

10 km - Gesamtwertung

1. Kölner Stadionlauf - 14. Juni 2009

Männer

| Platz | Startnr | Name | Verein*/Ort | Netto | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|---------------------|------------------------------|---------|---------|-------|-------|------|-----------------|
| 1 | 495 | FINK RALF | LAC Mausbach | 0:35:52 | 0:35:53 | 1 | M40 | 1967 | 0:17:41 0:18:11 |
| 2 | 657 | Nolte Benedikt | Domstadt Läufer | 0:36:08 | 0:36:09 | 1 | M30 | 1978 | 0:17:39 0:18:29 |
| 3 | 638 | WARKENTIN JENS | *Koeln | 0:36:37 | 0:36:39 | 2 | M40 | 1966 | 0:18:18 0:18:18 |
| 4 | 265 | MORLAK JOERG | *Pulheim | 0:38:14 | 0:38:17 | 3 | M40 | 1966 | 0:18:58 0:19:16 |
| 5 | 459 | WOLTERS DR ANDRE | *Koeln | 0:38:38 | 0:38:43 | 1 | M35 | 1971 | 0:19:05 0:19:33 |
| 6 | 854 | Elskamp Gregor | Central Team | 0:38:51 | 0:38:53 | 2 | M35 | 1971 | 0:19:02 0:19:49 |
| 7 | 420 | KNAUF ALBERT | LG Muetzenich | 0:39:04 | 0:39:05 | 1 | M45 | 1964 | 0:19:18 0:19:46 |
| 8 | 516 | SCHULTHEIS DOMINIK | LFS Bonn | 0:39:40 | 0:39:41 | 3 | M35 | 1972 | 0:19:11 0:20:28 |
| 9 | 483 | DUERR THORSTEN | *Koeln | 0:39:44 | 0:39:47 | 1 | MHK | 1983 | 0:19:58 0:19:46 |
| 10 | 90 | RUHNKE ROBERT | Bewegungsfelder.de | 0:39:49 | 0:39:51 | 1 | M50 | 1958 | 0:19:40 0:20:09 |
| 11 | 847 | Haack Matthias | SG-Zons | 0:39:56 | 0:39:59 | 4 | M40 | 1965 | 0:19:35 0:20:21 |
| 12 | 846 | Schneider Ben | 42 Tausend NAOPT | 0:40:03 | 0:40:06 | 4 | M35 | 1974 | 0:19:45 0:20:17 |
| 13 | 596 | POEHLER FRANK | TV Refrath | 0:40:10 | 0:40:13 | 2 | M45 | 1962 | 0:19:46 0:20:24 |
| 14 | 568 | GRAUER MICHAEL | *Koeln | 0:40:15 | 0:40:18 | 5 | M35 | 1971 | 0:19:51 0:20:23 |
| 15 | 132 | KURZ TILL ROBIN | *Koeln | 0:40:18 | 0:40:21 | 6 | M35 | 1973 | 0:19:50 0:20:28 |
| 16 | 656 | Rosenberger Marcel | Domstadtläufer | 0:40:24 | 0:40:25 | 1 | MJB | 1993 | 0:19:52 0:20:32 |
| 17 | 834 | Mückenheim Sven | *Köln | 0:40:26 | 0:40:29 | 7 | M35 | 1974 | 0:20:01 0:20:25 |
| 18 | 264 | HARZHEIM OLIVER | TSV Bayer Dormagen | 0:40:31 | 0:40:34 | 8 | M35 | 1970 | 0:19:34 0:20:57 |
| 19 | 69 | MOERES FRANK | *Koeln | 0:40:44 | 0:40:49 | 9 | M35 | 1974 | 0:20:21 0:20:23 |
| 20 | 431 | LUTHER MARIO | Delta-Ultra- ML | 0:41:02 | 0:41:03 | 3 | M45 | 1961 | 0:20:05 0:20:56 |
| 21 | 293 | SCHAFFGANS FRANZ | Black Panther | 0:41:37 | 0:41:40 | 4 | M45 | 1963 | 0:20:32 0:21:04 |
| 22 | 655 | Zachran Alexander | Domstadtläufer | 0:41:39 | 0:41:40 | 2 | MJB | 1993 | 0:20:00 0:21:39 |
| 23 | 547 | POKORNY RALPH | 1. FC Koeln | 0:41:40 | 0:41:43 | 5 | M45 | 1962 | 0:20:37 0:21:03 |
| 24 | 35 | MOCKENHAUPT ARMIN A | Netphen Siegerland | 0:41:50 | 0:41:53 | 5 | M40 | 1967 | 0:20:27 0:21:23 |
| 25 | 653 | Frank Patrick | *Köln | 0:42:07 | 0:42:09 | 2 | M30 | 1978 | 0:20:37 0:21:30 |
| 26 | 242 | KALLIDAT MATTHIAS | Drabenderhoeher Laufstall | 0:42:10 | 0:42:12 | 3 | M30 | 1979 | 0:20:14 0:21:56 |
| 27 | 67 | WEBER THORSTEN | *PULHEIM | 0:42:09 | 0:42:14 | 10 | M35 | 1972 | 0:20:55 0:21:13 |
| 28 | 654 | Breitbach Dominik | Domstadtläufer | 0:42:25 | 0:42:27 | 2 | MHK | 1986 | 0:20:13 0:22:12 |
| 29 | 131 | KIPPER THOMAS | Alfterer SC | 0:42:37 | 0:42:44 | 11 | M35 | 1973 | 0:20:08 0:22:29 |
| 30 | 225 | NISIUS HANS | *Kerpen | 0:43:00 | 0:43:04 | 1 | M55 | 1952 | 0:21:00 0:22:00 |
| 31 | 823 | Thelen Guido | Pulheimer SC | 0:42:59 | 0:43:04 | 6 | M40 | 1969 | 0:21:14 0:21:45 |
| 32 | 299 | RASTEN HEINZ | TV 1908 Neunkirchen | 0:43:09 | 0:43:13 | 6 | M45 | 1963 | 0:21:14 0:21:54 |
| 33 | 347 | PAPENBROCK FRITZ | SKM Koeln | 0:43:11 | 0:43:14 | 2 | M55 | 1953 | 0:21:00 0:22:11 |
| 34 | 563 | REICHE THOMAS | Tachycardia Koeln | 0:43:11 | 0:43:24 | 7 | M40 | 1969 | 0:21:08 0:22:02 |
| 35 | 251 | GITZEN CHRISTOPH | Skiclub Olpe | 0:43:34 | 0:43:36 | 3 | MHK | 1980 | 0:21:12 0:22:21 |
| 36 | 679 | Michels Johannes | TuS Birk | 0:43:32 | 0:43:45 | 3 | MJB | 1992 | 0:21:21 0:22:11 |
| 37 | 678 | Michels Simon | TuS Birk | 0:43:32 | 0:43:45 | 1 | MJA | 1990 | 0:21:21 0:22:11 |
| 38 | 295 | ALEXANDER CHRISTIAN | TV Refrath | 0:43:52 | 0:43:57 | 12 | M35 | 1970 | 0:20:51 0:23:01 |
| 39 | 96 | BARKAT LARS | *Koeln | 0:43:56 | 0:44:01 | 13 | M35 | 1970 | 0:21:23 0:22:32 |
| 40 | 432 | ECKARDT MARKUS | anlauf siegen | 0:44:17 | 0:44:23 | 7 | M45 | 1961 | 0:22:11 0:22:05 |
| 41 | 484 | SCHUBERT JONATHAN | TV Refrath | 0:44:20 | 0:44:24 | 1 | MSchB | 1996 | 0:21:24 0:22:55 |
| 42 | 571 | LOLL HENDRIK | 42tausend NAO | 0:44:24 | 0:44:34 | 2 | MJA | 1991 | 0:21:17 0:23:07 |
| 43 | 842 | Dzaak Walter | OMS Kreuztal | 0:44:36 | 0:44:40 | 1 | M60 | 1949 | 0:21:55 0:22:40 |
| 44 | 169 | SUHRE OLIVER | *Koeln | 0:44:44 | 0:44:48 | 8 | M40 | 1966 | 0:22:09 0:22:34 |
| 45 | 20 | EISERMANN STEPHAN | *Bornheim | 0:44:52 | 0:44:59 | 9 | M40 | 1966 | 0:22:11 0:22:40 |
| 46 | 611 | KLEIN OLIVER | 42tausend NAO | 0:44:53 | 0:45:04 | 4 | M30 | 1975 | 0:22:03 0:22:49 |
| 47 | 822 | Pilz Andreas | *Hürth | 0:45:00 | 0:45:09 | 14 | M35 | 1974 | 0:22:30 0:22:29 |
| 48 | 305 | LEITZEN PIERRE | *Koeln | 0:45:09 | 0:45:22 | 4 | MHK | 1985 | 0:22:26 0:22:43 |
| 49 | 211 | MOCH DIETMAR | MKH AusdauerTEAM | 0:45:14 | 0:45:27 | 8 | M45 | 1961 | 0:22:16 0:22:57 |
| 50 | 29 | KAUFMANN MARKUS | Kath. Jugendwerke Köln / JMD | 0:45:25 | 0:45:28 | 10 | M40 | 1969 | 0:21:56 0:23:28 |
| 51 | 564 | NIGRO CARMELO | *koeln | 0:45:24 | 0:45:31 | 11 | M40 | 1968 | 0:22:27 0:22:56 |
| 52 | 519 | REHSE ANDREAS | *Huerth | 0:45:31 | 0:45:46 | 12 | M40 | 1965 | 0:22:21 0:23:10 |
| 53 | 820 | Lorkowski Frank | *Köln | 0:45:49 | 0:45:51 | 13 | M40 | 1966 | 0:21:58 0:23:50 |
| 54 | 541 | WILD ANDREAS | St. Agnes Koeln | 0:45:37 | 0:45:54 | 2 | M50 | 1959 | 0:21:55 0:23:42 |
| 55 | 275 | WEILE JUERGEN | LTG | 0:45:50 | 0:45:55 | 9 | M45 | 1962 | 0:22:29 0:23:20 |
| 56 | 336 | MEISKE GOTTFRIED | SG Kolping Remscheid | 0:45:54 | 0:45:59 | 3 | M50 | 1956 | 0:22:29 0:23:24 |
| 57 | 287 | SCHMIDTMANN VOLKER | *Koeln | 0:45:59 | 0:46:07 | 10 | M45 | 1963 | 0:22:51 0:23:07 |
| 58 | 208 | SAERBECK DR ULRICH | *Frechen | 0:46:02 | 0:46:07 | 15 | M35 | 1970 | 0:22:29 0:23:33 |
| 59 | 542 | VOGT HARALD | Bruehler TV 1879 | 0:46:06 | 0:46:10 | 16 | M35 | 1971 | 0:22:33 0:23:32 |
| 60 | 850 | Albishausen Rainer | ASV Team Köln 42 | 0:46:15 | 0:46:21 | 14 | M40 | 1966 | 0:22:18 0:23:56 |
| 61 | 88 | SIEDLER JULIUS | GSV Porz | 0:46:27 | 0:46:34 | 1 | MSchA | 1994 | 0:22:38 0:23:49 |
| 62 | 454 | SCHUCK JOACHIM | Ergo Sports Koeln Langlauf | 0:46:30 | 0:46:41 | 17 | M35 | 1970 | 0:22:51 0:23:39 |

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| Platz | Startnr | Name | Verein/*Ort | Netto | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|---------------------|------------------------------|---------|---------|-------|-----|------|-----------------|
| 63 | 825 | Büchel Hans | *Frechen | 0:46:42 | 0:46:48 | 11 | M45 | 1962 | 0:22:27 0:24:15 |
| 64 | 538 | MOELLER SIEGFRIED | LSF Muenster | 0:46:44 | 0:46:51 | 12 | M45 | 1962 | 0:22:36 0:24:08 |
| 65 | 364 | MUELLER HEIKO | *Bergheim | 0:46:40 | 0:46:53 | 5 | M30 | 1978 | 0:23:43 0:22:57 |
| 66 | 821 | Feindt Reinhard | SC Bockenberg | 0:46:49 | 0:47:02 | 3 | M55 | 1950 | 0:23:33 0:23:15 |
| 67 | 602 | BUETTNER DETLEF | *Koeln | 0:47:04 | 0:47:11 | 13 | M45 | 1960 | 0:22:48 0:24:15 |
| 68 | 304 | SKWAR STEFFEN | LG Hummetal | 0:47:10 | 0:47:26 | 18 | M35 | 1972 | 0:24:35 0:22:35 |
| 69 | 327 | NOWAG RALF | *Kerpen | 0:47:32 | 0:48:00 | 15 | M40 | 1967 | 0:23:08 0:24:24 |
| 70 | 845 | Falk Jörg | *Köln | 0:47:54 | 0:48:01 | 19 | M35 | 1970 | 0:23:40 0:24:13 |
| 71 | 522 | RAHMEN HEINZ-HUBERT | *Frechen | 0:47:58 | 0:48:12 | 2 | M60 | 1949 | 0:24:04 0:23:53 |
| 72 | 59 | BAUR NORBERT | *Koeln | 0:48:15 | 0:48:24 | 4 | M55 | 1953 | 0:23:31 0:24:44 |
| 73 | 214 | ECKHARDT BERND | *Koeln | 0:48:27 | 0:48:32 | 16 | M40 | 1966 | 0:24:01 0:24:26 |
| 74 | 321 | VASSILLIERE RAINER | *Leichlingen | 0:48:21 | 0:48:34 | 14 | M45 | 1964 | 0:23:12 0:25:09 |
| 75 | 257 | BENSON THORSTEN | *Koeln | 0:48:12 | 0:48:45 | 20 | M35 | 1973 | 0:24:48 0:23:23 |
| 76 | 566 | STROBEN JOSEF | *Frechen | 0:48:36 | 0:48:50 | 5 | M55 | 1950 | 0:24:05 0:24:31 |
| 77 | 614 | GOERTZ CHRISTIAN | *Koeln | 0:48:26 | 0:48:51 | 6 | M30 | 1975 | 0:24:29 0:23:56 |
| 78 | 503 | LANGER MARCO | *Koeln | 0:48:49 | 0:49:03 | 7 | M30 | 1978 | 0:24:51 0:23:58 |
| 79 | 626 | BEISSEL THOMAS | *Frechen | 0:48:38 | 0:49:04 | 5 | MHK | 1988 | 0:25:08 0:23:30 |
| 80 | 167 | TUNC IZZET | *Hennef | 0:48:46 | 0:49:19 | 17 | M40 | 1967 | 0:23:58 0:24:47 |
| 81 | 830 | Miotke Thomas | TSV Bayer 04 Leverkusen | 0:49:15 | 0:49:19 | 15 | M45 | 1961 | 0:24:28 0:24:46 |
| 82 | 154 | GREIF RUBEN | CRUX Koeln | 0:49:15 | 0:49:36 | 6 | MHK | 1983 | 0:24:51 0:24:24 |
| 83 | 288 | VAHL JOERG | *koeln | 0:49:22 | 0:49:37 | 16 | M45 | 1962 | 0:24:51 0:24:30 |
| 84 | 355 | SCHMITZ KLAUS | SKM Koeln | 0:49:20 | 0:49:42 | 8 | M30 | 1977 | 0:24:14 0:25:06 |
| 85 | 350 | NELLESEN ANDREAS | SKM Köln | 0:49:25 | 0:49:45 | 17 | M45 | 1963 | 0:24:28 0:24:57 |
| 86 | 674 | De Raad Helmut | TuS 05 Arloff | 0:49:35 | 0:49:46 | 1 | M65 | 1944 | 0:25:16 0:24:19 |
| 87 | 126 | KRONSBELN GUENTER | *Koeln | 0:49:35 | 0:49:47 | 18 | M40 | 1965 | 0:24:44 0:24:51 |
| 88 | 448 | WOLFF THOMAS | *Koeln | 0:49:09 | 0:49:49 | 19 | M40 | 1967 | 0:24:59 0:24:09 |
| 89 | 583 | BERGEN MICHAEL | *Koeln | 0:50:02 | 0:50:11 | 20 | M40 | 1969 | 0:24:23 0:25:38 |
| 90 | 515 | FRANKOWSKI SEBASTI | PDI Immobilien | 0:48:46 | 0:50:16 | 7 | MHK | 1980 | 0:24:08 0:24:37 |
| 91 | 114 | SONNTAG DIRK | *Niederzier | 0:50:07 | 0:50:17 | 9 | M30 | 1977 | 0:24:53 0:25:13 |
| 92 | 351 | SEMRAU THOMAS | SKm Koeln | 0:50:03 | 0:50:23 | 4 | M50 | 1959 | 0:23:36 0:26:26 |
| 93 | 218 | ENK MICHAEL | TUS Wickrath | 0:50:26 | 0:50:30 | 21 | M40 | 1966 | 0:24:22 0:26:03 |
| 94 | 628 | ARIANS HOLGER | 42tausend | 0:50:13 | 0:50:49 | 8 | MHK | 1980 | 0:24:51 0:25:22 |
| 95 | 641 | HAGENMAYER WALTER | *Koeln | 0:50:18 | 0:50:53 | 21 | M35 | 1971 | 0:24:51 0:25:26 |
| 96 | 326 | KOEHLER JOACHIM | *Koeln | 0:50:40 | 0:50:53 | 10 | M30 | 1979 | 0:24:52 0:25:47 |
| 97 | 692 | Kessemeier Christof | 42 Tausend NAO | 0:50:46 | 0:51:12 | 11 | M30 | 1976 | 0:25:16 0:25:30 |
| 98 | 577 | SIEBERT STEVE | *Koeln | 0:51:09 | 0:51:14 | 9 | MHK | 1988 | 0:23:58 0:27:11 |
| 99 | 689 | Schulte Gregor | *Köln | 0:51:09 | 0:51:17 | 6 | M55 | 1954 | 0:24:44 0:26:24 |
| 100 | 229 | LEY THOMAS | Lt Roesratherstrasse | 0:51:10 | 0:51:19 | 22 | M40 | 1965 | 0:24:23 0:26:47 |
| 101 | 330 | JACH FELIX | kein | 0:50:58 | 0:51:22 | 10 | MHK | 1982 | 0:26:10 0:24:47 |
| 102 | 136 | STEFANUS CHRISTIAN | *Koeln | 0:51:10 | 0:51:22 | 23 | M40 | 1969 | 0:24:54 0:26:15 |
| 103 | 833 | Anders Stephan | *Köln | 0:51:03 | 0:51:25 | 24 | M40 | 1969 | 0:25:17 0:25:46 |
| 104 | 594 | KROPPEBERG OLIVER | Kollegas | 0:51:05 | 0:51:35 | 11 | MHK | 1984 | 0:26:16 0:24:48 |
| 105 | 482 | SCHEER FRANK | Kollegas | 0:51:05 | 0:51:36 | 12 | MHK | 1984 | 0:26:17 0:24:48 |
| 106 | 232 | KEMMERLING MANFRED | *bergheim | 0:51:26 | 0:51:51 | 18 | M45 | 1962 | 0:25:15 0:26:11 |
| 107 | 424 | ROHR DIRK | Impuls-Lauftreff Kerpen | 0:51:38 | 0:52:00 | 25 | M40 | 1968 | 0:26:22 0:25:15 |
| 108 | 425 | HELLER PETER | Impuls-Lauftreff Kerpen | 0:51:38 | 0:52:00 | 7 | M55 | 1951 | 0:26:21 0:25:16 |
| 109 | 219 | PETERS JENS | *Bonn | 0:51:39 | 0:52:03 | 8 | M55 | 1952 | 0:24:55 0:26:43 |
| 110 | 113 | MUELLER HERMANN PE | Prof. Dr. Baum Team | 0:52:05 | 0:52:13 | 2 | M65 | 1940 | 0:25:31 0:26:34 |
| 111 | 31 | HOFFACKER RENE | Muskelkatersport Koeln | 0:52:08 | 0:52:24 | 12 | M30 | 1975 | 0:25:59 0:26:08 |
| 112 | 14 | SCHNEIDER OLIVER | Kath. Jugendwerke Köln / JMD | 0:52:12 | 0:52:24 | 13 | M30 | 1976 | 0:26:00 0:26:11 |
| 113 | 481 | HILGERT UDO | *Odenthal | 0:52:17 | 0:52:33 | 26 | M40 | 1965 | 0:26:19 0:25:57 |
| 114 | 283 | WUEST HANS WERNER | *Koeln | 0:52:22 | 0:52:39 | 9 | M55 | 1950 | 0:25:22 0:27:00 |
| 115 | 853 | Silah Sami | *Koeln | 0:52:15 | 0:52:43 | 10 | M55 | 1950 | 0:26:05 0:26:10 |
| 116 | 813 | Nierhoff Boris | *Köln | 0:52:38 | 0:52:44 | 27 | M40 | 1969 | 0:25:50 0:26:48 |
| 117 | 584 | RANDALL CHRISTOPHER | Kollegas | 0:52:18 | 0:52:48 | 13 | MHK | 1985 | 0:26:17 0:26:01 |
| 118 | 41 | RAECK OLIVER | *Bergheim | 0:52:46 | 0:52:50 | 4 | MJB | 1992 | 0:25:08 0:27:38 |
| 119 | 42 | RAECK KLAUS | *Bergheim | 0:52:40 | 0:52:52 | 5 | M50 | 1959 | 0:25:14 0:27:26 |
| 120 | 644 | BEISSEL MICHAEL | *Gevelsberg | 0:52:27 | 0:52:54 | 14 | MHK | 1984 | 0:26:26 0:26:01 |
| 121 | 322 | FREIHOFF JOHANNES | *Kerpen | 0:52:27 | 0:52:54 | 28 | M40 | 1966 | 0:26:08 0:26:18 |
| 122 | 61 | HONAL MARTIN | *Koeln | 0:52:47 | 0:52:58 | 14 | M30 | 1976 | 0:25:01 0:27:45 |
| 123 | 86 | BRUECKNER JOERG | TuS 82 Opladen | 0:52:52 | 0:53:00 | 19 | M45 | 1964 | 0:25:38 0:27:13 |
| 124 | 452 | NAUROTH CHRISTIAN | KSK Frechen Gut. | 0:52:21 | 0:53:07 | 15 | MHK | 1987 | 0:26:56 0:25:25 |

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Männer

| Platz | Startnr | Name | Verein/*Ort | Netto | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|---------------------|--------------------------------|---------|---------|-------|-------|------|-----------------|
| 125 | 119 | REIMANN BERND | Erzbistum Koeln | 0:52:58 | 0:53:10 | 6 | M50 | 1955 | 0:26:26 0:26:31 |
| 126 | 582 | GOERGEN CONSTANTIN | *Recklinghausen | 0:53:09 | 0:53:12 | 16 | MHK | 1981 | 0:24:54 0:28:14 |
| 127 | 477 | SCHONNEBECK PAUL | DJK-Suedwest Koeln | 0:53:12 | 0:53:15 | 2 | MSchB | 1998 | 0:24:30 0:28:41 |
| 128 | 276 | ANDERSEN JAN | *Dueren | 0:52:29 | 0:53:20 | 29 | M40 | 1966 | 0:26:17 0:26:12 |
| 129 | 485 | SCHUBERT MAGNUS | *Bergisch Gladbach | 0:53:35 | 0:53:42 | 30 | M40 | 1969 | 0:26:41 0:26:54 |
| 130 | 625 | SELLUGGA RAINER | *Erfstadt | 0:53:35 | 0:53:46 | 7 | M50 | 1959 | 0:26:23 0:27:11 |
| 131 | 354 | SCHULZ JUERGEN | SKM Koeln | 0:53:25 | 0:53:49 | 22 | M35 | 1971 | 0:27:59 0:25:26 |
| 132 | 150 | OCKEL THOMAS | Rendantur Leverkusen | 0:53:37 | 0:53:50 | 15 | M30 | 1977 | 0:26:24 0:27:13 |
| 133 | 11 | BUSCH TOBIAS | Laufftreff Gilbach-Boschte | 0:53:32 | 0:53:52 | 23 | M35 | 1972 | 0:26:40 0:26:52 |
| 134 | 642 | MUELLER HERBERT E. | LAV Bayer Uerdingen/Dormagen | 0:53:57 | 0:53:59 | 1 | M80 | 1929 | 0:26:44 0:27:12 |
| 135 | 549 | TUCHSCHERER SVEN | *Koeln | 0:53:40 | 0:54:02 | 16 | M30 | 1976 | 0:27:29 0:26:11 |
| 136 | 210 | FISCHER WOLFGANG | *Huerth | 0:54:11 | 0:54:16 | 20 | M45 | 1964 | 0:25:57 0:28:13 |
| 137 | 239 | EWERT STEFAN | *Frechen | 0:54:01 | 0:54:17 | 17 | M30 | 1977 | 0:26:57 0:27:03 |
| 138 | 857 | Spitzley Georg | KJW Köln | 0:54:08 | 0:54:21 | 8 | M50 | 1957 | 0:26:34 0:27:33 |
| 139 | 212 | SCHMITZ PROF HELMUT | *Meckenheim | 0:53:47 | 0:54:40 | 11 | M55 | 1954 | 0:26:36 0:27:11 |
| 140 | 331 | TROMM THED | *Koeln | 0:54:29 | 0:54:41 | 9 | M50 | 1959 | 0:26:27 0:28:01 |
| 141 | 652 | STUHM CHRISTIAN | *Bergisch Gladbach | 0:54:18 | 0:54:45 | 31 | M40 | 1968 | 0:27:16 0:27:02 |
| 142 | 345 | ZIEGLER PETER | TVR Rodenkirchen | 0:54:24 | 0:54:49 | 3 | M65 | 1944 | 0:26:23 0:28:00 |
| 143 | 529 | SASCHA HEILIGER | PDI Immobilien | 0:53:20 | 0:54:51 | 17 | MHK | 1983 | 0:25:51 0:27:28 |
| 144 | 682 | Marquardt Ralf | *Köln | 0:54:42 | 0:54:54 | 21 | M45 | 1963 | 0:26:37 0:28:05 |
| 145 | 125 | FUNKE RUDOLF | *Rheinbach | 0:54:43 | 0:54:55 | 4 | M65 | 1944 | 0:27:02 0:27:41 |
| 146 | 290 | KELLNER BERND | Grosse Meister e.V. | 0:54:19 | 0:54:55 | 22 | M45 | 1964 | 0:27:25 0:26:53 |
| 147 | 417 | FUSS THEO | *Noervenich | 0:54:30 | 0:55:04 | 12 | M55 | 1952 | 0:27:29 0:27:01 |
| 148 | 50 | SEEBERGER THOMAS | *Frechen | 0:54:32 | 0:55:05 | 13 | M55 | 1953 | 0:27:21 0:27:11 |
| 149 | 52 | BLUM RALPH | TV Blecher | 0:55:03 | 0:55:15 | 23 | M45 | 1961 | 0:24:36 0:30:26 |
| 150 | 135 | MARSCH PETER | TuS Weiershagen | 0:55:05 | 0:55:15 | 5 | M65 | 1942 | 0:26:30 0:28:34 |
| 151 | 267 | MICHALAK ANDREAS | CRUX Koeln | 0:54:57 | 0:55:16 | 18 | MHK | 1988 | 0:27:14 0:27:42 |
| 152 | 456 | SCHROEPER TOBIAS | CruX Koeln | 0:54:57 | 0:55:16 | 3 | MJA | 1991 | 0:27:14 0:27:42 |
| 153 | 848 | Liekendael Rudi | *Pulheim | 0:54:58 | 0:55:21 | 24 | M45 | 1961 | 0:26:17 0:28:40 |
| 154 | 79 | POHL SVEN | *Koeln | 0:55:03 | 0:55:25 | 24 | M35 | 1973 | 0:26:33 0:28:30 |
| 155 | 162 | WALLNER STEFAN | Marathonpauer Koeln | 0:55:17 | 0:55:31 | 32 | M40 | 1965 | 0:22:28 0:32:48 |
| 156 | 446 | TALKE THOMAS | ASV | 0:55:05 | 0:55:32 | 10 | M50 | 1957 | 0:27:23 0:27:42 |
| 157 | 329 | SCHMITZ VOLKER | kein | 0:55:14 | 0:55:38 | 19 | MHK | 1980 | 0:26:10 0:29:03 |
| 158 | 27 | MICHELS NORBERT | TUS Birk | 0:55:27 | 0:55:40 | 25 | M45 | 1961 | 0:27:06 0:28:21 |
| 159 | 827 | Schneider Ingmar | *Hürth | 0:55:03 | 0:55:42 | 11 | M50 | 1959 | 0:28:23 0:26:40 |
| 160 | 852 | Werres Bernhard | *Köln | 0:55:33 | 0:56:00 | 14 | M55 | 1951 | 0:27:33 0:27:59 |
| 161 | 488 | HOLZHUETER ULRICH | *Koeln | 0:55:36 | 0:56:04 | 33 | M40 | 1966 | 0:27:54 0:27:41 |
| 162 | 404 | RUF JOACHIM | BSG RaBaz e.V. | 0:55:28 | 0:56:05 | 26 | M45 | 1961 | 0:28:06 0:27:22 |
| 163 | 453 | HORN MICHAEL | Ergo sports Koeln Langlauf | 0:55:57 | 0:56:21 | 25 | M35 | 1971 | 0:27:52 0:28:05 |
| 164 | 26 | NELLES HANS | *Koeln | 0:55:51 | 0:56:22 | 15 | M55 | 1950 | 0:28:18 0:27:33 |
| 165 | 505 | DROBIETZ NICOLE | 42tausend NAO | 0:55:55 | 0:56:30 | 26 | M35 | 1974 | 0:28:44 0:27:10 |
| 166 | 580 | GERSTNER JUERGEN | *Koeln Zuendorf | 0:56:16 | 0:56:30 | 16 | M55 | 1953 | 0:27:20 0:28:55 |
| 167 | 403 | MUELLER HARALD | BSG RaBaz e.V. | 0:55:52 | 0:56:31 | 27 | M45 | 1960 | 0:28:04 0:27:47 |
| 168 | 835 | Graß Bernd | *Köln | 0:56:02 | 0:56:37 | 34 | M40 | 1968 | 0:28:37 0:27:24 |
| 169 | 9 | SPENGLER STEFAN | *Bergheim | 0:56:09 | 0:56:41 | 28 | M45 | 1962 | 0:29:14 0:26:54 |
| 170 | 245 | SCHMIDT CHRISTIAN | ESV-Gremberghoven | 0:56:39 | 0:56:48 | 27 | M35 | 1973 | 0:27:22 0:29:16 |
| 171 | 575 | BOELL FABIAN | *Koeln | 0:56:54 | 0:57:14 | 2 | MSchA | 1994 | 0:28:53 0:28:01 |
| 172 | 690 | Ammann Olaf | *Pulheim | 0:57:19 | 0:57:27 | 20 | MHK | 1989 | 0:27:23 0:29:56 |
| 173 | 419 | WINTERS MANFRED | LAV-Habbelrath | 0:57:15 | 0:57:45 | 35 | M40 | 1966 | 0:28:25 0:28:49 |
| 174 | 618 | STROBL ULRICH | *Koeln | 0:57:07 | 0:57:47 | 12 | M50 | 1956 | 0:27:41 0:29:25 |
| 175 | 492 | HILLESHEIM IVO | *Koeln | 0:57:40 | 0:58:04 | 36 | M40 | 1969 | 0:28:37 0:29:03 |
| 176 | 829 | Lambertz Jürgen | TSV Bayer 04 Leverkusen | 0:57:49 | 0:58:15 | 37 | M40 | 1965 | 0:28:37 0:29:12 |
| 177 | 681 | Furman Dirk | *Frechen | 0:58:12 | 0:58:31 | 38 | M40 | 1965 | 0:27:57 0:30:15 |
| 178 | 450 | SCHLICH CLEMENS | KSK Frechen Gut. | 0:57:45 | 0:58:31 | 18 | M30 | 1976 | 0:28:19 0:29:26 |
| 179 | 53 | FRIEDEL BENNO | SV DJK Holzbuettgen 1961 e. V. | 0:58:04 | 0:58:33 | 13 | M50 | 1957 | 0:28:50 0:29:13 |
| 180 | 449 | HERMANN BRUNO | KSK Frechen Gut. | 0:57:52 | 0:58:37 | 29 | M45 | 1960 | 0:28:19 0:29:32 |
| 181 | 270 | SCHOENENBERG PETER | LC Weilerswist | 0:58:32 | 0:58:40 | 6 | M65 | 1941 | 0:29:08 0:29:24 |
| 182 | 859 | Rösch Harald | Kölner Verein für Marathon e.V | 0:58:49 | 0:58:52 | 17 | M55 | 1951 | 0:31:11 0:27:38 |
| 183 | 687 | Lüttge Fred | *Köln | 0:58:30 | 0:58:57 | 3 | M60 | 1948 | 0:28:57 0:29:33 |
| 184 | 231 | HARRY WASSENBERG | - | 0:58:37 | 0:59:02 | 14 | M50 | 1955 | 0:26:20 0:32:17 |
| 185 | 48 | VARUTTI MICHAEL | TSV Bayer 04 Laufftreff | 0:58:37 | 0:59:03 | 30 | M45 | 1964 | 0:28:39 0:29:58 |
| 186 | 839 | Sueß Frank | jVictis Arietis | 0:59:02 | 0:59:18 | 18 | M55 | 1953 | 0:29:02 0:30:00 |

10 km - Gesamtwertung

1. Kölner Stadionlauf - 14. Juni 2009

Männer

| Platz | Startnr | Name | Verein/*Ort | Netto | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|--------------------------|------------------------------|---------|---------|-------|-------|------|-----------------|
| 187 | 152 | WEICK MARKUS | *Eschborn | 0:58:43 | 0:59:21 | 39 | M40 | 1967 | 0:31:27 0:27:15 |
| 188 | 319 | WITT CHRISTOF | Staeck Turtles | 0:58:54 | 0:59:23 | 28 | M35 | 1974 | 0:29:16 0:29:38 |
| 189 | 241 | KRUG CHRISTIAN | *Koeln | 0:59:16 | 0:59:24 | 31 | M45 | 1963 | 0:30:12 0:29:03 |
| 190 | 567 | SENKEL SEBASTIAN | CRUX | 0:59:41 | 0:59:56 | 21 | MHK | 1980 | 0:28:33 0:31:07 |
| 191 | 284 | REIF RALF | Reifrunner | 0:59:52 | 0:59:59 | 40 | M40 | 1969 | 0:28:36 0:31:16 |
| 192 | 122 | MEIERING DOMINIK | CRUX Koeln | 0:59:44 | 1:00:02 | 29 | M35 | 1970 | 0:29:22 0:30:22 |
| 193 | 688 | Arslan Adil | *Niederkassel | 0:59:59 | 1:00:04 | 19 | M30 | 1975 | 0:28:54 0:31:04 |
| 194 | 533 | MARCO HEILIGER | PDI Immobilien | 0:58:38 | 1:00:10 | 22 | MHK | 1986 | 0:28:02 0:30:35 |
| 195 | 493 | MARX HELMUT | *Koeln | 1:00:09 | 1:00:11 | 7 | M65 | 1941 | 0:28:45 0:31:23 |
| 196 | 174 | STEVENS JOHN | *Arzachena | 1:00:07 | 1:00:25 | 19 | M55 | 1952 | 0:29:52 0:30:15 |
| 197 | 439 | HOLSCHBACH THOMAS | djk windeck e.v. | 1:00:29 | 1:00:30 | 32 | M45 | 1961 | 0:29:11 0:31:17 |
| 198 | 684 | Freytag Thibault | Victs Arieis | 1:00:39 | 1:00:53 | 20 | M30 | 1979 | 0:30:08 0:30:30 |
| 199 | 811 | Oldenburg Uwe | Trainingsinstitut Prof. Baum | 1:00:59 | 1:01:06 | 8 | M65 | 1941 | 0:30:03 0:30:55 |
| 200 | 110 | KEMMLER WOLFGANG | *Bonn | 1:01:02 | 1:01:41 | 15 | M50 | 1957 | 0:30:54 0:30:07 |
| 201 | 447 | HENSEL TINO | LG ASV DSHS Koeln | 1:02:46 | 1:02:46 | 3 | MSchA | 1994 | 0:21:27 0:41:19 |
| 202 | 457 | BEUSLEIN HORST | Laufgruppe Frosch | 1:02:48 | 1:02:57 | 9 | M65 | 1943 | 0:30:24 0:32:24 |
| 203 | 344 | MAMEROW DETLEF | *Koeln | 1:02:16 | 1:03:00 | 20 | M55 | 1953 | 0:30:56 0:31:20 |
| 204 | 335 | LUECKERATH WALTER | *Bad Muenstereifel | 1:02:36 | 1:03:23 | 4 | M60 | 1949 | 0:31:32 0:31:04 |
| 205 | 155 | FAUCK REINER | *Pulheim | 1:02:50 | 1:03:33 | 16 | M50 | 1956 | 0:30:38 0:32:12 |
| 206 | 227 | GOEBEL WILLI | *Neunkirchen-Seelscheid | 1:03:15 | 1:03:40 | 33 | M45 | 1961 | 0:30:40 0:32:35 |
| 207 | 280 | BISCHOFF ULRICH | DJK Suedwest | 1:03:17 | 1:03:51 | 23 | MHK | 1985 | 0:33:43 0:29:33 |
| 208 | 407 | JOHANN BERND | BSG RaBaz e.V. | 1:03:18 | 1:03:56 | 41 | M40 | 1967 | 0:31:46 0:31:31 |
| 209 | 402 | HOELZENBEIN ALFONS | BSG RaBaz e.V. | 1:03:17 | 1:03:56 | 21 | M55 | 1954 | 0:31:45 0:31:31 |
| 210 | 574 | LENNARTZ SEBASTIAN | *Koeln | 1:04:33 | 1:04:54 | 4 | MSchA | 1994 | 0:31:10 0:33:23 |
| 211 | 199 | STRESAU MARCUS | *Koeln | 1:04:20 | 1:04:55 | 42 | M40 | 1969 | 0:31:56 0:32:24 |
| 212 | 279 | GASPER MICHAEL | DJK Suedwest | 1:04:26 | 1:05:00 | 5 | MSchA | 1994 | 0:33:44 0:30:41 |
| 213 | 433 | THIEMICKE CHRISTIAN | *Huerth | 1:05:24 | 1:05:56 | 24 | MHK | 1980 | 0:33:59 0:31:24 |
| 214 | 649 | Schwaderlapp Dr. Dominik | Erzbistum Köln | 1:05:48 | 1:06:16 | 43 | M40 | 1967 | 0:33:04 0:32:43 |
| 215 | 672 | Wirtz Rolf C. | Tandem | 1:06:01 | 1:06:26 | 34 | M45 | 1964 | 0:33:05 0:32:56 |
| 216 | 451 | MUELLER DIRK | KSK Frechen Gut. | 1:05:42 | 1:06:28 | 25 | MHK | 1989 | 0:29:37 0:36:04 |
| 217 | 301 | ODABASI HALIL | *Koeln | 1:05:42 | 1:06:33 | 21 | M30 | 1979 | 0:31:33 0:34:08 |
| 217 | 302 | RICHTER CHRISTIAN | *Koeln | 1:05:42 | 1:06:33 | 26 | MHK | 1982 | 0:31:33 0:34:08 |
| 219 | 68 | KIRK UWE | *Frechen | 1:06:21 | 1:06:52 | 10 | M65 | 1942 | 0:32:26 0:33:54 |
| 220 | 291 | SINGER-SCHWARZ UWE | skm.koeln | 1:07:15 | 1:07:38 | 35 | M45 | 1963 | 0:32:18 0:34:57 |
| 221 | 348 | GUETERSLOH ANDREAS | SKM Koeln | 1:07:15 | 1:07:38 | 36 | M45 | 1963 | 0:32:18 0:34:57 |
| 222 | 243 | BECKER NORBERT J. | Sportteufelchen e.V. | 1:07:27 | 1:07:48 | 37 | M45 | 1961 | 0:31:31 0:35:56 |
| 223 | 153 | MUENCH MICHAEL | *Koeln | 1:07:07 | 1:07:49 | 30 | M35 | 1970 | 0:32:52 0:34:14 |
| 224 | 202 | MEIER LUTZ-DETLEF | TSV Bayer 04 Leverkusen | 1:08:04 | 1:08:06 | 17 | M50 | 1959 | 0:33:31 0:34:33 |
| 225 | 668 | Samoray Hester | *Köln | 1:08:24 | 1:09:08 | 27 | MHK | 1984 | 0:33:32 0:34:51 |
| 225 | 669 | Balzer Frank | *Köln | 1:08:24 | 1:09:08 | 22 | M55 | 1954 | 0:33:32 0:34:51 |
| 227 | 502 | BERGER ROLAND | Dauerlaufschule | 1:09:15 | 1:09:24 | 23 | M55 | 1952 | 0:33:20 0:35:54 |
| 228 | 440 | BACH WERNER | djk windeck e.v. | 1:09:35 | 1:09:37 | 24 | M55 | 1951 | 0:32:59 0:36:36 |
| 229 | 508 | SEIDEL JUERGEN | *Koeln | 1:10:01 | 1:10:12 | 38 | M45 | 1960 | 0:34:04 0:35:57 |
| 230 | 814 | Weißelberg Willi | Pro Dr Baum | 1:10:29 | 1:11:01 | 11 | M65 | 1940 | 0:33:56 0:36:33 |
| 231 | 296 | HUPERTZ JOERG | KTC Weidenpescher Park | 1:13:04 | 1:13:27 | 31 | M35 | 1973 | 0:36:07 0:36:57 |
| 232 | 15 | SCHMIDT JOERG | Bayer MaterialScience | 1:13:39 | 1:14:30 | 44 | M40 | 1968 | 0:34:48 0:38:50 |
| 233 | 106 | IGELMUND MARKUS | *Koeln | 1:19:50 | 1:20:18 | 32 | M35 | 1971 | 0:38:42 0:41:08 |
| 234 | 546 | RADEMACHER ELMAR | *Koeln | 1:19:51 | 1:20:18 | 18 | M50 | 1955 | 0:38:43 0:41:08 |
| 235 | 206 | SAERBECK MARC | *Duesseldorf | 0:26:13 | 0:26:38 | 22 | M30 | 1976 | 0:26:13 0:00:00 |
| 236 | 87 | HENTRICH ERICH | *Koeln | 0:27:56 | 0:28:22 | 19 | M50 | 1955 | 0:27:56 0:00:00 |
| 237 | 630 | GOERBIG JOACHIM | *Frechen | 0:28:27 | 0:28:45 | 20 | M50 | 1958 | 0:28:27 0:00:00 |
| 238 | 346 | GRAETER KURT | BLACKFOOT COLOGNE | 0:31:37 | 0:32:04 | 5 | M60 | 1948 | 0:31:37 0:00:00 |
| 239 | 807 | Bergemann Philipp | KSK Frechen GUT | 0:32:37 | 0:33:24 | 23 | M30 | 1977 | 0:32:37 0:00:00 |

10 km - Gesamtwertung

1. Kölner Stadionlauf - 14. Juni 2009

Frauen

| Platz | Startnr | Name | Verein/*Ort | Netto | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|----------------------|--------------------------------|---------|---------|-------|-----|------|-----------------|
| 1 | 658 | Schrulle Mareike | Domstadtläufer | 0:38:54 | 0:38:55 | 1 | WHK | 1989 | 0:19:37 0:19:17 |
| 2 | 636 | SCHMITZ-ELVENICH ANK | TC Rondorf | 0:42:58 | 0:43:03 | 1 | W35 | 1971 | 0:21:17 0:21:40 |
| 3 | 159 | SINA PANITZ | *Aachen | 0:46:35 | 0:46:41 | 2 | WHK | 1988 | 0:23:11 0:23:24 |
| 4 | 501 | HERZBERG BAERBEL | Kölner Ausdauer-und Laufschule | 0:48:30 | 0:48:37 | 1 | W40 | 1967 | 0:24:03 0:24:27 |
| 5 | 545 | DUESMANN GABI | Kölner Ausdauer-und Laufschule | 0:49:18 | 0:49:24 | 2 | W40 | 1966 | 0:24:03 0:25:14 |
| 6 | 160 | KUIPPERS GINA | *Aachen | 0:50:58 | 0:51:03 | 3 | WHK | 1987 | 0:24:06 0:26:51 |
| 7 | 221 | PFEIL NINA | *Ransbach-Baumbach | 0:51:37 | 0:51:46 | 2 | W35 | 1973 | 0:25:17 0:26:19 |
| 8 | 2 | BAGINSKI ALICE | Prof.Dr.Baum Institut | 0:52:35 | 0:52:44 | 1 | W50 | 1956 | 0:25:38 0:26:57 |
| 9 | 253 | KLEIN CHRISTINA | *Bonn | 0:53:08 | 0:53:28 | 4 | WHK | 1980 | 0:27:30 0:25:37 |
| 10 | 551 | SELENT MICHAELA | TEAM BIMi | 0:54:30 | 0:54:56 | 1 | W45 | 1964 | 0:27:21 0:27:09 |
| 11 | 550 | BERAN BIRGIT | Team BiMi | 0:54:30 | 0:54:56 | 3 | W40 | 1968 | 0:27:20 0:27:09 |
| 12 | 599 | SCHROEN SABINE | *Koeln | 0:54:52 | 0:55:00 | 5 | WHK | 1984 | 0:26:44 0:28:08 |
| 13 | 844 | Borgel Silvia | *Köln | 0:54:53 | 0:55:16 | 3 | W35 | 1973 | 0:27:10 0:27:43 |
| 14 | 282 | DUY JEANNETTE | Marathonpauer Koeln | 0:55:11 | 0:55:29 | 1 | W30 | 1977 | 0:27:32 0:27:39 |
| 15 | 651 | Greiwe Nadine | HW:Events | 0:55:27 | 0:55:30 | 2 | W30 | 1976 | 0:26:31 0:28:55 |
| 16 | 292 | ROSENBAUM JULIA | *Koeln | 0:55:35 | 0:55:39 | 2 | W50 | 1958 | 0:26:50 0:28:44 |
| 17 | 252 | ARNS BARBARA | *Koeln | 0:55:44 | 0:56:04 | 6 | WHK | 1982 | 0:27:58 0:27:46 |
| 18 | 531 | KURSCILDGEN MELAN | Kölner Ausdauer-und Laufschule | 0:56:01 | 0:56:08 | 3 | W30 | 1976 | 0:28:17 0:27:44 |
| 19 | 123 | MAUSER EVELYN | *Koeln | 0:55:48 | 0:56:09 | 4 | W40 | 1968 | 0:28:29 0:27:19 |
| 20 | 105 | DEL TIN ALESSANDRA | *Cologne | 0:56:15 | 0:56:19 | 4 | W30 | 1977 | 0:27:37 0:28:38 |
| 21 | 177 | REHBERG CLAIRE | *Koeln | 0:55:43 | 0:56:21 | 7 | WHK | 1982 | 0:30:44 0:24:59 |
| 22 | 312 | KOENEN ISABEL | *Koeln | 0:56:16 | 0:56:26 | 5 | W40 | 1969 | 0:27:52 0:28:24 |
| 23 | 6 | BARDTKE HEIKE | *dannau | 0:56:17 | 0:56:29 | 2 | W45 | 1960 | 0:27:37 0:28:40 |
| 24 | 544 | NITSCHKE KERSTIN | 42tausend / NAO Group | 0:55:56 | 0:56:29 | 4 | W35 | 1974 | 0:28:45 0:27:10 |
| 25 | 244 | SCHMIDT ALIDA | ESV-Gremberghoven | 0:56:26 | 0:56:36 | 8 | WHK | 1981 | 0:27:21 0:29:05 |
| 26 | 230 | BAGUSCHE JOHANNA | *Frechen | 0:56:16 | 0:56:38 | 3 | W45 | 1961 | 0:27:27 0:28:49 |
| 27 | 855 | Abraham Cornell | *Köln | 0:56:46 | 0:57:01 | 5 | W30 | 1979 | 0:26:55 0:29:50 |
| 28 | 851 | Wegener Elisabeth | | 0:56:41 | 0:57:07 | 1 | W55 | 1950 | 0:27:46 0:28:54 |
| 29 | 479 | RUEGGERBERG ESTHER | *Koeln | 0:57:19 | 0:57:22 | 9 | WHK | 1984 | 0:26:50 0:30:28 |
| 30 | 316 | MUENZEL ANDREA | Kölner Ausdauer-und Laufschule | 0:57:24 | 0:57:30 | 6 | W40 | 1967 | 0:28:17 0:29:06 |
| 31 | 810 | Demant Luisa | *Köln | 0:57:55 | 0:58:12 | 10 | WHK | 1985 | 0:28:49 0:29:06 |
| 32 | 129 | REMSHAGEN DORIS | *Overath | 0:58:18 | 0:58:37 | 7 | W40 | 1967 | 0:28:54 0:29:23 |
| 33 | 130 | LEJEUNE BIRGIT | *Roesrath | 0:58:19 | 0:58:38 | 3 | W50 | 1957 | 0:29:06 0:29:12 |
| 34 | 128 | SIEBERTZ MIRIAM | *Roesrath | 0:58:18 | 0:58:38 | 5 | W35 | 1970 | 0:29:06 0:29:12 |
| 35 | 133 | WEGERICH JEANNETTE | CRUX Koeln | 0:58:28 | 0:58:45 | 11 | WHK | 1985 | 0:28:36 0:29:51 |
| 36 | 520 | REHSE MARTINA | *Huerth | 0:58:27 | 0:58:48 | 8 | W40 | 1965 | 0:29:05 0:29:21 |
| 37 | 55 | KREUZER SVENJA | Kath. Jugendwerke Köln / JMD | 0:58:41 | 0:58:54 | 12 | WHK | 1982 | 0:30:02 0:28:38 |
| 38 | 645 | LINDE MELANIE | *Gevelsberg | 0:58:36 | 0:59:03 | 6 | W35 | 1972 | 0:29:26 0:29:10 |
| 39 | 518 | OTTEN BRITTA | SC Huerth | 0:58:43 | 0:59:04 | 9 | W40 | 1966 | 0:29:06 0:29:37 |
| 40 | 683 | Freytag Stefanie | Victs Arietis | 0:59:03 | 0:59:17 | 6 | W30 | 1979 | 0:30:09 0:28:54 |
| 41 | 318 | WITT JULIA | Staeck Turtles | 0:58:54 | 0:59:23 | 13 | WHK | 1981 | 0:29:30 0:29:24 |
| 42 | 349 | KLEIN KATHI | SKM Koeln | 0:59:14 | 0:59:36 | 4 | W45 | 1963 | 0:29:18 0:29:55 |
| 43 | 323 | SCHAEFER HENRIKE | *Koeln | 0:59:44 | 0:59:59 | 7 | W35 | 1970 | 0:30:54 0:28:49 |
| 44 | 605 | LEYKAUF SASKIA | *Koeln | 0:59:54 | 1:00:12 | 7 | W30 | 1979 | 0:29:49 0:30:05 |
| 45 | 831 | Reimann Ursula | Die Optimisten | 1:00:20 | 1:00:33 | 5 | W45 | 1961 | 0:29:23 0:30:57 |
| 46 | 173 | CHIDUCH ALEXANDRA | *Koeln | 1:00:28 | 1:00:46 | 8 | W35 | 1973 | 0:29:52 0:30:36 |
| 47 | 517 | VOIGT NICOLE | 42tausend NAO | 1:00:13 | 1:00:47 | 9 | W35 | 1974 | 0:29:00 0:31:13 |
| 48 | 593 | ENGELHARDT CHRISTINA | Laufmonster | 1:00:55 | 1:01:43 | 10 | W35 | 1971 | 0:30:35 0:30:20 |
| 49 | 608 | BREUTIGAM KATJA | ESV Gremberghoven | 1:01:12 | 1:01:52 | 8 | W30 | 1979 | 0:30:39 0:30:32 |
| 50 | 24 | ROHR SWANTJE | *Neuss | 1:01:28 | 1:01:52 | 10 | W40 | 1966 | 0:31:19 0:30:08 |
| 51 | 17 | SCHERWASS DR ANJA | LT Duesseldorf | 1:01:29 | 1:01:52 | 11 | W40 | 1966 | 0:31:20 0:30:09 |
| 52 | 66 | ROGG KRISTINA | *Koeln | 1:01:53 | 1:02:10 | 14 | WHK | 1982 | 0:31:02 0:30:51 |
| 53 | 65 | DECH VANESSA | *Koeln | 1:01:53 | 1:02:10 | 9 | W30 | 1978 | 0:31:02 0:30:51 |
| 54 | 603 | MORAWE ELLEN | *Koeln | 1:02:06 | 1:02:14 | 6 | W45 | 1963 | 0:30:11 0:31:54 |
| 55 | 365 | HAYN CARINA | *Bergheim | 1:02:03 | 1:02:24 | 12 | W40 | 1969 | 0:30:31 0:31:32 |
| 56 | 317 | RHEIN ELISABETH | *Koeln | 1:02:38 | 1:02:47 | 13 | W40 | 1966 | 0:29:33 0:33:04 |
| 57 | 269 | BENSBERG RENATE | Laufgruppe Frosch | 1:02:49 | 1:02:58 | 4 | W50 | 1957 | 0:30:24 0:32:25 |
| 58 | 476 | HAENEL-HENSEL MONIK | ASV Koeln | 1:02:22 | 1:02:59 | 7 | W45 | 1962 | 0:29:50 0:32:31 |
| 59 | 223 | BRUNST MONIKA | *Koeln | 1:02:51 | 1:03:01 | 8 | W45 | 1960 | 0:30:23 0:32:27 |
| 60 | 121 | WINTERS HILDEGARD | *Frechen | 1:02:43 | 1:03:04 | 5 | W50 | 1959 | 0:31:28 0:31:14 |
| 61 | 195 | STANGE BARBARA | *Huerth | 1:02:58 | 1:03:21 | 9 | W45 | 1963 | 0:30:54 0:32:04 |
| 62 | 358 | PASCHKE BIRGITT | ESV Gremberghoven | 1:02:54 | 1:03:34 | 14 | W40 | 1967 | 0:30:39 0:32:15 |

10 km - Gesamtwertung

1. Kölner Stadionlauf - 14. Juni 2009

Frauen

| Platz | Startnr | Name | Verein/*Ort | Netto | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|---------------------|------------------------------|---------|---------|-------|-------|------|-----------------|
| 63 | 196 | THIEMANN KERSTIN | *Koeln | 1:03:02 | 1:03:40 | 10 | W30 | 1979 | 0:30:44 0:32:17 |
| 63 | 226 | GOEBEL IRENE | TSV Much | 1:03:14 | 1:03:40 | 6 | W50 | 1959 | 0:30:39 0:32:35 |
| 65 | 494 | TATJE LINDA | *Bingen | 1:03:15 | 1:03:40 | 15 | WHK | 1986 | 0:31:36 0:31:39 |
| 66 | 496 | GEMMEL CATHERIN | *Bingen | 1:03:17 | 1:03:41 | 16 | WHK | 1987 | 0:31:35 0:31:41 |
| 67 | 198 | STRESAU-HEYDEMANN N | *Koeln | 1:04:20 | 1:04:55 | 15 | W40 | 1967 | 0:31:55 0:32:24 |
| 68 | 646 | WEUNOWSKI ANJA | *Koeln | 1:05:06 | 1:05:12 | 11 | W35 | 1970 | 0:31:01 0:34:05 |
| 69 | 534 | KNAUF HANNAH | Crux Koeln | 1:04:53 | 1:05:12 | 1 | WSchA | 1994 | 0:32:33 0:32:19 |
| 70 | 91 | RUHNKE VERA | Bewegungsfelder.de | 1:05:13 | 1:05:42 | 10 | W45 | 1961 | 0:32:20 0:32:52 |
| 71 | 60 | BAUR BARBARA | *Koeln | 1:05:40 | 1:06:01 | 2 | W55 | 1954 | 0:30:55 0:34:45 |
| 72 | 824 | Otto Monika | VfL Hillesheim | 1:06:01 | 1:06:37 | 11 | W45 | 1964 | 0:32:27 0:33:34 |
| 73 | 600 | PETERS BIRGITTA | *Koeln | 1:06:32 | 1:06:39 | 7 | W50 | 1959 | 0:31:48 0:34:43 |
| 74 | 38 | POELL GISELA | *Koeln | 1:06:31 | 1:06:40 | 1 | W60 | 1946 | 0:31:58 0:34:32 |
| 75 | 281 | GASPER MIRIAM | DJK Suedwest | 1:06:33 | 1:07:06 | 17 | WHK | 1985 | 0:33:44 0:32:48 |
| 76 | 427 | GATTING ASTRID | Impuls-Lauftreff Kerpen | 1:06:41 | 1:07:17 | 8 | W50 | 1958 | 0:32:59 0:33:42 |
| 77 | 429 | LATZ BIANCA | Impuls-Lauftreff Kerpen | 1:06:41 | 1:07:18 | 16 | W40 | 1968 | 0:32:58 0:33:42 |
| 78 | 535 | BARCHE DENISE | Crux Koeln | 1:07:29 | 1:07:49 | 18 | WHK | 1981 | 0:33:12 0:34:17 |
| 79 | 263 | HEISER SILKE | Kath. Jugendwerke Köln / JMD | 1:07:46 | 1:08:00 | 19 | WHK | 1980 | 0:32:53 0:34:53 |
| 80 | 58 | KRISTIN KLINK | Kath. Jugendwerke Köln / JMD | 1:07:47 | 1:08:01 | 20 | WHK | 1982 | 0:32:53 0:34:54 |
| 81 | 650 | JUERGL HEIKE | *Koeln | 1:08:31 | 1:08:36 | 3 | W55 | 1951 | 0:32:49 0:35:41 |
| 82 | 412 | BROEDER SONJA | *Koeln | 1:08:33 | 1:09:01 | 21 | WHK | 1980 | 0:32:23 0:36:09 |
| 83 | 37 | SCHMITZ-VERHNJAK SY | TEAM RAFA | 1:08:17 | 1:09:03 | 4 | W55 | 1951 | 0:34:33 0:33:43 |
| 84 | 75 | PITRO-RIEDEL ALICE | *Pulheim | 1:08:59 | 1:09:06 | 22 | WHK | 1985 | 0:32:13 0:36:46 |
| 85 | 401 | JAKOB LAURA | *Koeln | 1:08:45 | 1:09:18 | 1 | WJA | 1990 | 0:33:54 0:34:51 |
| 86 | 400 | ASSEMACHER ANNA | *Bornheim | 1:08:52 | 1:09:25 | 2 | WJA | 1990 | 0:33:54 0:34:58 |
| 87 | 539 | LEMMER SABINE | *Koeln | 1:09:06 | 1:09:27 | 12 | W45 | 1962 | 0:34:01 0:35:04 |
| 88 | 97 | SIEBEN ANDREA | *Koeln | 1:09:23 | 1:09:42 | 12 | W35 | 1972 | 0:34:11 0:35:12 |
| 89 | 509 | SEIDEL INGA | *Koeln | 1:10:02 | 1:10:12 | 3 | WJA | 1991 | 0:34:04 0:35:58 |
| 90 | 410 | SCHROWANGE-MERCIE | *Koeln | 1:10:14 | 1:10:20 | 13 | W35 | 1973 | 0:31:54 0:38:20 |
| 91 | 536 | NIETO ALICIA | Crux Koeln | 1:10:31 | 1:10:50 | 11 | W30 | 1976 | 0:33:12 0:37:18 |
| 91 | 849 | Vonderhagen Ute | *Bergisch Gladbach | 1:10:10 | 1:10:50 | 9 | W50 | 1958 | 0:31:56 0:38:13 |
| 93 | 815 | Voepel Gerlinde | *Köln | 1:10:29 | 1:11:00 | 1 | W65 | 1943 | 0:33:57 0:36:32 |
| 94 | 677 | Riese Petra | *Kerpen | 1:11:06 | 1:11:35 | 14 | W35 | 1974 | 0:35:16 0:35:49 |
| 95 | 604 | SCHAEFER ANDREA | *Koeln | 1:11:49 | 1:11:57 | 17 | W40 | 1969 | 0:34:58 0:36:51 |
| 96 | 676 | Sandt Daniela | *Kerpen | 1:11:42 | 1:12:12 | 12 | W30 | 1976 | 0:35:16 0:36:26 |
| 97 | 157 | LOTZ DORIS | *Bergheim | 1:12:56 | 1:13:23 | 18 | W40 | 1969 | 0:36:58 0:35:58 |
| 98 | 325 | ROEHRIG SABINE | *Huerth | 1:12:49 | 1:13:25 | 19 | W40 | 1969 | 0:37:09 0:35:39 |
| 99 | 297 | LULIC LARISSA | KTC Weidenpescher Park | 1:13:04 | 1:13:27 | 13 | W30 | 1977 | 0:36:06 0:36:57 |
| 100 | 324 | HEMMERSBACH PETRA | *Huerth | 1:12:53 | 1:13:29 | 15 | W35 | 1971 | 0:37:09 0:35:43 |
| 101 | 337 | MERZ JULIA | *Koeln | 1:18:57 | 1:19:39 | 1 | WSchB | 1996 | 0:38:28 0:40:29 |
| 102 | 334 | HOLZHUETER SOPHIE | *Koeln | 1:20:42 | 1:21:23 | 1 | WJB | 1993 | 0:38:28 0:42:13 |
| 103 | 579 | FASSBENDER URSULA | *Koeln | 1:22:47 | 1:22:53 | 10 | W50 | 1955 | 0:40:15 0:42:31 |
| 104 | 158 | LOTZ VERENA | HC-Aussem | 0:32:13 | 0:32:39 | 2 | WSchA | 1995 | 0:32:13 0:00:00 |
| 105 | 209 | SAERBECK BRITTA | *Frechen | 0:35:51 | 0:36:26 | 14 | W30 | 1975 | 0:35:51 0:00:00 |
| 106 | 686 | Roeder Margit | *Erfststadt | 0:35:56 | 0:36:29 | 13 | W45 | 1961 | 0:35:56 0:00:00 |