

| Pl. | M/W | StNr. | Nachname - Vorname | Verein | Platz | AK | Zeit | Rückstand |
|-----|-----|-------|--------------------------|---|-------|-----|-------------|-----------|
| 1 | M | 454 | WEIß Thomas | Franziskusheim gGmbH | 1 | M35 | 00:29:13.08 | |
| 1 | F | 423 | ARETZ-CHRISTOPH Stefanie | Franziskusheim gGmbH | 1 | W30 | 00:32:45.20 | |
| 2 | M | 424 | BAULIG Hans-Peter | Franziskusheim gGmbH | 1 | M55 | 00:32:50.11 | + 3m37s |
| 3 | M | 486 | HOUBEN Jürgen | Stadt Heinsberg | 1 | M45 | 00:33:26.04 | + 4m13s |
| 2 | F | 444 | MATUSCH Silvia | Franziskusheim gGmbH | 1 | W60 | 00:36:40.38 | + 3m56s |
| 4 | M | 449 | SIMONS Alex | Franziskusheim gGmbH | 1 | HK | 00:37:02.04 | + 7m49s |
| 3 | F | 512 | GANSER Sina | Trotec GmbH | 1 | U20 | 00:38:35.21 | + 5m50s |
| 4 | F | 446 | PAULZEN Christiane | Franziskusheim gGmbH | 1 | W35 | 00:39:14.43 | + 6m30s |
| 5 | M | 503 | FERREIRA Antonio | Team Teijin | 1 | M60 | 00:39:20.76 | + 10m08s |
| 6 | M | 506 | WITTE Frank | Team Teijin | 2 | M55 | 00:39:23.73 | + 10m11s |
| 5 | F | 400 | GRIMM Joanna | AWO im Kreis Heinsberg - Einfach viel bewegen | 1 | W45 | 00:39:42.40 | + 6m58s |
| 6 | F | 408 | KROLL Iris | AWO im Kreis Heinsberg - Einfach viel bewegen | 1 | W50 | 00:40:05.21 | + 7m20s |
| 7 | F | 532 | PUSCH Anja | Kreis Heinsberg | 1 | W55 | 00:40:07.54 | + 7m23s |
| 8 | F | 480 | BASTKE Britta | Stadt Heinsberg | 1 | W40 | 00:40:35.23 | + 7m50s |
| 9 | F | 504 | REINHOLD Cornelia | Team Teijin | 2 | W35 | 00:40:55.45 | + 8m11s |
| 10 | F | 433 | HEITZER Nicole | Franziskusheim gGmbH | 3 | W35 | 00:41:05.95 | + 8m21s |
| 7 | M | 448 | SCHREIBER Artur | Franziskusheim gGmbH | 1 | M40 | 00:41:10.08 | + 11m57s |
| 8 | M | 426 | BLANK Iwan | Franziskusheim gGmbH | 1 | M50 | 00:41:26.29 | + 12m14s |
| 11 | F | 439 | KÖRFER Tanja | Franziskusheim gGmbH | 2 | W40 | 00:41:26.33 | + 8m42s |
| 12 | F | 416 | DIRKS Charlotte | Bewo Team Psy HS | 1 | HK | 00:41:40.31 | + 8m56s |
| 13 | F | 418 | KRÜGER Jule | Bewo Team Psy HS | 2 | HK | 00:41:40.62 | + 8m56s |
| 14 | F | 431 | FRÖMBGEN Gina | Franziskusheim gGmbH | 3 | HK | 00:41:54.44 | + 9m10s |
| 15 | F | 429 | DAMMERS-PACHE Sabrina | Franziskusheim gGmbH | 2 | W30 | 00:41:58.64 | + 9m14s |
| 16 | F | 413 | STROETGES Anouk | AWO im Kreis Heinsberg - Einfach viel bewegen | 4 | HK | 00:42:01.79 | + 9m17s |
| 17 | F | 405 | KEMPKENS Alina | AWO im Kreis Heinsberg - Einfach viel bewegen | 3 | W30 | 00:42:01.82 | + 9m17s |
| 18 | F | 414 | STROETGES Manuela | AWO im Kreis Heinsberg - Einfach viel bewegen | 2 | W50 | 00:42:02.77 | + 9m18s |
| 9 | M | 390 | BALLMANN Jan-Luca | AWO im Kreis Heinsberg - Einfach viel bewegen | 1 | U16 | 00:42:03.12 | + 12m50s |
| 10 | M | 415 | WISCHMANN Roy | AWO im Kreis Heinsberg - Einfach viel bewegen | 2 | HK | 00:42:03.33 | + 12m51s |
| 19 | F | 397 | EL ABDOUNI Thalia | AWO im Kreis Heinsberg - Einfach viel bewegen | 5 | HK | 00:42:03.69 | + 9m19s |
| 11 | M | 524 | MINKENBERG Jörg | Trotec GmbH | 2 | M40 | 00:42:25.20 | + 13m13s |
| 20 | F | 398 | FAASSEN Christiane | AWO im Kreis Heinsberg - Einfach viel bewegen | 6 | HK | 00:43:10.08 | + 10m25s |
| 21 | F | 399 | FRESE Astrid | AWO im Kreis Heinsberg - Einfach viel bewegen | 2 | W55 | 00:43:10.43 | + 10m26s |
| 22 | F | 484 | EREN Bahar | Stadt Heinsberg | 4 | W35 | 00:43:11.23 | + 10m26s |
| 23 | F | 485 | HEINRICHS Anja | Stadt Heinsberg | 3 | W40 | 00:43:11.44 | + 10m27s |
| 24 | F | 488 | PANGH Nadine | Stadt Heinsberg | 2 | W45 | 00:43:11.61 | + 10m27s |
| 25 | F | 499 | MEVIßEN Karin | Team sera | 3 | W50 | 00:43:19.35 | + 10m35s |
| 12 | M | 505 | WILLEMS Heinz-Josef | Team Teijin | 2 | M60 | 00:43:19.73 | + 14m07s |
| 26 | F | 410 | NOTTEBROCK Pia | AWO im Kreis Heinsberg - Einfach viel bewegen | 7 | HK | 00:43:45.39 | + 11m01s |
| 27 | F | 409 | MAYER Juliane | AWO im Kreis Heinsberg - Einfach viel bewegen | 5 | W35 | 00:43:45.52 | + 11m01s |
| 28 | F | 494 | THOLEN Anna | Stadt Heinsberg | 8 | HK | 00:44:29.44 | + 11m45s |
| 29 | F | 487 | LAUMEN Gertrudis | Stadt Heinsberg | 3 | W45 | 00:44:29.45 | + 11m45s |
| 13 | M | 530 | SCHELHORN Rainer | keine Angabe | 1 | M65 | 00:45:06.70 | + 15m54s |
| 30 | F | 456 | WOJTYCZKA Monika | Franziskusheim gGmbH | 4 | W40 | 00:45:17.43 | + 12m33s |
| 14 | M | 421 | MALSBENDEN Bernd | DrySoc GmbH | 2 | M35 | 00:45:39.38 | + 16m27s |
| 15 | M | 420 | CHATZOPOULOS Daniel | DrySoc GmbH | 3 | M35 | 00:45:39.50 | + 16m27s |
| 31 | F | 483 | DERICHS Sabine | Stadt Heinsberg | 3 | W55 | 00:45:43.75 | + 12m59s |
| 32 | F | 489 | PELZER Anja | Stadt Heinsberg | 4 | W50 | 00:46:33.55 | + 13m49s |
| 33 | F | 422 | ADAMSKI Kamila | Franziskusheim gGmbH | 4 | W30 | 00:47:09.43 | + 14m25s |
| 16 | M | 447 | RAU Dennis | Franziskusheim gGmbH | 1 | M30 | 00:47:09.61 | + 17m57s |
| 17 | M | 455 | WERNER Björn | Franziskusheim gGmbH | 4 | M35 | 00:47:09.77 | + 17m57s |
| 34 | F | 460 | HOCHRIESER Gabriele | lekker Energieträger | 4 | W45 | 00:47:14.24 | + 14m29s |
| 35 | F | 461 | MOSCHEE Kerstin | lekker Energieträger | 4 | W55 | 00:47:14.82 | + 14m30s |
| 18 | M | 438 | KNOBEN Aimee | Franziskusheim gGmbH | 3 | HK | 00:47:25.61 | + 18m13s |
| 36 | F | 443 | MARTEL Christina | Franziskusheim gGmbH | 9 | HK | 00:47:25.97 | + 14m41s |
| 37 | F | 490 | SCHAFFRATH Caroline | Stadt Heinsberg | 10 | HK | 00:47:26.56 | + 14m42s |
| 38 | F | 482 | DERICHS Ilona | Stadt Heinsberg | 5 | W45 | 00:47:26.57 | + 14m42s |
| 39 | F | 481 | BRONNEBERG Miriam | Stadt Heinsberg | 5 | W30 | 00:47:27.37 | + 14m43s |
| 40 | F | 492 | SEHER Josefine | Stadt Heinsberg | 5 | W55 | 00:47:27.61 | + 14m43s |

| Pl. | M/W | StNr. | Nachname - Vorname | Verein | Platz | AK | Zeit | Rückstand |
|-----|-----|-------|-------------------------|---|-------|-----|-------------|-----------|
| 41 | F | 493 | SPIßBERGER Mirjam | Stadt Heinsberg | 5 | W40 | 00:47:27.85 | + 14m43s |
| 42 | F | 502 | VEITHEN Manuela | Team sera | 6 | W45 | 00:47:33.97 | + 14m49s |
| 19 | M | 475 | KUZNIK Christian | Sportfreunde Chiller | 3 | M40 | 00:48:18.23 | + 19m06s |
| 43 | F | 476 | LENTZEN Melanie | Sportfreunde Chiller | 6 | W30 | 00:48:18.36 | + 15m34s |
| 44 | F | 474 | HÖSELBARTH Katrin | Sportfreunde Chiller | 7 | W45 | 00:48:18.39 | + 15m34s |
| 45 | F | 404 | JÜCH Fabienne | AWO im Kreis Heinsberg - Einfach viel bewegen | 11 | HK | 00:48:19.59 | + 15m35s |
| 46 | F | 392 | BAUM Susanne | AWO im Kreis Heinsberg - Einfach viel bewegen | 6 | W40 | 00:48:20.27 | + 15m36s |
| 47 | F | 401 | GRUNDMANN Maria Luisa | AWO im Kreis Heinsberg - Einfach viel bewegen | 1 | W65 | 00:48:21.16 | + 15m36s |
| 48 | F | 478 | TETZ Natalja | Sportfreunde Chiller | 7 | W40 | 00:48:22.71 | + 15m38s |
| 49 | F | 479 | WERNER Carolin | Sportfreunde Chiller | 8 | W40 | 00:48:22.81 | + 15m38s |
| 50 | F | 468 | SCHEDDLER Rodica | mobau | 5 | W50 | 00:48:40.60 | + 15m56s |
| 51 | F | 466 | LIEBERT Gerda | mobau | 12 | HK | 00:48:40.67 | + 15m56s |
| 52 | F | 463 | BURGGRAF Kim | mobau | 7 | W30 | 00:48:40.68 | + 15m56s |
| 53 | F | 467 | PRIESTER Beatrice | mobau | 6 | W50 | 00:48:40.85 | + 15m56s |
| 54 | F | 464 | CHATZOPOULOS Sofia | mobau | 13 | HK | 00:48:41.31 | + 15m57s |
| 55 | F | 470 | SCHRÖDERS-BECKER Jenny | mobau | 8 | W30 | 00:48:41.48 | + 15m57s |
| 20 | M | 531 | STEINHAUSER Jerome | keine Angabe | 4 | HK | 00:48:41.54 | + 19m29s |
| 21 | M | 469 | SCHEKA Giovanni | mobau | 1 | U20 | 00:48:42.28 | + 19m30s |
| 22 | M | 465 | ESSER Marcel | mobau | 5 | HK | 00:48:42.29 | + 19m30s |
| 56 | F | 462 | BROSCH Coraline | mobau | 7 | W50 | 00:48:42.30 | + 15m58s |
| 23 | M | 471 | WECKS Christian | mobau | 6 | HK | 00:48:42.61 | + 19m30s |
| 24 | M | 477 | PETERS Lars | Sportfreunde Chiller | 7 | HK | 00:48:42.67 | + 19m30s |
| 57 | F | 434 | HERMANNSSON Sonja | Franziskusheim gGmbH | 9 | W40 | 00:48:43.76 | + 15m59s |
| 58 | F | 441 | LEINWEBER Natalie | Franziskusheim gGmbH | 6 | W35 | 00:49:24.28 | + 16m40s |
| 59 | F | 425 | BESSIN Claudia | Franziskusheim gGmbH | 10 | W40 | 00:49:24.41 | + 16m40s |
| 60 | F | 430 | DAUTZENBERG-WOLF Julia | Franziskusheim gGmbH | 14 | HK | 00:51:02.21 | + 18m17s |
| 61 | F | 435 | HUCKE Nathalie | Franziskusheim gGmbH | 7 | W35 | 00:51:02.22 | + 18m17s |
| 25 | M | 440 | KRUEGER David | Franziskusheim gGmbH | 5 | M35 | 00:51:02.37 | + 21m50s |
| 26 | M | 442 | LIEFFERTZ Thomas | Franziskusheim gGmbH | 2 | M45 | 00:51:02.41 | + 21m50s |
| 62 | F | 396 | CLEVEN Sonja | AWO im Kreis Heinsberg - Einfach viel bewegen | 8 | W50 | 00:51:05.47 | + 18m21s |
| 63 | F | 500 | MUSTERT Maren | Team sera | 8 | W45 | 00:51:29.61 | + 18m45s |
| 64 | F | 497 | GOTTLIEB Birgit | Team sera | 9 | W50 | 00:51:29.86 | + 18m45s |
| 65 | F | 501 | SCHWEIZER Anna | Team sera | 11 | W40 | 00:51:29.97 | + 18m45s |
| 66 | F | 496 | BUCHKREMER Christine | Team sera | 12 | W40 | 00:51:29.99 | + 18m45s |
| 67 | F | 453 | WACKER Katharina | Franziskusheim gGmbH | 15 | HK | 00:51:36.68 | + 18m52s |
| 68 | F | 445 | NOWACK Anika | Franziskusheim gGmbH | 16 | HK | 00:51:36.91 | + 18m52s |
| 69 | F | 450 | SONNENSCHNEIDER Claudia | Franziskusheim gGmbH | 6 | W55 | 00:52:48.59 | + 20m04s |
| 70 | F | 427 | BOHLAND Daniela | Franziskusheim gGmbH | 13 | W40 | 00:52:48.76 | + 20m04s |
| 27 | M | 436 | KEUTER Patrick | Franziskusheim gGmbH | 8 | HK | 00:52:49.74 | + 23m37s |
| 71 | F | 452 | SUCKOW Bettina | Franziskusheim gGmbH | 10 | W50 | 00:52:50.00 | + 20m05s |
| 72 | F | 451 | SORIA Marta | Franziskusheim gGmbH | 11 | W50 | 00:52:50.40 | + 20m06s |
| 73 | F | 428 | CEBULLA Jolanta | Franziskusheim gGmbH | 12 | W50 | 00:52:51.76 | + 20m07s |
| 74 | F | 457 | ZAJCEV Julia | Franziskusheim gGmbH | 14 | W40 | 00:52:52.27 | + 20m08s |
| 75 | F | 437 | KLOSSEK Ewelina | Franziskusheim gGmbH | 9 | W45 | 00:52:52.46 | + 20m08s |
| 28 | M | 514 | KALOK Hans-Joachim | Trotec GmbH | 3 | M60 | 00:59:14.87 | + 30m02s |
| 76 | F | 164 | ORTMANNSSON Silke | OTTO GOURMET | 8 | W35 | 00:27:27.24 | -1 Lap |
| 77 | F | 391 | BARBOSA Andreia | AWO im Kreis Heinsberg - Einfach viel bewegen | 10 | W45 | 00:30:06.87 | -1 Lap |
| 78 | F | 393 | BECKFELD Marlies | AWO im Kreis Heinsberg - Einfach viel bewegen | 2 | W60 | 00:30:07.16 | -1 Lap |
| 79 | F | 395 | BEUMERS Petra | AWO im Kreis Heinsberg - Einfach viel bewegen | 7 | W55 | 00:30:38.66 | -1 Lap |
| 80 | F | 472 | MEURER Claudia | OTTO GOURMET | 17 | HK | 00:32:18.71 | -1 Lap |
| 81 | F | 432 | GLOCKE Anita | Franziskusheim gGmbH | 11 | W45 | 00:34:50.65 | -1 Lap |
| 82 | F | 412 | RÖGELS Dominika | AWO im Kreis Heinsberg - Einfach viel bewegen | 15 | W40 | 00:42:03.77 | -1 Lap |
| 83 | F | 517 | KNORR Simone | Trotec GmbH | 13 | W50 | 00:46:13.07 | -1 Lap |
| 29 | M | 511 | FRANKEN Nick | Trotec GmbH | 9 | HK | 00:46:18.56 | -1 Lap |
| 84 | F | 527 | VON BÖHL Mia | Trotec GmbH | 2 | U20 | 00:46:18.96 | -1 Lap |
| 85 | F | 521 | LAUING Chantal | Trotec GmbH | 18 | HK | 00:46:19.13 | -1 Lap |
| 86 | F | 507 | AIT AHMAD Sanae | Trotec GmbH | 19 | HK | 00:46:19.65 | -1 Lap |
| 30 | M | 529 | WALD Christoph | Trotec GmbH | 10 | HK | 00:46:19.97 | -1 Lap |

| Pl. | M/W | StNr. | Nachname - Vorname | Verein | Platz | AK | Zeit | Rückstand |
|-----|-----|-------|------------------------|---|-------|-----|-------------|-----------|
| 87 | F | 515 | KAPELL Kay | Trotec GmbH | 20 | HK | 00:46:20.51 | -1 Lap |
| 31 | M | 522 | LIGENDZA Karsten | Trotec GmbH | 11 | HK | 00:46:20.65 | -1 Lap |
| 88 | F | 519 | KÖNIGS-KRONEN Sandra | Trotec GmbH | 12 | W45 | 00:46:20.94 | -1 Lap |
| 89 | F | 526 | ROSENPLÄNTER Kimberley | Trotec GmbH | 21 | HK | 00:46:21.71 | -1 Lap |
| 90 | F | 509 | BETTINGER Alina | Trotec GmbH | 22 | HK | 00:46:22.32 | -1 Lap |
| 32 | M | 510 | BEUMERS Stephan | Trotec GmbH | 2 | M50 | 00:46:25.60 | -1 Lap |
| 33 | M | 525 | PROBOS Marcus | Trotec GmbH | 3 | M45 | 00:46:25.68 | -1 Lap |
| 91 | F | 528 | VON BÖHL Saskia | Trotec GmbH | 9 | W35 | 00:46:27.77 | -1 Lap |
| 92 | F | 523 | MEYER Nadine | Trotec GmbH | 13 | W45 | 00:46:27.79 | -1 Lap |
| 93 | F | 508 | BECKHAUSEN Birgit | Trotec GmbH | 2 | W65 | 00:46:27.98 | -1 Lap |
| 34 | M | 516 | KIMJAMU Pululu | Trotec GmbH | 3 | M50 | 00:46:28.00 | -1 Lap |
| 35 | M | 518 | KOHLLEN Michael | Trotec GmbH | 6 | M35 | 00:46:29.12 | -1 Lap |
| 36 | M | 513 | HEINRITZ Marcel | Trotec GmbH | 12 | HK | 00:46:31.17 | -1 Lap |
| 94 | F | 520 | KRONEN Ronja | Trotec GmbH | 23 | HK | 00:46:32.48 | -1 Lap |
| 95 | F | 407 | KRINGS Carolin | AWO im Kreis Heinsberg - Einfach viel bewegen | 3 | U20 | 00:14:10.69 | -2 Laps |
| 96 | F | 394 | BERLIK Beate | AWO im Kreis Heinsberg - Einfach viel bewegen | 14 | W50 | 00:15:32.06 | -2 Laps |
| 97 | F | 406 | KÖCHLING Angelika | AWO im Kreis Heinsberg - Einfach viel bewegen | 8 | W55 | 00:15:32.44 | -2 Laps |
| 98 | F | 286 | SISTENICH Katja | Trotec GmbH | 9 | W30 | 00:25:11.23 | -2 Laps |