TuS Köniasdorf Team 4 | GFR | 0:25:14 | 0:25:21 | 96 | M40 | 65 |
| 11 | | 1303 | Kremer Guido | | GFR | 0:25:12 | 0:25:24 | 99 | M40 | 68 |
| 12 | | 1122 | Franz Stephan | 45 Tausend/NAO Group | GFR | 0:25:20 | 0:25:33 | 100 | M40 | 67 |
| 13 | | 21 | Diebenbruck Uli | TriColoane | GFR | 0:25:33 | 0:25:38 | 103 | M40 | 65 |
| 14 | | 92 | Atamtuerk Husevein | Deutsche Post NL Köln West | GFR | 0:26:29 | 0:26:58 | 125 | M40 | 66 |
| 15 | | 3058 | Hofmeister Mario | Warm Up Fitness Center | GFR | 0:26:53 | 0:27:06 | 131 | M40 | 68 |
| 16 | | 47 | Kazanhan Talio | Rapido Müddersheim | GFR | 0:27:02 | 0:27:12 | 132 | M40 | 69 |
| 17 | | 5 | Wachendorf Thorsten | SIGNAL IDUNA Gruppe Te | GFR | 0:26:46 | 0:27:14 | 135 | M40 | 69 |
| 18 | | 14 | Vater Michael | Dehner Gartencenter Freche | GFR | 0:27:05 | 0:27:23 | 140 | M40 | 67 |
| 19 | | 1 | Fiaoe Thomas | SIGNAL IDUNA Gruppe Te | GFR | 0:27:07 | 0:27:34 | 142 | M40 | 68 |
| 20 | | 922 | Steffen Bernd | * Pulheim | GFR | 0:29:43 | 0:30:05 | 174 | M40 | 68 |
| 21 | | 1094 | Lipinski Boris | 4. Team 42 Tausend/NAO G | GFR | 0:30:41 | 0:30:55 | 187 | M40 | 67 |
| 22 | | 500 | Hennia Jöra | * Frechen | GFR | 0:31:03 | 0:31:37 | 191 | M40 | 68 |
| 23 | | 1185 | Verrier Frederic | MGL Frechen | GFR | 0:32:38 | 0:32:53 | 194 | M40 | 67 |
| 24 | | 509 | Herrmann Dirk | * Ertstadt | GFR | 0:33:31 | 0:34:00 | 202 | M40 | 68 |
| 25 | | 1020 | Wilcke Michael | * Hürth | GFR | 0:34:34 | 0:34:50 | 206 | M40 | 67 |
| 26 | | 284 | Baumeister Alexander | * Köln | GFR | 0:38:11 | 0:38:32 | 215 | M40 | 68 |

Altersklasse M45

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|------------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 903 | Simons Guido | SSG Köniawinter | GFR | 0:17:50 | 0:17:52 | 5 | M45 | 63 |
| 2 | | 15 | Carbach Franz | Dehner Gartencenter Freche | GFR | 0:18:59 | 0:19:01 | 13 | M45 | 61 |
| 3 | | 905 | Simovics Stefan | * Köniawinter | GFR | 0:20:00 | 0:20:02 | 22 | M45 | 63 |
| 4 | | 1335 | Hofstadt Klaus Peter | SG Zons | GFR | 0:21:02 | 0:21:05 | 30 | M45 | 60 |
| 5 | | 91 | Cremer Jüräen | Deutsche Post NL Köln West | GFR | 0:21:28 | 0:21:58 | 42 | M45 | 62 |
| 6 | | 403 | Ebeler Dr Guido | MCK | GFR | 0:21:54 | 0:22:15 | 50 | M45 | 64 |
| 7 | | 134 | Räuschel Andreas | LAV Habelrath-Grefrath Te | GFR | 0:25:18 | 0:25:41 | 104 | M45 | 64 |
| 8 | | 76 | Kutscheidt Thomas | Römerturm | GFR | 0:25:32 | 0:26:11 | 113 | M45 | 64 |
| 9 | | 836 | Sauerbier Raloh | * Frechen | GFR | 0:26:18 | 0:27:03 | 126 | M45 | 61 |
| 10 | | 3 | Hedtmann Dirk | SIGNAL IDUNA Gruppe Te | GFR | 0:26:36 | 0:27:04 | 129 | M45 | 61 |
| 11 | | 86 | Hermanns Bruno | Kreissparkasse Köln 2 | GFR | 0:27:26 | 0:28:00 | 149 | M45 | 60 |
| 12 | | 558 | Kahn Hans-Jüräen | * Frechen | GFR | 0:28:27 | 0:28:33 | 154 | M45 | 60 |
| 13 | | 488 | Hartmann Philipp | GVG | GFR | 0:28:14 | 0:28:52 | 158 | M45 | 64 |
| 14 | | 1274 | Bochert-Mouritzen Jens | | GFR | 0:29:30 | 0:29:53 | 170 | M45 | 64 |
| 15 | | 1208 | Enaels Uwe | TUS Upladen | GFR | 0:29:50 | 0:30:01 | 173 | M45 | 63 |
| 16 | | 656 | Lips Rolf | * Köln | GFR | 0:29:34 | 0:30:07 | 175 | M45 | 63 |
| 17 | | 1075 | Erbacher Miriam | Tandem | GFR | 0:30:26 | 0:30:36 | 182 | M45 | 63 |
| 18 | | 29 | Breihöfer Thomas | M. DuMont Schaubera | GFR | 0:31:07 | 0:31:40 | 192 | M45 | 62 |
| 19 | | 1072 | Wirtz Rolf | Tandem | GFR | 0:32:48 | 0:33:00 | 195 | M45 | 64 |
| 20 | | 1299 | Haist Peter | | GFR | 0:36:56 | 0:37:29 | 214 | M45 | 63 |

Männer

Altersklasse M50

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 301 | Bippus Jüräen | Lahm Söck Frechen | GFR | 0:18:05 | 0:18:07 | 6 | M50 | 59 |
| 2 | | 3043 | Kiparski Siegfried | TSV Bayer 04 Leverkusen | GFR | 0:19:47 | 0:19:49 | 20 | M50 | 59 |
| 3 | | 129 | Coeneu Theo | LAV Habelrath-Grefrath Te | GFR | 0:20:43 | 0:20:51 | 25 | M50 | 56 |
| 4 | | 768 | Pfloram Hans-Peter | * Köln | GFR | 0:21:58 | 0:22:36 | 56 | M50 | 59 |
| 5 | | 133 | Müller Erich | LAV Habelrath-Grefrath Te | GFR | 0:22:15 | 0:22:37 | 59 | M50 | 58 |
| 6 | | 1277 | Swierzy Bernhard | | GFR | 0:23:04 | 0:23:44 | 73 | M50 | 57 |
| 7 | | 95 | Verina Wilfried | Deutsche Post NL Köln West | GFR | 0:23:37 | 0:24:07 | 80 | M50 | 58 |
| 8 | | 62 | Baum.Klaus | TuS Köniäsdorf Team 3 | GFR | 0:24:34 | 0:24:42 | 88 | M50 | 57 |
| 9 | | 470 | Gruhn Stefan | SG Zons | GFR | 0:24:45 | 0:25:05 | 94 | M50 | 56 |
| 10 | | 45 | Witzke Wolfaana | Stadtbetrieb Frechen GmbH | GFR | 0:27:07 | 0:27:46 | 144 | M50 | 59 |
| 11 | | 491 | Heider Fritz | * Frechen | GFR | 0:27:47 | 0:28:07 | 152 | M50 | 58 |
| 12 | | 8 | Hoffmann Steffen | Gecko's Running Club Seoul | GFR | 0:28:37 | 0:29:00 | 162 | M50 | 59 |
| 13 | | 1292 | Bukl Bernd | TUS- Köniäsdorf | GFR | 0:30:05 | 0:30:29 | 178 | M50 | 56 |
| 14 | | 1074 | Hillmann Klaus | Tandem | GFR | 0:30:25 | 0:30:35 | 181 | M50 | 56 |
| 15 | | 348 | Cammiade James | * Frechen | GFR | 0:30:13 | 0:30:46 | 185 | M50 | 57 |
| 16 | | 396 | Dolezel Lothar | TS Frechen | GFR | 0:33:37 | 0:34:26 | 204 | M50 | 59 |

Altersklasse M55

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|-------------------|---------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 914 | Spölden Joachim | GVG | GFR | 0:22:13 | 0:22:16 | 51 | M55 | 54 |
| 2 | | 140 | Donat Olf-Dietmar | MGL Frechen | GFR | 0:24:36 | 0:24:39 | 85 | M55 | 54 |
| 3 | | 453 | Göra Aloisius | * Frechen | GFR | 0:25:35 | 0:25:51 | 108 | M55 | 52 |
| 4 | | 41 | Gatzen Johannes | Stadtbetrieb Frechen GmbH | GFR | 0:27:14 | 0:27:53 | 148 | M55 | 53 |
| 5 | | 79 | Mundt Eric | Römerturm | GFR | 0:28:51 | 0:29:29 | 167 | M55 | 54 |

Altersklasse M60

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------------|----------------------|-----|---------|---------|-------|-----|------|
| 1 | | 720 | Naeel Hermann-Josef | * Frechen | GFR | 0:21:52 | 0:21:58 | 41 | M60 | 49 |
| 2 | | 607 | Kreis Friedrich | LG RWE-Power | GFR | 0:23:36 | 0:23:42 | 72 | M60 | 46 |
| 3 | | 3002 | Ihlow Werner | TV Norden | GFR | 0:29:58 | 0:30:20 | 176 | M60 | 45 |
| 4 | | 30 | Grüne Jüräen | M. DuMont Schaubera | GFR | 0:30:21 | 0:30:55 | 186 | M60 | 48 |
| 5 | | 888 | Schulz Kurt | Rheinrunners Coloane | GFR | 0:32:22 | 0:32:44 | 193 | M60 | 46 |
| 6 | | 46 | Gottschalk Elmar | Rapido Müddersheim | GFR | 0:34:00 | 0:34:09 | 203 | M60 | 48 |

Altersklasse M65

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------------------|---------------------|-----|---------|---------|-------|-----|------|
| 1 | | 3071 | Winkler Gotthard | RTC Frechen 80 | GFR | 0:22:22 | 0:22:25 | 53 | M65 | 44 |
| 2 | | 779 | Pollak von Emhofen Olfrie | * Pulheim | GFR | 0:27:31 | 0:27:51 | 146 | M65 | 41 |
| 3 | | 39 | Waede Gunter | TC - Lese Grün Weiß | GFR | 0:28:21 | 0:28:35 | 155 | M65 | 40 |

Altersklasse M70

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|-------------------|---------------------|-----|---------|---------|-------|-----|------|
| 1 | | 40 | Strichau Jöra | TC - Lese Grün Weiß | GFR | 0:26:36 | 0:26:51 | 124 | M70 | 39 |
| 2 | | 1170 | Schloesser Walter | TuS Köniäsdorf | GFR | 0:26:58 | 0:27:20 | 138 | M70 | 39 |
| 3 | | 677 | Marx Winfried | *vw vw | GFR | 0:31:14 | 0:31:20 | 190 | M70 | 37 |
| 4 | | 722 | Naurath Walter | GVG | GFR | 0:37:56 | 0:38:34 | 216 | M70 | 37 |

Männer

Altersklasse MHK

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|-------------------------|----------------------------|-----|---------|---------|-------|----|------|
| 1 | | 3062 | Reichel Thomas | Marathon Steinfurt | GFR | 0:16:42 | 0:16:43 | 1 | MH | 81 |
| 2 | | 1079 | Briesenick Frank | 1. Team 42 Tausend/NAO G | GFR | 0:16:44 | 0:16:45 | 2 | MH | 82 |
| 3 | | 1044 | Zepp Christian | RTC Frechen 80 | GFR | 0:16:45 | 0:16:45 | 3 | MH | 81 |
| 4 | | 1310 | SChiffer Marco | LC Juaend 07 Beraheim | GFR | 0:19:32 | 0:19:35 | 16 | MH | 89 |
| 5 | | 3052 | Lamers Benjamin | Dampfwalze Münster | GFR | 0:19:33 | 0:19:39 | 17 | MH | 82 |
| 6 | | 1309 | SChiffer Marcel | LC Juaend 07 Beraheim | GFR | 0:20:13 | 0:20:54 | 26 | MH | 83 |
| 7 | | 467 | Grisakov Anton | * Köln | GFR | 0:21:20 | 0:21:23 | 34 | MH | 81 |
| 8 | | 1092 | Braun Michael | 4. Team 42 Tausend/NAO G | GFR | 0:21:33 | 0:21:38 | 37 | MH | 82 |
| 9 | | 137 | Amin Dana | MGL Frechen | GFR | 0:22:32 | 0:22:51 | 61 | MH | 82 |
| 10 | | 34 | Elze Daniel | Team Weishaut | GFR | 0:22:59 | 0:23:24 | 68 | MH | 81 |
| 11 | | 626 | Kurth Benjamin | LG RWE POWER | GFR | 0:22:58 | 0:23:29 | 69 | MH | 88 |
| 12 | | 33 | Grabow Michael | Team Weishaut | GFR | 0:23:28 | 0:23:54 | 75 | MH | 81 |
| 13 | | 1086 | Buschermoehle Alexander | 3. Team 42 Tausend/NAO G | GFR | 0:23:36 | 0:23:54 | 76 | MH | 81 |
| 14 | | 81 | Hermanns Christian | Kreissparkasse Köln 1 | GFR | 0:23:49 | 0:24:22 | 83 | MH | 84 |
| 15 | | 83 | Nauroth Christian | Kreissparkasse Köln 1 | GFR | 0:24:14 | 0:24:47 | 89 | MH | 87 |
| 16 | | 12 | Kadur Richard | Dehner Gartencenter Freche | GFR | 0:24:37 | 0:24:55 | 91 | MH | 80 |
| 17 | | 389 | Dinhof Axel | * Frechen | GFR | 0:25:36 | 0:25:43 | 106 | MH | 81 |
| 18 | | 1071 | Bausch Jonas | Tandem | GFR | 0:25:54 | 0:26:19 | 116 | MH | 85 |
| 19 | | 1306 | Soika Juliane | | GFR | 0:26:52 | 0:27:06 | 130 | MH | 88 |
| 20 | | 562 | Kamlace Rene | * Pulheim | GFR | 0:26:55 | 0:27:17 | 136 | MH | 86 |
| 21 | | 87 | Müller Dirk | Kreissparkasse Köln 2 | GFR | 0:27:20 | 0:27:52 | 147 | MH | 89 |
| 22 | | 570 | Kick Thomas | * Kerpen | GFR | 0:28:23 | 0:29:09 | 164 | MH | 82 |
| 23 | | 78 | Lemmer Phillip | Römerturm | GFR | 0:29:47 | 0:30:26 | 177 | MH | 86 |
| 24 | | 630 | Landé Stefan | LG RWE Power | GFR | 0:32:46 | 0:33:14 | 197 | MH | 87 |
| 25 | | 702 | Mohrs Peter | CJD BBW Frechen | GFR | 0:33:13 | 0:33:49 | 200 | MH | 89 |

Altersklasse MJA

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1307 | Peffer thomas | LC Juaend 07 Beraheim | GFR | 0:17:45 | 0:17:48 | 4 | MJA | 90 |
| 2 | | 145 | Oberlack Kevin | TS Frechen Basketball I | GFR | 0:21:21 | 0:21:23 | 33 | MJA | 90 |
| 3 | | 1308 | Zöhner Jan | LC Juaend 07 Beraheim | GFR | 0:21:37 | 0:21:39 | 39 | MJA | 90 |
| 4 | | 791 | Ramian Fathi | Feuerwehr Frechen | GFR | 0:21:31 | 0:21:55 | 40 | MJA | 90 |
| 5 | | 77 | Müller Joshua | Römerturm | GFR | 0:21:27 | 0:22:06 | 45 | MJA | 90 |
| 6 | | 1054 | Bommersheim Dennis | TS-Frechen-Basketball Team | GFR | 0:25:39 | 0:25:43 | 105 | MJA | 91 |

Altersklasse MJB

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 1204 | Wendlina David | Montanus Realschule Lever | GFR | 0:18:27 | 0:18:30 | 10 | MJB | 92 |
| 2 | | 126 | Cönen Nils | LAV Habelrath-Grefrath Te | GFR | 0:18:39 | 0:18:41 | 11 | MJB | 92 |
| 3 | | 460 | Gottschalk Patrick | *vw vw | GFR | 0:18:24 | 0:18:47 | 12 | MJB | 92 |
| 4 | | 1205 | Wendlina Kilian | Montanus Realschule Lever | GFR | 0:19:11 | 0:19:15 | 15 | MJB | 92 |
| 5 | | 128 | Boomkamp Dominik | LAV Habelrath-Grefrath Te | GFR | 0:20:38 | 0:20:47 | 24 | MJB | 92 |
| 6 | | 101 | Schlösser Stefan | Gesamtschule Beraheim | GFR | 0:20:54 | 0:20:57 | 27 | MJB | 93 |
| 7 | | 141 | Wirtz Daniel | TS Frechen Basketball I | GFR | 0:21:22 | 0:21:24 | 35 | MJB | 92 |
| 8 | | 1068 | Zaun Christoph | TS-Frechen-Basketball Team | GFR | 0:25:11 | 0:25:15 | 95 | MJB | 92 |
| 9 | | 144 | Gaun Alex | TS Frechen Basketball I | GFR | 0:26:16 | 0:26:18 | 115 | MJB | 92 |
| 10 | | 142 | Weidenmüler Felix | TS Frechen Basketball I | GFR | 0:26:19 | 0:26:22 | 117 | MJB | 92 |
| 11 | | 1070 | Mader Timon | TS-Frechen-Basketball Team | GFR | 0:30:56 | 0:30:59 | 188 | MJB | 92 |

Männer

Altersklasse MSchA

| Platz | AK | Startnr | Name | *Ort/Verein | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------------|----------------------------|-------------|---------|-------|-----|------|
| 1 | | 104 | Raddatz Marius | Gesamtschule Beraheim | GFR 0:21:34 | 0:21:39 | 38 | MSc | 94 |
| 2 | | 73 | Iven Tobias | TuS Köniäsdorf Team 5 | GFR 0:22:00 | 0:22:00 | 43 | MSc | 94 |
| 3 | | 1125 | Freund Jonathan | TuS Opladen | GFR 0:22:06 | 0:22:10 | 48 | MSc | 94 |
| 4 | | 105 | Hellmund Kai | Gesamtschule Beraheim | GFR 0:23:04 | 0:23:08 | 64 | MSc | 94 |
| 5 | | 102 | Aretz Nico | Gesamtschule Beraheim | GFR 0:23:05 | 0:23:09 | 65 | MSc | 94 |
| 6 | | 1313 | Geller Dominik | | GFR 0:24:32 | 0:24:41 | 86 | MSc | 94 |
| 7 | | 443 | Giesen Sascha | TS Frechen | GFR 0:25:10 | 0:25:34 | 101 | MSc | 94 |
| 8 | | 372 | Decker Lars | Judo Club Frechen | GFR 0:25:35 | 0:25:37 | 102 | MSc | 95 |
| 9 | | 997 | Weber Marcel | * Frechen | GFR 0:25:52 | 0:26:06 | 112 | MSc | 94 |
| 10 | | 1060 | Kipke Alexander | TS-Frechen-Basketball Team | GFR 0:26:42 | 0:26:43 | 121 | MSc | 94 |
| 11 | | 110 | Darvan Mikael | Realschule Frechen | GFR 0:26:58 | 0:27:03 | 127 | MSc | 95 |
| 12 | | 1012 | Wershoven Robin | * Frechen | GFR 0:27:08 | 0:27:14 | 133 | MSc | 95 |
| 13 | | 1059 | Klemme Andreas | TS-Frechen-Basketball Team | GFR 0:27:09 | 0:27:14 | 134 | MSc | 95 |
| 14 | | 1052 | Abrianani Gianluca | TS-Frechen-Basketball Team | GFR 0:29:14 | 0:29:19 | 165 | MSc | 94 |
| 15 | | 1053 | Arci Firat | TS-Frechen-Basketball Team | GFR 0:29:55 | 0:29:56 | 171 | MSc | 94 |
| 16 | | 349 | Cammiade Liam | * Frechen | GFR 0:30:11 | 0:30:44 | 184 | MSc | 95 |
| 17 | | 1315 | Hermes Maurice | SG Zons | GFR 0:32:43 | 0:33:04 | 196 | MSc | 95 |
| 18 | | 727 | Neuwald Robin | Anne-Frank-Schule | GFR 0:35:24 | 0:36:00 | 209 | MSc | 95 |
| 19 | | 777 | Pohl Marcel | Anne-Frank-Schule | GFR 0:35:28 | 0:36:04 | 210 | MSc | 94 |
| 20 | | 1340 | Kleinschmidt Marcel | | GFR 0:35:50 | 0:36:05 | 211 | MSc | 94 |
| 21 | | 1065 | Zibler David | TS-Frechen-Basketball Team | GFR 0:36:03 | 0:36:09 | 212 | MSc | 95 |
| 22 | | 859 | Schmidt Jill | Realschule Frechen | GFR 0:41:09 | 0:41:15 | 218 | MSc | 95 |

Altersklasse MSchB

| Platz | AK | Startnr | Name | *Ort/Verein | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|-------------------------|----------------------------|-------------|---------|-------|-----|------|
| 1 | | 1229 | Nalepa Leonard | | GFR 0:20:32 | 0:20:33 | 23 | MSc | 96 |
| 2 | | 55 | Thalheimer Lukas | TuS Köniäsdorf Team 1 | GFR 0:22:08 | 0:22:10 | 47 | MSc | 97 |
| 3 | | 1202 | Dziwisch Jan | Montanus Realschule Lever | GFR 0:22:11 | 0:22:14 | 49 | MSc | 97 |
| 4 | | 103 | Lorek Pascal | Gesamtschule Beraheim | GFR 0:22:29 | 0:22:32 | 55 | MSc | 96 |
| 5 | | 647 | Lietz Jan | * Beraheim | GFR 0:22:33 | 0:22:37 | 58 | MSc | 96 |
| 6 | | 108 | Soldan Nils | Realschule Frechen | GFR 0:22:41 | 0:22:46 | 60 | MSc | 96 |
| 7 | | 106 | Metzen Sven | Realschule Frechen | GFR 0:22:47 | 0:22:52 | 62 | MSc | 96 |
| 8 | | 107 | Schwenk Domink | Realschule Frechen | GFR 0:23:47 | 0:23:47 | 74 | MSc | 96 |
| 9 | | 1203 | Koscielniak Darek-Aaron | Montanus Realschule Lever | GFR 0:24:38 | 0:24:41 | 87 | MSc | 97 |
| 10 | | 808 | Ritterbach Lennart | TuS Köniäsdorf | GFR 0:24:40 | 0:24:49 | 90 | MSc | 96 |
| 11 | | 1056 | Buchmüller Tim | TS-Frechen-Basketball Team | GFR 0:25:20 | 0:25:21 | 96 | MSc | 97 |
| 12 | | 1291 | Ende Oliver | Gvm. Frechen | GFR 0:25:55 | 0:26:13 | 114 | MSc | 96 |
| 13 | | 1336 | Kroll Marcel | | GFR 0:26:18 | 0:26:23 | 118 | MSc | 97 |
| 14 | | 1237 | Sofu Mucahit | Realschule Frechen | GFR 0:26:59 | 0:27:04 | 128 | MSc | 97 |
| 15 | | 373 | Decker Leon | Judo Club Frechen | GFR 0:27:27 | 0:27:28 | 141 | MSc | 97 |
| 16 | | 294 | Beraer Michael | VFR-Bachem | GFR 0:27:34 | 0:27:41 | 143 | MSc | 96 |
| 17 | | 1323 | Litzner Tim | | GFR 0:28:03 | 0:28:07 | 151 | MSc | 96 |
| 18 | | 599 | Konrad Jonas | * Frechen | GFR 0:28:48 | 0:28:55 | 160 | MSc | 96 |
| 19 | | 1048 | Zollorsch Lars Jannis | TS Frechen | GFR 0:28:52 | 0:29:00 | 161 | MSc | 96 |
| 20 | | 109 | Gawai Aniket | Realschule Frechen | GFR 0:34:41 | 0:34:46 | 205 | MSc | 96 |
| 21 | | 1055 | Bronka Jan | TS-Frechen-Basketball Team | GFR 0:36:26 | 0:36:27 | 213 | MSc | 97 |

Altersklasse MSchC

| Platz | AK | Startnr | Name | *Ort/Verein | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|------------------|-------------------------|-------------|---------|-------|-----|------|
| 1 | | 502 | Hennia Lukas | * Frechen | GFR 0:26:01 | 0:26:34 | 120 | MSc | 99 |
| 2 | | 1238 | Sterz Richard | Gvm. Frechen | GFR 0:29:32 | 0:29:37 | 168 | MSc | 98 |
| 3 | | 1162 | Okuodlu Dilser | Buraschule Frechen | GFR 0:29:59 | 0:30:00 | 172 | MSc | 99 |
| 4 | | 1184 | Turi Jens | Buraschule Frechen | GFR 0:30:35 | 0:30:36 | 183 | MSc | 99 |
| 5 | | 1228 | Jücker Sebastian | Impuls-Lauftreff Kerpen | GFR 0:35:08 | 0:35:35 | 208 | MSc | 98 |

Männer

Altersklasse MSchD

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|-----------------------|-----------------------|-----|---------|---------|-------|-----|------|
| 1 | | 69 | Ritterbach Jasper | TuS Köniasdorf Team 4 | GFR | 0:28:41 | 0:28:47 | 156 | MSc | 00 |
| 2 | | 1118 | Enaelmayer Konstantin | TuS Köniasdorf | GFR | 0:29:33 | 0:29:40 | 169 | MSc | 00 |
| 3 | | 1181 | Topcu Baran | Buraschule Frechen | GFR | 0:30:31 | 0:30:31 | 179 | MSc | 00 |
| 4 | | 567 | Kawczynski Florian | Weidener Sportfreunde | GFR | 0:33:14 | 0:33:25 | 198 | MSc | 00 |
| 5 | | 511 | Herrmann Tobias | * Ertstadt | GFR | 0:33:30 | 0:33:59 | 201 | MSc | 01 |
| 6 | | 1257 | Buraschule Hovik | Buraschule | GFR | 0:38:36 | 0:38:57 | 217 | MSc | 01 |

Frauen

Altersklasse W30

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|-------------------------|--------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 3070 | Sokolowska Agnieszka | RTC Frechen 80 e.V. | POI | 0:20:04 | 0:20:06 | 3 | W30 | 76 |
| 2 | | 1103 | Müller Daniela | 6. Team 42 Tausend/NAO G | GFR | 0:28:02 | 0:28:16 | 39 | W30 | 76 |
| 3 | | 116 | Domscheit Lotta | Team Buraschule | GFR | 0:28:03 | 0:28:24 | 41 | W30 | 75 |
| 4 | | 118 | Stehn Nina | Team Buraschule | GFR | 0:28:34 | 0:28:55 | 49 | W30 | 76 |
| 5 | | 122 | Stoffregen Ebba | Gute N8! | GFR | 0:29:48 | 0:29:56 | 76 | W30 | 76 |
| 6 | | 89 | Hamacher Andrea | Kreissparkasse Köln 2 | GFR | 0:30:27 | 0:30:59 | 99 | W30 | 77 |
| 7 | | 426 | Fritz-Kawczynski Yvonne | * Köln | GFR | 0:33:13 | 0:33:25 | 123 | W30 | 76 |
| 8 | | 830 | Saerbeck Britta | * Frechen | GFR | 0:33:31 | 0:33:40 | 127 | W30 | 75 |
| 9 | | 1301 | Kremer Bianca | | GFR | 0:34:35 | 0:34:48 | 132 | W30 | 75 |
| 10 | | 264 | Althaus Daniela | * Frechen | GFR | 0:37:18 | 0:37:35 | 144 | W30 | 79 |

Altersklasse W35

| Platz | AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|---------------------------|----------------------------|-----|---------|---------|-------|-----|------|
| 1 | | 936 | Struckmeyer Daniela | *vw vw | GFR | 0:19:26 | 0:19:27 | 2 | W35 | 72 |
| 2 | | 1100 | Stoßkotte Evz | 5. Team 42 Tausend/NAO G | GFR | 0:21:56 | 0:22:10 | 8 | W35 | 70 |
| 3 | | 96 | Flick Elisabeth | Deutsche Post NL Köln Wes | GFR | 0:24:12 | 0:24:43 | 16 | W35 | 72 |
| 4 | | 1101 | Schlupp Michaela | 6. Team 42 Tausend/NAO G | GFR | 0:24:40 | 0:24:54 | 17 | W35 | 74 |
| 5 | | 1105 | Heims Iris | 6. Team 42 Tausend/NAO G | GFR | 0:26:06 | 0:26:19 | 21 | W35 | 74 |
| 6 | | 1115 | Drobietz Nicole | 44 Tausend/NAO Group | GFR | 0:26:26 | 0:26:44 | 27 | W35 | 74 |
| 7 | | 43 | Jansen Ania | Stadtbetrieb Frechen GmbH | GFR | 0:27:14 | 0:27:53 | 32 | W35 | 72 |
| 8 | | 1211 | Dittmann-Schöne Dr. Imoae | GVG | GFR | 0:27:53 | 0:28:15 | 38 | W35 | 70 |
| 9 | | 1321 | Küpper Tessa | | GFR | 0:28:17 | 0:28:33 | 44 | W35 | 73 |
| 10 | | 2 | Fiaae Andrea | SIGNAL IDUNA Gruppe Te | GFR | 0:28:45 | 0:29:12 | 60 | W35 | 70 |
| 11 | | 7 | Schenck Kerstin | Gecko's Running Club Seoul | GFR | 0:29:29 | 0:29:52 | 72 | W35 | 70 |
| 12 | | 1165 | Porschen Ania | TuS Opladen | GFR | 0:29:51 | 0:30:02 | 78 | W35 | 71 |
| 13 | | 1110 | Bosbach Sabine | TuS Opladen | GFR | 0:29:53 | 0:30:03 | 80 | W35 | 74 |
| 14 | | 1132 | Griebe Helene | 42 Tausend/NAO Group | GFR | 0:29:59 | 0:30:15 | 83 | W35 | 73 |
| 15 | | 1302 | Kremer Britta | | GFR | 0:30:02 | 0:30:15 | 84 | W35 | 70 |
| 16 | | 537 | Jank Silke | * Pulheim | GFR | 0:30:01 | 0:30:21 | 86 | W35 | 70 |
| 17 | | 583 | Knaab Daniela | * Pulheim | GFR | 0:30:11 | 0:30:32 | 91 | W35 | 72 |
| 18 | | 1317 | Dunners Tina | | GFR | 0:31:51 | 0:32:08 | 104 | W35 | 73 |
| 19 | | 330 | Brozeit Melanie | MSYC | GFR | 0:31:44 | 0:32:08 | 105 | W35 | 71 |
| 20 | | 98 | Garito Rosamunde | Deutsche Post NL Köln Wes | GFR | 0:32:25 | 0:32:55 | 113 | W35 | 70 |

Frauen

Altersklasse W40

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-----------------------------|----------------------------|-----|---------|---------|----------|------|
| 1 | 866 | Schmitz Clarissa | * Frechen | GFR | 0:21:45 | 0:21:49 | 6 W40 | 67 |
| 2 | 910 | Spill Simone | SG Zons | GFR | 0:23:49 | 0:24:08 | 13 W40 | 66 |
| 3 | 97 | Kroqqel Nicole | Deutsche Post NL Köln Wes | GFR | 0:26:45 | 0:27:17 | 28 W40 | 66 |
| 4 | 4 | Hedtman Birgit | SIGNAL IDUNA Gruppe Te | GFR | 0:27:29 | 0:27:57 | 34 W40 | 69 |
| 5 | 510 | Herrmann Michaela | * Erfstadt | GFR | 0:28:09 | 0:28:39 | 46 W40 | 68 |
| 6 | 3026 | Fliri Elke | BSG Kreissparkasse Köln | GFR | 0:28:16 | 0:28:50 | 47 W40 | 69 |
| 7 | 344 | Bursch-Holthoff Rita | Deutsche Post NL Köln West | GFR | 0:28:53 | 0:28:53 | 48 W40 | 66 |
| 8 | 632 | Latz Bianca | Impuls-Lauftreff Kerpen | GFR | 0:28:41 | 0:29:09 | 56 W40 | 68 |
| 9 | 402 | Ebeler Annette | MCK | GFR | 0:28:57 | 0:29:18 | 64 W40 | 67 |
| 10 | 1268 | Rhein Elisabeth | | GFR | 0:29:04 | 0:29:34 | 66 W40 | 66 |
| 11 | 68 | Ritterbach Barbara | TuS Köniäsdorf Team 4 | GFR | 0:29:33 | 0:29:41 | 68 W40 | 68 |
| 12 | 49 | Salentin-Gottschalk Alexand | Rapido Müddersheim | GFR | 0:29:36 | 0:29:46 | 69 W40 | 69 |
| 13 | 9 | Giel Jaqueline | Gecko's Running Club Seoul | GFR | 0:30:17 | 0:30:40 | 95 W40 | 66 |
| 14 | 10 | Gollan Ilona | Gecko's Running Club Seoul | GFR | 0:30:19 | 0:30:42 | 96 W40 | 69 |
| 15 | 99 | Göksu Nuraen | Deutsche Post NL Köln Wes | GFR | 0:30:21 | 0:30:53 | 97 W40 | 67 |
| 16 | 27 | Zimzik Helena | M. DuMont Schaubera | GFR | 0:30:22 | 0:30:55 | 98 W40 | 68 |
| 17 | 685 | Meller Teresa | Die Überflüssigen | GFR | 0:31:49 | 0:31:59 | 103 W40 | 65 |
| 18 | 1123 | Freudenbera Gitta | TuS Opladen | GFR | 0:32:38 | 0:32:51 | 112 W40 | 68 |
| 19 | 1167 | Scharein Kerstin | TuS Opladen | GFR | 0:32:50 | 0:33:01 | 116 W40 | 69 |
| 20 | 481 | Hanisch Simone | -- | GFR | 0:32:52 | 0:33:04 | 117 W40 | 69 |
| 21 | 539 | Jennert Elke | LG RWE Power | GFR | 0:32:47 | 0:33:16 | 119 W40 | 66 |
| 22 | 26 | Dinchel Daniela | M. DuMont Schaubera | GFR | 0:32:52 | 0:33:25 | 122 W40 | 68 |
| 23 | 28 | Mürke Ilonka | M. DuMont Schaubera | GFR | 0:33:57 | 0:33:57 | 128 W40 | 65 |
| 24 | 492 | Heider Peavv | * Frechen | GFR | 0:33:41 | 0:34:01 | 129 W40 | 68 |
| 25 | 36 | Römmeler Elke | TC - Lese Grün Weiß | GFR | 0:35:26 | 0:35:41 | 135 W40 | 66 |
| 26 | 337 | Buavi Sandra | Just Fit | GFR | 0:36:13 | 0:36:57 | 143 W40 | 69 |
| 27 | 995 | Weber Anke Sabine | * Erfstadt | GFR | 0:41:08 | 0:41:26 | 150 W40 | 65 |

Altersklasse W45

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------------|---------------------------|-----|---------|---------|----------|------|
| 1 | 359 | Ciadlia Silke | SG Zons | GFR | 0:23:38 | 0:23:56 | 12 W45 | 63 |
| 2 | 100 | Pereira Teixeira Irene | Deutsche Post NL Köln Wes | GFR | 0:24:46 | 0:25:16 | 18 W45 | 62 |
| 3 | 519 | Hofstadt Elke | SG Zons | GFR | 0:26:21 | 0:26:40 | 26 W45 | 62 |
| 4 | 42 | Schulze Eva | Stadtbetrieb Frechen GmbH | GFR | 0:27:14 | 0:27:53 | 32 W45 | 64 |
| 5 | 71 | Behrens-Vosen Christine | TuS Köniäsdorf Team 5 | GFR | 0:28:54 | 0:29:13 | 61 W45 | 61 |
| 6 | 1180 | Strunk Stefanie | TuS Opladen | GFR | 0:29:46 | 0:29:58 | 77 W45 | 64 |
| 7 | 67 | Pick Sonia | TuS Köniäsdorf Team 4 | GFR | 0:30:01 | 0:30:08 | 82 W45 | 64 |
| 8 | 469 | Grossenbacher Elke | * Kerpen | GFR | 0:29:56 | 0:30:20 | 85 W45 | 60 |
| 9 | 918 | Stange Barbara | * Hürth | GFR | 0:30:55 | 0:31:03 | 100 W45 | 63 |
| 10 | 713 | Müller Petra | Die Überflüssigen | GFR | 0:32:09 | 0:32:19 | 107 W45 | 60 |
| 11 | 705 | Moosdorf Beate | Rheinrunners Coloane | GFR | 0:32:22 | 0:32:44 | 109 W45 | 62 |
| 12 | 305 | Blauertz Roswitha | * Erfstadt | GFR | 0:32:20 | 0:32:50 | 111 W45 | 64 |
| 13 | 458 | Gorzalnik Nannette | LG RWE Power | GFR | 0:32:49 | 0:33:18 | 120 W45 | 64 |
| 14 | 806 | Rieblina Karin | * Frechen | GFR | 0:33:14 | 0:33:32 | 126 W45 | 61 |
| 15 | 70 | Wildt Diana | TuS Köniäsdorf Team 4 | GFR | 0:35:38 | 0:36:03 | 138 W45 | 64 |
| 16 | 628 | Kurth Maadalene | LG RWE-Power | GFR | 0:41:00 | 0:41:31 | 152 W45 | 60 |
| 17 | 813 | Röher Martina | Anne-Frank-Schule | GFR | 0:41:09 | 0:41:46 | 153 W45 | 62 |

Altersklasse W50

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|-------------------|-------------------------|-----|---------|---------|----------|------|
| 1 | 288 | Becker Doris | LAV Habbelrath-Grefrath | GFR | 0:32:42 | 0:33:07 | 118 W50 | 58 |
| 2 | 299 | Bialoahn Briditte | * Erfstadt | GFR | 0:33:19 | 0:33:28 | 124 W50 | 56 |
| 3 | 1021 | Wilden Briditte | Impuls-Lauftreff Kerpen | GFR | 0:36:09 | 0:36:37 | 141 W50 | 58 |
| 4 | 646 | Lietz Andrea | * Köln | GFR | 0:38:13 | 0:38:35 | 148 W50 | 58 |

Frauen

Altersklasse W55

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------|--------------------|-------------------------|--------|---------|----------|------------|
| | 1 | 1206 | Herwea Christa | TUS Opladen | GFR | 0:30:55 | 0:31:07 | 101 W55 54 |
| | 2 | 532 | Illig Gabriele | * Frechen | GFR | 0:32:09 | 0:32:14 | 106 W55 52 |
| | 3 | 48 | Gottschalk Christa | Rapido Müddersheim | GFR | 0:32:48 | 0:32:58 | 114 W55 50 |
| | 4 | 334 | Büsgen Biraid | LG RWE Power | GFR | 0:32:41 | 0:33:00 | 115 W55 50 |
| | 5 | 992 | Wandel Ellen | Impuls-Lauftreff Kerpen | GFR | 0:36:10 | 0:36:37 | 142 W55 53 |
| | 6 | 679 | Matz Renate | LG RWE Power | GFR | 0:41:00 | 0:41:31 | 151 W55 53 |

Altersklasse WHK

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------|------------------------|---------------------------|--------|---------|----------|-----------|
| | 1 | 1102 | Küper Tessa | 6. Team 42 Tausend/NAO G | GFR | 0:20:53 | 0:21:09 | 4 WH 80 |
| | 2 | 3036 | Rudo Sabine | Brühler TV 1879 | GFR | 0:21:36 | 0:21:44 | 5 WH 82 |
| | 3 | 1324 | Hackhausen Anna | LAV Habelrath-Grefrath Te | GFR | 0:22:15 | 0:22:17 | 9 WH 89 |
| | 4 | 1297 | Gatermann Charlotte | ABI 09 | GFR | 0:26:23 | 0:26:25 | 22 WH 89 |
| | 5 | 117 | Kern Christina | Team Buraschule | GFR | 0:26:06 | 0:26:25 | 23 WH 81 |
| | 6 | 314 | Bohlscheid Judith | * frechen | GFR | 0:26:22 | 0:26:37 | 24 WH 84 |
| | 7 | 1311 | Ellendorf Vera Maria | LC Juaend 07 Berarheim | GFR | 0:26:40 | 0:27:22 | 30 WH 83 |
| | 8 | 121 | Pohlmann Melissa | Gute N8! | GFR | 0:27:20 | 0:27:27 | 31 WH 85 |
| | 9 | 281 | Bartz Melanie | * Pulheim | GFR | 0:27:43 | 0:28:04 | 36 WH 86 |
| | 10 | 123 | Altenbach Alexandra | Gute N8! | GFR | 0:28:01 | 0:28:08 | 37 WH 85 |
| | 11 | 119 | Malota Johanna | Team Buraschule | GFR | 0:28:00 | 0:28:20 | 40 WH 84 |
| | 12 | 1042 | Wurzer Jennifer | * Köln | GFR | 0:28:56 | 0:29:08 | 53 WH 81 |
| | 13 | 585 | Knebel Laura-Charlotte | * Kerpen | GFR | 0:28:22 | 0:29:09 | 58 WH 87 |
| | 14 | 770 | Pitro Riedel Alice | * Pulheim | GFR | 0:29:11 | 0:29:48 | 70 WH 85 |
| | 15 | 125 | Nvssina Cornelia | Gute N8! | GFR | 0:29:48 | 0:29:56 | 75 WH 87 |
| | 16 | 429 | Gähring Astrid | TuS Bodenteich | GFR | 0:29:47 | 0:30:03 | 79 WH 82 |
| | 17 | 1298 | Böhmer Daniela | | GFR | 0:29:31 | 0:30:07 | 81 WH 87 |
| | 18 | 495 | Heinrich Sandra | ASV Köln | GFR | 0:30:11 | 0:30:27 | 87 WH 83 |
| | 19 | 723 | Neideck Katharina | * Frechen | GFR | 0:30:03 | 0:30:38 | 94 WH 87 |
| | 20 | 476 | Hadlizada Jacqueline | * Frechen | GFR | 0:33:14 | 0:33:31 | 125 WH 88 |
| | 21 | 325 | Breideneichen Steffi | * Kerpen | GFR | 0:33:30 | 0:34:05 | 130 WH 83 |
| | 22 | 85 | Hochbaum Kerstin | Kreissparkasse Köln 1 | GFR | 0:34:14 | 0:34:47 | 131 WH 88 |
| | 23 | 84 | Prenai Arta | Kreissparkasse Köln 1 | GFR | 0:34:17 | 0:34:49 | 133 WH 87 |
| | 24 | 752 | Perse Nadine | GVG | GFR | 0:37:37 | 0:38:18 | 147 WH 83 |

Altersklasse WJA

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------|---------------------|---------------------------|--------|---------|----------|-----------|
| | 1 | 127 | Cönen Nora | LAV Habelrath-Grefrath Te | GFR | 0:18:25 | 0:18:28 | 1 WJA 91 |
| | 2 | 3042 | Wende Janna | ABI 09 | GFR | 0:22:21 | 0:22:24 | 10 WJA 90 |
| | 3 | 132 | Enels Ulrike | LAV Habelrath-Grefrath Te | GFR | 0:23:52 | 0:23:55 | 11 WJA 90 |
| | 4 | 124 | Nvssina Veronika | Gute N8! | GFR | 0:26:33 | 0:26:39 | 25 WJA 90 |
| | 5 | 90 | Kleinekarhoff Karin | Kreissparkasse Köln 2 | GFR | 0:27:30 | 0:28:04 | 35 WJA 90 |
| | 6 | 135 | Benke Kartrin | LAV Habelrath-Grefrath Te | GFR | 0:28:51 | 0:29:00 | 51 WJA 91 |

Altersklasse WJB

| Platz AK | Startnr | Name | *Ort/Verein | | Gesamt | Brutto | Platz AK | Jahr |
|----------|---------|------|-----------------|----------------------------|--------|---------|----------|------------|
| | 1 | 1062 | Schmidt Anika | TS-Frechen-Basketball Team | GFR | 0:25:57 | 0:26:01 | 19 WJB 93 |
| | 2 | 63 | Olk Julia | TuS Köniäsdorf Team 3 | GFR | 0:26:07 | 0:26:15 | 20 WJB 93 |
| | 3 | 58 | Kraemer Marleen | TuS Köniäsdorf Team 2 | GFR | 0:28:48 | 0:28:56 | 50 WJB 92 |
| | 4 | 61 | Lussem Laura | TuS Köniäsdorf Team 3 | GFR | 0:29:01 | 0:29:10 | 59 WJB 93 |
| | 5 | 65 | Zitzen Ramona | TuS Köniäsdorf Team 3 | GFR | 0:29:08 | 0:29:14 | 62 WJB 93 |
| | 6 | 1057 | Herina Annabel | TS-Frechen-Basketball Team | GFR | 0:29:13 | 0:29:18 | 63 WJB 93 |
| | 7 | 60 | Loer Dana | TuS Köniäsdorf Team 2 | GFR | 0:29:12 | 0:29:21 | 65 WJB 92 |
| | 8 | 59 | Loer Hannah | TuS Köniäsdorf Team 2 | GFR | 0:29:28 | 0:29:37 | 67 WJB 92 |
| | 9 | 1326 | Neller Janine | | GFR | 0:29:44 | 0:29:52 | 71 WJB 92 |
| | 10 | 1334 | Zithen Ramona | TUS Köniäsdorf Team 3 | GFR | 0:30:20 | 0:30:29 | 89 WJB 93 |
| | 11 | 1051 | Pütz Daniela | TS-Frechen-Basketball Team | GFR | 0:30:32 | 0:30:36 | 93 WJB 93 |
| | 12 | 498 | Henn Denise | Juaendfeuerwehr Frechen | GFR | 0:35:20 | 0:35:36 | 134 WJB 93 |
| | 13 | 56 | Baum Miriam | TuS Köniäsdorf Team 2 | GFR | 0:37:37 | 0:37:45 | 146 WJB 92 |
| | 14 | 834 | Sancar Cansu | Anne-Frank-Schule | GFR | 0:41:09 | 0:41:46 | 154 WJB 93 |

Frauen

Altersklasse WSchA

| Platz | AK | Startnr | Name | *Ort/Verein | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|----------------|-----------------------------|--------|---------|---------|-----|--------|
| 1 | | 342 | Bungarten Lisa | LAZ Puma Troisdorf/Siegburg | GFR | 0:21:53 | 0:21:54 | 7 | WSc 95 |
| 2 | | 114 | Wöhl Carolin | Realschule Frechen | GFR | 0:35:49 | 0:36:02 | 137 | WSc 95 |
| 3 | | 1017 | Wiese Alissa | Jugendfeuerwehr Frechen | GFR | 0:37:18 | 0:37:35 | 145 | WSc 94 |

Altersklasse WSchB

| Platz | AK | Startnr | Name | *Ort/Verein | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|----------------------|----------------------------|--------|---------|---------|-----|--------|
| 1 | | 51 | Baum Katharina | TuS Köniagsdorf Team 1 | GFR | 0:24:34 | 0:24:41 | 15 | WSc 97 |
| 2 | | 1126 | Friemel Carolin | TuS Köniagsdorf | GFR | 0:28:43 | 0:29:03 | 52 | WSc 97 |
| 3 | | 54 | Thalheimer Leonie | TuS Köniagsdorf Team 1 | GFR | 0:28:49 | 0:29:08 | 54 | WSc 97 |
| 4 | | 53 | Thalheimer Katharina | TuS Köniagsdorf Team 1 | GFR | 0:28:49 | 0:29:08 | 55 | WSc 97 |
| 5 | | 1225 | Kaltever Annika | HSV Frechen/Gvm Frechen | GFR | 0:29:41 | 0:29:55 | 73 | WSc 97 |
| 6 | | 1253 | Kianebene Bahana | Gymnasium Frechen | GFR | 0:29:41 | 0:29:55 | 74 | WSc 97 |
| 7 | | 52 | Sziegoleit Jessica | TuS Köniagsdorf Team 1 | GFR | 0:30:23 | 0:30:28 | 88 | WSc 97 |
| 8 | | 75 | Krücken Hanna-Sophie | TuS Köniagsdorf Team 5 | GFR | 0:30:26 | 0:30:31 | 90 | WSc 97 |
| 9 | | 113 | Moll Jasmin | Realschule Frechen | GFR | 0:30:30 | 0:30:36 | 92 | WSc 97 |
| 10 | | 1058 | Herina Lisa | TS-Frechen-Basketball Team | GFR | 0:31:35 | 0:31:39 | 102 | WSc 97 |
| 11 | | 270 | Axiotou Maria | Realschule Frechen | GFR | 0:35:56 | 0:36:02 | 136 | WSc 97 |
| 12 | | 115 | Kreuzer Anna Sophie | Realschule Frechen | GFR | 0:35:53 | 0:36:05 | 139 | WSc 96 |
| 13 | | 112 | Reimann Natascha | Realschule Frechen | GFR | 0:36:00 | 0:36:06 | 140 | WSc 97 |
| 14 | | 111 | Kamil Busien | Realschule Frechen | GFR | 0:41:10 | 0:41:15 | 149 | WSc 96 |

Altersklasse WSchC

| Platz | AK | Startnr | Name | *Ort/Verein | Gesamt | Brutto | Platz | AK | Jahr |
|-------|----|---------|--------------------|------------------------|--------|---------|---------|-----|--------|
| 1 | | 74 | Gläsel Maxine | TuS Köniagsdorf Team 5 | GFR | 0:24:15 | 0:24:20 | 14 | WSc 98 |
| 2 | | 1304 | Kremer Avlin | | GFR | 0:27:11 | 0:27:21 | 29 | WSc 98 |
| 3 | | 1294 | Ende Felizitas | Gvm. Frechen | GFR | 0:28:21 | 0:28:24 | 41 | WSc 99 |
| 4 | | 508 | Herrmann Alexandra | * Ertstadt | GFR | 0:27:59 | 0:28:28 | 43 | WSc 99 |
| 5 | | 501 | Hennia Julia | * Frechen | GFR | 0:28:01 | 0:28:35 | 45 | WSc 99 |
| 6 | | 72 | Bohlen Isabell | TuS Köniagsdorf Team 5 | GFR | 0:28:49 | 0:29:09 | 57 | WSc 98 |
| 7 | | 1305 | Hofmann Josefin | | GFR | 0:32:30 | 0:32:40 | 108 | WSc 98 |
| 8 | | 304 | Blauertz Laura | * Ertstadt | GFR | 0:32:15 | 0:32:45 | 110 | WSc 98 |
| 9 | | 1293 | Chazette Maroot | Gvm. Frechen | GFR | 0:33:18 | 0:33:22 | 121 | WSc 98 |