

RNG	STNR	NAME	VORNAME	VEREIN	AK	AK_PL	GES_ZEIT	LAUF1	Rg	RAD	Rg	LAUF2	Rg	
1	2	Bilder	Mannweiler	Daniel	SSF Bonn	M30	1	01:04:47	00:18:13	1	00:33:27	4	00:13:07	3
2	98	Bilder	Engelbert	Lukas	AWD Team TVE	M18	1	01:06:23	00:18:14	2	00:34:12	10	00:13:57	9
3	3	Bilder	Keitzel	Gunnar	DLC Aachen	M30	2	01:06:33	00:18:15	3	00:34:22	12	00:13:56	7
4	25	Bilder	Martin	Frederik	KTT01	M30	3	01:06:47	00:18:49	7	00:34:02	9	00:13:56	7
5	178	Bilder	Weithoff	Lucas	SG Dettingen	M20	1	01:06:58	00:19:09	9	00:34:22	12	00:13:27	5
6	122	Bilder	Bobbaers	Rob	Blue Team	M25	1	01:07:09	00:19:24	10	00:33:10	2	00:14:35	16
7	18	Bilder	Roegiers	Jens	SMO Triathlon Te	M20	2	01:07:20	00:18:44	6	00:34:34	15	00:14:02	10
8	28	Bilder	Kirch	Michael	Triathlon Team E	M40	1	01:07:27	00:18:15	3	00:35:58	29	00:13:14	4
9	6	Bilder	Hauser	Michael	Tri Team Zschipp	M35	1	01:07:47	00:19:25	11	00:34:01	7	00:14:21	11
10	85	Bilder	Jungbluth	Torsten	TK Triathlon Grev	M35	2	01:08:00	00:19:56	21	00:33:21	3	00:14:43	19
11	8	Bilder	Nüttgens	Ralf	DLC Aachen	M45	1	01:08:10	00:19:33	14	00:33:47	6	00:14:50	20
12	7	Bilder	Schmidt	Dirk	Multisport-Center	M40	2	01:08:18	00:18:25	5	00:36:04	30	00:13:49	6
13	51	Bilder	Hebenstreit	Felix	TSVE 1890 Bielef	M18	2	01:08:30	00:19:27	13	00:34:01	7	00:15:02	25
14	9	Bilder	Ettler	Manuel	AWD Team TVE	M30	4	01:08:39	00:19:34	15	00:34:38	16	00:14:27	12
15	103	Bilder	Limburg	Hermann Josef	Triathlon Waldfeu	M50	1	01:08:45	00:19:48	18	00:34:28	14	00:14:29	14
16	4	Bilder	Pabich	Andre	Sportsfreund Alsc	M40	3	01:09:27	00:20:04	22	00:33:03	1	00:16:20	74
17	44	Bilder	Laermann	Ralf	TV 1848 Mönche	M50	2	01:09:31	00:19:44	16	00:35:10	21	00:14:37	17
18	13	Bilder	Quadflieg	Achim	SC Delphin Esch	M40	4	01:09:48	00:19:26	12	00:35:18	23	00:15:04	26
19	101	Bilder	Vogel	Karsten	RSV Düren	M30	5	01:09:57	00:20:47	36	00:33:42	5	00:15:28	40
20	14	Bilder	Fraussen	Noel	T.V. Stein	M45	2	01:10:09	00:19:46	17	00:34:55	17	00:15:28	40
21	42	Bilder	Rademacher	Jens	Dülkener SV 06	M35	3	01:10:12	00:20:26	26	00:34:14	11	00:15:32	43
22	89	Bilder	Jung	Viktor	Roadrunners	M25	2	01:10:26	00:19:51	20	00:36:07	32	00:14:28	13
23	10	Bilder	Görtz	Beate	ASV Köln	W40	1	01:11:01	00:20:31	27	00:35:11	22	00:15:19	34
24	72	Bilder	Lürken	Franz-Josef	SC Delphin Esch	M45	3	01:11:08	00:20:40	29	00:35:29	24	00:14:59	23
25	125	Bilder	Flatten	Florian	Team Eddy Mercl	M18	3	01:11:19	00:18:54	8	00:35:54	28	00:14:31	15
26	16	Bilder	Witte	Guido	ASV-Wuppertal	M40	5	01:11:21	00:20:05	23	00:35:51	27	00:15:25	38
27	108	Bilder	Berg	Guido	VFB Ertstadt Tri	M40	6	01:11:25	00:20:39	28	00:35:37	25	00:15:09	29
28	104	Bilder	Karrenberg	Michael	TG Neuss	M40	7	01:11:37	00:20:18	25	00:36:41	45	00:14:38	18
29	52	Bilder	Fischer	Dirk	ASV Dojo Mönch	M30	6	01:11:43	00:19:49	19	00:36:11	34	00:15:43	45
30	22	Bilder	Niedergriese	Marc	Tri-Geckos Dortm	M20	3	01:12:07	00:21:07	39	00:35:01	19	00:15:59	57
31	91	Bilder	Simon	Carsten	DJK Elmar Kohls	M35	4	01:12:13	00:20:42	31	00:36:20	40	00:15:11	31
32	136	Bilder	Barth	Tobias	Brander SV Tri T	M20	4	01:12:18	00:21:16	41	00:35:01	19	00:16:01	58
33	30	Bilder	Kortmann	Matthias	Team gebioMizec	M25	3	01:12:54	00:21:24	44	00:36:09	33	00:15:21	36

34	61	Bilder	Janiszewski	Thorsten	Feuerw. SV Düss	M25	4	01:13:00	00:20:48	37	00:37:08	56	00:15:04	26
35	62	Bilder	Krüger	Dirk	TV 1848 Mönche	M35	5	01:13:02	00:20:45	35	00:36:46	48	00:15:31	42
36	147	Bilder	Großnick	Andreas	SC 1920 Myhl	M45	4	01:13:29	00:20:44	33	00:37:53	74	00:14:52	21
37	15	Bilder	Blaesen	Ralf	LAC Mausbach	M45	5	01:13:32	00:20:40	29	00:37:51	73	00:15:01	24
38	66	Bilder	Lange	Frank	ASV Köln Triathl	M40	8	01:13:44	00:20:44	33	00:37:11	57	00:15:49	50
39	68	Bilder	Hermsen	Christoph		M40	9	01:13:45	00:21:31	48	00:36:31	42	00:15:43	45
40	160	Bilder	Zimmer	Karl	PSV Brühl Triathl	M40	10	01:13:48	00:21:25	45	00:36:45	47	00:15:38	44
41	88	Bilder	Jung	Daniel	Roadrunners	M18	4	01:13:49	00:21:46	53	00:36:54	52	00:15:09	29
42	150	Bilder	Gabriel	Christian	LSC Grosspeters	M40	11	01:14:00	00:20:43	32	00:38:00	76	00:15:17	32
43	77	Bilder	Thiel	Marcel	DJK Elmar Kohls	M30	7	01:14:01	00:21:59	65	00:36:16	37	00:15:46	47
44	133	Bilder	Lüttgen	Jörg	SC Delphin Esch	M40	12	01:14:07	00:21:53	64	00:36:54	52	00:15:20	35
45	142	Bilder	Würges	Kerstin	ASV Köln Tria	W30	1	01:14:08	00:21:45	51	00:36:56	55	00:15:27	39
46	82	Bilder	Keus	Dirk	TV 1848 Mönche	M40	13	01:14:17	00:22:26	73	00:34:56	18	00:16:55	104
47	95	Bilder	Peters	Ralf		M40	14	01:14:21	00:21:23	42	00:37:50	72	00:15:08	28
48	27	Bilder	Giesen	Jörg	SC Bayer 05 Uerc	M45	6	01:14:31	00:21:23	42	00:36:51	49	00:16:17	68
49	70	Bilder	Krüger	Udo	Lokomotive Esch	M40	15	01:14:32	00:20:11	24	00:39:26	113	00:14:55	22
50	111	Bilder	Dreyling	Robert	TEAM PIRATE JL	M30	8	01:14:37	00:21:45	51	00:36:51	49	00:16:01	58
51	11	Bilder	Mannweiler	Kathrin	SSF Bonn	W25	1	01:14:38	00:00:00		00:00:00		01:14:38	306
52	134	Bilder	Huschauer	Horst	TG Neuss	M40	16	01:15:02	00:22:37	89	00:36:13	36	00:16:12	67
53	148	Bilder	Mekkioui	Ramsi	SV Bergisch Glac	M35	6	01:15:09	00:22:32	84	00:36:51	49	00:15:46	47
54	105	Bilder	Graw	Burkhard	LV TRI-STAR OE	M50	3	01:15:10	00:23:05	101	00:35:48	26	00:16:17	68
55	53	Bilder	Fraussen	Jean-Pierre	T.V. Stein	M45	7	01:15:11	00:22:24	72	00:36:22	41	00:16:25	79
56	79	Bilder	Westerhausen	Heinz		M50	4	01:15:27	00:22:11	68	00:36:55	54	00:16:21	75
57	39	Bilder	Dittrich	Kai	TV 1848 Mönche	M45	8	01:15:30	00:22:30	80	00:36:19	39	00:16:41	90
57	36	Bilder	Ast	Karol		M35	7	01:15:30	00:21:48	57	00:37:48	71	00:15:54	53
59	121	Bilder	Eisen	Max	Lazy Bones	M40	17	01:15:32	00:22:06	66	00:37:16	58	00:16:10	64
60	65	Bilder	Henrichs	Marco	Erding.Alkoholfrei	M35	8	01:15:35	00:22:29	77	00:36:38	44	00:16:28	82
61	74	Bilder	Effertz	Norbert	SC Delphin Esch	M45	9	01:15:38	00:21:49	58	00:37:28	61	00:16:21	75
62	48	Bilder	Pyzio	Adam	TV 1848 Mönche	M55	1	01:15:47	00:21:30	47	00:37:42	65	00:16:35	87
63	23	Bilder	Ortmanns	Torsten		M35	9	01:15:56	00:22:31	82	00:36:17	38	00:17:08	112
64	149	Bilder	Cuti	Klaus	SV Bergisch Glac	M40	18	01:16:07	00:22:42	93	00:36:36	43	00:16:49	98
65	12	Bilder	Jütte	Svenja	TEAM PIRATE JL	W35	1	01:16:18	00:21:08	40	00:39:17	106	00:15:53	52
66	38	Bilder	Bohmann	Roy	DJK Armada Euc	M45	10	01:16:21	00:21:50	60	00:38:07	79	00:16:24	78
67	128	Bilder	Brunen	Burkhard		M40	19	01:16:33	00:22:30	80	00:38:01	77	00:16:02	60

68	176	Bilder	Valtinke	Frank	Erding.Alkoholfrei	M35	10	01:16:34	00:23:43	125	00:36:04	30	00:16:47	95
68	131	Bilder	Schlichenmaier	Martin		M30	9	01:16:34	00:21:47	55	00:38:36	90	00:16:11	66
70	47	Bilder	Erz	Markus	RSC Staubwolke	M40	20	01:16:35	00:21:06	38	00:38:37	91	00:16:52	100
71	40	Bilder	Schmitz	Rolf		M45	11	01:16:40	00:22:37	89	00:37:46	69	00:16:17	68
72	146	Bilder	Pesch	Claus	LG Donatus Erfts	M40	21	01:16:49	00:22:28	74	00:37:17	59	00:17:04	110
73	369	Bilder	Bungart	Frank	Team Voreifel Eu	M40	22	01:16:57	00:22:29	77	00:38:40	93	00:15:48	49
74	67	Bilder	van Dam	Sierd	DJK Armada Euc	M45	12	01:17:04	00:21:49	58	00:38:50	97	00:16:25	79
75	69	Bilder	Göbbels	Bernd	DJK "Löwe" Haml	M35	11	01:17:06	00:22:47	97	00:38:56	100	00:15:23	37
76	123	Bilder	von Den Steinen	Ralf		M45	13	01:17:09	00:21:35	49	00:39:17	106	00:16:17	68
77	100	Bilder	Strobl	Tom	Sportsfreund Alsc	M35	12	01:17:11	00:21:26	46	00:39:47	123	00:15:58	55
78	92	Bilder	Schimitzek	Sven	DJK Elmar Kohls	M35	13	01:17:12	00:21:50	60	00:39:25	112	00:15:57	54
79	157	Bilder	Sobotta	Lothar	PSV Brühl Triathl	M40	23	01:17:18	00:22:16	69	00:37:37	63	00:17:25	123
80	119	Bilder	Rosser	Volker	ASV Duisburg	M45	14	01:17:32	00:22:36	88	00:38:27	86	00:16:29	83
81	43	Bilder	Reinartz	Willi	Team Tetz	M40	24	01:17:40	00:22:35	86	00:38:55	98	00:16:10	64
82	73	Bilder	Kochs	Achim	SC Delphin Esch	M40	25	01:17:56	00:23:12	106	00:38:05	78	00:16:39	89
83	126	Bilder	Günther	Jörg		M40	26	01:18:03	00:22:18	70	00:39:16	104	00:16:29	83
84	50	Bilder	Schneider	Herbert	DJK "Löwe" Haml	M45	15	01:18:05	00:21:47	55	00:39:52	126	00:16:26	81
85	158	Bilder	Fechter	Peter		M40	27	01:18:10	00:23:11	104	00:38:16	82	00:16:43	93
86	130	Bilder	Sommer	Kirsten	Tri Sport Menden	W35	2	01:18:14	00:23:16	108	00:37:47	70	00:17:11	113
87	93	Bilder	Opre	Christoph	DJK Elmar Kohls	M45	16	01:18:15	00:22:32	84	00:39:45	120	00:15:58	55
88	80	Bilder	Falarczyk	Jens	www.agnetenhof.	M35	14	01:18:19	00:23:36	119	00:36:12	35	00:18:31	166
89	386	Bilder	Batri	Ralf	Freie Schwimmer	M40	28	01:18:24	00:23:49	129	00:37:30	62	00:17:05	111
90	86	Bilder	Özarslan	Mehmet	Triandertaler Mett	M30	10	01:18:48	00:23:32	116	00:36:43	46	00:18:33	171
91	45	Bilder	Fuchs	Sandra	ASV Süchteln	W40	2	01:18:50	00:23:14	107	00:37:43	68	00:17:53	144
92	34	Bilder	Doumen	Guido	TV 1848 Mönche	M40	29	01:18:51	00:23:25	111	00:38:07	79	00:17:19	117
93	41	Bilder	Tosch	Michael	Brander SV Tri T	M45	17	01:18:56	00:21:52	63	00:41:00	150	00:16:04	61
93	272	Bilder	Maag	Michael	Triandertaler Mett	M45	17	01:18:56	00:22:42	93	00:39:12	103	00:17:02	109
95	145	Bilder	Biela	Simon	ASV Köln Triathl	M30	11	01:19:01	00:23:41	124	00:37:42	65	00:17:38	131
96	78	Bilder	Doppelfeld	Mark		M40	30	01:19:14	00:22:43	95	00:39:34	115	00:16:57	105
97	120	Bilder	Balgheim	Oliver	SSC Kölner Roll-I	M40	31	01:19:16	00:22:40	92	00:39:24	111	00:17:12	114
98	115	Bilder	Wieschollek	Janusch	Radreisen-Beck	M40	32	01:19:32	00:21:43	50	00:41:27	159	00:16:22	77
99	138	Bilder	auf dem Graben	Michaela	TriCologne	W30	2	01:19:39	00:23:31	115	00:38:30	87	00:17:38	131
100	113	Bilder	Haas	Wolfgang	VFB Ertstadt Tri	M45	19	01:19:42	00:24:20	155	00:37:56	75	00:17:26	125
101	112	Bilder	Hölzel	Holger	Vorwärts Köln	M40	33	01:19:45	00:23:50	130	00:38:13	81	00:17:42	134

102	179	Bilder	Jacobs	Stephan	DLC Aachen	M40	34	01:19:47	00:23:11	104	00:39:36	116	00:17:00	107
103	35	Bilder	Gansow	Diethard	Sportsfreund Alsc	M65	1	01:19:50	00:23:02	98	00:39:49	124	00:16:59	106
104	166	Bilder	Faber	Oliver	Erding.Alkoholfrei	M40	35	01:19:51	00:22:29	77	00:40:10	132	00:17:12	114
105	71	Bilder	Schiewe	Norbert	SC Delphin Esch	M50	5	01:19:58	00:23:55	132	00:38:21	85	00:17:42	134
106	393	Bilder	Messner	Thomas		M35	15	01:20:09	00:23:43	125	00:46:42	260	00:09:44	2
107	265	Bilder	Dammer	Sven	Brander SV Tri T	M30	12	01:20:20	00:22:28	74	00:40:58	148	00:16:54	101
108	64	Bilder	Schmahl	Jochen	Rhein-Trias Neus	M45	20	01:20:34	00:21:46	53	00:40:58	148	00:17:50	139
109	165	Bilder	Humberg	Patrick	Erding.Alkoholfrei	M40	36	01:20:40	00:24:10	144	00:37:42	65	00:18:48	183
110	249	Bilder	Ekels	Edmar	Dülkener SV 06	M45	21	01:20:41	00:24:04	138	00:38:19	83	00:18:18	157
111	56	Bilder	Rombey	Frank		M40	37	01:20:45	00:24:24	157	00:37:38	64	00:18:43	178
112	205	Bilder	Siemes	Walter		M40	38	01:20:54	00:24:16	151	00:38:48	96	00:17:50	139
113	159	Bilder	Wenzel	Stefan	DJK "Löwe" Haml	M20	5	01:20:59	00:00:00		01:04:41	304	00:16:18	72
114	387	Bilder	Hauber	Jens		M30	13	01:21:16	00:23:39	121	00:40:09	131	00:17:28	128
115	335	Bilder	Nagel	Norbert	Hacke Bleiluft	M45	22	01:21:17	00:22:39	91	00:42:03	178	00:16:35	87
115	137	Bilder	Steffen	Thomas		M45	22	01:21:17	00:22:28	74	00:41:12	153	00:17:37	130
117	109	Bilder	Philippen	Thomas	Radreisen-Beck	M20	6	01:21:25	00:23:50	130	00:39:03	101	00:18:32	168
118	214	Bilder	Reuls	Paul		M45	24	01:21:28	00:23:33	117	00:41:13	154	00:16:42	91
119	222	Bilder	Schmitz	Andrea		W40	3	01:21:30	00:24:03	137	00:40:36	142	00:16:51	99
120	99	Bilder	Bohlem	Dirk		M40	39	01:21:31	00:22:35	86	00:42:02	176	00:16:54	101
120	33	Bilder	Kochs	Gerd		M40	39	01:21:31	00:24:06	142	00:39:23	110	00:18:02	149
122	381	Bilder	Tenhaef	Theodor	Radreisen Beck	M40	41	01:21:41	00:25:03	184	00:38:44	95	00:17:54	145
123	163	Bilder	Hirsch	Hans-Günter	LSG Eschweiler	M50	6	01:21:49	00:23:04	99	00:39:42	118	00:19:03	191
124	132	Bilder	Lueg	Achim		M45	25	01:21:51	00:24:46	171	00:38:37	91	00:18:28	165
125	284	Bilder	Goebbels	Joachim		M45	26	01:21:57	00:23:44	127	00:41:25	158	00:16:48	97
126	253	Bilder	Hebenstreit	Ilka	TSVE 1890 Bielel	W20	1	01:22:00	00:24:45	170	00:40:30	138	00:16:45	94
127	286	Bilder	Kraus	Dieter	HAMICH RUNNE	M45	27	01:22:01	00:23:19	110	00:41:41	167	00:17:01	108
128	307	Bilder	Hammer	Dirk	HAMICH RUNNE	M40	42	01:22:02	00:23:18	109	00:41:50	169	00:16:54	101
129	221	Bilder	Rosenberg	Lars	Feuerw. SV Düss	M30	14	01:22:06	00:24:15	150	00:40:30	138	00:17:21	119
130	171	Bilder	Strohmeier	Peter	Erding.Alkoholfrei	M40	43	01:22:11	00:23:59	134	00:40:07	130	00:18:05	151
130	215	Bilder	Grandrath	Ralf		M45	28	01:22:11	00:23:38	120	00:41:06	151	00:17:27	127
132	59	Bilder	Schmalen	Günter	Sportsfreund Alsc	M50	7	01:22:15	00:22:31	82	00:43:11	194	00:16:33	85
133	209	Bilder	Nessel	Arndt	BSG Team Cogn	M40	44	01:22:16	00:24:49	173	00:39:09	102	00:18:18	157
134	374	Bilder	Daniel	Thomas	DJK "Löwe" Haml	M35	16	01:22:23	00:22:10	67	00:44:21	223	00:15:52	51
135	114	Bilder	Schlösser	Frank	Germania 07 Dür	M40	45	01:22:25	00:21:51	62	00:45:16	238	00:15:18	33

136	208	Bilder	Wilke	Michael	Germania 07 Dür	M40	46	01:22:32	00:23:04	99	00:42:41	190	00:16:47	95
137	164	Bilder	Sinzig	Eike	Erding.Alkoholfrei	M35	17	01:22:41	00:24:01	135	00:40:29	137	00:18:11	153
138	275	Bilder	Edrich	Dirk	DJK Elmar Kohls	M40	47	01:22:43	00:23:39	121	00:41:32	161	00:17:32	129
139	17	Bilder	Houben	Robert		M45	29	01:22:52	00:24:08	143	00:40:48	146	00:17:56	147
140	118	Bilder	Schumacher	Jörg		M40	48	01:22:54	00:24:19	154	00:40:15	134	00:18:20	160
141	276	Bilder	Hoeppertz	Patrick		M35	18	01:23:01	00:24:14	149	00:41:23	157	00:17:24	120
142	239	Bilder	Klokow	Marko	RSC Krähe Korne	M35	19	01:23:06	00:24:24	157	00:39:46	121	00:18:56	186
143	233	Bilder	Kühnle	Thorsten	RSC Krähe Korne	M40	49	01:23:21	00:24:58	181	00:38:55	98	00:19:28	204
144	219	Bilder	Oebel	Gregor	Vicht	M50	8	01:23:24	00:25:10	187	00:39:43	119	00:18:31	166
145	75	Bilder	Weinzettel	Sebastian	Sportsfreund Alsc	M35	20	01:23:25	00:24:44	168	00:39:56	128	00:18:45	180
146	285	Bilder	Weitz	Willibert		M45	30	01:23:41	00:23:47	128	00:42:35	187	00:17:19	117
147	329	Bilder	Rogowski	Thomas	Ute Mückel Triath	M55	2	01:23:44	00:26:26	212	00:38:41	94	00:18:37	173
148	342	Bilder	Mössner	Michael		M35	21	01:23:46	00:24:56	178	00:40:32	140	00:18:18	157
149	63	Bilder	Krause	Marc	Alemannia Aache	M20	7	01:23:47	00:25:23	193	00:39:16	104	00:19:08	193
150	352	Bilder	Delonge	Frank	BSG FZ Jülich	M35	22	01:23:48	00:24:04	138	00:42:02	176	00:17:42	134
151	152	Bilder	Fallah	Hicham	LG zur Hardtmühl	M40	50	01:23:53	00:23:10	103	00:43:19	200	00:17:24	120
152	348	Bilder	Hoffmann	Frank	Hopeman	M40	51	01:23:55	00:24:44	168	00:41:55	172	00:17:16	116
153	339	Bilder	Zielinski	Wolfgang		M50	9	01:24:00	00:27:08	234	00:37:18	60	00:19:34	205
154	341	Bilder	Strosing	Marcus	SG Düren 99	M40	52	01:24:01	00:24:57	180	00:40:32	140	00:18:32	168
155	360	Bilder	Urbansky	Christine	ASV Köln	W30	3	01:24:02	00:24:41	166	00:40:44	143	00:18:37	173
156	379	Bilder	Bergs	Ralf	SG Düren 99	M45	31	01:24:04	00:25:52	199	00:39:17	106	00:18:55	185
157	212	Bilder	Stick	Olaf	tri-sticks	M45	32	01:24:06	00:26:01	204	00:56:57	298		
158	161	Bilder	Derigs	Renate	PSV Brühl Triathl	W40	4	01:24:20	00:24:18	153	00:41:54	171	00:18:08	152
159	250	Bilder	Heinen	Robert	SC Delphin Esch	M40	53	01:24:22	00:26:24	211	00:38:31	88	00:19:27	202
160	154	Bilder	Dettenbach	Marcus		M25	5	01:24:31	00:23:33	117	00:43:11	194	00:17:47	138
161	37	Bilder	Sandau	Andreas	Erding.Alkoholfrei	M45	33	01:24:32	00:25:16	190	00:39:29	114	00:19:47	212
162	151	Bilder	Janko	Hans-Jörg	TEAM PRESSWL	M45	34	01:24:33	00:24:12	148	00:42:18	183	00:18:03	150
163	210	Bilder	Carmanns	Markus		M45	35	01:24:35	00:25:26	195	00:39:19	109	00:19:50	213
164	90	Bilder	Blicke	Christian	Barfuss Bethlehe	M25	6	01:24:39	00:24:05	141	00:43:52	214	00:16:42	91
165	213	Bilder	Steuer	Thomas	SSK Kerpen	M45	36	01:25:00	00:25:57	203	00:41:18	156	00:17:45	137
165	281	Bilder	Diederichs	Sarah		W20	2	01:25:00	00:23:40	123	00:45:02	233	00:16:18	72
167	81	Bilder	Breidenbach	Daniel		M25	7	01:25:01	00:26:19	209	00:38:19	83	00:20:23	230
168	289	Bilder	Frohn	Peter	DJK Elmar Kohls	M18	5	01:25:17	00:23:28	112	00:45:43	243	00:16:06	62
169	288	Bilder	Frohn	Josef	DJK Elmar Kohls	M45	37	01:25:19	00:23:29	114	00:45:43	243	00:16:07	63

170	320	Bilder	Dreesbach	Ulf		M20	8	01:25:22	00:24:47	172	00:43:11	194	00:17:24	120
171	397	Bilder	Knorr	Thomas		M40	54	01:25:31	00:25:06	185	00:41:13	154	00:19:12	194
172	169	Bilder	Luhr	Markus	Erding.Alkoholfrei	M35	23	01:25:35	00:24:04	138	00:44:05	219	00:17:26	125
173	87	Bilder	Minor	Astrid	ASV Köln	W35	3	01:25:38	00:24:26	160	00:43:20	201	00:17:52	142
174	270	Bilder	Wolters	Jörg	TV Derichsweiler	M45	38	01:25:41	00:24:42	167	00:41:32	161	00:19:27	202
175	170	Bilder	Bong	Andreas	Erding.Alkoholfrei	M40	55	01:25:42	00:23:57	133	00:43:31	204	00:18:14	155
176	20	Bilder	Werker	Horst		M40	56	01:25:45	00:24:02	136	00:42:26	185	00:19:17	199
177	58	Bilder	Kettner	Franz	LG RWE Power	M40	57	01:25:47	00:24:55	177	00:41:36	165	00:19:16	197
178	180	Bilder	Pohle	Gerhard	LLG St.Augustin	M60	1	01:25:51	00:23:09	102	00:45:03	234	00:17:39	133
179	299	Bilder	Franke	Carsten	Lustlauf mein Ver	M30	15	01:25:53	00:22:19	71	00:47:01	262	00:16:33	85
180	264	Bilder	Kopac	Björn	Flying Pandas	M30	16	01:25:55	00:24:54	176	00:42:00	174	00:19:01	190
181	218	Bilder	Hagen	Katrin	SSK Kerpen	W35	4	01:25:56	00:24:11	146	00:43:51	212	00:17:54	145
182	340	Bilder	Quadflieg	Hubert	SC Delphin Esch	M60	2	01:26:08	00:24:50	174	00:43:17	198	00:18:01	148
183	26	Bilder	Bergs	Patrick	DLC Aachen	M35	24	01:26:15	00:25:14	189	00:41:06	151	00:19:55	218
184	293	Bilder	Leidgswendner	Michael		M45	39	01:26:19	00:26:43	228	00:38:34	89	00:21:02	244
185	202	Bilder	Lucassen	Frane	Germania 07 Dür	M45	40	01:26:25	00:24:20	155	00:43:49	210	00:18:16	156
186	269	Bilder	Pchalek	Dietmar		M50	10	01:26:29	00:25:00	183	00:42:45	192	00:18:44	179
186	311	Bilder	Hansen	Kevin		M20	9	01:26:29	00:25:22	192	00:39:52	126	00:21:15	251
188	49	Bilder	Atak	Ünver	SIG BSG	M40	58	01:26:32	00:25:53	200	00:40:46	145	00:19:53	216
189	206	Bilder	Offermanns	Guido		M45	41	01:26:47	00:26:59	232	00:39:46	121	00:20:02	224
190	216	Bilder	Görres	Bernd		M45	42	01:26:57	00:26:16	208	00:41:29	160	00:19:12	194
191	238	Bilder	Severin	Gerd	Düren 99	M50	11	01:27:01	00:27:12	235	00:39:49	124	00:20:00	223
192	224	Bilder	Werth	Burghard	Oldies Kerpen	M55	3	01:27:18	00:25:11	188	00:43:35	205	00:18:32	168
193	254	Bilder	Schröder	Matthias		M40	59	01:27:19	00:26:05	205	00:41:52	170	00:19:22	201
194	46	Bilder	Boersch	Jörg	Team Tetz	M45	43	01:27:31	00:25:09	186	00:44:30	225	00:17:52	142
195	378	Bilder	Hergenröther	Michael		M35	25	01:27:34	00:27:28	238	00:40:26	136	00:19:40	209
196	337	Bilder	Jacobs	David		M20	10	01:27:38	00:27:45	243	00:40:14	133	00:19:39	208
197	162	Bilder	Linnartz	Bigi		W50	1	01:27:48	00:24:27	161	00:45:09	235	00:18:12	154
198	279	Bilder	Gaschka	Dirk	ZSV Aachen	M35	26	01:27:59	00:26:23	210	00:42:40	189	00:18:56	186
199	259	Bilder	Lausberg	Dieter	SC Wegberg Rad	M50	12	01:28:02	00:27:47	245	00:40:00	129	00:20:15	228
200	389	Bilder	Lenz	Thomas		M30	17	01:28:13	00:26:54	230	00:42:32	186	00:18:47	182
201	308	Bilder	Marquardt	Thomas		M50	13	01:28:14	00:28:16	252	00:41:33	163	00:18:25	163
202	395	Bilder	Pikos	Günther	GKD Laufftreff	M40	60	01:28:15	00:26:14	207	00:41:34	164	00:20:27	232
203	367	Bilder	Dunke	Angelika	DLC Aachen	W55	1	01:28:17	00:24:16	151	00:45:28	239	00:18:33	171

204	242	Bilder	Frings	Thomas	Alsdorf	M40	61	01:28:22	00:24:56	178	00:44:47	229	00:18:39	175
205	344	Bilder	Schmühl	Thomas		M35	27	01:28:24	00:25:54	201	00:44:10	220	00:18:20	160
206	280	Bilder	Drexler	Stephan	LG RWE Power	M45	44	01:28:27	00:24:59	182	00:44:49	230	00:18:39	175
207	96	Bilder	Giffeler	Dieter		M35	28	01:28:32	00:26:28	214	00:42:05	179	00:19:59	221
207	153	Bilder	Hörhammer	Astrid		W25	2	01:28:32	00:24:10	144	00:46:31	258	00:17:51	141
209	223	Bilder	Rainer	Kathy	DJK "Löwe" Haml	W50	2	01:28:33	00:24:11	146	00:45:56	247	00:18:26	164
210	316	Bilder	Hirn	Matthias		M35	29	01:29:06	00:26:12	206	00:40:45	144	00:22:09	273
211	230	Bilder	Schnitzler	Norbert		M25	8	01:29:19	00:26:29	216	00:43:51	212	00:18:59	188
212	345	Bilder	Marseille	Oliver		M40	62	01:29:20	00:26:31	219	00:41:46	168	00:21:03	245
213	323	Bilder	Klinkenberg	Friedrich	Germania 07 Dür	M65	2	01:29:28	00:25:42	198	00:44:41	227	00:19:05	192
214	271	Bilder	Volk	Tim		M18	6	01:29:29	00:26:40	227	00:41:40	166	00:21:09	249
215	396	Bilder	Schönecken	Sascha	GKD Lauftreff	M35	30	01:29:34	00:24:29	163	00:46:05	251	00:19:00	189
216	124	Bilder	Dohmen	Hans-Bert		M50	14	01:29:43	00:24:52	175	00:44:14	221	00:20:37	237
217	143	Bilder	Völler	Elmar	Oecher Printen	M40	63	01:29:44	00:25:24	194	00:45:58	248	00:18:22	162
218	362	Bilder	Groß	Kathrin		W25	3	01:30:01	00:27:53	246	00:41:58	173	00:20:10	227
219	129	Bilder	Mose	Rüdiger	LC Weilerswist	M50	15	01:30:04	00:24:24	157	00:46:20	253	00:19:20	200
220	282	Bilder	Herzog	Thorsten		M25	9	01:30:08	00:26:27	213	00:42:12	181	00:21:29	255
221	370	Bilder	Crommelinck	Sophie	Aachener TG	W18	1	01:30:11	00:24:40	165	00:48:06	269	00:17:25	123
222	359	Bilder	Johnen	Heinrich	RRC Düren-Merk	M45	45	01:30:13	00:27:59	247	00:40:17	135	00:21:57	267
223	355	Bilder	Hammes	Guido		M40	64	01:30:20	00:26:35	222	00:43:46	208	00:19:59	221
224	304	Bilder	Hagens	Ralf	Lustlauf mein Ver	M40	65	01:30:33	00:24:36	164	00:46:01	249	00:19:56	219
225	217	Bilder	Casper	Claus	Erding.Alkoholfrei	M40	66	01:30:49	00:28:17	253	00:43:16	197	00:19:16	197
226	358	Bilder	Karier	Philippe		M25	10	01:30:54	00:27:46	244	00:43:54	215	00:19:14	196
227	399	Bilder	Göttel	Stefan		M25	11	01:30:56	00:26:28	214	00:45:35	241	00:18:53	184
228	252	Bilder	Jumpertz	Udo	Triathlon Waldfeu	M50	16	01:31:01	00:26:30	218	00:44:54	231	00:19:37	207
229	211	Bilder	Hildebrandt	Martin	Feuerw. SV Düss	M40	67	01:31:13	00:29:03	271	00:42:35	187	00:19:35	206
230	356	Bilder	Plum	Stephan	Team Kumpels fo	M45	46	01:31:17	00:25:35	196	00:45:50	246	00:19:52	214
231	234	Bilder	Nawrath	Peter		M40	68	01:31:19	00:26:38	224	00:43:24	203	00:21:17	252
232	244	Bilder	Braun	Dieter		M40	69	01:31:27	00:26:36	223	00:43:21	202	00:21:30	256
233	398	Bilder	Delonge	Christian	Schnee Weiß Eur	M40	70	01:31:36	00:26:29	216	00:43:50	211	00:21:17	252
234	290	Bilder	Navrath	Uwe	DJK Elmar Kohls	M45	47	01:31:39	00:28:08	251	00:42:01	175	00:21:30	256
234	57	Bilder	Driesch	Markus	Tus Mondorf	M45	48	01:31:39	00:25:17	191	00:46:30	257	00:19:52	214
236	248	Bilder	Stiller	Wolfgang	SC Delphin Esch	M50	17	01:31:40	00:26:32	220	00:46:23	256	00:18:45	180
237	336	Bilder	Wölm	Carsten	Erding.Alkoholfrei	M35	31	01:31:41	00:28:29	261	00:42:44	191	00:20:28	235

238	303	Bilder	Priesmeyer	Thomas	Lustlauf mein Ver	M50	18	01:31:42	00:25:40	197	00:00:00	01:06:02	305
239	283	Bilder	Grunwald	Dirk		M45	49	01:31:43	00:26:38	224	00:44:00	218 00:21:05	247
240	364	Bilder	Bruckhaus	Christoph	DLC Aachen	M45	50	01:31:50	00:28:05	250	00:40:57	147 00:22:48	283
241	266	Bilder	Wimmers	Jürgen		M45	51	01:32:00	00:28:30	262	00:42:25	184 00:21:05	247
242	106	Bilder	Braun	Torben		M25	12	01:32:10	00:24:27	161	00:49:04	278 00:18:39	175
243	296	Bilder	Greven	Ralf		M40	71	01:32:24	00:26:53	229	00:44:46	228 00:20:45	241
244	54	Bilder	Houben	Udo	Staubwolke Dürw	M45	52	01:32:43	00:25:55	202	00:46:21	254 00:20:27	232
245	330	Bilder	Piossek	Marc		M35	32	01:32:58	00:28:18	254	00:44:20	222 00:20:20	229
246	312	Bilder	Radermacher	Peter	DJK "Löwe" Haml	M50	19	01:33:19	00:28:49	265	00:42:56	193 00:21:34	262
247	347	Bilder	Wilms	Lothar	Athletik Waldniel	M50	20	01:33:21	00:27:44	242	00:43:55	217 00:21:42	264
248	366	Bilder	Frantzen	Detlef		M40	72	01:33:32	00:30:05	283	00:43:47	209 00:19:40	209
249	384	Bilder	Reich	Boris	LAC Mausbach	M40	73	01:33:47	00:28:31	263	00:43:17	198 00:21:59	268
250	327	Bilder	Ellinghoven-Krü	Gabi	Germania 07 Dür	W40	5	01:34:08	00:27:29	239	00:45:45	245 00:20:54	242
251	292	Bilder	Korgel	Anke	TEAM PRESSWL	W40	6	01:34:25	00:27:15	236	00:47:06	263 00:20:04	225
252	294	Bilder	von der Heiden	Miriam		W40	7	01:34:35	00:28:51	266	00:43:37	206 00:22:07	272
253	201	Bilder	Göpel	Volker	Pulheimer SC	M65	3	01:34:49	00:27:30	240	00:47:25	266 00:19:54	217
254	268	Bilder	Peters	Carsten		M35	33	01:34:53	00:28:51	266	00:43:45	207 00:22:17	276
255	32	Bilder	Knisch	Marc		M40	74	01:35:01	00:26:38	224	00:46:11	252 00:22:12	275
256	247	Bilder	Stiller	Roman	SC Delphin Eschn	M20	11	01:35:16	00:29:02	270	00:43:54	215 00:22:20	277
257	245	Bilder	Schiewe	Claudia	SC Delphin Eschn	W45	1	01:35:29	00:30:46	286	00:42:17	182 00:22:26	279
258	243	Bilder	Barna	Endre		M45	53	01:35:59	00:29:25	274	00:44:34	226 00:22:00	271
259	220	Bilder	Geiersbach	Kalle		M45	54	01:36:12	00:26:57	231	00:49:17	280 00:19:58	220
260	260	Bilder	Heinlein	Thomas		M45	55	01:36:17	00:28:22	258	00:44:25	224 00:23:30	289
261	263	Bilder	Brandt	Frank	DJK "Löwe" Haml	M30	18	01:36:21	00:27:07	233	00:48:32	272 00:20:42	240
262	371	Bilder	Heinen	Nicole	TG Neuss	W40	8	01:36:22	00:29:54	281	00:46:02	250 00:20:26	231
263	322	Bilder	Scherberich	Uschi	Brander SV Tri Te	W50	3	01:36:40	00:29:01	269	00:47:00	261 00:20:39	238
264	326	Bilder	Spellerberg	Simone	DLC Aachen	W50	4	01:36:48	00:28:36	264	00:47:15	264 00:20:57	243
265	400	Bilder	Blödorn	Britta		W40	9	01:37:02	00:26:32	220	00:50:26	285 00:20:04	225
266	251	Bilder	Wallenborn	Anna	TV Goch	W20	3	01:38:08	00:32:05	303	00:42:10	180 00:23:53	293
267	228	Bilder	Brüggemeier	Markus	Feuerw. SV Düss	M30	19	01:38:19	00:29:04	272	00:48:44	276 00:20:31	236
268	204	Bilder	Fank	Matthias		M45	56	01:38:22	00:31:11	292	00:45:12	236 00:21:59	268
269	380	Bilder	Hourtz	Silke		W40	10	01:38:23	00:28:21	256	00:48:32	272 00:21:30	256
270	236	Bilder	Plum	Günther	Hamich Runners	M50	21	01:38:27	00:29:24	273	00:00:00	01:21:42	308
271	318	Bilder	Willms	Konrad		M55	4	01:38:31	00:28:02	248	00:49:19	281 00:21:10	250

272	232	Bilder	Tosch	Angela	Lauftreff Inde Har	W40	11	01:38:49	00:31:05	291	00:45:35	241	00:22:09	273
273	306	Bilder	Inden	Sebastian		M20	12	01:39:23	00:29:47	279	00:44:57	232	00:24:39	297
274	313	Bilder	Hartl	Siggi	Erlebnisclub Hep	M50	22	01:39:42	00:28:59	268	00:47:51	268	00:22:52	285
275	301	Bilder	Janssen	Henri	Lustlauf mein Ver	M60	3	01:39:50	00:28:25	259	00:49:26	283	00:21:59	268
276	274	Bilder	Hauber	Michael		M50	23	01:39:56	00:31:25	296	00:45:31	240	00:23:00	287
277	231	Bilder	Schild	Bianca	ASV Süchteln	W40	12	01:40:04	00:28:04	249	00:50:20	284	00:21:40	263
278	383	Bilder	Müller	Rolf	Oecher Printen	M40	75	01:40:36	00:31:41	301	00:48:28	271	00:20:27	232
279	315	Bilder	Betray	Jonas	DACHSER Köln	M20	13	01:40:43	00:31:15	295	00:46:32	259	00:22:56	286
280	325	Bilder	Rudat	Sandra	Germania 07 Dür	W30	4	01:40:51	00:27:31	241	00:53:38	292	00:19:42	211
281	262	Bilder	Lamm	Andreas		M45	57	01:41:06	00:29:41	276	00:48:40	274	00:22:45	281
282	257	Bilder	Zimmermann	Andreas		M45	58	01:41:07	00:29:42	277	00:48:40	274	00:22:45	281
283	382	Bilder	Vergoels	Marcel	Oecher Printen	M30	20	01:41:38	00:31:42	302	00:48:53	277	00:21:03	245
284	203	Bilder	Maubach	Manfred		M40	76	01:41:41	00:30:58	289	00:45:13	237	00:25:30	299
285	273	Bilder	Hauber	Ivonne		W40	13	01:41:54	00:31:27	297	00:47:15	264	00:23:12	288
286	388	Bilder	Hackländer	Torsten	GC Hoog Vaals	M45	59	01:42:07	00:32:13	305	00:46:21	254	00:23:33	290
287	392	Bilder	Soens	Marcel		M35	34	01:42:42	00:31:04	290	00:47:31	267	00:24:07	294
288	297	Bilder	Baumann	Udo	Lustlauf mein Ver	M40	77	01:43:17	00:29:51	280	00:51:55	289	00:21:31	260
289	287	Bilder	Jordans	Melanie		W30	5	01:43:20	00:28:21	256	00:54:18	294	00:20:41	239
290	305	Bilder	Sieben	Rene		M35	35	01:43:34	00:29:31	275	00:51:35	287	00:22:28	280
291	365	Bilder	Frantzen	Andrea		W40	14	01:43:59	00:30:00	282	00:52:33	290	00:21:26	254
292	314	Bilder	Rothaupt	Marga	Radreisen-Beck	W55	2	01:44:20	00:32:09	304	00:48:24	270	00:23:47	292
293	278	Bilder	Hoppe	Birgit	leistungsdiagnost	W30	6	01:44:32	00:31:39	299	00:49:12	279	00:23:41	291
294	390	Bilder	Schippers	Mario		M40	78	01:44:47	00:30:47	287	00:49:23	282	00:24:37	296
295	391	Bilder	Schwieger	Simone		W35	5	01:45:08	00:30:53	288	00:51:51	288	00:22:24	278
296	331	Bilder	Vanrijkel	Marijke		W40	15	01:45:40	00:31:39	299	00:51:11	286	00:22:50	284
297	376	Bilder	Großek	Anja	DJK "Löwe" Haml	W20	4	01:45:59	00:30:27	284	00:53:39	293	00:21:53	265
298	375	Bilder	Daniel	Julia	DJK "Löwe" Haml	W25	4	01:46:00	00:30:29	285	00:53:36	291	00:21:55	266
299	324	Bilder	Gottschalk	Elke	Germania 07 Dür	W35	6	01:49:42	00:32:53	306	00:00:00		01:16:49	307
300	328	Bilder	Limpens	Diana	Germania 07 Dür	W30	7	01:49:53	00:29:46	278	00:55:55	296	00:24:12	295
301	357	Bilder	Dohm	Matthias	ESG- Eschweiler	M40	79	01:50:10	00:31:14	294	00:57:26	301	00:21:30	256
301	354	Bilder	Stiel	Martina		W35	7	01:50:10	00:31:13	293	00:57:26	301	00:21:31	260
303	353	Bilder	Steffens	Angelique	Gymnasium Zitad	W18	2	01:53:54	00:31:29	298	00:56:57	298	00:25:28	298
304	295	Bilder	Weinhold	Claudia		W40	16	01:59:30	00:36:10	308	00:55:26	295	00:27:54	300
305	291	Bilder	Sauerteig	Dieter	RSC Krähe Korne	M60	4	02:00:01	00:34:17	307	00:57:21	300	00:28:23	301

306	277	Bilder	Kaminski	Andreas	leistungsdiagnost	M40	80	02:02:20	00:37:11	310	00:56:22	297	00:28:47	302
307	255	Bilder	Fischer	Susanne		W40	17	02:09:05	00:37:47	311	00:59:17	303	00:32:01	303
308	310	Bilder	Contzen	Florian	DACHSER Köln	M30	21	02:21:25	00:36:34	309	01:11:34	305	00:33:17	304