

| L.-Nr | St.-Nr | Name          | Vorname     | Jahr | NAT | Verein                | G | PG | AK       | PAK | Min/KM  | Zeit       |
|-------|--------|---------------|-------------|------|-----|-----------------------|---|----|----------|-----|---------|------------|
| 1     | 858    | von Kuk       | Carsten     | 1967 |     | LT DSHS Köln          |   |    | 1 M30    | 1   | 03:15,4 | 00:27:41.1 |
| 2     | 818    | Velter        | Sascha      | 1974 |     | Remscheid             |   |    | 2 MHK    | 1   | 03:25,8 | 00:29:01.7 |
| 3     | 857    | Klaue         | Christian   | 1975 |     | LT DSHS Köln          |   |    | 3 MHK    | 2   | 03:27,7 | 00:29:17.8 |
| 4     | 361    | Böttcher      | Dennis      | 1986 |     | RöGy                  |   |    | 4 MJugB  | 1   | 03:35,8 | 00:30:26.5 |
| 5     | 467    | Schmidt       | Daniel      | 1986 |     | Albert-Schweitzer-Re  |   |    | 5 MJugB  | 2   | 03:45,1 | 00:31:54.6 |
| 6     | 855    | Klostermann   | Waltraud    | 1960 |     | SuS Schalke 96        | W |    | 1 W40    | 1   | 03:47,8 | 00:32:08.3 |
| 7     | 129    | Kudelka       | Arthur      | 1978 |     | Remscheid             |   |    | 6 MHK    | 3   | 03:47,0 | 00:32:10.4 |
| 8     | 704    | Werth         | Christian   | 1985 |     | TSV Bayer 04 Leverk   |   |    | 7 MJugB  | 3   | 03:53,1 | 00:33:02.2 |
| 9     | 601    | Korte         | Norbert     | 1950 |     | LC Wuppertal          |   |    | 8 M50    | 1   | 03:55,2 | 00:33:20.1 |
| 10    | 613    | Rottschy      | Bianca      | 1982 |     | Radevormwald          | W |    | 2 WJugA  | 1   | 03:55,4 | 00:33:21.9 |
| 11    | 546    | Görgun        | Fathi       | 1987 |     | GHS                   |   |    | 9 MJugB  | 4   | 03:56,2 | 00:33:28.6 |
| 12    | 448    | Brandhoff     | Uli         | 1985 |     | Remscheid             |   |    | 10 MJugB | 5   | 03:57,4 | 00:33:38.9 |
| 13    | 397    | Heischkamp    | Gerd        | 1977 |     | Remscheid             |   |    | 11 MHK   | 4   | 03:58,8 | 00:33:42.4 |
| 14    | 809    | Heischkamp    | Dirk        | 1981 |     |                       |   |    | 12 MHK   | 5   | 03:58,8 | 00:33:42.8 |
| 15    | 399    | Handschuh     | Andre       | 1980 |     | LT Alsdorf-Ost        |   |    | 13 MHK   | 6   | 04:05,5 | 00:34:47.9 |
| 16    | 188    | Wagner        | Runald      | 1948 |     | LG Hünxe              |   |    | 14 M50   | 2   | 04:09,5 | 00:35:21.4 |
| 17    | 863    | Courts        | Rainer      | 1960 |     | RTB/LG Remscheid      |   |    | 15 M40   | 1   | 04:16,8 | 00:36:15.8 |
| 18    | 422    | Rick          | Sven-Niclas | 1988 |     | Remscheider SV        |   |    | 16 MJugB | 6   | 04:18,2 | 00:36:35.6 |
| 19    | 236    | Giebisch      | Thomas      | 1962 |     | Leibniz-Gym. Remsch   |   |    | 17 M35   | 1   | 04:18,5 | 00:36:38.9 |
| 20    | 664    | Triebel       | Laurent     | 1982 |     | Remscheid             |   |    | 18 MJugA | 1   | 04:21,2 | 00:37:01.8 |
| 21    | 130    | Puppe         | Helmut      | 1963 |     | Remscheid             |   |    | 19 M35   | 2   | 04:25,2 | 00:37:35.2 |
| 22    | 152    | Kouz          | Marco       | 1974 |     | Wuppertal             |   |    | 20 MHK   | 7   | 04:27,6 | 00:37:55.7 |
| 23    | 363    | Platzer       | Moritz      | 1986 |     | RöGy                  |   |    | 21 MJugB | 7   | 04:28,7 | 00:37:56.4 |
| 24    | 808    | Symantzik     | Andreas     | 1968 |     | Remscheid             |   |    | 22 M30   | 2   | 04:28,7 | 00:37:56.9 |
| 25    | 364    | Thun          | Fabian      | 1985 |     | RöGy                  |   |    | 23 MJugB | 8   | 04:28,5 | 00:38:03.0 |
| 26    | 362    | Holz          | Gerrit      | 1986 |     | RöGy                  |   |    | 24 MJugB | 9   | 04:30,4 | 00:38:19.4 |
| 27    | 612    | Schuppert     | Michael     | 1955 |     | Lenneper TG           |   |    | 25 M45   | 1   | 04:34,4 | 00:38:53.9 |
| 28    | 608    | Beitzer       | Arnd        | 1959 |     | Sambuca Tri Team R    |   |    | 26 M40   | 2   | 04:36,4 | 00:39:10.3 |
| 29    | 371    | Brozulat      | Frank       | 1957 |     | RöGy                  |   |    | 27 M40   | 3   | 04:37,1 | 00:39:16.6 |
| 30    | 128    | Droste        | Marc        | 1975 |     | Radevormwald          |   |    | 28 MHK   | 8   | 04:38,3 | 00:39:26.8 |
| 31    | 678    | Cromm         | Rolf        | 1936 |     | TV Herkenrath         |   |    | 29 M65   | 1   | 04:42,2 | 00:39:59.9 |
| 32    | 703    | Neumann       | Markus      | 1985 |     | TSV Bayer 04 Leverk   |   |    | 30 MJugB | 10  | 04:43,7 | 00:40:03.1 |
| 33    | 431    | Pätz          | Sascha      | 1973 |     | Shangrila Sp.-u.Freiz |   |    | 31 MHK   | 9   | 04:43,9 | 00:40:05.2 |
| 34    | 249    | Schnitzler    | Michael     | 1949 |     | Team Atemlos Mühlh    |   |    | 32 M50   | 3   | 04:45,7 | 00:40:20.9 |
| 35    | 338    | Peinke        | Julian      | 1988 |     | RöGy                  |   |    | 33 MJugB | 11  | 04:45,6 | 00:40:28.1 |
| 36    | 134    | Dachrodt      | Edgar       | 1958 |     | Adler Lüttringhausen  |   |    | 34 M40   | 4   | 04:46,0 | 00:40:31.8 |
| 37    | 864    | Terörde       | Lars        | 1969 |     | Düsseldorf            |   |    | 35 M30   | 3   | 04:48,7 | 00:40:46.3 |
| 38    | 146    | Schiesser     | Miriam      | 1979 |     | Köln                  | W |    | 3 WHK    | 1   | 04:48,0 | 00:40:48.0 |
| 39    | 398    | Sauer         | Karlo       | 1956 |     | Radevormwald          |   |    | 36 M45   | 2   | 04:51,8 | 00:41:12.0 |
| 40    | 686    | Schneider     | Timm        | 1988 |     | LG Remscheid          |   |    | 37 MJugB | 12  | 04:51,0 | 00:41:14.5 |
| 41    | 625    | Rauch         | Axel        | 1964 |     | Remscheid             |   |    | 38 M35   | 3   | 04:52,2 | 00:41:24.1 |
| 42    | 610    | Belzer        | Heiko       | 1969 |     | Wuppertal             |   |    | 39 M30   | 4   | 04:52,2 | 00:41:24.8 |
| 43    | 485    | Koch          | Stephan     | 1970 |     | Remscheid             |   |    | 40 M30   | 5   | 04:52,4 | 00:41:26.4 |
| 44    | 374    | Meißner       | Torsten     | 1964 |     | Remscheid             |   |    | 41 M35   | 4   | 04:55,2 | 00:41:50.1 |
| 45    | 851    | Kurth         | Michael     | 1969 |     | Remscheid             |   |    | 42 M30   | 6   | 04:57,8 | 00:42:03.6 |
| 46    | 365    | Volmer-Zurhov | Mechthild   | 1965 |     | RöGy                  | W |    | 4 W35    | 1   | 04:58,4 | 00:42:17.5 |
| 47    | 852    | Neuheuser     | Ralf        | 1954 |     | Arnsberg              |   |    | 43 M45   | 3   | 05:00,0 | 00:42:30.6 |
| 48    | 155    | Frieg         | Matthias    | 1977 |     | Remscheid             |   |    | 44 MHK   | 10  | 05:00,1 | 00:42:31.6 |
| 49    | 665    | Plesnik       | Marko       | 1981 |     | Lüttringhauser TV     |   |    | 45 MHK   | 11  | 05:00,5 | 00:42:35.0 |
| 50    | 865    | Resing        | Stephan     | 1981 |     | TV Vreden             |   |    | 46 MHK   | 12  | 05:01,2 | 00:42:41.2 |
| 51    | 676    | Gaus          | Evelyn      | 1957 |     | Meerbusch             | W |    | 5 W40    | 2   | 05:02,1 | 00:42:48.7 |
| 52    | 412    | Halbach       | Anke        | 1979 |     | LSV Tri Team Remsc    | W |    | 6 WHK    | 2   | 05:03,8 | 00:42:54.3 |
| 53    | 124    | Tymiec        | Hendrik     | 1977 |     | Wuppertal             |   |    | 47 MHK   | 13  | 05:05,0 | 00:43:13.3 |
| 54    | 824    | Vogelsang     | Dirk        | 1963 |     | BSG Urbinger          |   |    | 48 M35   | 5   | 05:05,1 | 00:43:14.6 |
| 55    | 617    | Schneider     | Markus      | 1979 |     | Deutscher Pfadfinder  |   |    | 49 MHK   | 14  | 05:05,2 | 00:43:15.0 |
| 56    | 685    | Schneider     | Thomas      | 1955 |     | Ski Club Remscheid    |   |    | 50 M45   | 4   | 05:05,2 | 00:43:15.2 |
| 57    | 837    | Krätzig       | Ernst       | 1944 |     | TV Herbach            |   |    | 51 M55   | 1   | 05:07,5 | 00:43:34.8 |
| 58    | 187    | Moser         | Martina     | 1964 |     | Radevormwald          | W |    | 7 W35    | 2   | 05:10,2 | 00:43:57.8 |
| 59    | 675    | Gaus          | Dr.Michael  | 1957 |     | Krefeld               |   |    | 52 M40   | 5   | 05:10,5 | 00:44:00.9 |
| 60    | 574    | Adamietz      | Bernd       | 1956 |     | Wermelskirchen        |   |    | 53 M45   | 5   | 05:11,7 | 00:44:01.4 |
| 61    | 131    | Esser         | Frank       | 1968 |     | SV Ertstolz Niederau  |   |    | 54 M30   | 7   | 05:11,4 | 00:44:07.1 |
| 62    | 122    | Saur          | Hans-Jürgen | 1944 |     | Reinshagener TB       |   |    | 55 M55   | 2   | 05:12,5 | 00:44:17.6 |



| L.-Nr | St.-Nr | Name           | Vorname      | Jahr | NAT | Verein                | G | PG | AK | PAK   | Min/KM | Zeit    |            |
|-------|--------|----------------|--------------|------|-----|-----------------------|---|----|----|-------|--------|---------|------------|
| 63    | 842    | Wolfertz       | Horst        | 1934 |     | Solinger LC           |   |    | 56 | M65   | 2      | 05:14,1 | 00:44:30.1 |
| 64    | 137    | Köppe          | Dr. Hans Mar | 1964 |     | Köln                  |   |    | 57 | M35   | 6      | 05:16,7 | 00:44:44.8 |
| 65    | 143    | Opitz          | Helmut       | 1949 |     | Sportclub Rot-Weiss   |   |    | 58 | M50   | 4      | 05:17,4 | 00:44:58.0 |
| 66    | 689    | Lessing        | Karsten      | 1955 |     | Wuppertal             |   |    | 59 | M45   | 6      | 05:17,5 | 00:44:59.2 |
| 67    | 186    | Kettermann     | Tanja        | 1974 |     | Remscheid             | W |    | 8  | WHK   | 3      | 05:17,6 | 00:45:00.3 |
| 68    | 621    | Thiel          | Ralf         | 1950 |     | RBS                   |   |    | 60 | M50   | 5      | 05:18,8 | 00:45:02.7 |
| 69    | 162    | Picard         | Dr. Michael- | 1954 |     | Remscheid             |   |    | 61 | M45   | 7      | 05:19,2 | 00:45:14.4 |
| 70    | 600    | Richter        | Thorsten     | 1966 |     | Remscheid             |   |    | 62 | M35   | 7      | 05:20,8 | 00:45:19.4 |
| 71    | 161    | Hillebrenner   | Lars         | 1974 |     | LT Barmenia Wuppert   |   |    | 63 | MHK   | 15     | 05:20,2 | 00:45:22.7 |
| 72    | 509    | Passen         | Frank        | 1964 |     | Remscheid             |   |    | 64 | M35   | 8      | 05:20,3 | 00:45:23.9 |
| 73    | 849    | Hey            | Roland       | 1955 |     | Cross Lauf            |   |    | 65 | M45   | 8      | 05:20,4 | 00:45:24.3 |
| 74    | 429    | Separdanis     | Constanious  | 1975 |     | Shangrila Sp.-u.Freiz |   |    | 66 | MHK   | 16     | 05:21,2 | 00:45:31.4 |
| 75    | 263    | Meinerz        | Thomas       | 1955 |     | TG Burg               |   |    | 67 | M45   | 9      | 05:25,0 | 00:46:03.4 |
| 76    | 829    | Rücke          | Birgit       | 1970 |     | Cross-Lauf            | W |    | 9  | W30   | 1      | 05:26,8 | 00:46:10.0 |
| 77    | 428    | Saxe           | Cornelia     | 1975 |     | Shangrila Sp.-u.Freiz | W |    | 10 | WHK   | 4      | 05:26,3 | 00:46:14.9 |
| 78    | 838    | Schmidt        | Hans         | 1943 |     | TV Herbeck            |   |    | 68 | M55   | 3      | 05:27,9 | 00:46:19.4 |
| 79    | 640    | Schäfer        | Hans Herma   | 1947 |     | BSG Allianz Köln      |   |    | 69 | M50   | 6      | 05:27,5 | 00:46:24.7 |
| 80    | 587    | Arnusch        | Georg        | 1958 |     | Radevormwald          |   |    | 70 | M40   | 6      | 05:30,3 | 00:46:48.8 |
| 81    | 185    | Fokken         | August       | 1954 |     | SV Bayer 08 Uerding   |   |    | 71 | M45   | 10     | 05:31,8 | 00:46:52.3 |
| 82    | 227    | Steinbrink     | Bjoern       | 1976 |     | Bodyfit               |   |    | 72 | MHK   | 17     | 05:32,8 | 00:47:01.6 |
| 83    | 157    | Runkel         | Christina    | 1984 |     |                       | W |    | 11 | WJugB | 1      | 05:34,4 | 00:47:23.1 |
| 84    | 822    | Manß           | Thomas       | 1973 |     | Remscheid             |   |    | 73 | MHK   | 18     | 05:36,3 | 00:47:39.5 |
| 85    | 443    | Riemer         | Dirk         | 1960 |     | Remscheider SV        |   |    | 74 | M40   | 7      | 05:39,1 | 00:48:03.7 |
| 86    | 197    | Bleikamp       | Volker       | 1957 |     | BTC Herne             |   |    | 75 | M40   | 8      | 05:41,0 | 00:48:19.5 |
| 87    | 862    | Kornmann       | Anna-Maria   | 1950 |     | Bochum                |   |    | 76 | M50   | 7      | 05:41,1 | 00:48:20.0 |
| 88    | 177    | Hungerbach     | Jürgen       | 1941 |     | Lenneper TG           |   |    | 77 | M60   | 1      | 05:46,3 | 00:49:04.1 |
| 89    | 673    | Schnipping     | Ralf         | 1960 |     | Remscheid             |   |    | 78 | M40   | 9      | 05:46,5 | 00:49:06.6 |
| 90    | 444    | Riemer         | Gerd         | 1934 |     | Remscheider SV        |   |    | 79 | M65   | 3      | 05:47,8 | 00:49:08.8 |
| 91    | 670    | Rogowski       | Nicola       | 1968 |     | TSV Radevormwald      | W |    | 12 | W30   | 2      | 05:49,7 | 00:49:24.7 |
| 92    | 577    | Anders         | Werner       | 1954 |     | Remscheid             |   |    | 80 | M45   | 11     | 05:51,2 | 00:49:46.1 |
| 93    | 359    | Lehmann        | Martin       | 1991 |     | RöGy                  |   |    | 81 | MJugB | 13     | 05:53,7 | 00:49:58.5 |
| 94    | 575    | Wüseke         | Frauke       | 1963 |     | Remscheid             | W |    | 13 | W35   | 3      | 05:53,2 | 00:50:03.9 |
| 95    | 126    | Häde           | Holger       | 1962 |     | Remscheid             |   |    | 82 | M35   | 9      | 05:53,4 | 00:50:04.7 |
| 96    | 803    | Weißelberg     | Katharina    | 1957 |     | Gevelsberg            | W |    | 14 | W40   | 3      | 05:53,5 | 00:50:05.5 |
| 97    | 669    | Branscheid     | Marianne     | 1943 |     | TC Grün Weiß Lenne    | W |    | 15 | W55   | 1      | 05:58,3 | 00:50:46.9 |
| 98    | 513    | Gittermann     | Thomas       | 1968 |     | Wermelskirchen        |   |    | 83 | M30   | 8      | 05:58,4 | 00:50:47.6 |
| 99    | 245    | Stuhlmüller    | Rainer       | 1962 |     | Remscheid             |   |    | 84 | M35   | 10     | 05:60,7 | 00:50:58.4 |
| 100   | 647    | Kammerhoff     | Susanne      | 1967 |     | Remscheid             | W |    | 16 | W30   | 3      | 06:00,0 | 00:51:00.6 |
| 101   | 548    | Mehmedovic     | Zemir        | 1986 |     | GHS                   |   |    | 85 | MJugB | 14     | 06:00,2 | 00:51:02.8 |
| 102   | 254    | Autenrieb      | Melanie      | 1970 |     | Lenneper TG           | W |    | 17 | W30   | 4      | 06:01,9 | 00:51:08.2 |
| 103   | 163    | Evertz         | Nicole       | 1971 |     | Wuppertal             | W |    | 18 | W30   | 5      | 06:01,0 | 00:51:09.0 |
| 104   | 147    | Wiechert       | Wolfgang     | 1949 |     | Wuppertal             |   |    | 86 | M50   | 8      | 06:02,1 | 00:51:18.1 |
| 105   | 441    | Schemm         | Brigitte     | 1953 |     | Remscheid             | W |    | 19 | W45   | 1      | 06:05,4 | 00:51:46.2 |
| 106   | 375    | Becker         | Petra        | 1974 |     | Weimar                | W |    | 20 | WHK   | 5      | 06:05,5 | 00:51:47.1 |
| 107   | 425    | Krzok          | Sabine       | 1967 |     | Remscheid             | W |    | 21 | W30   | 6      | 06:09,8 | 00:52:15.9 |
| 108   | 603    | Zitlau         | Dirk         | 1963 |     | Wuppertal             |   |    | 87 | M35   | 11     | 06:09,1 | 00:52:18.7 |
| 109   | 367    | Pirags         | Stefanie     | 1966 |     | RöGy                  | W |    | 22 | W35   | 4      | 06:09,4 | 00:52:20.6 |
| 110   | 247    | Simon          | Petra        | 1963 |     | Laufschule Frank Wa   | W |    | 23 | W35   | 5      | 06:10,0 | 00:52:25.3 |
| 111   | 125    | Borgschulte    | Annette      | 1964 |     | LT Reinshagen         | W |    | 24 | W35   | 6      | 06:10,0 | 00:52:25.7 |
| 112   | 853    | Wittenstein-Ne | Barbara      | 1955 |     | Arnsberg              | W |    | 25 | W45   | 2      | 06:11,2 | 00:52:36.2 |
| 113   | 557    | Dos Santos     | Paolo        | 1972 |     | Bodyfit               |   |    | 88 | MHK   | 19     | 06:15,4 | 00:53:11.9 |
| 114   | 839    | Kleine         | Michaela     | 1972 |     | Arnsberg              | W |    | 26 | WHK   | 6      | 06:17,8 | 00:53:23.2 |
| 115   | 823    | Jochum         | Melanie      | 1973 |     | Wermelskirchen        | W |    | 27 | WHK   | 7      | 06:17,9 | 00:53:24.0 |
| 116   | 624    | Interthal      | Ulrich       | 1942 |     | Remscheid             |   |    | 89 | M55   | 4      | 06:19,2 | 00:53:44.1 |
| 117   | 515    | Weilerhaus     | Gudrun       | 1964 |     | Wermelskirchen        | W |    | 28 | W35   | 7      | 06:20,8 | 00:53:49.2 |
| 118   | 806    | Hermanns       | Anja         | 1967 |     | SG Westhausen         | W |    | 29 | W30   | 7      | 06:21,2 | 00:54:01.7 |
| 119   | 805    | Groneberg      | Susanne      | 1968 |     | SG Westhausen         | W |    | 30 | W30   | 8      | 06:23,1 | 00:54:17.9 |
| 120   | 421    | Nell-Schliesma | Antje        | 1957 |     | Lenneper TG           | W |    | 31 | W40   | 4      | 06:24,0 | 00:54:24.3 |
| 121   | 199    | Möller         | Tanja        | 1971 |     | Remscheid             | W |    | 32 | W30   | 9      | 06:24,3 | 00:54:27.5 |
| 122   | 423    | Luchtman       | Detlef       | 1972 |     | Essen                 |   |    | 90 | MHK   | 20     | 06:27,7 | 00:54:47.0 |
| 123   | 424    | Köhler         | Angela       | 1981 |     | Essen                 | W |    | 33 | WHK   | 8      | 06:27,7 | 00:54:47.4 |
| 124   | 102    | Roose          | Henning      | 1990 |     | Remscheid             |   |    | 91 | MJugB | 15     | 06:27,8 | 00:54:48.4 |



**TEAM SOFT**  
COMPUTER-SPORTZEIT  
Herstellung: Die Sportzeit für Ihre Mannschaft

# 1. Röntgen Crosslauf über 8.5 KM

Samstag, 27. Oktober 2001

Lenneper TG

| L.-Nr | St.-Nr | Name           | Vorname    | Jahr | NAT | Verein               | G | PG  | AK    | PAK | Min/KM  | Zeit       |
|-------|--------|----------------|------------|------|-----|----------------------|---|-----|-------|-----|---------|------------|
| 125   | 226    | Antunes        | Isabel     | 1964 |     | Bodyfit              | W | 34  | W35   | 8   | 06:28,8 | 00:54:57.0 |
| 126   | 859    | Schein         | Britta     | 1969 |     | Bodyfit              | W | 35  | W30   | 10  | 06:28,8 | 00:54:57.4 |
| 127   | 560    | Antunes        | Pedro      | 1963 |     | Bodyfit              |   | 92  | M35   | 12  | 06:28,8 | 00:54:57.8 |
| 128   | 558    | Rusch          | Jörg       | 1959 |     | Bodyfit              |   | 93  | M40   | 10  | 06:28,0 | 00:54:58.2 |
| 129   | 258    | Pfeifer        | Mirijam    | 1976 |     | Remscheid            | W | 36  | WHK   | 9   | 06:29,9 | 00:55:06.0 |
| 130   | 814    | Zeisel         | Sonja      | 1982 |     | RTB/LG Remscheid     | W | 37  | WJugA | 2   | 06:30,8 | 00:55:14.3 |
| 131   | 175    | Bischof        | Iris       | 1970 |     | Hamburg              | W | 38  | W30   | 11  | 06:31,4 | 00:55:27.3 |
| 132   | 174    | Schmitz        | Jens-Peter | 1965 |     | Hamburg              |   | 94  | M35   | 13  | 06:31,4 | 00:55:27.7 |
| 133   | 133    | Langer         | Dagmar     | 1963 |     | Reinshagener TB      | W | 39  | W35   | 9   | 06:32,8 | 00:55:31.2 |
| 134   | 180    | Reissinger     | Barbara    | 1970 |     | Köln                 | W | 40  | W30   | 12  | 06:32,3 | 00:55:35.8 |
| 135   | 183    | Freiheit-Fokke | Edith      | 1954 |     | SC Bayer 05 Uerding  | W | 41  | W45   | 3   | 06:33,9 | 00:55:40.4 |
| 136   | 246    | Simon          | Frank      | 1960 |     | Goldenberger TV      |   | 95  | M40   | 11  | 06:36,2 | 00:56:08.3 |
| 137   | 626    | Rauch          | Anke       | 1965 |     | Remscheid            | W | 42  | W35   | 10  | 06:36,3 | 00:56:09.3 |
| 138   | 179    | Warner         | Sigrid     | 1951 |     | Remscheid            | W | 43  | W50   | 1   | 06:39,6 | 00:56:37.0 |
| 139   | 521    | Rausch         | Adrian     | 1986 |     | GHS                  |   | 96  | MJugB | 16  | 06:44,7 | 00:57:12.7 |
| 140   | 190    | Schwick        | Angelika   | 1956 |     | Remscheid            | W | 44  | W45   | 4   | 06:44,8 | 00:57:13.6 |
| 141   | 366    | Herrmann       | Heidi      | 1953 |     | RöGy                 | W | 45  | W45   | 5   | 06:47,0 | 00:57:40.1 |
| 142   | 804    | Schmidt        | Antje      | 1967 |     | Remscheid            | W | 46  | W30   | 13  | 06:48,7 | 00:57:46.5 |
| 143   | 679    | Skibba         | Gisa       | 1948 |     | TV Herkenrath        | W | 47  | W50   | 2   | 06:51,9 | 00:58:13.1 |
| 144   | 135    | Köhn           | Elke       | 1941 |     | TC Grün-Weiß Lenne   | W | 48  | W60   | 1   | 06:54,7 | 00:58:37.1 |
| 145   | 380    | Bakenhus       | Frauke     | 1970 |     |                      | W | 49  | W30   | 14  | 06:55,1 | 00:58:49.9 |
| 146   | 379    | Roth           | Alke       | 1976 |     | Lauflust Wermelskirc | W | 50  | WHK   | 10  | 06:55,4 | 00:58:51.6 |
| 147   | 381    | Roth           | Meike      | 1944 |     | Lauflust Wermelskirc | W | 51  | W55   | 2   | 06:57,1 | 00:59:06.8 |
| 148   | 228    | Borgschulte    | Klaus      | 1960 |     | Remscheid            |   | 97  | M40   | 12  | 06:58,1 | 00:59:14.2 |
| 149   | 611    | Krack          | Anke       | 1977 |     | Passtschon 98        | W | 52  | WHK   | 11  | 06:59,8 | 00:59:20.0 |
| 150   | 221    | Schubach       | Sabine     | 1965 |     | Remscheid            | W | 53  | W35   | 11  | 07:00,1 | 00:59:31.9 |
| 151   | 710    | Weber          | Karin      | 1947 |     | Remscheid            | W | 54  | W50   | 3   | 07:01,9 | 00:59:38.1 |
| 152   | 529    | Hammes         | Tim        | 1988 |     | GHS                  |   | 98  | MJugB | 17  | 07:02,4 | 00:59:51.8 |
| 153   | 511    | Quiniou        | Therese    | 1958 | FRA | Ploneour Footingclub | W | 55  | W40   | 5   | 07:02,5 | 00:59:52.5 |
| 154   | 510    | Le Goff        | Amanda     | 1936 | FRA | Rederien Ar Braden   | W | 56  | W65   | 1   | 07:02,5 | 00:59:52.9 |
| 155   | 384    | Juditzki       | Iris       | 1964 |     | Krefeld              | W | 57  | W35   | 12  | 07:03,8 | 00:59:54.4 |
| 156   | 123    | Tymiec         | Anemone    | 1951 |     | Wuppertal            | W | 58  | W50   | 4   | 07:07,2 | 01:00:32.9 |
| 157   | 553    | Brenke         | F.         | 1950 |     | GHS                  | W | 59  | W50   | 5   | 07:07,5 | 01:00:34.1 |
| 158   | 554    | Meuschke       | H.         | 1950 | CHE | GHS                  |   | 99  | M50   | 9   | 07:07,5 | 01:00:34.6 |
| 159   | 189    | Wunderlich     | Martin     | 1970 |     | Passtschon 98        |   | 100 | M30   | 9   | 07:22,4 | 01:02:41.8 |
| 160   | 641    | Schäfer        | Erika      | 1948 |     | BSG Allianz Köln     | W | 60  | W50   | 6   | 07:25,1 | 01:03:04.0 |
| 161   | 668    | Weigand        | Birgit     | 1969 |     | TuS Niederwermelskir | W | 61  | W30   | 15  | 07:49,7 | 01:06:24.7 |
| 162   | 225    | Neubecker      | Christa    | 1935 |     | Bodyfit              | W | 62  | W65   | 2   | 08:00,5 | 01:08:05.8 |