

## Männer

| Platz | Startnr | Name                 | Verein*/Ort                   | Gesamt  | Brutto  | AK-Pl | AK   | Jahr | Runden |       |       |       |  |
|-------|---------|----------------------|-------------------------------|---------|---------|-------|------|------|--------|-------|-------|-------|--|
| 1     | 220     | Thorwirth Maximilian | SFD 75 Düsseldorf-Süd         | 0:31:04 | 0:31:05 | 1     | MHK  | 95   | 07:35  | 07:41 | 07:31 | 08:15 |  |
| 2     | 171     | Schreiner Christian  | LAZ PUMA Rhein-Sieg           | 0:31:05 | 0:31:06 | 1     | M30  | 86   | 07:36  | 07:41 | 07:31 | 08:16 |  |
| 3     | 34      | Dillenhöfer Fabian   | LG Olympia Dortmund           | 0:31:11 | 0:31:12 | 2     | MHK  | 92   | 07:36  | 07:42 | 07:30 | 08:22 |  |
| 4     | 118     | Fabianowski Dominik  | ASV Köln                      | 0:31:16 | 0:31:17 | 3     | MHK  | 89   | 07:35  | 07:42 | 07:30 | 08:28 |  |
| 5     | 182     | Van Staa Sascha      | LC Rapid Dortmund             | 0:31:39 | 0:31:40 | 4     | MHK  | 92   | 07:36  | 07:41 | 07:38 | 08:42 |  |
| 6     | 32      | Meinike Patric       | LG Olympia Dortmund           | 0:31:43 | 0:31:45 | 5     | MHK  | 92   | 07:35  | 07:41 | 07:39 | 08:46 |  |
| 7     | 222     | Biele Christian      | SG Wenden                     | 0:31:56 | 0:31:57 | 2     | M30  | 83   | 07:37  | 07:40 | 07:43 | 08:55 |  |
| 8     | 5       | Heuschen Martin      | Aachener TG                   | 0:32:04 | 0:32:05 | 6     | MHK  | 91   | 07:36  | 07:41 | 07:49 | 08:57 |  |
| 9     | 151     | Auf der Heide Moritz | LAZ PUMA Rhein-Sieg           | 0:32:26 | 0:32:28 | 3     | M30  | 87   | 07:38  | 07:47 | 07:57 | 09:03 |  |
| 10    | 119     | Graw Torsten         | Ayyo-Team Essen               | 0:32:29 | 0:32:30 | 7     | MHK  | 91   | 07:53  | 08:01 | 07:48 | 08:45 |  |
| 11    | 224     | Mockenhaupt Markus   | SG Wenden                     | 0:32:39 | 0:32:42 | 1     | M35  | 80   | 07:45  | 07:50 | 07:53 | 09:10 |  |
| 12    | 210     | Hemkes Lucas         | Rhein-Berg Runners            | 0:32:51 | 0:32:53 | 8     | MHK  | 92   | 07:48  | 08:00 | 07:59 | 09:03 |  |
| 13    | 128     | Haile Fkadu          | LAC Veltins Hochsauerland     | 0:32:58 | 0:33:00 | 9     | MHK  | 92   | 07:42  | 08:00 | 08:00 | 09:14 |  |
| 14    | 173     | Tsgay Dani           | LAZ PUMA Rhein-Sieg           | 0:32:59 | 0:33:01 | 1     | MU20 | 00   | 07:51  | 07:49 | 08:01 | 09:16 |  |
| 15    | 259     | Küpper Timo          | LC Euskirchen                 | 0:33:06 | 0:33:11 | 10    | MHK  | 94   | 07:57  | 08:04 | 07:56 | 09:07 |  |
| 16    | 56      | Müller Marco         | Lauf-Club Euskirchen          | 0:33:11 | 0:33:13 | 11    | MHK  | 93   | 07:47  | 08:02 | 08:11 | 09:09 |  |
| 17    | 107     | Nores Max            | Aachener TG                   | 0:33:23 | 0:33:24 | 2     | MU20 | 99   | 08:03  | 08:04 | 08:08 | 09:06 |  |
| 18    | 223     | Heiner Jörg          | SG Wenden                     | 0:33:24 | 0:33:26 | 1     | M40  | 73   | 07:48  | 08:03 | 08:12 | 09:21 |  |
| 19    | 213     | Schommers Lukas      | Rhein-Berg Runners            | 0:33:27 | 0:33:30 | 12    | MHK  | 93   | 07:52  | 08:01 | 08:08 | 09:24 |  |
| 20    | 196     | Henseleit Philipp    | Marathon-Club Menden          | 0:33:31 | 0:33:34 | 13    | MHK  | 88   | 07:49  | 08:01 | 08:14 | 09:26 |  |
| 21    | 214     | Dialdo Mamadu        | SFD 75 Düsseldorf-Süd         | 0:33:36 | 0:33:38 | 14    | MHK  | 96   | 08:01  | 08:05 | 08:08 | 09:20 |  |
| 22    | 216     | Goßmann Alexander    | SFD 75 Düsseldorf-Süd         | 0:33:39 | 0:33:42 | 4     | M30  | 85   | 08:00  | 08:05 | 08:08 | 09:25 |  |
| 23    | 156     | Hammoor Thomas       | LAZ PUMA Rhein-Sieg           | 0:33:41 | 0:33:45 | 3     | MU20 | 98   | 08:01  | 08:04 | 08:17 | 09:18 |  |
| 24    | 154     | Gerhard Dennis       | LAZ PUMA Rhein-Sieg           | 0:33:47 | 0:33:48 | 15    | MHK  | 95   | 07:53  | 08:13 | 08:11 | 09:27 |  |
| 25    | 159     | Kaufmann Justus      | LAZ PUMA Rhein-Sieg           | 0:33:46 | 0:33:48 | 4     | MU20 | 01   | 07:53  | 08:13 | 08:12 | 09:26 |  |
| 26    | 4       | Pietsch Gero         | Aachener TG                   | 0:33:55 | 0:33:56 | 16    | MHK  | 92   | 08:14  | 08:11 | 08:13 | 09:16 |  |
| 27    | 6       | Wyrwoll Lothar       | Aachener TG                   | 0:34:00 | 0:34:02 | 17    | MHK  | 92   | 08:05  | 08:11 | 08:22 | 09:22 |  |
| 28    | 124     | Funke Martin         | Homberger TV                  | 0:34:03 | 0:34:06 | 2     | M40  | 77   | 08:02  | 08:11 | 08:21 | 09:26 |  |
| 29    | 207     | Dieterich Hannes     | PSV Grün-Weiß Kassel          | 0:34:17 | 0:34:19 | 18    | MHK  | 96   | 08:01  | 08:18 | 08:25 | 09:31 |  |
| 30    | 233     | Van Dongen Heinz     | Turn-u. Spielv. Weeze 1910/19 | 0:34:26 | 0:34:28 | 3     | M40  | 77   | 08:16  | 08:19 | 08:23 | 09:27 |  |
| 31    | 197     | Rudnik Marvin        | Marathon-Club Menden          | 0:34:49 | 0:34:51 | 5     | MU20 | 98   | 07:45  | 08:15 | 08:45 | 10:02 |  |
| 32    | 212     | Koller Martin        | Rhein-Berg Runners            | 0:34:53 | 0:34:54 | 1     | M50  | 66   | 08:15  | 08:26 | 08:29 | 09:41 |  |
| 33    | 186     | Kalb Florian         | LG Lüdenscheid                | 0:35:02 | 0:35:05 | 19    | MHK  | 96   | 08:15  | 08:26 | 08:40 | 09:40 |  |
| 34    | 258     | Von Martial Simon    | LSF Münster                   | 0:35:09 | 0:35:15 | 20    | MHK  | 88   | 08:20  | 08:31 | 08:38 | 09:38 |  |
| 35    | 175     | Weiser Daniel        | LAZ PUMA Rhein-Sieg           | 0:35:19 | 0:35:22 | 4     | M40  | 76   | 08:25  | 08:36 | 08:35 | 09:41 |  |
| 36    | 117     | Schramm Michael      | ASV Duisburg                  | 0:35:20 | 0:35:23 | 2     | M35  | 80   | 08:14  | 08:22 | 08:43 | 09:59 |  |
| 37    | 172     | Spanier René         | LAZ PUMA Rhein-Sieg           | 0:35:22 | 0:35:26 | 5     | M40  | 77   | 08:18  | 08:32 | 08:38 | 09:52 |  |
| 38    | 183     | Vogt Nicolas         | LC Rapid Dortmund             | 0:35:26 | 0:35:29 | 6     | MU20 | 00   | 08:27  | 08:40 | 08:41 | 09:36 |  |
| 39    | 184     | Yosef Amanuel        | LC Rapid Dortmund             | 0:35:30 | 0:35:33 | 7     | MU20 | 00   | 08:27  | 08:40 | 08:31 | 09:51 |  |
| 40    | 177     | Hövelmann Tim        | LC Rapid Dortmund             | 0:35:29 | 0:35:34 | 5     | M30  | 84   | 08:24  | 08:42 | 08:42 | 09:40 |  |
| 41    | 181     | Measho Bahabolom     | LC Rapid Dortmund             | 0:35:35 | 0:35:38 | 8     | MU20 | 99   | 08:27  | 08:40 | 08:31 | 09:55 |  |
| 42    | 143     | Müller Sebastian     | Lauf-Club Euskirchen          | 0:35:38 | 0:35:40 | 6     | M30  | 86   | 08:23  | 08:38 | 08:44 | 09:52 |  |
| 43    | 239     | Brockfeld Stefan     | TuS Deuz                      | 0:35:39 | 0:35:41 | 2     | M50  | 66   | 08:33  | 08:37 | 08:41 | 09:46 |  |
| 44    | 188     | Joswig Andreas       | LG Wuppertal                  | 0:35:40 | 0:35:42 | 3     | M50  | 65   | 08:21  | 08:34 | 08:45 | 09:59 |  |
| 44    | 231     | Feldhoff Bernd       | TSV Aufderhöhe Solingen       | 0:35:42 | 0:35:42 | 1     | M55  | 62   | 08:35  | 08:37 | 08:41 | 09:48 |  |
| 46    | 234     | Berger Sascha        | Turnverein Erkelenz           | 0:35:45 | 0:35:49 | 3     | M35  | 79   | 08:23  | 08:38 | 08:47 | 09:55 |  |
| 47    | 161     | Kraemer Marian       | LAZ PUMA Rhein-Sieg           | 0:35:51 | 0:35:57 | 21    | MHK  | 90   | 08:20  | 08:35 | 08:48 | 10:08 |  |
| 48    | 187     | Mundinger Philipp    | LG Lüdenscheid                | 0:35:57 | 0:36:00 | 9     | MU20 | 00   | 08:15  | 08:37 | 08:52 | 10:11 |  |
| 49    | 110     | Tesfihans Filmon     | Aachener TG                   | 0:36:07 | 0:36:09 | 10    | MU20 | 98   | 08:15  | 08:39 | 09:15 | 09:57 |  |
| 50    | 209     | Peters Mark          | Recklinghäuser LC             | 0:36:10 | 0:36:12 | 1     | M45  | 71   | 08:27  | 08:42 | 08:50 | 10:08 |  |
| 51    | 127     | Hadgu Michael        | LAC Veltins Hochsauerland     | 0:36:16 | 0:36:17 | 22    | MHK  | 93   | 08:14  | 08:47 | 08:59 | 10:14 |  |
| 52    | 180     | Meascho Jonas        | LC Rapid Dortmund             | 0:36:18 | 0:36:23 | 11    | MU20 | 00   | 08:27  | 08:40 | 08:59 | 10:11 |  |
| 53    | 169     | Schneider Torsten    | LAZ PUMA Rhein-Sieg           | 0:36:31 | 0:36:35 | 2     | M45  | 72   | 08:36  | 08:52 | 08:57 | 10:05 |  |
| 54    | 230     | Schneider Thomas     | SSG Königswinter              | 0:36:40 | 0:36:42 | 2     | M55  | 62   | 08:42  | 08:51 | 08:54 | 10:11 |  |
| 55    | 203     | Hamann Marcel        | OSC Waldniel                  | 0:36:47 | 0:36:52 | 4     | M35  | 82   | 08:40  | 08:49 | 09:01 | 10:16 |  |
| 56    | 3       | Bergmann Nils        | Aachener TG                   | 0:36:56 | 0:36:58 | 12    | MU20 | 98   | 08:37  | 09:01 | 09:03 | 10:14 |  |
| 57    | 200     | Bexiga José          | Mönchengladbacher LG          | 0:36:57 | 0:37:02 | 3     | M45  | 68   | 08:35  | 08:53 | 09:10 | 10:18 |  |
| 58    | 219     | Peiter Tom           | SFD 75 Düsseldorf-Süd         | 0:37:05 | 0:37:11 | 23    | MHK  | 95   | 08:35  | 09:03 | 09:10 | 10:16 |  |
| 59    | 247     | Schneider Marco      | TuS Köln rrh.                 | 0:37:11 | 0:37:15 | 5     | M35  | 78   | 08:47  | 08:58 | 09:06 | 10:19 |  |
| 60    | 204     | Herschbach Stefan    | OSC Waldniel                  | 0:37:13 | 0:37:15 | 6     | M35  | 78   | 08:43  | 08:59 | 09:09 | 10:21 |  |

## Männer

| Platz | Startnr | Name                 | Verein/*Ort                  | Gesamt  | Brutto  | AK-Pl | AK   | Jahr | Runden                  |
|-------|---------|----------------------|------------------------------|---------|---------|-------|------|------|-------------------------|
| 61    | 162     | Land Matthias        | LAZ PUMA Rhein-Sieg          | 0:37:11 | 0:37:20 | 7     | M35  | 80   | 08:35 09:00 09:07 10:27 |
| 62    | 192     | Braun Klaus          | LLG St. Augustin             | 0:37:21 | 0:37:26 | 4     | M50  | 67   | 08:48 09:03 09:10 10:18 |
| 63    | 123     | Sander Hartmut       | DJK Jung Siegf. Herzogenrath | 0:37:32 | 0:37:36 | 5     | M50  | 67   | 08:23 09:00 09:22 10:45 |
| 64    | 245     | Pieters Fabian       | TuS Köln rrh.                | 0:37:39 | 0:37:43 | 24    | MHK  | 93   | 08:57 09:02 09:11 10:28 |
| 65    | 243     | Berndt Ralf          | TuS Köln rrh.                | 0:37:39 | 0:37:43 | 6     | M50  | 63   | 08:56 09:02 09:11 10:29 |
| 66    | 198     | Sorge Tobias         | Marathon-Club Menden         | 0:37:54 | 0:37:59 | 6     | M40  | 75   | 08:53 09:07 09:14 10:38 |
| 67    | 228     | Rosellen Markus      | SSG Königswinter             | 0:38:01 | 0:38:08 | 7     | M40  | 73   | 08:57 09:12 09:14 10:37 |
| 68    | 131     | Forster FrankHermann | LAG Siegen                   | 0:38:06 | 0:38:10 | 3     | M55  | 60   | 09:00 09:15 09:17 10:33 |
| 69    | 221     | Vogt Simon           | SFD 75 Düsseldorf-Süd        | 0:38:09 | 0:38:12 | 25    | MHK  | 93   | 08:41 09:08 09:35 10:44 |
| 70    | 150     | Achtendung John      | LAZ PUMA Rhein-Sieg          | 0:38:21 | 0:38:26 | 8     | M40  | 73   | 09:01 09:08 09:22 10:48 |
| 71    | 205     | Lange Harald         | OSC Waldniel                 | 0:38:56 | 0:39:01 | 8     | M35  | 68   | 08:55 09:24 09:34 11:02 |
| 72    | 174     | Ulbricht Björn       | LAZ PUMA Rhein-Sieg          | 0:38:59 | 0:39:07 | 9     | M40  | 75   | 09:10 09:25 09:31 10:51 |
| 73    | 253     | Wölfel Wilhelm       | VFL Engelskirchen            | 0:39:31 | 0:39:36 | 4     | M55  | 60   | 09:15 09:32 09:44 10:58 |
| 74    | 125     | Schubert Rolf        | IAC Düren                    | 0:39:36 | 0:39:41 | 1     | M60  | 57   | 09:22 09:32 09:36 11:04 |
| 75    | 217     | Knipping Andreas     | SFD 75 Düsseldorf-Süd        | 0:39:43 | 0:39:46 | 26    | MHK  | 90   | 08:59 09:34 09:50 11:19 |
| 76    | 114     | Wawra Ernst          | Aachener TG                  | 0:39:43 | 0:39:50 | 4     | M45  | 72   | 09:40 09:32 09:42 10:47 |
| 76    | 232     | Engeländer Goar      | TSV Schloß Neuhaus           | 0:39:45 | 0:39:50 | 1     | M65  | 52   | 09:24 09:40 09:42 10:58 |
| 78    | 147     | Uedelhoven Stefan    | Lauf-Club Euskirchen         | 0:39:52 | 0:39:58 | 7     | M50  | 63   | 09:29 09:41 09:44 10:56 |
| 79    | 190     | Nowakowski Marc      | LG Wuppertal                 | 0:39:59 | 0:40:06 | 8     | M50  | 67   | 09:37 09:41 09:41 10:58 |
| 80    | 242     | Müller Rainer        | TuS Deuz                     | 0:40:05 | 0:40:10 | 2     | M65  | 50   | 09:39 09:42 09:42 11:02 |
| 81    | 229     | Schneider Frank      | SSG Königswinter             | 0:40:05 | 0:40:10 | 9     | M50  | 65   | 09:34 09:43 09:44 11:02 |
| 82    | 193     | Nitsche Bernd        | LLG St. Augustin             | 0:40:24 | 0:40:30 | 5     | M55  | 58   | 09:36 09:44 09:49 11:14 |
| 83    | 105     | Isaac Dirk           | Aachener TG                  | 0:40:22 | 0:40:31 | 5     | M45  | 69   | 09:36 09:47 09:53 11:05 |
| 84    | 166     | Reiser Jürgen        | LAZ PUMA Rhein-Sieg          | 0:40:29 | 0:40:34 | 10    | M50  | 63   | 09:41 09:43 09:52 11:12 |
| 85    | 250     | Füchtler Klaus       | VFL Engelskirchen            | 0:40:38 | 0:40:42 | 6     | M55  | 60   | 09:27 09:54 09:58 11:17 |
| 86    | 146     | Sina Christoph       | Lauf-Club Euskirchen         | 0:40:55 | 0:41:02 | 11    | M50  | 67   | 09:41 09:56 09:58 11:18 |
| 87    | 195     | Tesch Norbert        | LLG St. Augustin             | 0:41:01 | 0:41:07 | 7     | M55  | 59   | 09:41 09:54 09:58 11:28 |
| 88    | 109     | Schmitz Christoph    | Aachener TG                  | 0:41:01 | 0:41:08 | 10    | M40  | 76   | 09:50 09:57 10:00 11:12 |
| 89    | 199     | Benders Lothar       | Mönchengladbacher LG         | 0:41:12 | 0:41:17 | 2     | M60  | 56   | 09:33 09:55 10:08 11:35 |
| 90    | 185     | Kämpfer Michael      | LG Kindelsberg Kreuztal      | 0:41:16 | 0:41:25 | 8     | M55  | 58   | 09:40 09:55 10:05 11:35 |
| 91    | 227     | Penno Winni          | SSG Königswinter             | 0:41:37 | 0:41:43 | 6     | M45  | 69   | 08:55 10:05 10:48 11:47 |
| 92    | 251     | Landsberg Hans-Peter | VFL Engelskirchen            | 0:42:13 | 0:42:18 | 12    | M50  | 66   | 09:52 10:07 10:20 11:52 |
| 93    | 149     | Zimmermann Karl      | Lauf-Club Euskirchen         | 0:42:13 | 0:42:21 | 3     | M60  | 57   | 09:51 10:15 10:23 11:43 |
| 94    | 206     | Scheepers André      | OSC Waldniel                 | 0:42:21 | 0:42:25 | 7     | M45  | 72   | 09:59 10:23 10:27 11:30 |
| 95    | 133     | Becker Tobias        | Lauf-Club Euskirchen         | 0:42:35 | 0:42:43 | 8     | M45  | 71   | 10:21 10:35 10:13 11:24 |
| 96    | 191     | Ottenbruch Thomas    | LG Wuppertal                 | 0:42:48 | 0:42:55 | 9     | M55  | 61   | 10:07 10:16 10:20 12:03 |
| 97    | 136     | Jost Karl-Heinz      | Lauf-Club Euskirchen         | 0:43:14 | 0:43:15 | 10    | M55  | 61   | 09:53 10:26 10:33 12:21 |
| 98    | 165     | Müller Maximilian    | LAZ PUMA Rhein-Sieg          | 0:43:27 | 0:43:34 | 13    | MU20 | 98   | 09:25 10:11 11:05 12:44 |
| 99    | 226     | Müller Hartwig       | SSG Königswinter             | 0:43:34 | 0:43:40 | 9     | M45  | 69   | 09:53 10:32 10:47 12:21 |
| 100   | 235     | Glander Karl-Heinz   | Turnverein Königswinter      | 0:44:14 | 0:44:19 | 1     | M70  | 47   | 10:13 10:55 10:55 12:10 |
| 101   | 201     | Höfker Johann        | Mönchengladbacher LG         | 0:44:17 | 0:44:24 | 3     | M65  | 52   | 10:10 10:39 10:54 12:34 |
| 102   | 130     | Schröder Elmar       | LAC Veltins Hochsauerland    | 0:45:06 | 0:45:10 | 4     | M65  | 50   | 10:34 10:51 10:53 12:47 |
| 103   | 194     | Reinisch Frank       | LLG St. Augustin             | 0:45:06 | 0:45:12 | 11    | M55  | 58   | 10:49 10:56 10:51 12:29 |
| 104   | 142     | Malkomes Michael     | Lauf-Club Euskirchen         | 0:45:06 | 0:45:15 | 12    | M55  | 58   | 10:36 10:54 11:04 12:31 |
| 105   | 257     | Wittig Klemens       | LC Rapid Dortmund            | 0:45:43 | 0:45:43 | 1     | M80  | 37   | 10:42 10:55 11:13 12:53 |
| 106   | 140     | Maczkiewicz Arnold   | Lauf-Club Euskirchen         | 0:45:53 | 0:45:58 | 4     | M60  | 55   | 10:57 11:04 11:14 12:36 |
| 107   | 202     | Richerdt Dr.Dirk     | Mönchengladbacher LG         | 0:46:01 | 0:46:08 | 5     | M60  | 53   | 10:09 10:55 11:33 13:22 |
| 108   | 139     | Linsmann Kai         | Lauf-Club Euskirchen         | 0:47:08 | 0:47:16 | 9     | M35  | 78   | 10:51 11:27 11:31 13:18 |
| 109   | 129     | Rickert Bernhard     | LAC Veltins Hochsauerland    | 0:47:23 | 0:47:27 | 5     | M65  | 50   | 11:12 11:27 11:26 13:17 |
| 110   | 144     | Schäfer Hans         | Lauf-Club Euskirchen         | 0:49:25 | 0:49:33 | 6     | M65  | 48   | 12:09 11:58 11:46 13:31 |
| 111   | 126     | Vucans Mario         | IAC Düren                    | 0:52:38 | 0:52:44 | 6     | M60  | 55   | 11:27 12:11 13:21 15:38 |
| 112   | 252     | Runge Günther        | VFL Engelskirchen            | 0:53:52 | 0:53:59 | 2     | M70  | 47   | 12:31 12:50 13:01 15:28 |

## Frauen

| Platz | Startnr | Name                    | Verein/*Ort                     | Gesamt  | Brutto  | AK-Pl | AK   | Jahr | Runden |       |       |       |
|-------|---------|-------------------------|---------------------------------|---------|---------|-------|------|------|--------|-------|-------|-------|
| 1     | 157     | Heimann Lisa            | LAZ PUMA Rhein-Sieg             | 0:34:30 | 0:34:31 | 1     | W30  | 87   | 08:07  | 08:24 | 08:27 | 09:30 |
| 2     | 254     | Joeken Carolin          | VFL Merkur Kleve                | 0:36:59 | 0:37:03 | 1     | WHK  | 96   | 08:46  | 08:54 | 08:59 | 10:19 |
| 3     | 152     | Bühler Sigrid           | LAZ PUMA Rhein-Sieg             | 0:37:04 | 0:37:07 | 1     | W35  | 79   | 08:26  | 08:58 | 09:09 | 10:29 |
| 4     | 102     | Fourné Franziska        | Aachener TG                     | 0:37:28 | 0:37:33 | 2     | WHK  | 96   | 08:52  | 08:59 | 09:08 | 10:26 |
| 5     | 15      | Kümpers Julia           | Aachener TG                     | 0:38:31 | 0:38:36 | 3     | WHK  | 92   | 09:09  | 09:22 | 09:22 | 10:37 |
| 6     | 241     | Jaschke Lisa            | TuS Deuz                        | 0:39:02 | 0:39:05 | 4     | WHK  | 90   | 08:55  | 09:25 | 09:37 | 11:04 |
| 7     | 11      | Schauerte Anna          | TuS Breckerfeld                 | 0:39:38 | 0:39:44 | 2     | W30  | 86   | 09:23  | 09:41 | 09:41 | 10:52 |
| 8     | 12      | Valder Sarah            | TuS Köln rrh.                   | 0:39:45 | 0:39:49 | 5     | WHK  | 93   | 09:23  | 09:32 | 09:38 | 11:10 |
| 8     | 621     | Valder Sarah            | Bunert - der Siegburger Lauffl. | 0:39:45 | 0:39:49 | 5     | W    | 93   | 09:23  | 09:32 | 09:38 | 11:10 |
| 9     | 115     | Winkemann Irene         | Aachener TG                     | 0:39:50 | 0:39:52 | 3     | W30  | 84   | 09:23  | 09:34 | 09:51 | 11:00 |
| 10    | 167     | Reiser Annette          | LAZ PUMA Rhein-Sieg             | 0:40:27 | 0:40:32 | 1     | W50  | 67   | 09:39  | 09:45 | 09:52 | 11:10 |
| 11    | 218     | Moser Denise            | SFD 75 Düsseldorf-Süd           | 0:41:45 | 0:41:48 | 1     | WU20 | 00   | 09:34  | 10:08 | 10:31 | 11:30 |
| 12    | 164     | Maschke Franzl          | LAZ PUMA Rhein-Sieg             | 0:42:01 | 0:42:04 | 4     | W30  | 87   | 09:27  | 10:00 | 10:24 | 12:09 |
| 13    | 236     | Rey Claudia             | TuS 08 Lintorf                  | 0:42:03 | 0:42:07 | 1     | W45  | 70   | 10:08  | 10:12 | 10:10 | 11:31 |
| 14    | 168     | Sachs Sandra            | LAZ PUMA Rhein-Sieg             | 0:43:17 | 0:43:27 | 2     | W45  | 70   | 10:04  | 10:22 | 10:35 | 12:15 |
| 15    | 120     | Hellenbrand Lilo        | DJK Gillrath 1911               | 0:44:18 | 0:44:25 | 1     | W60  | 56   | 10:37  | 10:44 | 10:46 | 12:10 |
| 16    | 240     | Büdenbender Susanne     | TuS Deuz                        | 0:44:26 | 0:44:30 | 2     | W50  | 63   | 10:19  | 10:39 | 10:46 | 12:40 |
| 17    | 111     | Trauzeddel Antje        | Aachener TG                     | 0:44:46 | 0:44:52 | 1     | W40  | 73   | 10:37  | 10:54 | 10:57 | 12:17 |
| 18    | 2       | Medgyesi Nora           | Aachener TG                     | 0:45:05 | 0:45:11 | 6     | WHK  | 92   | 10:35  | 10:44 | 11:00 | 12:44 |
| 19    | 103     | Heinrichs Sandra        | Aachener TG                     | 0:45:09 | 0:45:16 | 2     | W40  | 73   | 10:47  | 11:03 | 10:55 | 12:22 |
| 20    | 170     | Schneider Heide         | LAZ PUMA Rhein-Sieg             | 0:45:34 | 0:45:42 | 3     | W45  | 69   | 10:38  | 11:07 | 11:07 | 12:41 |
| 21    | 137     | Krämer-Wolf Petra       | Lauf-Club Euskirchen            | 0:46:52 | 0:46:59 | 3     | W40  | 74   | 10:53  | 11:23 | 11:26 | 13:08 |
| 22    | 101     | Döring Tanja            | Aachener TG                     | 0:47:42 | 0:47:50 | 7     | WHK  | 90   | 11:19  | 11:37 | 11:31 | 13:14 |
| 23    | 145     | Schaffert-Lohmar Simone | Lauf-Club Euskirchen            | 0:48:22 | 0:48:29 | 4     | W45  | 71   | 11:23  | 11:53 | 11:36 | 13:29 |
| 24    | 135     | Jahn Christine          | Lauf-Club Euskirchen            | 0:50:44 | 0:50:52 | 4     | W40  | 73   | 11:47  | 12:19 | 12:14 | 14:22 |
| 25    | 148     | Wagner Sabine           | Lauf-Club Euskirchen            | 0:51:46 | 0:51:52 | 3     | W50  | 67   | 12:23  | 12:33 | 12:38 | 14:10 |
| 26    | 138     | Küpper Heike            | Lauf-Club Euskirchen            | 0:53:05 | 0:53:12 | 4     | W50  | 67   | 12:25  | 12:54 | 12:46 | 14:59 |