

**Männer****Altersklasse M30**

| Platz | AK | Startnr | Name                   | *Ort/Verein       | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|------------------------|-------------------|---------|-------|-----|------|---|
| 1     |    | 73      | Ziegler Ferdinand Aron | *Köln             | 2:50:23 | 1     | M30 | 81   | 20:00 20:24 20:09 19:46 20:02 20:21 20:28 20:43 |
| 2     |    | 7       | Burke Michael          | *Köln             | 2:58:46 | 2     | M30 | 81   | 19:34 19:43 20:12 20:37 21:06 22:14 23:02 23:58 |
| 3     |    | 71      | Nolk Dirk              | TG Westhofen 1883 | 3:48:11 | 33    | M30 | 82   | 24:15 24:09 23:30 24:01 24:07 25:23 37:59 34:35 |
| 4     |    | 54      | Wolgast Leif           | *Köln             | 4:05:47 | 45    | M30 | 79   | 28:59 29:07 28:19 28:19 28:50 28:52 28:36 32:03 |

**Altersklasse M35**

| Platz | AK | Startnr | Name         | *Ort/Verein    | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|--------------|----------------|---------|-------|-----|------|---|
| 1     |    | 10      | Dumke Holger | BSG Waz Medien | 3:48:52 | 34    | M35 | 74   | 26:25 25:50 26:11 26:21 27:08 27:22 28:22 29:42 |

**Altersklasse M40**

| Platz | AK | Startnr | Name             | *Ort/Verein               | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|------------------|---------------------------|---------|-------|-----|------|---|
| 1     |    | 25      | Krüger Udo       | SV Germania Dürwiß        | 3:01:34 | 4     | M40 | 68   | 19:33 19:43 20:12 20:37 21:13 22:40 24:17 24:58 |
| 2     |    | 8       | Carbach Frank    | Laufmonster               | 3:02:25 | 5     | M40 | 70   | 21:07 21:25 21:19 20:55 21:09 21:59 22:35 22:57 |
| 3     |    | 445     | Kirbach Peter    | SG Holzheim               | 3:14:43 | 8     | M40 | 69   | 22:32 22:27 22:29 22:40 22:53 23:16 23:49 25:02 |
| 4     |    | 22      | Karl Dirk        | TSG Grünstadt             | 3:22:00 | 10    | M40 | 68   | 22:13 23:29 25:51 24:55 24:19 23:48 24:18 24:00 |
| 5     |    | 1       | Arndt Oliver     | LC Solbad Ravensberg      | 3:28:23 | 16    | M40 | 71   | 24:46 24:44 23:38 23:43 24:25 24:52 26:03 25:17 |
| 6     |    | 27      | Maiwald Holger   | LT Rennhamster            | 3:35:05 | 20    | M40 | 70   | 23:03 23:14 23:48 24:16 25:08 26:59 28:25 29:24 |
| 7     |    | 26      | Kuschel Tom      | Marathon-Club Menden      | 3:36:05 | 22    | M40 | 70   | 25:05 25:01 24:48 24:51 25:12 26:02 26:34 27:42 |
| 8     |    | 21      | Jüchter Birger   | Team Erdinger Alkoholfrei | 3:37:43 | 24    | M40 | 72   | 26:00 25:40 25:58 25:55 25:57 26:01 25:57 24:37 |
| 9     |    | 13      | Freudenberg Jörg | *Koblenz                  | 3:39:52 | 28    | M40 | 68   | 24:13 24:27 24:57 25:29 26:42 27:48 28:21 27:14 |
| 10    |    | 16      | Halder Roland    | GVG Laufteam              | 3:52:57 | 38    | M40 | 70   | 26:05 26:11 27:05 27:06 27:13 27:42 28:55 31:31 |
| 11    |    | 5       | Brunhuber Oliver | DLC Aachen                | 4:05:09 | 44    | M40 | 69   | 27:37 27:29 27:42 28:37 28:14 28:35 31:05 34:21 |
| 12    |    | 24      | Krampf DR Peter  | EnBW Stromer              | 4:18:19 | 49    | M40 | 71   | 27:14 27:30 27:53 28:44 30:55 33:17 36:41 34:24 |

**Altersklasse M45**

| Platz | AK | Startnr | Name                | *Ort/Verein               | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|---------------------|---------------------------|---------|-------|-----|------|---|
| 1     |    | 3       | Bodenstein Kai-Uwe  | TSG Valbert               | 2:59:10 | 3     | M45 | 67   | 20:35 20:50 20:54 21:08 21:21 21:31 21:41 22:27 |
| 2     |    | 4       | Bouge Frank         | Team Erdinger Alkoholfrei | 3:17:52 | 9     | M45 | 66   | 22:08 22:14 22:31 23:06 23:32 24:11 25:39 25:29 |
| 3     |    | 93      | Shelepen Viacheslav | JRC Sankt Petersburg      | 3:24:45 | 11    | M45 | 64   | 22:20 23:41 23:37 23:56 23:58 24:39 26:11 26:48 |
| 4     |    | 32      | Pfohl Stefan        | LT Rennhamster            | 3:25:00 | 12    | M45 | 67   | 25:51 25:04 24:13 23:46 23:37 23:48 23:38 24:22 |
| 5     |    | 66      | Helmert Michael     | DJK Marienstatt           | 3:25:09 | 13    | M45 | 66   | 22:23 22:50 22:48 23:18 24:13 25:10 26:59 27:55 |
| 6     |    | 56      | Ziegler DR Michael  | Marathon Finanz - KTT 01  | 3:27:25 | 14    | M45 | 64   | 24:32 24:07 24:09 23:50 24:07 24:18 24:54 26:27 |
| 7     |    | 90      | Dietz DR Gunnar     | H. Lundbeck A/S           | 3:35:15 | 21    | M45 | 65   | 25:12 25:22 23:55 24:24 25:01 25:28 26:55 27:40 |
| 8     |    | 72      | Saadi Robert        | LG Rheinbach              | 3:37:09 | 23    | M45 | 66   | 24:24 24:32 24:30 24:34 25:17 25:48 28:25 28:31 |
| 9     |    | 47      | Titze Jürgen        | Troisdorfer LG M.U.T.     | 3:39:41 | 26    | M45 | 63   | 25:05 25:23 24:48 25:33 25:38 26:32 28:16 27:34 |
| 10    |    | 12      | Flören Jens         | Troisdorfer LG M.U.T.     | 3:39:41 | 27    | M45 | 67   | 25:05 25:23 24:49 25:33 25:44 26:28 28:16 27:33 |
| 11    |    | 6       | Buchwald DR Andreas | *Schlangen                | 3:43:29 | 29    | M45 | 66   | 24:23 25:45 25:24 25:09 25:40 28:01 29:20 29:51 |
| 12    |    | 15      | Grömling Michael    | *Pulheim                  | 3:43:48 | 30    | M45 | 65   | 26:20 25:17 25:52 25:19 25:47 27:03 27:53 29:03 |
| 13    |    | 20      | Irrgang Michael     | Troisdorfer LG M.U.T.     | 3:45:21 | 31    | M45 | 64   | 27:57 25:07 26:09 26:31 26:23 26:30 28:14 27:57 |
| 14    |    | 43      | Sprang Holger       | *Aachen                   | 3:48:06 | 32    | M45 | 64   | 27:53 27:21 26:57 26:58 26:47 26:52 27:21 26:13 |
| 15    |    | 77      | Krüll Dr. Dr. Joey  | Lauftreff Brüggem         | 3:51:12 | 35    | M45 | 65   | 26:30 25:40 26:27 27:34 28:05 28:36 28:52 28:19 |
| 16    |    | 46      | Thome Niuko         | Meddys LWT Koblenz        | 4:00:23 | 42    | M45 | 66   | 29:02 29:09 29:09 28:46 28:28 28:00 28:03 27:11 |
| 17    |    | 49      | Wachsmann Rainer    | LSF Münster               | 4:06:15 | 46    | M45 | 65   | 29:21 29:34 29:35 29:26 30:14 30:01 28:36 27:35 |
| 18    |    | 60      | Hofmann Friedhelm   | DLR Simmern               | 4:09:52 | 47    | M45 | 65   | 28:55 30:02 29:13 29:13 30:04 29:12 30:08 30:22 |

**Altersklasse M50**

| Platz | AK | Startnr | Name                 | *Ort/Verein               | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|----------------------|---------------------------|---------|-------|-----|------|---|
| 1     |    | 39      | Rummeler-Kihm Tobias | RTC FRECHEN 80            | 3:12:07 | 6     | M50 | 59   | 21:17 21:53 22:14 22:45 22:59 23:11 24:04 24:41 |
| 2     |    | 48      | Vogt Wolfgang        | Feuerwehr SV Düsseldorf   | 3:12:56 | 7     | M50 | 59   | 22:17 22:33 22:32 23:05 23:15 23:07 23:06 23:25 |
| 3     |    | 2       | Beffort Marc         | *Kraainem                 | 3:27:39 | 15    | M50 | 62   | 24:29 24:54 24:44 24:39 24:34 24:55 25:06 24:18 |
| 4     |    | 59      | Dreser Günther       | Lt Ahrweiler              | 3:33:42 | 17    | M50 | 59   | 24:01 24:07 24:14 24:36 25:07 25:46 27:13 28:21 |
| 5     |    | 57      | Becker Mattin        | Troisdorfer LG M.U.T.     | 3:34:20 | 18    | M50 | 60   | 25:38 25:06 24:41 24:48 25:13 25:32 26:11 26:19 |
| 6     |    | 42      | Slabon Raimund       | Team Erdinger alkoholfrei | 3:37:43 | 25    | M50 | 60   | 26:01 25:39 25:58 25:55 25:57 26:00 25:58 24:37 |
| 7     |    | 53      | Wenzel Christoph     | 100 Marathon Club         | 3:52:10 | 36    | M50 | 60   | 28:06 27:17 27:39 27:30 27:23 27:15 28:10 27:06 |
| 8     |    | 91      | Green Jeffrey        | Tidewater Striders        | 3:57:20 | 40    | M50 | 62   | 27:47 27:24 27:34 27:59 28:25 28:52 29:56 28:18 |
| 9     |    | 37      | Rohrmann Bernd       | TV Hasperbach 1898 e.V    | 4:13:07 | 48    | M50 | 59   | 28:57 30:23 29:28 29:22 30:14 30:31 31:41 30:51 |
| 10    |    | 38      | Rota Bruno           | *Sorcy St Martin          | 4:20:19 | 50    | M50 | 62   | 28:06 29:04 29:21 29:01 28:44 30:56 32:34 40:22 |

**Männer****Altersklasse M55**

| Platz | AK | Startnr | Name              | *Ort/Verein         | Gesamt  | Platz | AK  | Jahr | Runden |       |       |       |       |       |       |       |  |  |
|-------|----|---------|-------------------|---------------------|---------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|--|--|
| 1     |    | 33      | Pink Günter       | LTF Köllertal       | 3:52:17 | 37    | M55 | 53   | 26:35  | 27:27 | 27:04 | 27:22 | 27:18 | 27:51 | 28:27 | 29:24 |  |  |
| 2     |    | 70      | Nofftz Klaus      | Gummy-Bear-Runners  | 3:56:07 | 39    | M55 | 57   | 28:15  | 27:41 | 28:06 | 27:33 | 27:24 | 27:14 | 28:37 | 29:54 |  |  |
| 3     |    | 31      | Peikert Alexander | Brücker Lauffreunde | 3:57:31 | 41    | M55 | 56   | 28:59  | 28:34 | 28:35 | 27:59 | 27:48 | 28:01 | 28:05 | 26:52 |  |  |
| 4     |    | 69      | Beuschold Klaus   | DAV Köln            | 4:04:45 | 43    | M55 | 53   | 28:11  | 28:23 | 28:26 | 28:15 | 28:36 | 29:09 | 29:50 | 31:18 |  |  |
| 5     |    | 19      | Ilges Volkmar     | *Bergheim           | 4:25:22 | 51    | M55 | 53   | 30:21  | 30:15 | 30:58 | 31:32 | 31:57 | 31:45 | 32:27 | 33:21 |  |  |

**Altersklasse MJA**

| Platz | AK | Startnr | Name        | *Ort/Verein | Gesamt  | Platz | AK  | Jahr | Runden |       |       |       |       |       |       |       |  |  |
|-------|----|---------|-------------|-------------|---------|-------|-----|------|--------|-------|-------|-------|-------|-------|-------|-------|--|--|
| 1     |    | 29      | Neubert Tim | *Düsseldorf | 3:34:54 | 19    | MJA | 93   | 23:16  | 23:31 | 23:54 | 24:59 | 25:37 | 26:46 | 28:42 | 28:31 |  |  |

**Frauen****Altersklasse W35**

| Platz | AK | Startnr | Name         | *Ort/Verein | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|--------------|-------------|---------|-------|-----|------|---|
| 1     |    | 11      | Durry Simone | TG Neuss    | 3:25:00 | 2     | W35 | 75   | 25:51 24:59 23:40 23:57 24:04 23:48 23:38 24:22 |
| 2     |    | 44      | Sprang Sonja | *Aachen     | 4:14:42 | 7     | W35 | 73   | 29:30 29:34 29:36 29:36 30:08 31:46 31:21 31:28 |

**Altersklasse W45**

| Platz | AK | Startnr | Name           | *Ort/Verein        | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|----------------|--------------------|---------|-------|-----|------|---|
| 1     |    | 14      | Frühauf Sylvia | MCV 2010           | 4:13:38 | 6     | W45 | 64   | 29:15 30:04 29:56 30:05 30:11 30:24 31:36 29:27 |
| 2     |    | 18      | Ilges Vera     | cubo azul de palma | 4:25:22 | 8     | W45 | 67   | 30:20 30:15 30:58 31:32 31:57 31:45 32:27 33:20 |

**Altersklasse W50**

| Platz | AK | Startnr | Name               | *Ort/Verein               | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|--------------------|---------------------------|---------|-------|-----|------|---|
| 1     |    | 45      | Tank Regina        | Dortmund                  | 3:32:24 | 3     | W50 | 59   | 25:19 24:58 24:48 24:51 24:51 24:59 25:44 26:14 |
| 2     |    | 51      | Wasserfuhr Barbara | Team Erdinger Alkoholfrei | 3:51:35 | 4     | W50 | 62   | 25:48 26:18 27:02 27:38 27:53 28:00 28:39 29:06 |
| 3     |    | 67      | Reece Elisabeth    | St George's School        | 3:56:07 | 5     | W50 | 58   | 28:15 27:41 28:06 27:33 27:24 27:14 28:38 29:53 |

**Altersklasse WHK**

| Platz | AK | Startnr | Name              | *Ort/Verein       | Gesamt  | Platz | AK  | Jahr | Runden  |
|-------|----|---------|-------------------|-------------------|---------|-------|-----|------|---|
| 1     |    | 446     | Diawvoss Annabel  | VFL Engelskirchen | 3:18:26 | 1     | WHK | 89   | 23:56 24:09 23:39 24:02 24:07 23:26 22:31 22:16 |
| 2     |    | 40      | Schächinger Elena | *Dettenheim       | 4:57:21 | 9     | WHK | 92   | 30:19 31:16 31:41 32:09 34:08 38:00 45:53 40:54 |