

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|----------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|------------------------------------|
| 1 | MARTINEZ DE PAZ Jorge | | 9625 | 1 HKMM | 00:37:06.31 | 00:37:06.01 | 1 | 00:14:35.46 | 1 | 00:24:53.71 | 1 | 00:26:47.32 | 1 | 00:37:06.01 | 1 | keine Angabe |
| 2 | GÖDIKER Magnus | | 1961 | 1 M40M | 00:37:26.55 | 00:37:25.78 | 2 | 00:15:05.51 | 2 | 00:25:23.41 | 2 | 00:27:14.90 | 2 | 00:37:25.78 | 2 | Laufsport bunert Mönchengladbach |
| 3 | SCHWANDT Vera | | 9582 | 1 W30F | 00:38:21.34 | 00:38:21.04 | 3 | 00:15:36.69 | 6 | 00:26:08.25 | 5 | 00:28:02.21 | 5 | 00:38:21.04 | 3 | Laufsport bunert Mönchengladbach |
| 4 | BUSCHMAAS Julian | | 9744 | 2 HKMM | 00:38:32.17 | 00:38:31.87 | 4 | 00:15:21.48 | 4 | 00:25:46.82 | 3 | 00:27:41.25 | 3 | 00:38:31.87 | 4 | Sc Bayer 05 Verdingen Triathlon |
| 5 | WIEDEKING - VON ESSEN Jörg | | 9601 | 1 M45M | 00:39:26.16 | 00:39:25.86 | 5 | 00:15:45.86 | 8 | 00:26:23.89 | 7 | 00:28:25.01 | 7 | 00:39:25.86 | 5 | VT Triangel Kempen |
| 6 | APARICIO Guillermo | SPA | 1712 | 1 M30M | 00:39:32.60 | 00:39:32.60 | 6 | 00:15:25.54 | 5 | 00:26:19.35 | 6 | 00:28:21.32 | 6 | 00:39:32.30 | 6 | TV Mönchengladbach 1848 |
| 7 | KOX Jochen | | 9531 | 2 M40M | 00:39:46.26 | 00:39:42.99 | 7 | 00:15:40.81 | 7 | 00:26:38.58 | 8 | 00:28:39.75 | 8 | 00:39:42.99 | 7 | LT Flatland Runners Korschenbroich |
| 8 | RAJTER Adam | | 1860 | 1 M35M | 00:40:05.85 | 00:40:05.85 | 8 | 00:15:48.02 | 9 | 00:27:03.37 | 9 | 00:29:05.82 | 9 | 00:40:05.85 | 8 | keine Angabe |
| 9 | KORSTEN Björn | | 9527 | 2 M30M | 00:40:56.87 | 00:40:56.57 | 9 | 00:15:57.56 | 10 | 00:27:12.99 | 10 | 00:29:17.78 | 10 | 00:40:56.57 | 9 | Laufsport bunert Mönchengladbach |
| 10 | FRANCO MENA Julian | SPA | 1954 | 3 HKMM | 00:41:34.50 | 00:41:34.50 | 11 | 00:16:46.26 | 25 | 00:28:20.89 | 20 | 00:30:28.11 | 21 | 00:41:34.50 | 11 | keine Angabe |
| 11 | RODRIGUEZ Miguel | SPA | 1867 | 2 M35M | 00:41:44.84 | 00:41:28.17 | 10 | 00:16:18.68 | 12 | 00:27:47.52 | 13 | 00:29:55.47 | 13 | 00:41:28.17 | 10 | keine Angabe |
| 12 | BARTZ Michael | | 1728 | 3 M35M | 00:41:47.02 | 00:41:36.41 | 12 | 00:16:17.96 | 11 | 00:27:42.13 | 11 | 00:29:45.81 | 11 | 00:41:36.41 | 12 | keine Angabe |
| 13 | OLMOS David | AUS | 1685 | 3 M30M | 00:41:49.10 | 00:41:38.24 | 13 | 00:16:25.84 | 15 | 00:27:57.81 | 16 | 00:30:05.53 | 15 | 00:41:38.24 | 13 | Santander Austria |
| 14 | ILIADI Dimitri | | 1029 | 1 U20M | 00:41:52.38 | 00:41:41.09 | 14 | 00:16:24.00 | 14 | 00:27:52.27 | 15 | 00:30:00.52 | 14 | 00:41:41.09 | 14 | BK Volksgartenstraße WG |
| 15 | TRILGES Tom | | 9611 | 4 HKMM | 00:41:57.54 | 00:41:45.43 | 15 | 00:16:27.89 | 16 | 00:28:06.00 | 18 | 00:30:13.84 | 18 | 00:41:45.43 | 15 | keine Angabe |
| 16 | LINGEN Achim | | 1822 | 3 M40M | 00:42:00.52 | 00:41:56.38 | 17 | 00:16:23.44 | 13 | 00:27:44.19 | 12 | 00:29:46.81 | 12 | 00:41:56.38 | 17 | keine Angabe |
| 17 | ESSER Christoph | | 1949 | 5 HKMM | 00:42:00.81 | 00:41:59.35 | 18 | 00:16:36.66 | 20 | 00:28:06.63 | 19 | 00:30:14.84 | 19 | 00:41:59.35 | 18 | Turnbeutel Mafia |
| 18 | STÜBNER Oliver | | 1527 | 4 M40M | 00:42:00.94 | 00:41:49.96 | 16 | 00:16:49.21 | 26 | 00:28:28.04 | 23 | 00:30:33.60 | 22 | 00:41:49.96 | 16 | Realschule Wickrath Bet |
| 19 | EICKELS Fabian | | 1346 | 6 HKMM | 00:42:07.57 | 00:42:06.22 | 20 | 00:16:30.75 | 18 | 00:28:03.77 | 17 | 00:30:12.74 | 17 | 00:42:06.22 | 20 | Gymnasium Am Gerweiher Bet |
| 20 | WITT Tim | | 1474 | 1 U18M | 00:42:14.99 | 00:42:14.99 | 21 | 00:16:29.03 | 17 | 00:27:50.01 | 14 | 00:30:11.92 | 16 | 00:42:14.99 | 21 | HUMA Q1 |
| 21 | JACOB Falk | | 1989 | 4 M30M | 00:42:16.53 | 00:42:00.15 | 19 | 00:16:54.61 | 31 | 00:28:21.49 | 21 | 00:30:26.41 | 20 | 00:42:00.15 | 19 | keine Angabe |
| 22 | PULIDO JIMÉNEZ Carlos | SPA | 1654 | 7 HKMM | 00:42:45.65 | 00:42:45.35 | 22 | 00:15:09.70 | 3 | 00:26:04.32 | 4 | 00:28:01.13 | 4 | 00:42:45.35 | 22 | M. Gladbacher TV 1848 Triathlon |
| 23 | BRINKER Frank | | 1934 | 4 M35M | 00:43:07.65 | 00:43:00.18 | 23 | 00:16:49.47 | 27 | 00:28:42.63 | 27 | 00:30:55.83 | 27 | 00:43:00.18 | 23 | keine Angabe |
| 24 | VILLARROEL Borja | SPA | 1608 | 5 M30M | 00:43:15.96 | 00:43:15.66 | 25 | 00:16:51.76 | 29 | 00:28:59.72 | 32 | 00:31:12.02 | 30 | 00:43:15.66 | 25 | Athletic de Bilbao |
| 25 | KEMPIN Andreas | | 1994 | 8 HKMM | 00:43:19.89 | 00:43:07.40 | 24 | 00:16:39.66 | 21 | 00:28:52.22 | 29 | 00:31:07.36 | 29 | 00:43:07.40 | 24 | Mönchengladbacher LG |
| 26 | MENOYO Zurine | SPA | 1832 | 1 W40F | 00:43:22.45 | 00:43:19.59 | 26 | 00:17:00.16 | 34 | 00:29:11.75 | 34 | 00:31:24.71 | 34 | 00:43:19.59 | 26 | keine Angabe |
| 27 | ORHAN Emre | | 1367 | 2 U20M | 00:43:34.20 | 00:43:34.20 | 30 | 00:17:14.72 | 38 | 00:29:32.62 | 39 | 00:31:43.57 | 40 | 00:43:34.20 | 30 | Gymnasium Gartenstraße Q1 |
| 28 | REIMANN Andre | | 1614 | 6 M30M | 00:43:34.50 | 00:43:27.49 | 29 | 00:16:33.35 | 19 | 00:28:36.84 | 25 | 00:30:48.90 | 26 | 00:43:27.49 | 29 | CIO Office |
| 29 | ZUR NIEDEN Matthias | | 1515 | 7 M30M | 00:43:41.55 | 00:43:41.55 | 31 | 00:17:28.86 | 42 | 00:29:30.41 | 38 | 00:31:43.89 | 41 | 00:43:41.55 | 31 | Math.-Nat. Gymnasium Bet |
| 30 | WEFERS Frank | | 1657 | 2 M45M | 00:43:47.47 | 00:43:25.84 | 27 | 00:17:24.80 | 41 | 00:29:32.96 | 40 | 00:31:42.72 | 38 | 00:43:25.84 | 27 | marathonteam-online.de |
| 31 | CANIZALES RIVERA Angel | | 9724 | 8 M30M | 00:43:54.89 | 00:43:52.12 | 33 | 00:16:42.30 | 22 | 00:28:40.79 | 26 | 00:30:56.49 | 28 | 00:43:52.12 | 33 | keine Angabe |
| 32 | BATZDORF Thorsten | | 1917 | 9 M30M | 00:44:00.93 | 00:43:59.41 | 35 | 00:16:44.71 | 24 | 00:28:54.39 | 31 | 00:31:23.01 | 33 | 00:43:59.41 | 35 | kein verein |
| 33 | ENGELS René | | 1947 | 5 M35M | 00:44:02.88 | 00:43:26.33 | 28 | 00:17:53.96 | 56 | 00:29:35.84 | 41 | 00:31:43.48 | 39 | 00:43:26.33 | 28 | keine Angabe |
| 34 | TRODLER Tobias | | 9720 | 6 M35M | 00:44:07.97 | 00:43:58.95 | 34 | 00:16:50.88 | 28 | 00:28:53.06 | 30 | 00:31:12.21 | 31 | 00:43:58.95 | 34 | keine Angabe |
| 35 | HILLERS Jan-Hendrik | | 1376 | 3 U20M | 00:44:08.87 | 00:44:08.87 | 38 | 00:18:31.91 | 75 | 00:30:19.95 | 51 | 00:32:21.68 | 50 | 00:44:08.87 | 38 | Gymnasium Gartenstraße Q2 |
| 36 | STENAU Felix | | 1682 | 10 M30M | 00:44:09.47 | 00:44:09.47 | 41 | 00:17:52.54 | 54 | 00:29:58.36 | 48 | 00:32:13.03 | 46 | 00:44:09.47 | 41 | Running Risk |
| 37 | SILBERLOCKE Florian | | 9737 | 11 M30M | 00:44:12.13 | 00:44:02.07 | 36 | 00:16:53.20 | 30 | 00:29:17.78 | 35 | 00:31:36.37 | 36 | 00:44:02.07 | 36 | Aachen Aixtreme |
| 38 | KÜPPER Jonas | | 9537 | 4 U20M | 00:44:14.06 | 00:44:09.47 | 40 | 00:16:55.31 | 32 | 00:29:00.98 | 33 | 00:31:17.39 | 32 | 00:44:09.47 | 40 | keine Angabe |
| 39 | BREMER Christian | | 1932 | 9 HKMM | 00:44:14.23 | 00:44:09.23 | 39 | 00:17:11.98 | 37 | 00:29:20.57 | 36 | 00:31:29.07 | 35 | 00:44:09.23 | 39 | keine Angabe |
| 40 | FELDGES Sven | | 1951 | 5 M40M | 00:44:15.12 | 00:43:43.54 | 32 | 00:17:42.60 | 47 | 00:29:30.15 | 37 | 00:31:41.65 | 37 | 00:43:43.54 | 32 | Laufteam C.N. Mönchengladbach |
| 41 | KOCH Jörn | | 1997 | 7 M35M | 00:44:17.28 | 00:44:03.28 | 37 | 00:17:36.51 | 46 | 00:29:44.01 | 42 | 00:31:58.82 | 42 | 00:44:03.28 | 37 | TuRa Brüggen 1923 e.V. |
| 42 | NEUES Luca | | 1472 | 2 U18M | 00:44:38.38 | 00:44:34.23 | 44 | 00:17:56.68 | 58 | 00:30:14.50 | 50 | 00:32:21.83 | 51 | 00:44:34.23 | 44 | HUMA Q1 |
| 43 | WINZHEIM Alexander | | 9606 | 12 M30M | 00:44:50.72 | 00:44:24.60 | 42 | 00:17:36.33 | 43 | 00:29:53.86 | 45 | 00:32:05.26 | 43 | 00:44:24.60 | 42 | keine Angabe |
| 44 | MILDE Christoph | | 9643 | 13 M30M | 00:44:54.42 | 00:44:52.43 | 45 | 00:17:23.38 | 40 | 00:29:52.55 | 44 | 00:32:11.95 | 44 | 00:44:52.43 | 45 | keine Angabe |
| 45 | TRÖGER Christian | | 1359 | 14 M30M | 00:44:54.57 | 00:44:54.57 | 46 | 00:18:31.89 | 74 | 00:30:22.15 | 53 | 00:32:36.63 | 52 | 00:44:54.57 | 46 | Gymnasium Gartenstraße Bet |
| 46 | HEMMERDE Timo | | 1611 | 10 HKMM | 00:45:08.09 | 00:44:30.74 | 43 | 00:17:36.48 | 45 | 00:29:57.75 | 47 | 00:32:12.51 | 45 | 00:44:30.74 | 43 | BSG Santander |
| 47 | SCHUMANN Sascha | | 1275 | 8 M35M | 00:45:10.54 | 00:45:07.69 | 47 | 00:18:31.43 | 73 | 00:30:43.70 | 59 | 00:32:54.45 | 57 | 00:45:07.69 | 47 | Geschwister-Scholl-Realschule Leh |
| 48 | LINDERMANN Andreas | | 9539 | 6 M40M | 00:45:12.86 | 00:45:11.11 | 48 | 00:17:05.83 | 35 | 00:29:56.35 | 46 | 00:32:15.82 | 49 | 00:45:11.11 | 48 | Duisburg Rahm |
| 49 | KARLSSON Sara | | 1799 | 1 HKWF | 00:45:16.26 | 00:45:15.96 | 49 | 00:17:07.30 | 36 | 00:29:49.91 | 43 | 00:32:14.95 | 48 | 00:45:15.96 | 49 | keine Angabe |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|---------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------------------------------|
| 50 | HEISTERMANN Thomas | | 1975 | 1 M55M | 00:45:17.84 | 00:45:17.84 | 50 | 00:17:53.39 | 55 | 00:30:24.03 | 54 | 00:32:43.42 | 55 | 00:45:17.84 | 50 | LT MG-Volksgarten |
| 51 | SCHMIDT Rainer | | 1719 | 3 M45M | 00:45:32.95 | 00:45:32.65 | 52 | 00:18:01.30 | 61 | 00:30:40.67 | 58 | 00:32:59.19 | 59 | 00:45:32.65 | 52 | VT Kempen |
| 52 | BEUSTER Bill | | 1926 | 11 HKMM | 00:45:43.31 | 00:45:20.06 | 51 | 00:17:50.84 | 52 | 00:30:21.18 | 52 | 00:32:39.87 | 54 | 00:45:20.06 | 51 | MTV Mainzholzen |
| 53 | LEONARDS Dennis | | 9538 | 15 M30M | 00:45:49.08 | 00:45:48.48 | 54 | 00:18:27.83 | 70 | 00:31:16.23 | 70 | 00:33:34.24 | 69 | 00:45:48.48 | 54 | keine Angabe |
| 54 | PESKES Peter | | 1639 | 7 M40M | 00:45:53.12 | 00:45:50.67 | 55 | 00:18:08.23 | 64 | 00:30:35.68 | 57 | 00:32:57.76 | 58 | 00:45:50.67 | 55 | Laufteam SMS Meer |
| 55 | LASCHET Simon | | 1820 | 12 HKMM | 00:45:58.48 | 00:45:40.88 | 53 | 00:17:46.41 | 49 | 00:30:49.25 | 61 | 00:33:11.13 | 61 | 00:45:40.88 | 53 | keine Angabe |
| 56 | VERLEGER Arnd | | 1612 | 1 M50M | 00:46:00.50 | 00:46:00.50 | 59 | 00:18:11.47 | 65 | 00:30:44.51 | 60 | 00:33:04.74 | 60 | 00:46:00.50 | 59 | BSG Santander |
| 57 | DÖLLER Martin | | 1014 | 2 M50M | 00:46:03.45 | 00:46:03.45 | 60 | 00:17:51.66 | 53 | 00:30:28.58 | 55 | 00:32:51.71 | 56 | 00:46:03.45 | 60 | BK Volksgartenstraße LZ |
| 58 | SZALINSKI Tim | | 1710 | 13 HKMM | 00:46:13.52 | 00:45:56.29 | 57 | 00:17:48.12 | 51 | 00:30:29.61 | 56 | 00:32:37.90 | 53 | 00:45:56.29 | 57 | Turnbeutel Mafia |
| 59 | LUBBERICH Jason | | 1502 | 1 U16M | 00:46:17.41 | 00:45:55.63 | 56 | 00:17:58.20 | 59 | 00:29:59.88 | 49 | 00:32:13.11 | 47 | 00:45:55.63 | 56 | Katholische Hauptschule Neuwerk 9a |
| 60 | SHALA Endrit | | 1447 | 1 U14M | 00:46:19.27 | 00:46:18.97 | 63 | 00:18:27.23 | 69 | 00:31:18.30 | 72 | 00:33:36.52 | 70 | 00:46:18.97 | 63 | Hans-Jonas-Gesamtschule 7d |
| 61 | UMBACH Markus | | 9730 | 3 M50M | 00:46:26.39 | 00:45:58.00 | 58 | 00:18:46.45 | 85 | 00:31:15.73 | 69 | 00:33:30.74 | 68 | 00:45:58.00 | 58 | KOOB |
| 62 | OTTEN Peter | | 9557 | 4 M45M | 00:46:31.01 | 00:46:18.16 | 62 | 00:17:56.25 | 57 | 00:30:49.91 | 62 | 00:33:15.39 | 62 | 00:46:18.16 | 62 | keine Angabe |
| 63 | SOLF David | | 1890 | 16 M30M | 00:46:34.20 | 00:46:21.70 | 64 | 00:18:03.00 | 62 | 00:31:00.52 | 65 | 00:33:18.96 | 63 | 00:46:21.70 | 64 | keine Angabe |
| 64 | BROKAMP Daniela | | 1935 | 2 W30F | 00:46:41.65 | 00:46:40.02 | 67 | 00:18:07.04 | 63 | 00:31:00.31 | 64 | 00:33:26.00 | 66 | 00:46:40.02 | 67 | keine Angabe |
| 65 | POß Christian | | 1859 | 14 HKMM | 00:46:42.92 | 00:46:31.84 | 65 | 00:17:58.74 | 60 | 00:30:59.11 | 63 | 00:33:19.81 | 65 | 00:46:31.84 | 65 | keine Angabe |
| 66 | BELDYCKI Damian | | 1731 | 17 M30M | 00:46:49.79 | 00:46:47.89 | 68 | 00:18:22.22 | 67 | 00:31:16.49 | 71 | 00:33:40.03 | 72 | 00:46:47.89 | 68 | keine Angabe |
| 67 | DOFFEK Alexander | | 1700 | 9 M35M | 00:46:50.33 | 00:46:10.26 | 61 | 00:18:14.41 | 66 | 00:31:03.14 | 66 | 00:33:19.24 | 64 | 00:46:10.26 | 61 | Snuffboys MG |
| 68 | KAUVEN Ralf | | 1610 | 4 M50M | 00:46:51.36 | 00:46:48.91 | 69 | 00:18:47.12 | 86 | 00:31:44.00 | 77 | 00:34:02.47 | 74 | 00:46:48.91 | 69 | Borussia M.Gladbach |
| 69 | BROUGH Justin | | 1258 | 2 U16M | 00:46:57.91 | 00:46:55.67 | 70 | 00:17:45.40 | 48 | 00:31:12.26 | 68 | 00:33:30.59 | 67 | 00:46:55.67 | 70 | Gesamtschule Volksgarten 8a |
| 70 | BRODERS Marvin | | 1688 | 2 U14M | 00:47:07.39 | 00:47:01.55 | 73 | 00:17:36.48 | 44 | 00:31:11.33 | 67 | 00:33:37.32 | 71 | 00:47:01.55 | 73 | sevenoptics |
| 71 | BRODERS Markus | | 1687 | 8 M40M | 00:47:07.47 | 00:47:01.33 | 72 | 00:18:34.75 | 77 | 00:31:43.05 | 75 | 00:34:03.80 | 76 | 00:47:01.33 | 72 | sevenoptics |
| 72 | SCHMIEDERER Markus | | 9576 | 15 HKMM | 00:47:12.58 | 00:46:34.32 | 66 | 00:19:12.89 | 108 | 00:31:48.84 | 78 | 00:34:04.23 | 77 | 00:46:34.32 | 66 | RDM_friends |
| 73 | DEL ALAMO FERNÁNDEZ Jaime | SPA | 1940 | 16 HKMM | 00:47:27.67 | 00:47:26.57 | 74 | 00:17:47.87 | 50 | 00:31:29.77 | 73 | 00:33:54.22 | 73 | 00:47:26.57 | 74 | keine Angabe |
| 74 | SCHÜTZLER Oliver | | 1886 | 18 M30M | 00:47:27.73 | 00:46:57.53 | 71 | 00:18:32.18 | 76 | 00:31:40.55 | 74 | 00:34:03.72 | 75 | 00:46:57.53 | 71 | keine Angabe |
| 75 | BECKERS Jakob | | 1923 | 17 HKMM | 00:47:44.52 | 00:47:44.52 | 83 | 00:19:14.23 | 111 | 00:32:28.98 | 96 | 00:34:50.71 | 92 | 00:47:44.52 | 83 | keine Angabe |
| 76 | BAUERMANN Sascha | | 1919 | 10 M35M | 00:47:48.07 | 00:47:35.90 | 78 | 00:18:39.97 | 82 | 00:31:43.96 | 76 | 00:34:04.53 | 78 | 00:47:35.90 | 78 | kein verein |
| 77 | MEYER Hans Arnold | | 1834 | 5 M50M | 00:47:51.95 | 00:47:26.94 | 75 | 00:19:00.29 | 96 | 00:31:58.84 | 81 | 00:34:21.13 | 81 | 00:47:26.94 | 75 | keine Angabe |
| 78 | BACHMANN Daniel | | 9648 | 11 M35M | 00:47:54.07 | 00:47:54.07 | 88 | 00:19:24.56 | 117 | 00:32:47.75 | 111 | 00:35:07.71 | 103 | 00:47:54.07 | 88 | keine Angabe |
| 79 | BRZUSKIEWICZ Sebastian | | 1724 | 19 M30M | 00:47:57.13 | 00:47:47.17 | 84 | 00:18:36.72 | 80 | 00:32:11.69 | 85 | 00:34:30.38 | 84 | 00:47:47.17 | 84 | www.maklerschmitz.de |
| 80 | DAUD Maria Lena | | 1004 | 1 U16F | 00:47:58.72 | 00:47:41.81 | 80 | 00:18:36.16 | 78 | 00:32:28.88 | 95 | 00:34:56.47 | 98 | 00:47:41.81 | 80 | Bischöfliche Marienschule 6c |
| 81 | HORN Thomas | | 1794 | 5 M45M | 00:48:00.10 | 00:47:53.86 | 87 | 00:18:29.18 | 72 | 00:31:49.92 | 79 | 00:34:18.09 | 80 | 00:47:53.86 | 87 | keine Angabe |
| 82 | WILLEMSEN Yannik | | 1045 | 5 U20M | 00:48:00.85 | 00:47:43.79 | 81 | 00:19:41.25 | 134 | 00:33:02.71 | 116 | 00:35:25.06 | 114 | 00:47:43.79 | 81 | BK Volksgartenstraße WG |
| 83 | BLUM Malte | | 1280 | 3 U16M | 00:48:00.89 | 00:47:49.55 | 85 | 00:20:11.05 | 161 | 00:33:06.39 | 123 | 00:35:28.22 | 116 | 00:47:49.55 | 85 | Geschwister-Scholl-Realschule Sch |
| 84 | HECKER Calvin | | 1480 | 6 U20M | 00:48:01.99 | 00:47:44.08 | 82 | 00:19:09.65 | 102 | 00:32:14.47 | 86 | 00:34:17.43 | 79 | 00:47:44.08 | 82 | Katholische Hauptschule Neuwerk 10b |
| 85 | KOFFERSCHLÄGER Michael | | 1999 | 12 M35M | 00:48:08.17 | 00:47:32.59 | 77 | 00:19:02.51 | 99 | 00:32:10.38 | 84 | 00:34:35.69 | 86 | 00:47:32.59 | 77 | keine Angabe |
| 86 | KÖLSCH Joshua | | 1032 | 18 HKMM | 00:48:11.35 | 00:47:28.98 | 76 | 00:21:01.07 | 203 | 00:33:27.84 | 127 | 00:35:35.29 | 121 | 00:47:28.98 | 76 | BK Volksgartenstraße WG |
| 87 | NAVE Michael | | 9552 | 6 M50M | 00:48:12.96 | 00:48:12.66 | 94 | 00:18:38.92 | 81 | 00:31:57.16 | 80 | 00:34:25.72 | 83 | 00:48:12.66 | 94 | keine Angabe |
| 88 | FRANZMANN Lara | | 1399 | 1 U18F | 00:48:14.89 | 00:48:01.32 | 91 | 00:19:12.07 | 104 | 00:32:32.09 | 98 | 00:34:56.16 | 96 | 00:48:01.32 | 91 | Gymnasium Rheindahlen Q1 |
| 89 | JANSEN Robert | | 9635 | 7 M50M | 00:48:15.71 | 00:48:02.59 | 92 | 00:19:12.66 | 107 | 00:32:32.05 | 97 | 00:34:56.50 | 99 | 00:48:02.59 | 92 | Activita Studio |
| 90 | JANSEN Philipp | | 1031 | 7 U20M | 00:48:17.80 | 00:47:59.29 | 89 | 00:19:38.29 | 131 | 00:33:02.65 | 115 | 00:35:28.36 | 117 | 00:47:59.29 | 89 | BK Volksgartenstraße WG |
| 91 | HENN Ciaran | IRE | 1785 | 2 M55M | 00:48:20.29 | 00:47:49.94 | 86 | 00:19:13.25 | 110 | 00:32:22.57 | 91 | 00:34:48.51 | 90 | 00:47:49.94 | 86 | keine Angabe |
| 92 | HANTKE Walter | | 9647 | 1 M70M | 00:48:21.91 | 00:48:21.61 | 96 | 00:18:54.51 | 90 | 00:32:27.71 | 94 | 00:34:56.16 | 97 | 00:48:21.61 | 96 | Viersener TV |
| 93 | ZINGSEM Christian | | 9609 | 20 M30M | 00:48:27.88 | 00:48:01.26 | 90 | 00:19:29.27 | 123 | 00:32:33.14 | 102 | 00:34:55.64 | 95 | 00:48:01.26 | 90 | keine Angabe |
| 94 | JANITZ Leon | | 1047 | 8 U20M | 00:48:30.06 | 00:48:12.48 | 93 | 00:18:42.69 | 83 | 00:32:03.06 | 82 | 00:34:24.18 | 82 | 00:48:12.48 | 93 | Gesamtschule Espenstrasse 12 |
| 95 | KOUCHEN Thomas | | 9530 | 19 HKMM | 00:48:30.36 | 00:48:21.48 | 95 | 00:18:36.61 | 79 | 00:32:19.58 | 89 | 00:34:43.07 | 88 | 00:48:21.48 | 95 | Coca Cola |
| 96 | MARCHENA Sergio | SPA | 1827 | 20 HKMM | 00:48:31.20 | 00:48:31.20 | 98 | 00:19:13.05 | 109 | 00:32:36.07 | 103 | 00:35:04.73 | 102 | 00:48:31.20 | 98 | keine Angabe |
| 97 | GONZALEZ CRIADO Javier | SPA | 1962 | 21 HKMM | 00:48:33.22 | 00:48:31.61 | 99 | 00:18:28.71 | 71 | 00:32:08.66 | 83 | 00:34:35.02 | 85 | 00:48:31.61 | 99 | keine Angabe |
| 98 | SCHÜRLEIN André | | 1885 | 6 M45M | 00:48:34.58 | 00:48:34.58 | 100 | 00:18:57.97 | 91 | 00:32:27.62 | 93 | 00:34:57.45 | 100 | 00:48:34.58 | 100 | keine Angabe |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|----------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|--|
| 99 | SCHENA Timo | | 9706 | 21 M30M | 00:48:34.59 | 00:47:38.71 | 79 | 00:19:31.08 | 125 | 00:32:18.67 | 88 | 00:34:42.16 | 87 | 00:47:38.71 | 79 | keine Angabe |
| 100 | ALSAC Burak | | 1165 | 9 U20M | 00:48:40.46 | 00:48:40.46 | 103 | 00:19:15.22 | 112 | 00:32:32.69 | 100 | 00:34:45.45 | 89 | 00:48:40.46 | 103 | Gesamtschule Hardt 12 |
| 101 | MANGELS Michael | | 1621 | 9 M40M | 00:48:55.40 | 00:48:26.35 | 97 | 00:19:27.69 | 120 | 00:32:46.70 | 110 | 00:35:09.15 | 105 | 00:48:26.35 | 97 | FF - Flinke FüÙe |
| 102 | GROÙGARTEN Felix | | 1024 | 10 U20M | 00:48:57.98 | 00:48:42.01 | 104 | 00:19:42.36 | 136 | 00:33:04.74 | 120 | 00:35:26.40 | 115 | 00:48:42.01 | 104 | BK Volksgartenstraße WG |
| 103 | HANSEN Peter | | 1678 | 1 M60M | 00:48:59.34 | 00:48:45.88 | 105 | 00:18:44.47 | 84 | 00:32:16.83 | 87 | 00:34:49.99 | 91 | 00:48:45.88 | 105 | Rheydter TV Badminton |
| 104 | SCHNOCK Stefan | | 9578 | 13 M35M | 00:49:02.16 | 00:48:49.84 | 106 | 00:18:49.27 | 89 | 00:32:40.01 | 104 | 00:35:13.17 | 107 | 00:48:49.84 | 106 | Flat Land Runners - LT Marathon Korschenbr |
| 105 | GEILING Michael | | 1957 | 22 HKMM | 00:49:06.40 | 00:48:55.43 | 107 | 00:18:47.67 | 87 | 00:32:41.81 | 107 | 00:35:15.04 | 109 | 00:48:55.43 | 107 | keine Angabe |
| 106 | KLEINHENZ André | | 1602 | 22 M30M | 00:49:06.63 | 00:48:57.82 | 108 | 00:19:25.30 | 118 | 00:32:55.11 | 113 | 00:35:24.76 | 113 | 00:48:57.82 | 108 | Aquanima |
| 107 | PATRICE Hermes | | 1356 | 4 U16M | 00:49:07.58 | 00:49:03.56 | 111 | 00:19:44.94 | 138 | 00:33:04.74 | 121 | 00:35:39.08 | 124 | 00:49:03.56 | 111 | Gymnasium Gartenstraße 8a |
| 108 | STEINMETZ Markus | | 1684 | 23 HKMM | 00:49:11.80 | 00:49:03.00 | 110 | 00:19:56.97 | 147 | 00:33:38.44 | 138 | 00:35:59.87 | 131 | 00:49:03.00 | 110 | Santander |
| 109 | MUNSCH Marco | | 1618 | 5 U16M | 00:49:14.85 | 00:48:39.15 | 102 | 00:18:48.66 | 88 | 00:32:22.20 | 90 | 00:34:52.24 | 93 | 00:48:39.15 | 102 | DJK Teutonia St.Tönis |
| 110 | FIEDLER Ernst-Oskar | | 1686 | 2 M60M | 00:49:16.38 | 00:49:00.15 | 109 | 00:19:25.31 | 119 | 00:32:55.13 | 114 | 00:35:24.38 | 112 | 00:49:00.15 | 109 | SCB Filiale Mülheim |
| 111 | MURATOVIC Adnan | | 1036 | 11 U20M | 00:49:20.48 | 00:48:38.40 | 101 | 00:21:01.17 | 204 | 00:33:52.07 | 142 | 00:36:09.11 | 136 | 00:48:38.40 | 101 | BK Volksgartenstraße WG |
| 112 | KUPKE Volker | | 1815 | 7 M45M | 00:49:22.03 | 00:49:22.03 | 118 | 00:19:33.87 | 126 | 00:33:03.99 | 119 | 00:35:34.11 | 119 | 00:49:22.03 | 118 | keine Angabe |
| 113 | GÜTZKOW Marvin | | 1964 | 24 HKMM | 00:49:23.05 | 00:49:08.61 | 112 | 00:18:59.36 | 94 | 00:32:32.89 | 101 | 00:35:07.96 | 104 | 00:49:08.61 | 112 | LT MG-Volksgarten |
| 114 | JOHNEN Marcus | | 1434 | 14 M35M | 00:49:24.77 | 00:49:24.77 | 120 | 00:19:01.47 | 98 | 00:32:41.08 | 106 | 00:35:12.68 | 106 | 00:49:24.77 | 120 | Hans-Jonas-Gesamtschule 7a |
| 115 | VETTEN Hans-Joachim | | 9639 | 10 M40M | 00:49:29.28 | 00:49:18.07 | 115 | 00:19:11.84 | 103 | 00:32:45.54 | 108 | 00:35:19.11 | 110 | 00:49:18.07 | 115 | DJK Spßr.Hehn |
| 116 | CAMPIGLIA Luisa | | 1354 | 1 U14F | 00:49:33.08 | 00:49:11.92 | 113 | 00:20:24.02 | 174 | 00:33:29.92 | 131 | 00:35:52.17 | 128 | 00:49:11.92 | 113 | Gymnasium Gartenstraße 7d |
| 117 | CAMPIGLIA Stefani | | 1936 | 1 W35F | 00:49:33.53 | 00:49:12.60 | 114 | 00:20:24.09 | 175 | 00:33:29.85 | 130 | 00:35:52.40 | 129 | 00:49:12.60 | 114 | keine Angabe |
| 118 | ORTZ Christian | | 1383 | 3 U14M | 00:49:34.25 | 00:49:23.20 | 119 | 00:19:04.24 | 100 | 00:33:03.60 | 117 | 00:35:19.37 | 111 | 00:49:23.20 | 119 | Gymnasium Rheindahlen 5b |
| 119 | JUNKER Martin | | 1992 | 23 M30M | 00:49:45.25 | 00:49:45.25 | 126 | 00:19:21.96 | 116 | 00:33:48.28 | 139 | 00:36:17.16 | 141 | 00:49:45.25 | 126 | keine Angabe |
| 120 | FELIX Römgens | | 1355 | 6 U16M | 00:49:46.43 | 00:49:36.06 | 123 | 00:19:28.98 | 122 | 00:34:02.14 | 147 | 00:36:33.48 | 146 | 00:49:36.06 | 123 | Gymnasium Gartenstraße 8a |
| 121 | ARNOLD Björn | | 1711 | 11 M40M | 00:49:46.59 | 00:49:27.94 | 121 | 00:19:46.02 | 139 | 00:33:32.25 | 132 | 00:35:57.56 | 130 | 00:49:27.94 | 121 | Turnerschaft Lürrip |
| 122 | HERMANN Niko | | 1788 | 25 HKMM | 00:49:51.61 | 00:49:30.67 | 122 | 00:19:39.15 | 133 | 00:33:15.81 | 125 | 00:35:41.42 | 125 | 00:49:30.67 | 122 | keine Angabe |
| 123 | WEINERT Till | | 1469 | 7 U16M | 00:49:55.60 | 00:49:51.16 | 128 | 00:19:20.81 | 114 | 00:32:32.32 | 99 | 00:34:59.64 | 101 | 00:49:51.16 | 128 | HUMA 7d |
| 124 | JORDE Thomas | | 9636 | 8 M50M | 00:49:56.38 | 00:49:18.70 | 116 | 00:19:48.04 | 140 | 00:33:21.30 | 126 | 00:35:48.53 | 126 | 00:49:18.70 | 116 | keine Angabe |
| 125 | PÖTSCH Achim | | 9567 | 9 M50M | 00:50:01.93 | 00:49:54.93 | 130 | 00:19:00.63 | 97 | 00:32:40.62 | 105 | 00:35:14.05 | 108 | 00:49:54.93 | 130 | marathonteam-online |
| 126 | OTTO Tino | | 1846 | 8 M45M | 00:50:03.00 | 00:49:21.16 | 117 | 00:19:19.44 | 113 | 00:33:05.51 | 122 | 00:35:37.14 | 122 | 00:49:21.16 | 117 | keine Angabe |
| 127 | KETZLER Adrian | | 9723 | 24 M30M | 00:50:06.21 | 00:49:40.44 | 125 | 00:20:00.11 | 150 | 00:33:37.91 | 135 | 00:36:09.28 | 137 | 00:49:40.44 | 125 | keine Angabe |
| 128 | WINGERATH Eva | | 1409 | 2 U18F | 00:50:07.24 | 00:49:54.18 | 129 | 00:19:37.96 | 130 | 00:33:34.07 | 134 | 00:36:05.77 | 133 | 00:49:54.18 | 129 | Gymnasium Rheindahlen Q1 |
| 129 | BOESCH Rudolf | | 1929 | 9 M45M | 00:50:12.20 | 00:49:55.03 | 131 | 00:19:05.79 | 101 | 00:32:46.56 | 109 | 00:35:30.01 | 118 | 00:49:55.03 | 131 | moderne Verpackung C.B. Hoffmann GmbH |
| 130 | BLUMENSTEIN Heinrich | | 1650 | 3 M60M | 00:50:13.29 | 00:50:08.39 | 134 | 00:19:35.32 | 127 | 00:33:28.42 | 128 | 00:36:00.32 | 132 | 00:50:08.39 | 134 | LT Weiterstadt |
| 131 | WEUTHEN David | | 1212 | 8 U16M | 00:50:13.31 | 00:50:13.31 | 136 | 00:19:12.47 | 106 | 00:33:37.97 | 136 | 00:36:08.90 | 135 | 00:50:13.31 | 136 | Gesamtschule Hardt 8 |
| 132 | CHILIAN Ralf | | 1630 | 10 M50M | 00:50:14.65 | 00:49:59.71 | 132 | 00:19:54.50 | 143 | 00:33:52.82 | 143 | 00:36:24.00 | 142 | 00:49:59.71 | 132 | Just4Fun |
| 133 | MÜLLER Patrick | | 1519 | 3 U18M | 00:50:19.97 | 00:49:48.06 | 127 | 00:18:59.44 | 95 | 00:33:03.67 | 118 | 00:35:39.05 | 123 | 00:49:48.06 | 127 | Math.-Nat. Gymnasium Q1 |
| 134 | STEINBACHER Jörg | | 1893 | 10 M45M | 00:50:24.42 | 00:49:39.63 | 124 | 00:20:14.67 | 167 | 00:33:48.87 | 140 | 00:36:14.13 | 140 | 00:49:39.63 | 124 | keine Angabe |
| 135 | SCHNURR Marcel | | 1709 | 25 M30M | 00:50:29.01 | 00:50:12.04 | 135 | 00:18:23.83 | 68 | 00:32:23.94 | 92 | 00:34:53.44 | 94 | 00:50:12.04 | 135 | Turnbeutel Mafia |
| 136 | HOSSAIN Shimul | | 9682 | 26 M30M | 00:50:34.94 | 00:50:04.61 | 133 | 00:20:58.80 | 200 | 00:34:45.82 | 172 | 00:37:13.78 | 169 | 00:50:04.61 | 133 | keine Angabe |
| 137 | WATTENBACH David | | 9595 | 12 M40M | 00:50:49.99 | 00:50:29.43 | 139 | 00:19:37.36 | 128 | 00:33:32.87 | 133 | 00:36:12.15 | 139 | 00:50:29.43 | 139 | LC Duisburg |
| 138 | ILLGEN Noel | | 1295 | 9 U16M | 00:50:50.63 | 00:50:35.45 | 142 | 00:20:20.92 | 169 | 00:34:17.69 | 158 | 00:36:32.38 | 144 | 00:50:35.45 | 142 | Geschwister-Scholl-Realschule Sch |
| 139 | OELERS Philip | | 1202 | 4 U14M | 00:50:50.69 | 00:50:48.67 | 144 | 00:19:54.96 | 144 | 00:34:10.65 | 153 | 00:36:35.69 | 150 | 00:50:48.67 | 144 | Gesamtschule Hardt 6 |
| 140 | FRIEBE Mathias | | 1767 | 11 M50M | 00:50:52.47 | 00:50:16.23 | 137 | 00:20:36.97 | 187 | 00:34:12.46 | 155 | 00:36:45.24 | 157 | 00:50:16.23 | 137 | keine Angabe |
| 141 | IBELS Michael | | 1796 | 11 M45M | 00:51:02.57 | 00:50:36.09 | 143 | 00:20:24.67 | 177 | 00:34:06.68 | 152 | 00:36:35.59 | 149 | 00:50:36.09 | 143 | keine Angabe |
| 142 | WINDECK Hildegard | | 1907 | 3 W30F | 00:51:02.76 | 00:50:33.75 | 141 | 00:21:07.31 | 210 | 00:34:49.03 | 177 | 00:37:17.66 | 171 | 00:50:33.75 | 141 | keine Angabe |
| 143 | GINGTER Jannik | | 1211 | 10 U16M | 00:51:04.00 | 00:51:04.00 | 153 | 00:19:12.39 | 105 | 00:33:38.20 | 137 | 00:36:08.78 | 134 | 00:51:04.00 | 153 | Gesamtschule Hardt 8 |
| 144 | DILLMANN Sven | | 1411 | 27 M30M | 00:51:04.67 | 00:51:01.36 | 151 | 00:19:44.18 | 137 | 00:33:53.15 | 144 | 00:36:30.11 | 143 | 00:51:01.36 | 151 | Hans-Jonas-Gesamtschule 5a |
| 145 | PAESCHKE Alexander | | 9558 | 26 HKMM | 00:51:05.44 | 00:50:26.36 | 138 | 00:19:41.78 | 135 | 00:33:28.57 | 129 | 00:36:11.05 | 138 | 00:50:26.36 | 138 | RDM_friends |
| 146 | TIM Bongartz | | 1357 | 11 U16M | 00:51:05.89 | 00:50:55.38 | 149 | 00:19:28.89 | 121 | 00:34:01.87 | 146 | 00:36:33.28 | 145 | 00:50:55.38 | 149 | Gymnasium Gartenstraße 8a |
| 147 | SCHUBERT Fabian | | 1473 | 4 U18M | 00:51:07.17 | 00:51:03.56 | 152 | 00:19:21.36 | 115 | 00:34:01.41 | 145 | 00:36:38.37 | 152 | 00:51:03.56 | 152 | HUMA Q1 |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|----------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-----------------------------------|
| 148 | HOMBACH Frank | | 1790 | 12 M45M | 00:51:08.59 | 00:50:52.13 | 145 | 00:20:40.86 | 189 | 00:34:56.59 | 180 | 00:37:29.54 | 178 | 00:50:52.13 | 145 | keine Angabe |
| 149 | GILLWALD Volker | | 1958 | 13 M45M | 00:51:09.51 | 00:50:31.47 | 140 | 00:20:34.44 | 184 | 00:34:10.90 | 154 | 00:36:43.22 | 153 | 00:50:31.47 | 140 | keine Angabe |
| 150 | FALKENROTH Andrea | | 1273 | 1 W55F | 00:51:14.10 | 00:50:53.74 | 146 | 00:20:21.44 | 172 | 00:34:20.77 | 162 | 00:36:54.62 | 162 | 00:50:53.74 | 146 | Geschwister-Scholl-Realschule Leh |
| 151 | STRIEWE Volker | | 1349 | 15 M35M | 00:51:14.16 | 00:51:14.16 | 155 | 00:20:54.20 | 195 | 00:34:46.54 | 174 | 00:37:22.08 | 175 | 00:51:14.16 | 155 | Gymnasium Am Geroweier Bet |
| 152 | FALKENROTH Peter | | 1274 | 3 M55M | 00:51:14.24 | 00:50:53.99 | 147 | 00:20:18.80 | 168 | 00:34:18.01 | 159 | 00:36:54.59 | 161 | 00:50:53.99 | 147 | Geschwister-Scholl-Realschule Leh |
| 153 | SIEMES Carsten | | 1887 | 27 HKMM | 00:51:14.44 | 00:51:00.06 | 150 | 00:18:59.35 | 93 | 00:32:51.00 | 112 | 00:35:34.75 | 120 | 00:51:00.06 | 150 | keine Angabe |
| 154 | GDANITZ Marta | | 1956 | 2 HKWF | 00:51:16.96 | 00:51:16.96 | 157 | 00:19:55.88 | 145 | 00:34:13.67 | 157 | 00:36:52.68 | 160 | 00:51:16.96 | 157 | keine Angabe |
| 155 | ROSENTHAL Carlotta | | 1005 | 2 U14F | 00:51:18.47 | 00:51:18.47 | 158 | 00:19:38.31 | 132 | 00:34:02.21 | 148 | 00:36:37.76 | 151 | 00:51:18.47 | 158 | Bischöfliche Marienschule 7a |
| 156 | VON CONTEN Bernd | | 9637 | 14 M45M | 00:51:32.79 | 00:51:20.91 | 160 | 00:18:58.81 | 92 | 00:33:13.11 | 124 | 00:35:50.83 | 127 | 00:51:20.91 | 160 | LG Mönchengladbach |
| 157 | GUTAJ Dion | | 1185 | 1 U12M | 00:51:39.50 | 00:51:39.50 | 170 | 00:19:49.93 | 141 | 00:35:28.58 | 199 | 00:38:08.14 | 198 | 00:51:39.50 | 170 | Gesamtschule Hardt 5 |
| 158 | PERKIEWICZ Jens | | 9561 | 16 M35M | 00:51:39.82 | 00:51:39.82 | 171 | 00:21:22.05 | 230 | 00:35:19.28 | 191 | 00:37:50.84 | 188 | 00:51:39.82 | 171 | JJC Nettetel |
| 159 | LIESEN Jan Lukas | | 1330 | 5 U14M | 00:51:43.15 | 00:51:32.47 | 165 | 00:20:56.09 | 198 | 00:35:23.97 | 194 | 00:37:53.65 | 191 | 00:51:32.47 | 165 | Gymnasium Am Geroweier 6d |
| 160 | HERING Don | | 9617 | 28 HKMM | 00:51:45.30 | 00:51:15.07 | 156 | 00:20:22.24 | 173 | 00:34:19.49 | 160 | 00:36:50.32 | 158 | 00:51:15.07 | 156 | keine Angabe |
| 161 | REIMANN Jonas | | 9638 | 29 HKMM | 00:51:45.67 | 00:51:06.40 | 154 | 00:20:26.63 | 178 | 00:34:45.66 | 171 | 00:37:22.67 | 176 | 00:51:06.40 | 154 | RDM_friends |
| 162 | LIPPERSON Phil | | 1386 | 6 U14M | 00:51:46.82 | 00:51:19.94 | 159 | 00:21:25.04 | 234 | 00:35:08.73 | 186 | 00:37:41.52 | 182 | 00:51:19.94 | 159 | Gymnasium Rheindahlen 7a |
| 163 | SCHNITZLER Wilfried | | 1655 | 4 M55M | 00:51:47.74 | 00:51:36.22 | 167 | 00:16:59.79 | 33 | 00:28:35.18 | 24 | 00:30:46.31 | 24 | 00:51:36.22 | 167 | marathonteam-online |
| 164 | NILGEN Dirk | | 9553 | 15 M45M | 00:51:48.56 | 00:50:54.32 | 148 | 00:20:24.59 | 176 | 00:34:26.02 | 164 | 00:37:00.00 | 164 | 00:50:54.32 | 148 | keine Angabe |
| 165 | HARDY Rick | UNI | 1780 | 5 M55M | 00:51:54.51 | 00:51:25.14 | 163 | 00:20:00.83 | 152 | 00:34:04.10 | 149 | 00:36:43.53 | 155 | 00:51:25.14 | 163 | keine Angabe |
| 166 | BACH Alexander | | 1726 | 16 M45M | 00:51:54.59 | 00:51:25.31 | 164 | 00:20:01.30 | 154 | 00:34:04.84 | 151 | 00:36:44.14 | 156 | 00:51:25.31 | 164 | keine Angabe |
| 167 | ECKARTZ Mario | | 1761 | 12 M50M | 00:51:57.34 | 00:51:21.30 | 161 | 00:20:10.96 | 160 | 00:34:39.17 | 169 | 00:37:21.14 | 173 | 00:51:21.30 | 161 | keine Angabe |
| 168 | MUNSCH Manfred | | 1701 | 13 M50M | 00:51:57.59 | 00:51:22.05 | 162 | 00:20:57.50 | 199 | 00:35:10.39 | 188 | 00:37:41.87 | 183 | 00:51:22.05 | 162 | Spielverein St.Tönis |
| 169 | SCHMITZ Robin | | 1310 | 5 U18M | 00:52:01.88 | 00:52:00.69 | 176 | 00:19:30.72 | 124 | 00:34:04.75 | 150 | 00:36:43.39 | 154 | 00:52:00.69 | 176 | Geschwister-Scholl-Realschule Sch |
| 170 | MARTIN Alexander | | 9546 | 17 M35M | 00:52:02.46 | 00:51:37.21 | 169 | 00:20:12.47 | 164 | 00:34:38.06 | 167 | 00:37:08.39 | 166 | 00:51:37.21 | 169 | keine Angabe |
| 171 | BIENEFELD Stefan | | 1661 | 14 M50M | 00:52:06.57 | 00:51:52.70 | 174 | 00:20:21.23 | 171 | 00:34:41.98 | 170 | 00:37:19.25 | 172 | 00:51:52.70 | 174 | Mönchengladbach |
| 172 | SCHLEMMER Kim-Melvin | | 1511 | 7 U14M | 00:52:09.38 | 00:51:37.14 | 168 | 00:21:29.25 | 239 | 00:36:33.79 | 232 | 00:39:11.65 | 226 | 00:51:37.14 | 168 | Math.-Nat. Gymnasium 7b |
| 173 | JAKOBS Udo | | 1798 | 17 M45M | 00:52:14.74 | 00:51:58.77 | 175 | 00:20:41.79 | 191 | 00:35:01.37 | 183 | 00:37:33.76 | 180 | 00:51:58.77 | 175 | keine Angabe |
| 174 | WIRTH Jonas | | 9607 | 8 U14M | 00:52:14.74 | 00:52:14.74 | 181 | 00:17:19.61 | 39 | 00:28:43.37 | 28 | 00:30:47.82 | 25 | 00:52:14.74 | 181 | keine Angabe |
| 175 | NEBELER Lukas | | 1207 | 12 U16M | 00:52:17.41 | 00:52:01.99 | 178 | 00:20:08.28 | 157 | 00:33:51.41 | 141 | 00:36:34.81 | 147 | 00:52:01.99 | 178 | Gesamtschule Hardt 7 |
| 176 | KORSTEN Sascha | | 9528 | 18 M35M | 00:52:18.06 | 00:51:33.08 | 166 | 00:21:41.52 | 256 | 00:35:18.76 | 189 | 00:37:49.84 | 184 | 00:51:33.08 | 166 | keine Angabe |
| 177 | GABLER Julian | | 1517 | 6 U18M | 00:52:19.66 | 00:52:07.59 | 179 | 00:20:47.43 | 193 | 00:35:22.16 | 193 | 00:37:59.83 | 193 | 00:52:07.59 | 179 | Math.-Nat. Gymnasium Q1 |
| 178 | KOYRO Jan Niklas | | 1518 | 7 U18M | 00:52:22.38 | 00:51:50.10 | 173 | 00:20:04.56 | 156 | 00:34:12.59 | 156 | 00:36:50.63 | 159 | 00:51:50.10 | 173 | Math.-Nat. Gymnasium Q1 |
| 179 | HELLEKES Daniel | | 1976 | 28 M30M | 00:52:24.32 | 00:52:24.32 | 186 | 00:21:21.33 | 229 | 00:36:17.77 | 219 | 00:38:53.43 | 215 | 00:52:24.32 | 186 | keine Angabe |
| 180 | DÖKER Marcus | | 1753 | 13 M40M | 00:52:26.47 | 00:52:11.46 | 180 | 00:20:00.31 | 151 | 00:34:21.99 | 163 | 00:36:58.80 | 163 | 00:52:11.46 | 180 | keine Angabe |
| 181 | ZIRKS Marco | | 9610 | 29 M30M | 00:52:27.91 | 00:51:43.83 | 172 | 00:20:36.80 | 186 | 00:34:48.54 | 176 | 00:37:25.45 | 177 | 00:51:43.83 | 172 | LT MG-Volksgarten |
| 182 | OSTEN David | | 1844 | 19 M35M | 00:52:36.56 | 00:52:22.29 | 183 | 00:20:13.06 | 166 | 00:34:47.39 | 175 | 00:37:31.58 | 179 | 00:52:22.29 | 183 | keine Angabe |
| 183 | PAULS Aline | | 1848 | 2 W35F | 00:52:41.43 | 00:52:31.61 | 188 | 00:20:35.94 | 185 | 00:35:08.81 | 187 | 00:37:50.02 | 185 | 00:52:31.61 | 188 | keine Angabe |
| 184 | KREMER Roger | | 1809 | 14 M40M | 00:52:50.22 | 00:52:01.17 | 177 | 00:21:54.64 | 280 | 00:35:49.58 | 206 | 00:38:20.94 | 205 | 00:52:01.17 | 177 | keine Angabe |
| 185 | JANSEN SASCHA | | 9699 | 30 M30M | 00:52:51.62 | 00:52:50.01 | 193 | 00:20:12.52 | 165 | 00:35:19.00 | 190 | 00:38:03.93 | 195 | 00:52:50.01 | 193 | keine Angabe |
| 186 | BOSSE Michael | | 1714 | 18 M45M | 00:52:55.03 | 00:52:23.61 | 184 | 00:21:09.79 | 212 | 00:35:20.22 | 192 | 00:37:52.60 | 190 | 00:52:23.61 | 184 | vereinslos |
| 187 | TERHAAG Andreas | | 1894 | 19 M45M | 00:52:56.42 | 00:52:27.05 | 187 | 00:21:03.47 | 206 | 00:35:26.39 | 196 | 00:38:05.73 | 196 | 00:52:27.05 | 187 | keine Angabe |
| 188 | THOMAS Detlef | | 1896 | 20 M45M | 00:53:01.19 | 00:52:22.12 | 182 | 00:22:49.53 | 357 | 00:36:38.76 | 237 | 00:39:07.56 | 220 | 00:52:22.12 | 182 | keine Angabe |
| 189 | NETT Matthias | | 1840 | 31 M30M | 00:53:09.64 | 00:53:09.64 | 201 | 00:20:29.85 | 182 | 00:35:33.62 | 201 | 00:38:14.54 | 201 | 00:53:09.64 | 201 | keine Angabe |
| 190 | GAULS Hartmut | | 1771 | 15 M40M | 00:53:10.06 | 00:52:40.22 | 189 | 00:20:21.08 | 170 | 00:35:08.50 | 185 | 00:37:53.78 | 192 | 00:52:40.22 | 189 | keine Angabe |
| 191 | SAN JOSE Miguel | | 1350 | 8 U18M | 00:53:14.14 | 00:53:06.00 | 198 | 00:19:57.12 | 148 | 00:35:00.47 | 182 | 00:37:50.08 | 186 | 00:53:06.00 | 198 | Gymnasium Am Geroweier EF |
| 192 | GÖTZ Martin | | 1023 | 21 M45M | 00:53:14.34 | 00:53:14.34 | 203 | 00:21:14.60 | 219 | 00:35:34.44 | 202 | 00:38:14.17 | 200 | 00:53:14.34 | 203 | BK Volksgartenstraße WG |
| 193 | ROGG Thomas | | 1869 | 30 HKMM | 00:53:16.32 | 00:52:57.22 | 196 | 00:20:46.69 | 192 | 00:35:07.55 | 184 | 00:37:51.79 | 189 | 00:52:57.22 | 196 | keine Angabe |
| 194 | KARASCH Oliver | | 1103 | 20 M35M | 00:53:17.32 | 00:52:49.19 | 192 | 00:21:23.28 | 232 | 00:36:01.10 | 209 | 00:38:35.71 | 208 | 00:52:49.19 | 192 | Gesamtschule Espenstrasse 7f |
| 195 | SCHRAMM Stephan | | 9579 | 22 M45M | 00:53:17.85 | 00:52:24.02 | 185 | 00:21:33.68 | 248 | 00:35:45.88 | 204 | 00:38:17.49 | 203 | 00:52:24.02 | 185 | keine Angabe |
| 196 | MATHAR Sven | | 1690 | 32 M30M | 00:53:25.94 | 00:53:02.19 | 197 | 00:21:02.62 | 205 | 00:36:04.29 | 212 | 00:38:43.98 | 210 | 00:53:02.19 | 197 | SFP Running |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|--------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-----------------------------------|
| 197 | SIGMUND Jana | | 9586 | 1 U20F | 00:53:26.35 | 00:52:40.25 | 190 | 00:21:46.96 | 262 | 00:36:47.25 | 243 | 00:39:14.50 | 228 | 00:52:40.25 | 190 | keine Angabe |
| 198 | HOHENSTATT Mario | | 1713 | 33 M30M | 00:53:29.18 | 00:53:07.59 | 199 | 00:20:48.03 | 194 | 00:35:33.37 | 200 | 00:38:15.33 | 202 | 00:53:07.59 | 199 | USC Düsseldorf |
| 199 | BALTUS Thomas | | 1727 | 23 M45M | 00:53:31.61 | 00:52:53.65 | 194 | 00:21:13.86 | 215 | 00:35:25.81 | 195 | 00:38:06.68 | 197 | 00:52:53.65 | 194 | keine Angabe |
| 200 | GERRARDS RALF | | 1704 | 24 M45M | 00:53:34.88 | 00:53:30.01 | 206 | 00:20:01.27 | 153 | 00:34:37.18 | 166 | 00:37:16.43 | 170 | 00:53:30.01 | 206 | Tambourcorps Hardt |
| 201 | BONGARTZ André | | 1734 | 34 M30M | 00:53:37.96 | 00:53:24.99 | 204 | 00:19:37.95 | 129 | 00:34:46.53 | 173 | 00:37:35.23 | 181 | 00:53:24.99 | 204 | keine Angabe |
| 202 | HEINEN Peter | | 1974 | 6 M55M | 00:53:38.79 | 00:52:45.14 | 191 | 00:21:56.37 | 283 | 00:36:02.48 | 211 | 00:38:40.45 | 209 | 00:52:45.14 | 191 | keine Angabe |
| 203 | STOBBE Marcus | | 1715 | 25 M45M | 00:53:43.04 | 00:53:08.28 | 200 | 00:21:53.92 | 276 | 00:36:20.90 | 221 | 00:39:09.74 | 222 | 00:53:08.28 | 200 | VFL Hinsbeck |
| 204 | KALKBRENNER Petra | | 1649 | 3 W35F | 00:53:44.35 | 00:52:55.57 | 195 | 00:20:32.17 | 183 | 00:35:44.09 | 203 | 00:38:19.80 | 204 | 00:52:55.57 | 195 | LT MG-Volksgarten |
| 205 | WEIDMANN Lars | | 1003 | 9 U14M | 00:53:45.36 | 00:53:30.04 | 207 | 00:20:55.30 | 197 | 00:35:28.17 | 197 | 00:38:00.09 | 194 | 00:53:30.04 | 207 | Bischöfliche Marienschule 6a |
| 206 | BREMES Guido | | 1736 | 16 M40M | 00:53:46.20 | 00:53:10.00 | 202 | 00:20:10.40 | 159 | 00:34:39.07 | 168 | 00:37:21.44 | 174 | 00:53:10.00 | 202 | keine Angabe |
| 207 | JANSEN Jürgen | | 1990 | 15 M50M | 00:53:46.75 | 00:53:32.85 | 208 | 00:21:22.98 | 231 | 00:36:14.50 | 216 | 00:38:58.64 | 217 | 00:53:32.85 | 208 | Niersläufer |
| 208 | MITTERMAYR Julian | | 1035 | 31 HKMM | 00:53:47.83 | 00:53:47.83 | 216 | 00:21:14.62 | 220 | 00:36:07.90 | 213 | 00:38:46.97 | 212 | 00:53:47.83 | 216 | BK Volksgartenstraße WG |
| 209 | EBERGER Eduard | | 1286 | 13 U16M | 00:53:55.68 | 00:53:43.71 | 213 | 00:20:10.28 | 158 | 00:34:20.76 | 161 | 00:36:35.58 | 148 | 00:53:43.71 | 213 | Geschwister-Scholl-Realschule Sch |
| 210 | PETERS Cedric | | 1521 | 9 U18M | 00:53:57.93 | 00:53:25.54 | 205 | 00:20:28.50 | 180 | 00:36:51.01 | 246 | 00:39:32.07 | 244 | 00:53:25.54 | 205 | Math.-Nat. Gymnasium Q1 |
| 211 | DAVIDOVIC Dragan | | 1681 | 26 M45M | 00:53:58.11 | 00:53:35.83 | 209 | 00:22:14.74 | 312 | 00:37:00.93 | 252 | 00:39:41.86 | 249 | 00:53:35.83 | 209 | Runners on LSD |
| 212 | HABENBACHER Andreas | | 1965 | 35 M30M | 00:54:00.69 | 00:54:00.69 | 222 | 00:21:50.45 | 269 | 00:36:43.27 | 240 | 00:39:25.74 | 239 | 00:54:00.69 | 222 | RYT |
| 213 | SACHPAZIDIS Thomas | | 1096 | 14 U16M | 00:54:03.30 | 00:54:03.00 | 224 | 00:19:59.01 | 149 | 00:34:36.76 | 165 | 00:37:11.51 | 167 | 00:54:03.00 | 224 | Gesamtschule Espenstrasse 7b |
| 214 | WEIß Andreas | | 1903 | 32 HKMM | 00:54:08.75 | 00:54:08.75 | 227 | 00:22:08.57 | 296 | 00:36:58.67 | 251 | 00:39:35.91 | 247 | 00:54:08.75 | 227 | keine Angabe |
| 215 | MANSKE Ralph | | 9543 | 16 M50M | 00:54:13.43 | 00:53:45.93 | 214 | 00:21:29.11 | 238 | 00:36:24.34 | 223 | 00:39:06.86 | 219 | 00:53:45.93 | 214 | - |
| 216 | COENEN Stephan | | 1746 | 27 M45M | 00:54:14.33 | 00:53:46.94 | 215 | 00:21:05.57 | 209 | 00:36:45.05 | 241 | 00:39:30.90 | 242 | 00:53:46.94 | 215 | keine Angabe |
| 217 | PREUß Jasper | | 1174 | 12 U20M | 00:54:15.59 | 00:53:42.95 | 212 | 00:21:50.10 | 267 | 00:38:10.79 | 309 | 00:40:27.42 | 284 | 00:53:42.95 | 212 | Gesamtschule Hardt 12 |
| 218 | MLAKIC Maximilian | | 1334 | 15 U16M | 00:54:19.88 | 00:54:19.88 | 231 | 00:20:41.25 | 190 | 00:36:27.10 | 225 | 00:39:16.05 | 231 | 00:54:19.88 | 231 | Gymnasium Am Geroweier 7b |
| 219 | HOEREN Simon | | 1982 | 21 M35M | 00:54:20.65 | 00:54:20.65 | 232 | 00:23:05.15 | 384 | 00:38:02.48 | 299 | 00:40:37.54 | 290 | 00:54:20.65 | 232 | keine Angabe |
| 220 | PEKSEN Sadi | | 1226 | 13 U20M | 00:54:27.33 | 00:54:19.18 | 230 | 00:22:10.83 | 301 | 00:36:48.45 | 244 | 00:39:38.72 | 248 | 00:54:19.18 | 230 | Gesamtschule Volksgarten 11 |
| 221 | ZENSES Hannah | | 1716 | 3 HKWF | 00:54:28.28 | 00:53:54.01 | 219 | 00:21:17.05 | 223 | 00:36:21.33 | 222 | 00:39:10.21 | 224 | 00:53:54.01 | 219 | VFL Hinsbeck |
| 222 | SCHEERER Friedrich-Lukas | | 1601 | 33 HKMM | 00:54:28.41 | 00:53:53.56 | 218 | 00:21:16.73 | 222 | 00:36:20.84 | 220 | 00:39:09.54 | 221 | 00:53:53.56 | 218 | ach du lieber Gott |
| 223 | SCHÜREN Jörg | | 9581 | 17 M50M | 00:54:29.37 | 00:53:52.92 | 217 | 00:21:26.81 | 236 | 00:36:16.78 | 218 | 00:39:02.27 | 218 | 00:53:52.92 | 217 | keine Angabe |
| 224 | BECKERS Kim | | 1730 | 4 HKWF | 00:54:29.47 | 00:53:40.66 | 211 | 00:21:14.55 | 217 | 00:35:57.51 | 208 | 00:38:35.16 | 207 | 00:53:40.66 | 211 | keine Angabe |
| 225 | KREIS Manfred | | 9533 | 7 M55M | 00:54:30.60 | 00:54:20.69 | 233 | 00:22:13.80 | 308 | 00:37:07.97 | 255 | 00:39:51.32 | 256 | 00:54:20.69 | 233 | NEW RUNNERS SG 26 Mönchengladbach |
| 226 | ECHANOVE Gonzalo | SPA | 1758 | 16 U16M | 00:54:32.50 | 00:54:11.77 | 228 | 00:20:26.99 | 179 | 00:34:58.82 | 181 | 00:37:50.72 | 187 | 00:54:11.77 | 228 | keine Angabe |
| 227 | POLL Christian | | 1691 | 34 HKMM | 00:54:32.93 | 00:54:06.78 | 225 | 00:20:59.98 | 202 | 00:36:02.08 | 210 | 00:38:49.06 | 213 | 00:54:06.78 | 225 | SFP-Running |
| 228 | RUSSLIES Axel | | 1871 | 28 M45M | 00:54:32.93 | 00:53:36.65 | 210 | 00:21:56.47 | 285 | 00:36:55.72 | 249 | 00:39:31.40 | 243 | 00:53:36.65 | 210 | keine Angabe |
| 229 | PÖTSCH Andre | | 9568 | 22 M35M | 00:54:33.54 | 00:54:00.94 | 223 | 00:21:51.34 | 273 | 00:36:39.79 | 238 | 00:39:18.07 | 232 | 00:54:00.94 | 223 | keine Angabe |
| 230 | ENGELKE Guido | | 1763 | 18 M50M | 00:54:39.92 | 00:54:00.19 | 221 | 00:21:14.15 | 216 | 00:36:08.50 | 214 | 00:38:51.46 | 214 | 00:54:00.19 | 221 | keine Angabe |
| 231 | MASUHR Kai | | 9547 | 23 M35M | 00:54:40.79 | 00:53:54.14 | 220 | 00:22:13.03 | 307 | 00:37:10.08 | 258 | 00:39:49.57 | 254 | 00:53:54.14 | 220 | SG Stern Düsseldorf |
| 232 | RÖLL Marius | | 1188 | 10 U14M | 00:54:42.14 | 00:54:42.14 | 240 | 00:19:50.52 | 142 | 00:35:28.43 | 198 | 00:38:09.06 | 199 | 00:54:42.14 | 240 | Gesamtschule Hardt 5 |
| 233 | REBIG Michael | | 1861 | 19 M50M | 00:54:47.23 | 00:54:44.14 | 242 | 00:21:26.15 | 235 | 00:36:28.70 | 226 | 00:39:15.11 | 229 | 00:54:44.14 | 242 | keine Angabe |
| 234 | HEESEN Frank | | 1971 | 17 M40M | 00:54:48.62 | 00:54:24.41 | 235 | 00:20:58.92 | 201 | 00:35:46.18 | 205 | 00:38:31.55 | 206 | 00:54:24.41 | 235 | keine Angabe |
| 235 | CHLEBIK Rene | | 1744 | 24 M35M | 00:54:48.94 | 00:54:07.29 | 226 | 00:21:12.95 | 214 | 00:36:15.19 | 217 | 00:38:45.39 | 211 | 00:54:07.29 | 226 | keine Angabe |
| 236 | SCHMIDT Colin | | 9575 | 36 M30M | 00:54:57.07 | 00:54:29.92 | 236 | 00:22:19.93 | 326 | 00:37:15.17 | 261 | 00:39:56.03 | 258 | 00:54:29.92 | 236 | keine Angabe |
| 237 | ADLER Oliver | | 1693 | 35 HKMM | 00:55:00.03 | 00:54:43.80 | 241 | 00:21:56.23 | 282 | 00:37:01.06 | 253 | 00:39:43.31 | 252 | 00:54:43.80 | 241 | SG Kaarst |
| 238 | GUTOWSKI Jörg | | 1640 | 18 M40M | 00:55:01.83 | 00:54:34.35 | 237 | 00:22:18.00 | 319 | 00:37:22.47 | 268 | 00:40:05.03 | 269 | 00:54:34.35 | 237 | Lauffreß Wickrath |
| 239 | LIESENFELD Kay | | 1642 | 19 M40M | 00:55:01.88 | 00:54:34.49 | 238 | 00:22:18.66 | 324 | 00:37:23.08 | 269 | 00:40:04.94 | 268 | 00:54:34.49 | 238 | Lauffreß Wickrath |
| 240 | HEFFELS Johannes | | 1972 | 29 M45M | 00:55:02.99 | 00:54:12.28 | 229 | 00:21:14.79 | 221 | 00:36:38.55 | 235 | 00:39:15.63 | 230 | 00:54:12.28 | 229 | keine Angabe |
| 241 | BOHL Philipp | | 1930 | 36 HKMM | 00:55:03.27 | 00:54:23.11 | 234 | 00:22:05.02 | 293 | 00:37:17.06 | 265 | 00:40:01.28 | 266 | 00:54:23.11 | 234 | RDM_friends |
| 242 | LIERZ Antonia | | 1443 | 2 U16F | 00:55:06.42 | 00:55:06.12 | 253 | 00:20:11.84 | 162 | 00:34:52.56 | 179 | 00:37:11.64 | 168 | 00:55:06.12 | 253 | Hans-Jonas-Gesamtschule 7d |
| 243 | MORINA Fabian | | 1506 | 11 U14M | 00:55:06.42 | 00:55:06.12 | 254 | 00:20:11.87 | 163 | 00:34:52.12 | 178 | 00:37:06.76 | 165 | 00:55:06.12 | 254 | Math.-Nat. Gymnasium 6b |
| 244 | PENRIS Niklas | | 1037 | 14 U20M | 00:55:12.03 | 00:54:55.03 | 250 | 00:23:06.00 | 388 | 00:37:51.33 | 291 | 00:40:26.46 | 283 | 00:54:55.03 | 250 | BK Volksgartenstraße WG |
| 245 | BIEDRON Lars | | 1098 | 17 U16M | 00:55:12.54 | 00:55:10.40 | 257 | 00:21:49.33 | 265 | 00:36:30.36 | 228 | 00:39:11.18 | 225 | 00:55:10.40 | 257 | Gesamtschule Espenstrasse 7f |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|---------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-----------------------------------|
| 246 | LÖW Luca | | 1396 | 10 U18M | 00:55:18.98 | 00:54:56.48 | 251 | 00:23:47.34 | 427 | 00:39:12.01 | 357 | 00:41:47.83 | 342 | 00:54:56.48 | 251 | Gymnasium Rheindahlen Ef |
| 247 | KNORS Markus | | 1805 | 20 M40M | 00:55:19.60 | 00:54:40.24 | 239 | 00:21:04.82 | 208 | 00:36:40.22 | 239 | 00:39:29.04 | 240 | 00:54:40.24 | 239 | keine Angabe |
| 248 | BAUER Lisa | | 1918 | 5 HKWF | 00:55:19.64 | 00:54:52.08 | 246 | 00:21:30.28 | 242 | 00:36:31.43 | 230 | 00:39:22.77 | 237 | 00:54:52.08 | 246 | TG Tremonia |
| 249 | GAST Alexander | | 1955 | 37 HKMM | 00:55:19.81 | 00:54:50.64 | 244 | 00:21:28.41 | 237 | 00:36:29.44 | 227 | 00:39:21.15 | 234 | 00:54:50.64 | 244 | TG Tremonia |
| 250 | FISCHER Oliver | | 1953 | 38 HKMM | 00:55:19.83 | 00:54:52.15 | 247 | 00:21:29.65 | 241 | 00:36:30.72 | 229 | 00:39:22.38 | 236 | 00:54:52.15 | 247 | TG Tremonia |
| 251 | VANIGLIA Marco | | 9591 | 39 HKMM | 00:55:22.45 | 00:54:45.16 | 243 | 00:22:09.70 | 298 | 00:37:40.52 | 285 | 00:40:25.17 | 281 | 00:54:45.16 | 243 | keine Angabe |
| 252 | HOVELER Uwe | | 1707 | 20 M50M | 00:55:22.67 | 00:55:22.67 | 269 | 00:22:49.84 | 358 | 00:37:59.98 | 297 | 00:40:40.82 | 295 | 00:55:22.67 | 269 | Team REWE Group |
| 253 | MATHES Michael | | 9548 | 40 HKMM | 00:55:22.97 | 00:55:14.12 | 263 | 00:21:11.14 | 213 | 00:36:38.70 | 236 | 00:39:33.67 | 246 | 00:55:14.12 | 263 | Coca Cola |
| 254 | KUBIAK Sabine | | 1812 | 1 W45F | 00:55:24.13 | 00:55:19.70 | 266 | 00:21:44.99 | 258 | 00:37:08.87 | 256 | 00:39:59.41 | 263 | 00:55:19.70 | 266 | keine Angabe |
| 255 | HAINSCH Norbert | | 1966 | 21 M50M | 00:55:29.97 | 00:55:29.97 | 271 | 00:22:18.03 | 321 | 00:37:54.46 | 294 | 00:40:39.33 | 294 | 00:55:29.97 | 271 | keine Angabe |
| 256 | BERTHOLD Armin | | 1925 | 8 M55M | 00:55:35.62 | 00:54:54.09 | 249 | 00:21:47.94 | 264 | 00:36:49.74 | 245 | 00:39:33.20 | 245 | 00:54:54.09 | 249 | keine Angabe |
| 257 | SAPPER Lena | | 9571 | 6 HKWF | 00:55:39.53 | 00:55:39.53 | 277 | 00:21:24.48 | 233 | 00:36:51.29 | 247 | 00:39:43.23 | 251 | 00:55:39.53 | 277 | keine Angabe |
| 258 | BOULAHROUD Mohammed | | 1281 | 18 U16M | 00:55:40.79 | 00:55:31.40 | 272 | 00:21:19.26 | 225 | 00:36:57.39 | 250 | 00:39:29.81 | 241 | 00:55:31.40 | 272 | Geschwister-Scholl-Realschule Sch |
| 259 | KLEINSORG Stephan | | 1995 | 30 M45M | 00:55:41.01 | 00:54:52.86 | 248 | 00:20:01.98 | 155 | 00:36:14.48 | 215 | 00:39:18.13 | 233 | 00:54:52.86 | 248 | FC Kölle |
| 260 | NEETEN Oliver | | 1839 | 37 M30M | 00:55:44.07 | 00:55:13.52 | 261 | 00:22:14.22 | 309 | 00:37:34.77 | 280 | 00:40:20.43 | 277 | 00:55:13.52 | 261 | keine Angabe |
| 261 | THEMANNS Eva | | 1895 | 4 W30F | 00:55:44.16 | 00:55:13.84 | 262 | 00:22:14.28 | 310 | 00:37:34.87 | 281 | 00:40:20.54 | 278 | 00:55:13.84 | 262 | keine Angabe |
| 262 | JAKOBS Jana | | 1510 | 3 U14F | 00:55:44.43 | 00:55:12.59 | 260 | 00:21:29.27 | 240 | 00:36:34.09 | 233 | 00:39:12.37 | 227 | 00:55:12.59 | 260 | Math.-Nat. Gymnasium 7b |
| 263 | WESTPHAL Kai | | 9600 | 38 M30M | 00:55:46.19 | 00:54:51.61 | 245 | 00:21:33.33 | 247 | 00:36:31.91 | 231 | 00:39:21.87 | 235 | 00:54:51.61 | 245 | keine Angabe |
| 264 | RICHRATH Simon | | 9641 | 39 M30M | 00:55:48.44 | 00:55:21.22 | 267 | 00:22:46.06 | 352 | 00:38:08.99 | 302 | 00:40:49.76 | 297 | 00:55:21.22 | 267 | keine Angabe |
| 265 | WALBER Frederik | | 9642 | 40 M30M | 00:55:48.74 | 00:55:21.92 | 268 | 00:22:46.57 | 353 | 00:38:09.31 | 303 | 00:40:50.18 | 298 | 00:55:21.92 | 268 | keine Angabe |
| 266 | SCHWARZ Markus | | 9583 | 41 HKMM | 00:55:48.97 | 00:55:03.46 | 252 | 00:23:07.71 | 391 | 00:38:37.96 | 327 | 00:41:25.91 | 322 | 00:55:03.46 | 252 | keine Angabe |
| 267 | STIEGER Ben | | 9588 | 12 U14M | 00:55:50.75 | 00:55:16.02 | 265 | 00:22:53.23 | 364 | 00:38:47.59 | 335 | 00:41:39.16 | 334 | 00:55:16.02 | 265 | keine Angabe |
| 268 | SCHIPPERS Aileen | UNI | 9574 | 1 W50F | 00:55:50.99 | 00:55:09.63 | 256 | 00:22:04.28 | 291 | 00:37:11.78 | 259 | 00:39:54.24 | 257 | 00:55:09.63 | 256 | keine Angabe |
| 269 | MARTENS Dieter | | 9545 | 22 M50M | 00:55:55.21 | 00:55:11.29 | 258 | 00:22:14.65 | 311 | 00:37:29.31 | 274 | 00:40:18.36 | 274 | 00:55:11.29 | 258 | Lauffreiwickrath |
| 270 | ESTERS Angelika | | 1950 | 1 W60F | 00:55:55.41 | 00:55:11.31 | 259 | 00:22:15.45 | 313 | 00:37:29.80 | 275 | 00:40:17.08 | 272 | 00:55:11.31 | 259 | Lauffreiwickrath |
| 271 | IOANNOU Christos | GRE | 1987 | 9 M55M | 00:56:00.54 | 00:55:06.16 | 255 | 00:22:35.57 | 340 | 00:37:30.89 | 278 | 00:40:10.76 | 270 | 00:55:06.16 | 255 | keine Angabe |
| 272 | FRINGS Kay | | 1768 | 41 M30M | 00:56:04.09 | 00:56:04.09 | 291 | 00:23:25.43 | 402 | 00:38:28.70 | 320 | 00:41:09.87 | 313 | 00:56:04.09 | 291 | keine Angabe |
| 273 | SERDAONVIC Senad | | 1623 | 42 HKMM | 00:56:13.00 | 00:55:39.12 | 276 | 00:21:56.16 | 281 | 00:36:26.01 | 224 | 00:39:10.02 | 223 | 00:55:39.12 | 276 | FF-Kleine Füße |
| 274 | THÖNISSEN Wilhelm | | 1645 | 10 M55M | 00:56:14.00 | 00:56:11.47 | 294 | 00:16:43.99 | 23 | 00:28:23.14 | 22 | 00:30:35.62 | 23 | 00:56:11.47 | 294 | Lauffreiwickrath |
| 275 | LECUMBERRI Javier Iriarte | | 9624 | 43 HKMM | 00:56:14.58 | 00:56:00.77 | 286 | 00:21:04.72 | 207 | 00:36:47.20 | 242 | 00:39:43.14 | 250 | 00:56:00.77 | 286 | keine Angabe |
| 276 | BEHNKE Ray | | 9677 | 42 M30M | 00:56:16.62 | 00:55:25.50 | 270 | 00:22:02.97 | 288 | 00:37:20.15 | 267 | 00:40:04.50 | 267 | 00:55:25.50 | 270 | keine Angabe |
| 277 | GARCZAREK Matthias | | 1770 | 31 M45M | 00:56:17.51 | 00:56:02.50 | 289 | 00:21:46.39 | 260 | 00:37:15.30 | 262 | 00:40:00.50 | 265 | 00:56:02.50 | 289 | keine Angabe |
| 278 | REDLE Leonhard | | 1862 | 44 HKMM | 00:56:18.98 | 00:55:15.14 | 264 | 00:22:40.75 | 343 | 00:38:22.03 | 314 | 00:41:09.13 | 312 | 00:55:15.14 | 264 | keine Angabe |
| 279 | IMMEN Silvia | | 1797 | 2 W40F | 00:56:19.15 | 00:55:54.82 | 281 | 00:22:02.16 | 287 | 00:37:14.15 | 260 | 00:39:58.18 | 262 | 00:55:54.82 | 281 | keine Angabe |
| 280 | ISEKE Stephan | | 9686 | 32 M45M | 00:56:20.63 | 00:55:43.40 | 279 | 00:22:11.13 | 302 | 00:37:25.27 | 270 | 00:40:17.94 | 273 | 00:55:43.40 | 279 | keine Angabe |
| 281 | DOGRULUK Cem | | 1941 | 25 M35M | 00:56:23.26 | 00:55:37.31 | 275 | 00:22:43.14 | 347 | 00:37:53.71 | 293 | 00:40:38.07 | 293 | 00:55:37.31 | 275 | keine Angabe |
| 282 | HANSEN Andre | | 1969 | 26 M35M | 00:56:26.71 | 00:55:42.85 | 278 | 00:22:16.45 | 314 | 00:37:30.68 | 277 | 00:40:18.81 | 275 | 00:55:42.85 | 278 | Lauffreiwickrath |
| 283 | LIEBERS Michael | | 1625 | 43 M30M | 00:56:26.85 | 00:55:36.60 | 274 | 00:22:25.51 | 328 | 00:37:40.70 | 286 | 00:40:27.68 | 286 | 00:55:36.60 | 274 | Geoban - STK |
| 284 | JANSEN Ronja | | 1170 | 2 U20F | 00:56:27.07 | 00:56:27.07 | 301 | 00:22:47.96 | 355 | 00:38:14.35 | 311 | 00:41:06.12 | 310 | 00:56:27.07 | 301 | Gesamtschule Hardt 12 |
| 285 | KORTGÖDDE Jörg | | 9529 | 21 M40M | 00:56:27.10 | 00:55:49.63 | 280 | 00:21:46.02 | 259 | 00:36:34.39 | 234 | 00:39:24.25 | 238 | 00:55:49.63 | 280 | keine Angabe |
| 286 | ELY Stefan | | 1762 | 11 M55M | 00:56:27.75 | 00:55:33.34 | 273 | 00:21:34.53 | 250 | 00:36:53.62 | 248 | 00:39:48.76 | 253 | 00:55:33.34 | 273 | keine Angabe |
| 287 | SIEBOLD Benjamin | | 1369 | 11 U18M | 00:56:30.48 | 00:56:05.61 | 293 | 00:22:04.30 | 292 | 00:37:26.52 | 271 | 00:40:12.50 | 271 | 00:56:05.61 | 293 | Gymnasium Gartenstraße Q1 |
| 288 | HARDT Katrin | | 1522 | 5 W30F | 00:56:30.84 | 00:56:30.84 | 304 | 00:23:41.89 | 425 | 00:38:37.75 | 326 | 00:41:21.40 | 320 | 00:56:30.84 | 304 | Montessori-Grundschule HA |
| 289 | ZECHLIN Mats | | 1206 | 13 U14M | 00:56:33.50 | 00:56:28.56 | 302 | 00:24:44.20 | 478 | 00:40:35.74 | 407 | 00:43:30.94 | 407 | 00:56:28.56 | 302 | Gesamtschule Hardt 6 |
| 290 | SCHMIDT Benedikt | | 1880 | 33 M45M | 00:56:34.64 | 00:56:21.94 | 296 | 00:22:17.72 | 317 | 00:38:09.72 | 304 | 00:41:04.19 | 308 | 00:56:21.94 | 296 | keine Angabe |
| 291 | DUERSELEN Frank | | 1756 | 22 M40M | 00:56:37.18 | 00:55:56.26 | 282 | 00:23:27.72 | 407 | 00:39:00.80 | 348 | 00:41:36.61 | 331 | 00:55:56.26 | 282 | keine Angabe |
| 292 | STEFFEN Volker | | 9587 | 23 M50M | 00:56:42.85 | 00:56:20.79 | 295 | 00:20:40.14 | 188 | 00:35:56.38 | 207 | 00:38:57.99 | 216 | 00:56:20.79 | 295 | keine Angabe |
| 293 | HALAMODA Rafael | | 1777 | 45 HKMM | 00:56:44.63 | 00:55:58.27 | 283 | 00:21:53.22 | 274 | 00:37:09.83 | 257 | 00:39:57.15 | 260 | 00:55:58.27 | 283 | keine Angabe |
| 294 | NOEVER Frank | | 9554 | 34 M45M | 00:56:45.78 | 00:55:59.82 | 284 | 00:21:44.78 | 257 | 00:37:15.74 | 263 | 00:39:57.15 | 261 | 00:55:59.82 | 284 | keine Angabe |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|---------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|------------------------------------|
| 295 | NETTEN Simon | | 1121 | 44 M30M | 00:56:46.16 | 00:56:01.73 | 288 | 00:22:44.31 | 349 | 00:37:18.79 | 266 | 00:40:00.35 | 264 | 00:56:01.73 | 288 | Gesamtschule Espenstrasse 8b |
| 296 | ECHANOVE José Maria | SPA | 1759 | 12 M55M | 00:56:52.02 | 00:56:29.24 | 303 | 00:21:54.33 | 279 | 00:37:30.12 | 276 | 00:40:20.34 | 276 | 00:56:29.24 | 303 | keine Angabe |
| 297 | LOGA Bleron | | 9540 | 14 U14M | 00:56:54.23 | 00:56:39.05 | 308 | 00:21:50.96 | 271 | 00:38:42.17 | 331 | 00:41:04.71 | 309 | 00:56:39.05 | 308 | keine Angabe |
| 298 | HO Justin | | 1379 | 19 U16M | 00:56:56.72 | 00:56:00.44 | 285 | 00:20:28.90 | 181 | 00:37:16.20 | 264 | 00:39:51.04 | 255 | 00:56:00.44 | 285 | Gymnasium Odenkirchen 7b |
| 299 | KNOPS Stephan | | 1804 | 23 M40M | 00:56:57.78 | 00:56:03.99 | 290 | 00:22:17.39 | 316 | 00:37:38.49 | 283 | 00:40:27.54 | 285 | 00:56:03.99 | 290 | keine Angabe |
| 300 | KNOPS Liane | | 1803 | 3 W40F | 00:56:57.82 | 00:56:04.44 | 292 | 00:22:18.04 | 322 | 00:37:38.91 | 284 | 00:40:28.19 | 288 | 00:56:04.44 | 292 | keine Angabe |
| 301 | DE GRAAT Luisa | | 1647 | 2 W45F | 00:56:58.94 | 00:56:40.98 | 309 | 00:23:12.99 | 395 | 00:38:45.62 | 333 | 00:41:37.82 | 332 | 00:56:40.98 | 309 | Lt Metro Group Marathon Düsseldorf |
| 302 | RÖDER Andreas | | 1866 | 27 M35M | 00:57:00.29 | 00:57:00.29 | 315 | 00:22:26.67 | 330 | 00:38:09.87 | 306 | 00:41:02.01 | 305 | 00:57:00.29 | 315 | keine Angabe |
| 303 | BARTSCHT Manuel | | 1667 | 35 M45M | 00:57:01.34 | 00:56:00.82 | 287 | 00:23:02.05 | 381 | 00:38:32.36 | 322 | 00:41:15.31 | 317 | 00:56:00.82 | 287 | Privat |
| 304 | GLAUBITZ Sebastian | | 1773 | 24 M40M | 00:57:01.84 | 00:56:22.06 | 297 | 00:22:03.41 | 289 | 00:37:41.19 | 287 | 00:40:25.58 | 282 | 00:56:22.06 | 297 | keine Angabe |
| 305 | MEYER ZU ALTENSCHILDESCHI | | 9549 | 36 M45M | 00:57:02.00 | 00:56:31.02 | 305 | 00:22:04.02 | 290 | 00:37:38.19 | 282 | 00:40:37.57 | 291 | 00:56:31.02 | 305 | ETV Erkelenz |
| 306 | JENNES Sascha | | 9619 | 46 HKMM | 00:57:03.91 | 00:57:02.09 | 316 | 00:22:59.80 | 379 | 00:38:52.89 | 343 | 00:41:46.71 | 340 | 00:57:02.09 | 316 | keine Angabe |
| 307 | SCHNEIDER Andreas | | 9577 | 45 M30M | 00:57:04.28 | 00:57:04.28 | 319 | 00:21:51.02 | 272 | 00:37:32.64 | 279 | 00:40:27.87 | 287 | 00:57:04.28 | 319 | keine Angabe |
| 308 | HEMMERS Philipp | | 1703 | 47 HKMM | 00:57:05.49 | 00:56:23.97 | 298 | 00:22:58.45 | 375 | 00:39:29.76 | 369 | 00:42:43.29 | 376 | 00:56:23.97 | 298 | SV Niersquelle Kuckum |
| 309 | SCHLOSSMANN Thomas | | 1878 | 46 M30M | 00:57:11.06 | 00:57:11.06 | 322 | 00:22:17.98 | 318 | 00:37:48.77 | 289 | 00:40:43.91 | 296 | 00:57:11.06 | 322 | keine Angabe |
| 310 | SCHNEIDER David | | 1204 | 15 U14M | 00:57:12.22 | 00:57:11.92 | 323 | 00:19:56.71 | 146 | 00:38:16.03 | 312 | 00:41:03.06 | 307 | 00:57:11.92 | 323 | Gesamtschule Hardt 6 |
| 311 | MICHAEL Schulz | | 9550 | 37 M45M | 00:57:12.86 | 00:56:27.00 | 300 | 00:21:47.32 | 263 | 00:37:03.03 | 254 | 00:39:56.87 | 259 | 00:56:27.00 | 300 | keine Angabe |
| 312 | PETERS Frank | | 9562 | 38 M45M | 00:57:13.26 | 00:57:03.96 | 318 | 00:21:30.51 | 243 | 00:37:26.69 | 272 | 00:40:21.26 | 279 | 00:57:03.96 | 318 | Coca Cola |
| 313 | WUNDERLICH Nicole | | 9608 | 6 W30F | 00:57:13.53 | 00:57:04.46 | 320 | 00:21:30.98 | 245 | 00:37:27.34 | 273 | 00:40:21.71 | 280 | 00:57:04.46 | 320 | Coca Cola |
| 314 | SPANIER Norbert | | 1892 | 25 M40M | 00:57:13.57 | 00:56:25.74 | 299 | 00:22:10.08 | 299 | 00:37:41.23 | 288 | 00:40:32.09 | 289 | 00:56:25.74 | 299 | keine Angabe |
| 315 | BARTH Christine | | 1916 | 4 W40F | 00:57:13.73 | 00:57:13.73 | 324 | 00:22:20.09 | 327 | 00:37:58.94 | 296 | 00:41:01.99 | 304 | 00:57:13.73 | 324 | keine Angabe |
| 316 | ADLER Malte | | 1190 | 16 U14M | 00:57:18.34 | 00:56:52.54 | 313 | 00:21:21.19 | 228 | 00:37:50.64 | 290 | 00:40:37.84 | 292 | 00:56:52.54 | 313 | Gesamtschule Hardt 6 |
| 317 | LAMBERTZ Timm | | 1199 | 2 U12M | 00:57:19.15 | 00:57:14.34 | 326 | 00:24:45.02 | 480 | 00:40:38.66 | 409 | 00:43:31.50 | 410 | 00:57:14.34 | 326 | Gesamtschule Hardt 6 |
| 318 | KAMPS Christian | | 1671 | 47 M30M | 00:57:19.97 | 00:56:31.89 | 306 | 00:24:44.00 | 476 | 00:40:49.22 | 417 | 00:43:20.00 | 397 | 00:56:31.89 | 306 | reiners2014 |
| 319 | EVERSZUMRODE Torben | | 1669 | 48 M30M | 00:57:20.07 | 00:56:32.12 | 307 | 00:24:44.16 | 477 | 00:40:49.41 | 418 | 00:43:20.01 | 398 | 00:56:32.12 | 307 | reiners2014 |
| 320 | KUHLEN Julia | | 1395 | 3 U18F | 00:57:25.37 | 00:57:02.95 | 317 | 00:23:47.38 | 429 | 00:39:12.11 | 358 | 00:41:51.41 | 343 | 00:57:02.95 | 317 | Gymnasium Rheindahlen Ef |
| 321 | JACHMANN Joshua | | 1988 | 17 U14M | 00:57:29.81 | 00:57:14.38 | 327 | 00:23:12.41 | 393 | 00:39:07.48 | 354 | 00:41:58.19 | 350 | 00:57:14.38 | 327 | keine Angabe |
| 322 | HORN Monika | | 1793 | 5 W40F | 00:57:34.74 | 00:57:30.29 | 335 | 00:22:08.98 | 297 | 00:38:09.81 | 305 | 00:41:12.12 | 316 | 00:57:30.29 | 335 | keine Angabe |
| 323 | PRZYGODA Luka | | 9569 | 18 U14M | 00:57:36.92 | 00:57:21.04 | 330 | 00:22:50.09 | 359 | 00:39:06.70 | 352 | 00:41:58.23 | 351 | 00:57:21.04 | 330 | keine Angabe |
| 324 | HAMPF Christian | | 1968 | 48 HKMM | 00:57:39.02 | 00:57:39.02 | 339 | 00:22:16.63 | 315 | 00:38:01.02 | 298 | 00:41:01.42 | 302 | 00:57:39.02 | 339 | keine Angabe |
| 325 | SCHMITZ Marc | | 9644 | 49 HKMM | 00:57:43.07 | 00:57:08.59 | 321 | 00:21:57.42 | 286 | 00:38:03.30 | 300 | 00:40:51.74 | 299 | 00:57:08.59 | 321 | keine Angabe |
| 326 | HEIM Diana | | 1973 | 7 HKWF | 00:57:43.47 | 00:56:51.52 | 312 | 00:22:53.54 | 366 | 00:38:38.28 | 328 | 00:41:35.07 | 328 | 00:56:51.52 | 312 | keine Angabe |
| 327 | ENDE Konrad | | 1946 | 49 M30M | 00:57:43.61 | 00:56:50.75 | 311 | 00:22:53.25 | 365 | 00:38:37.61 | 325 | 00:41:34.01 | 327 | 00:56:50.75 | 311 | keine Angabe |
| 328 | WEYEN Lennart-Daniel | | 1372 | 15 U20M | 00:57:43.90 | 00:57:19.71 | 329 | 00:22:44.94 | 351 | 00:38:48.74 | 338 | 00:41:36.44 | 330 | 00:57:19.71 | 329 | Gymnasium Gartenstraße Q1 |
| 329 | THEELEN Lucas | | 1371 | 16 U20M | 00:57:44.03 | 00:57:18.98 | 328 | 00:22:44.40 | 350 | 00:38:47.14 | 334 | 00:41:35.37 | 329 | 00:57:18.98 | 328 | Gymnasium Gartenstraße Q1 |
| 330 | WILMS Thorsten | | 9605 | 26 M40M | 00:57:45.82 | 00:56:45.27 | 310 | 00:24:07.26 | 445 | 00:39:46.66 | 375 | 00:42:30.68 | 368 | 00:56:45.27 | 310 | Beckrath Just Fit |
| 331 | POMP Georg | | 1643 | 27 M40M | 00:57:50.32 | 00:57:32.31 | 338 | 00:22:34.00 | 337 | 00:38:08.58 | 301 | 00:40:59.56 | 300 | 00:57:32.31 | 338 | Lauffreff Wickrath |
| 332 | LÖBBERT Guido | | 1823 | 28 M35M | 00:57:50.82 | 00:57:24.87 | 332 | 00:22:36.60 | 341 | 00:38:26.15 | 315 | 00:41:17.30 | 318 | 00:57:24.87 | 332 | keine Angabe |
| 333 | FEHLBERG Dietmar | | 1765 | 24 M50M | 00:57:51.56 | 00:56:54.95 | 314 | 00:22:52.25 | 362 | 00:38:10.27 | 307 | 00:41:06.46 | 311 | 00:56:54.95 | 314 | keine Angabe |
| 334 | LORSE Richard | | 1304 | 12 U18M | 00:57:53.04 | 00:57:45.11 | 340 | 00:20:55.30 | 196 | 00:37:52.59 | 292 | 00:41:20.06 | 319 | 00:57:45.11 | 340 | Geschwister-Scholl-Realschule Sch |
| 335 | MARKUS Niemann | | 1604 | 25 M50M | 00:57:55.04 | 00:57:54.74 | 345 | 00:22:59.65 | 378 | 00:38:49.84 | 340 | 00:41:42.56 | 339 | 00:57:54.74 | 345 | Aquaworld Triteam |
| 336 | KÜNKEL Dennis | | 1814 | 29 M35M | 00:57:55.17 | 00:57:55.17 | 346 | 00:22:27.01 | 333 | 00:38:39.22 | 329 | 00:41:39.17 | 335 | 00:57:55.17 | 346 | keine Angabe |
| 337 | GIESKE Anne | | 9745 | 3 W45F | 00:57:55.84 | 00:57:55.84 | 347 | 00:22:27.39 | 335 | 00:38:40.06 | 330 | 00:41:39.46 | 336 | 00:57:55.84 | 347 | keine Angabe |
| 338 | PICK Julia | | 9564 | 8 HKWF | 00:57:57.85 | 00:57:14.26 | 325 | 00:22:49.12 | 356 | 00:38:26.79 | 316 | 00:41:11.68 | 315 | 00:57:14.26 | 325 | keine Angabe |
| 339 | SCHIFFER Marius | | 1406 | 13 U18M | 00:57:58.87 | 00:57:58.87 | 349 | 00:22:08.26 | 295 | 00:38:28.52 | 319 | 00:41:27.75 | 323 | 00:57:58.87 | 349 | Gymnasium Rheindahlen Q1 |
| 340 | WELTERS Klaus | | 9599 | 26 M50M | 00:57:59.73 | 00:57:22.68 | 331 | 00:23:21.02 | 398 | 00:39:07.49 | 355 | 00:41:56.14 | 347 | 00:57:22.68 | 331 | Borussia Mönchengladbach |
| 341 | LIEUTENANT Samuel | | 1331 | 20 U16M | 00:57:59.78 | 00:57:47.98 | 342 | 00:21:54.30 | 278 | 00:39:09.80 | 356 | 00:42:01.80 | 354 | 00:57:47.98 | 342 | Gymnasium Am Geroweier 6d |
| 342 | SAN JOSE Luis | | 1333 | 19 U14M | 00:58:00.58 | 00:57:48.50 | 343 | 00:21:54.11 | 277 | 00:40:05.24 | 384 | 00:43:09.95 | 388 | 00:57:48.50 | 343 | Gymnasium Am Geroweier 6d |
| 343 | SCHOLZ Torsten | | 1883 | 50 M30M | 00:58:05.01 | 00:57:32.24 | 337 | 00:23:04.15 | 382 | 00:39:04.65 | 351 | 00:41:57.11 | 349 | 00:57:32.24 | 337 | keine Angabe |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|---------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|------------------------------|
| 344 | MUNSCH Christian | | 1836 | 50 HKMM | 00:58:05.90 | 00:57:30.68 | 336 | 00:23:27.16 | 406 | 00:39:15.66 | 360 | 00:42:08.67 | 355 | 00:57:30.68 | 336 | keine Angabe |
| 345 | TUENTE Christoph | | 1327 | 4 U14F | 00:58:09.12 | 00:58:08.82 | 353 | 00:25:57.81 | 556 | 00:41:08.12 | 426 | 00:43:37.70 | 417 | 00:58:08.82 | 353 | Gymnasium Am Geroweier 5d |
| 346 | ATIS Colpan | | 1345 | 21 U16M | 00:58:09.26 | 00:57:56.87 | 348 | 00:21:46.53 | 261 | 00:38:10.47 | 308 | 00:41:01.68 | 303 | 00:57:56.87 | 348 | Gymnasium Am Geroweier 8b |
| 347 | WONTROBA Mathias | | 1911 | 30 M35M | 00:58:15.00 | 00:57:26.92 | 334 | 00:22:27.08 | 334 | 00:38:14.10 | 310 | 00:41:11.55 | 314 | 00:57:26.92 | 334 | keine Angabe |
| 348 | COENEN Olaf | | 1745 | 39 M45M | 00:58:18.14 | 00:57:26.52 | 333 | 00:24:31.54 | 464 | 00:40:10.50 | 391 | 00:42:57.86 | 381 | 00:57:26.52 | 333 | keine Angabe |
| 349 | NETEN Eva | | 1663 | 9 HKWF | 00:58:18.87 | 00:57:48.82 | 344 | 00:23:35.89 | 417 | 00:39:55.55 | 380 | 00:42:32.44 | 370 | 00:57:48.82 | 344 | No rules just run |
| 350 | WYEN Achim | | 1912 | 27 M50M | 00:58:19.71 | 00:57:47.30 | 341 | 00:23:33.56 | 414 | 00:39:30.08 | 371 | 00:42:22.56 | 363 | 00:57:47.30 | 341 | keine Angabe |
| 351 | HAUER Niclas | | 1193 | 20 U14M | 00:58:22.87 | 00:58:18.82 | 356 | 00:24:46.10 | 485 | 00:40:39.96 | 411 | 00:43:31.95 | 411 | 00:58:18.82 | 356 | Gesamtschule Hardt 6 |
| 352 | SONDERMANN Sven | | 1692 | 40 M45M | 00:58:26.05 | 00:58:01.15 | 350 | 00:22:34.51 | 338 | 00:38:49.67 | 339 | 00:41:39.72 | 337 | 00:58:01.15 | 350 | SFP-Running |
| 353 | CROONENBROEK Tim | | 9739 | 17 U20M | 00:58:36.03 | 00:58:15.67 | 355 | 00:23:41.48 | 424 | 00:40:19.86 | 398 | 00:42:33.58 | 371 | 00:58:15.67 | 355 | keine Angabe |
| 354 | BROEDERS Simone | | 1689 | 6 W40F | 00:58:39.70 | 00:58:23.39 | 357 | 00:22:59.29 | 376 | 00:39:03.54 | 350 | 00:41:56.32 | 348 | 00:58:23.39 | 357 | sevenoptics |
| 355 | BOCKRATH Ulrich | | 1928 | 4 M60M | 00:58:46.77 | 00:58:09.87 | 354 | 00:23:06.38 | 389 | 00:38:54.64 | 344 | 00:41:51.91 | 344 | 00:58:09.87 | 354 | keine Angabe |
| 356 | LAUMEN Elfi | | 1656 | 2 W55F | 00:58:47.61 | 00:58:03.12 | 351 | 00:22:56.66 | 372 | 00:38:52.01 | 341 | 00:41:55.36 | 346 | 00:58:03.12 | 351 | marathonteam-online.de |
| 357 | SCHUH Michael | | 1884 | 51 M30M | 00:58:51.01 | 00:58:49.08 | 365 | 00:22:33.48 | 336 | 00:39:17.85 | 361 | 00:42:17.67 | 360 | 00:58:49.08 | 365 | keine Angabe |
| 358 | HAMBACH Reiner | | 9633 | 28 M50M | 00:58:53.61 | 00:58:46.36 | 363 | 00:22:34.88 | 339 | 00:38:52.86 | 342 | 00:41:53.88 | 345 | 00:58:46.36 | 363 | Lauffreß Wickrath |
| 359 | HAMBACH Tobias | | 9632 | 51 HKMM | 00:58:53.81 | 00:58:31.43 | 359 | 00:22:19.91 | 325 | 00:38:37.47 | 324 | 00:41:38.13 | 333 | 00:58:31.43 | 359 | Lauffreß Wickrath |
| 360 | BROß Thorsten | | 1668 | 28 M40M | 00:58:59.53 | 00:58:06.08 | 352 | 00:23:31.64 | 413 | 00:39:23.64 | 366 | 00:42:17.44 | 359 | 00:58:06.08 | 352 | Qualität läuft immer |
| 361 | KAPPE Jana Victoria | | 9623 | 10 HKWF | 00:59:01.97 | 00:58:32.68 | 361 | 00:23:10.00 | 392 | 00:39:25.69 | 367 | 00:42:23.31 | 365 | 00:58:32.68 | 361 | keine Angabe |
| 362 | ZEVENHUIZEN Tim | | 1914 | 52 M30M | 00:59:01.97 | 00:59:01.97 | 367 | 00:24:06.96 | 444 | 00:39:55.13 | 379 | 00:42:52.46 | 379 | 00:59:01.97 | 367 | keine Angabe |
| 363 | GLOMB Damian | | 1960 | 29 M40M | 00:59:05.41 | 00:58:31.05 | 358 | 00:22:53.70 | 367 | 00:38:48.02 | 336 | 00:41:39.96 | 338 | 00:58:31.05 | 358 | keine Angabe |
| 364 | SCHUNK Daniel | | 9738 | 53 M30M | 00:59:14.13 | 00:59:11.67 | 370 | 00:22:18.12 | 323 | 00:39:20.10 | 362 | 00:42:19.21 | 361 | 00:59:11.67 | 370 | keine Angabe |
| 365 | ZENSES Ursula | | 1717 | 2 W50F | 00:59:21.06 | 00:58:45.89 | 362 | 00:21:53.45 | 275 | 00:37:56.35 | 295 | 00:41:01.00 | 301 | 00:58:45.89 | 362 | VFL Hinsbeck |
| 366 | SARITAC Serdar | | 1622 | 31 M35M | 00:59:26.20 | 00:58:31.78 | 360 | 00:21:17.63 | 224 | 00:38:17.38 | 313 | 00:41:25.82 | 321 | 00:58:31.78 | 360 | FF - Flinke Füße |
| 367 | WILLITZ André | | 9604 | 54 M30M | 00:59:26.76 | 00:59:18.38 | 375 | 00:22:50.85 | 360 | 00:39:22.88 | 364 | 00:42:32.13 | 369 | 00:59:18.38 | 375 | Coca Cola |
| 368 | HUANG Nick | | 1400 | 14 U18M | 00:59:34.95 | 00:59:08.26 | 369 | 00:23:52.08 | 433 | 00:40:33.75 | 406 | 00:43:30.81 | 406 | 00:59:08.26 | 369 | Gymnasium Rheindahlen Q1 |
| 369 | OTTEN Florian | | 1845 | 52 HKMM | 00:59:38.01 | 00:59:38.01 | 383 | 00:24:00.96 | 440 | 00:40:29.95 | 404 | 00:43:27.19 | 402 | 00:59:38.01 | 383 | keine Angabe |
| 370 | LÖW Franziska | | 1824 | 11 HKWF | 00:59:38.02 | 00:59:13.93 | 373 | 00:23:36.76 | 419 | 00:40:05.82 | 386 | 00:43:03.03 | 384 | 00:59:13.93 | 373 | keine Angabe |
| 371 | DENTER Christine | | 1748 | 7 W30F | 00:59:38.05 | 00:59:38.05 | 384 | 00:24:01.33 | 441 | 00:40:29.82 | 403 | 00:43:27.38 | 403 | 00:59:38.05 | 384 | keine Angabe |
| 372 | FAASSEN Jordi | | 1020 | 18 U20M | 00:59:38.72 | 00:59:19.72 | 376 | 00:23:05.62 | 385 | 00:40:35.81 | 408 | 00:43:34.13 | 414 | 00:59:19.72 | 376 | BK Volksgartenstraße WG |
| 373 | ARNOLDS Annette | | 1725 | 4 W45F | 00:59:41.64 | 00:58:46.71 | 364 | 00:24:07.54 | 446 | 00:40:07.26 | 389 | 00:43:00.99 | 383 | 00:58:46.71 | 364 | keine Angabe |
| 374 | WONTROBA Christina | | 1910 | 8 W30F | 00:59:43.11 | 00:58:54.46 | 366 | 00:23:01.99 | 380 | 00:39:43.15 | 373 | 00:42:46.12 | 378 | 00:58:54.46 | 366 | keine Angabe |
| 375 | DRASCHOFF Tim | | 1006 | 21 U14M | 00:59:47.36 | 00:59:04.29 | 368 | 00:22:26.97 | 332 | 00:38:27.59 | 317 | 00:41:30.48 | 325 | 00:59:04.29 | 368 | Bischöfliche Marienschule 7b |
| 376 | ALSAC Ferhat | | 1220 | 19 U20M | 00:59:50.14 | 00:59:42.07 | 386 | 00:22:13.03 | 306 | 00:40:10.72 | 392 | 00:43:08.89 | 387 | 00:59:42.07 | 386 | Gesamtschule Volksgarten 11 |
| 377 | KÜPPERS Judith | | 1636 | 12 HKWF | 00:59:56.68 | 00:59:54.50 | 389 | 00:23:15.77 | 397 | 00:40:04.06 | 382 | 00:43:14.34 | 392 | 00:59:54.50 | 389 | Küppers |
| 378 | HEISTERS Lena | | 1007 | 3 U16F | 00:59:57.74 | 00:59:14.68 | 374 | 00:22:26.95 | 331 | 00:38:28.28 | 318 | 00:41:31.56 | 326 | 00:59:14.68 | 374 | Bischöfliche Marienschule 7b |
| 379 | VAN WICKEREN Mathis | | 1177 | 20 U20M | 01:00:00.27 | 00:59:35.63 | 381 | 00:25:17.23 | 513 | 00:42:04.66 | 460 | 00:44:59.00 | 452 | 00:59:35.63 | 381 | Gesamtschule Hardt 12 |
| 380 | LE Khang | | 1402 | 15 U18M | 01:00:05.24 | 00:59:37.28 | 382 | 00:22:42.58 | 345 | 00:39:01.33 | 349 | 00:41:59.14 | 353 | 00:59:37.28 | 382 | Gymnasium Rheindahlen Q1 |
| 381 | BAYERTZ Simone | | 1729 | 4 W35F | 01:00:08.72 | 00:59:12.24 | 371 | 00:23:51.02 | 432 | 00:39:47.03 | 376 | 00:42:35.53 | 374 | 00:59:12.24 | 371 | keine Angabe |
| 382 | HECKER Bettina | | 1781 | 7 W40F | 01:00:10.27 | 00:59:13.10 | 372 | 00:23:50.59 | 431 | 00:39:46.13 | 374 | 00:42:35.07 | 372 | 00:59:13.10 | 372 | keine Angabe |
| 383 | VOIGT Hans-Dieter | | 9592 | 13 M55M | 01:00:12.07 | 00:59:23.73 | 377 | 00:22:59.58 | 377 | 00:39:15.36 | 359 | 00:42:20.74 | 362 | 00:59:23.73 | 377 | RSV Handball |
| 384 | HÜTTEN Friederike | | 1662 | 13 HKWF | 01:00:16.24 | 00:59:46.08 | 387 | 00:23:35.65 | 416 | 00:40:17.40 | 395 | 00:43:14.89 | 393 | 00:59:46.08 | 387 | No rules just run |
| 385 | SIEBEN Guido | | 9628 | 53 HKMM | 01:00:18.36 | 00:59:31.61 | 380 | 00:24:14.55 | 449 | 00:40:22.27 | 399 | 00:43:18.11 | 395 | 00:59:31.61 | 380 | keine Angabe |
| 386 | GAAL Ben | | 1183 | 3 U12M | 01:00:19.91 | 01:00:00.21 | 392 | 00:23:25.79 | 403 | 00:40:27.42 | 402 | 00:43:31.16 | 408 | 01:00:00.21 | 392 | Gesamtschule Hardt 5 |
| 387 | SEIDEL Katharina | | 1394 | 9 W30F | 01:00:21.53 | 00:59:41.90 | 385 | 00:23:40.16 | 422 | 00:40:45.46 | 413 | 00:43:46.81 | 420 | 00:59:41.90 | 385 | Gymnasium Rheindahlen Bet |
| 388 | RADOJEWski Marko | | 1666 | 41 M45M | 01:00:23.58 | 00:59:23.87 | 378 | 00:24:45.14 | 481 | 00:40:59.02 | 420 | 00:43:52.26 | 421 | 00:59:23.87 | 378 | ohne Verein |
| 389 | HENRIX Nicole | | 1026 | 4 U18F | 01:00:24.87 | 01:00:17.97 | 396 | 00:23:37.74 | 420 | 00:40:19.34 | 396 | 00:43:18.22 | 396 | 01:00:17.97 | 396 | BK Volksgartenstraße WG |
| 390 | BREUER Julietta M. | | 1933 | 3 W50F | 01:00:26.34 | 01:00:24.60 | 398 | 00:22:56.27 | 371 | 00:39:57.97 | 381 | 00:43:10.07 | 389 | 01:00:24.60 | 398 | ASV Süchteln |
| 391 | STOPPA Isolde | | 9676 | 5 W35F | 01:00:26.50 | 00:59:27.10 | 379 | 00:24:45.75 | 482 | 00:40:59.03 | 421 | 00:43:52.72 | 422 | 00:59:27.10 | 379 | keine Angabe |
| 392 | WINGERATH Marie | | 1053 | 3 U20F | 01:00:26.54 | 01:00:20.74 | 397 | 00:21:19.70 | 226 | 00:39:29.99 | 370 | 00:42:24.92 | 366 | 01:00:20.74 | 397 | Gesamtschule Espenstrasse 12 |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|-----------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------------------------------|
| 393 | CASPERS Leon | | 1181 | 4 U12M | 01:00:29.46 | 01:00:09.54 | 395 | 00:23:26.38 | 405 | 00:40:27.24 | 401 | 00:43:29.73 | 404 | 01:00:09.54 | 395 | Gesamtschule Hardt 5 |
| 394 | GAAL Bas | | 9634 | 30 M40M | 01:00:29.55 | 01:00:09.36 | 394 | 00:23:25.81 | 404 | 00:40:26.89 | 400 | 00:43:30.45 | 405 | 01:00:09.36 | 394 | keine Angabe |
| 395 | MANISCALCO Alessandro | | 1093 | 22 U16M | 01:00:31.93 | 01:00:30.61 | 401 | 00:21:50.46 | 270 | 00:39:00.34 | 347 | 00:41:58.37 | 352 | 01:00:30.61 | 401 | Gesamtschule Espenstrasse 7b |
| 396 | HAINSCH Rebecca | | 1967 | 4 U20F | 01:00:34.33 | 01:00:34.33 | 403 | 00:22:18.01 | 320 | 00:39:21.28 | 363 | 00:42:35.25 | 373 | 01:00:34.33 | 403 | keine Angabe |
| 397 | LEYERS Nils | | 1410 | 21 U20M | 01:00:34.75 | 01:00:34.75 | 404 | 00:22:07.28 | 294 | 00:38:31.02 | 321 | 00:41:29.95 | 324 | 01:00:34.75 | 404 | Hans-Jonas-Gesamtschule 11 |
| 398 | ZEINEDDINE Hadi | | 1112 | 22 U14M | 01:00:36.15 | 01:00:36.15 | 405 | 00:21:49.95 | 266 | 00:38:33.51 | 323 | 00:41:02.41 | 306 | 01:00:34.83 | 405 | Gesamtschule Espenstrasse 7f |
| 399 | ELFROTH Christian | | 1944 | 31 M40M | 01:00:37.27 | 01:00:37.27 | 406 | 00:26:29.08 | 576 | 00:42:23.02 | 476 | 00:45:09.73 | 460 | 01:00:37.27 | 406 | Team Black Jester |
| 400 | KRÜPPEL Martina | | 9534 | 5 W45F | 01:00:38.07 | 00:59:53.49 | 388 | 00:23:28.90 | 408 | 00:40:05.64 | 385 | 00:43:00.85 | 382 | 00:59:53.49 | 388 | marathonteam-online |
| 401 | JO Maaßen | | 1605 | 14 M55M | 01:00:39.51 | 01:00:39.21 | 407 | 00:23:21.56 | 399 | 00:40:06.46 | 387 | 00:43:17.31 | 394 | 01:00:39.21 | 407 | Aquworld Triteam |
| 402 | KURCHAT Christina | | 1817 | 14 HKWF | 01:00:47.04 | 00:59:57.00 | 391 | 00:24:27.56 | 455 | 00:40:55.61 | 419 | 00:43:44.72 | 419 | 00:59:57.00 | 391 | keine Angabe |
| 403 | HUNZ Markus | | 1984 | 32 M40M | 01:00:49.46 | 00:59:55.64 | 390 | 00:23:59.74 | 437 | 00:40:13.19 | 393 | 00:43:14.17 | 390 | 00:59:55.64 | 390 | keine Angabe |
| 404 | PFEIFFER Stephan | | 9563 | 32 M35M | 01:00:52.39 | 01:00:05.34 | 393 | 00:24:48.83 | 490 | 00:41:28.87 | 437 | 00:44:27.12 | 434 | 01:00:05.34 | 393 | keine Angabe |
| 405 | SOMMER Christoph | | 1380 | 23 U16M | 01:00:58.64 | 01:00:58.64 | 414 | 00:25:50.63 | 549 | 00:43:05.07 | 502 | 00:46:13.38 | 503 | 01:00:58.64 | 414 | Gymnasium Odenkirchen 7b |
| 406 | KLEINHOLZ David | | 1297 | 23 U14M | 01:01:05.22 | 01:01:02.23 | 416 | 00:21:07.55 | 211 | 00:40:06.55 | 388 | 00:42:23.21 | 364 | 01:01:02.23 | 416 | Geschwister-Scholl-Realschule Sch |
| 407 | LIN Jan | | 1513 | 24 U16M | 01:01:09.65 | 01:00:31.60 | 402 | 00:24:41.15 | 473 | 00:41:58.27 | 454 | 00:44:48.63 | 446 | 01:00:31.60 | 402 | Math.-Nat. Gymnasium 7c |
| 408 | WILINSKI Michael | | 1239 | 22 U20M | 01:01:16.25 | 01:01:08.43 | 423 | 00:22:11.70 | 303 | 00:38:48.14 | 337 | 00:42:08.81 | 356 | 01:01:08.43 | 423 | Gesamtschule Volksgarten 12 |
| 409 | SCHILLBERG Michael | | 1483 | 16 U18M | 01:01:16.86 | 01:00:57.37 | 412 | 00:23:36.06 | 418 | 00:40:46.19 | 415 | 00:43:32.16 | 412 | 01:00:57.37 | 412 | Katholische Hauptschule Neuwerk 10b |
| 410 | MOSTLER Maurice | | 1233 | 23 U20M | 01:01:16.96 | 01:01:09.14 | 425 | 00:22:11.85 | 304 | 00:38:58.89 | 346 | 00:42:11.35 | 358 | 01:01:09.14 | 425 | Gesamtschule Volksgarten 12 |
| 411 | HEINEN Thomas | | 1782 | 42 M45M | 01:01:17.35 | 01:00:25.93 | 399 | 00:24:38.13 | 468 | 00:40:45.57 | 414 | 00:43:38.07 | 418 | 01:00:25.93 | 399 | keine Angabe |
| 412 | WARWAS Sven | | 1901 | 54 HKMM | 01:01:18.30 | 01:00:40.74 | 408 | 00:23:14.34 | 396 | 00:40:29.96 | 405 | 00:43:32.80 | 413 | 01:00:40.74 | 408 | keine Angabe |
| 413 | VAZ Adrian | | 1238 | 24 U20M | 01:01:19.98 | 01:01:10.88 | 426 | 00:22:10.35 | 300 | 00:38:57.35 | 345 | 00:42:09.89 | 357 | 01:01:10.88 | 426 | Gesamtschule Volksgarten 12 |
| 414 | FIGUEIRAS Manuel | | 9743 | 29 M50M | 01:01:23.76 | 01:01:21.97 | 430 | 00:21:36.59 | 253 | 00:39:07.11 | 353 | 00:42:28.67 | 367 | 01:01:21.97 | 430 | keine Angabe |
| 415 | WIENANDS Paul | | 9602 | 43 M45M | 01:01:24.19 | 01:00:29.86 | 400 | 00:24:12.11 | 447 | 00:40:44.62 | 412 | 00:43:34.89 | 415 | 01:00:29.86 | 400 | keine Angabe |
| 416 | SRINISANKAR Vithushan | | 1042 | 25 U20M | 01:01:30.08 | 01:00:47.97 | 410 | 00:21:41.12 | 255 | 00:39:49.60 | 378 | 00:42:57.82 | 380 | 01:00:47.97 | 410 | BK Volksgartenstraße WG |
| 417 | KOCH Udo | | 1998 | 30 M50M | 01:01:35.17 | 01:00:45.95 | 409 | 00:24:58.78 | 495 | 00:41:38.87 | 445 | 00:44:42.76 | 444 | 01:00:45.95 | 409 | reiners2014 |
| 418 | SANTA MARIA Alicia | | 1874 | 10 W30F | 01:01:38.02 | 01:01:12.32 | 427 | 00:24:30.99 | 463 | 00:41:36.33 | 444 | 00:44:36.76 | 438 | 01:01:12.32 | 427 | keine Angabe |
| 419 | KLAGES Ole | | 1172 | 26 U20M | 01:01:42.43 | 01:01:18.45 | 429 | 00:25:17.85 | 514 | 00:42:05.30 | 463 | 00:44:59.72 | 454 | 01:01:18.45 | 429 | Gesamtschule Hardt 12 |
| 420 | MÜLLER Maximilian | | 9551 | 55 HKMM | 01:01:42.85 | 01:00:52.26 | 411 | 00:24:21.20 | 452 | 00:41:04.36 | 424 | 00:44:06.11 | 427 | 01:00:52.26 | 411 | SC Wegberg |
| 421 | DECKERS Manfred | | 1615 | 33 M40M | 01:01:44.63 | 01:01:05.48 | 417 | 00:24:29.64 | 459 | 00:41:35.72 | 443 | 00:44:37.47 | 439 | 01:01:05.48 | 417 | Der letzte Angriff |
| 422 | RIEMER Maximilian | | 9570 | 24 U14M | 01:01:46.96 | 01:01:46.96 | 443 | 00:22:26.22 | 329 | 00:41:46.81 | 448 | 00:45:19.24 | 471 | 01:01:46.96 | 443 | Math.-Nat. Gymnasium |
| 423 | CORONA Pierluca | | 1939 | 55 M30M | 01:01:48.37 | 01:01:06.19 | 419 | 00:24:45.94 | 484 | 00:41:17.52 | 430 | 00:44:12.83 | 429 | 01:01:06.19 | 419 | keine Angabe |
| 424 | SEMROCH Mario | | 9585 | 33 M35M | 01:01:48.44 | 01:01:07.11 | 421 | 00:24:46.76 | 487 | 00:41:18.66 | 432 | 00:44:13.06 | 430 | 01:01:07.11 | 421 | Turnerschaft Neuwerk |
| 425 | POSCHEN Norbert | | 1179 | 5 M60M | 01:01:48.64 | 01:01:07.19 | 422 | 00:24:46.38 | 486 | 00:41:17.99 | 431 | 00:44:13.44 | 431 | 01:01:07.19 | 422 | Gesamtschule Hardt 13 |
| 426 | LIEBLANG Antje | | 1821 | 6 W35F | 01:01:50.56 | 01:01:40.90 | 439 | 00:24:28.86 | 457 | 00:42:07.33 | 465 | 00:45:15.01 | 467 | 01:01:40.90 | 439 | keine Angabe |
| 427 | KÜHNAPFEL Simon | | 9536 | 56 HKMM | 01:01:51.04 | 01:00:58.48 | 413 | 00:25:19.13 | 519 | 00:41:56.50 | 453 | 00:44:54.27 | 450 | 01:00:58.48 | 413 | VSV Grenzland Wegberg |
| 428 | SIEBOLD Frederic | | 1353 | 25 U14M | 01:01:52.82 | 01:01:28.34 | 433 | 00:22:43.47 | 348 | 00:41:00.56 | 423 | 00:44:00.81 | 424 | 01:01:28.34 | 433 | Gymnasium Gartenstraße 7c |
| 429 | THIE Stefan | | 1718 | 31 M50M | 01:01:53.96 | 01:01:02.21 | 415 | 00:24:37.89 | 467 | 00:41:34.52 | 442 | 00:44:34.24 | 437 | 01:01:02.21 | 415 | Victoria Mennrath |
| 430 | ZAPPEL Mario | | 1913 | 34 M40M | 01:01:55.97 | 01:01:08.44 | 424 | 00:24:29.79 | 461 | 00:41:34.04 | 439 | 00:44:42.24 | 443 | 01:01:08.44 | 424 | keine Angabe |
| 431 | KRALL Andre | | 1808 | 35 M40M | 01:02:04.24 | 01:01:26.03 | 431 | 00:24:57.65 | 494 | 00:41:04.43 | 425 | 00:44:07.04 | 428 | 01:01:26.03 | 431 | keine Angabe |
| 432 | HARDT Frederik | | 1779 | 57 HKMM | 01:02:04.47 | 01:01:05.91 | 418 | 00:26:37.22 | 579 | 00:43:02.14 | 499 | 00:45:53.82 | 494 | 01:01:05.91 | 418 | keine Angabe |
| 433 | BUSCHHÜTER Yannick | | 1628 | 25 U16M | 01:02:04.79 | 01:01:06.22 | 420 | 00:26:37.22 | 578 | 00:43:02.78 | 500 | 00:45:53.61 | 493 | 01:01:06.22 | 420 | HUMA |
| 434 | WEUTHEN Harald | | 1906 | 15 M55M | 01:02:06.47 | 01:02:06.47 | 450 | 00:25:37.48 | 539 | 00:43:38.27 | 516 | 00:46:25.00 | 513 | 01:02:06.47 | 450 | keine Angabe |
| 435 | PASTORS Hans-Willi | | 9559 | 16 M55M | 01:02:06.52 | 01:01:42.88 | 440 | 00:25:12.89 | 509 | 00:43:14.69 | 505 | 00:46:01.16 | 498 | 01:01:42.88 | 440 | keine Angabe |
| 436 | SAYGIN Furkan | | 1413 | 26 U14M | 01:02:07.21 | 01:02:02.80 | 447 | 00:21:31.09 | 246 | 00:42:27.18 | 485 | 00:45:13.84 | 465 | 01:02:02.80 | 447 | Hans-Jonas-Gesamtschule 5a |
| 437 | WERMUTH Richard | | 1905 | 44 M45M | 01:02:08.49 | 01:01:34.63 | 437 | 00:25:02.46 | 501 | 00:42:06.12 | 464 | 00:45:09.28 | 458 | 01:01:34.63 | 437 | keine Angabe |
| 438 | LASCHET Hans-Georg | | 1819 | 6 M60M | 01:02:12.10 | 01:01:14.73 | 428 | 00:25:02.42 | 500 | 00:42:03.16 | 459 | 00:45:11.44 | 462 | 01:01:14.73 | 428 | keine Angabe |
| 439 | PLATT Mario | | 1857 | 45 M45M | 01:02:15.24 | 01:01:46.51 | 442 | 00:23:34.48 | 415 | 00:40:04.77 | 383 | 00:43:07.48 | 386 | 01:01:46.51 | 442 | keine Angabe |
| 440 | BRÜNE Tim | | 1739 | 56 M30M | 01:02:20.58 | 01:01:39.66 | 438 | 00:21:39.89 | 254 | 00:39:32.16 | 372 | 00:42:43.99 | 377 | 01:01:39.66 | 438 | keine Angabe |
| 441 | WAGNER Christian | | 1276 | 57 M30M | 01:02:21.12 | 01:02:21.12 | 453 | 00:24:00.53 | 438 | 00:41:09.95 | 427 | 00:44:02.28 | 426 | 01:02:21.12 | 453 | Geschwister-Scholl-Realschule Leh |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|--------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|------------------------------------|
| 442 | KÜHNAPFEL Heribert | | 9535 | 7 M60M | 01:02:22.41 | 01:01:28.47 | 434 | 00:25:17.94 | 515 | 00:41:55.02 | 452 | 00:44:52.86 | 449 | 01:01:28.47 | 434 | VSV Grenzland Wegberg |
| 443 | KRUTSCH Norman | | 1811 | 58 M30M | 01:02:23.60 | 01:01:34.33 | 435 | 00:24:37.80 | 466 | 00:41:25.55 | 436 | 00:44:31.39 | 435 | 01:01:34.33 | 435 | keine Angabe |
| 444 | KRUTSCH Natalie | | 1810 | 7 W35F | 01:02:23.80 | 01:01:34.51 | 436 | 00:24:38.15 | 469 | 00:41:25.40 | 435 | 00:44:31.50 | 436 | 01:01:34.51 | 436 | keine Angabe |
| 445 | HOLZ Marius | | 1486 | 27 U14M | 01:02:25.08 | 01:01:27.32 | 432 | 00:23:06.73 | 390 | 00:40:47.25 | 416 | 00:43:25.96 | 401 | 01:01:27.32 | 432 | Katholische Hauptschule Neuwerk 6b |
| 446 | HERBERG Christiane | | 1977 | 8 W40F | 01:02:31.69 | 01:02:04.21 | 449 | 00:25:04.16 | 503 | 00:42:07.82 | 466 | 00:45:14.10 | 466 | 01:02:04.21 | 449 | keine Angabe |
| 447 | HERBERG René | | 1978 | 32 M50M | 01:02:31.80 | 01:02:31.80 | 460 | 00:25:31.34 | 535 | 00:42:35.52 | 488 | 00:45:41.16 | 487 | 01:02:31.80 | 460 | keine Angabe |
| 448 | NEUENHAUS Julia | | 1390 | 4 U16F | 01:02:37.39 | 01:01:44.94 | 441 | 00:25:35.99 | 538 | 00:42:53.32 | 495 | 00:45:43.18 | 489 | 01:01:44.94 | 441 | Gymnasium Rheindahlen 8b |
| 449 | HABLI Enes | | 1420 | 28 U14M | 01:02:38.67 | 01:02:32.69 | 463 | 00:25:41.41 | 540 | 00:43:33.03 | 512 | 00:46:12.78 | 502 | 01:02:32.69 | 463 | Hans-Jonas-Gesamtschule 6b |
| 450 | KÖRL Jannik | | 1424 | 29 U14M | 01:02:38.90 | 01:02:32.77 | 464 | 00:25:41.63 | 541 | 00:43:31.86 | 511 | 00:46:16.01 | 506 | 01:02:32.77 | 464 | Hans-Jonas-Gesamtschule 6b |
| 451 | RIPPEGARTEN Marco | | 1496 | 17 U18M | 01:02:46.33 | 01:01:51.10 | 444 | 00:23:24.76 | 401 | 00:40:38.73 | 410 | 00:43:23.68 | 400 | 01:01:51.10 | 444 | Katholische Hauptschule Neuwerk 8a |
| 452 | VALENTIK Tomas | | 1135 | 58 HKMM | 01:02:46.80 | 01:02:03.56 | 448 | 00:24:42.86 | 474 | 00:42:01.20 | 458 | 00:44:59.38 | 453 | 01:02:03.56 | 448 | Gesamtschule Espenstrasse 8b |
| 453 | MEUSER Christian | | 1833 | 34 M35M | 01:02:50.62 | 01:02:01.29 | 446 | 00:25:26.12 | 528 | 00:42:26.30 | 484 | 00:45:29.08 | 483 | 01:02:01.29 | 446 | keine Angabe |
| 454 | HENNIG Udo | | 1648 | 8 M60M | 01:02:58.64 | 01:02:00.12 | 445 | 00:24:25.61 | 453 | 00:41:21.81 | 433 | 00:44:26.63 | 433 | 01:02:00.12 | 445 | LT MG-Volksgarten |
| 455 | EVERS Alexsei | | 1002 | 5 U12M | 01:03:01.12 | 01:02:52.21 | 471 | 00:21:56.40 | 284 | 00:41:38.93 | 446 | 00:44:49.27 | 448 | 01:02:52.21 | 471 | Bischöfliche Marienschule 5e |
| 456 | WINGERTH Tom | | 1384 | 30 U14M | 01:03:03.05 | 01:02:44.66 | 467 | 00:23:29.93 | 410 | 00:42:00.42 | 455 | 00:45:11.08 | 461 | 01:02:44.66 | 467 | Gymnasium Rheindahlen 6b |
| 457 | HECKENDORF Niko | | 1293 | 31 U14M | 01:03:03.89 | 01:02:46.98 | 468 | 00:22:51.78 | 361 | 00:41:17.26 | 429 | 00:44:15.19 | 432 | 01:02:46.98 | 468 | Geschwister-Scholl-Realschule Sch |
| 458 | SCHMALENBERG Natalie | | 1879 | 8 W35F | 01:03:04.20 | 01:02:16.53 | 451 | 00:24:29.39 | 458 | 00:41:34.36 | 441 | 00:44:41.96 | 441 | 01:02:16.53 | 451 | keine Angabe |
| 459 | KONNERTZ Stephanie | | 1807 | 11 W30F | 01:03:05.79 | 01:02:18.27 | 452 | 00:24:29.75 | 460 | 00:41:34.24 | 440 | 00:44:42.01 | 442 | 01:02:18.27 | 452 | keine Angabe |
| 460 | NOWAK Daniel | | 1842 | 35 M35M | 01:03:06.94 | 01:02:27.25 | 454 | 00:22:38.22 | 342 | 00:40:07.82 | 390 | 00:43:21.54 | 399 | 01:02:27.25 | 454 | keine Angabe |
| 461 | RAK Sean-Christopher | | 1308 | 32 U14M | 01:03:10.11 | 01:02:34.47 | 465 | 00:24:13.90 | 448 | 00:42:36.07 | 489 | 00:45:09.69 | 459 | 01:02:34.47 | 465 | Geschwister-Scholl-Realschule Sch |
| 462 | BÜTTGENBACH Beate | | 1742 | 4 W50F | 01:03:11.37 | 01:02:52.26 | 472 | 00:24:56.26 | 493 | 00:42:24.74 | 481 | 00:45:27.22 | 479 | 01:02:52.26 | 472 | keine Angabe |
| 463 | BREDE Oliver | | 1735 | 36 M40M | 01:03:17.46 | 01:02:49.14 | 470 | 00:24:04.32 | 442 | 00:41:22.56 | 434 | 00:44:40.48 | 440 | 01:02:49.14 | 470 | keine Angabe |
| 464 | SCHMITZ Simon | | 1677 | 59 HKMM | 01:03:18.51 | 01:02:29.52 | 455 | 00:25:20.31 | 521 | 00:42:21.01 | 474 | 00:45:26.27 | 476 | 01:02:29.52 | 455 | reiners2014 |
| 465 | REINERS Hans Wilhelm | | 1675 | 17 M55M | 01:03:18.58 | 01:02:32.38 | 462 | 00:25:21.96 | 527 | 00:42:23.69 | 479 | 00:45:28.57 | 482 | 01:02:32.38 | 462 | reiners2014 |
| 466 | SCHLEGELMILCH Hans-Peter | | 9740 | 46 M45M | 01:03:18.60 | 01:02:30.22 | 456 | 00:25:21.38 | 525 | 00:42:14.79 | 471 | 00:45:26.30 | 477 | 01:02:30.22 | 456 | HaWi Reiners |
| 467 | GUTSCHE Alexander | | 1670 | 60 HKMM | 01:03:18.62 | 01:02:31.28 | 459 | 00:25:17.04 | 512 | 00:42:15.22 | 473 | 00:45:27.22 | 480 | 01:02:31.28 | 459 | reiners2014 |
| 468 | KLENNER Jochen | | 1672 | 36 M35M | 01:03:18.74 | 01:02:30.41 | 458 | 00:25:21.28 | 524 | 00:42:21.97 | 475 | 00:45:26.68 | 478 | 01:02:30.41 | 458 | reiners2014 |
| 469 | BUSCH Roderich | | 9746 | 61 HKMM | 01:03:18.77 | 01:02:30.40 | 457 | 00:25:15.49 | 510 | 00:42:14.04 | 469 | 00:45:26.22 | 475 | 01:02:30.40 | 457 | keine Angabe |
| 470 | NACHBARSCHULTE Dirk | | 1674 | 18 M55M | 01:03:18.83 | 01:02:31.94 | 461 | 00:25:21.77 | 526 | 00:42:23.32 | 478 | 00:45:27.80 | 481 | 01:02:31.94 | 461 | reiners2014 |
| 471 | HOTAKI Obeydula | | 1148 | 27 U20M | 01:03:18.90 | 01:03:11.98 | 478 | 00:22:54.33 | 370 | 00:42:26.12 | 483 | 00:45:21.86 | 473 | 01:03:11.98 | 478 | Gesamtschule Espenstrasse EF |
| 472 | SCHAFFRATH Daniel | | 1038 | 28 U20M | 01:03:19.00 | 01:03:11.67 | 477 | 00:22:54.02 | 369 | 00:42:26.03 | 482 | 00:45:21.61 | 472 | 01:03:11.67 | 477 | BK Volksgartenstraße WG |
| 473 | LANGE OZORIO Marco | | 1401 | 18 U18M | 01:03:19.83 | 01:02:54.21 | 473 | 00:23:53.45 | 434 | 00:40:59.65 | 422 | 00:44:00.91 | 425 | 01:02:54.21 | 473 | Gymnasium Rheindahlen Q1 |
| 474 | BECKER Tobias | | 1415 | 33 U14M | 01:03:26.59 | 01:03:26.59 | 481 | 00:22:53.76 | 368 | 00:43:04.71 | 501 | 00:46:17.37 | 508 | 01:03:26.59 | 481 | Hans-Jonas-Gesamtschule 6b |
| 475 | HELLER Angelina | | 1091 | 5 U16F | 01:03:27.27 | 01:03:26.97 | 482 | 00:22:42.86 | 346 | 00:42:00.43 | 456 | 00:45:17.07 | 468 | 01:03:26.97 | 482 | Gesamtschule Espenstrasse 7b |
| 476 | GLEISBERG Peter | | 1959 | 37 M40M | 01:03:30.80 | 01:03:00.25 | 475 | 00:24:34.26 | 465 | 00:41:53.19 | 450 | 00:45:01.58 | 455 | 01:03:00.25 | 475 | keine Angabe |
| 477 | WINGERATH Markus | | 1908 | 47 M45M | 01:03:32.90 | 01:02:55.08 | 474 | 00:24:40.18 | 471 | 00:42:14.91 | 472 | 00:45:34.19 | 485 | 01:02:55.08 | 474 | keine Angabe |
| 478 | RÖDER Heiner | | 1679 | 38 M40M | 01:03:33.04 | 01:02:41.10 | 466 | 00:24:26.03 | 454 | 00:41:44.99 | 447 | 00:44:47.62 | 445 | 01:02:41.10 | 466 | ROEDER Mess-System-Technik |
| 479 | WEIDEMEYER Yvonne | | 9597 | 15 HKWF | 01:03:40.57 | 01:03:21.12 | 480 | 00:25:09.22 | 506 | 00:42:34.17 | 487 | 00:45:45.90 | 490 | 01:03:21.12 | 480 | Yvepa |
| 480 | BREUER Marcus | | 1738 | 39 M40M | 01:03:44.62 | 01:03:44.62 | 489 | 00:25:31.18 | 534 | 00:42:56.27 | 497 | 00:45:53.20 | 492 | 01:03:44.62 | 489 | keine Angabe |
| 481 | ORTSTADT Kai | | 9556 | 37 M35M | 01:03:44.77 | 01:02:48.36 | 469 | 00:26:35.04 | 577 | 00:44:07.09 | 526 | 00:47:06.45 | 523 | 01:02:48.36 | 469 | Team Black Jester |
| 482 | SCHLIESKY Nadine | | 1877 | 12 W30F | 01:03:46.08 | 01:03:03.54 | 476 | 00:24:45.77 | 483 | 00:42:27.42 | 486 | 00:45:33.51 | 484 | 01:03:03.54 | 476 | keine Angabe |
| 483 | FIEDLER Sonja | | 1680 | 16 HKWF | 01:03:54.96 | 01:03:37.85 | 486 | 00:23:55.61 | 436 | 00:41:54.16 | 451 | 00:45:05.74 | 456 | 01:03:37.85 | 486 | RUB |
| 484 | SCHMITZ Yannik | | 1392 | 26 U16M | 01:03:56.60 | 01:03:34.57 | 485 | 00:23:47.35 | 428 | 00:39:48.33 | 377 | 00:43:14.28 | 391 | 01:03:34.57 | 485 | Gymnasium Rheindahlen 9b |
| 485 | JEDTKE Iris | | 1991 | 3 W55F | 01:04:01.53 | 01:03:16.13 | 479 | 00:25:57.60 | 555 | 00:42:52.26 | 494 | 00:46:00.93 | 497 | 01:03:16.13 | 479 | Lauffreiwickrath |
| 486 | KÜPPERS Ulli | | 1637 | 33 M50M | 01:04:04.35 | 01:04:00.44 | 496 | 00:23:40.19 | 423 | 00:42:14.55 | 470 | 00:45:12.01 | 463 | 01:04:00.44 | 496 | Küppers |
| 487 | BEHRENDT Michael | | 9679 | 48 M45M | 01:04:07.78 | 01:03:37.87 | 487 | 00:22:58.30 | 374 | 00:40:19.39 | 397 | 00:43:31.46 | 409 | 01:03:37.87 | 487 | keine Angabe |
| 488 | CÁCERES BAENA Daniel | SPA | 1743 | 59 M30M | 01:04:12.01 | 01:04:09.90 | 500 | 00:22:12.87 | 305 | 00:40:15.38 | 394 | 00:43:37.54 | 416 | 01:04:09.90 | 500 | keine Angabe |
| 489 | HELWEG Justin | | 1328 | 34 U14M | 01:04:13.76 | 01:04:02.65 | 497 | 00:23:54.51 | 435 | 00:43:42.21 | 518 | 00:46:15.32 | 505 | 01:04:02.65 | 497 | Gymnasium Am Geroweier 6b |
| 490 | CHRISTIAN Kohlen | | 1624 | 60 M30M | 01:04:18.34 | 01:03:27.54 | 484 | 00:24:19.00 | 451 | 00:42:41.76 | 491 | 00:45:39.10 | 486 | 01:03:27.54 | 484 | Geoban - STK |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-----------------------------------|
| 491 | RAHMEN Fabian | | 1234 | 29 U20M | 01:04:21.03 | 01:04:13.69 | 501 | 00:24:30.50 | 462 | 00:43:20.67 | 508 | 00:46:18.81 | 509 | 01:04:13.69 | 501 | Gesamtschule Volksgarten 12 |
| 492 | KARAZIC Karlo | | 1993 | 35 U14M | 01:04:22.06 | 01:03:48.35 | 490 | 00:26:25.79 | 574 | 00:43:43.22 | 520 | 00:46:19.99 | 511 | 01:03:48.35 | 490 | keine Angabe |
| 493 | LÜTTGE Jürgen | | 1620 | 49 M45M | 01:04:22.22 | 01:03:27.35 | 483 | 00:24:28.11 | 456 | 00:42:04.95 | 461 | 00:45:21.88 | 474 | 01:03:27.35 | 483 | FF - Flinke FüÙe |
| 494 | ANDRIC Leon | | 9683 | 36 U14M | 01:04:22.53 | 01:03:48.60 | 491 | 00:26:25.39 | 573 | 00:43:43.51 | 521 | 00:46:19.79 | 510 | 01:03:48.60 | 491 | Bischöfliche Marienschule 7c |
| 495 | ENNS Johnny | | 1143 | 30 U20M | 01:04:30.86 | 01:04:21.98 | 507 | 00:22:52.35 | 363 | 00:42:24.40 | 480 | 00:45:42.02 | 488 | 01:04:21.98 | 507 | Gesamtschule Espenstrasse EF |
| 496 | WARZOK Bernd | | 9593 | 50 M45M | 01:04:34.42 | 01:03:53.91 | 493 | 00:24:00.72 | 439 | 00:41:47.75 | 449 | 00:45:08.37 | 457 | 01:03:53.91 | 493 | keine Angabe |
| 497 | HERX Simon | | 1696 | 62 HKMM | 01:04:35.89 | 01:04:19.55 | 505 | 00:25:47.25 | 545 | 00:43:19.36 | 506 | 00:46:30.86 | 514 | 01:04:19.55 | 505 | SG Kaarst |
| 498 | FRANKE Sarah | | 1695 | 17 HKWF | 01:04:36.01 | 01:04:20.39 | 506 | 00:25:48.08 | 547 | 00:43:20.33 | 507 | 00:46:31.70 | 515 | 01:04:20.39 | 506 | SG Kaarst |
| 499 | HUTH Stephan | | 1795 | 38 M35M | 01:04:37.51 | 01:03:44.41 | 488 | 00:25:28.82 | 531 | 00:42:57.34 | 498 | 00:46:05.76 | 499 | 01:03:44.41 | 488 | keine Angabe |
| 500 | JANSEN-WINKELN Antonia | | 1171 | 5 U20F | 01:04:40.14 | 01:04:07.51 | 498 | 00:21:50.19 | 268 | 00:39:23.12 | 365 | 00:43:06.84 | 385 | 01:04:07.51 | 498 | Gesamtschule Hardt 12 |
| 501 | MIELKE Jimi | | 1034 | 19 U18M | 01:04:41.70 | 01:04:18.64 | 504 | 00:26:25.04 | 572 | 00:43:37.20 | 515 | 00:46:32.01 | 516 | 01:04:18.64 | 504 | BK Volksgartenstraße WG |
| 502 | DEDERICHS Maximilian | | 1702 | 63 HKMM | 01:04:42.25 | 01:03:58.97 | 495 | 00:22:56.75 | 373 | 00:39:28.09 | 368 | 00:42:41.94 | 375 | 01:03:58.97 | 495 | SV Niersquelle Kuckum |
| 503 | KNORR Matthias | | 1660 | 61 M30M | 01:04:42.92 | 01:03:53.40 | 492 | 00:26:13.41 | 565 | 00:43:31.49 | 510 | 00:46:40.52 | 517 | 01:03:53.40 | 492 | Moll Sports |
| 504 | SCHEER Marius | | 9614 | 64 HKMM | 01:04:43.85 | 01:04:09.06 | 499 | 00:23:05.76 | 387 | 00:41:30.40 | 438 | 00:44:48.71 | 447 | 01:04:09.06 | 499 | Turnbeutel Mafia |
| 505 | AUSLÄNDER Niklas | | 1277 | 27 U16M | 01:04:44.68 | 01:04:33.08 | 509 | 00:23:48.39 | 430 | 00:42:07.87 | 467 | 00:44:56.77 | 451 | 01:04:33.08 | 509 | Geschwister-Scholl-Realschule Sch |
| 506 | GILLIßEN Bernarda | | 1619 | 9 W40F | 01:04:49.29 | 01:03:55.35 | 494 | 00:24:04.38 | 443 | 00:42:05.21 | 462 | 00:45:18.79 | 470 | 01:03:55.35 | 494 | FF - Flinke FüÙe |
| 507 | GROTENRATH Ruth | | 1775 | 10 W40F | 01:05:03.79 | 01:04:44.96 | 510 | 00:25:47.93 | 546 | 00:43:49.95 | 523 | 00:47:02.96 | 522 | 01:04:44.96 | 510 | keine Angabe |
| 508 | PESCHEN Rainer | | 1852 | 51 M45M | 01:05:09.28 | 01:04:18.51 | 503 | 00:25:02.92 | 502 | 00:42:39.81 | 490 | 00:45:54.64 | 495 | 01:04:18.51 | 503 | keine Angabe |
| 509 | GRÄSNER Sebastian | | 1658 | 65 HKMM | 01:05:13.95 | 01:04:16.60 | 502 | 00:27:19.75 | 593 | 00:44:43.68 | 538 | 00:47:43.00 | 534 | 01:04:16.60 | 502 | Mega Zoo |
| 510 | REKSIN David | | 1863 | 66 HKMM | 01:05:19.06 | 01:04:22.78 | 508 | 00:27:21.09 | 594 | 00:44:44.26 | 539 | 00:47:43.90 | 537 | 01:04:22.78 | 508 | keine Angabe |
| 511 | OELLERS Nick | | 1208 | 28 U16M | 01:05:30.65 | 01:05:16.85 | 513 | 00:21:14.59 | 218 | 00:42:51.73 | 492 | 00:46:08.52 | 500 | 01:05:16.85 | 513 | Gesamtschule Hardt 7 |
| 512 | MUSIALOWSKI Jan | | 1200 | 37 U14M | 01:05:37.31 | 01:05:35.40 | 516 | 00:25:50.29 | 548 | 00:45:30.27 | 549 | 00:48:20.41 | 544 | 01:05:35.40 | 516 | Gesamtschule Hardt 6 |
| 513 | KLIASFAS Elefterios | | 1187 | 6 U12M | 01:05:40.87 | 01:05:20.95 | 514 | 00:24:59.14 | 496 | 00:43:23.97 | 509 | 00:46:20.20 | 512 | 01:05:20.95 | 514 | Gesamtschule Hardt 5 |
| 514 | JURETZKO Stefan | | 1442 | 39 M35M | 01:05:41.91 | 01:05:41.91 | 517 | 00:23:30.41 | 411 | 00:42:00.72 | 457 | 00:46:16.67 | 507 | 01:05:41.91 | 517 | Hans-Jonas-Gesamtschule 7d |
| 515 | MAHLER Melanie | | 1825 | 9 W35F | 01:05:43.10 | 01:04:53.14 | 512 | 00:25:45.68 | 544 | 00:44:09.99 | 531 | 00:47:16.01 | 526 | 01:04:53.14 | 512 | keine Angabe |
| 516 | BRUNNER Daniela | | 1740 | 10 W35F | 01:05:43.30 | 01:04:52.00 | 511 | 00:25:44.37 | 543 | 00:44:09.14 | 530 | 00:47:14.60 | 525 | 01:04:52.00 | 511 | keine Angabe |
| 517 | VASQUEZ Jenny | | 9629 | 6 W45F | 01:05:49.94 | 01:05:43.57 | 518 | 00:26:00.91 | 557 | 00:43:35.66 | 513 | 00:46:46.79 | 518 | 01:05:43.57 | 518 | keine Angabe |
| 518 | KARAKADIOGLU Emin | | 1296 | 20 U18M | 01:05:50.31 | 01:05:50.01 | 519 | 00:26:01.04 | 558 | 00:45:18.38 | 548 | 00:48:16.15 | 542 | 01:05:50.01 | 519 | Geschwister-Scholl-Realschule Sch |
| 519 | OKAFOR Nkiruka | | 9678 | 13 W30F | 01:06:00.25 | 01:05:29.38 | 515 | 00:24:39.47 | 470 | 00:42:52.20 | 493 | 00:46:10.58 | 501 | 01:05:29.38 | 515 | keine Angabe |
| 520 | FERFERS-WEITZ Gabriela | | 1952 | 2 W60F | 01:06:18.75 | 01:05:56.87 | 522 | 00:26:03.11 | 561 | 00:44:16.74 | 533 | 00:47:37.58 | 530 | 01:05:56.87 | 522 | keine Angabe |
| 521 | SUCKOW Stefan | | 1011 | 21 U18M | 01:06:21.58 | 01:06:21.58 | 526 | 00:23:12.45 | 394 | 00:42:23.13 | 477 | 00:45:12.67 | 464 | 01:06:21.58 | 526 | BK Volksgartenstraße AS |
| 522 | DICKHARDT Domenic | | 1749 | 67 HKMM | 01:06:37.04 | 01:05:58.95 | 523 | 00:25:27.69 | 530 | 00:43:41.54 | 517 | 00:47:01.04 | 520 | 01:05:58.95 | 523 | keine Angabe |
| 523 | HEYMANNS Guido | | 1789 | 52 M45M | 01:06:37.18 | 01:05:59.25 | 524 | 00:25:30.40 | 533 | 00:43:42.85 | 519 | 00:47:01.72 | 521 | 01:05:59.25 | 524 | keine Angabe |
| 524 | NAWROTH Bastian | | 1444 | 22 U18M | 01:06:43.27 | 01:06:22.62 | 527 | 00:23:45.91 | 426 | 00:43:10.53 | 504 | 00:45:57.31 | 496 | 01:06:22.62 | 527 | Hans-Jonas-Gesamtschule 7d |
| 525 | LANDMESSER Louisa | | 1638 | 5 U18F | 01:06:50.81 | 01:06:46.31 | 534 | 00:28:28.04 | 613 | 00:46:40.04 | 570 | 00:49:56.39 | 574 | 01:06:46.31 | 534 | Küppers |
| 526 | GLEESNER Sofia | | 1635 | 6 U20F | 01:06:50.85 | 01:06:47.24 | 535 | 00:28:28.64 | 614 | 00:46:41.40 | 571 | 00:49:57.26 | 576 | 01:06:47.24 | 535 | Küppers |
| 527 | UEDDINGER Sabine | | 1898 | 7 W45F | 01:06:53.20 | 01:05:56.03 | 520 | 00:26:02.26 | 560 | 00:44:38.22 | 536 | 00:47:41.42 | 533 | 01:05:56.03 | 520 | keine Angabe |
| 528 | BENTHIN Anita | | 1732 | 11 W35F | 01:06:53.32 | 01:05:56.09 | 521 | 00:26:02.12 | 559 | 00:44:38.42 | 537 | 00:47:41.33 | 532 | 01:05:56.09 | 521 | keine Angabe |
| 529 | HINTZEN Michael | | 1981 | 34 M50M | 01:06:55.52 | 01:06:04.48 | 525 | 00:25:55.75 | 553 | 00:44:26.18 | 535 | 00:47:43.43 | 535 | 01:06:04.48 | 525 | keine Angabe |
| 530 | NIRANJAN Nirron | | 1520 | 23 U18M | 01:06:56.42 | 01:06:24.32 | 528 | 00:22:47.00 | 354 | 00:46:44.30 | 574 | 00:49:52.31 | 571 | 01:06:24.32 | 528 | Math.-Nat. Gymnasium Q1 |
| 531 | HANSEN Ruth | | 1970 | 8 W45F | 01:06:56.60 | 01:06:33.29 | 529 | 00:25:16.69 | 511 | 00:43:36.84 | 514 | 00:46:51.21 | 519 | 01:06:33.29 | 529 | keine Angabe |
| 532 | RAJPUT Rashad | | 1050 | 68 HKMM | 01:07:02.47 | 01:06:44.99 | 533 | 00:21:19.75 | 227 | 00:41:16.88 | 428 | 00:43:54.80 | 423 | 01:06:44.99 | 533 | Gesamtschule Espenstrasse 12 |
| 533 | PAULUHN Ulrike | | 1849 | 9 W45F | 01:07:07.78 | 01:06:44.80 | 532 | 00:26:23.67 | 570 | 00:44:51.95 | 543 | 00:48:16.85 | 543 | 01:06:44.80 | 532 | keine Angabe |
| 534 | KABA Fikri | | 1320 | 7 U12M | 01:07:29.68 | 01:06:58.45 | 538 | 00:25:56.46 | 554 | 00:45:02.71 | 544 | 00:47:51.97 | 539 | 01:06:58.45 | 538 | Gymnasium Am Geroweier 5b |
| 535 | JACOBS Markus | | 9618 | 69 HKMM | 01:07:31.37 | 01:06:44.27 | 531 | 00:25:28.97 | 532 | 00:44:05.69 | 525 | 00:47:43.66 | 536 | 01:06:44.27 | 531 | keine Angabe |
| 536 | BOCKHOLT Lena | | 1927 | 18 HKWF | 01:07:35.44 | 01:07:17.32 | 541 | 00:25:06.81 | 505 | 00:44:51.53 | 541 | 00:48:42.10 | 551 | 01:07:17.32 | 541 | keine Angabe |
| 537 | WINKENS Henrike | | 9612 | 7 U20F | 01:07:36.34 | 01:07:24.51 | 543 | 00:25:12.81 | 508 | 00:43:55.06 | 524 | 00:47:31.50 | 529 | 01:07:24.51 | 543 | keine Angabe |
| 538 | KRAMP Yvonne | | 9532 | 19 HKWF | 01:07:36.76 | 01:07:18.29 | 542 | 00:25:06.61 | 504 | 00:44:51.64 | 542 | 00:48:41.65 | 550 | 01:07:18.29 | 542 | keine Angabe |
| 539 | BAUMGART Luca | | 9645 | 38 U14M | 01:07:39.65 | 01:06:41.64 | 530 | 00:26:09.26 | 562 | 00:44:17.53 | 534 | 00:47:44.64 | 538 | 01:06:41.64 | 530 | LT MG-Volksgarten |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|-----------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|------------------------------------|
| 540 | RIPPEN Sven | | 1864 | 40 M35M | 01:07:44.00 | 01:07:02.88 | 539 | 00:26:25.03 | 571 | 00:45:08.92 | 545 | 00:48:34.84 | 546 | 01:07:02.88 | 539 | keine Angabe |
| 541 | WAGNER Katharina | | 9630 | 20 HKWF | 01:07:44.12 | 01:07:30.74 | 544 | 00:25:27.44 | 529 | 00:44:07.19 | 527 | 00:47:23.69 | 527 | 01:07:30.74 | 544 | keine Angabe |
| 542 | PIETSCH-JAWOREK Silke | | 1853 | 10 W45F | 01:07:44.16 | 01:07:04.86 | 540 | 00:26:27.29 | 575 | 00:45:10.53 | 547 | 00:48:36.74 | 549 | 01:07:04.86 | 540 | keine Angabe |
| 543 | BEND Mervin | | 1378 | 29 U16M | 01:07:45.13 | 01:07:45.13 | 545 | 00:25:50.67 | 550 | 00:43:05.21 | 503 | 00:46:13.46 | 504 | 01:07:45.13 | 545 | Gymnasium Odenkirchen 7b |
| 544 | VAQUÉ Luis | | 1381 | 30 U16M | 01:07:45.34 | 01:06:49.38 | 536 | 00:24:54.77 | 492 | 00:42:08.95 | 468 | 00:45:17.89 | 469 | 01:06:49.38 | 536 | Gymnasium Odenkirchen 7b |
| 545 | THIELE Karla | | 1391 | 6 U16F | 01:07:48.08 | 01:06:55.68 | 537 | 00:25:35.72 | 537 | 00:42:53.71 | 496 | 00:45:46.33 | 491 | 01:06:55.68 | 537 | Gymnasium Rheindahlen 8b |
| 546 | LIEBENS Leon | | 1303 | 39 U14M | 01:08:17.18 | 01:07:51.12 | 546 | 00:27:53.86 | 604 | 00:46:47.16 | 577 | 00:49:17.74 | 560 | 01:07:51.12 | 546 | Geschwister-Scholl-Realschule Sch |
| 547 | EßER Niclas | | 1288 | 8 U12M | 01:08:18.70 | 01:08:06.87 | 547 | 00:26:38.00 | 581 | 00:47:10.43 | 589 | 00:49:47.69 | 569 | 01:08:06.87 | 547 | Geschwister-Scholl-Realschule Sch |
| 548 | THISSEN Justin | | 1137 | 31 U16M | 01:08:49.12 | 01:08:36.40 | 554 | 00:24:44.40 | 479 | 00:45:38.67 | 552 | 00:48:36.24 | 548 | 01:08:36.40 | 554 | Gesamtschule Espenstrasse 8f |
| 549 | ZIARKO Bartek | | 1138 | 32 U16M | 01:08:49.53 | 01:08:36.29 | 553 | 00:24:43.83 | 475 | 00:45:38.09 | 551 | 00:48:36.21 | 547 | 01:08:36.29 | 553 | Gesamtschule Espenstrasse 8f |
| 550 | DREES Martin | | 1942 | 70 HKMM | 01:08:50.61 | 01:08:24.37 | 551 | 00:25:18.14 | 516 | 00:44:08.57 | 529 | 00:47:38.38 | 531 | 01:08:24.37 | 551 | keine Angabe |
| 551 | HILDEMANN Tamino | | 1186 | 9 U12M | 01:08:53.65 | 01:08:53.35 | 557 | 00:23:22.23 | 400 | 00:44:48.91 | 540 | 00:48:06.04 | 541 | 01:08:53.35 | 557 | Gesamtschule Hardt 5 |
| 552 | KLENZENDORF Anne | | 9726 | 21 HKWF | 01:08:57.95 | 01:08:16.40 | 548 | 00:27:34.29 | 598 | 00:46:14.88 | 562 | 00:49:29.84 | 564 | 01:08:16.40 | 548 | keine Angabe |
| 553 | EISENBRAUN Miriam | | 1943 | 14 W30F | 01:08:58.00 | 01:08:17.82 | 550 | 00:27:35.29 | 599 | 00:46:15.78 | 563 | 00:49:31.12 | 566 | 01:08:17.82 | 550 | keine Angabe |
| 554 | THEELEN Holger | | 9589 | 71 HKMM | 01:08:58.00 | 01:08:58.00 | 560 | 00:28:14.29 | 608 | 00:46:54.51 | 583 | 00:50:11.01 | 583 | 01:08:58.00 | 560 | keine Angabe |
| 555 | ROTTMANN KATHRIN | | 9734 | 22 HKWF | 01:08:58.05 | 01:08:17.63 | 549 | 00:27:35.38 | 600 | 00:46:16.10 | 565 | 00:49:30.93 | 565 | 01:08:17.63 | 549 | keine Angabe |
| 556 | HEINEN Ruth | | 1641 | 4 W55F | 01:08:59.99 | 01:08:59.99 | 561 | 00:26:55.70 | 589 | 00:46:19.46 | 566 | 00:49:44.83 | 568 | 01:08:59.99 | 561 | Lauffreß Wickrath |
| 557 | SABAH Kadir | | 1268 | 33 U16M | 01:09:08.70 | 01:08:54.57 | 558 | 00:26:13.58 | 566 | 00:46:11.63 | 561 | 00:49:26.24 | 562 | 01:08:54.57 | 558 | Gesamtschule Volksgarten 8d |
| 558 | THEES Danny | | 1189 | 40 U14M | 01:09:14.93 | 01:08:55.09 | 559 | 00:24:59.33 | 497 | 00:45:09.23 | 546 | 00:47:54.87 | 540 | 01:08:55.09 | 559 | Gesamtschule Hardt 5 |
| 559 | GHOUL Mohamed | | 1144 | 31 U20M | 01:09:15.95 | 01:09:06.92 | 563 | 00:25:20.33 | 522 | 00:45:54.42 | 559 | 00:48:43.84 | 554 | 01:09:06.92 | 563 | Gesamtschule Espenstrasse EF |
| 560 | DICKHARDT Franziska | | 1018 | 8 U20F | 01:09:16.20 | 01:09:06.80 | 562 | 00:25:20.21 | 520 | 00:45:54.36 | 558 | 00:48:43.41 | 552 | 01:09:06.80 | 562 | BK Volksgartenstraße WG |
| 561 | LIMANI Bleon | | 1152 | 24 U18M | 01:09:17.02 | 01:09:07.99 | 564 | 00:25:20.38 | 523 | 00:45:54.27 | 557 | 00:48:43.53 | 553 | 01:09:07.99 | 564 | Gesamtschule Espenstrasse EF |
| 562 | BAUMGART Stefan | | 1921 | 53 M45M | 01:09:18.38 | 01:08:35.90 | 552 | 00:23:30.43 | 412 | 00:44:07.37 | 528 | 00:50:09.33 | 580 | 01:08:35.90 | 552 | keine Angabe |
| 563 | DRLJACA Lidija | SER | 1755 | 5 W50F | 01:09:19.67 | 01:08:44.73 | 555 | 00:26:09.44 | 563 | 00:45:37.37 | 550 | 00:49:11.05 | 557 | 01:08:44.73 | 555 | keine Angabe |
| 564 | TOTTEN Pascal | | 1271 | 34 U16M | 01:09:27.35 | 01:09:13.17 | 565 | 00:25:50.75 | 551 | 00:46:15.79 | 564 | 00:49:26.01 | 561 | 01:09:13.17 | 565 | Gesamtschule Volksgarten 8d |
| 565 | KRANZ Malte | | 1106 | 35 U16M | 01:09:32.66 | 01:09:19.38 | 567 | 00:25:01.06 | 498 | 00:46:47.81 | 578 | 00:49:55.43 | 572 | 01:09:19.38 | 567 | Gesamtschule Espenstrasse 7f |
| 566 | NEUKIRCHEN Franziska | | 1698 | 23 HKWF | 01:09:37.86 | 01:09:21.09 | 568 | 00:26:44.48 | 582 | 00:46:19.91 | 567 | 00:49:49.99 | 570 | 01:09:21.09 | 568 | SG Kaarst |
| 567 | LAZAROWITZ Marvin | | 1485 | 41 U14M | 01:09:50.33 | 01:08:50.95 | 556 | 00:23:05.72 | 386 | 00:43:48.55 | 522 | 00:47:24.17 | 528 | 01:08:50.95 | 556 | Katholische Hauptschule Neuwerk 6a |
| 568 | LA Hong-Trieu | | 1301 | 36 U16M | 01:09:50.42 | 01:09:13.61 | 566 | 00:26:55.13 | 587 | 00:46:43.21 | 573 | 00:49:27.16 | 563 | 01:09:13.61 | 566 | Geschwister-Scholl-Realschule Sch |
| 569 | BELKARIM Souhaib | | 1324 | 5 U14F | 01:09:52.65 | 01:09:44.19 | 571 | 00:25:51.98 | 552 | 00:45:41.35 | 554 | 00:49:08.82 | 555 | 01:09:44.19 | 571 | Gymnasium Am Geroweiher 5d |
| 570 | KLICH Patrick | | 1996 | 72 HKMM | 01:10:10.22 | 01:09:48.17 | 573 | 00:24:17.08 | 450 | 00:46:52.20 | 581 | 00:50:17.70 | 585 | 01:09:48.17 | 573 | keine Angabe |
| 571 | IMKAMP Oliver | | 1985 | 40 M40M | 01:10:19.47 | 01:09:26.70 | 569 | 00:27:26.50 | 595 | 00:46:45.08 | 575 | 00:50:13.41 | 584 | 01:09:26.70 | 569 | keine Angabe |
| 572 | BASCIFTCI Enes | | 1097 | 37 U16M | 01:10:26.67 | 01:10:22.81 | 578 | 00:25:10.27 | 507 | 00:46:57.06 | 584 | 00:50:03.11 | 579 | 01:10:22.81 | 578 | Gesamtschule Espenstrasse 7f |
| 573 | NACK Reinhard | | 1837 | 19 M55M | 01:10:29.55 | 01:09:44.18 | 570 | 00:27:13.54 | 592 | 00:46:50.75 | 579 | 00:50:27.00 | 587 | 01:09:44.18 | 570 | keine Angabe |
| 574 | NACK Angelika Geesje | | 1683 | 6 W50F | 01:10:29.67 | 01:09:44.54 | 572 | 00:27:13.35 | 591 | 00:46:51.18 | 580 | 00:50:27.25 | 588 | 01:09:44.54 | 572 | Santander |
| 575 | SOUVIDT Noau | | 1270 | 38 U16M | 01:10:29.83 | 01:10:03.91 | 574 | 00:27:53.78 | 603 | 00:47:05.11 | 587 | 00:50:42.29 | 589 | 01:10:03.91 | 574 | Gesamtschule Volksgarten 8d |
| 576 | GERBEL Jo | | 1100 | 42 U14M | 01:10:33.84 | 01:10:29.28 | 582 | 00:24:50.54 | 491 | 00:44:14.12 | 532 | 00:47:07.17 | 524 | 01:10:29.28 | 582 | Gesamtschule Espenstrasse 7f |
| 577 | PICÓN FRAILE Eugenio | SPA | 9565 | 41 M40M | 01:10:37.53 | 01:10:35.09 | 584 | 00:28:10.06 | 606 | 00:48:16.39 | 597 | 00:51:44.90 | 599 | 01:10:35.09 | 584 | keine Angabe |
| 578 | CEBRIAN BENITO Helena | SPA | 1938 | 24 HKWF | 01:10:37.59 | 01:10:35.75 | 585 | 00:28:10.69 | 607 | 00:48:16.91 | 598 | 00:51:45.44 | 600 | 01:10:35.75 | 585 | keine Angabe |
| 579 | HERMGES Leon | | 1294 | 39 U16M | 01:10:37.62 | 01:10:22.19 | 577 | 00:25:01.45 | 499 | 00:45:39.03 | 553 | 00:48:28.43 | 545 | 01:10:22.19 | 577 | Geschwister-Scholl-Realschule Sch |
| 580 | KÜGLER Jakob | | 1198 | 43 U14M | 01:10:46.59 | 01:10:42.25 | 589 | 00:24:48.15 | 489 | 00:47:43.28 | 593 | 00:51:12.87 | 594 | 01:10:42.25 | 589 | Gesamtschule Hardt 6 |
| 581 | JANSEN Henri | | 1196 | 44 U14M | 01:10:46.70 | 01:10:41.76 | 588 | 00:24:47.75 | 488 | 00:47:43.14 | 592 | 00:51:12.46 | 593 | 01:10:41.76 | 588 | Gesamtschule Hardt 6 |
| 582 | BUSCH Benjamin | | 1397 | 25 U18M | 01:10:54.10 | 01:10:26.36 | 579 | 00:29:52.76 | 641 | 00:48:35.71 | 602 | 00:52:30.88 | 606 | 01:10:26.36 | 579 | Gymnasium Rheindahlen Q1 |
| 583 | DEMHASAJ Albion | | 1285 | 40 U16M | 01:10:54.29 | 01:10:42.83 | 590 | 00:24:41.00 | 472 | 00:46:03.45 | 560 | 00:49:10.02 | 556 | 01:10:42.83 | 590 | Geschwister-Scholl-Realschule Sch |
| 584 | TRUSS Mario | | 1407 | 32 U20M | 01:10:55.61 | 01:10:28.34 | 581 | 00:29:53.14 | 642 | 00:48:36.49 | 603 | 00:52:31.60 | 607 | 01:10:28.34 | 581 | Gymnasium Rheindahlen Q1 |
| 585 | OHLIG Jakob | | 1094 | 45 U14M | 01:11:12.17 | 01:10:26.62 | 580 | 00:30:05.28 | 643 | 00:51:07.72 | 619 | 00:54:17.88 | 613 | 01:10:26.62 | 580 | Gesamtschule Espenstrasse 7b |
| 586 | DRENKER Heike | | 1664 | 11 W45F | 01:11:20.05 | 01:10:20.39 | 576 | 00:28:29.79 | 616 | 00:48:01.53 | 596 | 00:51:31.07 | 597 | 01:10:20.39 | 576 | ohne Verein |
| 587 | JUNKER Joe | | 1646 | 9 M60M | 01:11:20.27 | 01:10:19.51 | 575 | 00:28:28.92 | 615 | 00:48:00.40 | 595 | 00:51:29.92 | 596 | 01:10:19.51 | 575 | LT Brüggem |
| 588 | TRINKHAUS Stefan | | 9640 | 42 M40M | 01:11:22.33 | 01:10:32.58 | 583 | 00:26:13.28 | 564 | 00:46:42.24 | 572 | 00:50:10.62 | 582 | 01:10:32.58 | 583 | keine Angabe |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|---------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------------------------------|
| 589 | BECKER Barbara | | 1922 | 25 HKWF | 01:11:35.14 | 01:10:38.66 | 586 | 00:26:56.10 | 590 | 00:46:29.75 | 569 | 00:50:02.26 | 577 | 01:10:38.66 | 586 | keine Angabe |
| 590 | HOLZHAUSER Marc | | 1983 | 62 M30M | 01:11:35.25 | 01:10:38.80 | 587 | 00:26:55.35 | 588 | 00:46:29.55 | 568 | 00:50:02.27 | 578 | 01:10:38.80 | 587 | keine Angabe |
| 591 | IBSEN Leia | | 1252 | 6 U14F | 01:11:57.64 | 01:11:31.08 | 592 | 00:22:42.17 | 344 | 00:38:44.56 | 332 | 00:41:47.42 | 341 | 01:11:31.08 | 592 | Gesamtschule Volksgarten 7d |
| 592 | KANTHAK Linus | | 9621 | 10 U12M | 01:12:13.97 | 01:12:07.73 | 596 | 00:26:21.32 | 569 | 00:47:56.77 | 594 | 00:51:01.65 | 591 | 01:12:07.73 | 596 | keine Angabe |
| 593 | SIEBEN Marvin | | 1130 | 26 U18M | 01:12:19.81 | 01:11:29.84 | 591 | 00:27:46.34 | 601 | 00:48:22.78 | 600 | 00:51:21.73 | 595 | 01:11:29.84 | 591 | Gesamtschule Espenstrasse 8b |
| 594 | SCHEMBER Marina | | 9572 | 12 W35F | 01:12:22.70 | 01:12:00.20 | 595 | 00:27:55.48 | 605 | 00:48:23.72 | 601 | 00:51:55.39 | 601 | 01:12:00.20 | 595 | keine Angabe |
| 595 | AKSOGAN Hira | | 1191 | 7 U14F | 01:12:34.47 | 01:12:32.18 | 598 | 00:25:19.02 | 518 | 00:47:09.98 | 588 | 00:49:56.05 | 573 | 01:12:32.18 | 598 | Gesamtschule Hardt 6 |
| 596 | JACOBS Davina | | 1195 | 8 U14F | 01:12:36.23 | 01:12:34.48 | 599 | 00:25:18.50 | 517 | 00:47:04.92 | 586 | 00:49:56.55 | 575 | 01:12:34.48 | 599 | Gesamtschule Hardt 6 |
| 597 | MICHELS Melanie | | 1835 | 26 HKWF | 01:12:37.59 | 01:11:38.67 | 593 | 00:28:43.68 | 620 | 00:48:45.01 | 604 | 00:52:24.06 | 602 | 01:11:38.67 | 593 | keine Angabe |
| 598 | MARION Buschhüter | | 1829 | 11 W40F | 01:12:46.93 | 01:11:48.02 | 594 | 00:28:43.53 | 618 | 00:48:45.44 | 605 | 00:52:24.13 | 603 | 01:11:48.02 | 594 | keine Angabe |
| 599 | MÜLLER Ailene | | 1049 | 9 U20F | 01:13:00.87 | 01:12:55.22 | 600 | 00:26:45.17 | 583 | 00:46:46.58 | 576 | 00:50:18.18 | 586 | 01:12:55.22 | 600 | Gesamtschule Espenstrasse 12 |
| 600 | SANDERS Marc | | 1351 | 27 U18M | 01:13:08.97 | 01:12:26.72 | 597 | 00:26:15.79 | 568 | 00:48:18.82 | 599 | 00:51:38.30 | 598 | 01:12:26.72 | 597 | Gymnasium Am Geroweier Q1 |
| 601 | LINDNER Benjamin | | 1266 | 41 U16M | 01:13:30.96 | 01:13:16.79 | 601 | 00:26:14.11 | 567 | 00:46:52.72 | 582 | 00:49:34.99 | 567 | 01:13:16.79 | 601 | Gesamtschule Volksgarten 8d |
| 602 | VU Kiet | | 1408 | 28 U18M | 01:13:51.33 | 01:13:24.05 | 602 | 00:26:45.52 | 584 | 00:47:19.20 | 590 | 00:50:58.26 | 590 | 01:13:24.05 | 602 | Gymnasium Rheindahlen Q1 |
| 603 | DE GRAAT Jessica | | 1652 | 27 HKWF | 01:13:57.85 | 01:13:39.27 | 603 | 00:26:37.79 | 580 | 00:47:31.80 | 591 | 00:51:09.41 | 592 | 01:13:39.27 | 603 | Lt. Metro Group Marathon Düsseldorf |
| 604 | KETHEESWARAN Kajanan | | 1264 | 42 U16M | 01:14:27.75 | 01:14:13.48 | 608 | 00:23:04.87 | 383 | 00:47:02.41 | 585 | 00:50:10.30 | 581 | 01:14:13.48 | 608 | Gesamtschule Volksgarten 8d |
| 605 | GÜRBÜZ Samed | | 1090 | 43 U16M | 01:14:28.00 | 01:14:25.85 | 612 | 00:26:47.35 | 585 | 00:50:25.07 | 610 | 00:53:25.59 | 610 | 01:14:25.85 | 612 | Gesamtschule Espenstrasse 7b |
| 606 | SOBOLEWSKI Konrad | | 1497 | 44 U16M | 01:14:37.26 | 01:13:41.70 | 604 | 00:29:12.82 | 629 | 00:51:57.61 | 626 | 00:54:49.26 | 619 | 01:13:41.70 | 604 | Katholische Hauptschule Neuwerk 8a |
| 607 | VAN GEFFEN-ROLLETSCHEK Vi | | 9590 | 12 W40F | 01:14:37.28 | 01:14:01.88 | 607 | 00:29:48.60 | 640 | 00:50:11.58 | 609 | 00:53:42.19 | 611 | 01:14:01.88 | 607 | keine Angabe |
| 608 | GOLLOR Andreas | | 1493 | 45 U16M | 01:14:37.97 | 01:13:42.16 | 605 | 00:29:12.86 | 630 | 00:51:55.72 | 625 | 00:54:45.61 | 618 | 01:13:42.16 | 605 | Katholische Hauptschule Neuwerk 8a |
| 609 | BREUER Achim | | 1737 | 35 M50M | 01:14:56.33 | 01:14:22.68 | 609 | 00:28:15.75 | 609 | 01:29:34.72 | 669 | 00:52:27.87 | 604 | 01:14:22.68 | 609 | keine Angabe |
| 610 | MAINTZ Harald | | 9542 | 54 M45M | 01:14:56.38 | 01:13:57.49 | 606 | 00:27:29.94 | 596 | 00:48:55.44 | 606 | 00:52:36.65 | 608 | 01:13:57.49 | 606 | keine Angabe |
| 611 | GRAJZAR Marko | | 1963 | 46 U14M | 01:14:59.35 | 01:14:25.52 | 611 | 00:29:41.97 | 637 | 00:52:13.63 | 628 | 00:55:49.54 | 628 | 01:14:25.52 | 611 | keine Angabe |
| 612 | ANDRIC Luca | | 9684 | 47 U14M | 01:14:59.38 | 01:14:25.45 | 610 | 00:29:41.52 | 636 | 00:52:17.43 | 630 | 00:55:50.05 | 630 | 01:14:25.45 | 610 | Bischöfliche Marienschule 7c |
| 613 | BEHRENT Jacob | | 1924 | 48 U14M | 01:15:18.61 | 01:14:45.10 | 613 | 00:29:42.21 | 638 | 00:52:16.44 | 629 | 00:55:51.23 | 631 | 01:14:45.10 | 613 | keine Angabe |
| 614 | KORELL Paul | | 9525 | 49 U14M | 01:15:19.85 | 01:14:46.25 | 614 | 00:29:41.42 | 635 | 00:52:17.97 | 631 | 00:55:49.90 | 629 | 01:14:46.25 | 614 | keine Angabe |
| 615 | DECKERS Sonja | | 1616 | 13 W35F | 01:15:37.84 | 01:14:59.03 | 616 | 00:29:37.21 | 634 | 00:50:53.40 | 614 | 00:54:36.07 | 617 | 01:14:59.03 | 616 | Der letzte Angriff |
| 616 | EBERLE Tony | | 1757 | 63 M30M | 01:15:49.28 | 01:14:56.59 | 615 | 00:27:32.45 | 597 | 00:50:54.88 | 615 | 00:54:18.08 | 614 | 01:14:56.59 | 615 | keine Angabe |
| 617 | KORELL Tanja | | 9526 | 13 W40F | 01:16:00.65 | 01:15:30.74 | 621 | 00:28:44.76 | 624 | 00:50:38.75 | 611 | 00:54:16.30 | 612 | 01:15:30.74 | 621 | keine Angabe |
| 618 | DOSTERT Dennis | | 1754 | 55 M45M | 01:16:06.82 | 01:15:27.85 | 619 | 00:29:07.77 | 627 | 00:50:41.22 | 612 | 00:54:23.82 | 615 | 01:15:27.85 | 619 | keine Angabe |
| 619 | SANCHEZ ARAGONES Rocio | | 1873 | 14 W40F | 01:16:06.93 | 01:15:28.24 | 620 | 00:29:08.56 | 628 | 00:50:41.69 | 613 | 00:54:24.27 | 616 | 01:15:28.24 | 620 | keine Angabe |
| 620 | HONUS Marvin | | 1792 | 73 HKMM | 01:16:16.67 | 01:15:16.81 | 618 | 00:30:40.61 | 650 | 00:51:35.76 | 624 | 00:55:17.19 | 626 | 01:15:16.81 | 618 | keine Angabe |
| 621 | HONUS Frank | | 1791 | 36 M50M | 01:16:18.15 | 01:15:16.35 | 617 | 00:30:39.87 | 649 | 00:51:34.99 | 623 | 00:55:15.20 | 625 | 01:15:16.35 | 617 | keine Angabe |
| 622 | BOHNEN Anne | | 1088 | 14 W35F | 01:16:41.87 | 01:15:57.98 | 622 | 00:30:07.76 | 647 | 00:51:10.46 | 620 | 00:55:01.70 | 623 | 01:15:57.98 | 622 | Gesamtschule Espenstrasse 7b |
| 623 | NIKLAS Clemens | | 1122 | 46 U16M | 01:16:54.09 | 01:16:10.73 | 623 | 00:27:52.40 | 602 | 00:49:43.52 | 607 | 00:52:45.57 | 609 | 01:16:10.73 | 623 | Gesamtschule Espenstrasse 8b |
| 624 | NIEHAUS Jonathan | | 1332 | 50 U14M | 01:17:24.61 | 01:17:09.66 | 624 | 00:29:48.02 | 639 | 00:52:34.29 | 635 | 00:55:53.99 | 632 | 01:17:09.66 | 624 | Gymnasium Am Geroweier 6d |
| 625 | ARNDT Christian | | 1192 | 51 U14M | 01:18:42.24 | 01:18:42.24 | 630 | 00:23:38.80 | 421 | 00:52:33.00 | 634 | 00:56:30.56 | 635 | 01:18:42.24 | 630 | Gesamtschule Hardt 6 |
| 626 | GOLDSCHMIDT Jennifer | | 1514 | 15 W30F | 01:18:48.21 | 01:17:59.41 | 625 | 00:28:43.62 | 619 | 00:51:58.10 | 627 | 00:55:45.33 | 627 | 01:17:59.41 | 625 | Math.-Nat. Gymnasium Bet |
| 627 | KANTHAK Fabian | | 9620 | 47 U16M | 01:18:48.68 | 01:18:42.18 | 629 | 00:23:29.63 | 409 | 00:51:03.33 | 616 | 00:55:13.92 | 624 | 01:18:42.18 | 629 | keine Angabe |
| 628 | PESCH Lara | | 1403 | 1 kAKF | 01:18:55.73 | 01:18:13.97 | 626 | 00:29:31.38 | 633 | 00:51:05.72 | 618 | 00:55:01.56 | 622 | 01:18:13.97 | 626 | Gymnasium Rheindahlen Q1 |
| 629 | ROCHOLL Dirk | | 9707 | 43 M40M | 01:18:56.12 | 01:18:14.37 | 627 | 00:29:30.92 | 632 | 00:51:05.59 | 617 | 00:55:01.13 | 621 | 01:18:14.37 | 627 | TV Rheindahlen |
| 630 | EL BYAD Reduan | | 1329 | 52 U14M | 01:19:03.98 | 01:18:32.53 | 628 | 00:25:32.27 | 536 | 00:49:56.11 | 608 | 00:52:30.36 | 605 | 01:18:32.53 | 628 | Gymnasium Am Geroweier 6d |
| 631 | VELTEN Nadia | | 1161 | 6 U18F | 01:19:09.71 | 01:19:02.27 | 631 | 00:29:05.10 | 626 | 00:53:02.39 | 639 | 00:56:39.76 | 636 | 01:19:02.27 | 631 | Gesamtschule Espenstrasse EF |
| 632 | HECKEN Niklas | | 1194 | 53 U14M | 01:19:30.24 | 01:19:19.24 | 632 | 00:28:43.78 | 621 | 00:52:21.56 | 633 | 00:56:19.96 | 633 | 01:19:19.24 | 632 | Gesamtschule Hardt 6 |
| 633 | SCHLEI Tobias | | 1203 | 54 U14M | 01:19:30.56 | 01:19:19.69 | 633 | 00:28:44.29 | 622 | 00:52:20.07 | 632 | 00:56:19.97 | 634 | 01:19:19.69 | 633 | Gesamtschule Hardt 6 |
| 634 | PFENNIG Julia | | 1404 | 10 U20F | 01:19:50.68 | 01:19:44.96 | 634 | 00:31:52.89 | 654 | 00:54:13.40 | 643 | 00:57:44.87 | 641 | 01:19:44.96 | 634 | Gymnasium Rheindahlen Q1 |
| 635 | DOGAN Dilan | | 1398 | 11 U20F | 01:19:50.72 | 01:19:44.99 | 635 | 00:31:52.63 | 653 | 00:54:10.37 | 641 | 00:57:44.68 | 640 | 01:19:44.99 | 635 | Gymnasium Rheindahlen Q1 |
| 636 | GENTSIDIS Nikos | | 1022 | 29 U18M | 01:20:19.04 | 01:19:55.83 | 636 | 00:28:31.24 | 617 | 00:51:29.44 | 622 | 00:54:55.73 | 620 | 01:19:55.83 | 636 | BK Volksgartenstraße WG |
| 637 | KRIBBELER Alina | | 1425 | 9 U14F | 01:20:50.06 | 01:20:46.45 | 638 | 00:25:43.63 | 542 | 00:45:53.01 | 556 | 00:49:16.63 | 559 | 01:20:46.45 | 638 | Hans-Jonas-Gesamtschule 6b |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------------------------------|
| 638 | RADEMACHER Maria | | 1428 | 10 U14F | 01:20:51.14 | 01:20:46.19 | 637 | 00:26:47.57 | 586 | 00:45:51.70 | 555 | 00:49:13.89 | 558 | 01:20:46.19 | 637 | Hans-Jonas-Gesamtschule 6b |
| 639 | SCHOMBERT Christian | | 1429 | 55 U14M | 01:21:53.36 | 01:21:33.47 | 639 | 00:31:59.14 | 655 | 00:51:21.45 | 621 | 01:02:25.58 | 658 | 01:21:33.47 | 639 | Hans-Jonas-Gesamtschule 6b |
| 640 | KFEILATI Malek | | 1321 | 56 U14M | 01:23:08.98 | 01:23:08.68 | 643 | 00:35:22.33 | 661 | 01:09:07.76 | 667 | 01:13:06.37 | 669 | 01:23:08.68 | 643 | Gymnasium Am Geroweier 5b |
| 641 | ÖZTURK Mirhat | | 1322 | 57 U14M | 01:23:09.95 | 01:23:09.65 | 644 | 00:35:22.09 | 660 | 01:09:07.80 | 668 | 01:13:04.88 | 668 | 01:23:09.65 | 644 | Gymnasium Am Geroweier 5b |
| 642 | WINKLER Niclas | | 1318 | 30 U18M | 01:23:48.49 | 01:22:53.18 | 641 | 00:28:25.82 | 611 | 00:52:52.08 | 638 | 00:56:40.23 | 638 | 01:22:53.18 | 641 | Geschwister-Scholl-Realschule Sch |
| 643 | GLOMB David | | 1290 | 31 U18M | 01:23:48.95 | 01:22:53.07 | 640 | 00:28:25.59 | 610 | 00:52:44.18 | 636 | 00:56:40.05 | 637 | 01:22:53.07 | 640 | Geschwister-Scholl-Realschule Sch |
| 644 | REBAS Jonathan | | 1309 | 32 U18M | 01:23:50.68 | 01:22:55.61 | 642 | 00:28:25.96 | 612 | 00:52:48.03 | 637 | 00:56:41.15 | 639 | 01:22:55.61 | 642 | Geschwister-Scholl-Realschule Sch |
| 645 | MAIORANO Ida-Katharina | | 1267 | 7 U16F | 01:24:27.98 | 01:24:02.30 | 646 | 00:30:22.67 | 648 | 00:53:55.41 | 640 | 00:58:29.85 | 642 | 01:24:02.30 | 646 | Gesamtschule Volksgarten 8d |
| 646 | WAGNER Eléonore | | 1205 | 11 U14F | 01:24:30.14 | 01:24:27.14 | 647 | 00:30:45.47 | 651 | 00:54:11.81 | 642 | 00:58:52.74 | 649 | 01:24:27.14 | 647 | Gesamtschule Hardt 6 |
| 647 | KUKUK Michelle | | 1299 | 8 U16F | 01:24:34.24 | 01:23:58.60 | 645 | 00:32:53.50 | 657 | 00:56:08.78 | 655 | 00:59:33.10 | 653 | 01:23:58.60 | 645 | Geschwister-Scholl-Realschule Sch |
| 648 | SCHOPP Kristina | | 1311 | 12 U14F | 01:25:08.30 | 01:24:54.69 | 648 | 00:29:30.82 | 631 | 00:55:35.97 | 654 | 00:58:36.92 | 645 | 01:24:54.69 | 648 | Geschwister-Scholl-Realschule Sch |
| 649 | JANSEN Luca | | 1385 | 48 U16M | 01:26:20.38 | 01:25:40.14 | 649 | 00:30:07.05 | 645 | 00:55:20.37 | 647 | 00:58:36.70 | 643 | 01:25:40.14 | 649 | Gymnasium Rheindahlen 7a |
| 650 | SCHRIEFERS Aaron | | 1387 | 49 U16M | 01:26:20.82 | 01:25:40.76 | 650 | 00:30:07.17 | 646 | 00:55:20.21 | 646 | 00:58:36.84 | 644 | 01:25:40.76 | 650 | Gymnasium Rheindahlen 7a |
| 651 | WILLE Elias | | 1388 | 50 U16M | 01:26:21.35 | 01:25:40.87 | 651 | 00:30:06.84 | 644 | 00:55:20.10 | 645 | 00:58:37.24 | 646 | 01:25:40.87 | 651 | Gymnasium Rheindahlen 7a |
| 652 | STORMS Kevin | | 1451 | 51 U16M | 01:26:40.58 | 01:25:43.00 | 652 | 00:31:17.97 | 652 | 00:55:00.16 | 644 | 00:58:49.18 | 647 | 01:25:43.00 | 652 | Hans-Jonas-Gesamtschule 8b |
| 653 | ECEM Haznedaroglu | | 1115 | 7 U18F | 01:26:41.36 | 01:25:57.63 | 653 | 00:28:44.55 | 623 | 00:55:35.06 | 652 | 00:59:51.62 | 654 | 01:25:57.63 | 653 | Gesamtschule Espenstrasse 8b |
| 654 | KREUELS Anna | | 1382 | 9 U16F | 01:26:48.37 | 01:26:05.10 | 654 | 00:28:45.52 | 625 | 00:55:35.59 | 653 | 00:59:54.81 | 655 | 01:26:05.10 | 654 | Gymnasium Odenkirchen 9b |
| 655 | D' ANGELA Diana | | 1492 | 8 U18F | 01:31:48.19 | 01:30:53.06 | 656 | 00:32:56.22 | 659 | 00:58:12.34 | 657 | 01:02:03.05 | 656 | 01:30:53.06 | 656 | Katholische Hauptschule Neuwerk 8a |
| 656 | SVEN Liebens | | 1478 | 33 U18M | 01:31:48.40 | 01:30:52.34 | 655 | 00:32:54.76 | 658 | 00:58:11.96 | 656 | 01:02:03.23 | 657 | 01:30:52.34 | 655 | Katholische Hauptschule Neuwerk 10a |
| 657 | BÄUMGES Simon | | 1010 | 74 HKMM | 01:36:06.66 | 01:35:51.38 | 658 | 00:32:37.65 | 656 | 00:58:52.11 | 658 | 01:02:45.14 | 659 | 01:35:51.38 | 658 | BK Volksgartenstraße AS |
| 658 | RADZIEJEWSKI Oliver | | 1175 | 33 U20M | 01:36:23.05 | 01:36:23.05 | 661 | 00:37:58.86 | 666 | 01:05:01.38 | 661 | 01:09:54.35 | 662 | 01:36:23.05 | 661 | Gesamtschule Hardt 12 |
| 659 | HOLLÄNDERS Niko | | 1169 | 34 U20M | 01:36:23.15 | 01:35:47.62 | 657 | 00:37:23.07 | 662 | 01:04:25.37 | 659 | 01:09:18.87 | 660 | 01:35:47.62 | 657 | Gesamtschule Hardt 12 |
| 660 | SCHOTTEN Astrid | | 1176 | 12 U20F | 01:36:27.07 | 01:35:52.67 | 659 | 00:37:23.98 | 663 | 01:04:27.25 | 660 | 01:09:20.09 | 661 | 01:35:52.67 | 659 | Gesamtschule Hardt 12 |
| 661 | DOPOTKA Paul | | 1000 | 11 U12M | 01:36:58.42 | 01:36:14.39 | 660 | 00:39:51.39 | 669 | 01:07:53.34 | 666 | 01:12:29.86 | 667 | 01:36:14.39 | 660 | Bischöfliche Marienschule 5c |
| 662 | BAYBOGA Beyza | | 1249 | 13 U14F | 01:37:23.68 | 01:36:57.16 | 662 | 00:37:25.48 | 664 | 01:06:36.08 | 662 | 01:10:58.96 | 663 | 01:36:57.16 | 662 | Gesamtschule Volksgarten 7d |
| 663 | LAUMEN Lena | | 1253 | 14 U14F | 01:37:23.82 | 01:36:57.39 | 663 | 00:37:26.05 | 665 | 01:06:36.36 | 663 | 01:10:59.27 | 664 | 01:36:57.39 | 663 | Gesamtschule Volksgarten 7d |
| 664 | BEEISHA Alban | | 1441 | 52 U16M | 01:37:40.39 | 01:37:38.70 | 664 | 00:21:34.40 | 249 | 00:55:29.59 | 649 | 00:58:55.00 | 651 | 01:37:38.70 | 664 | Hans-Jonas-Gesamtschule 7d |
| 665 | MLYDEK Paul | | 1438 | 58 U14M | 01:37:47.90 | 01:37:47.90 | 665 | 00:21:35.56 | 251 | 00:55:30.51 | 650 | 00:58:54.91 | 650 | 01:37:47.90 | 665 | Hans-Jonas-Gesamtschule 7c |
| 666 | AKTAV Oguzhan | | 1435 | 59 U14M | 01:38:09.05 | 01:38:03.99 | 666 | 00:21:30.56 | 244 | 00:55:25.39 | 648 | 00:58:50.25 | 648 | 01:38:03.99 | 666 | Hans-Jonas-Gesamtschule 7c |
| 667 | RAHMEN Niklas | | 1446 | 60 U14M | 01:38:09.77 | 01:38:09.47 | 667 | 00:21:35.98 | 252 | 00:55:30.96 | 651 | 00:59:01.52 | 652 | 01:38:09.47 | 667 | Hans-Jonas-Gesamtschule 7d |
| 668 | WIESEMANN Janine | | 1317 | 9 U18F | 01:38:28.01 | 01:38:27.71 | 669 | 00:38:58.02 | 668 | 01:06:59.44 | 665 | 01:11:22.84 | 666 | 01:38:27.71 | 669 | Geschwister-Scholl-Realschule Sch |
| 669 | TREICHEL Philipp | | 1314 | 34 U18M | 01:38:28.22 | 01:38:24.91 | 668 | 00:38:55.09 | 667 | 01:06:56.08 | 664 | 01:11:21.12 | 665 | 01:38:24.91 | 668 | Geschwister-Scholl-Realschule Sch |
| DSQ | GARCIA ARREGUI Javier | SRI | 1769 | 0 HKMM | 00:46:06.68 | 00:46:06.38 | - | 00:16:53.60 | - | - | - | 00:33:17.86 | - | 00:46:06.38 | - | keine Angabe |
| DSQ | THOMA Katja | | 1132 | 0 U16F | 01:01:49.26 | 01:01:48.96 | - | 00:42:50.28 | - | - | - | 00:50:02.78 | - | 01:01:48.96 | - | Gesamtschule Espenstrasse 8b |
| DSQ | AL DAWIRI Amani | | 1114 | 0 U16F | 01:01:49.33 | 01:01:49.03 | - | 00:42:50.31 | - | - | - | 00:50:02.80 | - | 01:01:49.03 | - | Gesamtschule Espenstrasse 8b |
| DSQ | FLEISCHER Marvin | | 1099 | 0 U16M | 01:03:25.91 | 01:02:57.24 | - | 00:34:13.51 | - | - | - | 00:44:30.99 | - | 01:02:57.24 | - | Gesamtschule Espenstrasse 7f |
| DSQ | SCHAFFRATH Niclas | | 1235 | 0 U20M | 01:04:24.02 | 01:04:15.22 | - | 00:24:29.03 | - | - | - | 00:46:17.17 | - | 01:04:15.22 | - | Gesamtschule Volksgarten 12 |
| DSQ | KUSCHMIERZ Nicolas | | 1300 | 0 U14M | 01:09:39.58 | 01:09:06.75 | - | 01:09:06.75 | - | - | - | 00:51:36.89 | - | 01:09:06.75 | - | Geschwister-Scholl-Realschule Sch |
| DSQ | SCHREYL Valentin | | 9580 | 0 U14M | 01:09:42.79 | 01:09:09.51 | - | 00:26:26.89 | - | - | - | 00:51:36.48 | - | 01:09:09.51 | - | keine Angabe |
| DSQ | HILLERS Bastian | | 1980 | 0 U14M | 01:09:43.52 | 01:09:10.89 | - | 00:26:28.37 | - | - | - | 00:51:36.95 | - | 01:09:10.89 | - | keine Angabe |
| DSQ | ZEAITER Lucas | | 1490 | 0 U14M | 01:09:53.00 | 01:08:57.40 | - | 00:34:40.11 | - | - | - | 00:45:27.71 | - | 01:08:57.40 | - | Katholische Hauptschule Neuwerk 7b |
| DSQ | YILDIRIM Sema | | 1342 | 0 U14F | 01:11:43.30 | 01:11:25.87 | - | 00:34:49.30 | - | - | - | 00:45:27.49 | - | 01:11:25.87 | - | Gymnasium Am Geroweier 7c |
| DSQ | SCHWARZ Luisa | | 1109 | 0 U16F | 01:11:47.31 | 01:11:25.88 | - | 00:34:20.19 | - | - | - | 00:44:38.32 | - | 01:11:25.88 | - | Gesamtschule Espenstrasse 7f |
| DSQ | SIVAPALAN Vinothan | | 1257 | 0 U14M | 01:12:02.79 | 01:11:48.19 | - | 00:35:21.31 | - | - | - | 00:46:18.70 | - | 01:11:48.19 | - | Gesamtschule Volksgarten 7d |
| DSQ | KANTHAK Marinus | | 9622 | 0 M45M | 01:13:27.19 | 01:13:20.45 | - | 00:28:10.10 | - | - | - | 00:53:03.44 | - | 01:13:20.45 | - | keine Angabe |
| DSQ | HABLI Kerim | | 1499 | 0 U16M | 01:14:35.30 | 01:14:28.00 | - | 00:30:02.77 | - | - | - | 00:55:37.34 | - | 01:14:28.00 | - | Katholische Hauptschule Neuwerk 8b |
| DSQ | PINTO DE PAZ Michelle | | 1125 | 0 U16F | 01:18:47.27 | 01:17:56.55 | - | 00:41:30.00 | - | - | - | 00:51:55.35 | - | 01:17:56.55 | - | Gesamtschule Espenstrasse 8b |
| DSQ | SPRUNG Karina | | 1131 | 0 U16F | 01:18:48.16 | 01:17:57.45 | - | 00:41:30.18 | - | - | - | 00:51:55.51 | - | 01:17:57.45 | - | Gesamtschule Espenstrasse 8b |
| DSQ | BAUMGART Wolfgang | | 9727 | 0 M45M | 01:20:10.95 | 01:19:12.33 | - | 00:31:26.65 | - | - | - | 00:57:34.37 | - | 01:19:12.33 | - | LT MG-Volksgarten |

| Platz | Nachname - Vorname | Nation | StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|------------------------|--------|-------|----------|-------------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------------------------------|
| DSQ | BAUMGART Marlene | | 9646 | 0 W75F | 01:20:11.20 | 01:19:12.11 | - | 00:31:26.38 | - | - | - | 00:57:33.24 | - | 01:19:12.11 | - | LT MG-Volksgarten |
| DSQ | SAUERLÄNDER Noah | | 1129 | 0 U16M | 01:22:15.16 | 01:21:29.48 | - | 00:31:00.56 | - | - | - | 00:59:45.43 | - | 01:21:29.48 | - | Gesamtschule Espenstrasse 8b |
| DSQ | SCHULZ Anina | | 1237 | 0 U20F | 01:23:07.24 | 01:23:00.45 | - | 00:29:43.39 | - | - | - | 00:59:08.27 | - | 01:23:00.45 | - | Gesamtschule Volksgarten 12 |
| DSQ | SCHLUNKEN Annika | | 1236 | 0 U20F | 01:23:07.39 | 01:23:01.75 | - | 00:29:44.45 | - | - | - | 00:59:09.41 | - | 01:23:01.75 | - | Gesamtschule Volksgarten 12 |
| DSQ | PALM Niklas | | 1215 | 0 U16M | 01:24:31.09 | 01:24:18.06 | - | 00:32:06.55 | - | - | - | 01:00:18.23 | - | 01:24:18.06 | - | Gesamtschule Hardt 9 |
| DSQ | LORENZ Emily | | 1426 | 0 U14F | 01:26:04.72 | 01:26:01.60 | - | 00:26:45.46 | - | - | - | 01:04:55.49 | - | 01:26:01.60 | - | Hans-Jonas-Gesamtschule 6b |
| DSQ | ERDIK Ilknur | | 1417 | 0 U14F | 01:26:05.03 | 01:26:01.77 | - | 00:26:45.88 | - | - | - | 01:04:55.19 | - | 01:26:01.77 | - | Hans-Jonas-Gesamtschule 6b |
| DSQ | WEBER Tamara | | 1440 | 0 U16F | 01:26:19.41 | 01:26:15.61 | - | 00:25:40.06 | - | - | - | 00:59:54.11 | - | 01:26:15.61 | - | Hans-Jonas-Gesamtschule 7c |
| DSQ | JANSEN Isabelle | | 1421 | 0 U16F | 01:26:19.52 | 01:26:13.39 | - | 00:25:37.44 | - | - | - | 00:59:51.96 | - | 01:26:13.39 | - | Hans-Jonas-Gesamtschule 6b |
| DSQ | GEGELDI Emre | | 1412 | 0 U14M | 01:26:27.72 | 01:26:23.72 | - | 00:26:47.31 | - | - | - | 01:04:55.39 | - | 01:26:23.72 | - | Hans-Jonas-Gesamtschule 5a |
| DSQ | SAVGIN Pinar | | 1439 | 0 U16F | 01:27:02.20 | 01:26:56.38 | - | 00:25:31.47 | - | - | - | 00:59:52.26 | - | 01:26:56.38 | - | Hans-Jonas-Gesamtschule 7c |
| DSQ | LUSHTAKU Elton | | 1092 | 0 U14M | 00:48:34.52 | | - | 00:37:35.36 | - | - | - | 00:48:28.25 | - | | - | Gesamtschule Espenstrasse 7b |
| DSQ | UGURLU Kübra | | 1133 | 0 U16F | 00:50:12.47 | | - | 00:39:03.65 | - | - | - | 00:49:26.39 | - | | - | Gesamtschule Espenstrasse 8b |
| DSQ | CWIKLAK Jacqueline | | 1222 | 0 U20F | 00:50:39.37 | | - | 00:36:32.06 | - | - | - | 00:50:31.18 | - | | - | Gesamtschule Volksgarten 11 |
| DSQ | CELIK Sinem | | 1221 | 0 U20F | 00:50:39.83 | | - | 00:36:32.95 | - | - | - | 00:50:31.64 | - | | - | Gesamtschule Volksgarten 11 |
| DSQ | BESART Lena | | 1325 | 0 U14F | 00:51:02.15 | | - | 00:26:51.88 | - | - | - | 00:51:01.85 | - | | - | Gymnasium Am Geroweier 5d |
| DSQ | LUX Lisa | | 1306 | 0 U14F | 00:51:48.72 | | - | 00:39:23.56 | - | - | - | 00:51:34.78 | - | | - | Geschwister-Scholl-Realschule Sch |
| DSQ | PASCAL Hamacher | | 1124 | 0 U18M | 00:53:36.92 | | - | 00:38:05.13 | - | - | - | 00:52:54.01 | - | | - | Gesamtschule Espenstrasse 8b |
| DSQ | LUTTER Colin | | 1120 | 0 U16M | 00:53:40.19 | | - | 00:39:08.34 | - | - | - | 00:52:54.81 | - | | - | Gesamtschule Espenstrasse 8b |
| DSQ | ULRICH Patrice | | 1248 | 0 U14M | 00:57:30.26 | | - | 00:42:14.45 | - | - | - | 00:56:49.81 | - | | - | Gesamtschule Volksgarten 6d |
| DSQ | PORRIO Tim | | 1127 | 0 U16M | 01:00:34.68 | | - | 00:31:02.70 | - | - | - | 00:59:51.41 | - | | - | Gesamtschule Espenstrasse 8b |
| DSQ | HANSCHKE Philipp | | 1465 | 0 U16M | 01:01:03.43 | | - | 00:31:29.29 | - | - | - | 01:00:59.83 | - | | - | HUMA 7d |
| DSQ | NWADOZIE Divine | | 1467 | 0 U14F | 01:01:07.49 | | - | 00:31:30.04 | - | - | - | 01:01:03.62 | - | | - | HUMA 7d |
| DSQ | BENEKE Roman | | 1464 | 0 U16M | 01:01:08.26 | | - | 00:31:29.44 | - | - | - | 01:01:04.47 | - | | - | HUMA 7d |
| DSQ | WEISS Miguel | | 1470 | 0 U14M | 01:01:08.27 | | - | 00:31:31.13 | - | - | - | 01:01:05.52 | - | | - | HUMA 7d |
| DSQ | KEMPKES Mario Matteo | | 1482 | 0 U18M | 01:16:36.63 | | - | 00:27:00.52 | - | - | - | 01:16:18.11 | - | | - | Katholische Hauptschule Neuwerk 10b |
| DSQ | MENDJA Robert | | 1450 | 0 U18M | 01:26:39.55 | | - | 00:31:16.39 | - | - | - | 01:25:40.47 | - | | - | Hans-Jonas-Gesamtschule 8b |
| DNF | DIETZ Nicole | | 9736 | 0 W35F | 00:43:59.52 | 00:43:59.52 | - | 00:17:41.06 | - | - | - | 00:31:56.55 | - | 00:43:59.52 | - | TVK |
| DNF | GÜLLE Melike | | 1336 | 0 U16F | 01:11:43.81 | 01:11:43.81 | - | 00:35:06.56 | - | - | - | 00:45:45.67 | - | 01:11:43.81 | - | Gymnasium Am Geroweier 7c |
| DNF | TÜZÜN Ronahi | | 1341 | 0 U16F | 01:11:45.39 | 01:11:45.39 | - | 00:35:06.60 | - | - | - | 00:45:10.66 | - | 01:11:45.39 | - | Gymnasium Am Geroweier 7c |
| DNF | HERMANN Lara | | 1027 | 0 U20F | 01:21:54.26 | 01:21:54.26 | - | 00:32:26.65 | - | - | - | 00:59:58.21 | - | 01:21:54.26 | - | BK Volksgartenstraße WG |
| DNF | TÜXEN Andre | | 1613 | 0 M30M | 00:31:15.23 | | - | 00:17:01.31 | - | 00:28:48.73 | - | 00:31:04.20 | - | | - | Bundeswehr |
| DNF | DOHMEN Marvin | | 1501 | 0 U16M | 00:38:44.00 | | - | 00:20:33.71 | - | 00:36:01.27 | - | 00:38:22.38 | - | | - | Katholische Hauptschule Neuwerk 9a |
| DNF | PALMOWSKI Sebastian | | 1847 | 0 HKMM | 00:39:23.78 | | - | 00:19:08.00 | - | 00:36:14.96 | - | 00:39:23.48 | - | | - | keine Angabe |
| DNF | FELS Kevin | | 1505 | 0 U18M | 00:40:09.01 | | - | 00:22:26.34 | - | 00:37:49.31 | - | 00:39:59.17 | - | | - | Katholische Hauptschule Neuwerk 9b |
| DNF | KEMPF Dennis | | 1609 | 0 M30M | 00:42:02.37 | | - | 00:22:09.27 | - | 00:38:34.21 | - | 00:41:22.73 | - | | - | Bischöfliche Marienschule |
| DNF | SINGARAYAR Roberto | | 1041 | 0 HKMM | 00:43:40.03 | | - | 00:21:41.27 | - | 00:39:49.44 | - | 00:42:57.61 | - | | - | BK Volksgartenstraße WG |
| DNF | MUTHOFER Fabienne | | 1503 | 0 U18F | 00:44:19.55 | | - | 00:22:22.63 | - | 00:41:29.44 | - | 00:43:58.39 | - | | - | Katholische Hauptschule Neuwerk 9a |
| DNF | SCHAUFF Justin | | 1455 | 0 U16M | 00:44:22.45 | | - | 00:22:23.42 | - | 00:41:30.15 | - | 00:44:01.97 | - | | - | Hans-Jonas-Gesamtschule 9a |
| DNF | SATICI adem | | 1875 | 0 HKMM | 00:47:00.87 | | - | 00:25:16.92 | - | 00:43:40.43 | - | 00:46:18.73 | - | | - | keine Angabe |
| DNF | VOGT Nicole | | 1900 | 0 W50F | 00:48:06.32 | | - | 00:25:13.96 | - | 00:43:56.93 | - | 00:47:42.90 | - | | - | keine Angabe |
| DNF | KAIKONI Luciano | | 1481 | 0 U18M | 00:48:24.79 | | - | 00:25:14.11 | - | 00:45:37.64 | - | 00:48:15.29 | - | | - | Katholische Hauptschule Neuwerk 10b |
| DNF | BERGHUS Jonas | | 1016 | 0 U20M | 00:50:29.05 | | - | 00:23:06.02 | - | 00:46:43.57 | - | 00:50:10.70 | - | | - | BK Volksgartenstraße WG |
| DNF | PLATT Lucian Alexandru | ROM | 1856 | 0 HKMM | 00:51:04.79 | | - | 00:27:09.02 | - | 00:47:26.43 | - | 00:50:36.67 | - | | - | keine Angabe |
| DNF | HAYK Nicolas | | 1167 | 0 U20M | 00:51:07.64 | | - | 00:25:24.99 | - | 00:47:00.88 | - | 00:50:44.04 | - | | - | Gesamtschule Hardt 12 |
| DNF | HEINRICHS Lorraine | | 1101 | 0 U16F | 00:55:30.83 | | - | 00:28:43.30 | - | 00:51:27.28 | - | 00:55:09.41 | - | | - | Gesamtschule Espenstrasse 7f |
| DNF | NJOMO Cynthia | | 1108 | 0 U16F | 00:55:30.85 | | - | 00:28:43.28 | - | 00:51:28.14 | - | 00:55:09.42 | - | | - | Gesamtschule Espenstrasse 7f |
| DNF | WALLIS Anja | | 1316 | 0 U18F | 00:57:43.10 | | - | 00:29:28.24 | - | 00:53:58.55 | - | 00:57:42.80 | - | | - | Geschwister-Scholl-Realschule Sch |
| DNF | CHAAIBI Zahra | | 1283 | 0 U18F | 00:57:43.17 | | - | 00:29:29.48 | - | 00:53:59.81 | - | 00:57:42.87 | - | | - | Geschwister-Scholl-Realschule Sch |

| Platz | Nachname - Vorname | Nation StNr. | Platz AK | Zeit | Netto | Platz | Check1 | Platz | Check2 | Platz | Runde 1 | Platz | Runde 2 | Platz | Verein |
|-------|--------------------------|--------------|----------|-------------|-------|-------|-------------|-------|-------------|-------|-------------|-------|---------|-------|-------------------------------------|
| DNF | STROMS Kelly | 1313 | 0 U16F | 00:58:49.74 | | - | 00:29:31.85 | - | 00:55:36.22 | - | 00:58:36.32 | - | | - | Geschwister-Scholl-Realschule Sch |
| DNF | BENALLAL Hamza | 1279 | 0 U14M | 00:58:52.11 | | - | 00:29:33.28 | - | 00:55:37.04 | - | 00:58:37.93 | - | | - | Geschwister-Scholl-Realschule Sch |
| DNF | GÜMÜS Selin | 1291 | 0 U14F | 00:58:53.46 | | - | 00:29:31.56 | - | 00:55:36.64 | - | 00:58:39.99 | - | | - | Geschwister-Scholl-Realschule Sch |
| DNF | OERSCHKES Isabelle | 1632 | 0 HKWF | 00:59:36.49 | | - | 00:30:12.63 | - | 00:55:21.06 | - | 00:59:15.29 | - | | - | kein verein |
| DNF | RIELE Alexander | 1633 | 0 M40M | 00:59:57.24 | | - | 00:30:33.69 | - | 00:55:56.81 | - | 00:59:57.24 | - | | - | kein verein |
| DNF | BREUER Nica | 1089 | 0 U16F | 01:04:45.11 | | - | 00:32:07.64 | - | 00:58:28.83 | - | 01:03:58.68 | - | | - | Gesamtschule Espenstrasse 7b |
| DNF | ITHAYARAJAH Reshme Daisy | 1001 | 0 U14F | 01:04:57.85 | | - | 00:32:36.07 | - | 00:59:17.11 | - | 01:04:16.07 | - | | - | Bischöfliche Marienschule 5c |
| DNF | ESKANDARPOUR Yalda | 1319 | 0 U12F | 01:04:58.21 | | - | 00:33:18.24 | - | 00:59:59.00 | - | 01:04:58.21 | - | | - | Gymnasium Am Geroweier 5b |
| DNF | ESKANDARPOUR Jana | 1764 | 0 W40F | 01:05:06.43 | | - | 00:32:30.95 | - | 00:59:16.18 | - | 01:04:24.19 | - | | - | keine Angabe |
| DNF | BONGARDT Sarah | 1416 | 0 U14F | 01:06:21.94 | | - | 00:32:50.33 | - | 01:01:57.57 | - | 01:06:15.22 | - | | - | Hans-Jonas-Gesamtschule 6b |
| DNF | ZANDEN Kilian | 1431 | 0 U14M | 01:06:22.65 | | - | 00:32:00.15 | - | 01:02:04.49 | - | 01:06:03.63 | - | | - | Hans-Jonas-Gesamtschule 6b |
| DNF | VROOMEN Leon | 1430 | 0 U14M | 01:06:22.83 | | - | 00:32:00.47 | - | 01:02:04.65 | - | 01:06:03.94 | - | | - | Hans-Jonas-Gesamtschule 6b |
| DNF | HOUBEN Chantal | 1117 | 0 U16F | 01:15:01.94 | | - | 00:37:28.01 | - | 01:07:12.41 | - | 01:14:11.97 | - | | - | Gesamtschule Espenstrasse 8b |
| DNF | ILHAN Can | 1102 | 0 U14M | 01:15:21.02 | | - | 00:40:02.21 | - | 01:10:10.78 | - | 01:14:52.84 | - | | - | Gesamtschule Espenstrasse 7f |
| DNF | ROBERT Jenny | 1128 | 0 U14F | 01:15:27.66 | | - | 00:38:37.59 | - | 01:07:11.03 | - | 01:14:37.44 | - | | - | Gesamtschule Espenstrasse 8b |
| DNF | PLISCHKE Christin | 1126 | 0 U16F | 01:15:27.99 | | - | 00:37:27.52 | - | 01:07:22.44 | - | 01:14:37.80 | - | | - | Gesamtschule Espenstrasse 8b |
| DNF | BENDERS Kim | 1343 | - U16F | | | - | | - | | - | | - | | - | Gymnasium Am Geroweier 7d |
| DNF | DE GRAAT Albrecht | 1651 | - M50M | | | - | 00:26:42.89 | - | 00:49:28.14 | - | | - | | - | Lt. Metro Group Marathon Düsseldorf |
| DNF | FÖRSTER Katja | 1524 | - W30F | | | - | 00:24:35.48 | - | | - | | - | | - | Realschule an der Niers-Rheydt Leh |
| DNF | GEBKEN Pascal | 1015 | - M40M | | | - | 00:17:28.55 | - | | - | | - | | - | BK Volksgartenstraße LZ |
| DNF | HERTEL Aaron | 1634 | - M30M | | | - | 00:20:29.80 | - | | - | | - | | - | KG Fischenich Runners |
| DNF | HERZBERG Jule | 1344 | - U14F | | | - | | - | | - | | - | | - | Gymnasium Am Geroweier 7d |
| DNF | HOENEN Elias | 1326 | - U14M | | | - | 00:39:58.25 | - | | - | | - | | - | Gymnasium Am Geroweier 5d |
| DNF | KLINGEL Manuel | 1104 | - U16M | | | - | 00:42:34.90 | - | 01:09:14.83 | - | | - | | - | Gesamtschule Espenstrasse 7f |
| DNF | KUNKEL Christian | 9649 | - HKMM | | | - | 00:26:01.21 | - | 00:53:32.47 | - | | - | | - | keine Angabe |
| DNF | LA GROTTERRIA Marco | 1107 | - U14M | | | - | 00:40:23.49 | - | 01:09:16.73 | - | | - | | - | Gesamtschule Espenstrasse 7f |
| DNF | NIECHCIOL Robin | 1201 | - U14M | | | - | 00:40:07.80 | - | 01:12:12.63 | - | | - | | - | Gesamtschule Hardt 6 |
| DNF | PIMPELS Beate | 1854 | - W50F | | | - | | - | | - | | - | | - | keine Angabe |
| DNF | SEN Bahadir | 1051 | - U20M | | | - | 00:24:19.36 | - | | - | | - | | - | Gesamtschule Espenstrasse 12 |
| DNF | WASSERMANN wolfram | 9594 | - M50M | | | - | 00:20:22.19 | - | 00:34:56.31 | - | | - | | - | keine Angabe |
| DNF | WEITZ Debby | 1498 | - U16F | | | - | | - | | - | | - | | - | Katholische Hauptschule Neuwerk 8a |