

Endergebnis des 21. 12-Stunden-Einzellaufes

Internationaler 12 Stundenlauf Brühl e.V.

am 27.06.2010

Klasse Einzelläufer 12 Stunden

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 50-KM-Zeit | 100-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|---------------------|----------------------|--------|---------|--------------|------------|-------------|-----|----------|-----|
| 001 | 066 | Thomas Blumtritt | SV Landshut-Münchne | 1965 | 112,615 | 00:06:24 | 04:36:07 | 10:02:52 | M40 | 001 | N |
| 002 | 026 | Harald Retzlaff | BSG Springorum Boch | 1961 | 108,593 | 00:06:38 | 04:43:29 | 10:49:08 | M40 | 002 | N |
| 003 | 013 | Christophe Weiss | Mallorca Bierkönigl | 1900 | 106,030 | 00:06:47 | 04:52:07 | 11:14:54 | | 000 | N |
| 004 | 057 | Jürgen Westphal | Moers | 1967 | 106,005 | 00:06:48 | 05:22:04 | 11:16:39 | M40 | 003 | N |
| 005 | 049 | Timo Frehe | RTC Frechen 80 | 1980 | 105,060 | 00:06:51 | 04:41:42 | 11:02:38 | MHK | 001 | N |
| 006 | 043 | Thomas Schwenker | Castrop-Rauxel | 1973 | 102,618 | 00:07:01 | 05:26:02 | 11:28:52 | MHK | 002 | N |
| 006 | 050 | Thomas Blasey | Erler-Sportgemeinsc | 1974 | 102,618 | 00:07:01 | 04:42:14 | 11:17:58 | MHK | 002 | N |
| 008 | 016 | Dirk Hummel | Mallorca Bierkönigl | 1968 | 101,110 | 00:07:07 | 04:52:09 | 11:40:07 | M40 | 004 | N |
| 009 | 048 | Stefan Weber | Team Luftwaffe Köln | 1960 | 100,000 | 00:07:12 | 05:18:35 | 11:53:23 | M40 | 005 | N |
| 010 | 006 | Peter Heinz | Vfl Bergheide | 1959 | 92,568 | 00:07:47 | 05:41:43 | 00:00:00 | M40 | 006 | N |
| 011 | 030 | Dirk Joußen | Brühler TV 1879 | 1972 | 92,560 | 00:07:47 | 04:27:54 | 00:00:00 | MHK | 004 | N |
| 012 | 062 | Andreas Bringe | LG Laacher See | 1955 | 92,122 | 00:07:49 | 05:41:00 | 00:00:00 | M40 | 007 | N |
| 013 | 065 | Helmut Maatz | LLG St.Augustin | 1947 | 92,021 | 00:07:49 | 05:35:21 | 00:00:00 | M60 | 001 | N |
| 014 | 070 | Manfred Ludwig | DJK Kleinenbroich | 1940 | 91,440 | 00:07:52 | 06:17:16 | 00:00:00 | M60 | 002 | J |
| 015 | 029 | Elmar Klemp | LG Burg Wiedenbrück | 1964 | 91,143 | 00:07:54 | 05:22:35 | 00:00:00 | M40 | 008 | N |
| 016 | 009 | Andreas Pohl | Brühler TV 1879 | 1963 | 90,060 | 00:08:00 | 05:34:47 | 00:00:00 | M40 | 009 | J |
| 017 | 034 | Peter Herzhoff | Jüchen | 1955 | 90,024 | 00:08:00 | 05:41:50 | 00:00:00 | M40 | 010 | N |
| 018 | 027 | Martin Schürgers | Erfstadt | 1969 | 90,000 | 00:08:00 | 04:55:20 | 00:00:00 | M40 | 011 | N |
| 018 | 067 | Gerhard Kuckertz | TV Germania Obermau | 1966 | 90,000 | 00:08:00 | 05:44:05 | 00:00:00 | M40 | 011 | N |
| 020 | 052 | Ralf Sema | SF Ennepetal | 1958 | 87,500 | 00:08:14 | 05:34:52 | 00:00:00 | M40 | 013 | N |
| 021 | 033 | Gernot Wölfer | Gelbfüssler | 1953 | 87,374 | 00:08:14 | 06:29:32 | 00:00:00 | M40 | 014 | N |
| 022 | 044 | Horst Rummert | Aachen | 1956 | 86,844 | 00:08:17 | 06:12:59 | 00:00:00 | M40 | 015 | N |
| 023 | 051 | Klaus Assenmacher | Laufschule-Embestra | 1973 | 85,000 | 00:08:28 | 05:30:12 | 00:00:00 | MHK | 005 | N |
| 024 | 058 | Stefan Pfohl | LT Rennhamster | 1967 | 82,500 | 00:08:44 | 05:06:39 | 00:00:00 | M40 | 016 | N |
| 025 | 047 | Gernot Hauke | Lt Tus Mondorf | 1941 | 81,942 | 00:08:47 | 06:13:59 | 00:00:00 | M60 | 003 | N |
| 026 | 035 | Jörg Lichter | Brühler TV | 1968 | 80,068 | 00:09:00 | 06:03:52 | 00:00:00 | M40 | 017 | N |
| 027 | 004 | Oliver Baarth | Team Erdinger Alkoh | 1970 | 80,000 | 00:09:00 | 05:22:36 | 00:00:00 | M40 | 018 | N |
| 027 | 020 | Achim Schmidt | Bergheim | 1967 | 80,000 | 00:09:00 | 04:56:49 | 00:00:00 | M40 | 018 | N |
| 027 | 061 | Jo Krull | Laufftreff Tura Brü | 1958 | 80,000 | 00:09:00 | 07:22:12 | 00:00:00 | M40 | 018 | N |
| 030 | 055 | Reiner Geimer | Poco Loco | 1966 | 79,299 | 00:09:05 | 06:56:13 | 00:00:00 | M40 | 021 | N |
| 031 | 001 | Thomas Friedeler | Henkel Laufflöwen | 1963 | 75,000 | 00:09:36 | 05:30:49 | 00:00:00 | M40 | 022 | N |
| 031 | 002 | Rainer Albshausen | ASV Köln Team 42 | 1900 | 75,000 | 00:09:36 | 06:29:53 | 00:00:00 | | 000 | N |
| 033 | 303 | Günter Löchner | L-Mobile | 1959 | 70,016 | 00:10:17 | 06:39:16 | 00:00:00 | M40 | 023 | N |
| 034 | 008 | Michael Eßer | LG DJUV / www.runnin | 1966 | 70,000 | 00:10:17 | 06:22:20 | 00:00:00 | M40 | 024 | N |
| 034 | 012 | Wolfgang Schuler | Kölner-Triathlon-Te | 1970 | 70,000 | 00:10:17 | 05:11:22 | 00:00:00 | M40 | 024 | N |
| 034 | 015 | Jochen Rücker | BSG FIDUCIA IT AG | 1968 | 70,000 | 00:10:17 | 06:02:44 | 00:00:00 | M40 | 024 | N |
| 034 | 025 | Bernd Holdschlag | SF Nordvelen | 1960 | 70,000 | 00:10:17 | 05:59:38 | 00:00:00 | M40 | 024 | N |
| 038 | 056 | Willy Breidenbach | Eckdorfer Opa Expre | 1941 | 67,000 | 00:10:45 | 08:21:25 | 00:00:00 | M60 | 004 | N |
| 039 | 039 | Dirk Klatt | Klattis Clan | 1957 | 65,000 | 00:11:05 | 05:18:03 | 00:00:00 | M40 | 028 | N |
| 039 | 046 | Holger Maiwald | LT Rennhamster Düss | 1970 | 65,000 | 00:11:05 | 05:24:01 | 00:00:00 | M40 | 028 | N |
| 041 | 024 | Stefan Vilvo | LG Vilvo | 1968 | 62,500 | 00:11:31 | 06:36:13 | 00:00:00 | M40 | 030 | N |
| 041 | 069 | Ulrich Wilde | ASC Weißbachtal | 1952 | 62,500 | 00:11:31 | 06:00:57 | 00:00:00 | M40 | 030 | N |
| 043 | 041 | Jörg Schranz | Borbecker Raketen E | 1965 | 60,000 | 00:12:00 | 05:28:56 | 00:00:00 | M40 | 032 | N |
| 043 | 059 | Heinz Schröder | Sus Oberaden | 1957 | 60,000 | 00:12:00 | 04:57:42 | 00:00:00 | M40 | 032 | N |
| 043 | 063 | Peter Ickert | Roentgen Sportclub | 1961 | 60,000 | 00:12:00 | 05:58:49 | 00:00:00 | M40 | 032 | N |
| 043 | 068 | Helmut Reingen | LT Altenburg | 1950 | 60,000 | 00:12:00 | 05:36:06 | 00:00:00 | M60 | 005 | N |
| 047 | 038 | Manfred Leismann | TV Witzhelden | 1947 | 57,500 | 00:12:31 | 06:41:13 | 00:00:00 | M60 | 006 | J |
| 048 | 018 | Walter Schul | Cool Runnings Brühl | 1960 | 55,000 | 00:13:05 | 05:49:14 | 00:00:00 | M40 | 035 | N |
| 048 | 042 | Birger Jüchter | Team Erdinger Alkoh | 1972 | 55,000 | 00:13:05 | 05:43:01 | 00:00:00 | MHK | 006 | N |
| 048 | 053 | Dr. Sami Valkama | Peräkyllän Ponnistus | 1976 | 55,000 | 00:13:05 | 04:45:23 | 00:00:00 | MHK | 006 | N |
| 051 | 064 | Walter Wehling | Running TV Bedburg | 1963 | 52,500 | 00:13:43 | 05:32:30 | 00:00:00 | M40 | 036 | N |
| 052 | 003 | Volker Grohmann | Troisdorfer LG M.U. | 1967 | 50,000 | 00:14:24 | 06:19:42 | 00:00:00 | M40 | 037 | J |
| 052 | 010 | Christian Graffmann | SpVgg Dortmund-Süd | 1973 | 50,000 | 00:14:24 | 05:14:34 | 00:00:00 | MHK | 008 | N |
| 052 | 022 | Michael Gratkowski | DJK Preussen 1911 B | 1900 | 50,000 | 00:14:24 | 06:13:09 | 00:00:00 | | 000 | N |

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Klasse Einzelläufer 12 Stunden

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 50-KM-Zeit | 100-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|----------------------|---------------------|--------|--------|--------------|------------|-------------|-----|----------|-----|
| 052 | 023 | Manfred Wattenbach | MegaCmRunners Köln | 1962 | 50,000 | 00:14:24 | 06:04:35 | 00:00:00 | M40 | 037 | N |
| 052 | 036 | Andreas Hummel | Mallorca Bierkönigl | 1965 | 50,000 | 00:14:24 | 06:26:43 | 00:00:00 | M40 | 037 | N |
| 057 | 060 | Michael Schlicht | TV Witzhelden | 1962 | 45,000 | 00:16:00 | 00:00:00 | 00:00:00 | M40 | 040 | N |
| 058 | 028 | Volker König | Bergisch-Gladbach | 1960 | 42,500 | 00:16:56 | 00:00:00 | 00:00:00 | M40 | 041 | N |
| 059 | 017 | Hans-Willi Schönborn | Leverkusen | 1948 | 40,000 | 00:18:00 | 00:00:00 | 00:00:00 | M60 | 007 | N |
| 059 | 019 | Harry Hellwig | ASV 42 | 1966 | 40,000 | 00:18:00 | 00:00:00 | 00:00:00 | M40 | 042 | N |
| 061 | 045 | Werner Peters | Running TV Bedburg | 1950 | 37,500 | 00:19:12 | 00:00:00 | 00:00:00 | M60 | 008 | N |
| 062 | 005 | Rüdiger Mose | LC Weilerswist | 1960 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | M40 | 043 | N |
| 062 | 007 | Helmut Harig | TV Kierdorf | 1900 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | | 000 | N |
| 062 | 011 | Gerd Ohnsorg | Team go-active.info | 1970 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | M40 | 043 | N |
| 062 | 014 | Gerd John | TV 1885 Huchem-Stam | 1961 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | M40 | 043 | N |
| 062 | 031 | Stefan Wörsdörfer | TV Refrath | 1900 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | | 000 | N |
| 062 | 032 | Wolfgang Ucke | Weilerswist | 1959 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | M40 | 043 | N |
| 062 | 037 | Frank Schacht | Leitstelle EN | 1966 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | M40 | 043 | N |
| 062 | 040 | Olaf Gerlach | TV Werne 03 | 1968 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | M40 | 043 | J |

Klasse Einzelläuferinnen 12 Stunden

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 50-KM-Zeit | 100-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|---------------------|---------------------|--------|--------|--------------|------------|-------------|-----|----------|-----|
| 001 | 100 | Regina Damaschke | ASV Team 42 | 1900 | 90,000 | 00:08:00 | 05:22:19 | 00:00:00 | | 000 | N |
| 002 | 111 | Dagmar Liszewitz | LG DUV | 1962 | 87,160 | 00:08:16 | 06:42:32 | 00:00:00 | W40 | 001 | J |
| 003 | 102 | Rita Eschbach | Colognerunners | 1964 | 85,000 | 00:08:28 | 06:05:50 | 00:00:00 | W40 | 002 | N |
| 004 | 110 | Hanne Cyprian-Abts | Brühler TV 1879 | 1965 | 80,058 | 00:09:00 | 06:49:50 | 00:00:00 | W40 | 003 | J |
| 005 | 104 | Dr. Bettina Mecking | Marathon Dinslaken | 1967 | 77,500 | 00:09:17 | 05:56:13 | 00:00:00 | W40 | 004 | N |
| 006 | 101 | Alexandra Walbrück | | 1969 | 72,500 | 00:09:56 | 06:26:13 | 00:00:00 | W40 | 005 | N |
| 007 | 108 | Monika Widmann | AST Süßen | 1958 | 67,500 | 00:10:40 | 07:28:50 | 00:00:00 | W40 | 006 | N |
| 008 | 107 | Patricia Marschall | LT Siebengebirge | 1973 | 60,000 | 00:12:00 | 08:02:51 | 00:00:00 | WHK | 001 | N |
| 009 | 105 | Ruth Bischoffs | Jüchen | 1961 | 45,000 | 00:16:00 | 00:00:00 | 00:00:00 | W40 | 007 | N |
| 010 | 106 | Nicole Frenzl | Schnauftreff Oberur | 1974 | 42,500 | 00:16:56 | 00:00:00 | 00:00:00 | WHK | 002 | N |
| 011 | 103 | Bettina Bauer | Aktiv- und Gesundhe | 1964 | 0,000 | 00:00:00 | 00:00:00 | 00:00:00 | W40 | 008 | N |

Klasse Einzelläuferinnen Handicap 12 Stunden

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 50-KM-Zeit | 100-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|------------|----------------|--------|--------|--------------|------------|-------------|-----|----------|-----|
| 001 | 150 | Else Bayer | VfL - Hinsbeck | 1939 | 65,072 | 00:11:04 | 09:13:04 | 00:00:00 | W60 | 001 | N |

Klasse Einzelläufer 25 KM

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 25-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|--------------------|----------------------|--------|--------|--------------|------------|-----|----------|-----|
| 001 | 215 | Norbert Schneider | Bunert Running Team | 1968 | 25,000 | 00:04:11 | 01:44:35 | M40 | 001 | N |
| 002 | 213 | Georg März | DJK Herzogenrath | 1967 | 25,000 | 00:04:24 | 01:49:54 | M40 | 002 | N |
| 003 | 212 | Dieter Thieme | Köln | 1964 | 25,000 | 00:04:44 | 01:58:17 | M40 | 003 | N |
| 004 | 209 | Daniel Kaiser | Laufftreff Deckstein | 1972 | 25,000 | 00:04:53 | 02:01:54 | MHK | 001 | N |
| 005 | 203 | Burckhard Struwe | BSG Springorum Boch | 1941 | 25,000 | 00:05:18 | 02:12:18 | M60 | 001 | N |
| 006 | 219 | Bernd Ritter | LTB Aachen | 1965 | 25,000 | 00:05:24 | 02:15:02 | M40 | 004 | N |
| 007 | 207 | Dietmar Langzauner | FFO Ford Köln | 1964 | 25,000 | 00:05:30 | 02:17:21 | M40 | 005 | N |
| 008 | 202 | Andreas Stock | Polizei Rhein-Erft- | 1970 | 25,000 | 00:05:34 | 02:19:17 | M40 | 006 | N |
| 009 | 204 | Assaf Nabarro | Haan | 1971 | 25,000 | 00:05:36 | 02:19:56 | MHK | 002 | N |

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| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 25-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|------------------------|---------------------|--------|--------|--------------|------------|-----|----------|-----|
| 010 | 210 | Wolfgang Weesbach | Laufftreff Brühl | 1960 | 25,000 | 00:05:51 | 02:26:23 | M40 | 007 | N |
| 011 | 200 | Andreas Kaub | Brühl | 1966 | 25,000 | 00:06:48 | 02:49:59 | M40 | 008 | N |
| 012 | 211 | Gerold Paduck | Leverkusen | 1961 | 25,000 | 00:07:01 | 02:55:36 | M40 | 009 | N |
| 013 | 205 | Roland Thimel | Bergtraumtanzfeenlä | 1956 | 25,000 | 00:07:09 | 02:58:53 | M40 | 010 | N |
| 014 | 220 | Oliver Schütz | Brühl | 1973 | 25,000 | 00:07:33 | 03:08:52 | MHK | 003 | N |
| 015 | 201 | Günter Engelhardt | DLRG Brühl | 1940 | 25,000 | 00:08:02 | 03:21:02 | M60 | 002 | N |
| 016 | 206 | Uwe Bastian Weber-Kurt | Team Webster | 1976 | 0,000 | 00:00:00 | 00:00:00 | MHK | 004 | N |
| 016 | 208 | Eugen Bajan | Köln | 1976 | 0,000 | 00:00:00 | 00:00:00 | MHK | 004 | N |

Klasse Einzelläuferinnen 25 KM

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 25-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|--------------------|--------------------|--------|--------|--------------|------------|-----|----------|-----|
| 001 | 302 | Christiane Küttner | ASV Köln Triathlon | 1967 | 25,000 | 00:05:16 | 02:11:51 | W40 | 001 | N |
| 002 | 109 | Simona Püttner | sfd75 Düsseldorf | 1964 | 25,000 | 00:05:35 | 02:19:28 | W40 | 002 | N |
| 003 | 304 | Ute Bringe | LG Laacher See | 1955 | 25,000 | 00:06:56 | 02:53:08 | W40 | 003 | N |
| 004 | 300 | Yvonne Hoffmann | Düsseldorf | 1985 | 25,000 | 00:07:35 | 03:09:42 | WHK | 001 | N |
| 005 | 301 | Resi Peters | Running TV Bedburg | 1953 | 10,000 | 00:07:04 | 00:00:00 | W40 | 004 | N |

Klasse Einzelläufer 10 KM

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 10-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|--------------------|---------------------|--------|--------|--------------|------------|-----|----------|-----|
| 001 | 402 | Simon Bong | Brühl | 1997 | 10,000 | 00:04:32 | 00:45:20 | MJB | 001 | N |
| 002 | 400 | Ronald Grothe | Polizei Rhein-Erft | 1969 | 10,000 | 00:04:39 | 00:46:28 | M40 | 001 | N |
| 003 | 423 | Stefan Richter | Studio 53 | 1963 | 10,000 | 00:04:52 | 00:48:35 | M40 | 002 | N |
| 004 | 425 | Frans von Hofwegen | Süsteren | 1958 | 10,000 | 00:04:54 | 00:48:55 | M40 | 003 | N |
| 005 | 401 | Volker Rübsamen | ASC Weißbachtal | 1960 | 10,000 | 00:05:00 | 00:49:56 | M40 | 004 | N |
| 006 | 426 | Ralf Nitsche | Brühl | 1968 | 10,000 | 00:05:04 | 00:50:39 | M40 | 005 | N |
| 007 | 413 | Wilfried Förster | Polizei Rhein Erft | 1964 | 10,000 | 00:05:10 | 00:51:42 | M40 | 006 | N |
| 008 | 409 | Jens Walpert | Laufteam Tischlerei | 1966 | 10,000 | 00:05:23 | 00:53:50 | M40 | 007 | N |
| 009 | 407 | Hans-Georg Konert | Brühl | 1949 | 10,000 | 00:05:31 | 00:55:08 | M60 | 001 | N |
| 010 | 404 | Frank Itzek | Brühl | 1971 | 10,000 | 00:05:31 | 00:55:09 | MHK | 001 | N |
| 011 | 411 | Jerome Geldermann | Polizei Rhein Erft | 1900 | 10,000 | 00:05:34 | 00:55:36 | | 000 | N |
| 012 | 408 | Jörg-Robert Nagel | TB Burgsteinfurt | 1956 | 10,000 | 00:05:35 | 00:55:48 | M40 | 008 | J |
| 013 | 422 | Michael Sandherr | Die Grauen Burggeis | 1958 | 10,000 | 00:05:36 | 00:56:03 | M40 | 009 | N |
| 014 | 427 | Detlev Kerkow | Colognerunners | 1963 | 10,000 | 00:05:42 | 00:56:55 | M40 | 010 | N |
| 015 | 424 | Heinz Zimmermann | Flinke Fööss | 1956 | 10,000 | 00:05:42 | 00:57:03 | M40 | 011 | N |
| 016 | 410 | Penyamin Barlak | Polizei Rhein Erft | 1972 | 10,000 | 00:05:59 | 00:59:54 | MHK | 002 | N |
| 016 | 412 | Johannes Heßling | Polizei Rhein Erft | 1984 | 10,000 | 00:05:59 | 00:59:54 | MHK | 002 | N |
| 018 | 406 | Ulrich Siegmann | Die Grauen Burggeis | 1956 | 10,000 | 00:06:13 | 01:02:10 | M40 | 012 | N |
| 019 | 414 | Martin Bollenbeck | Polizei Rhein Erft | 1965 | 10,000 | 00:06:16 | 01:02:41 | M40 | 013 | N |
| 020 | 415 | Oliver Krebs | Polizei Rhein-Erft | 1967 | 10,000 | 00:06:30 | 01:04:55 | M40 | 014 | N |
| 021 | 403 | Peter Jansen | TuS Brauweiler | 1944 | 10,000 | 00:07:17 | 01:12:50 | M60 | 002 | J |
| 022 | 405 | David Itzek | Brühl | 1994 | 0,000 | 00:00:00 | 00:00:00 | MJA | 001 | N |

Klasse Einzelläuferinnen 10 KM

| Platz | Startnr. | Läufer | Verein | Jahrg. | KM | 1-KM-Schnitt | 10-KM-Zeit | AK | AK-Platz | DLV |
|-------|----------|-----------|------------------|--------|--------|--------------|------------|-----|----------|-----|
| 001 | 506 | Rita März | DJK Herzogenrath | 1968 | 10,000 | 00:04:38 | 00:46:15 | W40 | 001 | N |

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|-------|----------|-----------------|---------------------|--------|--------|--------------|------------|-----|----------|-----|
| 002 | 507 | Sonja Kuß | TSV Rönsahl | 1981 | 10,000 | 00:05:47 | 00:57:47 | WHK | 001 | N |
| 003 | 505 | Gaby Siegmann | Die Grauen Burggeis | 1961 | 10,000 | 00:06:13 | 01:02:10 | W40 | 002 | N |
| 004 | 508 | Eva Esch | Polizei Rhein Erft | 1973 | 10,000 | 00:06:29 | 01:04:54 | WHK | 002 | N |
| 005 | 503 | Gitte Corzilius | Hürth | 1969 | 10,000 | 00:08:01 | 01:20:06 | W40 | 003 | N |
| 006 | 504 | Ute Reuter | Köln | 1960 | 5,000 | 00:07:17 | 00:00:00 | W40 | 004 | N |
| 007 | 500 | Claudia Huber | Köln | 1983 | 0,000 | 00:00:00 | 00:00:00 | WHK | 003 | N |
| 007 | 501 | Antje Friedeler | Henkel Laufflöwen | 1963 | 0,000 | 00:00:00 | 00:00:00 | W40 | 005 | N |
| 007 | 502 | Judith Pirschel | Bornheim | 1986 | 0,000 | 00:00:00 | 00:00:00 | WHK | 003 | N |