

| Platz | Nachname - Vorname | NationStNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|-------------------------|-------------|-----|----------|-------------|---------|--|
| 1 | LEUFGEN Lisanne | GER 1281 | 98 | 1 HKWF | 00:22:53.89 | 4'35 | Marienschule Krefeld |
| 2 | LEUFGEN Michelle | GER 1282 | 98 | 2 HKWF | 00:23:13.54 | 4'39 | Marienschule Krefeld |
| 3 | LEUFGEN Kira | GER 1279 | 97 | 3 HKWF | 00:24:06.61 | 4'49 | Marienschule Krefeld |
| 4 | NOWAK Julia | GER 438 | 90 | 4 HKWF | 00:24:09.98 | 4'50 | Stadtverwaltung Krefeld |
| 5 | GIEROK Isabel | GER 1222 | 98 | 5 HKWF | 00:24:17.67 | 4'52 | Marienschule Krefeld |
| 6 | KLEINHANS Kathrin | GER 2272 | 89 | 6 HKWF | 00:24:28.57 | 4'54 | TV Issum |
| 7 | LESCHIK Adriane | GER 1072 | 76 | 7 HKWF | 00:24:33.78 | 4'55 | H2U aqua.plan.Ing-GmbH |
| 8 | PFAFFENHÖFER Annette | GER 093 | 68 | 8 HKWF | 00:24:44.86 | 4'57 | [47] keine Angabe |
| 9 | HOLSTEG Carolin | GER 2265 | 94 | 9 HKWF | 00:25:46.71 | 5'09 | TV Issum |
| 10 | MEHMEL Eva | GER 1290 | 97 | 10 HKWF | 00:26:10.39 | 5'14 | Marienschule Krefeld |
| 11 | BAUM Antje | GER 1014 | 05 | 11 HKWF | 00:26:29.78 | 5'18 | Anästhesie OP |
| 12 | BUR Juliane | GER 368 | 73 | 12 HKWF | 00:26:44.79 | 5'21 | Berufskolleg Vera Bechers |
| 13 | ANGENVOORT Sarah | GER 3238 | 93 | 13 HKWF | 00:26:53.42 | 5'23 | AOK |
| 14 | MARZIAN Lara | GER 2252 | 02 | 14 HKWF | 00:27:29.60 | 5'30 | Familie Marzian |
| 15 | KOLB Judith | GER 2267 | 96 | 15 HKWF | 00:27:30.52 | 5'30 | TV Issum |
| 16 | ICKE Katharina | GER 2201 | 83 | 16 HKWF | 00:27:41.54 | 5'32 | Unternehmerschaft Niederrhein |
| 17 | NEUMANN Alexandra | GER 2081 | 89 | 17 HKWF | 00:27:45.00 | 5'33 | [41] Sparkasse Krefeld |
| 18 | KLEINENHAMMANN Andrea | GER 2268 | 88 | 18 HKWF | 00:28:08.94 | 5'38 | TV Issum |
| 19 | KRIESTEN Celina | GER 1267 | 97 | 19 HKWF | 00:28:15.41 | 5'39 | Marienschule Krefeld |
| 20 | FRIELING Ulrike | GER 2180 | 71 | 20 HKWF | 00:28:16.38 | 5'39 | Team Siempelkamp |
| 21 | KILIC Eda | GER 1251 | 97 | 21 HKWF | 00:28:48.64 | 5'46 | Marienschule Krefeld |
| 22 | FILIPENKO Oksana | GER 2242 | 75 | 22 HKWF | 00:28:50.88 | 5'46 | zukunftdurchIndustrie/Rheinhafen Krefeld |
| 23 | KILIC Ela | GER 1252 | 97 | 23 HKWF | 00:28:58.89 | 5'48 | Marienschule Krefeld |
| 24 | FERLINGS Marina | GER 1178 | 85 | 24 HKWF | 00:29:05.69 | 5'49 | Manus Klinik Krefeld |
| 25 | WALLICH Annalena | GER 2069 | 99 | 25 HKWF | 00:29:06.37 | 5'49 | Marienschule Krefeld |
| 26 | HEYER Silvia | GER 478 | 60 | 26 HKWF | 00:29:19.04 | 5'52 | LT Hülsbruch |
| 27 | HOLZHAUSEN Astrid | GER 2200 | 69 | 27 HKWF | 00:29:19.19 | 5'52 | Unternehmerschaft Niederrhein |
| 28 | PAPEN Eva | GER 019 | 66 | 28 HKWF | 00:29:22.58 | 5'53 | [47] HELIOS Klinik Hüls |
| 29 | STUPNIK Birgit | GER 2234 | 61 | 29 HKWF | 00:29:26.86 | 5'53 | Wohnstätte Krefeld AG |
| 30 | GOHLKE Sybille | GER 1150 | 64 | 30 HKWF | 00:29:27.50 | 5'54 | Klaas_Kollegen |
| 31 | MARTIN Beate | GER 2247 | 67 | 31 HKWF | 00:29:29.99 | 5'54 | zukunftdurchIndustrie/Rheinhafen Krefeld |
| 32 | THIBEN Silke | GER 1030 | 70 | 32 HKWF | 00:29:42.64 | 5'57 | Autobecker Klausmann |
| 33 | KASPEREK Monika | GER 465 | 69 | 33 HKWF | 00:29:51.18 | 5'58 | keine Angabe |
| 34 | DÖRBECKER Michelle | GER 8151 | 96 | 34 HKWF | 00:29:54.94 | 5'59 | keine Angabe |
| 35 | VAN STEPHAUDT Katharina | GER 2270 | 93 | 35 HKWF | 00:29:56.70 | 5'59 | TV Issum |
| 36 | SCHULZE Lena | GER 2034 | 98 | 36 HKWF | 00:29:57.38 | 5'59 | Marienschule Krefeld |
| 37 | MARGGRAF Nadine | GER 1180 | 80 | 37 HKWF | 00:30:18.96 | 6'04 | Manus Klinik Krefeld |
| 38 | PRÜTER Christine | GER 094 | 79 | 38 HKWF | 00:30:21.30 | 6'04 | [47] keine Angabe |
| 39 | FREUND Rieke | GER 386 | 01 | 39 HKWF | 00:30:22.57 | 6'05 | Stamm Kreuz-Ritter |
| 40 | DRENKER Heike | GER 043 | 69 | 40 HKWF | 00:30:23.94 | 6'05 | [41] ohne Verein |
| 41 | FÜCKER Nadine | GER 3239 | 84 | 41 HKWF | 00:30:27.07 | 6'05 | AOK |
| 42 | FRINGS Simone | GER 485 | 82 | 42 HKWF | 00:30:30.63 | 6'06 | keine Angabe |
| 43 | KRIESTEN Brigitta | GER 483 | 69 | 43 HKWF | 00:30:31.30 | 6'06 | keine Angabe |
| 44 | KRIESTEN Dana | GER 482 | 99 | 44 HKWF | 00:30:31.63 | 6'06 | keine Angabe |
| 45 | HAKENSOHN Enya | GER 1234 | 99 | 45 HKWF | 00:30:32.35 | 6'06 | Marienschule Krefeld |
| 46 | WARD Nicola | GER 353 | 59 | 46 HKWF | 00:30:39.40 | 6'08 | keine Angabe |
| 47 | NEUMEYER Daniela | GER 2190 | 71 | 47 HKWF | 00:30:44.90 | 6'09 | Team Siempelkamp |
| 48 | ANNA Lunau | GER 2173 | 88 | 48 HKWF | 00:30:49.45 | 6'10 | Team Siempelkamp |
| 49 | GOBBERS Juliana | GER 1225 | 99 | 49 HKWF | 00:31:03.35 | 6'13 | Marienschule Krefeld |
| 50 | PLACHTA Danuta | GER 2129 | 67 | 50 HKWF | 00:31:05.18 | 6'13 | Städtische Seniorenheime Krefeld |
| 51 | SUSAM Sevgi | GER 1017 | 05 | 51 HKWF | 00:31:14.79 | 6'15 | Anästhesie OP |
| 52 | BRUNS Julia | GER 2218 | 95 | 52 HKWF | 00:31:18.76 | 6'16 | Wohnstätte Krefeld AG |
| 53 | JACHMICH Anna | GER 1243 | 99 | 53 HKWF | 00:31:20.63 | 6'16 | Marienschule Krefeld |
| 54 | STUFFERTZ Astrid | GER 1048 | 73 | 54 HKWF | 00:31:23.90 | 6'17 | Die Stratumer |
| 55 | OLSCHEWSKI Alina | GER 092 | 88 | 55 HKWF | 00:31:29.52 | 6'18 | [47] keine Angabe |
| 56 | STEINWEIß Ann-Sophie | GER 450 | 95 | 56 HKWF | 00:31:42.17 | 6'20 | Firma Dräger |
| 57 | SCHUMACHER Joanna | GER 1129 | 04 | 57 HKWF | 00:31:50.19 | 6'22 | Kastanienhof |
| 58 | ADEN Nina | GER 2138 | 96 | 58 HKWF | 00:31:50.22 | 6'22 | SWK LaufWerk |
| 59 | HAERTEL Christina | GER 397 | 96 | 59 HKWF | 00:31:51.70 | 6'22 | Stamm Kreuz-Ritter |

| Platz | Nachname - Vorname | NationStNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|-----------------------|-------------|-----|----------|-------------|---------|----------------------------------|
| 60 | ZELLNER Petra | GER 472 | 61 | 60 HKWF | 00:31:54.04 | 6'23 | keine Angabe |
| 61 | HEBALD Franzisca | GER 1237 | 98 | 61 HKWF | 00:31:55.31 | 6'23 | Marienschule Krefeld |
| 62 | WIRWALSKI Michelle | GER 2134 | 80 | 62 HKWF | 00:32:04.15 | 6'25 | Städtische Seniorenheime Krefeld |
| 63 | ZRENNER Katharina | GER 2088 | 82 | 63 HKWF | 00:32:05.21 | 6'25 | Sparkasse Krefeld |
| 64 | OVERMEYER Marie | GER 2004 | 98 | 64 HKWF | 00:32:08.42 | 6'26 | Marienschule Krefeld |
| 65 | UNTERBERG Kathrin | GER 021 | 83 | 65 HKWF | 00:32:10.87 | 6'26 | [40] HELIOS Klinikum Duisburg |
| 66 | SOMMER Beatrix | GER 309 | 64 | 66 HKWF | 00:32:14.35 | 6'27 | [47] HELIOS Klinikum Krefeld |
| 67 | SCHMATOLLA Julia | GER 2027 | 99 | 67 HKWF | 00:32:35.95 | 6'31 | Marienschule Krefeld |
| 68 | KREKEL Christina | GER 1264 | 98 | 68 HKWF | 00:32:40.05 | 6'32 | Marienschule Krefeld |
| 69 | BAUM Christiane | GER 1033 | 62 | 69 HKWF | 00:32:43.20 | 6'33 | Bildungszentrum |
| 70 | THRUN-TÖNNIßEN Monika | GER 460 | 60 | 70 HKWF | 00:32:43.29 | 6'33 | keine Angabe |
| 71 | JEDE Birgit | GER 494 | 84 | 71 HKWF | 00:32:57.76 | 6'36 | Fa UL |
| 72 | CHLEBOWSKI Meike | GER 3242 | 81 | 72 HKWF | 00:32:58.01 | 6'36 | Laufen gegen Leiden |
| 73 | REYKERS Mirjam | GER 2269 | 86 | 73 HKWF | 00:33:09.21 | 6'38 | TV Issum |
| 74 | HENDRIX Tanja | GER 357 | 62 | 74 HKWF | 00:33:14.15 | 6'39 | AOK |
| 75 | BUSCH Heike | GER 2101 | 71 | 75 HKWF | 00:33:15.98 | 6'39 | Städtische Seniorenheime Krefeld |
| 76 | BÜRKERT Britta | GER 447 | 87 | 76 HKWF | 00:33:16.29 | 6'39 | Berufskolleg Vera Bechers |
| 77 | BREUER Monika | GER 1068 | 86 | 77 HKWF | 00:33:17.76 | 6'40 | H2U aqua.plan.Ing-GmbH |
| 78 | MATUSSEK Evelyn | GER 1046 | 64 | 78 HKWF | 00:33:32.96 | 6'43 | Die Stratumer |
| 79 | BUSCHKE Renate | GER 376 | 57 | 79 HKWF | 00:33:34.85 | 6'43 | HELIOS Klinikum Krefeld |
| 80 | FISCHER Maike | GER 2077 | 91 | 80 HKWF | 00:33:35.85 | 6'43 | Sparkasse Krefeld |
| 81 | FRENZEL Kathrin | GER 382 | 86 | 81 HKWF | 00:33:37.69 | 6'44 | Stamm Kreuz-Ritter |
| 82 | SCHMID Natalie | GER 8187 | 94 | 82 HKWF | 00:33:42.21 | 6'44 | keine Angabe |
| 83 | SIMONS Lena | GER 2043 | 99 | 83 HKWF | 00:33:45.40 | 6'45 | Marienschule Krefeld |
| 84 | MARZIAN Lisa | GER 2251 | 01 | 84 HKWF | 00:33:56.47 | 6'47 | Familie Marzian |
| 85 | FISCHER Beate | GER 2141 | 67 | 85 HKWF | 00:33:58.54 | 6'48 | SWK LaufWerk |
| 86 | PULS Christiane | GER 451 | 60 | 86 HKWF | 00:34:03.33 | 6'49 | Lauftreff Hülser Bruch |
| 87 | BONGEN Jutta | GER 1019 | 67 | 87 HKWF | 00:34:05.27 | 6'49 | Autobecker Klausmann |
| 88 | SCHELGES Silke | GER 1058 | 70 | 88 HKWF | 00:34:06.36 | 6'49 | Dräger |
| 89 | TODORORSKA Elena | GER 8190 | 93 | 89 HKWF | 00:34:09.01 | 6'50 | keine Angabe |
| 90 | BEMHARDT Malou | GER 391 | 97 | 90 HKWF | 00:34:20.09 | 6'52 | keine Angabe |
| 91 | ORLOWSKI Katja | GER 3246 | 98 | 91 HKWF | 00:34:41.03 | 6'56 | keine Angabe |
| 92 | WEEGEN-SCH. Elke | GER 1136 | 58 | 92 HKWF | 00:34:44.54 | 6'57 | Kastanienhof |
| 93 | MÜNKER Katja | GER 325 | 71 | 93 HKWF | 00:34:50.61 | 6'58 | Preussen Krefeld |
| 94 | MÜNKER Agneta | GER 330 | 10 | 94 HKWF | 00:34:51.72 | 6'58 | Preussen Krefeld |
| 95 | BÖHMER Ulrike | GER 461 | 57 | 95 HKWF | 00:34:54.49 | 6'59 | keine Angabe |
| 96 | SABINE Singer | GER 099 | 61 | 96 HKWF | 00:35:21.95 | 7'04 | keine Angabe |
| 97 | GOHLKE Stefanie | GER 1226 | 98 | 97 HKWF | 00:35:28.00 | 7'06 | Marienschule Krefeld |
| 98 | FROBEL Nele | GER 1219 | 98 | 98 HKWF | 00:35:33.79 | 7'07 | Marienschule Krefeld |
| 99 | KIEFER Anette | GER 076 | 76 | 99 HKWF | 00:35:36.20 | 7'07 | [45] keine Angabe |
| 100 | EREGYIN Kerstin | GER 2104 | 82 | 100 HKWF | 00:35:39.44 | 7'08 | Städtische Seniorenheime Krefeld |
| 101 | LAUSSER Laura | GER 1275 | 99 | 101 HKWF | 00:35:43.26 | 7'09 | Marienschule Krefeld |
| 102 | BUCHER Linda | GER 1205 | 98 | 102 HKWF | 00:35:44.02 | 7'09 | Marienschule Krefeld |
| 103 | BONGARTZ Maria | GER 1199 | 98 | 103 HKWF | 00:35:44.29 | 7'09 | Marienschule Krefeld |
| 104 | GRFEN Katharina | GER 1230 | 98 | 104 HKWF | 00:35:45.07 | 7'09 | Marienschule Krefeld |
| 105 | GILLESSEN Sylvia | GER 2294 | 66 | 105 HKWF | 00:35:51.56 | 7'10 | keine Angabe |
| 106 | GARSKY Anna Patricia | GER 1149 | 73 | 106 HKWF | 00:35:57.84 | 7'12 | Klaas_Kollegen |
| 107 | FRIEDRICH Selina | GER 1218 | 97 | 107 HKWF | 00:36:02.25 | 7'12 | Marienschule Krefeld |
| 108 | SCHWIENING Nadine | GER 8141 | 85 | 108 HKWF | 00:36:05.25 | 7'13 | Schwiening |
| 109 | GRADISCHNIK Lisa | GER 1091 | 87 | 109 HKWF | 00:36:07.66 | 7'14 | Kastanienhof |
| 110 | HASSELS Wibke | GER 073 | 87 | 110 HKWF | 00:36:09.18 | 7'14 | [47] keine Angabe |
| 111 | STEINDOR Viktoria | GER 2049 | 99 | 111 HKWF | 00:36:29.24 | 7'18 | Marienschule Krefeld |
| 112 | NABER Petra | GER 1056 | 60 | 112 HKWF | 00:36:34.77 | 7'19 | Dräger |
| 113 | KAMPER Hilde | GER 2109 | 59 | 113 HKWF | 00:36:34.86 | 7'19 | Städtische Seniorenheime Krefeld |
| 114 | STUDNIARZ Agata | GER 2133 | 81 | 114 HKWF | 00:36:34.89 | 7'19 | Städtische Seniorenheime Krefeld |
| 115 | JOCHIMS Mara | GER 379 | 97 | 115 HKWF | 00:36:51.08 | 7'22 | keine Angabe |
| 116 | JOCHIMS Alina | GER 380 | 97 | 116 HKWF | 00:36:51.13 | 7'22 | keine Angabe |
| 117 | FISCHER Maja | GER 456 | 05 | 117 HKWF | 00:36:51.96 | 7'22 | Fischer |
| 118 | STICKELBROECK Irmgard | GER 351 | 67 | 118 HKWF | 00:37:01.88 | 7'24 | [47] keine Angabe |

| Platz | Nachname - Vorname | NationStNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|------------------------|-------------|-----|----------|-------------|---------|--|
| 119 | SMYREK Fiona | GER 2046 | 98 | 119 HKWF | 00:37:09.02 | 7'26 | Marienschule Krefeld |
| 120 | KULLMANN Elke | GER 2122 | 64 | 120 HKWF | 00:37:13.19 | 7'27 | Städtische Seniorenheime Krefeld |
| 121 | ARNOLDS Mona | GER 1190 | 99 | 121 HKWF | 00:37:19.56 | 7'28 | Marienschule Krefeld |
| 122 | SCHÜRMANNS Giulia | GER 2036 | 99 | 122 HKWF | 00:37:19.71 | 7'28 | Marienschule Krefeld |
| 123 | MOCZKO Natalia | GER 1293 | 98 | 123 HKWF | 00:37:25.93 | 7'29 | Marienschule Krefeld |
| 124 | KLAR Ramona | GER 2110 | 72 | 124 HKWF | 00:37:34.29 | 7'31 | Städtische Seniorenheime Krefeld |
| 125 | THIEL Christa | GER 8189 | 62 | 125 HKWF | 00:37:36.73 | 7'31 | keine Angabe |
| 126 | MARZIAN Antonia | GER 2250 | 03 | 126 HKWF | 00:37:39.46 | 7'32 | Familie Marzian |
| 127 | KELLNER Marion | GER 468 | 64 | 127 HKWF | 00:37:40.93 | 7'32 | keine Angabe |
| 128 | SUNTHARAJAN Saagithiya | GER 2056 | 97 | 128 HKWF | 00:37:56.51 | 7'35 | Marienschule Krefeld |
| 129 | STEURER Loreen | GER 2050 | 99 | 129 HKWF | 00:37:59.89 | 7'36 | Marienschule Krefeld |
| 130 | LAURENZEN Sabrina | GER 2227 | 85 | 130 HKWF | 00:38:20.37 | 7'40 | Wohnstätte Krefeld AG |
| 131 | REMY Nathalie | GER 2231 | 79 | 131 HKWF | 00:38:20.60 | 7'40 | Wohnstätte Krefeld AG |
| 132 | BRAUN Andrea | GER 3250 | 70 | 132 HKWF | 00:38:30.71 | 7'42 | Braun |
| 133 | ALBERTZ Nadine | GER 1148 | 79 | 133 HKWF | 00:38:42.81 | 7'45 | Klaas_Kollegen |
| 134 | THIERE Carolin | GER 1161 | 88 | 134 HKWF | 00:38:42.83 | 7'45 | Klaas_Kollegen |
| 135 | HEß Carlotta | GER 2295 | 00 | 135 HKWF | 00:38:50.95 | 7'46 | Stamm Kreuz-Ritter |
| 136 | LAVENDEL Irene | GER 2124 | 65 | 136 HKWF | 00:38:53.37 | 7'47 | Städtische Seniorenheime Krefeld |
| 137 | GRETSCHMANN Erika | GER 1092 | 77 | 137 HKWF | 00:38:55.61 | 7'47 | Kastanienhof |
| 138 | TRAN Theresa | GER 2061 | 98 | 138 HKWF | 00:39:02.38 | 7'48 | Marienschule Krefeld |
| 139 | MÜLLER Petra | GER 2126 | 58 | 139 HKWF | 00:39:19.77 | 7'52 | Städtische Seniorenheime Krefeld |
| 140 | ZIETHEN Franziska | GER 1139 | 00 | 140 HKWF | 00:39:23.11 | 7'53 | Kastanienhof |
| 141 | TYMISTER Nora Lucia | GER 2063 | 98 | 141 HKWF | 00:39:40.40 | 7'56 | Marienschule Krefeld |
| 142 | GRUNAU Petra | GER 2149 | 69 | 142 HKWF | 00:40:01.42 | 8'00 | SWK LaufWerk |
| 143 | UHRMANN Clara | GER 2065 | 98 | 143 HKWF | 00:40:02.07 | 8'00 | Marienschule Krefeld |
| 144 | HOERSCHKES Michaela | GER 1052 | 65 | 144 HKWF | 00:40:17.57 | 8'04 | Dräger |
| 145 | GREIFENSTEIN Claudia | GER 1050 | 65 | 145 HKWF | 00:40:17.62 | 8'04 | Dräger |
| 146 | HAMMES Marianne | GER 453 | 60 | 146 HKWF | 00:40:30.06 | 8'06 | Bayer 05 Uerdingen |
| 147 | RÜHLE Alba | GER 2020 | 98 | 147 HKWF | 00:40:34.65 | 8'07 | Marienschule Krefeld |
| 148 | JASNIOK Anna | GER 2080 | 88 | 148 HKWF | 00:40:41.43 | 8'08 | [47] Sparkasse Krefeld |
| 149 | DANKERT Magj | GER 1079 | 96 | 149 HKWF | 00:40:41.58 | 8'08 | Kastanienhof |
| 150 | KNUFFMANN Ann-Sophie | GER 1256 | 98 | 150 HKWF | 00:42:46.78 | 8'33 | Marienschule Krefeld |
| 151 | LÖVENICH Anna | GER 1286 | 98 | 151 HKWF | 00:43:06.14 | 8'37 | Marienschule Krefeld |
| 152 | HAUSER Nicole | GER 1154 | 70 | 152 HKWF | 00:43:18.97 | 8'40 | Klaas_Kollegen |
| 153 | OPACAK Petra | GER 1159 | 76 | 153 HKWF | 00:43:19.24 | 8'40 | Klaas_Kollegen |
| 154 | DÖRGE Christina | GER 056 | 58 | 154 HKWF | 00:43:39.49 | 8'44 | [47] keine Angabe |
| 155 | FREIS Annalena | GER 1085 | 04 | 155 HKWF | 00:43:49.90 | 8'46 | Kastanienhof |
| 156 | MÄHR Ramona | GER 1288 | 97 | 156 HKWF | 00:43:51.18 | 8'46 | Marienschule Krefeld |
| 157 | BORSCH Susanne | GER 1200 | 99 | 157 HKWF | 00:43:51.56 | 8'46 | Marienschule Krefeld |
| 158 | KOSTYRA Sarah | GER 1259 | 98 | 158 HKWF | 00:43:51.99 | 8'46 | Marienschule Krefeld |
| 159 | GORGS Marie | GER 1227 | 97 | 159 HKWF | 00:44:17.52 | 8'52 | Marienschule Krefeld |
| 160 | ALLERCHEN Lea | GER 1187 | 97 | 160 HKWF | 00:44:17.84 | 8'52 | Marienschule Krefeld |
| 161 | SCHUBERT Franziska | GER 2033 | 99 | 161 HKWF | 00:44:27.96 | 8'54 | Marienschule Krefeld |
| 162 | HACKSTEIN Dagmar | GER 070 | 67 | 162 HKWF | 00:45:08.08 | 9'02 | [47] keine Angabe |
| 163 | EGEMANN Erika | GER 1143 | 68 | 163 HKWF | 00:45:24.19 | 9'05 | Kita St. Franziskus, Meerbusch- Strümp |
| 164 | GÖKCE Emine | GER 470 | 86 | 164 HKWF | 00:45:36.49 | 9'07 | keine Angabe |
| 165 | NEETEN Annick | GER 2127 | 88 | 165 HKWF | 00:45:44.40 | 9'09 | Städtische Seniorenheime Krefeld |
| 166 | NIEMIROWICZ Marta | GER 2128 | 87 | 166 HKWF | 00:45:44.44 | 9'09 | Städtische Seniorenheime Krefeld |
| 167 | POPIEN Susanne | GER 1147 | 66 | 167 HKWF | 00:46:18.93 | 9'16 | Kita St. Franziskus, Meerbusch-Strümp |
| 168 | SCHREUDER Carlotta | GER 2032 | 99 | 168 HKWF | 00:47:06.25 | 9'25 | Marienschule Krefeld |
| 169 | GÖRTZ Kristina | GER 1228 | 98 | 169 HKWF | 00:47:55.92 | 9'35 | Marienschule Krefeld |
| 170 | PRICKEN Sandy | GER 2011 | 97 | 170 HKWF | 00:47:55.96 | 9'35 | Marienschule Krefeld |
| 171 | KUBIK Anna | GER 1270 | 99 | 171 HKWF | 00:47:59.70 | 9'36 | Marienschule Krefeld |
| 172 | VIGNESWARAN Sharuga | GER 2068 | 98 | 172 HKWF | 00:48:01.75 | 9'36 | Marienschule Krefeld |
| 173 | MÜLLER Bettina | GER 2296 | 74 | 173 HKWF | 00:48:15.69 | 9'39 | Li-Ti-Team |
| 174 | BRAUNSDORF Liane | GER 2300 | 67 | 174 HKWF | 00:48:15.89 | 9'39 | Li-Ti-Team |
| 175 | LAAß Michaela | GER 1055 | 90 | 175 HKWF | 00:48:20.00 | 9'40 | Dräger |
| 176 | BOHL Mereth | GER 1198 | 98 | 176 HKWF | 00:48:22.94 | 9'41 | Marienschule Krefeld |
| 177 | RÜTTEN Lavinia | GER 2021 | 98 | 177 HKWF | 00:48:58.86 | 9'48 | Marienschule Krefeld |

| Platz | Nachname - Vorname | NationStNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|-----------------------|-------------|-----|----------|-------------|---------|---|
| 178 | BUGIEL Agatha | GER 2100 | 68 | 178 HKWF | 00:49:02.65 | 9'49 | Städtische Seniorenheime Krefeld |
| 179 | TOWET Vanessa | GER 1133 | 99 | 179 HKWF | 00:49:42.73 | 9'57 | Kastanienhof |
| 180 | BRZOZWSKA Lisa | GER 1077 | 03 | 180 HKWF | 00:49:42.87 | 9'57 | Kastanienhof |
| 181 | GARCIA DIAZ Guasi | GER 1089 | 04 | 181 HKWF | 00:49:42.92 | 9'57 | Kastanienhof |
| 182 | BRÖCKER Julia | GER 1202 | 97 | 182 HKWF | 00:49:56.98 | 9'59 | Marienschule Krefeld |
| 183 | RISCH Joelle | GER 2013 | 99 | 183 HKWF | 00:50:31.47 | 10'06 | Marienschule Krefeld |
| 184 | LETTMANN Johanna | GER 1278 | 99 | 184 HKWF | 00:50:31.49 | 10'06 | Marienschule Krefeld |
| 185 | SAHIN Seda | GER 1120 | 96 | 185 HKWF | 00:51:53.75 | 10'23 | Kastanienhof |
| 186 | KRAFFZECJK Isabella | GER 1105 | 74 | 186 HKWF | 00:52:00.41 | 10'24 | Kastanienhof |
| 187 | DANKERT Janine | GER 1078 | 65 | 187 HKWF | 00:52:00.51 | 10'24 | Kastanienhof |
| 188 | KALWA Julia | GER 1248 | 99 | 188 HKWF | 00:52:02.85 | 10'25 | Marienschule Krefeld |
| 189 | KUHN Marlena | GER 1271 | 98 | 189 HKWF | 00:52:05.67 | 10'25 | Marienschule Krefeld |
| 190 | BASTEN Sandra | GER 1141 | 74 | 190 HKWF | 00:54:27.86 | 10'54 | [47] Kita St. Franziskus , Meerbusch-Strümp |
| 191 | ASGAROLADI Jada Nikas | GER 8182 | 09 | 191 HKWF | 00:54:37.59 | 10'56 | Krefeld Helios |
| 192 | SCHUSTER Vivien | GER 8183 | 06 | 192 HKWF | 00:54:38.54 | 10'56 | keine Angabe |
| 193 | SCHWARZER Friederike | GER 2037 | 98 | 193 HKWF | 00:54:52.32 | 10'58 | Marienschule Krefeld |
| 194 | KIRDANOGLU Merve | GER 1254 | 99 | 194 HKWF | 00:54:53.29 | 10'59 | Marienschule Krefeld |
| 195 | SCHREIBER Anna | GER 2031 | 99 | 195 HKWF | 00:55:16.30 | 11'03 | Marienschule Krefeld |
| 196 | ERKENS Lena | GER 1216 | 98 | 196 HKWF | 00:55:16.37 | 11'03 | Marienschule Krefeld |
| 197 | SPANIER Laura | GER 2048 | 98 | 197 HKWF | 00:55:17.42 | 11'03 | Marienschule Krefeld |
| 198 | SCHWIENING Angelika | GER 8051 | 60 | 198 HKWF | 00:56:04.86 | 11'13 | Schwiening |
| 199 | HOSTES Luana | GER 1099 | 06 | 199 HKWF | 00:59:17.88 | 11'52 | Kastanienhof |
| 200 | HOLTHAUSEN Simone | GER 1097 | 69 | 200 HKWF | 00:59:18.24 | 11'52 | Kastanienhof |
| 201 | GELLER Silvia | GER 1090 | 66 | 201 HKWF | 00:59:18.47 | 11'52 | Kastanienhof |
| 202 | ZIMMERMANN Inga | GER 1140 | 90 | 202 HKWF | 01:00:46.94 | 12'09 | Kastanienhof |
| 203 | KALANTZIS Zoe | GER 1100 | 88 | 203 HKWF | 01:00:47.29 | 12'09 | Kastanienhof |
| 204 | HUYNH Elisabeth | GER 1242 | 98 | 204 HKWF | 01:01:41.65 | 12'20 | Marienschule Krefeld |
| 205 | PETER Carina | GER 2006 | 97 | 205 HKWF | 01:04:17.04 | 12'51 | Marienschule Krefeld |
| 206 | SAMSEL Sarah | GER 2022 | 98 | 206 HKWF | 01:04:17.33 | 12'51 | Marienschule Krefeld |
| 207 | MEISCHATZ Steffi | GER 1111 | 77 | 207 HKWF | 01:04:18.17 | 12'52 | Kastanienhof |
| 208 | FUCHS Magret | GER 1088 | 55 | 208 HKWF | 01:04:22.08 | 12'52 | Kastanienhof |
| 209 | LÜDERT Antje | GER 1108 | 63 | 209 HKWF | 01:04:22.10 | 12'52 | Kastanienhof |
| 210 | VAN MIERLO Mara | GER 2066 | 98 | 210 HKWF | 01:05:44.92 | 13'09 | Marienschule Krefeld |
| 211 | SCHÄFER Sonja | GER 2023 | 99 | 211 HKWF | 01:05:45.09 | 13'09 | Marienschule Krefeld |
| 212 | BLESES Michèle | GER 1194 | 00 | 212 HKWF | 01:05:45.64 | 13'09 | Marienschule Krefeld |
| 213 | LUFT Karina | GER 1287 | 98 | 213 HKWF | 01:05:46.83 | 13'09 | Marienschule Krefeld |
| 214 | YEBOAH Katrin | GER 2072 | 99 | 214 HKWF | 01:05:48.42 | 13'10 | Marienschule Krefeld |
| 215 | GRIMME Sina | GER 1231 | 98 | 215 HKWF | 01:05:48.47 | 13'10 | Marienschule Krefeld |

| Platz | Nachname - Vorname | NationStNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|------------------------|-------------|-----|----------|-------------|---------|-------------------------------|
| 1 | HOFFMANN Arthur | GER 001 | 85 | 1 HKMM | 00:18:30.36 | 3'42 | [47] - |
| 2 | CHRISTOPH Thomas | GER 3244 | 78 | 2 HKMM | 00:18:55.62 | 3'47 | keine Angabe |
| 3 | BRICK Denis | GER 034 | 85 | 3 HKMM | 00:19:38.53 | 3'56 | [47] Lanxess Deutschland GmbH |
| 4 | BRYLL Holger | GER 476 | 68 | 4 HKMM | 00:20:24.52 | 4'05 | Apotheke Mattenhlötz |
| 5 | FRIELING Moritz | GER 2181 | 02 | 5 HKMM | 00:20:28.95 | 4'06 | Team Siempelkamp |
| 6 | SCHMIDT Rainer | GER 049 | 65 | 6 HKMM | 00:21:43.72 | 4'21 | VT Kempen |
| 7 | NOHR Oliver | GER 1166 | 90 | 7 HKMM | 00:21:53.08 | 4'23 | Lacky Alberdingk |
| 8 | SCHOENEN Michael | GER 2172 | 81 | 8 HKMM | 00:22:07.40 | 4'25 | Team Marktcafe Schoenen |
| 9 | PUSCHNER Felix | GER 1168 | 86 | 9 HKMM | 00:22:12.90 | 4'27 | Lacky Alberdingk |
| 10 | OLIVEIRA José | GER 1073 | 83 | 10 HKMM | 00:22:18.00 | 4'28 | H2U aqua.plan.Ing-GmbH |
| 11 | GÖRRES Hans Peter | GER 046 | 63 | 11 HKMM | 00:22:31.01 | 4'30 | [41] vereinslos |
| 12 | MAGOHOMERA Simon | ZIM 2171 | 88 | 12 HKMM | 00:23:27.10 | 4'41 | Team Marktcafe Schoenen |
| 13 | KÖNIG Gerd | GER 8153 | 64 | 13 HKMM | 00:23:29.41 | 4'42 | Run for Fun |
| 14 | ZRENNER Christoph | GER 2089 | 79 | 14 HKMM | 00:23:42.48 | 4'44 | Sparkasse Krefeld |
| 15 | SUSKI Sebastian | GER 1061 | 82 | 15 HKMM | 00:23:50.68 | 4'46 | Dräger |
| 16 | STRÖTER Maximilian | GER 2052 | 98 | 16 HKMM | 00:24:08.44 | 4'50 | Marienschule Krefeld |
| 17 | ALKAN Tolga | GER 477 | 94 | 17 HKMM | 00:24:40.60 | 4'56 | keine Angabe |
| 18 | ESTERS Jan | GER 1217 | 97 | 18 HKMM | 00:24:41.47 | 4'56 | Marienschule Krefeld |
| 19 | KLOOS Fabian | GER 384 | 98 | 19 HKMM | 00:24:45.93 | 4'57 | Stamm Kreuz-Ritter |
| 20 | MEINIG Leon | GER 1291 | 98 | 20 HKMM | 00:24:55.51 | 4'59 | Marienschule Krefeld |
| 21 | KÖHLEN Tobias | GER 038 | 85 | 21 HKMM | 00:24:56.21 | 4'59 | [41] Lonesome Rider |
| 22 | HATER Jürgen | GER 1051 | 62 | 22 HKMM | 00:25:08.88 | 5'02 | Dräger |
| 23 | MARZIAN Simon | GER 2249 | 05 | 23 HKMM | 00:25:10.73 | 5'02 | Familie Marzian |
| 24 | VAN LIEBERGER Matthias | GER 2087 | 88 | 24 HKMM | 00:25:15.16 | 5'03 | Sparkasse Krefeld |
| 25 | ANGENVOORT Roland | GER 3240 | 67 | 25 HKMM | 00:25:19.23 | 5'04 | AOK |
| 26 | ORLOWSKI Jonas | GER 2003 | 98 | 26 HKMM | 00:25:23.66 | 5'05 | Marienschule Krefeld |
| 27 | SCHERGES Rolf | GER 434 | 63 | 27 HKMM | 00:25:45.39 | 5'09 | Stadtverwaltung Krefeld |
| 28 | BUR Matthias | GER 367 | 03 | 28 HKMM | 00:25:46.08 | 5'09 | Berufskolleg Vera Bechers |
| 29 | RICHTER Helmut | GER 2203 | 67 | 29 HKMM | 00:25:47.11 | 5'09 | Unternehmerschaft Niederrhein |
| 30 | WEIWADEL Lothar | GER 467 | 62 | 30 HKMM | 00:25:54.59 | 5'11 | keine Angabe |
| 31 | NEUENHOFER Klaus | GER 366 | 54 | 31 HKMM | 00:26:11.27 | 5'14 | Marienschule Gym. |
| 32 | REINERS Michael | GER 1118 | 97 | 32 HKMM | 00:26:15.89 | 5'15 | Kastanienhof |
| 33 | MÜLLER Yannik | GER 8032 | 05 | 33 HKMM | 00:26:16.74 | 5'15 | Rakete Hüls |
| 34 | MONTESI Nick | GER 8130 | 03 | 34 HKMM | 00:26:20.37 | 5'16 | Nikudo |
| 35 | GORGS Mathias | GER 398 | 86 | 35 HKMM | 00:26:23.29 | 5'17 | Stamm Kreuz-Ritter |
| 36 | BUSCHE Dominik | GER 2177 | 98 | 36 HKMM | 00:26:27.65 | 5'18 | Team Siempelkamp |
| 37 | FUCHS Stefan | GER 2144 | 77 | 37 HKMM | 00:26:37.00 | 5'19 | SWK LaufWerk |
| 38 | SCHEUSS Hermann | GER 335 | 57 | 38 HKMM | 00:26:43.19 | 5'21 | [47] keine Angabe |
| 39 | KRENZ Dirk | GER 079 | 79 | 39 HKMM | 00:26:47.26 | 5'21 | [47] keine Angabe |
| 40 | GRÖNBEIT Frank | GER 8193 | 59 | 40 HKMM | 00:26:48.40 | 5'22 | keine Angabe |
| 41 | SCHULZE Jonathon | GER 2035 | 98 | 41 HKMM | 00:26:49.94 | 5'22 | Marienschule Krefeld |
| 42 | ADAMS Simon | GER 1183 | 97 | 42 HKMM | 00:27:28.62 | 5'30 | Marienschule Krefeld |
| 43 | KUHLEN Bennet | GER 3248 | 03 | 43 HKMM | 00:27:29.44 | 5'30 | - |
| 44 | BIES Cedric | GER 8144 | 91 | 44 HKMM | 00:27:45.20 | 5'33 | Welle Niederrhein |
| 45 | SIMONS David | GER 1059 | 86 | 45 HKMM | 00:27:52.97 | 5'35 | Dräger |
| 46 | SOMMERFELD Dirk | GER 2164 | 68 | 46 HKMM | 00:27:57.31 | 5'35 | SWK LaufWerk |
| 47 | FEDERL Peter | GER 473 | 80 | 47 HKMM | 00:28:22.30 | 5'40 | keine Angabe |
| 48 | GEBRAI Abraham | ERI 2168 | 82 | 48 HKMM | 00:28:30.80 | 5'42 | Team Marktcafe Schoenen |
| 49 | DICKMANN Finn | GER 436 | 03 | 49 HKMM | 00:28:37.72 | 5'44 | Stadtverwaltung Krefeld |
| 50 | SOMMER Ingo | GER 1066 | 75 | 50 HKMM | 00:28:46.93 | 5'45 | EXTRA TIPP KREFELD |
| 51 | WINKELS Veith | GER 1067 | 70 | 51 HKMM | 00:28:47.24 | 5'45 | EXTRA TIPP KREFELD |
| 52 | SCHWARZ Peter | GER 2232 | 67 | 52 HKMM | 00:28:51.14 | 5'46 | Wohnstätte Krefeld AG |
| 53 | KUTZ Christian | GER 2153 | 75 | 53 HKMM | 00:28:54.95 | 5'47 | SWK LaufWerk |
| 54 | GROB Jörg | GER 1010 | 63 | 54 HKMM | 00:29:04.02 | 5'49 | acadon |
| 55 | LEISCHKER Pascal | GER 358 | 98 | 55 HKMM | 00:29:05.49 | 5'49 | keine Angabe |
| 56 | JANSEN Marcel | GER 1070 | 89 | 56 HKMM | 00:29:08.53 | 5'50 | [47] H2U aqua.plan.Ing-GmbH |
| 57 | VOELKER Udo | GER 8004 | 64 | 57 HKMM | 00:29:13.07 | 5'51 | Nikudo |
| 58 | RENÉ Roggendorf | GER 1057 | 85 | 58 HKMM | 00:29:17.26 | 5'51 | Dräger |
| 59 | SZENTANDRASI Louis | GER 2058 | 99 | 59 HKMM | 00:29:26.19 | 5'53 | Marienschule Krefeld |

| Platz | Nachname - Vorname | Nation | StNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|--------------------------|--------|-------|-----|----------|-------------|---------|--|
| 60 | KAMMENOS Grigorios | GER | 2293 | 83 | 60 HKMM | 00:29:26.89 | 5'53 | keine Angabe |
| 61 | ESSER Stephan | GER | 462 | 68 | 61 HKMM | 00:29:27.36 | 5'53 | keine Angabe |
| 62 | DLHONN Rene | GER | 383 | 91 | 62 HKMM | 00:29:28.65 | 5'54 | Stamm Kreuz-Ritter |
| 63 | LENZ Klaus | GER | 2244 | 63 | 63 HKMM | 00:29:30.57 | 5'54 | zukunftdurchIndustrie/Rheinhafen Krefeld |
| 64 | PAUL Gernot | GER | 454 | 67 | 64 HKMM | 00:29:31.94 | 5'54 | keine Angabe |
| 65 | SCHWITALLA Jan | GER | 2038 | 99 | 65 HKMM | 00:29:39.03 | 5'56 | Marienschule Krefeld |
| 66 | KÜSTERS Jan-Philipp | GER | 1274 | 99 | 66 HKMM | 00:29:39.41 | 5'56 | Marienschule Krefeld |
| 67 | HAIDER Raimund | GER | 1094 | 56 | 67 HKMM | 00:29:40.13 | 5'56 | Kastanienhof |
| 68 | BLUME Stefan | GER | 443 | 70 | 68 HKMM | 00:29:40.87 | 5'56 | keine Angabe |
| 69 | DORENBECK Severin | GER | 1212 | 97 | 69 HKMM | 00:29:55.07 | 5'59 | Marienschule Krefeld |
| 70 | SCHNEIDERS Christian | GER | 446 | 79 | 70 HKMM | 00:30:03.32 | 6'01 | Deutsche Bahn |
| 71 | BUSCHE Olaf | GER | 2175 | 69 | 71 HKMM | 00:30:06.76 | 6'01 | Team Siempelkamp |
| 72 | PALAZZI Damiano | GER | 2191 | 74 | 72 HKMM | 00:30:14.99 | 6'03 | Team Siempelkamp |
| 73 | KLUY Volker | GER | 331 | 63 | 73 HKMM | 00:30:21.99 | 6'04 | Familie Kluy |
| 74 | KLATT Dieter | GER | 8142 | 60 | 74 HKMM | 00:30:29.64 | 6'06 | Apotheke Mattenlotz |
| 75 | REINERS Martin | GER | 1119 | 00 | 75 HKMM | 00:30:36.28 | 6'07 | Kastanienhof |
| 76 | METZ Peter | GER | 448 | 46 | 76 HKMM | 00:30:47.11 | 6'09 | keine Angabe |
| 77 | KOPPEL Jörg | GER | 1054 | 67 | 77 HKMM | 00:30:57.20 | 6'11 | Dräger |
| 78 | FUCKEN Andreas | GER | 1163 | 71 | 78 HKMM | 00:31:02.82 | 6'13 | Klinik Königshof |
| 79 | WALLRATH Lukas | GER | 452 | 90 | 79 HKMM | 00:31:15.73 | 6'15 | keine Angabe |
| 80 | MEYER Oliver | GER | 1157 | 77 | 80 HKMM | 00:31:24.98 | 6'17 | Klaas_Kollegen |
| 81 | GRÜHNKE Ulrich | GER | 069 | 67 | 81 HKMM | 00:31:29.45 | 6'18 | [47] keine Angabe |
| 82 | DEDERICHS Max | GER | 1038 | 94 | 82 HKMM | 00:31:29.59 | 6'18 | Bildungszentrum |
| 83 | SIMONSMEIER Markus | GER | 1060 | 72 | 83 HKMM | 00:31:31.01 | 6'18 | Dräger |
| 84 | SCHILD Norbert | GER | 314 | 66 | 84 HKMM | 00:31:38.20 | 6'20 | [47] Marienschule Krefeld |
| 85 | SCHILD Lennard | GER | 315 | 01 | 85 HKMM | 00:31:38.32 | 6'20 | Marienschule Krefeld |
| 86 | STEINWEIß Klaus | GER | 449 | 64 | 86 HKMM | 00:31:39.51 | 6'20 | Firma Dräger |
| 87 | MÜNKER Knut | GER | 326 | 05 | 87 HKMM | 00:31:40.07 | 6'20 | Preussen Krefeld |
| 88 | WULBRAND Malte | GER | 2136 | 78 | 88 HKMM | 00:31:41.50 | 6'20 | Städtische Seniorenheime Krefeld |
| 89 | SEUKEN Christopher | GER | 2040 | 97 | 89 HKMM | 00:31:46.16 | 6'21 | Marienschule Krefeld |
| 90 | BRAUN Tom | GER | 3249 | 03 | 90 HKMM | 00:31:46.98 | 6'21 | Braun |
| 91 | GÖKCE Bilal | GER | 474 | 83 | 91 HKMM | 00:32:03.30 | 6'25 | keine Angabe |
| 92 | GIEBELMANN Tim Christian | GER | 2289 | 81 | 92 HKMM | 00:32:11.64 | 6'26 | keine Angabe |
| 93 | SOMMER Alexander | GER | 333 | 02 | 93 HKMM | 00:32:13.55 | 6'27 | Familie Kluy |
| 94 | MACKENSTEIN Thorsten | GER | 362 | 63 | 94 HKMM | 00:32:17.06 | 6'27 | keine Angabe |
| 95 | LAMESIC Darko | GER | 459 | 75 | 95 HKMM | 00:32:26.66 | 6'29 | keine Angabe |
| 96 | ANSTOOTS Carsten | GER | 489 | 79 | 96 HKMM | 00:32:29.14 | 6'30 | keine Angabe |
| 97 | DEBEN Sascha | GER | 486 | 00 | 97 HKMM | 00:32:33.69 | 6'31 | UL TTC |
| 98 | OEDINGER Hans-Gert | GER | 2248 | 50 | 98 HKMM | 00:32:39.42 | 6'32 | keine Angabe |
| 99 | DICK Maxim | GER | 1082 | 02 | 99 HKMM | 00:32:46.39 | 6'33 | Kastanienhof |
| 100 | VAN DER VLIET Anouk | GER | 8198 | 93 | 100 HKMM | 00:32:51.69 | 6'34 | Welle Niederrhein |
| 101 | SCHUMECKERS Franz-Josef | GER | 492 | 61 | 101 HKMM | 00:32:53.52 | 6'35 | keine Angabe |
| 102 | LUKASCHEK Laurien | GER | 392 | 94 | 102 HKMM | 00:33:03.30 | 6'37 | Stamm Kreuz-Ritter |
| 103 | BIRKHOLZ Günter | GER | 2241 | 71 | 103 HKMM | 00:33:07.86 | 6'38 | zukunftdurchIndustrie/Rheinhafen Krefeld |
| 104 | KLEIN Florian | GER | 2111 | 88 | 104 HKMM | 00:33:09.75 | 6'38 | Städtische Seniorenheime Krefeld |
| 105 | FISCHER Tim | GER | 1009 | 83 | 105 HKMM | 00:33:10.96 | 6'38 | acadon |
| 106 | GRAF Michael | GER | 1069 | 67 | 106 HKMM | 00:33:11.25 | 6'38 | H2U aqua.plan.Ing-GmbH |
| 107 | SCHMIDT Jörg | GER | 2132 | 62 | 107 HKMM | 00:33:11.80 | 6'38 | Städtische Seniorenheime Krefeld |
| 108 | VERHOEVEN Ernst | GER | 2259 | 43 | 108 HKMM | 00:33:12.67 | 6'39 | BC Kempen |
| 109 | LINDER Uwe | GER | 2154 | 65 | 109 HKMM | 00:33:26.91 | 6'41 | SWK LaufWerk |
| 110 | DR. STUCKSTEDTE Herbert | GER | 1162 | 48 | 110 HKMM | 00:33:29.76 | 6'42 | Klinik Königshof |
| 111 | KLINKHAMMER Linus | GER | 1255 | 98 | 111 HKMM | 00:33:34.65 | 6'43 | Marienschule Krefeld |
| 112 | IMIG Bastian | GER | 2223 | 74 | 112 HKMM | 00:33:38.53 | 6'44 | Wohnstätte Krefeld AG |
| 113 | SINGER Tom | GER | 8191 | 92 | 113 HKMM | 00:34:09.10 | 6'50 | keine Angabe |
| 114 | JAMEC Kevin | GER | 385 | 96 | 114 HKMM | 00:34:14.37 | 6'51 | Stamm Kreuz-Ritter |
| 115 | MÜNKER Alf-Fred | GER | 327 | 07 | 115 HKMM | 00:34:18.09 | 6'52 | Preussen Krefeld |
| 116 | WIMMER Ralf | GER | 2206 | 65 | 116 HKMM | 00:34:39.07 | 6'56 | Unternehmerschaft Niederrhein |
| 117 | STEFFAN Carsten | GER | 498 | 64 | 117 HKMM | 00:34:40.87 | 6'56 | Helios BM |
| 118 | FERRI Christian | GER | 059 | 70 | 118 HKMM | 00:34:42.09 | 6'56 | [47] keine Angabe |

| Platz | Nachname - Vorname | Nation | StNr. | Jg. | Platz AK | Zeit | Schnitt | Verein |
|-------|-----------------------|--------|-------|-----|----------|-------------|---------|---------------------------------------|
| 119 | MÜNKER Jürgen | GER | 324 | 69 | 119 HKMM | 00:34:52.02 | 6'58 | [47] Preussen Krefeld |
| 120 | GOERTZ Ralph | GER | 2078 | 70 | 120 HKMM | 00:34:56.93 | 6'59 | Sparkasse Krefeld |
| 121 | SCHEURENBERG Philipp | GER | 2025 | 99 | 121 HKMM | 00:35:09.33 | 7'02 | Marienschule Krefeld |
| 122 | FALK Jonas | GER | 306 | 05 | 122 HKMM | 00:35:30.25 | 7'06 | Familie Falk |
| 123 | FALK Markus | GER | 305 | 72 | 123 HKMM | 00:35:30.35 | 7'06 | Familie Falk |
| 124 | FROBEL Jens | GER | 387 | 65 | 124 HKMM | 00:35:33.72 | 7'07 | keine Angabe |
| 125 | DICK Alexander | GER | 1081 | 04 | 125 HKMM | 00:35:35.90 | 7'07 | Kastanienhof |
| 126 | HAUSER Ben | GER | 1155 | 04 | 126 HKMM | 00:35:49.16 | 7'10 | Klaas_Kollegen |
| 127 | WICHERT Oliver | GER | 1137 | 98 | 127 HKMM | 00:35:55.66 | 7'11 | Kastanienhof |
| 128 | DEVANT Pascal | GER | 1211 | 98 | 128 HKMM | 00:35:57.09 | 7'11 | Marienschule Krefeld |
| 129 | HAUSER Ralf | GER | 1152 | 67 | 129 HKMM | 00:35:57.64 | 7'12 | Klaas_Kollegen |
| 130 | HEYERS Günter | GER | 009 | 63 | 130 HKMM | 00:36:01.01 | 7'12 | [47] Dextro Energy |
| 131 | AXER Leon | GER | 1075 | 04 | 131 HKMM | 00:36:05.82 | 7'13 | Kastanienhof |
| 132 | HEESEN Klaus | GER | 2151 | 64 | 132 HKMM | 00:36:06.62 | 7'13 | SWK LaufWerk |
| 133 | MAGOHOMERA Jerry More | ZIM | 2169 | 80 | 133 HKMM | 00:36:10.28 | 7'14 | Team Marktcafe Schoenen |
| 134 | JOCHIMS Dr. Jörg | GER | 1179 | 61 | 134 HKMM | 00:36:51.33 | 7'22 | [47] Manus Klinik Krefeld |
| 135 | EICKHOFF Rolf | GER | 057 | 49 | 135 HKMM | 00:37:00.57 | 7'24 | [47] keine Angabe |
| 136 | FISCHER Jan | GER | 457 | 03 | 136 HKMM | 00:37:05.22 | 7'25 | Fischer |
| 137 | SIEMES Viktor | GER | 8188 | 60 | 137 HKMM | 00:37:07.47 | 7'25 | - |
| 138 | SCHMID Franz-Xaver | GER | 8186 | 57 | 138 HKMM | 00:37:07.73 | 7'26 | keine Angabe |
| 139 | FISCHER Marco | GER | 455 | 66 | 139 HKMM | 00:37:42.49 | 7'32 | Fischer |
| 140 | STAPPEN Jörg | GER | 033 | 64 | 140 HKMM | 00:37:54.54 | 7'35 | [47] kein Verein |
| 141 | TRAUTMANN Christopher | GER | 2062 | 00 | 141 HKMM | 00:38:29.83 | 7'42 | Marienschule Krefeld |
| 142 | GUSY Alexander | GER | 1232 | 99 | 142 HKMM | 00:38:32.52 | 7'43 | Marienschule Krefeld |
| 143 | JOHANN Mats | GER | 1245 | 98 | 143 HKMM | 00:38:47.48 | 7'45 | Marienschule Krefeld |
| 144 | TSCHORN Dominik | GER | 2235 | 81 | 144 HKMM | 00:39:25.30 | 7'53 | Wohnstätte Krefeld AG |
| 145 | JANßEN Peter | GER | 2108 | 65 | 145 HKMM | 00:39:57.97 | 8'00 | Städtische Seniorenheime Krefeld |
| 146 | WITTMANN Ulrich | GER | 2210 | 62 | 146 HKMM | 00:40:30.07 | 8'06 | Unternehmerschaft Niederrhein |
| 147 | STADLER Robert | GER | 437 | 87 | 147 HKMM | 00:41:57.74 | 8'24 | Stadtverwaltung Krefeld |
| 148 | STADLER Andre | GER | 435 | 87 | 148 HKMM | 00:41:57.81 | 8'24 | Stadtverwaltung Krefeld |
| 149 | MATUSSEK Frank | GER | 1047 | 63 | 149 HKMM | 00:42:22.87 | 8'29 | Die Stratumer |
| 150 | STUFFERTZ Volker | GER | 1049 | 67 | 150 HKMM | 00:42:22.97 | 8'29 | Die Stratumer |
| 151 | FRANKENSTEIN Peter | GER | 020 | 67 | 151 HKMM | 00:42:35.00 | 8'31 | [47] HELIOS Klinikum Duisburg |
| 152 | WIEMANN Hans-Bernd | GER | 375 | 61 | 152 HKMM | 00:42:35.17 | 8'31 | Helios Residenzen |
| 153 | DÜMIG Philipp | GER | 1214 | 98 | 153 HKMM | 00:42:45.61 | 8'33 | Marienschule Krefeld |
| 154 | HAGEDORN Lennard | GER | 1233 | 98 | 154 HKMM | 00:42:47.30 | 8'33 | Marienschule Krefeld |
| 155 | NAAB Paul | GER | 1112 | 04 | 155 HKMM | 00:43:25.24 | 8'41 | Kastanienhof |
| 156 | DÖRGE Hans-Georg | GER | 055 | 51 | 156 HKMM | 00:43:40.09 | 8'44 | keine Angabe |
| 157 | STOPPE Jeremy | GER | 1131 | 05 | 157 HKMM | 00:43:44.22 | 8'45 | Kastanienhof |
| 158 | KÜMPEL Florian | GER | 1106 | 80 | 158 HKMM | 00:43:50.33 | 8'46 | Kastanienhof |
| 159 | KUNZ Hans-Peter | GER | 2257 | 48 | 159 HKMM | 00:44:11.66 | 8'50 | keine Angabe |
| 160 | KIMPFEL Kai | GER | 078 | 93 | 160 HKMM | 00:49:00.58 | 9'48 | [47] keine Angabe |
| 161 | EHMANN Stephan | GER | 2103 | 63 | 161 HKMM | 00:49:04.07 | 9'49 | Städtische Seniorenheime Krefeld |
| 162 | ROLOFF Levin | GER | 2016 | 99 | 162 HKMM | 00:51:03.62 | 10'13 | Marienschule Krefeld |
| 163 | JURIANZ Florian | GER | 1247 | 99 | 163 HKMM | 00:51:03.63 | 10'13 | Marienschule Krefeld |
| 164 | VON BIHL Joachim | GER | 1135 | 62 | 164 HKMM | 00:53:11.54 | 10'38 | Kastanienhof |
| 165 | HASS Hartmut | GER | 1095 | 62 | 165 HKMM | 00:53:11.96 | 10'38 | Kastanienhof |
| 166 | BECKERS Willi | GER | 1144 | 59 | 166 HKMM | 00:54:29.80 | 10'54 | Kita St. Franziskus, Meerbusch-Strümp |
| 167 | ASGAROULADI Humon | GER | 8181 | 74 | 167 HKMM | 00:54:37.94 | 10'56 | Krefeld Helios |
| 168 | PHAN Vu | GER | 8185 | 73 | 168 HKMM | 00:54:38.20 | 10'56 | HKK |
| 169 | TRAN Pham Anh Khoa | GER | 2060 | 99 | 169 HKMM | 01:01:42.99 | 12'21 | Marienschule Krefeld |
| 170 | KATALA Sam | GER | 1250 | 98 | 170 HKMM | 01:04:15.58 | 12'51 | Marienschule Krefeld |
| 171 | LÜDERT Jens | GER | 1109 | 65 | 171 HKMM | 01:04:18.74 | 12'52 | Kastanienhof |
| 172 | HESS Pierre | GER | 1096 | 03 | 172 HKMM | 01:04:18.79 | 12'52 | Kastanienhof |
| DNF | NIEHUES Tim | GER | 8178 | 64 | DNF HKMM | 00:00:00.00 | 0'00 | HKK |