

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1	1	Kruck Karsten	LC Bunert Duisburg	2:36:48	M22	1	0:32:05	0:50:28	1:14:14
2	2915	Seidel Stephan	ASC Rosellen/Neuss	2:39:43	M30	1	0:33:19	0:51:41	1:14:42
3	2674	Glahn Florian	LG Mülheim	2:40:36	M30	2	0:34:12	0:51:50	1:14:33
4	7	Schultz Sven	LC Bunert Duisburg	2:43:17	M22	2	0:33:46	0:53:15	1:16:16
5	4996	Pieczka Matthias	TG Neuss	2:44:20	M30	3	0:34:01	0:53:48	1:16:30
6	3043	Eick Christian	bunert Running Team	2:44:24	M35	1	0:33:31	0:51:54	1:18:58
7	1079	Rudnik Stefan	Lauf lust Recklinghausen	2:44:43	M22	3	0:34:02	0:53:40	1:17:00
8	2734	Dorn Volker	Ruhrorter TV	2:45:13	M45	1	0:35:11	0:54:24	1:15:36
9	2696	Brauckmann Jürgen	LG Mönchengladbach	2:47:31	M40	1	0:34:49	0:53:59	1:18:42
10	107	Röpstorf Uwe	SC Bayer 05 Uerdingen	2:50:24	M40	2	0:35:34	0:55:55	1:18:55
11	1792	Kiefer Michael	TV Angermund	2:50:54	M30	4	0:35:18	0:56:22	1:19:13
12	1038	Baudek Gerald	Lauf lust Recklinghausen	2:51:38	M40	3	0:36:39	0:55:56	1:19:02
13	234	Berlin Marko	Lauf lust Recklinghausen	2:51:55	M35	2	0:35:42	0:55:01	1:21:11
14	5040	Stüllgens Kai-Uwe	LG Mülheim	2:52:25	M40	4	0:36:05	0:56:43	1:19:36
15	323	Radtke Mathias	DJK Vierlinden 28 e.V.	2:52:33	M40	5	0:35:41	0:56:03	1:20:48
16	2248	Ruppert Simon	SF Ennepetal	2:52:51	M35	3	0:36:04	0:55:55	1:20:51
17	2236	Steffen Uwe	SF Ennepetal	2:53:32	M35	4	0:36:02	0:56:35	1:20:54
18	2956	Omar Sulaiman	TV Wattenscheid 01	2:53:40	M35	5	0:36:08	0:57:06	1:20:25
19	5064	Müßgen Gerd	TUS Breitscheid	2:54:20	M50	1	0:35:34	0:57:37	1:21:07
20	5024	Kluth Pascal	KYB RoadRunner	2:55:15	M22	4	0:36:20	0:57:05	1:21:49
21	1055	Wächtler Thomas	SC Bayer 05 Uerdingen	2:55:33	M50	2	0:36:41	0:57:20	1:21:31
22	3198	Becher Johannes	E.ON Ruhrgas SG	2:55:35	M35	6	0:36:46	0:57:01	1:21:47
23	436	Kower Oliver	SC Bayer 05 Uerdingen	2:55:46	M22	5	0:36:40	0:56:03	1:23:02
24	89	Hufnagel Carsten	*Köln	2:55:50	M35	7	0:37:15	0:56:40	1:21:54
25	4990	Przewloka Joachim	TG Neuss	2:56:18	M45	2	0:37:52	0:57:32	1:20:53
26	1223	Hoverath Christian	Triminators TV Voerde	2:56:28	M22	6	0:37:06	0:57:08	1:22:13
27	5120	Salchert Daniel	LG Coesfeld	2:56:31	M22	7	0:35:47	0:56:20	1:24:23
28	548	Krause Frank	*Duisburg	2:56:44	M40	6	0:36:41	0:57:42	1:22:21
29	1051	Cox Stefan	BSG Feuerwehr Duisburg	2:57:18	M35	8	0:38:41	0:58:39	1:19:57
30	1510	Hinjós Sanchez Felix	TV Wanheim 1900	2:57:20	M40	7	0:35:30	0:56:29	1:25:21
31	150	Kremeskötter Nils	*Dortmund	2:57:35	M22	8	0:38:01	0:57:22	1:22:11
32	3272	Kerim Peter	Haaner TV	2:57:37	M50	3	0:37:29	0:58:14	1:21:53
33	423	Klaassen Andreas	LT Turbo Schnecken Isumm	2:58:00	M45	3	0:37:16	0:58:21	1:22:22
34	2137	Straßburg Jürgen	LG Hünxe	2:58:04	M45	4	0:37:40	0:57:30	1:22:53
35	94	Wieser Franz	bestzeit	2:58:06	M35	9	0:37:36	0:57:45	1:22:44
36	474	Drenker Ditmar	ART Düsseldorf	2:58:12	M35	10	0:38:40	0:58:04	1:21:27
37	67	Van Beem Dietmar	Rsc Speedbike	2:58:31	M40	8	0:37:31	0:58:08	1:22:51
38	5060	Röhrig Dirk	TUS Breitscheid	2:59:30	M35	11	0:37:43	0:57:33	1:24:13
39	186	Bullermann Tim	SC Bayer 05 Uerdingen	2:59:40	M22	9	0:37:52	0:58:24	1:23:23
40	3222	Westphalen Marc	A1 activefirst	3:00:00	M30	5	0:38:57	0:58:31	1:22:31
41	2150	Eikermann Lars	*Duisburg	3:00:05	M40	9	0:36:15	0:58:30	1:25:20
42	3150	Seegenschmied Heinrich	TUSEM Essen	3:00:38	M50	4	0:37:43	0:58:54	1:24:00
43	2129	Brandenburger Frank	Tri Club Wuppertal	3:00:38	M40	10	0:37:40	0:58:52	1:24:05
44	2700	Siebert Ingo	RTB Remscheid Marathon-	3:00:49	M40	11	0:37:32	0:59:45	1:23:31
45	1978	Holper Harald	Doris & Julian	3:01:11	M35	12	0:38:18	0:59:26	1:23:26
46	1694	Gökdas Nihat	Ayyo Team-Essen	3:01:23	M30	6	0:37:13	0:58:41	1:25:28
47	2485	Meyer Thomas	SG Stern Düsseldorf	3:01:31	M35	13	0:37:53	0:58:48	1:24:48
48	1957	Flach Gerhard	RTB Remscheid Marathon-	3:01:33	M55	1	0:37:49	0:58:47	1:24:57
49	1570	Tönjann Udo	TV Gronau	3:01:55	M40	12	0:39:19	0:59:15	1:23:20
50	3040	Gawlik Dr. Arnold	*Geldern-Kapellen	3:01:56	M45	5	0:38:14	0:59:47	1:23:55
51	1567	Seewald Jan	Tria Delphin Essen	3:02:04	M22	10	0:37:28	0:58:33	1:26:01
52	1611	Wilkes Thorsten	laufen-in-wuppertal.de	3:03:03	M35	14	0:37:58	0:59:22	1:25:42
53	1870	Thomauske Norbert	TuSpo Huckingen	3:03:09	M45	6	0:37:28	0:58:48	1:26:52

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Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
54	1407	Wölk Thomas	LG Hünxe	3:03:20	M35	15	0:38:24	0:59:56	1:24:59
55	824	Dirkes Sebastian	LG Presto	3:03:22	M30	7	0:37:54	0:59:21	1:26:06
56	735	Kuhnert Waldemar	Triminators TV Voerde	3:03:24	M40	13	0:38:10	0:59:47	1:25:26
57	211	Jockschat Marcus	erler sportgemeinschaft	3:03:41	M40	14	0:37:35	1:00:21	1:25:43
58	1934	Freese Simon	*Wuppertal	3:03:53	M30	8	0:39:02	0:59:24	1:25:26
59	87	Schubbert Michael	LC Duisburg	3:03:58	M35	16	0:37:48	1:00:13	1:25:57
60	411	Geiger Klaus-Michael	LC Duisburg	3:04:10	M50	5	0:38:42	1:00:00	1:25:26
61	682	Haase Reinhard	Die Waldgazellen	3:04:11	M35	17	0:39:04	1:01:03	1:24:04
62	521	Coenen Andreas	DSD Düsseldorf	3:04:12	M45	7	0:38:26	1:00:02	1:25:43
63	2138	Praefke Frank	BSG Team EVAG	3:04:12	M40	15	0:37:27	0:58:04	1:28:40
64	1905	Wirtz Dirk	Duisburg Devil Runners	3:04:23	M35	18	0:37:48	0:59:55	1:26:39
65	2377	Torkhani Imad	TC Kray 1892 e.V.	3:04:38	M30	9	0:39:34	0:59:24	1:25:39
66	1589	Bockholt Peter	Lauf lust Recklinghausen	3:04:39	M40	16	0:37:49	0:59:28	1:27:20
67	2447	Ehlert Christian	RP Marathon Team	3:04:50	M30	10	0:39:06	0:59:56	1:25:47
68	1858	Strathmann Michael	TUSEM Essen	3:05:01	M45	8	0:38:37	1:00:12	1:26:12
69	3177	Grobbe Karl-Josef	E.ON Ruhrgas SG	3:05:21	M40	17	0:37:47	0:58:42	1:28:50
70	356	Stienen Kalle	TSV Nieuwerk	3:05:55	M45	9	0:38:46	1:01:08	1:26:00
71	352	Laps Roland	LG Polizei Altenessen	3:06:04	M35	19	0:39:05	1:01:05	1:25:54
72	5116	Koch Thomas	PHTS Telemedizin	3:06:06	M22	11	0:38:29	1:01:02	1:26:35
73	729	Niediek Martin	*herne	3:06:08	M40	18	0:39:24	1:00:44	1:25:59
74	2426	Ottenbruch Thomas	LG Wuppertal	3:06:16	M45	10	0:38:18	0:59:22	1:28:36
75	227	Klaas Jens	Friedrich Wilhelms-Hütte	3:06:25	M35	20	0:42:13	0:59:48	1:24:23
76	3239	Genendsch Jürgen	TV Goch	3:06:39	M35	21	0:38:45	1:00:06	1:27:47
77	2279	Webera Thomas	BSG Sparkasse Essen	3:06:50	M40	19	0:39:18	1:00:47	1:26:45
78	2633	Gebrande Frank	Gerscheder SV Essen	3:06:55	M40	20	0:37:06	0:58:45	1:31:03
79	2691	Wiedeking - von Essen Jö	VT Triangel Kempen	3:07:03	M40	21	0:38:32	1:00:26	1:28:04
80	5142	Friedriszik Dirk	LC Bunert Duisburg	3:07:05	M35	22	0:37:03	0:58:17	1:31:45
81	1625	Noffke Bert	TUS 09 Erkenschwick	3:07:16	M40	22	0:41:45	1:01:16	1:24:15
82	72	Boshüsen Thomas	LC Duisburg	3:07:38	M40	23	0:38:50	1:00:09	1:28:39
83	2239	Wacker Michael	SF Ennepetal	3:07:40	M50	6	0:38:51	0:59:57	1:28:51
84	2884	Werner Frank	VSG Duisburg	3:08:07	M45	11	0:39:41	1:00:58	1:27:26
85	4995	Hebmüller Jörg	TG Neuss	3:08:35	M40	24	0:41:23	1:00:13	1:26:58
86	497	Mettner Henry	USC Bochum	3:08:40	M50	7	0:39:50	1:02:51	1:25:58
87	3097	Ruschke Siegfried	Triminators TV Voerde	3:08:52	M40	25	0:39:55	1:01:40	1:27:16
88	483	Manske Wilfried	*Düsseldorf	3:08:59	M50	8	0:39:33	1:01:20	1:28:05
89	2237	Zirinidis Stilianos	SF Ennepetal	3:09:00	M40	26	0:39:19	1:02:10	1:27:30
90	3156	Striedelmeyer Patrick	Max Maulwurf Marathonis	3:09:15	M35	23	0:39:37	1:01:38	1:27:59
91	3392	Dülks Roman	TUS Oedt	3:09:16	M40	27	0:39:22	1:01:41	1:28:13
92	5049	Fink Markus	TUS Breitscheid	3:09:35	M40	28	0:39:41	1:02:02	1:27:51
93	1371	Schmitz Willi	LT Krefeld-Oppum	3:09:46	M45	12	0:39:21	1:02:18	1:28:06
94	1003	Szostak Dieter	*Oberhausen	3:09:50	M40	29	0:40:26	1:02:21	1:27:03
95	2439	Ohlms Hendrik	*Krefeld	3:09:51	M22	12	0:40:51	1:01:19	1:27:39
96	2976	Fischer Horst	DSD Düsseldorf	3:09:58	M40	30	0:39:41	1:01:49	1:28:27
97	878	Niederholz Uwe	LT Turbo Schnecken Issum	3:10:13	M45	13	0:39:13	1:02:59	1:28:00
98	1310	Weber Burkhard	ETG 47 Shuttlecock	3:10:23	M40	31	0:39:52	1:03:24	1:27:05
99	4984	Hanna Mike	TG Neuss	3:10:24	M35	24	0:40:02	1:01:37	1:28:43
100	831	Hasenclever Hendrik	PV-Triathlon Witten	3:10:25	M19	1	0:39:16	1:02:11	1:28:57
101	454	Leonhard Wilfried	MSV Duisburg LT	3:10:42	M45	14	0:39:30	1:02:11	1:28:59
102	3137	Gers Norbert	MTG Horst Essen	3:10:44	M45	15	0:42:09	1:01:54	1:26:39
103	2952	Karst Fabian	FC Schalke 04	3:10:45	M18	1	0:37:49	1:00:59	1:31:56
104	1865	Heigel Frank	LG Wuppertal	3:10:48	M35	25	0:39:05	1:02:22	1:29:20
105	212	Piontek Holger	BSG Team EVAG	3:10:54	M45	16	0:40:15	1:01:59	1:28:39
106	2578	Wenzel Bernd	TUS Oedt	3:10:57	M40	32	0:39:55	1:03:30	1:27:31

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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	929	Brutscheidt Erik	LG Meidericher Laufteufel	3:11:08	M40	33	0:39:55	1:02:23	1:28:49
108	1774	Schulte-Zweckel Michael	BSG WAZ Essen	3:11:13	M45	17	0:40:22	1:01:54	1:28:56
109	501	Schlochow Christian	Club Raffelberg	3:11:14	M35	26	0:38:39	1:06:32	1:26:03
110	716	Weber Lars	LT Starlight Team Essen	3:11:23	M35	27	0:39:26	1:04:25	1:27:32
111	1308	Geilenberg Mark	ETG 47 Shuttlecock	3:11:37	M30	11	0:40:10	1:01:40	1:29:45
112	2540	Kemmann Frank	LG Weidensprinter	3:11:39	M40	34	0:41:18	1:01:32	1:28:49
113	3364	Lubjuhn Stefan	VFL 08 Repelen	3:11:46	M40	35	0:40:00	1:02:11	1:29:34
114	2305	Zupan Achim	LT Starlight Team Essen	3:11:51	M45	18	0:39:26	1:01:36	1:30:48
115	1460	Holstein Dirk	LGO Bochum	3:12:02	M40	36	0:40:59	1:02:16	1:28:46
116	2498	Reese Peter	Castrop-Rauxel	3:12:02	M40	37	0:39:45	1:02:16	1:30:00
117	1166	Knief Dirk	DJK VfR Saarn	3:12:03	M45	19	0:39:42	1:02:42	1:29:38
118	2813	Ponto Stefan	Vodafone-Runners	3:12:09	M40	38	0:40:21	1:02:54	1:28:52
119	346	Kordys Ulf	*Kaarst	3:12:21	M35	28	0:40:28	1:02:40	1:29:11
120	3194	Wehran Frank	E.ON Ruhrgas SG	3:12:25	M35	29	0:40:26	1:01:27	1:30:32
121	3067	Fröde Volker	TUS Neumühl	3:12:34	M60	1	0:40:10	1:02:51	1:29:32
122	3135	Brinkmann Wolfgang	MTG Horst Essen	3:12:37	M55	2	0:40:06	1:02:49	1:29:40
123	4987	Boenisch Winfried	TG Neuss	3:12:54	M45	20	0:40:43	1:00:25	1:31:45
124	2314	Schwarz Harald	VT Triangel Kempen	3:13:28	M45	21	0:39:59	1:02:52	1:30:35
125	596	Musch Christian	TV Ufport-Eick	3:13:36	M22	13	0:40:24	1:01:50	1:31:20
126	2500	Presuhn Klaus	LG Weidensprinter	3:13:48	M40	39	0:41:19	1:02:18	1:30:11
127	1154	Oelsner Dr. Malte	Lauftreff Alt Erkrath	3:13:50	M40	40	0:40:36	1:01:07	1:32:06
127	2791	Müller Günter	AS Neukirchen-Vluyn	3:13:50	M50	9	0:39:57	1:02:12	1:31:40
129	905	Ahlrichs Frank	*Remscheid	3:14:10	M45	22	0:39:33	1:03:21	1:31:15
130	371	Mannheims Christoph	*Krefeld	3:14:11	M45	23	0:41:10	1:03:09	1:29:51
131	5079	Weibel Johannes	LT Schnecke SV Sonsbeck	3:14:23	M45	24	0:40:47	1:03:01	1:30:34
132	1856	Vallant Oliver	KC Santa Monica	3:14:32	M35	30	0:41:05	1:04:34	1:28:52
133	2787	Simon Dieter	LG Mülheim	3:14:45	M45	25	0:41:32	1:03:36	1:29:36
134	1613	Kuklik Peter	*Haan	3:14:46	M40	41	0:40:51	1:03:15	1:30:39
135	1363	Rödiger Volker	Blau Weiß Bochum	3:15:05	M35	31	0:39:16	1:01:11	1:34:37
136	2154	Proff Volker	SV Blau-Weiß Bochum	3:15:09	M40	42	0:40:13	1:02:50	1:32:05
137	3225	Savilif Rüdiger	Trimet Aluminium AG	3:15:13	M55	3	0:42:07	1:02:54	1:30:11
138	3157	Schürings Armin	Max Maulwurf Marathonis	3:15:14	M35	32	0:40:50	1:02:02	1:32:22
139	3322	Schmitz Günter	Styrumer TV	3:15:26	M45	26	0:41:00	1:02:27	1:31:58
140	380	Klein-Bösing Carsten	SV Schermbeck	3:15:31	M30	12	0:40:16	1:03:04	1:32:10
141	700	Friedrichs Manfred	ART Düsseldorf	3:15:34	M50	10	0:40:05	1:04:39	1:30:49
142	1043	Witeczek Marcel	*Krefeld	3:15:44	M35	33	0:40:48	1:03:32	1:31:22
143	2062	Sowa Reinhold	*Mettmann	3:15:48	M45	27	0:40:41	1:04:17	1:30:48
144	3340	Horstkamp Thomas	*Duisburg	3:15:52	M30	13	0:41:01	1:02:17	1:32:32
145	4943	Mühlenhoff Franz-Josef	A1 activefirst	3:16:10	M55	4	0:41:34	1:03:21	1:31:14
146	3136	Ebert Udo	MTG Horst Essen	3:16:26	M50	11	0:39:43	1:05:14	1:31:27
147	1374	Künzel Rüdiger	Lauftreff Uhlenhorst	3:16:30	M45	28	0:42:21	1:03:00	1:31:08
148	2047	Schnitzler Jochen	*Düsseldorf	3:16:34	M50	12	0:40:36	1:02:42	1:33:15
149	1555	Radziewski Michael	LG Ramscher	3:16:35	M40	43	0:41:11	1:06:40	1:28:43
150	224	Peter Detlev	LC Duisburg	3:16:54	M40	44	0:39:16	1:09:01	1:28:37
151	2569	Fuchtmann Marius	Waldschleicher Gräfrath	3:16:55	M18	2	0:40:48	1:05:20	1:30:46
152	2200	Lempert Oliver	TUS 08 Rheinberg	3:17:01	M35	34	0:41:07	1:03:27	1:32:26
153	848	Vogl Norbert	Angerland LT Lintorf	3:17:09	M40	45	0:40:57	1:04:44	1:31:27
154	1284	Vohl Thomas	*Duisburg	3:17:10	M40	46	0:42:17	1:03:40	1:31:12
155	2442	Fuchtmann Gerhard	Waldschleicher Gräfrath	3:17:10	M45	29	0:41:54	1:04:29	1:30:46
156	5101	Gronemeyer Hans-Hermar	SG Stern Wuppertal/So/Rem	3:17:11	M55	5	0:40:40	1:04:17	1:32:12
157	2160	Hottgenroth Harald	LAV Essen/Werdener TB	3:17:13	M60	2	0:44:13	1:04:25	1:28:34
158	603	Urbanczyk Günter	Hypo Essen	3:17:15	M40	47	0:40:41	1:04:29	1:32:05
159	2147	March Ralf	SG Neukirchen-Hülchrath	3:17:24	M35	35	0:40:39	1:04:24	1:32:20

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Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
160	1479	Fleskes Gerd	VfB Alemannia Pfalzdorf	3:17:30	M45	30	0:40:41	1:02:52	1:33:57
161	721	Brömme Roland	E-Plus Running Team	3:17:31	M45	31	0:40:21	1:04:03	1:33:06
162	2753	Piontek Andreas	AS Neukirchen-Vluyn	3:17:40	M40	48	0:40:52	1:04:41	1:32:06
163	2192	Beckmann Ralf	LT Hohenlimburg	3:17:48	M45	32	0:43:10	1:04:37	1:30:00
164	1721	Damke Erich	Marathon Mülheim	3:17:51	M55	6	0:42:00	1:03:46	1:32:04
165	2373	Keller Daniel	DIN-Team running	3:17:52	M30	14	0:38:56	1:04:44	1:34:11
166	2204	Zelke Hans-Joachim	Borbecker Raketen	3:17:55	M50	13	0:40:48	1:05:38	1:31:29
167	36	Nitschke Thorsten	*Duisburg	3:18:06	M35	36	0:41:33	1:03:40	1:32:53
168	2953	Jahnert Christoph	FC Schalke 04	3:18:08	M22	14	0:42:31	1:03:34	1:32:03
169	2789	Böing Bernd	AS Neukirchen-Vluyn	3:18:11	M50	14	0:41:03	1:04:37	1:32:31
170	228	Geißler Robby	DJK-VFL Willich	3:18:17	M45	33	0:41:37	1:04:10	1:32:28
171	1170	Witt Christoph	BSG Team EVAG	3:18:19	M30	15	0:41:40	1:04:17	1:32:22
172	268	Ehresmann Christoph	TV Voerde 1920	3:18:23	M40	49	0:40:42	1:02:39	1:35:02
173	610	Kempf Robert	SV Sterkrade-Nord	3:18:27	M35	37	0:42:19	1:02:07	1:34:00
174	546	Kuhn Erich	LT-Metzkausen	3:18:31	M50	15	0:42:31	1:05:44	1:30:15
175	926	Krüger Walter	SV Sterkrade-Nord	3:18:31	M45	34	0:41:49	1:03:30	1:33:11
176	4923	Hösel Jochem	A1 activefirst	3:18:35	M35	38	0:41:52	1:04:43	1:31:59
177	5109	Winkelmann Dirk	*Mülheim	3:18:36	M50	16	0:40:55	1:04:13	1:33:27
178	2618	Kanders Torsten	FC Stoppenberg Fußball	3:18:46	M40	50	0:42:06	1:04:57	1:31:42
179	2708	Kutsch Ingo	Kirche läuft voraus	3:18:55	M22	15	0:44:06	1:03:43	1:31:05
180	2172	Bienemann Klaus	*Bedburg-Hau	3:18:59	M35	39	0:42:27	1:04:50	1:31:41
181	2094	Mac Carty Wolfgang	DJK-VFL Willich	3:19:02	M45	35	0:41:59	1:04:35	1:32:28
182	2828	Knocke Andreas	Vodafone-Runners	3:19:02	M45	36	0:42:49	1:04:56	1:31:16
183	3377	Grosse Dieter	LC Duisburg	3:19:03	M35	40	0:41:23	1:05:58	1:31:41
184	578	Sprenger Detlef	SV Haldern	3:19:09	M45	37	0:43:14	1:03:46	1:32:08
185	2242	Pflüger Frank	SF Ennepetal	3:19:10	M35	41	0:41:24	1:04:09	1:33:36
186	1963	Berens Bernhard	AS Neukirchen-Vluyn	3:19:16	M40	51	0:42:33	1:04:44	1:31:57
187	1535	Micus Werner	*Duisburg	3:19:24	M35	42	0:40:41	1:01:46	1:36:57
188	2240	Abel Klaus	SF Ennepetal	3:19:25	M45	38	0:41:07	1:03:44	1:34:33
189	1320	Lachmann Guido	Homberger TV	3:19:33	M40	52	0:40:09	1:04:38	1:34:45
190	192	Lohmann Christoph	SC Bayer 05 Uerdingen	3:19:36	M40	53	0:41:48	1:05:11	1:32:37
191	637	Felsenberg Thomas	VFL Gladbeck	3:19:37	M40	54	0:41:33	1:04:25	1:33:37
192	1494	Monster Daniel	*Moers	3:19:47	M35	43	0:41:37	1:05:08	1:33:01
193	1319	Müller Peter	GSV Geldern	3:19:48	M60	3	0:41:38	1:04:32	1:33:37
194	2812	Richrath Kay	Vodafone-Runners	3:19:50	M35	44	0:42:12	1:04:52	1:32:45
195	3394	Höfer Dr. Hugues	TUS Breitscheid	3:19:51	M35	45	0:41:55	1:04:10	1:33:45
196	2475	Uteg Ulf-Enno	*Mülheim	3:19:52	M40	55	0:43:07	1:05:42	1:31:02
197	3343	Hennesen Jürgen	*Düsseldorf	3:19:56	M35	46	0:41:37	1:03:31	1:34:46
198	2891	Schwertfeger Carsten	Vodafone-Runners	3:20:00	M35	47	0:42:41	1:04:33	1:32:44
199	974	Kokemohr Tobias	Heideweg Runners	3:20:00	M30	16	0:40:10	1:09:00	1:30:48
200	961	Heine Frank	*Ratingen	3:20:04	M45	39	0:42:09	1:04:29	1:33:24
201	1495	Peters Sebastian	*Moers	3:20:13	M30	17	0:42:10	1:05:01	1:33:01
202	1432	Bertels Peter	SV Willich Tri- Team	3:20:20	M40	56	0:40:01	1:05:18	1:34:59
203	601	Müller Rolf	*Oberhausen	3:20:38	M45	40	0:43:01	1:05:10	1:32:27
204	1336	Schneiders Michael	SC Bayer 05 Uerdingen	3:20:42	M40	57	0:42:51	1:05:06	1:32:44
205	2008	Sonntag Detlef	Oberhausener TV	3:20:48	M55	7	0:42:09	1:06:20	1:32:18
206	4999	Weßner Rene	U.S.M.C. Semper Fi	3:20:51	M22	16	0:42:04	1:04:46	1:34:00
207	266	Siska Georg	SV Schermbeck	3:20:53	M45	41	0:41:36	1:05:30	1:33:45
208	867	Wardenski Michael	*Schermbeck	3:20:58	M30	18	0:40:49	1:03:27	1:36:41
209	1408	Ortberg Andreas	*Dinslaken	3:20:59	M40	58	0:40:50	1:04:32	1:35:36
210	2111	Gondorf Carsten	*Wuppertal	3:21:03	M35	48	0:43:02	1:04:46	1:33:14
211	5111	Fütterer Marcus	ASC Düsseldorf	3:21:04	M40	59	0:41:37	1:05:50	1:33:36
212	822	Böhme Gerd	*Essen	3:21:11	M45	42	0:41:41	1:05:53	1:33:36

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	2770	Lingenauer Harald	AS Neukirchen-Vluyn	3:21:13	M50	17	0:42:19	1:06:20	1:32:33
214	1253	Brake Carsten	LT Starlight Team Essen	3:21:16	M22	17	0:40:13	1:02:40	1:38:22
215	2184	Gabriel Roland	*Duisburg	3:21:17	M50	18	0:41:52	1:06:42	1:32:42
216	2259	Häntzschel Andreas	ASC Rosellen/Neuss	3:21:23	M35	49	0:43:05	1:05:38	1:32:40
217	837	Hoeren Christoph	*Düsseldorf	3:21:26	M35	50	0:41:56	1:04:48	1:34:40
218	332	Hortmann Mathias	Tri-Team Recklinghausen	3:21:30	M19	2	0:42:50	1:05:23	1:33:16
219	2241	Kräber Jens	SF Ennepetal	3:21:45	M35	51	0:42:54	1:04:01	1:34:49
220	69	Pomp Sven	*Duisburg	3:21:45	M30	19	0:43:00	1:06:12	1:32:32
221	2177	Elskamp Matthias	BSG Victoria	3:21:52	M35	52	0:42:02	1:03:22	1:36:27
222	5006	Babon Frieder	Solinger LC	3:22:15	M45	43	0:42:25	1:05:53	1:33:57
223	3197	Sanders Joachim	E.ON Ruhrgas SG	3:22:20	M55	8	0:40:13	1:02:40	1:39:27
224	1926	Schiweck Andreas	*Gelsenkirchen	3:22:25	M40	60	0:42:13	1:05:00	1:35:10
225	2228	Fiedler Michael	*Voerde	3:22:28	M40	61	0:41:11	1:05:35	1:35:41
226	1660	Ischinsky Ludger	Lauffreunde Bottrop	3:22:30	M50	19	0:42:44	1:06:22	1:33:24
227	734	Plöger Markus	LT Krefeld-Oppum	3:22:31	M40	62	0:41:50	1:04:57	1:35:43
228	4989	Peter Jürgen	TG Neuss	3:22:32	M55	9	0:42:08	1:05:33	1:34:50
229	663	Metker Thomas	LG FSUe	3:22:38	M22	18	0:41:37	1:05:14	1:35:45
230	2105	Wendt Peter	Team Essen 99	3:22:41	M45	44	0:41:10	1:07:44	1:33:46
231	3352	Zumdick Sebastian	*Essen	3:22:46	M30	20	0:41:14	1:07:44	1:33:47
232	1300	Ives Peter	*duisburg	3:22:49	M40	63	0:41:09	1:04:06	1:37:34
233	3280	Wenniges Thorsten	LG-HANS-SACHS	3:22:54	M30	21	0:42:20	1:02:48	1:37:45
234	17	Evermann Mark	*Mülheim an der Ruhr	3:23:03	M22	19	0:39:43	1:02:34	1:40:45
235	3379	Leonhardt Rainer	DJK VfR Saarn	3:23:03	M50	20	0:41:38	1:05:47	1:35:37
236	135	Stiens Björn	KemnadeLakeRunners	3:23:05	M22	20	0:43:42	1:06:06	1:33:16
237	2214	Völkl Rüdiger	Ski-Club Gevelsberg	3:23:12	M40	64	0:41:42	1:07:02	1:34:27
238	345	Klein Christian M.	Angerland LT Lintorf	3:23:15	M40	65	0:43:37	1:06:04	1:33:33
239	349	Friemel Martin	SV Bayer Uerdingen 08 e.V.	3:23:23	M40	66	0:41:54	1:06:34	1:34:54
240	1455	Franzen Michael	*Voerde	3:23:24	M45	45	0:42:46	1:05:56	1:34:40
241	1254	Nonn Michael	DJK-VFL Willich	3:23:24	M45	46	0:41:44	1:05:54	1:35:45
242	763	Struttman Dietmar	LC Duisburg	3:23:25	M40	67	0:42:24	1:06:28	1:34:32
243	2382	Jonke Hermann	*Düsseldorf	3:23:30	M50	21	0:42:28	1:06:53	1:34:09
244	801	Anton Sebastian	Da geht er hin	3:23:31	M22	21	0:41:29	1:05:44	1:36:17
245	2831	Jockisch Bernd	Vodafone-Runners	3:23:32	M40	68	0:43:43	1:05:12	1:34:36
246	2853	Barkanowitz Stefan	Vodafone-Runners	3:23:35	M40	69	0:42:17	1:04:33	1:36:44
247	1950	Reinecke Harald	LG Ramscher	3:23:40	M40	70	0:48:15	1:06:40	1:28:44
248	1994	Heussen Johannes	*Straelen	3:23:43	M40	71	0:45:21	1:07:18	1:31:03
249	3079	Hülser Thomas	TV-1900 Wanheim	3:23:45	M45	47	0:41:46	1:06:05	1:35:52
250	27	Niehs Theo	Sonntagsläufer Angermund	3:24:07	M50	22	0:43:12	1:07:15	1:33:38
251	2303	Polzer Felix	*Köln	3:24:12	M22	22	0:38:47	1:02:37	1:42:48
252	595	Probst Thorsten	TV Uffort-Eick	3:24:21	M40	72	0:42:47	1:06:23	1:35:10
253	864	Jaenichen Dieter	DJK VFL Forstwald	3:24:22	M50	23	0:42:25	1:06:57	1:34:59
254	1214	Arndt Andreas	*Dortmund	3:24:28	M35	53	0:43:43	1:05:52	1:34:52
255	2195	Boland Andreas	Team Aroma Ahoi	3:24:30	M35	54	0:43:07	1:06:52	1:34:30
256	3347	Zielony Martin	Laufende Geometer	3:24:33	M40	73	0:42:18	1:06:32	1:35:42
257	2570	Fuchtmann Fabian	Waldschleicher Gräfrath	3:24:35	M19	3	0:41:54	1:04:29	1:38:12
258	5080	Wellmann Karl-Heinz	LT Schnecke SV Sonsbeck	3:24:40	M40	74	0:40:24	1:03:25	1:40:49
259	80	Voß Claus	DJK TUS Rotthausen	3:24:42	M40	75	0:42:31	1:06:35	1:35:35
260	2616	De Kruijff Johannes	LBN Duisburg	3:24:43	M50	24	0:43:21	1:06:44	1:34:37
261	231	Oebel Michael	*Düsseldorf	3:24:47	M35	55	0:42:23	1:01:50	1:40:33
262	1690	Schwieder Detlev	*Düsseldorf	3:24:50	M40	76	0:44:17	1:06:06	1:34:26
263	5125	Ahrens Rüdiger	Coesfeld	3:24:53	M40	77	0:42:05	1:06:03	1:36:44
264	2643	Markowsky Winfried	*Mülheim an der Ruhr	3:24:53	M35	56	0:39:12	1:02:01	1:43:38
265	4958	Steinhüser Egbert	A1 activefirst	3:24:54	M30	22	0:42:47	1:07:15	1:34:51

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
266	2380	David Ingo	*Duisburg	3:24:56	M35	57	0:44:23	1:06:48	1:33:43
267	3182	Bahls Wolfgang	E.ON Ruhrgas SG	3:24:58	M55	10	0:42:41	1:06:17	1:35:59
268	5117	Rüsenberg Heinz	LG Coesfeld	3:24:59	M50	25	0:42:19	1:05:49	1:36:51
269	2478	Philipp Frank	TUS Drevenack	3:25:04	M40	78	0:41:13	1:07:18	1:36:32
270	703	Ockel Dirk	TriClub Wuppertal	3:25:11	M30	23	0:42:43	1:06:48	1:35:40
271	205	Reinders Detlef	TUB Bocholt	3:25:15	M40	79	0:43:10	1:06:05	1:35:58
272	2880	Lüders Bodo	LT Kettwig 2000	3:25:19	M55	11	0:42:49	1:06:52	1:35:37
273	3264	Röthling Axel	*Duisburg	3:25:26	M45	48	0:43:59	1:06:13	1:35:13
274	1072	Weiss Stefan	*Duisburg	3:25:26	M35	58	0:43:37	1:08:17	1:33:32
275	1711	Heinrich Peter	LC Duisburg	3:25:31	M45	49	0:42:23	1:06:27	1:36:40
276	693	Candir Kemal	*Duisburg	3:25:32	M35	59	0:43:12	1:06:14	1:36:05
277	1512	Christian Fastner	*Oberhausen	3:25:34	M35	60	0:43:05	1:07:51	1:34:36
278	3227	Grannaß Jörg	SV Beeckerwerth	3:25:40	M40	80	0:41:48	1:06:27	1:37:24
279	690	Bickmann Ludger	BSG StUA Duisburg e. V.	3:25:45	M40	81	0:43:15	1:06:31	1:35:59
280	5045	Bohris Oliver	TUS Breitscheid	3:25:50	M40	82	0:43:56	1:07:21	1:34:32
281	177	Hemmelberg Udo	rt backfieldrunners bocholt	3:25:57	M35	61	0:42:32	1:05:28	1:37:56
282	1434	Paffrath Arndt	*Wuppertal	3:25:58	M30	24	0:43:08	1:06:58	1:35:50
283	1028	Meier Rüdiger	*Duisburg	3:25:58	M40	83	0:43:34	1:06:40	1:35:44
284	1431	Waschkau Dirk	*Duisburg	3:26:04	M35	62	0:42:42	1:05:36	1:37:45
285	2170	Kemper Holger	LT DSHS Köln	3:26:10	M30	25	0:42:23	1:06:21	1:37:25
286	1740	Cellar Andreas	Marathon Mülheim	3:26:11	M45	50	0:43:15	1:06:44	1:36:11
287	1742	Niemeier Klaus	Marathon Mülheim	3:26:12	M45	51	0:43:16	1:06:44	1:36:11
288	1971	Schleuter Stephan	*Dinslaken	3:26:13	M35	63	0:43:19	1:08:44	1:34:10
289	2703	Machon Sebastian	*Essen	3:26:15	M30	26	0:44:42	1:08:22	1:33:11
290	2288	Lorek Peter	*Dortmund	3:26:18	M30	27	0:45:23	1:07:49	1:33:05
291	518	Skowasch Henryk	LT Starlight Team Essen	3:26:19	M35	64	0:42:32	1:06:31	1:37:15
292	22	Alst Klaus	*Mülheim Ruhr	3:26:19	M45	52	0:43:15	1:05:39	1:37:24
293	59	Buchholz Peter	*Unna	3:26:23	M45	53	0:43:19	1:07:33	1:35:29
294	1705	Mainka Oliver	SM-Schienen	3:26:24	M35	65	0:44:01	1:07:14	1:35:08
295	162	Hützen Detlev	*Oberhausen	3:26:25	M45	54	0:44:04	1:07:31	1:34:49
296	3265	Röthling Rolf	*Duisburg	3:26:26	M40	84	0:43:55	1:06:48	1:35:42
297	170	Kochhan Jürgen	*Duisburg	3:26:30	M45	55	0:43:20	1:08:00	1:35:09
298	2143	Bettger Thomas	Hamminkelter SV	3:26:36	M35	66	0:42:49	1:05:33	1:38:13
299	594	Eule Ralf	Waldschleicher Gräfrath	3:26:37	M50	26	0:43:55	1:05:20	1:37:22
300	2751	Hoersch Heiner	AS Neukirchen-Vluyn	3:26:46	M40	85	0:43:15	1:07:19	1:36:11
301	2750	Fischer Helmuth	AS Neukirchen-Vluyn	3:26:47	M60	4	0:43:03	1:06:35	1:37:09
302	5121	Hille Christian	LG Coesfeld	3:26:49	M45	56	0:42:03	1:04:42	1:40:02
303	1459	Wenzel Michael	Stadtwerke Team Witten	3:26:51	M45	57	0:42:57	1:08:25	1:35:27
304	1848	Kissel Thomas	Rennschnecken 2000 e.V.	3:26:52	M30	28	0:40:13	1:11:54	1:34:44
305	3161	Faber Oliver	Max Maulwurf Marathonis	3:26:57	M35	67	0:44:19	1:09:10	1:33:26
306	2295	Harrecker Florian	*Bonn	3:26:59	M30	29	0:44:06	1:06:53	1:35:59
307	2777	Herholz Volkmar	AS Neukirchen-Vluyn	3:27:00	M40	86	0:43:47	1:07:37	1:35:35
308	931	Kohlhöfer Udo	LC Duisburg	3:27:01	M40	87	0:44:21	1:08:08	1:34:30
309	3341	Lange Bernd	VC Buer	3:27:02	M45	58	0:43:52	1:06:35	1:36:34
310	1023	Köhler Frank	*Essen	3:27:04	M35	68	0:43:39	1:07:47	1:35:38
311	579	Wieschemann Frank	SV Sterkrade-Nord	3:27:10	M40	88	0:41:07	1:05:20	1:40:42
312	1962	Werner-Hofstetter Andre	*Mülheim	3:27:11	M40	89	0:39:20	1:16:03	1:31:46
313	213	Müller Thorsten	*Duisburg	3:27:17	M35	69	0:42:48	1:06:46	1:37:43
314	5113	Van der Beck Michael	LG Mülheim	3:27:20	M45	59	0:42:23	1:06:34	1:38:22
315	1647	Schmidt Friedhelm	BSG Victoria	3:27:23	M50	27	0:42:14	1:07:49	1:37:19
316	1250	Kunst Marco	*Duisburg	3:27:27	M18	3	0:43:23	1:08:35	1:35:28
317	2805	Stackmann Carsten	Vodafone-Runners	3:27:36	M35	70	0:41:22	1:10:11	1:36:03
318	269	Michalski Rainer	Dorsten	3:27:38	M45	60	0:43:47	1:07:24	1:36:26

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
319	979	Tünnermann Uwe	LC Duisburg	3:27:39	M35	71	0:42:42	1:10:19	1:34:37
320	932	Oldenburg Peter	LT Metzkausen	3:27:48	M50	28	0:43:44	1:07:53	1:36:11
321	2702	Demirhan Abdullah	Ayyo Team-Essen	3:27:51	M45	61	0:43:56	1:07:49	1:36:05
322	1076	Schechinger Markus	LT Düsseldorf-Süd	3:27:53	M35	72	0:43:09	1:07:45	1:36:59
323	208	Backes Jürgen	LF Knieweh Niederrhein	3:27:55	M35	73	0:44:36	1:10:22	1:32:56
324	5072	Beckmann Micha	*Meerbusch	3:27:59	M40	90	0:42:03	1:07:31	1:38:23
325	1060	Schwarz Bastian	Niesmann+Bischoff	3:28:00	M30	30	0:42:41	1:08:36	1:36:42
326	1815	Richter Michael	ChaosTeam Herdecke	3:28:01	M50	29	0:43:51	1:08:01	1:36:08
327	2420	Stephan Karsten	LC Duisburg	3:28:07	M35	74	0:43:11	1:06:43	1:38:12
328	2007	Behet Dietmar	Oberhausener TV	3:28:12	M45	62	0:41:52	1:09:16	1:37:03
329	1255	Hess Rüdiger	LT Krefeld-Oppum	3:28:13	M50	30	0:44:02	1:08:49	1:35:22
330	4986	Breitenbach Jürgen	TG Neuss	3:28:16	M35	75	0:39:14	1:10:12	1:38:50
331	1061	Dieckmann Jörn	SV Schermbeck	3:28:19	M35	76	0:44:09	1:07:54	1:36:15
332	393	Jaich Robert	LT Dönberg	3:28:28	M40	91	0:44:37	1:07:02	1:36:48
333	366	Custic Muharem	*Düsseldorf	3:28:29	M45	63	0:43:22	1:08:14	1:36:52
334	2711	Braun Norbert	DJK VfR Saarn	3:28:38	M45	64	0:42:50	1:08:37	1:37:10
335	2655	Schnellmann Jürgen	Starlight-Team-Essen	3:28:40	M40	92	0:42:56	1:07:15	1:38:28
336	1900	Pickhard Dr. Frank	Styrumer TV	3:28:42	M40	93	0:52:35	1:02:18	1:33:48
337	1394	Diedrichs Arnd	LG Klauke Remscheid	3:28:44	M35	77	0:42:38	1:05:46	1:40:20
338	5085	Borgards Torsten	LT Schnecke SV Sonsbeck	3:28:47	M35	78	0:43:43	1:08:23	1:36:40
339	3092	Velte-Andree Michael	Triminators TV Voerde	3:28:51	M45	65	0:43:21	1:08:30	1:36:59
340	3360	Kaiser Gero	BSG Commerzbank Duisburg	3:28:57	M45	66	0:44:07	1:08:34	1:36:15
341	45	Sesterhenn Olaf	BSG Team EVAG	3:28:59	M35	79	0:44:33	1:07:52	1:36:34
342	854	Thiel Werner	TUS Oedt	3:29:01	M45	67	0:43:28	1:07:12	1:38:20
343	3000	Gehrt-Butry Christoph	SSB Duisburg	3:29:03	M40	94	0:48:23	1:15:07	1:25:31
344	1433	Schmitz Henning	LC Duisburg	3:29:03	M45	68	0:42:14	1:08:44	1:38:04
345	587	Butterwegge Heinz	SI Sport e.V.	3:29:13	M55	12	0:43:25	1:08:41	1:37:06
346	2848	Castaneda Falcon Manuel	Vodafone-Runners	3:29:20	M45	69	0:42:22	1:10:56	1:36:01
347	70	Heinz Peter	Running Team Sterkrade	3:29:22	M45	70	0:44:14	1:08:20	1:36:47
348	121	Schoofs Tobias	ART Düsseldorf	3:29:40	M30	31	0:44:19	1:08:29	1:36:51
349	5057	Jerosch Hans-Jürgen	TUS Breitscheid	3:29:43	M55	13	0:44:19	1:08:14	1:37:09
350	2406	Solich Roger	BSG Commerzbank	3:29:43	M45	71	0:44:25	1:07:45	1:37:32
351	2893	Schneider Peter	Vodafone-Runners	3:29:44	M40	95	0:43:51	1:08:01	1:37:51
352	1340	Kuhlmann Norbert	SpVgg Sterkrade-Nord	3:29:47	M35	80	0:44:23	1:07:51	1:37:33
353	2121	Marcour Wilfried	BSV Grün-Weiß Wesel-Flü	3:29:48	M65	1	0:43:22	1:08:02	1:38:23
354	2181	Stollwerk Udo	RTB Remscheid Marathon-	3:29:49	M50	31	0:43:34	1:09:57	1:36:16
355	5022	Fuchs André	Rennschnecken 2000 e.V.	3:29:49	M40	96	0:44:51	1:09:41	1:35:16
356	1348	Hennemann Heribert	BSG DRV Rheinland	3:29:51	M55	14	0:44:31	1:07:06	1:38:13
357	1771	Helle Florian	BSG WAZ Essen	3:29:57	M19	4	0:43:29	1:07:56	1:38:31
358	4928	Kleinohl Sascha	A1 activefirst	3:30:01	M30	32	0:45:11	1:10:15	1:34:35
359	1698	Teuber Heinz	LG Coesfeld	3:30:02	M50	32	0:42:29	1:08:39	1:38:53
360	1998	Buddych Horst	*Marl	3:30:03	M55	15	0:45:41	1:08:27	1:35:54
361	5048	Felgenträger Jörg	TUS Breitscheid	3:30:04	M45	72	0:41:43	1:15:34	1:32:46
362	2368	Müller Heiko	*Kempen	3:30:13	M45	73	0:45:50	1:07:02	1:37:21
363	79	Rosberger Dirk	*Gelsenkirchen	3:30:16	M40	97	0:43:58	1:08:20	1:37:56
363	1236	Hümsch Michael	LG Ramscher	3:30:16	M45	74	0:44:52	1:07:30	1:37:54
365	4998	Probst Christoph	HTV	3:30:17	M40	98	0:44:02	1:09:15	1:36:59
366	1008	Lagarden Jörg	SV Viktoria Goch	3:30:17	M45	75	0:42:24	1:06:52	1:41:01
367	402	Stendal Dirk	*Langenfeld	3:30:23	M35	81	0:43:52	1:09:34	1:36:55
368	2371	Ehm Friedhelm	TV Einigkeit 06 Mülheim	3:30:24	M60	5	0:43:47	1:08:58	1:37:38
369	1853	Van Loon Carsten	LC Duisburg	3:30:28	M40	99	0:44:42	1:09:04	1:36:42
370	384	Wagner Kai	*Oberhausen	3:30:30	M40	100	0:43:40	1:08:27	1:38:22
371	3047	Collisi Thomas Martin	*Neuss	3:30:31	M30	33	0:44:14	1:09:25	1:36:51

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	2246	Schumacher Andreas	*Duisburg	3:30:38	M35	82	0:41:55	1:05:35	1:43:07
373	2977	Diekow Arne	DSD Düsseldorf	3:30:40	M30	34	0:42:55	1:05:57	1:41:47
374	1965	Richter Bernd	Kendo Verein Kevelaer	3:30:46	M45	76	0:44:44	1:08:06	1:37:55
375	1695	Wiebecke Ulrich	*Rheinberg	3:30:47	M45	77	0:45:23	1:07:26	1:37:57
376	2409	Walkenhorst Oliver	*Neuss	3:30:52	M40	101	0:44:18	1:07:33	1:39:00
377	2689	Reese Stefan	*Ratingen	3:31:01	M45	78	0:45:17	1:09:04	1:36:39
378	1251	Kunst Hans-Peter	*Duisburg	3:31:05	M50	33	0:44:21	1:08:33	1:38:10
379	1863	Bössler Michael	*Mülheim	3:31:06	M35	83	0:46:25	1:08:19	1:36:22
380	2721	Kaminski Rainer	DJK Katernberg 19	3:31:08	M35	84	0:46:11	1:10:09	1:34:47
381	4946	Ossendriever Tim	A1 activefirst	3:31:09	M30	35	0:48:44	1:06:40	1:35:44
382	968	Kühn Dirk	80 Jahre Eisenoxid	3:31:10	M35	85	0:46:36	1:08:07	1:36:26
383	2669	Niewerth Tobias	LT Düsseldorf-Süd	3:31:11	M22	23	0:44:30	1:09:24	1:37:16
384	84	Treccarichi Salvatore	DJK TUS Rotthausen	3:31:14	M35	86	0:43:43	1:09:06	1:38:24
385	2509	Meyer Wilfried	*Alpen	3:31:15	M50	34	0:44:42	1:08:34	1:37:57
386	1552	Jann Horst	*Düsseldorf	3:31:15	M50	35	0:45:19	1:08:02	1:37:53
387	3159	Kietzmann Uwe	Max Maulwurf Marathonis	3:31:20	M35	87	0:43:55	1:09:17	1:38:07
388	567	Plitt Carsten	bertasee duisburg	3:31:32	M40	102	0:44:00	1:09:11	1:38:21
389	1545	Wenning Michael	*Düsseldorf	3:31:33	M40	103	0:45:45	1:08:35	1:37:12
390	1231	Podworni Reiner	Triminators TV Voerde	3:31:33	M55	16	0:41:56	1:04:25	1:45:12
390	1560	Meintrup Marcel	*Rheinberg	3:31:33	M30	36	0:42:16	1:08:07	1:41:10
392	220	Natrop Hans-Peter	BSG Team EVAG	3:31:35	M45	79	0:44:05	1:08:24	1:39:05
393	756	Brings Jürgen	DJK VfR Saarn	3:31:38	M45	80	0:44:29	1:09:33	1:37:35
394	3329	Binnenbruck Henning	RAG	3:31:39	M35	88	0:44:06	1:07:22	1:40:10
395	1454	Brehm Matthias	SC Steele 1903	3:31:45	M40	104	0:43:55	1:11:17	1:36:33
396	66	Alt Udo	BP GE Running Team	3:31:46	M50	36	0:44:37	1:09:24	1:37:44
397	3050	Koths Martin	*Duisburg	3:31:47	M40	105	0:44:41	1:09:02	1:38:04
398	775	Buschmann Jörg	*Oberhausen	3:31:48	M40	106	0:41:33	1:07:53	1:42:21
399	1753	Janowski Ralf	SV Wanheim 1900	3:31:53	M45	81	0:45:41	1:08:16	1:37:56
400	747	Tenbrock Andreas	*Rees	3:31:54	M40	107	0:45:37	1:10:33	1:35:43
401	1333	Krieg Volker	LC Duisburg	3:31:58	M55	17	0:43:38	1:08:08	1:40:11
402	1995	Wockatz Dirk	djk Rheinland 05	3:32:00	M40	108	0:44:13	1:12:41	1:35:04
403	5025	Schimmelpfennig Georg	PSV Düsseldorf	3:32:00	M50	37	0:43:11	1:09:41	1:39:07
404	5119	Naber Ewald	LG Coesfeld	3:32:03	M50	38	0:43:03	1:06:03	1:42:57
405	1234	Renner Christian	ART Düsseldorf	3:32:03	M30	37	0:44:44	1:08:20	1:38:58
406	696	Schäpers Stefan	Bocholt	3:32:04	M40	109	0:44:11	1:09:06	1:38:45
407	2650	Gerard Klaus	BSG Sparkasse Essen	3:32:05	M45	82	0:44:04	1:09:04	1:38:56
408	5084	Bittner Jürgen	LT Schnecke SV Sonsbeck	3:32:12	M40	110	0:44:40	1:08:36	1:38:55
409	1559	Lange Peter	LG Mülheim	3:32:13	M50	39	0:42:33	1:07:00	1:42:38
410	972	Gumz Ingo	Rumelner TV	3:32:22	M40	111	0:44:21	1:07:58	1:40:02
411	1795	Stalter Ulrich	*Düsseldorf	3:32:27	M35	89	0:46:15	1:09:56	1:36:15
412	1157	Flottau Dirk	*Essen	3:32:32	M40	112	0:43:44	1:08:22	1:40:24
413	536	Zellin Jan	LG Dorsten	3:32:35	M22	24	0:40:48	1:21:01	1:30:45
414	1898	Spilke Walter	BTSC Baumberg	3:32:36	M50	40	0:42:38	1:07:26	1:42:31
415	1617	Schumacher Peter	Lauftreff R(h)einknaller	3:32:45	M45	83	0:43:43	1:15:51	1:33:09
416	647	Bock Michael	Ruhrrunner Essen	3:32:47	M40	113	0:47:52	1:07:07	1:37:48
417	888	Schroer Thorsten	Verbands-Sparkasse Wesel	3:32:50	M40	114	0:44:55	1:09:09	1:38:46
418	2346	Küster-Riehmman Andrea	*Neukirchen-Vluyn	3:32:51	M40	115	0:43:46	1:07:06	1:41:58
419	516	Babinsky Markus	*Krefeld	3:32:51	M35	90	0:44:02	1:09:48	1:39:00
420	68	Hellermann Jürgen	Knieweh Niederrhein	3:32:52	M40	116	0:45:13	1:08:58	1:38:40
421	559	Berekoven Martin	*Düsseldorf	3:32:52	M35	91	0:44:23	1:09:49	1:38:39
422	1899	Rother Ingo	*Bonn	3:32:54	M35	92	0:45:28	1:08:34	1:38:51
422	2449	Mroß Michael	*Duisburg	3:32:54	M45	84	0:45:13	1:09:19	1:38:21
424	60	Diez Norbert	*Marl	3:32:58	M40	117	0:45:01	1:09:47	1:38:09



# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	2699	Friebe Wilfried	Team Polizei Oberhausen	3:33:01	M45	85	0:44:26	1:07:21	1:41:13
426	959	Oldinski Dieter	Team Niederrhein	3:33:03	M45	86	0:43:53	1:09:37	1:39:32
427	1291	Hansmann Gerhard	*Ratingen	3:33:06	M45	87	0:45:27	1:10:23	1:37:15
428	2005	Meier Wolfgang	Angerland LT Lintorf	3:33:12	M45	88	0:44:50	1:09:01	1:39:20
429	686	Hayner Hans-Martin	TG Neuss	3:33:12	M40	118	0:41:53	1:07:12	1:44:07
430	2460	Friedhoff Benjamin	Wassersportverein Biggese	3:33:15	M22	25	0:44:11	1:10:36	1:38:27
431	2975	Giersch Markus	DSD Düsseldorf	3:33:19	M45	89	0:45:43	1:09:23	1:38:12
432	1874	Polster Thomas	SuS Bertlich	3:33:20	M40	119	0:44:45	1:10:21	1:38:14
433	5128	Hemsing Guido	LG Coesfeld	3:33:25	M35	93	0:44:34	1:08:50	1:40:01
434	2741	Fenske Michael	Adler-Langlauf Bottrop	3:33:28	M40	120	0:44:45	1:08:56	1:39:45
435	56	Spinger Peter	DSD Düsseldorf	3:33:33	M50	41	0:44:25	1:08:35	1:40:32
436	2395	Niklas Klaus	SV Budberg	3:33:36	M40	121	0:44:52	1:09:20	1:39:24
437	2801	Weishaupt Friedrich	Vodafone-Runners	3:33:40	M55	18	0:45:09	1:08:24	1:40:05
438	713	Braam Andreas	SV Haldern	3:33:41	M40	122	0:42:18	1:05:47	1:45:35
439	1322	Eirmbter Wolfgang	TUS Bösinghoven	3:33:42	M55	19	0:44:21	1:10:17	1:39:03
440	2535	Vogt Guido	Lc Dispnoe Erkrath	3:33:44	M40	123	0:41:42	1:09:28	1:42:33
441	2775	Wagner Norbert	AS Neukirchen-Vluyn	3:33:45	M55	20	0:44:55	1:09:25	1:39:24
442	2374	Ruh Wolfgang	LC Duisburg	3:33:47	M55	21	0:44:06	1:10:29	1:39:10
443	3168	Radek Rolf	E.ON Ruhrgas SG	3:33:49	M45	90	0:43:57	1:05:10	1:44:41
444	1058	Steinle Günter	Adler-Langlauf Bottrop	3:33:55	M60	6	0:44:46	1:09:39	1:39:30
445	2021	Blank Heinz Gerd	LT Brüggen	3:33:56	M50	42	0:46:36	1:09:40	1:37:39
446	5124	Böckers Winfried	LG Coesfeld	3:33:57	M50	43	0:44:16	1:06:44	1:42:56
447	3026	Sauer Niko	LT Düsseldorf-Süd	3:33:59	M30	38	0:45:28	1:09:31	1:38:59
448	1249	Knurr Ludger	Schwarz-Gold Wersten	3:34:00	M40	124	0:44:35	1:11:30	1:37:54
449	3930	Scheibling Michael	Angerland LT Lintorf	3:34:18	M45	91	0:45:04	1:09:53	1:39:20
450	2680	Hay Frank	Essen auf Rollen/REV Gruga	3:34:20	M40	125	0:44:12	1:08:47	1:41:20
451	1365	Jendrian Rainer	*Essen	3:34:25	M45	92	0:44:58	1:09:37	1:39:49
452	2591	Gartmann Dieter	*Duisburg	3:34:26	M45	93	0:44:33	1:10:54	1:38:59
453	1042	Metten Dr. Georg	SSF Aegir Uerdingen	3:34:26	M35	94	0:44:02	1:09:21	1:41:02
454	2257	Perbix Jörg	LC Duisburg	3:34:27	M35	95	0:44:42	1:09:43	1:40:02
455	3132	Kwasniok Sascha	BSG Haniel	3:34:28	M30	39	0:42:44	1:09:13	1:42:30
456	628	Kampling Paul	*Mettmann	3:34:31	M45	94	0:45:19	1:11:05	1:38:06
457	251	Heinen Martin	*Duisburg	3:34:33	M40	126	0:42:08	1:05:34	1:46:50
458	513	Pfannkuche Olaf	*Essen	3:34:37	M40	127	0:44:39	1:09:37	1:40:21
459	2963	Swantusch Marco	DSD Düsseldorf	3:34:38	M22	26	0:45:30	1:09:49	1:39:17
460	156	Berns Michael	FC Kalter Kaffee	3:34:38	M40	128	0:44:21	1:08:38	1:41:39
461	3171	Lohkamp Volker	E.ON Ruhrgas SG	3:34:43	M40	129	0:43:28	1:07:24	1:43:51
462	456	Schybura Wojciech	LG Tenside	3:34:53	M40	130	0:44:08	1:10:40	1:40:03
463	357	Skibitzki Jörg	*Bochum	3:34:58	M35	96	0:44:52	1:09:35	1:40:30
464	1470	Christian Rudnik	Starligth-Team-Essen	3:35:00	M40	131	0:44:20	1:12:07	1:38:32
465	2110	Edeler Thorsten	*Essen	3:35:00	M40	132	0:44:14	1:09:22	1:41:23
466	5051	Heinen Stephan	TUS Breitscheid	3:35:18	M45	95	0:43:02	1:15:04	1:37:10
467	886	Hegemann Karsten	BSG PricewaterhouseCoope	3:35:27	M40	133	0:45:35	1:09:11	1:40:40
468	2981	Kossmann Michael	BSG Sparkasse Duisburg	3:35:29	M40	134	0:46:45	1:09:29	1:39:15
469	731	Braumann Uli	DJK TUS Rotthausen	3:35:32	M40	135	0:48:25	1:09:06	1:37:59
470	1568	Müller Sebastian	Tria Delphin Essen	3:35:36	M18	4	0:39:20	1:10:21	1:45:54
471	3174	Horst Dieter	E.ON Ruhrgas SG	3:35:40	M45	96	0:44:58	1:10:34	1:40:07
472	1164	Lischka Jan Timo	Stadtwerke Team Witten	3:35:46	M30	40	0:45:50	1:09:49	1:40:06
473	669	Feichtinger Axel	*Duisburg	3:35:47	M40	136	0:45:21	1:12:22	1:38:02
474	2437	Ringelstein Dr. Jörg	*Essen	3:35:51	M35	97	0:44:48	1:10:47	1:40:16
475	1312	Scheffer Thorsten	*Oberhausen	3:35:53	M35	98	0:44:19	1:11:50	1:39:43
476	2159	Krätzig Oliver	LC Duisburg	3:35:58	M40	137	0:40:36	1:21:34	1:33:47
477	1691	Wexel Horst-Günther	LT.TBH.Düsseldorf	3:35:58	M50	44	0:46:04	1:08:44	1:41:09

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	154	Deden Klaus	TC Grün-Weiß St. Tönis	3:36:04	M55	22	0:46:50	1:10:21	1:38:52
479	1838	Kranauge Thomas	BSG Barmenia Wuppertal	3:36:04	M35	99	0:43:42	1:09:54	1:42:28
480	3128	Ebbert Joachim	BSG Haniel	3:36:04	M40	138	0:44:50	1:08:24	1:42:49
481	387	Schilling-Frenk Tiemo	Spalter Rhede	3:36:05	M35	100	0:45:00	1:08:29	1:42:35
482	408	Küllmar Andreas	*Wuppertal	3:36:07	M35	101	0:44:59	1:09:28	1:41:38
483	2833	Jansen Martin	Vodafone-Runners	3:36:16	M30	41	0:44:09	1:09:20	1:42:47
484	1800	Ehrentraut Heinz-Udo	*Duisburg	3:36:22	M45	97	0:45:09	1:10:34	1:40:38
485	450	Götz Volker	*Ratingen	3:36:22	M40	139	0:44:08	1:09:13	1:42:59
486	832	Grund Michael	Polizei	3:36:27	M40	140	0:43:03	1:08:08	1:45:15
487	3285	Sobczyk Gregor	SV Budberg Lauffreunde	3:36:27	M35	102	0:45:31	1:09:36	1:41:19
488	5003	Seemann Ulf	*Neukirchen Vluyn	3:36:28	M40	141	0:43:00	1:12:50	1:40:36
489	1403	Winbeck Volker	FlinkfürFinkK	3:36:32	M45	98	0:44:38	1:10:03	1:41:50
490	698	Uhling Thomas	TUS Bösinghoven	3:36:33	M50	45	0:43:45	1:06:16	1:46:30
491	950	Eiteneuer Bernd	LG Hünxe	3:36:37	M45	99	0:46:08	1:10:54	1:39:33
492	5089	Groterhorst Andreas	LT Schnecke SV Sonsbeck	3:36:38	M35	103	0:46:27	1:11:18	1:38:52
493	2780	Jännert Erich	AS Neukirchen-Vluyn	3:36:38	M55	23	0:46:06	1:10:27	1:40:04
494	3354	Meyer Herbert	*Duisburg	3:36:40	M45	100	0:44:28	1:10:14	1:41:56
495	3148	Schütterigkeit Horst	SV Concordia Ossenberg 1	3:36:42	M35	104	0:45:20	1:09:56	1:41:25
496	1430	Born Dirk	*Krefeld	3:36:44	M35	105	0:49:27	1:05:26	1:41:50
497	1619	Eloo Jürgen	LC Duisburg	3:36:48	M45	101	0:46:16	1:10:20	1:40:11
498	5038	Wachtendonk Michael	A1 activefirst	3:36:51	M22	27	0:41:07	1:01:09	1:54:34
499	1248	Wiertalla Frank	Schwarz-Gold Wersten	3:36:52	M40	142	0:45:02	1:11:30	1:40:20
500	3281	Holzum Frank	SV Budberg Lauffreunde	3:36:56	M35	106	0:45:22	1:10:13	1:41:19
501	2223	Gülpinarli Kenan	LT Starlight Team Essen	3:36:58	M40	143	0:46:16	1:12:08	1:38:33
502	337	Billen Thomas	*Duisburg	3:37:01	M40	144	0:44:45	1:08:49	1:43:26
503	5027	Dolfen Stefan	Laufftreff Kettwig 2000	3:37:03	M45	102	0:46:16	1:10:05	1:40:41
504	2957	Wagner Burkhard	FS Rheinkamp	3:37:04	M45	103	0:44:41	1:10:55	1:41:27
505	4980	Sturm Christoph	TG Neuss	3:37:05	M40	145	0:43:12	1:07:21	1:46:31
506	563	Haack Jürgen	ART Düsseldorf	3:37:05	M50	46	0:46:06	1:10:49	1:40:09
507	3251	Bendixen Thomas	*Duisburg	3:37:06	M45	104	0:45:39	1:10:57	1:40:29
508	3090	Rataj Andre	BSG Sparkasse Duisburg	3:37:10	M30	42	0:42:59	1:08:16	1:45:55
509	3220	Latocki Frank	Trimet Aluminium AG	3:37:11	M40	146	0:44:10	1:11:18	1:41:42
510	2804	Stockmar Christian	Vodafone-Runners	3:37:12	M35	107	0:43:55	1:11:14	1:42:02
511	2739	Belker Peter	TC GW Schönebeck	3:37:13	M45	105	0:43:00	1:11:56	1:42:16
512	3052	Ambaum Friedhelm	SV Bayer Uerdingen 08 e.V.	3:37:17	M55	24	0:46:24	1:10:57	1:39:54
513	284	Gredig Jörg	SC Bayer 05 Uerdingen	3:37:19	M40	147	0:44:33	1:10:08	1:42:37
514	5123	Beekmans Uwe	LG Coesfeld	3:37:22	M40	148	0:44:25	1:10:18	1:42:37
515	196	Kuhlmann Gregor	*Oberhausen	3:37:22	M45	106	0:45:45	1:10:23	1:41:13
516	191	Stein Frank	*wuppertal	3:37:23	M35	108	0:45:33	1:09:20	1:42:29
517	2320	Schüring Wolfgang	BSV Gartrop-Bühl	3:37:24	M40	149	0:44:40	1:11:32	1:41:10
518	2247	Marquardt Stefan	SF Ennepetal	3:37:25	M35	109	0:41:52	1:07:09	1:48:22
519	127	Gruhn Axel	LG adesso Dortmund	3:37:33	M30	43	0:47:21	1:11:22	1:38:49
520	229	Bister Heinrich	*Rheinberg	3:37:41	M55	25	0:43:49	1:12:44	1:41:07
521	508	Hestermann Claus	*Essen	3:37:44	M35	110	0:45:54	1:11:15	1:40:34
522	984	Ziemons André	*Gelsenkirchen	3:37:47	M50	47	0:47:17	1:10:54	1:39:34
523	286	Kolk-Dittmann Matthias	*Moers	3:37:48	M35	111	0:45:18	1:08:49	1:43:40
524	1632	Pannen Jörg	*Moers	3:37:48	M45	107	0:46:36	1:10:29	1:40:42
525	3307	Priebel Sigggi	VFL Gladbeck	3:37:53	M50	48	0:45:42	1:09:34	1:42:36
526	2935	Boos Thomas	BSG SSK Oberhausen	3:37:58	M40	150	0:44:57	1:10:44	1:42:16
527	1274	Brüggemann Jürgen	*Rheurd	3:38:05	M40	151	0:46:24	1:11:54	1:39:46
528	5047	Drießen Walter	TUS Breitscheid	3:38:05	M60	7	0:43:49	1:11:21	1:42:54
529	2583	Gesnrich Jörg	Supermann	3:38:07	M40	152	0:45:38	1:11:14	1:41:13
530	2533	Ullrich Tino	Lc Dispnoe Erkrath	3:38:07	M30	44	0:45:17	1:09:27	1:43:22

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
531	2114	Huellen Ludger	*Essen	3:38:13	M40	153	0:45:28	1:10:39	1:42:06
532	309	Winterott Oliver	SV Bayer Uerdingen 08 e.V.	3:38:16	M40	154	0:46:19	1:12:59	1:38:57
533	1071	Mellis Rainer	*Düsseldorf	3:38:18	M40	155	0:44:46	1:09:20	1:44:10
534	2574	Bauer Klaus	SFD 75 Düsseldorf	3:38:18	M45	108	0:44:47	1:10:03	1:43:27
535	5087	Kuhlmann Stefan	LT Schnecke SV Sonsbeck	3:38:23	M45	109	0:44:55	1:10:55	1:42:32
536	3323	Genter Heipe	Turnerbund Frintrop	3:38:23	M45	110	0:44:56	1:10:49	1:42:37
537	975	Kruse Thorsten	LC Duisburg	3:38:24	M40	156	0:44:24	1:10:32	1:43:27
538	355	Walbrunn Christian	Laufftreff Brügggen	3:38:26	M45	111	0:50:04	1:10:42	1:37:39
539	41	Schmidtke Markus	TV Kray 65/05	3:38:30	M35	112	0:42:56	1:11:40	1:43:53
540	288	Middeldorf Dirk	ART Düsseldorf	3:38:31	M40	157	0:44:41	1:14:36	1:39:14
541	1550	Pollmann Thomas	Fluktuation 8	3:38:40	M35	113	0:46:39	1:10:09	1:41:52
542	566	Bachmann Ralf	BSG Team EVAG	3:38:41	M45	112	0:45:20	1:10:18	1:43:02
543	2593	Glasik Josef	*Oberhausen	3:38:41	M40	158	0:45:36	1:14:17	1:38:47
544	239	Block Dr. Klaus	*Castrop-Rauxel	3:38:41	M35	114	0:45:17	1:11:57	1:41:26
545	178	Menk Thomas	rt backfieldrunners bocholt	3:38:41	M35	115	0:45:25	1:11:50	1:41:26
546	681	Kopal Wolfgang	*Ratingen	3:38:41	M40	159	0:44:14	1:12:30	1:41:56
546	2041	Vößing Johannes	*Essen	3:38:41	M19	5	0:46:04	1:09:12	1:43:25
548	530	Wrobel Michael	LC Duisburg	3:38:45	M35	116	0:45:16	1:09:10	1:44:18
549	1718	Oppitz Norbert	TUS Bösinghoven	3:38:50	M45	113	0:42:32	1:13:01	1:43:16
550	1622	Ossig Rainer	Marathonkurs LC Duisburg	3:38:50	M40	160	0:47:06	1:10:15	1:41:28
551	1482	Terörde Lars	*Düsseldorf	3:38:50	M35	117	0:44:28	1:10:34	1:43:48
552	1937	Zwolinski Olaf	ASC Rosellen/Neuss	3:38:52	M35	118	0:43:29	1:09:29	1:45:54
553	5010	Kluge Thomas	LC Duisburg	3:38:54	M40	161	0:49:21	1:15:00	1:34:33
554	803	Klaus Patrick	Da geht er hin	3:38:54	M22	28	0:44:12	1:11:46	1:42:56
555	2941	Ullrich Armin	BSG SSK Oberhausen	3:38:58	M50	49	0:46:45	1:07:59	1:44:13
556	354	Weyler Thomas	*Duisburg	3:39:04	M30	45	0:44:36	1:09:48	1:44:39
557	1381	Ehrlich Dirk	Team EhrBec	3:39:06	M40	162	0:45:27	1:10:02	1:43:37
558	1075	Hübinger Peter	TUS Laurette	3:39:13	M40	163	0:45:48	1:12:12	1:41:12
559	2515	Schäfer Oliver	*Duisburg	3:39:17	M30	46	0:46:26	1:10:11	1:42:38
560	1327	Reinders Thomas	DJK Lowick	3:39:19	M40	164	0:44:35	1:11:09	1:43:35
561	1525	Schönberg Siegfried	Blindgänger Wuppertal	3:39:20	M40	165	0:48:01	1:10:36	1:40:43
562	1692	Hüllen Michael	BSG Emscher / Lippe	3:39:23	M40	166	0:45:47	1:10:21	1:43:14
563	1005	Klein Hans-Jürgen	LTH-Essen	3:39:24	M50	50	0:44:57	1:13:22	1:41:03
564	625	Hamann Werner	*Grefrath	3:39:26	M45	114	0:45:17	1:12:10	1:41:58
565	473	Frei Thomas	SV Derne 49	3:39:28	M40	167	0:46:34	1:10:08	1:42:45
566	1882	Grauke Tobias	SG Stern Düsseldorf	3:39:29	M45	115	0:45:36	1:11:09	1:42:43
567	3003	Altmann Thomas	*Essen	3:39:30	M45	116	0:43:11	1:07:01	1:49:17
568	409	Lavergne David	Paris	3:39:33	M40	168	0:45:10	1:11:21	1:43:01
569	834	Horrig Volker	LC Duisburg	3:39:38	M45	117	0:45:20	1:10:40	1:43:37
570	424	Stein Christian	TV Ratingen	3:39:44	M35	119	0:46:39	1:11:35	1:41:29
571	2512	Burmeister Uwe	Die Buschläufer	3:39:44	M45	118	0:44:11	1:10:22	1:45:10
572	426	Weisbrodt Bernd	*Duisburg	3:39:45	M35	120	0:47:16	1:14:00	1:38:27
573	2951	Van Zwamen Christoph	Team Niederrhein	3:39:46	M18	5	0:48:39	1:09:50	1:41:17
574	1743	Pötschke Reiner	Marathon Mülheim	3:39:47	M35	121	0:46:53	1:09:12	1:43:42
575	2990	Czeslik Holger	BSG Stadtwerke Duisburg A	3:39:49	M40	169	0:46:15	1:12:27	1:41:06
576	419	Mohr Markus	*Bottrop	3:39:50	M40	170	0:44:45	1:11:54	1:43:10
577	47	Lange Roland	*Krefeld	3:40:00	M35	122	0:45:36	1:11:08	1:43:16
578	2988	Schoofs Helmut	BSG Stadtwerke Duisburg A	3:40:01	M50	51	0:46:33	1:10:49	1:42:38
579	3134	Puletto Marcello	U.S.M.CSEMPERFI	3:40:03	M22	29	0:44:55	1:09:47	1:45:20
580	2334	Becker Jürgen	LC Duisburg	3:40:07	M50	52	0:45:45	1:11:36	1:42:45
581	1197	Böhmer Axel	LG Mönchengladbach	3:40:15	M40	171	0:44:26	1:12:53	1:42:55
582	2250	Klein Hubert	LC Duisburg	3:40:15	M50	53	0:45:17	1:12:57	1:42:00
583	2773	Bergmann Dr. Andre	AS Neukirchen-Vluyn	3:40:16	M35	123	0:46:17	1:12:25	1:41:32

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	1178	Pilgram Jan	*Oberhausen	3:40:17	M18	6	0:42:55	1:10:05	1:47:17
585	2413	Neuhaus Benni	TB Frintrop	3:40:18	M19	6	0:48:07	1:10:04	1:42:05
586	316	Kappler Dr. Stefan	gute-beine.de	3:40:22	M45	119	0:47:44	1:11:10	1:41:28
587	2144	Orlowski Günter	*Düsseldorf	3:40:23	M40	172	0:45:30	1:09:50	1:45:02
588	3284	Schmengler Stephan	SV Budberg Lauffreunde	3:40:24	M40	173	0:45:34	1:11:14	1:43:35
589	2772	Ache Horst	AS Neukirchen-Vluyn	3:40:24	M70	1	0:45:34	1:11:29	1:43:20
590	612	Kopka Norbert	Team Sport Palast	3:40:27	M45	120	0:44:55	1:11:25	1:44:05
591	3082	Kretzer Rolf-Dieter	TV Ufört Eick	3:40:28	M55	26	0:44:30	1:12:54	1:43:03
592	1993	Siry Martin	Rosettenjäger	3:40:30	M35	124	0:44:55	1:13:10	1:42:24
593	406	Gruner Jürgen	Krefelder Kanu Klub	3:40:32	M55	27	0:46:55	1:13:26	1:40:10
594	270	Michalski Jürgen	Dorsten	3:40:32	M45	121	0:45:08	1:11:08	1:44:16
595	1612	Killius Klaus	Borbecker Raketen	3:40:33	M45	122	0:46:45	1:10:48	1:42:59
596	1315	Rohn Frank	*Mülheim an der Ruhr	3:40:37	M40	174	0:46:12	1:11:34	1:42:51
597	1135	Schmitz Ulrich	*Erkrath	3:40:39	M45	123	0:46:37	1:12:02	1:41:58
598	1020	Zobel Michael	TSG Sprockhövel	3:40:43	M45	124	0:45:52	1:12:00	1:42:49
599	1726	Martin Frank	*Wuppertal	3:40:43	M45	125	0:44:00	1:13:48	1:42:54
600	1958	Paul Peter	BGE	3:40:47	M45	126	0:44:20	1:09:23	1:47:03
601	2260	Jendral Holger	SuS Bertlich	3:40:51	M45	127	0:45:09	1:13:44	1:41:57
602	466	Schlimnat Michael	*Duisburg	3:40:52	M30	47	0:47:51	1:12:40	1:40:21
603	1057	Kuckhermann Friedrich	Adler-Langlauf Bottrop	3:40:55	M60	8	0:46:08	1:10:11	1:44:35
604	2526	Zöltzer Ingo	Radevormwalder SV 1925	3:40:57	M40	175	0:46:36	1:11:20	1:43:00
605	872	Abel Klaus	*Duisburg	3:40:58	M55	28	0:56:37	1:06:46	1:37:33
606	1989	Prothmann Klaus	Rosettenjäger	3:41:00	M35	125	0:45:25	1:13:10	1:42:24
607	2685	Buhren Wolfgang	LT Issum Turboschnecken	3:41:04	M45	128	0:45:43	1:13:30	1:41:51
608	742	Plietsch Klaus	*Düsseldorf	3:41:08	M55	29	0:45:48	1:10:47	1:44:31
609	1317	Poßberg Roland	SV-Raadt e.V.	3:41:08	M40	176	0:45:28	1:11:40	1:44:00
610	2987	Wellmann Rüdiger	BSG Stadtwerke Duisburg A	3:41:09	M45	129	0:46:01	1:10:56	1:44:11
611	103	Jamsek Peter	TV Essen-Kray 65/05	3:41:11	M45	130	0:45:04	1:12:01	1:44:06
612	1480	Hey Olaf	VfB Alemannia Pfalzdorf	3:41:11	M40	177	0:43:19	1:16:47	1:41:05
613	783	Tomberg Hans Gerd	Kosmetik Tomberg	3:41:16	M60	9	0:45:59	1:11:58	1:43:18
614	621	Rennen Stefan	*Viewrsen	3:41:16	M30	48	0:45:50	1:09:23	1:46:02
615	2445	Thiesling Jörg	TB Frintrop Donnervögel	3:41:19	M40	178	0:46:18	1:12:54	1:42:05
616	140	Germies Jürgen	LC Duisburg	3:41:21	M40	179	0:46:47	1:11:34	1:42:59
617	3122	Ettelt Hermann	TLV Germania Überruhr	3:41:22	M55	30	0:44:12	1:10:21	1:46:48
618	389	Skwarr Thomas	Budoclub Ronin	3:41:23	M45	131	0:44:50	1:11:36	1:44:56
619	2120	Hampen Gregor	BSV Grün-Weiß Wesel-Flü	3:41:23	M55	31	0:45:49	1:10:38	1:44:55
620	836	Kintzel Marcus	*Mülheim	3:41:27	M35	126	0:45:03	1:10:11	1:46:12
621	399	Swillus Michael	LG Meidericher Laufteufel	3:41:27	M40	180	0:45:54	1:10:54	1:44:38
622	2624	Krings Stephan	*Mülheim/Ruhr	3:41:27	M40	181	0:46:03	1:12:08	1:43:16
623	5071	Zeller Robert	TUS Breitscheid	3:41:30	M65	2	0:46:36	1:11:53	1:43:00
624	394	Kössl Jo	AS Neukirchen-Vluyn	3:41:40	M40	182	0:48:09	1:11:00	1:42:30
625	897	Braick Johannes	*Duisburg	3:41:43	M45	132	0:47:42	1:12:05	1:41:55
626	112	Stascheit Andreas	*Ratingen	3:41:45	M40	183	0:48:18	1:11:40	1:41:47
627	1585	Dreuw Ludwig	ART Düsseldorf	3:41:47	M40	184	0:46:22	1:12:57	1:42:27
628	748	Thomas Jürgen	ASV-LT Kemperdick	3:41:47	M50	54	0:47:31	1:11:50	1:42:25
629	2043	Klarmann Felix	*Köln	3:41:48	M22	30	0:46:22	1:09:29	1:45:56
630	77	Schwegmann Christian	*Oberhausen	3:41:48	M40	185	0:48:10	1:11:31	1:42:06
631	179	May Jörg	Running Dinslaken	3:42:10	M45	133	0:45:52	1:09:27	1:46:51
632	385	Baus Joachim	*Neuss	3:42:12	M50	55	0:47:15	1:11:21	1:43:35
633	2369	Bieker Christoph	LT Lustige Schleicher Essen	3:42:12	M45	134	0:48:14	1:12:17	1:41:40
634	1150	Hickmann Daniel	*Oberhausen	3:42:12	M22	31	0:44:38	1:12:22	1:45:12
635	34	Gubesch Joerg	LT Starlight Team Essen	3:42:18	M40	186	0:45:13	1:12:04	1:45:00
636	2654	Barden Uwe	Rennschnecken 2000 e.V.	3:42:20	M35	127	0:46:13	1:09:51	1:46:16

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
637	2347	Staiger Dr. Rudolf	*Essen	3:42:24	M50	56	0:46:37	1:12:21	1:43:25
638	42	Ingenhaag Peter	Waspo Essen 1912 e.V.	3:42:26	M40	187	0:43:27	1:09:20	1:49:38
639	3308	Schlömer Thomas	TK Grevenbroich	3:42:28	M45	135	0:47:53	1:13:45	1:40:49
640	670	Schnepper Christian	*Mülheim an der Ruhr	3:42:32	M40	188	0:46:04	1:12:20	1:44:07
641	1030	Uelwer Norbert	LG Oermterberg	3:42:35	M40	189	0:46:07	1:12:31	1:43:56
642	1307	Umlauf Peter	*Ratingen	3:42:38	M50	57	0:46:38	1:11:11	1:44:48
643	2071	Spicker Thorsten	Marathonkurs LC Duisburg	3:42:42	M30	49	0:47:04	1:11:07	1:44:30
644	2529	Barbenheim Dr. Gerd	*Bottrop	3:42:43	M45	136	0:47:08	1:12:10	1:43:24
645	1380	Becker Martin	Team EhrBec	3:42:44	M40	190	0:45:27	1:10:02	1:47:14
646	512	Diesing Karl-Heinz	LT Herne	3:42:45	M50	58	0:45:58	1:12:07	1:44:38
647	2581	Czerwinski Peter	LV Stommeln	3:42:48	M50	59	0:46:50	1:13:04	1:42:53
648	2657	Schaeper Ralph	*Essen	3:42:49	M45	137	0:48:41	1:14:14	1:39:52
649	243	Scholl Gregor	*Oberhausen	3:42:52	M45	138	0:51:15	1:10:21	1:41:15
650	925	Weier Ralf	Makolonrunners	3:42:57	M40	191	0:47:39	1:13:52	1:41:24
651	527	Mötter Andreas	SV Budberg	3:42:59	M45	139	0:45:02	1:09:59	1:47:57
652	2097	Schubert Tom	LT Starlight Team Essen	3:43:00	M40	192	0:45:39	1:15:18	1:42:02
653	951	Holdmann Tim	Die fetten Schnecken	3:43:03	M35	128	0:44:43	1:09:58	1:48:22
654	1639	Brokmann Michael	SV Wanheim 1900	3:43:04	M40	193	0:45:41	1:09:21	1:48:01
655	917	Kraus Bernd	*Duisburg	3:43:05	M55	32	0:47:42	1:11:57	1:43:24
656	1677	Steiof Leander	TUS Bösinghoven	3:43:05	M40	194	0:46:59	1:12:50	1:43:15
657	893	Luthe Gregor	*Herten	3:43:07	M35	129	0:46:47	1:12:06	1:44:14
658	274	Röhle Frank	Ruhrverband	3:43:11	M45	140	0:44:57	1:12:17	1:45:57
659	128	Hillig Harald	Wiesnasen-mara-tonis	3:43:15	M40	195	0:45:32	1:14:30	1:43:13
660	232	Akkus Mevlana	*Krefeld	3:43:15	M45	141	0:48:50	1:10:45	1:43:40
661	1760	Krauße Dennis	Rumelner TV	3:43:17	M22	32	0:46:56	1:11:53	1:44:27
662	1266	Blonzen Dietmar	LT Wüstenrot Spellen	3:43:21	M50	60	0:45:58	1:13:26	1:43:56
663	1715	Krummel Jürgen	Marathonkurs LC Duisburg	3:43:22	M35	130	0:45:37	1:09:41	1:48:03
664	4981	Prenzel Georg	TG Neuss	3:43:24	M35	131	0:49:54	1:21:20	1:32:09
665	2183	Malcus Burkhard	Turbo-Schnecken Lüdensch	3:43:24	M45	142	0:45:11	1:11:07	1:47:05
666	1638	Hartmann Jörg	Shaolin Kempo Wesel-Büderi	3:43:25	M40	196	0:45:39	1:10:37	1:47:08
667	21	Gettwert Klaus	Saarer Kuppenläufer	3:43:27	M35	132	0:45:40	1:11:26	1:46:20
668	326	Jordan Dr. Frank	*Erkrath	3:43:30	M35	133	0:46:47	1:14:13	1:42:30
669	2470	Haake Hendrik	*Düsseldorf	3:43:31	M30	50	0:44:56	1:09:19	1:49:15
670	2550	Stoffel Norbert	ASC Düsseldorf	3:43:31	M45	143	0:46:22	1:11:38	1:45:29
671	2671	Lichtenthäler Lothar	*Ratingen	3:43:31	M45	144	0:45:40	1:12:29	1:45:22
672	879	Bauer Klaus	BSG Victoria	3:43:36	M50	61	0:46:49	1:15:50	1:40:56
673	2362	Van Heek Adi	*Issum	3:43:37	M50	62	0:47:11	1:12:22	1:44:03
674	2167	Hochbruck Werner	LT Krefeld-Oppum	3:43:44	M45	145	0:46:52	1:13:48	1:43:03
675	1382	Jakhoefer Thomas	*Oberhausen	3:43:46	M45	146	0:44:36	1:12:11	1:46:57
676	430	Beese Klaus	Marathon Mülheim	3:43:49	M55	33	0:46:57	1:13:00	1:43:51
677	1969	Hüls Markus	*Dinslaken	3:44:03	M40	197	0:44:39	1:17:38	1:41:45
678	2124	Speth Dr. Lothar	*Hamm	3:44:04	M50	63	0:49:55	1:11:38	1:42:30
679	1783	Marcus Rolf	*Mülheim an der Ruhr	3:44:05	M45	147	0:46:21	1:11:02	1:46:41
680	2759	Ruthmann Kai	AS Neukirchen-Vluyn	3:44:08	M45	148	0:47:12	1:12:04	1:44:51
681	1933	Backes Armin	TUS Oedt	3:44:12	M35	134	0:48:21	1:12:40	1:43:09
682	194	Rosenfeld Achim	*Mülheim	3:44:15	M35	135	0:45:47	1:14:01	1:44:27
683	343	Lünendonk Lothar	*Korschenbroich	3:44:16	M55	34	0:47:18	1:13:39	1:43:18
684	429	Demmel Thorsten	*Duisburg	3:44:17	M40	198	0:47:18	1:12:49	1:44:09
685	565	ELTING LUDGER	SV Haldern	3:44:19	M45	149	0:41:39	1:03:27	1:59:12
686	2344	Freitag Dirk	*Bocholt	3:44:21	M35	136	0:47:53	1:14:43	1:41:43
687	2016	Büßen Volker	Lt. Mismahlshof	3:44:27	M45	150	0:46:42	1:11:48	1:45:56
688	1892	Eversmann Gerhard	*Krefeld	3:44:40	M45	151	0:45:20	1:12:29	1:46:50
689	2158	Spogahn Hans-Michael	Bocholter Wassersportverei	3:44:43	M50	64	0:46:19	1:13:28	1:44:55

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
690	1642	Koopmann Franz	*Rheurdt	3:44:44	M60	10	0:46:41	1:13:22	1:44:40
691	576	Brabender Klaus Jürgen	Werricher Lauttreff	3:44:45	M45	152	0:45:37	1:10:34	1:48:34
692	2567	Nohlen Markus	TC Blau-Weiss Spellen	3:44:49	M35	137	0:46:46	1:12:17	1:45:44
693	1842	Böhme Michael	*Gevelsberg	3:44:51	M40	199	0:45:48	1:11:56	1:47:06
694	1059	Zmija Markus	*Mülheim	3:44:52	M35	138	0:47:39	1:14:27	1:42:45
695	5086	Pilch Achim	LT Schnecke SV Sonsbeck	3:44:52	M45	153	0:47:00	1:12:48	1:45:03
696	386	Hampel Jürgen	*Duesseldorf	3:44:53	M40	200	0:45:49	1:10:30	1:48:33
697	3382	Sprünken Oliver	*Ratingen	3:45:01	M35	139	0:44:49	1:13:12	1:46:59
698	1121	Skowronek Jürgen	Adler-Langlauf Bottrop	3:45:02	M60	11	0:47:09	1:13:20	1:44:31
699	57	Süselbeck Andre	SV Orsoy	3:45:04	M35	140	0:48:42	1:11:42	1:44:39
700	3180	Bittner Oliver	E.ON Ruhrgas SG	3:45:05	M30	51	0:43:52	1:06:18	1:54:54
701	2315	Benninghoff Helmut	TV-Jahn Königshardt	3:45:11	M55	35	0:45:57	1:11:58	1:47:15
702	776	Bergemann Udo	RTB Remscheid Marathon-	3:45:12	M55	36	0:47:15	1:13:48	1:44:07
703	1132	Schepers Joachim	*Gelsenkirchen	3:45:12	M45	154	0:47:05	1:15:02	1:43:04
704	2402	Beisenbusch Johannes	Rapid Ramirez	3:45:14	M45	155	0:47:01	1:13:45	1:44:27
705	1805	Hengstermann Christoph	SV Haldern	3:45:15	M45	156	0:47:26	1:14:44	1:43:04
706	1621	Burre Frank	TUS Bösinghoven	3:45:18	M50	65	0:46:47	1:13:01	1:45:29
707	2175	Siewers Volker	LC Duisburg	3:45:19	M45	157	0:47:19	1:13:45	1:44:14
708	3241	Koppers Thomas	*Geldern	3:45:24	M22	33	0:48:51	1:12:52	1:43:40
709	3103	Hohl Jürgen	*Duisburg	3:45:27	M40	201	0:47:09	1:13:04	1:45:13
710	348	Rehmenklau Thomas	LG FSUe	3:45:27	M35	141	0:50:39	1:01:32	1:53:15
711	3338	Linge Rainer	Skiklub Essen	3:45:30	M40	202	0:49:23	1:13:31	1:42:35
712	3311	Ernst Stefan	Rapid Ramirez	3:45:32	M35	142	0:40:47	1:08:17	1:56:27
713	2318	Stork Ralf	Haumannplatz Essen	3:45:32	M22	34	0:46:25	1:13:22	1:45:43
714	2098	Zündorf Franz Peter	*Dinslaken	3:45:33	M40	203	0:46:03	1:11:40	1:47:49
715	175	Stöckhausen Andreas	rt backfieldrunners bocholt	3:45:35	M35	143	0:48:32	1:17:39	1:39:23
716	862	Diersch Ralph	A.R.D iersch GmbH	3:45:36	M50	66	0:49:02	1:13:31	1:43:02
717	1987	Borusiak Christian	Sportsfreunde Wurmatal	3:45:37	M30	52	0:48:02	1:13:15	1:44:20
718	396	Vortmann Werner	TUSEM Essen	3:45:38	M50	67	0:44:28	1:17:22	1:43:47
719	1988	Borusiak André	Sportsfreunde Wurmatal	3:45:38	M30	53	0:48:02	1:13:15	1:44:21
720	1193	Sensenbrenner Arno	www.dusfor.de	3:45:39	M35	144	0:48:41	1:11:43	1:45:14
721	1491	Volkmuht Jürgen	*Bottrop	3:45:42	M35	145	0:46:17	1:12:32	1:46:52
722	811	Graffmann Dieter	LC Duisburg	3:45:46	M50	68	0:47:36	1:13:12	1:44:57
723	3002	Schuster Thomas	Laufftreff Vynen	3:45:54	M40	204	0:48:04	1:14:36	1:43:12
724	455	Rohde Markus	LC Duisburg	3:45:57	M30	54	0:42:59	1:12:22	1:50:35
725	2982	Steinen-Perschke Dr. Ralf	TSV Viktoria Mülheim	3:45:58	M45	158	0:45:49	1:14:01	1:46:06
726	139	Godoy Javier	SC Bayer 05 Uerdingen	3:46:08	M45	159	0:45:33	1:13:42	1:46:52
727	1572	Tourna Karsten	*Tönisvorst	3:46:18	M30	55	0:46:05	1:12:15	1:47:57
728	1672	Lemke Lars	*Duisburg	3:46:22	M35	146	0:48:18	1:13:49	1:44:14
729	1021	Skoerys Michael	Angerland LT Lintorf	3:46:24	M40	205	0:45:54	1:10:51	1:49:38
730	420	Schilling-Frenk Peter	Spalter Rhede	3:46:28	M30	56	0:47:22	1:13:41	1:45:24
731	257	Eidens Joachim	*Krefeld	3:46:32	M50	69	0:48:33	1:13:56	1:44:02
732	1522	Kühnreich Mathias	*Essen	3:46:33	M40	206	0:47:17	1:16:32	1:42:42
733	320	Vlatten André	*Herne	3:46:33	M35	147	0:46:34	1:13:23	1:46:36
734	1523	Eumes Gregor	SV Veert	3:46:35	M40	207	0:46:12	1:12:17	1:48:05
735	2601	Otto Hans-Peter	Stadtwerke Team Witten	3:46:40	M50	70	0:46:30	1:13:33	1:46:36
736	754	Schombierski Manfred	*Mülheim/Ruhr	3:46:42	M50	71	0:45:26	1:13:24	1:47:51
737	2716	Dibke Helmar	LV Stommeln	3:46:42	M50	72	0:47:16	1:13:17	1:46:09
738	2554	Luse Benedikt	*Duisburg	3:46:44	M35	148	0:46:07	1:20:06	1:40:30
739	1530	Plicht Wolfgang	OSC Dinslaken-Averbruch	3:46:46	M50	73	0:47:29	1:12:15	1:47:01
740	61	Seel Andre	*Marl	3:46:46	M40	208	0:46:25	1:12:44	1:47:36
741	1799	Spiering Andreas	DJK SG Osterfeld	3:46:49	M45	160	0:44:52	1:18:16	1:43:40
742	507	Szymczak Rüdiger	Gelsenwasser AG	3:46:55	M40	209	0:46:34	1:12:48	1:47:32

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
743	435	Meyer Frank	*Duisburg	3:47:05	M50	74	0:48:28	1:15:24	1:43:12
744	132	Bünsow Günter	GEFA Processtechnik GmbH	3:47:08	M45	161	0:46:12	1:14:38	1:46:18
745	1272	Hölsken Dirk	*Voerde	3:47:12	M30	57	0:45:20	1:15:57	1:45:54
746	1504	Funke Hans-Christoph	LAC THG Kettwig	3:47:13	M50	75	0:47:34	1:14:40	1:44:58
747	2178	Wachholz Thomas	BSG Victoria	3:47:16	M45	162	0:47:32	1:15:13	1:44:30
748	3076	Müller Rüdiger	Marathon Mulheim	3:47:16	M65	3	0:48:40	1:14:39	1:43:56
749	2067	Mikosch Milko	Waltroper LC 06	3:47:22	M35	149	0:47:54	1:14:27	1:45:00
750	1481	Maiworm Thomas	VfB Alemannia Pfalzdorf	3:47:22	M50	76	0:47:01	1:13:13	1:47:07
751	1733	Vößing Karl-Josef	*Essen	3:47:25	M50	77	0:44:35	1:15:18	1:47:31
752	2595	Van Munster Ben	*Oberhausen	3:47:33	M35	150	0:47:54	1:14:18	1:45:20
753	2001	Birkner Oliver	*Monheim	3:47:34	M45	163	0:48:12	1:13:34	1:45:46
754	5055	Jansen Burkhard	TUS Breitscheid	3:47:37	M55	37	0:46:12	1:13:31	1:47:53
755	344	Ludwig Michael	*Duisburg	3:47:40	M22	35	0:47:51	1:14:57	1:44:51
756	413	Richter René	*Duisburg	3:47:44	M30	58	0:47:55	1:14:56	1:44:51
757	1128	Manz-Bothe Achim	*Duisburg	3:47:45	M50	78	0:48:03	1:14:02	1:45:39
758	1130	Schlingemann Christian	GV Waltrop	3:47:45	M40	210	0:46:02	1:13:08	1:48:34
759	2986	Siepmann Rolf	BSG Stadtwerke Duisburg A	3:47:48	M50	79	0:47:05	1:12:48	1:47:54
760	2851	Bäumer Daniel	Vodafone-Runners	3:47:51	M35	151	0:48:59	1:13:48	1:45:03
761	1405	Dietzfelbinger Stefan	IHK	3:47:56	M40	211	0:56:09	1:09:32	1:42:13
762	2219	Klug Andreas	Running Dinslaken	3:47:56	M40	212	0:47:31	1:13:09	1:47:15
763	3268	Milka Andreas	Lauftreff Korschenbroich	3:47:57	M40	213	0:47:06	1:12:54	1:47:56
764	2559	Axel Schmidt	*Ratingen	3:48:01	M45	164	0:47:03	1:13:15	1:47:42
765	525	Breer Pater Tobias	Abtei Hamborn	3:48:05	M40	214	0:47:45	1:13:30	1:46:49
766	1105	Hallen Thomas	*düsseldorf	3:48:08	M40	215	0:45:32	1:12:58	1:49:37
767	2779	Darda Bernd	AS Neukirchen-Vluyn	3:48:12	M45	165	0:47:54	1:14:56	1:45:21
768	148	Schultz Jens	DDS Running Team	3:48:14	M30	59	0:47:18	1:13:42	1:47:13
769	334	Jonen Werner	LC Duisburg	3:48:17	M45	166	0:49:08	1:14:51	1:44:17
770	2000	Hentschel Bruno	*Langenfeld	3:48:19	M45	167	0:48:53	1:13:42	1:45:43
771	1825	Struck Christoph	*Bottrop	3:48:22	M35	152	0:44:32	1:30:19	1:33:29
772	3173	Jöster Klaus	E.ON Ruhrgas SG	3:48:22	M50	80	0:47:59	1:13:44	1:46:37
773	3176	Hassepass Werner	E.ON Ruhrgas SG	3:48:31	M50	81	0:47:38	1:12:09	1:48:44
774	2582	Iltmann Gerald	LG Dorsten	3:48:33	M45	168	0:45:52	1:10:37	1:52:03
775	2081	Maaßen Heinz	TB Frintrop Donnervögel	3:48:42	M50	82	0:49:05	1:13:38	1:45:58
776	3242	Koppers Christian	*Geldern	3:48:45	M35	153	0:48:12	1:14:13	1:46:19
777	913	Grotenhuis Karl	SV Viktoria Goch	3:48:46	M40	216	0:45:30	1:14:19	1:48:55
778	583	Nemeth Peter	Trinksportfreunde Dortmund I	3:48:51	M40	217	0:45:11	1:16:19	1:47:20
779	2879	Caniglia Sebastiano	LT Kettwig 2000	3:48:53	M50	83	0:47:35	1:13:42	1:47:35
780	1292	Strunk Reinhard	BSG Barmenia Wuppertal	3:48:54	M50	84	0:47:18	1:12:03	1:49:32
781	3346	Schmitz Marc	Rheinische Post Duisburg	3:48:54	M22	36	0:46:58	1:14:04	1:47:52
782	2351	Knabben Oliver	*Mülheim an der Ruhr	3:49:04	M35	154	0:52:25	1:23:56	1:32:42
783	3226	Machel Christian	SV Beeckerwerth	3:49:05	M45	169	0:48:49	1:13:05	1:47:10
784	5065	Niemeyer Jens	TUS Breitscheid	3:49:07	M22	37	0:48:49	1:13:27	1:46:50
785	2064	Kollert Mark	LC Duisburg	3:49:08	M35	155	0:49:00	1:14:18	1:45:49
786	560	Fischer Ralf	Lauftreff Haumannplatz Esse	3:49:08	M45	170	0:46:11	1:11:49	1:51:06
787	1637	Büns Karl-Heinz	TVK 1877 Essen	3:49:08	M50	85	0:45:41	1:18:56	1:44:30
788	2877	Hamm Dieter	LT Kettwig 2000	3:49:12	M45	171	0:45:53	1:15:23	1:47:55
789	2065	Spätling Klaus	Sport AG Duisburg	3:49:13	M50	86	0:44:15	1:26:53	1:38:04
790	2431	Mucha Manuel	*Duisburg	3:49:15	M22	38	0:48:55	1:15:59	1:44:19
791	1213	Van Treeck Andreas	TSC-Essen	3:49:16	M40	218	0:44:23	1:10:05	1:54:47
792	1428	Lass Hartmut	*Meerbusch	3:49:17	M40	219	0:46:06	1:13:37	1:49:33
793	2557	Arend Detlef	*Duisburg	3:49:23	M45	172	0:48:48	1:14:34	1:46:00
794	1708	Groß Michael	LG Dichterviertel	3:49:25	M55	38	0:45:41	1:15:57	1:47:46
795	1404	Jakobs Daniel	*Oberhausen	3:49:28	M40	220	0:48:20	1:14:49	1:46:18

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
796	2969	Pohlmann Hartwig	DSD Düsseldorf	3:49:35	M45	173	0:46:55	1:14:14	1:48:26
797	39	Lidzba Frank	Schalke Roadrunner	3:49:40	M30	60	0:45:11	1:11:51	1:52:38
798	2621	Steibing Frank	*Moers	3:49:49	M30	61	0:46:08	1:20:51	1:42:49
799	3267	Dörr Rolf	Laufftreff Korschenbroich	3:49:49	M45	174	0:47:06	1:13:36	1:49:06
800	707	Höpner Jens	*Duisburg	3:49:53	M30	62	0:46:18	1:12:10	1:51:24
801	1801	Schlender Horst	TUS Drevenack/LG Hünxe	3:49:54	M40	221	0:46:11	1:11:18	1:52:23
802	3033	Looschelders Dirk	Merten GmbH & Co. KG	3:49:57	M40	222	0:47:34	1:15:24	1:46:57
803	2080	Wandres Rüdiger	*Voerde	3:49:57	M40	223	0:46:57	1:13:27	1:49:32
804	215	Riepe Thomas	*Düsseldorf	3:49:59	M45	175	0:48:59	1:15:45	1:45:14
805	38	Baumann Mario	*Essen	3:50:02	M35	156	0:45:31	1:12:55	1:51:35
806	2709	Hetzel Markus	*Duisburg	3:50:03	M40	224	0:46:32	1:16:55	1:46:35
807	1575	Grosse Karl-Heinz	LG Polizei Altenessen	3:50:09	M55	39	0:49:54	1:14:17	1:45:57
808	3290	Kinzel Thomas	*Hünxe	3:50:10	M40	225	0:47:40	1:14:08	1:48:22
809	1110	Gajewski Uwe	*Duisburg	3:50:11	M40	226	0:47:37	1:16:27	1:46:06
810	3371	Spielberger Reinhold	TriClub Wuppertal	3:50:19	M55	40	0:49:00	1:14:25	1:46:53
811	1749	Braun Sven	*Duisburg	3:50:19	M22	39	0:50:00	1:15:11	1:45:08
812	2012	Bosmanns-Grigoleit Thom	BSG Team EVAG	3:50:30	M40	227	0:47:56	1:15:47	1:46:46
813	2497	Mende Markus	*Wuppertal	3:50:30	M30	63	0:48:09	1:14:45	1:47:35
814	3066	Gerlach Thomas	LG Die 3 von der Franzstr.	3:50:33	M50	87	0:47:14	1:12:59	1:50:20
815	1728	Kemkes Reinhard	DJK Adler Frintrop/Essen	3:50:34	M45	176	0:43:29	1:09:36	1:57:28
816	985	Busch Michael	LG Alpen	3:50:34	M40	228	0:47:48	1:14:05	1:48:40
817	5012	Schulze Norbert	LG Alpen	3:50:43	M45	177	0:47:19	1:13:31	1:49:52
818	180	Schauf Cleif	LG Vallourec	3:50:46	M35	157	0:46:44	1:14:39	1:49:22
819	489	Birkendorf Klaus	Tri-Geckos Dortmund	3:50:49	M35	158	0:44:48	1:11:30	1:54:30
820	1531	Tanas André	SV Brünen	3:50:49	M35	159	0:46:27	1:16:28	1:47:53
821	983	Unia Juergen	Rude Runner	3:50:49	M40	229	0:47:41	1:17:23	1:45:44
822	3181	Berger Dieter	E.ON Ruhrgas SG	3:50:52	M45	178	0:48:48	1:14:03	1:48:00
823	941	Schulz Claus-Peter	Team Sport Palast	3:50:52	M45	179	0:48:19	1:17:27	1:45:06
824	300	Garbe Henry	LT Dönberg	3:50:53	M40	230	0:44:37	1:29:27	1:36:49
825	1754	Graf Klaus	*Esslingen	3:50:57	M35	160	0:48:51	1:16:24	1:45:41
826	1332	Bröker Markus	*Essen	3:50:58	M35	161	0:46:34	1:15:27	1:48:56
827	5083	Schönauer Jürgen	LT Schnecke SV Sonsbeck	3:50:59	M55	41	0:48:52	1:14:32	1:47:34
828	1867	Lerschmacher Andreas	TUSPO Saarn	3:51:06	M35	162	0:47:32	1:14:40	1:48:54
829	1727	Jansen Dr. Johannes	Running Team TuS Bösingho	3:51:11	M50	88	0:47:38	1:15:22	1:48:11
830	769	Walk Jörg	*Duisburg	3:51:11	M50	89	0:49:38	1:16:03	1:45:30
831	1141	Maczkiewitz Christoph	LT Kettwig 2000	3:51:14	M45	180	0:47:06	1:11:28	1:52:40
832	373	Wortelkamp Wolf	*Düsseldorf	3:51:15	M50	90	0:48:11	1:15:37	1:47:26
833	306	Lange Volker	BSV ThyssenKrupp	3:51:18	M50	91	0:48:37	1:15:47	1:46:53
834	1980	Hinz Volker	Geisecker SV	3:51:19	M40	231	0:47:30	1:14:15	1:49:33
835	2627	Ring Marco	*Duisburg	3:51:19	M35	163	0:48:33	1:13:17	1:49:28
836	2549	Wiedemeyer Dirk	*Köln	3:51:21	M40	232	0:47:07	1:16:34	1:47:39
837	1037	Schrölkamp Christoph	AS Neukirchen-Vluyn	3:51:22	M45	181	0:49:10	1:15:33	1:46:37
838	3348	Gairing Gerhard	*Neuss	3:51:22	M55	42	0:47:59	1:14:41	1:48:40
839	1401	Tiefenbach Lars	*Oberhausen	3:51:23	M35	164	0:44:35	1:15:38	1:51:09
840	1929	Schmidt Friedhelm	Burscheid	3:51:23	M45	182	0:46:16	1:21:20	1:43:45
841	1163	Schürmann Udo	*Essen	3:51:25	M30	64	0:51:53	1:15:53	1:43:38
842	4979	Potthoff Sebastian	TG Neuss	3:51:26	M30	65	0:48:19	1:15:52	1:47:14
843	948	Schoon Karl-Heinz	ASV-LT Kemperdick	3:51:26	M55	43	0:49:57	1:15:41	1:45:47
844	799	Jakobs Harald	*Oberhausen	3:51:28	M35	165	0:47:00	1:13:03	1:51:24
845	1334	Warkentin Detlef	*Moers	3:51:28	M60	12	0:47:10	1:14:49	1:49:29
846	3396	Kruck Leo	TUSEM Essen	3:51:30	M55	44	0:47:09	1:14:33	1:49:47
847	1635	Bachhuber Herbert	LTH-Essen	3:51:30	M55	45	0:49:09	1:16:34	1:45:46
848	1103	Kietzmann Detlef	ATV Hückeswagen	3:51:38	M50	92	0:48:00	1:16:22	1:47:15



**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
849	631	Wittenbecher Jens	Choux Choux Runners	3:51:41	M30	66	0:49:29	1:14:33	1:47:39
850	244	Spöntjes Willi	*Duisburg	3:51:42	M45	183	0:51:27	1:15:02	1:45:12
851	1897	Auth Rudi	Borbecker Raketen	3:51:47	M45	184	0:49:56	1:13:18	1:48:32
852	1364	Perus Andreas	Tbd Osterfeld 1911	3:51:52	M40	233	0:47:16	1:16:11	1:48:24
853	1808	Rüdiger Arnfried	LT Sterkrade Nord	3:51:57	M50	93	0:48:34	1:15:19	1:48:03
854	2707	Malottki Marcus von	*Erkrath	3:51:59	M40	234	0:46:55	1:14:23	1:50:39
855	138	Flade Markus	TUS Breitscheid	3:51:59	M30	67	0:48:12	1:13:56	1:49:50
856	2009	Kremhoff Dieter	Oberhausener TV	3:52:12	M50	94	0:46:39	1:19:20	1:46:12
857	1811	Niehues Andreas	*Essen	3:52:12	M30	68	0:53:20	1:22:05	1:36:46
858	1419	Vos Thomas	DJK VfR Saarn	3:52:13	M45	185	0:49:42	1:14:33	1:47:58
859	340	Belczykowski Udo	Kirche läuft voraus	3:52:14	M40	235	0:50:34	1:13:38	1:48:02
860	1032	Schettkath Michael	Team Norgren	3:52:14	M35	166	0:47:46	1:16:38	1:47:49
861	2577	Nöldemann Dieter	*Essen	3:52:14	M60	13	0:48:54	1:16:51	1:46:29
862	4902	Badakhshan Mehran	A1 activefirst	3:52:15	M40	236	0:49:10	1:15:02	1:48:01
863	65	Hanisch Jörg	*Wuppertal	3:52:17	M30	69	0:48:09	1:13:48	1:50:20
864	1474	Tramp Ralf	SV Viktoria Goch	3:52:26	M45	186	0:50:50	1:12:52	1:48:43
865	1089	Seeberg Uli	Ruhrverband	3:52:30	M50	95	0:48:50	1:15:37	1:48:01
866	1409	Renn Holger	TUS Drevenack	3:52:31	M40	237	0:47:26	1:20:07	1:44:57
867	1667	Leitl Thomas	*Heiligenhaus	3:52:36	M40	238	0:48:58	1:14:40	1:48:57
868	780	Lorkowski Michael	Die blauen Bengel	3:52:37	M45	187	0:46:53	1:17:18	1:48:24
869	3261	Winteroth Klaus	VFL Gladbeck	3:52:39	M45	188	0:49:48	1:14:19	1:48:31
870	397	Güttler Cuno	*Korschenbroich	3:52:39	M45	189	0:48:22	1:14:52	1:49:24
871	1509	Schmitz Jörg J.	*Hennef (Sieg)	3:52:50	M40	239	0:44:27	1:16:00	1:52:22
872	3005	Nest Michael	I. G.Roadrunner	3:52:53	M40	240	0:46:29	1:16:30	1:49:54
873	1949	Baron Ingo	Flotter Rotter Wuppertal	3:52:56	M45	190	0:47:13	1:15:34	1:50:08
874	927	Aßbrock Olaf	ULG Vrssett	3:52:59	M40	241	0:47:45	1:15:30	1:49:42
875	852	Nowak Frank	*Hünxe	3:53:02	M35	167	0:48:09	1:14:25	1:50:27
876	678	Banowski Jürgen	*Krefeld	3:53:07	M35	168	0:48:29	1:13:24	1:51:12
877	1067	Göbel Karsten	*Wuppertal	3:53:08	M45	191	0:47:54	1:15:03	1:50:10
878	1357	Veltkamp Jürgen	Team Sport Palast	3:53:09	M40	242	0:45:59	1:13:46	1:53:23
879	90	Renkel Sven	LT-Mauerläufer	3:53:22	M30	70	0:49:16	1:16:28	1:47:38
880	533	Schreiber Ralf	*Oberhausen	3:53:23	M50	96	0:50:27	1:17:47	1:45:08
881	3213	Suckau Jürgen	BSG Barmenia Wuppertal	3:53:23	M40	243	0:47:53	1:15:59	1:49:30
882	2441	Pärschke Klaus	*Oberhausen	3:53:27	M50	97	0:49:13	1:16:28	1:47:45
883	2069	Gnadt Markus	*Mülheim	3:53:27	M40	244	0:49:38	1:13:59	1:49:49
884	2602	Reiniger Georg	*Leverkusen	3:53:28	M40	245	0:46:29	1:13:49	1:53:09
885	2132	Niehoff Wolfgang	LG Alpen	3:53:33	M35	169	0:46:03	1:12:26	1:55:03
886	2230	Möllhoff Udo	Breuer-Team	3:53:36	M50	98	0:47:57	1:16:55	1:48:44
887	1137	Schulz Andreas	LC Duisburg	3:53:48	M30	71	0:47:43	1:12:41	1:53:23
888	3376	Schuchardt Dirk	*Rheinberg	3:53:53	M35	170	0:48:59	1:16:52	1:48:01
889	367	Nicol Thomas	*Düsseldorf	3:53:55	M40	246	0:48:49	1:17:19	1:47:45
890	1527	Hambruch Marc	*Wuppertal	3:53:56	M30	72	0:49:51	1:13:57	1:50:07
891	1918	Schult Dr. Friedhelm	Die Waldläufer	3:54:02	M55	46	0:48:23	1:16:08	1:49:30
892	1119	Hoffmann Christian	*Essen	3:54:04	M30	73	0:47:37	1:15:14	1:51:13
893	3349	Galle Werner	TSV Viktoria Mülheim	3:54:07	M55	47	0:49:23	1:14:28	1:50:15
894	2364	Hoffmann Rolf	TuS Bommern	3:54:12	M50	99	0:49:34	1:16:16	1:48:20
895	14	Cornelißen Volker	LC Duisburg	3:54:23	M40	247	0:47:45	1:14:46	1:51:51
896	3233	Ludwig Frank	SV Beeckerwerth	3:54:26	M45	192	0:48:49	1:18:26	1:47:09
897	3070	Busch Uwe	SSB Duisburg	3:54:31	M50	100	0:48:24	1:15:09	1:50:57
898	81	Waniek Dirk	LC Duisburg	3:54:35	M35	171	0:40:08	1:04:42	2:09:44
899	1033	Giesecke Dirk	*Kempen	3:54:37	M50	101	0:49:47	1:16:09	1:48:41
900	887	Azadi Morteza	Co Diovan	3:54:39	M45	193	0:49:48	1:17:00	1:47:50
901	2087	Bäumer Reinhard	*Herne	3:54:41	M55	48	0:49:41	1:16:40	1:48:19

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	609	Meermann Jürgen	TV Mengede	3:54:41	M45	194	0:45:01	1:08:55	2:00:45
903	2411	Jäkel Frank	Hottes Fitnessclub Wesel	3:54:42	M45	195	0:47:17	1:18:01	1:49:23
904	1341	Schardt Hans	*Mülheim	3:54:46	M60	14	0:47:53	1:15:59	1:50:53
905	3065	Maßmann Andre	LG Die 3 von der Franzstr.	3:54:47	M50	102	0:47:21	1:16:51	1:50:34
906	2541	Riese Jörg	*Düsseldorf	3:54:49	M45	196	0:49:19	1:16:46	1:48:43
907	3243	Mertins Kai	*Geldern	3:54:51	M35	172	0:48:12	1:14:12	1:52:26
908	2125	Froböse Ingo	BSG Delphi Draka	3:54:53	M60	15	0:49:10	1:15:34	1:50:08
909	1634	Timm Dr. Haiko	DJK VfR Saarn	3:54:53	M45	197	0:49:33	1:17:12	1:48:07
910	856	Knoppe Frank	Rhader Raketen	3:54:57	M40	248	0:46:41	1:10:34	1:57:42
911	260	Spindler Bernd	Spektakel Rheinberg	3:55:08	M45	198	0:50:27	1:17:25	1:47:16
912	2264	Mertens Frank	Rumelner TV	3:55:09	M30	74	0:46:22	1:12:44	1:56:02
913	1868	Scholz Michael	hsp essen	3:55:10	M40	249	0:45:53	1:13:46	1:55:29
914	871	Kaffsach Peter	Billmann-Brothers	3:55:11	M40	250	0:50:31	1:18:08	1:46:31
915	2045	Joeken Michael	*Duisburg	3:55:13	M45	199	0:48:57	1:15:15	1:51:01
916	3325	Lickes Heinz-Theo	LT Krefeld-Oppum	3:55:16	M50	103	0:46:36	1:12:05	1:56:34
917	2523	Berger Uwe	Stadtwerke Team Witten	3:55:16	M45	200	0:50:34	1:14:30	1:50:11
918	1830	Büßen Fritz	LT Mismahlshof	3:55:17	M45	201	0:49:38	1:15:13	1:50:25
919	2889	Spitzer Alexander	Vodafone-Runners	3:55:17	M35	173	0:49:34	1:17:38	1:48:05
920	934	JANßEN UDO	AS Neukirchen-Vluyn	3:55:19	M45	202	0:49:06	1:14:34	1:51:38
921	1489	Möller Norbert	Marathonkurs LC Duisburg	3:55:21	M50	104	0:49:27	1:18:14	1:47:39
922	30	Vogel Dirk	FWH	3:55:24	M45	203	0:48:48	1:16:54	1:49:40
923	1580	Conrad Markus	*Mülheim	3:55:28	M30	75	0:48:30	1:17:16	1:49:40
924	1090	Leonhardt Felix	Lauftreff R(h)einknaller	3:55:31	M18	7	0:47:43	1:15:40	1:52:07
925	2055	Scherhag Michael	*Duisburg	3:55:38	M45	204	0:50:01	1:15:53	1:49:43
926	3027	Galonske Ralf	LT Düsseldorf-Süd	3:55:44	M45	205	0:48:15	1:17:57	1:49:31
927	4988	May Hans-Joachim	TG Neuss	3:55:45	M60	16	0:49:20	1:16:48	1:49:36
928	2459	Becker Dr. Werner	Turnerbund Frintrop	3:55:48	M50	105	0:48:35	1:18:26	1:48:45
929	115	Peters Frank	ksv borbeck	3:55:50	M40	251	0:47:12	1:12:16	1:56:20
930	5136	Skupin Frederik	Skupin Design GmbH	3:55:50	M35	174	0:44:11	1:06:30	2:05:09
931	222	Klein Andreas	HTC Uhlenhorst	3:55:51	M40	252	0:49:42	1:17:12	1:48:56
932	444	Flach Torsten	ASV-LT Kemperdick	3:55:56	M40	253	0:46:45	1:21:08	1:48:02
933	3391	Görtz Dirk	TV Wanheim 1900	3:55:57	M40	254	0:48:02	1:14:14	1:53:40
934	3123	Krekeler Guido	TLV Germania Überruhr	3:55:58	M50	106	0:48:53	1:19:57	1:47:07
935	2888	Swain Brent	Vodafone-Runners	3:56:10	M30	76	0:48:35	1:14:31	1:53:04
936	2712	Langwald Jörg	BSG Brabender GmbH & Co.	3:56:17	M40	255	0:48:15	1:16:24	1:51:37
937	3231	Josek Detlef	SV Beeckerwerth	3:56:19	M50	107	0:50:19	1:07:37	1:58:22
938	2534	Schulenberg Sven	Lc Dispnoe Erkrath	3:56:20	M30	77	1:02:05	1:09:26	1:44:49
939	2108	Fischer Uwe	Moerser TV	3:56:23	M45	206	0:47:00	1:11:53	1:57:30
940	338	Krause Markus	*Meerbusch	3:56:26	M30	78	0:50:18	1:17:25	1:48:41
941	1187	Gajewski Ullrich	*Duisburg	3:56:26	M40	256	0:49:33	1:16:58	1:49:54
942	4991	Reinecke Joerg	TG Neuss	3:56:28	M50	108	0:48:38	1:18:31	1:49:18
943	2666	Fichthorn Hansjörg	*Wuppertal	3:56:29	M40	257	0:49:33	1:16:07	1:50:48
944	2278	Raschke Jürgen	Lauftreff Kleinenbroich	3:56:29	M50	109	0:47:51	1:18:10	1:50:27
945	255	Billmann Karsten	Wuppertal und die Bergische	3:56:29	M35	175	0:48:56	1:17:17	1:50:16
946	873	Rothe Andreas	*Mülheim a. d. Ruhr	3:56:36	M35	176	0:48:13	1:16:23	1:52:00
947	2817	Nohr Ingo	Vodafone-Runners	3:56:38	M45	207	0:48:24	1:17:01	1:51:12
948	2836	Holtmanns Thomas	Vodafone-Runners	3:56:39	M40	258	0:48:04	1:15:00	1:53:34
949	1508	Vollmer Frank	*Ruppichteroth	3:56:43	M35	177	0:50:00	1:15:59	1:50:43
950	3101	Patzelt Andreas	Geisecker SV	3:56:44	M40	259	0:47:48	1:16:32	1:52:23
951	2227	Düx Fabian	*Ratingen	3:56:47	M30	79	0:49:11	1:19:02	1:48:33
952	870	Behr Thomas	Billmann-Brothers	3:56:49	M35	178	0:50:33	1:17:31	1:48:44
953	3275	Kock Christian	LG-HANS-SACHS	3:56:49	M60	17	0:47:58	1:19:14	1:49:37
954	638	Wenk Andreas	LG FSUe	3:56:50	M35	179	0:49:15	1:15:14	1:52:20

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
955	999	Braun Uwe	LTH-Essen	3:57:01	M45	208	0:49:22	1:16:12	1:51:26
956	2808	Schaldach Jörg	Vodafone-Runners	3:57:11	M40	260	0:47:06	1:24:38	1:45:27
957	2448	Krause Jürgen	TK Grevenbroich	3:57:21	M50	110	0:47:58	1:18:21	1:51:01
958	2667	Schittko Günter	Marathonkurs LC Duisburg	3:57:24	M45	209	0:49:39	1:17:55	1:49:49
959	1820	Michaelis Thomas	Special Olympics NRW e.V.	3:57:24	M45	210	0:48:45	1:16:09	1:52:29
960	498	Prochotta Prof. Dr. Joachi	*Meerbusch	3:57:27	M45	211	0:49:42	1:18:37	1:49:06
961	2795	Wischniewski Peter	Vodafone-Runners	3:57:30	M45	212	0:52:24	1:15:07	1:49:59
962	2452	Bünger Hartmut	Hosianna Runners	3:57:31	M40	261	0:56:38	1:14:36	1:46:16
963	96	Hohnhorst Peter	bestzeit	3:57:38	M35	180	0:46:41	1:12:18	1:58:37
964	460	Knappmann Hubertus	HSP Essen	3:57:39	M45	213	0:48:27	1:21:00	1:48:12
965	911	Jaeger Daniel	*Wuppertal	3:57:43	M30	80	0:50:26	1:15:18	1:51:58
966	1513	Hauschildt Harald	*Duisburg	3:57:52	M35	181	0:47:42	1:16:49	1:53:20
967	2209	Mels Stefan	LC Duisburg	3:57:53	M45	214	0:49:27	1:18:08	1:50:17
968	4961	Strube Ralf	A1 activefirst	3:58:08	M40	262	0:51:18	1:17:32	1:49:16
969	3386	Kronenberg Friedrich	*Mettmann	3:58:08	M55	49	0:45:19	1:30:36	1:42:12
970	378	Karcher Gerd	*Duisburg	3:58:09	M50	111	0:49:49	1:17:14	1:51:04
971	2162	Schwenke Gerhard	*Essen	3:58:11	M55	50	0:49:22	1:16:34	1:52:15
972	3336	Ewald Jürgen	LG Mönchengladbach	3:58:15	M65	4	0:50:02	1:18:42	1:49:30
973	2662	Abou-Zaki Ghassan	EVB Energie AG	3:58:17	M40	263	0:49:29	1:15:07	1:53:41
974	1847	Hellen Jörg	*Essen	3:58:23	M40	264	0:48:38	1:17:43	1:52:01
975	840	Kuß Philip	*Oberhausen	3:58:24	M22	40	0:47:20	1:18:36	1:52:27
976	2083	Zatzkowski Michael	DJK Preussen 1911 Bochum	3:58:34	M40	265	0:48:51	1:20:17	1:49:25
977	903	Michaelis Siegfried	TVE Bad Münstereifel	3:58:36	M45	215	0:46:56	1:21:27	1:50:11
978	2895	Rzeznicki Michael	Vodafone-Runners	3:58:36	M35	182	0:46:25	1:18:20	1:53:50
979	2296	Cascales Miguel	*Voerde	3:58:37	M50	112	0:49:53	1:18:07	1:50:35
980	491	Brackmann Stefan	*Dinslaken	3:58:46	M45	216	0:50:59	1:18:26	1:49:19
981	2619	Lichtenberger Marco	*Mülheim/Ruhr	3:58:47	M40	266	0:46:51	1:12:08	1:59:47
982	3038	Bollin Karsten	*Essen	3:58:53	M30	81	0:49:53	1:15:48	1:53:11
983	616	Gernt Andreas	*Wuppertal	3:58:59	M45	217	0:48:16	1:12:27	1:58:14
984	3229	Burgstaler Holger	SV Beeckerwerth	3:59:03	M40	267	0:49:13	1:16:59	1:52:50
985	1256	Steinbach Jürgen	LC Duisburg	3:59:05	M50	113	0:46:58	1:19:00	1:53:06
986	1176	Dauvermann Oliver	*Dinslaken	3:59:06	M22	41	0:50:04	1:19:23	1:49:39
987	248	Böhme Ronny	*Meerbusch	3:59:09	M30	82	0:47:41	1:14:32	1:56:55
988	3276	Loos Andreas	LG-HANS-SACHS	3:59:10	M40	268	0:49:53	1:17:24	1:51:52
989	2358	Wilhelm Jürgen	*Mülheim	3:59:14	M45	218	0:49:42	1:18:29	1:51:02
990	935	Floß Martin	BSG Team EVAG	3:59:16	M35	183	0:49:00	1:17:45	1:52:31
991	2235	Gräf Carsten	*Velbert	3:59:20	M40	269	0:50:55	1:13:26	1:54:59
992	2034	Toporzyszek Ulrich	SV Jägerhaus-Linde	3:59:20	M40	270	0:47:25	1:15:24	1:56:30
993	3283	Paul Thomas	SV Budberg Lauffreunde	3:59:22	M40	271	0:57:17	1:11:24	1:50:40
994	2885	Schoofs Theo	*Mülheim	3:59:23	M70	2	0:49:44	1:17:00	1:52:38
995	608	Jenner Hartmut	BSG Team EVAG	3:59:24	M50	114	0:50:55	1:17:09	1:51:18
996	2232	Pieper Thomas	LG Alpen	3:59:24	M45	219	0:50:21	1:19:25	1:49:37
997	3259	Körber Sören	*Duisburg	3:59:29	M45	220	0:50:07	1:16:43	1:52:38
998	751	Schroten Achim	*Krefeld	3:59:30	M50	115	0:49:47	1:19:42	1:50:01
999	2310	Trinkl Sven	*mülheim	3:59:31	M30	83	0:47:36	1:16:25	1:55:29
1.000	259	Lenk Peter	Sparkasse am Niederrhein	3:59:33	M35	184	0:50:48	1:18:31	1:50:14
1.001	2360	Heming Reinhold	*Heiligenhaus	3:59:34	M40	272	0:50:59	1:17:22	1:51:12
1.002	2469	Reumel Dr. Jens	*Düsseldorf	3:59:34	M30	84	0:52:16	1:18:02	1:49:15
1.003	5290	Werner Herbert	VSG Duisburg	3:59:34	M40	273	0:51:53	1:13:59	1:53:41
1.004	1798	Schimmel Frank	Gelsenwasser AG	3:59:36	M35	185	0:47:11	1:14:39	1:57:46
1.005	2620	Lichtenberger Frank	*Mülheim	3:59:37	M40	274	0:50:52	1:16:31	1:52:13
1.006	1359	Bremer Andreas	Marketing Runners	3:59:47	M45	221	0:51:11	1:17:53	1:50:42
1.007	980	Keusen Stephan	Die Guten	3:59:47	M22	42	0:50:38	1:17:07	1:52:01

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1.008	1841	Brauer Hans-Peter	LC Duisburg	3:59:50	M50	116	0:52:07	1:16:40	1:51:02
1.009	1985	Weeske Günter	*Essen	3:59:56	M40	275	0:48:56	1:18:06	1:52:53
1.010	3019	Hauswirth Andreas	LT Düsseldorf-Süd	3:59:57	M50	117	0:49:21	1:18:04	1:52:30
1.011	19	Banik Stefan	*Duisburg	4:00:02	M40	276	0:48:20	1:20:42	1:50:59
1.012	1360	Wüstenfeld Thomas	Marketing Runners	4:00:02	M45	222	0:51:01	1:18:06	1:50:55
1.013	5082	Verberkt Hans	LT Schnecke SV Sonsbeck	4:00:05	M50	118	0:46:54	1:18:05	1:55:04
1.014	118	Mierswa Thomas	*Mülheim	4:00:05	M40	277	0:48:11	1:16:40	1:55:14
1.015	1468	Störmer Alexander	Fluktuation 8	4:00:08	M35	186	0:48:20	1:20:32	1:51:15
1.016	2815	Paßmann Thomas	Vodafone-Runners	4:00:10	M35	187	0:49:35	1:18:05	1:52:30
1.017	2905	Groß-Weege Josef	Vodafone-Runners	4:00:18	M50	119	0:49:29	1:17:37	1:53:10
1.018	673	Pickard Thomas	Lenneper Schwimmverein	4:00:20	M45	223	0:48:18	1:21:54	1:50:07
1.019	881	Zechel Markus	*Duisburg	4:00:21	M35	188	0:49:59	1:19:15	1:51:06
1.020	185	Dockhorn Ingo	Rapid Ramirez	4:00:25	M35	189	0:48:13	1:13:34	1:58:37
1.021	5007	Petersohn Sven	*Mülheim	4:00:25	M40	278	0:54:26	1:17:58	1:48:00
1.022	199	Diezun Michael	*Ratingen	4:00:33	M45	224	0:50:05	1:14:37	1:55:50
1.023	3230	Willmeroth Helmut	SV Beeckerwerth	4:00:36	M60	18	0:52:34	1:26:49	1:41:13
1.024	1498	Baldo Walter	Lauftreff Krefeld-Oppum	4:00:39	M55	51	0:49:54	1:19:44	1:51:01
1.025	3351	Werner Gerhard	*Lünen	4:00:46	M60	19	0:49:26	1:16:50	1:54:29
1.026	1824	Reimann Uwe	*Krefeld	4:00:49	M40	279	0:50:11	1:17:03	1:53:33
1.027	1228	Adelhütte Frank	*Pulheim	4:00:49	M45	225	0:50:40	1:17:22	1:52:47
1.028	1648	Hoffmann Michael	Berufsfeuerwehr Duisburg	4:00:50	M40	280	0:50:39	1:17:22	1:52:47
1.029	2189	Schilling Dirk	TS Rahm	4:00:51	M40	281	0:47:15	1:13:51	1:59:44
1.030	1719	Wassink Michael	*Oberhausen	4:00:57	M35	190	0:49:35	1:19:21	1:52:00
1.031	2322	Kleusberg Martin	BSG Barmenia Wuppertal	4:01:03	M35	191	0:50:45	1:21:04	1:49:13
1.032	5201	Börmann Andreas	*Bottrop	4:01:05	M45	226	0:51:06	1:19:30	1:50:27
1.033	287	Weller Henk	MTV Moers	4:01:07	M45	227	0:47:08	1:22:31	1:51:27
1.034	3118	Stapperfenne Uwe	*Wülfrath	4:01:10	M50	120	0:52:23	1:20:04	1:48:42
1.035	13	Niedballa Peter	*Moers	4:01:13	M45	228	0:47:18	1:20:41	1:53:12
1.036	1755	Bock Joerg	*Rheinberg	4:01:17	M35	192	0:50:43	1:16:05	1:54:27
1.037	534	Beckord Dr. Peter	*Duisburg	4:01:23	M45	229	0:51:33	1:18:09	1:51:40
1.038	1452	Tissarek Karl	LioSports	4:01:29	M45	230	0:51:59	1:17:38	1:51:51
1.039	1123	Bäcker Marc	*Oberhausen	4:01:35	M35	193	0:47:08	1:16:52	1:57:35
1.040	741	Beuting Ulrich	DJK TUS Rotthausen	4:01:47	M50	121	0:53:36	1:18:17	1:49:53
1.041	250	Bregler Martin	BSG Stadtwerke Duisburg A	4:01:48	M45	231	0:49:09	1:19:15	1:53:23
1.042	2088	Boruszewski Wilfried	BSG König Brauerei	4:01:54	M50	122	0:50:20	1:19:32	1:52:01
1.043	1936	Kaesberg Hans	*Nordhofen	4:01:54	M40	282	0:52:07	1:18:51	1:50:55
1.044	499	Valk Oliver	SC Bayer 05 Uerdingen	4:02:11	M35	194	0:44:48	1:11:23	2:05:59
1.045	4965	Thunnissen Pit	A1 activefirst	4:02:17	M50	123	0:51:58	1:20:52	1:49:26
1.046	2455	Westermann Marc	RTB	4:02:18	M35	195	0:51:49	0:56:12	2:14:16
1.047	1915	Held Heiko	*Korschenbroich	4:02:22	M35	196	0:54:20	1:23:42	1:44:19
1.048	1440	Pleyter Jürgen	*Duisburg	4:02:23	M35	197	0:49:38	1:13:02	1:59:42
1.049	5095	Boelter Ralph	Homberger TV	4:02:24	M40	283	0:48:24	1:16:17	1:57:42
1.050	1645	Seils Klaus	Stolperhexen Schwelm	4:02:25	M50	124	0:49:03	1:18:27	1:54:54
1.051	632	Wollschläger Dirk	Choux Choux Runners	4:02:27	M35	198	0:52:25	1:16:56	1:53:05
1.052	1766	Niemeier Dirk	Viktoria Alpen LA	4:02:28	M40	284	0:49:31	1:18:16	1:54:40
1.053	1318	Fingerhut Markus	*Duisburg	4:02:34	M35	199	0:46:16	1:20:51	1:55:27
1.054	3385	Schlieter Jörg	LT Mismahlshof	4:02:35	M50	125	0:50:40	1:18:36	1:53:18
1.055	166	Wirths Achim	BSG EWR Remscheid	4:02:35	M55	52	0:49:46	1:17:01	1:55:47
1.056	3295	Hoffmann Harald	Kios West	4:02:38	M40	285	0:48:24	1:17:41	1:56:33
1.057	2695	Noack Siegfried	Solvay	4:02:42	M50	126	0:50:09	1:18:50	1:53:42
1.058	3073	Müller Erich	*Duisburg	4:02:42	M50	127	0:42:59	1:24:01	1:55:42
1.059	1436	Benning Klaus	*Mülheim	4:02:43	M45	232	0:50:04	1:19:09	1:53:29
1.060	3046	Schicht Holger	*Rheinberg	4:02:44	M40	286	0:49:43	1:18:10	1:54:51

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1.061	3234	Buchholz Horst	SV Beeckerwerth	4:02:45	M50	128	0:52:25	1:15:14	1:55:05
1.062	2566	Hoeps Jan	DLRG Rheurdt	4:02:48	M18	8	0:46:26	1:12:55	2:03:26
1.063	522	Haase Heinz	LC Duisburg	4:02:50	M55	53	0:50:11	1:18:00	1:54:38
1.064	2825	Köhler Wolfgang	Vodafone-Runners	4:02:51	M50	129	0:50:11	1:17:23	1:55:16
1.065	310	Bergmann Ansgar	Rapid Ramirez	4:02:55	M35	200	0:47:11	1:14:36	2:01:06
1.066	2002	Brandl Michael	SI Sport e.V.	4:02:58	M55	54	0:49:24	1:18:48	1:54:45
1.067	1000	Möllenbeck Stefan	Spalter Rhede	4:02:59	M35	201	0:49:53	1:17:45	1:55:21
1.068	1676	Weineck Dr. med. Peter	SV Büderich	4:03:00	M45	233	0:47:20	1:14:55	2:00:44
1.069	4918	Hartmann Udo	A1 activefirst	4:03:03	M45	234	0:52:31	1:21:16	1:49:15
1.070	665	Kaluza Michael	SV Siemens	4:03:04	M35	202	0:50:10	1:17:31	1:55:23
1.071	174	Sohn Oliver	Ruhrpott Runners	4:03:13	M35	203	0:49:31	1:17:22	1:56:20
1.071	2422	Schulz Michael	FC Gladbeck	4:03:13	M40	287	0:50:00	1:25:39	1:47:33
1.073	2717	Klein Hans Philipp	*Ratingen	4:03:14	M55	55	0:50:06	1:18:39	1:54:28
1.074	85	Schifferings Christof	SV Wanheim 1900	4:03:18	M40	288	0:47:31	1:20:23	1:55:22
1.075	2995	Bahr Andreas	BSG Stadtwerke Duisburg A	4:03:19	M45	235	0:51:02	1:17:37	1:54:39
1.076	1703	Beekes Jochen	*Mülheim an der Ruhr	4:03:25	M35	204	0:50:51	1:16:35	1:55:57
1.077	2262	Finger David J.	*Dortmund	4:03:25	M30	85	0:48:29	1:24:54	1:50:02
1.078	1588	Kegelmann Mark	LT Lustige Schleicher Essen	4:03:26	M35	205	0:49:44	1:14:46	1:58:55
1.079	2407	Bens David	*Mülheim	4:03:34	M30	86	0:52:16	1:18:04	1:53:12
1.080	2394	Schütt Jochen	Ev. Kirchengemeinde Vohwin	4:03:34	M65	5	0:51:46	1:17:40	1:54:07
1.081	3023	Wolf Rainer	LT Düsseldorf-Süd	4:03:38	M45	236	0:46:41	1:20:33	1:56:23
1.082	1483	Wilde Marc	*Bonn	4:03:41	M35	206	0:51:58	1:17:29	1:54:12
1.083	5106	Maaß Marcus	ETuS Wanne 28	4:03:41	M35	207	0:49:33	1:19:48	1:54:19
1.084	2433	Thurau Bernhard	*Essen	4:03:41	M55	56	0:50:14	1:20:37	1:52:50
1.085	973	Brüx Engelbert	*Xanten	4:03:42	M60	20	0:49:19	1:16:11	1:58:12
1.086	3859	Gronski-Schaefer Uwe	Laufende Geometer	4:03:42	M40	289	0:49:29	1:17:38	1:56:33
1.087	1876	Janßen Thomas	DLRG Alpen	4:03:43	M35	208	0:48:33	1:13:25	2:01:44
1.088	311	Halfmeier Frank	MSV Duisburg ZirkusZebras	4:03:44	M35	209	0:50:14	1:18:39	1:54:50
1.089	2532	Urbach Ralf	LC Duisburg	4:03:48	M40	290	0:51:03	1:19:07	1:53:36
1.090	63	Bramigk Udo	Wupperläufer	4:03:50	M45	237	0:52:20	1:20:25	1:51:04
1.091	1850	Tenrahm Thomas	*Dinslaken	4:03:50	M35	210	0:50:48	1:19:17	1:53:44
1.092	1996	Albrecht Frank	FDP Duisburg-Mitte	4:03:52	M40	291	0:49:07	1:15:29	1:59:15
1.093	496	Jakobus Klaus	VFL Gladbeck	4:03:55	M40	292	0:52:11	1:19:42	1:52:00
1.094	2366	Oppel Frank	*Rheinberg	4:03:58	M45	238	0:50:32	1:19:21	1:54:04
1.095	2089	Retz Holger	*Moers	4:03:59	M40	293	0:49:32	1:19:49	1:54:37
1.096	2948	Wenda Herbert	Rhein-Lippe Wohnen	4:04:02	M55	57	0:52:35	1:19:13	1:52:13
1.097	1944	Wieggershaus Dieter	TS Duisburg Rahm	4:04:02	M50	130	0:51:22	1:17:57	1:54:42
1.098	3120	Plicht Werner	*Oberhausen	4:04:03	M40	294	0:50:23	1:19:08	1:54:32
1.099	3085	Segerath Stefan	Norske Skog Walsum	4:04:06	M35	211	0:50:12	1:16:08	1:57:46
1.100	2482	Felske Jürgen	*Oberhausen	4:04:20	M45	239	0:50:34	1:19:42	1:54:04
1.101	874	Richter Ruediger	*Duisburg	4:04:25	M45	240	0:49:34	1:19:39	1:55:11
1.102	1227	Meters Norbert	Triminators TV Voerde	4:04:27	M50	131	0:50:57	1:19:50	1:53:39
1.103	1917	Hülsemann Egbert	Die Waldläufer	4:04:27	M45	241	0:51:23	1:20:10	1:52:53
1.104	1159	Heymann Thomas	ETuS Bissingheim	4:04:30	M45	242	0:51:36	1:15:40	1:57:14
1.105	827	Beckord Jürgen	DJK VfR Saarn	4:04:31	M45	243	0:51:34	1:18:23	1:54:33
1.106	3326	Terheggen Peter	SC Bayer 05 Uerdingen	4:04:34	M65	6	0:50:57	1:19:33	1:54:04
1.107	28	Hinsch Michael	*Düsseldorf	4:04:36	M50	132	0:50:21	1:19:50	1:54:24
1.108	3151	Woiwode Detlef	*Duisburg	4:04:37	M45	244	0:50:48	1:21:07	1:52:41
1.109	841	Bergter Uwe	TUS Neumühl	4:04:40	M45	245	0:50:01	1:19:25	1:55:13
1.110	923	Stiewe Thomas	OSC Waldniel	4:04:43	M45	246	0:49:03	1:17:43	1:57:56
1.111	674	Pickard Domenik	Lenneper Schwimmverein	4:04:44	M15	1	0:50:03	1:21:54	1:52:46
1.112	1983	Kords Christian	*Krefeld	4:04:51	M55	58	0:50:15	1:18:44	1:55:52
1.113	3245	Brockers Antonius	*Düsseldorf	4:04:54	M50	133	0:49:04	1:18:51	1:56:59

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1.114	2919	Mehlmann Marcus	Rhein-Lippe Wohnen	4:04:55	M30	87	0:49:04	1:17:37	1:58:14
1.115	2141	Kiedel Andre	*Gelsenkirchen	4:05:00	M30	88	0:59:02	1:14:03	1:51:54
1.116	757	Socher Michael	LC Duisburg	4:05:06	M45	247	0:49:52	1:19:18	1:55:55
1.117	2006	Ridderskamp Dietmar	*Duisburg	4:05:07	M45	248	0:49:59	1:19:09	1:55:59
1.118	2010	Hasley Christian	Oberhausener TV	4:05:08	M35	212	0:49:51	1:17:22	1:57:53
1.119	3224	Ruckelshauß Rolf	Trimet Aluminium AG	4:05:15	M55	59	0:50:46	1:20:34	1:53:54
1.120	711	Giersberg Wolfgang	TK Grevenbroich	4:05:16	M65	7	0:54:48	1:19:49	1:50:37
1.121	3212	Effmert Rolf	*Tönisvorst	4:05:17	M50	134	0:50:40	1:18:13	1:56:23
1.122	198	Brand Gunnar	*Duisburg	4:05:18	M35	213	0:48:59	1:20:43	1:55:36
1.123	1661	De Brouwer Georg	RP Marathon Team	4:05:23	M45	249	0:51:22	1:20:03	1:53:57
1.124	720	Franke Thomas	*Neuss	4:05:23	M30	89	0:51:18	1:19:43	1:54:21
1.125	3269	Schippers Friedhelm	Lauftreff Korschenbroich	4:05:26	M50	135	0:50:52	1:19:25	1:55:08
1.126	2710	Tellers Detlef	MTG Horst Essen	4:05:28	M40	295	0:50:01	1:21:11	1:54:14
1.127	5009	Wiesenkämper Tobias	*Essen	4:05:33	M22	43	0:51:15	1:17:05	1:57:12
1.128	1597	Wesling Holger	*Rheinberg	4:05:34	M40	296	0:51:20	1:18:59	1:55:15
1.129	1036	Hoolmans Peter	SV Viktoria Goch	4:05:38	M60	21	0:51:17	1:18:51	1:55:29
1.130	2148	Feller Georg	*Willich	4:05:40	M45	250	0:51:16	1:21:42	1:52:41
1.131	3250	Neppel Peter	MSV Duisburg	4:05:44	M40	297	0:50:06	1:18:44	1:56:53
1.132	62	Völkner Rainer	Iserlohner Triathlon Team	4:05:47	M45	251	0:51:25	1:19:07	1:55:13
1.133	2681	Höpfner Harald	*Düsseldorf	4:05:49	M45	252	0:51:18	1:18:50	1:55:40
1.134	2586	Kämmerling Sören	MSV Duisburg LT	4:05:53	M18	9	0:49:06	1:21:17	1:55:29
1.135	2316	Koch Stephan	*Remscheid	4:05:57	M35	214	0:48:00	1:28:27	1:49:29
1.136	662	Danel Wilhelm	*Oberhausen	4:06:02	M55	60	0:51:39	1:20:18	1:54:04
1.137	2524	Kulesa Axel	RTB Marathon-Team Remsch	4:06:03	M40	298	0:50:42	1:22:59	1:52:21
1.138	40	Hanefeld Georg	*Bochum	4:06:03	M45	253	0:51:13	1:19:17	1:55:32
1.139	5063	Moog Karlheinz	TUS Breitscheid	4:06:04	M65	8	0:49:48	1:13:35	2:02:40
1.140	2372	Löbber Christoph	RuWa Dellwig	4:06:06	M35	215	0:51:00	1:20:15	1:54:49
1.141	5299	Leonhardt Dr. Harald	Lauftreff R(h)einknaller	4:06:09	M40	299	0:52:02	1:15:40	1:58:25
1.142	1813	Bohack Christian	*Duisburg	4:06:20	M30	90	0:52:08	1:18:54	1:55:17
1.143	1822	Rudnik Jens	*Dinslaken	4:06:22	M35	216	0:48:25	1:18:52	1:59:04
1.144	210	Vogt Michael	*Duisburg	4:06:22	M45	254	0:46:58	1:14:10	2:05:13
1.145	5088	Subbe Karsten	LT Schnecke SV Sonsbeck	4:06:30	M40	300	0:51:49	1:11:18	2:03:23
1.146	2082	Neuhoff Peter	*Essen	4:06:34	M40	301	0:49:38	1:20:16	1:56:39
1.147	2718	Suhre Stefan	*Wuppertal	4:06:41	M45	255	0:49:12	1:21:10	1:56:18
1.148	3217	Schlenok Manfred	Trimet Aluminium AG	4:06:42	M40	302	0:48:02	1:20:20	1:58:19
1.149	524	Bartsch Jürgen	Windschattenschnorrer	4:06:45	M45	256	0:53:22	1:26:02	1:47:20
1.150	5107	Kraski Mike	*Essen	4:06:46	M35	217	1:02:22	1:17:29	1:46:54
1.151	2174	Lauterbach Eric	VFL Sportfreunde 07 eV	4:06:46	M45	257	0:50:40	1:16:50	1:59:15
1.152	1233	Pape Matthias	*Essen	4:06:48	M40	303	0:54:04	1:20:37	1:52:06
1.153	1108	Vogel Gerd	*Neukirchen-Vluyn	4:06:49	M50	136	0:50:38	1:20:14	1:55:57
1.154	1860	Gommers Martin	Triple Five Oberhausen	4:06:51	M45	258	0:50:38	1:19:55	1:56:17
1.155	1793	Niedzwetzki Bernd	*Burscheid	4:06:52	M45	259	0:50:17	1:21:20	1:55:15
1.156	1372	Wolf Peter	*straelen	4:06:58	M45	260	0:50:47	1:18:49	1:57:21
1.157	2057	Von der Weppen Bernd	SVCO Rheinberg	4:07:01	M45	261	0:51:12	1:14:23	2:01:25
1.158	5296	Kellert Andreas	Feuerwehr Bottrop	4:07:02	M35	218	0:51:59	1:20:01	1:55:01
1.159	2896	Rosso Andrea	Vodafone-Runners	4:07:02	M40	304	0:50:56	1:17:46	1:58:19
1.160	5112	Marsching Wolfgang	BSG Sparkasse Essen	4:07:06	M65	9	0:49:28	1:19:21	1:58:16
1.161	2646	Spalek Rafael	*Duisburg	4:07:07	M22	44	0:51:16	1:17:30	1:58:21
1.162	2989	Rafalski Karl	BSG Stadtwerke Duisburg A	4:07:07	M50	137	0:50:22	1:18:32	1:58:13
1.163	134	Lorkowski Peter	Die blauen Bengel	4:07:10	M40	305	0:47:46	1:17:58	2:01:25
1.164	1810	Brömmelsiek Christoph	DR Lank-Latum	4:07:16	M35	219	0:48:23	1:20:34	1:58:18
1.165	2079	Mast Hans-Juergen	DDS Running Team	4:07:16	M50	138	0:52:57	1:21:56	1:52:22
1.166	4994	May Volker	TG Neuss	4:07:17	M35	220	0:49:17	1:22:15	1:55:44

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1.167	3016	Ott Stefan	LT Düsseldorf-Süd	4:07:29	M22	45	0:53:17	1:18:39	1:55:32
1.168	1486	Sprotte Hans-Hermann	*Duisburg	4:07:30	M50	139	0:50:46	1:19:45	1:56:57
1.169	4949	Pauls Hermann	A1 activefirst	4:07:34	M35	221	0:51:38	1:21:23	1:54:33
1.170	1826	Köhler Klaus	*Düsseldorf	4:07:35	M45	262	0:50:17	1:20:47	1:56:30
1.171	1325	Nierfeld Marco	Sterkrade TC 69	4:07:37	M35	222	0:52:12	1:19:59	1:55:26
1.172	1561	Sprenger Rolf	BSG Team EVAG	4:07:44	M35	223	1:00:21	1:19:42	1:47:39
1.173	679	Miets Peter	*essen	4:07:48	M40	306	0:53:37	1:19:46	1:54:24
1.174	1399	Janssen Elmar	*Essen	4:07:50	M35	224	0:49:04	1:21:34	1:57:11
1.175	1539	Witte Thomas A.	*Düsseldorf	4:07:52	M40	307	0:52:44	1:19:28	1:55:39
1.176	2249	Schmitz Peter Michael	LG FSUe	4:07:53	M60	22	0:51:57	1:22:40	1:53:15
1.177	1221	Schneider Stephan	*essen	4:07:54	M50	140	0:50:50	1:28:32	1:48:31
1.178	3381	Kryniewiecki Michael	*duisburg	4:07:59	M35	225	0:47:13	1:25:13	1:55:32
1.179	1979	Kemmerling Jürgen	TK Grevenbroich	4:08:00	M45	263	0:51:56	1:35:15	1:40:48
1.180	1644	Killisch Uwe	*Wesel	4:08:02	M40	308	0:48:36	1:19:27	1:59:57
1.181	2134	Buck Michael	*Wuppertal	4:08:02	M50	141	0:52:25	1:18:58	1:56:37
1.182	562	Blanke Michael	47 Street Commando	4:08:02	M35	226	0:48:39	1:16:03	2:03:19
1.183	2388	Wäldchen Ulrich	Rumelner TV	4:08:05	M50	142	0:47:00	1:14:41	2:06:23
1.184	181	Steinborn Ilan	*Essen	4:08:05	M30	91	0:52:25	1:19:32	1:56:07
1.185	2939	Vespermann Uwe	BSG SSK Oberhausen	4:08:07	M45	264	0:57:09	1:27:08	1:43:49
1.186	2165	Van Bonn Rüdiger	tut nix P+P druck Fleer	4:08:08	M45	265	0:49:19	1:21:13	1:57:35
1.187	3202	Hirschberg Ditmar	E.ON Ruhrgas SG	4:08:13	M45	266	0:48:12	1:17:54	2:02:06
1.188	1302	Freund Martin	TVdN	4:08:26	M40	309	0:51:18	1:19:46	1:57:21
1.189	2384	Flemming Ernst	Rumelner TV	4:08:31	M60	23	0:50:01	1:18:22	2:00:08
1.190	2838	Grund Norbert	Vodafone-Runners	4:08:40	M40	310	0:53:37	1:19:09	1:55:53
1.191	604	Kattner Ingolf	Makrolonrunners	4:08:43	M55	61	0:51:21	1:21:58	1:55:23
1.192	2713	Langwald Frank	BSG Brabender GmbH & Co.	4:08:44	M40	311	0:48:15	1:22:02	1:58:26
1.193	1097	Giebfried Bernhard	Ski-Klub Duisburg	4:08:48	M55	62	0:53:25	1:21:05	1:54:16
1.194	2637	Möller Sven	OPTADATA	4:08:50	M22	46	0:51:11	1:20:06	1:57:32
1.195	1077	Graebel Gunther	Crepe & Baguette Duisburg	4:08:57	M50	143	0:50:48	1:24:54	1:53:15
1.196	2471	Volmert Benedikt	*Dortmund	4:09:02	M22	47	0:50:04	1:17:30	2:01:27
1.197	914	Seibel Helmut	Angerland LT Lintorf	4:09:04	M50	144	0:50:09	1:19:10	1:59:44
1.198	722	Hüfner Manfred	BSG Team EVAG	4:09:15	M55	63	0:51:42	1:12:03	2:05:29
1.199	2994	Ernst Uwe	BSG Stadtwerke Duisburg A	4:09:16	M45	267	0:48:35	1:17:37	2:03:04
1.200	2660	Steffens Burkhard	EVB Energie AG	4:09:20	M40	312	0:53:10	1:16:37	1:59:33
1.201	275	Gräff Michael	Team Essen 99	4:09:22	M40	313	0:42:49	1:24:28	2:02:04
1.202	1797	Eichholz Bernhard	Tennisschule Wahnsinn	4:09:27	M45	268	0:51:03	1:20:41	1:57:42
1.202	2289	Müller-Theisen Jan	Triminators TV Voerde	4:09:27	M30	92	0:53:10	1:07:47	2:08:29
1.204	55	Borkenhagen Christian	*Moers	4:09:29	M35	227	0:49:07	1:24:22	1:55:59
1.205	1146	Jerig Ludger	*Duisburg	4:09:33	M45	269	0:54:12	1:21:05	1:54:16
1.206	877	Rehosek Rainer	Tv Kettwig v.d. Brücke 1886	4:09:46	M50	145	0:47:00	1:26:10	1:56:34
1.207	1849	Ostkop Martin	*Düsseldorf	4:09:46	M30	93	0:51:18	1:21:05	1:57:22
1.208	1869	Wihler Jochem	Windschattenschnorrer	4:09:46	M40	314	0:49:18	1:17:49	2:02:38
1.209	545	Buelles Christian	*Koeln	4:09:47	M30	94	0:52:40	1:23:24	1:53:42
1.210	4908	Burkard Stefan	A1 activefirst	4:09:48	M40	315	0:51:27	1:18:18	2:00:02
1.211	2477	Kreuz Rüdiger	SKV	4:09:56	M45	270	0:49:44	1:19:29	2:00:42
1.212	1946	Hoffmann Holger	*Mülheim an der Ruhr	4:09:58	M35	228	0:51:27	1:21:59	1:56:30
1.213	5099	Jakobs Hans	Marathonkurs LC Duisburg	4:09:59	M70	3	0:52:42	1:20:37	1:56:38
1.214	2326	Scholz Marko	*bochum	4:10:02	M40	316	0:51:31	1:22:33	1:55:57
1.215	2339	Gempp Carsten	*Mülheim	4:10:13	M35	229	0:47:50	1:14:48	2:07:35
1.216	1673	Eilbracht Stefan	TV Jahn 06 Kapellen/Erft	4:10:20	M35	230	0:54:13	1:15:12	2:00:54
1.217	4924	Ick Sören	A1 activefirst	4:10:22	M35	231	0:52:19	1:21:09	1:56:54
1.218	1777	Wawrock Mike	*Duisburg	4:10:27	M35	232	0:53:37	1:22:48	1:54:01
1.219	3095	Zerbe Dr. Wolfgang	Triminators TV Voerde	4:10:27	M45	271	0:51:11	1:23:48	1:55:27

# NIKE Winterlaufserie des ASV Duisburg 2007 Grosse Serie - Gesamtwertung

## Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1.220	3007	Plückelmann Willi	TUS Neumühl	4:10:32	M55	64	0:52:27	1:18:42	1:59:22
1.221	1386	Schäffler Daniel	KC Promilleprinzen e.V.	4:10:33	M30	95	0:59:42	1:27:46	1:43:04
1.222	1467	Staats Ulrich	Fluktuation 8	4:10:36	M35	233	0:52:17	1:20:33	1:57:46
1.223	2565	Hillen Tobias	DLRG Rheurdt	4:10:39	M22	48	0:52:22	1:18:03	2:00:12
1.224	3357	Remenar Willi	BSG Commerzbank Duisburg	4:10:40	M50	146	0:51:44	1:18:20	2:00:35
1.225	5203	Köpfer Rodmar	*Moers	4:10:43	M70	4	0:52:33	1:21:41	1:56:28
1.226	131	Krämer Horst	*Erkrath	4:10:45	M40	317	0:51:17	1:21:37	1:57:50
1.227	2748	Becks Rolf	LG Hünxe	4:10:48	M60	24	0:51:57	1:21:22	1:57:28
1.228	1911	Peters Hans	LT Krefeld-Oppum	4:10:50	M50	147	0:52:44	1:21:29	1:56:36
1.229	3388	Wolthaus Klaus	Rapid Ramirez	4:10:55	M45	272	0:58:33	1:17:50	1:54:31
1.230	3200	Pietsch Helmut	E.ON Ruhrgas SG	4:11:01	M55	65	0:50:49	1:25:24	1:54:48
1.231	1212	Härter Jürgen	*Duisburg	4:11:05	M50	148	0:52:20	1:21:28	1:57:16
1.232	1806	Ebert Manfred	*Remscheid	4:11:05	M50	149	0:49:09	1:18:56	2:02:59
1.233	2920	Wülbeck Burkhard	Rhein-Lippe Wohnen	4:11:05	M45	273	0:51:59	1:22:37	1:56:28
1.234	889	Remahne Markus	VfL Hüls	4:11:06	M35	234	0:50:54	1:21:27	1:58:44
1.235	723	Leithe Jens	*Duisburg	4:11:06	M22	49	0:51:43	1:21:43	1:57:39
1.236	3316	Peters Thomas	VfL Gladbeck	4:11:12	M40	318	0:50:26	1:28:49	1:51:57
1.237	4976	Zieren Ralf	A1 activefirst	4:11:13	M40	319	0:52:22	1:20:40	1:58:11
1.238	3183	Bachstein Andreas	E.ON Ruhrgas SG	4:11:18	M40	320	0:52:48	1:23:29	1:55:00
1.239	930	Voß Rüdiger	Team Niederrhein	4:11:20	M45	274	0:47:32	1:16:35	2:07:12
1.240	884	Brand Hubert	TV 1910 Hemmerden e.V.	4:11:21	M45	275	0:51:19	1:22:33	1:57:28
1.241	1450	Wach Joachim	LioSports	4:11:22	M40	321	0:49:20	1:16:20	2:05:41
1.242	2142	Risse Michael	TC69 Sterkrade	4:11:22	M40	322	0:53:31	1:22:46	1:55:04
1.243	3362	Brandl Axel	MSV Duisburg LT	4:11:26	M55	66	0:53:23	1:23:16	1:54:46
1.244	1688	Grützmacher Gerd-Dieter	Tbd Osterfeld 1911	4:11:27	M55	67	0:54:01	1:20:59	1:56:26
1.245	3196	Schnaubelt Peter	E.ON Ruhrgas SG	4:11:29	M60	25	0:53:27	1:20:01	1:58:00
1.246	2201	Holtermann Dr. Detlef	*Moers	4:11:29	M40	323	0:53:12	1:18:51	1:59:25
1.247	3015	Cremer Mathias	LT Düsseldorf-Süd	4:11:31	M35	235	0:51:18	1:18:39	2:01:32
1.248	1362	Siepen Heribert	*Oberhausen	4:11:31	M65	10	0:52:25	1:21:03	1:58:03
1.249	1809	Andresen Jens	DR Lank-Latum	4:11:36	M40	324	0:49:48	1:22:00	1:59:47
1.250	2403	Middendorf Joerg	Team Erdinger Alkoholfrei	4:11:43	M22	50	0:51:14	1:21:32	1:58:56
1.251	165	Borgartz Andre	*Duisburg	4:11:50	M30	96	0:50:53	1:20:07	2:00:50
1.252	3190	Blümer Dr. Dietmar	E.ON Ruhrgas SG	4:11:54	M45	276	0:51:09	1:18:20	2:02:24
1.253	4939	Mainzer Martin	A1 activefirst	4:12:02	M40	325	0:52:39	1:22:03	1:57:19
1.254	3081	Ullitzka Michael	*Duisburg	4:12:04	M19	7	0:49:54	1:16:16	2:05:52
1.255	958	Hasenauer Olav	*Solingen	4:12:17	M40	326	0:52:11	1:20:38	1:59:26
1.256	1981	Wüstenbecker Klaus	*Essen	4:12:18	M45	277	0:51:43	1:22:55	1:57:38
1.257	708	Baganz Heiko	*Mülheim an der Ruhr	4:12:20	M45	278	0:48:10	1:19:00	2:05:08
1.258	1959	Gust Ulrich	BSG Barmenia Wuppertal	4:12:23	M60	26	0:53:49	1:20:54	1:57:39
1.259	2942	Maghon Helmut	TSV Viktoria Mülheim	4:12:26	M75	1	0:52:26	1:24:21	1:55:39
1.260	46	Munzel Peter	*Essen	4:12:30	M35	236	0:50:41	1:17:16	2:04:32
1.261	83	Meisterernst Ralf	laufen-aktuell.de	4:12:32	M45	279	0:50:42	1:25:38	1:56:11
1.262	4920	Heppner Karsten	A1 activefirst	4:12:37	M30	97	0:52:38	1:20:36	1:59:22
1.263	1693	Betka Andreas	VfL Gladbeck Fun Runner	4:12:40	M45	280	0:52:02	1:21:07	1:59:30
1.264	1893	Wörhoff René	svvholzwickede	4:12:44	M35	237	0:50:29	1:24:48	1:57:27
1.265	195	Banna Andreas	SI Sport e.V.	4:12:54	M30	98	0:51:38	1:21:48	1:59:27
1.266	3246	Karutz Heinz	*Ratingen	4:12:55	M65	11	0:52:08	1:23:06	1:57:39
1.267	2202	Romero Francisco	BSG DVG	4:12:55	M45	281	0:52:59	1:18:33	2:01:21
1.268	1377	Schröer Mario	BSG Sparkasse Dinslaken	4:12:56	M35	238	1:04:55	1:13:39	1:54:21
1.269	1078	Zöhner Carsten	*Duisburg	4:12:57	M30	99	0:51:27	1:23:00	1:58:29
1.270	3321	Hein Werner	VfL Gladbeck	4:13:01	M60	27	0:53:16	1:21:48	1:57:56
1.271	1007	Schumacher Bernd	TVE Bad Münstereifel	4:13:02	M35	239	0:52:33	1:23:16	1:57:12
1.272	3292	Noreika Siegfried	1. Meidericher Kanu Club	4:13:03	M60	28	0:53:19	1:24:01	1:55:43



**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1.273	781	Metzmacher Volker	*Mülheim	4:13:06	M60	29	0:51:09	1:21:35	2:00:21
1.274	1636	Menzen-Wisocki Peter-D	LT Buga Düsseldorf 1999	4:13:08	M45	282	0:47:16	1:25:13	2:00:38
1.275	844	Ingenhoven Kai	SG Stern Düsseldorf	4:13:08	M40	327	0:53:02	1:21:35	1:58:30
1.276	219	Spließgardt Harald	*Essen	4:13:09	M40	328	0:48:30	1:18:40	2:05:57
1.277	1895	Wiesemann Udo	svvholzwickede	4:13:14	M45	283	0:49:45	1:24:48	1:58:40
1.278	1836	Brauckmann Norbert	Marathon Mülheim	4:13:15	M35	240	0:47:40	1:27:51	1:57:42
1.279	1092	Achsel Thomas	ASV Essen-Huttrop 1982	4:13:17	M40	329	0:52:52	1:21:15	1:59:08
1.280	5114	Berg Arne	SI Sport e.V.	4:13:25	M60	30	0:53:30	1:22:02	1:57:51
1.281	475	Janßen Kalle	TC Tönisvorst	4:13:32	M50	150	0:47:31	1:27:35	1:58:26
1.282	5014	Schön Jochen	*Mülheim	4:13:37	M35	241	0:50:29	1:20:26	2:02:41
1.283	216	Heukemes Sven	*Düsseldorf	4:13:44	M35	242	0:51:52	1:21:02	2:00:49
1.284	1239	Kronenberg Michael	*Essen	4:13:44	M40	330	0:49:55	1:20:42	2:03:06
1.285	835	Kopatschek Frank	LC Duisburg	4:13:45	M45	284	0:51:34	1:22:26	1:59:44
1.286	2332	Wolter Eckhard	Stadtwerke Team Witten	4:13:49	M50	151	0:51:47	1:21:57	2:00:04
1.287	3774	Dorloff Thorsten	TV Angermund	4:13:57	M35	243	0:54:02	1:22:27	1:57:27
1.288	1709	Riemer Alexander	*Düsseldorf	4:14:01	M40	331	0:53:08	1:21:35	1:59:18
1.289	1094	Grawe Walter	BSG Barmenia Wuppertal	4:14:03	M55	68	0:51:51	1:19:38	2:02:33
1.290	193	Lindner Ulrich	LC Duisburg	4:14:13	M50	152	0:54:34	1:25:20	1:54:18
1.291	3372	Scheffler Jürgen	SSG Begnadete Körper	4:14:13	M40	332	0:52:33	1:22:07	1:59:33
1.292	3201	Pathe Jürgen	E.ON Ruhrgas SG	4:14:16	M40	333	0:49:28	1:26:40	1:58:08
1.293	1278	Jung Klaus	VfL Gladbeck Fun Runner	4:14:32	M55	69	0:53:47	1:22:55	1:57:50
1.294	1069	Panzog Stefan	BSG Victoria	4:14:33	M40	334	0:52:10	1:23:22	1:59:01
1.295	403	Stachelhaus Marco	*Krefeld	4:14:35	M30	100	0:49:49	1:18:21	2:06:24
1.296	2714	Pauly Klaus	BSG Brabender GmbH & Co.	4:14:40	M45	285	0:52:48	1:23:25	1:58:26
1.297	5034	Pelster Clemens	A1 activefirst	4:14:41	M30	101	0:51:49	1:19:48	2:03:03
1.298	2309	Duiffhuis Horst	Hottes Fitnessclub Wesel	4:14:42	M55	70	0:52:42	1:24:35	1:57:24
1.299	2874	Stemmer Uwe	*Voerde	4:14:48	M50	153	0:53:33	1:24:06	1:57:07
1.300	307	Strerath Dirk	Running Gig	4:14:51	M45	286	0:53:36	1:21:40	1:59:33
1.301	2383	Mueller Thomas	St. Hubert	4:14:59	M40	335	0:49:50	1:20:39	2:04:29
1.302	464	Vocke Holger	*Duisburg	4:15:00	M35	244	0:52:07	1:24:42	1:58:10
1.303	1927	Rossbruch Andreas	*Meerbusch	4:15:02	M40	336	0:53:49	1:21:46	1:59:27
1.304	2068	SCHEUSS HERMANN	*KEMPEN	4:15:03	M50	154	0:51:53	1:19:54	2:03:15
1.305	291	Harbsmeier Jens	*Kaarst	4:15:03	M40	337	0:53:55	1:21:42	1:59:25
1.306	2934	Zimmermann Thomas	BSG SSK Oberhausen	4:15:05	M40	338	0:55:13	1:22:40	1:57:11
1.307	1518	Leschkowski Rudi	*Duisburg	4:15:07	M45	287	0:50:29	1:21:49	2:02:49
1.308	2886	Witte Marc	Vodafone-Runners	4:15:13	M35	245	0:52:27	1:22:55	1:59:51
1.309	1731	Jans Jörn	LG IBU-DIC	4:15:14	M45	288	0:51:52	1:23:53	1:59:28
1.310	1370	Maas Norbert	blau-rot-forstwald	4:15:16	M50	155	0:49:38	1:23:19	2:02:18
1.311	1991	Wenke Martin	*Ratingen	4:15:22	M45	289	0:52:50	1:21:35	2:00:57
1.312	1747	Peitsch Christian	Marathon Mülheim	4:15:32	M40	339	0:47:40	1:27:51	2:00:01
1.313	1954	Büttgen Klaus	LG Nico	4:15:42	M40	340	0:52:32	1:20:51	2:02:17
1.314	1779	Senicar Heinz-Jürgen	SV Beeckerwerth	4:15:47	M60	31	0:51:56	1:22:52	2:00:58
1.315	2306	Kremers Norbert	SC.Bayer Uerdingen Radspo	4:15:47	M45	290	0:54:07	1:24:28	1:57:12
1.316	163	Moritz Wolfgang	Wupperläufer	4:15:58	M60	32	0:52:55	1:22:28	2:00:34
1.317	1252	Schmitz Michael	*Wülfrath	4:15:59	M35	246	0:43:34	1:27:37	2:04:47
1.318	2063	Schuhmacher Volker	Rumelner TV	4:16:09	M40	341	0:56:21	1:22:22	1:57:25
1.319	1700	Radon Ewald	LT Lustige Schleicher Essen	4:16:10	M40	342	0:44:24	1:32:04	1:59:40
1.320	2607	Jander Andreas	Trinimators TV Voerde	4:16:11	M35	247	0:39:07	1:26:12	2:10:52
1.321	217	Fischer Heinz-Georg	Bottrop	4:16:16	M55	71	0:51:46	1:22:42	2:01:47
1.322	3314	Stanek Bernd	VfL Gladbeck	4:16:33	M55	72	0:52:06	1:21:26	2:02:59
1.323	2156	Brockhaus Helmut	SPCA Duisburg	4:16:50	M45	291	0:53:00	1:20:29	2:03:19
1.324	2207	Wunderlich Claus	LG Halver-Schalksmühle	4:16:50	M50	156	0:53:15	1:22:38	2:00:56
1.325	3228	Balzer Manfred	SV Beeckerwerth	4:16:52	M65	12	0:54:15	1:25:23	1:57:12

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1.326	280	Schenkewitz Dieter	*Mülheim an der Ruhr	4:16:57	M55	73	0:53:13	1:24:07	1:59:35
1.327	3312	Dommann Hendrik	VFL Gladbeck	4:16:57	M45	292	0:52:13	1:25:36	1:59:06
1.328	597	Mewes Holger	Solinger LC	4:17:02	M40	343	0:51:53	1:23:10	2:01:57
1.329	1098	Lorenz Peter	SV Wanheim 1900	4:17:02	M40	344	0:53:13	1:25:44	1:58:04
1.330	622	Schlüter Henning	*Essen	4:17:05	M30	102	0:53:42	1:21:47	2:01:36
1.331	404	Brüning Frank	RP Marathon Team	4:17:16	M45	293	0:51:52	1:21:59	2:03:24
1.332	1311	Dingel Wolfgang	ETG 47 Shuttlecock	4:17:19	M55	74	0:51:48	1:21:40	2:03:50
1.333	382	Ottavi Peter	*Duisburg	4:17:23	M40	345	0:52:11	1:22:18	2:02:52
1.334	3315	Temma Andreas Paul	VFL Gladbeck	4:17:27	M45	294	0:52:51	1:24:17	2:00:18
1.335	3324	Mitzel Markus	*Düsseldorf	4:17:35	M40	346	0:53:09	1:26:18	1:58:08
1.336	1174	Fenger Michael	GC Möhnesee	4:17:40	M45	295	0:51:20	1:29:17	1:57:02
1.337	3393	Beckmann Uwe	Bundeswehr	4:17:43	M60	33	0:52:39	1:23:02	2:02:01
1.338	137	Ruhrmann Jürgen	*Essen	4:17:43	M45	296	0:51:53	1:21:23	2:04:27
1.339	1232	Tews Detlef	Lauftreff R(h)einknaller	4:17:47	M45	297	0:52:23	1:24:08	2:01:15
1.340	2282	Willeke Michael	*Bochum	4:17:52	M40	347	0:55:07	1:24:33	1:58:11
1.341	4903	Belgen Dirk	A1 activefirst	4:17:57	M35	248	0:57:34	1:22:17	1:58:05
1.342	225	Berg Andree	*gelsenkirchen	4:18:00	M45	298	0:50:39	1:22:13	2:05:07
1.343	808	Schmid Frank	*Langenfeld	4:18:04	M35	249	0:52:13	1:20:56	2:04:53
1.344	358	Hurley Stephen	*Krefeld	4:18:19	M35	250	0:49:46	1:22:48	2:05:44
1.345	3163	Bittner Jörg	Max Maulwurf Marathonis	4:18:24	M35	251	0:54:00	1:26:45	1:57:38
1.346	336	Ropers Stefan	*Moers	4:18:42	M40	348	0:48:32	1:28:25	2:01:44
1.347	733	Saubier Stephan	*Düsseldorf	4:18:44	M45	299	0:53:25	1:25:29	1:59:48
1.348	1879	Wyszynski Jago	*Düsseldorf	4:18:49	M50	157	0:53:21	1:24:27	2:01:00
1.349	2301	Tristram Uwe	SG Dresdner Bank Rhein Ru	4:18:51	M40	349	0:59:03	1:22:22	1:57:25
1.350	1549	Warta Carsten	*Mülheim an der Ruhr	4:19:06	M35	252	0:53:32	1:23:40	2:01:53
1.351	1519	Kilian Klaus	*Duisburg	4:19:07	M45	300	0:54:31	1:21:46	2:02:49
1.352	2225	Bruns Georg	Borbecker Raketen	4:19:08	M50	158	0:51:03	1:23:41	2:04:23
1.353	3398	Kalthoff Andreas	Heul doch!	4:19:11	M40	350	0:53:00	1:23:00	2:03:10
1.354	2996	Laube Holger	BSG Stadtwerke Duisburg A	4:19:11	M35	253	0:51:01	1:22:18	2:05:51
1.355	2802	Weidner Martin	Vodafone-Runners	4:19:31	M40	351	0:54:26	1:26:17	1:58:47
1.356	54	Weiß Thorsten	SV Sterkrade-Nord	4:19:34	M22	51	0:51:24	1:23:01	2:05:08
1.357	569	Pojer Marc	Die Römers	4:19:38	M40	352	0:51:10	1:19:04	2:09:23
1.358	1605	Kennedy Dr. Marcus	*Düsseldorf	4:19:43	M35	254	0:50:55	1:24:15	2:04:31
1.359	685	Bécu Guido	Funrunner	4:19:45	M40	353	0:54:13	1:20:47	2:04:44
1.360	2827	Knop Andreas	Vodafone-Runners	4:19:49	M30	103	0:54:48	1:25:00	2:00:00
1.361	1804	Regel Frank-Michael	*Korschenbroich	4:19:53	M45	301	0:54:30	1:23:31	2:01:50
1.362	369	Kurt Murat	*Duisburg	4:20:02	M35	255	0:54:55	1:22:57	2:02:09
1.363	1201	Nieradka Gerhard	LT Prosper Haniel	4:20:17	M55	75	0:55:19	1:22:12	2:02:45
1.364	2922	Kasielke Jürgen	Rhein-Lippe Wohnen	4:20:20	M55	76	0:51:58	1:22:27	2:05:54
1.365	2173	Wattenbach David	*Duisburg	4:20:26	M35	256	0:53:35	1:27:43	1:59:07
1.366	3258	König Ralf	*Düsseldorf	4:20:33	M50	159	0:56:48	1:28:34	1:55:11
1.367	1246	Kefßler Michael	*Duisburg	4:20:43	M40	354	0:53:14	1:27:16	2:00:12
1.368	2341	Von der Bey Thomas	Angerland LT Lintorf	4:20:48	M40	355	0:52:04	1:30:48	1:57:54
1.369	592	Rogge Andreas	*Mülheim an der Ruhr	4:20:49	M45	302	0:55:26	1:25:34	1:59:47
1.370	5015	Thesing Christian	*Oberhausen	4:20:50	M45	303	0:54:01	1:23:19	2:03:29
1.371	125	Senzek Sebastain	LT Turbo Schnecken Issum	4:20:54	M22	52	0:58:16	1:24:15	1:58:22
1.372	477	Hendrix Michael	TC Tönisvorst	4:20:55	M35	257	0:47:20	1:14:53	2:18:42
1.373	672	Themann Erwin	*Duisburg	4:21:05	M45	304	0:51:40	1:30:57	1:58:26
1.374	3054	Schmidt Frank	*Duisburg	4:21:09	M40	356	0:52:14	1:25:46	2:03:07
1.375	861	Kestler Rüdiger	*Mülheim	4:21:13	M35	258	0:55:44	1:25:14	2:00:14
1.376	2205	Schmitz Frank	*Meerbusch	4:21:15	M35	259	0:55:54	1:25:00	2:00:20
1.377	869	Varnhold Udo	TCHW Gladbeck	4:21:16	M50	160	0:53:51	1:20:59	2:06:24
1.378	1923	Praus Uwe	*Haan	4:21:18	M45	305	0:53:23	1:24:12	2:03:42

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1.379	1065	Schuster Frank	DJK Novesia Neuss	4:21:23	M55	77	0:53:52	1:26:10	2:01:20
1.380	1678	Deege Matthias	LT Gruiten-Neandertal	4:21:24	M22	53	0:58:21	1:34:01	1:49:01
1.381	5001	Nühlen Markus	*Münster	4:21:26	M40	357	0:53:33	1:23:40	2:04:12
1.382	2213	Salawarda Jürgen	*Dinslaken	4:21:27	M40	358	0:53:34	1:20:17	2:07:35
1.383	2092	Schulz Alfred	SC Bottrop	4:21:29	M50	161	0:58:48	1:18:42	2:03:58
1.384	2665	Kulesa Jörg	EIFGEN RUNNERS	4:21:31	M40	359	0:52:54	1:22:59	2:05:37
1.385	3116	Czeschla Rainer	TUS Homberg	4:21:32	M50	162	0:52:51	1:27:58	2:00:43
1.386	2465	Leuchter Ulrich	Lauftreff Willich	4:21:46	M45	306	0:54:01	1:26:28	2:01:16
1.387	2542	Weiss Holger	*Düsseldorf	4:21:50	M40	360	0:52:20	1:24:15	2:05:13
1.388	542	Jerabeck Harald	ELG Eller	4:21:51	M40	361	0:54:22	1:24:14	2:03:13
1.388	718	Rudolph Uwe	*duisburg	4:21:51	M45	307	0:51:37	1:27:50	2:02:24
1.390	3240	Osterberg Frank	*Geldern	4:21:54	M45	308	0:52:48	1:22:19	2:06:46
1.391	1543	Bärenwald Horst	*Essen	4:21:59	M50	163	0:54:36	1:27:48	1:59:34
1.392	777	Berlit Karl-Heinz	Lauftreff Wesel 130	4:22:00	M60	34	0:55:28	1:24:27	2:02:04
1.393	1544	Telle Norbert	*Oberhausen(Rhld)	4:22:00	M50	164	0:54:37	1:27:48	1:59:34
1.394	908	Kwiatkowski Kalle	DJK TUS Rotthausen	4:22:05	M22	54	0:50:56	1:25:58	2:05:11
1.395	1205	Grimmelt Detlev	Angerland LT Lintorf	4:22:19	M45	309	0:51:42	1:24:51	2:05:45
1.396	945	Marx Ingo	LG Hünxe	4:22:37	M40	362	0:56:05	1:06:46	2:19:46
1.397	977	Voigt Michael	Alltime Stars	4:22:40	M40	363	0:54:38	1:29:04	1:58:57
1.398	2349	Bayer Bernhard	GSV Moers Volleyball	4:22:44	M40	364	0:54:20	1:24:55	2:03:28
1.399	3091	Woelz Rudolf	BSG Sparkasse Duisburg	4:22:54	M35	260	0:51:05	1:27:29	2:04:19
1.400	1476	Zirl Alexander	*Bottrop	4:23:13	M22	55	0:55:48	1:24:31	2:02:53
1.401	2151	Hauswirth Horst	*Duisburg	4:23:14	M35	261	0:54:55	1:23:56	2:04:21
1.402	1857	Wischermann Felix	SC Bottrop	4:23:19	M22	56	0:55:13	1:24:31	2:03:35
1.403	434	Garnebode Michael	*Holzwickede	4:23:22	M40	365	0:54:14	1:26:53	2:02:14
1.404	2676	Huff Georg	LT Düsseldorf Süd	4:23:28	M40	366	0:49:14	1:29:41	2:04:31
1.405	3397	Schemann Thomas	*Essen	4:23:28	M40	367	0:55:10	1:26:32	2:01:45
1.406	740	Pecuch Hans-Peter	Adler-Langlauf Bottrop	4:23:31	M40	368	0:53:35	1:27:59	2:01:55
1.407	293	Tanzer Rene	*Voerde	4:23:31	M35	262	0:55:19	1:26:06	2:02:06
1.408	461	Will Julian	*Bochum	4:23:32	M22	57	0:52:14	1:20:56	2:10:21
1.409	3010	Poetschki Thomas	*Duisburg	4:23:37	M35	263	0:53:09	1:28:32	2:01:56
1.410	1832	Von der Heide Bernd	*Essen	4:23:40	M60	35	0:56:42	1:23:22	2:03:35
1.411	3110	Kleine Siegfried	TUS Homberg	4:23:51	M50	165	0:53:38	1:25:52	2:04:20
1.412	2427	Bonkowski Roland	Stadtwerke Team Witten	4:23:54	M50	166	0:53:56	1:24:15	2:05:42
1.413	1472	Bruendel Ralph	*Essen	4:23:55	M35	264	0:47:01	1:31:27	2:05:26
1.414	1910	Grunow Oliver	*Essen	4:24:08	M35	265	0:54:52	1:22:38	2:06:37
1.415	2661	Tlatlik Markus	EVB Energie AG	4:24:26	M35	266	0:51:25	1:17:09	2:15:51
1.416	3282	Stuers Rainer	SV Budberg Lauffreunde	4:24:28	M40	369	0:57:17	1:22:17	2:04:53
1.417	3035	Lisken Hermann	Niederkamper Lauftreff	4:24:29	M45	310	0:49:13	1:16:38	2:18:36
1.418	1515	Günther Achim	Einzig Art(w)ick	4:24:32	M40	370	0:52:15	1:28:19	2:03:57
1.419	1366	Hesse Olaf	*KREFELD	4:24:41	M40	371	0:52:14	1:25:10	2:07:16
1.420	458	Rolffs Sven	*Dortmund	4:24:45	M30	104	0:56:12	1:28:24	2:00:08
1.421	3187	Ebus Stefan	E.ON Ruhrgas SG	4:24:55	M35	267	0:50:18	1:34:17	2:00:19
1.422	554	Niggemann Heinz	Laufgruppe ziiiiisch und we	4:24:58	M50	167	0:54:33	1:27:07	2:03:17
1.423	1045	Krömann Markus	*Essen	4:25:10	M35	268	0:57:24	1:24:47	2:02:58
1.424	2480	Cossmann Michael	TC Köln-Jena	4:25:29	M50	168	0:54:35	1:26:51	2:04:02
1.425	806	Wittkowski Franz-Josef	LT Krefeld-Oppum	4:25:32	M50	169	0:55:39	1:26:51	2:03:01
1.426	2800	West Andreas	Vodafone-Runners	4:26:00	M40	372	0:55:02	1:23:59	2:06:57
1.427	116	Sterzing Wolfgang	LT Kettwig 2000	4:26:02	M60	36	0:57:59	1:27:17	2:00:45
1.428	176	Breumann Wolli	rt backfieldrunners bocholt	4:26:06	M40	373	0:54:00	1:25:58	2:06:07
1.429	3327	Dirks Arno	*Moers	4:26:12	M50	170	0:55:15	1:26:34	2:04:22
1.430	1203	Pohl Prof. Dr. Michael	Angerland LT Lintorf	4:26:13	M45	311	0:55:02	1:25:25	2:05:45
1.431	2410	Schröder Günther	Lauftreff Sterkrade Nord	4:26:14	M55	78	0:52:39	1:21:32	2:12:02

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1.432	2291	Klute Franz	*Dinslaken	4:26:14	M55	79	0:54:51	1:28:05	2:03:17
1.433	2701	Buchmeier Christian	*Düsseldorf	4:26:14	M35	269	0:49:58	1:26:36	2:09:40
1.434	589	Becker Juergen	*xanten	4:26:15	M45	312	0:56:30	1:24:06	2:05:39
1.435	494	Böttcher Ralf	SV Veert	4:26:20	M50	171	0:53:39	1:27:42	2:04:59
1.436	1846	Chruscz Detlef	*Essen	4:26:24	M45	313	0:53:20	1:22:19	2:10:43
1.437	1584	Konkowski Frank	*Duisburg	4:26:37	M45	314	0:54:48	1:27:15	2:04:33
1.438	2757	Birkholz Wolfgang	AS Neukirchen-Vluyn	4:26:55	M50	172	0:51:34	1:27:25	2:07:55
1.439	48	Jungesbluth Jörg	KemnadeLakeRunners	4:26:55	M35	270	0:52:16	1:28:58	2:05:39
1.440	417	Strubel Wolfgang T.	Schlossrunners Mehr	4:26:59	M35	271	0:51:55	1:24:40	2:10:23
1.441	484	Saueressig Dr. Heiner	LC St. Vinzenz Dinslaken	4:27:00	M35	272	0:56:57	1:26:29	2:03:33
1.442	485	Thiel Dr. Markus	LC St. Vinzenz Dinslaken	4:27:03	M35	273	0:56:57	1:26:32	2:03:33
1.443	2191	Schurse Dirk	LG Aaperwald	4:27:05	M40	374	0:55:04	1:29:58	2:02:02
1.444	760	Reichelt Harald	*Essen	4:27:31	M45	315	0:56:04	1:26:59	2:04:27
1.445	3109	Gonscherowski Manfred	TUS Homberg	4:27:52	M65	13	0:56:27	1:26:50	2:04:34
1.446	633	Kürten Frank	TCFR Remscheid	4:27:53	M35	274	0:55:22	1:25:45	2:06:45
1.447	3115	Poehling Hermann	TUS Homberg	4:27:59	M60	37	0:58:00	1:27:39	2:02:19
1.448	949	Justenhoven Konrad	ASC Rosellen/Neuss	4:28:25	M60	38	0:54:23	1:26:09	2:07:52
1.449	2244	Mertes Thomas	SF Ennepetal	4:28:57	M45	316	0:50:24	1:37:34	2:00:57
1.450	2086	Hülsberg Siegfried	Borussia Veen	4:28:58	M55	80	0:53:13	1:26:44	2:09:00
1.451	553	Niggemann Andreas	Laufgruppe ziiiiisch und we	4:29:07	M45	317	0:54:39	1:25:55	2:08:32
1.452	1031	Reckert Thomas	*Willich	4:29:19	M40	375	0:54:06	1:28:29	2:06:43
1.453	1725	Braun Klaus-Peter	*Duisburg	4:29:19	M55	81	0:52:36	1:24:39	2:12:03
1.454	421	Neugärtner Oliver	*Moers	4:29:26	M40	376	0:51:22	1:30:02	2:08:02
1.455	991	Stegelmeier Hartmut	*Hilden	4:29:28	M55	82	0:53:51	1:27:19	2:08:17
1.456	1606	Hellwig-Meller Jürgen	*Essen	4:29:32	M40	377	0:55:41	1:29:08	2:04:42
1.457	1361	Beckenkamp Axel	Marketing Runners	4:29:45	M45	318	0:55:38	1:28:22	2:05:45
1.458	624	Stäubner Ingo	Sabingo (Laufgruppe)	4:29:53	M35	275	0:52:25	1:31:41	2:05:46
1.459	2965	Seibel Roland	DSD Düsseldorf	4:30:05	M60	39	0:55:48	1:28:31	2:05:45
1.460	2692	Grewer Christoph	*Bottrop	4:30:07	M40	378	0:58:48	1:27:07	2:04:11
1.461	2386	Jahnke Alfred	Rumelner TV	4:30:21	M60	40	0:51:35	1:21:25	2:17:20
1.462	3344	Fiege Andreas	LC Duisburg	4:30:39	M40	379	0:57:14	1:27:33	2:05:50
1.463	493	Maluck Michael	L.T. Paulaner Muli	4:30:42	M45	319	0:55:23	1:26:31	2:08:47
1.464	1807	Rott Oliver	*Düsseldorf	4:31:06	M35	276	0:53:40	1:29:43	2:07:42
1.465	618	Bürger Michael	*Bochum	4:31:08	M30	105	0:52:06	1:22:34	2:16:28
1.466	2958	Lips Peter	FS Rheinkamp	4:31:13	M40	380	0:53:00	1:26:31	2:11:41
1.467	24	Kolenbrander Peter	LG Babcock Borsig Service	4:31:35	M50	173	0:53:56	1:26:24	2:11:14
1.468	1659	Hack Alfred	*Bergheim	4:31:51	M45	320	0:56:04	1:29:21	2:06:26
1.469	3078	Schwedler Johannes	*Kamp-Lintfort	4:32:10	M45	321	0:53:40	1:30:56	2:07:33
1.470	1737	Schultz Ingo	*Rheurd	4:32:17	M40	381	0:54:39	1:25:08	2:12:29
1.471	2590	Söllner Andre	*Duisburg	4:32:32	M22	58	0:54:18	1:28:03	2:10:10
1.472	1607	Wimschulte Dirk	*Essen	4:32:36	M40	382	0:58:27	1:29:25	2:04:42
1.473	2115	Severin Andreas	*Duisburg	4:32:40	M45	322	0:54:55	1:27:14	2:10:30
1.474	843	Möller Wolfgang	*Essen	4:32:41	M45	323	0:56:48	1:27:12	2:08:40
1.475	1932	Seitz Othmar	Burscheid	4:32:57	M40	383	0:53:23	1:25:29	2:14:04
1.476	4964	Thiel Rüdiger	A1 activefirst	4:33:04	M22	59	0:55:51	1:27:44	2:09:28
1.477	764	Jankowiak Frank	*Moers	4:33:06	M40	384	0:58:30	1:27:16	2:07:19
1.478	2652	Janetzki Wolfgang	*Düsseldorf	4:33:07	M55	83	0:58:54	1:29:42	2:04:31
1.479	113	Thalmann Jörg	Rennschnecken Mirker Hain	4:33:26	M40	385	0:57:02	1:27:14	2:09:10
1.480	3068	Hüggenberg Detlef	SV Concordia Ossenberg 1	4:33:35	M40	386	0:55:49	1:30:02	2:07:43
1.481	921	Steinbeck Rainer	*Essen	4:33:35	M40	387	0:53:56	1:23:31	2:16:07
1.482	182	Winkel Stefan	*Duisburg	4:33:36	M35	277	0:56:15	1:25:44	2:11:36
1.483	2778	Lohbeck Klaus	AS Neukirchen-Vluyn	4:34:01	M55	84	0:51:05	1:25:13	2:17:42
1.484	5118	Wolter Martin	LG Coesfeld	4:34:02	M45	324	0:51:15	1:36:32	2:06:14

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1.485	2017	Müther Dr Gerhard	*Düsseldorf	4:34:04	M60	41	0:56:11	1:27:22	2:10:30
1.486	2845	Doeing Winfried	Vodafone-Runners	4:34:16	M50	174	0:54:06	1:27:03	2:13:06
1.487	442	Klawitter Björn	Die Bussibärs	4:34:17	M35	278	1:04:26	1:26:32	2:03:18
1.488	169	Willwerth Arndt	Heljens Springbokkies	4:34:25	M40	388	0:52:47	1:40:29	2:01:08
1.489	4927	Kels Florian	A1 activefirst	4:34:29	M22	60	0:56:24	1:30:56	2:07:08
1.490	2923	Spitzer Andreas	Rhein-Lippe Wohnen	4:34:40	M40	389	0:54:14	1:23:48	2:16:36
1.491	2415	Jahnke Siegfried	Ausdauererschule Bunert	4:34:53	M55	85	0:45:13	1:31:28	2:18:12
1.492	994	Janhsen Alois	SV Viktoria Goch	4:35:07	M55	86	0:56:27	1:29:21	2:09:18
1.493	2103	Göbel Paul	BSG Delphi Draka	4:35:14	M60	42	0:57:55	1:31:58	2:05:20
1.494	2983	Penndorf Günter	TSV Viktoria Mülheim	4:35:33	M70	5	0:57:36	1:31:16	2:06:40
1.495	582	Klein-Vehne Markus	Trinksportfreunde Dortmund I	4:35:50	M40	390	0:58:56	1:30:20	2:06:33
1.496	1488	Schroers Guenter	*Toennisvorst	4:36:11	M65	14	0:59:55	1:29:13	2:07:01
1.497	1763	Stommel Andreas	*Gelsenkirchen	4:36:11	M45	325	0:56:57	1:33:39	2:05:34
1.498	1328	Wölm Carsten	BSG Victoria/www.DUSFOR	4:36:20	M30	106	0:57:33	1:29:13	2:09:33
1.499	2128	Speh Michael	*Duisburg	4:36:26	M35	279	0:53:22	1:28:46	2:14:16
1.500	3389	Schnipper Werner	TV Steinforth-Rubbelrath	4:36:42	M60	43	0:55:56	1:31:01	2:09:43
1.501	3306	Van Elten Ralf	*Duisburg	4:36:58	M40	391	0:58:14	1:39:55	1:58:47
1.502	1206	Zohren Frank	Judoclub 71 Düsseldorf	4:37:04	M40	392	0:59:28	1:27:54	2:09:42
1.503	2271	Hermes Rainer	*Duisburg	4:37:22	M40	393	1:00:06	1:29:48	2:07:27
1.504	2504	Schreiber Hartmut	*Mülheim	4:37:26	M50	175	0:57:03	1:27:22	2:13:00
1.505	2918	Freimuth Christoph	Rhein-Lippe Wohnen	4:37:40	M40	394	0:55:26	1:28:18	2:13:54
1.506	657	Lidzba Andreas	Schalke Roadrunner	4:37:42	M30	107	0:57:15	1:27:34	2:12:53
1.507	4558	Kranen Winfried	Kranen Elektro	4:37:43	M50	176	0:57:55	1:29:13	2:10:35
1.508	529	Wesslén Anders	*Moers	4:37:56	M45	326	0:57:47	1:30:21	2:09:47
1.509	528	Van Ommen Conny	*Moers	4:37:56	M45	327	0:57:47	1:30:21	2:09:47
1.510	519	Horz Willi	*Essen	4:38:15	M55	87	0:57:20	1:29:48	2:11:05
1.511	3353	Seidel Herbert	Weseler LT 130	4:38:22	M65	15	1:01:28	1:29:37	2:07:17
1.512	2389	Bahr Achim	Rumelner TV	4:38:54	M45	328	0:56:10	1:30:04	2:12:39
1.513	2740	Leymann Helmut	*Duisburg	4:38:58	M55	88	0:57:03	1:33:49	2:08:04
1.514	164	Jankowski Gerd	DJK Teutonia Waltrop	4:39:11	M50	177	0:57:40	1:28:53	2:12:37
1.515	1818	Hoffmann Andreas	TC Grün-Weiß Stommeln	4:39:14	M50	178	0:54:18	1:32:39	2:12:16
1.516	3330	Gornik Peter	*Gladbeck	4:39:27	M40	395	0:57:30	1:35:55	2:06:00
1.517	1780	Schuh Helmar	EWRC	4:39:30	M50	179	0:53:32	1:27:43	2:18:14
1.518	584	Louwen Wolfgang	*Rheinberg	4:39:37	M40	396	0:58:05	1:28:39	2:12:52
1.519	2391	Gronau Frank	Rumelner TV	4:39:40	M40	397	0:55:00	1:30:26	2:14:14
1.520	619	Methling Frank	*Recklinghausen	4:39:47	M45	329	0:57:40	1:31:03	2:11:03
1.521	2196	Brylewski Ralf	*Oberhausen	4:39:53	M45	330	0:58:14	1:29:58	2:11:40
1.522	1416	Dederichs Frank	ALTANA Chemie AG	4:39:58	M45	331	1:02:31	1:31:37	2:05:50
1.523	1263	Bader Hartmut	ASV-LT Kemperdick	4:39:58	M45	332	0:55:44	1:30:21	2:13:52
1.524	2145	Graffweg Norbert A.	*Duisburg	4:40:03	M45	333	1:00:24	1:37:01	2:02:37
1.525	322	Marquardt Bernd	HAT Hilden	4:40:11	M45	334	0:57:23	1:33:32	2:09:14
1.526	1127	Brückner Heiko	*Rheurd	4:40:14	M40	398	0:56:18	1:28:10	2:15:45
1.527	770	Stommel Christian	*Dorsten	4:40:22	M40	399	0:56:59	1:35:33	2:07:49
1.528	3178	Grabienski Wolfgang	E.ON Ruhrgas SG	4:40:38	M50	180	0:54:46	1:33:10	2:12:41
1.529	1395	Zimnol Rafael	LG Klauke Remscheid	4:40:38	M22	61	0:54:04	1:23:25	2:23:08
1.530	1490	Kisters Frank	*Rheurd	4:40:42	M45	335	0:59:23	1:29:16	2:12:02
1.531	3165	Upitz Peter	E.ON Ruhrgas SG	4:41:02	M50	181	0:57:29	1:33:25	2:10:07
1.532	2038	Krah Markus	VFL Gladbeck	4:41:20	M35	280	0:55:15	1:29:16	2:16:48
1.533	2647	Kairies Klaus-Dieter	*Essen	4:41:29	M55	89	0:59:27	1:30:10	2:11:51
1.534	1499	Fischer Mike	*Essen	4:41:44	M40	400	0:58:33	1:29:51	2:13:19
1.535	1323	Protz Eberhard	Henkel Laulflöwen	4:42:02	M65	16	1:04:08	1:29:01	2:08:52
1.536	1177	Meister Torsten	*Essen	4:42:11	M35	281	0:55:58	1:28:46	2:17:26
1.537	655	Eppert Peter	*Duisburg	4:42:15	M50	182	1:00:19	1:35:34	2:06:20

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1.538	1682	Pricken Johannes	*Weeze	4:42:16	M35	282	0:56:40	1:32:49	2:12:46
1.539	3387	Stoy Eckard	*Mettmann	4:42:23	M50	183	0:59:03	1:30:36	2:12:44
1.540	117	Wohlgemuth Wolfgang M	Adler-Langlauf Bottrop	4:42:31	M50	184	0:56:35	1:35:58	2:09:56
1.541	1713	Monreal Rolf	*Duisburg	4:42:58	M50	185	0:55:19	1:38:39	2:08:58
1.542	405	Pechtheiden Markus	Marathon Mülheim	4:43:03	M35	283	0:54:32	1:27:21	2:21:09
1.543	1556	Filipp Prof. Udo	*Mülheim	4:43:11	M45	336	1:05:46	1:40:22	1:57:02
1.544	2495	Loeven Peter	*Duisburg	4:43:21	M45	337	0:56:51	1:27:47	2:18:43
1.545	1823	Stralek Andreas	Blumen-Zauberei	4:43:43	M40	401	0:56:41	1:29:52	2:17:09
1.546	928	Wolff Peter	*Mülheim	4:43:50	M40	402	0:58:31	1:33:18	2:12:00
1.547	857	Browning Laurence	Rhader Raketen	4:44:15	M60	44	0:56:03	1:27:33	2:20:38
1.548	1877	Mehl Fritz	Bunert	4:44:24	M55	90	1:00:04	1:30:06	2:14:13
1.549	3069	Nagorka Michael	BSG laufen Commerzbank	4:44:35	M40	403	0:57:32	1:33:51	2:13:11
1.550	3077	Weichert Wolfram	LT Schleicher Essen	4:44:39	M60	45	0:55:48	1:31:32	2:17:18
1.551	2135	Ivanusic Joachim	*Dinslaken	4:44:55	M45	338	0:57:23	1:38:10	2:09:22
1.552	3320	Füllung Rolf-Peter	VFL Gladbeck	4:44:57	M60	46	0:56:44	1:37:28	2:10:43
1.553	2688	Steffen Klaus	LT Lustige Schleicher Essen	4:45:21	M40	404	1:03:15	1:29:01	2:13:05
1.554	1387	Schäffler Werner	KC Promilleprinzen e.V.	4:45:27	M55	91	0:59:42	1:31:09	2:14:36
1.555	661	Horstmann Oliver	*Bochum	4:45:41	M35	284	1:03:42	1:32:55	2:09:03
1.556	1679	Schumann Guido	*Essen	4:45:54	M35	285	0:58:46	1:34:54	2:12:13
1.557	167	Zerressen Dirk	Rapid Ramirez	4:46:04	M40	405	1:00:29	1:31:40	2:13:53
1.558	2454	Bonkowski Dieter	Stadtwerke	4:46:43	M55	92	0:55:04	1:38:26	2:13:12
1.559	206	Freyenth Frank	SV-Siemens	4:47:01	M45	339	0:58:37	1:32:59	2:15:24
1.560	1546	Rohrbeck Harald	Marathonkurs LC Duisburg	4:47:16	M45	340	0:57:51	1:31:57	2:17:27
1.561	2747	Schröder Holger	*Duisburg	4:47:38	M45	341	0:52:23	1:26:54	2:28:20
1.562	1558	Stenzel Detlef	*Wuppertal	4:47:53	M50	186	1:00:17	1:35:14	2:12:21
1.563	1335	Schüller Markus	BSG Barmenia Wuppertal	4:48:01	M40	406	1:01:37	1:31:43	2:14:40
1.564	4970	Weber Karsten	A1 activefirst	4:48:15	M30	108	0:57:35	1:30:01	2:20:39
1.565	2212	Stollwerk Marcel	*Wermelskirchen	4:48:54	M19	8	0:54:46	1:39:03	2:15:04
1.566	2231	Polanetzki Gregor	*Krefeld	4:49:26	M35	286	0:56:28	1:29:22	2:23:35
1.567	2385	Keusemann Heinrich	Rumelner TV	4:49:30	M70	6	0:58:14	1:33:51	2:17:24
1.568	3319	Schuster Martin	VFL Gladbeck	4:49:33	M55	93	0:58:03	1:34:17	2:17:12
1.569	2494	Juschka Axel	*Duisburg	4:49:39	M40	407	0:57:58	1:40:27	2:11:13
1.570	1794	Grott-Bechhaus Dirk	*Rheinberg	4:49:40	M40	408	0:58:02	1:33:55	2:17:43
1.571	2022	Obel Bernd	*Mülheim an der Ruhr	4:49:47	M50	187	1:02:33	1:31:24	2:15:48
1.572	1082	Nickele Alfred	Angerland LT Lintorf	4:49:49	M60	47	0:59:21	1:33:13	2:17:14
1.573	571	Narius Frank	*Voerde	4:50:15	M40	409	0:57:20	1:33:29	2:19:24
1.574	2997	Herbst Manfred	*Duisburg	4:50:31	M55	94	0:58:12	1:33:48	2:18:31
1.575	3084	Schmidt Wolfgang	Norske Skog Walsum	4:50:42	M60	48	0:58:18	1:33:49	2:18:34
1.576	183	Vonnemann Bernd	VFL Gladbeck	4:51:10	M40	410	0:59:19	1:35:26	2:16:23
1.577	794	Friedrichs Jörg	Marathonkurs LC Duisburg	4:51:30	M35	287	0:55:22	1:30:31	2:25:36
1.578	2216	Garczarzik Christof	*Duisburg	4:51:32	M22	62	0:58:44	1:42:13	2:10:35
1.579	1439	Nienhaus Jochen	TC Grün Weiß Rhede	4:51:53	M40	411	1:00:19	1:34:43	2:16:50
1.580	2461	Schramm Dietmar	*Recklinghausen	4:52:22	M55	95	1:00:52	1:34:50	2:16:39
1.581	1914	Montforts Johannes	*Geldern	4:53:39	M50	188	1:00:54	1:35:09	2:17:34
1.582	226	Meyers Frank	*Düsseldorf	4:53:44	M35	288	0:56:25	1:29:50	2:27:28
1.583	954	Schichtholz Peter	VfL Gladbeck Fun Runner	4:54:19	M40	412	1:11:48	1:33:03	2:09:27
1.584	2821	Lasinski Gerald	Vodafone-Runners	4:54:23	M35	289	0:56:45	1:35:09	2:22:28
1.585	1652	Klingspor Frank	CR Flamengo	4:54:24	M40	413	1:01:02	1:33:59	2:19:22
1.586	333	Müller Werner	Marathon Mülheim	4:54:28	M55	96	0:58:02	1:36:20	2:20:04
1.587	2819	Mause Matthias	Vodafone-Runners	4:55:14	M35	290	0:59:27	1:34:21	2:21:26
1.588	2832	Janssen Edgar	Vodafone-Runners	4:55:15	M35	291	0:59:27	1:34:21	2:21:25
1.589	2084	Schiller Christoph	*Mülheim	4:56:02	M22	63	0:54:13	1:34:09	2:27:39
1.590	1088	Kantert Dirk	*Rheinberg	4:56:24	M35	292	0:58:29	1:29:34	2:28:20

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1.591	281	Jakob Dirk	LT Mauerläufer	4:56:25	M35	293	0:58:13	1:30:01	2:28:09
1.592	2820	Levy Thomas	Vodafone-Runners	4:56:44	M30	109	0:58:34	1:31:35	2:26:33
1.593	2354	Jütte Andreas	Stadtwerke Team Witten	4:57:10	M40	414	1:03:05	1:33:56	2:20:08
1.594	370	Teuber Andreas	*Bottrop	4:57:26	M30	110	1:01:43	1:36:27	2:19:14
1.595	82	Giesa Burkhard	*Rheinberg	4:58:28	M40	415	1:04:14	1:36:44	2:17:30
1.596	249	Wieland Torsten	laufen-aktuell.de	4:58:30	M35	294	0:57:49	1:39:32	2:21:09
1.597	3080	Bahr Michael	*Moers	4:59:26	M40	416	0:58:10	1:40:58	2:20:17
1.598	1657	Schommers Ulrich	Kempen inForm	4:59:37	M35	295	0:58:47	1:38:47	2:22:02
1.599	1654	Nolden Werner	Kempen inForm	5:00:31	M50	189	0:58:48	1:38:42	2:23:01
1.600	2367	Kemper Klaus	TV Vennikel Moers	5:00:38	M50	190	0:58:46	1:34:27	2:27:24
1.601	3114	Hildebrandt Lothar	TUS Homberg	5:01:48	M75	2	1:02:31	1:35:51	2:23:25
1.602	705	Bauer Mathias	*Duesseldorf	5:02:38	M40	417	0:59:57	1:36:06	2:26:34
1.603	2020	Jurkschat Christoph	Road Runner Laufftreff Vyne	5:03:55	M40	418	1:10:57	1:39:56	2:13:01
1.604	3238	Hakelberg Eugen	*Duisburg	5:05:30	M40	419	1:01:39	1:41:41	2:22:09
1.605	2908	Chew Darren	Vodafone-Runners	5:06:02	M35	296	1:04:24	1:37:57	2:23:39
1.606	173	Diepenseifen Peter	Ruhrpott Runners	5:06:49	M35	297	1:00:32	1:36:37	2:29:38
1.607	629	Bliesner Friedhelm	*Duisburg	5:07:19	M55	97	1:03:25	1:39:14	2:24:40
1.608	969	Dickmann Volker	Lauffreunde HADI Wesel	5:07:41	M40	420	1:03:39	1:40:14	2:23:47
1.609	573	Herrler Frank	*Dinslaken	5:08:00	M35	298	1:00:20	1:40:57	2:26:42
1.610	43	Klein Uwe	FC Bayern-Hasser	5:09:53	M45	342	0:57:25	1:39:26	2:33:02
1.611	467	Krämer Mark	BSG Verbands-Sparkasse W	5:10:20	M30	111	0:59:37	1:38:34	2:32:08
1.612	2678	Wegener Dirk	*Gelsenkirchen	5:12:33	M45	343	1:02:33	1:40:08	2:29:51
1.613	2387	Kaffanke Paul	Rumelner TV	5:13:55	M60	49	1:04:19	1:39:53	2:29:42
1.614	4945	Nölke Christian	A1 activefirst	5:13:57	M30	112	1:02:51	1:43:24	2:27:41
1.615	201	Hirt Frank	*Duisburg	5:14:34	M45	344	1:05:11	1:42:54	2:26:28
1.616	538	Lenzen Werner	LT Krefeld-Oppum	5:15:06	M65	17	0:55:34	1:54:43	2:24:48
1.617	745	Treske Karl-Heinz	Borbecker Raketen	5:15:59	M60	50	1:06:04	1:46:33	2:23:22
1.618	2484	Schwalbe Steffen	*Dinslaken	5:17:12	M30	113	1:03:25	1:42:10	2:31:37
1.619	1569	Rempel Peter	*Dortmund	5:17:31	M55	98	1:04:39	1:42:05	2:30:45
1.620	2668	Kniep Lothar	A1 activefirst	5:17:34	M50	191	1:04:15	1:43:55	2:29:23
1.621	2405	Schindler Claus	*Mülheim	5:18:05	M45	345	1:05:16	1:41:31	2:31:17
1.622	4919	Heidkamp Guido	A1 activefirst	5:22:35	M40	421	1:01:15	1:53:04	2:28:15
1.623	1704	Czekay Marcus	BSG Sparda-Bank West eG	5:22:43	M30	114	1:04:21	1:42:51	2:35:31
1.624	2945	Pawlak Clemens	*Essen	5:22:56	M35	299	1:07:14	1:43:41	2:32:00
1.625	2486	Schwalbe Andreas	*Duisburg	5:38:33	M35	300	1:07:24	1:50:06	2:41:03

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1	388	Tüshaus Marion	ART Düsseldorf	3:09:51	W40	1	0:39:05	1:02:01	1:28:44
2	1056	Kretschmann Irina	LG Wuppertal	3:10:37	W30	1	0:39:54	1:02:22	1:28:20
3	2265	Nasfi Susanne	Triminators TV Voerde	3:14:25	W40	2	0:40:40	1:04:20	1:29:24
4	830	Berke Katharina	PV-Triathlon Witten	3:15:03	W19	1	0:40:04	1:02:10	1:32:49
5	5093	Bröer Renate	ASC Düsseldorf	3:15:58	W40	3	0:41:37	1:03:11	1:31:09
6	2697	Nagel Claudia	LG Mönchengladbach	3:16:28	W22	1	0:40:08	1:02:14	1:34:05
7	1646	Hawix Annemarie	SV Sonsbeck	3:21:51	W35	1	0:41:54	1:05:54	1:34:02
8	2855	Papendick Sabine	Vodafone-Runners	3:22:51	W35	2	0:42:44	1:06:05	1:34:01
9	2864	Delseith Bettina	Vodafone-Runners	3:24:16	W40	4	0:42:00	1:09:02	1:33:13
10	1225	Koopmann Nina	Triminators TV Voerde	3:27:25	W22	2	0:44:37	1:05:41	1:37:06
11	960	Poppe Marion	*Düsseldorf	3:29:05	W40	5	0:44:39	1:07:26	1:36:58
12	821	Thorwesten Simone	Waltröper LC 06	3:29:11	W35	3	0:43:58	1:08:20	1:36:52
13	547	Ellenrieder Monika	LT-Metzkausen	3:29:12	W40	6	0:44:55	1:08:06	1:36:11
14	3008	Pilgram Bettina	*Oberhausen	3:29:29	W50	1	0:43:58	1:07:57	1:37:33
15	1790	Hünchen Heike	*Düsseldorf	3:30:08	W40	7	0:42:57	1:06:56	1:40:15
16	3801	Blondin Juliane	SC Bayer 05 Uerdingen	3:30:50	W45	1	0:44:11	1:07:57	1:38:41
17	1945	Monning Melanie	*Mülheim an der Ruhr	3:31:13	W30	2	0:43:45	1:07:42	1:39:45
18	2786	Casimir Sabine	AS Neukirchen-Vluyn	3:31:54	W40	8	0:44:07	1:07:54	1:39:53
19	1878	Gevers-Lohkamp Petra	Adler-Langlauf Bottrop	3:32:41	W35	4	0:44:27	1:08:57	1:39:16
20	2735	Börmann Jutta	*Bottrop	3:32:41	W40	9	0:44:55	1:09:14	1:38:31
21	680	Marinkovic Jasmina	ART Düsseldorf	3:32:58	W35	5	0:42:46	1:07:49	1:42:23
22	1887	Schmid Petra	LG Mülheim	3:33:43	W40	10	0:44:38	1:08:11	1:40:53
23	5044	Bohris-Jäggi Beatrice	TUS Breitscheid	3:34:31	W40	11	0:45:12	1:09:39	1:39:40
24	2481	Krause Anna	LG Mülheim	3:34:47	W50	2	0:46:20	1:09:41	1:38:45
25	1859	Röther Claudia	Turbo-Schnecken Lüdensche	3:36:06	W40	12	0:45:26	1:10:28	1:40:10
26	1113	Bruns Klaudia	Borbecker Raketen	3:36:06	W45	2	0:45:12	1:10:57	1:39:56
27	4997	Funke Jacqueline	ASC Düsseldorf	3:36:25	W35	6	0:46:04	1:10:51	1:39:30
28	1716	Krummel Michaela	Marathonkurs LC Duisburg	3:36:48	W35	7	0:45:58	1:11:00	1:39:49
29	845	Rückmann Anja	VFL Gladbeck	3:36:48	W40	13	0:45:36	1:10:58	1:40:14
30	5092	Weibel Luise	LT Schnecke SV Sonsbeck	3:37:37	W40	14	0:44:55	1:10:57	1:41:44
31	5074	Wanjek-Haack Anne	DJK VfR Saarn	3:37:39	W45	3	0:45:22	1:09:59	1:42:17
32	1972	Nowak Melanie	*Hünxe	3:37:46	W35	8	0:43:56	1:11:42	1:42:07
33	1938	Engel Sabine	ASC Rosellen/Neuss	3:37:55	W35	9	0:43:28	1:08:32	1:45:54
34	2656	Breuer Sabine	LC Duisburg	3:38:27	W40	15	0:46:37	1:11:23	1:40:26
35	677	Haberland Christel	Lauftreff Haumannplatz Esse	3:38:56	W35	10	0:46:11	1:11:49	1:40:54
36	1437	Borchers Stefanie	Triathlon Club Essen 84	3:39:19	W35	11	0:46:52	1:11:08	1:41:18
37	119	Höveler Claudia	SC Bayer 05 Uerdingen	3:39:42	W40	16	0:47:06	1:10:22	1:42:12
38	5129	Buschmann Rita	LG Coesfeld	3:40:02	W50	3	0:45:10	1:12:13	1:42:39
39	5132	Schneider Karin	LG Coesfeld	3:40:16	W35	12	0:46:55	1:10:29	1:42:51
40	5069	Stemmer Renate	TUS Breitscheid	3:40:54	W55	1	0:46:10	1:13:29	1:41:14
41	1104	Hallen Caroline	*düsseldorf	3:41:01	W40	17	0:45:34	1:11:16	1:44:11
42	1921	Schäfer Heike	ATS Hohenlimburg-Nahmer	3:42:10	W40	18	0:46:48	1:12:13	1:43:09
43	4904	Berg Inge	A1 activefirst	3:42:24	W40	19	0:47:51	1:13:19	1:41:14
44	1913	Strehl Susanne	*Duisburg	3:42:24	W35	13	0:47:01	1:13:01	1:42:21
45	1724	Flühr Angelika	Marathonkurs LC Duisburg	3:42:37	W40	20	0:46:46	1:12:00	1:43:50
46	791	Bernhardt Karin	Styrumer TV	3:43:18	W35	14	0:46:25	1:12:30	1:44:22
47	2970	Muschert Madlen	DSD Düsseldorf	3:43:40	W22	3	0:45:53	1:10:12	1:47:34
48	381	Hülsmann Kirsten	SV Schermbeck	3:43:47	W22	4	0:46:45	1:11:21	1:45:40
49	3211	Genn Franziska	*Werden	3:43:54	W22	5	0:47:04	1:18:17	1:38:33
50	5053	Herrman Berit	TUS Breitscheid	3:44:03	W30	3	0:46:08	1:11:52	1:46:01
51	2039	Von Gruchalla Iris	Marathonkurs LC Duisburg	3:44:59	W40	21	0:46:16	1:14:17	1:44:24
52	786	Schmitz Cornelia	DSD Düsseldorf	3:45:18	W35	15	0:48:10	1:12:25	1:44:42
53	2788	Böing Ulla	AS Neukirchen-Vluyn	3:45:24	W50	4	0:47:34	1:13:19	1:44:30



**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
54	1066	Göbel Carina	*Wuppertal	3:45:27	W40	22	0:46:29	1:13:19	1:45:37
55	2938	Litzki Rita	BSG SSK Oberhausen	3:45:31	W45	4	0:47:23	1:13:30	1:44:38
56	5078	Hegger Ruth	LT Schnecke SV Sonsbeck	3:45:46	W40	23	0:47:41	1:12:52	1:45:12
57	5075	Bittner Martina	LT Schnecke SV Sonsbeck	3:45:50	W40	24	0:47:38	1:12:48	1:45:23
58	1222	Figge Karolina	Triminators TV Voerde	3:46:14	W30	4	0:46:28	1:11:40	1:48:05
59	20	Thomys Heike	KemnadeLakeRunners	3:46:25	W22	6	0:47:24	1:12:29	1:46:30
60	1620	Wallhorn Susanne	LC Duisburg	3:46:39	W40	25	0:46:35	1:12:10	1:47:53
61	2580	Czerwinski Gertrud	LV Stommeln	3:46:52	W50	5	0:47:28	1:14:46	1:44:37
62	1268	Günther Sabine	LT Wüstenrot Spellen	3:47:08	W35	16	0:47:54	1:13:43	1:45:30
63	2328	Baaken Verena	*Alpen	3:47:18	W30	5	0:48:39	1:13:46	1:44:51
64	2359	Berndt Elke	TB Frintrop Donnervögel	3:47:52	W45	5	0:48:20	1:13:44	1:45:48
65	1928	Schiweck Kerstin	*Gelsenkirchen	3:47:53	W40	26	0:48:00	1:14:35	1:45:17
66	2375	Hamm Annette	LC Duisburg	3:48:16	W40	27	0:48:38	1:12:40	1:46:57
67	1449	Trant Stefanie	LioSports	3:48:59	W35	17	0:46:01	1:11:50	1:51:07
68	2425	NAUMANN MARION	LT-Hohenlimburg	3:50:01	W45	6	0:46:54	1:13:39	1:49:27
69	3186	Feldhaus Lore	E.ON Ruhrgas SG	3:50:24	W55	2	0:47:57	1:12:50	1:49:37
70	3012	Smeets Ursula	Mönchengladbacher LG	3:50:33	W40	28	0:48:44	1:15:20	1:46:29
71	2376	Sult Barbara	TC Kray 1892 e.V.	3:50:59	W50	6	0:48:47	1:16:19	1:45:51
72	996	Weinhold Jutta	SV Viktoria Goch	3:51:16	W45	7	0:48:00	1:14:19	1:48:56
73	1791	Krepf Verena	TV Angermund	3:51:38	W22	7	0:47:18	1:17:47	1:46:33
74	2458	Noeckel Christel	Turnerbund Frintrop	3:51:41	W45	8	0:48:00	1:14:55	1:48:45
75	1456	Designer Nicole	Team-Essen 99	3:51:43	W35	18	0:50:16	1:11:16	1:50:10
76	853	Thiel Silvia	TUS Oedt	3:52:17	W45	9	0:46:33	1:14:26	1:51:17
77	2266	Kossatz Isis	ASC Düsseldorf	3:52:18	W35	19	0:48:39	1:15:20	1:48:18
78	992	Kaiser Bettina	LT Starlight Team Essen	3:52:23	W30	6	0:47:00	1:16:54	1:48:28
79	2072	Marzinik Cindy	*Frankfurt	3:52:28	W30	7	0:48:17	1:16:59	1:47:11
80	2630	Mauell Anja	*Velbert	3:52:32	W40	29	0:47:42	1:15:20	1:49:30
81	2275	Thurm Anja	LG Mülheim	3:53:24	W40	30	0:43:47	1:09:53	1:59:44
82	2626	Sanne Manuela	LG Wuppertal	3:53:38	W45	10	0:48:56	1:16:35	1:48:06
83	3141	Reichelt Christiane	MTG Horst Essen	3:53:44	W40	31	0:49:09	1:15:29	1:49:04
84	401	Tarrach Michaela	LTH-Essen	3:53:48	W35	20	0:48:22	1:17:40	1:47:45
85	1685	Eicker Sigrid	GSV Geldern e.V.	3:54:00	W55	3	0:48:56	1:15:39	1:49:23
86	1259	Brocksieper Silke	LT Stolperhexen Schwelm	3:54:12	W40	32	0:48:09	1:15:37	1:50:26
87	1443	Fleischer Christina	Skiclub Gevelsberg	3:54:58	W30	8	0:46:43	1:12:46	1:55:27
88	2978	Bielicke Manja	DSD Düsseldorf	3:55:09	W35	21	0:49:07	1:16:16	1:49:45
89	1557	Fendel Eva	*Essen	3:55:12	W40	33	0:44:24	1:18:40	1:52:07
90	204	Kaufmann Bärbel	*Duisburg	3:55:33	W45	11	0:50:39	1:15:31	1:49:22
91	1478	Kelka Monika	TUS Bösinghoven	3:55:38	W45	12	0:48:49	1:17:43	1:49:05
92	1939	Jurk Conny	TUS Bösinghoven	3:56:13	W30	9	0:48:35	1:15:45	1:51:51
93	245	Spöntjes Claudia	BSG Sparda-Bank West eG	3:56:36	W45	13	0:51:27	1:19:56	1:45:12
94	295	Leygraf Sabine	LG Alpen	3:57:17	W45	14	0:50:07	1:18:16	1:48:53
95	2317	Behrens Inga	Haumannplatz Essen	3:57:19	W22	8	0:53:15	1:18:05	1:45:58
96	64	Hemmecke Ulrike	Wupperläufer	3:57:22	W45	15	0:49:37	1:17:20	1:50:24
97	5131	Beekmans Petra	LG Coesfeld	3:57:32	W40	34	0:48:51	1:15:33	1:53:07
98	3192	Wolff Iris	E.ON Ruhrgas SG	3:57:46	W45	16	0:49:40	1:18:16	1:49:50
99	1603	Fleischer Sylvia	Adler-Langlauf Bottrop	3:58:14	W35	22	0:48:18	1:19:22	1:50:32
100	3271	Franken Angelika	Lauftreff Korschenbroich	3:58:20	W50	7	0:48:04	1:17:18	1:52:57
101	1118	Stolzke Svenja	*Bochum	3:58:53	W30	10	0:48:02	1:16:22	1:54:29
102	2059	Reinacher Ute	LT Hohenlimburg	3:59:08	W45	17	0:49:43	1:14:35	1:54:50
103	1947	Sprafke Silke	*Haminkeln	3:59:11	W40	35	0:48:51	1:18:31	1:51:48
104	2233	Otten Inge	LG Alpen	3:59:23	W50	8	0:50:21	1:19:25	1:49:37
105	3294	Koch Marianne	Windsch.Schnorrer C.R.	3:59:30	W40	36	0:50:07	1:17:49	1:51:32
106	1529	Bohnes Annette	Blindgänger Wuppertal	3:59:47	W35	23	0:51:26	1:17:42	1:50:38

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	1663	Kornapp Claudia	Borbecker Raketen	3:59:54	W50	9	0:50:36	1:17:23	1:51:54
108	1511	Gleiß Anke	*Erkrath	4:00:05	W30	11	0:51:24	1:23:55	1:44:44
109	2126	Burg Dr. Birgit	Henkel Lauflöwen	4:00:11	W45	18	0:50:48	1:17:15	1:52:08
110	3494	Böhnke Brigitte	Borbecker Raketen	4:00:18	W45	19	0:50:52	1:17:27	1:51:58
111	488	Birkendorf Cornelia	*Recklinghausen	4:00:22	W30	12	0:47:40	1:18:07	1:54:34
112	492	Siebert Kerstin	TSV Viktoria Mülheim	4:00:32	W30	13	0:48:25	1:16:17	1:55:48
113	2539	Moers Angelika	*Korschenbroich	4:01:02	W35	24	0:51:13	1:19:34	1:50:15
114	1702	Maaß Ulrike	*Essen	4:01:12	W40	37	0:52:00	1:20:59	1:48:12
115	620	Churavy Sabine	LT Krefeld-Oppum	4:01:24	W35	25	0:51:44	1:18:19	1:51:19
116	2960	Ernst Bärbel	FS Rheinkamp	4:01:25	W45	20	0:50:37	1:18:32	1:52:15
117	1073	Van Rienen Ulrike	LG Marathon Mülheim an der	4:01:33	W40	38	0:50:14	1:17:04	1:54:14
118	1829	Schildt Sina	*Mülheim	4:02:02	W22	9	0:51:35	1:18:27	1:52:00
119	3099	Reichow Frauke	Triminators TV Voerde	4:02:16	W40	39	0:52:04	1:18:13	1:51:58
120	2179	Stähler Ingrid	P+P Druck Fleer	4:02:24	W40	40	0:49:19	1:21:13	1:51:51
121	5134	Fedder Sandra	LG Coesfeld	4:02:32	W35	26	0:49:51	1:19:33	1:53:07
122	1240	Diekmann Tatjana	LC Stolperhexen Schwelm	4:02:38	W40	41	0:47:49	1:18:16	1:56:31
123	2140	Holtermann Sabine	*Alpen	4:02:46	W40	42	0:50:27	1:17:40	1:54:38
124	3331	Koemmet Gabi	OTV 88	4:03:11	W35	27	0:47:22	1:19:48	1:56:00
125	1087	Kruczek Claudia	LC Duisburg	4:03:26	W30	14	0:51:54	1:19:10	1:52:22
126	826	Wolters Nina	Waltroper LC 06	4:03:28	W35	28	0:50:59	1:17:55	1:54:33
127	1497	Ahlburg Natalia	*Moers	4:03:48	W30	15	0:49:53	1:20:41	1:53:13
128	2356	Jungjohann Martina	Remscheider SV	4:04:26	W50	10	0:50:31	1:18:11	1:55:43
129	2419	Plum Sabine	Freie Schwimmer	4:04:47	W40	43	0:51:55	1:20:53	1:51:58
130	839	Riebau Christa	*Essen	4:04:57	W40	44	0:50:45	1:19:03	1:55:08
131	3009	Kümmerlein Katja	*Essen	4:05:04	W30	16	0:48:12	1:22:11	1:54:41
132	1739	Schmidt Monika	TUS Bösinghoven	4:05:05	W50	11	0:51:37	1:21:05	1:52:22
133	2592	Schmidt Susanne	Stadtwerke Team Witten	4:05:10	W45	21	0:50:19	1:20:33	1:54:18
134	1138	Ernst Angela	Amigos del Sol	4:05:27	W30	17	0:49:10	1:19:52	1:56:23
135	1425	Bockmeier Stephanie	*Gelsenkirchen	4:05:44	W30	18	0:53:55	1:19:16	1:52:32
136	1011	Dützer Marion	SV Viktoria Goch	4:05:45	W35	29	0:51:26	1:19:08	1:55:10
137	2686	Wienforth Silke	PV-Triathlon Witten	4:05:49	W35	30	0:50:58	1:19:43	1:55:07
138	644	Otten Ilona	*Neuss	4:05:53	W35	31	0:52:24	1:21:12	1:52:15
139	2182	Walter Heike	RTB Remscheid Marathon-	4:05:55	W45	22	0:51:26	1:19:36	1:54:52
140	1816	Schrader Melanie	*Korschenbroich	4:05:55	W35	32	0:51:12	1:19:26	1:55:16
141	1463	Ingenfeld Astrid	*Xanten	4:05:55	W30	19	0:51:44	1:18:04	1:56:06
142	1501	Wehder-Krolik Claudia	Waltroper LC 06	4:06:00	W45	23	0:50:14	1:19:00	1:56:45
143	730	Niediek Sonja	*herne	4:06:10	W35	33	0:49:36	1:19:57	1:56:36
144	1461	Van Sambeck Helga	SV Viktoria Goch	4:06:14	W35	34	0:51:36	1:19:07	1:55:31
145	285	Leonhardt Martina	Laufftreff R(h)einkaller	4:06:16	W45	24	0:48:06	1:24:09	1:54:00
146	2551	Schlößler Christiane	*Essen	4:06:21	W30	20	0:51:09	1:20:12	1:54:58
147	602	Verfuerden Gaby	*Krefeld	4:06:22	W45	25	0:51:21	1:20:11	1:54:49
148	1514	Möllhausen Trixi	Einzig Art(w)ick	4:06:25	W35	35	0:49:56	1:19:42	1:56:45
149	223	Biiterlich Andrea	*gelsenkirchen	4:06:27	W45	26	0:49:43	1:20:46	1:55:57
150	2473	Rieken Christa	PSV Essen	4:06:39	W55	4	0:50:39	1:21:17	1:54:42
151	1888	Thönnißen Elke	Elke rennt	4:06:48	W40	45	0:51:40	1:20:17	1:54:50
152	699	Stockrahm Astrid	TUS Bösinghoven	4:06:57	W35	36	0:51:38	1:19:23	1:55:56
153	141	Bley Bianca	Die Waldgazellen	4:06:59	W35	37	0:50:11	1:22:53	1:53:53
154	2234	Gräf Martina	*Velbert	4:07:04	W40	46	0:50:56	1:21:09	1:54:58
155	2878	Herbstmann Hille	LT Kettwig 2000	4:07:26	W40	47	0:50:27	1:20:57	1:56:01
156	1351	Brand Petra	*Duisburg	4:07:41	W40	48	0:52:04	1:19:51	1:55:45
157	5091	Groterhorst Ulla	LT Schnecke SV Sonsbeck	4:08:10	W40	49	0:47:50	1:24:46	1:55:33
158	1165	Walgenbach Andrea	*Grevenbroich	4:08:16	W50	12	0:53:19	1:21:00	1:53:56
159	846	Gall Katharina	*Ratingen	4:08:29	W22	10	0:52:02	1:18:43	1:57:43

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
160	2690	Hartig Brigitte	Stadtwerke Team Witten	4:08:32	W45	27	0:52:55	1:20:51	1:54:45
161	5076	Konrad-Möller Jacqueline	LT Schnecke SV Sonsbeck	4:08:39	W40	50	0:50:06	1:18:17	2:00:15
162	2238	Daus Annette	SF Ennepetal	4:08:47	W35	38	0:51:45	1:20:08	1:56:53
163	1331	Pilske Petra	*Bochum	4:08:57	W35	39	0:52:22	1:21:17	1:55:17
164	2044	Heidenreich Susanne	LC Duisburg	4:09:02	W40	51	0:52:28	1:21:05	1:55:29
165	2046	Schmitz Christiane	*Duisburg	4:09:07	W35	40	0:52:05	1:21:54	1:55:07
166	5102	Beyer Anja	*Herne	4:09:19	W40	52	0:51:22	1:34:08	1:43:48
167	2658	Luckhardt Sina	EVb Energie AG	4:09:26	W30	21	0:49:57	1:17:12	2:02:16
168	2940	Vespermann Beate	BSG SSK Oberhausen	4:09:45	W40	53	0:51:30	1:21:04	1:57:10
169	2203	Bruns Petra	*Mülheim	4:10:06	W45	28	0:52:08	1:22:03	1:55:55
170	376	Cosack Annette	*Essen	4:10:10	W40	54	0:52:00	1:20:13	1:57:56
171	1746	Wittek Beatrix	Marathon Mülheim	4:10:18	W45	29	0:51:14	1:23:41	1:55:22
172	1738	Mörschel-Schubert Britta	LT Buga Düsseldorf 1999	4:10:30	W35	41	0:56:17	1:28:09	1:46:03
173	2133	Buck Monika	*Wuppertal	4:10:44	W50	13	0:51:13	1:22:53	1:56:37
174	649	Banowski Silke	*Krefeld	4:11:16	W35	42	0:51:00	1:20:23	1:59:52
175	956	Hilgers Birgit	AS Neukirchen-Vluyn	4:11:29	W35	43	0:52:56	1:21:13	1:57:19
176	1909	Flach Marion	RTB Remscheid Marathon-	4:11:30	W50	14	0:52:11	1:21:24	1:57:53
177	2093	Schulz Rita	SC Bottrop	4:11:38	W45	30	0:54:22	1:21:22	1:55:53
178	4959	Sternke Kirsten	A1 activefirst	4:11:57	W35	44	0:52:59	1:24:38	1:54:19
179	2732	Becker Dorothee	ASC Düsseldorf	4:12:18	W35	45	0:52:40	1:22:57	1:56:40
180	2762	Heinze Irmilind	AS Neukirchen-Vluyn	4:12:24	W50	15	0:53:20	1:21:17	1:57:45
181	1484	Terörde Anke	*Bonn	4:12:34	W22	11	1:00:51	1:17:30	1:54:12
182	1951	Reinecke Gabriele	LG Ramscher	4:12:37	W40	55	1:00:55	1:33:48	1:37:53
183	998	Hörig Anke	LTH-Essen	4:13:02	W40	56	0:52:58	1:21:23	1:58:39
184	3074	Eisenberg Martina	Turnerbund Frintrop	4:13:02	W30	22	0:51:32	1:25:28	1:56:01
185	23	Kolenbrander Stefanie	LG Babcock Borsig Service	4:13:04	W19	2	0:52:54	1:22:32	1:57:37
186	2357	Völker Thekla	*Meerbusch	4:13:10	W50	16	0:52:48	1:21:56	1:58:25
187	2432	Franke-Thurau Ursula	*Essen	4:13:25	W60	1	0:51:01	1:19:57	2:02:26
188	2490	Meyer Hanna	*Alpen	4:13:34	W19	3	0:52:00	1:21:30	2:00:03
189	44	Telgenbrok Sigrid	MTC RW Raffelberg	4:13:39	W45	31	0:50:30	1:20:27	2:02:42
190	2764	Litz Hildegard	AS Neukirchen-Vluyn	4:13:47	W50	17	0:53:10	1:23:41	1:56:55
191	1006	Zwingmann Klaudia	TVE Bad Münstereifel	4:13:50	W35	46	0:51:36	1:25:01	1:57:13
192	5039	Wick Brigitte	TUSEM Essen	4:13:55	W50	18	0:53:08	1:22:13	1:58:33
193	858	Knoppe Eva	Rhader Raketen	4:13:56	W35	47	0:52:52	1:19:52	2:01:12
194	1095	Grawe Heike	BSG Barmenia Wuppertal	4:14:02	W45	32	0:51:51	1:19:37	2:02:33
195	1594	Wigger Claudia	*Ratingen	4:14:04	W40	57	0:53:45	1:20:51	1:59:27
196	1350	Stein Anne	Adler-Langlauf Bottrop	4:14:39	W35	48	0:51:31	1:20:16	2:02:52
197	1802	Schlender Kai-Esther	TUS Drevenack/LG Hünxe	4:14:41	W35	49	0:51:52	1:23:18	1:59:30
198	1710	Riemer Karin	TV Unterbach	4:14:42	W40	58	0:53:08	1:22:14	1:59:19
199	4950	Raab Meike	A1 activefirst	4:14:42	W30	23	0:57:03	1:23:20	1:54:18
200	1200	Schäufele Lisa	LT Rennhamster Düsseldorf	4:14:46	W45	33	0:54:06	1:24:01	1:56:39
201	5011	Müller Ines	*Geilenkirchen	4:14:51	W45	34	0:53:12	1:24:01	1:57:37
202	463	Brooks Doreen	*Duisburg	4:15:01	W30	24	0:52:07	1:24:41	1:58:11
203	1349	Rensch Daniela	*Heiligenhaus	4:15:08	W30	25	0:51:20	1:25:40	1:58:08
204	815	Klee Barbara	DSC Krefeld 1997	4:15:13	W40	59	0:53:32	1:23:17	1:58:23
205	1834	Haak Conny	Borbecker Raketen	4:15:15	W45	35	0:52:32	1:22:53	1:59:49
206	1942	Bockhoff Manu	SV Schermbeck	4:15:24	W30	26	0:52:04	1:24:52	1:58:27
207	114	Becker Christa	Rennschnecken Mirker Hain	4:15:38	W40	60	0:54:25	1:22:30	1:58:42
208	1598	Thoma Mathilde	*Ratingen	4:15:40	W45	36	0:52:59	1:22:42	1:59:58
209	1628	Menges Gitti	Gerdas Runner Team	4:15:45	W35	50	0:52:08	1:24:45	1:58:51
210	1600	Scarano Jutta	LC Duisburg	4:15:46	W35	51	0:53:34	1:23:05	1:59:05
211	3203	Ost Dorit	E.ON Ruhrgas SG	4:15:52	W30	27	0:52:32	1:23:00	2:00:19
212	2060	Pfannkuch Dr. Annegret	BSG WAZ Essen	4:16:05	W45	37	0:52:32	1:22:44	2:00:48

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
213	124	Richter Heidi	LT Turbo Schnecken Issum	4:16:36	W45	38	0:54:27	1:22:56	1:59:13
214	1669	Krapholz Conny	*Willich	4:16:40	W40	61	0:53:52	1:21:34	2:01:13
215	724	Brauns Elisabeth	*Voerde	4:16:46	W40	62	0:53:43	1:26:02	1:57:00
216	557	Mehl Monika	*Essen	4:16:58	W35	52	0:58:26	1:19:06	1:59:24
217	1106	Picard Anja	*Duisburg	4:17:09	W30	28	0:52:59	1:23:50	2:00:19
218	1577	Winkler-Voigt Andrea	*Mülheim an der Ruhr	4:17:25	W45	39	0:53:12	1:24:24	1:59:48
219	694	Kinner Herdis	BSG Sparda-Bank West eG	4:17:26	W30	29	0:50:32	1:22:12	2:04:41
220	2950	Micheley Helen	*Moers	4:17:27	W55	5	0:51:36	1:22:32	2:03:17
221	1901	Hensel Simone	Styrumer TV	4:17:30	W30	30	0:54:20	1:23:29	1:59:40
222	1304	Hölscher Heidi	*Hamminkeln	4:17:34	W35	53	0:56:26	1:25:27	1:55:40
223	479	Hendrix Yvonne	TC Tönisvorst	4:17:35	W30	31	0:50:57	1:20:38	2:05:59
224	3014	Austgen Helga	LT Düsseldorf-Süd	4:17:51	W50	19	0:51:43	1:20:12	2:05:55
225	136	Ruhrmann Hanne	*Essen	4:17:51	W40	63	0:51:54	1:22:02	2:03:54
226	2100	Graf-Bertram Susanne	SportflugNiederberg Heiligen	4:18:09	W40	64	0:53:32	1:25:54	1:58:42
227	1114	Sendor dr Dorota	*Düsseldorf	4:18:15	W30	32	0:54:39	1:23:05	2:00:30
228	50	Köstler Doreen	Rennschnecken 2000 e.V.	4:18:27	W35	54	0:54:37	1:25:28	1:58:21
229	580	Fliege Andrea	*Oberhausen	4:18:36	W35	55	0:53:44	1:26:52	1:58:00
230	3627	Thieler Renate	SKI-CLUB-WESEL	4:18:40	W50	20	0:49:00	1:36:49	1:52:50
231	2527	Ischinsky Carolin	*Münster	4:19:05	W30	33	0:57:04	1:23:56	1:58:04
232	4962	Stumpf Pamela	A1 activefirst	4:19:06	W40	65	0:53:30	1:20:53	2:04:42
233	3045	Andres Anke	LG Finanzamt DU-West	4:19:11	W40	66	1:01:00	1:24:30	1:53:41
234	3044	Basalla Katrin	LG Finanzamt DU-West	4:19:13	W22	12	1:01:00	1:24:32	1:53:41
235	1172	Kellers Petra	*Mülheim an der Ruhr	4:19:58	W22	13	0:51:47	1:20:49	2:07:20
236	1873	Kriegel Sabine	*Ratingen	4:20:06	W45	40	0:53:49	1:24:05	2:02:12
237	1453	Mehl Joanna	Bunert	4:20:20	W45	41	0:56:31	1:25:44	1:58:04
238	2333	Van Weißel Kerstin	*Duisburg	4:20:25	W45	42	0:53:37	1:24:12	2:02:35
239	1837	Broscheit Antje	Marathon Mülheim	4:20:28	W35	56	0:51:14	1:29:13	2:00:01
240	5077	Subbe-Neitzel Claudia	LT Schnecke SV Sonsbeck	4:20:39	W40	67	0:52:36	1:24:39	2:03:23
241	1701	Radon Gudrun	LT Lustige Schleicher Essen	4:20:42	W40	68	0:53:05	1:21:37	2:05:59
242	1629	Passlack Iris	*Duisburg	4:20:46	W40	69	0:51:34	1:26:12	2:02:59
243	668	Krämer Kerstin	*Ratingen	4:20:47	W40	70	0:53:02	1:23:21	2:04:22
244	1261	Baumert Saskia	*Velbert	4:20:58	W30	34	0:50:38	1:24:53	2:05:26
245	750	Thomas Cornelia	ASV-LT Kemperdick	4:21:06	W55	6	0:53:40	1:24:12	2:03:13
246	1091	Reuschenbach Gisela	TRlandertaler Mettmann	4:21:07	W50	21	0:54:04	1:24:48	2:02:15
247	1257	Steinbach Katrin	LC Duisburg	4:21:19	W18	1	0:52:41	1:24:58	2:03:39
248	645	Lanz Claudia	*Mönchengladbach	4:21:24	W35	57	0:55:16	1:24:01	2:02:05
249	3111	Schnieder-Luther Bernade	TUS Homberg	4:21:26	W45	43	0:52:37	1:22:13	2:06:35
250	3289	Uphoff Sandra	*Mülheim	4:21:26	W35	58	0:54:00	1:24:15	2:03:10
251	2311	Grabowski Sonja	*Velbert	4:21:31	W30	35	0:53:08	1:25:46	2:02:36
252	543	Jerabeck Claudia	ELG Eller	4:21:51	W45	44	0:54:22	1:24:14	2:03:14
253	5090	Borgards Andrea	LT Schnecke SV Sonsbeck	4:22:08	W35	59	0:52:45	1:24:45	2:04:37
254	2078	Mast Gabriele	DDS Running Team	4:22:28	W45	45	0:54:17	1:23:40	2:04:30
255	2932	Schulte- Ortbeck Nicole	BSG SSK Oberhausen	4:22:29	W35	60	0:57:42	1:25:05	1:59:42
256	2749	Hinkelmann Gaby	AS Neukirchen-Vluyn	4:22:44	W45	46	0:55:11	1:26:57	2:00:35
257	5000	Krulik Mojca	*Krefeld	4:22:56	W40	71	0:52:59	1:24:54	2:05:02
258	361	Meese Stefanie	*Duisburg	4:22:56	W40	72	0:56:12	1:23:52	2:02:51
259	2508	Körner Beate	*Sprockhövel	4:23:16	W40	73	0:54:48	1:25:00	2:03:26
260	1803	Mewes Annette	Solinger LC	4:23:22	W40	74	0:55:20	1:23:10	2:04:51
261	481	Brinkmann-Rabe Beate	TC Tönisvorst	4:23:46	W35	61	0:52:50	1:22:59	2:07:56
262	3042	Fingerle Monika	LG Finanzamt DU-West	4:24:13	W50	22	1:05:59	1:24:32	1:53:41
263	31	Just Angelika	*Gladbeck	4:24:23	W35	62	0:56:07	1:25:57	2:02:18
264	653	Kehrberg Tina	LG Polizei Altenessen	4:24:31	W30	36	0:53:28	1:23:16	2:07:47
265	2746	Bergmann Sylke	welknelke wesel	4:24:34	W45	47	0:52:02	1:25:08	2:07:24

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
266	478	Kress Katrin	*dortmund	4:24:45	W22	14	0:56:12	1:28:24	2:00:08
267	457	Brehm Daniela	SC Bayer 05 Uerdingen	4:24:47	W30	37	0:54:53	1:26:52	2:03:01
268	2510	Gewohn Verena	*Düsseldorf	4:25:06	W22	15	0:54:09	1:30:02	2:00:53
269	2085	Voß Gertrud	SV Viktoria Goch	4:25:22	W55	7	0:56:17	1:29:15	1:59:49
270	3288	Ratajczak Agnes	FC Stoppenberg LT	4:25:33	W50	23	0:55:34	1:25:22	2:04:35
271	2594	Werft Ulrike	*Krefeld	4:25:44	W50	24	0:54:50	1:27:38	2:03:15
272	123	Senzek Nora	LT Turbo Schnecken Issum	4:25:48	W50	25	0:58:17	1:29:08	1:58:23
273	965	Stienen Birgit	TSV Nieuwerk	4:25:55	W40	75	0:53:10	1:28:10	2:04:33
274	290	Surlemont Andrea	*Meerbusch	4:25:59	W35	63	0:55:33	1:27:31	2:02:53
275	2042	Niehüser Lydia	LAV Oberhausen	4:26:07	W40	76	0:56:29	1:28:54	2:00:43
276	558	Rechmann Regina	DSC 99	4:26:07	W35	64	0:54:57	1:24:09	2:07:00
277	3113	Hildebrand Bettina	TUS Homberg	4:26:19	W40	77	0:55:00	1:27:59	2:03:18
278	5020	Hagedorn Claudia	*Herne	4:26:19	W40	78	0:56:53	1:28:38	2:00:47
279	2066	Boonekamp Sabine	BSG Barmenia Wuppertal	4:26:22	W35	65	0:54:30	1:29:56	2:01:55
280	416	Tang Birte N.	Schlossrunners Mehr	4:26:59	W19	4	0:51:51	1:24:40	2:10:27
281	676	Hoffmann-Meyer Angelika	MSV Duisburg LT	4:27:05	W50	26	0:50:58	1:21:57	2:14:10
282	1554	Dietrich Elke	LC Duisburg	4:27:25	W45	48	0:54:22	1:28:55	2:04:07
283	1507	Biedebach Ute	LC Duisburg	4:27:48	W50	27	0:56:44	1:27:40	2:03:22
284	1681	Weidenmüller Gudrun	LC Duisburg	4:27:52	W45	49	0:56:43	1:27:40	2:03:28
285	1102	Pecher Kirsten	Angerland LT Lintorf	4:27:58	W45	50	0:55:36	1:25:46	2:06:35
286	1451	Grothe Sylvia	LioSports	4:28:22	W40	79	0:54:46	1:27:55	2:05:41
287	2576	Freßmann Ruth	Lauffreunde HADI Wesel	4:28:24	W55	8	0:53:10	1:26:13	2:09:00
288	3169	Kellers Sabine	E.ON Ruhrgas SG	4:28:29	W35	66	0:56:45	1:20:49	2:10:54
289	1081	Vogel Beatrix	Homberger Ruderklub Germa	4:28:50	W50	28	0:55:53	1:26:21	2:06:35
290	2921	Koschoreck Gabriele	Rhein-Lippe Wohnen	4:29:22	W45	51	0:53:49	1:27:02	2:08:31
291	2774	Fretschen Nicole	AS Neukirchen-Vluyn	4:30:07	W35	67	0:57:22	1:27:12	2:05:33
292	278	Guthoff Evelin	*Düsseldorf	4:30:09	W45	52	0:57:40	1:28:05	2:04:24
292	1894	Distelhoff Kirsten	svvholzwickede	4:30:09	W35	68	0:59:03	1:24:46	2:06:19
294	151	Roschat Ulla	laufen-aktuell.de	4:30:14	W45	53	0:55:35	1:28:58	2:05:40
295	2664	Hüther Petra	*Rheinberg	4:30:32	W40	80	0:57:49	1:28:53	2:03:48
296	1002	Funke Kerstin	LT Kettwig 2000	4:30:32	W45	54	0:55:04	1:26:31	2:08:57
297	3345	Weimann Claudia	*Duisburg	4:30:50	W35	69	0:55:10	1:28:16	2:07:24
298	1633	Hoffmann Traudl	Marathonkurs LC Duisburg	4:31:04	W50	29	0:59:23	1:28:41	2:02:59
299	4966	Treder Heike	A1 activefirst	4:31:35	W40	81	0:58:00	1:28:59	2:04:36
300	1761	Kronenberg Susanne	*Essen	4:32:58	W40	82	0:55:27	1:25:46	2:11:44
301	1026	Vehoff Marion	Team Stadtwerke Witten	4:33:08	W45	55	0:56:48	1:28:46	2:07:33
302	1650	Hansmann Manuela	*Ratingen	4:33:13	W45	56	0:53:36	1:28:14	2:11:23
303	842	Möller Ute	BSG Sparkasse Essen	4:33:13	W45	57	0:56:50	1:27:35	2:08:48
304	1908	Specht Sabine	*Düsseldorf	4:33:14	W35	70	0:53:09	1:35:45	2:04:19
305	1492	Volkmuht Melanie	*Bottrop	4:33:42	W35	71	0:54:38	1:32:08	2:06:56
306	4914	Fiebelkorn Katja	A1 activefirst	4:33:48	W22	16	0:57:00	1:29:37	2:07:10
307	2629	Prangen Ute	*Rheinberg	4:33:50	W35	72	0:57:39	1:27:08	2:09:02
308	218	Diercks Barbara	*Krefeld	4:33:55	W50	30	0:59:00	1:29:38	2:05:16
309	2243	Pflüger Heike	SF Ennepetal	4:33:56	W30	38	0:58:13	1:28:35	2:07:07
310	1982	Marzinzik Anneliese	*Duisburg	4:34:03	W55	9	0:57:26	1:27:36	2:09:00
311	3001	Stutzke Christel	Laufftreff Vynen	4:34:10	W60	2	0:59:15	1:29:50	2:05:04
312	982	Schneider Lena	*Essen	4:34:17	W19	5	0:54:33	1:28:32	2:11:11
313	2722	Berg Elke	Team Stadtwerke Witten	4:34:22	W50	31	0:57:38	1:29:08	2:07:36
314	1744	Cellar Anna	Marathon Mülheim	4:34:27	W40	83	0:59:12	1:29:13	2:06:01
315	810	Walper Heike	LC Duisburg	4:34:33	W40	84	0:56:27	1:29:20	2:08:44
316	2345	Philippen Ines	*Neuss	4:34:33	W30	39	1:01:50	1:30:25	2:02:18
317	1745	Johnen Susanne	Marathon Mülheim	4:34:43	W45	58	0:56:06	1:27:53	2:10:43
318	1785	Seeger Renate	*Mülheim an der Ruhr	4:34:52	W50	32	0:55:31	1:33:18	2:06:02

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	2451	Bleck Mirjam	Hosianna Runners	4:35:16	W30	40	0:56:38	1:28:29	2:10:09
319	2608	Hansen Kerstin	Team Stadtwerke Witten	4:35:16	W30	40	0:55:51	1:28:39	2:10:46
321	273	Müller Michele	*Wuppertal	4:35:24	W35	73	0:54:23	1:26:05	2:14:54
322	4910	Classen Eva	A1 activefirst	4:35:41	W30	42	0:57:15	1:29:37	2:08:48
323	452	Nett Katja-Christina	*Duisburg	4:35:47	W40	85	0:55:04	1:28:27	2:12:16
324	2365	Hoffmann Regine	TuS Bommern	4:35:59	W50	33	0:56:42	1:28:44	2:10:32
325	1186	Krones-Weyers Ulrike	BSG Team EVAG	4:36:01	W45	59	0:55:35	1:29:56	2:10:29
326	5190	Klößner Petra	VfB Grün-Weiß Mülheim 198	4:36:10	W40	86	0:55:36	1:25:16	2:15:17
327	2538	Steffen Corinna	BSG Sparkasse Essen	4:36:16	W35	74	0:59:12	1:26:29	2:10:34
328	1541	Streithorst Tina	LT Lustige Schleicher Essen	4:36:19	W22	17	0:50:45	1:28:13	2:17:20
329	829	Berke Heike	PV-Triathlon Witten	4:36:27	W45	60	0:56:50	1:29:23	2:10:12
330	2340	Perhoc-von der Bey Anja	Angerland LT Lintorf	4:36:45	W40	87	0:58:48	1:30:44	2:07:13
331	1563	Karwatzki Rita-Beata	*Mülheim	4:37:09	W30	43	0:58:23	1:22:57	2:15:48
332	1576	Heidtmann Tanja	FC Bayern-Hasser	4:37:21	W30	44	0:56:20	1:37:40	2:03:20
333	1534	Dehne Juliane	Fluktuation 8	4:37:38	W30	45	1:02:35	1:32:10	2:02:52
334	2077	Maaßen Anne	TB Frintrop Donnervögel	4:37:41	W50	34	0:57:07	1:30:27	2:10:06
335	1961	Hofstetter Anne	*Mülheim	4:37:58	W45	61	0:57:16	1:30:18	2:10:24
336	2435	Meier Anne	*Düsseldorf	4:38:05	W40	88	0:55:48	1:29:04	2:13:13
337	904	Tetsch Margret	SV Haldern	4:38:14	W40	89	0:54:24	1:29:56	2:13:52
338	1297	Schönrath Stefanie	*Wuppertal	4:38:14	W35	75	0:57:07	1:29:40	2:11:27
339	1924	Korb Marika	LC Duisburg	4:38:17	W40	90	0:56:04	1:28:56	2:13:16
340	1565	Petermann Maika	*Bocholt	4:38:18	W22	18	1:03:27	1:30:04	2:04:46
341	3030	Galonske Marion	LT Düsseldorf-Süd	4:38:27	W45	62	0:59:19	1:29:11	2:09:55
342	1689	Voßenberger Elisabeth	Tbd Osterfeld 1911	4:38:48	W40	91	0:56:16	1:30:48	2:11:43
343	2531	Potthoff Marlies	Stadtwerke Team Witten	4:39:00	W40	92	0:58:34	1:29:39	2:10:46
344	3029	Fleischmann Heike	LT Düsseldorf-Süd	4:39:14	W35	76	0:59:22	1:30:05	2:09:47
345	1125	Brückner Claudia	AS Neukirchen-Vluyn	4:39:46	W40	93	0:55:50	1:28:10	2:15:45
346	1999	Hentschel Sabine	*Langenfeld	4:39:52	W40	94	0:59:15	1:32:08	2:08:27
347	755	Socher Petra	LC Duisburg	4:39:59	W45	63	0:59:07	1:28:39	2:12:12
348	1904	Bojahr Ulrike	*Haan	4:40:00	W40	95	0:59:07	1:28:40	2:12:12
349	978	Voigt Catrin	Alltime Stars	4:40:50	W40	96	0:59:18	1:28:51	2:12:40
350	901	Gnoß Bettina	*Oberhausen	4:41:21	W45	64	0:58:17	1:28:38	2:14:25
351	2139	Kläser Kerstin	BSG Team EVAG	4:41:43	W40	97	0:58:18	1:29:57	2:13:27
352	5013	Böringschulte Barbara	Stadtwerke Team Witten	4:41:46	W55	10	0:55:06	1:29:03	2:17:36
353	2683	Langenkamp Prof. Dorothe	Duo Speziale	4:42:32	W30	46	0:57:12	1:32:19	2:13:00
354	3036	Kozlowski Susanne	www.mtb-extreme.de	4:42:33	W35	77	0:57:52	1:30:15	2:14:25
355	1426	Hallmann Erika	*Krefeld	4:42:50	W40	98	1:00:01	1:31:57	2:10:51
356	1714	Monreal Denise	*Duisburg	4:42:56	W22	19	0:55:18	1:38:39	2:08:58
357	3011	Bellwinkel Inga	*Duisburg	4:43:24	W35	78	0:58:37	1:34:15	2:10:31
358	762	Hundacker Sylvia	*Essen	4:43:41	W40	99	0:56:15	1:29:19	2:18:05
359	2438	Strenger Manuela	*Korschenbroich	4:43:46	W40	100	0:55:48	1:27:54	2:20:03
360	2503	Klares Heike	*Duisburg	4:43:57	W40	101	0:58:52	1:32:17	2:12:46
361	1129	Dohm Beate	GV Waltrop	4:43:58	W50	35	0:57:14	1:32:15	2:14:28
362	2737	Grafarend Silke	FGS Düsseldorf	4:44:19	W35	79	1:00:58	1:31:06	2:12:13
363	1301	Schunk Katrin	*Essen	4:44:30	W35	80	0:56:46	1:30:00	2:17:44
364	5097	Laufenberg Birte	*Düsseldorf	4:44:33	W30	47	0:58:20	1:34:56	2:11:15
365	1493	Kanuma-Koelzer Kazuko	TRlandertaler Mettmann	4:45:24	W50	36	0:55:50	1:31:14	2:18:20
366	3107	Stapper Dorothee	SV Concordia Ossenber 1	4:45:34	W40	102	0:56:55	1:33:10	2:15:28
367	1517	Droste Zita	*Essen	4:45:34	W35	81	0:58:22	1:31:24	2:15:48
368	1423	Kretschmann Jessica	*Velbert	4:45:53	W22	20	0:58:55	1:29:52	2:17:05
369	1764	Westermann Sandra	*Essen	4:45:54	W35	82	0:58:45	1:34:55	2:12:13
370	1084	Sokoll Miriam	*Köln	4:45:56	W30	48	0:58:03	1:35:01	2:12:51
371	2693	Ehrentraut Sabine	Rumelner TV	4:46:32	W40	103	0:59:03	1:34:36	2:12:52

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	2116	Lenhart Claudia	*Oberhausen	4:46:46	W45	65	0:57:47	1:36:13	2:12:45
373	850	Schmidt Ute	LG Mülheim	4:46:47	W45	66	1:04:19	1:20:32	2:21:55
374	247	Weinzierl Sybille	*Mülheim/Ruhr	4:47:00	W45	67	0:58:37	1:32:59	2:15:24
375	3049	Thiemeier Sandra	*Voerde	4:47:24	W22	21	1:01:29	1:33:55	2:12:00
376	1162	Rummeni Christiane	*Essen	4:47:51	W40	104	1:00:17	1:32:06	2:15:26
377	2112	Grünheit Dorothee	LC Wuppertal	4:47:54	W50	37	1:04:14	1:45:39	1:58:01
378	379	Friemelt Jana	TUS Bösinghoven	4:48:33	W50	38	0:59:28	1:32:40	2:16:24
379	1151	Breitkopf Beate	Angerland Lauftreff Ratinge	4:49:02	W30	49	0:59:59	1:33:40	2:15:21
380	726	Schäfer Daniela	*Rheinberg	4:49:17	W40	105	0:58:54	1:32:14	2:18:07
381	725	Kolberg Christina	*Rheinberg	4:49:18	W35	83	0:58:55	1:32:14	2:18:08
382	2600	Oostendorp Gudrun	Road Runner Warburg	4:49:23	W50	39	0:59:29	1:34:45	2:15:08
383	955	Sypitzki Manuela	VfL Gladbeck Fun Runner	4:49:35	W35	84	1:00:39	1:35:48	2:13:07
384	1855	Steinwerth Andrea	*Duisburg	4:49:40	W35	85	0:58:02	1:33:55	2:17:42
385	1035	Satzinger Sabine	*Oberhausen	4:49:41	W40	106	0:58:00	1:35:02	2:16:37
386	1216	Schulte Claudia	selbsthilfefalbmaraathon	4:50:12	W35	86	1:07:10	1:37:48	2:05:13
387	3363	Krenski Birthe	*Duisburg	4:50:22	W40	107	1:01:22	1:33:57	2:15:02
388	3057	Engel Corinna	*Mülheim	4:50:31	W35	87	1:00:13	1:37:12	2:13:05
389	242	Heinrich Ute	AS Neukirchen-Vluyn	4:50:57	W45	68	1:00:10	1:30:37	2:20:08
390	3145	Kielmann Simone	SV Concordia Ossenberg 1	4:51:17	W30	50	1:02:38	1:33:11	2:15:28
391	2404	Schindler Andrea	*Mülheim	4:51:33	W45	69	1:01:18	1:35:26	2:14:48
392	1729	Kemkes Petra	Polizei Essen	4:51:54	W35	88	1:00:16	1:34:19	2:17:18
393	3124	Behrendt Ursula	TLV Germania Überruhr	4:52:33	W60	3	0:58:59	1:34:57	2:18:36
394	1736	Garbach Anja	*Duisburg	4:52:57	W35	89	0:59:52	1:36:19	2:16:44
395	1391	Helmke Angelika	LG SV BezReg Düsseldorf	4:52:59	W45	70	0:58:38	1:35:19	2:19:02
396	1521	Fischer Maike	*Kamp-Lintfort	4:53:21	W22	22	0:59:20	1:35:31	2:18:29
397	1487	Cremer Marion	*Düsseldorf	4:53:37	W45	71	1:01:06	1:34:40	2:17:49
398	5298	Becker Eva Maria	*Duisburg	4:53:48	W35	90	1:00:46	1:34:28	2:18:34
399	2784	Koch Ulrike	AS Neukirchen-Vluyn	4:53:49	W35	91	1:00:12	1:34:58	2:18:38
400	2783	Wahl Gabriele	AS Neukirchen-Vluyn	4:53:51	W40	108	1:00:10	1:35:01	2:18:39
401	2754	Exner Birgit	AS Neukirchen-Vluyn	4:53:57	W45	72	1:00:12	1:35:02	2:18:42
402	1722	Botzki Christa	*Oberhausen	4:53:59	W45	73	0:59:18	1:36:24	2:18:16
403	1204	Pohl Angeles Brigitte	Angerland LT Lintorf	4:54:45	W45	74	0:59:27	1:34:58	2:20:20
404	664	Kaluza Swenja	*Mülheim	4:54:49	W35	92	1:08:07	1:51:18	1:55:22
405	1854	Lange Ute	TuS 82 Opladen	4:55:04	W55	11	1:01:34	1:36:40	2:16:49
406	590	Funke Susanne	*Mülheim an der Ruhr	4:55:36	W35	93	1:02:37	1:32:52	2:20:06
407	2782	Schütz Britta	AS Neukirchen-Vluyn	4:56:24	W22	23	1:00:13	1:35:21	2:20:49
408	1375	Künzel Petra	*Mülheim/Ruhr	4:56:25	W45	75	1:01:15	1:34:46	2:20:22
409	3170	Heimann Monika	E.ON Ruhrgas SG	4:56:58	W55	12	1:00:49	1:35:46	2:20:22
410	1324	Liedtke Daniela	LT Kettwig 2000	4:58:16	W35	94	1:02:45	1:36:44	2:18:46
411	1413	Birnbaum Tanja	ALTANA Chemie AG	4:58:42	W35	95	1:02:30	1:37:27	2:18:44
412	1655	Auer Judith	Kempen inForm	4:58:45	W35	96	0:57:45	1:38:46	2:22:13
413	2118	Kammann Heike	*Düsseldorf	4:59:05	W45	76	1:00:40	1:36:14	2:22:10
414	433	Östevik Vera	*Holzwickede	4:59:17	W35	97	1:01:56	1:35:58	2:21:21
415	158	Schilling Nadine Christin	*Krefeld	5:00:38	W22	24	0:59:51	1:34:09	2:26:37
416	2571	Rottkord-Fuchtmann Hiltr	Waldschleicher Gräfrath	5:01:19	W45	77	1:02:24	1:38:16	2:20:37
417	1542	Harbart Astrid	*Dortmund	5:02:50	W35	98	1:02:32	1:36:59	2:23:18
418	1748	Saballs Fabi	*Mülheim/Ruhr	5:03:13	W45	78	1:01:14	1:36:40	2:25:17
419	2003	Birkner Bianca	*Monheim	5:03:35	W35	99	1:10:38	1:37:34	2:15:22
420	1136	Kruse Katharina	*Düsseldorf	5:04:22	W22	25	0:59:55	1:43:33	2:20:53
421	1338	Mülder Nicole	*Essen	5:04:41	W30	51	1:02:25	1:40:09	2:22:06
422	947	Imping Diana	*mülheim	5:05:14	W45	79	1:01:32	1:39:04	2:24:38
423	99	Wolfen Sonja	bestzeit	5:05:19	W22	26	0:58:09	1:34:56	2:32:13
424	3146	Wenzel Sabine	SV Concordia Ossenberg 1	5:05:19	W40	109	1:00:26	1:37:35	2:27:17

**NIKE Winterlaufserie  
des ASV Duisburg 2007  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	1970	Fertikowski Inez	*Dinslaken	5:05:55	W30	52	1:01:32	1:45:42	2:18:40
426	1196	Russell Charri	*Düsseldorf	5:06:01	W35	100	1:04:24	1:37:57	2:23:39
427	3140	Sandach Karin	MTG Horst Essen	5:06:26	W55	13	1:03:57	1:38:13	2:24:15
428	1821	Drieschner Monique	*Dinslaken	5:07:32	W30	53	1:00:48	1:41:00	2:25:43
429	802	Hey Alexandra	LT Krefeld-Oppum	5:09:04	W35	101	1:05:43	1:38:59	2:24:21
430	2218	Kemppgens Doris	TV-Ratingen	5:09:51	W45	80	1:06:12	1:40:16	2:23:22
431	892	Zimmer Silke	MSV Duisburg LT	5:10:24	W40	110	1:02:54	1:41:54	2:25:35
432	2107	Schäfer-Michalides Brigi	*Wupertal	5:10:26	W55	14	1:02:40	1:39:45	2:28:00
433	3296	Klauth Roswitha	DJK Novesia Neuss	5:10:43	W55	15	1:01:03	1:37:39	2:32:00
434	432	Garnebode Sylvia	*Holzwickede	5:11:19	W35	102	1:05:12	1:40:32	2:25:35
435	2999	Köster Elke	Lauftreff Vynen	5:12:47	W40	111	1:04:27	1:41:52	2:26:27
436	2573	Sperber Petra	Waldschleicher Gräfrath	5:13:17	W50	40	1:03:49	1:42:01	2:27:26
437	1161	Schwarze Christiane	*Essen	5:13:20	W40	112	1:03:00	1:41:26	2:28:52
438	3337	Engemann Waltraud	*Essen	5:14:11	W65	1	1:05:02	1:40:24	2:28:45
439	1414	Filz Antje	ALTANA Chemie AG	5:14:31	W45	81	1:07:48	1:41:17	2:25:25
440	2723	Czernik Heike	Lauftreff Vynen	5:14:46	W40	113	1:05:47	1:42:25	2:26:34
441	1986	Weeske Kerstin	*Essen	5:15:16	W35	103	1:01:10	1:43:41	2:30:24
442	1566	Hille Maria	*Dortmund	5:17:30	W55	16	1:04:39	1:42:05	2:30:45
443	2031	Bruckhoff Vera	Triathlon Team Witten	5:17:57	W45	82	1:03:20	1:45:04	2:29:32
444	2769	Franzki Ute	AS Neukirchen-Vluyn	5:19:34	W65	2	1:05:09	1:39:54	2:34:29
445	2321	Brembt Silke	*Duisburg	5:20:14	W40	114	1:04:18	1:46:43	2:29:12
446	5028	Goldack Nicoletta	*mülheim an der ruhr	5:20:19	W35	104	1:04:18	1:46:42	2:29:18
447	1179	Abel Dana	*Essen	5:20:26	W40	115	1:05:30	1:45:51	2:29:04
448	2048	Schönbrod Annette	BSG Air Products	5:23:54	W40	116	1:04:28	1:43:36	2:35:48
449	1369	Hirschberg Elke	*Dinslaken	5:23:56	W40	117	1:07:58	1:45:02	2:30:55
450	1574	Grosse Jessica	LG Polizei Altenessen	5:26:11	W22	27	1:06:04	1:45:44	2:34:22
451	2294	Zahn Mareike	Ruhrrunner Essen	5:26:35	W22	28	1:08:45	1:41:25	2:36:24
452	2299	Pieczewsky Ruth	*Essen	5:26:41	W50	41	1:07:32	1:45:37	2:33:31
453	2302	Van Loon Karin	*Duisburg	5:31:05	W65	3	1:09:25	1:45:47	2:35:52
454	2638	Benning Nicole	OPTADATA	5:36:00	W35	105	1:06:10	1:45:41	2:44:08
455	130	Beer Claudia	Budoclub Ronin	5:37:49	W40	118	1:12:25	1:45:58	2:39:25
456	2019	Jurkschat Andrea	Road Runner Lauftreff Vyne	5:39:59	W45	83	1:10:58	1:46:22	2:42:39
457	3309	Bock Kerstin	Ruhrrunner Essen	5:50:55	W40	119	1:08:46	1:58:54	2:43:14