	Zeit	Verein	Rang	Einzelzeiten
1.	01:50:46,3	Silke Optekamp (1)		
		10 km Erkelenz Tri Team Maxmo (1	1	00:36:06.4
		10 km Waldniel Tri Team Maxmo (1	2	00:37:13.0
		10 km M-gladbach Team Bunert Mö	4	00:37:26.9
2.	01:58:46,0	Silke Bommes (1)		
		10 km Erkelenz OSC Waldniel (197	5	00:38:51.7
		10 km Korschenbroich OSC Waldnie	7	00:39:36.3
		10 km Waldniel OSC Waldniel (197	10	00:40:18.0
3.	02:02:10,1	Daniela Bach (1)		
		10 km Korschenbroich SG Neukirch	11	00:40:24.2
		10 km Erkelenz SG Neukirchen-Hül	12	00:40:44.5
		10 km M-gladbach SG Neukirchen-	13	00:41:01.4
4.	02:19:01,3	Sandra Peters-Gdanitz (1)		
		10 km Korschenbroich LT MG-Volks	30	00:45:30.0
		10 km Waldniel LT MG-Volksgarten	35	00:46:24.0
		10 km Erkelenz LT MG-Volksgarten	39	00:47:07.3
5.	02:22:04,7	Heike Coenen (1)		
		10 km M-gladbach marathonteam-o	32	00:46:04.5
		10 km Waldniel marathonteam-onli	42	00:47:34.0
		10 km Korschenbroich Marathontea	47	00:48:26.2
6.	02:26:39,5	Andrea Falkenroth (1)		
		10 km Korschenbroich marathontea	50	00:48:42.5
		10 km Erkelenz Marathonteam-Onli	54	00:48:49.0
		10 km Waldniel marathonteam-onli	57	00:49:08.0
7.	02:29:34,0	Heike Schubert (1)		
		10 km M-gladbach Schwalmtal (197	45	00:48:19.2
		10 km Waldniel Schwalmtal (1972)	61	00:49:22.0
		10 km Korschenbroich Schwalmtal (	102	00:51:52.8
8.	02:31:00,7	Susann Cygon (1)		
		10 km Erkelenz VfR Unterbruch LG	62	00:49:23.8
		10 km Korschenbroich VfR Unterbru	64	00:49:26.9
		10 km M-gladbach VfR Unterbruch	105	00:52:10.0
9.	02:37:31,6	Andrea Ligensa (1)		
		10 km Waldniel SFC Erkelenz (1967	99	00:51:47.0
		10 km M-gladbach SFC Erkelenz (1	114	00:52:21.5
		10 km Erkelenz Sfc Erkelenz (1967)	128	00:53:23.1
10.	02:38:04,5	Kirsten Jansen (1)		
		10 km Erkelenz Erkelenz (1968)	97	00:51:45.8
		10 km M-gladbach Erkelenz (1968)	117	00:52:48.7
		10 km Korschenbroich Erkelenz (19	132	00:53:30.0
11.	02:39:40,0	Sandy Winkler-Spekker (1)		
		10 km Korschenbroich Asahi Sports	104	00:52:06.4
		10 km Waldniel Mönchengladbach (	130	00:53:26.0
		10 km M-gladbach Asahi Sport Cent	142	00:54:07.6

	Zeit	Verein	Rang	Einzelzeiten
12.	02:41:10,7	**Silke Gilljam (1)**		
		10 km Erkelenz Team Otto (1974)	116	00:52:29.6
		10 km Korschenbroich Team Otto (	129	00:53:24.7
		10 km M-gladbach Team Otto (197	173	00:55:16.4
13.	02:43:48,6	**Kläre Dobeleit (1)**		
		10 km Erkelenz BSG Kreissparkasse	136	00:53:38.8
		10 km M-gladbach BSG Kreissparka	164	00:54:53.8
		10 km Waldniel BSG Kreissparkasse	172	00:55:16.0
14.	02:45:23,5	**Jennifer Theißen (1)**		
		10 km Waldniel Mönchengladbach (	137	00:53:41.0
		10 km Erkelenz Mönchengladbach (	162	00:54:49.3
		10 km M-gladbach Mönchengladbac	230	00:56:53.2
15.	02:46:15,7	**Jana Jakobs (1)**		
		10 km M-gladbach Borussia Handba	140	00:53:53.6
		10 km Erkelenz Borussia Mönchengl	194	00:55:53.9
		10 km Korschenbroich Borussia MG	220	00:56:28.2
16.	02:49:46,8	**Ute Grunwald (1)**		
		10 km Korschenbroich Korschenbroi	180	00:55:35.0
		10 km Waldniel Korschenbroich (19	193	00:55:52.0
		10 km M-gladbach Korschenbroich	259	00:58:19.8
17.	02:49:58,1	**Anja Hauser (1)**		
		10 km Korschenbroich Depotrunner	147	00:54:16.7
		10 km Waldniel Depotrunners Brac	234	00:57:23.0
		10 km Erkelenz Depotrunners Brac	258	00:58:18.4
18.	02:50:01,9	**Birgit Gorontzy (1)**		
		10 km Korschenbroich Korschenbroi	181	00:55:36.0
		10 km Waldniel Korschenbroich (19	184	00:55:41.0
		10 km M-gladbach Korschenbroich	264	00:58:44.9
19.	02:50:21,3	**Cordula Bendlage (1)**		
		10 km Korschenbroich Nettetal (19	171	00:55:14.7
		10 km Erkelenz Nettetal (1976)	226	00:56:38.9
		10 km M-gladbach Nettetal (1976)	261	00:58:27.7
20.	02:50:28,1	**Wiltrud Vanderfuhr (1)**		
		10 km Waldniel SFC Erkelenz (1964	197	00:55:55.0
		10 km M-gladbach SFC Erkelenz (1	221	00:56:28.7
		10 km Erkelenz SFC Erkelenz (1964	249	00:58:04.4
21.	02:51:46,4	**Melanie Kleinen (1)**		
		10 km Erkelenz Erkelenz (1983)	196	00:55:54.6
		10 km Waldniel Erkelenz (1983)	210	00:56:05.1
		10 km M-gladbach Erkelenz (1983)	287	00:59:46.7
22.	02:52:13,3	**Judith Thönissen (1)**		
		10 km Waldniel TV 1860 Erkelenz (	209	00:56:05.0
		10 km Erkelenz TV 1860 Erkelenz (	245	00:58:03.9
		10 km M-gladbach TV 1860 Erkelen	248	00:58:04.4

	Zeit	Verein	Rang	Einzelzeiten
23.	**02:56:51,1**	**Sylvia Timmers (1)**		
		10 km Korschenbroich Viersen (196	257	00:58:16.5
		10 km Erkelenz Viersen (1969)	270	00:59:08.6
		10 km M-gladbach Viersen (1969)	276	00:59:26.0
24.	**02:58:49,9**	**Silvia Küppers (1)**		
		10 km M-gladbach LT Niederkrücht	167	00:54:55.7
		10 km Waldniel LT Niederkrüchten (	311	01:00:42.0
		10 km Erkelenz LT Niederkrüchten (	359	01:03:12.2
25.	**03:00:47,5**	**Birgit Meyer (1)**		
		10 km M-gladbach DJK Kleinenbroic	273	00:59:15.2
		10 km Erkelenz DJK Kleinenbroich (	299	00:59:59.1
		10 km Korschenbroich DJK Kleinenb	330	01:01:33.2
26.	**03:02:06,9**	**Ina Jakobs (1)**		
		10 km Erkelenz Turnerschaft Lürrip	302	01:00:05.6
		10 km Waldniel Turnerschaft Lürrip	313	01:00:47.0
		10 km Korschenbroich Turnerschaft	320	01:01:14.3
27.	**03:03:21,1**	**Heike Drenker (1)**		
		10 km Waldniel Viersen (1969)	291	00:59:54.0
		10 km Korschenbroich Viersen (196	309	01:00:35.4
		10 km Erkelenz Viersen (1969)	352	01:02:51.7
28.	**03:07:46,9**	**Susanne Nusselein (1)**		
		10 km Korschenbroich DJK Kempen	335	01:01:42.7
		10 km Waldniel DJK Kempener LC (	345	01:02:28.0
		10 km Erkelenz DJK Kempener LC (	362	01:03:36.2