

3. Bärenkopplauf

Ergebnisliste AK Bärenkopplauf

Bärenkopplauf

| Platz | StNr | Name | Jahrg. | m/w | Verein | Zeit |
|-----------------|------|---------------------------|--------|-----|---------------------------------|---------|
| Frauen | | | | | | |
| 1. | 174 | Laura Isaak | 1995 | w | | 1:06:42 |
| 2. | 177 | Katrin Liebig | 1995 | w | BSG Evonik Rheinland | 1:22:44 |
| 3. | 246 | Hannah Verfürth | 1996 | w | | 1:25:13 |
| 4. | 253 | Sabrina Jehsert | 1995 | w | BSG Evonik Rheinland | 2:13:01 |
| Seniorinnen W30 | | | | | | |
| 1. | 31 | Joanna Tallmann | 1991 | w | Selbstläufer Altenahr | 0:54:20 |
| 2. | 33 | Franziska Schneider | 1991 | w | VfL Waldbreitbach | 0:57:44 |
| 3. | 88 | Clarissa Gilles | 1992 | w | TV Eitelborn | 1:01:37 |
| 4. | 38 | Mona Bäsch | 1992 | w | | 1:04:09 |
| 5. | 193 | Mary-Ann Hübinger | 1990 | w | | 1:07:04 |
| 6. | 127 | Sissy Drehmann | 1989 | w | TV Rennerod | 1:11:05 |
| 7. | 181 | Luisa Beckmann | 1989 | w | LT Siebengebirge | 1:11:33 |
| 8. | 179 | Caroline Pokarowski | 1993 | w | | 1:14:58 |
| 9. | 276 | Laura Hansen | 1989 | w | | 1:17:47 |
| 10. | 241 | Anke Kasch | 1991 | w | TC Metternich | 1:21:43 |
| 11. | 254 | Nina Jungen | 1990 | w | | 1:25:45 |
| 12. | 227 | Daniela Bogun | 1991 | w | Leider steil! | 1:28:17 |
| Seniorinnen W35 | | | | | | |
| 1. | 30 | Adele Blaise-Sohnius | 1985 | w | LAZ Rhein-Sieg | 0:51:16 |
| 2. | 34 | Hang An | 1988 | w | Monsterbabies China | 1:05:37 |
| 3. | 270 | Michelle Dohmann-Matthias | 1984 | w | Selbstläufer Altenahr | 1:06:15 |
| 4. | 200 | Rebekka Mohrmann | 1988 | w | | 1:08:00 |
| 5. | 150 | Laura Schmitt | 1986 | w | Selbstläufer Altenahr | 1:09:08 |
| 6. | 210 | Anne Bürder | 1987 | w | LT Siebengebirge | 1:14:26 |
| 7. | 175 | Silke Lichteblau | 1988 | w | BSG Evonik Rheinland | 1:17:25 |
| 8. | 104 | Stephanie Droste | 1987 | w | Koewis | 1:22:08 |
| 9. | 128 | Marina Moldenhauer | 1986 | w | Laufbrigade Oberberg | 1:24:41 |
| 10. | 242 | Josefina Kuch | 1987 | w | TV Ehrenbreitstein / Fit to Run | 1:26:47 |
| 11. | 232 | Miriam Lübbert | 1988 | w | Leider steil! | 1:28:18 |
| Seniorinnen W40 | | | | | | |
| 1. | 124 | Jennifer Weber | 1983 | w | Meddys LWT Koblenz | 1:01:14 |
| 2. | 32 | Gina Purschke | 1982 | w | Selbstläufer Altenahr | 1:02:17 |
| 3. | 172 | Rebecca Hachenberg | 1982 | w | Leider steil! | 1:18:52 |
| 4. | 219 | Alex Weinberg | 1980 | w | Team beVegt.de | 1:20:28 |
| 5. | 173 | Andrea Höfs | 1979 | w | SSK Kerpen | 1:26:45 |
| Seniorinnen W45 | | | | | | |
| 1. | 91 | Silvia Heift | 1978 | w | LT Venusberg | 1:06:05 |
| 2. | 160 | Ruth Klasen | 1975 | w | | 1:11:17 |
| 3. | 163 | Paulina Sewerynik | 1974 | w | Laufen wie Wilde | 1:22:04 |
| 4. | 228 | Claudia Borman | 1975 | w | Leider steil! | 1:28:18 |
| 4. | 231 | Sylvia Hachenberg | 1977 | w | Leider steil! | 1:28:18 |
| Seniorinnen W50 | | | | | | |
| 1. | 35 | Thurid Buch | 1971 | w | LT Venusberg | 0:58:16 |
| 2. | 37 | Astéria Wagner | 1973 | w | LT Venusberg | 0:59:43 |
| 3. | 36 | Caterina Schneider | 1971 | w | LT Venusberg | 1:01:16 |
| 4. | 94 | Monika Kracke | 1973 | w | SV Urmitz | 1:08:23 |

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| Platz | StNr | Name | Jahrg. | m/w | Verein | Zeit |
|-------|------|---------------|--------|-----|-------------------------|---------|
| 5. | 95 | Urike Krieg | 1972 | w | LT Venusberg | 1:08:48 |
| 6. | 195 | Annette Klick | 1972 | w | Team Laufcampus | 1:20:50 |
| 7. | 247 | Petra Wolff | 1970 | w | Running Team Grafenberg | 1:21:47 |
| 8. | 225 | Nicole Rein | 1970 | w | | 1:29:51 |

Seniorinnen W55

| | | | | | | |
|-----|-----|----------------------|------|---|---------------------------|---------|
| 1. | 92 | Sabine Hundrieser | 1967 | w | LT Siebengebirge | 1:04:59 |
| 2. | 90 | Petra Gürtke | 1968 | w | Stahlhofen | 1:05:33 |
| 3. | 143 | Jutta Hoffmann | 1968 | w | Münz Lauftreff Westerwald | 1:10:09 |
| 4. | 183 | Heike Born | 1967 | w | LG Laacher See | 1:14:55 |
| 5. | 215 | Hilde Roth | 1964 | w | Mirko's Running Team | 1:22:58 |
| 6. | 211 | Silvia Friedenberger | 1968 | w | LT Siebengebirge | 1:24:57 |
| 7. | 229 | Manuela Deutscher | 1964 | w | Running Team Grafenberg | 1:27:12 |
| 8. | 234 | Martina Wohde | 1967 | w | TV Ransbach | 1:28:01 |
| 9. | 220 | Andrea Weitemeier | 1968 | w | Troisdorfer LG M.U.T. | 1:28:18 |
| 10. | 260 | Swetlana Schmidt | 1965 | w | Sportfreunde Puderbach | 1:46:15 |
| 11. | 258 | Sabine Mühl | 1964 | w | BSG Evonik Rheinland | 2:13:02 |
| 12. | 249 | Monika Dyrks | 1966 | w | BSG Evonik Rheinland | 2:13:03 |

Seniorinnen W60

| | | | | | | |
|----|-----|------------------|------|---|-----------------------|---------|
| 1. | 39 | Uta Peiler | 1960 | w | LT Venusberg | 1:06:47 |
| 2. | 186 | Karin Eisch | 1962 | w | LT Unkel-Scheuren | 1:18:05 |
| 3. | 222 | Ilona Krupp | 1962 | w | Uni Bonn | 1:18:59 |
| 4. | 214 | Christiana Lange | 1960 | w | Troisdorfer LG M.U.T. | 1:21:07 |
| 5. | 269 | Ines Schödder | 1963 | w | Siebengebirgs-Drachen | 1:25:46 |
| 6. | 238 | Dorothea Groß | 1959 | w | Mirko's Running Team | 1:29:14 |
| 7. | 255 | Anna Kostin | 1960 | w | Sportfreude Puderbach | 1:49:21 |

Seniorinnen W65

| | | | | | | |
|----|-----|-------------------------|------|---|----------------|---------|
| 1. | 154 | Irene Bendhiba | 1956 | w | SG Bockenberg | 1:18:16 |
| 2. | 230 | Ursula Eisenhauer-Horst | 1955 | w | SV Hundsgangen | 1:19:51 |
| 3. | 185 | Martina Droste | 1958 | w | Koewis | 1:49:01 |

männliche Jugend U18

| | | | | | | |
|----|-----|----------------|------|---|------------------|---------|
| 1. | 145 | Leopold Klauck | 2006 | m | Radsport Reuter | 1:17:38 |
| 2. | 223 | Noah Ladwig | 2006 | m | Ursa-Chemie GmbH | 1:26:35 |

männliche Jugend U20

| | | | | | | |
|----|-----|----------------|------|---|---------------|---------|
| 1. | 19 | Denni Neumann | 2005 | m | LG Rhein-Wied | 0:50:36 |
| 2. | 41 | Moritz von Kuk | 2005 | m | LT DSHS Köln | 0:57:59 |
| 3. | 169 | Nils Clemens | 2004 | m | LG Rhein-Wied | 1:00:23 |

Männer

| | | | | | | |
|-----|-----|--------------------|------|---|---------------------------|---------|
| 1. | 1 | Simon Bong | 1997 | m | Brühler TV 1879 | 0:45:52 |
| 2. | 12 | Thomas Schneider | 1994 | m | VfL Waldbreitbach | 0:49:10 |
| 3. | 47 | Ruven Herres | 1996 | m | | 0:55:54 |
| 4. | 267 | Julius Ulrich | 1998 | m | SSG Königswinter | 0:56:23 |
| 5. | 44 | Dennis Bergen | 1997 | m | | 0:57:00 |
| 6. | 74 | Sebastian Wolf | 1994 | m | TV Eitelborn | 0:57:13 |
| 7. | 59 | Lucas Hehl | 1994 | m | | 0:58:09 |
| 8. | 75 | Daniel Baumgärtner | 2002 | m | Münz Lauftreff Westerwald | 1:00:04 |
| 9. | 83 | David Arps | 1995 | m | Bier, Bikes & Nussecken | 1:07:48 |
| 10. | 115 | Lars Reckenthäler | 1994 | m | | 1:09:01 |

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|---------------------|------|----------------------|--------|-----|--------------------------|---------|
| 11. | 85 | Jannik Birnbach | 1999 | m | Leider steil! | 1:10:01 |
| 12. | 191 | Mattis Heiligers | 2003 | m | | 1:17:38 |
| 13. | 121 | Konstantin Shynkaruk | 1994 | m | | 1:17:47 |
| 14. | 107 | Christian Görgens | 1995 | m | | 1:21:34 |
| Senioren M30 | | | | | | |
| 1. | 3 | Fabian Jenne | 1990 | m | SG Wenden | 0:43:07 |
| 2. | 7 | Manuel Schröder | 1992 | m | Tribärs Sespenroth | 0:43:48 |
| 3. | 9 | Thierry van Riesen | 1990 | m | LG Rhein-Wied | 0:47:54 |
| 4. | 14 | Manuel Becker | 1991 | m | LG Rhein-Wied | 0:52:25 |
| 5. | 50 | Dominikus Leicht | 1989 | m | Team Exitus | 0:56:05 |
| 6. | 72 | Christian Tussing | 1989 | m | | 0:57:44 |
| 7. | 84 | Stefan Bertram | 1992 | m | Leider steil! | 0:58:29 |
| 8. | 43 | Fabian Becker | 1992 | m | | 1:00:11 |
| 9. | 212 | Thomas Hoppen | 1989 | m | | 1:05:12 |
| 10. | 113 | Michel Müller | 1992 | m | TTC Wirges | 1:05:19 |
| 11. | 108 | Fabian Heigel | 1992 | m | | 1:05:47 |
| 12. | 189 | Martin Funk | 1991 | m | | 1:05:54 |
| 13. | 273 | Philipp Heigel | 1990 | m | | 1:06:21 |
| 14. | 275 | Aljoscha Junk | 1989 | m | | 1:06:57 |
| 15. | 69 | Richard Knaub | 1991 | m | Selbstläufer Altenahr | 1:07:14 |
| 16. | 188 | Benjamin Essalnek | 1989 | m | | 1:19:47 |
| Senioren M35 | | | | | | |
| 1. | 11 | Robert Plath | 1988 | m | Team flott. e.V. | 0:53:36 |
| 2. | 53 | Marc Schmitz | 1986 | m | 7G runergy Laufteam | 0:55:28 |
| 3. | 54 | Matthias Stahl | 1984 | m | BASALTKÖPPE Tegi Runners | 0:56:31 |
| 4. | 58 | Benedikt Hamm | 1986 | m | Koblenz | 0:58:37 |
| 5. | 67 | Olli Gonzalez | 1986 | m | DLRG Vallendar | 0:59:48 |
| 6. | 18 | Christian Müller | 1984 | m | Team Bergziege | 1:01:15 |
| 7. | 65 | Manuel Andree | 1986 | m | | 1:01:33 |
| 8. | 138 | Thomas Fitzke | 1985 | m | | 1:03:20 |
| 9. | 77 | Tobias Cramer | 1985 | m | | 1:03:29 |
| 10. | 125 | Alexander Wolf | 1984 | m | TV Rennerod Run for Fun | 1:05:52 |
| 11. | 134 | David Bergen | 1984 | m | | 1:06:03 |
| 12. | 110 | Tim Kurtenbach | 1986 | m | | 1:07:19 |
| 13. | 89 | Stefan Glasmacher | 1987 | m | LT Siebengebirge | 1:09:37 |
| 14. | 168 | Andreas Birnbach | 1985 | m | Leider steil! | 1:15:47 |
| 15. | 161 | Christian Kleine | 1985 | m | LT Siebengebirge | 1:20:16 |
| 16. | 263 | Mark Wilken | 1986 | m | | 1:22:01 |
| 17. | 252 | Marian Fuchs | 1987 | m | Timber Sweet | 1:23:05 |
| 18. | 266 | Tobias Finger | 1984 | m | SC Hümmerich | 1:23:15 |
| 19. | 240 | Florian Hübinger | 1988 | m | | 1:26:06 |
| Senioren M40 | | | | | | |
| 1. | 5 | Stefan Marx | 1982 | m | LG Klottengasse | 0:51:46 |
| 2. | 46 | Jens Grohmann | 1980 | m | | 0:58:10 |
| 3. | 274 | Oliver Besold | 1983 | m | | 0:58:48 |
| 4. | 202 | Christian Reisdorf | 1982 | m | FFW Kirchspiel Anhausen | 0:59:11 |
| 5. | 81 | Florian Winkel | 1980 | m | | 0:59:52 |
| 6. | 99 | Eduard Bergen | 1983 | m | | 1:00:54 |

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|-------|------|--------------------------------|--------|-----|---------------------------|---------|
| 7. | 79 | Michael Kösters | 1980 | m | TTC Bad Hönningen | 1:03:12 |
| 8. | 117 | Micha Retterath | 1983 | m | monte mare Andernach | 1:03:44 |
| 9. | 102 | Frank Breuer | 1982 | m | Troisdorfer LG M.U.T. | 1:05:10 |
| 10. | 147 | Benedikt Jörg Schauberer-Stein | 1982 | m | | 1:06:02 |
| 11. | 265 | Martijn Luking | 1979 | m | | 1:06:14 |
| 12. | 78 | Sascha Faber | 1982 | m | münz Lauftreff Westerwald | 1:06:35 |
| 13. | 171 | Christian Hachenberg | 1981 | m | Leider steil! | 1:08:14 |
| 14. | 157 | Philipp Erlewein | 1980 | m | | 1:12:12 |
| 15. | 224 | Marco Lenzen | 1982 | m | Team Bergziege | 1:22:39 |
| 16. | 170 | Stefan Gawronski | 1982 | m | | 1:26:44 |
| 17. | 248 | Michael Becker | 1982 | m | LG Laacher See | 1:38:23 |

Senioren M45

| | | | | | | |
|-----|-----|------------------------------|------|---|---------------------------|---------|
| 1. | 13 | Daniel Weiser | 1976 | m | Team Sensemann 1000 | 0:50:42 |
| 2. | 71 | Marc Schütte | 1975 | m | 1. Kölner Laufstall | 1:02:57 |
| 3. | 66 | Arno Breitbach | 1978 | m | Team Bergziege | 1:03:03 |
| 4. | 144 | Ludger Höhns | 1976 | m | | 1:03:37 |
| 5. | 55 | Tommy Vogt | 1975 | m | TUS Rhens/Ehlscheid | 1:04:08 |
| 6. | 264 | Lars Wiegand | 1977 | m | Lauftreff Römerplatz | 1:06:26 |
| 7. | 146 | Marco Kurth | 1977 | m | | 1:06:40 |
| 8. | 96 | Dirk Schmidt | 1974 | m | Team Erdinger alkoholfrei | 1:08:07 |
| 9. | 68 | Sascha Kattner | 1974 | m | Triathlon-Team-Rhein-Nahe | 1:08:23 |
| 10. | 192 | Sascha Henk | 1977 | m | SV Windhagen | 1:08:35 |
| 11. | 271 | Martin Hörle | 1977 | m | Lauftreff Römerplatz | 1:10:20 |
| 12. | 207 | Alexander Wiskirchen | 1974 | m | LT Ennert | 1:11:13 |
| 13. | 203 | Oliver Ring | 1977 | m | | 1:12:16 |
| 14. | 148 | Daniel Schlecht | 1974 | m | 7Summits Trail Crew | 1:15:04 |
| 14. | 166 | Christian Warzecha | 1977 | m | | 1:15:04 |
| 16. | 272 | Alexander Retzlaff | 1977 | m | LG Ultralauf | 1:17:10 |
| 17. | 116 | Ingo Reintzsch | 1977 | m | Team Erdinger Activ Köln | 1:19:55 |
| 18. | 236 | Mirko Dreiser | 1974 | m | Mirko's Running Team | 1:23:36 |
| 19. | 187 | Stephan Esper | 1975 | m | | 1:24:48 |
| 20. | 237 | Marcel Gerlach | 1976 | m | | 1:26:05 |
| 21. | 259 | Michael Ringel | 1974 | m | LG Laacher See | 1:46:59 |
| 22. | 262 | Ricky (Besenläufer) Stiehler | 1978 | m | VfL Waldbreitbach | 1:49:02 |

Senioren M50

| | | | | | | |
|-----|-----|---------------------|------|---|-----------------------|---------|
| 1. | 2 | René Göldner | 1973 | m | LAZ Rhein-Sieg | 0:49:05 |
| 2. | 52 | Ingo Neumann | 1971 | m | LG Rhein-Wied | 0:53:42 |
| 3. | 42 | Arne von Schilling | 1972 | m | VfL Waldbreitbach | 0:54:09 |
| 4. | 48 | Alexander Ickenroth | 1969 | m | SRL Triathlon Koblenz | 0:54:12 |
| 5. | 49 | Uwe Klein | 1972 | m | LG Rhein-Wied | 0:59:01 |
| 6. | 70 | Nico Marchlewski | 1969 | m | LT Siebengebirge | 0:59:15 |
| 7. | 61 | Rolf Luck | 1969 | m | SRL Triathlon Koblenz | 1:00:16 |
| 8. | 64 | Armin Wroblewski | 1970 | m | LT Siebengebirge | 1:01:32 |
| 9. | 268 | Michael Rottmann | 1969 | m | MRRC München | 1:04:14 |
| 10. | 101 | Frank Breuch | 1971 | m | | 1:04:37 |
| 11. | 114 | Stefan Oelpenich | 1972 | m | LT Siebengebirge | 1:04:48 |
| 12. | 111 | Olli Michaelis | 1972 | m | Meddys LWT Koblenz | 1:05:18 |
| 13. | 86 | Sascha De Pasca | 1972 | m | BSG Evonik Rheinland | 1:05:20 |

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|-------|------|---------------------|--------|-----|----------------------------|---------|
| 14. | 140 | Björn Glüsing | 1969 | m | Radsport Reuter | 1:05:38 |
| 15. | 142 | Björn Heigel | 1972 | m | Radsport Reuter | 1:05:39 |
| 16. | 233 | Andreas Rappenhöner | 1972 | m | LONG WAY RUNNERS | 1:06:38 |
| 17. | 159 | Dirk Höller | 1969 | m | | 1:07:30 |
| 18. | 141 | Jens Hansen | 1970 | m | SSK Kerpen Triathlon | 1:07:58 |
| 19. | 105 | André Dybek | 1970 | m | Meddys LWT Koblenz | 1:09:27 |
| 20. | 153 | Andreas Wengenroth | 1970 | m | Münz Laufftreff Westerwald | 1:10:40 |
| 21. | 155 | Thomas Birnbach | 1971 | m | Leider steil! | 1:11:03 |
| 22. | 244 | Marco Meuer | 1971 | m | LT Höhr-Grenzhausen | 1:25:45 |
| 23. | 120 | Michael Seifried | 1969 | m | Lufthansa Sportverein | 1:29:52 |
| 24. | 235 | Detlev Ackermann | 1970 | m | Laufen-in-Koeln.de | 1:30:19 |

Senioren M55

| | | | | | | |
|-----|-----|--------------------|------|---|-----------------------|---------|
| 1. | 20 | Markus Riefer | 1966 | m | SSC Hanau-Rodenbach | 0:52:18 |
| 2. | 51 | Sven Löschengruber | 1968 | m | LT Hanau/ Bruchköbel | 0:52:33 |
| 3. | 16 | Axel Gürntke | 1968 | m | Stahlhofen | 0:52:35 |
| 4. | 40 | Carsten von Kuk | 1967 | m | LT DSHS Köln | 0:55:38 |
| 5. | 63 | Hermann Ulrich | 1967 | m | SSG Königswinter | 0:56:49 |
| 6. | 17 | Joe Körbs | 1968 | m | LT Ennert | 0:56:59 |
| 7. | 45 | Andreas Butz | 1965 | m | Team Laufcampus | 0:57:00 |
| 8. | 73 | Jörg Wagner | 1965 | m | LT Venusberg | 0:59:42 |
| 9. | 87 | Herbert Dreesbach | 1968 | m | | 1:01:18 |
| 10. | 76 | Frank Bensch | 1966 | m | LT Ennert | 1:01:39 |
| 10. | 112 | Jürgen Mosler | 1966 | m | Troisdorfer LG M.U.T. | 1:01:39 |
| 12. | 119 | Udo Schneider | 1966 | m | LT Siebengebirge | 1:04:51 |
| 13. | 133 | Adam Wohde | 1966 | m | TV Ransbach | 1:08:26 |
| 14. | 130 | Thomas Schütz | 1964 | m | LG Laacher See | 1:09:57 |
| 15. | 129 | Detlef Plachta | 1968 | m | | 1:15:29 |
| 16. | 194 | Joachim Jakobi | 1966 | m | LG Pronsfeld-Lünebach | 1:16:35 |
| 17. | 198 | René Kuche | 1967 | m | Red Rock Runners | 1:18:08 |
| 18. | 239 | Helge Heid | 1966 | m | Waldläufer 7gebirge | 1:18:20 |
| 19. | 156 | Frank Dresbach | 1967 | m | Cologne Allblacks | 1:20:32 |
| 20. | 216 | Ralf Coböken | 1968 | m | | 1:24:41 |

Senioren M60

| | | | | | | |
|-----|-----|-------------------|------|---|-----------------------|---------|
| 1. | 57 | Chris Fröhlich | 1959 | m | RT Bad Ems | 1:00:55 |
| 2. | 109 | Thomas Koch | 1962 | m | 7GNOMES | 1:02:23 |
| 3. | 80 | Stefan Scherzer | 1962 | m | Team KoBoLT | 1:03:25 |
| 4. | 122 | Juergen Titze | 1963 | m | Troisdorfer LG M.U.T. | 1:04:32 |
| 5. | 98 | Stephan Schulte | 1963 | m | SSG Königswinter | 1:05:45 |
| 6. | 103 | Jörg Dittrich | 1960 | m | LT Puderbach | 1:05:46 |
| 7. | 123 | Rolf Traut | 1962 | m | LT Siebengebirge | 1:06:08 |
| 8. | 126 | Ralf Blank | 1961 | m | | 1:06:27 |
| 9. | 158 | Eule Frings | 1959 | m | Selbstläufer Altenahr | 1:06:34 |
| 10. | 151 | Ulrich Schneider | 1960 | m | VfL Waldbreitbach | 1:08:17 |
| 11. | 106 | Klaus Fahle | 1961 | m | LT Venusberg | 1:08:29 |
| 12. | 97 | Günter Schödder | 1963 | m | LT Ennert | 1:08:57 |
| 13. | 136 | Markus Driesch | 1963 | m | Team KoBoLT | 1:12:01 |
| 14. | 208 | Helmut Zinnen | 1962 | m | | 1:12:34 |
| 15. | 118 | Wolfgang Salchert | 1959 | m | LT Siebengebirge | 1:12:35 |

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|-------|------|-------------------|--------|-----|-----------------------|---------|
| 16. | 205 | Manfred Schmitt | 1961 | m | LG Laacher See | 1:12:41 |
| 17. | 201 | Jürgen Pohl | 1960 | m | | 1:14:21 |
| 18. | 162 | Thomas Konradi | 1959 | m | Selbstläufer Altenahr | 1:14:25 |
| 19. | 135 | Manfred Blech | 1960 | m | Meudt | 1:14:31 |
| 20. | 196 | Ludger Körner | 1961 | m | | 1:14:41 |
| 21. | 149 | Henryk Schlottke | 1963 | m | Linz | 1:14:57 |
| 22. | 199 | Uwe Meier | 1962 | m | Halbs | 1:20:05 |
| 23. | 137 | Dietmar Findling | 1960 | m | Koblenz | 1:20:24 |
| 24. | 152 | Stephan Vohl | 1963 | m | Team Erdinger Active | 1:23:33 |
| 25. | 209 | Thomas Bison | 1963 | m | 7Summits Trail Crew | 1:26:48 |
| 26. | 256 | Gebhard Linscheid | 1962 | m | Ursa-Chemie GmbH | 1:37:17 |
| 27. | 250 | Manfred Fickert | 1959 | m | BSG Evonik Rheinland | 2:13:02 |

Senioren M65

| | | | | | | |
|----|-----|------------------|------|---|-----------------------|---------|
| 1. | 165 | Erwin Wagner | 1955 | m | Selbstläufer Altenahr | 1:07:52 |
| 2. | 178 | Josef Mittler | 1957 | m | SV Herschbach OWW | 1:11:09 |
| 3. | 218 | Klaus Schüller | 1954 | m | | 1:12:07 |
| 4. | 176 | Dieter Liebig | 1958 | m | BSG Evonik Rheinland | 1:14:57 |
| 5. | 132 | Reinhold Wiche | 1955 | m | | 1:16:52 |
| 6. | 184 | Christian Droste | 1957 | m | Koewis | 1:20:41 |
| 7. | 180 | Mike Sieburg | 1957 | m | BSG Evonik Rheinland | 1:22:44 |
| 8. | 226 | Richard Thelen | 1954 | m | Alfterer SC | 1:31:35 |
| 9. | 164 | Jürgen Tenckhoff | 1955 | m | | 1:41:25 |

Senioren M70

| | | | | | | |
|----|-----|------------------|------|---|------------------|---------|
| 1. | 261 | Hajo Siewer | 1952 | m | Skiclub Olpe | 1:22:58 |
| 2. | 182 | Ernesto Bleibaum | 1952 | m | LT Siebengebirge | 1:27:34 |
| 3. | 221 | Norbert Wüst | 1949 | m | TuS Wallmerod | 1:34:37 |

Senioren M75

| | | | | | | |
|----|-----|-----------------|------|---|--------------------|---------|
| 1. | 131 | Heinz Schwarz | 1948 | m | VfL Waldbreitbach | 1:08:09 |
| 2. | 167 | Manfred Aretz | 1947 | m | | 1:15:36 |
| 3. | 257 | Bernhard Marake | 1945 | m | Meddys LWT Koblenz | 1:39:02 |