

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|---------------------------|------------------------------|----------------------------|---------|-----|---------|---------|---------|
| 1 | LC Duisburg | | Gesamtzeit: 8:11:06 | | | | | |
| | 2 | 1201 Kruck Karsten | LC Duisburg | 2:32:53 | M30 | 0:31:38 | 0:49:18 | 1:11:56 |
| | 6 | 1202 Schultz Sven | LC Duisburg | 2:41:50 | M30 | 0:34:42 | 0:52:19 | 1:14:48 |
| | 21 | 4304 Fischell Ulrich | LC Duisburg | 2:56:23 | M45 | 0:37:33 | 0:57:04 | 1:21:45 |
| 2 | ASC Rosellen/Neuss | | Gesamtzeit: 8:51:01 | | | | | |
| | 3 | 3590 Jegodtka Matthias | ASC Rosellen/Neuss | 2:39:40 | M35 | 0:34:47 | 0:51:44 | 1:13:08 |
| | 20 | 3221 Minke Sebastian | ASC Rosellen/Neuss | 2:55:57 | M30 | 0:36:51 | 0:57:10 | 1:21:56 |
| | 107 | 4088 Dobos Ivo | ASC Rosellen/Neuss | 3:15:24 | M22 | 0:43:02 | 1:02:41 | 1:29:40 |
| 3 | TUSEM Essen | | Gesamtzeit: 8:51:39 | | | | | |
| | 10 | 1646 Borka Jens | TUSEM Essen | 2:47:09 | M30 | 0:35:26 | 0:54:54 | 1:16:48 |
| | 24 | 2563 Buck Thorsten | TUSEM Essen | 2:57:46 | M35 | 0:44:32 | 0:54:59 | 1:18:14 |
| | 60 | 3948 Seegenschmiedt Heinrich | TUSEM Essen | 3:06:44 | M50 | 0:39:30 | 1:00:31 | 1:26:42 |
| 4 | TG Neuss | | Gesamtzeit: 9:11:21 | | | | | |
| | 22 | 5220 Przewloka Joachim | TG Neuss | 2:57:27 | M45 | 0:37:50 | 0:57:41 | 1:21:55 |
| | 32 | 5225 Hymmen Werner | TG Neuss | 3:00:13 | M55 | 0:38:00 | 0:58:05 | 1:24:07 |
| | 98 | 5224 Wachter Eric | TG Neuss | 3:13:41 | M40 | 0:45:12 | 0:57:15 | 1:31:13 |
| 5 | ART Düsseldorf | | Gesamtzeit: 9:14:24 | | | | | |
| | 11 | 2198 Drenker Ditmar | ART Düsseldorf | 2:50:46 | M40 | 0:36:20 | 0:55:27 | 1:18:58 |
| | 59 | 1364 Fischer Horst | ART Düsseldorf | 3:06:41 | M40 | 0:39:44 | 0:59:39 | 1:27:17 |
| | 120 | 1396 Friedrichs Manfred | ART Düsseldorf | 3:16:57 | M55 | 0:41:52 | 1:03:55 | 1:31:09 |
| 6 | LC Duisburg | | Gesamtzeit: 9:17:05 | | | | | |
| | 23 | 1727 Peter Delle | LC Duisburg | 2:57:39 | M40 | 0:37:37 | 0:56:37 | 1:23:24 |
| | 46 | 1887 Geiger Klaus-Michael | LC Duisburg | 3:03:44 | M55 | 0:38:36 | 0:59:14 | 1:25:52 |
| | 110 | 2932 Weiland Klaus | LC Duisburg | 3:15:42 | M50 | 0:41:06 | 1:02:41 | 1:31:54 |
| 7 | Vodafone Runners | | Gesamtzeit: 9:25:01 | | | | | |
| | 27 | 2787 Schmidt-Fehrenbacher Vc | Vodafone Runners | 2:58:28 | M50 | 0:38:10 | 0:57:59 | 1:22:18 |
| | 58 | 2784 Prange Volker | Vodafone Runners | 3:06:32 | M35 | 0:39:47 | 0:59:25 | 1:27:19 |
| | 147 | 2853 Sira Bart | Vodafone Runners | 3:20:01 | M30 | 0:40:51 | 1:05:46 | 1:33:24 |
| 8 | LG Alpen | | Gesamtzeit: 9:25:07 | | | | | |
| | 7 | 3178 Kwekkeboom Thorsten | LG Alpen | 2:42:49 | M35 | 0:35:01 | 0:52:27 | 1:15:20 |
| | 52 | 3340 Hackstein Stefan | LG Alpen | 3:04:44 | M22 | 0:39:26 | 0:59:57 | 1:25:19 |
| | 440 | 3822 Unterberg Reiner | LG Alpen | 3:37:34 | M50 | 0:45:22 | 1:10:37 | 1:41:34 |
| 9 | ERGO sports | | Gesamtzeit: 9:27:44 | | | | | |
| | 14 | 5010 Brinkmeier Ulf | ERGO sports | 2:52:21 | M35 | 0:36:23 | 0:55:26 | 1:20:30 |
| | 30 | 2434 Schneider Christoph | ERGO sports | 2:59:54 | M50 | 0:38:51 | 0:57:56 | 1:23:07 |
| | 402 | 3158 Schmidt Friedhelm | ERGO sports | 3:35:29 | M50 | 0:45:41 | 1:09:14 | 1:40:33 |
| 10 | TUSEM Essen | | Gesamtzeit: 9:28:10 | | | | | |
| | 63 | 2100 Witt Christoph | TUSEM Essen | 3:07:50 | M30 | 0:40:46 | 1:00:49 | 1:26:14 |
| | 65 | 2565 Strathmann Michael | TUSEM Essen | 3:08:17 | M45 | 0:39:39 | 1:00:55 | 1:27:42 |
| | 89 | 2063 Gers Norbert | TUSEM Essen | 3:12:03 | M45 | 0:41:48 | 1:01:49 | 1:28:25 |
| 11 | TUS BREITSCHEID | | Gesamtzeit: 9:29:23 | | | | | |
| | 28 | 5204 Müßgens Gerd | TUS BREITSCHEID | 2:58:35 | M55 | 0:38:47 | 0:57:40 | 1:22:07 |
| | 93 | 5200 Leib Steffen | TUS BREITSCHEID | 3:12:27 | M40 | 0:41:13 | 1:01:19 | 1:29:53 |
| | 131 | 5193 Felgenträger Jörg | TUS BREITSCHEID | 3:18:21 | M45 | 0:43:45 | 1:03:55 | 1:30:40 |

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Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|-------------------------------|-------------------------|----------------------------|---------|-----|---------|---------|---------|
| 12 | Krefelder Kanu Klub | | Gesamtzeit: 9:30:35 | | | | | |
| | 39 | 3564 Dülks Roman | Krefelder Kanu Klub | 3:02:45 | M45 | 0:38:44 | 0:58:51 | 1:25:09 |
| | 91 | 1451 Schulz Jörg | Krefelder Kanu Klub | 3:12:25 | M40 | 0:40:01 | 1:02:50 | 1:29:32 |
| | 108 | 2036 Bucher Andre | Krefelder Kanu Klub | 3:15:25 | M40 | 0:42:30 | 1:02:22 | 1:30:32 |
| 13 | Ausdauerschule Bunert | | Gesamtzeit: 9:31:39 | | | | | |
| | 36 | 3935 Pilgram Uwe | Ausdauerschule Bunert | 3:01:52 | M45 | 0:37:20 | 0:58:55 | 1:25:36 |
| | 73 | 3583 Schumacher Peter | Ausdauerschule Bunert | 3:09:42 | M45 | 0:39:45 | 1:01:11 | 1:28:45 |
| | 149 | 2379 Lampert Sascha | Ausdauerschule Bunert | 3:20:05 | M30 | 0:41:46 | 1:05:13 | 1:33:05 |
| 14 | Adler-Langlauf Bottrop | | Gesamtzeit: 9:31:55 | | | | | |
| | 67 | 3290 Lang Ludger | Adler-Langlauf Bottrop | 3:08:24 | M30 | 0:39:52 | 1:00:14 | 1:28:17 |
| | 80 | 3571 Kübler Wolfgang | Adler-Langlauf Bottrop | 3:10:40 | M60 | 0:40:27 | 1:01:28 | 1:28:44 |
| | 96 | 3462 Kröll Michael | Adler-Langlauf Bottrop | 3:12:51 | M30 | 0:40:49 | 1:02:04 | 1:29:57 |
| 15 | LG COESFELD | | Gesamtzeit: 9:33:24 | | | | | |
| | 8 | 5174 Gottheil Ralf | LG COESFELD | 2:43:56 | M22 | 0:35:15 | 0:52:22 | 1:16:18 |
| | 169 | 2892 Meyer Hans-Peter | LG COESFELD | 3:21:57 | M55 | 0:42:46 | 1:04:59 | 1:34:11 |
| | 258 | 2889 Böckers Winfried | LG COESFELD | 3:27:31 | M50 | 0:42:47 | 1:06:29 | 1:38:14 |
| 16 | Triathlon-TEAM-Witten | | Gesamtzeit: 9:40:00 | | | | | |
| | 9 | 4080 Strothkamp Dirk | Triathlon-TEAM-Witten | 2:44:27 | M40 | 0:34:30 | 0:53:25 | 1:16:31 |
| | 71 | 4303 Prünke Kai | Triathlon-TEAM-Witten | 3:09:20 | M40 | 0:39:22 | 1:00:35 | 1:29:23 |
| | 596 | 1477 Berger Uwe | Triathlon-TEAM-Witten | 3:46:13 | M45 | 0:47:08 | 1:12:48 | 1:46:16 |
| 17 | AS Neukirchen-Vluyn | | Gesamtzeit: 9:44:36 | | | | | |
| | 76 | 3584 Müller Günter | AS Neukirchen-Vluyn | 3:10:06 | M50 | 0:39:46 | 1:01:37 | 1:28:42 |
| | 99 | 2698 Hoersch Heiner | AS Neukirchen-Vluyn | 3:13:43 | M40 | 0:40:47 | 1:02:43 | 1:30:12 |
| | 155 | 2704 Lappe Rolf | AS Neukirchen-Vluyn | 3:20:47 | M50 | 0:41:51 | 1:03:41 | 1:35:15 |
| 18 | DJK VfR Saarn | | Gesamtzeit: 9:47:43 | | | | | |
| | 34 | 4314 Lüther Markus | DJK VfR Saarn | 3:00:41 | M45 | 0:39:29 | 0:58:15 | 1:22:57 |
| | 151 | 4466 Krebs Dr. Werner | DJK VfR Saarn | 3:20:16 | M45 | 0:41:57 | 1:04:43 | 1:33:35 |
| | 246 | 3929 Brings Jürgen | DJK VfR Saarn | 3:26:46 | M45 | 0:43:56 | 1:04:19 | 1:38:30 |
| 19 | Triminators TV Voerde | | Gesamtzeit: 9:47:48 | | | | | |
| | 47 | 3426 Faßbender Michael | Triminators TV Voerde | 3:03:54 | M45 | 0:38:10 | 0:59:11 | 1:26:32 |
| | 137 | 3428 Gosebrink Jens | Triminators TV Voerde | 3:19:12 | M22 | 0:42:02 | 1:04:19 | 1:32:50 |
| | 207 | 3440 Podworni Reiner | Triminators TV Voerde | 3:24:42 | M60 | 0:41:35 | 1:04:29 | 1:38:37 |
| 20 | SG Stern Düsseldorf | | Gesamtzeit: 9:48:37 | | | | | |
| | 53 | 3052 Meyer Thomas | SG Stern Düsseldorf | 3:05:02 | M40 | 0:36:36 | 1:05:45 | 1:22:41 |
| | 126 | 5062 Grobmeier Daniel | SG Stern Düsseldorf | 3:17:54 | M22 | 0:38:41 | 0:59:31 | 1:39:41 |
| | 221 | 3977 Czech Czeslaw | SG Stern Düsseldorf | 3:25:41 | M35 | 0:43:29 | 1:05:47 | 1:36:24 |
| 21 | LC Duisburg | | Gesamtzeit: 9:51:42 | | | | | |
| | 115 | 4263 Schott Martin | LC Duisburg | 3:16:37 | M45 | 0:40:57 | 1:04:56 | 1:30:44 |
| | 119 | 2381 Große Dieter | LC Duisburg | 3:16:50 | M40 | 0:41:32 | 1:05:58 | 1:29:20 |
| | 130 | 2081 Kohlhöfer Udo | LC Duisburg | 3:18:15 | M40 | 0:42:49 | 1:03:14 | 1:32:11 |
| 22 | E.ON Ruhrgas SG | | Gesamtzeit: 9:52:16 | | | | | |
| | 85 | 2731 Wehran Frank | E.ON Ruhrgas SG | 3:11:31 | M40 | 0:40:44 | 1:02:14 | 1:28:31 |
| | 106 | 2769 Blötner-Schlen Uwe | E.ON Ruhrgas SG | 3:15:18 | M50 | 0:41:30 | 1:03:30 | 1:30:16 |
| | 219 | 2772 Bahls Wolfgang | E.ON Ruhrgas SG | 3:25:27 | M55 | 0:43:40 | 1:06:34 | 1:35:13 |

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|-----|-----------------------------|----------------------|-----------------------------|-----|---------|---------|---------|
| 23 | | Angerland LT Lintorf | | Gesamtzeit: 9:55:55 | | | | |
| | 45 | 3002 Möchel Uwe | Angerland LT Lintorf | 3:03:29 | M45 | 0:38:45 | 0:59:43 | 1:24:59 |
| | 188 | 1645 Meier Wolfgang | Angerland LT Lintorf | 3:23:16 | M45 | 0:42:17 | 1:05:50 | 1:35:08 |
| | 281 | 4078 Klein Christian M. | Angerland LT Lintorf | 3:29:10 | M40 | 0:44:03 | 1:07:07 | 1:37:58 |
| 24 | | FC Schalke 04 | | Gesamtzeit: 9:57:01 | | | | |
| | 51 | 3499 Lippert Martin | FC Schalke 04 | 3:04:29 | M40 | 0:38:24 | 0:58:48 | 1:27:15 |
| | 74 | 2852 Karst Michael | FC Schalke 04 | 3:09:42 | M45 | 0:40:41 | 1:00:55 | 1:28:06 |
| | 534 | 1434 Kuschnereit Martin | FC Schalke 04 | 3:42:50 | M35 | 0:45:21 | 1:12:55 | 1:44:32 |
| 25 | | TV Ufört-Eick | | Gesamtzeit: 10:00:36 | | | | |
| | 114 | 1468 Fritsch Franz | TV Ufört-Eick | 3:16:33 | M55 | 0:39:56 | 1:01:16 | 1:35:20 |
| | 135 | 3489 Demirhan Abdullah | TV Ufört-Eick | 3:18:47 | M45 | 0:42:28 | 1:03:44 | 1:32:34 |
| | 213 | 1506 Probst Thorsten | TV Ufört-Eick | 3:25:16 | M40 | 0:42:05 | 1:03:58 | 1:39:12 |
| 26 | | LG Mülheim | | Gesamtzeit: 10:02:35 | | | | |
| | 15 | 1596 Stüllgens Kai-Uwe | LG Mülheim | 2:52:53 | M40 | 0:37:05 | 0:55:40 | 1:20:08 |
| | 176 | 2476 Simon Dr. Dieter | LG Mülheim | 3:22:38 | M50 | 0:43:51 | 1:05:10 | 1:33:36 |
| | 612 | 3755 Giesen Heinz | LG Mülheim | 3:47:04 | M55 | 0:46:54 | 1:11:10 | 1:48:59 |
| 27 | | LC Duisburg | | Gesamtzeit: 10:03:30 | | | | |
| | 133 | 1704 Eumann Hans | LC Duisburg | 3:18:30 | M40 | 0:42:12 | 1:04:45 | 1:31:32 |
| | 145 | 1319 Plitt Carsten | LC Duisburg | 3:19:59 | M40 | 0:42:18 | 1:04:51 | 1:32:49 |
| | 211 | 1730 Behlau Markus | LC Duisburg | 3:25:01 | M22 | 0:42:20 | 1:11:25 | 1:31:15 |
| 28 | | A1 activefirst | | Gesamtzeit: 10:03:57 | | | | |
| | 122 | 2609 Grönke Steffen | A1 activefirst | 3:17:23 | M30 | 0:41:40 | 1:02:52 | 1:32:50 |
| | 175 | 2652 Vogl Norbert | A1 activefirst | 3:22:37 | M45 | 0:41:56 | 1:05:20 | 1:35:20 |
| | 197 | 2630 Mazagg Helmuth | A1 activefirst | 3:23:57 | M40 | 0:41:50 | 1:05:21 | 1:36:46 |
| 29 | | Vodafone Runners | | Gesamtzeit: 10:05:24 | | | | |
| | 153 | 2858 Stackmann Carsten | Vodafone Runners | 3:20:31 | M35 | 0:41:51 | 1:05:07 | 1:33:32 |
| | 170 | 2863 Richrath Kay | Vodafone Runners | 3:22:06 | M35 | 0:42:21 | 1:03:29 | 1:36:15 |
| | 179 | 2818 Hengels Erik | Vodafone Runners | 3:22:47 | M40 | 0:41:23 | 1:08:12 | 1:33:11 |
| 30 | | SF Ennepetal | | Gesamtzeit: 10:07:40 | | | | |
| | 83 | 4028 Kiehn Uwe | SF Ennepetal | 3:11:07 | M40 | 0:39:42 | 1:03:24 | 1:28:00 |
| | 228 | 3413 Schmidt Axel | SF Ennepetal | 3:26:11 | M40 | 0:43:05 | 1:08:27 | 1:34:39 |
| | 306 | 3624 Rafflenbeul Thomas | SF Ennepetal | 3:30:22 | M45 | 0:51:52 | 1:05:09 | 1:33:20 |
| 31 | | TG Neuss | | Gesamtzeit: 10:08:07 | | | | |
| | 103 | 5219 Stahlmann Frank | TG Neuss | 3:14:28 | M40 | 0:42:27 | 1:01:53 | 1:30:07 |
| | 105 | 5226 Hayner Hans-Martin | TG Neuss | 3:15:15 | M45 | 0:39:54 | 1:05:04 | 1:30:17 |
| | 452 | 5232 Breitenbach Jürgen | TG Neuss | 3:38:24 | M40 | 0:44:27 | 1:14:17 | 1:39:39 |
| 32 | | Vodafone Runners | | Gesamtzeit: 10:17:36 | | | | |
| | 194 | 2723 Schwertfeger Carsten | Vodafone Runners | 3:23:45 | M40 | 0:43:40 | 1:05:50 | 1:34:14 |
| | 240 | 2860 Nohr Ingo | Vodafone Runners | 3:26:34 | M45 | 0:43:04 | 1:06:38 | 1:36:52 |
| | 251 | 2826 Herkströter Dirk | Vodafone Runners | 3:27:17 | M50 | 0:44:35 | 1:07:43 | 1:34:58 |
| 33 | | LT Krefeld-Oppum | | Gesamtzeit: 10:18:21 | | | | |
| | 77 | 3882 Schmitz Willi | LT Krefeld-Oppum | 3:10:06 | M45 | 0:40:01 | 1:01:51 | 1:28:13 |
| | 304 | 3893 Hess Rüdiger | LT Krefeld-Oppum | 3:30:14 | M50 | 0:43:59 | 1:06:32 | 1:39:42 |
| | 446 | 3990 Plöger Markus | LT Krefeld-Oppum | 3:38:01 | M45 | 0:43:43 | 1:10:57 | 1:43:19 |

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Männer

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|-----------|--------------------------------------|-------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 34 | TUS BREITSCHEID | | Gesamtzeit: 10:18:26 | | | | | |
| | 146 | 5189 Bohris Oliver | TUS BREITSCHEID | 3:19:59 | M40 | 0:42:21 | 1:04:42 | 1:32:55 |
| | 235 | 5187 Braun Marc | TUS BREITSCHEID | 3:26:27 | M40 | 0:42:03 | 1:07:37 | 1:36:46 |
| | 330 | 2960 Sprünken Oliver | TUS BREITSCHEID | 3:32:00 | M40 | 0:44:40 | 1:07:34 | 1:39:45 |
| 35 | LC Duisburg | | Gesamtzeit: 10:20:00 | | | | | |
| | 216 | 2072 Van Treeck Andreas | LC Duisburg | 3:25:22 | M40 | 0:43:09 | 1:07:20 | 1:34:52 |
| | 238 | 2261 Christoph Mark | LC Duisburg | 3:26:32 | M45 | 0:43:33 | 1:06:18 | 1:36:39 |
| | 268 | 2478 Poschmann Marcel | LC Duisburg | 3:28:06 | M35 | 0:43:40 | 1:07:52 | 1:36:34 |
| 36 | always3 - Laufen in Remscheid | | Gesamtzeit: 10:21:54 | | | | | |
| | 180 | 4714 Beitzer Arnd | always3 - Laufen in Rems | 3:22:47 | M40 | 0:41:45 | 1:08:05 | 1:32:56 |
| | 236 | 5108 Döring Stephan | always3 - Laufen in Rems | 3:26:30 | M45 | 0:44:02 | 1:07:10 | 1:35:18 |
| | 350 | 4470 Wingenbach Michael | always3 - Laufen in Rems | 3:32:37 | M45 | 0:49:00 | 1:08:04 | 1:35:32 |
| 37 | SG Borken | | Gesamtzeit: 10:23:53 | | | | | |
| | 184 | 1752 Skola Andreas | SG Borken | 3:23:04 | M40 | 0:43:19 | 1:05:26 | 1:34:18 |
| | 296 | 1537 Kortstegge Jürgen | SG Borken | 3:29:54 | M35 | 0:43:33 | 1:09:02 | 1:37:18 |
| | 315 | 1556 Pütter Andre | SG Borken | 3:30:55 | M30 | 0:43:52 | 1:07:38 | 1:39:24 |
| 38 | Waldschleicher Gräfrath | | Gesamtzeit: 10:26:58 | | | | | |
| | 206 | 2522 Odendahl Ulrich | Waldschleicher Gräfrath | 3:24:41 | M50 | 0:43:19 | 1:06:03 | 1:35:19 |
| | 305 | 3202 Richter Ralle | Waldschleicher Gräfrath | 3:30:15 | M45 | 0:44:10 | 1:06:24 | 1:39:41 |
| | 333 | 3102 Eule Ralf | Waldschleicher Gräfrath | 3:32:02 | M50 | 0:43:13 | 1:06:38 | 1:42:09 |
| 39 | LGO Bochum | | Gesamtzeit: 10:27:03 | | | | | |
| | 142 | 1257 Janßen Jörg | LGO Bochum | 3:19:53 | M40 | 0:42:26 | 1:04:47 | 1:32:39 |
| | 230 | 2064 Holstein Dirk | LGO Bochum | 3:26:13 | M45 | 0:41:57 | 1:06:37 | 1:37:38 |
| | 503 | 1614 Spitz Dirk | LGO Bochum | 3:40:57 | M35 | 0:45:55 | 1:10:11 | 1:44:49 |
| 40 | AS Neukirchen-Vluyn | | Gesamtzeit: 10:29:39 | | | | | |
| | 263 | 2683 Angenendt Uwe | AS Neukirchen-Vluyn | 3:27:43 | M45 | 0:44:19 | 1:07:26 | 1:35:57 |
| | 308 | 2685 Brüggemann Jürgen | AS Neukirchen-Vluyn | 3:30:34 | M45 | 0:45:42 | 1:07:12 | 1:37:40 |
| | 321 | 2699 Hornung Herbert | AS Neukirchen-Vluyn | 3:31:22 | M45 | 0:45:08 | 1:08:45 | 1:37:29 |
| 41 | SV Viktoria Goch | | Gesamtzeit: 10:30:44 | | | | | |
| | 252 | 3253 Görtz Stephan | SV Viktoria Goch | 3:27:18 | M35 | 0:43:19 | 1:06:34 | 1:37:24 |
| | 316 | 1417 Grotenhuis Karl | SV Viktoria Goch | 3:31:02 | M45 | 0:43:28 | 1:09:35 | 1:37:57 |
| | 343 | 2568 Hoffmann Heinrich | SV Viktoria Goch | 3:32:24 | M55 | 0:43:18 | 1:09:58 | 1:39:07 |
| 42 | LC Duisburg | | Gesamtzeit: 10:33:39 | | | | | |
| | 277 | 2588 Kollert Mark | LC Duisburg | 3:28:53 | M40 | 0:44:27 | 1:07:40 | 1:36:45 |
| | 293 | 1404 Hausmann Peter | LC Duisburg | 3:29:38 | M40 | 0:45:11 | 1:08:15 | 1:36:11 |
| | 392 | 3601 Krieg Volker | LC Duisburg | 3:35:08 | M60 | 0:44:35 | 1:09:44 | 1:40:48 |
| 43 | Vodafone Runners | | Gesamtzeit: 10:33:50 | | | | | |
| | 261 | 2804 Zöller Gregor | Vodafone Runners | 3:27:39 | M35 | 0:44:08 | 1:04:54 | 1:38:35 |
| | 282 | 2798 Killius Klaus | Vodafone Runners | 3:29:14 | M50 | 0:44:13 | 1:05:58 | 1:39:02 |
| | 425 | 2845 Wieneke Andreas | Vodafone Runners | 3:36:57 | M50 | 0:45:25 | 1:10:33 | 1:40:58 |
| 44 | LT Schnecke SV Sonsbeck | | Gesamtzeit: 10:35:22 | | | | | |
| | 87 | 5153 Weibel Johannes | LT Schnecke SV Sonsbec | 3:11:58 | M45 | 0:40:24 | 1:02:30 | 1:29:03 |
| | 441 | 5150 Bittner Jürgen | LT Schnecke SV Sonsbec | 3:37:39 | M45 | 0:46:03 | 1:09:28 | 1:42:07 |
| | 592 | 5159 Verberkt Hans | LT Schnecke SV Sonsbec | 3:45:45 | M50 | 0:50:30 | 1:12:05 | 1:43:09 |

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|-----------|------------------------------------|----------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 45 | TuRa Remscheid-Süd | | Gesamtzeit: 10:35:29 | | | | | |
| | 326 | 2050 Schymanietz Theo | TuRa Remscheid-Süd | 3:31:32 | M50 | 0:44:15 | 1:08:03 | 1:39:13 |
| | 329 | 2138 Leyendecker Toni | TuRa Remscheid-Süd | 3:31:56 | M50 | 0:45:26 | 1:08:31 | 1:37:59 |
| | 332 | 1739 Koc Ali Haydar | TuRa Remscheid-Süd | 3:32:01 | M40 | 0:45:13 | 1:09:01 | 1:37:46 |
| 46 | Turbo-Schnecken Lüdenscheid | | Gesamtzeit: 10:36:56 | | | | | |
| | 257 | 4439 Ackermann Frank | Turbo-Schnecken Lüdens | 3:27:30 | M40 | 0:43:23 | 1:07:03 | 1:37:02 |
| | 274 | 5107 Dumke Arno | Turbo-Schnecken Lüdens | 3:28:42 | M45 | 0:44:24 | 1:07:03 | 1:37:14 |
| | 495 | 4149 Malcus Burkhard | Turbo-Schnecken Lüdens | 3:40:44 | M45 | 0:45:50 | 1:11:49 | 1:43:04 |
| 47 | SV Schermbeck | | Gesamtzeit: 10:38:04 | | | | | |
| | 117 | 5027 Brühhan Volkmar | SV Schermbeck | 3:16:47 | M50 | 0:42:33 | 1:02:50 | 1:31:23 |
| | 470 | 2289 Siska Georg | SV Schermbeck | 3:39:21 | M45 | 0:57:08 | 1:07:47 | 1:34:25 |
| | 522 | 1518 Schikora Rainer | SV Schermbeck | 3:41:56 | M50 | 0:46:56 | 1:12:30 | 1:42:29 |
| 48 | A1 activefirst | | Gesamtzeit: 10:38:07 | | | | | |
| | 336 | 2665 Patschäke Holger | A1 activefirst | 3:32:03 | M45 | 0:43:37 | 1:07:14 | 1:41:11 |
| | 352 | 2603 Chalupka Martin | A1 activefirst | 3:32:43 | M35 | 0:44:38 | 1:06:29 | 1:41:35 |
| | 364 | 2642 Schulz Georg | A1 activefirst | 3:33:21 | M45 | 0:45:42 | 1:10:23 | 1:37:15 |
| 49 | Nina-Sport | | Gesamtzeit: 10:41:03 | | | | | |
| | 338 | 1416 Hohgräfe Bernd | Nina-Sport | 3:32:08 | M45 | 0:42:40 | 1:09:54 | 1:39:34 |
| | 378 | 1546 Holtmeier Jürgen | Nina-Sport | 3:34:04 | M45 | 0:43:14 | 1:09:53 | 1:40:56 |
| | 388 | 1695 Neumann Dietmar | Nina-Sport | 3:34:51 | M50 | 0:44:54 | 1:10:22 | 1:39:34 |
| 50 | E.ON Ruhrgas SG | | Gesamtzeit: 10:42:18 | | | | | |
| | 231 | 2759 Geisel Thomas | E.ON Ruhrgas SG | 3:26:17 | M45 | 0:47:09 | 0:57:57 | 1:41:10 |
| | 387 | 2741 Radek Rolf | E.ON Ruhrgas SG | 3:34:45 | M45 | 0:44:09 | 1:10:38 | 1:39:57 |
| | 510 | 2764 Borowski Andreas | E.ON Ruhrgas SG | 3:41:16 | M30 | 0:45:47 | 1:11:20 | 1:44:07 |
| 51 | TV Frisch Auf Lennep | | Gesamtzeit: 10:42:22 | | | | | |
| | 40 | 3926 Wildschütz Alexander | TV Frisch Auf Lennep | 3:03:02 | M40 | 0:38:34 | 0:58:54 | 1:25:33 |
| | 445 | 4298 Schmidt Peter | TV Frisch Auf Lennep | 3:37:54 | M45 | 0:44:40 | 1:08:51 | 1:44:22 |
| | 870 | 3595 Sobetzko Martin | TV Frisch Auf Lennep | 4:01:26 | M50 | 0:48:01 | 1:17:25 | 1:55:59 |
| 52 | LG COESFELD | | Gesamtzeit: 10:43:27 | | | | | |
| | 346 | 5177 Wieskus Michael | LG COESFELD | 3:32:32 | M40 | 0:43:43 | 1:07:30 | 1:41:18 |
| | 376 | 2890 Teuber Heinz | LG COESFELD | 3:33:58 | M50 | 0:44:28 | 1:08:01 | 1:41:28 |
| | 424 | 5182 Stöhler Bernd | LG COESFELD | 3:36:57 | M45 | 0:43:23 | 1:07:23 | 1:46:10 |
| 53 | Die Stolperer | | Gesamtzeit: 10:44:54 | | | | | |
| | 278 | 3732 Glienke Rainer | Die Stolperer | 3:28:55 | M45 | 0:42:20 | 1:05:32 | 1:41:02 |
| | 443 | 3870 Wagner Burkhard | Die Stolperer | 3:37:45 | M45 | 0:44:29 | 1:07:25 | 1:45:49 |
| | 451 | 2868 Hartmann Fred | Die Stolperer | 3:38:14 | M45 | 0:44:19 | 1:10:36 | 1:43:18 |
| 54 | Max Maulwurf Marathonis | | Gesamtzeit: 10:45:46 | | | | | |
| | 290 | 4702 Striedelmeyer Patrick | Max Maulwurf Marathonis | 3:29:27 | M35 | 0:41:02 | 1:01:58 | 1:46:26 |
| | 398 | 4705 Schürings Armin | Max Maulwurf Marathonis | 3:35:15 | M40 | 0:58:08 | 1:03:59 | 1:33:07 |
| | 506 | 4521 Kietzmann Uwe | Max Maulwurf Marathonis | 3:41:04 | M40 | 0:46:56 | 1:09:52 | 1:44:16 |
| 55 | A1 activefirst | | Gesamtzeit: 10:46:37 | | | | | |
| | 375 | 2644 Semmler Michael | A1 activefirst | 3:33:55 | M40 | 0:45:49 | 1:09:33 | 1:38:32 |
| | 406 | 2647 Steinhüser Egbert | A1 activefirst | 3:35:43 | M35 | 0:44:03 | 1:07:13 | 1:44:25 |
| | 428 | 2619 Koch Thomas Matthias | A1 activefirst | 3:36:59 | M30 | 0:43:34 | 1:08:11 | 1:45:13 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|------|-----------------------------------|--------------------------|-----------------------------|-----|---------|---------|---------|
| 56 | | TUS BREITSCHEID | | Gesamtzeit: 10:47:06 | | | | |
| | 341 | 5199 Kotseronis Peter | TUS BREITSCHEID | 3:32:12 | M40 | 0:44:54 | 1:09:59 | 1:37:19 |
| | 408 | 5201 Lerch Siegfried | TUS BREITSCHEID | 3:35:48 | M50 | 0:44:39 | 1:09:45 | 1:41:23 |
| | 465 | 5206 Niemeyer Jens | TUS BREITSCHEID | 3:39:06 | M22 | 0:46:31 | 1:10:23 | 1:42:11 |
| 57 | | SV Beeckerwerth | | Gesamtzeit: 10:47:18 | | | | |
| | 227 | 4697 Lange Bodo | SV Beeckerwerth | 3:26:09 | M65 | 0:43:29 | 1:06:47 | 1:35:52 |
| | 461 | 4694 Grannaß Jörg | SV Beeckerwerth | 3:38:51 | M40 | 0:45:30 | 1:08:12 | 1:45:08 |
| | 529 | 4698 Buchholz Horst | SV Beeckerwerth | 3:42:18 | M55 | 0:45:44 | 1:11:26 | 1:45:08 |
| 58 | | Team Aroma Ahoi | | Gesamtzeit: 10:47:56 | | | | |
| | 57 | 3731 Wirtz Dirk | Team Aroma Ahoi | 3:06:17 | M35 | 0:38:16 | 0:59:34 | 1:28:25 |
| | 505 | 3597 Schäfer Daniel | Team Aroma Ahoi | 3:41:04 | M30 | 0:46:43 | 1:11:37 | 1:42:43 |
| | 855 | 3728 Waller Prof. Mark | Team Aroma Ahoi | 4:00:35 | M30 | 0:55:19 | 1:21:01 | 1:44:14 |
| 59 | | TV Ufört-Eick | | Gesamtzeit: 10:49:00 | | | | |
| | 307 | 1527 Walther Edgar | TV Ufört-Eick | 3:30:30 | M50 | 0:42:51 | 1:05:06 | 1:42:33 |
| | 439 | 1323 Steidl Kurt | TV Ufört-Eick | 3:37:33 | M55 | 0:45:57 | 1:07:55 | 1:43:41 |
| | 502 | 2550 Boldt Wolfgang | TV Ufört-Eick | 3:40:57 | M50 | 0:47:12 | 1:11:32 | 1:42:12 |
| 60 | | LC Duisburg | | Gesamtzeit: 10:50:13 | | | | |
| | 394 | 2977 Mandel Wolfgang | LC Duisburg | 3:35:11 | M55 | 0:45:53 | 1:09:28 | 1:39:50 |
| | 411 | 3933 Heinrich Peter | LC Duisburg | 3:36:06 | M45 | 0:43:56 | 1:06:05 | 1:46:05 |
| | 464 | 3304 Bongartz Peter | LC Duisburg | 3:38:56 | M50 | 0:45:31 | 1:10:05 | 1:43:20 |
| 61 | | SV Viktoria Goch | | Gesamtzeit: 10:51:15 | | | | |
| | 368 | 3496 Lagarden Jörg | SV Viktoria Goch | 3:33:29 | M45 | 0:43:46 | 1:12:19 | 1:37:24 |
| | 397 | 2076 Beaupoil Thomas | SV Viktoria Goch | 3:35:14 | M45 | 0:45:01 | 1:08:19 | 1:41:53 |
| | 531 | 2246 Tramp Ralf | SV Viktoria Goch | 3:42:32 | M50 | 0:44:29 | 1:16:49 | 1:41:12 |
| 62 | | AS Neukirchen-Vluyn | | Gesamtzeit: 10:51:29 | | | | |
| | 340 | 2679 Wagner Norbert | AS Neukirchen-Vluyn | 3:32:12 | M55 | 0:44:28 | 1:07:50 | 1:39:53 |
| | 442 | 2701 Jännert Erich | AS Neukirchen-Vluyn | 3:37:44 | M60 | 0:45:58 | 1:11:06 | 1:40:39 |
| | 515 | 2680 Wildner Klaus | AS Neukirchen-Vluyn | 3:41:33 | M55 | 0:47:38 | 1:10:58 | 1:42:56 |
| 63 | | BSG Emscher-genossenschaft | | Gesamtzeit: 10:52:03 | | | | |
| | 178 | 4154 Cornelius Axel | BSG Emscher-genossens | 3:22:44 | M35 | 0:43:44 | 1:04:34 | 1:34:26 |
| | 323 | 5097 Hüllen Michael | BSG Emscher-genossens | 3:31:27 | M40 | 0:44:46 | 1:08:42 | 1:37:58 |
| | 799 | 5100 Steinbach Michael | BSG Emscher-genossens | 3:57:52 | M50 | 0:45:38 | 1:13:19 | 1:58:54 |
| 64 | | BSG Victoria Versicherung | | Gesamtzeit: 10:52:22 | | | | |
| | 61 | 2458 Kunst Marco | BSG Victoria Versicherun | 3:06:48 | M19 | 0:39:31 | 0:59:40 | 1:27:37 |
| | 250 | 2448 Kunst Hans-Peter | BSG Victoria Versicherun | 3:27:12 | M50 | 0:44:28 | 1:08:20 | 1:34:23 |
| | 1145 | 3796 Panzog Stefan | BSG Victoria Versicherun | 4:18:22 | M40 | 0:50:17 | 1:26:00 | 2:02:04 |
| 65 | | SC Bayer 05 Uerdingen | | Gesamtzeit: 10:52:42 | | | | |
| | 88 | 1436 Yildiz Nedim | SC Bayer 05 Uerdingen | 3:12:02 | M40 | 0:39:33 | 1:03:49 | 1:28:39 |
| | 584 | 2128 Schrotten Achim | SC Bayer 05 Uerdingen | 3:45:13 | M55 | 0:47:42 | 1:14:30 | 1:42:59 |
| | 763 | 1806 Hoeninge Marcus | SC Bayer 05 Uerdingen | 3:55:27 | M40 | 0:49:47 | 1:12:19 | 1:53:21 |
| 66 | | Triminators TV Voerde | | Gesamtzeit: 10:53:08 | | | | |
| | 356 | 3434 Peplau Ingo | Triminators TV Voerde | 3:32:51 | M30 | 0:43:06 | 1:09:28 | 1:40:17 |
| | 457 | 3435 Velte-Andree Michael | Triminators TV Voerde | 3:38:41 | M45 | 0:45:26 | 1:10:40 | 1:42:35 |
| | 516 | 2488 Schülke Thomas | Triminators TV Voerde | 3:41:36 | M45 | 0:47:22 | 1:12:02 | 1:42:11 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|-------------------------------------|-------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 67 | BSG Stadtwerke Duisburg | | Gesamtzeit: 10:55:11 | | | | | |
| 144 | 4672 | Krummel Jürgen | BSG Stadtwerke Duisbur | 3:19:56 | M40 | 0:42:49 | 1:04:42 | 1:32:25 |
| 511 | 4676 | Schröder Martin | BSG Stadtwerke Duisbur | 3:41:21 | M40 | 0:44:00 | 1:11:36 | 1:45:44 |
| 732 | 4675 | Ulitzka Michael | BSG Stadtwerke Duisbur | 3:53:54 | M22 | 0:46:47 | 1:16:00 | 1:51:05 |
| 68 | LC Duisburg-Marathonkurs 09 | | Gesamtzeit: 10:56:52 | | | | | |
| 289 | 4716 | Dziura Carsten | LC Duisburg-Marathonkur | 3:29:25 | M40 | 0:43:36 | 1:08:21 | 1:37:27 |
| 536 | 4720 | Klugiewicz Peter | LC Duisburg-Marathonkur | 3:42:51 | M45 | 0:45:44 | 1:12:06 | 1:45:00 |
| 570 | 4721 | Koopmann Franz | LC Duisburg-Marathonkur | 3:44:36 | M60 | 0:47:12 | 1:12:10 | 1:45:13 |
| 69 | BSG Team EVAG | | Gesamtzeit: 10:57:29 | | | | | |
| 345 | 4117 | Kaffenberger Frank | BSG Team EVAG | 3:32:28 | M40 | 0:42:50 | 1:09:29 | 1:40:08 |
| 361 | 2079 | Bosmanns-Grigoleit Thom | BSG Team EVAG | 3:33:15 | M40 | 0:50:51 | 1:04:33 | 1:37:50 |
| 694 | 1291 | Natrop Hans-Peter | BSG Team EVAG | 3:51:46 | M50 | 0:47:52 | 1:14:28 | 1:49:25 |
| 70 | Eintracht Duisburg 1848 e.V. | | Gesamtzeit: 11:00:20 | | | | | |
| 204 | 3326 | Theisen Dr. Oliver | Eintracht Duisburg 1848 e | 3:24:37 | M35 | 0:39:53 | 1:02:48 | 1:41:55 |
| 266 | 3803 | Koschlitzi Norbert | Eintracht Duisburg 1848 e | 3:27:47 | M45 | 0:42:45 | 1:09:13 | 1:35:47 |
| 990 | 1332 | Rudolph Uwe | Eintracht Duisburg 1848 e | 4:07:56 | M45 | 0:51:01 | 1:19:08 | 1:57:47 |
| 71 | LT Turnerbund Frintrop | | Gesamtzeit: 11:02:14 | | | | | |
| 255 | 1943 | Müller Ulrich | LT Turnerbund Frintrop | 3:27:22 | M45 | 0:48:08 | 1:12:37 | 1:26:36 |
| 541 | 2061 | Genter Heipe | LT Turnerbund Frintrop | 3:43:18 | M50 | 0:47:31 | 1:12:39 | 1:43:07 |
| 689 | 2343 | Maaßen Heinz | LT Turnerbund Frintrop | 3:51:34 | M50 | 0:48:37 | 1:16:23 | 1:46:34 |
| 72 | SG Borken | | Gesamtzeit: 11:02:43 | | | | | |
| 369 | 1552 | Niehaves Christian | SG Borken | 3:33:29 | M45 | 0:45:56 | 1:07:11 | 1:40:21 |
| 384 | 1862 | Stroick Rainer | SG Borken | 3:34:38 | M45 | 0:44:52 | 1:09:26 | 1:40:19 |
| 748 | 3159 | Stürmer Christian | SG Borken | 3:54:36 | M45 | 0:49:10 | 1:18:10 | 1:47:15 |
| 73 | LC Duisburg | | Gesamtzeit: 11:03:35 | | | | | |
| 474 | 3831 | Perbix Jörg | LC Duisburg | 3:39:36 | M40 | 0:44:31 | 1:08:46 | 1:46:17 |
| 479 | 1815 | Germies Jürgen | LC Duisburg | 3:39:50 | M45 | 0:46:33 | 1:09:46 | 1:43:30 |
| 558 | 1766 | Rohde Markus | LC Duisburg | 3:44:09 | M35 | 0:45:20 | 1:12:37 | 1:46:11 |
| 74 | LG COESFELD | | Gesamtzeit: 11:03:40 | | | | | |
| 485 | 5181 | Beekmans Uwe | LG COESFELD | 3:40:03 | M45 | 0:44:59 | 1:11:16 | 1:43:47 |
| 487 | 2891 | Stippel Jürgen | LG COESFELD | 3:40:12 | M55 | 0:44:59 | 1:11:36 | 1:43:37 |
| 545 | 5179 | Stöhler Martin | LG COESFELD | 3:43:25 | M40 | 0:46:28 | 1:10:47 | 1:46:09 |
| 75 | DJK TUS Rotthausen | | Gesamtzeit: 11:09:26 | | | | | |
| 262 | 1367 | Voß Claus | DJK TUS Rotthausen | 3:27:41 | M40 | 0:43:37 | 1:07:18 | 1:36:45 |
| 551 | 1560 | Braumann Uli | DJK TUS Rotthausen | 3:43:36 | M40 | 0:46:51 | 1:12:51 | 1:43:52 |
| 804 | 2009 | Völlmert Stefan | DJK TUS Rotthausen | 3:58:09 | M40 | 0:48:41 | 1:15:37 | 1:53:51 |
| 76 | Marathon Dinslaken | | Gesamtzeit: 11:13:11 | | | | | |
| 320 | 3698 | Bienen Hermann | Marathon Dinslaken | 3:31:22 | M50 | 0:44:04 | 1:08:14 | 1:39:03 |
| 651 | 2360 | Scherf Thorsten | Marathon Dinslaken | 3:49:12 | M35 | 0:49:00 | 1:15:02 | 1:45:09 |
| 716 | 4340 | Hesse Stephen | Marathon Dinslaken | 3:52:37 | M50 | 0:49:38 | 1:13:56 | 1:49:02 |
| 77 | AS Neukirchen-Vluyn | | Gesamtzeit: 11:13:14 | | | | | |
| 524 | 2670 | Ruthmann Kai | AS Neukirchen-Vluyn | 3:41:58 | M45 | 0:47:44 | 1:11:04 | 1:43:09 |
| 580 | 2702 | Janßen Udo | AS Neukirchen-Vluyn | 3:45:05 | M50 | 0:46:45 | 1:10:47 | 1:47:33 |
| 595 | 2682 | Ache Horst | AS Neukirchen-Vluyn | 3:46:11 | M70 | 0:47:58 | 1:11:37 | 1:46:35 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|-------------------------------|---------------------|-----------------------------|---------|-----|---------|---------|---------|
| 78 | TSV Viktoria Mülheim | | Gesamtzeit: 11:15:34 | | | | | |
| 177 | 3823 | Wennmann Marcus | TSV Viktoria Mülheim | 3:22:41 | M35 | 0:42:15 | 1:06:40 | 1:33:45 |
| 493 | 3593 | Köhler Dieter | TSV Viktoria Mülheim | 3:40:41 | M40 | 0:48:24 | 1:10:51 | 1:41:25 |
| 1061 | 1238 | Galle Werner | TSV Viktoria Mülheim | 4:12:12 | M60 | 0:52:43 | 1:21:01 | 1:58:28 |
| 79 | Vodafone Runners | | Gesamtzeit: 11:18:29 | | | | | |
| 498 | 2788 | Welling Jörg | Vodafone Runners | 3:40:54 | M35 | 0:43:20 | 1:14:03 | 1:43:30 |
| 557 | 2819 | Bartos Thomas | Vodafone Runners | 3:44:01 | M40 | 0:46:47 | 1:12:08 | 1:45:05 |
| 728 | 2813 | Hund Markus | Vodafone Runners | 3:53:34 | M35 | 0:47:57 | 1:13:40 | 1:51:57 |
| 80 | DJK VfR Saarn | | Gesamtzeit: 11:18:43 | | | | | |
| 462 | 3699 | Horn Matthias | DJK VfR Saarn | 3:38:52 | M22 | 0:44:43 | 1:09:07 | 1:45:01 |
| 665 | 3827 | Ellerbrok Dirk | DJK VfR Saarn | 3:49:51 | M50 | 0:46:47 | 1:12:54 | 1:50:09 |
| 667 | 2541 | Büchel Johannes | DJK VfR Saarn | 3:50:00 | M22 | 0:46:53 | 1:12:14 | 1:50:52 |
| 80 | RP Marathon Team | | Gesamtzeit: 11:18:43 | | | | | |
| 331 | 1680 | Hellermann Jürgen | RP Marathon Team | 3:32:01 | M45 | 0:43:56 | 1:08:24 | 1:39:40 |
| 599 | 2581 | De Brouwer Georg | RP Marathon Team | 3:46:33 | M50 | 0:46:46 | 1:15:11 | 1:44:36 |
| 846 | 4312 | Krüger Ingo | RP Marathon Team | 4:00:09 | M40 | 0:52:46 | 1:18:18 | 1:49:05 |
| 82 | Marathon Mülheim | | Gesamtzeit: 11:19:43 | | | | | |
| 245 | 2507 | Knepper Michael | Marathon Mülheim | 3:26:42 | M45 | 0:43:30 | 1:06:36 | 1:36:36 |
| 642 | 4341 | Hadem Uwe | Marathon Mülheim | 3:48:52 | M55 | 0:49:11 | 1:14:06 | 1:45:34 |
| 917 | 2869 | Müller Rüdiger | Marathon Mülheim | 4:04:09 | M70 | 0:52:41 | 1:18:20 | 1:53:07 |
| 83 | Rapid Ramirez | | Gesamtzeit: 11:20:15 | | | | | |
| 417 | 4157 | Schäffler Daniel | Rapid Ramirez | 3:36:32 | M35 | 0:43:58 | 1:12:48 | 1:39:45 |
| 681 | 2443 | Grunwald Klaus | Rapid Ramirez | 3:51:08 | M45 | 0:48:24 | 1:13:49 | 1:48:54 |
| 715 | 4307 | Vospohl Carsten | Rapid Ramirez | 3:52:35 | M35 | 0:44:27 | 1:13:43 | 1:54:24 |
| 84 | BSG-DVG | | Gesamtzeit: 11:20:16 | | | | | |
| 463 | 2361 | Schwalbach Peter | BSG-DVG | 3:38:52 | M40 | 0:43:48 | 1:07:11 | 1:47:52 |
| 675 | 1847 | Wischnewski Michael | BSG-DVG | 3:50:42 | M45 | 0:47:58 | 1:14:50 | 1:47:54 |
| 676 | 2958 | Peters Ralf | BSG-DVG | 3:50:42 | M40 | 0:48:49 | 1:14:01 | 1:47:51 |
| 85 | A1 activefirst | | Gesamtzeit: 11:22:47 | | | | | |
| 578 | 2637 | Palme Horst | A1 activefirst | 3:45:02 | M50 | 0:45:31 | 1:12:57 | 1:46:33 |
| 641 | 2657 | Marburger Jens | A1 activefirst | 3:48:46 | M30 | 0:48:39 | 1:14:01 | 1:46:06 |
| 645 | 2646 | Stavenow Axel | A1 activefirst | 3:48:59 | M40 | 0:47:55 | 1:12:00 | 1:49:03 |
| 86 | E.ON Ruhrgas SG | | Gesamtzeit: 11:22:49 | | | | | |
| 538 | 2755 | Hassepass Werner | E.ON Ruhrgas SG | 3:43:10 | M50 | 0:47:20 | 1:12:08 | 1:43:41 |
| 636 | 2754 | Horst Dieter | E.ON Ruhrgas SG | 3:48:20 | M45 | 0:47:39 | 1:10:41 | 1:50:00 |
| 685 | 2771 | Berger Dieter | E.ON Ruhrgas SG | 3:51:19 | M50 | 0:49:05 | 1:14:34 | 1:47:39 |
| 87 | SV Budberg Lauffreunde | | Gesamtzeit: 11:22:53 | | | | | |
| 432 | 3515 | Schmengler Stephan | SV Budberg Lauffreunde | 3:37:15 | M45 | 0:46:08 | 1:10:33 | 1:40:34 |
| 447 | 3518 | Holzum Frank | SV Budberg Lauffreunde | 3:38:03 | M40 | 0:47:23 | 1:13:04 | 1:37:36 |
| 981 | 3520 | Warnke Ralf | SV Budberg Lauffreunde | 4:07:35 | M45 | 0:50:34 | 1:22:09 | 1:54:51 |
| 88 | TLV Germania Überruhr | | Gesamtzeit: 11:23:36 | | | | | |
| 215 | 5136 | Schuster Ralf | TLV Germania Überruhr | 3:25:17 | M45 | 0:43:45 | 1:07:25 | 1:34:05 |
| 789 | 5133 | Ettelt Hermann | TLV Germania Überruhr | 3:56:53 | M55 | 0:47:34 | 1:14:23 | 1:54:55 |
| 871 | 5135 | Krekeler Guido | TLV Germania Überruhr | 4:01:26 | M55 | 0:48:58 | 1:15:45 | 1:56:43 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|------------------------------------|---------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 89 | LC Duisburg | | Gesamtzeit: 11:23:46 | | | | | |
| | 622 | 1634 Rölker Thorsten | LC Duisburg | 3:47:22 | M40 | 0:48:22 | 1:14:36 | 1:44:23 |
| | 630 | 1735 Bruckes Markus | LC Duisburg | 3:48:01 | M40 | 0:48:17 | 1:12:56 | 1:46:47 |
| | 637 | 2589 Kinnauer Michael | LC Duisburg | 3:48:23 | M35 | 0:46:45 | 1:14:28 | 1:47:09 |
| 90 | LT KETTWIG 2000 | | Gesamtzeit: 11:26:07 | | | | | |
| | 310 | 3046 Dolfen Stefan | LT KETTWIG 2000 | 3:30:42 | M50 | 0:44:11 | 1:07:47 | 1:38:44 |
| | 661 | 4543 Godlewski Thomas | LT KETTWIG 2000 | 3:49:44 | M35 | 0:46:38 | 1:13:45 | 1:49:19 |
| | 943 | 4545 Hamm Dieter | LT KETTWIG 2000 | 4:05:41 | M45 | 0:50:30 | 1:19:17 | 1:55:53 |
| 91 | LT SV Haldern | | Gesamtzeit: 11:26:19 | | | | | |
| | 239 | 2553 Sprenger Detlef | LT SV Haldern | 3:26:32 | M45 | 0:42:52 | 1:07:01 | 1:36:38 |
| | 448 | 1247 Recha Jürgen | LT SV Haldern | 3:38:05 | M40 | 0:45:03 | 1:10:55 | 1:42:06 |
| | 1184 | 1248 Tausche Karl | LT SV Haldern | 4:21:42 | M70 | 0:54:32 | 1:24:27 | 2:02:42 |
| 92 | ASV-LT Kemperdick | | Gesamtzeit: 11:27:14 | | | | | |
| | 140 | 3112 Gmirrek Andreas | ASV-LT Kemperdick | 3:19:44 | M45 | 0:42:30 | 1:05:32 | 1:31:42 |
| | 785 | 4524 Nowak Rainer | ASV-LT Kemperdick | 3:56:37 | M55 | 0:48:45 | 1:16:20 | 1:51:31 |
| | 1035 | 4451 Thomas Jürgen | ASV-LT Kemperdick | 4:10:53 | M50 | 0:50:31 | 1:22:39 | 1:57:42 |
| 93 | St. Marien-Hospital Mülheim | | Gesamtzeit: 11:28:37 | | | | | |
| | 412 | 2017 Röttger Joachim | St. Marien-Hospital Mülhei | 3:36:13 | M45 | 0:42:36 | 1:04:48 | 1:48:48 |
| | 673 | 2134 Weymann Andreas | St. Marien-Hospital Mülhei | 3:50:36 | M40 | 0:46:26 | 1:13:51 | 1:50:19 |
| | 876 | 4194 Van der Most Thomas | St. Marien-Hospital Mülhei | 4:01:48 | M40 | 0:49:27 | 1:17:32 | 1:54:48 |
| 94 | Triathlon-TEAM-Witten | | Gesamtzeit: 11:32:01 | | | | | |
| | 606 | 4032 Timmer Bernd | Triathlon-TEAM-Witten | 3:46:52 | M50 | 0:46:46 | 1:12:49 | 1:47:16 |
| | 680 | 3673 Bonkowski Roland | Triathlon-TEAM-Witten | 3:50:47 | M50 | 0:47:03 | 1:14:59 | 1:48:44 |
| | 742 | 2969 Wenzel Harald | Triathlon-TEAM-Witten | 3:54:22 | M45 | 0:46:56 | 1:14:12 | 1:53:13 |
| 95 | SSV Sparkasse Lüdenscheid | | Gesamtzeit: 11:33:49 | | | | | |
| | 590 | 3682 Haber Johannes | SSV Sparkasse Lüdensc | 3:45:34 | M22 | 0:46:01 | 1:11:16 | 1:48:16 |
| | 708 | 4151 Knaak Stefan | SSV Sparkasse Lüdensc | 3:52:19 | M30 | 0:52:46 | 1:11:15 | 1:48:17 |
| | 772 | 3320 Büxenstein Manuel | SSV Sparkasse Lüdensc | 3:55:56 | M30 | 0:51:57 | 1:22:13 | 1:41:46 |
| 96 | TG Neuss | | Gesamtzeit: 11:34:07 | | | | | |
| | 556 | 5230 Sturm Thomas | TG Neuss | 3:44:01 | M40 | 0:46:52 | 1:11:59 | 1:45:09 |
| | 669 | 5233 Götz Volker | TG Neuss | 3:50:07 | M50 | 0:48:00 | 1:13:34 | 1:48:32 |
| | 841 | 5222 May Hans-Joachim | TG Neuss | 3:59:59 | M65 | 0:50:30 | 1:16:07 | 1:53:21 |
| 97 | LC Duisburg | | Gesamtzeit: 11:36:25 | | | | | |
| | 654 | 4227 Krämer Eike | LC Duisburg | 3:49:23 | M55 | 0:47:40 | 1:14:23 | 1:47:19 |
| | 712 | 2139 Möller Norbert | LC Duisburg | 3:52:29 | M50 | 0:48:24 | 1:14:59 | 1:49:05 |
| | 746 | 2117 Siewers Volker | LC Duisburg | 3:54:33 | M45 | 0:49:37 | 1:14:59 | 1:49:55 |
| 98 | VT Triangel Kempen | | Gesamtzeit: 11:36:58 | | | | | |
| | 195 | 2397 Backes Jürgen | VT Triangel Kempen | 3:23:54 | M35 | 0:42:39 | 1:04:24 | 1:36:50 |
| | 758 | 3632 Herkenrath Peter | VT Triangel Kempen | 3:55:07 | M35 | 1:01:23 | 1:10:36 | 1:43:07 |
| | 1135 | 2967 Münks Georg | VT Triangel Kempen | 4:17:57 | M40 | 0:52:59 | 1:21:44 | 2:03:13 |
| 99 | Rumelner TV | | Gesamtzeit: 11:38:24 | | | | | |
| | 294 | 1803 Ehrentraut Heinz-Udo | Rumelner TV | 3:29:43 | M45 | 0:44:24 | 1:07:17 | 1:38:01 |
| | 550 | 1758 Gumz Ingo | Rumelner TV | 3:43:35 | M45 | 0:46:15 | 1:10:10 | 1:47:09 |
| | 1225 | 2571 Hecker Klaus | Rumelner TV | 4:25:06 | M50 | 0:53:26 | 1:24:26 | 2:07:13 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|------------|---------------------------------|-----------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 100 | Die Schnitzelfraktion | | Gesamtzeit: 11:38:46 | | | | | |
| | 253 | 1986 Schmock Uwe | Die Schnitzelfraktion | 3:27:19 | M50 | 0:43:21 | 1:07:59 | 1:35:58 |
| | 653 | 1987 Schmock Tim | Die Schnitzelfraktion | 3:49:21 | M22 | 0:47:38 | 1:14:56 | 1:46:45 |
| | 1194 | 1984 Stommel Christian | Die Schnitzelfraktion | 4:22:06 | M45 | 0:54:50 | 1:24:28 | 2:02:47 |
| 101 | TUSEM Essen | | Gesamtzeit: 11:38:48 | | | | | |
| | 205 | 2197 Doetsch Leonhard | TUSEM Essen | 3:24:39 | M65 | 0:43:27 | 1:05:19 | 1:35:51 |
| | 650 | 1208 Kruck Leo | TUSEM Essen | 3:49:11 | M55 | 0:47:10 | 1:13:59 | 1:48:01 |
| | 1224 | 3581 Kluschat Bernhard | TUSEM Essen | 4:24:58 | M40 | 0:57:36 | 1:25:40 | 2:01:40 |
| 102 | Laufende Geometer | | Gesamtzeit: 11:39:47 | | | | | |
| | 335 | 3189 Zielony Martin | Laufende Geometer | 3:32:02 | M40 | 0:42:43 | 1:05:04 | 1:44:15 |
| | 881 | 1474 Borg Thomas | Laufende Geometer | 4:02:09 | M35 | 0:48:26 | 1:14:40 | 1:59:02 |
| | 941 | 1625 Gronski-Schaefer Uwe | Laufende Geometer | 4:05:36 | M40 | 0:49:35 | 1:19:24 | 1:56:36 |
| 103 | A1 activefirst | | Gesamtzeit: 11:40:25 | | | | | |
| | 664 | 2648 Strube Ralf | A1 activefirst | 3:49:45 | M40 | 0:48:45 | 1:13:17 | 1:47:42 |
| | 749 | 2886 Tosch Frank | A1 activefirst | 3:54:41 | M30 | 0:49:10 | 1:16:36 | 1:48:54 |
| | 775 | 2653 Welkers Björn | A1 activefirst | 3:55:59 | M40 | 0:49:50 | 1:16:16 | 1:49:53 |
| 104 | Feuerwehr SV Düsseldorf | | Gesamtzeit: 11:45:22 | | | | | |
| | 579 | 1497 Terporten Niklas | Feuerwehr SV Düsseldo | 3:45:02 | M35 | 0:54:38 | 1:10:14 | 1:40:10 |
| | 833 | 3727 Niebert Robert | Feuerwehr SV Düsseldo | 3:59:45 | M22 | 0:46:57 | 1:15:56 | 1:56:51 |
| | 854 | 1723 Pahsen Daniel | Feuerwehr SV Düsseldo | 4:00:35 | M35 | 0:47:19 | 1:15:17 | 1:57:58 |
| 105 | LT Krefeld-Oppum | | Gesamtzeit: 11:47:23 | | | | | |
| | 644 | 3895 Hochbruck Werner | LT Krefeld-Oppum | 3:48:59 | M50 | 0:47:46 | 1:14:43 | 1:46:29 |
| | 726 | 4388 Beckmanns Ralf | LT Krefeld-Oppum | 3:53:28 | M45 | 0:46:49 | 1:20:27 | 1:46:11 |
| | 927 | 3947 Baldo Walter | LT Krefeld-Oppum | 4:04:56 | M60 | 0:51:45 | 1:19:29 | 1:53:40 |
| 106 | Adler-Langlauf Bottrop | | Gesamtzeit: 11:48:04 | | | | | |
| | 625 | 1499 Lohkamp Volker | Adler-Langlauf Bottrop | 3:47:40 | M45 | 0:45:30 | 1:12:08 | 1:50:00 |
| | 798 | 2907 Skowronek Jürgen | Adler-Langlauf Bottrop | 3:57:48 | M60 | 0:49:50 | 1:14:55 | 1:53:02 |
| | 890 | 3976 Kulpa Dieter | Adler-Langlauf Bottrop | 4:02:36 | M50 | 0:50:53 | 1:17:41 | 1:54:01 |
| 107 | Fast Foot Düsseldorf | | Gesamtzeit: 11:48:40 | | | | | |
| | 629 | 2378 Laqua Sven | Fast Foot Düsseldorf | 3:47:56 | M35 | 0:48:24 | 1:19:11 | 1:40:21 |
| | 826 | 2002 Dreker Severin Michael | Fast Foot Düsseldorf | 3:59:30 | M35 | 0:47:56 | 1:17:33 | 1:54:00 |
| | 864 | 1988 Kau René | Fast Foot Düsseldorf | 4:01:14 | M40 | 0:49:31 | 1:17:39 | 1:54:02 |
| 108 | LT Zornige Ameisen Essen | | Gesamtzeit: 11:48:56 | | | | | |
| | 513 | 2299 Schell Markus | LT Zornige Ameisen Esse | 3:41:25 | M40 | 0:46:25 | 1:10:58 | 1:44:01 |
| | 834 | 2297 Vittinghoff Alf | LT Zornige Ameisen Esse | 3:59:47 | M40 | 0:49:55 | 1:19:24 | 1:50:26 |
| | 984 | 2294 Warneke Klaus | LT Zornige Ameisen Esse | 4:07:44 | M50 | 0:55:28 | 1:23:19 | 1:48:56 |
| 109 | TUS BREITSCHEID | | Gesamtzeit: 11:49:09 | | | | | |
| | 646 | 5185 Albrecht Rainer | TUS BREITSCHEID | 3:49:04 | M45 | 0:46:32 | 1:13:44 | 1:48:47 |
| | 672 | 5192 Driefßen Walter | TUS BREITSCHEID | 3:50:34 | M60 | 0:49:29 | 1:14:01 | 1:47:02 |
| | 1016 | 5191 Ditzer Lothar | TUS BREITSCHEID | 4:09:31 | M55 | 0:52:01 | 1:20:56 | 1:56:33 |
| 110 | Moerser TV | | Gesamtzeit: 11:50:09 | | | | | |
| | 547 | 3543 Schmidt Wolfgang | Moerser TV | 3:43:28 | M50 | 0:41:42 | 1:11:36 | 1:50:09 |
| | 848 | 1904 Grüner Ronald | Moerser TV | 4:00:21 | M45 | 0:48:29 | 1:18:20 | 1:53:31 |
| | 953 | 4301 Ullein Rolf | Moerser TV | 4:06:20 | M50 | 0:50:33 | 1:19:21 | 1:56:25 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|------------|--------------------------------------|-----------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 111 | AS Neukirchen-Vluyn | | Gesamtzeit: 11:51:23 | | | | | |
| | 652 | 2693 Hartdegen Karsten | AS Neukirchen-Vluyn | 3:49:14 | M45 | 0:48:20 | 1:13:31 | 1:47:23 |
| | 852 | 2700 Jankowiak Frank | AS Neukirchen-Vluyn | 4:00:25 | M40 | 0:49:44 | 1:16:49 | 1:53:51 |
| | 873 | 2695 Heinze Friedhelm | AS Neukirchen-Vluyn | 4:01:44 | M55 | 0:51:27 | 1:17:47 | 1:52:29 |
| 112 | Running Team Hochschule Bochu | | Gesamtzeit: 11:52:29 | | | | | |
| | 163 | 3905 Kubitsch Karsten | Running Team Hochschul | 3:21:24 | M40 | 0:42:03 | 1:05:38 | 1:33:42 |
| | 187 | 1885 Düren Andreas | Running Team Hochschul | 3:23:11 | M40 | 0:42:12 | 1:06:10 | 1:34:48 |
| | 1453 | 2251 Kendziorra Thomas | Running Team Hochschul | 5:07:54 | M40 | 1:01:03 | 1:37:29 | 2:29:21 |
| 113 | Angerland LT Lintorf | | Gesamtzeit: 11:52:46 | | | | | |
| | 774 | 1408 Eichler Marcus | Angerland LT Lintorf | 3:55:59 | M50 | 0:47:53 | 1:14:42 | 1:53:23 |
| | 794 | 2547 Pohl Prof.Dr. Michael | Angerland LT Lintorf | 3:57:34 | M50 | 0:49:56 | 1:18:35 | 1:49:03 |
| | 822 | 2263 Scharf Hans | Angerland LT Lintorf | 3:59:13 | M65 | 0:51:52 | 1:17:52 | 1:49:29 |
| 114 | LC Duisburg | | Gesamtzeit: 11:52:48 | | | | | |
| | 752 | 3394 Kunkel Uwe | LC Duisburg | 3:54:48 | M45 | 0:47:07 | 1:12:53 | 1:54:47 |
| | 806 | 2161 Jonen Werner | LC Duisburg | 3:58:22 | M50 | 0:51:09 | 1:16:01 | 1:51:11 |
| | 831 | 1895 Buch Thorsten | LC Duisburg | 3:59:38 | M30 | 0:49:58 | 1:16:47 | 1:52:53 |
| 115 | LG COESFELD | | Gesamtzeit: 11:53:51 | | | | | |
| | 576 | 5238 Bode Hans Jürgen | LG COESFELD | 3:44:56 | M55 | 0:46:17 | 1:10:56 | 1:47:42 |
| | 767 | 5183 Bertels Jürgen | LG COESFELD | 3:55:45 | M45 | 0:50:28 | 1:14:52 | 1:50:25 |
| | 1074 | 2697 Weber Wolfgang | LG COESFELD | 4:13:10 | M40 | 0:50:26 | 1:22:00 | 2:00:43 |
| 116 | Vodafone Runners | | Gesamtzeit: 11:56:07 | | | | | |
| | 771 | 2790 Spitzer Alexander | Vodafone Runners | 3:55:56 | M40 | 0:48:24 | 1:16:41 | 1:50:50 |
| | 843 | 2803 Nguyen Pham Quang | Vodafone Runners | 4:00:04 | M35 | 0:53:11 | 1:16:56 | 1:49:56 |
| | 844 | 2850 Wischnewski Peter | Vodafone Runners | 4:00:07 | M45 | 0:48:56 | 1:17:17 | 1:53:53 |
| 117 | LG Hans-Sachs | | Gesamtzeit: 11:56:43 | | | | | |
| | 704 | 2997 Kock Christian | LG Hans-Sachs | 3:52:04 | M60 | 0:48:07 | 1:15:09 | 1:48:48 |
| | 811 | 2998 Seliger Ralf | LG Hans-Sachs | 3:58:44 | M45 | 0:48:55 | 1:14:32 | 1:55:16 |
| | 948 | 2999 Loos Andreas | LG Hans-Sachs | 4:05:55 | M45 | 0:50:37 | 1:18:16 | 1:57:01 |
| 118 | VfL Gladbeck Fun Runner | | Gesamtzeit: 11:56:44 | | | | | |
| | 553 | 3757 Scharfenberg Siegfried | VfL Gladbeck Fun Runner | 3:43:48 | M45 | 0:45:04 | 1:10:04 | 1:48:39 |
| | 719 | 1586 Polan Martin | VfL Gladbeck Fun Runner | 3:53:09 | M45 | 0:48:23 | 1:17:13 | 1:47:32 |
| | 1155 | 1959 Jung Klaus | VfL Gladbeck Fun Runner | 4:19:47 | M55 | 0:52:42 | 1:31:34 | 1:55:30 |
| 119 | TRIMET | | Gesamtzeit: 11:58:43 | | | | | |
| | 121 | 2885 Savilif Rüdiger | TRIMET | 3:17:12 | M55 | 0:42:16 | 1:03:33 | 1:31:21 |
| | 1138 | 2882 Wondracek Ralf | TRIMET | 4:18:00 | M40 | 0:51:52 | 1:23:08 | 2:02:59 |
| | 1206 | 2879 Siepker Gerd | TRIMET | 4:23:31 | M45 | 0:51:17 | 1:30:32 | 2:01:41 |
| 120 | LG Alpen | | Gesamtzeit: 12:00:27 | | | | | |
| | 563 | 2922 Busch Michael | LG Alpen | 3:44:15 | M40 | 0:45:26 | 1:12:14 | 1:46:34 |
| | 931 | 3113 Schulze Norbert | LG Alpen | 4:05:14 | M50 | 0:50:13 | 1:20:54 | 1:54:05 |
| | 1036 | 3811 Ravens Werner | LG Alpen | 4:10:58 | M55 | 0:52:16 | 1:23:22 | 1:55:19 |
| 121 | LC Duisburg | | Gesamtzeit: 12:02:17 | | | | | |
| | 840 | 4053 Grävenstein Lutz | LC Duisburg | 3:59:59 | M40 | 0:49:58 | 1:14:25 | 1:55:34 |
| | 861 | 1371 Cornelißen Volker | LC Duisburg | 4:00:51 | M40 | 0:46:59 | 1:16:20 | 1:57:31 |
| | 872 | 1909 Horrig Volker | LC Duisburg | 4:01:27 | M50 | 0:48:12 | 1:14:14 | 1:58:59 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|------------|--------------------------------------|-------------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 122 | LC Duisburg-Marathonkurs 09 | | Gesamtzeit: 12:02:42 | | | | | |
| | 573 | 4724 Richter Volker | LC Duisburg-Marathonkur | 3:44:49 | M50 | 0:47:31 | 1:13:00 | 1:44:17 |
| | 916 | 4726 Zachau Roland | LC Duisburg-Marathonkur | 4:04:08 | M40 | 0:55:12 | 1:34:50 | 1:34:05 |
| | 1086 | 4717 Esser Volker | LC Duisburg-Marathonkur | 4:13:45 | M40 | 0:52:43 | 1:22:56 | 1:58:05 |
| 123 | Jogmap Ruhr | | Gesamtzeit: 12:07:00 | | | | | |
| | 725 | 2235 Grossmann Frank | Jogmap Ruhr | 3:53:28 | M45 | 0:46:08 | 1:10:37 | 1:56:41 |
| | 902 | 1234 Jansch Frank | Jogmap Ruhr | 4:03:17 | M45 | 0:46:55 | 1:19:40 | 1:56:41 |
| | 1024 | 1230 Speh Oliver | Jogmap Ruhr | 4:10:15 | M45 | 0:51:28 | 1:19:40 | 1:59:06 |
| 124 | Vodafone Runners | | Gesamtzeit: 12:07:42 | | | | | |
| | 849 | 2791 Rosso Andrea | Vodafone Runners | 4:00:24 | M40 | 0:49:48 | 1:18:25 | 1:52:11 |
| | 905 | 2809 Burggraf Bernd | Vodafone Runners | 4:03:27 | M40 | 0:48:06 | 1:25:05 | 1:50:14 |
| | 911 | 2832 Augner Michael | Vodafone Runners | 4:03:51 | M40 | 0:49:38 | 1:21:10 | 1:53:02 |
| 125 | Ruhrrunner Essen | | Gesamtzeit: 12:10:26 | | | | | |
| | 638 | 3072 Bock Michael | Ruhrrunner Essen | 3:48:27 | M40 | 0:47:05 | 1:17:14 | 1:44:06 |
| | 1028 | 3835 Bajohr Andreas | Ruhrrunner Essen | 4:10:39 | M40 | 0:51:04 | 1:19:21 | 2:00:13 |
| | 1042 | 3994 Kuchta Klaus | Ruhrrunner Essen | 4:11:20 | M50 | 0:52:01 | 1:22:03 | 1:57:16 |
| 126 | A1 activefirst | | Gesamtzeit: 12:12:31 | | | | | |
| | 796 | 2627 Lachmann Thomas | A1 activefirst | 3:57:40 | M35 | 0:48:36 | 1:17:35 | 1:51:29 |
| | 923 | 2645 Sheridan Joseph | A1 activefirst | 4:04:44 | M45 | 0:50:45 | 1:19:48 | 1:54:10 |
| | 1023 | 2608 Gröber Rüdiger | A1 activefirst | 4:10:07 | M50 | 0:53:38 | 1:20:40 | 1:55:48 |
| 127 | E.ON Ruhrgas SG | | Gesamtzeit: 12:13:14 | | | | | |
| | 839 | 2770 Bittner Oliver | E.ON Ruhrgas SG | 3:59:57 | M30 | 0:46:00 | 1:17:53 | 1:56:03 |
| | 939 | 2736 Schmah Andreas | E.ON Ruhrgas SG | 4:05:32 | M45 | 0:51:24 | 1:19:59 | 1:54:08 |
| | 985 | 2762 Ebus Stefan | E.ON Ruhrgas SG | 4:07:45 | M35 | 0:50:45 | 1:25:29 | 1:51:30 |
| 128 | LC Duisburg | | Gesamtzeit: 12:15:59 | | | | | |
| | 921 | 1778 Becker-Riße Egbert | LC Duisburg | 4:04:37 | M55 | 0:51:07 | 1:18:37 | 1:54:52 |
| | 935 | 1976 Terkatz Johannes | LC Duisburg | 4:05:24 | M40 | 0:50:00 | 1:19:18 | 1:56:05 |
| | 949 | 1627 Domnick Dieter | LC Duisburg | 4:05:58 | M40 | 0:46:35 | 1:16:20 | 2:03:02 |
| 129 | Berufsfeuerwehr Duisb. GAL 74 | | Gesamtzeit: 12:16:59 | | | | | |
| | 793 | 4512 Pockrandt Thomas | Berufsfeuerwehr Duisb. C | 3:57:25 | M30 | 0:54:28 | 1:13:35 | 1:49:21 |
| | 1005 | 4504 Behrendt Maik | Berufsfeuerwehr Duisb. C | 4:08:49 | M35 | 0:55:24 | 1:25:37 | 1:47:48 |
| | 1032 | 4510 Knott Swen | Berufsfeuerwehr Duisb. C | 4:10:45 | M30 | 0:52:44 | 1:20:25 | 1:57:36 |
| 130 | AS Neukirchen-Vluyn | | Gesamtzeit: 12:18:52 | | | | | |
| | 888 | 2678 Verfürth Andreas | AS Neukirchen-Vluyn | 4:02:30 | M45 | 0:54:04 | 1:14:07 | 1:54:18 |
| | 956 | 2673 Schroelkamp Christoph | AS Neukirchen-Vluyn | 4:06:25 | M45 | 0:53:47 | 1:20:01 | 1:52:37 |
| | 1021 | 2692 Haaz Heiko | AS Neukirchen-Vluyn | 4:09:57 | M40 | 0:52:10 | 1:22:02 | 1:55:43 |
| 131 | VfL Fun Runners | | Gesamtzeit: 12:19:06 | | | | | |
| | 311 | 2026 Geib Joachim | VfL Fun Runners | 3:30:49 | M45 | 0:43:43 | 1:07:39 | 1:39:26 |
| | 1153 | 2023 Reichhardt Detlef | VfL Fun Runners | 4:19:39 | M50 | 0:52:57 | 1:22:40 | 2:04:01 |
| | 1265 | 2020 Krahs Markus | VfL Fun Runners | 4:28:38 | M40 | 0:55:26 | 1:25:25 | 2:07:47 |
| 132 | LC Duisburg | | Gesamtzeit: 12:21:43 | | | | | |
| | 957 | 2047 Glässer Teijeiro Roberto | LC Duisburg | 4:06:26 | M45 | 0:50:18 | 1:19:26 | 1:56:40 |
| | 961 | 3883 Dicke Ralf | LC Duisburg | 4:06:33 | M55 | 0:49:51 | 1:19:38 | 1:57:03 |
| | 1001 | 3387 Haase Heinz | LC Duisburg | 4:08:44 | M55 | 0:54:05 | 1:19:12 | 1:55:26 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|------------|-------------------------------|------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 133 | BYK-Chemie | | Gesamtzeit: 12:23:46 | | | | | |
| | 337 | 2987 Konietzko Rene | BYK-Chemie | 3:32:03 | M35 | 0:43:09 | 1:06:07 | 1:42:46 |
| | 679 | 2983 Wach Holger | BYK-Chemie | 3:50:45 | M40 | 0:47:30 | 1:15:22 | 1:47:52 |
| | 1444 | 2988 Hoffmann Ralf | BYK-Chemie | 5:00:58 | M35 | 1:01:03 | 1:35:49 | 2:24:05 |
| 134 | Vodafone Runners | | Gesamtzeit: 12:25:36 | | | | | |
| | 926 | 2794 Vißers Ralf | Vodafone Runners | 4:04:55 | M40 | 0:49:11 | 1:15:21 | 2:00:22 |
| | 959 | 2862 Grotenburg Claus | Vodafone Runners | 4:06:27 | M40 | 0:49:59 | 1:19:07 | 1:57:21 |
| | 1089 | 2844 Holtmanns Thomas | Vodafone Runners | 4:14:14 | M40 | 0:50:31 | 1:21:32 | 2:02:10 |
| 135 | Adler-Langlauf Bottrop | | Gesamtzeit: 12:25:56 | | | | | |
| | 930 | 4093 Allemann Stephan | Adler-Langlauf Bottrop | 4:05:11 | M50 | 0:49:28 | 1:19:15 | 1:56:27 |
| | 960 | 1418 Schlegel Jörg | Adler-Langlauf Bottrop | 4:06:29 | M35 | 0:51:09 | 1:19:33 | 1:55:46 |
| | 1090 | 3740 Sobczak Martin | Adler-Langlauf Bottrop | 4:14:16 | M45 | 0:53:32 | 1:24:57 | 1:55:46 |
| 136 | Triminators TV Voerde | | Gesamtzeit: 12:31:02 | | | | | |
| | 850 | 3433 Ortscheid Tim | Triminators TV Voerde | 4:00:25 | M30 | 0:47:35 | 1:18:31 | 1:54:18 |
| | 972 | 3431 Liedke Harry | Triminators TV Voerde | 4:06:59 | M40 | 0:50:20 | 1:17:38 | 1:59:00 |
| | 1208 | 3432 Meters Norbert | Triminators TV Voerde | 4:23:38 | M55 | 0:54:11 | 1:22:42 | 2:06:44 |
| 137 | EVONIK Wohnen | | Gesamtzeit: 12:34:32 | | | | | |
| | 934 | 2923 Spitzer Andreas | EVONIK Wohnen | 4:05:21 | M45 | 0:49:19 | 1:18:10 | 1:57:51 |
| | 991 | 4685 Wenda Herbert | EVONIK Wohnen | 4:07:58 | M60 | 0:55:07 | 1:24:15 | 1:48:35 |
| | 1177 | 2911 Kasielke Jürgen | EVONIK Wohnen | 4:21:13 | M55 | 0:54:42 | 1:25:51 | 2:00:39 |
| 138 | Triathlon-TEAM-Witten | | Gesamtzeit: 12:37:11 | | | | | |
| | 860 | 1644 Strate Andreas | Triathlon-TEAM-Witten | 4:00:51 | M40 | 0:51:35 | 1:16:27 | 1:52:47 |
| | 920 | 3709 Rehberg Thorsten | Triathlon-TEAM-Witten | 4:04:31 | M40 | 0:50:59 | 1:17:18 | 1:56:12 |
| | 1294 | 4045 Roik Matthias | Triathlon-TEAM-Witten | 4:31:49 | M45 | 0:54:35 | 1:27:29 | 2:09:43 |
| 139 | E.ON Ruhrgas SG | | Gesamtzeit: 12:38:56 | | | | | |
| | 1011 | 2735 Schnaubelt Peter | E.ON Ruhrgas SG | 4:09:13 | M60 | 0:52:13 | 1:22:51 | 1:54:08 |
| | 1060 | 2749 Marcus Rolf | E.ON Ruhrgas SG | 4:12:10 | M50 | 0:52:40 | 1:22:48 | 1:56:41 |
| | 1132 | 2745 Pathe Jürgen | E.ON Ruhrgas SG | 4:17:33 | M45 | 0:52:31 | 1:20:53 | 2:04:08 |
| 140 | Veerter Vlitzer | | Gesamtzeit: 12:39:12 | | | | | |
| | 907 | 3465 Koppers Frank | Veerter Vlitzer | 4:03:30 | M35 | 0:53:31 | 1:16:43 | 1:53:16 |
| | 999 | 3467 Koppers Christian | Veerter Vlitzer | 4:08:34 | M35 | 0:53:34 | 1:17:20 | 1:57:38 |
| | 1249 | 3463 Mertins Kai | Veerter Vlitzer | 4:27:08 | M40 | 0:54:54 | 1:27:00 | 2:05:13 |
| 141 | LC Duisburg | | Gesamtzeit: 12:41:49 | | | | | |
| | 1038 | 2288 Kuhr Martin | LC Duisburg | 4:11:04 | M45 | 0:51:24 | 1:21:33 | 1:58:06 |
| | 1040 | 1222 Obel Bernd | LC Duisburg | 4:11:07 | M50 | 0:50:32 | 1:15:59 | 2:04:35 |
| | 1152 | 3293 Piechatzek Edmund | LC Duisburg | 4:19:38 | M50 | 0:54:34 | 1:21:56 | 2:03:07 |
| 142 | DJK Tackenberg | | Gesamtzeit: 12:45:27 | | | | | |
| | 488 | 3111 Spiering Andreas | DJK Tackenberg | 3:40:15 | M45 | 0:45:07 | 1:12:55 | 1:42:12 |
| | 1300 | 1817 Tenbrink Dirk | DJK Tackenberg | 4:32:10 | M40 | 0:55:53 | 1:28:15 | 2:08:00 |
| | 1312 | 1819 Hoffmann Berthold | DJK Tackenberg | 4:33:02 | M45 | 0:57:05 | 1:28:48 | 2:07:07 |
| 143 | A1 activefirst | | Gesamtzeit: 12:49:32 | | | | | |
| | 1044 | 2649 Stutzer Mark | A1 activefirst | 4:11:23 | M40 | 0:52:08 | 1:22:11 | 1:57:03 |
| | 1127 | 2623 Krenski Rainer | A1 activefirst | 4:17:11 | M45 | 0:54:43 | 1:20:25 | 2:02:03 |
| | 1173 | 2641 Schrörs Günter | A1 activefirst | 4:20:58 | M70 | 0:55:07 | 1:23:34 | 2:02:17 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|------------|--------------------------------------|---------------------|-----------------------------|---------|-----|---------|---------|---------|
| 144 | Marathon Dinslaken | | Gesamtzeit: 12:52:41 | | | | | |
| 1018 | 3819 | Wermes Ralf | Marathon Dinslaken | 4:09:40 | M50 | 0:52:24 | 1:22:27 | 1:54:48 |
| 1063 | 1322 | Erlekotte Ingo | Marathon Dinslaken | 4:12:14 | M50 | 0:52:22 | 1:21:10 | 1:58:42 |
| 1280 | 1870 | Salawarda Jürgen | Marathon Dinslaken | 4:30:47 | M40 | 0:52:17 | 1:32:58 | 2:05:31 |
| 145 | BSG Team EVAG | | Gesamtzeit: 13:01:13 | | | | | |
| 1009 | 1623 | Jenner Hartmut | BSG Team EVAG | 4:09:10 | M55 | 0:53:01 | 1:20:24 | 1:55:44 |
| 1104 | 3143 | Sprenger Rolf | BSG Team EVAG | 4:15:24 | M35 | 0:53:18 | 1:18:55 | 2:03:11 |
| 1343 | 1502 | Hüfner Manfred | BSG Team EVAG | 4:36:39 | M55 | 0:57:18 | 1:29:11 | 2:10:10 |
| 146 | Vodafone Runners | | Gesamtzeit: 13:06:33 | | | | | |
| 1105 | 2825 | Mühlenbrock Andreas | Vodafone Runners | 4:15:28 | M40 | 0:50:54 | 1:24:44 | 1:59:48 |
| 1143 | 2797 | Laschet Patrick | Vodafone Runners | 4:18:17 | M40 | 0:51:52 | 1:23:28 | 2:02:56 |
| 1309 | 2810 | Schüttler Jörg | Vodafone Runners | 4:32:48 | M40 | 0:54:46 | 1:32:12 | 2:05:50 |
| 147 | EVONIK Wohnen | | Gesamtzeit: 13:23:06 | | | | | |
| 1195 | 2927 | Tuncel Turhan | EVONIK Wohnen | 4:22:24 | M40 | 0:56:22 | 1:26:01 | 2:00:01 |
| 1247 | 2928 | Körner Dr. Dieter | EVONIK Wohnen | 4:27:06 | M45 | 0:56:16 | 1:25:36 | 2:05:13 |
| 1315 | 2929 | Engemann Bernd | EVONIK Wohnen | 4:33:36 | M45 | 0:57:43 | 1:25:22 | 2:10:30 |
| 148 | LC Duisburg | | Gesamtzeit: 13:26:52 | | | | | |
| 1167 | 4051 | Socher Michael | LC Duisburg | 4:20:40 | M45 | 0:52:13 | 1:24:01 | 2:04:26 |
| 1292 | 1762 | Hackstein Tobias | LC Duisburg | 4:31:37 | M22 | 0:54:52 | 1:24:47 | 2:11:56 |
| 1323 | 3984 | Fiege Andreas | LC Duisburg | 4:34:35 | M45 | 0:57:46 | 1:27:54 | 2:08:55 |
| 149 | Berufsfeuerwehr Duisb. GAL 74 | | Gesamtzeit: 13:27:03 | | | | | |
| 1075 | 4507 | Linsenmeier Peter | Berufsfeuerwehr Duisb. C | 4:13:11 | M22 | 0:57:24 | 1:18:11 | 1:57:34 |
| 1329 | 4509 | Meschede Matthias | Berufsfeuerwehr Duisb. C | 4:35:27 | M22 | 0:56:01 | 1:24:19 | 2:15:06 |
| 1354 | 4515 | Gardemann Jens | Berufsfeuerwehr Duisb. C | 4:38:25 | M22 | 0:56:30 | 1:29:54 | 2:11:59 |
| 150 | TV Frisch Auf Lennep | | Gesamtzeit: 13:27:40 | | | | | |
| 1203 | 4075 | Garweg Bernd | TV Frisch Auf Lennep | 4:23:15 | M55 | 0:54:28 | 1:24:11 | 2:04:35 |
| 1218 | 4077 | Felbick Jürgen | TV Frisch Auf Lennep | 4:24:30 | M55 | 0:55:44 | 1:24:11 | 2:04:35 |
| 1360 | 4247 | Heyduczek Stefan | TV Frisch Auf Lennep | 4:39:55 | M40 | 0:59:03 | 1:32:42 | 2:08:09 |
| 151 | E.ON Ruhrgas SG | | Gesamtzeit: 13:38:10 | | | | | |
| 1223 | 2744 | Pietsch Helmut | E.ON Ruhrgas SG | 4:24:56 | M60 | 0:47:24 | 1:27:15 | 2:10:16 |
| 1330 | 2728 | Wolbring Lothar | E.ON Ruhrgas SG | 4:35:28 | M55 | 0:59:34 | 1:27:50 | 2:08:03 |
| 1352 | 2760 | Finkel Gunther | E.ON Ruhrgas SG | 4:37:46 | M55 | 0:54:57 | 1:25:38 | 2:17:10 |
| 152 | Jugendheimstätten | | Gesamtzeit: 13:48:37 | | | | | |
| 1227 | 4652 | Kloppke Joachim | Jugendheimstätten | 4:25:10 | M45 | 0:53:47 | 1:26:30 | 2:04:52 |
| 1338 | 4650 | Posberg Jürgen | Jugendheimstätten | 4:36:05 | M40 | 0:57:22 | 1:26:42 | 2:11:59 |
| 1399 | 4662 | Hoffmann Rene | Jugendheimstätten | 4:47:22 | M18 | 0:51:51 | 1:17:33 | 2:37:57 |
| 153 | A1 activefirst | | Gesamtzeit: 14:06:29 | | | | | |
| 1341 | 2628 | Mainzer Martin | A1 activefirst | 4:36:37 | M45 | 0:58:23 | 1:27:13 | 2:10:59 |
| 1388 | 2612 | Heidkamp Guido | A1 activefirst | 4:44:21 | M40 | 0:56:55 | 1:30:23 | 2:17:02 |
| 1391 | 2632 | Milewski Wilfried | A1 activefirst | 4:45:31 | M55 | 0:58:03 | 1:31:28 | 2:15:59 |
| 154 | Berufsfeuerwehr Duisb. GAL 74 | | Gesamtzeit: 14:15:22 | | | | | |
| 1372 | 4508 | Molitor Manuel | Berufsfeuerwehr Duisb. C | 4:41:31 | M19 | 0:54:25 | 1:29:19 | 2:17:46 |
| 1384 | 4513 | Balkenhol Mike | Berufsfeuerwehr Duisb. C | 4:44:08 | M22 | 0:56:30 | 1:35:37 | 2:11:59 |
| 1408 | 4514 | Dresler Alexander | Berufsfeuerwehr Duisb. C | 4:49:43 | M22 | 0:56:31 | 1:27:58 | 2:25:13 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Männer

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|------------|------|------------------------|-----------------|-----------------------------|-----|---------|---------|---------|
| 155 | | E.ON Ruhrgas SG | | Gesamtzeit: 14:42:51 | | | | |
| 1370 | 2768 | Blümer Dr. Dietmar | E.ON Ruhrgas SG | 4:41:06 | M50 | 0:55:47 | 1:29:33 | 2:15:45 |
| 1380 | 2729 | Algermissen Ulrich | E.ON Ruhrgas SG | 4:43:38 | M50 | 0:59:45 | 1:32:23 | 2:11:29 |
| 1465 | 2734 | Segering Kurt | E.ON Ruhrgas SG | 5:18:07 | M75 | 1:06:22 | 1:43:37 | 2:28:06 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Frauen

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|-----|--------------------------------|------------------------|-----------------------------|-----|---------|---------|---------|
| 1 | | Adler-Langlauf Bottrop | | Gesamtzeit: 10:29:03 | | | | |
| | 6 | 3291 Hansch Vera | Adler-Langlauf Bottrop | 3:13:34 | W22 | 0:40:43 | 1:02:19 | 1:30:32 |
| | 8 | 1500 Gevers-Lohkamp Petra | Adler-Langlauf Bottrop | 3:19:22 | W40 | 0:41:52 | 1:04:11 | 1:33:17 |
| | 92 | 1851 Theis-Dorigi Ulrike | Adler-Langlauf Bottrop | 3:56:07 | W55 | 0:49:44 | 1:16:38 | 1:49:44 |
| 2 | | LC Duisburg | | Gesamtzeit: 10:33:18 | | | | |
| | 3 | 4219 Krämer Sabrina | LC Duisburg | 3:12:30 | W22 | 0:40:13 | 1:02:14 | 1:30:02 |
| | 35 | 1857 Von Gruchalla Iris | LC Duisburg | 3:38:58 | W40 | 0:45:42 | 1:10:45 | 1:42:30 |
| | 43 | 2211 Breuer Sabine | LC Duisburg | 3:41:50 | W40 | 0:43:53 | 1:13:09 | 1:44:47 |
| 3 | | LG COESFELD | | Gesamtzeit: 11:15:06 | | | | |
| | 44 | 2964 Schneider Karin | LG COESFELD | 3:42:12 | W40 | 0:46:15 | 1:09:46 | 1:46:10 |
| | 46 | 5235 Buschmann Rita | LG COESFELD | 3:42:58 | W50 | 0:45:54 | 1:10:52 | 1:46:11 |
| | 71 | 2965 Beekmans Petra | LG COESFELD | 3:49:56 | W45 | 0:48:20 | 1:15:01 | 1:46:34 |
| 4 | | SG Borken | | Gesamtzeit: 11:17:37 | | | | |
| | 16 | 2115 Schlüter-Michels Marion | SG Borken | 3:26:47 | W40 | 0:43:40 | 1:06:38 | 1:36:29 |
| | 82 | 1748 Hölter Agnes | SG Borken | 3:52:51 | W50 | 0:49:20 | 1:15:14 | 1:48:16 |
| | 97 | 1654 Wacker Heike | SG Borken | 3:57:59 | W35 | 0:49:50 | 1:15:13 | 1:52:55 |
| 5 | | LT Schnecke SV Sonsbeck | | Gesamtzeit: 11:18:01 | | | | |
| | 27 | 5158 Hawix Annemarie | LT Schnecke SV Sonsbec | 3:34:09 | W35 | 0:45:20 | 1:09:38 | 1:39:10 |
| | 28 | 5157 Hegger Ruth | LT Schnecke SV Sonsbec | 3:34:10 | W40 | 0:45:20 | 1:09:39 | 1:39:10 |
| | 156 | 5154 Bittner Martina | LT Schnecke SV Sonsbec | 4:09:42 | W40 | 0:48:51 | 1:14:44 | 2:06:06 |
| 6 | | Ausdauerschule Bunert | | Gesamtzeit: 11:18:24 | | | | |
| | 11 | 3936 Pilgram Sabine | Ausdauerschule Bunert | 3:23:08 | W45 | 0:43:05 | 1:05:38 | 1:34:25 |
| | 63 | 3582 Kmiecik Ute | Ausdauerschule Bunert | 3:48:13 | W45 | 0:46:43 | 1:13:54 | 1:47:36 |
| | 138 | 5039 Lange Dr. Jutta | Ausdauerschule bunert | 4:07:03 | W50 | 0:51:56 | 1:19:08 | 1:55:57 |
| 7 | | Angerland LT Lintorf | | Gesamtzeit: 11:23:33 | | | | |
| | 48 | 3003 Just Gladys | Angerland LT Lintorf | 3:43:45 | W35 | 0:46:38 | 1:12:38 | 1:44:28 |
| | 49 | 3979 Gall Katharina | Angerland LT Lintorf | 3:44:00 | W22 | 0:46:53 | 1:12:38 | 1:44:29 |
| | 90 | 1386 Pfüzenreuter Nora | Angerland LT Lintorf | 3:55:48 | W19 | 0:46:32 | 1:14:14 | 1:55:01 |
| 8 | | Waltroper LC 06 | | Gesamtzeit: 11:27:37 | | | | |
| | 24 | 2001 Thorwesten Simone | Waltroper LC 06 | 3:32:13 | W35 | 0:44:59 | 1:08:02 | 1:39:11 |
| | 79 | 3076 Wehder-Krolik Claudia | Waltroper LC 06 | 3:52:35 | W45 | 0:45:58 | 1:16:12 | 1:50:24 |
| | 114 | 2573 Stange Monika | Waltroper LC 06 | 4:02:49 | W45 | 0:50:46 | 1:19:09 | 1:52:53 |
| 9 | | LC Duisburg | | Gesamtzeit: 11:28:16 | | | | |
| | 54 | 3850 Hofmann Katrin | LC Duisburg | 3:46:15 | W30 | 0:47:39 | 1:12:23 | 1:46:12 |
| | 72 | 2978 Gawlik-Kuzera Eva | LC Duisburg | 3:50:06 | W45 | 0:49:21 | 1:14:12 | 1:46:31 |
| | 76 | 2428 Flühr Angelika | LC Duisburg | 3:51:55 | W40 | 0:49:32 | 1:15:09 | 1:47:14 |
| 10 | | A1 activefirst | | Gesamtzeit: 11:31:25 | | | | |
| | 40 | 2620 Koemen Barbara | A1 activefirst | 3:40:40 | W35 | 0:48:08 | 1:11:22 | 1:41:08 |
| | 87 | 2600 Althaus Andrea | A1 activefirst | 3:55:07 | W30 | 0:48:38 | 1:16:55 | 1:49:33 |
| | 88 | 2638 Plewnia Antje | A1 activefirst | 3:55:38 | W22 | 0:48:35 | 1:15:33 | 1:51:29 |
| 11 | | PV-Triathlon Witten | | Gesamtzeit: 11:33:38 | | | | |
| | 39 | 5087 Heibing Anne | PV-Triathlon Witten | 3:40:05 | W55 | 0:45:54 | 1:10:50 | 1:43:21 |
| | 80 | 1624 Wienforth Silke | PV-Triathlon Witten | 3:52:39 | W35 | 0:48:34 | 1:14:09 | 1:49:55 |
| | 110 | 3911 Lippe Cordula | PV-Triathlon Witten | 4:00:54 | W50 | 0:50:10 | 1:16:48 | 1:53:55 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Frauen

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|------------------------------|----------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 12 | E.ON Ruhrgas SG | | Gesamtzeit: 11:47:34 | | | | | |
| | 56 | 2751 Falkenstein Britta | E.ON Ruhrgas SG | 3:47:01 | W40 | 0:50:57 | 1:12:32 | 1:43:31 |
| | 75 | 2727 Wolff Iris | E.ON Ruhrgas SG | 3:51:01 | W50 | 0:48:42 | 1:14:39 | 1:47:40 |
| | 153 | 2746 Ost Dorit | E.ON Ruhrgas SG | 4:09:32 | W30 | 0:51:59 | 1:21:43 | 1:55:49 |
| 13 | TC Kray 1892 e.V. | | Gesamtzeit: 11:48:55 | | | | | |
| | 84 | 4498 Sult Barbara | TC Kray 1892 e.V. | 3:53:44 | W55 | 0:49:16 | 1:18:35 | 1:45:52 |
| | 93 | 4501 Schmalz Birgit | TC Kray 1892 e.V. | 3:56:13 | W40 | 0:48:23 | 1:19:41 | 1:48:08 |
| | 103 | 4500 Schäfer Ulrike | TC Kray 1892 e.V. | 3:58:58 | W45 | 0:48:31 | 1:19:42 | 1:50:44 |
| 14 | TSG Kirchhellen | | Gesamtzeit: 11:55:04 | | | | | |
| | 33 | 3748 Boermann Jutta | TSG Kirchhellen | 3:37:07 | W40 | 0:46:01 | 1:10:20 | 1:40:45 |
| | 134 | 3747 Breit Ann-Christin | TSG Kirchhellen | 4:06:07 | W18 | 0:52:29 | 1:19:33 | 1:54:04 |
| | 174 | 3749 Rothert Sylvie | TSG Kirchhellen | 4:11:50 | W40 | 0:53:13 | 1:22:25 | 1:56:11 |
| 15 | TUS BREITSCHEID | | Gesamtzeit: 12:00:45 | | | | | |
| | 52 | 5188 Bohris-Jäggi Beatrice | TUS BREITSCHEID | 3:44:20 | W45 | 0:43:35 | 1:19:51 | 1:40:54 |
| | 96 | 5196 Herrmann Berit | TUS BREITSCHEID | 3:56:49 | W35 | 0:46:53 | 1:13:00 | 1:56:55 |
| | 229 | 2135 Kuhland Katja | TUS BREITSCHEID | 4:19:36 | W45 | 0:52:02 | 1:19:52 | 2:07:42 |
| 16 | SF Ennepetal | | Gesamtzeit: 12:01:07 | | | | | |
| | 23 | 3688 Püttmann Bettina | SF Ennepetal | 3:32:10 | W22 | 0:44:49 | 1:09:36 | 1:37:45 |
| | 161 | 3412 Köhncke Claudia | SF Ennepetal | 4:10:09 | W40 | 0:52:48 | 1:21:04 | 1:56:16 |
| | 222 | 3575 Naumann Sabine | SF Ennepetal | 4:18:48 | W50 | 0:53:50 | 1:24:02 | 2:00:55 |
| 17 | LC Duisburg | | Gesamtzeit: 12:01:12 | | | | | |
| | 86 | 1492 Broel Susanne | LC Duisburg | 3:54:05 | W40 | 0:49:45 | 1:16:22 | 1:47:57 |
| | 115 | 1397 Pautzke Catrin | LC Duisburg | 4:02:58 | W45 | 0:50:58 | 1:18:35 | 1:53:25 |
| | 121 | 1661 Pingen Sabine | LC Duisburg | 4:04:09 | W40 | 0:51:30 | 1:22:09 | 1:50:29 |
| 18 | SV Viktoria Goch | | Gesamtzeit: 12:04:56 | | | | | |
| | 62 | 1283 Weinhold Jutta | SV Viktoria Goch | 3:48:12 | W50 | 0:48:23 | 1:13:23 | 1:46:26 |
| | 136 | 4367 Dützer Marion | SV Viktoria Goch | 4:06:53 | W40 | 0:50:05 | 1:16:28 | 2:00:19 |
| | 159 | 3140 Joosten Renate | SV Viktoria Goch | 4:09:51 | W45 | 0:50:05 | 1:16:28 | 2:03:18 |
| 19 | LG Alpen | | Gesamtzeit: 12:12:13 | | | | | |
| | 15 | 2884 Baaken Verana | LG Alpen | 3:26:00 | W30 | 0:43:05 | 1:07:25 | 1:35:29 |
| | 170 | 1919 Christ Carola | LG Alpen | 4:11:31 | W45 | 0:51:29 | 1:20:52 | 1:59:10 |
| | 325 | 3916 Muschalla Sylke | LG Alpen | 4:34:42 | W40 | 0:57:19 | 1:27:30 | 2:09:52 |
| 20 | Triathlon-TEAM-Witten | | Gesamtzeit: 12:17:42 | | | | | |
| | 58 | 4044 Roik Christiane | Triathlon-TEAM-Witten | 3:47:02 | W45 | 0:47:44 | 1:13:01 | 1:46:17 |
| | 162 | 1261 Hooß Andrea | Triathlon-TEAM-Witten | 4:10:09 | W35 | 0:51:17 | 1:16:16 | 2:02:35 |
| | 235 | 1643 Strate Antje Simone | Triathlon-TEAM-Witten | 4:20:31 | W40 | 0:51:35 | 1:22:22 | 2:06:33 |
| 21 | AS Neukirchen-Vluyn | | Gesamtzeit: 12:23:25 | | | | | |
| | 81 | 2689 Fritsch Marion | AS Neukirchen-Vluyn | 3:52:45 | W50 | 0:49:32 | 1:15:02 | 1:48:09 |
| | 164 | 2694 Heinze Irmilind | AS Neukirchen-Vluyn | 4:10:21 | W50 | 0:53:36 | 1:20:07 | 1:56:37 |
| | 232 | 2706 Litz Hildegard | AS Neukirchen-Vluyn | 4:20:19 | W50 | 0:55:08 | 1:22:17 | 2:02:53 |
| 22 | LC Duisburg | | Gesamtzeit: 12:30:26 | | | | | |
| | 137 | 2482 Wallhorn Susanne | LC Duisburg | 4:06:54 | W45 | 0:50:04 | 1:17:49 | 1:59:00 |
| | 163 | 1902 Mensching Ilka | LC Duisburg | 4:10:14 | W35 | 0:52:00 | 1:20:48 | 1:57:25 |
| | 188 | 3884 Morgenschweis Dagmar | LC Duisburg | 4:13:18 | W45 | 0:52:29 | 1:23:45 | 1:57:03 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Frauen

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|---------------------------------|--------------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 23 | Marathon Dinslaken | | Gesamtzeit: 12:50:53 | | | | | |
| | 144 | 1361 Mecking Dr. Bettina | Marathon Dinslaken | 4:07:44 | W40 | 0:53:01 | 1:20:05 | 1:54:37 |
| | 204 | 1326 Erlekotte Jutta | Marathon Dinslaken | 4:16:25 | W45 | 0:54:00 | 1:22:14 | 2:00:10 |
| | 282 | 1872 Salawarda Martina | Marathon Dinslaken | 4:26:44 | W45 | 0:54:53 | 1:24:50 | 2:06:59 |
| 24 | LC Duisburg | | Gesamtzeit: 12:51:36 | | | | | |
| | 197 | 1733 Dutz Anke | LC Duisburg | 4:14:56 | W45 | 0:52:50 | 1:22:07 | 1:59:58 |
| | 216 | 3549 Rydsy Sylvia | LC Duisburg | 4:17:41 | W35 | 0:50:52 | 1:21:37 | 2:05:12 |
| | 225 | 3653 Kruczek Claudia | LC Duisburg | 4:18:59 | W35 | 0:53:13 | 1:24:07 | 2:01:38 |
| 25 | LT Haumannplatz Essen | | Gesamtzeit: 13:01:34 | | | | | |
| | 125 | 4108 Schäferhoff Barbara | LT Haumannplatz Essen | 4:04:39 | W45 | 0:50:59 | 1:20:02 | 1:53:37 |
| | 215 | 2194 Hörig Anke | LT Haumannplatz Essen | 4:17:39 | W40 | 0:53:47 | 1:24:48 | 1:59:03 |
| | 351 | 3323 Welker-Finkbeiner Christi | LT Haumannplatz Essen | 4:39:16 | W55 | 1:06:58 | 1:44:05 | 1:48:13 |
| 26 | LG COESFELD | | Gesamtzeit: 13:02:20 | | | | | |
| | 85 | 2966 Bertels Anita | LG COESFELD | 3:53:54 | W45 | 0:50:29 | 1:15:42 | 1:47:42 |
| | 233 | 5236 Klöpffer-Becker Annelie | LG COESFELD | 4:20:24 | W50 | 0:54:29 | 1:25:38 | 2:00:16 |
| | 389 | 5234 Meyer Ulrike | LG COESFELD | 4:48:02 | W50 | 0:58:42 | 1:32:47 | 2:16:32 |
| 27 | VfL Fun Runners | | Gesamtzeit: 13:06:04 | | | | | |
| | 234 | 2022 Sauer Andrea | VfL Fun Runners | 4:20:27 | W40 | 0:52:55 | 1:21:51 | 2:05:40 |
| | 244 | 2019 Krah Bettina | VfL Fun Runners | 4:21:36 | W30 | 0:54:55 | 1:22:40 | 2:04:00 |
| | 258 | 2024 Richtarsky Rita | VfL Fun Runners | 4:24:01 | W50 | 0:55:44 | 1:23:02 | 2:05:14 |
| 28 | LC Duisburg | | Gesamtzeit: 13:12:27 | | | | | |
| | 227 | 1871 Piechatzek Gabriele | LC Duisburg | 4:19:19 | W55 | 0:50:18 | 1:20:43 | 2:08:17 |
| | 272 | 2120 Dietrich Elke | LC Duisburg | 4:25:41 | W45 | 0:54:45 | 1:24:34 | 2:06:21 |
| | 286 | 1836 Schilling Elli | LC Duisburg | 4:27:27 | W55 | 0:54:32 | 1:25:55 | 2:07:00 |
| 28 | LT Zornige Ameisen Essen | | Gesamtzeit: 13:12:27 | | | | | |
| | 253 | 2303 Karwatzki Rita-Beata | LT Zornige Ameisen Esse | 4:23:16 | W35 | 0:53:41 | 1:24:49 | 2:04:45 |
| | 262 | 3588 Saine Betty | LT Zornige Ameisen Esse | 4:24:16 | W50 | 0:52:33 | 1:24:48 | 2:06:55 |
| | 268 | 2293 Mehl Sabine | LT Zornige Ameisen Esse | 4:24:55 | W40 | 0:55:16 | 1:25:02 | 2:04:36 |
| 30 | A1 activefirst | | Gesamtzeit: 13:14:40 | | | | | |
| | 211 | 5172 Dopierala Joanna | A1 activefirst | 4:17:07 | W40 | 0:51:36 | 1:24:32 | 2:00:58 |
| | 280 | 2626 Kunz Kerstin | A1 activefirst | 4:26:25 | W40 | 0:53:53 | 1:25:59 | 2:06:33 |
| | 305 | 2655 Wunderlich Antje | A1 activefirst | 4:31:08 | W30 | 0:55:00 | 1:24:23 | 2:11:44 |
| 31 | SF Ennepetal | | Gesamtzeit: 13:23:19 | | | | | |
| | 261 | 3522 Neus Tanja | SF Ennepetal | 4:24:16 | W40 | 0:51:48 | 1:29:55 | 2:02:32 |
| | 276 | 3475 Müller Hannelore | SF Ennepetal | 4:26:05 | W65 | 0:56:27 | 1:26:49 | 2:02:48 |
| | 315 | 3414 Preuß-Schmidt Claudia | SF Ennepetal | 4:32:58 | W40 | 0:55:30 | 1:27:51 | 2:09:36 |
| 32 | LC Duisburg | | Gesamtzeit: 13:30:50 | | | | | |
| | 289 | 1884 Jekubczik Christa | LC Duisburg | 4:27:40 | W55 | 0:56:56 | 1:28:59 | 2:01:44 |
| | 293 | 2087 Focks Martina | LC Duisburg | 4:28:25 | W45 | 0:53:37 | 1:24:34 | 2:10:14 |
| | 327 | 2358 Van Bonn Ruth | LC Duisburg | 4:34:44 | W40 | 0:56:49 | 1:29:21 | 2:08:33 |
| 33 | LT Turnerbund Frintrop | | Gesamtzeit: 13:34:50 | | | | | |
| | 141 | 3367 Berndt Elke | LT Turnerbund Frintrop | 4:07:16 | W50 | 0:49:24 | 1:18:37 | 1:59:14 |
| | 336 | 4254 Hausmann Gundula | LT Turnerbund Frintrop | 4:36:17 | W35 | 0:56:52 | 1:26:08 | 2:13:17 |
| | 402 | 1944 Müller Beate | LT Turnerbund Frintrop | 4:51:17 | W45 | 0:57:28 | 1:38:55 | 2:14:53 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Frauen

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|---------------------------------|---------------------|-----------------------------|---------|-----|---------|---------|---------|
| 34 | Angerland LT Lintorf | | Gesamtzeit: 13:37:10 | | | | | |
| 168 | 1390 | Pecher Kirsten | Angerland LT Lintorf | 4:10:48 | W50 | 0:51:34 | 1:19:02 | 2:00:12 |
| 246 | 1652 | Kobek Ulrike | Angerland LT Lintorf | 4:22:06 | W45 | 0:55:16 | 1:24:35 | 2:02:15 |
| 441 | 2548 | Pohl Angeles | Angerland LT Lintorf | 5:04:16 | W45 | 1:04:09 | 1:38:21 | 2:21:45 |
| 35 | AS Neukirchen-Vluyn | | Gesamtzeit: 13:39:55 | | | | | |
| 309 | 2668 | Reis Sandra | AS Neukirchen-Vluyn | 4:32:01 | W35 | 0:56:40 | 1:25:46 | 2:09:35 |
| 313 | 2677 | Tausch Myriam | AS Neukirchen-Vluyn | 4:32:24 | W35 | 0:56:27 | 1:28:21 | 2:07:36 |
| 331 | 2696 | Henseler Regina | AS Neukirchen-Vluyn | 4:35:30 | W40 | 0:59:27 | 1:28:27 | 2:07:35 |
| 36 | TV Frisch Auf Lennep | | Gesamtzeit: 13:40:32 | | | | | |
| 213 | 3908 | Möller Tanja | TV Frisch Auf Lennep | 4:17:09 | W35 | 0:54:34 | 1:24:45 | 1:57:49 |
| 324 | 3927 | Wildschütz Andrea | TV Frisch Auf Lennep | 4:34:22 | W40 | 0:55:29 | 1:27:56 | 2:10:56 |
| 393 | 3530 | Leers Claudia | TV Frisch Auf Lennep | 4:49:01 | W45 | 0:59:23 | 1:33:35 | 2:16:02 |
| 37 | LT Zornige Ameisen Essen | | Gesamtzeit: 13:40:40 | | | | | |
| 303 | 2298 | Brunner Undine | LT Zornige Ameisen Esse | 4:30:40 | W30 | 0:53:45 | 1:28:22 | 2:08:33 |
| 317 | 2304 | Roesner Daniela | LT Zornige Ameisen Esse | 4:33:02 | W30 | 0:55:23 | 1:29:04 | 2:08:34 |
| 341 | 2300 | Kronenberg Susanne | LT Zornige Ameisen Esse | 4:36:58 | W40 | 0:55:27 | 1:34:37 | 2:06:53 |
| 38 | Lauftreff Vynen | | Gesamtzeit: 13:46:51 | | | | | |
| 245 | 4241 | Bartel Petra | Lauftreff Vynen | 4:21:51 | W40 | 0:54:06 | 1:23:10 | 2:04:35 |
| 339 | 4229 | Holland Hanni | Lauftreff Vynen | 4:36:43 | W60 | 0:58:16 | 1:29:47 | 2:08:38 |
| 391 | 4239 | Jakubzik Kerstin | Lauftreff Vynen | 4:48:17 | W35 | 1:00:46 | 1:30:31 | 2:16:59 |
| 39 | Triathlon-TEAM-Witten | | Gesamtzeit: 13:53:17 | | | | | |
| 263 | 4267 | Steindu Sabine | Triathlon-TEAM-Witten | 4:24:20 | W55 | 1:00:06 | 1:34:55 | 1:49:19 |
| 363 | 4268 | Schwarz Angelika | Triathlon-TEAM-Witten | 4:41:34 | W50 | 0:56:31 | 1:26:40 | 2:18:22 |
| 382 | 1674 | Wenzel Heike | Triathlon-TEAM-Witten | 4:47:23 | W45 | 0:58:14 | 1:32:54 | 2:16:14 |
| 40 | LC Duisburg | | Gesamtzeit: 13:54:33 | | | | | |
| 342 | 4050 | Socher Petra | LC Duisburg | 4:37:06 | W50 | 0:59:02 | 1:28:58 | 2:09:06 |
| 347 | 4426 | Weidenmüller Gudrun | LC Duisburg | 4:38:04 | W50 | 0:55:28 | 1:35:16 | 2:07:19 |
| 352 | 1544 | Radomski Barbara | LC Duisburg | 4:39:23 | W40 | 1:03:21 | 1:38:31 | 1:57:29 |
| 41 | A1 activefirst | | Gesamtzeit: 13:58:25 | | | | | |
| 340 | 2654 | Wirtz Gabriele | A1 activefirst | 4:36:53 | W55 | 0:58:12 | 1:30:12 | 2:08:27 |
| 346 | 2643 | Schulze Rabea | A1 activefirst | 4:38:02 | W35 | 0:57:10 | 1:30:26 | 2:10:24 |
| 370 | 2651 | Vieser Yvonne | A1 activefirst | 4:43:30 | W35 | 0:56:58 | 1:30:54 | 2:15:38 |
| 42 | Ausdauerschule Bunert | | Gesamtzeit: 14:01:20 | | | | | |
| 123 | 1505 | Telgenbrok Sigrid | Ausdauerschule Bunert | 4:04:11 | W45 | 0:50:10 | 1:18:30 | 1:55:31 |
| 343 | 1777 | Rösel Birgit | Ausdauerschule Bunert | 4:37:12 | W50 | 0:58:24 | 1:28:42 | 2:10:06 |
| 465 | 1569 | Kuhn Chrissy | Ausdauerschule Bunert | 5:19:57 | W30 | 1:07:03 | 1:43:37 | 2:29:16 |
| 43 | AS Neukirchen-Vluyn | | Gesamtzeit: 14:18:55 | | | | | |
| 333 | 2709 | Möller Karin | AS Neukirchen-Vluyn | 4:36:03 | W50 | 0:57:06 | 1:29:03 | 2:09:53 |
| 384 | 2705 | Lenhart Claudia | AS Neukirchen-Vluyn | 4:47:23 | W45 | 0:59:45 | 1:31:30 | 2:16:07 |
| 411 | 2691 | Guimaraes Paula | AS Neukirchen-Vluyn | 4:55:29 | W35 | 1:01:07 | 1:35:52 | 2:18:29 |
| 44 | E.ON Ruhrgas SG | | Gesamtzeit: 14:20:02 | | | | | |
| 279 | 2742 | Radek Annette | E.ON Ruhrgas SG | 4:26:21 | W45 | 0:55:32 | 1:25:22 | 2:05:25 |
| 397 | 2714 | Seeger Renate | E.ON Ruhrgas SG | 4:49:54 | W50 | 1:02:33 | 1:31:35 | 2:15:45 |
| 440 | 2758 | Grabienski Petra | E.ON Ruhrgas SG | 5:03:47 | W50 | 1:01:29 | 1:34:29 | 2:27:48 |

**Nike Winterlaufserie
des ASV Duisburg 2009
Große Serie - Mannschaften**

Frauen

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | 10km | 10km | 21.1km |
|-----------|--------------------------------|---------------------------|-----------------------------|---------|-----|---------|---------|---------|
| 45 | LT Schnecke SV Sonsbeck | | Gesamtzeit: 14:36:50 | | | | | |
| | 290 | 5156 van Stephoudt Magret | LT Schnecke SV Sonsbec | 4:27:49 | W55 | 0:55:23 | 1:26:19 | 2:06:06 |
| | 403 | 5160 Teloo Anni | LT Schnecke SV Sonsbec | 4:51:58 | W55 | 0:58:47 | 1:33:20 | 2:19:50 |
| | 460 | 5155 Howahl Gabi | LT Schnecke SV Sonsbec | 5:17:03 | W60 | 1:03:47 | 1:39:54 | 2:33:20 |
| 46 | Vodafone Runners | | Gesamtzeit: 14:59:34 | | | | | |
| | 409 | 2824 Dwinger Christiane | Vodafone Runners | 4:55:11 | W40 | 0:58:10 | 1:36:18 | 2:20:42 |
| | 436 | 2847 Fasbender Manuela | Vodafone Runners | 5:02:02 | W35 | 0:59:32 | 1:39:07 | 2:23:23 |
| | 437 | 2801 Plenk Bärbel | Vodafone Runners | 5:02:21 | W40 | 1:02:36 | 1:40:00 | 2:19:44 |
| 47 | Triathlon-TEAM-Witten | | Gesamtzeit: 15:03:56 | | | | | |
| | 385 | 1338 Potthoff Marlies | Triathlon-TEAM-Witten | 4:47:28 | W45 | 0:58:15 | 1:34:38 | 2:14:35 |
| | 415 | 1807 Vogt Cornelia | Triathlon-TEAM-Witten | 4:56:53 | W22 | 1:00:59 | 1:34:55 | 2:20:58 |
| | 463 | 1292 Kliem Silke | Triathlon-TEAM-Witten | 5:19:35 | W35 | 1:05:49 | 1:26:39 | 2:47:06 |
| 48 | Lauftreff Vynen | | Gesamtzeit: 15:25:56 | | | | | |
| | 432 | 4246 Möller Ursula | Lauftreff Vynen | 5:01:30 | W45 | 1:02:20 | 1:39:29 | 2:19:39 |
| | 450 | 4236 Knöfler Brigitte | Lauftreff Vynen | 5:09:01 | W65 | 1:09:17 | 1:34:00 | 2:25:43 |
| | 458 | 4235 Engels-Koran Ulrike | Lauftreff Vynen | 5:15:25 | W50 | 1:05:49 | 1:42:34 | 2:27:01 |
| 49 | Lauftreff Vynen | | Gesamtzeit: 16:17:57 | | | | | |
| | 459 | 4242 Mohr Petra | Lauftreff Vynen | 5:16:33 | W55 | 1:06:19 | 1:44:35 | 2:25:38 |
| | 469 | 5095 Lehmkuhl Claudia | Lauftreff Vynen | 5:30:25 | W35 | 1:07:14 | 1:45:45 | 2:37:25 |
| | 470 | 4234 Brands Simone | Lauftreff Vynen | 5:30:59 | W40 | 1:07:27 | 1:46:05 | 2:37:25 |