

15. Buchholzer Bahndammlauf
Ergebnisliste F- Nordic-W._Walking 9 km

| Gesamt- platz | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|----------------|------------------|----------------|-------------|-----------------------------|
| 1 | 220 | Klein | Bianca | 01:02:48 | TUS-Horhausen |
| 2 | 330 | Keen | Steffi | 01:09:58 | 7G runergy |
| 3 | 473 | Heuser | Ursula | 01:10:12 | |
| 4 | 288 | Jung | Inge | 01:12:40 | Tus-Eudenbach |
| 5 | 287 | Limbach | Angelika | 01:12:42 | TUS Eudenbach |
| 6 | 467 | Blank | Marliese | 01:15:36 | SV Buchholz 05 |
| 7 | 458 | Clasen | Brigitte | 01:15:38 | |
| 8 | 321 | Schmitz | Ursula | 01:16:26 | L.T. Sternberg / Linz-Rhein |
| 9 | 477 | Scheuerer | Monika | 01:19:22 | TuS Eudenbach |
| 10 | 290 | Saal | Martha | 01:20:26 | Tus-Eudenbach |
| 11 | 204 | Daniels | Tamara | 01:21:11 | --- |
| 12 | 215 | Stöcker | Nicole | 01:21:13 | SV 05 Buchholz |
| 13 | 239 | Cutler | Angela | 01:21:40 | --- |
| 14 | 221 | Gebhardt | Nadine | 01:21:41 | --- |
| 15 | 208 | Küppers | Tanja | 01:22:57 | --- |
| 16 | 224 | Schröder-Schwabe | Stephanie | 01:23:01 | --- |
| 17 | 400 | Opp | Christine | 01:23:04 | |
| 18 | 376 | Michels | Antonia | 01:28:34 | LG Laacher See |
| 19 | 456 | Holl | Roswitha | 01:28:57 | SFN Neustadt |
| 20 | 457 | Effert | Claudia | 01:29:00 | Sportfreunde Neustadt |
| 21 | 325 | Törper | Corinne | 01:31:32 | LG Laacher See |
| 22 | 364 | Öffling | Karin | 01:31:51 | SV Buchholz 05 |
| 23 | 434 | Lüchow | Angela | 01:36:26 | |
| 24 | 372 | Limbach | Heike | 01:36:29 | SV Windhagen |
| 25 | 369 | Kuhn | Karin | 01:38:06 | SV Buchholz 05 |
| 26 | 482 | Holl | Elfriede | 01:38:08 | |
| 27 | 481 | Fischer | Agathe | 01:38:11 | |
| 28 | 470 | Buch | Gisela | 01:39:33 | |
| 29 | 471 | Wiemar | Monika | 01:39:34 | |
| 30 | 472 | Hähn | Adelheid | 01:39:36 | |
| 31 | 460 | Fuchs | Gaby | 01:42:59 | |

15. Buchholzer Bahndammlauf
Ergebnisliste M- Nordic-W._Walking 9 km

| Gesamt- platz | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|----------------|-------------|----------------|-------------|-----------------------------|
| 1 | 210 | Weber | Josef | 00:57:09 | L.T. Sternberg / Linz-Rhein |
| 2 | 480 | Ewens | Alfons | 01:00:46 | |
| 3 | 212 | Hansen-Röhe | Helmut | 01:01:41 | LT Siebengebirge |
| 4 | 196 | Herweg | Rudolf | 01:04:15 | LT Siebengebirge |
| 5 | 390 | Baumann | Jürgen | 01:04:58 | Dernau |
| 6 | 222 | Heuser | Frank | 01:08:03 | TV Eitorf |
| 7 | 339 | Keen | Jürgen | 01:08:35 | 7G runergy |
| 8 | 216 | Grüber | Herbert | 01:09:13 | TuS Asbach |
| 9 | 370 | Kuhn | Georg | 01:09:15 | SV Buchholz 05 |
| 10 | 484 | Altenhofen | Reinhard | 01:09:40 | Tus Ahrweiler |
| 11 | 454 | Drecker | Johannes | 01:09:43 | LT Siebengebirge |
| 12 | 277 | Hollek | Thomas | 01:10:29 | --- |
| 13 | 478 | Eichen | Hans-Josef | 01:28:55 | SV Windhagen |
| 14 | 326 | Törper | Jarne | 01:31:34 | LG Laacher See |
| 15 | 392 | Schock | Dieter | 01:31:59 | |
| 16 | 461 | Fuchs | Winfried | 01:36:30 | |

15. Buchholzer Bahndammlauf
Ergebnisliste F- Halbmarathon

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|--------------|----------------|-------------|----------------|
| 1 | 1 - W 45 | 759 | Wallau | Simone | 01:48:21 | SV Windhagen |
| 2 | 1 - W 35 | 763 | Kowalski | Simone | 01:48:29 | SV Windhagen |
| 3 | 2 - W 35 | 769 | Frings-Salz | Birgit | 01:51:50 | SV Windhagen |
| 4 | 3 - W 35 | 781 | Sommerberg | Carmen | 01:54:37 | |
| 5 | 2 - W 45 | 777 | Kirchhoff | Nicole | 01:56:28 | Rheinhöhenlauf |
| 6 | 4 - W 35 | 754 | Zimmer | Andrea | 02:01:56 | --- |
| 7 | 1 - W 40 | 761 | Fitz | Martina | 02:04:37 | LT Hennef/Sieg |
| 8 | 3 - W 45 | 778 | Reifenhäuser | Monika | 02:06:08 | Rheinhöhenlauf |
| 9 | 1 - W 50 | 862 | Kraemer | Elisabeth | 02:08:13 | Alfterer SC |
| 10 | 4 - W 45 | 784 | Freudenberg | Babette | 02:08:33 | Rheinhöhenlauf |
| 11 | 1 - W 55 | 756 | Hahs | Eveline | 02:33:43 | LT Hennef/Sieg |
| 12 | 1 - W HK | 744 | Lehnigk | Monja | 02:37:51 | Vormwald |

15. Buchholzer Bahndammlauf Ergebnisliste M- Halbmarathon

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|------------------|------------------------------|---------|-------------|------------|----------|--------------------------------|
| 1 | 1 - M Jugend A | 775 | Damrat | Tobias | 01:27:27 | Die Einhörner |
| 2 | 1 - M 45 | 749 | Mauel | Thomas | 01:28:23 | SSG Königswinter |
| 3 | 1 - M 50 | 790 | Stephan | Matthias | 01:30:39 | LT Tus Meindorf |
| 4 | 2 - M 45 | 780 | Küpper | Patrick | 01:33:48 | LG Rhein- Wied |
| 5 | 3 - M 45 | 753 | Raber | Roland | 01:34:16 | LLG Wustweiler |
| 6 | 2 - M 50 | 792 | Kucher | Olaf | 01:35:11 | LLG St. Augustin |
| 7 | 1 - M 40 | 767 | Pietschmann | Claus | 01:35:31 | c.p. |
| 8 | 4 - M 45 | 760 | Wasserheß | Jörg | 01:35:39 | LSG Wind Immobilien |
| 9 | 1 - M 55 | 798 | Stopperich | Hermann | 01:35:46 | DJK Fernthal |
| 10 | 5 - M 45 | 861 | Dömlang | Robert | 01:36:37 | 7G Runergy |
| 11 | 6 - M 45 | 789 | Kleine | Ingo | 01:37:15 | LT Tus Meindorf/Ennert |
| 12 | 2 - M 40 | 757 | Rappenhöner | Andreas | 01:37:30 | LONG WAY RUNNERS |
| 13 | 3 - M 40 | 786 | Schellin | Holger | 01:38:50 | |
| 14 | 7 - M 45 | 772 | Rössler | Udo | 01:39:30 | Team SW Hellenhahn |
| 15 | 1 - M 35 | 766 | Konrad | René | 01:39:52 | Tus Asbach |
| 16 | 8 - M 45 | 794 | Fehler | Dirk | 01:41:47 | |
| 17 | 3 - M 50 | 745 | Loehr | Joerg | 01:43:49 | zatopek-eitorf |
| 18 | 9 - M 45 | 860 | Leykum | Günter | 01:45:02 | 7G runergy Laufteam |
| 19 | 4 - M 40 | 788 | Spürkel | Dieter | 01:45:04 | SV Windhagen |
| 20 | 4 - M 50 | 787 | Peters | Manfred | 01:46:08 | WLG Huechel |
| 21 | 10 - M 45 | 758 | Schmitt | Michael | 01:46:11 | LV Bad Honnef |
| 22 | 5 - M 40 | 799 | Klein | Uwe | 01:46:26 | Sportfreunde Neustadt |
| 23 | 1 - M 70 | 796 | Schneider | Günter | 01:47:10 | SG Westerwald |
| 24 | 6 - M 40 | 768 | Büllesbach | Karl-Heinz | 01:49:01 | BSG DGUV |
| 25 | 1 - M 30 | 797 | Schenk | Martin | 01:50:07 | LT Hennef/Sieg |
| 26 | 5 - M 50 | 748 | Buslei | Josef | 01:53:06 | SV vettelschoß |
| 27 | 11 - M 45 | 746 | Küppers | Bernd | 01:53:09 | --- |
| 28 | 6 - M 50 | 779 | Briese | Erwin | 01:54:23 | |
| 29 | 12 - M 45 | 791 | Wende | Jörg | 01:54:25 | |
| 30 | 1 - M HK | 773 | Schneider | Dennis | 01:54:49 | Grün-Weiße Funken vom Zippchen |
| 31 | 13 - M 45 | 755 | Sachgau | Christian | 01:55:12 | --- |
| 32 | 7 - M 40 | 770 | Fischer | Rainer | 01:58:06 | --- |
| 33 | 7 - M 50 | 795 | Fiebiger | Hartmut | 01:59:48 | Eintracht Frankfurt |
| 34 | 2 - M 30 | 747 | Kryll | Ingmar | 02:01:36 | --- |
| 35 | 3 - M 30 | 776 | Grandisch | Jens | 02:02:43 | |
| 36 | 14 - M 45 | 863 | Hellmann | Michael | 02:03:17 | Sport Fabrik Bonn |
| 37 | 8 - M 50 | 762 | Kremer | Franz | 02:04:39 | LT Hennef/Sieg |

15. Buchholzer Bahndammlauf
Ergebnisliste M- Halbmarathon

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|--------------|----------------|-------------|--------------------------------|
| 38 | 1 - M 65 | 752 | Schmitz | Herbert | 02:06:12 | 7 G runergy Lauffreunde |
| 39 | 2 - M 55 | 771 | Tenckhoff | Jürgen | 02:07:13 | Hennef |
| 40 | 1 - M 60 | 765 | Weimert | Richard | 02:07:33 | --- |
| 41 | 2 - M HK | 774 | Pogoschewski | Fabian | 02:07:53 | Grün-Weiße Funken vom Zippchen |
| 42 | 2 - M 60 | 785 | Lehnert | Rolf | 02:08:53 | Rheinhöhenlauf |
| 43 | 15 - M 45 | 800 | Scheunemann | Helmut | 02:12:19 | |
| 44 | 9 - M 50 | 782 | Zerwas | Gerd | 02:18:16 | Rheinhöhenlauf |
| 45 | 3 - M HK | 743 | Dickel | Tobias | 02:20:27 | Vormwald |
| 46 | 10 - M 50 | 741 | Dickel | Eckhard | 02:31:34 | Vormwald |
| 47 | 16 - M 45 | 864 | Fetting | Stefan | 02:37:44 | Fire Dragons Königswinter |

15. Buchholzer Bahndammlauf
Ergebnisliste F- 5.000 m Lauf

| Gesamt- platz | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|----------------|----------------|----------------|-------------|--------------------------------|
| 1 | 406 | Willitzkat | Angela | 00:21:41 | SG Tripower Rhein-Sieg |
| 2 | 386 | Wallau | Sophia | 00:26:50 | SV Buchholz 05 |
| 3 | 374 | Rachel | Sonja | 00:27:45 | |
| 4 | 235 | Lenz- Michel | Rafaela | 00:29:26 | --- |
| 5 | 229 | Engelke | Renate | 00:29:52 | SG Bad Breisig |
| 6 | 345 | Gahre | Lena | 00:30:07 | Grün-Weiße Funken vom Zippchen |
| 7 | 354 | Klein | Ellen | 00:31:20 | Grün-Weiße Funken vom Zippchen |
| 8 | 418 | Richter | Silvia | 00:31:30 | TV Eiche Bad Honnef |
| 9 | 247 | Bruns | Wiebke | 00:31:37 | Mendter Lauftreff |
| 10 | 382 | Meffert | Sabrina | 00:31:40 | |
| 11 | 273 | Zimmer | Maya | 00:32:16 | --- |
| 12 | 272 | Sachgau | Vivien | 00:32:18 | --- |
| 13 | 405 | Willitzkat | Tatjana | 00:32:22 | SG Tripower Rhein-Sieg |
| 14 | 291 | Korn | Sandra | 00:32:46 | hellas Siegburg |
| 15 | 373 | Rachel | Renate | 00:32:53 | --- |
| 16 | 274 | Zimmer | Nike | 00:33:29 | --- |
| 17 | 411 | Koch | Marion | 00:33:33 | |
| 18 | 271 | Sachgau | Julia | 00:33:40 | --- |
| 19 | 417 | Peters | Julia | 00:33:59 | |
| 20 | 233 | Kehr | Ann Christin | 00:35:06 | CDU Asbach |
| 21 | 349 | Nieland | Denise | 00:35:23 | Grün-Weiße Funken vom Zippchen |
| 22 | 348 | Buchholz | Sarah | 00:35:25 | Grün-Weiße Funken vom Zippchen |
| 23 | 312 | Gernscheid | Rita | 00:35:30 | --- |
| 24 | 299 | Kossmann | Eva | 00:36:08 | --- |
| 25 | 427 | Limbach | Stephanie | 00:36:49 | |
| 26 | 463 | Pitzer | Bianca | 00:37:26 | |
| 27 | 350 | Stricker | Solvey | 00:37:28 | Grün-Weiße Funken vom Zippchen |
| 28 | 347 | Weber | Alina | 00:37:31 | Grün-Weiße Funken vom Zippchen |
| 29 | 371 | Allendörfer | Kim Marcella | 00:38:11 | |
| 30 | 444 | Eulenberg | Jasmin | 00:39:35 | |
| 31 | 311 | Weber | Anna | 00:40:09 | LLG St.Augustin |
| 32 | 341 | Buchholz | Anita | 00:41:20 | TuS Asbach |
| 33 | 358 | Gödtnr | Melanie | 00:45:29 | Grün-Weiße Funken vom Zippchen |
| 34 | 483 | Krüger | Daniela | 00:45:30 | Grün-Weiße Funken vom Zippchen |
| 35 | 361 | Knab-Solscheid | Monika | 00:45:31 | Grün-Weiße Funken vom Zippchen |
| 36 | 359 | Hohn | Andrea | 00:45:34 | Grün-Weiße Funken vom Zippchen |
| 37 | 323 | Betzgen | Silvia | 00:47:34 | --- |

15. Buchholzer Bahndammlauf
Ergebnisliste F- 5.000 m Lauf

| Gesamt- platz | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|----------------|-------------|----------------|-------------|---------------|
| 38 | 301 | Kossmann | Edith | 00:47:36 | --- |
| 39 | 317 | Hensgens | Liane | 01:05:54 | --- |

15. Buchholzer Bahndammlauf

Ergebnisliste M- 5.000 m Lauf

| Gesamt- platz | StartNr | Name | Vorname | Zeit | Verein |
|------------------|---------|-------------|-------------|----------|---------------------------------|
| 1 | 413 | Schmitz | Sebastian | 00:18:15 | LAZ Puma Rhein-Sieg |
| 2 | 425 | Hakim | Denny | 00:18:36 | SV Buchholz 05 |
| 3 | 306 | Sommershof | Joachim | 00:19:28 | PSV Bonn Triathlon |
| 4 | 421 | Ulrich | Constantin | 00:19:54 | SSG Königswinter |
| 5 | 329 | Hollweg | Andreas | 00:20:03 | TRI POWER Rhein Sieg |
| 6 | 412 | Schmitz | Christian | 00:20:28 | LAZ Puma Rhein-Sieg |
| 7 | 414 | Juschka | Thorben | 00:20:29 | LAZ Puma Rhein-Sieg |
| 8 | 365 | Damrat | André | 00:20:48 | Die Einhörner |
| 9 | 201 | Kolling | Enrico | 00:22:06 | CDU Asbach |
| 10 | 307 | Menzenbach | Stephan | 00:22:20 | CDU Asbach |
| 11 | 333 | Gottung | Simon | 00:23:19 | SV Windhagen |
| 12 | 410 | Koch | Lorenz | 00:23:53 | SV Buchholz 05 |
| 13 | 234 | Appel | Ingo | 00:24:37 | --- |
| 14 | 334 | Keen | Alexander | 00:25:11 | 7G runergy |
| 15 | 383 | Silbernagel | Elias | 00:25:31 | |
| 16 | 344 | Jakob | Michael | 00:25:46 | Grün-Weiße Funken vom Zippchen |
| 17 | 440 | Rollmann | Dirk | 00:25:50 | |
| 18 | 433 | Krause | Jürgen | 00:26:00 | Team Dolorgiet |
| 19 | 356 | Weiß | Marko | 00:26:48 | Grün-Weiße Funken vom Zippchen |
| 20 | 362 | Rebbert | André | 00:27:01 | Grün-Weiße Funken vom Zippchen |
| 21 | 424 | Schumacher | Marco | 00:27:06 | SV Buchholz 05 |
| 22 | 388 | Kuhn | Dominik | 00:27:15 | |
| 23 | 205 | Daniels | Timo | 00:27:24 | --- |
| 24 | 230 | Engelke | Günter | 00:27:42 | |
| 25 | 401 | Sachse | Uwe | 00:28:17 | WLG Huechel |
| 26 | 451 | Talon | Jean-Pierre | 00:28:27 | Team Dolorgiet |
| 27 | 430 | Kunze | Stefan | 00:28:36 | SV Buchholz 05 |
| 28 | 231 | Kolling | Dirk | 00:29:01 | CDU Asbach |
| 29 | 351 | Niquet | Marcel | 00:29:23 | Grün-Weiße Funken vom Zippchen |
| 30 | 426 | Dünker | Christian | 00:29:29 | |
| 31 | 292 | Berg | Klaus | 00:29:34 | --- |
| 32 | 346 | Elias | Markus | 00:30:05 | Grün-Weiße Funken vom Zippchen |
| 33 | 213 | Stöcker | Philipp | 00:32:04 | SV05 Buchholz |
| 34 | 206 | Lustinger | Frederik | 00:32:06 | --- |
| 35 | 479 | Müller | Florian | 00:32:09 | Grün-Weiße Funken vom Zippchen |
| 36 | 409 | Willitzkat | Torsten | 00:32:24 | DJK Armada Euchen-Würselen e.V. |
| 37 | 225 | Schröder | Rolf | 00:34:21 | --- |

15. Buchholzer Bahndammlauf
Ergebnisliste M- 5.000 m Lauf

| Gesamt- platz | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|----------------|-------------|----------------|-------------|------------------|
| 38 | 209 | Daniels | Thomas | 00:34:22 | --- |
| 39 | 232 | Wagner | Johannes | 00:35:03 | CDU Asbach |
| 40 | 397 | Becker | Marcus | 00:36:09 | |
| 41 | 308 | Mühleis | Werner | 00:40:11 | LLG St. Augustin |
| 42 | 226 | Schröder | Robin | 00:43:45 | --- |
| 43 | 207 | Lustinger | Vincent | 00:50:17 | --- |

15. Buchholzer Bahndammlauf
Ergebnisliste F- 10.000 m Lauf

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|-------------|----------------|-------------|--------------------------------|
| 1 | 1 - W 45 | 455 | Spitz | Anna | 00:46:38 | LT Siebengebirge |
| 2 | 1 - W Jugend B | 380 | Teller | Sandra | 00:47:53 | SV Windhagen |
| 3 | 1 - W 40 | 441 | Sachs | Sandra | 00:48:03 | LT Hennef/Sieg |
| 4 | 1 - W Schüler A | 416 | Koch | Lena | 00:48:25 | SV Buchholz 05 |
| 5 | 1 - W 30 | 393 | Reifenberg | Ann-Kathrin | 00:49:49 | |
| 6 | 2 - W 40 | 256 | Noll | Cornelia | 00:49:51 | TTC Kripp |
| 7 | 1 - W HK | 353 | Zander | Kirsten | 00:49:53 | Grün-Weiße Funken vom Zippchen |
| 8 | 3 - W 40 | 284 | Fischer | Heike | 00:52:53 | LT Heimbach-Weis |
| 9 | 4 - W 40 | 263 | Isbanner | Anja | 00:54:00 | LLG St. Augustin |
| 10 | 5 - W 40 | 428 | Huhn | Natascha | 00:54:03 | RSC Buchholz |
| 11 | 1 - W 55 | 266 | Rohleder | Gisela | 00:54:39 | LT Heimbach-Weis |
| 12 | 2 - W 45 | 327 | Törper | Silke | 00:54:53 | LG Laacher See |
| 13 | 1 - W 35 | 260 | Röser | Sabine | 00:55:01 | SV Windhagen |
| 14 | 3 - W 45 | 377 | Schmitz | Ursula | 00:55:07 | SSV Wachtberg |
| 15 | 6 - W 40 | 335 | Germscheid | Karin | 00:55:41 | --- |
| 16 | 1 - W 50 | 367 | Koch | Angela | 00:55:48 | |
| 17 | 2 - W 35 | 278 | Beerendonk | Susanne | 00:56:56 | SV Windhagen |
| 18 | 7 - W 40 | 276 | Hollek | Cornelia | 00:56:58 | --- |
| 19 | 2 - W HK | 342 | Buchholz | Eva | 00:57:03 | TuS Asbach |
| 20 | 8 - W 40 | 302 | Neumann | Martina | 00:57:44 | --- |
| 21 | 9 - W 40 | 303 | Wielgorz | Martina | 00:57:46 | --- |
| 22 | 3 - W 35 | 304 | Kick | Helena | 00:57:53 | --- |
| 23 | 2 - W 55 | 448 | Droste | Martina | 00:58:01 | |
| 24 | 10 - W 40 | 265 | Weber | Anke | 00:58:25 | LLG St.Augustin |
| 25 | 2 - W 30 | 257 | Wilhelmi | Kirsten | 00:58:50 | SV Windhagen |
| 26 | 11 - W 40 | 447 | Weißenfels | Ute | 00:58:52 | SV Windhagen |
| 27 | 12 - W 40 | 270 | Bruder | Elke | 00:59:25 | SV Windhagen |
| 28 | 4 - W 45 | 408 | Heuser | Dagmar | 00:59:42 | Rheinhöhenlauf |
| 29 | 2 - W Jugend B | 452 | Reusch | Claire | 00:59:49 | |
| 30 | 5 - W 45 | 476 | Weyrauch | Ilka | 01:00:03 | SV Windhagen |
| 31 | 13 - W 40 | 268 | Nehls | Corona | 01:00:33 | SV Windhagen |
| 32 | 6 - W 45 | 435 | Fiebiger | Sabine | 01:02:19 | SV Windhagen |
| 33 | 1 - W Jugend A | 462 | Köhn | Tanja | 01:02:30 | SV-Windhagen |
| 34 | 2 - W 50 | 336 | Schuh | Regina | 01:03:26 | 7G runergy |
| 35 | 3 - W HK | 450 | Droste | Stephanie | 01:03:39 | |
| 36 | 7 - W 45 | 294 | Römer | Brigitte | 01:04:24 | Asbacher Laufmäuse |
| 37 | 3 - W 30 | 437 | Schenk | Simone | 01:04:52 | LT Hennef/Sieg |

15. Buchholzer Bahndammlauf
Ergebnisliste F- 10.000 m Lauf

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|---------------|----------------|-------------|---------------------------|
| 38 | 4 - W HK | 445 | Dickel | Daniela | 01:05:16 | Vormwald |
| 39 | 4 - W 35 | 267 | Sachgau | Bianca | 01:06:00 | --- |
| 40 | 3 - W 50 | 198 | Dickel | Angela | 01:10:13 | Vormwald |
| 41 | 4 - W 50 | 262 | Schneider | Gabriele | 01:10:31 | SV Windhagen |
| 42 | 14 - W 40 | 289 | Bierbraucher | Anja | 01:10:34 | SV Windhagen |
| 43 | 1 - W 60 | 251 | Grandisch | Edith | 01:11:41 | SV Windhagen |
| 44 | 15 - W 40 | 248 | Herrmann | Astrid | 01:12:18 | SV Windhagen |
| 45 | 5 - W HK | 486 | Gratzfeld | Marianne | 02:37:49 | Fire Dragons Königswinter |
| 46 | 6 - W HK | 485 | Pursch-Schell | Stefanie | 02:37:50 | Fire Dragons Königswinter |

15. Buchholzer Bahndammlauf
Ergebnisliste M- 10.000 m Lauf

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|-------------|----------------|-------------|-------------------------------|
| 1 | 1 - M 40 | 446 | Achtendung | John | 00:37:03 | 7G runergy Laufteam |
| 2 | 2 - M 40 | 474 | Gilberg | Thomas | 00:37:08 | DJK Ochtendung |
| 3 | 1 - M 45 | 420 | Ulrich | Hermann | 00:37:33 | SSG Königswinter |
| 4 | 1 - M 50 | 363 | Simons | Guido | 00:37:43 | SSG Königswinter |
| 5 | 1 - M HK | 469 | Mertesacker | Andreas | 00:39:33 | CT Zandegiacono |
| 6 | 3 - M 40 | 432 | Becker | Tim | 00:40:40 | Sportfreunde Höhr-Grenzhausen |
| 7 | 4 - M 40 | 399 | Krautscheid | Winfried | 00:41:50 | |
| 8 | 2 - M 45 | 366 | Damrat | Ralf | 00:42:27 | Die Einhörner |
| 9 | 2 - M 50 | 305 | Raible | Wolfgang | 00:42:51 | --- |
| 10 | 5 - M 40 | 296 | Schwake | Timotheus | 00:43:03 | HBG Bonn |
| 11 | 3 - M 50 | 391 | Mönikes | Philippe | 00:43:29 | LT Siebengebirge |
| 12 | 1 - M 35 | 214 | Scory | Sebastian | 00:43:48 | --- |
| 13 | 4 - M 50 | 415 | Koch, | Stefan | 00:43:57 | SV Buchholz 05 |
| 14 | 5 - M 50 | 337 | Kähler | Frank | 00:44:13 | team obereip |
| 15 | 2 - M 35 | 402 | Poschmann | Kai | 00:44:27 | |
| 16 | 6 - M 40 | 293 | Bender | Nico | 00:44:53 | Lauftreff Puderbach |
| 17 | 7 - M 40 | 384 | Engelmann | Thomas | 00:45:10 | WLG Hüchel |
| 18 | 6 - M 50 | 243 | Laux | Bernd | 00:45:24 | No brain no pain running |
| 19 | 3 - M 45 | 264 | Brendel | Klaus | 00:45:43 | LLG St. Augustin |
| 20 | 4 - M 45 | 236 | Röhr | Harry | 00:45:54 | Vettelschoss |
| 21 | 7 - M 50 | 381 | Knecht | Andreas | 00:46:07 | |
| 22 | 2 - M HK | 419 | Richter | Benjamin | 00:46:08 | |
| 23 | 1 - M 55 | 438 | Schöneberg | Helmut | 00:46:23 | |
| 24 | 5 - M 45 | 385 | Silbernagel | Thomas | 00:46:40 | FHC Limbach-Löhe |
| 25 | 1 - M 65 | 423 | Rausch | Erwin | 00:46:58 | WLG Hüchel |
| 26 | 1 - M 30 | 464 | Vogt | Andreas | 00:47:06 | |
| 27 | 3 - M HK | 442 | Stopperich | Oliver | 00:47:28 | |
| 28 | 1 - M 60 | 468 | Klein | Günter | 00:47:30 | SV Windhagen |
| 29 | 8 - M 50 | 253 | Barth | Uwe | 00:47:32 | SG Sandbach |
| 30 | 8 - M 40 | 285 | Hilliger | Markus | 00:47:39 | --- |
| 31 | 3 - M 35 | 398 | Strauch | Thorsten | 00:47:55 | |
| 32 | 4 - M HK | 219 | Grüber | Markus | 00:47:58 | RSC Buchholz |
| 33 | 4 - M 35 | 394 | Lellmann | Andre | 00:48:06 | |
| 34 | 1 - M Schüler C | 254 | Noll | Yannick | 00:48:08 | TTC Kripp |
| 35 | 6 - M 45 | 475 | Weyrauch | Rainer | 00:48:50 | SV Windhagen |
| 36 | 9 - M 50 | 436 | Ittermann | Norbert | 00:49:20 | |
| 37 | 10 - M 50 | 465 | Schreer | Hermann | 00:49:38 | |

15. Buchholzer Bahndammlauf
Ergebnisliste M- 10.000 m Lauf

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|---------------|----------------|-------------|--------------------------------|
| 38 | 2 - M 30 | 280 | Jokisch | Christian | 00:49:46 | --- |
| 39 | 3 - M 30 | 403 | Schneider | Gabriel | 00:49:46 | Rakete-Zurheiden-2000 e.V. |
| 40 | 4 - M 30 | 404 | Merz | Martin | 00:49:46 | Rakete-Zurheiden-2000 e.V. |
| 41 | 5 - M HK | 258 | Bornheim | Fabian | 00:50:33 | Vital Team |
| 42 | 2 - M 55 | 218 | Rheindorf | Uli | 00:50:41 | FHC Heidehof e.V. |
| 43 | 5 - M 35 | 375 | Siegert | Jochen | 00:51:00 | |
| 44 | 6 - M 35 | 395 | Aretz | Thomas | 00:51:08 | |
| 45 | 6 - M HK | 368 | Toubartz | Martin | 00:51:17 | |
| 46 | 11 - M 50 | 459 | Wiese | Günther | 00:51:19 | LT Hennef/Sieg |
| 47 | 12 - M 50 | 240 | Dahl | Albert | 00:51:20 | |
| 48 | 1 - M Schüler B | 313 | Ley | Markus | 00:51:24 | SV Windhagen |
| 49 | 13 - M 50 | 314 | Ley | Heinz-Dieter | 00:51:26 | SV Windhagen |
| 50 | 3 - M 55 | 252 | Germscheid | Oskar | 00:52:02 | Rheinhöhenlauf |
| 51 | 7 - M HK | 355 | Klein | Christian | 00:52:03 | Grün-Weiße Funken vom Zippchen |
| 52 | 9 - M 40 | 309 | Rösgen | Udo | 00:52:33 | --- |
| 53 | 4 - M 55 | 331 | Schulze | Thomas | 00:52:36 | --- |
| 54 | 7 - M 45 | 387 | Vincenz | Ralf-Peter | 00:52:45 | |
| 55 | 7 - M 35 | 322 | Bornholz | Holger | 00:52:55 | --- |
| 56 | 8 - M 45 | 378 | Thull | Pascal | 00:53:44 | Goonies |
| 57 | 10 - M 40 | 275 | Mirus | Thomas | 00:54:08 | --- |
| 58 | 9 - M 45 | 255 | Noll | Oliver | 00:54:12 | TTC Kripp |
| 59 | 8 - M HK | 343 | Buchholz | Peter | 00:54:17 | TuS Asbach |
| 60 | 14 - M 50 | 319 | Knopp | Gregor | 00:54:20 | Rheinhöhenlauf |
| 61 | 9 - M HK | 282 | Jokisch | Matthias | 00:54:41 | --- |
| 62 | 5 - M 30 | 237 | Röhr | Norbert | 00:54:57 | Salzburg |
| 63 | 5 - M 55 | 261 | Stringer | Christopher | 00:54:59 | SV Windhagen |
| 64 | 10 - M 45 | 429 | Hahnbück | Daniel | 00:55:04 | Tri Power Rhein-Sieg |
| 65 | 11 - M 40 | 281 | Von der Wehl | Raphael | 00:55:14 | --- |
| 66 | 12 - M 40 | 320 | Ramme | Oliver | 00:55:21 | Weggefährten |
| 67 | 15 - M 50 | 269 | Nehls | Frank | 00:55:53 | SV Windhagen |
| 68 | 11 - M 45 | 407 | Heuser | Stefan | 00:56:26 | Rheinhöhenlauf |
| 69 | 13 - M 40 | 466 | Weißenfels | Andreas | 00:56:29 | |
| 70 | 6 - M 55 | 340 | Buchholz | Sepp | 00:57:01 | TuS Asbach |
| 71 | 7 - M 55 | 203 | Höhns | Fred | 00:57:09 | TV1882 Linz/Rhein e.V. |
| 72 | 16 - M 50 | 241 | Komnik-Ziller | Herbert | 00:57:29 | --- |
| 73 | 12 - M 45 | 242 | Gusinde | Andreas | 00:57:30 | --- |
| 74 | 17 - M 50 | 228 | Köhn | Christoph | 00:57:35 | SV-Windhagen |

15. Buchholzer Bahndammlauf
Ergebnisliste M- 10.000 m Lauf

| Gesamt- platz | Platz in der Altersklasse | StartNr | Name | Vorname | Zeit | Verein |
|--------------------------|--------------------------------------|----------------|----------------|----------------|-------------|--------------------------------|
| 75 | 8 - M 55 | 449 | Droste | Christian | 00:57:37 | Königswinter |
| 76 | 13 - M 45 | 259 | Kyrion | Frank | 00:58:26 | LLG St. Augustin |
| 77 | 2 - M Schüler B | 443 | Wapelhorst | Filip | 00:58:46 | |
| 78 | 14 - M 40 | 357 | Solscheid | Patrick | 00:58:59 | Grün-Weiße Funken vom Zippchen |
| 79 | 15 - M 40 | 249 | Herrmann | Uwe | 00:59:28 | SV Windhagen |
| 80 | 18 - M 50 | 453 | Reusch | Christoph | 00:59:51 | |
| 81 | 14 - M 45 | 310 | Buschmann | Roland | 01:00:35 | --- |
| 82 | 19 - M 50 | 300 | Engels | Herbert | 01:00:38 | SV Windhagen |
| 83 | 9 - M 55 | 431 | Klein | Walter | 01:00:51 | Laufmäuse Asbach |
| 84 | 1 - M 70 | 422 | Weidenfeller | Ferdinand | 01:02:06 | LD DSGV Bonn |
| 85 | 2 - M 60 | 279 | Fleischfresser | Udo | 01:02:14 | LT Medicon |
| 86 | 10 - M HK | 318 | Dierichs | Carsten | 01:02:37 | --- |
| 87 | 6 - M 30 | 202 | Schoop | Sebastian | 01:02:59 | --- |
| 88 | 8 - M 35 | 396 | Schäfer | Kai | 01:03:08 | |
| 89 | 3 - M 60 | 223 | Bruns | Achim | 01:04:02 | SV Eintracht Windhagen e.V. |
| 90 | 7 - M 30 | 352 | Gödtner | Sandro | 01:05:42 | Grün-Weiße Funken vom Zippchen |
| 91 | 17 - M 40 | 316 | Hensgens | Ingo | 01:05:55 | --- |
| 92 | 1 - M 75 | 315 | Beckel | Winfried | 01:12:37 | LAV Bad Godesberg |
| 93 | 15 - M 45 | 379 | Reuter | Dirk | 01:19:42 | Goonies |
| 94 | 16 - M 45 | 489 | Kramer | Lutz | 02:37:46 | Fire Dragons Königswinter |
| 95 | 4 - M 60 | 488 | Schell | Hans-Dieter | 02:37:49 | Fire Dragons Königswinter |
| 96 | 9 - M 35 | 487 | Gratzfeld | Jürgen | 02:37:57 | Fire Dragons Königswinter |