



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:33:56	Osten, Christian	154		Brühler TV 1879	1984	1	MHK	03:23,6
2		2	00:34:12	Hönig, Dr. Sebastian	155		SSF Bonn Triathlon	1978	1	M30	03:25,2
3		3	00:34:25	Nickenig, Andreas	999		TV Rheinbach	1967	1	M40	03:26,5
4		4	00:34:50	Schieffer, Andre	264		Brühler TV 1879	1980	2	MHK	03:29,0
5		5	00:36:56	Holzschneider, Jörg	372		LLG St. Augustin	1962	1	M45	03:41,6
6		6	00:37:11	Ginkel, Rolf	374		Frechen	1960	2	M45	03:43,1
7		7	00:38:25	Swietlik, Raffael	40		LAZ Puma Troisdorf Siegbu	1988	3	MHK	03:50,5
8		8	00:38:26	Mörsch, Willi	375		Brühler TV 1879	1959	1	M50	03:50,6
9		9	00:38:35	Reuter, Peter	291		Sportlich Team Bornheim	1966	2	M40	03:51,5
10		10	00:38:41	Ott nad, Jonathan	382		Sankt Augustin	1989	4	MHK	03:52,1
11		11	00:38:54	Bade, Michael	286		Alfter	1967	3	M40	03:53,4
12		12	00:39:31	Hennes, Frank	191		Sportlich Team Bornheim	1970	1	M35	03:57,1
13		13	00:39:58	Reintzsch, Ingo	228		Alfterer SC	1977	2	M30	03:59,8
14		14	00:40:13	Blöcker, Thomas	128		Meckenheim	1962	3	M45	04:01,3
15		15	00:41:24	Zieger, Markus	292		Sportlich Team Bornheim	1990	1	MJugA	04:08,4
16		16	00:41:29	Pfannenschmidt, Timo	275		LC Weilerswist	1966	4	M40	04:08,9
17		17	00:42:05	Sinthern, Hans-Willi	186		Sportlich Team Bornheim	1964	4	M45	04:12,5
18		18	00:42:26	Kuck, Hans-Jörg	354		LT TuS Meindorf	1961	5	M45	04:14,6
19		19	00:42:37	Fritzen, Theo	205		Sportlich Team Bornheim	1963	6	M45	04:15,7
20	W	1	00:42:43	Schieffer, Sarah	263		Brühler TV 1879	1979	1	W30	04:16,3
21		20	00:43:24	Rittersberger, Marius	151		SV Germania Impekoven	1992	1	MJugB	04:20,4
22		21	00:43:40	Jasper, Michael	189		Sportlich Team Bornheim	1968	5	M40	04:22,0
23		22	00:43:41	Lampe, Dr. Matthias	227		Sportlich Team Bornheim	1960	7	M45	04:22,1
24		23	00:43:42	Schütte, Peter	255		SC Hürth	1968	6	M40	04:22,2
25		24	00:43:43	Heine, Mathias	94		Swisttal	1978	3	M30	04:22,3
26		25	00:43:47	Kirchbach, Carsten	165		Bornheim	1990	2	MJugA	04:22,7
27		26	00:43:54	Hörnchen, Marco	110		LC Euskirchen	1981	5	MHK	04:23,4
28		27	00:44:02	Hahn, Oliver	190		Sportlich Team Bornheim	1968	7	M40	04:24,2
29		28	00:44:09	Hoß, Josef	131		StaffelMarathon Waldbreitb	1952	1	M55	04:24,9
30		29	00:44:22	Lammersmann, Uwe	229		SSF Bonn	1965	8	M40	04:26,2
31		30	00:44:26	Poqué, Stefan	341		Sportlich Team-Bornheim	1970	2	M35	04:26,6
32		31	00:44:34	Bleibaum, Ernst	184		LT Siebengebirge	1952	2	M55	04:27,4
33		32	00:44:45	Henselder, Dieter	127		Sportlich Team Bornheim	1952	3	M55	04:28,5
34		33	00:45:06	Ziegler, Joachim	368		LG Heimerzheim	1962	8	M45	04:30,6
35		34	00:45:53	Jacoby, Georg	285		TV Altendorf-Ersdorf	1964	9	M45	04:35,3
36		35	00:46:02	Schneider, Klaus	257		LT Siebengebirge	1956	2	M50	04:36,2
37		36	00:46:10	Meyer, Peter	347		Meckenheim	1965	9	M40	04:37,0
38		37	00:46:32	Bauß, Carsten	348		1. Kölner Laufstall	1965	10	M40	04:39,2
39		38	00:46:36	Sattler, Dr. Stefan	187		Sportlich Team Bornheim	1965	11	M40	04:39,6
40		39	00:46:38	Grohs, Jan	188		Sportlich Team Bornheim	1970	3	M35	04:39,8
41		40	00:46:39	Beckmann, Jonas	139			1996	2	MJugB	04:39,9
42		41	00:46:52	Lemke, Edwin	243		Bonn	1955	3	M50	04:41,2
43		42	00:47:00	Jost, Thorsten	88		Team Erdinger Alkoholfrei	1977	4	M30	04:42,0
44		43	00:47:39	Pudeler, Heinz	350		Korschenbroich	1949	1	M60	04:45,9
45		44	00:47:55	Beckmann, Andreas	140			1966	12	M40	04:47,5
46		45	00:47:56	Kirchbach, Jens	162		Bornheim	1988	6	MHK	04:47,6
47		46	00:48:10	Watrinet, Julius	242		Rheinbach	1994	3	MJugB	04:49,0
48		47	00:48:15	Schiller, Ralf	392		LG Heimerzheim	1957	4	M50	04:49,5
49		48	00:48:18	Breyer, Knud	63		Bornheim	1945	2	M60	04:49,8
50	W	2	00:48:26	Berk, Barbara	389		Melpomene Bonn	1947	1	W60	04:50,6
51		49	00:48:27	Pernsch, Dietrich	258		LAV-Bad Godesberg	1938	1	M70	04:50,7
52		50	00:48:38	Montenarh, Wilfried	146		Sportlich Team Bornheim	1964	10	M45	04:51,8
53		51	00:48:42	Ebert, Dieter	47		Sportlich Team Bornheim	1954	4	M55	04:52,2
54		52	00:48:56	Göbbels, Andreas	38		Alfter	1972	4	M35	04:53,6
55	W	3	00:49:18	Swietlik, Brigitte	42		LK 42.2 Sankt Augustin	1967	1	W40	04:55,8
56		53	00:49:19	Swietlik, Roman	41		LK 42.2 Sankt Augustin	1968	13	M40	04:55,9
57		54	00:49:21	Roffalski, Horst	358		Brühler TV 1879	1956	5	M50	04:56,1
58		55	00:49:25	Lisson, Berndt	251		Alfter	1966	14	M40	04:56,5



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
59	W	4	00:49:34	Kolter, Danuta	377		LC Weilerswist	1955	1	W50	04:57,4
60		56	00:49:55	Pax, Thomas	367		LG Heimerzheim	1973	5	M35	04:59,5
61		57	00:50:03	Muschik, Heiko	281		Rheinbach	1972	6	M35	05:00,3
62		58	00:50:20	Bursch, Achim	384		Bornheim	1978	5	M30	05:02,0
63	W	5	00:50:21	von Wezyk, Isabelle	265		Bonn	1986	1	WHK	05:02,1
64		59	00:50:26	Görgen, Philipp	262		Bonn	1978	6	M30	05:02,6
65	W	6	00:50:50	Liesegang, Julia	269		Sportlich Team Bornheim	1965	2	W40	05:05,0
66		60	00:50:51	Issel, Martin	364		LG Heimerzheim	1984	7	MHK	05:05,1
67	W	7	00:50:59	Latussek, Sabine	273		St. Augustin	1968	3	W40	05:05,9
68		61	00:51:07	Neuber, Jürgen	393		Alfter	1959	6	M50	05:06,7
69		62	00:51:47	Heinen, Michael	369		LG Heimerzheim	1958	7	M50	05:10,7
70		63	00:51:50	Wurda, Werner	54		SC Fortuna Köln	1960	11	M45	05:11,0
71		64	00:51:51	Frohn, Gerd	391		LG Heimerzheim	1958	8	M50	05:11,1
72		65	00:51:53	Hummelsberger, Udo	64		1.Bornheimer Judo-Club 19	1961	12	M45	05:11,3
73		66	00:51:53	Zieger, Wendel	293		Bornheim	1958	9	M50	05:11,3
74		67	00:52:01	Lemke, Tim-David	214		Wachtberg	1992	4	MJugB	05:12,1
75	W	8	00:52:07	Burbach, Melanie	210			1979	2	W30	05:12,7
76		68	00:52:10	Meffert, Heiko	211			1975	7	M30	05:13,0
77		69	00:52:10	Fadel, Andreas	253		Roisdorf	1968	15	M40	05:13,0
78		70	00:52:12	Babiak, Jens	282		LT TuS Mondorf	1969	16	M40	05:13,2
79		71	00:52:17	Sackel, Jochen	240		LG Heimerzheim	1940	1	M65	05:13,7
80		72	00:52:27	Schneider, Ing. Hans	226		LG Rheinbach	1942	2	M65	05:14,7
81		73	00:52:28	Bienert, Frank	11		Weilerswist	1957	10	M50	05:14,8
82		74	00:52:49	Langen, Josef	357		Brühler TV 1879	1956	11	M50	05:16,9
83		75	00:52:54	Schulz, Lars	373		Alfterer SC	1976	8	M30	05:17,4
84		76	00:53:02	Schüritz, Manfred	270		LG Heimerzheim	1950	5	M55	05:18,2
85		77	00:53:12	Acht, Daniel	279		TTC BW-Alfter	1982	8	MHK	05:19,2
86		78	00:53:14	Oesterle, Hartwig	394		Bonn	1970	7	M35	05:19,4
87		79	00:53:25	Lemke, Norbert	213		Wachtberg	1964	13	M45	05:20,5
88		80	00:53:25	Born, Eckhard	179		Team Erdinger Alkoholfrei	1953	6	M55	05:20,5
89	W	9	00:53:33	Reineck, Kerstin	180		Bonn	1980	2	WHK	05:21,3
90	W	10	00:53:35	Beurskens, Janetta	283		Alfter	1982	3	WHK	05:21,5
91		81	00:53:36	Hahn, Boris	346		Köln	1971	8	M35	05:21,6
92		82	00:53:41	Schreiner, Hans-Peter	289		SV Vorgebirge	1951	7	M55	05:22,1
93		83	00:53:45	Schurig, Gerhard	207		Bonn-Bad Godesberg	1937	2	M70	05:22,5
94		84	00:53:53	Rückel, Horst	261		LC Euskirchen	1940	3	M65	05:23,3
95		85	00:53:55	Schreiner, Frank	145		Alfter	1967	17	M40	05:23,5
96	W	11	00:54:09	Baller, Angelika	274		LC Weilerswist	1962	1	W45	05:24,9
97	W	12	00:54:20	Flecken, Heidrun	379		LC Weilerswist	1954	1	W55	05:26,0
98		86	00:54:31	Deiters, Lothar	298		GSV Porz	1934	1	M75	05:27,1
99		87	00:54:43	Knott, Thorsten	216		Bornheim	1974	9	M35	05:28,3
100		88	00:54:45	Wigger, Michael	376		Alfter	1966	18	M40	05:28,5
101	W	13	00:54:56	Weber, Stefanie	295		Bonn	1978	3	W30	05:29,6
102		89	00:55:00	Krömer, Michael	93		TGV Bonn	1960	14	M45	05:30,0
103	W	14	00:55:06	Adriani, Hendrikje	20		Berlin	1976	4	W30	05:30,6
104		90	00:55:07	Brätschkus, Klaus	297		TuS Birk	1944	4	M65	05:30,7
105		91	00:55:09	Wiesen, Rolf	254		Brühl	1965	19	M40	05:30,9
106	W	15	00:55:10	Wagner, Ute	107		Morenhoven	1980	4	WHK	05:31,0
107	W	16	00:55:12	Messing, Kerstin	43		LG Heimerzheim	1974	1	W35	05:31,2
108	W	17	00:55:35	Simon, Annette	104		Alfter	1963	2	W45	05:33,5
109	W	18	00:55:36	Kentenich, Heidi	362		Sportlich Team Bornheim	1960	3	W45	05:33,6
110	W	19	00:55:42	Becher, Ann-Katrin	249		Bonn	1981	5	WHK	05:34,2
111	W	20	00:55:52	Zimmermann, Ute	150		Flinke Fööss	1990	1	WJugA	05:35,2
112		92	00:55:53	Zimmermann, Heinz	148		Flinke Fööss	1956	12	M50	05:35,3
113		93	00:55:56	Rued, Kai	123		Bonn	1996	5	MJugB	05:35,6
114		94	00:55:57	Rued, Michael	124		Bonn	1966	20	M40	05:35,7
115		95	00:56:16	Nagel, Joerg-Robert	365		TB-Burgsteinfurt	1956	13	M50	05:37,6
116	W	21	00:56:32	Sackel, Waltraud	239			1957	2	W50	05:39,2



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
117	W	22	00:56:35	Diews, Anna	82		Wesseling-Urfeld	1991	2	WJugA	05:39,5
118	W	23	00:56:35	Rheidt, Iris	360		1. FC Spich	1968	4	W40	05:39,5
119	W	24	00:56:41	Müller-Pranschke, Melanie	56		Sankt Augustin	1973	2	W35	05:40,1
120		96	00:56:43	Müller, Bernd	57		Sankt Augustin	1965	21	M40	05:40,3
121	W	25	00:57:04	Pöll, Gisela	97		Köln	1946	2	W60	05:42,4
122		97	00:57:14	Söllner, Rainer	378		Bonn	1964	15	M45	05:43,4
123	W	26	00:57:40	Henneberger, Jutta	366		Bonn	1970	3	W35	05:46,0
124	W	27	00:57:41	Doms, Christiane	268		Bonn	1968	5	W40	05:46,1
125	W	28	00:57:57	Nettekoven, Rosi	260		Melpomene Bonn	1945	3	W60	05:47,7
126	W	29	00:58:06	Ross, Kerstin	222		Alfter	1977	5	W30	05:48,6
127		98	00:58:08	Fankel, Stefan	223		LT FC Büdlich-Breit	1977	9	M30	05:48,8
128		99	00:58:09	Burghardt, Rafael	280		TTC BW_Alfter	1985	9	MHK	05:48,9
129	W	30	00:58:52	Dittmann-Girndt, Monika	381		1. FC Spich	1954	2	W55	05:53,2
130		100	00:59:20	Schramm, Wolf-Rüdiger	271		Alfter	1968	22	M40	05:56,0
131	W	31	00:59:32	Hammelman, Brigitte	359		Alfter	1959	3	W50	05:57,2
132	W	32	00:59:41	Roßbach, Yasmin	132		Köln	1971	4	W35	05:58,1
133	W	33	00:59:41	Dommm-Schellert, Ing. San	129		Köln	1968	6	W40	05:58,1
134	W	34	00:59:42	Krämer, Ulla	299		Alfterer SC	1966	7	W40	05:58,2
135	W	35	00:59:47	Gawenda, Angela	29		Alfterer SC	1967	8	W40	05:58,7
136		101	00:59:47	Gawenda, Dr. Michael	28		Alfterer SC	1961	16	M45	05:58,7
137	W	36	01:00:11	Müller, Sabine	125		Bonn	1973	5	W35	06:01,1
138		102	01:00:16	Küpper, Heiner	296		1. FC Spich	1938	3	M70	06:01,6
139	W	37	01:00:40	Fischer, Nina-Sophie	383		Alfter	1990	3	WJugA	06:04,0
140		103	01:01:03	Patelczyk, Manfred	363		Muskelkater Wesseling	1943	5	M65	06:06,3
141		104	01:01:03	Krebs, Dennis	356		Bonn	1980	10	MHK	06:06,3
142		105	01:01:04	Wiesen, Thomas	355		Bonn	1977	10	M30	06:06,4
143	W	38	01:01:11	Peters, Gabi	371		TV Altendorf-Ersdorf	1956	4	W50	06:07,1
144		106	01:01:12	Mauel, Willy	284		TV Altendorf-Ersdorf	1952	8	M55	06:07,2
145	W	39	01:01:46	Müller, Katharina	345		Laufftreff Spich	1946	4	W60	06:10,6
146		107	01:01:50	Klein, Josef	161		Borussia Mönchengladbach	1960	17	M45	06:11,0
147		108	01:02:20	Erl, Burkhard	120		Bonn	1968	23	M40	06:14,0
148	W	40	01:02:35	Schwadorf, Hilde	112		Bonn	1960	4	W45	06:15,5
149	W	41	01:03:50	Lammersmann, Andrea	230		SSF Bonn	1966	9	W40	06:23,0
150		109	01:04:04	Westermann, Frank	220		aktiv04	1962	18	M45	06:24,4
151		110	01:04:05	Mathes, Alex	221		aktiv04	1974	10	M35	06:24,5
152	W	42	01:04:28	Lemke, Heike	212		Wachtberg	1963	5	W45	06:26,8
153	W	43	01:05:59	Fabricius, Ulrike	45		Bonn	1954	3	W55	06:35,9
154		111	01:06:31	Gutmann, Karl	352		TV Eiche Hürth Knapsack	1934	2	M75	06:39,1
155		112	01:06:51	Morschhaeuser, Karl-Hein	111		Bonn	1950	9	M55	06:41,1
156	W	44	01:07:46	Pudeler, Christel	349		Korschenbroich	1955	5	W50	06:46,6
157		113	01:08:28	Markestein, Arie	174	NED	Alfter	1945	3	M60	06:50,8
158		114	01:12:03	Wirtz, Rolf C.	300		Frechen	1964	19	M45	07:12,3
159		115	01:13:12	Witt, Ulrich	267		Bonn	1951	10	M55	07:19,2
160	W	45	01:13:13	Witt, Ulrike	266		TKSV	1952	4	W55	07:19,3
161	W	46	01:15:37	Krause, Sabine	89		Bornheim	1960	6	W45	07:33,7
162	W	47	01:16:24	Schreiber, Martina	167		Köln	1957	6	W50	07:38,4
163	W	48	01:23:59	Lorenz-Becher, Sybille	250		Bonn	1952	5	W55	08:23,9
164	W	49	01:24:00	Schmitt, Anja	248		Bonn	1970	6	W35	08:24,0