

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1200	Meyer Manuel	TV Wattenscheid 01	2:25:26	M22	1	0:31:28	0:46:53	1:07:05
2	1201	Kruck Karsten	LC Duisburg	2:32:53	M30	1	0:31:38	0:49:18	1:11:56
3	3590	Jegodtka Matthias	ASC Rosellen/Neuss	2:39:40	M35	1	0:34:47	0:51:44	1:13:08
4	1205	Baumgarth Achim	TV Wattenscheid 01	2:40:47	M30	2	0:33:41	0:51:27	1:15:38
5	3851	Goltsch Tillmann	bunert Running Team Dortmu	2:41:44	M30	3	0:35:32	0:52:32	1:13:40
6	1202	Schultz Sven	LC Duisburg	2:41:50	M30	4	0:34:42	0:52:19	1:14:48
7	3178	Kwekkeboom Thorsten	LG Alpen	2:42:49	M35	2	0:35:01	0:52:27	1:15:20
8	5174	Gottheil Ralf	LG COESFELD	2:43:56	M22	2	0:35:15	0:52:22	1:16:18
9	4080	Strothkamp Dirk	Triathlon-TEAM-Witten	2:44:27	M40	1	0:34:30	0:53:25	1:16:31
10	1646	Borka Jens	TUSEM Essen	2:47:09	M30	5	0:35:26	0:54:54	1:16:48
11	2198	Drenker Ditmar	ART Düsseldorf	2:50:46	M40	2	0:36:20	0:55:27	1:18:58
12	3513	Straßburg Jürgen	LG Hünxe	2:51:23	M45	1	0:36:18	0:55:21	1:19:43
13	4056	Ehlert Christian	FC Straberg	2:51:56	M30	6	0:36:28	0:56:13	1:19:14
14	5010	Brinkmeier Ulf	ERGO sports	2:52:21	M35	3	0:36:23	0:55:26	1:20:30
15	1596	Stüllgens Kai-Uwe	LG Mülheim	2:52:53	M40	3	0:37:05	0:55:40	1:20:08
16	4103	Voll Ulrich	*Duisburg	2:53:16	M45	2	0:36:09	0:56:02	1:21:05
17	1547	Radtke Mathias	DJK Vierlinden 28 e.V.	2:53:44	M40	4	0:36:11	0:56:18	1:21:14
18	2335	Schult Ingo	TSV Hochdahl	2:54:29	M45	3	0:36:56	0:57:26	1:20:05
19	5080	Bonnen Florian	*Kaarst	2:54:55	M19	1	0:38:07	0:57:20	1:19:27
20	3221	Minke Sebastian	ASC Rosellen/Neuss	2:55:57	M30	7	0:36:51	0:57:10	1:21:56
21	4304	Fischell Ulrich	LC Duisburg	2:56:23	M45	4	0:37:33	0:57:04	1:21:45
22	5220	Przewloka Joachim	TG Neuss	2:57:27	M45	5	0:37:50	0:57:41	1:21:55
23	1727	Peter Delle	LC Duisburg	2:57:39	M40	5	0:37:37	0:56:37	1:23:24
24	2563	Buck Thorsten	TUSEM Essen	2:57:46	M35	4	0:44:32	0:54:59	1:18:14
25	4069	Pfaff Björn	TRlandertaler me-sport e.V.	2:58:01	M35	5	0:36:54	0:57:33	1:23:33
26	2946	Kerim Peter	Haaner TV	2:58:13	M50	1	0:37:57	0:57:32	1:22:43
27	2787	Schmidt-Fehrenbacher Vc	Vodafone Runners	2:58:28	M50	2	0:38:10	0:57:59	1:22:18
28	5204	Müßgens Gerd	TUS BREITSCHIED	2:58:35	M55	1	0:38:47	0:57:40	1:22:07
29	3615	Lawrenz Leif	*Duisburg	2:59:15	M22	3	0:36:54	0:58:05	1:24:15
30	2434	Schneider Christoph	ERGO sports	2:59:54	M50	3	0:38:51	0:57:56	1:23:07
31	4299	Anger Chris	RockStore-Wuppertal	3:00:10	M35	6	0:37:33	0:58:49	1:23:47
32	5225	Hymmen Werner	TG Neuss	3:00:13	M55	2	0:38:00	0:58:05	1:24:07
33	3805	Stirne Thomas	*Leverkusen	3:00:38	M35	7	0:37:32	0:58:24	1:24:41
34	4314	Lüther Markus	DJK VfR Saarn	3:00:41	M45	6	0:39:29	0:58:15	1:22:57
35	1420	Klaas Jens	*Mülheim an der Ruhr	3:01:16	M35	8	0:38:30	0:59:46	1:22:59
36	3935	Pilgram Uwe	Ausdauererschule Bunert	3:01:52	M45	7	0:37:20	0:58:55	1:25:36
37	5121	Freese Simon	*Wuppertal	3:02:03	M35	9	0:38:22	0:58:19	1:25:21
38	1515	Oelsner Dr. Malte	Lauftreff Alt-Erkrath	3:02:05	M40	6	0:38:17	0:59:30	1:24:17
39	3564	Dülks Roman	Krefelder Kanu Klub	3:02:45	M45	8	0:38:44	0:58:51	1:25:09
40	3926	Wildschütz Alexander	TV Frisch Auf Lennep	3:03:02	M40	7	0:38:34	0:58:54	1:25:33
41	3742	Oppenberg Jörg	Bayer Uerdingen 05	3:03:13	M40	8	0:39:21	0:59:34	1:24:17
42	3215	Schneider Thorsten	LG Halver-Schalksmühle	3:03:14	M45	9	0:38:18	0:58:25	1:26:30
43	2566	Witeczek Marcel	*Krefeld	3:03:19	M40	9	0:38:39	0:58:18	1:26:21
44	3878	Jakobs Thorsten	bronny.de Team PSV Bonn	3:03:27	M35	10	0:38:31	1:02:00	1:22:55
45	3002	Möchel Uwe	Angerland LT Lintorf	3:03:29	M45	10	0:38:45	0:59:43	1:24:59
46	1887	Geiger Klaus-Michael	LC Duisburg	3:03:44	M55	3	0:38:36	0:59:14	1:25:52
47	3426	Faßbender Michael	Triminators TV Voerde	3:03:54	M45	11	0:38:10	0:59:11	1:26:32
48	4004	Fisser Markus	Caro Duisburg	3:03:58	M40	10	0:40:12	0:58:59	1:24:45
49	3937	Eikermann Lars	*Duisburg	3:04:28	M40	11	0:38:29	0:58:41	1:27:17
50	1675	LE Roux Alain	Guerlesquinaire	3:04:28	M40	12	0:38:34	0:59:28	1:26:25
51	3499	Lippert Martin	FC Schalke 04	3:04:29	M40	13	0:38:24	0:58:48	1:27:15
52	3340	Hackstein Stefan	LG Alpen	3:04:44	M22	4	0:39:26	0:59:57	1:25:19
53	3052	Meyer Thomas	SG Stern Düsseldorf	3:05:02	M40	14	0:36:36	1:05:45	1:22:41

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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	3767	Evermann Mark	*Oberhausen	3:05:10	M30	8	0:39:08	0:59:46	1:26:15
55	1229	Friedhoff Benjamin	Universität Duisburg-Essen	3:05:58	M30	9	0:38:47	0:59:44	1:27:25
56	3502	Abels Rolf	DJK Preussen 1911 Bochum	3:06:14	M50	4	0:39:50	0:59:51	1:26:32
57	3731	Wirtz Dirk	Team Aroma Ahoi	3:06:17	M35	11	0:38:16	0:59:34	1:28:25
58	2784	Prange Volker	Vodafone Runners	3:06:32	M35	12	0:39:47	0:59:25	1:27:19
59	1364	Fischer Horst	ART Düsseldorf	3:06:41	M40	15	0:39:44	0:59:39	1:27:17
60	3948	Seegenschmiedt Heinrich	TUSEM Essen	3:06:44	M50	5	0:39:30	1:00:31	1:26:42
61	2458	Kunst Marco	BSG Victoria Versicherung	3:06:48	M19	2	0:39:31	0:59:40	1:27:37
62	1975	Lubjuhn Stefan	VFL 08 Repelen	3:07:25	M45	12	0:39:32	1:00:50	1:27:03
63	2100	Witt Christoph	TUSEM Essen	3:07:50	M30	10	0:40:46	1:00:49	1:26:14
64	3988	Meyer Armin	DJK Preussen 1911 Bochum	3:08:00	M45	13	0:40:15	1:01:14	1:26:30
65	2565	Strathmann Michael	TUSEM Essen	3:08:17	M45	14	0:39:39	1:00:55	1:27:42
66	2249	Rödiger Volker	Blau Weiß Bochum	3:08:20	M35	13	0:39:01	0:59:22	1:29:57
67	3290	Lang Ludger	Adler-Langlauf Bottrop	3:08:24	M30	11	0:39:52	1:00:14	1:28:17
68	5104	Manno Roland	*Düsseldorf	3:08:31	M35	14	0:38:28	0:58:32	1:31:29
69	2145	Czibor Michael	Tri Team TSG Sprockhövel	3:08:31	M40	16	0:38:39	0:59:33	1:30:18
70	1300	Nonn Michael	DJK-VFL Willich	3:09:16	M50	6	0:40:04	1:01:04	1:28:07
71	4303	Prünke Kai	Triathlon-TEAM-Witten	3:09:20	M40	17	0:39:22	1:00:35	1:29:23
72	1639	Szostak Dieter	*Oberhausen	3:09:26	M45	15	0:40:59	1:01:57	1:26:29
73	3583	Schumacher Peter	Ausdauererschule Bunert	3:09:42	M45	16	0:39:45	1:01:11	1:28:45
74	2852	Karst Michael	FC Schalke 04	3:09:42	M45	17	0:40:41	1:00:55	1:28:06
75	3566	Cziommer Jürgen	FC Straberg	3:09:59	M30	12	0:39:47	1:03:06	1:27:05
76	3584	Müller Günter	AS Neukirchen-Vluyn	3:10:06	M50	7	0:39:46	1:01:37	1:28:42
77	3882	Schmitz Willi	LT Krefeld-Oppum	3:10:06	M45	18	0:40:01	1:01:51	1:28:13
78	5129	Hoos Lars	*Leichlingen	3:10:06	M35	15	0:38:56	1:01:48	1:29:21
79	3070	Friemel Thomas	*Duisburg	3:10:32	M40	18	0:40:04	1:01:47	1:28:40
80	3571	Kübler Wolfgang	Adler-Langlauf Bottrop	3:10:40	M60	1	0:40:27	1:01:28	1:28:44
81	3869	Mäder Peter	USC Bochum	3:10:52	M50	8	0:39:49	1:00:52	1:30:09
82	3548	Karnofka Jens	*Düsseldorf	3:10:54	M22	5	0:40:34	1:02:08	1:28:12
83	4028	Kiehn Uwe	SF Ennepetal	3:11:07	M40	19	0:39:42	1:03:24	1:28:00
84	4459	Schlochow Christian	Club Raffelberg	3:11:16	M35	16	0:40:16	1:00:26	1:30:33
85	2731	Wehran Frank	E.ON Ruhrgas SG	3:11:31	M40	20	0:40:44	1:02:14	1:28:31
86	1993	Krause Frank	WIR BEI HKM	3:11:45	M45	19	0:39:37	1:01:31	1:30:37
87	5153	Weibel Johannes	LT Schnecke SV Sonsbeck	3:11:58	M45	20	0:40:24	1:02:30	1:29:03
88	1436	Yildiz Nedim	SC Bayer 05 Uerdingen	3:12:02	M40	21	0:39:33	1:03:49	1:28:39
89	2063	Gers Norbert	TUSEM Essen	3:12:03	M45	21	0:41:48	1:01:49	1:28:25
90	1756	Dreisewerd Markus	KC Karo Bube	3:12:13	M35	17	0:39:33	1:02:08	1:30:32
91	1451	Schulz Jörg	Krefelder Kanu Klub	3:12:25	M40	22	0:40:01	1:02:50	1:29:32
92	4478	Peters Andreas	*Xanten	3:12:26	M35	18	0:39:46	1:01:56	1:30:42
93	5200	Leib Steffen	TUS BREITSCHIED	3:12:27	M40	23	0:41:13	1:01:19	1:29:53
94	4095	Himpler Ralf	Bocholter Runners	3:12:28	M40	24	0:41:15	1:01:56	1:29:15
95	3152	Mensing Ulrich	Blau-Weiß Ramsdorf	3:12:34	M22	6	0:40:03	1:03:20	1:29:09
96	3462	Kröll Michael	Adler-Langlauf Bottrop	3:12:51	M30	13	0:40:49	1:02:04	1:29:57
97	1720	Bockholt Peter	Tri Team Erkenschwick	3:13:04	M40	25	0:40:01	1:01:59	1:31:03
98	5224	Wachter Eric	TG Neuss	3:13:41	M40	26	0:45:12	0:57:15	1:31:13
99	2698	Hoersch Heiner	AS Neukirchen-Vluyn	3:13:43	M40	27	0:40:47	1:02:43	1:30:12
100	1617	Hennesen Jürgen	*Düsseldorf	3:13:43	M40	28	0:39:24	1:01:28	1:32:50
101	3750	Maggiorelli Claudio	TuS Ende	3:13:47	M40	29	0:40:09	1:03:15	1:30:23
102	4186	Gronemeyer Hans-Hermer	LC Wuppertal	3:14:19	M60	2	0:40:51	1:01:48	1:31:40
103	5219	Stahlmann Frank	TG Neuss	3:14:28	M40	30	0:42:27	1:01:53	1:30:07
104	3891	Mintus Frank	*Düsseldorf	3:14:59	M35	19	0:43:02	1:02:57	1:29:00
105	5226	Hayner Hans-Martin	TG Neuss	3:15:15	M45	22	0:39:54	1:05:04	1:30:17
106	2769	Blötner-Schlen Uwe	E.ON Ruhrgas SG	3:15:18	M50	9	0:41:30	1:03:30	1:30:16

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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4088	Dobos Ivo	ASC Rosellen/Neuss	3:15:24	M22	7	0:43:02	1:02:41	1:29:40
108	2036	Bucher Andre	Krefelder Kanu Klub	3:15:25	M40	31	0:42:30	1:02:22	1:30:32
109	4211	Butzer Martin	FC Stoppenberg LT	3:15:31	M40	32	0:40:14	1:03:20	1:31:56
110	2932	Weiland Klaus	LC Duisburg	3:15:42	M50	10	0:41:06	1:02:41	1:31:54
111	1761	Reese Peter	Castrop-Rauxel	3:16:03	M45	23	0:41:46	1:04:05	1:30:12
112	3450	Nörtershäuser Philipp	*Mülheim an der Ruhr	3:16:13	M22	8	0:41:12	1:02:37	1:32:23
113	3983	Steins Christian	Triathlon Club Essen 84	3:16:17	M45	24	0:41:12	1:03:20	1:31:44
114	1468	Fritsch Franz	TV Uffort-Eick	3:16:33	M55	4	0:39:56	1:01:16	1:35:20
115	4263	Schott Martin	LC Duisburg	3:16:37	M45	25	0:40:57	1:04:56	1:30:44
116	2043	Hölz Marcus	*Duisburg	3:16:45	M35	20	0:41:36	1:03:12	1:31:57
117	5027	Brühan Volkmar	SV Schermbeck	3:16:47	M50	11	0:42:33	1:02:50	1:31:23
118	1328	Surbach Michael	VfL Kommern	3:16:47	M45	26	0:42:18	1:03:45	1:30:43
119	2381	Große Dieter	LC Duisburg	3:16:50	M40	33	0:41:32	1:05:58	1:29:20
120	1396	Friedrichs Manfred	ART Düsseldorf	3:16:57	M55	5	0:41:52	1:03:55	1:31:09
121	2885	Savilif Rüdiger	TRIMET	3:17:12	M55	6	0:42:16	1:03:33	1:31:21
122	2609	Grönke Steffen	A1 activefirst	3:17:23	M30	14	0:41:40	1:02:52	1:32:50
123	3044	Backes Helmut	*Ratingen	3:17:40	M40	34	0:42:05	1:05:04	1:30:30
124	3981	Schlichting Frank	LT PowerBär Kettwig	3:17:44	M45	27	0:41:02	1:03:26	1:33:15
125	1722	Zuchowski Patrick	BSG Sparkasse Dinslaken	3:17:50	M22	9	0:41:04	1:03:37	1:33:08
126	5062	Grobmeier Daniel	SG Stern Düsseldorf	3:17:54	M22	10	0:38:41	0:59:31	1:39:41
127	1800	Binnenbruck Henning	*Essen	3:17:54	M40	35	0:41:19	1:05:16	1:31:19
128	1306	Motzkus Martin	BSG Ev. Krankenhaus MH	3:17:56	M30	15	0:42:28	1:05:27	1:30:00
129	2216	Günther Michael	LG MAUS DORTMUND	3:18:03	M35	21	0:40:24	1:01:20	1:36:18
130	2081	Kohlhöfer Udo	LC Duisburg	3:18:15	M40	36	0:42:49	1:03:14	1:32:11
131	5193	Felgenträger Jörg	TUS BREITSCHEID	3:18:21	M45	28	0:43:45	1:03:55	1:30:40
132	3871	Skuballa Stefan	*Dortmund	3:18:25	M40	37	0:43:31	1:03:57	1:30:56
133	1704	Eumann Hans	LC Duisburg	3:18:30	M40	38	0:42:12	1:04:45	1:31:32
134	2368	Stiebig André-Johannes	*Tönisvorst	3:18:42	M22	11	0:41:35	1:04:18	1:32:49
135	3489	Demirhan Abdullah	TV Uffort-Eick	3:18:47	M45	29	0:42:28	1:03:44	1:32:34
136	1370	Kersting Manfred	*Jüchen	3:18:48	M45	30	0:42:31	1:03:34	1:32:42
137	3428	Gosebrink Jens	Triminators TV Voerde	3:19:12	M22	12	0:42:02	1:04:19	1:32:50
138	3634	Van Rossum Ron	Viktoria Goch	3:19:18	M45	31	0:41:51	1:00:02	1:37:24
139	3090	Ottenbruch Thomas	LG Wuppertal	3:19:31	M45	32	0:41:49	1:04:13	1:33:28
140	3112	Gmirrek Andreas	ASV-LT Kemperdick	3:19:44	M45	33	0:42:30	1:05:32	1:31:42
141	3299	Handschemacher Sven	LG adesso	3:19:46	M35	22	0:41:21	1:04:45	1:33:39
142	1257	Janßen Jörg	LGO Bochum	3:19:53	M40	39	0:42:26	1:04:47	1:32:39
143	2233	Reese Stefan	Lintorf	3:19:53	M45	34	0:42:18	1:04:31	1:33:03
144	4672	Krummel Jürgen	BSG Stadtwerke Duisburg	3:19:56	M40	40	0:42:49	1:04:42	1:32:25
145	1319	Plitt Carsten	LC Duisburg	3:19:59	M40	41	0:42:18	1:04:51	1:32:49
146	5189	Bohris Oliver	TUS BREITSCHEID	3:19:59	M40	42	0:42:21	1:04:42	1:32:55
147	2853	Sira Bart	Vodafone Runners	3:20:01	M30	16	0:40:51	1:05:46	1:33:24
148	3919	Wilke Fabian	*Bochum	3:20:03	M22	13	0:40:12	1:04:34	1:35:16
149	2379	Lampert Sascha	Ausdauererschule Bunert	3:20:05	M30	17	0:41:46	1:05:13	1:33:05
150	4101	Gorschlüter Bernd	Schwelmer SC	3:20:14	M35	23	0:41:08	1:03:54	1:35:10
151	4466	Krebs Dr. Werner	DJK VfR Saarn	3:20:16	M45	35	0:41:57	1:04:43	1:33:35
152	3771	Mühlenhoff Franz-Josef	*Langenfeld	3:20:29	M55	7	0:42:00	1:04:54	1:33:34
153	2858	Stackmann Carsten	Vodafone Runners	3:20:31	M35	24	0:41:51	1:05:07	1:33:32
154	3561	Lange Bernd	Königsblaue Propheten	3:20:43	M45	36	0:44:39	1:05:13	1:30:50
155	2704	Lappe Rolf	AS Neukirchen-Vluyn	3:20:47	M50	12	0:41:51	1:03:41	1:35:15
156	2380	Krämer Dr. Norbert	Sport-AG Duisburg	3:20:53	M45	37	0:41:55	1:04:15	1:34:43
157	2132	Jaich Robert	LT Dönberg	3:20:54	M40	43	0:41:55	1:05:24	1:33:34
158	3832	Bothen Hans	PV-Triathlon Witten	3:20:55	M45	38	0:45:04	1:08:33	1:27:17
159	2035	Bettger Thomas	Hamminkelter SV	3:20:56	M35	25	0:42:03	1:04:36	1:34:16

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Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
160	4709	d Kruijff Johannes	LBN Duisburg e.V.	3:21:00	M55	8	0:42:46	1:06:00	1:32:13
161	2102	Brömme Roland	DAV Duisburg	3:21:04	M45	39	0:42:28	1:03:55	1:34:40
162	3181	Speitmann Peter	*Wesel	3:21:19	M40	44	0:43:40	1:05:43	1:31:55
163	3905	Kubitsch Karsten	Running Team Hochschule B	3:21:24	M40	45	0:42:03	1:05:38	1:33:42
164	3198	Michallek Marcus	Ruhrverband	3:21:31	M30	18	0:42:45	1:05:49	1:32:55
165	4363	Moitz Martin	*Lantershofen	3:21:33	M22	14	0:42:09	1:02:30	1:36:53
166	3792	Zülz Manfred	LT Bittermark	3:21:43	M50	13	0:43:36	1:05:35	1:32:31
167	2058	Boland Andreas	Team Aroma-Ahoi	3:21:54	M40	46	0:44:42	1:06:08	1:31:02
168	1461	Spilker Michael	LT Wischlingen Dortmund	3:21:57	M50	14	0:42:22	1:04:30	1:35:04
169	2892	Meyer Hans-Peter	LG COESFELD	3:21:57	M55	9	0:42:46	1:04:59	1:34:11
170	2863	Richrath Kay	Vodafone Runners	3:22:06	M35	26	0:42:21	1:03:29	1:36:15
171	4145	Pfeifers Marco	Krefelder Kanu Klub	3:22:23	M22	15	0:41:51	1:07:34	1:32:56
172	3909	Kuhstoß Christian	Flesche Roadrunner	3:22:32	M35	27	0:40:39	1:02:06	1:39:45
173	1948	Drieschner Thomas	*Dinslaken	3:22:33	M35	28	0:43:05	1:04:59	1:34:27
174	3391	Münter Ralf	TTW	3:22:36	M40	47	0:42:29	1:04:52	1:35:14
175	2652	Vogl Norbert	A1 activefirst	3:22:37	M45	40	0:41:56	1:05:20	1:35:20
176	2476	Simon Dr. Dieter	LG Mülheim	3:22:38	M50	15	0:43:51	1:05:10	1:33:36
177	3823	Wennmann Marcus	TSV Viktoria Mülheim	3:22:41	M35	29	0:42:15	1:06:40	1:33:45
178	4154	Cornelius Axel	BSG Emschergenossenscha	3:22:44	M35	30	0:43:44	1:04:34	1:34:26
179	2818	Hengels Erik	Vodafone Runners	3:22:47	M40	48	0:41:23	1:08:12	1:33:11
180	4714	Beitzer Arnd	allways3 - Laufen in Remsch	3:22:47	M40	49	0:41:45	1:08:05	1:32:56
181	3346	Störmer David	Böhse Onkelz	3:22:48	M22	16	0:42:39	1:06:23	1:33:44
182	3862	Becker Arno	*Dortmund	3:22:48	M40	50	0:43:01	1:02:49	1:36:57
183	5089	Hüllen Ludger	Lauftreff Haumannplatz	3:22:50	M40	51	0:42:53	1:04:42	1:35:15
184	1752	Skola Andreas	SG Borken	3:23:04	M40	52	0:43:19	1:05:26	1:34:18
185	3129	Kleier Dr. Hermann	ART Düsseldorf	3:23:05	M55	10	0:42:01	1:04:44	1:36:19
186	2593	Hürtgen Frank	*Düsseldorf	3:23:09	M35	31	0:42:59	1:06:03	1:34:06
187	1885	Düren Andreas	Running Team Hochschule B	3:23:11	M40	53	0:42:12	1:06:10	1:34:48
188	1645	Meier Wolfgang	Angerland LT Lintorf	3:23:16	M45	41	0:42:17	1:05:50	1:35:08
189	2367	Grundmann Till	*Essen	3:23:19	M30	19	0:43:26	1:05:30	1:34:22
190	5058	Bender Jochen	*Mülheim	3:23:20	M40	54	0:43:09	1:05:39	1:34:32
191	1368	Schäpers Stefan	*Bocholt	3:23:23	M45	42	0:42:27	1:05:50	1:35:05
192	3793	Olland Martin	*Dinslaken	3:23:33	M35	32	0:41:45	1:04:41	1:37:06
193	1519	Wirth Peter	Team Erdinger Alkoholfrei	3:23:35	M40	55	0:42:10	1:05:22	1:36:02
194	2723	Schwertfeger Carsten	Vodafone Runners	3:23:45	M40	56	0:43:40	1:05:50	1:34:14
195	2397	Backes Jürgen	VT Triangel Kempen	3:23:54	M35	33	0:42:39	1:04:24	1:36:50
196	5019	Buonarroti Francesco	Firenze	3:23:56	M35	34	0:44:12	1:05:33	1:34:09
197	2630	Mazagg Helmuth	A1 activefirst	3:23:57	M40	57	0:41:50	1:05:21	1:36:46
198	3122	Behrendt Thomas	BSG Aon	3:23:58	M30	20	0:43:15	1:06:01	1:34:42
199	2189	Stempel Thomas	DSD Düsseldorf	3:24:04	M50	16	0:42:38	1:05:27	1:35:58
200	2564	Koppers Reinhard	BSG Sparkasse Krefeld	3:24:08	M50	17	0:42:34	1:06:24	1:35:09
201	3470	Fastner Christian	*Oberhausen	3:24:19	M40	58	0:42:20	1:05:36	1:36:22
202	2142	Borsbach Thomas	LT Cloversoft	3:24:31	M40	59	0:42:54	1:05:21	1:36:16
203	4124	Borchert Alexander	*Duisburg	3:24:33	M40	60	0:42:59	1:06:30	1:35:02
204	3326	Theisen Dr. Oliver	Eintracht Duisburg 1848 e.V.	3:24:37	M35	35	0:39:53	1:02:48	1:41:55
205	2197	Doetsch Leonhard	TUSEM Essen	3:24:39	M65	1	0:43:27	1:05:19	1:35:51
206	2522	Odendahl Ulrich	Waldschleicher Gräfrath	3:24:41	M50	18	0:43:19	1:06:03	1:35:19
207	3440	Podworni Reiner	Triminators TV Voerde	3:24:42	M60	3	0:41:35	1:04:29	1:38:37
208	2468	Fileccia Marco	*oberhausen	3:24:48	M45	43	0:41:13	1:10:09	1:33:25
209	3612	Röthling Axel	*Duisburg	3:24:52	M50	19	0:42:40	1:05:40	1:36:31
210	2165	Freitag Dirk	*Neuss	3:25:00	M35	36	0:43:07	1:05:57	1:35:55
211	1730	Behlau Markus	LC Duisburg	3:25:01	M22	17	0:42:20	1:11:25	1:31:15
212	1685	Kopal Wolfgang	*Ratingen	3:25:03	M40	61	0:43:05	1:06:45	1:35:12

Nike Winterlaufserie des ASV Duisburg 2009 Grosse Serie - Gesamtwertung

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	1506	Probst Thorsten	TV Uffort-Eick	3:25:16	M40	62	0:42:05	1:03:58	1:39:12
214	2575	Kuhlmann Norbert	Spvgg Sterkrade-Nord	3:25:17	M40	63	0:43:42	1:06:32	1:35:01
215	5136	Schuster Ralf	TLV Germania Überruhr	3:25:17	M45	44	0:43:45	1:07:25	1:34:05
216	2072	Van Treeck Andreas	LC Duisburg	3:25:22	M40	64	0:43:09	1:07:20	1:34:52
217	3408	Brandenburg Martin	*Düsseldorf	3:25:23	M45	45	0:43:29	1:04:59	1:36:53
218	3270	Voß Holger	*Erkrath	3:25:25	M45	46	0:43:15	1:06:30	1:35:39
219	2772	Bahls Wolfgang	E.ON Ruhrgas SG	3:25:27	M55	11	0:43:40	1:06:34	1:35:13
220	3073	Halbach Lukas	RV Adler Lüttringhausen	3:25:39	M18	1	0:42:21	1:04:12	1:39:05
221	3977	Czech Czeslaw	SG Stern Düsseldorf	3:25:41	M35	37	0:43:29	1:05:47	1:36:24
222	1317	Mäteling Alex	A.Isselburg	3:25:43	M50	20	0:42:42	1:06:56	1:36:04
223	2354	Szamlewski Peter	*Duisburg	3:25:55	M45	47	0:42:31	1:06:12	1:37:12
224	2272	Stricker Karsten	Medisport Dortmund	3:25:59	M40	65	0:47:16	1:05:25	1:33:17
225	1325	Cochems Markus	*Oberhausen	3:25:59	M40	66	0:42:51	1:05:59	1:37:09
226	4532	Weiß Christoph	Marathonfreunde Essen Hor	3:26:01	M40	67	0:40:56	1:04:25	1:40:39
227	4697	Lange Bodo	SV Beeckerwerth	3:26:09	M65	2	0:43:29	1:06:47	1:35:52
228	3413	Schmidt Axel	SF Ennepetal	3:26:11	M40	68	0:43:05	1:08:27	1:34:39
229	4485	Deutsch Stefan	Running Team Sterkrade	3:26:12	M22	18	0:43:24	1:04:09	1:38:38
230	2064	Holstein Dirk	LGO Bochum	3:26:13	M45	48	0:41:57	1:06:37	1:37:38
231	2759	Geisel Thomas	E.ON Ruhrgas SG	3:26:17	M45	49	0:47:09	0:57:57	1:41:10
232	3165	Nemeth Peter	Trinksportfreunde Dortmund I	3:26:23	M45	50	0:43:09	1:06:56	1:36:17
233	2811	Winzig Guido		3:26:26	M40	69	0:42:37	1:06:17	1:37:32
234	3533	Mroß Michael	*Duisburg	3:26:27	M45	51	0:42:52	1:06:35	1:36:58
235	5187	Braun Marc	TUS BREITSCHEID	3:26:27	M40	70	0:42:03	1:07:37	1:36:46
236	5108	Döring Stephan	allways3 - Laufen in Remsch	3:26:30	M45	52	0:44:02	1:07:10	1:35:18
237	4646	Kontry Thomas	TSV 1863 Herdecke	3:26:31	M40	71	0:43:15	1:07:34	1:35:42
238	2261	Christoph Mark	LC Duisburg	3:26:32	M45	53	0:43:33	1:06:18	1:36:39
239	2553	Sprenger Detlef	LT SV Haldern	3:26:32	M45	54	0:42:52	1:07:01	1:36:38
240	2860	Nohr Ingo	Vodafone Runners	3:26:34	M45	55	0:43:04	1:06:38	1:36:52
241	3760	Kranauge Thomas	BSG Barmenia Versicherun	3:26:34	M40	72	0:42:59	1:09:25	1:34:09
242	1485	Gleim Michael	*Moers	3:26:35	M30	21	0:43:37	1:07:38	1:35:19
243	1541	Heinz Peter	Running-Team Sterkrade	3:26:37	M50	21	0:44:27	1:06:18	1:35:51
244	2374	Schroeder Georg	BSG DELPHI Draka Wuppert	3:26:41	M60	4	0:43:13	1:06:21	1:37:06
245	2507	Knepper Michael	Marathon Mülheim	3:26:42	M45	56	0:43:30	1:06:36	1:36:36
246	3929	Brings Jürgen	DJK VfR Saarn	3:26:46	M45	57	0:43:56	1:04:19	1:38:30
247	2012	Riemenschneider Ralf	*Castrop-Rauxel	3:26:47	M45	58	0:44:10	1:06:38	1:35:58
248	3924	Ewald Karsten	TVU LT Uelzen	3:26:50	M30	22	0:43:16	1:07:12	1:36:22
249	2398	Ziemons André	*Gelsenkirchen	3:27:09	M50	22	0:42:55	1:06:57	1:37:16
250	2448	Kunst Hans-Peter	BSG Victoria Versicherung	3:27:12	M50	23	0:44:28	1:08:20	1:34:23
251	2826	Herkströter Dirk	Vodafone Runners	3:27:17	M50	24	0:44:35	1:07:43	1:34:58
252	3253	Görtz Stephan	SV Viktoria Goch	3:27:18	M35	38	0:43:19	1:06:34	1:37:24
253	1986	Schmock Uwe	Die Schnitzelfraktion	3:27:19	M50	25	0:43:21	1:07:59	1:35:58
254	4189	Görtz Frank	*Ratingen	3:27:21	M45	59	0:44:04	1:06:34	1:36:42
255	1943	Müller Ulrich	LT Turnerbund Frintrop	3:27:22	M45	60	0:48:08	1:12:37	1:26:36
256	3116	Micus Werner	DSC Preußen	3:27:23	M40	73	0:42:52	1:05:26	1:39:05
257	4439	Ackermann Frank	Turbo-Schnecken Lüdensche	3:27:30	M40	74	0:43:23	1:07:03	1:37:02
258	2889	Böckers Winfried	LG COESFELD	3:27:31	M50	26	0:42:47	1:06:29	1:38:14
259	2243	Stendal Dirk	*langenfeld	3:27:32	M40	75	0:42:23	1:04:20	1:40:49
260	4346	Trede Volker	www.deinefw.com	3:27:38	M45	61	0:42:48	1:07:44	1:37:05
261	2804	Zöller Gregor	Vodafone Runners	3:27:39	M35	39	0:44:08	1:04:54	1:38:35
262	1367	Voß Claus	DJK TUS Rotthausen	3:27:41	M40	76	0:43:37	1:07:18	1:36:45
263	2683	Angenendt Uwe	AS Neukirchen-Vluyn	3:27:43	M45	62	0:44:19	1:07:26	1:35:57
264	4456	Müller Manfred	*Ratingen	3:27:44	M45	63	0:43:29	1:06:46	1:37:28
265	3471	Mollus Jürgen	Ericsson Running Team	3:27:46	M40	77	0:42:12	1:06:18	1:39:14

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3803	Koschlitzki Norbert	Eintracht Duisburg 1848 e.V.	3:27:47	M45	64	0:42:45	1:09:13	1:35:47
267	1438	Breuer Wolfgang	Sportfreunde Neersbroich	3:27:59	M50	27	0:44:08	1:06:16	1:37:34
268	2478	Poschmann Marcel	LC Duisburg	3:28:06	M35	40	0:43:40	1:07:52	1:36:34
269	3611	Röthling Rolf	*Duisburg	3:28:07	M45	65	0:43:42	1:06:46	1:37:38
270	2447	Eiteneuer Bernd	LG Hünxe	3:28:16	M50	28	0:42:51	1:07:06	1:38:17
271	3959	Getzlaff Frank	*Wesel	3:28:22	M45	66	0:43:53	1:05:58	1:38:29
272	2962	Böhmer Axel	*Krefeld	3:28:30	M45	67	0:43:33	1:06:07	1:38:49
273	3486	Kokemohr Dr. med. Tobias	*Haan	3:28:36	M30	23	0:41:34	1:14:30	1:32:31
274	5107	Dumke Arno	Turbo-Schnecken Lüdensch	3:28:42	M45	68	0:44:24	1:07:03	1:37:14
275	4494	Hagemann Carsten	*Herne	3:28:46	M40	78	0:43:16	1:05:21	1:40:08
276	4141	Hücking David	*Duisburg	3:28:46	M35	41	0:44:45	1:07:17	1:36:43
277	2588	Kollert Mark	LC Duisburg	3:28:53	M40	79	0:44:27	1:07:40	1:36:45
278	3732	Glienke Rainer	Die Stolperer	3:28:55	M45	69	0:42:20	1:05:32	1:41:02
279	3825	Siry Martin	TV Wanheimerort	3:28:59	M35	42	0:41:57	1:06:28	1:40:32
280	2392	Haase Reinhard	Die Waldgazellen	3:29:05	M40	80	0:39:56	1:06:18	1:42:49
281	4078	Klein Christian M.	Angerland LT Lintorf	3:29:10	M40	81	0:44:03	1:07:07	1:37:58
282	2798	Killius Klaus	Vodafone Runners	3:29:14	M50	29	0:44:13	1:05:58	1:39:02
283	1979	Köhler Frank	*Essen	3:29:19	M40	82	0:42:42	1:08:38	1:37:58
284	3664	Grimme Thomas	*Duisburg	3:29:19	M30	24	0:44:33	1:13:07	1:31:38
285	1220	Robert Ferdinand	*Bocholt	3:29:20	M45	70	0:44:13	1:06:58	1:38:08
286	2344	Felsenberg Thomas	VFL Gladbeck	3:29:23	M40	83	0:42:51	1:06:15	1:40:15
287	1994	Behme Mark	TRC Essen 84	3:29:23	M35	43	0:40:29	1:02:47	1:46:06
288	3211	Witzke Waldemar	TV 1900 Wanheim	3:29:24	M45	71	0:43:48	1:07:18	1:38:17
289	4716	Dziura Carsten	LC Duisburg-Marathonkurs 0	3:29:25	M40	84	0:43:36	1:08:21	1:37:27
290	4702	Striedelmeyer Patrick	Max Maulwurf Marathonis	3:29:27	M35	44	0:41:02	1:01:58	1:46:26
291	1854	Schuitz Raimund	LAV Essen	3:29:37	M50	30	0:43:43	1:08:25	1:37:27
292	4245	Schulze Andreas	TV Düsseldorf-Grafenberg	3:29:38	M45	72	0:44:47	1:08:07	1:36:43
293	1404	Hausmann Peter	LC Duisburg	3:29:38	M40	85	0:45:11	1:08:15	1:36:11
294	1803	Ehrentraut Heinz-Udo	Rumelner TV	3:29:43	M45	73	0:44:24	1:07:17	1:38:01
295	1260	Nitschke Thorsten	*Duisburg	3:29:47	M40	86	0:39:33	1:21:13	1:29:00
296	1537	Kortstegge Jürgen	SG Borken	3:29:54	M35	45	0:43:33	1:09:02	1:37:18
297	1425	Schwarz Bastian	*Wuppertal	3:29:55	M30	25	0:42:36	1:08:00	1:39:18
298	2910	Schütterigkeit Horst	SV Concordia Ossenber	3:29:57	M40	87	0:42:35	1:09:09	1:38:12
299	4454	Blank Heinz Gerd	Lauftreff Tura Brügg	3:29:59	M50	31	0:45:18	1:07:30	1:37:09
300	2215	Brodowski Gregor	*Bochum	3:29:59	M45	74	0:43:51	1:08:21	1:37:46
301	3940	Claßen Dr. Holger	*Meerbusch	3:30:00	M40	88	0:43:08	1:10:07	1:36:44
302	2105	Reisner Stephan	VSTV	3:30:01	M40	89	0:45:29	1:07:48	1:36:43
303	3336	Schlüssel Peter	*Rheinberg	3:30:07	M40	90	0:43:59	1:07:41	1:38:25
304	3893	Hess Rüdiger	LT Krefeld-Oppum	3:30:14	M50	32	0:43:59	1:06:32	1:39:42
305	3202	Richter Ralle	Waldschleicher Gräfrath	3:30:15	M45	75	0:44:10	1:06:24	1:39:41
306	3624	Rafflenbeul Thomas	SF Ennepetal	3:30:22	M45	76	0:51:52	1:05:09	1:33:20
307	1527	Walther Edgar	TV Ufport-Eick	3:30:30	M50	33	0:42:51	1:05:06	1:42:33
308	2685	Brüggemann Jürgen	AS Neukirchen-Vluyn	3:30:34	M45	77	0:45:42	1:07:12	1:37:40
309	4472	Peters-Jochum Jupp	*Düsseldorf	3:30:41	M55	12	0:42:30	1:06:49	1:41:21
310	3046	Dolfen Stefan	LT KETTZWIG 2000	3:30:42	M50	34	0:44:11	1:07:47	1:38:44
311	2026	Geib Joachim	VfL Fun Runners	3:30:49	M45	78	0:43:43	1:07:39	1:39:26
312	1525	Gobbin Stefan	*Mettmann	3:30:50	M22	19	0:43:37	1:08:55	1:38:18
313	4205	Walburg Andreas	*Mülheim	3:30:52	M40	91	0:44:23	1:07:51	1:38:37
314	3921	Götz Volker	Team Stadtwerke Düsseldorf	3:30:55	M45	79	0:44:30	1:07:25	1:38:59
315	1556	Pütter Andre	SG Borken	3:30:55	M30	26	0:43:52	1:07:38	1:39:24
316	1417	Grotenhuis Karl	SV Viktoria Goch	3:31:02	M45	80	0:43:28	1:09:35	1:37:57
317	1587	Metker Thomas	LG FSUe	3:31:05	M30	27	0:44:42	1:08:13	1:38:10
318	1432	Löcke Claus	*Essen	3:31:10	M35	46	0:42:16	1:07:33	1:41:21

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	4715	Zwirtz Holger	BSG Laufen Sparkasse Dui	3:31:14	M40	92	0:43:52	1:08:05	1:39:17
320	3698	Bienen Hermann	Marathon Dinslaken	3:31:22	M50	35	0:44:04	1:08:14	1:39:03
321	2699	Hornung Herbert	AS Neukirchen-Vluyn	3:31:22	M45	81	0:45:08	1:08:45	1:37:29
322	3525	Möllenhoff Klaus	*Dortmund	3:31:26	M22	20	0:45:57	1:08:01	1:37:27
323	5097	Hüllen Michael	BSG Emschergenossenscha	3:31:27	M40	93	0:44:46	1:08:42	1:37:58
324	1280	Neugebauer Jens	Universität Duisburg-Essen	3:31:28	M30	28	0:47:41	1:14:48	1:28:58
325	1463	Michalski Rainer	Dorsten	3:31:29	M45	82	0:43:39	1:08:06	1:39:42
326	2050	Schymanietz Theo	TuRa Remscheid-Süd	3:31:32	M50	36	0:44:15	1:08:03	1:39:13
327	3105	Leonhardt Rainer	VFR Saarn	3:31:44	M50	37	0:43:27	1:09:18	1:38:59
328	2182	Krings Stephan	*Mülheim an der Ruhr	3:31:48	M40	94	0:43:50	1:08:42	1:39:15
329	2138	Leyendecker Toni	TuRa Remscheid-Süd	3:31:56	M50	38	0:45:26	1:08:31	1:37:59
330	2960	Sprünken Oliver	TUS BREITSCHEID	3:32:00	M40	95	0:44:40	1:07:34	1:39:45
331	1680	Hellermann Jürgen	RP Marathon Team	3:32:01	M45	83	0:43:56	1:08:24	1:39:40
332	1739	Koc Ali Haydar	TuRa Remscheid-Süd	3:32:01	M40	96	0:45:13	1:09:01	1:37:46
333	3102	Eule Ralf	Waldschleicher Gräfrath	3:32:02	M50	39	0:43:13	1:06:38	1:42:09
334	3061	Büttgens Walter	ART Düsseldorf	3:32:02	M50	40	0:44:33	1:10:11	1:37:17
335	3189	Zielony Martin	Laufende Geometer	3:32:02	M40	97	0:42:43	1:05:04	1:44:15
336	2665	Patschäke Holger	A1 activefirst	3:32:03	M45	84	0:43:37	1:07:14	1:41:11
337	2987	Konietzko Rene	BYK-Chemie	3:32:03	M35	47	0:43:09	1:06:07	1:42:46
338	1416	Hohgräfe Bernd	Nina-Sport	3:32:08	M45	85	0:42:40	1:09:54	1:39:34
339	5038	Kleinen Ulf	*Düsseldorf	3:32:10	M45	86	0:44:18	1:09:55	1:37:56
340	2679	Wagner Norbert	AS Neukirchen-Vluyn	3:32:12	M55	13	0:44:28	1:07:50	1:39:53
341	5199	Kotseronis Peter	TUS BREITSCHEID	3:32:12	M40	98	0:44:54	1:09:59	1:37:19
342	1881	Mehtieff Alexander	*Duisburg	3:32:22	M40	99	0:43:47	1:06:02	1:42:31
343	2568	Hoffmann Heinrich	SV Viktoria Goch	3:32:24	M55	14	0:43:18	1:09:58	1:39:07
344	2094	Prangen Michael	*Rheinberg	3:32:25	M40	100	0:45:59	1:08:55	1:37:30
345	4117	Kaffenberger Frank	BSG Team EVAG	3:32:28	M40	101	0:42:50	1:09:29	1:40:08
346	5177	Wieskus Michael	LG COESFELD	3:32:32	M40	102	0:43:43	1:07:30	1:41:18
347	4105	Dietrich Didi	Walsum Dreamboys	3:32:32	M30	29	0:44:49	1:08:33	1:39:10
348	1309	Wagner Kai	Die schwarzen Heiden	3:32:35	M40	103	0:44:33	1:07:55	1:40:05
349	2095	Krämer Michael	Roadrunners	3:32:35	M50	41	0:44:36	1:09:07	1:38:51
350	4470	Wingenbach Michael	allways3 - Laufen in Remsch	3:32:37	M45	87	0:49:00	1:08:04	1:35:32
351	3791	Hüls Markus	*Dinslaken	3:32:41	M40	104	0:41:15	1:07:20	1:44:05
352	2603	Chalupka Martin	A1 activefirst	3:32:43	M35	48	0:44:38	1:06:29	1:41:35
353	3695	Schmölders-Piel Reinhold	*Düsseldorf	3:32:49	M50	42	0:44:39	1:09:50	1:38:20
354	2321	Winbeck Volker	FlinkfürFinkK	3:32:51	M45	88	0:45:09	1:09:22	1:38:19
355	3551	Phoa Stefan	DAV Köln	3:32:51	M35	49	0:43:30	1:09:54	1:39:26
356	3434	Peplau Ingo	Triminators TV Voerde	3:32:51	M30	30	0:43:06	1:09:28	1:40:17
357	3625	Ischinsky Ludger	Lauffreunde Bottrop	3:32:59	M55	15	0:45:13	1:09:17	1:38:29
358	4681	Fergon Zbigniew	*Duisburg	3:33:06	M45	89	0:44:02	1:10:00	1:39:03
359	2060	Rommen Markus	*Duisburg	3:33:07	M30	31	0:45:13	1:08:50	1:39:03
360	4548	Schmidtke Markus	Team Erdinger	3:33:15	M35	50	0:44:11	1:09:05	1:39:58
361	2079	Bosmanns-Grigoleit Thom	BSG Team EVAG	3:33:15	M40	105	0:50:51	1:04:33	1:37:50
362	2092	Buckermann André	*Rheinberg	3:33:15	M35	51	0:45:59	1:08:52	1:38:23
363	3172	Tiefenbach Holger	*Oberhausen	3:33:17	M45	90	0:42:34	1:10:57	1:39:45
364	2642	Schulz Georg	A1 activefirst	3:33:21	M45	91	0:45:42	1:10:23	1:37:15
365	4365	Hofstetter Max	*Mülheim	3:33:24	M15	1	0:44:51	1:10:43	1:37:49
366	3763	Kreter Hilmar	*Düsseldorf	3:33:27	M30	32	0:45:58	1:08:44	1:38:44
367	2867	Franzen Michael	*voerde	3:33:27	M50	43	0:45:31	1:08:59	1:38:56
368	3496	Lagarden Jörg	SV Viktoria Goch	3:33:29	M45	92	0:43:46	1:12:19	1:37:24
369	1552	Niehaves Christian	SG Borken	3:33:29	M45	93	0:45:56	1:07:11	1:40:21
370	3815	Groos Reiner	MSV Duisburg LT	3:33:30	M50	44	0:43:26	1:07:48	1:42:14
371	1968	Sadowski Markus	BSG Sparkasse Duisburg	3:33:34	M30	33	0:45:41	1:09:58	1:37:54

Nike Winterlaufserie des ASV Duisburg 2009 Grosse Serie - Gesamtwertung

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	3084	Stephan Karl	*Moers	3:33:42	M45	94	0:44:43	1:10:23	1:38:36
373	5046	Gensrich Jörg	der hübsche	3:33:44	M40	106	0:48:07	1:04:42	1:40:54
374	4461	Ahlert-de Graat Jörg	TSV 1863 Herdecke	3:33:48	M45	95	0:44:28	1:07:50	1:41:29
375	2644	Semmler Michael	A1 activefirst	3:33:55	M40	107	0:45:49	1:09:33	1:38:32
376	2890	Teuber Heinz	LG COESFELD	3:33:58	M50	45	0:44:28	1:08:01	1:41:28
377	3344	Härig Wilfried	*Duisburg	3:34:00	M50	46	0:45:33	1:08:14	1:40:11
378	1546	Holtmeier Jürgen	Nina-Sport	3:34:04	M45	96	0:43:14	1:09:53	1:40:56
379	1419	Gaida Norbert	*Dinslaken	3:34:06	M35	52	0:50:16	1:04:17	1:39:32
380	2231	Jaenichen Dieter	DJK VfL Forstwald	3:34:06	M50	47	0:43:53	1:09:28	1:40:45
381	4490	Ibrahim Akkar	*Oberhausen	3:34:14	M35	53	0:44:35	1:08:14	1:41:23
382	4278	Muziol Michael	*Duisburg	3:34:16	M19	3	0:44:33	1:08:49	1:40:53
383	3212	Wiele Ingo	DJK Poseidon Duisburg	3:34:35	M40	108	0:45:46	1:09:24	1:39:24
384	1862	Stroick Rainer	SG Borken	3:34:38	M45	97	0:44:52	1:09:26	1:40:19
385	1232	Jann Horst	*Düsseldorf	3:34:39	M50	48	0:44:46	1:09:45	1:40:08
386	2376	Hesse Daniel	RV Rauxel	3:34:41	M18	2	0:45:11	1:11:22	1:38:07
387	2741	Radek Rolf	E.ON Ruhrgas SG	3:34:45	M45	98	0:44:09	1:10:38	1:39:57
388	1695	Neumann Dietmar	Nina-Sport	3:34:51	M50	49	0:44:54	1:10:22	1:39:34
389	1845	Niehs Theo	Sonntagsläufer Angermund	3:34:55	M50	50	0:44:33	1:08:54	1:41:28
390	3629	Adami Christian	Team Erdinger Alkoholfrei	3:34:56	M30	34	0:43:13	1:10:03	1:41:39
391	1215	Alt Udo	BP GE RUNNING TEAM	3:35:04	M50	51	0:45:40	1:11:57	1:37:27
392	3601	Krieg Volker	LC Duisburg	3:35:08	M60	5	0:44:35	1:09:44	1:40:48
393	1250	Alst Klaus	*Mülheim an der Ruhr	3:35:10	M45	99	0:41:36	1:13:36	1:39:58
394	2977	Mandel Wolfgang	LC Duisburg	3:35:11	M55	16	0:45:53	1:09:28	1:39:50
395	4259	Backes Armin	TuS Oedt	3:35:13	M40	109	0:43:22	1:10:59	1:40:51
396	4264	Schulz Karlheinz	RG Haldern 03	3:35:14	M40	110	0:45:15	1:08:55	1:41:03
397	2076	Beupoil Thomas	SV Viktoria Goch	3:35:14	M45	100	0:45:01	1:08:19	1:41:53
398	4705	Schürings Armin	Max Maulwurf Marathonis	3:35:15	M40	111	0:58:08	1:03:59	1:33:07
399	1243	Hanisch Jörg	LC Wuppertal	3:35:16	M30	35	0:44:25	1:13:24	1:37:27
400	5024	Hatef Stefan	*Köln	3:35:19	M40	112	0:47:21	1:08:49	1:39:09
401	4688	Kühnreich Mathias	*Essen	3:35:23	M40	113	0:44:44	1:09:07	1:41:31
402	3158	Schmidt Friedhelm	ERGO sports	3:35:29	M50	52	0:45:41	1:09:14	1:40:33
403	3848	Grund Michael	*Dortmund	3:35:29	M45	101	0:44:22	1:08:29	1:42:38
404	2033	Jahnke Siegfried	Ausdauererschule Bunert	3:35:31	M60	6	0:45:39	1:09:24	1:40:28
405	3762	Busmann Ingo	*Essen	3:35:40	M30	36	0:44:47	1:09:07	1:41:45
406	2647	Steinhüser Egbert	A1 activefirst	3:35:43	M35	54	0:44:03	1:07:13	1:44:25
407	2154	Vermassen Martin	*oberhausen	3:35:46	M35	55	0:45:39	1:12:22	1:37:44
408	5201	Lerch Siegfried	TUS BREITSCHIED	3:35:48	M50	53	0:44:39	1:09:45	1:41:23
409	4019	Urbanczyk Günter	*Mülheim an der Ruhr	3:35:51	M40	114	0:44:45	1:09:19	1:41:46
410	2560	Wortelkamp Uli	Mönchengladbacher LG	3:35:58	M60	7	0:46:26	1:09:34	1:39:58
411	3933	Heinrich Peter	LC Duisburg	3:36:06	M45	102	0:43:56	1:06:05	1:46:05
412	2017	Röttger Joachim	St. Marien-Hospital Mülheim	3:36:13	M45	103	0:42:36	1:04:48	1:48:48
413	1266	Berekoven Martin	Triabolos	3:36:14	M40	115	0:45:08	1:08:07	1:42:58
414	3360	Terwint Jörn	Borbecker Raketen Essen	3:36:20	M30	37	0:44:51	1:12:27	1:39:01
415	3032	Kaiser Stefan	*Düsseldorf	3:36:29	M45	104	0:42:48	1:11:02	1:42:37
416	2332	Kollenberg Frank	*Oberhausen	3:36:30	M45	105	0:45:57	1:08:19	1:42:13
417	4157	Schäffler Daniel	Rapid Ramirez	3:36:32	M35	56	0:43:58	1:12:48	1:39:45
418	1467	Hinzelmann Uli	*Dorsten	3:36:42	M45	106	0:44:07	1:12:09	1:40:24
419	3312	Niklas Klaus	SV Budberg	3:36:45	M40	116	0:46:11	1:09:04	1:41:29
420	1651	Heinen Martin	*Duisburg	3:36:48	M40	117	0:42:34	1:12:33	1:41:40
421	1956	Pfannkuche Olaf	*Essen	3:36:48	M40	118	0:43:56	1:10:09	1:42:42
422	3594	Lickfett Heiko	*Düsseldorf	3:36:48	M45	107	0:43:58	1:10:53	1:41:56
423	2934	Müller Erich	*Duisburg	3:36:48	M50	54	0:47:23	1:11:26	1:37:58
424	5182	Stöhler Bernd	LG COESFELD	3:36:57	M45	108	0:43:23	1:07:23	1:46:10

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
425	2845	Wieneke Andreas	Vodafone Runners	3:36:57	M50	55	0:45:25	1:10:33	1:40:58
426	3190	Boenke Thomas	BV Wissel ASG	3:36:58	M22	21	0:44:24	1:10:43	1:41:49
427	1389	Boschuk Stefan	LC Sixty	3:36:59	M30	38	0:46:29	1:09:24	1:41:05
428	2619	Koch Thomas Matthias	A1 activefirst	3:36:59	M30	39	0:43:34	1:08:11	1:45:13
429	5111	Gohr Michael	Hofacker-Runner	3:37:04	M35	57	0:45:56	1:11:15	1:39:52
430	2217	Ziemke Holger	*Tönisvorst	3:37:06	M40	119	0:45:30	1:09:18	1:42:17
431	5112	Fieber Thomas	Hofacker-Runner	3:37:08	M35	58	0:45:56	1:11:15	1:39:55
432	3515	Schmengler Stephan	SV Budberg Lauffreunde	3:37:15	M45	109	0:46:08	1:10:33	1:40:34
433	2489	Rekittke Fritz	*Düsseldorf	3:37:18	M45	110	0:46:36	1:09:59	1:40:42
434	3591	Weber Wolfgang	*Moenchengladbach	3:37:18	M50	56	0:46:11	1:09:05	1:42:01
435	1935	Bierschenk Michael	*gelsenkirchen	3:37:21	M35	59	0:43:42	1:07:26	1:46:12
436	2137	Lickes Heinz-Theo	LT-Krefeld-Oppum	3:37:23	M50	57	0:45:25	1:09:42	1:42:16
437	1297	Kappler Stefan	gute-beine.de	3:37:28	M45	111	0:45:08	1:11:14	1:41:06
438	1529	Birkendorf Klaus	*Recklinghausen	3:37:32	M35	60	0:44:39	1:09:49	1:43:03
439	1323	Steidl Kurt	TV Uffort-Eick	3:37:33	M55	17	0:45:57	1:07:55	1:43:41
440	3822	Unterberg Reiner	LG Alpen	3:37:34	M50	58	0:45:22	1:10:37	1:41:34
441	5150	Bittner Jürgen	LT Schnecke SV Sonsbeck	3:37:39	M45	112	0:46:03	1:09:28	1:42:07
442	2701	Jännert Erich	AS Neukirchen-Vluyn	3:37:44	M60	8	0:45:58	1:11:06	1:40:39
443	3870	Wagner Burkhard	Die Stolperer	3:37:45	M45	113	0:44:29	1:07:25	1:45:49
444	4096	Jöris Markus	*Düsseldorf	3:37:53	M35	61	0:46:05	1:07:54	1:43:53
445	4298	Schmidt Peter	TV Frisch Auf Lennep	3:37:54	M45	114	0:44:40	1:08:51	1:44:22
446	3990	Plöger Markus	LT Krefeld-Oppum	3:38:01	M45	115	0:43:43	1:10:57	1:43:19
447	3518	Holzum Frank	SV Budberg Lauffreunde	3:38:03	M40	120	0:47:23	1:13:04	1:37:36
448	1247	Recha Jürgen	LT SV Haldern	3:38:05	M40	121	0:45:03	1:10:55	1:42:06
449	2551	MÜLLER ULRICH	1 FC EINBÄR	3:38:05	M50	59	0:48:34	1:15:50	1:33:40
450	4397	Stiewe Dirk	*Wesel	3:38:09	M35	62	0:45:37	1:09:42	1:42:50
451	2868	Hartmann Fred	Die Stolperer	3:38:14	M45	116	0:44:19	1:10:36	1:43:18
452	5232	Breitenbach Jürgen	TG Neuss	3:38:24	M40	122	0:44:27	1:14:17	1:39:39
453	3026	Janßen Jürgen	*Nettetal	3:38:28	M45	117	0:51:57	1:08:10	1:38:20
454	1211	Schmidtchen Klaus	Speedskater Düsseldorf	3:38:28	M45	118	0:45:41	1:11:11	1:41:36
455	2098	Paul Peter	BGHW	3:38:33	M45	119	0:45:45	1:10:22	1:42:24
456	3322	Wilke Christian	Rakete Ruhrort	3:38:35	M45	120	0:45:40	1:10:28	1:42:26
457	3435	Velte-Andree Michael	Triminators TV Voerde	3:38:41	M45	121	0:45:26	1:10:40	1:42:35
458	4030	Engler Thomas	Duathlon Team Essen Kupfer	3:38:43	M50	60	0:45:20	1:09:56	1:43:27
459	2200	Reyering Frank	*Bocholt	3:38:44	M35	63	0:45:27	1:11:14	1:42:02
460	4201	Possner Siegfried	*Essen	3:38:46	M55	18	0:46:32	1:10:14	1:42:00
461	4694	Grannaß Jörg	SV Beeckerwerth	3:38:51	M40	123	0:45:30	1:08:12	1:45:08
462	3699	Horn Matthias	DJK VfR Saarn	3:38:52	M22	22	0:44:43	1:09:07	1:45:01
463	2361	Schwalbach Peter	BSG-DVG	3:38:52	M40	124	0:43:48	1:07:11	1:47:52
464	3304	Bongartz Peter	LC Duisburg	3:38:56	M50	61	0:45:31	1:10:05	1:43:20
465	5206	Niemeyer Jens	TUS BREITSCHIED	3:39:06	M22	23	0:46:31	1:10:23	1:42:11
466	2155	Guffler Frank	*Ratingen	3:39:07	M40	125	0:44:50	1:10:44	1:43:32
467	3554	Winter Frank	TC Metzkausen	3:39:14	M45	122	0:46:37	1:10:00	1:42:37
468	3646	Kemkes Reinhard	DJK Adler Frintrop/Essen	3:39:15	M45	123	0:45:37	1:10:20	1:43:18
469	2325	Walbrunn Christian	Lauftreff TuRa Brüggen	3:39:19	M45	124	0:45:33	1:10:40	1:43:05
470	2289	Siska Georg	SV Schermbeck	3:39:21	M45	125	0:57:08	1:07:47	1:34:25
471	2278	Höffken Willi	*Mülheim	3:39:22	M60	9	0:45:50	1:10:56	1:42:35
472	2056	Hagen Hans-Jürgen	Team Hagen	3:39:26	M45	126	0:46:28	1:10:30	1:42:27
473	1536	Teggars Michael	Kirche läuft voraus	3:39:34	M55	19	0:44:57	1:11:38	1:42:59
474	3831	Perbix Jörg	LC Duisburg	3:39:36	M40	126	0:44:31	1:08:46	1:46:17
475	1962	Schleuter Stephan	*Dinslaken	3:39:36	M35	64	0:41:57	1:02:47	1:54:51
476	2015	Ehrlich Dirk	Team EhrBec	3:39:45	M40	127	0:46:27	1:09:16	1:44:00
477	2423	Marcus Holger	*Düsseldorf	3:39:46	M45	127	0:46:55	1:09:29	1:43:22

Nike Winterlaufserie des ASV Duisburg 2009 Grosse Serie - Gesamtwertung

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
478	4713	Rataj Andre	BSG Laufen Sparkasse Dui	3:39:49	M30	40	0:45:20	1:08:17	1:46:11
479	1815	Germies Jürgen	LC Duisburg	3:39:50	M45	128	0:46:33	1:09:46	1:43:30
480	3378	Schöneis Raoul	LT Haumannplatz Essen	3:39:51	M22	24	0:42:55	1:10:14	1:46:41
481	1343	Bejmowicz Boris	*Herne	3:39:54	M30	41	0:47:18	1:10:15	1:42:20
482	2456	Berns Michael	Kalter Kaffee	3:39:59	M40	128	0:46:56	1:12:01	1:41:01
483	3126	Dörfler Bernd	*Duisburg	3:40:01	M40	129	0:44:06	1:09:42	1:46:13
484	1670	Haack Jürgen	Rennschnecken 2000	3:40:01	M50	62	0:46:23	1:12:31	1:41:07
485	5181	Beekmans Uwe	LG COESFELD	3:40:03	M45	129	0:44:59	1:11:16	1:43:47
486	4358	Iken Theodor	*Neuss	3:40:07	M45	130	0:45:38	1:11:15	1:43:14
487	2891	Stippel Jürgen	LG COESFELD	3:40:12	M55	20	0:44:59	1:11:36	1:43:37
488	3111	Spiering Andreas	DJK Tackenberg	3:40:15	M45	131	0:45:07	1:12:55	1:42:12
489	3177	Bobrzik Dirk	Die Stolperer	3:40:17	M35	65	0:45:54	1:12:28	1:41:53
490	2310	Böger Benjamin	*Mülheim	3:40:19	M30	42	0:45:06	1:09:28	1:45:44
491	1861	Richter René	*Duisburg	3:40:30	M30	43	0:47:25	1:12:04	1:41:00
492	3716	Karden Wilfried	*Dinslaken	3:40:34	M45	132	0:45:53	1:13:55	1:40:44
493	3593	Köhler Dieter	TSV Viktoria Mülheim	3:40:41	M40	130	0:48:24	1:10:51	1:41:25
494	2195	Braun Uwe	LT Haumannplatz Essen	3:40:42	M50	63	0:45:49	1:11:01	1:43:51
495	4149	Malcus Burkhard	Turbo-Schnecken Lüdensch	3:40:44	M45	133	0:45:50	1:11:49	1:43:04
496	2433	Kronenberg Friedrich	*Mettmann	3:40:48	M55	21	0:45:56	1:14:40	1:40:11
497	1294	Glockner Wolf	*Düsseldorf	3:40:51	M50	64	0:45:21	1:11:02	1:44:28
498	2788	Welling Jörg	Vodafone Runners	3:40:54	M35	66	0:43:20	1:14:03	1:43:30
499	2160	Zimmermann Tino	*Duisburg	3:40:54	M40	131	0:43:49	1:14:06	1:42:59
500	1998	Marach Semir	Team Erdinger	3:40:56	M30	44	0:44:18	1:16:39	1:39:58
501	1802	Hampel Jürgen	*Düsseldorf	3:40:56	M40	132	0:46:08	1:11:00	1:43:48
502	2550	Boldt Wolfgang	TV Ufört-Eick	3:40:57	M50	65	0:47:12	1:11:32	1:42:12
503	1614	Spitz Dirk	LGO Bochum	3:40:57	M35	67	0:45:55	1:10:11	1:44:49
504	3358	Quabeck Guido	SF Ennepetal	3:41:01	M40	133	0:45:04	1:13:12	1:42:43
505	3597	Schäfer Daniel	Team Aroma Ahoi	3:41:04	M30	45	0:46:43	1:11:37	1:42:43
506	4521	Kietzmann Uwe	Max Maulwurf Marathonis	3:41:04	M40	134	0:46:56	1:09:52	1:44:16
507	1934	Kleiner Lars	BSG Feuerwehr Duisburg	3:41:11	M30	46	0:47:27	1:12:50	1:40:53
508	2013	Große-Lüger Stephane	*Mülheim	3:41:14	M35	68	0:47:09	1:12:22	1:41:42
509	2494	Knauff Matthias	*Essen	3:41:15	M40	135	0:46:20	1:10:51	1:44:03
510	2764	Borowski Andreas	E.ON Ruhrgas SG	3:41:16	M30	47	0:45:47	1:11:20	1:44:07
511	4676	Schröder Martin	BSG Stadtwerke Duisburg	3:41:21	M40	136	0:44:00	1:11:36	1:45:44
512	1620	Kurnold Peter	*Dinslaken	3:41:23	M45	134	0:46:53	1:10:03	1:44:26
513	2299	Schell Markus	LT Zornige Ameisen Essen	3:41:25	M40	137	0:46:25	1:10:58	1:44:01
514	2487	Plietsch Klaus	*Düsseldorf	3:41:30	M55	22	0:46:38	1:11:22	1:43:29
515	2680	Wildner Klaus	AS Neukirchen-Vluyn	3:41:33	M55	23	0:47:38	1:10:58	1:42:56
516	2488	Schülke Thomas	Triminators TV Voerde	3:41:36	M45	135	0:47:22	1:12:02	1:42:11
517	1913	Reinecke Harald	*düsseldorf	3:41:41	M40	138	0:45:54	1:10:16	1:45:30
518	3856	Gromzig Dr. Werner	LG Hart am Limit	3:41:42	M50	66	0:45:20	1:11:52	1:44:29
519	5002	Meves Oliver	*Moers	3:41:43	M35	69	0:44:53	1:10:58	1:45:51
520	2385	Kilian Harald	VHS-Fitness Wesel	3:41:48	M45	136	0:44:30	1:13:37	1:43:40
521	1754	Stötzel Jan	TC Eigen-Stadtwald	3:41:49	M30	48	0:45:40	1:11:29	1:44:39
522	1518	Schikora Rainer	SV Schermbeck	3:41:56	M50	67	0:46:56	1:12:30	1:42:29
523	2414	Reichelt Herbert	Die blauen Bengel	3:41:57	M50	68	0:47:15	1:11:25	1:43:16
524	2670	Ruthmann Kai	AS Neukirchen-Vluyn	3:41:58	M45	137	0:47:44	1:11:04	1:43:09
525	1953	Wenzel Michael	DJK BW Annen	3:42:03	M45	138	0:46:49	1:11:13	1:44:00
526	2959	Koczur Wolfgang	*Duisburg	3:42:05	M55	24	0:48:09	1:11:47	1:42:08
527	4326	Doerper Manfred	Grubenwehr Bw West	3:42:13	M45	139	0:46:53	1:12:39	1:42:41
528	4057	Niemann Detlev	*Herne	3:42:17	M45	140	0:49:30	1:12:23	1:40:23
529	4698	Buchholz Horst	SV Beeckerwerth	3:42:18	M55	25	0:45:44	1:11:26	1:45:08
530	4016	Mölders Fritz	Hagnau	3:42:20	M50	69	0:49:12	1:10:50	1:42:17

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	2246	Tramp Ralf	SV Viktoria Goch	3:42:32	M50	70	0:44:29	1:16:49	1:41:12
532	3572	Brockhusen Michael	*Krefeld	3:42:38	M45	141	0:43:51	1:14:20	1:44:27
533	1873	Candir Kemal	LC Noah T	3:42:46	M35	70	0:44:57	1:09:22	1:48:26
534	1434	Kuschnereit Martin	FC Schalke 04	3:42:50	M35	71	0:45:21	1:12:55	1:44:32
534	1554	Marczinek Jörg	OneUnitRemscheidRunning	3:42:50	M35	71	0:45:49	1:12:04	1:44:55
536	4720	Klugiewicz Peter	LC Duisburg-Marathonkurs 0	3:42:51	M45	142	0:45:44	1:12:06	1:45:00
537	2016	Becker Martin	Team EhrBec	3:42:53	M40	139	0:46:27	1:10:55	1:45:30
538	2755	Hassepass Werner	E.ON Ruhrgas SG	3:43:10	M50	71	0:47:20	1:12:08	1:43:41
539	4029	Drescher Peter	Duathlon Team Essen Kupfer	3:43:14	M50	72	0:49:52	1:09:38	1:43:44
540	2953	Brackmann Stefan	*Dinslaken	3:43:16	M45	143	0:47:51	1:13:40	1:41:44
541	2061	Genter Heipe	LT Turnerbund Frintrop	3:43:18	M50	73	0:47:31	1:12:39	1:43:07
542	4276	Wentzel Thomas	*Oberhausen	3:43:19	M40	140	0:43:03	1:10:09	1:50:06
543	3802	Enge Jürgen	*Duisburg	3:43:19	M40	141	0:45:23	1:09:41	1:48:15
544	2586	Jansen Josef	SV Viktoria Goch	3:43:23	M60	10	0:48:39	1:12:20	1:42:23
545	5179	Stöhler Martin	LG COESFELD	3:43:25	M40	142	0:46:28	1:10:47	1:46:09
546	2980	Stein Christian	TV Ratingen	3:43:25	M35	73	0:43:21	1:08:58	1:51:06
547	3543	Schmidt Wolfgang	Moerser TV	3:43:28	M50	74	0:41:42	1:11:36	1:50:09
548	1421	Zatzkowski Michael	LGO Bochum	3:43:28	M45	144	0:48:35	1:11:50	1:43:02
549	2943	Altmann Thomas	*Essen	3:43:35	M50	75	0:43:19	1:13:01	1:47:14
550	1758	Gumz Ingo	Rumelner TV	3:43:35	M45	145	0:46:15	1:10:10	1:47:09
551	1560	Braumann Uli	DJK TUS Rotthausen	3:43:36	M40	143	0:46:51	1:12:51	1:43:52
552	4082	Jakobs Daniel	*Oberhausen	3:43:46	M40	144	0:47:06	1:11:36	1:45:03
553	3757	Scharfenberg Siegfried	VfL Gladbeck Fun Runner	3:43:48	M45	146	0:45:04	1:10:04	1:48:39
554	1269	Küllmar Andreas	*Wuppertal	3:43:55	M35	74	0:45:02	1:12:11	1:46:41
555	3896	Heistermann Ludger	*Duisburg	3:44:00	M55	26	0:45:45	1:12:33	1:45:40
556	5230	Sturm Thomas	TG Neuss	3:44:01	M40	145	0:46:52	1:11:59	1:45:09
557	2819	Bartos Thomas	Vodafone Runners	3:44:01	M40	146	0:46:47	1:12:08	1:45:05
558	1766	Rohde Markus	LC Duisburg	3:44:09	M35	75	0:45:20	1:12:37	1:46:11
559	3403	Lommen Dennis	BV Wissel ASG	3:44:09	M22	25	0:43:38	1:10:44	1:49:47
560	1834	Eidens Joachim	*Rheurd	3:44:11	M55	27	0:46:14	1:12:52	1:45:04
561	2059	Jakobs Harald	*Oberhausen	3:44:11	M35	76	0:48:12	1:11:53	1:44:06
562	2052	Stumpf Marcus	*Düsseldorf	3:44:12	M35	77	0:47:05	1:11:57	1:45:10
563	2922	Busch Michael	LG Alpen	3:44:15	M40	147	0:45:26	1:12:14	1:46:34
564	3636	Liesenfeld Joachim	*Duisburg	3:44:17	M50	76	0:46:59	1:12:59	1:44:18
565	1952	Delker Knut	LT-Prosper-Haniel	3:44:19	M40	148	0:46:42	1:15:36	1:42:00
566	1263	Eimers Thomas	*Rhede	3:44:19	M40	149	0:46:36	1:12:47	1:44:55
567	4449	Hermkens Fred	*Krefeld	3:44:23	M55	28	0:47:21	1:11:48	1:45:13
568	1837	Stötzel Ruven	MV Oberhausen -süd	3:44:28	M35	78	0:49:20	1:12:56	1:42:11
569	2201	Stieler Uwe	SV Orsoy e.V.	3:44:31	M50	77	0:47:07	1:12:01	1:45:22
570	4721	Koopmann Franz	LC Duisburg-Marathonkurs 0	3:44:36	M60	11	0:47:12	1:12:10	1:45:13
571	1846	Koslowsky Andreas	RTC GW Ratingen	3:44:45	M45	147	0:46:08	1:11:31	1:47:05
572	2457	Berger Sascha	Lauftreff Haumannplatz	3:44:46	M35	79	0:50:04	1:12:42	1:42:00
573	4724	Richter Volker	LC Duisburg-Marathonkurs 0	3:44:49	M50	78	0:47:31	1:13:00	1:44:17
574	1779	Manz-Bothe Achim	Hobbyläufer	3:44:51	M50	79	0:43:06	1:15:46	1:45:58
575	3914	Otto Hans-Peter	PV-Triathlon Witten	3:44:53	M50	80	0:46:55	1:14:27	1:43:29
576	5238	Bode Hans Jürgen	LG COESFELD	3:44:56	M55	29	0:46:17	1:10:56	1:47:42
577	4226	Hellen Jörg	*Velbert	3:45:01	M45	148	0:45:59	1:13:24	1:45:37
578	2637	Palme Horst	A1 activefirst	3:45:02	M50	81	0:45:31	1:12:57	1:46:33
579	1497	Terporten Niklas	Feuerwehr SV Düsseldorf	3:45:02	M35	80	0:54:38	1:10:14	1:40:10
580	2702	Janßen Udo	AS Neukirchen-Vluyn	3:45:05	M50	82	0:46:45	1:10:47	1:47:33
581	2585	Czerwinski Peter	LV Stommeln	3:45:06	M50	83	0:46:58	1:13:40	1:44:27
582	3276	Dietzsch Andreas	Haus Freudenberg	3:45:07	M40	150	0:46:32	1:13:06	1:45:28
583	1253	Kuhlmann Gregor	Die schwarzen Heiden	3:45:08	M45	149	0:47:21	1:12:37	1:45:09

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
584	2128	Schroten Achim	SC Bayer 05 Uerdingen	3:45:13	M55	30	0:47:42	1:14:30	1:42:59
585	2956	Hendriks Holger	RTV Rumeln	3:45:14	M45	150	0:46:58	1:12:25	1:45:50
586	3794	Bisceglie Semi	*duisburg	3:45:14	M30	49	0:47:57	1:12:34	1:44:42
587	4277	Scholl Marc-Andre	*Duisburg	3:45:16	M18	3	0:46:19	1:11:37	1:47:19
588	1622	Asseburg Jörg	TuS 48 Ehringhausen	3:45:17	M30	50	0:46:37	1:12:05	1:46:33
589	4493	Riege Dr. Tobias	Dick & Durstig	3:45:23	M30	51	0:45:49	1:12:38	1:46:55
590	3682	Haber Johannes	SSV Sparkasse Lüdenschei	3:45:34	M22	26	0:46:01	1:11:16	1:48:16
591	2219	Haase Thomas	*Düsseldorf	3:45:42	M40	151	0:46:27	1:13:32	1:45:43
592	5159	Verberkt Hans	LT Schnecke SV Sonsbeck	3:45:45	M50	84	0:50:30	1:12:05	1:43:09
593	1233	Gotta Alexander	*Haan	3:45:47	M35	81	0:42:12	1:02:43	2:00:51
594	1829	Becker Bernd	*Moers	3:45:48	M40	152	0:46:44	1:14:24	1:44:39
595	2682	Ache Horst	AS Neukirchen-Vluyn	3:46:11	M70	1	0:47:58	1:11:37	1:46:35
596	1477	Berger Uwe	Triathlon-TEAM-Witten	3:46:13	M45	151	0:47:08	1:12:48	1:46:16
597	2088	Custic Muharem	*Duesseldorf	3:46:18	M50	85	0:51:02	1:09:50	1:45:25
598	3069	Plicht Wolfgang	OSC Dinslaken-Averbruch	3:46:18	M55	31	0:47:16	1:13:19	1:45:42
599	2581	De Brouwer Georg	RP Marathon Team	3:46:33	M50	86	0:46:46	1:15:11	1:44:36
600	3097	Krüger Hans-J.	BSG Amico Alpha	3:46:33	M45	152	0:47:23	1:11:22	1:47:47
601	4119	Ellerbrok Torben	TS 1912 Saarn	3:46:34	M19	4	0:44:57	1:12:39	1:48:57
602	3017	Carducci Giacinto	*Duisburg	3:46:38	M35	82	0:49:21	1:12:22	1:44:54
603	4406	Umlauf Peter	*Ratingen	3:46:45	M50	87	0:46:29	1:12:21	1:47:54
604	3488	Jeske Frank	*Langenfeld	3:46:47	M45	153	0:46:12	1:11:55	1:48:39
605	1355	Wexel Horst-Günther	lt.tbh. düsseldorf-hassels	3:46:51	M55	32	0:47:50	1:11:51	1:47:10
606	4032	Timmer Bernd	Triathlon-TEAM-Witten	3:46:52	M50	88	0:46:46	1:12:49	1:47:16
607	4410	Gairing Gerhard	ASC Rosellen/Neuss	3:46:52	M60	12	0:45:56	1:13:09	1:47:47
608	1470	Michalski Jürgen	Tri-Ducks Delphin Dorsten	3:46:54	M50	89	0:45:22	1:12:30	1:49:01
609	5001	Herzberg Mike	*Dortmund	3:46:59	M30	52	0:47:38	1:14:39	1:44:42
610	2590	Dannehl Helmut	*Essen	3:46:59	M55	33	0:47:39	1:14:04	1:45:15
611	4042	Ivens Markus	*Voerde	3:46:59	M40	153	0:46:22	1:14:03	1:46:33
612	3755	Giesen Heinz	LG Mülheim	3:47:04	M55	34	0:46:54	1:11:10	1:48:59
613	1289	Nawrath Uwe	*Gelsenkirchen	3:47:04	M50	90	0:46:46	1:12:47	1:47:30
614	3137	Schwoil Detlev	Styrumer TV	3:47:05	M50	91	0:48:38	1:13:45	1:44:41
615	4404	Wolters Dr. Oliver	Borussia Mönchengladbach	3:47:05	M40	154	0:46:10	1:12:51	1:48:03
616	1498	Keller Markus	*Düsseldorf	3:47:11	M35	83	0:47:06	1:15:23	1:44:41
617	1267	Kutz Raphael	*Haan	3:47:14	M40	155	0:47:01	1:13:06	1:47:07
618	2348	Ederer Christian	Ruderverin Rauxel	3:47:17	M18	4	0:47:56	1:12:03	1:47:16
619	1926	Kremer Dr. Dirk	*Neukirchen-Vluyn	3:47:17	M35	84	0:48:00	1:14:14	1:45:03
620	3139	Wierig Frank	*Langenfeld	3:47:18	M35	85	0:44:07	1:12:19	1:50:51
621	4063	Bursch Klaus	*Oberhausen	3:47:21	M50	92	0:47:44	1:13:34	1:46:03
622	1634	Rölker Thorsten	LC Duisburg	3:47:22	M40	156	0:48:22	1:14:36	1:44:23
623	4147	Hoinka Wolfgang	*Unna	3:47:24	M50	93	0:47:13	1:12:34	1:47:36
624	1350	Puy Alexander	*Duisburg	3:47:26	M35	86	0:48:26	1:09:06	1:49:54
625	1499	Lohkamp Volker	Adler-Langlauf Bottrop	3:47:40	M45	154	0:45:30	1:12:08	1:50:00
626	1352	Reinders Thomas	DJK Lowick	3:47:40	M40	157	0:44:58	1:09:27	1:53:14
627	4420	Pohl Klaus	TV Wanheimerort	3:47:42	M45	155	0:47:17	1:12:55	1:47:29
628	1387	Wentz Udo	Krefelder Kanu Klub	3:47:50	M55	35	0:47:16	1:11:28	1:49:05
629	2378	Laqua Sven	Fast Foot Düsseldorf	3:47:56	M35	87	0:48:24	1:19:11	1:40:21
630	1735	Bruckes Markus	LC Duisburg	3:48:01	M40	158	0:48:17	1:12:56	1:46:47
631	1302	Graf Klaus	*Esslingen	3:48:06	M40	159	0:48:28	1:11:49	1:47:48
632	3934	Frei Thomas	SV Derne 49	3:48:11	M40	160	0:46:35	1:13:49	1:47:46
633	1721	Zupp Christian	*Duisburg	3:48:15	M35	88	0:48:12	1:15:12	1:44:50
634	2127	Proksch Stephan	*Düsseldorf	3:48:18	M40	161	0:46:50	1:11:32	1:49:55
635	3845	Szymczak Rüdiger	*Mülheim-Ruhr	3:48:20	M40	162	0:50:35	1:12:40	1:45:04
636	2754	Horst Dieter	E.ON Ruhrgas SG	3:48:20	M45	156	0:47:39	1:10:41	1:50:00

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	2589	Kinnauer Michael	LC Duisburg	3:48:23	M35	89	0:46:45	1:14:28	1:47:09
638	3072	Bock Michael	Ruhrrunner Essen	3:48:27	M40	163	0:47:05	1:17:14	1:44:06
639	3503	Stein Timo	*Gelsenkirchen	3:48:28	M22	27	0:49:13	1:14:33	1:44:41
640	2228	Kowanda Stefan	lauffreude	3:48:44	M45	157	0:42:46	1:24:00	1:41:56
641	2657	Marburger Jens	A1 activefirst	3:48:46	M30	53	0:48:39	1:14:01	1:46:06
642	4341	Hadem Uwe	Marathon Mülheim	3:48:52	M55	36	0:49:11	1:14:06	1:45:34
643	1575	Vogt Michael	*Duisburg	3:48:54	M50	94	0:47:10	1:13:49	1:47:54
644	3895	Hochbruck Werner	LT Krefeld-Oppum	3:48:59	M50	95	0:47:46	1:14:43	1:46:29
645	2646	Stavenow Axel	A1 activefirst	3:48:59	M40	164	0:47:55	1:12:00	1:49:03
646	5117	Becker Ingo	FC Schalke 04	3:49:04	M45	158	0:47:16	1:13:36	1:48:11
646	5185	Albrecht Rainer	TUS BREITSCHIED	3:49:04	M45	158	0:46:32	1:13:44	1:48:47
648	2954	Bendixen Thomas	*Duisburg	3:49:04	M45	160	0:46:52	1:15:36	1:46:35
649	4184	Riepenhausen Ralf	LT Lukas	3:49:09	M45	161	0:46:22	1:13:31	1:49:15
650	1208	Kruck Leo	TUSEM Essen	3:49:11	M55	37	0:47:10	1:13:59	1:48:01
651	2360	Scherf Thorsten	Marathon Dinslaken	3:49:12	M35	90	0:49:00	1:15:02	1:45:09
652	2693	Hartdegen Karsten	AS Neukirchen-Vluyn	3:49:14	M45	162	0:48:20	1:13:31	1:47:23
653	1987	Schmock Tim	Die Schnitzelfraktion	3:49:21	M22	28	0:47:38	1:14:56	1:46:45
654	4227	Krämer Eike	LC Duisburg	3:49:23	M55	38	0:47:40	1:14:23	1:47:19
655	2260	Gutsche Dieter	*Mülheim	3:49:35	M60	13	0:47:33	1:14:05	1:47:56
656	3490	Künzel Rüdiger	Lauftreff Uhlenhorst	3:49:36	M50	96	0:38:55	1:31:24	1:39:15
657	2387	Dernier Andreas	Waldgazellen	3:49:38	M40	165	0:52:15	1:11:26	1:45:56
658	2439	Hampen Gregor	BSV Grün-Weiß Wesel-Flü	3:49:41	M55	39	0:48:40	1:14:34	1:46:27
658	2525	Linke Christian	*Duisburg	3:49:41	M45	163	0:48:25	1:15:02	1:46:13
660	1406	Alava-Pons Angel	Bewegtes Zentrum Duisburg	3:49:44	M40	166	0:47:15	1:14:38	1:47:50
661	4543	Godlewski Thomas	LT KETTWIG 2000	3:49:44	M35	91	0:46:38	1:13:45	1:49:19
662	1637	Wortelkamp Wolf	*Düsseldorf	3:49:44	M50	97	0:47:53	1:13:13	1:48:38
663	2232	Spindler Bernd	*Rheinberg	3:49:44	M45	164	0:48:57	1:14:01	1:46:46
664	2648	Strube Ralf	A1 activefirst	3:49:45	M40	167	0:48:45	1:13:17	1:47:42
665	3827	Ellerbrok Dirk	DJK VfR Saarn	3:49:51	M50	98	0:46:47	1:12:54	1:50:09
666	1347	Bergert Andreas	*Wuppertal	3:50:00	M45	165	0:45:58	1:14:31	1:49:29
667	2541	Büchel Johannes	DJK VfR Saarn	3:50:00	M22	29	0:46:53	1:12:14	1:50:52
668	3665	Diesing Karl-Heinz	*Herne	3:50:00	M50	99	0:47:21	1:14:23	1:48:15
669	5233	Götz Volker	TG Neuss	3:50:07	M50	100	0:48:00	1:13:34	1:48:32
670	3375	Thanner Markus	*Essen	3:50:09	M40	168	0:46:28	1:14:26	1:49:15
671	1265	Kaesberg Hans	*Nordhofen	3:50:17	M40	169	0:49:53	1:14:59	1:45:24
672	5192	Drießen Walter	TUS BREITSCHIED	3:50:34	M60	14	0:49:29	1:14:01	1:47:02
673	2134	Weymann Andreas	St. Marien-Hospital Mülheim	3:50:36	M40	170	0:46:26	1:13:51	1:50:19
674	2371	Müller Günter	TUS Homberg/ Ratingen	3:50:42	M65	3	0:47:37	1:13:59	1:49:05
675	1847	Wischnewski Michael	BSG-DVG	3:50:42	M45	166	0:47:58	1:14:50	1:47:54
676	2958	Peters Ralf	BSG-DVG	3:50:42	M40	171	0:48:49	1:14:01	1:47:51
677	3330	Pilgermann Kai	*Wesel	3:50:43	M30	54	0:49:27	1:13:41	1:47:35
678	4001	Utzat Hermann	*Remscheid	3:50:44	M50	101	0:49:01	1:15:34	1:46:08
679	2983	Wach Holger	BYK-Chemie	3:50:45	M40	172	0:47:30	1:15:22	1:47:52
680	3673	Bonkowski Roland	Triathlon-TEAM-Witten	3:50:47	M50	102	0:47:03	1:14:59	1:48:44
681	2443	Grunwald Klaus	Rapid Ramirez	3:51:08	M45	167	0:48:24	1:13:49	1:48:54
682	2440	Henschel Johannes	BSV Grün-Weiß Wesel-Flü	3:51:10	M65	4	0:48:38	1:16:04	1:46:26
683	1667	Gehrmann Michael	*Bocholt	3:51:14	M45	168	0:48:25	1:12:08	1:50:39
684	3020	Miskiw Alexander	Running Team Ratingen	3:51:17	M40	173	0:46:58	1:19:51	1:44:26
685	2771	Berger Dieter	E.ON Ruhrgas SG	3:51:19	M50	103	0:49:05	1:14:34	1:47:39
686	4116	Bergmann Philipp	BFG Team EVAG	3:51:29	M30	55	0:48:23	1:19:40	1:43:25
687	2173	Raback Uwe	*Bochum	3:51:29	M40	174	0:47:58	1:16:02	1:47:29
688	1743	Gelbach Michael	*Wuppertal	3:51:34	M50	104	0:51:03	1:15:46	1:44:43
689	2343	Maaßen Heinz	LT Turnerbund Frintrop	3:51:34	M50	105	0:48:37	1:16:23	1:46:34

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	3754	Bünder Heine	FC Nordkirchen	3:51:36	M50	106	0:45:43	1:19:33	1:46:19
691	5071	Krüger Christian	*Duisburg	3:51:37	M45	169	0:41:09	1:19:47	1:50:40
692	5052	Eversmann Gerd	Team Brabender	3:51:41	M45	170	0:48:26	1:13:29	1:49:44
693	1745	Spließgardt Harald	*Essen	3:51:43	M40	175	0:46:13	1:14:07	1:51:22
694	1291	Natrop Hans-Peter	BSG Team EVAG	3:51:46	M50	107	0:47:52	1:14:28	1:49:25
695	1844	Best Volker	*Duisburg	3:51:46	M55	40	0:48:01	1:13:37	1:50:07
696	4534	Linder Sebastian	Haniel & Cie. GmbH	3:51:48	M22	30	0:47:04	1:14:14	1:50:28
697	1465	Banik Stefan	*Herzogenrath	3:51:58	M40	176	0:47:34	1:13:53	1:50:29
698	5075	Greger Volker	*Ratingen	3:51:58	M45	171	0:47:09	1:13:30	1:51:18
699	4100	Bössler Michael	Coil-Running GWA	3:51:59	M40	177	0:46:42	1:15:09	1:50:07
700	3365	Meila Dan	*Neuss	3:51:59	M30	56	0:47:36	1:13:48	1:50:34
701	4121	Krügel Jörg Michael	Coil-Running GWA	3:52:00	M40	178	0:46:43	1:15:09	1:50:07
702	1339	Kindermann Andreas	*Oer-Erkenschwick	3:52:00	M30	57	0:48:49	1:14:10	1:49:00
703	3704	Kowalk Markus	*Essen	3:52:03	M35	92	0:45:14	1:14:46	1:52:03
704	2997	Kock Christian	LG Hans-Sachs	3:52:04	M60	15	0:48:07	1:15:09	1:48:48
705	2947	Alt Rudi	TRJ Ducks Dorsten	3:52:05	M60	16	0:49:30	1:15:43	1:46:52
706	3569	Gräf Carsten	*Velbert	3:52:11	M40	179	0:45:12	1:13:03	1:53:55
707	3459	Vogt Guido	*Erkrath	3:52:14	M40	180	0:46:27	1:16:33	1:49:13
708	4151	Knaak Stefan	SSV Sparkasse Lüdenschei	3:52:19	M30	58	0:52:46	1:11:15	1:48:17
709	2401	Uebbing Holger	*Rheinberg	3:52:19	M40	181	0:47:00	1:15:23	1:49:56
710	1366	Billmann Karsten	Vohwinkeler STV	3:52:21	M35	93	0:48:40	1:14:39	1:49:02
711	4322	Schumacher Daniel	LC Dispnoe Erkrath	3:52:26	M22	31	0:44:55	1:16:32	1:50:58
712	2139	Möller Norbert	LC Duisburg	3:52:29	M50	108	0:48:24	1:14:59	1:49:05
713	1908	Hoffmann Harald	*Duisburg	3:52:33	M45	172	0:46:16	1:15:53	1:50:24
714	5005	Hellfajer Dr. Roland	*Bochum	3:52:34	M40	182	0:46:37	1:12:18	1:53:38
715	4307	Vospohl Carsten	Rapid Ramirez	3:52:35	M35	94	0:44:27	1:13:43	1:54:24
716	4340	Hesse Stephen	Marathon Dinslaken	3:52:37	M50	109	0:49:38	1:13:56	1:49:02
717	3261	Hogrefe Christian	*Duisburg	3:52:50	M22	32	0:48:37	1:14:29	1:49:43
718	2681	Wolters Jörg	AS Neukirchen-Vluyn	3:52:52	M45	173	0:49:24	1:15:02	1:48:25
719	1586	Polan Martin	VfL Gladbeck Fun Runner	3:53:09	M45	174	0:48:23	1:17:13	1:47:32
720	3867	Rüdiger Arnfried	Lauftreff Sterkrade Nord	3:53:09	M55	41	0:49:24	1:14:13	1:49:31
721	3021	Jakhoefer Thomas	FC Schalke 04	3:53:12	M50	110	0:45:47	1:15:03	1:52:22
722	2199	Engelke Hans	*Kaarst	3:53:19	M50	111	0:48:06	1:13:53	1:51:18
723	2471	Pärschke Klaus	*Oberhausen	3:53:22	M50	112	0:48:08	1:14:54	1:50:18
724	3989	Schramm Jürgen	SV Gladbeck 13	3:53:22	M55	42	0:49:05	1:16:19	1:47:57
725	2235	Grossmann Frank	Jogmap Ruhr	3:53:28	M45	175	0:46:08	1:10:37	1:56:41
726	4388	Beckmanns Ralf	LT Krefeld-Oppum	3:53:28	M45	176	0:46:49	1:20:27	1:46:11
727	2545	Korsinek Christian	*Duisburg	3:53:31	M35	95	0:46:44	1:13:58	1:52:48
728	2813	Hund Markus	Vodafone Runners	3:53:34	M35	96	0:47:57	1:13:40	1:51:57
729	1773	Vohl Stefan	*Duisburg	3:53:48	M35	97	0:48:33	1:16:29	1:48:45
730	4198	Mellen Jan	*Krefeld	3:53:49	M35	98	0:48:28	1:14:59	1:50:21
731	3536	Schoenfelder Falk	*Mülheim an der Ruhr	3:53:52	M50	113	0:47:54	1:15:51	1:50:06
732	4675	Ulitzka Michael	BSG Stadtwerke Duisburg	3:53:54	M22	33	0:46:47	1:16:00	1:51:05
733	4253	Thymian Thomas	Waltroper LC 06	3:53:57	M40	183	0:52:05	1:17:06	1:44:46
734	1245	Klinger Ansgar	*Krefeld	3:53:58	M45	177	0:50:11	1:15:39	1:48:07
735	3456	Heming Reinhold	Ausdauererschule Bunert	3:54:03	M45	178	0:49:22	1:15:58	1:48:41
736	5040	Hilberger Christian	ERGO sports	3:54:06	M40	184	0:48:24	1:16:32	1:49:10
737	2417	Diez Norbert	Natursteinbetrieb Bleul	3:54:08	M45	179	0:50:56	1:14:51	1:48:20
738	4337	Maier Frank	Sasol Solvents Running Tea	3:54:14	M40	185	0:46:34	1:18:18	1:49:21
739	1668	Hammers Peter	LG Monheim/Baumberg	3:54:15	M40	186	0:48:16	1:14:22	1:51:36
740	1864	Nettingsmeier Heiko	SuS Polsum	3:54:17	M55	43	0:48:37	1:15:11	1:50:27
741	2041	Vogel Dirk	*Duisburg	3:54:18	M45	180	0:47:48	1:13:48	1:52:41
742	2969	Wenzel Harald	Triathlon-TEAM-Witten	3:54:22	M45	181	0:46:56	1:14:12	1:53:13

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
743	3377	Iltmann Gerald	*Dorsten	3:54:22	M50	114	0:47:07	1:17:15	1:50:00
744	4097	Ingenpaß Andre	*Dinslaken	3:54:23	M30	59	0:47:48	1:17:19	1:49:16
745	2254	Lichtenberger Frank	*Mülheim	3:54:27	M45	182	0:48:36	1:15:02	1:50:49
746	2117	Siewers Volker	LC Duisburg	3:54:33	M45	183	0:49:37	1:14:59	1:49:55
747	3339	Wolters Edmund	Wesel	3:54:33	M45	184	0:47:59	1:05:43	2:00:50
748	3159	Stürmer Christian	SG Borken	3:54:36	M45	185	0:49:10	1:18:10	1:47:15
749	2886	Tosch Frank	A1 activefirst	3:54:41	M30	60	0:49:10	1:16:36	1:48:54
750	4670	Nowak Lukas	Styrumer TV	3:54:44	M30	61	0:49:37	1:17:03	1:48:03
751	2044	Honold Marcus	weißer Afrikaner	3:54:47	M35	99	0:55:04	1:14:32	1:45:10
752	3394	Kunkel Uwe	LC Duisburg	3:54:48	M45	186	0:47:07	1:12:53	1:54:47
753	3132	Hambuch Marc	666 The number of the beast	3:54:55	M30	62	0:45:42	1:16:03	1:53:10
754	5162	Tiede Gisbert	BSG KK 32 Essen	3:54:57	M55	44	0:52:05	1:17:15	1:45:36
755	3603	Schäfer Jürgen	Citibank	3:54:58	M50	115	0:48:06	1:16:43	1:50:08
756	5169	Busch Uwe	SSB Duisburg	3:55:00	M50	116	0:48:44	1:14:44	1:51:31
757	1210	Janßen Thomas	*Moers	3:55:03	M40	187	0:50:41	1:17:44	1:46:37
758	3632	Herkenrath Peter	VT Triangel Kempen	3:55:07	M35	100	1:01:23	1:10:36	1:43:07
759	3286	Kaminski Andre	*Duisburg	3:55:15	M30	63	0:49:28	1:13:31	1:52:15
760	1813	Nitschmann Hugo	1.LSV Paulbezwinger 2007	3:55:24	M45	187	0:49:21	1:16:49	1:49:14
761	1455	Schmitz Frank	*Meerbusch	3:55:25	M35	101	0:48:20	1:14:14	1:52:50
762	3401	Goddinger Jürgen	*Oberhausen	3:55:25	M35	102	0:47:41	1:14:13	1:53:30
763	1806	Hoeninger Marcus	SC Bayer 05 Uerdingen	3:55:27	M40	188	0:49:47	1:12:19	1:53:21
764	1972	Ptassek Rainer	Sporting Mülheim	3:55:34	M45	188	0:47:58	1:13:18	1:54:18
765	4113	Göbel Karsten	HELIOS Klinik Wuppertal	3:55:36	M45	189	0:49:01	1:15:40	1:50:54
766	1478	Töhning Simon	*Duisburg	3:55:38	M22	34	0:48:39	1:15:13	1:51:44
767	5183	Bertels Jürgen	LG COESFELD	3:55:45	M45	190	0:50:28	1:14:52	1:50:25
768	3874	Braun Sven	*Duisburg	3:55:49	M30	64	0:47:08	1:15:05	1:53:35
769	3826	Bruckhoff Björn	*Mülheim/ Ruhr	3:55:50	M30	65	0:46:19	1:18:31	1:50:59
770	3228	Schiffer Marcus	*Krefeld	3:55:51	M40	189	0:47:11	1:15:21	1:53:17
771	2790	Spitzer Alexander	Vodafone Runners	3:55:56	M40	190	0:48:24	1:16:41	1:50:50
772	3320	Büxenstein Manuel	SSV Sparkasse Lüdenschei	3:55:56	M30	66	0:51:57	1:22:13	1:41:46
773	4333	Stelter Dr. Peter	*Brüggen	3:55:57	M35	103	0:49:09	1:15:58	1:50:49
774	1408	Eichler Marcus	Angerland LT Lintorf	3:55:59	M50	117	0:47:53	1:14:42	1:53:23
775	2653	Welkers Björn	A1 activefirst	3:55:59	M40	191	0:49:50	1:16:16	1:49:53
776	1604	Knappmann Hubertus	HSP Essen	3:56:10	M50	118	0:47:52	1:20:09	1:48:08
777	5050	Langwald Jörg	Team Brabender	3:56:15	M45	191	0:48:36	1:16:54	1:50:44
778	3902	Langos Andreas	*Herten	3:56:18	M50	119	0:48:07	1:16:47	1:51:24
779	2212	Wachs Daniel	*Duisburg	3:56:21	M19	5	0:48:32	1:18:17	1:49:32
780	2393	Seidel Hagen	A Team Düsseldorf	3:56:22	M45	192	0:48:42	1:11:47	1:55:51
781	4368	Janssen Jürgen	*Düsseldorf	3:56:25	M50	120	0:49:43	1:13:58	1:52:42
782	5168	Gehrt-Butry Christoph	SSB Duisburg	3:56:32	M45	193	0:48:43	1:15:53	1:51:55
783	3844	Schmitz Thomas	*Krefeld	3:56:34	M30	67	0:48:31	1:16:25	1:51:38
784	2503	Timm Dr. Haiko	DJK VfR Saarn	3:56:35	M50	121	0:48:28	1:16:27	1:51:39
785	4524	Nowak Rainer	ASV-LT Kemperdick	3:56:37	M55	45	0:48:45	1:16:20	1:51:31
786	3355	Stuckmann Winfried	bsg-thyssengas	3:56:42	M65	5	0:49:42	1:17:17	1:49:41
787	1534	Schumann Eckart	*Mülheim	3:56:48	M45	194	0:48:59	1:17:38	1:50:10
788	2595	Kampmeier Florian	*Aachen	3:56:51	M30	68	0:48:56	1:11:26	1:56:28
789	5133	Ettelt Hermann	TLV Germania Überruhr	3:56:53	M55	46	0:47:34	1:14:23	1:54:55
790	5143	Eckert Gottfried	BSG Sparkasse Oberhausen	3:57:06	M40	192	0:48:54	1:18:39	1:49:32
791	1290	Brockhausen Christian	Triabolas Hamburg e.V.	3:57:17	M40	193	0:49:52	1:15:08	1:52:16
792	1616	Falk-Schuette Ruediger	*Kamp-Lintfort	3:57:17	M45	195	0:48:54	1:15:11	1:53:12
793	4512	Pockrandt Thomas	Berufsfeuerwehr Duisb. GA	3:57:25	M30	69	0:54:28	1:13:35	1:49:21
794	2547	Pohl Prof.Dr. Michael	Angerland LT Lintorf	3:57:34	M50	122	0:49:56	1:18:35	1:49:03
795	3846	Gies Sascha	Joke Runners	3:57:39	M40	194	0:48:53	1:13:54	1:54:52

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des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	2627	Lachmann Thomas	A1 activefirst	3:57:40	M35	104	0:48:36	1:17:35	1:51:29
797	3656	Frye Werner	VHS Selm	3:57:46	M50	123	0:48:34	1:13:28	1:55:42
798	2907	Skowronek Jürgen	Adler-Langlauf Bottrop	3:57:48	M60	17	0:49:50	1:14:55	1:53:02
799	5100	Steinbach Michael	BSG Emschergenossenscha	3:57:52	M50	124	0:45:38	1:13:19	1:58:54
800	1589	Puschnig Rolf	Evangelisches Kinderheim W	3:57:58	M45	196	0:50:01	1:16:02	1:51:54
801	1711	Riedel Rudi	*Duisburg	3:58:06	M45	197	0:48:01	1:15:45	1:54:19
802	2395	Brandl Michael	SI Sport e.V.	3:58:06	M60	18	0:48:31	1:16:18	1:53:16
803	2460	Diersch Ralph	A.R.Diersch GmbH	3:58:07	M50	125	0:47:47	1:18:30	1:51:49
804	2009	Völlmert Stefan	DJK TUS Rotthausen	3:58:09	M40	195	0:48:41	1:15:37	1:53:51
805	1517	Runkel Dirk	www.schnelle-fuesse.de	3:58:12	M30	70	0:47:36	1:16:08	1:54:27
806	2161	Jonen Werner	LC Duisburg	3:58:22	M50	126	0:51:09	1:16:01	1:51:11
807	2008	Borkenhagen Christian	Eick-West	3:58:27	M35	105	0:48:00	1:19:00	1:51:26
808	4123	Dudenhausen Charly	Herbert Flesche Road Runne	3:58:29	M45	198	0:49:27	1:14:35	1:54:27
809	3150	Sturm Wolfgang	*Düsseldorf	3:58:31	M50	127	0:47:19	1:16:45	1:54:27
810	3045	Liesen Markus	*Dinslaken	3:58:37	M35	106	0:49:48	1:19:20	1:49:28
811	2998	Seliger Ralf	LG Hans-Sachs	3:58:44	M45	199	0:48:55	1:14:32	1:55:16
812	4653	Kuntke Andreas	*Duisburg	3:58:48	M55	47	0:48:18	1:15:04	1:55:24
813	2309	Nithammer Hartmut	Waldschleicher Gräfrath	3:58:57	M50	128	0:50:07	1:16:20	1:52:29
814	4737	Hageney Willi	LT Schnecke SV Sonsbeck	3:58:58	M55	48	0:50:32	1:26:19	1:42:06
815	1538	Gleißner Jörg	*Moers	3:59:00	M40	196	0:49:11	1:19:14	1:50:34
816	3875	Hartmann Gottfried Artur	*Krefeld	3:59:02	M50	129	0:50:52	1:16:45	1:51:24
817	4308	Rudnik Jens	*Dinslaken	3:59:02	M35	107	0:47:39	1:14:39	1:56:43
818	2418	Seel Andre	Natursteinbetrieb Bleul	3:59:04	M40	197	0:53:59	1:14:51	1:50:12
819	4058	Trautwein Uwe	TV Düsseldorf-Grafenberg	3:59:04	M45	200	0:50:59	1:18:29	1:49:34
820	3118	Schilling Dirk	KC Santa Monica	3:59:11	M40	198	0:47:55	1:17:53	1:53:22
821	2275	Alfuth Kevin	*Essen	3:59:11	M30	71	0:46:53	1:18:39	1:53:38
822	2263	Scharf Hans	Angerland LT Lintorf	3:59:13	M65	6	0:51:52	1:17:52	1:49:29
823	4690	Gerlach Thomas	LG Die 3 von der Fra	3:59:16	M55	49	0:48:36	1:17:58	1:52:42
824	3417	Michaelis Thomas	Special Olympics NRW e.V.	3:59:26	M50	130	0:49:24	1:17:58	1:52:02
825	5109	Kietzmann Detlef	ATV Hückeswagen	3:59:26	M50	131	0:48:44	1:20:53	1:49:48
826	2002	Dreker Severin Michael	Fast Foot Düsseldorf	3:59:30	M35	108	0:47:56	1:17:33	1:54:00
827	4035	Schmid Frank	Langenfeld	3:59:32	M35	109	0:47:33	1:19:36	1:52:21
828	3283	Oppel Frank	*Rheinberg	3:59:35	M45	201	0:49:04	1:17:24	1:53:07
829	1523	Grischka Wolfgang	*Bottrop	3:59:37	M50	132	0:49:35	1:16:45	1:53:16
830	2267	Krause Joachim	Team Rakete	3:59:38	M40	199	0:42:01	1:06:40	2:10:56
831	1895	Buch Thorsten	LC Duisburg	3:59:38	M30	72	0:49:58	1:16:47	1:52:53
832	3555	Strässer Harald	LT Langenfeld Pappelallee	3:59:43	M50	133	0:48:47	1:15:01	1:55:54
833	3727	Niebert Robert	Feuerwehr SV Düsseldorf	3:59:45	M22	35	0:46:57	1:15:56	1:56:51
834	2297	Vittinghoff Alf	LT Zornige Ameisen Essen	3:59:47	M40	200	0:49:55	1:19:24	1:50:26
835	4529	Herkendell Ralf		3:59:50	M55	50	0:43:56	1:07:00	2:08:53
836	2147	Bäcker Marc	*oberhausen	3:59:53	M35	110	0:48:45	1:16:05	1:55:02
837	3505	Bautz Ralf	*Oberhausen	3:59:54	M40	201	0:49:50	1:16:44	1:53:19
838	4174	Wilden Marco	www.dusfor.de	3:59:57	M35	111	0:49:19	1:17:07	1:53:30
839	2770	Bittner Oliver	E.ON Ruhrgas SG	3:59:57	M30	73	0:46:00	1:17:53	1:56:03
840	4053	Grävenstein Lutz	LC Duisburg	3:59:59	M40	202	0:49:58	1:14:25	1:55:34
841	5222	May Hans-Joachim	TG Neuss	3:59:59	M65	7	0:50:30	1:16:07	1:53:21
842	2537	Backes Stefan	*Essen	4:00:00	M35	112	0:49:44	1:14:45	1:55:29
843	2803	Nguyen Pham Quang	Vodafone Runners	4:00:04	M35	113	0:53:11	1:16:56	1:49:56
844	2850	Wischniewski Peter	Vodafone Runners	4:00:07	M45	202	0:48:56	1:17:17	1:53:53
845	2287	Grönheit Frank	*Willich	4:00:07	M50	134	0:47:48	1:17:48	1:54:31
846	4312	Krüger Ingo	RP Marathon Team	4:00:09	M40	203	0:52:46	1:18:18	1:49:05
847	2993	Nest Michael	LG Roadrunner	4:00:09	M40	204	0:49:03	1:17:16	1:53:50
848	1904	Grüner Ronald	Moerser TV	4:00:21	M45	203	0:48:29	1:18:20	1:53:31

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	2791	Rosso Andrea	Vodafone Runners	4:00:24	M40	205	0:49:48	1:18:25	1:52:11
850	3433	Ortscheid Tim	Triminators TV Voerde	4:00:25	M30	74	0:47:35	1:18:31	1:54:18
851	2038	Mallwitz Heiko	*Neuss	4:00:25	M35	114	0:53:26	1:13:22	1:53:35
852	2700	Jankowiak Frank	AS Neukirchen-Vluyn	4:00:25	M40	206	0:49:44	1:16:49	1:53:51
853	1384	Bünsow Günter	GEFA Running Team	4:00:31	M45	204	0:48:57	1:17:17	1:54:15
854	1723	Pahsen Daniel	Feuerwehr SV Düsseldorf	4:00:35	M35	115	0:47:19	1:15:17	1:57:58
855	3728	Waller Prof. Mark	Team Aroma Ahoi	4:00:35	M30	75	0:55:19	1:21:01	1:44:14
856	2103	Schäpers Norbert	SG Borken	4:00:41	M40	207	0:49:37	1:16:10	1:54:53
857	3257	Knopf Daniel	*Duisburg	4:00:44	M35	116	0:51:29	1:20:53	1:48:20
858	4352	Lamers Jörg	Ski Klub Duisburg	4:00:44	M45	205	0:47:17	1:19:03	1:54:23
859	3840	Nienz Stefan	*Gladbeck	4:00:46	M22	36	0:46:28	1:17:35	1:56:42
860	1644	Strate Andreas	Triathlon-TEAM-Witten	4:00:51	M40	208	0:51:35	1:16:27	1:52:47
861	1371	Cornelißen Volker	LC Duisburg	4:00:51	M40	209	0:46:59	1:16:20	1:57:31
862	2169	Mäsing Roland	*Borken	4:00:53	M35	117	0:47:40	1:20:37	1:52:36
863	1929	Termath Thomas	*Dinslaken	4:01:03	M45	206	0:48:18	1:17:02	1:55:42
864	1988	Kau René	Fast Foot Düsseldorf	4:01:14	M40	210	0:49:31	1:17:39	1:54:02
865	2279	Golz Klaus	Angerland LT Lintorf	4:01:15	M45	207	0:49:16	1:18:35	1:53:23
866	1890	Nüsse-Maas Ludger	TuS Mündelheim	4:01:17	M45	208	0:48:01	1:13:20	1:59:56
867	3037	Holle Stefan	beimer-team	4:01:19	M45	209	0:53:52	1:18:59	1:48:28
868	3100	Glinde Patrick	*Bottrop	4:01:20	M22	37	0:52:39	1:18:15	1:50:26
869	1559	Knubben Ludger	BSG T-Systems GEI	4:01:20	M45	210	0:49:30	1:18:20	1:53:28
870	3595	Sobetzko Martin	TV Frisch Auf Lennepe	4:01:26	M50	135	0:48:01	1:17:25	1:55:59
871	5135	Krekeler Guido	TLV Germania Überryhr	4:01:26	M55	51	0:48:58	1:15:45	1:56:43
872	1909	Horrig Volker	LC Duisburg	4:01:27	M50	136	0:48:12	1:14:14	1:58:59
873	2695	Heinze Friedhelm	AS Neukirchen-Vluyn	4:01:44	M55	52	0:51:27	1:17:47	1:52:29
874	4674	Czeslik Holger	BSG Stadtwerke Duisburg	4:01:46	M45	211	0:51:45	1:19:15	1:50:45
875	4200	Hilgers Erich	Lt. Hülser Bruch	4:01:46	M70	2	0:49:39	1:17:10	1:54:57
876	4194	Van der Most Thomas	St. Marien-Hospital Mülheim	4:01:48	M40	211	0:49:27	1:17:32	1:54:48
877	2479	Neuhaus Benni	LT Turnerbund Frintrop	4:01:50	M22	38	0:50:43	1:17:00	1:54:06
878	3029	Lange Peter	LG Mülheim	4:01:58	M50	137	0:49:02	1:17:21	1:55:34
879	1228	Brabender Klaus Jürgen	Werricher Lauftreff	4:02:01	M50	138	0:49:32	1:17:35	1:54:54
880	1594	Später Stefan	*Duisburg	4:02:03	M30	76	0:52:37	1:17:10	1:52:16
881	1474	Borg Thomas	Laufende Geometer	4:02:09	M35	118	0:48:26	1:14:40	1:59:02
882	4382	Von der Ahe Henning	DJK Unitas Haan	4:02:12	M40	212	0:47:15	1:13:56	2:01:00
883	1897	Pörtner-Pieper Hans-Theo	*Wesel	4:02:21	M40	213	0:49:34	1:18:52	1:53:53
884	2074	Risse Michael	TC 69 Sterkrade	4:02:23	M40	214	0:49:28	1:15:36	1:57:19
885	3992	Heykamp Markus	*Essen	4:02:25	M30	77	0:47:35	1:25:43	1:49:06
886	3033	Wiesner Michael	DJK-VFL Willich	4:02:26	M55	53	0:49:46	1:16:49	1:55:51
887	2535	Kulhanek Hans	Lauftreff Barbara	4:02:29	M45	212	0:50:58	1:18:34	1:52:56
888	2678	Verfürth Andreas	AS Neukirchen-Vluyn	4:02:30	M45	213	0:54:04	1:14:07	1:54:18
889	1276	Gommers Martin	*Oberhausen	4:02:36	M45	214	0:50:41	1:15:46	1:56:07
890	3976	Kulpa Dieter	Adler-Langlauf Bottrop	4:02:36	M50	139	0:50:53	1:17:41	1:54:01
891	4165	Müntens Ralf	*Brüggen	4:02:38	M45	215	0:49:29	1:16:58	1:56:10
892	2175	Schüring Norbert	TuB Bocholt	4:02:43	M45	216	0:50:46	1:18:25	1:53:31
893	3012	Witt-Lock Manfred	SV Bayer 08 Uerdingen	4:02:49	M45	217	0:51:39	1:17:48	1:53:22
894	2450	Karl Florian	Sisu Berlin	4:02:50	M30	78	0:41:54	1:20:15	2:00:39
895	3160	Bremer Andreas	Marketing Runners	4:02:52	M45	218	0:48:34	1:17:36	1:56:41
896	2339	Wolffram Peter	*Duisburg	4:02:53	M55	54	0:49:40	1:17:01	1:56:11
897	2558	Sörgel Hans-Joachim	Grubenwehr Ruhrkohle	4:02:55	M50	140	0:50:19	1:19:24	1:53:12
898	1431	Krull Jürgen	*Dinslaken	4:02:59	M45	219	0:52:09	1:18:30	1:52:20
899	2435	Schuhmacher Volker	*Duisburg	4:03:05	M45	220	0:52:32	1:17:16	1:53:16
900	3843	Spelleken Jürgen	*Dinslaken	4:03:13	M50	141	0:53:14	1:15:32	1:54:27
901	3280	Braatz Thomas	*Erkrath	4:03:16	M45	221	0:48:35	1:17:37	1:57:03

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	1234	Jansch Frank	Jogmap Ruhr	4:03:17	M45	222	0:46:55	1:19:40	1:56:41
903	1990	Kreth Michael	*Neukirchen-Vluyn	4:03:18	M35	119	0:49:56	1:20:09	1:53:12
904	2511	Lippke Jochen	KSV Duisburg-Wedau	4:03:25	M45	223	0:50:28	1:17:27	1:55:29
905	2809	Burggraf Bernd	Vodafone Runners	4:03:27	M40	215	0:48:06	1:25:05	1:50:14
906	4678	Roth Holger	BSG Stadtwerke Duisburg	4:03:27	M40	216	0:49:54	1:17:53	1:55:39
907	3465	Koppers Frank	Veerter Vliitzer	4:03:30	M35	120	0:53:31	1:16:43	1:53:16
908	1936	Knopik Andreas	*Rheinberg-Borth	4:03:31	M45	224	0:52:53	1:17:30	1:53:08
909	1880	Beckord Dr. Peter	*Duisburg	4:03:33	M50	142	0:50:58	1:18:53	1:53:42
910	1896	Bormann Hartmut	Sparkasse Krefeld	4:03:46	M45	225	0:49:44	1:19:13	1:54:49
911	2832	Augner Michael	Vodafone Runners	4:03:51	M40	217	0:49:38	1:21:10	1:53:02
912	1242	Puy Michl Franz Xaver	*Duisburg	4:03:56	M40	218	0:52:24	1:15:47	1:55:44
913	1491	Hartmann Helmut	*Duisburg	4:03:56	M50	143	0:53:03	1:18:45	1:52:07
914	3356	Schlemmer Volker	*Dorsten	4:04:01	M45	226	0:50:43	1:18:06	1:55:11
915	3960	Bily Alexander	*Dortmund	4:04:05	M35	121	0:49:41	1:18:33	1:55:51
916	4726	Zachau Roland	LC Duisburg-Marathonkurs 0	4:04:08	M40	219	0:55:12	1:34:50	1:34:05
917	2869	Müller Rüdiger	Marathon Mülheim	4:04:09	M70	3	0:52:41	1:18:20	1:53:07
918	1236	Zobel Michael	TriTeam TSG Sprockhövel	4:04:23	M50	144	0:48:50	1:14:55	2:00:37
919	1512	Jans Jörn	Westende Hamborn	4:04:28	M45	227	0:50:00	1:18:46	1:55:41
920	3709	Rehberg Thorsten	Triathlon-TEAM-Witten	4:04:31	M40	220	0:50:59	1:17:18	1:56:12
921	1778	Becker-Riße Egbert	LC Duisburg	4:04:37	M55	55	0:51:07	1:18:37	1:54:52
922	1649	Wassink Michael	*Oberhausen	4:04:37	M40	221	0:50:24	1:19:25	1:54:48
923	2645	Sheridan Joseph	A1 activefirst	4:04:44	M45	228	0:50:45	1:19:48	1:54:10
924	3300	Bärenwald Horst Peter	*Essen	4:04:50	M55	56	0:50:36	1:17:58	1:56:15
925	3301	Telle Norbert	*Oberhausen/ Rhld	4:04:51	M55	57	0:50:36	1:17:58	1:56:15
926	2794	Vißers Walter	Vodafone Runners	4:04:55	M40	222	0:49:11	1:15:21	2:00:22
927	3947	Baldo Walter	LT Krefeld-Oppum	4:04:56	M60	19	0:51:45	1:19:29	1:53:40
928	2957	Reimann Ralf	*Sonsbeck	4:04:56	M45	229	0:51:48	1:19:10	1:53:58
929	1741	Heinke Jörg	*Duisburg	4:05:01	M45	230	0:51:07	1:17:45	1:56:08
930	4093	Allermann Stephan	Adler-Langlauf Bottrop	4:05:11	M50	145	0:49:28	1:19:15	1:56:27
931	3113	Schulze Norbert	LG Alpen	4:05:14	M50	146	0:50:13	1:20:54	1:54:05
932	4269	Karstens Uwe	Waltroper LC 06	4:05:19	M45	231	0:49:30	1:16:15	1:59:33
933	2176	Conrad Thomas	*Essen	4:05:20	M45	232	0:49:28	1:20:40	1:55:11
934	2923	Spitzer Andreas	EVONIK Wohnen	4:05:21	M45	233	0:49:19	1:18:10	1:57:51
935	1976	Terkatz Johannes	LC Duisburg	4:05:24	M40	223	0:50:00	1:19:18	1:56:05
936	4179	Schweikhart Tullio	LT Lukas	4:05:25	M35	122	0:48:43	1:20:49	1:55:52
937	2538	Retz Holger	*Moers	4:05:27	M45	234	0:49:00	1:17:54	1:58:33
938	3041	Fischer Mike	*Essen	4:05:32	M40	224	0:49:33	1:22:51	1:53:07
939	2736	Schmah Andreas	E.ON Ruhrgas SG	4:05:32	M45	235	0:51:24	1:19:59	1:54:08
940	3897	Fürst Peter	*Velbert	4:05:35	M50	147	0:50:43	1:18:25	1:56:27
941	1625	Gronski-Schaefer Uwe	Laufende Geometer	4:05:36	M40	225	0:49:35	1:19:24	1:56:36
942	3366	Niedballa Peter	GSV Moers	4:05:37	M50	148	0:49:26	1:18:41	1:57:29
943	4545	Hamm Dieter	LT KETTZWIG 2000	4:05:41	M45	236	0:50:30	1:19:17	1:55:53
944	1496	Leifeld Klaus	*Dinslaken	4:05:42	M45	237	1:09:02	1:11:54	1:44:44
945	1493	Taczkowski Jochen	BSG Sparkasse am Nieder	4:05:42	M35	123	0:50:18	1:18:18	1:57:06
946	3602	Lippert Ludger	*Remscheid	4:05:51	M50	149	0:53:19	1:15:21	1:57:10
947	1246	Dietrich Jörg	TV Uftort-Eick	4:05:53	M40	226	0:50:18	1:18:18	1:57:16
948	2999	Loos Andreas	LG Hans-Sachs	4:05:55	M45	238	0:50:37	1:18:16	1:57:01
949	1627	Domnick Dieter	LC Duisburg	4:05:58	M40	227	0:46:35	1:16:20	2:03:02
950	3335	Van Holt Ludger	*Duisburg	4:06:03	M45	239	0:48:13	1:13:48	2:04:01
951	1479	Franke Thomas	*Neuss	4:06:16	M30	79	0:50:13	1:21:26	1:54:36
952	2407	Stingl Rainer	btplan team	4:06:17	M40	228	0:53:32	1:16:32	1:56:12
953	4301	Ullein Rolf	Moerser TV	4:06:20	M50	150	0:50:33	1:19:21	1:56:25
954	1531	Wagener Dennis	*Mülheim	4:06:25	M30	80	0:50:29	1:21:05	1:54:51

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	1212	Ropers Stefan	*Moers	4:06:25	M40	229	0:50:43	1:17:43	1:57:58
956	2673	Schroelkamp Christoph	AS Neukirchen-Vluyn	4:06:25	M45	240	0:53:47	1:20:01	1:52:37
957	2047	Glässer Teijeiro Roberto	LC Duisburg	4:06:26	M45	241	0:50:18	1:19:26	1:56:40
958	1849	Jacob Sebastian	Feuerwehr SV Düsseldorf	4:06:26	M19	6	0:53:29	1:22:41	1:50:15
959	2862	Grotenburg Claus	Vodafone Runners	4:06:27	M40	230	0:49:59	1:19:07	1:57:21
960	1418	Schlegel Jörg	Adler-Langlauf Bottrop	4:06:29	M35	124	0:51:09	1:19:33	1:55:46
961	3883	Dicke Ralf	LC Duisburg	4:06:33	M55	58	0:49:51	1:19:38	1:57:03
962	2936	Phaosricharoen Boonchai	Kleinenbroich	4:06:36	M55	59	0:51:25	1:19:59	1:55:11
963	4655	Brandl Axel	MSV Duisburg LT	4:06:36	M55	60	0:50:50	1:20:07	1:55:39
964	3786	Usler Lothar	*Mülheim an der Ruhr	4:06:36	M45	242	0:49:35	1:17:20	1:59:40
965	2241	Dunkel Torsten	Solinger LC	4:06:39	M45	243	0:47:09	1:13:33	2:05:55
966	2007	Doert-Brexel Gerd	*Mülheim / Ruhr	4:06:40	M55	61	0:49:13	1:20:28	1:56:58
967	2955	Börmann Andreas	*Bottrop	4:06:45	M45	244	0:52:10	1:18:00	1:56:34
968	2596	Kampmeier Raphael	*Düsseldorf	4:06:53	M35	125	0:49:04	1:21:13	1:56:35
969	4196	Brinkhoff Volker	TC Castrop 06	4:06:54	M50	151	0:48:48	1:26:07	1:51:59
970	2053	Nieskens Wolfgang	FF-Walsum	4:06:55	M50	152	0:50:13	1:20:00	1:56:40
971	3289	Berstermann Detlef	*Mülheim an der Ruhr	4:06:58	M40	231	0:50:53	1:16:55	1:59:09
972	3431	Liedke Harry	Triminators TV Voerde	4:06:59	M40	232	0:50:20	1:17:38	1:59:00
973	3284	Munsch Marcel	*Essen	4:07:03	M19	7	0:48:44	1:19:00	1:59:18
974	1960	Munsch Michael	*essen	4:07:07	M45	245	0:48:48	1:19:00	1:59:19
975	1801	Müller Lars	*Moers	4:07:16	M40	233	0:49:23	1:19:52	1:58:00
976	2039	Bresch Hans-Joachim	WF Thyssen Krupp Steel	4:07:16	M45	246	0:52:07	1:22:25	1:52:44
977	1775	Nählen Jörg	BTC-Herne	4:07:17	M40	234	0:49:54	1:21:25	1:55:57
978	5044	Krüger Andreas	SG Deutsche Bank	4:07:17	M45	247	0:50:03	1:19:49	1:57:25
979	4249	Thiel Markus	*duisburg	4:07:20	M35	126	0:52:18	1:19:24	1:55:37
980	4733	Richter Jürgen	Volksläufer	4:07:29	M55	62	0:49:38	1:20:02	1:57:47
981	3520	Warnke Ralf	SV Budberg Lauffreunde	4:07:35	M45	248	0:50:34	1:22:09	1:54:51
982	3949	Miskiw Georg	Running-Team-Ratingen	4:07:37	M50	153	0:50:01	1:19:50	1:57:44
983	3535	Stein Michael	*Aachen	4:07:37	M40	235	0:50:34	1:20:43	1:56:19
984	2294	Warneke Klaus	LT Zornige Ameisen Essen	4:07:44	M50	154	0:55:28	1:23:19	1:48:56
985	2762	Ebus Stefan	E.ON Ruhrgas SG	4:07:45	M35	127	0:50:45	1:25:29	1:51:30
986	3146	Hettmer Klaus	BSG Sparkasse Dinslaken	4:07:46	M40	236	0:50:35	1:17:06	2:00:03
987	4115	Tsarapatsanis Nikolaos	*Duisburg	4:07:53	M45	249	0:53:41	1:19:30	1:54:41
988	3449	Joeken Michael	*Duisburg	4:07:55	M50	155	0:51:05	1:19:51	1:56:57
989	4489	Baumgarten Horst	*Oberhausen	4:07:56	M50	156	0:52:32	1:21:30	1:53:53
990	1332	Rudolph Uwe	Eintracht Duisburg 1848 e.V.	4:07:56	M45	250	0:51:01	1:19:08	1:57:47
991	4685	Wenda Herbert	EVONIK Wohnen	4:07:58	M60	20	0:55:07	1:24:15	1:48:35
992	3585	Plambeck Thomas	*Duisburg	4:08:06	M45	251	0:51:32	1:19:02	1:57:32
993	2406	Röller Knud	btplan team	4:08:06	M35	128	0:53:33	1:18:20	1:56:13
994	2991	Falk Werner	*Wuppertal	4:08:17	M50	157	0:55:23	1:26:13	1:46:40
995	1286	Kraus Reiner	*Meerbusch	4:08:18	M45	252	0:51:27	1:20:44	1:56:06
996	5079	Bonnen Hans-Peter	*Kaarst	4:08:20	M50	158	0:50:08	1:20:14	1:57:57
997	2543	Fateh Andreas	*Rheinberg	4:08:25	M45	253	0:47:43	1:19:29	2:01:13
998	1526	Stock Peter	GSV Moers	4:08:31	M50	159	0:47:18	1:24:21	1:56:51
999	3467	Koppers Christian	Veerter Vliitzer	4:08:34	M35	129	0:53:34	1:17:20	1:57:38
1000	1812	Neugärtner Oliver	Moerser TV	4:08:35	M45	254	0:51:44	1:20:45	1:56:05
1001	3387	Haase Heinz	LC Duisburg	4:08:44	M55	63	0:54:05	1:19:12	1:55:26
1002	4522	Nühlen Markus	*Münster	4:08:45	M45	255	0:49:58	1:20:09	1:58:37
1003	2597	Lauer Dr. Martin	SG Dülken	4:08:46	M45	256	0:51:45	1:19:04	1:57:56
1004	3298	Kaffsach Peter	Billmann-Brother-Sister	4:08:46	M40	237	0:50:15	1:20:58	1:57:33
1005	4504	Behrendt Maik	Berufsfeuerwehr Duisb. GA	4:08:49	M35	130	0:55:24	1:25:37	1:47:48
1006	4150	Litzbarski Roman	*Wülfrath	4:08:53	M55	64	0:53:01	1:21:46	1:54:05
1007	3068	Grügelsberg Ulrich	*Bochum	4:08:56	M45	257	0:53:03	1:19:24	1:56:29

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1008	2264	Herda Alfred	*Duesseldorf	4:09:00	M50	160	0:53:29	1:16:37	1:58:53
1009	1623	Jenner Hartmut	BSG Team EVAG	4:09:10	M55	65	0:53:01	1:20:24	1:55:44
1010	1676	Schlieter Jörg	LT Mismahlshof	4:09:12	M50	161	0:52:35	1:19:26	1:57:10
1011	2735	Schnaubelt Peter	E.ON Ruhrgas SG	4:09:13	M60	21	0:52:13	1:22:51	1:54:08
1012	3918	Gerdemann Uwe	Kottenförster	4:09:16	M40	238	0:50:52	1:21:36	1:56:47
1013	2068	Schuldenzucker Horst	Sonntagsläufer Angermund	4:09:26	M55	66	0:48:24	1:19:56	2:01:05
1014	3448	Matten-Peters Ernst	*Dinslaken	4:09:27	M40	239	0:51:52	1:19:00	1:58:35
1015	4072	Goldschmidt Thorsten	*Essen	4:09:29	M30	81	0:51:41	1:22:00	1:55:48
1016	5191	Ditzer Lothar	TUS BREITSCHEID	4:09:31	M55	67	0:52:01	1:20:56	1:56:33
1017	1459	Kattner Ingolf	KvN Kenianer vom Niederrh	4:09:33	M55	68	0:52:32	1:21:35	1:55:25
1018	3819	Wermes Ralf	Marathon Dinslaken	4:09:40	M50	162	0:52:24	1:22:27	1:54:48
1019	4284	Laufs Stephan	LT Metzkausen	4:09:42	M40	240	0:48:32	1:21:50	1:59:18
1020	1696	Müller Detlef	*Duisburg	4:09:45	M50	163	0:49:51	1:15:55	2:03:58
1021	2692	Haaz Heiko	AS Neukirchen-Vluyn	4:09:57	M40	241	0:52:10	1:22:02	1:55:43
1022	1360	Hoffmann Holger	Therapiewelt MoZi	4:09:59	M35	131	0:56:39	1:13:34	1:59:45
1023	2608	Gröber Rüdiger	A1 activefirst	4:10:07	M50	164	0:53:38	1:20:40	1:55:48
1024	1230	Speh Oliver	Jogmap Ruhr	4:10:15	M45	258	0:51:28	1:19:40	1:59:06
1025	4417	Birkner Oliver	*Monheim	4:10:23	M45	259	0:52:34	1:22:13	1:55:35
1026	2186	Johannes Horst	LT BUGA Düsseldorf 1999	4:10:34	M40	242	0:49:39	1:17:49	2:03:06
1027	1591	Buck Michael	*Wuppertal	4:10:38	M55	69	0:51:40	1:21:09	1:57:48
1028	3835	Bajohr Andreas	Ruhrrunner Essen	4:10:39	M40	243	0:51:04	1:19:21	2:00:13
1029	1774	Nienhaus Detlef	Laufteam-Elsinghorst-Bochol	4:10:40	M55	70	0:54:29	1:24:37	1:51:32
1030	5056	Hellermann Klaus	*Kürten	4:10:41	M45	260	0:52:51	1:21:18	1:56:32
1031	2164	Hörnemann Martin	SG Borken	4:10:45	M40	244	0:49:49	1:19:47	2:01:08
1032	4510	Knott Swen	Berufsfeuerwehr Duisb. GA	4:10:45	M30	82	0:52:44	1:20:25	1:57:36
1033	3047	Hellmann Jörg	*Dinslaken	4:10:46	M35	132	0:51:33	1:21:24	1:57:47
1034	1914	Schneider Mathias	*Duisburg	4:10:47	M22	39	0:48:17	1:23:02	1:59:27
1035	4451	Thomas Jürgen	ASV-LT Kemperdick	4:10:53	M50	165	0:50:31	1:22:39	1:57:42
1036	3811	Ravens Werner	LG Alpen	4:10:58	M55	71	0:52:16	1:23:22	1:55:19
1037	2121	Reese Stefan	*Oberursel	4:11:00	M40	245	0:52:38	1:21:16	1:57:05
1038	2288	Kuhr Martin	LC Duisburg	4:11:04	M45	261	0:51:24	1:21:33	1:58:06
1039	1690	Hense Heinz	Old Walsum Runner	4:11:05	M55	72	0:52:36	1:19:50	1:58:38
1040	1222	Obel Bernd	LC Duisburg	4:11:07	M50	166	0:50:32	1:15:59	2:04:35
1041	3288	Fischer Heinz-Georg	*Bottrop	4:11:19	M60	22	0:52:45	1:21:47	1:56:46
1042	3994	Kuchta Klaus	Ruhrrunner Essen	4:11:20	M50	167	0:52:01	1:22:03	1:57:16
1043	3654	Gatz Norbert	Konfetti 97	4:11:22	M50	168	0:53:00	1:20:57	1:57:24
1044	2649	Stutzer Mark	A1 activefirst	4:11:23	M40	246	0:52:08	1:22:11	1:57:03
1045	4098	Gienapp Rolf	*Duisburg	4:11:24	M45	262	0:53:29	1:22:41	1:55:13
1046	1958	Mehl Fritz	Fussmetik-Team	4:11:24	M55	73	0:52:11	1:22:36	1:56:36
1046	3517	Stuers Rainer	SV Budberg Lauffreunde	4:11:24	M50	169	0:51:45	1:22:09	1:57:29
1048	3495	Stark Peter	TG Rote Erde Schwelm	4:11:32	M50	170	0:52:54	1:21:48	1:56:49
1049	4137	Freese Thomas	*Düsseldorf	4:11:33	M35	133	0:50:56	1:19:29	2:01:07
1050	1351	Böttger Mattis	*Mülheim	4:11:35	M15	2	0:50:49	1:21:12	1:59:34
1051	2944	Warkentin Detlef	*Moers	4:11:38	M65	8	0:51:45	1:23:02	1:56:49
1052	3812	Ceglarek Thomas	DDS Running Team	4:11:39	M30	83	0:53:30	1:21:16	1:56:52
1053	1489	Kautz Günter	SV Viktoria Goch	4:11:46	M60	23	0:50:37	1:17:50	2:03:19
1054	2996	Kirschbaum Ulli	LG Hans-Sachs	4:11:47	M45	263	0:51:01	1:21:23	1:59:22
1055	3638	Rosenschild Christoph	*Oberhausen	4:11:49	M40	247	0:53:56	1:24:43	1:53:09
1056	4403	Hahn Guido	*Kürten	4:11:49	M50	171	0:52:33	1:21:51	1:57:24
1057	1303	Klatt Uwe	*Duisburg	4:11:57	M45	264	0:52:52	1:23:04	1:56:01
1058	3376	Kramer Sebastian	*Essen	4:12:05	M30	84	0:50:51	1:21:49	1:59:24
1059	4344	Lingen Wolfgang	LT KETTWIG 2000	4:12:06	M65	9	0:52:09	1:24:36	1:55:20
1060	2749	Marcus Rolf	E.ON Ruhrgas SG	4:12:10	M50	172	0:52:40	1:22:48	1:56:41

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	1238	Galle Werner	TSV Viktoria Mülheim	4:12:12	M60	24	0:52:43	1:21:01	1:58:28
1062	2157	Schlott Frank	Eintracht Mülheim	4:12:13	M40	248	0:52:02	1:22:00	1:58:10
1063	1322	Erlekotte Ingo	Marathon Dinslaken	4:12:14	M50	173	0:52:22	1:21:10	1:58:42
1064	2904	Werner Thomas	SV Concordia Ossenberg	4:12:15	M40	249	0:50:44	1:21:55	1:59:34
1065	5060	Reisch Axel	*Oberhausen	4:12:41	M55	74	0:55:02	1:21:25	1:56:12
1066	1241	Jungesbluth Jörg	*Unna	4:12:42	M40	250	0:52:19	1:22:08	1:58:15
1067	4423	Wesselbaum Friedel	ASV-LT Kemperdick	4:12:45	M55	75	0:51:57	1:18:18	2:02:29
1068	1833	Hein Andreas	Hottes Fitnessclub Wesel	4:12:45	M45	265	0:51:41	1:21:17	1:59:46
1069	1278	Happe Jens	*Bottrop	4:12:48	M40	251	0:52:57	1:22:43	1:57:07
1070	3223	Wolf Horst	Team Flow	4:12:50	M55	76	0:53:23	1:20:36	1:58:51
1071	4487	Laskowski Andreas	*Bottrop	4:12:51	M45	266	0:52:44	1:26:15	1:53:52
1072	1410	Cornelius Hans-Gerhard	*Duisburg	4:13:01	M45	267	0:53:05	1:18:33	2:01:23
1073	1808	Scheer Prof. Dr. Thorsten	*Essen	4:13:09	M45	268	0:48:41	1:23:35	2:00:53
1074	2697	Weber Wolfgang	LG COESFELD	4:13:10	M40	252	0:50:26	1:22:00	2:00:43
1075	4507	Linsenmeier Peter	Berufsfeuerwehr Duisb. GA	4:13:11	M22	40	0:57:24	1:18:11	1:57:34
1076	3681	Schütt Jochen	*Wuppertal	4:13:16	M65	10	0:52:20	1:21:09	1:59:46
1077	3917	Reinhardt Armin	SV Bezirksregierung Düssel	4:13:19	M45	269	0:54:34	1:23:20	1:55:24
1078	5020	Markmann Josef	*Düsseldorf	4:13:24	M40	253	0:52:07	1:22:35	1:58:40
1079	5054	Reinkenhoff Heinz-Gerd	*Wuppertal	4:13:27	M45	270	0:50:09	1:21:21	2:01:56
1080	3824	Krause Thorsten	*Neuss	4:13:30	M30	85	0:48:26	1:23:55	2:01:08
1081	3313	Peters Thomas	TPRunning	4:13:33	M45	271	0:52:34	1:12:38	2:08:19
1082	3776	Felske Jürgen	*Oberhausen	4:13:36	M45	272	0:53:10	1:19:19	2:01:07
1083	3907	Schwenke Gerhard	*Essen	4:13:36	M55	77	0:53:19	1:22:39	1:57:37
1084	1237	Zobel Florian	TriTeam TSG Sprockhövel	4:13:39	M18	5	0:53:47	1:18:59	2:00:52
1085	3302	Schäfer Thomas	*Bottrop	4:13:42	M45	273	0:53:08	1:22:38	1:57:54
1086	4717	Esser Volker	LC Duisburg-Marathonkurs 0	4:13:45	M40	254	0:52:43	1:22:56	1:58:05
1087	3327	Jüchter Birger	Weizenfreund	4:14:10	M35	134	0:54:02	1:25:47	1:54:20
1088	3963	Kiosses Georgios	*Ratingen	4:14:13	M50	174	0:48:47	1:27:17	1:58:07
1089	2844	Holtmanns Thomas	Vodafone Runners	4:14:14	M40	255	0:50:31	1:21:32	2:02:10
1090	3740	Sobczak Martin	Adler-Langlauf Bottrop	4:14:16	M45	274	0:53:32	1:24:57	1:55:46
1091	3703	Eichholz Bernhard	www.orott.de	4:14:19	M50	175	0:51:30	1:23:47	1:59:01
1092	1533	Eilert Michael	LT Düsseldorf Süd	4:14:21	M40	256	0:52:37	1:23:19	1:58:24
1093	4395	Müller Josef	*Ratingen	4:14:25	M50	176	0:52:31	1:21:17	2:00:36
1094	2301	Kronenberg Michael	LT Zornige Ameisen Essen	4:14:27	M45	275	0:51:38	1:19:24	2:03:23
1095	2118	Jordan Dr. Frank	*Erkrath	4:14:39	M40	257	0:49:13	1:16:35	2:08:51
1096	2204	Rau Dieter	*Hilden	4:14:40	M45	276	0:53:38	1:22:04	1:58:57
1097	4216	Giesen Uwe	BKV Oberhausen	4:14:40	M50	177	0:51:49	1:19:44	2:03:05
1098	1354	Böttger Klaus-Peter	*Mülheim	4:14:55	M55	78	0:53:51	1:21:12	1:59:51
1099	3294	Alexander Wolfgang	TUT Nix Kray	4:15:00	M55	79	0:50:54	1:23:55	2:00:10
1100	3484	Storms Christian	TuS Baerl e.V.	4:15:10	M22	41	0:52:37	1:19:14	2:03:19
1101	2897	Remenar Willi	BSG Commerzbank Duisburg	4:15:15	M55	80	0:52:01	1:22:01	2:01:12
1102	1712	Schatt Olaf	Die Stolperer	4:15:20	M45	277	0:51:34	1:18:16	2:05:29
1103	5021	Janssen Elmar	*Essen	4:15:22	M35	135	0:50:04	1:22:28	2:02:49
1104	3143	Sprenger Rolf	BSG Team EVAG	4:15:24	M35	136	0:53:18	1:18:55	2:03:11
1105	2825	Mühlenbrock Andreas	Vodafone Runners	4:15:28	M40	258	0:50:54	1:24:44	1:59:48
1106	5030	Kreuz Rüdiger	SKV Wuppertal	4:15:31	M45	278	0:49:39	1:20:44	2:05:07
1107	3272	Lehnen Ingo	OSC Rheinhausen	4:15:32	M45	279	0:53:38	1:21:27	2:00:25
1108	2498	Große-Wilde Michael	TV Ufport-Eick	4:15:34	M50	178	0:52:47	1:25:31	1:57:15
1109	2268	Feik Matthias	Team Rakete	4:15:43	M35	137	0:49:05	1:15:39	2:10:57
1110	2972	Riemer Alexander	*Düsseldorf	4:15:50	M40	259	0:54:00	1:21:15	2:00:34
1111	3573	Elsemann Thorsten	*Bocholt	4:15:57	M30	86	0:53:16	1:22:44	1:59:57
1112	1490	Feldmann Jens	*Duisburg	4:15:58	M30	87	0:49:54	1:23:28	2:02:35
1113	2576	Höhnen Thorsten		4:16:01	M40	260	0:54:04	1:24:04	1:57:52

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1114	3743	Dieckmeyer Torsten	*Kempen	4:16:06	M45	280	0:50:33	1:25:52	1:59:41
1115	2424	Bickmann Ludger	*Moers	4:16:06	M45	281	0:45:14	1:08:33	2:22:18
1116	1279	Brockhaus Helmut	SPCA Duisburg	4:16:15	M45	282	0:53:10	1:24:45	1:58:19
1117	3645	Njunjic Claude	*Duisburg	4:16:15	M30	88	0:51:00	1:23:09	2:02:06
1118	3328	Jansen Georg	*Ratingen	4:16:19	M40	261	0:55:21	1:22:23	1:58:34
1119	4444	Stapperfenne Dr. Uwe	*Wülfrath	4:16:32	M50	179	0:55:14	1:24:14	1:57:03
1120	5031	Lenuweit Uwe	SKV Wuppertal	4:16:35	M45	283	0:50:43	1:20:44	2:05:07
1121	3074	Hunstiger Heinrich	*Düsseldorf	4:16:40	M40	262	0:51:25	1:20:32	2:04:42
1122	2971	Günther Achim	einzig Art(w)ick	4:16:45	M40	263	0:52:43	1:25:04	1:58:57
1123	3292	Kettner Christian	*Essen	4:17:00	M22	42	0:52:03	1:19:21	2:05:35
1124	3451	Müller Christian	*Rheinberg	4:17:02	M40	264	0:49:23	1:22:12	2:05:26
1125	2162	Otto Heiko	FKK - Fröhliche Kriecher Kr	4:17:02	M30	89	0:51:50	1:26:34	1:58:37
1126	3083	Minx Michael	OSC 04 Rheinhausen	4:17:04	M45	284	0:51:52	1:20:46	2:04:25
1127	2623	Krenski Rainer	A1 activefirst	4:17:11	M45	285	0:54:43	1:20:25	2:02:03
1128	5134	Keus Michael	TLV Germania Überraehr	4:17:15	M45	286	0:54:28	1:21:39	2:01:06
1129	2238	Sonneborn Andreas	S.V. Jägerhaus Linde	4:17:22	M35	138	0:54:37	1:22:57	1:59:46
1130	4541	Wahabie Wahed	Box-Club-Geldern	4:17:24	M30	90	0:53:42	1:22:59	2:00:42
1131	2021	Blankennagel Michael	*Wuppertal	4:17:29	M30	91	0:51:58	1:24:31	2:00:59
1132	2745	Pathe Jürgen	E.ON Ruhrgas SG	4:17:33	M45	287	0:52:31	1:20:53	2:04:08
1133	1226	Fischer Claus	Rennschnecken 2000	4:17:41	M45	288	0:53:29	1:23:59	2:00:12
1134	1826	Gierden Adrian	*Duisburg	4:17:51	M22	43	0:54:41	1:22:59	2:00:10
1135	2967	Münks Georg	VT Triangel Kempen	4:17:57	M40	265	0:52:59	1:21:44	2:03:13
1136	3207	Scheffer Thorsten	*Oberhausen	4:17:57	M35	139	0:53:09	1:22:06	2:02:42
1137	4732	Richter Rüdiger	Volksläufer	4:17:59	M50	180	0:49:38	1:28:37	1:59:43
1138	2882	Wondracek Ralf	TRIMET	4:18:00	M40	266	0:51:52	1:23:08	2:02:59
1139	3546	Wienholt Bernd	*Duisburg	4:18:04	M45	289	0:53:51	1:15:22	2:08:50
1140	3904	Werner Gerhard	Medisport Dortmund	4:18:04	M60	25	0:54:18	1:22:36	2:01:09
1141	1578	Schmidt Jürgen	*Oldenburg	4:18:07	M50	181	0:54:14	1:24:04	1:59:48
1142	3332	Wiegiershaus Dieter	TS Duisburg-Rahm	4:18:17	M55	81	0:53:30	1:22:48	2:01:57
1143	2797	Laschet Patrick	Vodafone Runners	4:18:17	M40	267	0:51:52	1:23:28	2:02:56
1144	1638	Kranz Detlef	LG Tantra	4:18:20	M55	82	0:54:09	1:23:56	2:00:14
1145	3796	Panzog Stefan	BSG Victoria Versicherung	4:18:22	M40	268	0:50:17	1:26:00	2:02:04
1146	4160	Franz Hendrik	*Düsseldorf	4:18:28	M30	92	0:54:18	1:25:28	1:58:41
1147	2239	Platte Stephan	SV Jägerhaus Linde	4:18:36	M40	269	0:54:36	1:22:56	2:01:03
1148	4480	Uferkamp Bastian	*Wesel	4:18:53	M30	93	0:52:52	1:21:48	2:04:12
1149	2898	Milch Markus	BSG Commerzbank Duisburg	4:19:15	M35	140	0:53:47	1:23:19	2:02:09
1150	1318	Reckert Thomas	*Willich	4:19:28	M40	270	0:51:55	1:20:25	2:07:07
1151	5059	Schmidt Jan	Aixschnecken	4:19:34	M30	94	0:55:04	1:25:43	1:58:45
1152	3293	Piechatzek Edmund	LC Duisburg	4:19:38	M50	182	0:54:34	1:21:56	2:03:07
1153	2023	Reichhardt Detlef	VfL Fun Runners	4:19:39	M50	183	0:52:57	1:22:40	2:04:01
1154	3081	Grabow Jan	Trinksportförderverein	4:19:44	M45	290	1:02:54	1:18:12	1:58:36
1155	1959	Jung Klaus	VfL Gladbeck Fun Runner	4:19:47	M55	83	0:52:42	1:31:34	1:55:30
1156	2937	Brockers Antonius	*Düsseldorf	4:19:47	M55	84	0:53:40	1:24:21	2:01:45
1157	2237	Lorkowski Peter	Die blauen Bengel	4:19:49	M45	291	0:51:20	1:18:47	2:09:41
1158	4486	Nierfeld Marco	*Oberhausen	4:19:49	M35	141	0:53:45	1:26:14	1:59:49
1159	3958	Jansen Sven	*Duisburg	4:19:53	M30	95	0:53:28	1:23:52	2:02:32
1160	2721	Hüsken Heinz	FS Rheinkamp	4:20:00	M60	26	0:53:02	1:23:52	2:03:04
1161	1218	Grothoff Markus	*Solingen	4:20:03	M45	292	0:54:00	1:23:31	2:02:31
1162	4125	Kubitza Marco	Ruhr BOB Runners	4:20:09	M35	142	0:53:10	1:24:06	2:02:52
1163	4526	Saal Markus	*Waltrop	4:20:16	M35	143	0:53:27	1:24:36	2:02:13
1164	5064	Neugrodda Carsten	*Sprockhövel	4:20:23	M35	144	1:01:46	1:35:08	1:43:28
1165	2270	Meinrich Dirk	*Essen	4:20:32	M40	271	0:56:08	1:24:54	1:59:29
1166	3701	Bittner Gerd	SG Stern Düsseldorf	4:20:33	M55	85	0:51:00	1:19:52	2:09:41

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	4051	Socher Michael	LC Duisburg	4:20:40	M45	293	0:52:13	1:24:01	2:04:26
1168	2591	Severin Andreas	*Duisburg	4:20:40	M45	294	0:54:01	1:25:12	2:01:26
1169	3460	Domke Thorsten	*Gladbeck	4:20:46	M35	145	0:50:21	1:24:29	2:05:55
1170	4092	Herzig Lothar	*Moers	4:20:47	M50	184	0:55:16	1:26:17	1:59:13
1171	4325	Becher Stefan	*Radevormwald	4:20:53	M35	146	0:53:09	1:22:52	2:04:50
1172	3553	Eckert Paul	Team Interrail Klatovy	4:20:55	M45	295	0:49:29	1:19:57	2:11:29
1173	2641	Schrörs Günter	A1 activefirst	4:20:58	M70	4	0:55:07	1:23:34	2:02:17
1174	3509	Schardt Hans	*mülheim an der ruhr	4:21:06	M60	27	0:54:51	1:23:36	2:02:39
1175	2516	Dum Michael	*Düsseldorf	4:21:08	M40	272	0:54:56	1:25:01	2:01:10
1176	2444	Terheggen Peter	SC Bayer 05 Uerdingen	4:21:10	M65	11	0:54:12	1:25:37	2:01:20
1177	2911	Kasielke Jürgen	EVONIK Wohnen	4:21:13	M55	86	0:54:42	1:25:51	2:00:39
1178	3447	Lenz Dirk	*Dinslaken	4:21:19	M35	147	0:53:52	1:28:50	1:58:36
1179	4021	Schneider Stephan	*Essen	4:21:20	M50	185	0:54:10	1:30:00	1:57:10
1180	4220	Lautner Dr. Gerrit	*Bottrop	4:21:23	M40	273	0:56:18	1:23:06	2:01:59
1181	1786	Heinig Peter	*Duisburg	4:21:27	M50	186	0:53:29	1:24:06	2:03:50
1182	4133	Hoppe Thomas	*Solingen	4:21:37	M45	296	0:57:26	1:24:13	1:59:57
1183	3985	Lukes Jörg	TV Rheurdt	4:21:40	M45	297	0:52:37	1:21:58	2:07:04
1184	1248	Tausche Karl	LT SV Haldern	4:21:42	M70	5	0:54:32	1:24:27	2:02:42
1185	2569	Mueller Thomas	*Kempen	4:21:43	M40	274	0:49:37	1:19:04	2:13:00
1186	1889	Suchanke Andreas	*Krefeld	4:21:43	M45	298	0:52:57	1:24:24	2:04:21
1187	4684	Pohle Stefan	TS Duisburg-Rahm	4:21:45	M35	148	0:52:36	1:24:49	2:04:19
1188	3660	Baganz Heiko	*mülheim an der ruhr	4:21:46	M50	187	0:53:08	1:23:47	2:04:50
1189	4331	Bettke Stephan	DJK Poseidon Duisburg	4:21:46	M40	275	0:52:42	1:24:30	2:04:34
1190	5008	Kempmann Günter	BKV Oberhausen	4:21:54	M60	28	0:56:04	1:24:48	2:01:00
1191	4310	Becker Richard	*Wuppertal	4:21:57	M35	149	0:55:33	1:21:09	2:05:15
1192	2437	Blaskowitz Stephan	*Duisburg	4:22:00	M35	150	0:53:10	1:24:21	2:04:28
1193	3236	Konwiarz Thomas	Marathonkurs 2009	4:22:05	M40	276	0:56:17	1:24:33	2:01:14
1194	1984	Stommel Christian	Die Schnitzelfraktion	4:22:06	M45	299	0:54:50	1:24:28	2:02:47
1195	2927	Tuncel Turhan	EVONIK Wohnen	4:22:24	M40	277	0:56:22	1:26:01	2:00:01
1196	5042	Spelmanns Arnd	Grün-Gelb Flüren	4:22:26	M35	151	0:54:54	1:20:01	2:07:30
1197	3783	Rothe Axel	*Düsseldorf	4:22:26	M40	278	0:48:53	1:24:01	2:09:31
1198	4645	Wichelhaus Hans-Jürgen	AJAX Amsterdam	4:22:40	M45	300	0:49:54	1:20:27	2:12:18
1199	3103	Rogge Andreas	*Mülheim an der Ruhr	4:22:44	M45	301	0:53:46	1:25:13	2:03:44
1200	4118	Kappenberg Georg	*Bottrop	4:22:46	M50	188	0:52:33	1:25:30	2:04:42
1201	4692	Josek Detlef	SV Beeckerwerth	4:22:47	M50	189	0:54:10	1:29:08	1:59:29
1202	2333	Eggemann Dirk	*Gelsenkirchen	4:23:14	M45	302	0:54:47	1:26:17	2:02:09
1203	4075	Garweg Bernd	TV Frisch Auf Lennep	4:23:15	M55	87	0:54:28	1:24:11	2:04:35
1204	3719	Dietrich Oliver	DJK Kleinenbroich	4:23:19	M45	303	0:56:16	1:24:50	2:02:12
1205	4475	Eggert Wolfgang	*Haan	4:23:21	M45	304	0:54:43	1:23:59	2:04:38
1206	2879	Siepkner Gerd	TRIMET	4:23:31	M45	305	0:51:17	1:30:32	2:01:41
1207	1694	Kirchner Jürgen	Zornige Ameisen Essen	4:23:34	M55	88	0:53:48	1:25:46	2:03:59
1208	3432	Meters Norbert	Triminators TV Voerde	4:23:38	M55	89	0:54:11	1:22:42	2:06:44
1209	4730	Becks Rolf	*Wesel	4:23:49	M60	29	0:54:35	1:24:14	2:04:59
1210	3238	Kohl Matthias	K 71	4:23:52	M40	279	0:56:15	1:26:30	2:01:06
1211	4667	Neppi Peter	KC Santa Monica	4:23:52	M40	280	0:50:52	1:23:57	2:09:03
1212	5072	Komanek Horst-Dieter	ADIUVO Rechtsanwälte	4:23:59	M55	90	0:56:52	1:25:56	2:01:10
1213	1369	Risch Gunnar	MSV Leichtathletik	4:24:01	M45	306	0:54:54	1:24:56	2:04:09
1214	1296	Böminghaus René	*Oberhausen	4:24:02	M35	152	0:54:27	1:25:43	2:03:50
1215	4089	Schröder Günther	Lauftreff Sterkrade Nord	4:24:05	M60	30	0:56:04	1:23:20	2:04:40
1216	5197	Hübinger Eduard	TUS BREITSCHEID	4:24:19	M65	12	0:54:19	1:23:37	2:06:22
1217	2364	Bartsch Martin	Angerland LT Lintorf	4:24:28	M55	91	0:54:30	1:24:14	2:05:43
1218	4077	Felbick Jürgen	TV Frisch Auf Lennep	4:24:30	M55	92	0:55:44	1:24:11	2:04:35
1219	2876	Engels Oliver	BSG Sparkasse Wesel	4:24:34	M40	281	0:54:21	1:22:57	2:07:15

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1220	3095	Zöhler Carsten	*Duisburg	4:24:43	M30	96	1:00:09	1:26:47	1:57:46
1221	3454	Kettelhake Rainer	TVE Essen-Frohnhausen 18	4:24:46	M55	93	0:54:06	1:23:39	2:07:01
1222	3628	Bünis Michael	DDSV Kleve	4:24:52	M40	282	0:55:42	1:28:57	2:00:12
1223	2744	Pietsch Helmut	E.ON Ruhrgas SG	4:24:56	M60	31	0:47:24	1:27:15	2:10:16
1224	3581	Kluschat Bernhard	TUSEM Essen	4:24:58	M40	283	0:57:36	1:25:40	2:01:40
1225	2571	Hecker Klaus	Rumelner TV	4:25:06	M50	190	0:53:26	1:24:26	2:07:13
1226	1982	Copetti Carlo	SV Sonsbeck	4:25:08	M40	284	0:51:53	1:22:15	2:10:58
1227	4652	Kloppke Joachim	Jugendheimstätten	4:25:10	M45	307	0:53:47	1:26:30	2:04:52
1228	1824	Ulbrich Thomas	Neukirchener Erziehungsver	4:25:14	M50	191	0:52:39	1:26:56	2:05:39
1229	1825	Riebe-Beier Andreas	Neukirchener Erziehungsver	4:25:17	M55	94	0:52:39	1:26:56	2:05:40
1230	2051	Härter Jürgen	*Duisburg	4:25:25	M55	95	0:56:17	1:26:33	2:02:34
1231	1866	Baumann Marc	*Duisburg	4:25:37	M35	153	0:53:25	1:25:52	2:06:19
1232	5000	Störbrauck Markus	RC VELO 85 Castrop-Rauxel	4:25:56	M30	97	0:52:38	1:25:18	2:08:00
1233	3186	Kirschvink Dirk	Delhaize Lions	4:26:03	M35	154	0:51:08	1:24:13	2:10:42
1234	3185	Wirtz Ingo	Delhaize Lions	4:26:03	M35	155	0:51:07	1:24:13	2:10:42
1235	2979	Nieradka Gerhard	LT Prosper Haniel	4:26:05	M55	96	0:56:06	1:25:07	2:04:51
1236	1412	Bonnen Michael	*Düsseldorf	4:26:10	M50	192	0:50:44	1:26:16	2:09:09
1237	4049	Jalowoy Markus	*Ratingen	4:26:19	M45	308	0:55:34	1:25:20	2:05:25
1238	4450	Jansen Karl Peter	*Ratingen	4:26:23	M50	193	0:49:37	1:17:14	2:19:32
1239	4272	Bachtenkirch Harald	*Iserlohn	4:26:25	M50	194	0:51:50	1:23:27	2:11:07
1240	1961	Mikolasch Christoph	*Essen	4:26:25	M45	309	0:52:01	1:27:37	2:06:47
1241	4374	Paßgang Ralf	Sporttreff Heißen	4:26:35	M50	195	0:55:56	1:25:30	2:05:08
1242	3015	Knopf Peter	*Marl	4:26:49	M45	310	0:56:02	1:28:48	2:01:58
1243	5142	Vespermann Uwe	BSG Sparkasse Oberhausen	4:26:55	M45	311	0:50:25	1:27:42	2:08:47
1244	3702	Gabienski Thomas	*Duisburg	4:26:56	M40	285	0:53:33	1:24:49	2:08:33
1245	4300	Vormdohre Dieter	*Ratingen	4:26:56	M50	196	0:55:34	1:25:20	2:06:01
1246	3194	Wolter Eckhard	Team Stadtwerke Witten	4:27:04	M55	97	0:53:50	1:23:09	2:10:03
1247	2928	Körner Dr. Dieter	EVONIK Wohnen	4:27:06	M45	312	0:56:16	1:25:36	2:05:13
1248	3966	Jahnke Udo	*Ratingen	4:27:06	M45	313	0:57:10	1:29:59	1:59:56
1249	3463	Mertins Kai	Veerter Vlitzer	4:27:08	M40	286	0:54:54	1:27:00	2:05:13
1250	3464	Osterberg Frank	Veerter Vlitzer	4:27:09	M50	197	0:54:55	1:26:59	2:05:13
1251	1429	Kolenbrander Peter	LG BHR Oberhausen	4:27:13	M50	198	0:53:56	1:25:00	2:08:15
1252	3912	Schneider Olaf	*Oberhausen	4:27:15	M40	287	0:51:12	1:28:30	2:07:32
1253	2084	Roth Reinhold	*Duisburg	4:27:17	M35	156	0:55:34	1:25:44	2:05:59
1254	4187	Jeppel Carsten	BSG Springorum Bochum	4:27:29	M30	98	1:00:01	1:14:10	2:13:17
1255	3604	Schuchardt Dirk	Sasol Solvents Running Tea	4:27:31	M40	288	0:56:35	1:26:34	2:04:21
1256	5048	Thiel Oliver	*Mülheim	4:27:32	M40	289	0:57:02	1:25:38	2:04:51
1257	1760	Konkowski Frank	Trinksportförderverein	4:27:35	M45	314	1:06:05	1:21:15	2:00:14
1258	3759	Steffens Dirk	ASC Düsseldorf	4:27:38	M45	315	0:54:36	1:28:06	2:04:55
1259	2086	Focks Friedhelm	*Duisburg	4:27:40	M60	32	1:01:17	1:31:33	1:54:49
1260	3067	Schurse Dirk	LG Aaper Wald	4:27:44	M40	290	0:54:39	1:29:33	2:03:30
1261	1528	Pollack Udo	Laufftreff R(h)einknaller	4:28:12	M45	316	0:57:08	1:26:28	2:04:36
1262	5078	Lüdtke Andre	*Düsseldorf	4:28:16	M40	291	0:54:34	1:23:49	2:09:52
1263	1595	Lenhart Bernd	*Duisburg	4:28:18	M45	317	0:53:13	1:22:21	2:12:43
1264	4289	Wolf Tim	Team Wolf	4:28:28	M30	99	0:53:43	1:24:17	2:10:27
1265	2020	Krah Markus	VfL Fun Runners	4:28:38	M40	292	0:55:26	1:25:25	2:07:47
1266	3251	Kuhnke Thorsten	*Mettmann	4:28:54	M35	157	0:55:16	1:23:35	2:10:02
1267	4458	Hoepken Theo	*Duisburg	4:29:04	M60	33	0:51:06	1:21:32	2:16:26
1268	4369	Klause Herbert	LT Cloversoft	4:29:17	M35	158	0:53:16	1:30:14	2:05:46
1269	2004	Schumacher Markus	*Essen	4:29:19	M35	159	0:57:05	1:26:24	2:05:49
1270	4209	Duisberg Olaf	*Wuppertal	4:29:21	M40	293	0:56:25	1:29:17	2:03:38
1271	1763	Hardt Jürgen	*Duisburg	4:29:22	M50	199	0:54:27	1:25:51	2:09:03
1272	4718	Hinterberger Peter	LC Duisburg-Marathonkurs 0	4:29:23	M50	200	0:55:53	1:17:01	2:16:28

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1273	2274	Palm Volker	*Tönisvorst	4:29:52	M45	318	0:53:47	1:26:54	2:09:09
1274	2108	Salimi Sohrab	*Aachen	4:30:04	M22	44	0:48:39	1:24:26	2:16:58
1275	5063	Kohlstedte Johannes	*Münster	4:30:13	M22	45	0:55:40	1:29:18	2:05:14
1276	2188	Schlienz Markus	*Düsseldorf	4:30:18	M40	294	0:53:49	1:26:48	2:09:40
1277	2049	Fischer Frank	VFL Tönisberg	4:30:28	M40	295	0:56:50	1:28:16	2:05:21
1278	1892	Maryniok Manfred	Schön Wetter Läufer	4:30:36	M50	201	0:56:03	1:29:45	2:04:47
1279	2871	Beckmann Uwe	BW	4:30:44	M65	13	0:57:12	1:27:53	2:05:39
1280	1870	Salawarda Jürgen	Marathon Dinslaken	4:30:47	M40	296	0:52:17	1:32:58	2:05:31
1281	2042	Holloh Jörg	*Mülheim an der Ruhr	4:30:48	M40	297	0:56:49	1:27:54	2:06:04
1282	3700	Spieker Harry	*Duisburg	4:30:51	M35	160	0:57:28	1:24:50	2:08:33
1283	2481	Mumcu Eray	*Düsseldorf	4:30:58	M40	298	0:59:08	1:25:39	2:06:10
1284	3841	Dulich Heinz-Günter	*Neukirchen-Vluyn	4:30:59	M50	202	0:55:00	1:26:14	2:09:44
1285	2684	Birkholz Wolfgang	AS Neukirchen-Vluyn	4:31:09	M55	98	0:57:54	1:22:03	2:11:10
1286	4328	Schramm Dietmar	*Recklinghausen	4:31:11	M55	99	0:58:53	1:27:08	2:05:09
1287	3479	Danowski Ulrich	*gladbeck	4:31:11	M55	100	0:55:02	1:27:54	2:08:14
1288	3512	Fischer Reiner	Zornige Ameisen	4:31:17	M50	203	0:54:54	1:27:48	2:08:33
1289	5106	Bykowski Stephan	*Kaarst	4:31:27	M35	161	0:55:15	1:24:43	2:11:28
1290	2112	Nieland Kalle	*Wesel	4:31:33	M40	299	0:55:12	1:26:11	2:10:09
1291	3557	Schmieschek Christoph	SV Sterkrade-Nord	4:31:33	M40	300	0:57:00	1:26:42	2:07:51
1292	1762	Hackstein Tobias	LC Duisburg	4:31:37	M22	46	0:54:52	1:24:47	2:11:56
1293	1311	Hillig Harald	wiesnasen-mara-tonis	4:31:39	M45	319	0:57:18	1:13:20	2:21:00
1294	4045	Roik Matthias	Triathlon-TEAM-Witten	4:31:49	M45	320	0:54:35	1:27:29	2:09:43
1295	1612	Reichelt Harald	Immeo Wohnen Running Tea	4:31:52	M45	321	0:55:54	1:27:43	2:08:15
1296	1641	Geuting Thomas	Sportlust Bocholt	4:31:54	M30	100	0:56:45	1:26:17	2:08:51
1297	4244	Reinicke Jan	*Leverkoben	4:31:57	M30	101	0:54:30	1:27:21	2:10:05
1298	2302	Szmais Peter	LT Zornige Ameisen Essen	4:31:57	M50	204	0:51:38	1:35:14	2:05:04
1299	3785	Mathe Joachim	*Wuppertal	4:32:00	M40	301	1:01:48	1:31:44	1:58:27
1300	1817	Tenbrink Dirk	DJK Tackenberg	4:32:10	M40	302	0:55:53	1:28:15	2:08:00
1301	1740	Happe Thorsten	*Duisburg	4:32:14	M40	303	0:53:18	1:28:31	2:10:25
1302	3167	Menzler Gerald	*Duisburg	4:32:14	M55	101	0:55:50	1:28:51	2:07:33
1303	2236	Nelles Markus	*Duisburg	4:32:15	M30	102	0:56:32	1:26:19	2:09:23
1304	2190	Bartsch Jürgen	Windschattenschnorrer	4:32:19	M50	205	0:55:25	1:26:07	2:10:46
1305	1375	Reese Frank	MTV Leichtathletik	4:32:23	M40	304	0:55:11	1:27:18	2:09:53
1306	3268	Petri Dr. Stephan	*Essen	4:32:25	M45	322	0:53:33	1:26:35	2:12:16
1307	1540	Heinz Sascha	Running-Team Sterkrade	4:32:27	M22	47	0:56:44	1:24:56	2:10:46
1308	3487	Kremser Klaus	Solinger LC	4:32:42	M45	323	0:58:38	1:28:07	2:05:56
1309	2810	Schüttler Jörg	Vodafone Runners	4:32:48	M40	305	0:54:46	1:32:12	2:05:50
1310	4240	Jakubzik Frank	Laufftreff Vynen	4:32:52	M40	306	0:55:48	1:27:40	2:09:23
1311	3866	Juschka Axel	*Duisburg	4:33:00	M45	324	0:57:23	1:28:40	2:06:57
1312	1819	Hoffmann Berthold	DJK Tackenberg	4:33:02	M45	325	0:57:05	1:28:48	2:07:07
1313	3239	Johnen Simon	*Dortmund	4:33:22	M22	48	0:54:59	1:27:56	2:10:26
1314	3208	Fröhlich Dirk	*Dortmund	4:33:34	M35	162	0:55:15	1:27:56	2:10:23
1315	2929	Engemann Bernd	EVONIK Wohnen	4:33:36	M45	326	0:57:43	1:25:22	2:10:30
1316	4531	Pafferath Benedikt		4:33:59	M50	206	1:00:24	1:26:47	2:06:46
1317	2549	Schumacher Jörg	*Duisburg	4:33:59	M40	307	0:58:44	1:30:32	2:04:42
1318	2513	Kemmerling Jürgen	TK Grevenbroich	4:34:05	M45	327	0:54:34	1:28:08	2:11:22
1319	4695	Kohn Ulrich	SV Beeckerwerth	4:34:17	M50	207	0:53:36	1:27:47	2:12:54
1320	3453	Storms Hubert	TuS Baerl e.V.	4:34:20	M55	102	0:55:35	1:26:18	2:12:26
1321	2720	Lips Peter	FS Rheinkamp	4:34:25	M45	328	0:54:19	1:29:07	2:10:58
1322	2427	Stoy Eckard	*Mettmann	4:34:32	M50	208	0:58:28	1:29:57	2:06:07
1323	3984	Fiege Andreas	LC Duisburg	4:34:35	M45	329	0:57:46	1:27:54	2:08:55
1324	1658	Scholz Marko	Der letzte kocht	4:34:59	M40	308	0:52:26	1:23:13	2:19:18
1325	4520	Langhanki Ulrich	Laufftreff Willich	4:35:11	M55	103	0:58:59	1:28:49	2:07:22

Nike Winterlaufserie des ASV Duisburg 2009 Grosse Serie - Gesamtwertung

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1326	4079	Becker Jürgen	*Xanten	4:35:11	M45	330	0:57:28	1:26:44	2:10:59
1327	5115	Alefelder Wilfried	*Mülheim-Ruhr	4:35:16	M65	14	0:55:49	1:23:32	2:15:54
1328	2314	Ihle Thomas	*Neukirchen-Vluyn	4:35:27	M35	163	0:54:11	1:28:18	2:12:57
1329	4509	Meschede Matthias	Berufsfeuerwehr Duisb. GA	4:35:27	M22	49	0:56:01	1:24:19	2:15:06
1330	2728	Wolbring Lothar	E.ON Ruhrgas SG	4:35:28	M55	104	0:59:34	1:27:50	2:08:03
1331	1373	Hofmann Wolfgang	*Oberhausen	4:35:28	M45	331	0:57:12	1:24:20	2:13:55
1332	2493	Pawlak Clemens	*Essen	4:35:29	M40	309	0:56:36	1:26:36	2:12:16
1333	1728	Tristram Uwe	SG Dresdner Bank Rhein-Ru	4:35:32	M45	332	0:59:14	1:29:56	2:06:22
1334	4202	Born Michael	Angerrunner	4:35:38	M50	209	0:54:49	1:26:00	2:14:48
1335	1576	Mai Wolf-Dieter	*Duisburg	4:35:42	M65	15	0:54:18	1:24:27	2:16:57
1336	2133	Hermes Rainer	*Geldern	4:35:48	M45	333	0:58:52	1:30:33	2:06:22
1337	2312	Maleszka Norbert	*Duisburg	4:35:52	M50	210	0:55:45	1:33:44	2:06:23
1338	4650	Posberg Jürgen	Jugendheimstätten	4:36:05	M40	310	0:57:22	1:26:42	2:11:59
1339	3544	Wolters Jürgen	L.G. Hart am Limit	4:36:34	M45	334	0:54:39	1:27:48	2:14:06
1340	2069	Lüdtke Karsten	*Duisburg	4:36:36	M45	335	0:52:40	1:33:06	2:10:50
1341	2628	Mainzer Martin	A1 activefirst	4:36:37	M45	336	0:58:23	1:27:13	2:10:59
1342	4013	Fischer Udo	Radiergummiliga	4:36:37	M50	211	0:56:39	1:29:04	2:10:54
1343	1502	Hüfner Manfred	BSG Team EVAG	4:36:39	M55	105	0:57:18	1:29:11	2:10:10
1344	2578	Kapp Joachim	KSV Duisburg-Wedau	4:36:50	M55	106	0:57:14	1:28:51	2:10:44
1345	1380	Anschlag Frank	LC Sixty	4:36:50	M45	337	0:56:35	1:25:23	2:14:51
1346	2282	Lindner Christian	www.ruhr-technik.de	4:36:54	M45	338	0:58:14	1:26:47	2:11:51
1347	3104	Hüwe Rainald	*Duisburg	4:37:03	M55	107	0:54:34	1:28:32	2:13:56
1348	3886	Kairies Klaus-Dieter	*Essen	4:37:03	M55	108	0:56:48	1:28:40	2:11:34
1349	1931	Schmidt Frank	GSG Duisburg	4:37:06	M40	311	0:56:36	1:28:16	2:12:13
1350	1666	Seeske Volker	*Bottrop	4:37:33	M45	339	0:59:50	1:30:10	2:07:32
1351	2986	Heinze Mario	*Duisburg	4:37:34	M30	103	0:55:35	1:29:58	2:12:00
1352	2760	Finkel Gunther	E.ON Ruhrgas SG	4:37:46	M55	109	0:54:57	1:25:38	2:17:10
1353	2502	Just Egbert	Polizei Essen	4:38:05	M55	110	0:56:54	1:30:22	2:10:48
1354	4515	Gardemann Jens	Berufsfeuerwehr Duisb. GA	4:38:25	M22	50	0:56:30	1:29:54	2:11:59
1355	3906	Kleusberg Martin	*Wuppertal	4:38:42	M40	312	0:49:20	1:45:09	2:04:12
1356	4288	Wolf Tobias	Team Wolf	4:38:57	M22	51	0:55:17	1:29:05	2:14:34
1357	1385	Wentz Andreas	*Duisburg	4:39:08	M30	104	0:55:25	1:30:12	2:13:31
1358	5093	Beese Klaus	Marathon Mülheim	4:39:17	M55	111	1:03:51	1:29:36	2:05:49
1359	3297	Behr Thomas	Billmann-Brother-Sister	4:39:33	M35	164	0:56:06	1:25:43	2:17:43
1360	4247	Heyduczek Stefan	TV Frisch Auf Lennep	4:39:55	M40	313	0:59:03	1:32:42	2:08:09
1361	2082	Grunow Oliver	FKK - Fröhliche Kriecher Kr	4:40:04	M35	165	0:56:51	1:36:07	2:07:06
1362	4703	Bittner Jörg	Max Maulwurf Marathonis	4:40:12	M40	314	0:58:09	1:25:38	2:16:24
1363	4446	Schwarz Stephan	Casino Duisburg	4:40:30	M50	212	1:00:15	1:34:30	2:05:44
1364	4393	Schumacher Christian	*Duisburg	4:40:33	M22	52	1:02:19	1:27:07	2:11:06
1365	1710	Busch Thomas	TuS Hamborn-Neumühl	4:40:37	M22	53	0:47:26	1:35:21	2:17:49
1366	2925	Brückner Thomas	EVONIK Wohnen	4:40:39	M45	340	0:57:05	1:27:55	2:15:38
1367	4274	Scharf Erich	Turnverein Frisch Auf Lenne	4:40:47	M55	112	0:59:21	1:30:05	2:11:20
1368	2340	Niggemann Andreas	Laufgruppe ziiiiisch und we	4:40:57	M50	213	0:57:45	1:31:22	2:11:49
1369	3359	Seibel Roland	DSD Düsseldorf	4:40:59	M65	16	0:57:05	1:28:31	2:15:22
1370	2768	Blümer Dr. Dietmar	E.ON Ruhrgas SG	4:41:06	M50	214	0:55:47	1:29:33	2:15:45
1371	1610	Denizer Ahmet	*Bottrop	4:41:26	M35	166	0:59:31	1:28:19	2:13:35
1372	4508	Molitor Manuel	Berufsfeuerwehr Duisb. GA	4:41:31	M19	8	0:54:25	1:29:19	2:17:46
1373	3155	Müller Andreas	Lippe-Jogger	4:42:31	M35	167	0:59:08	1:30:04	2:13:18
1374	1447	Berns Klaus	Jogmap Ruhr	4:42:47	M50	215	0:53:15	1:30:00	2:19:32
1375	2480	Kremers Norbert	SC.Bayer 05 Uerdingen Rads	4:42:48	M45	341	0:57:24	1:29:03	2:16:20
1376	3398	Lopez Soto Romeo	*Duisburg	4:42:53	M30	105	0:54:38	1:26:23	2:21:50
1377	3233	Stralek Andreas	Blumen-Zauberei	4:43:20	M40	315	0:54:39	1:37:37	2:11:03
1378	1772	Borchers Mario	TC Eigen-Stadtwald	4:43:36	M30	106	1:02:31	1:14:43	2:26:21

Nike Winterlaufserie des ASV Duisburg 2009 Grosse Serie - Gesamtwertung

Männer

Ges.PI.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-PI.	10km	15km	21km
1379	3267	Schmuck Heiko	*Essen	4:43:37	M40	316	0:59:26	1:30:17	2:13:53
1380	2729	Algermissen Ulrich	E.ON Ruhrgas SG	4:43:38	M50	216	0:59:45	1:32:23	2:11:29
1381	1692	Klose Stefan	TSG 1881 Sprockhövel e.V.	4:43:40	M35	168	0:56:26	1:33:20	2:13:52
1382	3714	Reichards Ronald	*Duisburg	4:43:46	M40	317	0:58:33	1:31:30	2:13:41
1383	5088	Danowski Werner	LC Duisburg	4:43:49	M40	318	0:58:34	1:31:32	2:13:42
1384	4513	Balkenhol Mike	Berufsfeuerwehr Duisb. GA	4:44:08	M22	54	0:56:30	1:35:37	2:11:59
1385	2196	Kriege Alexander	*Essen	4:44:09	M35	169	0:54:47	1:30:50	2:18:30
1386	3466	Koppers Thomas	Veerter Vliitzer	4:44:20	M30	107	0:45:34	1:32:57	2:25:48
1387	1288	Schäfer Hagen	AlBerthä Runners	4:44:21	M45	342	0:56:58	1:33:07	2:14:14
1388	2612	Heidkamp Guido	A1 activefirst	4:44:21	M40	319	0:56:55	1:30:23	2:17:02
1389	3482	Burkhardt André	*Duisburg	4:45:00	M22	55	0:58:43	1:30:29	2:15:47
1390	3108	Warda Frank	*Dorsten	4:45:22	M45	343	1:00:04	1:28:17	2:17:00
1391	2632	Milewski Wilfried	A1 activefirst	4:45:31	M55	113	0:58:03	1:31:28	2:15:59
1392	3592	Balster Christian	*Dorsten	4:45:32	M40	320	0:54:32	1:26:39	2:24:20
1393	1693	Volkenborn Ralf	*Moers	4:45:45	M40	321	0:56:35	1:31:46	2:17:24
1394	2989	Dederichs Frank	*Duisburg	4:45:49	M45	344	0:57:46	1:33:06	2:14:56
1395	1428	Schwarz Karl-Heinz	*Wuppertal	4:46:13	M60	34	0:56:30	1:28:12	2:21:30
1396	5085	Protz Eberhard	Mittwochslauftreff Niederhe	4:46:41	M70	6	1:01:49	1:30:40	2:14:12
1397	3337	Wolff Peter	*Mülheim	4:46:54	M45	345	0:57:26	1:31:07	2:18:20
1398	2880	Gaertner Marc-Andre	TRIMET	4:47:21	M22	56	0:51:14	1:35:44	2:20:23
1399	4662	Hoffmann Rene	Jugendheimstätten	4:47:22	M18	6	0:51:51	1:17:33	2:37:57
1400	4445	Märker Michael	Casino Duisburg	4:48:00	M40	322	0:58:25	1:34:36	2:14:57
1401	2561	Jaeger Friedhelm	*Mülheim	4:48:14	M45	346	1:00:40	1:33:51	2:13:42
1402	1874	Ebhardt Gerhard	*Duisburg	4:48:18	M60	35	0:59:18	1:31:13	2:17:46
1403	1991	Ehring Dirk	Z-Team DU	4:48:44	M40	323	0:58:26	1:35:04	2:15:13
1404	3005	Herrler Frank	*Dinslaken	4:48:50	M40	324	0:56:32	1:32:10	2:20:07
1405	3127	Klausen Marco	Borussia Kleinenbroich	4:49:02	M40	325	0:57:02	1:33:21	2:18:38
1406	1689	Klein-Vehne Markus	Trinksportfreunde Do Nordwe	4:49:31	M45	347	0:58:13	1:33:56	2:17:21
1407	4218	Busch Thomas	*Geilenkirchen	4:49:41	M30	108	0:58:32	1:35:57	2:15:11
1408	4514	Dresler Alexander	Berufsfeuerwehr Duisb. GA	4:49:43	M22	57	0:56:31	1:27:58	2:25:13
1409	3162	Bartsch Konrad	Marketing Runners	4:49:51	M35	170	0:57:52	1:34:57	2:17:01
1410	4708	Gonscherowski Manfred	TuS Homberg 1912 e.V.	4:50:23	M70	7	0:58:36	1:35:32	2:16:14
1411	1471	Borowski Bastian	*Duisburg	4:50:35	M22	58	0:55:25	1:32:15	2:22:54
1412	5152	Howahl Friedel	LT Schnecke SV Sonsbeck	4:51:02	M60	36	0:58:11	1:33:09	2:19:41
1413	3078	Bachon Ulrich	Die Jungs vom Törchen	4:52:09	M35	171	0:57:03	1:36:26	2:18:39
1414	5049	Buchloh Klaus	SV Siemens	4:52:26	M40	326	1:07:18	1:51:35	1:53:32
1415	3854	Meyers Frank	*DÜSSELDORF	4:52:50	M40	327	0:57:56	1:31:48	2:23:05
1416	2521	Kethers Dennis	*Neukirchen-Vluyn	4:52:57	M30	109	0:57:30	1:29:41	2:25:45
1417	3203	Keyenburg Klaus	LT-TB Frintrop	4:52:58	M55	114	1:03:29	1:34:37	2:14:50
1418	4422	Coric-Ufermann Mario	*Moers	4:53:03	M35	172	0:57:13	1:34:49	2:21:00
1419	3887	Wirth Dominik	*Essen	4:53:05	M22	59	0:54:53	1:28:09	2:30:01
1420	3133	Leupacher Dieter	Team Walsum	4:53:21	M55	115	1:02:34	1:36:19	2:14:28
1421	5041	Görtzen Lutz	Grün-Gelb Flüren	4:53:33	M40	328	0:58:34	1:29:35	2:25:23
1422	1737	Bliesner Friedhelm	LT walk the line	4:53:38	M60	37	1:01:38	1:34:28	2:17:31
1423	2054	Sablotni Dr. Norbert	*Xanten	4:54:00	M55	116	1:01:05	1:35:03	2:17:51
1424	4306	Scholz Matthias	*Duisburg	4:54:32	M22	60	0:57:43	1:37:38	2:19:10
1425	1503	Strang Michael	SV Bezirksregierung Düssel	4:54:58	M45	348	0:54:45	1:44:54	2:15:18
1426	4039	Welsing Winfried	*Bocholt	4:55:23	M55	117	0:59:56	1:35:28	2:19:57
1427	2674	Sewing Wolfgang	AS Neukirchen-Vluyn	4:55:43	M50	217	1:00:32	1:33:24	2:21:47
1428	3668	Egemann Ulrich	*Ratingen	4:55:44	M55	118	1:04:18	1:33:24	2:18:01
1429	3071	Florczak Heinrich	*Essen	4:56:27	M55	119	0:54:59	1:38:15	2:23:11
1430	1549	Konkowski Harry	*Duisburg	4:56:32	M50	218	1:06:05	1:33:57	2:16:30
1431	2919	Soldanski Christoph	opta data	4:56:36	M40	329	0:57:56	1:39:31	2:19:08

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1432	1348	Brylewski Ralf	*Oberhausen	4:56:38	M45	349	0:59:56	1:34:58	2:21:43
1433	4162	Weege Hartmut	TV Schiefbahn	4:57:20	M50	219	0:59:07	1:34:08	2:24:05
1434	2555	Füllung Rolf-Peter	VfL Gladbeck	4:57:38	M60	38	0:59:17	1:36:53	2:21:27
1435	1605	Pilske Claus-Dieter	*Bochum	4:58:00	M60	39	0:59:03	1:35:04	2:23:52
1436	2445	Lenz Dierk	*Bergheim	4:58:27	M45	350	1:01:13	1:32:38	2:24:35
1437	4038	Grobler Friedhelm	Rennschnecken Düsseldorf	4:59:19	M50	220	0:59:55	1:40:46	2:18:37
1438	1954	Monreal Rolf	TB 05 Rheinhausen	4:59:41	M50	221	0:59:20	1:39:27	2:20:54
1439	1281	Heisig Klaus-Peter	*Duisburg	4:59:45	M60	40	1:00:56	1:38:27	2:20:21
1440	1843	Weishaupt Wolfgang	VfL Gladbeck Fun Runner	5:00:09	M45	351	0:59:50	1:39:10	2:21:08
1441	2116	Peitz Wolfgang	Sparda Bank West eG	5:00:10	M40	330	0:58:44	1:32:33	2:28:52
1442	3309	Zielinski Marco	*Monheim am Rhein	5:00:18	M40	331	1:03:55	1:38:29	2:17:53
1443	3156	Stegemann Michael	LT Rennhamster	5:00:20	M35	173	0:58:56	1:35:53	2:25:30
1444	2988	Hoffmann Ralf	BYK-Chemie	5:00:58	M35	174	1:01:03	1:35:49	2:24:05
1445	3962	Geldsetzer Stephan	*Hückeswagen	5:01:57	M45	352	0:57:24	1:39:12	2:25:20
1446	3227	Schirpenbach Dr. Bernd	*Duisburg	5:03:01	M45	353	0:56:02	1:39:10	2:27:49
1447	1635	Fasbender Lutz	*Viersen	5:03:08	M35	175	1:00:38	1:39:06	2:23:23
1448	2526	Hölscher Dirk	*Köln	5:04:21	M35	176	1:01:53	1:39:10	2:23:18
1449	4649	Kniest Hans-Heinrich	SV Orsoy	5:04:51	M45	354	0:52:55	1:40:06	2:31:49
1450	3964	Villano Alfonso	*Ratingen	5:05:10	M45	355	1:00:06	1:38:00	2:27:03
1451	5077	Leineweber Jürgen	Feuerwehr SV Düsseldorf	5:05:33	M55	120	1:04:43	1:37:05	2:23:44
1452	1227	Zerressen Dirk	Rapid Ramirez	5:06:14	M40	332	0:59:38	1:36:36	2:30:00
1453	2251	Kendziorra Thomas	Running Team Hochschule B	5:07:54	M40	333	1:01:03	1:37:29	2:29:21
1454	3697	Kühn Reinhardt	*Dinslaken	5:07:57	M70	8	1:00:26	1:36:01	2:31:29
1455	2389	Zohren Frank	Judo Club 71 Düsseldorf	5:08:19	M40	334	0:59:26	1:30:47	2:38:05
1456	2870	Seidel Herbert	Weseler LT 130	5:08:27	M70	9	1:08:05	1:36:37	2:23:44
1457	4511	Gerichhausen Chris	Berufsfeuerwehr Duisb. GA	5:08:51	M22	61	1:00:50	1:29:04	2:38:56
1458	4026	Büssow Jürgen	Fortuna Düsseldorf	5:09:05	M60	41	1:03:52	1:36:23	2:28:50
1459	4315	Klerkx Godfried	*Brüggen	5:10:31	M45	356	1:06:45	1:40:12	2:23:33
1460	3507	Herbst Manfred	Sun-Corner	5:10:41	M55	121	1:04:36	1:38:00	2:28:04
1461	3751	Weber Kai	TUS BREITSCHEID	5:12:36	M35	177	1:03:06	1:40:17	2:29:13
1462	4237	Knöfler Volkmar	Lauftreff Vynen	5:14:30	M65	17	1:09:16	1:39:30	2:25:43
1463	2382	Hanitzsch Torsten	*Monheim a. R.	5:15:53	M40	335	1:04:36	1:40:50	2:30:26
1464	3677	Schmidt Wolfgang	Norske Skog Walsum	5:16:59	M60	42	1:04:39	1:38:01	2:34:18
1465	2734	Segering Kurt	E.ON Ruhrgas SG	5:18:07	M75	1	1:06:22	1:43:37	2:28:06
1466	2071	Bachran Dr. Ranier	AWLC	5:18:13	M50	222	1:08:06	1:46:19	2:23:47
1467	5113	Lippmann Knut	BSG Barmenia Versicherun	5:19:22	M65	18	1:03:02	1:45:02	2:31:17
1468	3136	Schwill Frank	LT KETTWIG 2000	5:21:24	M45	357	1:02:55	1:47:44	2:30:44
1469	1665	Schmitz Wolfgang	*Neuss	5:22:31	M50	223	1:03:10	1:39:14	2:40:06
1470	4068	Neven Georg	SG Dresdner Bank Rhein-Ru	5:24:28	M40	336	1:07:17	1:39:49	2:37:21
1471	1937	Blaschek Peter	LT Turnerbund Frintrop	5:27:50	M60	43	1:07:18	1:41:52	2:38:39
1472	2917	Kura Arnd	opta data	5:28:43	M40	337	1:04:19	1:44:25	2:39:58
1473	1969	Seidel Dr. Holger	*Duisburg	5:29:45	M45	358	1:05:02	1:46:42	2:38:01
1474	1816	Nespithal Holger	*Moers	5:30:05	M35	178	1:06:24	1:43:37	2:40:03
1475	5217	Grünschläger Thomas	TG Neuss	5:39:20	M55	122	1:04:48	1:56:40	2:37:51
1476	5003	Schroers Markus	*Mülheim an der Ruhr	5:39:58	M35	179	1:07:19	1:51:45	2:40:52
1477	4327	Dickel Michael	*Remscheid	5:48:07	M45	359	1:10:20	1:49:00	2:48:46
1478	4668	Brouwers Michael	*Duisburg	5:52:36	M45	360	1:13:31	1:52:20	2:46:44
1479	4353	Heinze Udo	lustige schleicher essen	5:56:08	M60	44	1:13:04	1:54:38	2:48:25

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1469	Tüshaus Marion	ART Düsseldorf	3:07:06	W40	1	0:39:27	1:00:03	1:27:35
2	3220	Müller Angela	ASC Rosellen/Neuss	3:08:21	W30	1	0:39:43	1:01:16	1:27:22
3	4219	Krämer Sabrina	LC Duisburg	3:12:30	W22	1	0:40:13	1:02:14	1:30:02
4	2432	Niehues Silke	BSG Sparkasse Essen	3:12:32	W35	1	0:40:37	1:02:42	1:29:12
5	1274	Ellinger Andrea	Tri Team TSG Sprockhövel	3:13:17	W35	2	0:40:06	1:02:53	1:30:17
6	3291	Hansch Vera	Adler-Langlauf Bottrop	3:13:34	W22	2	0:40:43	1:02:19	1:30:32
7	3861	Vogt Sabine	*Bottrop	3:19:04	W35	3	0:42:15	1:05:10	1:31:38
8	1500	Gevers-Lohkamp Petra	Adler-Langlauf Bottrop	3:19:22	W40	2	0:41:52	1:04:11	1:33:17
9	3778	Winck Nicole	Krefelder Kanu Klub	3:21:27	W30	2	0:41:33	1:04:34	1:35:19
10	1252	Bido Jutta	LAV Oberhausen	3:21:39	W45	1	0:41:53	1:05:21	1:34:25
11	3936	Pilgram Sabine	Ausdauererschule Bunert	3:23:08	W45	2	0:43:05	1:05:38	1:34:25
12	4673	Krummel Michaela	BSG Stadtwerke Duisburg	3:23:55	W40	3	0:43:44	1:06:04	1:34:05
13	3842	Hünchen Heike	*Düsseldorf	3:24:19	W40	4	0:42:09	1:05:47	1:36:21
14	3016	Kraft Esther	SHC Duisburg Ducks	3:25:48	W35	4	0:42:07	1:06:20	1:37:21
15	2884	Baaken Verana	LG Alpen	3:26:00	W30	3	0:43:05	1:07:25	1:35:29
16	2115	Schlüter-Michels Marion	SG Borken	3:26:47	W40	5	0:43:40	1:06:38	1:36:29
17	1628	Bannert Birte	*Wuppertal	3:27:05	W35	5	0:43:03	1:06:34	1:37:28
18	1235	Shala Daniela	Universität Duisburg-Essen	3:28:51	W40	6	0:44:12	1:06:22	1:38:16
19	1333	Klobus Carmen	*Essen	3:29:41	W30	4	0:44:13	1:06:12	1:39:15
20	3986	Hamacher Silke	Triandertaler Mettmann	3:29:42	W40	7	0:44:47	1:08:19	1:36:35
21	3237	Jurk Conny	ART Düsseldorf	3:30:50	W30	5	0:48:08	1:10:42	1:31:59
22	3311	Püthe Tina	*Düsseldorf	3:31:02	W30	6	0:45:17	1:07:18	1:38:27
23	3688	Püttmann Bettina	SF Ennepetal	3:32:10	W22	3	0:44:49	1:09:36	1:37:45
24	2001	Thorwesten Simone	Waltroper LC 06	3:32:13	W35	6	0:44:59	1:08:02	1:39:11
25	3579	Roslan Joanna	Krefelder Kanu Klub	3:32:18	W22	4	0:45:10	1:07:51	1:39:16
26	2028	Mönning Ulrike	*Köln	3:34:03	W40	8	0:45:22	1:09:17	1:39:23
27	5158	Hawix Annemarie	LT Schnecke SV Sonsbeck	3:34:09	W35	7	0:45:20	1:09:38	1:39:10
28	5157	Hegger Ruth	LT Schnecke SV Sonsbeck	3:34:10	W40	9	0:45:20	1:09:39	1:39:10
29	3837	Blondin Juliane	SC Bayer 05 Uerdingen	3:35:00	W50	1	0:43:10	1:07:05	1:44:44
30	2030	Krause Anna	LG Mülheim	3:35:42	W50	2	0:46:00	1:10:44	1:38:57
31	1405	Hausmann Annette	Bewegtes Zentrum Duisburg	3:36:21	W40	10	0:45:46	1:09:46	1:40:48
32	4669	Lang Sabine	*Duisburg	3:36:31	W40	11	0:45:17	1:10:12	1:41:01
33	3748	Boermann Jutta	TSG Kirchhellen	3:37:07	W40	12	0:46:01	1:10:20	1:40:45
34	2963	Smeets Ursula	LG Mönchengladbach	3:38:53	W40	13	0:47:24	1:11:25	1:40:02
35	1857	Von Gruchalla Iris	LC Duisburg	3:38:58	W40	14	0:45:42	1:10:45	1:42:30
36	1855	Fitzgerald Margaret	*Duesseldorf	3:38:59	W45	3	0:44:25	1:09:03	1:45:30
37	1394	Gregor Gabriele	Solinger LC	3:39:35	W45	4	0:47:22	1:11:33	1:40:40
38	1581	Wüstefeld Regina	LGO Bochum	3:40:05	W40	15	0:48:29	1:10:56	1:40:39
39	5087	Heibing Anne	PV-Triathlon Witten	3:40:05	W55	1	0:45:54	1:10:50	1:43:21
40	2620	Koemen Barbara	A1 activefirst	3:40:40	W35	8	0:48:08	1:11:22	1:41:08
41	2250	Mrug Andrea	PSV Recklinghausen	3:41:22	W40	16	0:46:30	1:13:39	1:41:11
42	1732	Moers Angelika	Sportfreunde Neersbroich	3:41:28	W40	17	0:46:18	1:11:29	1:43:40
43	2211	Breuer Sabine	LC Duisburg	3:41:50	W40	18	0:43:53	1:13:09	1:44:47
44	2964	Schneider Karin	LG COESFELD	3:42:12	W40	19	0:46:15	1:09:46	1:46:10
45	4488	Stüker Maria	*Oberhausen	3:42:47	W22	5	0:47:08	1:11:24	1:44:14
46	5235	Buschmann Rita	LG COESFELD	3:42:58	W50	3	0:45:54	1:10:52	1:46:11
47	1970	Baumann Katja	FastFood Düsseldorf	3:43:43	W30	7	0:46:23	1:17:33	1:39:46
48	3003	Just Gladys	Angerland LT Lintorf	3:43:45	W35	9	0:46:38	1:12:38	1:44:28
49	3979	Gall Katharina	Angerland LT Lintorf	3:44:00	W22	6	0:46:53	1:12:38	1:44:29
50	3631	Beier Susanne	*Herne	3:44:06	W45	5	0:45:22	1:11:47	1:46:56
51	2572	Herriger Annekatrin	RP Marathon Team	3:44:07	W35	10	0:46:58	1:15:56	1:41:13
52	5188	Bohris-Jäggi Beatrice	TUS BREITSCHIED	3:44:20	W45	6	0:43:35	1:19:51	1:40:54
53	2183	Wellmeyer Stephanie	*Düsseldorf-Hamm	3:44:52	W30	8	0:48:00	1:13:49	1:43:02

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	3850	Hofmann Katrin	LC Duisburg	3:46:15	W30	9	0:47:39	1:12:23	1:46:12
55	3022	Strehl Susanne	*Duisburg	3:46:49	W35	11	0:47:08	1:13:02	1:46:37
56	2751	Falkenstein Britta	E.ON Ruhrgas SG	3:47:01	W40	20	0:50:57	1:12:32	1:43:31
57	1359	Monning Melanie	Therapiewelt MoZi	3:47:01	W35	12	0:51:36	1:15:51	1:39:33
58	4044	Roik Christiane	Triathlon-TEAM-Witten	3:47:02	W45	7	0:47:44	1:13:01	1:46:17
59	3169	Lang-van Lil Claudia	*Ratingen	3:47:04	W45	8	0:47:57	1:14:28	1:44:38
60	4110	Göbel Carina	HELIOS Klinik Wuppertal	3:47:10	W40	21	0:47:34	1:13:08	1:46:27
61	2584	Czerwinski Gertrud	LV Stommeln	3:48:06	W50	4	0:48:29	1:15:09	1:44:27
62	1283	Weinhold Jutta	SV Viktoria Goch	3:48:12	W50	5	0:48:23	1:13:23	1:46:26
63	3582	Kmiecik Ute	Ausdauerhschule Bunert	3:48:13	W45	9	0:46:43	1:13:54	1:47:36
64	4370	Petry Anne-Marie	Tri-Team Witten	3:49:03	W50	6	0:50:44	1:12:49	1:45:29
65	4178	Schweikhart Nicola	LT Lukas	3:49:09	W40	22	0:45:52	1:19:19	1:43:57
66	3838	Bevers Wiebke	Ruhrrunner Essen	3:49:19	W40	23	0:50:07	1:15:05	1:44:06
67	4539	Günther Sabine	Cool Runners Spellen	3:49:26	W40	24	0:48:22	1:14:35	1:46:28
68	3766	Kreke Renate	das Reisebüro.de	3:49:35	W50	7	0:47:35	1:16:20	1:45:40
69	2146	Fleischer Christina	Tri Team TSG Sprockhövel	3:49:45	W30	10	0:47:09	1:12:57	1:49:38
70	2377	Krumscheid-Gredig Petra	DJK VfL Forstwald	3:49:55	W40	25	0:48:51	1:15:24	1:45:39
71	2965	Beekmans Petra	LG COESFELD	3:49:56	W45	10	0:48:20	1:15:01	1:46:34
72	2978	Gawlik-Kuzera Eva	LC Duisburg	3:50:06	W45	11	0:49:21	1:14:12	1:46:31
73	4007	Hüging Petra	RWE Starlight Team Essen	3:50:39	W30	11	0:47:18	1:11:57	1:51:23
74	5016	Kuo Lih Fang	Citibank	3:50:59	W35	13	0:48:47	1:15:14	1:46:57
75	2727	Wolff Iris	E.ON Ruhrgas SG	3:51:01	W50	8	0:48:42	1:14:39	1:47:40
76	2428	Flühr Angelika	LC Duisburg	3:51:55	W40	26	0:49:32	1:15:09	1:47:14
77	2327	Schmidt Simone	VFL Gladbeck	3:51:57	W35	14	0:49:01	1:14:09	1:48:47
78	3480	Hommes Claudia	ETuS Bissingheim	3:52:09	W40	27	0:46:18	1:14:10	1:51:39
79	3076	Wehder-Krolik Claudia	Waltrop LC 06	3:52:35	W45	12	0:45:58	1:16:12	1:50:24
80	1624	Wienforth Silke	PV-Triathlon Witten	3:52:39	W35	15	0:48:34	1:14:09	1:49:55
81	2689	Fritsch Marion	AS Neukirchen-Vluyn	3:52:45	W50	9	0:49:32	1:15:02	1:48:09
82	1748	Hölter Agnes	SG Borken	3:52:51	W50	10	0:49:20	1:15:14	1:48:16
83	3589	Aust Brigitte	lc waltrop-06	3:53:16	W50	11	0:48:40	1:16:12	1:48:23
84	4498	Sult Barbara	TC Kray 1892 e.V.	3:53:44	W55	2	0:49:16	1:18:35	1:45:52
85	2966	Bertels Anita	LG COESFELD	3:53:54	W45	13	0:50:29	1:15:42	1:47:42
86	1492	Broel Susanne	LC Duisburg	3:54:05	W40	28	0:49:45	1:16:22	1:47:57
87	2600	Althaus Andrea	A1 activefirst	3:55:07	W30	12	0:48:38	1:16:55	1:49:33
88	2638	Plewnia Antje	A1 activefirst	3:55:38	W22	7	0:48:35	1:15:33	1:51:29
89	4163	Bonnemann Heike	TSV Viktoria Mülheim	3:55:48	W40	29	0:49:58	1:16:35	1:49:14
90	1386	Pfützenreuter Nora	Angerland LT Lintorf	3:55:48	W19	1	0:46:32	1:14:14	1:55:01
91	2226	Müller Kerstin	Lauftreff R(h)einknaller	3:56:03	W30	13	0:48:00	1:19:42	1:48:20
92	1851	Theis-Dorigi Ulrike	Adler-Langlauf Bottrop	3:56:07	W55	3	0:49:44	1:16:38	1:49:44
93	4501	Schmalz Birgit	TC Kray 1892 e.V.	3:56:13	W40	30	0:48:23	1:19:41	1:48:08
94	3648	Fiebig-Kunert Sabine	*Moers	3:56:17	W45	14	0:51:07	1:16:03	1:49:06
95	2562	Maaß Ulrike	*Essen	3:56:46	W45	15	0:48:29	1:20:09	1:48:07
96	5196	Herrmann Berit	TUS BREITSCHIED	3:56:49	W35	16	0:46:53	1:13:00	1:56:55
97	1654	Wacker Heike	SG Borken	3:57:59	W35	17	0:49:50	1:15:13	1:52:55
98	4148	Lindner Katja	Mettmann Sport	3:58:00	W35	18	0:48:19	1:16:29	1:53:10
99	1928	Haberland Christel	Lauftreff Haumannplatz	3:58:24	W40	31	0:49:31	1:16:07	1:52:45
100	4722	Michels Silke	LC Duisburg-Marathonkurs 0	3:58:29	W45	16	0:49:46	1:17:24	1:51:18
101	2536	Kohrs Silke	*Ratingen	3:58:31	W30	14	0:48:33	1:18:36	1:51:21
102	3248	Bernthaler Heike	Die Bernies	3:58:42	W40	32	0:50:23	1:15:50	1:52:28
103	4500	Schäfer Ulrike	TC Kray 1892 e.V.	3:58:58	W45	17	0:48:31	1:19:42	1:50:44
104	5127	Thieler Renate	Hamminkerner SV	3:58:58	W50	12	0:51:54	1:18:18	1:48:46
105	5011	Bach Petra	*Mülheim an der Ruhr	3:59:08	W35	19	0:50:14	1:19:19	1:49:34
106	2334	Möllhausen Trixi	einzig Art(w)ick	4:00:07	W35	20	0:49:55	1:17:35	1:52:36

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4371	Fürderer Antje	Adler-Langlauf Bottrop	4:00:16	W40	33	0:51:25	1:17:34	1:51:15
108	1681	Högner Claudia	*Wülfrath	4:00:18	W40	34	0:50:03	1:17:51	1:52:23
109	1452	Mols Dagmar	Laufftreff R(h)einknaller	4:00:19	W40	35	0:50:32	1:19:31	1:50:15
110	3911	Lippe Cordula	PV-Triathlon Witten	4:00:54	W50	13	0:50:10	1:16:48	1:53:55
111	2715	Ernst Bärbel	FS Rheinkamp	4:01:45	W50	14	0:50:49	1:18:34	1:52:21
112	3568	Gräf Martina	*Velbert	4:01:58	W45	18	0:49:30	1:18:32	1:53:55
113	3938	Kessels Kathrin	*Bottrop	4:02:22	W19	2	0:50:54	1:21:20	1:50:07
114	2573	Stange Monika	Waltroper LC 06	4:02:49	W45	19	0:50:46	1:19:09	1:52:53
115	1397	Pautzke Catrin	LC Duisburg	4:02:58	W45	20	0:50:58	1:18:35	1:53:25
116	4193	Sons Sandra	*Velbert	4:03:10	W35	21	0:49:03	1:16:37	1:57:29
117	1724	Dincklage Melanie	Triminators TV Voerde	4:03:10	W35	22	0:50:09	1:20:31	1:52:30
118	3599	Mölders Ulrike	Team Aroma Ahoi	4:03:32	W22	8	0:47:24	1:14:31	2:01:37
119	4502	Nowicki Laura	TC Kray 1892 e.V.	4:04:01	W19	3	0:50:11	1:18:32	1:55:17
120	1398	Bley Bianca	Die Waldgazellen	4:04:03	W35	23	0:52:09	1:17:56	1:53:58
121	1661	Pingen Sabine	LC Duisburg	4:04:09	W40	36	0:51:30	1:22:09	1:50:29
122	4707	Hildebrandt Bettina	TuS Homberg 1912 e.V.	4:04:11	W40	37	0:51:04	1:18:51	1:54:14
123	1505	Telgenbrok Sigrid	Ausdauererschule Bunert	4:04:11	W45	21	0:50:10	1:18:30	1:55:31
124	4018	Weimer Dr. Maud	*Düsseldorf	4:04:15	W50	15	0:51:26	1:19:46	1:53:01
125	4108	Schäferhoff Barbara	LT Haumannplatz Essen	4:04:39	W45	22	0:50:59	1:20:02	1:53:37
126	1365	Sust Elke	*Castrop-Rauxel	4:05:02	W40	38	0:50:36	1:20:03	1:54:22
127	1964	Fertikowski Inez	*Dinslaken	4:05:15	W30	15	0:52:13	1:18:09	1:54:52
128	4654	Hoffmann-Meyer Angelika	MSV Duisburg LT	4:05:21	W50	16	0:49:35	1:20:07	1:55:39
129	2207	Pilske Petra	JK Running	4:05:27	W35	24	0:51:14	1:19:45	1:54:27
130	1865	Blumenberg Ulrike	*Duisburg	4:05:35	W40	39	0:50:01	1:20:15	1:55:19
131	2210	Lopez Diana	*Burscheid	4:05:44	W35	25	0:49:34	1:17:56	1:58:14
132	4677	Roth Katrin	BSG Stadtwerke Duisburg	4:05:44	W40	40	0:51:31	1:19:28	1:54:45
133	2005	Klemm Ulrike	*Velbert	4:05:53	W55	4	0:51:00	1:18:53	1:55:58
134	3747	Breit Ann-Christin	TSG Kirchhellen	4:06:07	W18	1	0:52:29	1:19:33	1:54:04
135	2462	Friesenhagen Judith	TUSEM Essen	4:06:35	W22	9	0:51:44	1:18:27	1:56:23
136	4367	Dützer Marion	SV Viktoria Goch	4:06:53	W40	41	0:50:05	1:16:28	2:00:19
137	2482	Wallhorn Susanne	LC Duisburg	4:06:54	W45	23	0:50:04	1:17:49	1:59:00
138	5039	Lange Dr. Jutta	Ausdauererschule bunert	4:07:03	W50	17	0:51:56	1:19:08	1:55:57
139	3405	Leminski Angelika	ASV Hilden	4:07:04	W50	18	0:51:00	1:18:21	1:57:43
140	4687	Burckardt Andrea	*Ratingen	4:07:13	W35	26	0:50:28	1:18:33	1:58:12
141	3367	Berndt Elke	LT Turnerbund Frintrop	4:07:16	W50	19	0:49:24	1:18:37	1:59:14
142	1530	Birkendorf Cornelia	*Recklinghausen	4:07:20	W35	27	0:51:53	1:19:23	1:56:03
143	1795	Ernst Angela	Speedy & Gonzales	4:07:37	W35	28	0:49:40	1:20:11	1:57:45
144	1361	Mecking Dr. Bettina	Marathon Dinslaken	4:07:44	W40	42	0:53:01	1:20:05	1:54:37
145	3491	Lehmann Anke	LV Stommeln	4:08:12	W35	29	0:50:45	1:22:10	1:55:16
146	4499	Stützer Kerstin	TC Kray 1892 e.V.	4:08:30	W35	30	0:52:03	1:21:23	1:55:03
147	3872	Feldhoff Kirsten	*Radevormwald	4:08:39	W40	43	0:52:34	1:20:42	1:55:22
148	3452	Wigger Claudia	*Ratingen	4:08:49	W45	24	0:52:00	1:19:21	1:57:27
149	1742	Welzel Bettina	BSG-Springorum	4:08:50	W45	25	0:51:10	1:20:03	1:57:35
150	4421	Hensel Simone	Styrumer TV	4:08:51	W30	16	0:52:05	1:21:05	1:55:41
151	2933	Lensing Nadine	*Duisburg	4:09:09	W22	10	0:49:51	1:19:52	1:59:25
152	3325	Lippke Elke	Ruhrrunner Essen	4:09:25	W50	20	0:52:24	1:19:17	1:57:43
153	2746	Ost Dorit	E.ON Ruhrgas SG	4:09:32	W30	17	0:51:59	1:21:43	1:55:49
154	3680	Ischinsky Carolin	Lauffreunde Bottrop	4:09:39	W35	31	0:51:53	1:19:47	1:57:58
155	5141	Vespermann Beate	BSG Sparkasse Oberhausen	4:09:42	W40	44	0:56:48	1:16:45	1:56:08
156	5154	Bittner Martina	LT Schnecke SV Sonsbeck	4:09:42	W40	45	0:48:51	1:14:44	2:06:06
157	3472	Rüping Kirsten	BTC-Herne	4:09:44	W50	21	0:53:27	1:20:21	1:55:55
158	1270	Kutz Kristina	*Haan	4:09:49	W30	18	0:52:26	1:21:54	1:55:28
159	3140	Joosten Renate	SV Viktoria Goch	4:09:51	W45	26	0:50:05	1:16:28	2:03:18

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3967	Schmuck Susanne	*Dorsten	4:09:58	W40	46	0:50:33	1:24:03	1:55:21
161	3412	Köhncke Claudia	SF Ennepetal	4:10:09	W40	47	0:52:48	1:21:04	1:56:16
162	1261	Hooß Andrea	Triathlon-TEAM-Witten	4:10:09	W35	32	0:51:17	1:16:16	2:02:35
163	1902	Mensching Ilka	LC Duisburg	4:10:14	W35	33	0:52:00	1:20:48	1:57:25
164	2694	Heinze Irmind	AS Neukirchen-Vluyn	4:10:21	W50	22	0:53:36	1:20:07	1:56:37
165	4682	Grönert Karin	*Düsseldorf	4:10:26	W45	27	0:50:59	1:22:20	1:57:07
166	1305	Meister Barbara	BSG Team EVAG	4:10:32	W40	48	0:52:03	1:21:11	1:57:18
167	1592	Buck Monika	*Wuppertal	4:10:38	W55	5	0:51:41	1:21:09	1:57:47
168	1390	Pecher Kirsten	Angerland LT Lintorf	4:10:48	W50	23	0:51:34	1:19:02	2:00:12
169	2122	Plesch Blandine	*Oberursel	4:10:59	W40	49	0:52:38	1:21:16	1:57:05
170	1919	Christ Carola	LG Alpen	4:11:31	W45	28	0:51:29	1:20:52	1:59:10
171	1543	Kaps Christine	TUS Bösinghoven	4:11:36	W40	50	0:52:31	1:22:59	1:56:05
172	3951	Lüdorf Iris	*Ratingen	4:11:39	W40	51	0:52:01	1:19:52	1:59:46
173	2470	Gleiß Anke	*Velbert	4:11:39	W30	19	0:54:13	1:19:40	1:57:46
174	3749	Rotherth Sylvie	TSG Kirchhellen	4:11:50	W40	52	0:53:13	1:22:25	1:56:11
175	1814	Polotzek Sabine	*Dortmund	4:11:51	W40	53	0:52:10	1:22:37	1:57:03
176	2037	Fuhst Kathi	*Neuss	4:11:58	W35	34	0:53:26	1:20:42	1:57:49
177	3374	Stolzke Svenja	*Essen	4:12:04	W30	20	0:50:51	1:21:50	1:59:23
178	4361	Simon Iris	*Duisburg	4:12:10	W40	54	0:52:11	1:21:51	1:58:08
179	2271	Krause Martina	Medisport Dortmund	4:12:36	W40	55	0:47:15	1:14:24	2:10:56
180	1231	Gotta Tina	*Haan	4:12:39	W30	21	0:52:26	1:19:20	2:00:51
181	2247	Tramp Andrea	SV Viktoria Goch	4:12:48	W40	56	0:52:50	1:23:06	1:56:51
182	4710	Schmidt Hildegard	LBN Duisburg e.V.	4:12:51	W60	1	0:52:47	1:22:22	1:57:41
183	5221	Wangenheim von Dania	TG Neuss	4:13:01	W30	22	0:52:03	1:22:17	1:58:41
184	2111	Kress Katrin	*Dortmund	4:13:01	W30	23	0:53:35	1:23:40	1:55:46
185	1903	Schwirtz Nicole	Lahme Enten Wattenscheid	4:13:03	W30	24	0:51:45	1:24:26	1:56:51
186	3779	Kleefisch Angelika	LT Cloversoft/jkrunning	4:13:05	W35	35	0:55:44	1:20:54	1:56:26
187	5126	Tebart Annette	*Krefeld	4:13:05	W35	36	0:55:44	1:20:46	1:56:35
188	3884	Morgenschweis Dagmar	LC Duisburg	4:13:18	W45	29	0:52:29	1:23:45	1:57:03
189	4285	Reimet Verena	LT Metzkausen	4:13:19	W30	25	0:52:08	1:21:51	1:59:19
190	2096	Wilké Lisa	*Mülheim	4:13:24	W55	6	0:51:28	1:22:10	1:59:45
191	1957	Mehl Joanna	Fussmetik-Team	4:13:33	W50	24	0:54:21	1:22:35	1:56:36
192	4134	Hoppe Silke	*Solingen	4:13:36	W45	30	0:54:53	1:21:17	1:57:26
193	1424	Oelschläger-Rath Theres	*Düsseldorf	4:13:59	W50	25	0:54:51	1:23:01	1:56:06
194	3334	Moser Susanne	*Duisburg	4:14:04	W40	57	0:54:23	1:22:49	1:56:50
195	4349	Noeckel Christel	turnerbund frintrop 03	4:14:28	W50	26	0:53:50	1:23:01	1:57:36
196	3829	Schmidt Doerthe	LC Wuppertal	4:14:36	W35	37	0:53:58	1:23:45	1:56:52
197	1733	Dutz Anke	LC Duisburg	4:14:56	W45	31	0:52:50	1:22:07	1:59:58
198	2040	Fiegen Isabel	Lauffreunde HADI Wesel	4:15:25	W30	26	0:51:36	1:21:52	2:01:57
199	2089	Angenvoort Helga	TV Aldekerk	4:15:29	W45	32	0:53:48	1:23:06	1:58:34
200	4255	Ewing Manuela	*Duisburg	4:15:30	W22	11	0:55:07	1:21:42	1:58:40
201	3651	Keiten-Schmitz Gerda	DJK Lauffreunde Rhede	4:15:37	W45	33	0:53:41	1:23:28	1:58:27
202	3473	Richstein Margitta	*Schwelm	4:16:13	W50	27	0:52:55	1:24:34	1:58:43
203	3562	Kujas Claudia	www.racing-4-fun.de	4:16:22	W40	58	0:53:08	1:20:51	2:02:23
204	1326	Erlekotte Jutta	Marathon Dinslaken	4:16:25	W45	34	0:54:00	1:22:14	2:00:10
205	4173	Uphus Gudrun	*Moers	4:16:26	W45	35	0:54:56	1:22:22	1:59:08
206	1466	Dietrich Sabine	*Dorsten	4:16:27	W40	59	0:54:11	1:24:12	1:58:03
207	4203	GROSS HELGA	TTriathlon-TEAM-Witten	4:16:38	W65	1	0:54:31	1:23:14	1:58:53
208	3154	Goldschmidt Anja	*Düsseldorf	4:16:45	W35	38	0:51:29	1:20:32	2:04:43
209	4433	Rolff Andrea	LT Lustige Schleicher Essen	4:16:49	W40	60	0:53:04	1:24:35	1:59:09
210	1701	Schmalacker Anja	*Düsseldorf	4:16:58	W30	27	0:54:34	1:25:28	1:56:55
211	5172	Dopierala Joanna	A1 activefirst	4:17:07	W40	61	0:51:36	1:24:32	2:00:58
212	4334	Stäcker Ingrid	VT 1859 Kempen	4:17:07	W65	2	0:54:33	1:22:53	1:59:40

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3908	Möller Tanja	TV Frisch Auf Lennep	4:17:09	W35	39	0:54:34	1:24:45	1:57:49
214	4000	Scherer Désirée	*Oberhausen	4:17:38	W22	12	0:55:31	1:25:42	1:56:25
215	2194	Hörig Anke	LT Haumannplatz Essen	4:17:39	W40	62	0:53:47	1:24:48	1:59:03
216	3549	Rydsy Sylvia	LC Duisburg	4:17:41	W35	40	0:50:52	1:21:37	2:05:12
217	2177	Norton Barbara	*Essen	4:17:52	W50	28	0:51:04	1:25:59	2:00:48
218	4172	Haase-Payer Ute	*Moers	4:18:08	W45	36	0:55:41	1:21:36	2:00:50
219	3649	Kerschbaumer Dunja	*Essen	4:18:23	W40	63	0:43:54	1:27:07	2:07:20
220	2875	Schlusen Sandra	BSG Sparkasse Wesel	4:18:24	W22	13	0:54:21	1:22:57	2:01:05
221	2240	Romeike Sandra	SV Jägerhaus Linde	4:18:39	W40	64	0:54:36	1:23:00	2:01:03
222	3575	Naumann Sabine	SF Ennepetal	4:18:48	W50	29	0:53:50	1:24:02	2:00:55
223	2490	Verfürden Gabriele	RP-Marathonteam 2009	4:18:49	W45	37	0:55:16	1:21:23	2:02:08
224	2556	Riemer Karin	*Düsseldorf	4:18:54	W40	65	0:54:00	1:23:04	2:01:50
225	3653	Kruczek Claudia	LC Duisburg	4:18:59	W35	41	0:53:13	1:24:07	2:01:38
226	1912	Kaspar Claudia	*düsseldorf	4:19:06	W30	28	0:57:43	1:35:54	1:45:28
227	1871	Piechatzek Gabriele	LC Duisburg	4:19:19	W55	7	0:50:18	1:20:43	2:08:17
228	4535	Kraatz Frauke	Haniel & Cie. GmbH	4:19:20	W22	14	0:54:20	1:20:22	2:04:37
229	2135	Kuhland Katja	TUS BREITSCHEID	4:19:36	W45	38	0:52:02	1:19:52	2:07:42
230	4282	Bertram-Schultz Kerstin	PV-Triathlon Witten	4:19:37	W40	66	0:54:25	1:25:26	1:59:45
231	3077	Hillermann Kirsten	*Düsseldorf	4:20:01	W45	39	0:54:04	1:23:40	2:02:15
232	2706	Litz Hildegard	AS Neukirchen-Vluyn	4:20:19	W50	30	0:55:08	1:22:17	2:02:53
233	5236	Klöpper-Becker Annelie	LG COESFELD	4:20:24	W50	31	0:54:29	1:25:38	2:00:16
234	2022	Sauer Andrea	VfL Fun Runners	4:20:27	W40	67	0:52:55	1:21:51	2:05:40
235	1643	Strate Antje Simone	Triathlon-TEAM-Witten	4:20:31	W40	68	0:51:35	1:22:22	2:06:33
236	2224	Ennigkeit Heike	*Sonsbeck	4:20:32	W40	69	0:56:08	1:24:54	1:59:29
237	1363	Steimer Uta	*Meerbusch	4:20:37	W40	70	0:53:41	1:24:06	2:02:49
238	1392	Wagener Nicola	It-run4fun.de	4:20:53	W30	29	0:51:50	1:22:37	2:06:26
239	1426	Kolenbrander Stefanie	LG BHR Oberhausen	4:20:59	W22	15	0:52:42	1:25:00	2:03:16
240	3216	Schauties Melanie	SSV Sparkasse Lüdenschei	4:21:03	W35	42	0:51:57	1:22:12	2:06:52
241	3879	Verpoort Maria	SV Viktoria Goch	4:21:07	W50	32	0:56:00	1:24:48	2:00:18
242	3684	Emmerich Anja	*Ratingen	4:21:19	W40	71	0:54:48	1:25:45	2:00:45
243	4112	Oellrich Esther	HELIOS Klinik Wuppertal	4:21:29	W30	30	0:52:31	1:23:46	2:05:11
244	2019	Krah Bettina	VfL Fun Runners	4:21:36	W30	31	0:54:55	1:22:40	2:04:00
245	4241	Bartel Petra	Lauftreff Vynen	4:21:51	W40	72	0:54:06	1:23:10	2:04:35
246	1652	Kobek Ulrike	Angerland LT Lintorf	4:22:06	W45	40	0:55:16	1:24:35	2:02:15
247	1794	Schmitz Kathrin	*Duisburg	4:22:09	W22	16	0:53:28	1:22:41	2:05:59
248	3565	Meuter Stephanie	TK Grevenbroich	4:22:16	W45	41	0:54:32	1:24:56	2:02:47
249	2992	Falk Irene	*Wuppertal	4:22:26	W50	33	0:55:23	1:26:13	2:00:49
250	1951	Meyerratken Beate	FA Marl	4:22:56	W40	73	0:58:31	1:24:08	2:00:16
251	1950	Zuschlag Dr. Daniela	FA Marl	4:22:56	W30	32	0:58:31	1:24:08	2:00:16
252	3655	Fenske Dagmar	Waltroper LC 06	4:23:05	W45	42	0:55:11	1:23:50	2:04:03
253	2303	Karwatzki Rita-Beata	LT Zornige Ameisen Essen	4:23:16	W35	43	0:53:41	1:24:49	2:04:45
254	1715	Klee Elke	*Remscheid	4:23:19	W50	34	0:55:20	1:25:34	2:02:23
255	4477	Schorn Maren	*Ratingen	4:23:22	W35	44	0:54:43	1:24:00	2:04:38
256	1835	Klenke Margot	RP- Marathonteam Kempen	4:23:35	W60	2	0:55:48	1:24:34	2:03:12
257	3107	Müller Ines	*Erkelenz	4:23:41	W50	35	0:52:21	1:29:12	2:02:07
258	2024	Richtarsky Rita	VfL Fun Runners	4:24:01	W50	36	0:55:44	1:23:02	2:05:14
259	3560	Körner Beate	*Sprockhövel	4:24:11	W40	74	0:56:16	1:25:36	2:02:18
260	3720	Baltschun Martina	DJK Kleinenbroich	4:24:12	W45	43	0:56:18	1:24:51	2:03:02
261	3522	Neus Tanja	SF Ennepetal	4:24:16	W40	75	0:51:48	1:29:55	2:02:32
262	3588	Saine Betty	LT Zornige Ameisen Essen	4:24:16	W50	37	0:52:33	1:24:48	2:06:55
263	4267	Steindu Sabine	Triathlon-TEAM-Witten	4:24:20	W55	8	1:00:06	1:34:55	1:49:19
264	4411	Berger Vera	*Wesel	4:24:24	W45	44	0:56:31	1:27:02	2:00:50
265	4467	Franken Angelika	Lauftreff Korschenbroich	4:24:24	W50	38	0:52:18	1:22:48	2:09:17

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3120	Nürnberg Ute	Die Römers	4:24:29	W40	76	0:54:46	1:26:42	2:03:00
267	4719	Klugiewicz Heike	LC Duisburg-Marathonkurs 0	4:24:33	W45	45	0:56:44	1:26:05	2:01:44
268	2293	Mehl Sabine	LT Zornige Ameisen Essen	4:24:55	W40	77	0:55:16	1:25:02	2:04:36
269	4538	Heissen Anne	Cool Runners Spellen	4:25:03	W55	9	0:56:42	1:24:37	2:03:44
270	2062	Suck Sabine	*Essen	4:25:07	W40	78	0:54:14	1:25:45	2:05:07
271	1686	Bellwinkel Inga	*Duisburg	4:25:38	W35	45	0:55:02	1:27:41	2:02:54
272	2120	Dietrich Elke	LC Duisburg	4:25:41	W45	46	0:54:45	1:24:34	2:06:21
273	3814	Horning-Hohl Angelika	*Duisburg	4:25:54	W45	47	0:55:25	1:24:51	2:05:36
274	3130	Winkler-Voigt Andrea	*Mülheim	4:26:05	W50	39	0:53:46	1:25:14	2:07:04
275	1514	Becker Christa	Tri-Schnecken Mirker Hain	4:26:05	W40	79	0:56:55	1:28:01	2:01:08
276	3475	Müller Hannelore	SF Ennepetal	4:26:05	W65	3	0:56:27	1:26:49	2:02:48
277	4120	Reinhardt-Scharf Christi	*Mülheim	4:26:19	W50	40	0:54:24	1:27:32	2:04:22
278	3514	Knäpper Wiebke	TV Friesen/BTG	4:26:21	W30	33	0:56:00	1:25:41	2:04:38
279	2742	Radek Annette	E.ON Ruhrgas SG	4:26:21	W45	48	0:55:32	1:25:22	2:05:25
280	2626	Kunz Kerstin	A1 activefirst	4:26:25	W40	80	0:53:53	1:25:59	2:06:33
281	2180	Mehlig Tina	*Neuss	4:26:26	W45	49	0:56:11	1:22:51	2:07:24
282	1872	Salawarda Martina	Marathon Dinslaken	4:26:44	W45	50	0:54:53	1:24:50	2:06:59
283	2403	Schürlein Jeannine	*Duisburg	4:27:08	W30	34	0:53:38	1:27:04	2:06:25
284	3996	Hoffmann Petra	*Bochum	4:27:11	W40	81	1:03:53	1:42:57	1:40:21
285	4691	Wick Brigitte	TUSEM Essen	4:27:22	W50	41	1:04:26	1:37:51	1:45:04
286	1836	Schilling Elli	LC Duisburg	4:27:27	W55	10	0:54:32	1:25:55	2:07:00
287	1414	Kleintges-Topoll Barbara	*Rheinberg	4:27:28	W40	82	0:53:18	1:28:42	2:05:28
288	2025	Geib Elisabeth	VfL Fun Runners	4:27:34	W45	51	0:55:42	1:26:13	2:05:38
289	1884	Jekubczik Christa	LC Duisburg	4:27:40	W55	11	0:56:56	1:28:59	2:01:44
290	5156	van Stephoudt Magret	LT Schnecke SV Sonsbeck	4:27:49	W55	12	0:55:23	1:26:19	2:06:06
291	3110	Waschke Roswitha	Angerrunner	4:27:51	W55	13	0:55:45	1:26:51	2:05:14
292	4214	Küster Angela	*Korschenbroich	4:28:15	W40	83	0:56:42	1:26:49	2:04:44
293	2087	Focks Martina	LC Duisburg	4:28:25	W45	52	0:53:37	1:24:34	2:10:14
294	4389	Thomeczek Martina	LT Krefeld-Oppum	4:28:27	W45	53	0:52:10	1:20:27	2:15:48
295	3920	Grabowski Sonja	*Velbert	4:28:29	W35	46	0:54:02	1:26:03	2:08:22
296	1669	Kernebeck Birgit	*Essen	4:28:41	W35	47	0:56:00	1:26:27	2:06:13
297	5103	Stiller Kathleen	*Düsseldorf	4:28:55	W30	35	0:55:53	1:26:23	2:06:38
298	4347	Tetsch Margret	SV Haldern	4:29:22	W45	54	0:56:28	1:24:35	2:08:18
299	3254	Trötschel Maren	*Wuppertal	4:29:52	W30	36	0:56:07	1:26:59	2:06:45
300	4414	Hentschel Sabine	*Langenfeld	4:30:02	W45	55	0:57:38	1:29:18	2:03:06
301	1863	Stroick Silvia	SG Borken	4:30:21	W40	84	0:53:50	1:28:41	2:07:48
302	3180	Walbaum Ute	LT Lustige Schleicher Essen	4:30:27	W40	85	0:55:56	1:29:58	2:04:33
303	2298	Brunner Undine	LT Zornige Ameisen Essen	4:30:40	W30	37	0:53:45	1:28:22	2:08:33
304	2390	Voll Susanne	*Duisburg	4:30:48	W40	86	0:50:48	1:24:04	2:15:55
305	2655	Wunderlich Antje	A1 activefirst	4:31:08	W30	38	0:55:00	1:24:23	2:11:44
306	1784	Petrasch Ela	Freiläufer	4:31:13	W45	56	0:56:30	1:28:23	2:06:19
307	3558	Schmieschek Beata	*Oberhausen	4:31:17	W35	48	0:57:00	1:26:42	2:07:35
308	2592	Dannehl Gabi	*Essen	4:31:41	W45	57	0:56:01	1:26:31	2:09:08
309	2668	Reis Sandra	AS Neukirchen-Vluyn	4:32:01	W35	49	0:56:40	1:25:46	2:09:35
310	4398	Helten Andrea	SV Haldern	4:32:02	W30	39	0:55:17	1:30:20	2:06:24
311	5067	Schulte Annika	*Münster	4:32:09	W22	17	0:57:31	1:29:19	2:05:17
312	5132	Michel Karin	TLV Germania Überruhr	4:32:23	W45	58	0:54:50	1:30:15	2:07:17
313	2677	Tausch Myriam	AS Neukirchen-Vluyn	4:32:24	W35	50	0:56:27	1:28:21	2:07:36
314	3241	Walz Petra	*Solingen	4:32:42	W40	87	0:58:38	1:28:07	2:05:56
315	3414	Preuß-Schmidt Claudia	SF Ennepetal	4:32:58	W40	88	0:55:30	1:27:51	2:09:36
316	2179	Mehlig-Micevic Konni	TG Neuss	4:33:01	W35	51	0:52:03	1:30:36	2:10:22
317	2304	Roesner Daniela	LT Zornige Ameisen Essen	4:33:02	W30	40	0:55:23	1:29:04	2:08:34
318	1820	Hoffmann Anja	DJK Tackenberg	4:33:04	W40	89	0:57:06	1:28:49	2:07:08

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	2912	Schmidt Monika	TUS Bösinghoven	4:33:05	W50	42	0:54:07	1:30:08	2:08:49
320	4452	Thomas Cornelia	ASV-LT Kemperdick	4:33:13	W55	14	0:57:01	1:28:00	2:08:11
321	2027	Landewee Daniela	VfL Fun Runners	4:33:23	W35	52	0:57:11	1:29:16	2:06:55
322	1818	Tenbrink Heidrun	DJK Tackenberg	4:33:24	W35	53	0:57:05	1:28:17	2:08:02
323	3342	Späth Bettina	*Essen	4:34:16	W35	54	0:54:51	1:25:32	2:13:53
324	3927	Wildschütz Andrea	TV Frisch Auf Lennep	4:34:22	W40	90	0:55:29	1:27:56	2:10:56
325	3916	Muschalla Sylke	LG Alpen	4:34:42	W40	91	0:57:19	1:27:30	2:09:52
326	4065	Unterberg Bärbel	LG Alpen	4:34:42	W50	43	0:57:19	1:27:30	2:09:52
327	2358	Van Bonn Ruth	LC Duisburg	4:34:44	W40	92	0:56:49	1:29:21	2:08:33
328	1791	Hirsch-Fausten Gudrun	Angerrunner	4:34:47	W50	44	0:55:20	1:28:43	2:10:44
329	5239	Brockhaus Iris	SPCA DUISBURG	4:34:53	W40	93	0:56:03	1:30:47	2:08:02
330	1997	Krones-Weyers Ulrike	BSG Team EVAG	4:35:01	W45	59	0:56:26	1:28:03	2:10:31
331	2696	Henseler Regina	AS Neukirchen-Vluyn	4:35:30	W40	94	0:59:27	1:28:27	2:07:35
332	1804	Ehrentraut Sabine	Rumelner TV	4:35:32	W40	95	0:59:13	1:29:56	2:06:22
333	2709	Möller Karin	AS Neukirchen-Vluyn	4:36:03	W50	45	0:57:06	1:29:03	2:09:53
334	3847	Gies Nancy	Joke Runners	4:36:03	W30	41	0:55:06	1:29:25	2:11:31
335	4336	Michel Katja	*Remscheid	4:36:09	W30	42	0:57:53	1:28:44	2:09:31
336	4254	Hausmann Gundula	LT Turnerbund Frintrop	4:36:17	W35	55	0:56:52	1:26:08	2:13:17
337	2313	Frauenrath Claudia	*Duisburg	4:36:28	W45	60	0:57:13	1:28:03	2:11:11
338	4366	Hofstetter Anne	*Mülheim	4:36:35	W45	61	0:57:58	1:29:44	2:08:53
339	4229	Holland Hanni	Lauftreff Vynen	4:36:43	W60	3	0:58:16	1:29:47	2:08:38
340	2654	Wirtz Gabriele	A1 activefirst	4:36:53	W55	15	0:58:12	1:30:12	2:08:27
341	2300	Kronenberg Susanne	LT Zornige Ameisen Essen	4:36:58	W40	96	0:55:27	1:34:37	2:06:53
342	4050	Socher Petra	LC Duisburg	4:37:06	W50	46	0:59:02	1:28:58	2:09:06
343	1777	Rösel Birgit	Ausdauerhschule Bunert	4:37:12	W50	47	0:58:24	1:28:42	2:10:06
344	3537	Poungias Martina	*Oberhausen	4:37:43	W40	97	0:58:06	1:30:01	2:09:35
345	1947	Drieschner Monique	*Dinslaken	4:37:47	W35	56	0:58:34	1:29:11	2:10:00
346	2643	Schulze Rabea	A1 activefirst	4:38:02	W35	57	0:57:10	1:30:26	2:10:24
347	4426	Weidenmüller Gudrun	LC Duisburg	4:38:04	W50	48	0:55:28	1:35:16	2:07:19
348	1508	Wink Tanja	*Bocholt	4:38:11	W30	43	0:56:03	1:28:42	2:13:25
349	1992	Lesniak Nicole	*Bochum	4:38:26	W30	44	0:56:39	1:29:59	2:11:47
350	4188	Paas Fiona	PV-Triathlon Witten	4:38:28	W19	4	1:00:03	1:25:40	2:12:44
351	3323	Welker-Finkbeiner Christi	LT Haumannplatz Essen	4:39:16	W55	16	1:06:58	1:44:05	1:48:13
352	1544	Radomski Barbara	LC Duisburg	4:39:23	W40	98	1:03:21	1:38:31	1:57:29
353	1400	Wahl Bettina	*Solingen	4:39:31	W40	99	0:56:52	1:27:52	2:14:46
354	1691	Loose Johannette	TSG 1881 Sprockhövel e.V.	4:39:38	W35	58	0:57:31	1:32:07	2:09:59
355	2140	Angenent Ursula	*Bocholt	4:39:43	W45	62	0:58:20	1:30:12	2:11:10
356	1574	Kellers Petra	*Mülheim an der Ruhr	4:39:53	W30	45	1:01:02	1:29:58	2:08:53
357	1650	Stratenhoff Birgit	*Oberhausen	4:39:57	W35	59	0:58:12	1:31:37	2:10:07
358	4402	Resing Gisela	KemnadeLakeRunners	4:40:11	W40	100	0:58:26	1:34:13	2:07:31
359	3806	Hörsster Elisabeth	SF Ennepetal	4:40:47	W55	17	0:58:03	1:30:20	2:12:23
360	2961	Hanke Karin	SPCA-Duisburg	4:41:04	W45	63	0:57:38	1:33:00	2:10:25
361	1599	Bauersachs Sandra	*Mülheim a.d. Ruhr	4:41:18	W35	60	0:59:10	1:33:01	2:09:06
362	2485	Schober Carola	LT Zornige Ameisen Essen	4:41:24	W45	64	0:56:02	1:34:38	2:10:44
363	4268	Schwarz Angelika	Triathlon-TEAM-Witten	4:41:34	W50	49	0:56:31	1:26:40	2:18:22
364	3315	Lux Eva	*Solingen	4:41:44	W45	65	0:58:59	1:30:11	2:12:33
365	4394	Morgenstern Elvi	*Moers	4:41:50	W45	66	0:57:25	1:26:59	2:17:25
366	2091	Faber Nina	LT Kassacker	4:41:50	W35	61	0:56:59	1:29:49	2:15:02
367	1888	Schwarz Ilona	*Duisburg	4:41:59	W50	50	0:59:31	1:29:49	2:12:39
368	1284	Kraus Sabine	*Meerbusch	4:43:12	W40	101	0:59:52	1:29:59	2:13:19
369	3188	Krause-Schmieden Andre	*Mülheim / Ruhr	4:43:21	W40	102	0:58:04	1:31:53	2:13:23
370	2651	Vieser Yvonne	A1 activefirst	4:43:30	W35	62	0:56:58	1:30:54	2:15:38
371	4156	Konkowski Sabine	*Duisburg	4:44:10	W40	103	1:00:18	1:30:20	2:13:31

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	3658	Kowalski Magdalene	MSV Duisburg LT	4:44:25	W50	51	0:59:31	1:31:18	2:13:34
373	3773	Gramer Susanne	LC Duisburg	4:44:35	W30	46	0:58:47	1:34:27	2:11:20
374	2903	Stapper Dorothee	SV Concordia Ossenberg	4:44:43	W45	67	0:56:55	1:31:10	2:16:37
375	3080	Grabow Petra	Trinksportförderverein	4:45:36	W45	68	0:59:00	1:33:04	2:13:31
376	1827	Tekolf Sandra	Laufsport Bunert	4:45:51	W22	18	0:57:24	1:30:48	2:17:37
377	4208	Hollmann Jana	LC HoWiBo	4:45:57	W18	2	0:56:19	1:35:03	2:14:34
378	1427	Lehmann Gabriele	*Hilden	4:46:38	W40	104	0:55:44	1:41:28	2:09:25
379	2459	Scholten Melissa	*Ratingen	4:46:58	W30	47	0:57:27	1:31:33	2:17:57
380	1901	Hinzert Sabine	*Essen	4:47:10	W45	69	1:00:13	1:35:38	2:11:18
381	2974	David Katrin	*Ratingen	4:47:19	W30	48	0:57:48	1:34:14	2:15:16
382	1674	Wenzel Heike	Triathlon-TEAM-Witten	4:47:23	W45	70	0:58:14	1:32:54	2:16:14
383	3278	Huyßen-Karth Gabriele	Haus Freudenberg	4:47:23	W45	71	1:00:11	1:31:02	2:16:09
384	2705	Lenhart Claudia	AS Neukirchen-Vluyn	4:47:23	W45	72	0:59:45	1:31:30	2:16:07
385	1338	Potthoff Marlies	Triathlon-TEAM-Witten	4:47:28	W45	73	0:58:15	1:34:38	2:14:35
386	3500	Paschko Nicole	FC Schalke 04	4:47:43	W40	105	0:59:39	1:29:48	2:18:15
387	1809	Schlossarek Nadine	*Bottrop	4:47:45	W30	49	0:58:11	1:30:29	2:19:04
388	1439	Döbold Jana	*Duisburg	4:47:53	W40	106	0:58:30	1:33:52	2:15:30
389	5234	Meyer Ulrike	LG COESFELD	4:48:02	W50	52	0:58:42	1:32:47	2:16:32
390	2467	Dias Teresa	LT Haumannplatz Essen	4:48:16	W50	53	1:05:43	1:32:41	2:09:51
391	4239	Jakubzik Kerstin	Lauftreff Vynen	4:48:17	W35	63	1:00:46	1:30:31	2:16:59
392	2109	Saleh Severine	*Aachen	4:48:59	W22	19	1:00:19	1:31:42	2:16:57
393	3530	Leers Claudia	TV Frisch Auf Lennep	4:49:01	W45	74	0:59:23	1:33:35	2:16:02
394	1785	Opheiden Christiane	Freiläufer	4:49:09	W35	64	1:00:11	1:32:12	2:16:45
395	2968	Wittwer Lisa M.	ASV-LT Kemperdick	4:49:13	W45	75	1:00:22	1:30:45	2:18:05
396	1422	Gottschall Gabriele	*Wuppertal	4:49:46	W50	54	0:58:48	1:35:12	2:15:45
397	2714	Seeger Renate	E.ON Ruhrgas SG	4:49:54	W50	55	1:02:33	1:31:35	2:15:45
398	1308	Hillig Petra	wiesnasen-mara-tonis	4:50:04	W40	107	0:58:09	1:30:53	2:21:00
399	4127	Klein Eva	Ruhr BOB Runners	4:50:09	W40	108	0:59:52	1:33:55	2:16:22
400	3478	Völkel Ulrike	bamp	4:50:31	W45	76	1:00:13	1:34:26	2:15:51
401	2156	Schlott Heike	*Duisburg	4:51:06	W40	109	0:59:39	1:33:47	2:17:39
402	1944	Müller Beate	LT Turnerbund Frintrop	4:51:17	W45	77	0:57:28	1:38:55	2:14:53
403	5160	Teloo Anni	LT Schnecke SV Sonsbeck	4:51:58	W55	18	0:58:47	1:33:20	2:19:50
404	2308	Kirchhof Doreen	*Kempfen	4:52:53	W22	20	0:55:43	1:31:23	2:25:47
405	2520	Heße Stephanie	*Neukirchen-Vluyn	4:52:57	W30	50	0:57:30	1:29:41	2:25:45
406	4385	Ponto Elisabeth	*Mülheim Ruhr	4:54:18	W35	65	1:03:22	1:31:24	2:19:31
407	1793	Strobel Simone	*Bottrop	4:54:23	W30	51	1:02:31	1:25:31	2:26:20
408	1480	Seeger-Meiss Helen	*Moers	4:54:44	W40	110	1:03:33	1:37:12	2:13:59
409	2824	Dwinger Christiane	Vodafone Runners	4:55:11	W40	111	0:58:10	1:36:18	2:20:42
410	4126	Neuhaus Birgit	Ruhr BOB Runners	4:55:26	W40	112	1:00:14	1:37:46	2:17:25
411	2691	Guimaraes Paula	AS Neukirchen-Vluyn	4:55:29	W35	66	1:01:07	1:35:52	2:18:29
412	1282	Heisig Roswita	*Duisburg	4:55:37	W55	19	1:00:20	1:38:23	2:16:53
413	3892	Dömer Barbara	*Düsseldorf	4:55:48	W35	67	0:59:17	1:35:22	2:21:08
414	1955	Monreal Denise	*Köln	4:56:40	W22	21	0:59:16	1:36:30	2:20:53
415	1807	Vogt Cornelia	Triathlon-TEAM-Witten	4:56:53	W22	22	1:00:59	1:34:55	2:20:58
416	2906	Kielmann Simone	SV Concordia Ossenberg	4:57:25	W30	52	1:02:04	1:34:16	2:21:04
417	3839	Klaner Birgit	*Essen	4:57:43	W50	56	1:01:55	1:37:34	2:18:13
418	4436	Diercks Barbara	*Krefeld	4:57:44	W50	57	1:01:57	1:36:06	2:19:40
419	3614	Huisken Ulrike	*Duisburg	4:57:47	W45	78	1:02:35	1:38:25	2:16:46
420	1307	Schwalbach Heike	BSG-DVG	4:57:48	W45	79	1:02:35	1:38:26	2:16:46
421	3347	Suttrop Anke	SV Willich Tri-Team	4:58:25	W40	113	1:00:23	1:37:57	2:20:04
422	1597	Bruns Marlies	*Bocholt	4:59:02	W45	80	1:01:40	1:37:24	2:19:58
423	1973	Stötzel Bianca	TC Eigen-Stadtwald	4:59:05	W22	23	1:00:03	1:32:11	2:26:50
424	4225	Saballs Fabi	*Mülheim/Ruhr	4:59:48	W45	81	1:03:23	1:33:48	2:22:36

**Nike Winterlaufserie
des ASV Duisburg 2009
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	4345	Von Rheinbaben Constan	*Düsseldorf	4:59:48	W40	114	1:01:05	1:40:35	2:18:06
426	4262	Schott Annette	*Krefeld	4:59:51	W40	115	1:03:22	1:36:57	2:19:30
427	3277	Dietzsch Marie	Haus Freudenberg	5:00:02	W35	68	1:00:57	1:37:04	2:22:00
428	1458	Heinrich Ute	AS Neukirchen-Vluyn	5:00:43	W50	58	1:01:18	1:36:49	2:22:35
429	3928	Gottschalk Andrea	Tura Büderich	5:00:51	W45	82	0:58:48	1:41:21	2:20:41
430	1329	Dezelak Alexandra	*Moers	5:01:02	W35	69	1:03:33	1:37:12	2:20:17
431	4518	Imping Nany	TuSpo Huckingen	5:01:08	W45	83	1:02:26	1:37:36	2:21:05
432	4246	Möller Ursula	Lauftreff Vynen	5:01:30	W45	84	1:02:20	1:39:29	2:19:39
433	2625	Kulieva Toita	A1 activefirst	5:01:40	W45	85	1:01:45	1:38:15	2:21:40
434	3096	Einecke Denise	*Xanten	5:01:55	W30	53	1:00:08	1:37:46	2:24:00
435	2136	Eickelberg Elke	*Viersen	5:02:00	W45	86	0:59:31	1:39:07	2:23:21
436	2847	Fasbender Manuela	Vodafone Runners	5:02:02	W35	70	0:59:32	1:39:07	2:23:23
437	2801	Plenk Bärbel	Vodafone Runners	5:02:21	W40	116	1:02:36	1:40:00	2:19:44
438	2614	Hoffmann-Güth Stefanie	A1 activefirst	5:02:23	W40	117	1:01:44	1:38:58	2:21:40
439	3764	Lehmann Rita	TSV Viktoria Mülheim	5:03:09	W45	87	1:01:06	1:38:19	2:23:43
440	2758	Grabienski Petra	E.ON Ruhrgas SG	5:03:47	W50	59	1:01:29	1:34:29	2:27:48
441	2548	Pohl Angeles	Angerland LT Lintorf	5:04:16	W45	88	1:04:09	1:38:21	2:21:45
442	1219	Marquardt-Erwig-Drüppel I	SV Schermbeck	5:04:54	W40	118	1:03:55	1:36:43	2:24:15
443	1898	Stapff Martina	*Moers	5:05:04	W30	54	1:03:50	1:37:17	2:23:56
444	2280	Schneider Dorothee	*Krefeld	5:05:33	W45	89	1:01:26	1:41:14	2:22:52
445	1342	Sendler Andrea	*Krefeld	5:05:56	W40	119	1:04:04	1:39:28	2:22:23
446	4158	Bujak Sandra	BSG Sparkasse Duisburg	5:06:00	W35	71	1:02:22	1:39:29	2:24:08
447	1262	Bockholt Inge	SV Schermbeck	5:06:18	W50	60	1:05:19	1:36:43	2:24:15
448	3388	Möhren Jana	*Düsseldorf	5:06:27	W30	55	1:02:58	1:38:39	2:24:49
449	2253	Kendziorra Stefanie	Running Team Hochschule B	5:07:53	W40	120	1:01:03	1:37:29	2:29:21
450	4236	Knöfler Brigitte	Lauftreff Vynen	5:09:01	W65	4	1:09:17	1:34:00	2:25:43
451	2924	Kozlowski Susanne	EVONIK Wohnen	5:09:13	W40	121	1:02:48	1:40:41	2:25:43
452	3539	Kemkes Petra	Polizei Essen	5:09:13	W40	122	1:04:12	1:41:25	2:23:35
453	4317	Hoemann Meike	*Duisburg	5:09:35	W22	24	1:02:26	1:47:23	2:19:44
454	1830	Kersting Elke	DJK VfL Forstwald	5:10:33	W50	61	1:02:02	1:33:43	2:34:47
455	4517	Sachse Coco	TuSpo Huckingen	5:11:19	W50	62	1:07:16	1:38:09	2:25:53
456	3957	Kempgens Doris	*Ratingen	5:11:48	W45	90	1:04:20	1:40:16	2:27:11
457	5007	Möllhoff Ute	Breuer Team	5:14:00	W50	63	1:04:19	1:41:50	2:27:50
458	4235	Engels-Koran Ulrike	Lauftreff Vynen	5:15:25	W50	64	1:05:49	1:42:34	2:27:01
459	4242	Mohr Petra	Lauftreff Vynen	5:16:33	W55	20	1:06:19	1:44:35	2:25:38
460	5155	Howahl Gabi	LT Schnecke SV Sonsbeck	5:17:03	W60	4	1:03:47	1:39:54	2:33:20
461	2010	Brokmann Tatjana	*Duisburg	5:18:12	W40	123	1:03:25	1:44:01	2:30:45
462	5114	Lippmann Jutta	BSG Barmenia Versicherun	5:19:28	W60	5	1:03:01	1:45:09	2:31:17
463	1292	Kliem Silke	Triathlon-TEAM-Witten	5:19:35	W35	72	1:05:49	1:26:39	2:47:06
464	2672	Schröder Elvira	AS Neukirchen-Vluyn	5:19:51	W50	65	1:05:14	1:42:53	2:31:43
465	1569	Kuhn Chrissy	Ausdauererschule Bunert	5:19:57	W30	56	1:07:03	1:43:37	2:29:16
466	1697	Kaßler Dorothea	*Düsseldorf	5:22:27	W45	91	1:06:53	1:47:04	2:28:29
467	3170	Haack Nicole	*Mülheim	5:23:18	W35	73	1:07:22	1:43:54	2:32:01
468	3504	Mertens Heike	*Krefeld	5:28:38	W45	92	1:07:10	1:43:01	2:38:26
469	5095	Lehmkuhl Claudia	Lauftreff Vynen	5:30:25	W35	74	1:07:14	1:45:45	2:37:25
470	4234	Brands Simone	Lauftreff Vynen	5:30:59	W40	124	1:07:27	1:46:05	2:37:25
471	3797	Fingerle Monika	*duisburg	5:33:12	W50	66	1:08:06	1:49:18	2:35:47
472	3187	Hepe Sabine	*Witten	5:34:09	W45	93	1:08:57	1:46:47	2:38:25
473	1805	Bruckhoff Vera	Triathlon-TEAM-Witten	5:49:37	W45	94	1:11:41	1:51:59	2:45:56