



Frauen

| Pl. | St Nr | Name | Verein | AK | Pl. | Zeit |
|-----|-------|--------------------------|-------------------|-----|-----|---------|
| 1 | 269 | Thora Nogalski-Rosenbach | #lamsport | W40 | 1 | 1:45:27 |
| 2 | 77 | Kerstin Kolvenbach | Schnarschnasen | W35 | 1 | 1:46:04 |
| 3 | 291 | Petra Schneider | | W45 | 1 | 1:51:24 |
| 4 | 160 | Kathy Albert | | W40 | 2 | 2:06:23 |
| 5 | 172 | Ina Breidenbach | | W35 | 2 | 2:13:58 |
| 6 | 113 | Stefanie Schiffmann | | W45 | 2 | 2:24:36 |
| 7 | 393 | Karin Scheer | TV.Kleinwiedenest | W70 | 1 | 3:03:58 |

Männer

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|-----|-------|---------------------|------------------------------|-----|-----|---------|
| 1 | 390 | Frederic Ortmann | LAZ Rhein-Sieg | M30 | 1 | 1:16:29 |
| 2 | 7 | Jimmy Balla | Tri Power | M40 | 1 | 1:23:35 |
| 3 | 386 | Deniz Gündüz | | M45 | 1 | 1:25:14 |
| 4 | 64 | Köhler Jonas | LAZ Rhein-Sieg | M35 | 1 | 1:27:17 |
| 5 | 206 | Thomas Günther | SSF Bonn Triathlon | M45 | 2 | 1:28:52 |
| 6 | 236 | Fabian Langwald | | M30 | 2 | 1:29:39 |
| 7 | 157 | Lucas Hehl | 1. FC Berkenroth | M | 1 | 1:32:29 |
| 8 | 116 | Martin Schmitt | | M40 | 2 | 1:39:33 |
| 9 | 219 | Detlef Jahner | WLC | M55 | 1 | 1:41:07 |
| 10 | 99 | Siegfried Nauy | Lauf Team Unna | M35 | 2 | 1:42:50 |
| 11 | 13 | Jonas Berges | | M35 | 3 | 1:45:11 |
| 12 | 44 | Sebastian Göttinger | | M35 | 4 | 1:46:02 |
| 13 | 334 | Franz Einiko | Laacher Löwen | M45 | 3 | 1:49:10 |
| 14 | 25 | Björn Dittich | | M45 | 4 | 1:50:07 |
| 15 | 312 | Bradley Stevenson | | M30 | 3 | 1:54:05 |
| 16 | 329 | Jörg Walther | Tri-Power Rhein-Sieg | M60 | 1 | 1:55:05 |
| 17 | 202 | Karl-Josef Gläser | BSG Rhein-Sieg-Kreis | M70 | 1 | 1:56:22 |
| 18 | 320 | Alex Utscheid | TuS Winterscheid und Freunde | M50 | 1 | 1:57:05 |
| 19 | 122 | Thorsten Schultheiß | Laufbrigade Oberberg | M45 | 5 | 1:57:12 |
| 20 | 398 | Jörn Verch | Blue Dogs SOB | M55 | 2 | 1:59:27 |
| 21 | 245 | Andreas Zechlin | TuS 06 Waldbröl | M35 | 5 | 2:01:24 |
| 22 | 287 | Markus Schaul | SLOS Ronsdorf | M40 | 3 | 2:02:06 |
| 23 | 391 | Frank Hoppe | Hoppe-Dach.com | M40 | 4 | 2:03:14 |
| 24 | 332 | Reinhold Wiche | | M65 | 1 | 2:05:05 |
| 25 | 159 | David Albert | | M30 | 4 | 2:06:24 |
| 26 | 167 | Alexander Bishchops | TuS Winterscheid und Freunde | M30 | 5 | 2:07:39 |
| 27 | 237 | Thomas Langwald | | M60 | 2 | 2:08:45 |
| 28 | 74 | Peter Kolleser | Kolleser | M40 | 5 | 2:12:20 |
| 29 | 90 | Holger Dumkte | BSG Funkemedien | M45 | 6 | 2:22:20 |



Männer

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|-----|-------|----------------|-------------------|-----|-----|---------|
| 30 | 18 | Wolfgang Bolle | ESV Gremberghoven | M60 | 3 | 2:25:42 |