

| Gesamt | | | | | | | | |
|--------------------------|---------------------------|------------|--------|--------------|----------------|-----------------|-----------------------|--------|
| Name | Verein/Ort | Geschlecht | Klasse | Malberg lauf | Löwenburg lauf | Rheinhöhen lauf | Siebegebirgs Marathon | Gesamt |
| 1 Weiser, Daniel | LAZ Puma Troisdorf/Siegb. | M | M30 | 295,47 | 298,97 | 267,42 | | 861,86 |
| 2 Achtendung, John | LAZ Puma Troisdorf/Siegb. | M | M35 | 276,64 | 295,88 | 261,02 | | 833,55 |
| 3 Apfelbaum, Frank | SSG Königswinter | M | M45 | 270,19 | 300,00 | 263,34 | | 833,53 |
| 4 Penno, Winni | SSG Königswinter | M | M40 | 261,47 | 281,40 | 243,06 | | 785,93 |
| 5 Mauel, Thomas | SSG Königswinter | M | M45 | 240,38 | 275,67 | 241,53 | | 757,58 |
| 6 Grabowski, Jan | LT Siebengebirge | M | M45 | 246,83 | 268,24 | 239,71 | | 754,78 |
| 7 Engels, Herbie | LLG St. Augustin | M | M60 | 246,30 | 270,96 | 233,74 | | 751,01 |
| 8 Röttger, Florian | LT Bundesnetzagentur | M | M30 | 238,63 | 272,21 | 236,42 | | 747,27 |
| 9 Wagner, Erwin | LT SV Westum | M | M55 | 238,11 | 265,01 | 223,26 | | 726,38 |
| 10 christ, thomas | TuS Rodenbach AH | M | M45 | 230,79 | 255,75 | 223,26 | | 709,80 |
| 11 Coellner, Fabio | | M | M35 | 233,93 | 258,84 | 214,68 | | 707,44 |
| 12 Lelke, Carsten | | M | M45 | 224,16 | 267,88 | 214,25 | | 706,29 |
| 13 Zimmermann, Sebastian | | M | M20 | 220,68 | 267,14 | 213,70 | | 701,52 |
| 14 Schneider, Udo | LT TuS Meindorf | M | M40 | 223,64 | 263,54 | 209,14 | | 696,32 |
| 15 Rasch, Torsten | LT Siebengebirge | M | M45 | 240,38 | 254,57 | 197,08 | | 692,03 |
| 16 Schneider, Ulrich | VfL Waldbreitbach | M | M50 | 222,07 | 249,13 | 204,20 | | 675,41 |
| 17 Pfeilsticker, Daniel | www.Sportkalender-Bonn.de | M | M35 | 223,47 | 247,44 | 203,59 | | 674,50 |
| 18 Hempe, Andreas | Hobbyjogger Betzdorf | M | M50 | 220,68 | 253,40 | 199,03 | | 673,10 |
| 19 Lindenberg, Björn | No Run, No Fun | M | M30 | 215,79 | 250,82 | 193,30 | | 659,92 |
| 20 Blöcker, Thomas | Meckenheim | M | M45 | 204,29 | 246,93 | 205,12 | | 656,33 |
| 21 Müller, Thomas | LT Siebengebirge | M | M40 | 207,95 | 241,34 | 206,94 | | 656,23 |
| 22 Michels, Harry | Team Erdinger alkoholfrei | M | M45 | 185,81 | 248,91 | 216,63 | | 651,35 |
| 23 Bergmann, Uwe | Basalt AG | M | M40 | 202,89 | 246,56 | 199,94 | | 649,39 |
| 24 Wilke, Andreas | LT Alpenrod-Lochum | M | M50 | 209,00 | 238,40 | 200,18 | | 647,58 |
| 25 Spuerkel, Dieter | SV Windhagen | M | M35 | 214,75 | 242,88 | 189,34 | | 646,98 |
| 26 Boldt, Wolfgang | Troisdorfer LG M.U.T. | M | M50 | 184,24 | 255,97 | 206,70 | | 646,91 |
| 27 Fahle, Klaus | LT Venusberg | M | M45 | 203,07 | 241,41 | 195,92 | | 640,40 |
| 28 Hausen, Alexander | De Friedaachs Fründe | M | M45 | 196,97 | 235,09 | 196,59 | | 628,65 |
| 29 Saadi, Robert | LG Rheinbach | M | M40 | 183,37 | 234,80 | 199,33 | | 617,50 |
| 30 Probst, Hans-Peter | VfL Waldbreitbach | M | M45 | 210,56 | 229,29 | 176,67 | | 616,53 |
| 31 Lademann, Hans | | M | M30 | 197,49 | 236,71 | 181,55 | | 615,75 |
| 32 Früchte, Jens | SSF Bonn | M | M40 | 186,85 | 242,74 | 186,05 | | 615,65 |
| 33 Spölgen, Joachim | | M | M55 | 189,64 | 233,77 | 186,60 | | 610,02 |
| 34 Unger, Frank | | M | M35 | 185,63 | 236,20 | 184,90 | | 606,73 |

| | | | | Gesamt | | | | |
|----|----------------------|---------------------------|---|---------------|--------|--------|--------|--------|
| 35 | Klein, Albert | LT Siebengebirge | M | M55 | 201,67 | 229,06 | 172,53 | 603,27 |
| 36 | Wirtz, Peter | LT Siebengebirge | M | M50 | 195,92 | 226,27 | 180,82 | 603,01 |
| 37 | Steuler, Jörg | LT Heimbach-Weis | M | M50 | 189,99 | 223,55 | 169,18 | 582,73 |
| 38 | Landgrebe, Jürgen | BSG-BML rUNFORGETTABLES | M | M40 | 191,74 | 226,49 | 164,37 | 582,60 |
| 39 | Loepke, Wilhelm | TVE Bad Münstereifel | M | M55 | 175,70 | 221,05 | 185,32 | 582,07 |
| 40 | Frings, Sam | Rheinhöhenlauf | M | MJB | 191,39 | 216,79 | 173,51 | 581,68 |
| 41 | Asher, Matthias | Runner's High | M | M55 | 193,83 | 207,38 | 180,33 | 581,54 |
| 42 | Salchert, Wolfgang | LT Siebengebirge | M | M50 | 175,87 | 222,38 | 182,95 | 581,20 |
| 43 | Schneider, Torsten | LAZ Puma Troisdorf/Siegb. | M | M35 | 280,30 | 297,79 | 0,00 | 578,09 |
| 44 | Damm, Matthias | Köln | M | M50 | 188,77 | 220,10 | 167,60 | 576,47 |
| 45 | Bähr, Fabian | Bonn | M | M40 | 173,08 | 222,45 | 173,26 | 568,80 |
| 46 | Leykum, Günter | FV Bad Honnef | M | M40 | 169,25 | 220,17 | 176,98 | 566,40 |
| 47 | Lebenstedt, Jan | | M | M40 | 172,73 | 222,60 | 159,74 | 555,07 |
| 48 | Heitmüller, Rainer | LT Siebengebirge | M | M50 | 171,16 | 211,35 | 163,40 | 545,91 |
| 49 | Lütz, Ulrike | TuS Dollendorf | W | W35 | 166,81 | 216,42 | 161,57 | 544,80 |
| 50 | Weiss, Esther | Melpomene Bonn | W | W50 | 161,58 | 217,38 | 162,30 | 541,26 |
| 51 | Saßmannshausen, Dirk | TuS Dotzlar | M | M30 | 183,89 | 177,17 | 176,00 | 537,06 |
| 52 | Harraß, Chris | LT Siebengebirge | M | M60 | 172,21 | 201,72 | 162,18 | 536,11 |
| 53 | Fuchs, Jürgen | LT Siebengebirge | M | M50 | 166,46 | 203,93 | 156,46 | 526,84 |
| 54 | Schmitting, Rolf | LT Siebengebirge | M | M45 | 176,92 | 201,21 | 146,95 | 525,08 |
| 55 | Audehm, Dr. Uwe | Alfterer SC | M | M50 | 155,82 | 203,78 | 161,21 | 520,81 |
| 56 | Schneider, Klaus | LT Siebengebirge | M | M50 | 153,91 | 200,76 | 163,76 | 518,43 |
| 57 | Frost, Dagmar | LT Siebengebirge | W | W45 | 167,50 | 202,75 | 144,95 | 515,20 |
| 58 | Schneider, Marc | LT Siebengebirge | M | M35 | 160,36 | 197,60 | 155,66 | 513,62 |
| 59 | Klasen, Lutz | rahm Aktiv | M | M35 | 169,77 | 192,31 | 150,67 | 512,75 |
| 60 | Dömlang, Robert | | M | M40 | 149,37 | 212,38 | 145,68 | 507,43 |
| 61 | Koerbs, Joe | SSG Königswinter | M | M40 | 234,62 | 271,70 | 0,00 | 506,32 |
| 62 | Pingel, Gregor | | M | M60 | 160,70 | 200,84 | 144,46 | 506,00 |
| 63 | Bleibaum, Ernesto | LT Siebengebirge | M | M55 | 149,72 | 200,03 | 153,17 | 502,92 |
| 64 | Kremer, Franz | LT Hennef/Sieg | M | M45 | 147,11 | 198,85 | 156,58 | 502,54 |
| 65 | Meinert, Jacobsen | | M | M45 | 133,86 | 207,67 | 157,06 | 498,60 |
| 66 | Sommerhof, Michael | | M | M40 | 166,98 | 198,49 | 133,01 | 498,47 |
| 67 | Germerscheid, Oskar | Rheinhöhenlauf | M | M50 | 141,00 | 195,32 | 146,89 | 483,22 |
| 68 | Schmitt, Dr. Rolf | Alfterer SC | M | M50 | 153,38 | 198,04 | 131,61 | 483,03 |
| 69 | Schumacher, Gabi | LT Alpenrod-Lochum | W | W45 | 143,97 | 193,41 | 144,15 | 481,54 |
| 70 | Wank, Michael | LT Hennef/Sieg | M | M40 | 219,46 | 254,57 | 0,00 | 474,03 |

| | | | | Gesamt | | | | |
|-----|--------------------------|-------------------------|---|---------------|--------|--------|--------|--------|
| 71 | Steinbacher, Theo | TV Rheinzabern | M | M65 | 154,95 | 188,27 | 129,23 | 472,45 |
| 72 | Thielen, Jochen | Schalke 04 | M | M45 | 150,07 | 183,56 | 135,69 | 469,32 |
| 73 | Schulz, Bodo | Rheinhöhenlauf | M | M45 | 160,88 | 185,55 | 109,20 | 455,62 |
| 74 | Sieburg, Mike | BSG Evonik Wesseling eV | M | M50 | 132,46 | 192,61 | 127,59 | 452,66 |
| 75 | Wasserfuhr, Barbara | TSV Rönsahl | W | W45 | 137,34 | 181,06 | 131,79 | 450,20 |
| 76 | Zerwas, Gerd | Rheinhöhenlauf | M | M45 | 138,04 | 181,80 | 128,14 | 447,98 |
| 77 | Dünner, Joachim | SV Bergisch Gladbach | M | M45 | 237,41 | 0,00 | 208,83 | 446,24 |
| 78 | Mohr, Bernd | Wiedtal-Rennschnecken | M | M40 | 206,90 | 68,45 | 166,44 | 441,80 |
| 79 | Spoden, Dietmar | Tri Power Rhein-Sieg | M | M45 | 229,57 | 0,00 | 206,33 | 435,90 |
| 80 | Kiste, Kai | Troisdorfer LG M.U.T. | M | M45 | 119,74 | 182,76 | 127,71 | 430,20 |
| 81 | Konradi, Thomas | TSV RRH Bonn eV | M | M50 | 200,80 | 226,27 | 0,00 | 427,07 |
| 82 | Domgörgen, Adelheid | | W | W50 | 139,44 | 167,91 | 117,97 | 425,31 |
| 83 | Wilimzig, Maike | SSF Bonn | W | W30 | 135,60 | 162,91 | 119,98 | 418,48 |
| 84 | Kohlgrüber, Thomas | DAV Gummersbach | M | M40 | 202,02 | 0,00 | 206,52 | 408,54 |
| 85 | Kurth, Frank | | M | M40 | 212,66 | 0,00 | 189,46 | 402,12 |
| 86 | Thull, Pascal | LT Siebengebirge | M | M40 | 118,17 | 167,24 | 115,77 | 401,18 |
| 87 | Wolf, Dietrich | Auslaufmodell | M | M65 | 147,63 | 164,16 | 88,61 | 400,40 |
| 88 | Melzer, Elke | Alfterer SC | W | W45 | 173,61 | 222,60 | 0,00 | 396,20 |
| 89 | Rappenhöner, Andreas | LONG WAY RUNNERS | M | M35 | 211,96 | 0,00 | 182,64 | 394,60 |
| 90 | Taufenbach, Frank | Bonn | M | M45 | 130,20 | 144,90 | 114,49 | 389,59 |
| 91 | Weinkopf, Marcus | | M | M45 | 112,59 | 167,02 | 109,62 | 389,23 |
| 92 | Schulz, Birgitt | Rheinhöhenlauf | W | W50 | 138,04 | 161,73 | 58,89 | 358,66 |
| 93 | Sauerzweig, Reinhard | Team Luftwaffe Köln | M | M50 | 152,34 | 203,41 | 0,00 | 355,75 |
| 94 | Franz, Rüdiger Gerald | LT Siebengebirge | M | M35 | 166,11 | 187,61 | 0,00 | 353,72 |
| 95 | Bison, Thomas | ASV St. Augustin | M | M45 | 109,62 | 146,96 | 94,82 | 351,40 |
| 96 | Jacobs, Klaas-Steffen | LG Badewanne | M | M50 | 114,33 | 165,92 | 68,45 | 348,71 |
| 97 | Heid, Helge | Schmitz Speed | M | M40 | 153,21 | 191,43 | 0,00 | 344,64 |
| 98 | Schmeil, Rainer | | M | M30 | 103,35 | 142,33 | 95,74 | 341,41 |
| 99 | Bollmann, Carsten | | M | M30 | 153,56 | 183,78 | 0,00 | 337,34 |
| 100 | Eisch, Karin | KfW-Bankengruppe | W | W45 | 101,60 | 140,86 | 90,99 | 333,45 |
| 101 | Letschert, Karsten | | M | M35 | 168,38 | 0,00 | 159,32 | 327,69 |
| 102 | Steinhoff, Barbara | LT Siebengebirge | W | W50 | 99,86 | 137,03 | 73,57 | 310,46 |
| 103 | HubrigSchaumburg, Sabine | LT Hennef/Sieg | W | W45 | 87,48 | 132,33 | 62,06 | 281,87 |
| 104 | Schumacher, Nina | Boxclub Wipperfürth | W | W20 | 98,64 | 150,49 | 0,00 | 249,13 |
| 105 | Hauschild, Markus | | M | MJB | 247,35 | 0,00 | 0,00 | 247,35 |
| 106 | Horzella, Rudolf | SV Vettelschoss | M | M50 | 35,36 | 130,34 | 77,22 | 242,92 |

27.09.2010

Cupwertung nach Punkten
Stand nach drei Läufen

4

| | | | | Gesamt | | | | |
|-----|----------------------|---------------------------|---|---------------|--------|--------|-------|--------|
| 107 | Becker, Oliver | LAZ Puma Troisdorf/Siegb. | M | M45 | 242,47 | 0,00 | 0,00 | 242,47 |
| 108 | Viebranz, Dietrich | RSC Untermosel | M | M45 | 241,42 | 0,00 | 0,00 | 241,42 |
| 109 | Bielemeier, Joachim | SV Vettelschoss | M | M45 | 35,18 | 130,34 | 70,34 | 235,87 |
| 110 | Poppe, Klaus | Wanderfr. Schöppe-Düster | M | M45 | -8,93 | 164,01 | 78,56 | 233,65 |
| 111 | Steinhauer, Claus | LAV Bad Godesberg | M | M40 | 216,67 | 0,00 | 0,00 | 216,67 |
| 112 | Gottschling, Ricarda | BSG Evonik Wesseling eV | W | W45 | 57,15 | 105,20 | 48,11 | 210,46 |
| 113 | Schmilewski, Angela | LT Siebengebirge | W | W50 | 49,30 | 99,25 | 58,89 | 207,44 |
| 114 | Paffhausen, Markus | CT Zandegiacomo Bonn | M | M40 | 202,55 | 0,00 | 0,00 | 202,55 |
| 115 | Sessenhausen, Jan | Team Parscheid | M | M20 | 192,43 | 0,00 | 0,00 | 192,43 |
| 116 | Hauschild, Gerhard | | M | M50 | 181,10 | 0,00 | 0,00 | 181,10 |
| 117 | Baum, Friedhelm | | M | M50 | 169,60 | 0,00 | 0,00 | 169,60 |
| 118 | Tölke, Andreas | | M | M40 | 167,33 | 0,00 | 0,00 | 167,33 |
| 119 | Bertschat, Harry | TV08 Lohmar | M | M50 | 134,21 | 0,00 | 0,00 | 134,21 |
| 120 | Kaltoffen, Claudia | Wiedtal-Rennschnecken | W | W20 | 62,55 | 68,52 | 0,00 | 131,08 |
| 121 | Doris, Streithoff | VfL Waldbreitbach | W | W45 | 81,38 | 0,00 | 0,00 | 81,38 |
| 122 | Herrn, Sven | Runner's High | M | M30 | 47,38 | 0,00 | 0,00 | 47,38 |

Cupwertung nach Zeit
Stand nach drei Läufen**Frauen**

| Start-Nr. | Name | Verein/Ort | Klasse | Malberg Zeit | Löwenburg Zeit | Rheinhöhen Zeit | Siebegebirgs Zeit | Gesamt Zeit |
|-----------|--------------------------|-------------------------|--------|--------------|----------------|--------------------|----------------------|-------------|
| 1 | Lütz, Ulrike | TuS Dollendorf | W35 | 00:36:38 | 01:15:38 | 01:46:18 | | 03:38:34 |
| 2 | Weiss, Esther | Melpomene Bonn | W50 | 00:37:08 | 01:15:25 | 01:46:06 | | 03:38:39 |
| 3 | Frost, Dagmar | LT Siebengebirge | W45 | 00:36:34 | 01:18:44 | 01:50:51 | | 03:46:09 |
| 4 | Schumacher, Gabi | LT Alpenrod-Lochum | W45 | 00:38:49 | 01:20:51 | 01:51:04 | | 03:50:44 |
| 5 | Wasserfuhr, Barbara | TSV Rönsahl | W45 | 00:39:27 | 01:23:39 | 01:54:27 | | 03:57:33 |
| 6 | Domgörgen, Adelheid | | W50 | 00:39:15 | 01:26:38 | 01:58:14 | | 04:04:07 |
| 7 | Wilimzig, Maike | SSF Bonn | W30 | 00:39:37 | 01:27:46 | 01:57:41 | | 04:05:04 |
| 8 | Eisch, Karin | KfW-Bankengruppe | W45 | 00:42:52 | 01:32:46 | 01:57:12 | | 04:12:50 |
| 9 | Schulz, Birgitt | Rheinhöhenlauf | W50 | 00:39:23 | 01:28:02 | 02:14:24 | | 04:21:49 |
| 10 | Steinhoff, Barbara | LT Siebengebirge | W50 | 00:43:02 | 01:33:38 | 02:10:23 | | 04:27:03 |
| 11 | HubrigSchaumburg, Sabine | LT Hennef/Sieg | W45 | 00:44:13 | 01:34:42 | 02:13:32 | | 04:32:27 |
| 12 | Schmilewski, Angela | LT Siebengebirge | W50 | 00:47:52 | 01:42:12 | 02:14:24 | | 04:44:28 |
| 13 | Gottschling, Ricarda | BSG Evonik Wesseling eV | W45 | 00:47:07 | 01:40:51 | 02:17:21 | | 04:45:19 |
| 14 | Melzer, Elke | Alfterer SC | W45 | 00:35:59 | 01:14:14 | 05:00:00 | | 06:50:13 |
| 15 | Schumacher, Nina | Boxclub Wipperfürth | W20 | 00:43:09 | 01:30:35 | 05:00:00 | | 07:13:44 |
| 16 | Kaltofen, Claudia | Wiedtal-Rennschnecken | W20 | 00:46:36 | 01:49:10 | 05:00:00 | | 07:35:46 |
| 17 | Doris, Streithoff | VfL Waldbreitbach | W45 | 00:44:48 | 03:00:00 | 05:00:00 | | 08:44:48 |

Cupwertung nach Zeit
Stand nach drei Läufen**Männer**

| Start-Nr. | Name | Verein/Ort | Klasse | Malberg Zeit | Löwenburg Zeit | Rheinhöhen Zeit | Siebegebirgs Zeit | Gesamt Zeit |
|-----------|-----------------------|---------------------------|--------|--------------|----------------|--------------------|----------------------|-------------|
| 1 | Weiser, Daniel | LAZ Puma Troisdorf/Siegb. | M30 | 00:24:20 | 00:56:55 | 01:17:20 | | 02:38:35 |
| 2 | Apfelbaum, Frank | SSG Königswinter | M45 | 00:26:45 | 00:56:41 | 01:18:27 | | 02:41:53 |
| 3 | Achtendung, John | LAZ Puma Troisdorf/Siegb. | M35 | 00:26:08 | 00:57:37 | 01:19:05 | | 02:42:50 |
| 4 | Penno, Winni | SSG Königswinter | M40 | 00:27:35 | 01:00:54 | 01:24:00 | | 02:52:29 |
| 5 | Mauel, Thomas | SSG Königswinter | M45 | 00:29:36 | 01:02:12 | 01:24:25 | | 02:56:13 |
| 6 | Grabowski, Jan | LT Siebengebirge | M45 | 00:28:59 | 01:03:53 | 01:24:55 | | 02:57:47 |
| 7 | Röttger, Florian | LT Bundesnetzagentur | M30 | 00:29:46 | 01:02:59 | 01:25:49 | | 02:58:34 |
| 8 | Engels, Herbie | LLG St. Augustin | M60 | 00:29:02 | 01:03:16 | 01:26:33 | | 02:58:51 |
| 9 | Wagner, Erwin | LT SV Westum | M55 | 00:29:49 | 01:04:37 | 01:29:25 | | 03:03:51 |
| 10 | christ, thomas | TuS Rodenbach AH | M45 | 00:30:31 | 01:06:43 | 01:29:25 | | 03:06:39 |
| 11 | Lelke, Carsten | | M45 | 00:31:09 | 01:03:58 | 01:31:53 | | 03:07:00 |
| 12 | Zimmermann, Sebastian | | M20 | 00:31:29 | 01:04:08 | 01:32:02 | | 03:07:39 |
| 13 | Coellner, Fabio | | M35 | 00:30:13 | 01:06:01 | 01:31:46 | | 03:08:00 |
| 14 | Schneider, Udo | LT TuS Meindorf | M40 | 00:31:12 | 01:04:57 | 01:33:17 | | 03:09:26 |
| 15 | Rasch, Torsten | LT Siebengebirge | M45 | 00:29:36 | 01:06:59 | 01:36:35 | | 03:13:10 |
| 16 | Schneider, Ulrich | VfL Waldbreitbach | M50 | 00:31:21 | 01:08:13 | 01:34:38 | | 03:14:12 |
| 17 | Michels, Harry | Team Erdinger alkoholfrei | M45 | 00:34:49 | 01:08:16 | 01:31:14 | | 03:14:19 |
| 18 | Pfeilsticker, Daniel | www.Sportkalender-Bonn.de | M35 | 00:31:13 | 01:08:36 | 01:34:48 | | 03:14:37 |
| 19 | Hempe, Andreas | Hobbyjogger Betzdorf | M50 | 00:31:29 | 01:07:15 | 01:36:03 | | 03:14:47 |
| 20 | Boldt, Wolfgang | Troisdorfer LG M.U.T. | M50 | 00:34:58 | 01:06:40 | 01:33:57 | | 03:15:35 |
| 21 | Blöcker, Thomas | Meckenheim | M45 | 00:33:03 | 01:08:43 | 01:34:23 | | 03:16:09 |
| 22 | Müller, Thomas | LT Siebengebirge | M40 | 00:32:42 | 01:09:59 | 01:33:53 | | 03:16:34 |
| 23 | Lindenberg, Björn | No Run, No Fun | M30 | 00:31:57 | 01:07:50 | 01:37:37 | | 03:17:24 |
| 24 | Bergmann, Uwe | Basalt AG | M40 | 00:33:11 | 01:08:48 | 01:35:48 | | 03:17:47 |
| 25 | Wilke, Andreas | LT Alpenrod-Lochum | M50 | 00:32:36 | 01:10:39 | 01:35:44 | | 03:18:59 |
| 26 | Fahle, Klaus | LT Venusberg | M45 | 00:33:10 | 01:09:58 | 01:36:54 | | 03:20:02 |
| 27 | Spuerkel, Dieter | SV Windhagen | M35 | 00:32:03 | 01:09:38 | 01:38:42 | | 03:20:23 |
| 28 | Hausen, Alexander | De Friedaachs Fründe | M45 | 00:33:45 | 01:11:24 | 01:36:43 | | 03:21:52 |
| 29 | Saadi, Robert | LG Rheinbach | M40 | 00:35:03 | 01:11:28 | 01:35:58 | | 03:22:29 |
| 30 | Früchte, Jens | SSF Bonn | M40 | 00:34:43 | 01:09:40 | 01:39:36 | | 03:23:59 |
| 31 | Lademann, Hans | | M30 | 00:33:42 | 01:11:02 | 01:40:50 | | 03:25:34 |
| 32 | Spölgen, Joachim | | M55 | 00:34:27 | 01:11:42 | 01:39:27 | | 03:25:36 |
| 33 | Unger, Frank | | M35 | 00:34:50 | 01:11:09 | 01:39:55 | | 03:25:54 |
| 34 | Probst, Hans-Peter | VfL Waldbreitbach | M45 | 00:32:27 | 01:12:43 | 01:42:10 | | 03:27:20 |

Männer

| | | | | | | | |
|----|----------------------|-------------------------|-----|----------|----------|----------|----------|
| 35 | Wirtz, Peter | LT Siebengebirge | M50 | 00:33:51 | 01:13:24 | 01:41:02 | 03:28:17 |
| 36 | Klein, Albert | LT Siebengebirge | M55 | 00:33:18 | 01:12:46 | 01:43:18 | 03:29:22 |
| 37 | Loepke, Wilhelm | TVE Bad Münstereifel | M55 | 00:35:47 | 01:14:35 | 01:39:48 | 03:30:10 |
| 38 | Salchert, Wolfgang | LT Siebengebirge | M50 | 00:35:46 | 01:14:17 | 01:40:27 | 03:30:30 |
| 39 | Steuler, Jörg | LT Heimbach-Weis | M50 | 00:34:25 | 01:14:01 | 01:44:13 | 03:32:39 |
| 40 | Frings, Sam | Rheinhöhenlauf | MJB | 00:34:17 | 01:15:33 | 01:43:02 | 03:32:52 |
| 41 | Asher, Matthias | Runner's High | M55 | 00:34:03 | 01:17:41 | 01:41:10 | 03:32:54 |
| 42 | Landgrebe, Jürgen | BSG-BML rUNFORGETTABL | M40 | 00:34:15 | 01:13:21 | 01:45:32 | 03:33:08 |
| 43 | Leykum, Günter | FV Bad Honnef | M40 | 00:36:24 | 01:14:47 | 01:42:05 | 03:33:16 |
| 44 | Bähr, Fabian | Bonn | M40 | 00:36:02 | 01:14:16 | 01:43:06 | 03:33:24 |
| 45 | Damm, Matthias | Köln | M50 | 00:34:32 | 01:14:48 | 01:44:39 | 03:33:59 |
| 46 | Lebenstedt, Jan | | M40 | 00:36:04 | 01:14:14 | 01:46:48 | 03:37:06 |
| 47 | Heitmüller, Rainer | LT Siebengebirge | M50 | 00:36:13 | 01:16:47 | 01:45:48 | 03:38:48 |
| 48 | Harraß, Chris | LT Siebengebirge | M60 | 00:36:07 | 01:18:58 | 01:46:08 | 03:41:13 |
| 49 | Saßmannshausen, Dirk | TuS Dotzlar | M30 | 00:35:00 | 01:24:32 | 01:42:21 | 03:41:53 |
| 50 | Audehm, Dr. Uwe | Alfterer SC | M50 | 00:37:41 | 01:18:30 | 01:46:24 | 03:42:35 |
| 51 | Schneider, Klaus | LT Siebengebirge | M50 | 00:37:52 | 01:19:11 | 01:45:42 | 03:42:45 |
| 52 | Fuchs, Jürgen | LT Siebengebirge | M50 | 00:36:40 | 01:18:28 | 01:47:42 | 03:42:50 |
| 53 | Meinert, Jacobsen | | M45 | 00:39:47 | 01:17:37 | 01:47:32 | 03:44:56 |
| 54 | Schmitting, Rolf | LT Siebengebirge | M45 | 00:35:40 | 01:19:05 | 01:50:18 | 03:45:03 |
| 55 | Schneider, Marc | LT Siebengebirge | M35 | 00:37:15 | 01:19:54 | 01:47:55 | 03:45:04 |
| 56 | Dömlang, Robert | | M40 | 00:38:18 | 01:16:33 | 01:50:39 | 03:45:30 |
| 57 | Kremer, Franz | LT Hennef/Sieg | M45 | 00:38:31 | 01:19:37 | 01:47:40 | 03:45:48 |
| 58 | Bleibaum, Ernesto | LT Siebengebirge | M55 | 00:38:16 | 01:19:21 | 01:48:36 | 03:46:13 |
| 59 | Klasen, Lutz | rahm Aktiv | M35 | 00:36:21 | 01:21:06 | 01:49:17 | 03:46:44 |
| 60 | Pingel, Gregor | | M60 | 00:37:13 | 01:19:10 | 01:50:59 | 03:47:22 |
| 61 | Germescheid, Oskar | Rheinhöhenlauf | M50 | 00:39:06 | 01:20:25 | 01:50:19 | 03:49:50 |
| 62 | Sommerhof, Michael | | M40 | 00:36:37 | 01:19:42 | 01:54:07 | 03:50:26 |
| 63 | Schmitt, Dr. Rolf | Alfterer SC | M50 | 00:37:55 | 01:19:48 | 01:54:30 | 03:52:13 |
| 64 | Thielen, Jochen | Schalke 04 | M45 | 00:38:14 | 01:23:05 | 01:53:23 | 03:54:42 |
| 65 | Steinbacher, Theo | TV Rheinzabern | M65 | 00:37:46 | 01:22:01 | 01:55:09 | 03:54:56 |
| 66 | Sieburg, Mike | BSG Evonik Wesseling eV | M50 | 00:39:55 | 01:21:02 | 01:55:36 | 03:56:33 |
| 67 | Zerwas, Gerd | Rheinhöhenlauf | M45 | 00:39:23 | 01:23:29 | 01:55:27 | 03:58:19 |
| 68 | Kiste, Kai | Troisdorfer LG M.U.T. | M45 | 00:41:08 | 01:23:16 | 01:55:34 | 03:59:58 |
| 69 | Schulz, Bodo | Rheinhöhenlauf | M45 | 00:37:12 | 01:22:38 | 02:00:38 | 04:00:28 |
| 70 | Thull, Pascal | LT Siebengebirge | M40 | 00:41:17 | 01:26:47 | 01:58:50 | 04:06:54 |

Cupwertung nach Zeit
Stand nach drei Läufen**Männer**

| | | | | | | | |
|-----|-----------------------|---------------------------|-----|----------|----------|----------|----------|
| 71 | Mohr, Bernd | Wiedtal-Rennschnecken | M40 | 00:32:48 | 01:49:11 | 01:44:58 | 04:06:57 |
| 72 | Weinkopf, Marcus | | M45 | 00:41:49 | 01:26:50 | 02:00:31 | 04:09:10 |
| 73 | Taufenbach, Frank | Bonn | M45 | 00:40:08 | 01:31:51 | 01:59:11 | 04:11:10 |
| 74 | Wolf, Dietrich | Auslaufmodell | M65 | 00:38:28 | 01:27:29 | 02:06:16 | 04:12:13 |
| 75 | Bison, Thomas | ASV St. Augustin | M45 | 00:42:06 | 01:31:23 | 02:04:34 | 04:18:03 |
| 76 | Schmeil, Rainer | | M30 | 00:42:42 | 01:32:26 | 02:04:19 | 04:19:27 |
| 77 | Jacobs, Klaas-Steffen | LG Badewanne | M50 | 00:41:39 | 01:27:05 | 02:11:47 | 04:20:31 |
| 78 | Poppe, Klaus | Wanderfr. Schöppe-Düster | M45 | 00:53:26 | 01:27:31 | 02:09:01 | 04:29:58 |
| 79 | Horzella, Rudolf | SV Vettelschoss | M50 | 00:49:12 | 01:35:09 | 02:09:23 | 04:33:44 |
| 80 | Bielemeier, Joachim | SV Vettelschoss | M45 | 00:49:13 | 01:35:09 | 02:11:16 | 04:35:38 |
| 81 | Dünner, Joachim | SV Bergisch Gladbach | M45 | 00:29:53 | 03:00:00 | 01:33:22 | 05:03:15 |
| 82 | Spoden, Dietmar | Tri Power Rhein-Sieg | M45 | 00:30:38 | 03:00:00 | 01:34:03 | 05:04:41 |
| 83 | Kohlgrüber, Thomas | DAV Gummersbach | M40 | 00:33:16 | 03:00:00 | 01:34:00 | 05:07:16 |
| 84 | Kurth, Frank | | M40 | 00:32:15 | 03:00:00 | 01:38:40 | 05:10:55 |
| 85 | Rappenhöner, Andreas | LONG WAY RUNNERS | M35 | 00:32:19 | 03:00:00 | 01:40:32 | 05:12:51 |
| 86 | Letschert, Karsten | | M35 | 00:36:29 | 03:00:00 | 01:46:55 | 05:23:24 |
| 87 | Schneider, Torsten | LAZ Puma Troisdorf/Siegb. | M35 | 00:25:47 | 00:57:11 | 05:00:00 | 06:22:58 |
| 88 | Koerbs, Joe | SSG Königswinter | M40 | 00:30:09 | 01:03:06 | 05:00:00 | 06:33:15 |
| 89 | Wank, Michael | LT Hennef/Sieg | M40 | 00:31:36 | 01:06:59 | 05:00:00 | 06:38:35 |
| 90 | Konradi, Thomas | TSV RRH Bonn eV | M50 | 00:33:23 | 01:13:24 | 05:00:00 | 06:46:47 |
| 91 | Sauerzweig, Reinhard | Team Luftwaffe Köln | M50 | 00:38:01 | 01:18:35 | 05:00:00 | 06:56:36 |
| 92 | Franz, Rüdiger Gerald | LT Siebengebirge | M35 | 00:36:42 | 01:22:10 | 05:00:00 | 06:58:52 |
| 93 | Heid, Helge | Schmitz Speed | M40 | 00:37:56 | 01:21:18 | 05:00:00 | 06:59:14 |
| 94 | Bollmann, Carsten | | M30 | 00:37:54 | 01:23:02 | 05:00:00 | 07:00:56 |
| 95 | Hauschild, Markus | | MJB | 00:28:56 | 03:00:00 | 05:00:00 | 08:28:56 |
| 96 | Becker, Oliver | LAZ Puma Troisdorf/Siegb. | M45 | 00:29:24 | 03:00:00 | 05:00:00 | 08:29:24 |
| 97 | Viebranz, Dietrich | RSC Untermosel | M45 | 00:29:30 | 03:00:00 | 05:00:00 | 08:29:30 |
| 98 | Steinhauer, Claus | LAV Bad Godesberg | M40 | 00:31:52 | 03:00:00 | 05:00:00 | 08:31:52 |
| 99 | Paffhausen, Markus | CT Zandegiacomo Bonn | M40 | 00:33:13 | 03:00:00 | 05:00:00 | 08:33:13 |
| 100 | Sessenhausen, Jan | Team Parscheid | M20 | 00:34:11 | 03:00:00 | 05:00:00 | 08:34:11 |
| 101 | Hauschild, Gerhard | | M50 | 00:35:16 | 03:00:00 | 05:00:00 | 08:35:16 |
| 102 | Baum, Friedhelm | | M50 | 00:36:22 | 03:00:00 | 05:00:00 | 08:36:22 |
| 103 | Tölke, Andreas | | M40 | 00:36:35 | 03:00:00 | 05:00:00 | 08:36:35 |
| 104 | Bertschat, Harry | TV08 Lohmar | M50 | 00:39:45 | 03:00:00 | 05:00:00 | 08:39:45 |
| 105 | Herren, Sven | Runner's High | M30 | 00:48:03 | 03:00:00 | 05:00:00 | 08:48:03 |