

**Nike Winterlaufserie  
des ASV Duisburg 2010  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1400	Meyer Manuel	TV Wattenscheid 01	2:29:00	M22	1	0:31:11	0:49:01	1:08:47
2	1401	Kruck Karsten	LC Duisburg	2:32:56	M30	1	0:32:33	0:49:25	1:10:56
3	2188	Kwekkeboom Thorsten	LG Alpen	2:39:11	M35	1	0:33:42	0:52:22	1:13:05
4	5618	Gottheil Ralf	LG COESFELD	2:39:19	M22	2	0:34:19	0:51:41	1:13:17
5	5146	Jegodtka Matthias	ASC Rosellen/Neuss	2:42:32	M35	2	0:33:48	0:52:14	1:16:29
6	4745	Goltsch Tillmann	LT Bittermark Dortmund	2:45:31	M30	2	0:34:18	0:52:58	1:18:13
7	3585	Komowski Zbigniew	LG Mülheim	2:46:14	M45	1	0:35:03	0:53:54	1:17:16
8	5212	Strothkamp Dirk	Triathlon-TEAM-Witten	2:46:42	M40	1	0:35:13	0:53:05	1:18:23
9	4334	Goraus Stephan	VT Triangel Kempen	2:47:17	M35	3	0:35:31	0:54:24	1:17:21
10	5098	Hunke Christian	Ten-Club Coesfeld	2:47:45	M40	2	0:35:24	0:53:54	1:18:26
11	1408	Werner Stefan	Team Roseversand	2:47:59	M30	3	0:36:11	0:54:31	1:17:16
12	3034	Varlet Benoît	LSF Münster	2:48:33	M40	3	0:35:23	0:54:09	1:19:00
13	1713	Kott Georg	LC Rapid Dortmund	2:49:45	M45	2	0:35:28	0:54:07	1:20:09
14	2505	Lohmann Peter	*Monheim am Rhein	2:50:06	M45	3	0:36:18	0:55:36	1:18:11
15	2063	Tertünte Björn	MTG Horst Essen	2:50:38	M35	4	0:35:27	0:54:29	1:20:42
16	5059	Glahn Florian	LG Mülheim	2:51:35	M30	4	0:36:35	0:54:40	1:20:19
17	3631	Eickel Klaus	LGO Bochum	2:51:51	M22	3	0:36:24	0:55:46	1:19:40
18	4254	Hoverath Christian	Triminators TV Voerde	2:52:42	M22	4	0:36:42	0:56:38	1:19:22
19	4659	Stüllgens Kai-Uwe	LG Mülheim	2:52:53	M45	4	0:36:49	0:55:52	1:20:11
20	4648	Minke Sebastian	ASC Rosellen/Neuss	2:52:55	M30	5	0:36:20	0:55:33	1:21:01
21	5622	Cramer Matthias	LG COESFELD	2:53:41	M35	5	0:37:23	0:56:30	1:19:46
22	1530	Caulfield Kieran	Vodafone Runners	2:54:02	M50	1	0:37:15	0:56:31	1:20:15
23	2371	Radtke Mathias	DJK Vierlinden 28 e.V.	2:54:09	M40	4	0:36:53	0:56:35	1:20:41
24	5024	Bornemann Dominic	TV Haßlinghausen 1862	2:54:43	M30	6	0:36:52	0:56:13	1:21:37
25	4487	Schurgacz Andreas	ERGO sports Düsseldorf	2:54:49	M30	7	0:36:27	0:57:15	1:21:06
26	4223	Bach Matthias	TK Grevenbroich	2:54:54	M40	5	0:36:53	0:57:07	1:20:53
27	1599	Schmidt-Fehrenbach Vol	Vodafone Runners	2:55:02	M50	2	0:37:21	0:56:57	1:20:43
28	4839	Link Johannes	VfL Ahaus	2:55:04	M40	6	0:36:38	0:57:39	1:20:46
29	2747	Becher Johannes	Adler-Langlauf Bottrop	2:55:06	M40	7	0:37:09	0:57:04	1:20:53
30	4994	Janiszewski Thorsten	Feuerwehr SV Düsseldorf	2:55:07	M22	5	0:37:06	0:56:51	1:21:09
31	2444	Mehtieff Alexander	Krefelder Kanu Klub	2:55:28	M40	8	0:37:50	0:56:42	1:20:54
32	1660	Kerim Peter	HAANER TV	2:56:16	M50	3	0:37:47	0:57:16	1:21:12
33	4156	Ehlert Christian	FC Straberg	2:56:18	M30	8	0:37:07	0:56:55	1:22:15
34	4186	Lawrenz Leif	*Duisburg	2:56:20	M30	9	0:37:09	0:56:54	1:22:16
35	3274	Peter Detlev	Krefelder Kanu Klub	2:56:55	M45	5	0:37:26	0:56:34	1:22:54
36	2245	Van Beem Dietmar	*Essen	2:57:01	M45	6	0:37:25	0:56:57	1:22:38
37	2656	Dülks Roman	Krefelder Kanu Klub	2:57:05	M45	7	0:38:03	0:57:04	1:21:57
38	2987	Willuweit Tobias	*Neuss	2:57:12	M30	10	0:37:35	0:57:25	1:22:10
39	4708	Koch Thomas	SHL Telemedizin	2:57:46	M22	6	0:37:58	0:58:24	1:21:23
40	4727	Wirtz Dirk	Team Aroma Ahoi	2:57:55	M35	6	0:37:09	0:56:55	1:23:51
41	5685	Ifang Malte	TuS Breitscheid 72/89	2:58:13	M22	7	0:37:35	0:57:18	1:23:18
42	4120	Stolecki Stephan	Tri-Team Witten	2:58:16	M40	9	0:37:43	0:58:23	1:22:09
43	4870	Schmidt Heiko	*Düsseldorf	2:58:35	M35	7	0:37:54	0:57:37	1:23:04
44	5641	Müßgen Gerd	TuS Breitscheid 72/89	2:59:48	M55	1	0:37:29	0:57:53	1:24:26
45	2817	Klaas Jens	*Mülheim/ Ruhr	2:59:51	M40	10	0:38:43	0:58:25	1:22:42
46	2349	Böhm Wolfgang	Angerland LT Lintorf	3:00:03	M40	11	0:38:50	0:58:39	1:22:33
47	2911	Aengenheister Volker	LT KETTWIG 2000	3:00:47	M22	8	0:39:47	0:57:34	1:23:25
48	4760	Steffen Uwe	SF Ennepetal	3:00:57	M40	12	0:37:19	0:57:45	1:25:52
49	5576	Hanna Mike	TG Neuss	3:01:06	M40	13	0:39:56	0:58:09	1:23:00
50	4976	Siebert Ingo	RTB Remscheid	3:01:19	M45	8	0:38:35	0:58:27	1:24:16
51	2391	Witeczek Marcel	*Krefeld	3:01:28	M40	14	0:38:00	0:59:13	1:24:13
52	2496	Hackstein Stefan	LG Alpen	3:01:46	M22	9	0:39:33	0:58:40	1:23:32
53	2151	Evermann Mark	*Oberhausen	3:02:09	M30	11	0:38:25	0:58:44	1:24:58

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	2218	Przewloka Joachim	TG Neuss	3:02:15	M45	9	0:39:22	0:58:32	1:24:20
55	3565	Freese Simon	*Wuppertal	3:02:21	M35	8	0:38:43	0:59:44	1:23:53
56	2433	Czibor Michael	TriTeam TSG Sprockhövel	3:02:26	M45	10	0:38:48	0:59:12	1:24:24
57	2998	Dirkes Sebastian	LG Presto	3:02:37	M35	9	0:38:24	0:59:25	1:24:47
58	4757	Möchel Uwe	Angerland LT Lintorf	3:02:41	M45	11	0:38:53	0:59:15	1:24:32
59	2520	Schleuter Stephan	Rapid Ramirez	3:03:05	M35	10	0:38:36	0:58:25	1:26:04
60	3730	Klein Andreas	Haltern am See	3:03:07	M40	15	0:38:36	0:59:17	1:25:13
61	3078	Damm Harald	LT Gruitzen-Neandertal	3:03:28	M50	4	0:38:30	0:59:19	1:25:38
62	2357	Motzkus Martin	BSG Ev. Krankenhaus MH	3:03:28	M35	11	0:38:12	0:59:31	1:25:44
62	3995	Ahl Thorsten	MTV Union Hamborn 02	3:03:28	M35	11	0:39:26	0:59:55	1:24:07
64	3528	Eckert Kai	Triminators TV Voerde	3:03:53	M40	16	0:38:16	0:58:51	1:26:46
65	5620	Barenbrügge Timo	LG COESFELD	3:04:15	M35	13	0:39:08	0:59:02	1:26:04
66	4212	Cox Stefan	BSG Berufsfeuerwehr Duisb	3:04:31	M35	14	0:38:27	1:01:56	1:24:07
67	2199	Backes Helmut	*Ratingen	3:05:06	M40	17	0:39:28	0:59:54	1:25:43
68	3290	Schaefer Peter	Kaarst	3:05:10	M35	15	0:38:59	0:59:45	1:26:25
69	4311	Pohl Julian	Casino Duisburg	3:05:39	M22	10	0:38:58	1:02:42	1:23:58
70	2973	Geiger Klaus-Michael	LC Duisburg	3:05:47	M55	2	0:38:36	1:00:15	1:26:55
71	2066	Drieschner Thomas	Rapid Ramirez	3:05:49	M35	16	0:39:53	0:59:48	1:26:07
72	2316	Nonn Michael	SC Bayer 05 Uerdingen	3:05:55	M50	5	0:39:26	1:00:08	1:26:20
73	2763	Rohde Markus	SC Bayer 05 Uerdingen	3:06:07	M40	18	0:39:33	1:00:09	1:26:24
74	2930	Kinzig Stefan	*Wachtendonk	3:06:08	M35	17	0:38:24	1:00:02	1:27:41
75	2957	Oelsner Dr. Malte	LT Alt-Erkrath	3:06:24	M40	19	0:39:44	0:59:49	1:26:50
76	2816	Tiemann Thorsten	TV Voerde	3:06:39	M40	20	0:39:27	1:00:17	1:26:54
77	2334	Kuhnert Waldemar	Triminators TV Voerde	3:06:52	M45	12	0:39:15	0:59:51	1:27:46
78	5680	Dietrich Eckhardt	TuS Breitscheid 72/89	3:07:10	M60	1	0:39:42	1:01:04	1:26:23
79	3464	Thomauke Norbert	TuSpo Huckingen	3:07:14	M50	6	0:39:24	1:00:26	1:27:24
80	5692	Prange Volker	TuS Breitscheid 72/89	3:07:30	M30	12	0:38:14	0:59:57	1:29:19
81	2579	Schneider Thorsten	LG Halver-Schalksmühle	3:07:36	M45	13	0:38:59	1:00:51	1:27:45
82	2521	Himpler Ralf	Bocholter Flitzpiepen	3:07:56	M40	21	0:39:18	1:01:30	1:27:06
83	2695	Mintus Frank	*Düsseldorf	3:07:57	M40	22	0:39:36	1:02:01	1:26:19
84	4560	Hochheim Martin	WSV Otterskirchen	3:08:02	M19	1	0:39:57	1:01:40	1:26:24
85	3701	Kohn Roland	active first / holger schuett	3:08:08	M55	3	0:40:07	1:00:33	1:27:27
86	4389	Spanier Arne	LG Alpen	3:08:12	M30	13	0:39:10	1:00:16	1:28:45
87	4795	Adler Jochen	*Duesseldorf	3:08:13	M35	18	0:39:47	1:01:42	1:26:43
88	5176	Klappert Andreas	TV-Büschergrund	3:08:22	M40	23	0:39:20	1:00:33	1:28:28
89	1927	Schulte Johannes	E.ON Ruhrgas SG	3:08:31	M30	14	0:40:19	1:02:38	1:25:34
90	4965	Cziommer Juergen	FC Straberg	3:08:35	M30	15	0:38:58	1:01:43	1:27:53
91	4662	Dobos Ivo	ASC Rosellen/Neuss	3:08:35	M22	11	0:41:01	0:59:49	1:27:45
92	4685	Grundmann Jan	Ausdauererschule Bunert	3:08:41	M30	16	0:41:37	0:59:48	1:27:15
93	4242	Künzel Rüdiger	Lauftreff Uhlenhorst	3:09:01	M50	7	0:39:43	1:01:47	1:27:30
94	1700	Schürings Armin	Max Maulwurf Marathonis	3:09:02	M40	24	0:39:55	1:01:20	1:27:47
95	310	Probst Thorsten	TV Uftorf Eick	3:09:09	M40	25	0:42:52	0:59:20	1:26:55
96	2009	Fileccia Marco	*Oberhausen	3:09:09	M45	14	0:39:37	1:01:36	1:27:55
97	4878	Benatzky Joachim	ETUF Essen	3:09:15	M30	17	0:39:39	1:01:28	1:28:08
98	3764	Gosebrink Jens	Triminators TV Voerde	3:09:32	M22	12	0:39:39	0:59:35	1:30:17
99	4096	Wacker Peter	*Schwelm	3:09:48	M50	8	0:40:34	1:01:47	1:27:26
100	5687	Lutze Matthias	TuS Breitscheid 72/89	3:09:54	M45	15	0:39:38	1:00:52	1:29:23
101	4524	Grasse Florian	*Essen	3:09:57	M30	18	0:40:25	1:02:29	1:27:02
102	4988	Karnofka Jens	ASC Rosellen/Neuss	3:09:58	M22	13	0:40:52	1:00:55	1:28:11
103	2493	Moitz Martin	*Lantershofen	3:10:08	M22	14	0:42:04	1:01:45	1:26:18
104	2201	Gast Klaus	*Duisburg	3:10:23	M45	16	0:39:51	1:01:50	1:28:42
105	2591	Lampert Sascha	Ausdauererschule Bunert	3:10:30	M30	19	0:40:13	1:00:59	1:29:18
106	2561	Peuser Uwe	SC Bayer 05 Uerdingen	3:10:31	M50	9	0:39:36	1:03:30	1:27:24

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	2152	Störmer David	Fast-Twitch.de	3:10:33	M30	20	0:39:38	1:01:11	1:29:43
108	1847	Lämmlein Franz	LLG St.Augustin	3:10:38	M55	4	0:41:26	1:01:54	1:27:18
109	4200	Helmich Klaus	Rumelner TV	3:10:49	M40	26	0:41:06	1:02:10	1:27:32
110	3735	Hilbers Christof	*Radevormwald	3:11:00	M40	27	0:40:43	1:02:02	1:28:14
111	2802	Goeke Meinolf	LT Wischlingen Dortmund	3:11:12	M50	10	0:40:59	1:01:35	1:28:37
112	2457	Rödiger Volker	Blau-Weiß Bochum	3:11:13	M35	19	0:39:35	1:02:31	1:29:06
113	2508	Lihs Siegfried	TuRa Remscheid-Süd	3:11:14	M50	11	0:40:29	1:01:51	1:28:53
114	5124	Beutler Sebastian	medicos-Auf Schalke	3:11:15	M35	20	0:40:01	1:01:53	1:29:21
115	2150	Witt Christoph	TUSEM Essen	3:11:30	M30	21	0:40:09	1:02:11	1:29:08
116	3438	Kleinen Ulf	*Düsseldorf	3:11:33	M45	17	0:41:37	1:02:24	1:27:31
117	5577	Hymmen Werner	TG Neuss	3:11:46	M55	5	0:39:59	1:04:25	1:27:21
118	3036	Ahlrichs Frank	*Dortmund	3:11:54	M45	18	0:40:05	1:01:44	1:30:04
119	2313	Haase Reinhard	Die Waldgazellen	3:12:05	M40	28	0:40:03	1:02:49	1:29:12
120	3263	Friemel Thomas	Stadtwerke Duisburg AG	3:12:10	M40	29	0:40:33	1:02:03	1:29:33
121	1760	Wacker Michael	SF Ennepetal	3:12:22	M50	12	0:40:15	1:02:25	1:29:42
122	3846	Salzborn Eric	SV Viktoria Goch	3:12:25	M45	19	0:40:12	1:01:29	1:30:42
123	2343	Staymann Ludger	LG Alpen	3:12:27	M22	15	0:39:00	0:58:53	1:34:33
124	4470	Dagostino Derek	*Düsseldorf	3:12:43	M35	21	0:40:00	1:03:08	1:29:35
125	5575	Wachter Eric	TG Neuss	3:12:44	M40	30	0:39:59	1:05:29	1:27:15
126	5682	Felgenträger Jörg	TuS Breitscheid 72/89	3:13:16	M45	20	0:40:59	1:02:45	1:29:32
127	3737	Alst Klaus	*Mülheim an der Ruhr	3:13:20	M45	21	0:41:26	1:02:35	1:29:18
128	2887	Kirschbaum Arne	*Krefeld	3:13:31	M30	22	0:42:00	1:02:59	1:28:30
129	1501	Hennesen Jürgen	*Düsseldorf	3:13:31	M40	31	0:40:08	1:01:40	1:31:42
130	3204	Jany Thomas	TRC Essen 84	3:13:52	M40	32	0:40:43	1:03:17	1:29:50
131	3893	Bongardt Jörg	Stadtwerke Solingen	3:13:52	M40	33	0:40:56	1:02:16	1:30:39
132	3316	Storm Sven	Triminators TV Voerde	3:13:52	M22	16	0:41:45	1:03:49	1:28:17
133	1402	Seedorf Uwe	DJK Novesia Neuss	3:13:54	M40	34	0:39:35	1:02:59	1:31:19
134	2378	Le Roux Alain	Red Eo	3:14:45	M40	35	0:39:44	1:00:58	1:34:02
135	1890	Beisert Michael	Team Tätowierbar	3:14:48	M40	36	0:41:39	1:03:24	1:29:44
136	4841	Grossmann Frank	Jogmap Ruhr	3:14:55	M45	22	0:40:58	1:02:42	1:31:15
137	3097	Gleim Michael	LC Duisburg	3:15:00	M30	23	0:41:17	1:00:53	1:32:50
138	5298	Seegenschmiedt Heinrich	TUSEM Essen	3:15:05	M55	6	0:40:42	1:02:45	1:31:38
139	2820	Neidhardt Mario	*borken	3:15:29	M19	2	0:42:28	1:02:31	1:30:30
140	4809	Lorenz Frank	LT Gruitzen-Neandertal	3:15:32	M40	37	0:42:23	1:03:55	1:29:13
141	5217	Walter Roman	SG Stern Düsseldorf	3:15:32	M30	24	0:40:14	1:04:51	1:30:26
142	3512	Gmirrek Andreas	ASV-LT Kemperdick	3:15:33	M45	23	0:42:06	1:03:53	1:29:33
143	4725	Eickhoff Andreas	TSV 1863 Herdecke	3:15:38	M50	13	0:42:43	1:08:08	1:24:46
144	4477	Mensing Ulrich	BW Ramsdorf	3:15:43	M22	17	0:40:24	1:02:46	1:32:32
145	2352	Von Rhein Christoph	Freie Schwimmer Düsseldorf	3:15:44	M22	18	0:42:25	1:03:09	1:30:09
146	3331	Wazna Holger	Makrolon Runners Uerdingen	3:15:49	M35	22	0:41:03	1:03:34	1:31:11
147	2369	Wischniewski Markus	Neuss	3:15:54	M40	38	0:40:02	1:05:44	1:30:07
148	2425	Skuballa Stefan	*Dortmund	3:15:57	M45	24	0:41:48	1:03:26	1:30:42
149	2211	Nitschke Thorsten	*Duisburg	3:16:06	M40	39	0:42:15	1:02:45	1:31:05
150	2232	Boshüsen Thomas	Rapid Ramirez	3:16:14	M40	40	0:41:34	1:02:59	1:31:40
151	2686	Groschwitz Dirk	Angerland LT Lintorf	3:16:48	M40	41	0:41:21	1:04:00	1:31:26
152	4934	Karjetta Axel	LTV TriForce	3:16:55	M50	14	0:41:19	1:03:03	1:32:32
153	2794	Hauffe Chris	Team Polizei Oberhausen	3:16:56	M40	42	0:40:39	1:03:17	1:33:00
154	2094	Göttling Andreas	Adler Weseke Radsport	3:16:58	M40	43	0:41:52	1:03:03	1:32:02
155	4453	Haraem Peter	*Duisburg	3:16:59	M40	44	0:41:28	1:04:13	1:31:17
156	2980	Schroeder Georg	BSG Delphi Draka	3:17:03	M60	2	0:41:17	1:03:39	1:32:07
157	1605	Frey Heinz-Gerd	*Rheinberg	3:17:03	M50	15	0:41:36	1:04:12	1:31:14
158	2588	Sitzer Marc	SSF Bonn Triathlon	3:17:04	M30	25	0:41:21	1:03:54	1:31:48
159	1456	Grosse Dieter	LC Duisburg	3:17:06	M40	45	0:41:51	1:02:53	1:32:22

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3981	Guerndt Horst	Triminators TV Voerde	3:17:10	M45	25	0:39:59	1:03:59	1:33:11
161	1951	Hilgers Uwe	AS Neukirchen-Vluyn	3:17:11	M40	46	0:41:38	1:04:08	1:31:24
162	2779	Kolk-Dittmann Matthias	*Moers	3:17:29	M40	47	0:41:54	1:03:59	1:31:35
163	2190	Marx Udo	AS Niersenbruch	3:17:30	M35	23	0:41:56	1:03:35	1:31:58
164	5578	Willms Joachim	TG Neuss	3:17:38	M40	48	0:39:14	0:58:57	1:39:27
165	4623	Freitag Dirk	*neuss	3:18:10	M35	24	0:41:08	1:04:39	1:32:22
166	1736	Weibel Johannes	LT Schnecke Sonsbeck	3:18:10	M50	16	0:40:04	1:01:51	1:36:14
167	3055	Zülz Manfred	LT Bittermark Dortmund	3:18:19	M50	17	0:41:41	1:04:42	1:31:55
168	4107	Holstein Dirk	LGO Bochum	3:18:22	M45	26	0:41:52	1:04:35	1:31:54
169	1908	Bücher Marco	Erler-Sportgemeinschaft	3:18:30	M35	25	0:42:32	1:04:05	1:31:52
170	2994	Schitkowski Torsten	*Essen	3:18:38	M35	26	0:42:19	1:04:19	1:31:59
171	4627	Häntzschel Andreas	ASC Rosellen/Neuss	3:18:42	M40	49	0:42:35	1:04:24	1:31:43
172	2498	Reinders Dete	Bocholter Flitzpiepen	3:18:42	M45	27	0:43:55	1:07:39	1:27:07
173	2878	Hertog Dietmar	Rapid Ramirez	3:18:47	M40	50	0:43:44	1:05:08	1:29:54
174	5683	Hammelmaier Marcus	TuS Breitscheid 72/89	3:18:50	M35	27	0:42:25	1:04:56	1:31:28
175	1761	Völkl Rüdiger	SF Ennepetal	3:18:53	M40	51	0:41:58	1:05:11	1:31:43
176	2170	Kiedel André	Buer-Bülse	3:18:57	M35	28	0:41:48	1:04:32	1:32:36
177	1979	Stork Christoph	AS Neukirchen-Vluyn	3:19:01	M45	28	0:41:57	1:04:13	1:32:50
178	2186	Münter Ralf	Triathlon-TEAM-Witten	3:19:06	M40	52	0:41:17	1:03:38	1:34:11
179	3254	Stendal Dirk	*langenfeld	3:19:08	M40	53	0:42:21	1:03:52	1:32:53
180	1952	Hoersch Heiner	AS Neukirchen-Vluyn	3:19:10	M40	54	0:42:04	1:04:35	1:32:30
181	2356	Gwozdz Michael	Haminkelner SV	3:19:10	M45	29	0:41:45	1:05:09	1:32:16
182	1433	Wehran Frank	E.ON Ruhrgas SG	3:19:15	M40	55	0:43:02	1:03:51	1:32:21
183	1949	Herholz Volkmar	AS Neukirchen-Vluyn	3:19:25	M40	56	0:43:23	1:04:16	1:31:45
184	2680	Brutscheidt Erik	*Ratingen	3:19:28	M40	57	0:40:53	1:05:07	1:33:26
185	4930	Bachmann Matthias	LG Alpen	3:19:31	M22	19	0:38:52	1:03:27	1:37:11
186	2156	De Sain Benedikt	Stadtwerke Borken	3:19:39	M45	30	0:42:57	1:04:58	1:31:43
187	3353	Stiewe Tim	*Kaarst	3:19:47	M30	26	0:38:23	1:10:08	1:31:15
188	3099	Kohlhöfer Udo	Krefelder Kanu Klub	3:19:54	M45	31	0:42:09	1:05:16	1:32:28
189	1587	Winzig Guido	Vodafone Runners	3:19:55	M40	58	0:41:22	1:04:43	1:33:49
190	3326	Vospohl Carsten	Rapid Ramirez	3:20:02	M40	59	0:42:41	1:05:08	1:32:13
191	4924	Bachmann Günter	SV Millingen	3:20:05	M50	18	0:42:02	1:04:32	1:33:30
192	1612	Savilif Rüdiger	TRIMET ALUMINIUM AG	3:20:07	M60	3	0:43:10	1:05:31	1:31:26
193	2574	Staymann Dirk	LG Alpen	3:20:08	M22	20	0:40:14	1:06:14	1:33:38
194	3654	Semmler Michael	active first / holger schuett	3:20:08	M40	60	0:43:17	1:05:19	1:31:31
195	4739	Peters Andreas	*Xanten	3:20:15	M35	29	0:41:24	1:04:59	1:33:51
196	2729	Müller Hans-Rainer	*Herne	3:20:19	M35	30	0:41:34	1:04:31	1:34:14
197	3426	Rennefeld Marc	Bocholter WSV 1920	3:20:20	M35	31	0:44:32	1:05:47	1:30:00
198	2716	Meinert Oliver	Marathon Dinslaken	3:20:23	M40	61	0:43:27	1:05:55	1:31:01
199	1820	Teke Mustafa Kemal	Marathon Dinslaken	3:20:32	M65	1	0:42:59	1:05:59	1:31:34
200	2260	Konietzko Rene	Flotte Frösche	3:20:49	M35	32	0:42:05	1:04:18	1:34:26
201	4308	Mracsek Peter	Casino Duisburg	3:20:54	M50	19	0:42:25	1:04:43	1:33:45
202	1781	Stolz Jürgen	*Düsseldorf	3:21:02	M35	33	0:42:21	1:05:55	1:32:45
203	3309	Hoppe Thomas	*Krefeld	3:21:07	M35	34	0:43:58	1:05:04	1:32:04
204	1558	Knocke Andreas	Vodafone Runners	3:21:11	M45	32	0:42:28	1:05:53	1:32:50
205	5164	Fiedler Michael	*Voerde	3:21:14	M45	33	0:42:38	1:05:44	1:32:50
206	4035	Schmidt Axel	SF Ennepetal	3:21:16	M40	62	0:43:11	1:04:47	1:33:17
207	1840	Beermann Werner	*Gelsenkirchen	3:21:21	M50	20	0:42:29	1:04:55	1:33:56
208	2393	Lenk Steffen	RWE Starlight Team Essen	3:21:31	M40	63	0:42:32	1:04:46	1:34:12
209	4921	Kühn Dirk	*duisburg	3:21:36	M35	35	0:42:50	1:04:41	1:34:04
210	3875	Knauff Matthias	*Essen	3:21:42	M40	64	0:41:57	1:08:25	1:31:19
211	4522	Wennmann Marcus	*Muelheim	3:21:46	M35	36	0:44:00	1:04:20	1:33:26
212	1999	Wittoesch Stephan	TC Kray 1892 e.V.	3:21:50	M30	27	0:42:07	1:04:00	1:35:43

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3902	Burckardt Frank	LC Mittwochabend Ratingen	3:21:52	M40	65	0:42:53	1:05:06	1:33:52
214	5125	Ziemons André	*Gelsenkirchen	3:21:55	M50	21	0:41:58	1:05:09	1:34:47
215	3418	Roenspies Dr. Robin	LT Bittermark Dortmund	3:21:58	M40	66	0:43:00	1:04:59	1:33:59
216	1578	Stackmann Carsten	Vodafone Runners	3:22:03	M40	67	0:42:36	1:06:37	1:32:48
217	1695	Faber Oliver	Max Maulwurf Marathonis	3:22:11	M35	37	0:42:40	1:05:45	1:33:45
218	4094	Kilian Harald	VHS Fitness Wesel	3:22:11	M45	34	0:42:58	1:05:17	1:33:56
219	1580	Stockmar Christian	Vodafone Runners	3:22:16	M35	38	0:42:55	1:06:06	1:33:14
220	4150	Geib Joachim	Fun Runner VfL Gladbeck	3:22:19	M45	35	0:42:19	1:05:17	1:34:42
221	3410	Geiß Stefan	LGO Bochum	3:22:20	M35	39	0:42:32	1:03:35	1:36:12
222	2738	Markert Felix	Stadtwerke Borken	3:22:33	M19	3	0:43:26	1:02:47	1:36:20
223	3871	Leonhard Wilfried	PV Triathlon Witten	3:22:45	M50	22	0:42:57	1:05:05	1:34:41
224	2111	Seegers Andreas	TG Neuss	3:22:47	M40	68	0:42:25	1:06:48	1:33:34
225	5630	Stöhler Bernd	LG COESFELD	3:22:50	M45	36	0:43:03	1:05:22	1:34:24
226	3436	Brömme Roland	DAV Duisburg	3:22:54	M50	23	0:41:38	1:04:38	1:36:37
227	5291	Brings Jürgen	DJK VFR Saarn	3:22:54	M45	37	0:43:01	1:05:22	1:34:31
228	2005	Damm Helmut	Rapid Ramirez	3:22:59	M45	38	0:43:14	1:04:40	1:35:04
229	5633	Böckers Winfried	LG COESFELD	3:23:03	M50	24	0:42:41	1:05:55	1:34:27
230	3505	Ickenroth Lars	Schiedrichter Kreis 7 Moers	3:23:10	M19	4	0:43:07	1:06:39	1:33:24
231	2208	Daemen Oliver	OSC	3:23:11	M45	39	0:42:39	1:06:05	1:34:26
232	4837	Jaich Robert	Dönberg Runners	3:23:13	M40	69	0:43:13	1:04:34	1:35:26
233	4100	Jaenichen Dieter	TSV Viktoria Mülheim	3:23:14	M50	25	0:43:23	1:05:36	1:34:14
234	2765	Büskens Jens	*Duisburg	3:23:14	M40	70	0:42:24	1:04:17	1:36:32
235	4824	Danishjoo Enayat	BC- Geldern	3:23:22	M30	28	0:41:49	1:07:51	1:33:41
236	3118	Gers Norbert	TUSEM Essen	3:23:27	M50	26	0:44:21	1:06:27	1:32:38
237	4856	Friedrichs Manfred	ART Düsseldorf	3:23:28	M55	7	0:43:21	1:06:16	1:33:49
238	4830	Bell Ralf	Triathlon Mülheim	3:23:39	M45	40	0:43:12	1:05:10	1:35:16
239	2417	Schäpers Stefan	Bocholter Flitzpiepen	3:23:44	M45	41	0:43:17	1:07:42	1:32:45
240	2198	Kopal Wolfgang	*Ratingen	3:23:49	M40	71	0:43:59	1:05:05	1:34:44
241	3273	Mroß Michael	*Duisburg	3:23:50	M50	27	0:44:06	1:05:30	1:34:13
242	1787	Krebs Dr. Werner	DJK VFR Saarn	3:23:58	M45	42	0:41:13	1:04:18	1:38:27
243	5634	Teuber Heinz	LG COESFELD	3:24:11	M50	28	0:43:13	1:06:29	1:34:28
244	4087	Köhler Dieter	TSV Viktoria Mülheim	3:24:11	M40	72	0:43:34	1:04:53	1:35:43
245	4546	Vittinghoff Alf	RWE Starlight Team Essen	3:24:23	M40	73	0:43:43	1:06:39	1:34:00
246	4943	Szamlewski Peter	*Duisburg	3:24:24	M45	43	0:43:19	1:06:07	1:34:57
247	1915	Basha Gjevdet	Adler-Langlauf Bottrop	3:24:26	M45	44	0:43:57	1:05:53	1:34:35
248	3736	Ombeck Thomas	*Oberhausen	3:24:27	M40	74	0:42:17	1:04:15	1:37:54
249	1735	Pilch Achim	LT Schnecke Sonsbeck	3:24:29	M50	29	0:43:11	1:05:01	1:36:15
250	4950	Becker Achim	SV Schermbeck	3:24:36	M45	45	0:43:33	1:06:06	1:34:56
251	3860	Hennemann Heribert	BSG DRV Rheinland	3:24:44	M60	4	0:42:46	1:07:03	1:34:53
252	5171	Kupsch Torsten	*Mülheim	3:24:44	M40	75	0:43:14	1:05:37	1:35:52
253	3202	Robert Ferdinand	*Bocholt	3:24:49	M45	46	0:43:33	1:06:12	1:35:03
254	2222	Stachowiak Thomas	*Korschenbroich	3:24:50	M50	30	0:45:48	1:04:58	1:34:04
255	2246	Spinger Peter	ART Düsseldorf	3:24:58	M55	8	0:43:40	1:06:34	1:34:43
256	3424	Vallant Oliver	KC Santa Monica	3:24:58	M40	76	0:41:39	1:06:26	1:36:52
257	5099	Jonas Tino	Ten-Club Coesfeld	3:25:05	M45	47	0:44:18	1:06:25	1:34:22
258	5115	Féaux de Lacroix Dr. Bor	Speedskater Düsseldorf	3:25:09	M35	40	0:41:46	1:04:02	1:39:20
259	2507	Pfeifers Marco	Krefelder Kanu Klub	3:25:13	M22	21	0:41:08	1:04:11	1:39:54
260	4972	Welskopf Peter	Ballettschule Müller	3:25:18	M45	48	0:43:19	1:06:46	1:35:12
261	3630	Dziura Carsten	LC Duisburg Marathon-Kurs	3:25:18	M40	77	0:44:32	1:06:21	1:34:25
262	4655	Simon Dr. Dieter	LG Mülheim	3:25:24	M50	31	0:43:44	1:05:27	1:36:13
263	4956	Michallek Marcus	Ruhrverband	3:25:27	M30	29	0:43:42	1:08:07	1:33:37
264	1834	König Jürgen	Klingenwetzter	3:25:32	M50	32	0:42:52	1:06:32	1:36:07
265	3420	Franzen Michael	*Voerde	3:25:43	M50	33	0:43:59	1:05:57	1:35:46

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	1565	Nohr Ingo	Vodafone Runners	3:25:46	M45	49	0:43:15	1:07:49	1:34:41
267	1709	Häger Marco	*Gelsenkirchen	3:25:57	M30	30	0:43:23	1:08:16	1:34:17
268	2028	Schlimnat Michael	*duisburg	3:25:57	M30	31	0:44:16	1:06:53	1:34:48
269	4053	Siska Georg	SV Schermbeck	3:26:03	M45	50	0:42:57	1:05:25	1:37:40
270	5645	Thewes Norbert	LG COESFELD	3:26:04	M40	78	0:45:22	1:05:48	1:34:53
271	1691	Gronemeyer Hans-Hermer	SG Stern Wuppertal	3:26:10	M60	5	0:42:36	1:05:06	1:38:26
272	3894	Peplau Ingo	Triminators TV Voerde	3:26:11	M35	41	0:42:40	1:06:34	1:36:55
273	3626	Klein Marcus	active first / holger schuett	3:26:20	M35	42	0:43:13	1:07:37	1:35:29
274	3935	Weiland Klaus	LC Duisburg	3:26:27	M55	9	0:42:36	1:05:42	1:38:08
275	2691	Müller Rolf	*Oberhausen	3:26:28	M50	34	0:45:19	1:06:45	1:34:22
276	2305	Schnabel Thomas	TuRa Remscheid-Süd	3:26:39	M45	51	0:44:31	1:07:13	1:34:54
276	4090	Kaiser Gero	BSG Commerzbank Duisbu	3:26:39	M45	51	0:43:36	1:07:14	1:35:47
278	2109	Rother Ingo	*Bonn	3:26:45	M35	43	0:43:24	1:07:24	1:35:56
279	4663	Grundmann Till	Ausdauerschule Bunert	3:26:46	M30	32	0:43:13	1:05:12	1:38:20
280	3084	Antonietti Patrick	*Bodenheim	3:26:47	M22	22	0:46:22	1:06:39	1:33:45
281	2000	Gorzialka Frank	Tri Team Bayer 05 Uerdinge	3:26:56	M45	53	0:43:51	1:05:47	1:37:18
282	4132	Walter Uwe	*Kamp-Lintfort	3:26:59	M45	54	0:43:04	1:07:58	1:35:57
283	4536	Hürtgen Frank	*Düsseldorf	3:27:07	M35	44	0:44:17	1:07:16	1:35:33
284	2846	Stempel Thomas	DSD Düsseldorf	3:27:20	M50	35	0:43:23	1:07:12	1:36:43
285	5686	Kotseronis Peter	TuS Breitscheid 72/89	3:27:29	M40	79	0:41:27	1:02:53	1:43:07
286	4864	Klein Christian M.	Angerland LT Lintorf	3:27:32	M40	80	0:43:19	1:06:51	1:37:21
287	5600	Lange Bodo	SV Beeckerwerth	3:27:33	M65	2	0:43:38	1:07:17	1:36:37
288	3049	Brüggemann Jürgen	AS Neukirchen-Vluyn	3:27:34	M45	55	0:45:12	1:06:49	1:35:32
289	4898	Podworni Reiner	Triminators TV Voerde	3:27:40	M60	6	0:42:50	1:06:48	1:38:01
290	4658	Van der Beck Michael	LG Mülheim	3:27:43	M50	36	0:43:17	1:05:32	1:38:54
291	3773	Bittner Jürgen	Sparkasse HRV	3:27:47	M45	56	0:44:29	1:07:48	1:35:29
292	4602	Schilling Andre	Lauffreunde HaDi-Wesel	3:27:53	M40	81	0:40:48	1:10:31	1:36:33
293	2448	Leyendecker Toni	TuRa Remscheid-Süd	3:27:54	M50	37	0:45:22	1:06:57	1:35:34
294	5060	Fackiner Moritz	*Ennepetal	3:28:00	M22	23	0:44:10	1:06:12	1:37:37
295	1477	Borowski Bernd	BSG Sparkasse Duisburg	3:28:00	M45	57	0:42:59	1:08:59	1:36:02
296	2348	Barthlen Dr. Gregor	Zornige Ameisen Essen	3:28:01	M60	7	0:44:01	1:06:32	1:37:26
297	1842	Gomell Thomas	Aktion Canchanabury	3:28:04	M45	58	0:44:17	1:06:48	1:36:58
298	2573	Hanisch Jörg	LC Wuppertal	3:28:15	M35	45	0:45:08	1:07:40	1:35:26
299	3914	Faupel Dr. Peter	*Duisburg	3:28:18	M50	38	0:44:06	1:06:25	1:37:46
300	1856	Eicker Dr. Bernd	LG Halver-Schalksmühle	3:28:20	M50	39	0:43:29	1:06:53	1:37:58
301	2649	Wentz Udo	Krefelder Kanu Klub	3:28:28	M55	10	0:45:15	1:08:17	1:34:55
302	4081	Treccarichi Salvatore	DJK TUS Rotthausen	3:28:34	M40	82	0:44:14	1:07:38	1:36:41
303	2388	Riemenschneider Ralf	*Castrop-Rauxel	3:28:37	M45	59	0:43:45	1:07:14	1:37:37
304	1764	Marquardt Stefan	SF Ennepetal	3:28:37	M40	83	0:43:37	1:08:23	1:36:36
305	1478	Wegener Stefan	Vfl 08 Repelen	3:28:41	M19	5	0:44:38	1:08:12	1:35:51
306	3043	Krämer Michael	Roadrunner	3:28:43	M50	40	0:43:39	1:06:25	1:38:37
307	1845	Hagelschur Thomas	Marathon Steinfurt	3:28:50	M30	33	0:43:32	1:07:10	1:38:08
308	3543	Butterwegge Heinz	Finanz Informatik, Münster	3:28:51	M60	8	0:43:54	1:09:15	1:35:42
309	3186	Janßen Jürgen	*Nettetal	3:28:53	M45	60	0:43:40	1:07:08	1:38:05
310	3066	Karcher Gerd	*Duisburg	3:28:58	M55	11	0:56:11	1:02:03	1:30:43
311	5582	Huschauer Horst	TG Neuss	3:29:01	M40	84	0:45:37	1:07:30	1:35:53
312	5143	Matz Andreas	MTG Horst Essen	3:29:02	M35	46	0:43:54	1:08:35	1:36:31
313	2975	Behrendt Thomas	Forsthaus Specht	3:29:10	M30	34	0:44:40	1:07:50	1:36:39
314	4843	Pötschke Rainer	Marathon Mülheim	3:29:13	M40	85	0:45:16	1:08:03	1:35:54
315	5158	Schlüssel Peter	*Rheinberg	3:29:18	M40	86	0:44:37	1:08:47	1:35:53
316	3423	Werner-Hofstetter Andrea	*Mülheim	3:29:21	M45	61	0:43:46	1:06:33	1:39:00
317	1525	Birnbaum Oliver	Vodafone Runners	3:29:21	M40	87	0:44:38	1:06:38	1:38:04
318	4060	Schmölders-Piel Reinhold	*Düsseldorf	3:29:23	M50	41	0:45:27	1:07:15	1:36:40

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	2849	Voß Claus	DJK TUS Rotthausen	3:29:28	M40	88	0:44:34	1:08:24	1:36:29
320	2790	Koc Ali Haydar	*Wermelskirchen	3:29:30	M40	89	0:41:00	1:01:58	1:46:31
321	4978	Behroz A.Wahied	BSG Team EVAG	3:29:32	M55	12	0:43:09	1:05:30	1:40:52
322	2272	Schuitz Raimund	LAV Essen	3:29:39	M50	42	0:44:00	1:07:20	1:38:17
323	2929	Kleiner Lars	LT Berka Stars	3:29:49	M30	35	0:43:23	1:08:36	1:37:49
324	1804	Berens Bernhard	AS Neukirchen-Vluyn	3:29:53	M45	62	0:43:46	1:08:03	1:38:04
325	5216	Wingenbach Stephan	*Solingen	3:29:56	M22	24	0:43:49	1:06:49	1:39:17
326	2712	Hellermann Jürgen	RP Marathonteam	3:29:58	M45	63	0:43:51	1:07:03	1:39:03
327	4274	Hess Rüdiger	LT Krefeld-Oppum	3:30:02	M50	43	0:43:36	1:06:59	1:39:26
328	1863	Breuer Wolfgang	Sportfreunde Neersbroich	3:30:04	M50	44	0:44:22	1:08:06	1:37:35
329	4781	Kokernak Torben	*Issum	3:30:07	M35	47	0:45:03	1:07:35	1:37:28
330	3697	Kasimiroviwicz Daniel	active first / holger schuett	3:30:18	M35	48	0:43:39	1:08:28	1:38:09
331	5182	Schönberg Siegfried	LC Wuppertal	3:30:21	M40	90	0:45:24	1:08:42	1:36:15
332	2783	Ehrlich Dirk	Team EhrBec	3:30:22	M40	91	0:43:33	1:09:06	1:37:42
333	3086	Duzaar Richard	LT Krefeld-Oppum	3:30:30	M50	45	0:44:31	1:07:21	1:38:36
334	1708	Tramp Ralf	SV Viktoria Goch	3:30:39	M50	46	0:43:42	1:08:27	1:38:30
335	5626	Stöhler Martin	LG COESFELD	3:30:43	M45	64	0:44:56	1:05:22	1:40:24
336	2383	Schwieder Detlev	TBH Düsseldorf-Hassels	3:30:45	M45	65	0:43:21	1:08:44	1:38:39
337	2823	Swantusch Marco	ART Düsseldorf	3:30:47	M22	25	0:43:18	1:04:59	1:42:29
338	2610	Rommen Markus	*Duisburg	3:30:47	M35	49	0:45:20	1:07:49	1:37:37
339	3549	Arnold Rüdiger	LT Bittermark Dortmund	3:30:48	M60	9	0:44:06	1:08:29	1:38:12
340	1773	Derks Scheng	TG Neuss	3:30:51	M40	92	0:40:28	1:03:36	1:46:46
341	4246	Röthling Axel	*Duisburg	3:30:54	M50	47	0:42:01	1:03:51	1:45:00
342	3365	Vogt André	*Duisburg	3:30:54	M35	50	0:45:30	1:07:53	1:37:30
343	1487	Sprünken Oliver	TuS Breitscheid 72/89	3:31:00	M40	93	0:44:58	1:07:30	1:38:30
344	4696	Beckmann Micha	Palma Runners	3:31:04	M45	66	0:43:38	1:08:57	1:38:28
345	2482	Jann Horst	Casino Duisburg	3:31:05	M55	13	0:44:52	1:07:54	1:38:18
346	2986	Kappler Stefan	TuS Breitscheid 72/89	3:31:07	M45	67	0:44:25	1:08:15	1:38:26
347	1994	Ewald Karsten	AOK RD Düsseldorf	3:31:12	M30	36	0:43:32	1:08:18	1:39:21
348	5677	Bohris Oliver	TuS Breitscheid 72/89	3:31:16	M45	68	0:44:33	1:12:13	1:34:30
349	5619	Laukamp Thomas	LG COESFELD	3:31:22	M30	37	0:40:19	1:07:50	1:43:11
350	2989	Bickmann Ludger	*Moers	3:31:25	M45	69	0:44:22	1:08:48	1:38:15
351	4013	Danisch Eugen	*Dormagen	3:31:29	M50	48	0:44:43	1:08:55	1:37:50
352	2110	Wagner Michael	Krefelder Kanu Klub	3:31:39	M40	94	0:45:13	1:09:34	1:36:52
353	1796	Helle Florian	BSG WAZ Essen	3:31:42	M22	26	0:45:31	1:09:00	1:37:10
354	4372	Wagner Kai	Die schwarzen Heiden	3:31:46	M45	70	0:45:08	1:08:29	1:38:08
355	4073	Köhler Peter	Adler-Langlauf Bottrop	3:31:48	M40	95	0:44:05	1:08:01	1:39:41
356	3168	Oppermann Thomas	Spaßläufer Rosellerheide/Ne	3:31:50	M45	71	0:44:13	1:10:12	1:37:24
357	3996	Boruta Peter	*Köln	3:31:52	M50	49	0:44:58	1:10:15	1:36:38
358	2522	Keussen Marius	DogRunners Europe	3:32:01	M50	50	0:45:55	1:09:54	1:36:12
359	1887	Jamsek Peter	TC Kray 1892 e.V.	3:32:01	M50	51	0:44:44	1:08:39	1:38:38
360	3411	Huhn Oliver	advanx	3:32:02	M40	96	0:45:26	1:09:07	1:37:28
361	2720	Mäsing Roland	Die Wombats	3:32:03	M35	51	0:44:38	1:09:10	1:38:14
362	2641	Falk Werner	*Wuppertal	3:32:03	M50	52	0:45:39	1:09:28	1:36:55
363	1474	Kühnen Thomas Lars	BSG Sparkasse Duisburg	3:32:04	M40	97	0:46:30	1:09:01	1:36:31
364	3266	Brodowski Jens	*Neuss	3:32:05	M35	52	0:44:18	1:09:21	1:38:25
365	2206	Gubesch Joerg	Ruhrrunner Essen	3:32:12	M45	72	0:44:00	1:07:12	1:40:59
366	3253	Fiedler Dirk	SV Willich Tri-Team	3:32:12	M40	98	0:44:10	1:08:30	1:39:31
367	2351	Wortmann Jörg	Makrolon Runners Uerdingen	3:32:14	M40	99	0:45:02	1:09:32	1:37:39
368	2147	Maurer Markus	Immeo Wohnen Running Te	3:32:15	M45	73	0:44:17	1:08:03	1:39:54
369	3859	Görtz Stephan	SV Viktoria Goch	3:32:15	M40	100	0:45:06	1:08:39	1:38:28
370	3064	Glinde Patrick	VFL Gladbeck Fun Runner	3:32:15	M30	38	0:44:21	1:08:18	1:39:36
371	5156	Springborn Andre	Triminators TV Voerde	3:32:23	M45	74	0:44:44	1:09:40	1:37:58

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	5267	Hesse Daniel	SC Wiking Herne	3:32:24	M18	1	0:42:40	1:05:51	1:43:53
373	3819	Unterberg Reiner	LG Alpen	3:32:26	M50	53	0:44:35	1:09:11	1:38:39
374	2025	Schymanietz Theo	TuRa Remscheid-Süd	3:32:29	M50	54	0:43:49	1:06:57	1:41:42
375	4023	Krüger Rainer	*Wuppertal	3:32:34	M45	75	0:44:20	1:09:21	1:38:52
376	3400	Vehres Stefan	*Neuss	3:32:35	M40	101	0:45:46	1:10:47	1:36:01
377	4624	Rosellen Markus	*Neuss	3:32:38	M35	53	0:45:02	1:10:52	1:36:44
378	5624	Wieskus Michael	LG COESFELD	3:32:38	M40	102	0:43:36	1:07:38	1:41:24
379	2782	Becker Martin	Team EhrBec	3:32:40	M45	76	0:43:47	1:09:28	1:39:24
380	5628	Ahrens Rüdiger	LG COESFELD	3:32:41	M45	77	0:44:05	1:07:29	1:41:05
381	1986	Wildner Klaus	AS Neukirchen-Vluyn	3:32:42	M55	14	0:46:34	1:08:35	1:37:32
382	4341	Reyering Frank	RUHR-TECHNIK	3:32:52	M35	54	0:44:40	1:07:08	1:41:03
383	3067	Pump Heiko	*Mülheim Ruhr	3:32:58	M45	78	0:42:34	1:06:39	1:43:44
384	2461	Knief Dirk	DJK VFR Saarn	3:33:00	M50	55	0:45:54	1:10:17	1:36:48
385	5206	Barnstorf Dr. Wido	*Erkrath	3:33:01	M45	79	0:44:41	1:07:52	1:40:28
386	2535	Holzappel Thomas	*Langenfeld	3:33:02	M35	55	0:44:22	1:11:44	1:36:54
387	2267	Birkendorf Klaus	*Recklinghausen	3:33:16	M35	56	0:44:27	1:08:37	1:40:11
388	1626	Schütterigkeit Horst	SV Concordia Ossenberg 18	3:33:20	M40	103	0:46:07	1:09:29	1:37:43
389	1557	Killius Klaus	Vodafone Runners	3:33:29	M50	56	0:46:30	1:07:38	1:39:21
390	4112	Mäteling Alex	A.Isselburg	3:33:29	M50	57	0:46:29	1:10:19	1:36:41
391	3667	Beckmanns Ralf	LT Krefeld-Oppum	3:33:30	M45	80	0:44:08	1:10:45	1:38:35
392	5244	Grevels Christoph	*Duisburg	3:33:31	M35	57	0:47:45	1:09:17	1:36:28
393	2542	Ringelstein Dr. Jörg	Zornige Ameisen Essen	3:33:39	M40	104	0:44:07	1:09:02	1:40:29
394	3265	Stricker Karsten	Medisportlauf Dortmund	3:33:43	M40	105	0:44:00	1:12:18	1:37:23
395	2038	Alt Udo	BP GE RUNNING TEAM	3:33:47	M50	58	0:44:28	1:09:28	1:39:50
396	1606	Kühnreich Matthias	*Essen	3:33:48	M40	106	0:44:37	1:08:31	1:40:40
397	4066	Timm Dr. Haiko	Laufftreff Uhlenhorst	3:34:02	M50	59	0:48:46	0:57:33	1:47:42
398	1984	Wagner Norbert	AS Neukirchen-Vluyn	3:34:06	M60	10	0:45:31	1:09:48	1:38:46
399	3729	Meves Oliver	*Moers	3:34:13	M40	107	0:44:53	1:09:08	1:40:10
400	3473	Altena Michael	LC Duisburg	3:34:16	M40	108	0:44:37	1:08:23	1:41:14
401	4486	Neuhaus Volker	*Duisburg	3:34:19	M40	109	0:44:49	1:09:13	1:40:16
402	4850	Leonhardt Rainer	DJK VFR Saarn	3:34:22	M50	60	0:43:25	1:09:25	1:41:31
403	3989	Krings Stephan	*Mülheim an der Ruhr	3:34:23	M40	110	0:44:54	1:10:00	1:39:28
404	2947	Meier Wolfgang	Angerland LT Lintorf	3:34:26	M45	81	0:43:20	1:06:27	1:44:38
405	5157	Van Holt Ludger	*Duisburg	3:34:26	M45	82	0:44:45	1:09:02	1:40:38
406	3296	Handschumacher Sven	LG adesso Dortmund	3:34:31	M35	58	0:46:25	1:09:16	1:38:49
407	1583	Verfürth Christian	Vodafone Runners	3:34:33	M40	111	0:45:42	1:09:03	1:39:47
408	4964	Felsenberg Thomas	VFL Gladbeck Fun Runner	3:34:53	M45	83	0:44:49	1:09:21	1:40:42
409	2580	Gawicz Mariusz	*Düsseldorf	3:35:01	M40	112	0:45:14	1:08:54	1:40:52
410	2715	Lizak Björn	FS Rheinkamp	3:35:03	M30	39	0:46:16	1:10:15	1:38:31
411	5679	Braun Marc	TuS Breitscheid 72/89	3:35:04	M40	113	0:43:15	1:05:17	1:46:31
412	3040	Van Treeck Andreas	LC Duisburg	3:35:05	M40	114	0:42:27	1:11:46	1:40:51
413	5690	Niemeyer Jens	TuS Breitscheid 72/89	3:35:06	M22	27	0:46:23	1:08:14	1:40:28
414	4069	Kaufmann Dietmar	TRC Essen 84	3:35:07	M50	61	0:43:37	1:08:02	1:43:27
415	1783	Engel Olaf	ASC Rosellen/Neuss	3:35:11	M40	115	0:44:25	1:09:36	1:41:09
416	3956	Krause Ulrich	LAV Oberhausen	3:35:13	M40	116	0:48:07	1:08:31	1:38:34
417	3312	Rex Frank	*Duisburg	3:35:22	M40	117	0:45:38	1:08:45	1:40:59
418	2845	Wrede Jürgen	ART Düsseldorf	3:35:25	M45	84	0:44:18	1:12:29	1:38:38
419	2844	Hagen Hans-Jürgen	Team Hagen	3:35:30	M45	85	0:46:03	1:11:05	1:38:21
420	4007	Stroick Rainer	SG Borken	3:35:41	M45	86	0:45:09	1:08:58	1:41:32
421	2487	Kryniewiecki Michael	*Duisburg	3:35:42	M40	118	0:44:25	1:08:51	1:42:25
422	1548	Hofmeister Marc	Vodafone Runners	3:35:46	M40	119	0:45:22	1:11:38	1:38:45
423	4933	Karjetta Florian	LTV TriForce	3:35:48	M22	28	0:42:00	1:04:47	1:48:59
424	3679	Treis Adrian	TV 1877 Essen Kupferdreh	3:35:50	M40	120	0:44:53	1:09:35	1:41:21



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	3885	Holzum Frank	SV Budberg	3:35:51	M40	121	0:44:24	1:09:17	1:42:08
426	4689	Beumeler Holger	SV Viktoria Goch	3:35:52	M30	40	0:45:43	1:10:43	1:39:24
427	2091	Ziemke Holger	Team Erdinger Alkoholfrei	3:35:53	M40	122	0:45:34	1:09:20	1:40:57
428	2255	Herkenrath Peter	VT Triangel Kempen	3:35:55	M35	59	0:44:54	1:09:38	1:41:22
429	1930	Siry Martin	TV Wanheimerort	3:35:59	M35	60	0:43:00	1:08:35	1:44:23
430	2918	Bobrzik Dirk	Die Stolperer	3:36:00	M35	61	0:43:01	1:11:06	1:41:52
431	3782	Reichelt Lothar	Ruhrrunner Essen	3:36:00	M45	87	0:45:25	1:11:13	1:39:21
432	4116	Materowicz Wieslaw	KLS Kerpen	3:36:02	M50	62	0:46:24	1:10:15	1:39:22
433	4028	Hansen Jörg	*Duisburg	3:36:02	M45	88	0:46:10	1:11:12	1:38:40
434	2364	Niehaves Christian	SG Borken	3:36:03	M45	89	0:45:36	1:10:30	1:39:55
435	2652	Kronenberg Friedrich	*Mettmann	3:36:09	M55	15	0:46:10	1:10:09	1:39:50
436	5644	Wiartalla Frank	TuS Breitscheid 72/89	3:36:16	M45	90	0:46:31	1:09:04	1:40:41
437	2131	Wilke Fabian	*Bochum	3:36:17	M22	29	0:46:22	1:09:46	1:40:08
438	3129	Billen Thomas	*Duisburg	3:36:20	M45	91	0:44:22	1:08:27	1:43:30
439	3975	Germies Jürgen	LC Duisburg	3:36:22	M45	92	0:46:27	1:10:35	1:39:19
439	3662	Appolt Bernd	Angerland LT Lintorf	3:36:22	M45	92	0:44:33	1:11:19	1:40:28
441	4969	Bühne Stan	*Düsseldorf	3:36:22	M35	62	0:44:12	1:09:25	1:42:44
442	2476	Schüßler Sebastian	*Duisburg	3:36:31	M30	41	0:45:03	1:11:36	1:39:52
443	4462	Emmerich Dr. Markus	*Bochum	3:36:37	M40	123	0:46:03	1:10:07	1:40:26
444	3189	Schmidt Thomas	*Xanten	3:36:48	M45	94	0:44:07	1:09:09	1:43:31
445	3470	Soltau Carsten	*Duisburg	3:36:50	M40	124	0:44:31	1:08:57	1:43:21
446	4273	Polster Thomas	SuS Bertlich	3:36:53	M45	95	0:46:04	1:10:27	1:40:21
447	4289	Kollenberg Frank	*Oberhausen	3:36:53	M45	96	0:46:08	1:11:47	1:38:57
448	2189	Wulf Carsten	AS Niersenbruch	3:36:55	M35	63	0:43:07	1:13:30	1:40:17
449	3468	Valente Nico	SV Viktoria Goch	3:36:55	M55	16	0:44:40	1:08:26	1:43:48
450	2506	Margeit Gerd	Turbo-Schnecken Lüdensche	3:36:59	M45	97	0:45:25	1:10:31	1:41:02
451	3002	Dombrowsky Detlef	DJK TUS Rotthausen	3:37:02	M50	63	0:44:53	1:13:21	1:38:48
452	4812	Krieg Volker	LC Duisburg	3:37:04	M60	11	0:46:08	1:09:36	1:41:19
453	3012	Jakhoefer Thomas	FC Schalke 04	3:37:07	M50	64	0:45:14	1:11:00	1:40:52
454	4923	Cellar Andreas	Marathon Mülheim	3:37:12	M45	98	0:43:26	1:17:50	1:35:54
455	5145	Waltz Ulysses	Rennschnecken 2000	3:37:13	M35	64	0:45:32	1:07:37	1:44:03
456	3775	Brokmann Michael	SV Wanheim 1900	3:37:26	M40	125	0:45:07	1:09:35	1:42:44
457	1574	Robering Andre	Vodafone Runners	3:37:28	M35	65	0:45:14	1:09:29	1:42:44
458	4139	Tückmantel Michael	*Essen	3:37:29	M45	99	0:43:59	1:09:25	1:44:04
459	2931	Lickes Heinz-Theo	LT Krefeld-Oppum	3:37:36	M50	65	0:44:53	1:09:09	1:43:33
460	3944	Richter Bernd	Kendo-Verein-Kevelaer	3:37:38	M50	66	0:45:38	1:10:15	1:41:44
461	3085	Bartling Jochen	*Düsseldorf	3:37:45	M40	126	0:44:40	1:12:25	1:40:39
462	2023	Gettwert Klaus	Saarner Kuppenläufer	3:37:50	M40	127	0:45:34	1:10:27	1:41:48
463	5151	Seidel Hagen	A-Team Düsseldorf	3:37:51	M45	100	0:46:16	1:10:39	1:40:56
464	4554	Schimmelpfennig Georg	Polizei-SV Düsseldorf	3:37:53	M50	67	0:45:00	1:12:32	1:40:20
465	2812	Kucki Stefan	*Oberhausen	3:37:55	M30	42	0:45:12	1:11:52	1:40:50
466	4284	Bongartz Peter	LC Duisburg	3:37:56	M50	68	0:47:43	1:10:04	1:40:09
467	2679	Thomas Ingo	*Krefeld	3:37:57	M40	128	0:44:19	1:11:33	1:42:05
468	5107	Wittoesch Siegfried	TC Kray 1892 e.V.	3:38:03	M55	17	0:46:08	1:09:31	1:42:24
469	2032	Grimberg Marc	*Essen	3:38:05	M35	66	0:44:56	1:10:15	1:42:53
470	3772	Martini Thomas	*Moers	3:38:10	M30	43	0:44:05	1:12:41	1:41:23
471	2843	Szpogan Rainer	Immeo Wohnen	3:38:17	M50	69	0:46:20	1:10:37	1:41:18
472	2632	Ruhnau Ingo	Mouseisbaer	3:38:17	M35	67	0:45:26	1:10:54	1:41:57
473	3003	Winbeck Volker	*Oberhausen	3:38:18	M45	101	0:45:06	1:10:46	1:42:24
474	4879	Woll Oiver	Uni Duisburg-Essen	3:38:19	M30	44	0:58:21	1:06:26	1:33:30
475	2472	Tomanek Stefan	*Gladbeck	3:38:21	M45	102	0:46:10	1:11:00	1:41:10
476	5601	Buchholz Horst	SV Beeckerwerth	3:38:21	M55	18	0:46:48	1:09:34	1:41:59
477	1802	Böttcher Christian	BSG WAZ Essen	3:38:26	M40	129	0:45:08	1:11:42	1:41:35

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	2367	Neumann Dietmar	Nina-Sport	3:38:26	M50	70	0:44:08	1:12:31	1:41:46
479	2635	Nyenhuis Michael	*Willich	3:38:32	M50	71	0:46:47	1:12:11	1:39:32
480	3896	Lass Hartmut	*Meerbusch	3:38:38	M45	103	0:45:45	1:09:49	1:43:02
481	5203	Enge Jürgen	*Duisburg	3:38:39	M40	130	0:45:42	1:08:34	1:44:23
482	3907	Schmidt Andre	LC Mittwochabend Ratingen	3:38:41	M35	68	0:44:06	1:09:24	1:45:10
483	2548	Krause Joachim	Team Rakete	3:38:43	M40	131	0:43:11	1:17:56	1:37:36
484	3172	Voß Holger	*Erkrath	3:38:46	M45	104	0:44:43	1:09:55	1:44:07
485	3139	Marx Werner	*Oberhausen	3:38:51	M45	105	0:46:21	1:12:22	1:40:08
486	4077	Büttner Philipp	Triathlon Mülheim	3:38:52	M22	30	0:47:43	1:06:01	1:45:07
487	2475	Berns Michael	*Neuss	3:38:56	M45	106	0:46:00	1:10:56	1:41:58
488	1752	Koschlitzki Norbert	Eintracht Duisburg 1848 e.V.	3:38:59	M45	107	0:42:12	1:04:17	1:52:29
489	4448	Stürmer Christian	SG Borken	3:39:10	M45	108	0:45:38	1:10:31	1:43:00
490	3081	Zimmermann Frank	*Mülheim	3:39:13	M40	132	0:46:27	1:10:43	1:42:02
491	3175	Schulten Michael	LG Plettenberg-Herscheid	3:39:13	M40	133	0:43:13	1:12:54	1:43:04
492	4901	Kesselhut Frank	*Duisburg	3:39:16	M45	109	0:45:49	1:12:27	1:40:59
493	2145	Kemperdick Dirk	ASC Duisburg	3:39:17	M50	72	0:47:01	1:11:14	1:41:01
494	3865	Jakobs Daniel	*Oberhausen	3:39:20	M45	110	0:45:51	1:09:45	1:43:43
495	4216	Rochlitz Dr. Karl-Heinz	Lauftreff Bundesnetzagentur	3:39:21	M50	73	0:46:05	1:12:39	1:40:37
496	4873	Kunst Hans-Peter	ERGO sports Düsseldorf	3:39:24	M50	74	0:45:24	1:11:11	1:42:47
497	2138	Sanders Joachim	*Essen	3:39:30	M60	12	0:46:12	1:11:39	1:41:37
498	2259	Wach Holger	Flotte Frösche	3:39:30	M40	134	0:46:53	1:11:39	1:40:57
499	2961	Pfannkuche Olaf	*Essen	3:39:31	M40	135	0:45:46	1:12:02	1:41:41
500	3461	Marcow Wilfried	BSV Grün-Weiß Wesel-Flü	3:39:32	M65	3	0:46:15	1:10:35	1:42:42
501	5022	Hornickel Stephan	*Neuss	3:39:34	M30	45	0:45:31	1:10:58	1:43:05
502	3788	Bock Dr. Stephan	KC Santa Monica	3:39:37	M45	111	0:51:15	1:16:35	1:31:47
503	4373	Schäfer Florian	Eintracht Duisburg 1848 e.V.	3:39:43	M18	2	0:46:07	1:10:25	1:43:10
504	4111	Serek Jürgen	*Mülheim	3:39:45	M50	75	0:46:19	1:09:37	1:43:48
505	4726	Krokowski Rolf	TSV 1863 Herdecke	3:39:47	M50	76	0:43:48	1:09:54	1:46:04
506	5606	Knappik Thomas	SV Beeckerwerth	3:39:50	M35	69	0:45:41	1:10:00	1:44:08
507	2216	Gleumes Stephan	*Düsseldorf	3:39:53	M35	70	0:47:38	1:10:38	1:41:37
508	3472	Strelau Torsten	dielemminge.de	3:39:58	M35	71	0:45:31	1:09:40	1:44:45
509	3382	Möllmann Norbert	*Bocholt	3:40:05	M50	77	0:43:49	1:12:07	1:44:09
510	3531	Bendrat Daniel	*Essen	3:40:10	M35	72	0:46:15	1:10:05	1:43:49
511	2745	Ehrentraut Heinz-Udo	Rumelner TV	3:40:12	M45	112	0:46:49	1:11:28	1:41:55
512	3037	Puy Michl Franz Xaver	*DUISBURG	3:40:18	M40	136	0:47:37	1:10:19	1:42:21
513	4048	Ochsenfeld Günter	LT KETTWIG 2000	3:40:18	M70	1	0:45:56	1:11:19	1:43:02
514	3474	Beckmann Björn	Walsumer Hardcore 76/77	3:40:21	M30	46	0:46:48	1:11:35	1:41:57
515	2338	Busch Michael	LG Alpen	3:40:22	M40	137	0:47:09	1:10:43	1:42:28
516	5299	Cervik Ralph	*Duisburg	3:40:23	M50	78	0:46:27	1:10:45	1:43:10
517	2538	Markus Christian	LT Gruitzen-Neandertal	3:40:33	M45	113	0:46:03	1:11:23	1:43:06
518	2833	Erler Maik	*Duesseldorf	3:40:39	M30	47	0:47:32	1:10:14	1:42:52
519	4001	Graf Klaus	*Esslingen	3:40:51	M40	138	0:47:10	1:12:26	1:41:15
520	3949	Henrich Dr. Peter	*Essen	3:40:52	M45	114	0:47:11	1:12:35	1:41:05
521	1733	Kuhlmann Stefan	LT Schnecke Sonsbeck	3:40:58	M45	115	0:47:01	1:11:02	1:42:54
522	2854	Büns Karl-Heinz	TVK 1877 Essen	3:41:01	M55	19	0:46:08	1:11:48	1:43:04
523	1744	Kiefaber Wolfgang	TV Steinforth-Rubbelrath	3:41:05	M50	79	0:47:15	1:12:22	1:41:27
524	3884	Schmengler Stephan	SV Budberg	3:41:08	M45	116	0:44:34	1:09:34	1:46:58
525	5208	Van Loon Carsten	LC Duisburg	3:41:11	M40	139	0:45:45	1:12:05	1:43:20
526	5646	Steidl Kurt	active first / holger schuett	3:41:22	M55	20	0:41:16	1:14:10	1:45:55
527	1688	Bartos Thomas	Vodafone Runners	3:41:23	M40	140	0:48:35	1:09:22	1:43:25
528	3322	Fiedler Ernst-Oskar	LT Gruitzen-Neandertal	3:41:24	M55	21	0:46:14	1:11:18	1:43:51
529	2690	Uhling Thomas	Running Team TuS Bösingho	3:41:24	M50	80	0:47:54	1:10:49	1:42:40
530	3783	Reumschüssel Torsten	Gazonga-Team	3:41:30	M35	73	0:47:49	1:11:04	1:42:37

**Nike Winterlaufserie  
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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	2449	Tratler Juergen	*Kamp- Lintfort	3:41:35	M45	117	0:46:58	1:11:09	1:43:28
531	1835	Fröse Karl-Heinz	Adler Bottrop	3:41:35	M50	81	0:45:16	1:09:31	1:46:47
533	4811	Böhme Michael	*Gevelsberg	3:41:36	M45	118	0:47:12	1:11:17	1:43:06
534	1998	Lansen Ralph	TG Neuss	3:41:41	M30	48	0:47:21	1:10:05	1:44:14
535	3523	Gruner Jürgen	Krefelder Kanu Klub	3:41:42	M60	13	0:47:03	1:11:49	1:42:50
536	2705	Burre Frank	Running Team TuS Bösingho	3:41:45	M50	82	0:46:13	1:12:33	1:42:57
537	3854	Schwarz Rainer	RAG	3:41:53	M45	119	0:46:10	1:11:47	1:43:54
538	1697	Kietzmann Uwe	Max Maulwurf Marathonis	3:41:56	M40	141	0:45:42	1:10:41	1:45:33
539	3892	Kral Jan	*Düsseldorf	3:41:59	M35	74	0:47:39	1:10:55	1:43:24
540	5243	Beyer Harald	*Essen	3:41:59	M50	83	0:45:08	1:11:32	1:45:18
541	3836	Stiewe Dirk	*Wesel	3:42:01	M35	75	0:47:37	1:10:07	1:44:16
542	2311	Kodjayan Patrick	*Mülheim	3:42:05	M35	76	0:47:31	1:11:28	1:43:05
543	5039	Maier Frank	*Alpen	3:42:05	M45	120	0:46:04	1:11:12	1:44:48
544	2102	Winter Andreas	*Duisburg	3:42:08	M18	3	0:45:26	1:10:51	1:45:50
545	3404	Tomuseit Frank	Team ATZE	3:42:09	M35	77	0:44:07	1:12:41	1:45:20
546	1791	Brockmann Stefan	*Düsseldorf	3:42:23	M40	142	0:48:05	1:10:58	1:43:20
547	4761	Scheitza Falko	DJK Preussen 1911 Bochum	3:42:24	M45	121	0:44:51	1:08:55	1:48:37
548	2033	Pilgermann Kai	*Dinslaken	3:42:25	M30	49	0:46:53	1:12:21	1:43:09
549	2905	Zupp Christian	*Duisburg	3:42:31	M35	78	0:45:44	1:12:32	1:44:14
550	2672	Malcus Burkhard	Turbo-Schnecken Lüdensche	3:42:32	M45	122	0:49:07	1:12:35	1:40:49
551	3444	Michalka Ralph	LT Alt-Erkrath	3:42:35	M40	143	0:47:13	1:13:07	1:42:15
552	5193	Ley Michael	BSG Sparkasse Essen	3:42:42	M22	31	0:45:29	1:14:15	1:42:58
553	1749	Gräf Carsten	*Velbert	3:42:50	M45	123	0:47:10	1:13:01	1:42:38
554	2906	Köngeter Hans	SCB Horrem	3:42:51	M55	22	0:47:10	1:13:10	1:42:31
555	4922	Grasselt Nico	LC Duisburg	3:43:03	M30	50	0:46:56	1:09:49	1:46:17
556	4440	Feldhoff Maximilian	*Radevormwald	3:43:04	M45	124	0:47:58	1:11:24	1:43:41
557	4397	Klein Hans-Jürgen	LTH-Essen	3:43:05	M55	23	0:45:42	1:14:13	1:43:09
558	3709	Welkers Bjoern	active first / holger schuett	3:43:06	M40	144	0:47:25	1:12:02	1:43:38
559	4926	Uebbing Holger	SV Budberg	3:43:07	M40	145	0:46:39	1:11:22	1:45:05
560	4630	Kiefer Peter	*Ratingen	3:43:10	M55	24	0:47:26	1:11:07	1:44:37
561	4353	Raback Uwe	Lauftreff Waldesrand	3:43:14	M40	146	0:46:12	1:12:04	1:44:57
562	4527	Borchardt Oliver	TV Alderkerk	3:43:21	M45	125	0:46:46	1:12:03	1:44:31
563	4589	Wehren Ludger	BG Sparkasse-am-Niederrh	3:43:23	M30	51	0:46:11	1:12:25	1:44:46
564	5672	Albrecht Rainer	TuS Breitscheid 72/89	3:43:24	M50	84	0:47:45	1:11:45	1:43:53
565	1972	Ruthmann Kai	AS Neukirchen-Vluyn	3:43:25	M45	126	0:47:52	1:11:47	1:43:44
566	4807	Gromzig Dr. Werner	LG Hart am Limit	3:43:29	M50	85	0:49:58	1:10:52	1:42:39
567	2903	Schultz Jens	CDS Running Team	3:43:31	M35	79	0:46:44	1:12:32	1:44:14
568	3699	Koch Thomas	active first / holger schuett	3:43:36	M30	52	0:45:39	1:14:42	1:43:15
569	3636	Lachmann Thomas	active first / holger schuett	3:43:37	M35	80	0:45:58	1:12:08	1:45:30
570	3337	Mammen Ralph	*Ratingen	3:43:37	M50	86	0:47:09	1:11:46	1:44:41
571	1844	Kossin Markus	TV Steinforth-Rubbelrath	3:43:39	M40	147	0:47:00	1:12:53	1:43:45
572	2861	Schröder Lothar	*Duisburg	3:43:50	M45	127	0:47:24	1:13:33	1:42:52
573	3689	Welß Andreas	active first / holger schuett	3:43:50	M30	53	0:47:55	1:12:59	1:42:56
574	1955	Jännert Erich	AS Neukirchen-Vluyn	3:43:51	M60	14	0:48:12	1:12:31	1:43:07
575	4027	Tenbrün Jörg	*Duisburg	3:43:55	M30	54	0:48:01	1:13:37	1:42:15
576	3185	Fischer Gerd	*Essen	3:43:56	M45	128	0:47:24	1:12:12	1:44:19
577	2993	Lüdtke-Kottusch Thomas	*Duisburg	3:43:56	M45	129	0:46:22	1:13:24	1:44:08
578	3880	Weiss Stefan	LC Duisburg	3:43:56	M35	81	0:46:43	1:09:25	1:47:47
579	2543	Biegel Dirk	Laftiger	3:43:58	M45	130	0:47:24	1:14:02	1:42:30
580	4793	Krügel Jörg Michael	*Bergkamen	3:43:59	M45	131	0:46:08	1:12:53	1:44:57
581	2575	Buchkremer Marcus	SV Wesel	3:44:04	M45	132	0:47:41	1:13:26	1:42:56
582	3781	Mailer Mark	*oberhausen	3:44:04	M19	6	0:42:09	1:07:42	1:54:12
583	4290	Lenk Rolf	TGÜ Gelsenkirchen	3:44:04	M65	4	0:47:40	1:12:47	1:43:36

**Nike Winterlaufserie  
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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	2857	Himmel Andreas	*Essen	3:44:05	M45	133	0:46:59	1:12:48	1:44:17
585	3379	Gehrmann Michael	*Bocholt	3:44:10	M45	134	0:47:41	1:12:21	1:44:08
586	4595	Borg Thomas	Laufende GEO-Meter/SF Rha	3:44:13	M35	82	0:45:39	1:14:41	1:43:53
587	4776	Hentschel Bruno	*Langenfeld	3:44:17	M45	135	0:47:22	1:12:51	1:44:03
588	5580	Sturm Thomas	TG Neuss	3:44:24	M45	136	0:44:42	1:10:19	1:49:23
589	1429	Hassepass Werner	E.ON Ruhrgas SG	3:44:26	M50	87	0:48:28	1:12:04	1:43:52
590	5297	Stieler Uwe	SV Orsoy	3:44:32	M50	88	0:47:37	1:11:58	1:44:57
591	5214	Twiehaus Christopher	TC Kray 1892 e.V.	3:44:33	M22	32	0:47:09	1:11:32	1:45:51
592	3289	Bormann Hartmut	LC Duisburg	3:44:34	M45	137	0:47:16	1:12:31	1:44:45
593	2155	Poschmann Marcel	LC Duisburg	3:44:35	M35	83	0:47:44	1:13:37	1:43:13
594	3181	Joseph Dirk	Lauftreff Wesel 130	3:44:36	M50	89	0:46:11	1:15:24	1:43:00
595	3325	Brüning Joachim	*Korschenbroich	3:44:43	M40	148	0:48:08	1:13:21	1:43:13
596	4847	Schikora Rainer	SV Schermbeck	3:44:44	M50	90	0:48:11	1:12:41	1:43:51
597	3308	Wirth Peter	Team Erdinger Alkoholfrei	3:44:45	M45	138	0:49:44	1:10:45	1:44:15
598	3190	Gohr Michael	Hofacker Runner	3:44:46	M35	84	0:54:28	1:09:04	1:41:13
599	3801	Hampel Juergen	*Düsseldorf	3:44:47	M45	139	0:46:51	1:12:06	1:45:50
600	3092	Tröster Peter	Polizei Oberhausen	3:44:48	M50	91	0:47:07	1:13:16	1:44:24
601	3305	Biernath Peter	Team Clari	3:44:50	M55	25	0:47:40	1:13:15	1:43:54
602	5629	Beekmans Uwe	LG COESFELD	3:44:51	M45	140	0:48:17	1:13:20	1:43:13
603	5042	Böger Benjamin	*Mülheim	3:44:51	M30	55	0:49:46	1:11:40	1:43:24
604	3622	Ick Soeren	active first / holger schuett	3:44:53	M35	85	0:46:22	1:13:17	1:45:14
605	3698	Gessner Pitt	*Rheinberg	3:45:09	M22	33	0:45:38	1:12:20	1:47:11
606	2192	Markmann Josef	Gerresheim	3:45:18	M40	149	0:47:19	1:12:46	1:45:12
607	5242	Ellerbrok Dirk	DJK VFR Saarn	3:45:21	M55	26	0:46:23	1:10:37	1:48:20
608	3590	Lochow Daniel	*Duisburg	3:45:22	M22	34	0:44:55	1:09:15	1:51:11
609	4754	Koerner Stefan	*Ratingen	3:45:23	M45	141	0:48:57	1:13:28	1:42:57
610	1815	Kaczmarczyk Adam	runforfun ratingen	3:45:35	M35	86	0:45:29	1:15:12	1:44:52
611	2981	Thorschmidt Norbert	SV Endorf	3:45:36	M60	15	0:46:59	1:11:43	1:46:53
612	4330	Guffler Frank	*Ratingen	3:45:38	M45	142	0:46:21	1:13:56	1:45:20
613	4730	Buhl Jürgen	LG Alpen	3:45:39	M55	27	0:47:11	1:12:44	1:45:43
614	2603	Holtmeier Jürgen	Nina-Sport	3:45:40	M45	143	0:44:08	1:10:29	1:51:02
615	1675	Rosso Andrea	Vodafone Runners	3:45:43	M45	144	0:47:02	1:14:20	1:44:21
616	2409	Höffken Willi	*Mülheim	3:45:49	M60	16	0:47:45	1:12:07	1:45:57
617	2236	Schreiber Marko	Team Aroma Ahoi	3:45:54	M35	87	0:46:20	1:10:41	1:48:53
618	3898	Sobolewski Markus	Merten GmbH	3:46:00	M40	150	0:47:19	1:15:37	1:43:04
619	4272	Görke Martin	*Aachen	3:46:02	M22	35	0:50:00	1:18:07	1:37:55
620	3877	Knappmann Hubertus	*Essen	3:46:05	M50	92	0:49:13	1:12:26	1:44:25
621	2065	Wellesen Dirk	*Moers	3:46:06	M40	151	0:47:54	1:13:45	1:44:26
622	5614	Kwasniok Sascha	BSG Haniel	3:46:09	M35	88	0:45:47	1:13:16	1:47:05
623	1492	Latsch Jörg	Emscher Lippe Energie Gmb	3:46:16	M45	145	0:44:58	1:14:48	1:46:29
624	4573	Peters-jochum Jupp	*düsseldorf	3:46:22	M55	28	0:49:25	1:12:49	1:44:07
625	2709	Spogahn Hans-Michael	Bocholter WSV 1920	3:46:23	M50	93	0:46:09	1:13:54	1:46:19
626	3577	John Pascal	*Duisburg	3:46:24	M19	7	0:52:55	1:13:29	1:39:59
627	3702	Overdick Stefan	active first / holger schuett	3:46:27	M40	152	0:48:32	1:12:58	1:44:57
628	1858	Müsse Felix	TuS Medebach	3:46:29	M22	36	0:48:09	1:12:39	1:45:40
629	2590	Heinrich Peter	LC Duisburg	3:46:30	M45	146	0:45:38	1:18:52	1:42:00
630	4240	Saubier Stephan	ozzy & dumbo	3:46:32	M45	147	0:46:41	1:11:37	1:48:13
631	3334	Schäfer Jürgen	TARGOBANK	3:46:37	M50	94	0:45:00	1:09:49	1:51:47
632	4079	Rohde Markus	LC Duisburg	3:46:37	M35	89	0:46:09	1:12:46	1:47:42
633	3295	Kleefisch Dirk	LT CLOVERSOFT	3:46:40	M40	153	0:46:20	1:15:15	1:45:04
634	2167	Asseburg Jörg	TuS 48 Ehringhausen	3:46:42	M35	90	0:45:18	1:17:16	1:44:08
635	2355	Gommers Martin	*Oberhausen	3:46:44	M50	95	0:46:27	1:15:50	1:44:27
636	2339	Gräfe André	SG Neukirchen-Hülchrath e	3:46:45	M45	148	0:48:01	1:13:19	1:45:24

**Nike Winterlaufserie  
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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	5253	Eppmann Rene	Merten GmbH	3:46:50	M40	154	0:51:00	1:13:42	1:42:07
638	2047	Runge Jörn	*Hagen	3:46:52	M40	155	0:47:57	1:14:20	1:44:34
639	2318	Spindler Bernd	Spektakel Rheinberg	3:46:52	M45	149	0:48:25	1:13:50	1:44:36
640	2665	Graebel Gunther	Crepe & Baguette Duisburg	3:46:53	M55	29	0:48:35	1:14:00	1:44:17
641	3643	Sensenbrenner Arno	www.dusfor.de	3:46:53	M40	156	0:46:23	1:14:54	1:45:35
642	2394	Schroten Achim	SC Bayer 05 Uerdingen	3:46:54	M55	30	0:48:08	1:13:49	1:44:55
643	2124	Deden Klaus	RP Marathonteam	3:46:55	M55	31	0:47:35	1:13:55	1:45:24
644	1774	Schmidt Frank	*Düsseldorf	3:46:58	M35	91	0:47:44	1:12:54	1:46:20
645	1738	Borgards Torsten	LT Schnecke Sonsbeck	3:47:07	M40	157	0:53:02	1:12:21	1:41:44
646	4877	Laubenthal Lars	*Lünen	3:47:13	M35	92	0:48:31	1:15:05	1:43:36
647	2037	Krüger Hans-Joachim	BSG Amico Alpha Mettmann	3:47:16	M45	150	0:48:31	1:13:49	1:44:54
648	4299	Bachmann Ralf	BSG Team EVAG	3:47:17	M45	151	0:48:58	1:14:57	1:43:22
649	3143	Knoblauch Frank	Triteam Bayer 05 Uerdingen	3:47:18	M45	152	0:58:11	1:10:17	1:38:50
650	845	Janssen Carlos	Gocher Lauffamilien	3:47:20	M35	93	0:44:04	1:07:15	1:56:00
651	3910	Wlostek Manfred	ASC Düsseldorf	3:47:23	M55	32	0:48:06	1:14:16	1:44:59
652	5194	Böker Christian	LG 1947 Viersen	3:47:24	M35	94	0:47:27	1:16:20	1:43:37
653	1430	Horst Dieter	E.ON Ruhrgas SG	3:47:30	M45	153	0:48:10	1:13:18	1:46:01
654	3230	Plietsch Klaus	*Düsseldorf	3:47:40	M55	33	0:48:09	1:14:12	1:45:19
655	2247	Steiof Leander	Running Team TuS Bösingho	3:47:45	M45	154	0:48:47	1:13:38	1:45:18
656	2839	Pohl Prof.Dr. Michael	Angerland LT Lintorf	3:47:46	M50	96	0:46:56	1:14:33	1:46:17
657	2418	Wexel Horst-Günther	LT.TBH.Düsseldorf-Hassels	3:47:48	M55	34	0:51:47	1:12:44	1:43:16
658	3858	Brand Hubert	TV 1910 Hemmerden	3:47:49	M50	97	0:48:47	1:13:26	1:45:36
659	4617	Wintgen Thomas	TC Sterkrade 69	3:47:50	M35	95	0:49:53	1:13:48	1:44:08
660	4385	Vollmer Martin	*Wuppertal	3:47:55	M45	155	0:48:26	1:13:22	1:46:06
661	2995	Natrop Hans-Peter	BSG Team EVAG	3:47:58	M50	98	0:48:39	1:06:23	1:52:55
662	3038	Koch Sebastian	Turbo-Schnecken Lüdensche	3:47:58	M22	37	0:48:59	1:12:49	1:46:09
663	2056	Froelich Armin	TV Attendorn Tri-Time	3:48:04	M35	96	0:49:35	1:14:19	1:44:09
664	4031	Edgington Paul	*Duisburg	3:48:09	M45	156	0:48:46	1:12:08	1:47:14
665	4996	Schlicht Gunther	HELIOS Klinikum Wuppertal	3:48:10	M30	56	0:49:00	1:16:26	1:42:43
666	5563	Hartmann Rolf	LC Duisburg Marathon-Kurs	3:48:12	M50	99	0:49:24	1:13:26	1:45:21
667	4676	Krstinc Joachim	*dinslaken	3:48:13	M40	158	0:49:44	1:12:18	1:46:10
668	3234	Genter Heipe	LT Turnerbund Frintrop	3:48:17	M50	100	0:47:31	1:12:50	1:47:55
669	3621	Tosch Frank	active first / holger schuett	3:48:20	M40	159	0:48:37	1:14:11	1:45:32
670	3508	Wagener Dennis	*Mülheim	3:48:25	M30	57	0:50:07	1:13:33	1:44:44
671	4783	Rittershaus Dennis	PV Triathlon Witten	3:48:33	M18	4	0:48:45	1:14:28	1:45:20
672	4319	Wassink Andreas	Berufsfeuerwehr Duisburg	3:48:34	M40	160	0:52:29	1:13:07	1:42:57
673	3755	Kurnold Peter	Binis	3:48:36	M45	157	0:49:15	1:14:16	1:45:04
674	5108	Meisenzahl Marius	BSG Stadtwerke Duisburg A	3:48:37	M19	8	0:47:36	1:13:32	1:47:28
675	5568	Mutz Andreas	LC Duisburg Marathon-Kurs	3:48:41	M35	97	0:47:24	1:13:58	1:47:18
676	3546	Bucks Hermann	Prosecco-Lauf	3:48:43	M60	17	0:48:05	1:14:19	1:46:19
677	5111	Havemann Frank	Radevormwalder Schachver	3:48:48	M40	161	0:46:21	1:13:33	1:48:53
678	2951	Klinger Ansgar	KSK Bayer-Uerdingen	3:48:49	M45	158	0:47:15	1:13:18	1:48:15
679	2283	Wörhoff René	1. VV Holzwickede	3:48:51	M40	162	0:48:58	1:04:26	1:55:26
680	2927	Börmann Andreas	*Kirchhellen	3:48:51	M45	159	0:49:27	1:13:44	1:45:39
681	4534	Cepok Theodor	*Kamp-Lintfort	3:48:52	M50	101	0:49:48	1:14:29	1:44:33
682	5564	Glässer Teijeiro Roberto	LC Duisburg Marathon-Kurs	3:48:52	M45	160	0:51:22	1:13:07	1:44:23
683	4545	Möller Bernd	*Oberhausen	3:48:53	M50	102	0:46:56	1:13:52	1:48:04
684	5106	Kuhr Martin	LC Duisburg	3:48:54	M50	103	0:48:36	1:13:51	1:46:26
685	3711	Fettig Ralf	active first / holger schuett	3:49:01	M45	161	0:46:46	1:12:32	1:49:42
686	5260	Nehrig Uwe	Merten GmbH	3:49:03	M40	163	0:51:03	1:17:30	1:40:29
687	5636	Stippel Jürgen	LG COESFELD	3:49:03	M55	35	0:48:48	1:14:39	1:45:35
688	5210	Hackstein Joachim	*Duisburg	3:49:04	M35	98	0:47:44	1:15:57	1:45:22
689	2492	Frye Werner	VHS Selm	3:49:07	M50	104	0:48:28	1:13:54	1:46:44

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	2162	Degener Stefan	*Ratingen	3:49:09	M45	162	0:50:00	1:14:45	1:44:23
691	2285	Wandres Rüdiger	Immeo Wohnen Service	3:49:11	M45	163	0:49:27	1:13:39	1:46:04
692	4858	Peitsch Michael	*Düsseldorf	3:49:11	M55	36	0:47:27	1:13:49	1:47:54
693	4355	De Werth Oliver	*Düsseldorf	3:49:13	M45	164	0:49:08	1:14:17	1:45:47
694	4058	Eling Jörg	*Essen	3:49:16	M60	18	0:46:49	1:16:17	1:46:09
695	1519	Stitz Rene	Optadata	3:49:17	M22	38	0:48:26	1:14:39	1:46:12
696	4012	Horrig Volker	TV Voerde Triminators	3:49:18	M50	105	0:46:52	1:13:20	1:49:05
697	3853	Möller Jürgen	Team Rakete	3:49:19	M45	165	0:47:54	1:13:37	1:47:47
698	2638	Völmert Stefan	DJK TUS Rotthausen	3:49:27	M40	164	0:48:28	1:14:50	1:46:08
699	3057	Hülдер Malte	*Essen	3:49:31	M35	99	0:48:04	1:16:19	1:45:06
700	2093	Munnes Oliver	*Duisburg	3:49:41	M22	39	0:48:10	1:14:53	1:46:37
701	4732	Nitsche Stefan	BV-Hiltrop	3:49:48	M40	165	0:48:32	1:13:57	1:47:18
702	4653	Becker Dr. Markus	LG Mülheim	3:49:52	M50	106	0:47:48	1:13:52	1:48:11
703	4221	Krieger Dr. Christoph	*Moers	3:49:55	M40	166	0:49:02	1:14:54	1:45:58
704	5043	Biegert Dieter	VfL Bergheide 1919 e.V.	3:49:55	M65	5	0:48:35	1:14:14	1:47:05
705	1417	Rothe Andreas	E.ON Ruhrgas SG	3:49:55	M65	6	0:49:37	1:16:06	1:44:12
706	2312	Pawlik Björn	*Mülheim	3:49:57	M35	100	0:48:13	1:18:38	1:43:05
707	4593	Nossack Thorsten	BG Sparkasse-am-Niederrh	3:50:06	M40	167	0:48:20	1:14:08	1:47:37
708	2213	Poetschki Thomas	*Duisburg	3:50:09	M35	101	0:47:30	1:12:21	1:50:17
709	4538	Brandt Klaus	*Grevenbroich	3:50:13	M55	37	0:47:17	1:13:37	1:49:18
710	1929	Othmer Manfred	E.ON Ruhrgas SG	3:50:16	M60	19	0:48:58	1:14:28	1:46:48
711	3347	Kremer Detlef	TV1910 Hemmerden	3:50:17	M45	166	0:50:16	1:15:00	1:45:00
712	2143	Höppner Sven	ergosport	3:50:26	M40	168	0:47:49	1:13:04	1:49:33
713	2180	Wilke Jörg	*Essen	3:50:28	M30	58	0:47:00	1:14:55	1:48:32
714	1510	Vagraszus Yannick	Optadata	3:50:30	M22	40	0:46:47	1:15:14	1:48:28
715	1714	Christ Stefan	LG Alpen	3:50:31	M45	167	0:48:19	1:14:31	1:47:41
716	3392	Wenner Christian	*Düsseldorf	3:50:36	M35	102	0:46:36	1:20:47	1:43:12
717	3262	Krause Christopher Micha	Triathlon-TEAM-Witten	3:50:40	M30	59	0:46:27	1:16:07	1:48:05
718	2744	Helmreich Rene	www.laufschweine.de	3:50:47	M18	5	0:46:32	1:15:58	1:48:15
719	4616	Baumgarten Horst	TC Sterkrade 69	3:50:50	M50	107	0:48:53	1:14:59	1:46:56
720	3039	Burmeister Uwe	Die Buschläufer Moers	3:50:54	M45	168	0:46:11	1:15:40	1:49:02
721	1734	Verberkt Hans	LT Schnecke Sonsbeck	3:50:54	M55	38	0:48:21	1:14:06	1:48:26
722	2553	Skowronek Jürgen	Adler-Langlauf Bottrop	3:50:55	M65	7	0:49:13	1:15:03	1:46:37
723	5132	Hoffmann Michael	Berufsfeuerwehr Duisburg	3:50:55	M45	169	0:49:10	1:14:47	1:46:58
724	1423	Berger Dieter	E.ON Ruhrgas SG	3:50:57	M50	108	0:47:44	1:14:42	1:48:31
725	3486	Jacob Sebastian	FSV Düsseldorf	3:51:00	M19	9	0:48:11	1:14:51	1:47:58
726	3751	Bergemann Udo	RTB Remscheid Marathon-	3:51:05	M60	20	0:49:11	1:15:37	1:46:16
727	2396	Braukmann Lutz	*Mülheim	3:51:10	M45	170	0:48:21	1:13:26	1:49:22
728	1538	Fischer Christoph	Vodafone Runners	3:51:11	M35	103	0:49:07	1:14:05	1:47:58
729	3843	Grunwald Klaus	Rapid Ramirez	3:51:15	M45	171	0:47:29	1:14:14	1:49:31
730	3551	Gonzalez Miguel	*Duisburg	3:51:20	M35	104	0:48:26	1:14:53	1:47:59
731	3802	Sobetzko Martin	TV Frisch Auf Lennep	3:51:22	M50	109	0:47:45	1:13:55	1:49:40
732	3677	Jochims Jörg	RSC Moers	3:51:23	M45	172	0:48:30	1:15:02	1:47:49
733	3151	Täge Andreas	PV Triathlon Witten	3:51:27	M45	173	0:48:22	1:13:20	1:49:44
734	4451	Emden Karl	*Düsseldorf	3:51:27	M45	174	0:43:26	1:05:20	2:02:40
735	4391	Braumann Uli	DJK TUS Rotthausen	3:51:27	M40	169	0:45:45	1:12:46	1:52:55
736	4777	Müller Frank	Spassbremsen	3:51:29	M45	175	0:48:16	1:13:53	1:49:19
737	1956	Janßen Udo	AS Neukirchen-Vluyn	3:51:34	M50	110	0:46:49	1:14:35	1:50:09
738	2805	Marach Semir	*Gladbeck	3:51:34	M35	105	0:44:31	1:13:27	1:53:36
739	5085	Thies Stefan	*Kaarst	3:51:38	M40	170	0:49:13	1:13:49	1:48:36
740	3835	Kliem Holger	Triathlon-TEAM-Witten	3:51:39	M35	106	0:48:43	1:14:56	1:47:59
741	2397	Meinert Rolf	Spektakel Rheinberg e.V.	3:51:42	M50	111	0:47:59	1:15:07	1:48:36
742	1439	Abel Klaus	*Duisburg	3:51:45	M60	21	0:48:32	1:13:36	1:49:35

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	4207	Böttger Mattis	*Mülheim an der Ruhr	3:51:45	M15	1	0:46:47	1:14:23	1:50:34
744	4890	Zimmermann Harry	LG Alpen	3:51:48	M50	112	0:47:41	1:15:48	1:48:18
745	2400	Schlecht Richard	Forza 1.FCN	3:51:49	M35	107	0:46:55	1:16:14	1:48:39
746	2462	Böminghaus René	*Oberhausen	3:51:50	M35	108	0:47:55	1:13:36	1:50:18
747	2319	Köch Timm	TV Frisch Auf Lennep	3:51:54	M35	109	0:48:08	1:16:54	1:46:51
748	1441	Grönheit Frank	CSV Marathon	3:51:55	M50	113	0:48:37	1:15:25	1:47:52
749	2068	Stockhausen Andreas	RT Backfieldrunners	3:52:00	M40	171	0:46:52	1:15:09	1:49:57
750	2953	Hirsch Reiner	BSG König-Brauerei Laufen	3:52:08	M50	114	0:48:46	1:13:32	1:49:49
751	1506	Flechner Jürgen	*Duisburg	3:52:08	M45	176	0:47:48	1:14:24	1:49:55
752	1597	Rzeznicki Michael	Vodafone Runners	3:52:09	M40	172	0:47:16	1:18:31	1:46:21
753	2097	Wißen Frank	Lauftreff Tina	3:52:11	M45	177	0:48:14	1:14:35	1:49:21
754	5114	Schneider Michael	LT Wischlingen Dortmund	3:52:12	M45	178	0:50:15	1:15:33	1:46:23
755	2828	Lichtenberger Frank	*Mülheim	3:52:14	M45	179	0:48:34	1:14:36	1:49:04
756	5174	Martin Frank	*Wuppertal	3:52:24	M45	180	0:48:33	1:13:27	1:50:22
757	5284	Brüx Engelbert	LT Vynen	3:52:24	M65	8	0:49:23	1:16:12	1:46:48
758	1875	Stiegler Tobias	International Fabershof	3:52:24	M40	173	0:51:44	1:14:33	1:46:06
759	4300	Weißing Jörg	*Essen	3:52:26	M40	174	0:48:52	1:14:31	1:49:02
760	4366	Becker Markus	LT Bamp Herne	3:52:31	M45	181	0:48:31	1:14:31	1:49:29
761	3842	Mendorf Thilo	*Velbert	3:52:33	M30	60	0:47:44	1:14:20	1:50:28
762	2895	Richert Ingo	TV Haßlinghausen 1862	3:52:34	M40	175	0:48:04	1:16:41	1:47:48
763	3503	Seemann Ulf	*Neukirchen-Vluyn	3:52:36	M45	182	0:48:19	1:14:56	1:49:19
764	2792	Custic Muharem	*Düsseldorf	3:52:36	M50	115	0:50:56	1:15:45	1:45:54
765	1663	Laube Holger	BSG Stadtwerke Duisburg A	3:52:37	M40	176	0:50:24	1:15:10	1:47:02
766	4900	Thülig Bernhard	VfL Bergheide 1919 e.V.	3:52:41	M70	2	0:51:01	1:16:06	1:45:33
767	2437	Köller Peter	LT KETTWIG 2000	3:52:41	M45	183	0:49:58	1:14:10	1:48:32
768	5051	Röhle Frank	Ruhrverband	3:52:44	M45	184	0:50:15	1:12:44	1:49:44
769	4209	Böttger Klaus-Peter	*Mülheim an der Ruhr	3:52:44	M55	39	0:46:47	1:15:22	1:50:34
770	5565	Nieskens Wolfgang	LC Duisburg Marathon-Kurs	3:52:47	M50	116	0:51:22	1:14:41	1:46:43
771	3840	Kunaratnam-Halscheid Yo	*Remscheid	3:52:47	M35	110	0:48:30	1:15:11	1:49:05
772	2963	Lorkowski Michael	Die blauen Bengel	3:52:47	M50	117	0:48:29	1:15:17	1:49:00
773	4206	Banowski Jürgen	Team Erdinger Alkoholfrei	3:52:56	M35	111	0:47:43	1:14:45	1:50:27
774	5236	Hilgers Erich	Lt. Hülser Bruch	3:52:56	M70	3	0:48:50	1:15:34	1:48:32
775	5120	Weymann Andreas	Contilia-Runners	3:52:58	M40	177	0:47:25	1:18:23	1:47:09
776	3367	Loru Oliver	*Wesel	3:53:03	M35	112	0:48:16	1:14:25	1:50:21
777	3281	Schumann Eckart	*Mülheim	3:53:05	M45	185	0:49:18	1:15:07	1:48:39
778	4771	Möllhoff Udo	Breuer Team	3:53:07	M50	118	0:49:25	1:17:02	1:46:40
779	1616	Knaup Thomas	TRIMET ALUMINIUM AG	3:53:08	M45	186	0:49:35	1:15:28	1:48:03
780	3294	Johannes Horst	LT BUGA Düsseldorf 1999	3:53:15	M40	178	0:51:20	1:15:31	1:46:23
781	5593	Römer Johannes	active first / holger schuett	3:53:16	M30	61	0:49:11	1:18:44	1:45:21
782	2269	Grebenstein Michael	SCB Horrem	3:53:18	M40	179	0:48:11	1:16:34	1:48:33
783	3553	Hölterhoff Andre	*Oberhausen	3:53:20	M30	62	0:47:10	1:14:42	1:51:27
784	2353	Kellerhoff Sven	Team Aroma Ahoi	3:53:21	M35	113	0:49:55	1:14:35	1:48:50
785	1874	Wischnewski Michael	BSG DVG	3:53:23	M45	187	0:48:43	1:15:51	1:48:47
786	1873	Borusiak Christian	Sportsfreunde Wurmatal	3:53:23	M35	114	0:47:24	1:13:47	1:52:11
787	2892	Jansen Josef	SV Viktoria Goch	3:53:25	M60	22	0:49:20	1:14:19	1:49:45
788	4075	Welzel Stefan	Makrolon Runners Uerdingen	3:53:29	M40	180	0:50:18	1:15:27	1:47:43
789	2743	Pockrandt Thomas	www.laufschweine.de	3:53:34	M30	63	0:50:30	1:15:41	1:47:23
790	3180	Allermann Stephan	Adler-Langlauf Bottrop	3:53:36	M50	119	0:55:40	1:14:29	1:43:26
791	5691	Potempa Josef	TuS Breitscheid 72/89	3:53:36	M55	40	0:50:17	1:14:40	1:48:39
792	4828	Zielony Martin	Laufende Geo-Meter	3:53:38	M40	181	0:47:54	1:20:44	1:44:58
793	3541	Müller-Theisen Jan	Walsumer Hardcore 76/77	3:53:49	M30	64	0:48:42	1:15:54	1:49:11
794	5129	Hausmann Peter	LC Duisburg	3:53:51	M40	182	0:47:30	1:12:39	1:53:40
795	4192	Kramer Peter	TGÜ Gelsenkirchen	3:54:04	M55	41	0:50:43	1:14:45	1:48:35

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	1481	Staske Matthias	BWG-Runners	3:54:06	M40	183	0:47:43	1:15:50	1:50:32
797	4669	Plöger Dr. Jörg	*Dortmund	3:54:07	M35	115	0:48:58	1:17:22	1:47:46
798	2434	Pape Peter	Die Kanlralratten SGZ Essen	3:54:12	M45	188	0:49:07	1:15:54	1:49:10
799	2728	Rudnik Jens	*Dinslaken	3:54:19	M40	184	0:48:09	1:07:17	1:58:52
800	4114	Levin Marcus	HSG1920e.V.	3:54:20	M30	65	0:50:03	1:16:22	1:47:54
801	2314	Blumenberg Dirk	*ESSEN	3:54:22	M45	189	0:48:42	1:14:19	1:51:21
802	1495	Fergon Zbigniew	*Duisburg	3:54:23	M45	190	0:44:48	1:10:54	1:58:40
803	4167	Umlauf Peter	Marathonteam-Ratingen	3:54:32	M50	120	0:47:13	1:12:57	1:54:20
804	3688	Stutzer Mark	active first / holger schuett	3:54:36	M40	185	0:49:45	1:15:33	1:49:17
805	5144	Gawlik Christian	*Duisburg	3:54:37	M22	41	0:45:19	1:11:30	1:57:47
806	3247	Buhren Wolfgang	LT Issum Turboschnecken	3:54:39	M45	191	0:51:22	1:17:20	1:45:55
807	2442	Tegggers Michael	*Duisburg	3:54:40	M55	42	0:49:06	1:16:01	1:49:32
808	1885	Tissarek Karl	TC Kray 1892 e.V.	3:54:45	M50	121	0:48:00	1:28:07	1:38:37
809	2172	Taczkowski Jochen	Sparkasse am Niederrhein	3:54:46	M35	116	0:48:51	1:15:33	1:50:21
810	2688	Smentoch Michael	*Neukirchen-Vluyn	3:54:55	M45	192	0:49:01	1:15:31	1:50:21
811	4371	Kuhlmann Gregor	Die schwarzen Heiden	3:54:55	M45	193	0:49:14	1:15:09	1:50:31
812	2800	Reichelt Herbert	Die blauen Bengel	3:55:01	M50	122	0:47:48	1:14:17	1:52:54
813	5615	Linder Sebastian	BSG Haniel	3:55:03	M22	42	0:47:36	1:14:54	1:52:32
814	5113	Detti Manuel	*Duisburg	3:55:09	M35	117	0:48:05	1:14:07	1:52:56
815	4505	Sykorra Mirko	*Essen	3:55:11	M30	66	0:49:14	1:14:54	1:51:03
816	1485	Nest Michael	LG Roadrunner	3:55:15	M45	194	0:49:03	1:16:05	1:50:06
817	1788	Rosendahl Kai	*Mülheim an der Ru8hr	3:55:23	M40	186	0:49:50	1:18:37	1:46:55
818	1696	Hardt Dagobert	Max Maulwurf Marathonis	3:55:24	M60	23	0:54:33	1:06:15	1:54:35
819	3182	Schneider Jürgen	Essen	3:55:24	M45	195	0:47:31	1:13:51	1:54:01
820	4239	Körber Sören	ozzy & dumbo	3:55:24	M45	196	0:49:55	1:15:34	1:49:54
821	4104	Schmidt Friedhelm	Burscheid	3:55:25	M45	197	0:48:07	1:19:32	1:47:45
822	4984	Berger Georg	Segelkameradschaft Hügel/E	3:55:25	M55	43	0:49:37	1:16:19	1:49:28
823	4715	Hasenbeck Arnd	*Mülheim	3:55:36	M35	118	0:48:47	1:13:48	1:53:00
824	3513	Fischer Bernd	ASC Düsseldorf	3:55:42	M55	44	0:49:21	1:16:15	1:50:05
825	5169	Orths Clemens	*Duisburg	3:55:45	M45	198	0:48:24	1:14:56	1:52:24
826	3471	Schlinkmann Volker	*Duisburg	3:55:50	M40	187	0:49:18	1:15:35	1:50:56
827	4762	Bertels Jürgen	DJK Coesfeld	3:55:51	M45	199	0:54:19	1:14:35	1:46:56
828	1466	Wolschke Thomas	Adler-Langlauf Bottrop	3:55:53	M40	188	0:49:32	1:16:48	1:49:33
829	2534	Michalski Jürgen	Tri-Ducks Delphin Dorsten	3:56:05	M50	123	0:50:59	1:16:19	1:48:45
830	1829	Stiller Bodo	Lt. der Zigarrenfreunde am K&	3:56:09	M45	200	0:51:25	1:16:58	1:47:45
831	2011	Obel Bernd	LC Duisburg	3:56:09	M50	124	0:45:46	1:12:13	1:58:09
832	1636	Utz Andreas		3:56:09	M40	189	0:49:40	1:15:52	1:50:36
833	4971	Röschke Jörg	Ballettschule Müller	3:56:13	M40	190	0:49:51	1:16:06	1:50:16
834	1611	Inglis Graham	TRIMET ALUMINIUM AG	3:56:14	M40	191	0:49:36	1:18:33	1:48:04
835	1983	Verfürth Andreas	AS Neukirchen-Vluyn	3:56:14	M45	201	0:49:18	1:15:58	1:50:58
836	3319	Kopatschek Frank	LC Duisburg	3:56:19	M50	125	0:49:26	1:16:08	1:50:44
837	3564	Laufs Stephan	LT Metzkausen	3:56:20	M40	192	0:47:20	1:13:38	1:55:20
838	2894	Vogt Michael	*Duisburg	3:56:20	M50	126	0:46:05	1:13:28	1:56:46
839	3342	Fieber Thomas	Hofacker Runner	3:56:23	M35	119	0:54:27	1:18:49	1:43:05
840	4362	Neuwirth Frank	LT Bamp Herne	3:56:24	M45	202	0:50:37	1:16:17	1:49:29
841	2187	Wilmers Frank	*Bocholt	3:56:25	M35	120	0:51:06	1:16:36	1:48:41
842	2624	Wortelkamp Wolf	*Düsseldorf	3:56:32	M50	127	0:48:41	1:16:28	1:51:22
843	2752	Schettkath Michael	Erdinger Alkoholfrei	3:56:36	M40	193	0:52:49	1:15:14	1:48:32
844	4004	Krayer Bernd	TuS Breitscheid 72/89	3:56:37	M45	203	0:50:26	1:17:27	1:48:43
845	4327	Goddinger Jürgen	*Oberhausen	3:56:38	M35	121	0:50:01	1:16:45	1:49:50
846	2101	Volk Frank	Tooor Runners	3:56:39	M40	194	0:48:53	1:14:33	1:53:13
847	2557	Chmielewski Roland	*Ratingen	3:56:43	M40	195	0:47:15	1:10:35	1:58:52
848	1585	Weishaupt Friedrich	Vodafone Runners	3:56:46	M55	45	0:50:59	1:19:36	1:46:09



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	4940	Müller Günter	TUS Homberg/ Ratingen	3:56:56	M65	9	0:50:05	1:17:00	1:49:50
850	1798	Schulte-Zweckel Klaus	BSG WAZ Essen	3:56:57	M45	204	0:48:21	1:19:21	1:49:14
851	2438	Spreer Christian	LT Berka Stars	3:56:57	M45	205	0:48:35	1:16:32	1:51:49
852	4442	Stingl Rainer	btplan team	3:56:59	M40	196	0:49:05	1:15:18	1:52:35
853	2717	Bresler Werner	LT Turnerbund Frintrop	3:57:00	M45	206	0:49:37	1:16:52	1:50:31
854	9999	Korbella Helmut		3:57:02	M35	122	0:50:25	1:16:22	1:50:14
855	3004	Vohl Stefan	*Duisburg	3:57:06	M40	197	0:50:18	1:16:43	1:50:03
856	3912	Knubben Ludger	BSG T-Systems GEI	3:57:08	M45	207	0:50:33	1:17:58	1:48:36
857	4563	Arend Detlef	*Duisburg	3:57:10	M45	208	0:50:40	1:15:52	1:50:37
858	3506	Spelleken Jürgen	*Dinslaken	3:57:20	M50	128	0:50:53	1:17:23	1:49:03
859	1608	Alt Rudi	TRJ Ducks Dorsten	3:57:24	M60	24	0:51:02	1:18:51	1:47:30
860	1966	Nolden Frank	AS Neukirchen-Vluyn	3:57:26	M50	129	0:54:17	1:15:34	1:47:34
861	4218	Paßgang Ralf	Sporttreff Heißen	3:57:30	M55	46	0:49:31	1:17:07	1:50:51
862	2924	Platte Stephan	SV Jägerhaus Linde	3:57:34	M40	198	0:51:36	1:16:11	1:49:46
863	3993	Pfannkuche Daniel	*Essen	3:57:39	M19	10	0:50:27	1:17:40	1:49:32
864	2140	Plümel Ingo	*Duisburg	3:57:42	M30	67	0:53:37	1:15:39	1:48:26
865	1851	Claaßen Dorian	*Rheinberg	3:57:43	M22	43	0:48:00	1:18:01	1:51:41
866	3225	Frank Thorsten	*herten	3:57:47	M40	199	0:52:33	1:15:44	1:49:29
867	2212	Cornelißen Volker	LC Duisburg	3:57:49	M40	200	0:49:11	1:13:35	1:55:03
868	1493	Plicht Werner	Wider dem Schweinehund	3:57:51	M45	209	0:49:42	1:16:11	1:51:57
869	4070	Luthe Gregor	*Herten	3:57:55	M40	201	0:49:15	1:13:35	1:55:03
870	4485	Baade Jörg	*Düsseldorf	3:58:00	M45	210	0:51:29	1:17:21	1:49:09
871	1497	Gerlach Thomas	LG Die 3 von der Franzstr.	3:58:08	M55	47	0:48:47	1:17:19	1:52:02
872	4946	Rath Heiner	TS 79 Bergisch Gladbach	3:58:08	M65	10	0:49:16	1:19:02	1:49:50
873	2945	Saueressig Dr. Heiner	*Dinslaken	3:58:10	M40	202	0:48:44	1:16:40	1:52:45
874	4905	Boruszewski Wilfried	BSG König-Brauerei Laufen	3:58:15	M55	48	0:50:17	1:17:38	1:50:19
875	3215	Sonneborn Andreas	SV Jägerhaus Linde	3:58:19	M40	203	0:51:26	1:14:53	1:51:58
876	1719	Sprenger Rolf	BSG Team EVAG	3:58:26	M40	204	0:51:33	1:18:05	1:48:47
877	4337	Schüring Norbert	RUHR-TECHNIK	3:58:29	M45	211	0:49:49	1:17:32	1:51:07
878	3257	Gundlach Andreas	Team Rakete	3:58:29	M40	205	0:59:04	1:09:32	1:49:53
879	4590	Wehren Mario	BG Sparkasse-am-Niederrh	3:58:33	M35	123	0:49:09	1:15:52	1:53:32
880	3547	Gelbach Pascal	*Wuppertal	3:58:34	M22	44	0:51:46	1:16:19	1:50:28
881	1590	Tuncel Turhan	EVONIK WOHNEN	3:58:36	M40	206	0:49:42	1:16:25	1:52:27
882	1472	Gehring Dieter	Adler-Langlauf Bottrop	3:58:42	M55	49	0:54:40	1:17:53	1:46:07
883	3360	Engelmann Frank	Diakoniewerk Duisburg	3:58:43	M45	212	0:50:34	1:16:46	1:51:23
884	4763	Fackert Sebastian	*Duisburg	3:58:44	M22	45	0:48:30	1:15:57	1:54:17
885	3516	Wiesner Michael	DJK VFL Willich	3:58:45	M55	50	0:49:28	1:14:04	1:55:12
886	3460	Hampen Gregor	BSV Grün-Weiß Wesel-Flü	3:58:45	M55	51	0:49:18	1:17:49	1:51:37
887	2228	Cord Stephan	*Essen	3:58:50	M40	207	0:50:17	1:18:10	1:50:22
888	4571	Staymann Bernd	LG Alpen	3:59:03	M55	52	0:56:47	1:27:41	1:34:33
889	4083	Stein Timo	*Gelsenkirchen	3:59:03	M30	68	0:48:29	1:20:15	1:50:18
890	5264	Uhr Ingo	Merten GmbH	3:59:09	M35	124	0:49:28	1:18:33	1:51:07
891	4686	Hamme-Ritz Stefan	Triathlon-TEAM-Witten	3:59:10	M45	213	0:48:51	1:11:57	1:58:20
892	2594	Eichler Marcus	Angerland LT Lintorf	3:59:10	M50	130	0:56:28	1:31:54	1:30:47
893	1575	Schlimme Mario	Vodafone Runners	3:59:11	M40	208	0:49:43	1:17:30	1:51:57
894	4836	Ernst Uwe	BSG Stadtwerke Duisburg A	3:59:15	M45	214	0:50:27	1:16:49	1:51:58
895	2144	Bangert Thomas	SG DORMA	3:59:18	M40	209	0:51:30	1:18:13	1:49:34
896	5118	Schikora Viktor	*Oberhausen	3:59:22	M55	53	0:49:25	1:18:53	1:51:03
897	4826	Binias Jürgen	LC Duisburg	3:59:25	M50	131	0:52:09	1:17:56	1:49:19
898	2757	Brabender Klaus Jürgen	Werricher Lauftreff	3:59:25	M50	132	0:51:43	1:17:49	1:49:53
899	2308	Schäfer Stefan	*Remscheid	3:59:31	M40	210	0:49:33	1:16:18	1:53:40
900	2853	Müller Andreas	Die Kirschkerne	3:59:36	M35	125	0:47:33	1:18:58	1:53:04
901	4601	Gabriel Georg	Lauffreunde HADI Wesel	3:59:37	M35	126	0:49:59	1:16:05	1:53:32

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	2631	Stock Peter	GSV Moers	3:59:39	M50	133	0:50:04	1:17:58	1:51:36
903	1789	Lerschmacher Andreas	*Mülheim an der Ruhr	3:59:39	M40	211	0:49:47	1:20:34	1:49:18
904	4250	Schilling Dirk	KC Santa Monica	3:59:41	M40	212	0:50:46	1:16:25	1:52:29
905	2598	Kulke Bernd	Roadrunner Wanne-Eickel	3:59:41	M35	127	0:49:21	1:15:28	1:54:51
906	2416	Lorkowski Peter	Die blauen Bengel	3:59:42	M45	215	0:48:58	1:14:20	1:56:23
907	3239	Haake Dr. Hendrik	*Düsseldorf	3:59:48	M30	69	0:50:21	1:18:05	1:51:21
908	3091	Müller Marcel	Gocher Lauffamilien	3:59:49	M35	128	0:49:03	1:16:34	1:54:11
909	1867	Koppers Thomas	Veerter Vlitzer	3:59:50	M30	70	0:49:22	1:16:03	1:54:23
910	5674	Bock Jürgen	TuS Breitscheid 72/89	3:59:50	M50	134	0:45:09	1:18:14	1:56:26
911	2732	Schmitz Frank	*Meerbusch	3:59:53	M40	213	0:50:01	1:18:04	1:51:47
912	4778	Bier Günther	*Velbert	3:59:56	M50	135	0:48:25	1:16:17	1:55:12
913	3435	Hunstiger Heinrich	*Düsseldorf	4:00:00	M40	214	0:49:46	1:17:37	1:52:36
914	3398	Beckmann Tim	*Neuss	4:00:01	M40	215	0:49:49	1:18:35	1:51:36
915	4425	Hax Dr. Peter-Michael	*Duisburg	4:00:03	M55	54	0:49:28	1:19:58	1:50:35
916	1685	Hamm Dieter	LT KETTZWIG 2000	4:00:06	M45	216	0:50:06	1:18:14	1:51:45
917	4819	Kleemann Normen	SV Siemens Mülheim	4:00:07	M35	129	0:52:43	1:18:30	1:48:53
918	1933	Ache Horst	AS Neukirchen-Vluyn	4:00:09	M70	4	0:50:35	1:19:44	1:49:49
919	2061	Richter Thorsten	Immeo Wohnen Service	4:00:09	M40	216	0:51:47	1:15:14	1:53:06
920	3155	Dreker Severin	Fast Foot Düsseldorf	4:00:10	M35	130	0:51:40	1:18:17	1:50:13
921	5090	Gunia Michael	Renntiere	4:00:15	M45	217	0:49:53	1:17:35	1:52:46
922	3278	Götzl Peter	*Bottrop	4:00:17	M40	217	0:51:09	1:17:49	1:51:18
923	3356	Wolf Peter	*Straelen	4:00:20	M50	136	0:50:13	1:17:52	1:52:14
924	2322	Stanislawski Gregor	*Oberhausen	4:00:25	M40	218	0:50:31	1:16:51	1:53:01
924	2633	Happe Jens	G&m Huckingen	4:00:25	M40	218	0:52:52	1:18:10	1:49:22
926	5030	Neumann Wolfram	Adler-Langlauf Bottrop	4:00:27	M55	55	0:51:27	1:18:37	1:50:22
927	3144	Reumel Jens	*Düsseldorf	4:00:27	M30	71	0:50:21	1:18:42	1:51:22
928	4759	Rottmann Michael	BSG Delphi Draka	4:00:31	M40	220	0:50:08	1:16:39	1:53:43
929	5160	Schechinger Markus	*Langenfeld	4:00:33	M35	131	0:50:59	1:18:06	1:51:27
930	1800	Otto Marc	BSG WAZ Essen	4:00:34	M22	46	0:49:40	1:15:31	1:55:21
931	3948	Fischer Ralf	laufftreff haumannplatz	4:00:37	M50	137	0:48:37	1:17:31	1:54:28
932	2341	Pohle Stefan	*duisburg	4:00:46	M35	132	0:50:52	1:19:11	1:50:42
933	4668	Jonen Werner	LC Duisburg	4:00:49	M50	138	0:50:28	1:17:35	1:52:45
934	2787	Weers Wilfried	*Düsseldorf	4:00:50	M40	221	0:50:09	1:18:59	1:51:41
935	2939	Stein Thomas	*Duisburg	4:00:54	M22	47	0:53:51	1:20:06	1:46:56
936	4138	Zuther Markus	DJK TUS Rotthausen	4:00:56	M35	133	0:48:18	1:14:48	1:57:49
937	1588	Wischniewski Peter	Vodafone Runners	4:01:00	M50	139	0:50:03	1:17:38	1:53:18
938	4441	Rölleke Knud	btplan team	4:01:03	M40	222	0:49:45	1:17:30	1:53:47
939	4833	Grzibek Manfred	*Duisburg	4:01:07	M40	223	0:50:36	1:18:43	1:51:47
940	4230	Schumacher Christian	*Duisburg	4:01:08	M22	48	0:53:21	1:19:21	1:48:25
941	4615	Laskowski Prof Andreas	TC Sterkrade 69	4:01:08	M45	218	0:51:15	1:15:41	1:54:11
942	3179	Brandl Axel	MSV Duisburg LT	4:01:19	M55	56	0:49:03	1:17:42	1:54:33
943	2789	Höpfner Harald	Lauflöwen	4:01:21	M50	140	0:52:43	1:18:08	1:50:28
944	3014	Krämer Eike	LC Duisburg	4:01:21	M55	57	0:49:44	1:18:49	1:52:48
945	4494	Wiegand Axel	Borbecker TC	4:01:22	M35	134	0:49:39	1:16:53	1:54:48
946	2727	Dix Matthias	PV Triathlon Witten	4:01:23	M50	141	0:49:00	1:16:47	1:55:34
947	5081	Bramigk Udo	Tri Club Wuppertal	4:01:23	M50	142	0:50:03	1:16:50	1:54:30
948	2229	Goralski Stefan	SG Essen-Schönebeck	4:01:25	M45	219	0:49:16	1:13:45	1:58:23
949	5140	Leuken Theo	Vogelfrei Bönninghardt	4:01:25	M45	220	0:50:24	1:21:33	1:49:27
950	3462	Duhr Oliver	*Haminkeln	4:01:27	M35	135	0:50:47	1:19:54	1:50:44
951	5567	Plötz Andreas	LC Duisburg Marathon-Kurs	4:01:27	M55	58	0:48:42	1:17:42	1:55:03
952	5148	Lochmann Norbert	Fun Runner VfL Gladbeck	4:01:29	M50	143	0:53:06	1:20:23	1:47:59
953	1683	Caniglia Sebastiano	LT KETTZWIG 2000	4:01:32	M55	59	0:48:10	1:19:51	1:53:30
954	2029	Beckord Jürgen	DJK VFR Saarn	4:01:33	M45	221	0:49:39	1:18:05	1:53:48

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	2908	Rudolph Uwe	*Duisburg	4:01:34	M45	222	0:49:26	1:18:42	1:53:25
956	4317	Kraus Raimund	lt-run4fun.de	4:01:41	M50	144	0:49:44	1:18:54	1:53:01
957	5067	Blankenberg Kai	*Düsseldorf	4:01:41	M40	224	0:51:34	1:15:42	1:54:23
958	4849	Thiel Oliver	*Muelheim	4:01:44	M40	225	0:51:09	1:15:23	1:55:11
959	3974	Kotremba Andreas	*Essen	4:01:48	M45	223	0:48:38	1:18:41	1:54:28
960	1483	Kuntke Andreas	*Duisburg	4:01:58	M55	60	0:53:03	1:18:50	1:50:05
961	5207	Kroenung Dirk	*Oberhausen	4:01:59	M40	226	0:48:37	1:21:37	1:51:44
962	4925	Wachs Daniel	*Duisburg	4:02:02	M19	11	0:51:19	1:15:26	1:55:15
963	3754	Oedinger Sascha	LisaLeo-Running Team	4:02:04	M40	227	0:59:09	1:16:05	1:46:49
964	1418	Schmah Andreas	E.ON Ruhrgas SG	4:02:06	M45	224	0:52:30	1:09:46	1:59:49
965	4181	Stickdorn Klaus	*Duisburg	4:02:12	M50	145	0:52:12	1:19:25	1:50:34
966	3690	Ward Stephen John	active first / holger schuett	4:02:17	M50	146	0:52:19	1:17:53	1:52:04
967	2565	Oechtering Axel	*Duisburg	4:02:17	M35	136	0:48:51	1:15:56	1:57:29
968	1431	Jöster Klaus	E.ON Ruhrgas SG	4:02:33	M50	147	0:49:45	1:16:53	1:55:54
969	3149	Nett Thomas	*Bottrop	4:02:33	M45	225	0:50:32	1:18:50	1:53:10
970	1912	Ortmanns Uwe	Makrolon Runners Uerdingen	4:02:33	M35	137	0:49:07	1:16:50	1:56:35
971	2169	Kautz Günter	SV Viktoria Goch	4:02:42	M60	25	0:50:33	1:17:29	1:54:38
972	1480	Ambaum Friedhelm	BWG-Runners	4:02:44	M60	26	0:51:14	1:16:55	1:54:33
973	3074	Janssen Thomas	*Kevelaer	4:02:46	M40	228	0:52:13	1:17:40	1:52:51
974	2614	Obermann Kristian	*Coesfeld	4:02:50	M40	229	0:50:41	1:17:56	1:54:12
975	1868	Koppers Frank	Veerter Vlitzer	4:03:07	M35	138	0:51:09	1:17:33	1:54:24
976	4393	Walter Gregor	*Krefeld	4:03:10	M45	226	0:49:39	1:19:11	1:54:19
977	4454	Welzel Wolfgang	BSG Springorum Bochum	4:03:12	M45	227	0:51:46	1:20:01	1:51:24
978	4233	Frei Thomas	SV Derne 49	4:03:17	M40	230	0:50:39	1:14:56	1:57:41
979	4361	Lohmann Dirk	*Oberhausen	4:03:21	M40	231	0:53:18	1:18:57	1:51:06
980	3100	Puy Alexander	*Duisburg	4:03:22	M40	232	0:49:27	1:16:51	1:57:03
981	4594	Gatz Norbert	konfetti 97	4:03:25	M50	148	0:51:49	1:17:16	1:54:19
982	4613	Nierfeld Marco	TC Sterkrade 69	4:03:26	M35	139	0:46:17	1:21:41	1:55:27
983	2473	Beckmann Thomas	TV Aldekerk	4:03:33	M30	72	0:49:59	1:19:29	1:54:04
984	1661	Roth Holger	BSG Stadtwerke Duisburg A	4:03:33	M40	233	0:49:47	1:16:01	1:57:45
985	4592	Weibel Markus	BG Sparkasse-am-Niederrh	4:03:34	M40	234	0:54:32	1:21:25	1:47:37
986	2697	Regel Frank-Michael	*Korschenbroich	4:03:35	M50	149	0:54:58	1:18:08	1:50:28
987	4475	Janz Alexander	*Düsseldorf	4:03:37	M35	140	0:49:28	1:16:58	1:57:10
988	4785	Kujas Kurt	*Langenfeld	4:03:37	M55	61	0:51:11	1:18:39	1:53:46
989	4348	Unger Armin	*Oberhausen	4:03:38	M45	228	0:53:03	1:18:56	1:51:38
990	3816	Moschner Holger	Haubenbär	4:03:41	M45	229	0:50:16	1:19:34	1:53:50
991	1792	Höner Christian	*Ratingen	4:03:43	M45	230	0:48:37	1:20:39	1:54:27
992	4411	Linnemann Torsten	*Duisburg	4:03:49	M40	235	0:58:00	1:25:35	1:40:13
993	2824	Eckert Paul	Team Interrail Klatovy 2007	4:03:53	M45	231	0:50:24	1:18:34	1:54:54
994	4436	Otto Hans-Peter	PV Triathlon Witten	4:03:56	M50	150	0:51:07	1:20:41	1:52:07
995	4610	Beckord Dr. Peter	*Duisburg	4:03:57	M50	151	0:51:14	1:18:55	1:53:48
996	3829	Engels Oliver	BSG Sparkasse Wesel	4:04:00	M40	236	0:49:46	1:19:31	1:54:43
997	2471	Martinez Carlos	SCB Horrem	4:04:06	M35	141	0:47:38	1:16:34	1:59:53
998	3454	Pahsen Daniel	Feuerwehr SV Düsseldorf	4:04:07	M35	142	0:48:07	1:19:23	1:56:36
999	2897	Albus Stefan	BTC Herne	4:04:09	M40	237	0:55:20	1:19:04	1:49:43
1000	3332	Finkel Gunther	Diakoniewerk Duisburg	4:04:11	M55	62	0:55:37	1:32:30	1:36:04
1001	2907	Besler Karl-Heinz	TUS Breckerfeld	4:04:18	M60	27	0:48:03	1:20:21	1:55:53
1002	4236	Schramm Jürgen	SV Gladbeck 13	4:04:19	M55	63	0:51:04	1:18:24	1:54:51
1003	2514	SCHARF Hans-Jürgen	SV Blau-Weiss Bochum	4:04:20	M50	152	0:50:33	1:21:00	1:52:46
1004	1650	Ettelt Hermann	TLV Germania Überryhr	4:04:21	M55	64	0:51:47	1:15:59	1:56:34
1005	3520	Zerbe Dr. Wolfgang	Triminators TV Voerde	4:04:22	M50	153	0:38:25	1:24:02	2:01:53
1006	5681	Ditzer Lothar	TuS Breitscheid 72/89	4:04:25	M55	65	0:50:20	1:19:09	1:54:55
1007	4913	Zöller Christian	*Duisburg	4:04:29	M30	73	0:50:00	1:19:25	1:55:03

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	4894	Dudek Dirk A.	*Duisburg	4:04:30	M30	74	0:50:01	1:19:25	1:55:03
1009	5590	Sheridan Joseph	active first / holger schuett	4:04:31	M50	154	0:49:34	1:20:45	1:54:11
1010	4171	Uedelhoven Michael	Lauftreff Sterkrade Nord	4:04:36	M40	238	0:52:08	1:19:39	1:52:48
1011	3823	Hauser Marcus	*Herten	4:04:36	M30	75	0:51:02	1:17:49	1:55:44
1012	2153	Diersch Ralph	A.R.Diersch Architektenges.	4:04:39	M50	155	0:49:20	1:19:43	1:55:35
1013	2956	Sapina Mato	*Duisburg	4:04:43	M35	143	0:51:35	1:18:32	1:54:35
1014	1905	Renzel Wolfgang	*Ratingen	4:04:52	M50	156	0:52:00	1:19:41	1:53:09
1015	3732	Bünder Heine	FC Nordkirchen	4:04:54	M50	157	0:51:22	1:18:28	1:55:03
1016	1632	Werner Nils	SV Concordia Ossenberg 18	4:04:56	M18	6	0:48:17	1:22:14	1:54:23
1017	4937	Mertens Frank	Rumelner TV	4:04:56	M35	144	0:53:16	1:17:40	1:53:59
1018	5119	Nöldemann Dieter	*Essen	4:04:59	M65	11	0:51:24	1:20:12	1:53:22
1019	1853	Bünis Michael	LT Marathon Korschenbroich	4:05:03	M40	239	0:51:09	1:21:20	1:52:33
1020	3548	Gelbach Michael	*Wuppertal	4:05:05	M55	66	0:52:06	1:17:57	1:55:01
1021	1620	Siepkner Gerd	TRIMET ALUMINIUM AG	4:05:13	M50	158	0:52:23	1:19:33	1:53:16
1022	4352	Rüdel Ulf	*Düsseldorf	4:05:16	M40	240	0:49:47	1:16:47	1:58:41
1023	2205	Gonsior Guido	*Wuppertal	4:05:16	M40	241	0:53:33	1:17:27	1:54:15
1024	2264	Brockhausen Christian	Triabolos Hamburg e.V.	4:05:19	M45	232	0:54:14	1:17:53	1:53:10
1025	3726	Braun Frank	SC Bayer 05 Uerdingen	4:05:23	M45	233	0:48:57	1:20:19	1:56:06
1026	3369	Spickermann Bernd	*Gladbeck	4:05:24	M55	67	0:49:13	1:17:56	1:58:14
1027	2628	Franz Hendrik	Die Flitzpiepen	4:05:26	M30	76	0:52:06	1:18:31	1:54:48
1028	3960	Bruns Bernd	UTC	4:05:29	M50	159	0:48:08	1:22:02	1:55:18
1029	2166	Jans Joern	SW Westende Hamborn	4:05:30	M45	234	0:53:43	1:18:54	1:52:52
1030	2234	Pieniak Dominik	*Essen	4:05:32	M30	77	0:53:10	1:18:42	1:53:39
1031	1917	Glöckner Uwe	Röntgen Runners	4:05:32	M45	235	0:56:00	1:10:00	1:59:31
1032	2296	Kohlweg Patrick	*Köln	4:05:36	M30	78	0:53:11	1:18:45	1:53:40
1033	2297	Van Gemmern Stefan	*Essen	4:05:38	M40	242	0:53:27	1:18:08	1:54:02
1034	3535	Thanner Markus	Giasinga Ledahosn	4:05:53	M40	243	0:51:54	1:20:48	1:53:10
1035	1846	Krüger Ingo	Marathonteam Ratingen	4:05:55	M40	244	0:50:39	1:20:40	1:54:35
1036	2116	Vogt Guido	LC Dispnoe Erkrath	4:05:58	M30	79	0:45:28	1:21:58	1:58:31
1037	1888	Müller Ulrich	TC Kray 1892 e.V.	4:06:01	M55	68	0:50:25	1:17:44	1:57:51
1038	2971	Vollmer Jens	*Essen	4:06:02	M30	80	0:48:55	1:21:28	1:55:38
1039	3056	Conzen Joachim	MTC Rot-Weiß-Raffelberg	4:06:05	M55	69	0:57:25	1:22:26	1:46:13
1040	2825	Barral Farto Ramon	Jogmap Ruhr	4:06:08	M35	145	0:50:02	1:13:21	2:02:44
1041	2699	Telle Norbert	*Oberhausen	4:06:08	M55	70	0:51:54	1:19:57	1:54:16
1042	3550	Hoffmann Olaf	*Essen	4:06:09	M40	245	0:51:52	1:20:22	1:53:54
1043	2698	Bärenwald Horst	*Essen	4:06:23	M55	71	0:51:42	1:19:45	1:54:56
1044	5201	Retz Holger	*Moers	4:06:26	M45	236	0:50:52	1:20:27	1:55:06
1045	5163	Schmitt Achim	LT Wischlingen Dortmund	4:06:29	M45	237	0:52:58	1:19:26	1:54:04
1046	5116	Priebel Siegfried	Team Erdinger Alkoholfrei	4:06:36	M50	160	0:47:17	1:13:42	2:05:35
1047	4258	Eberhardt André	LC Duisburg	4:06:38	M40	246	0:53:26	1:18:41	1:54:30
1048	4243	Ries Holger	LC Duisburg	4:06:38	M40	247	0:53:27	1:18:42	1:54:29
1049	5220	Eikemper Stephan	VFL Gladbeck	4:06:46	M35	146	0:51:36	1:19:55	1:55:14
1050	2877	Eremit Horst	LT Lustige Schleicher Essen	4:06:53	M55	72	0:52:05	1:19:05	1:55:42
1051	3570	Hoffmann Christian	MiB Mitten in Borbeck	4:06:53	M35	147	0:51:53	1:19:18	1:55:42
1052	2676	Stych Christof	*Duisburg	4:06:57	M22	49	0:53:59	1:19:35	1:53:23
1053	2233	Stark Peter	TG Rote Erde Schwelm	4:07:00	M50	161	0:51:15	1:21:30	1:54:15
1054	5283	Fritz Dietmar	LT Vynen	4:07:02	M50	162	0:51:09	1:27:01	1:48:51
1055	1531	Cauvert Frank	Vodafone Runners	4:07:03	M35	148	0:52:56	1:20:13	1:53:53
1056	5689	Müller Andrerass	TuS Breitscheid 72/89	4:07:09	M40	248	0:52:49	1:18:22	1:55:57
1057	3558	Mehl Fritz	fussmetik-team	4:07:13	M55	73	0:52:22	1:19:26	1:55:25
1058	4407	Joeken Michael	*Duisburg	4:07:19	M50	163	0:51:06	1:19:52	1:56:20
1059	3900	Grosse Karl-Heinz	LG Polizei Altenessen	4:07:23	M55	74	0:52:11	1:20:07	1:55:04
1060	2057	Lenz Uwe	*Recklinghausen	4:07:26	M50	164	0:51:47	1:19:15	1:56:23

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	4881	Werner Matthias	*Düsseldorf	4:07:34	M35	149	0:53:28	1:20:42	1:53:24
1062	2827	Achsel Thomas	Team Interrail Klatovy 2007	4:07:51	M45	238	0:53:45	1:19:11	1:54:54
1063	2550	Feik Matthias	Team Rakete	4:07:52	M35	150	0:52:18	1:12:39	2:02:54
1064	5102	Geisdorf Klaus	SV Sonsbeck	4:07:54	M45	239	0:51:15	1:20:22	1:56:15
1065	4928	Hettmer Klaus	BSG Sparkasse Dinslaken	4:07:59	M45	240	0:51:25	1:18:23	1:58:10
1066	2642	Lüdtke Karsten	SV Budberg	4:08:03	M45	241	0:48:22	1:22:01	1:57:39
1067	2026	Niehs Theo	Sonntagsläufer Angermund	4:08:07	M55	75	0:51:18	1:20:19	1:56:28
1068	3124	Klinge Marcus	Dreckschüppengesichter Ess	4:08:09	M45	242	0:51:18	1:20:43	1:56:06
1069	3125	Hellwig Meller Jürgen	Dreckschüppengesichter Ess	4:08:10	M45	243	0:51:19	1:20:45	1:56:06
1070	3416	Twelmeyer Thomas	*Düsseldorf	4:08:15	M22	50	0:49:25	1:20:18	1:58:31
1071	3467	Peters Thomas	Optik Rodewald	4:08:17	M45	244	0:52:17	1:22:20	1:53:39
1072	3807	Mosblech Stefan	TG Lennep Tischtennis	4:08:19	M30	81	0:52:29	1:25:29	1:50:19
1073	2117	Jansen Christan	LC Dispnoe Erkrath	4:08:22	M30	82	0:52:38	1:18:42	1:57:02
1074	3873	Laqua Sven	Fast Foot Düsseldorf	4:08:24	M35	151	0:52:32	1:19:38	1:56:13
1075	3205	Riemer Alexander	DJK Köln-Nord	4:08:32	M45	245	0:54:21	1:19:50	1:54:20
1076	2342	Schuldenzucker Horst	Sonntagsläufer Angermund	4:08:33	M60	28	0:52:23	1:20:16	1:55:53
1077	4865	Heinig Peter	*Duisburg	4:08:34	M50	165	0:51:10	1:21:09	1:56:15
1078	2024	Preilowski Peter	FC Schalke 04	4:08:39	M45	246	0:52:50	1:20:29	1:55:19
1079	4596	Schlieter Jörg	LT Mismahlshof	4:08:40	M55	76	0:51:31	1:20:18	1:56:50
1080	4772	Birkner Oliver	*Monheim	4:08:41	M45	247	0:53:52	1:19:18	1:55:30
1081	3131	Proksch Stephan	*Düsseldorf	4:08:42	M40	249	0:49:39	1:16:48	2:02:14
1082	3019	Richter Rüdiger	*Duisburg	4:08:44	M50	166	0:51:20	1:19:46	1:57:37
1083	5604	Josek Detlef	SV Beeckerwerth	4:08:46	M50	167	0:58:38	1:18:42	1:51:25
1084	1828	Becker Jürgen	*Xanten	4:08:46	M45	248	0:51:36	1:17:10	1:59:59
1085	2983	Heinze Mario	BSG Sparkasse Essen	4:08:48	M30	83	0:54:16	1:18:24	1:56:08
1086	3878	Berger Uwe	Triathlon-TEAM-Witten	4:08:53	M45	249	0:49:28	1:14:13	2:05:11
1087	2214	Hofmann Wolfgang	*Oberhausen	4:08:55	M50	168	0:52:54	1:19:42	1:56:18
1088	4526	Komor Jean-Paul	LC Duisburg	4:09:01	M45	250	0:53:18	1:20:39	1:55:03
1089	2413	Bünsow Günter	GEFA Running Team	4:09:04	M45	251	0:50:06	1:20:12	1:58:45
1090	4051	Duisberg Olaf	*Wuppertal	4:09:07	M40	250	0:53:26	1:20:01	1:55:39
1091	3102	Brall Michael	*Langenfeld	4:09:09	M30	84	0:49:53	1:19:30	1:59:45
1092	2408	Wolters Jürgen	Triathlon Mülheim	4:09:09	M45	252	0:56:40	1:27:59	1:44:30
1093	4714	Dworniczak Ralf	KSVERkenschwick	4:09:15	M50	169	0:51:57	1:21:18	1:55:59
1094	3998	Wenzel Lars	Triathon Team Witten	4:09:20	M18	7	0:57:39	1:24:11	1:47:30
1095	2086	Neff Martin	*Moers	4:09:21	M50	170	0:53:24	1:21:35	1:54:21
1096	4052	Barck Andreas	*Wuppertal	4:09:22	M35	152	0:53:26	1:20:03	1:55:51
1097	4671	Hilberger Christian	ERGO sports	4:09:23	M40	251	0:51:16	1:22:42	1:55:23
1098	4214	Timpe Gerhard	Die Sonntagsläufer	4:09:24	M22	51	0:49:20	1:15:52	2:04:11
1099	3088	Keller Markus	*Düsseldorf	4:09:26	M35	153	0:46:40	1:18:33	2:04:12
1100	1609	Tiede Gisbert	BSG KK 32 Essen	4:09:31	M55	77	0:50:28	1:19:26	1:59:37
1101	4557	Rumpel Ralf	Roentgensportclub	4:09:38	M50	171	0:51:54	1:20:36	1:57:07
1102	5605	Burgstaler Holger	SV Beeckerwerth	4:09:44	M45	253	0:51:55	1:21:06	1:56:42
1103	5209	Hellermann Klaus	Hattemahaar	4:09:55	M45	254	0:52:48	1:18:59	1:58:07
1104	2696	Mühlberg Torsten	*Duisburg	4:09:58	M22	52	0:51:01	1:19:49	1:59:08
1105	2707	Mühlberg Herbert	*Duisburg	4:09:59	M50	172	0:51:02	1:19:49	1:59:07
1106	2330	Holthaus Markus	TuS Breitscheid 72/89	4:10:01	M45	255	0:53:11	1:23:33	1:53:16
1107	2552	Miskiw Alexander	Running Team Running	4:10:06	M40	252	0:51:17	1:23:17	1:55:31
1108	3844	Schröder Spinne	*Remscheid	4:10:07	M45	256	0:53:49	1:19:26	1:56:51
1109	4064	Schlott Frank	Eintracht Mülheim	4:10:08	M40	253	0:52:25	1:19:51	1:57:52
1110	2174	Glaudo Stefan	*Moers	4:10:08	M30	85	0:49:58	1:17:07	2:03:02
1111	2074	Thomann Bastian	Fressnapf	4:10:09	M30	86	0:49:52	1:22:52	1:57:24
1112	1988	Wolters Jörg	AS Neukrichen-Vluyn	4:10:10	M45	257	0:52:47	1:20:50	1:56:32
1113	4770	Wennemann Jörg	Tus Baerl	4:10:13	M40	254	0:52:09	1:19:24	1:58:39

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1114	4634	Bode Frank	*Witten	4:10:15	M45	258	0:52:22	1:19:54	1:57:59
1115	3694	Gröber Rüdiger	active first / holger schuett	4:10:26	M55	78	0:55:19	1:20:42	1:54:24
1116	4810	Ritz Jürgen	LT R(h)einknaller	4:10:33	M55	79	0:55:10	1:21:38	1:53:45
1117	3020	Richter Jürgen	*Duisburg	4:10:36	M55	80	0:53:13	1:19:45	1:57:37
1118	2928	Terheggen Peter	SC Bayer 05 Uerdingen	4:10:40	M70	5	0:52:52	1:21:52	1:55:55
1119	3599	Kels Florian	active first / holger schuett	4:10:41	M22	53	0:48:37	1:24:23	1:57:39
1120	1794	Klemm Rüdiger	*Duisburg	4:10:42	M50	173	0:52:46	1:21:07	1:56:48
1121	4098	Klenke Thorsten	SCB Horrem	4:10:43	M40	255	0:52:57	1:20:22	1:57:23
1122	4359	Schmieding Axel	LC Duisburg	4:10:44	M40	256	0:51:54	1:24:26	1:54:24
1123	3431	Tigler Rolf	Transpirators Voerde	4:10:48	M50	174	0:51:19	1:20:42	1:58:46
1124	2090	Neuhaus Benjamin	LT Turnerbund Frintrop	4:10:50	M22	54	0:47:31	1:18:30	2:04:48
1125	4892	Fischer Dirk	BSG Sparkasse Duisburg	4:11:08	M35	154	0:54:22	1:20:31	1:56:13
1126	1943	Faulhaber Werner	AS Neukirchen-Vluyn	4:11:09	M60	29	0:52:51	1:19:23	1:58:54
1127	3126	Meyhoff Peter	Dreckschüppengesichter Ess	4:11:18	M45	259	0:53:46	1:19:12	1:58:19
1128	3847	Link Klaus	Team Vitargo	4:11:21	M50	175	0:54:12	1:21:14	1:55:54
1129	4383	Mielke Heinrich	*Essen	4:11:21	M55	81	0:52:57	1:22:16	1:56:07
1130	3979	Klein Hans Philipp	*Ratingen	4:11:26	M60	30	0:50:39	1:19:35	2:01:10
1131	4813	Lemke Lars	TV 1900 Wanheim	4:11:27	M40	257	0:48:36	1:14:11	2:08:39
1132	2168	Schagun Andreas	*Remscheid	4:11:27	M40	258	0:50:42	1:19:15	2:01:30
1133	4702	Latta Peter	Bundeswehrfeuerwehr	4:11:33	M35	155	0:53:53	1:21:23	1:56:17
1134	3201	Kwapik Georg	TV Jahn Hiesfeld LT	4:11:35	M55	82	0:51:54	1:18:52	2:00:48
1135	3731	Felske Jürgen	*Oberhausen	4:11:40	M45	260	0:53:22	1:20:59	1:57:18
1136	5040	Schuchardt Dirk	*Rheinberg	4:11:41	M40	259	0:53:33	1:19:11	1:58:56
1137	4920	Justenhoven Konrad	ASC Rosellen/Neuss	4:11:43	M65	12	0:52:56	1:21:39	1:57:07
1138	1704	Wahabie Wahed	Boxclub Geldern	4:11:44	M30	87	0:41:49	1:27:47	2:02:07
1139	2175	Heitzer Wolfgang	*Oberhausen	4:11:46	M50	176	0:49:57	1:20:56	2:00:53
1140	4056	Eisenberg Dirk	LT Turnerbund Frintrop	4:11:47	M35	156	0:51:22	1:20:49	1:59:36
1141	3492	Mühle Patrick	*Duisburg	4:11:50	M30	88	0:51:38	1:26:22	1:53:50
1142	4074	Hasenauer Olav	SKC	4:11:52	M40	260	0:53:22	1:22:49	1:55:40
1143	5053	Fox Andreas	LC Sixty	4:11:58	M30	89	0:53:35	1:20:40	1:57:43
1144	3883	Friesen Gerd	*Moers	4:12:02	M40	261	0:53:04	1:20:40	1:58:18
1145	2592	John Dennis	LG Polizei Altenessen	4:12:07	M22	55	0:48:50	1:08:39	2:14:37
1146	2256	Garz Georg	VfB Kirchhellen	4:12:08	M45	261	0:54:58	1:24:12	1:52:57
1147	3191	Bykowski Stephan	*Kaarst	4:12:13	M35	157	0:49:20	1:23:42	1:59:10
1148	4551	Weyers Sascha	TV Lobberich	4:12:28	M40	262	0:51:50	1:22:14	1:58:24
1149	1467	Sobczak Martin	Adler-Langlauf Bottrop	4:12:29	M45	262	0:54:47	1:22:36	1:55:06
1150	4141	Letzel Michael	Fun Runner VfL Gladbeck	4:12:32	M50	177	0:49:42	1:25:35	1:57:14
1151	4377	Feier Markus	LG Landebahnbeschäumer	4:12:37	M35	158	0:52:48	1:20:55	1:58:53
1152	4378	Trede Volker	LG Landebahnbeschäumer	4:12:37	M45	263	0:52:48	1:20:54	1:58:54
1153	3000	Stoick Patrick	Eick-West	4:12:38	M18	8	0:51:57	1:21:26	1:59:14
1154	2936	Odenthal Danny	FI Sport e.V.	4:12:38	M30	90	0:57:27	1:21:20	1:53:51
1155	2132	Denker Jochen	*Bocholt	4:12:40	M40	263	0:53:32	1:21:14	1:57:53
1156	5287	Schuster Thomas	LT Vynen	4:12:42	M40	264	0:58:12	1:29:01	1:45:27
1157	1622	Loos Andreas	LG Hans-Sachs-Berufskolleg	4:12:47	M45	264	0:52:24	1:22:20	1:58:02
1158	2935	Bartel Franz-Josef	Tooor Runners	4:12:54	M40	265	0:51:41	1:15:16	2:05:57
1159	4030	Kern Werner	*Mülheim	4:12:55	M55	83	0:53:06	1:19:48	2:00:00
1160	2997	Franz Wolfgang	Schwarz-Rot Hügel	4:12:58	M40	266	0:58:45	1:21:13	1:52:59
1161	4092	Remenar Willi	BSG Commerzbank Duisbu	4:13:00	M55	84	0:52:19	1:20:15	2:00:25
1162	1971	Rohde Hans-Günter	AS Neukirchen-Vluyn	4:13:10	M50	178	0:54:49	1:21:24	1:56:56
1163	4729	Bauersachs Sven	*Mülheim an der Ruhr	4:13:13	M35	159	0:51:31	1:23:15	1:58:26
1164	2048	Grathes Christoph	Osterather TV 1893	4:13:30	M40	267	0:50:53	1:23:46	1:58:50
1165	3223	Misz Thomas	Die Unterdrückten	4:13:34	M45	265	0:49:51	1:16:30	2:07:13
1166	5205	Gemppe Carsten	LV Marathon Mülheim	4:13:35	M40	268	0:52:02	1:21:13	2:00:19

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	4738	Daberkow Tim	*Hilden	4:13:41	M35	160	0:51:50	1:23:41	1:58:10
1168	1470	Kulke Reinhard		4:13:43	M45	266	0:54:59	1:23:24	1:55:18
1169	4862	Cornelius Hans-Gerhard	*Duisburg	4:13:44	M50	179	0:51:43	1:20:30	2:01:30
1170	4515	Lobotzki Uwe	*Krefeld	4:13:46	M35	161	0:52:38	1:23:02	1:58:05
1171	5137	Hein Werner	VFL Gladbeck	4:13:54	M60	31	0:58:23	1:22:57	1:52:33
1172	5223	Schneider Mathias	*Duisburg	4:14:00	M22	56	0:53:54	1:19:32	2:00:33
1173	4281	Gach Peter	*Mülheim	4:14:03	M50	180	0:53:17	1:23:08	1:57:38
1174	3430	Steffens Dirk	ASC Düsseldorf	4:14:09	M45	267	0:47:22	1:26:29	2:00:16
1175	2321	Schlegel Jörg	Adler-Langlauf Bottrop	4:14:10	M35	162	0:54:46	1:23:24	1:56:00
1176	5133	Stuhmann Karl-Heinz	Adler-Langlauf Bottrop	4:14:13	M55	85	0:55:23	1:28:59	1:49:49
1177	2890	Schumacher Ernst	LC Duisburg	4:14:15	M45	268	0:52:47	1:22:56	1:58:32
1178	1552	Iacopetta Michael	Vodafone Runners	4:14:19	M40	269	0:52:03	1:24:04	1:58:10
1179	5035	Witting André	*Bochum	4:14:28	M22	57	0:52:06	1:22:16	2:00:04
1180	2327	Reckert Thomas	*Willich	4:14:28	M45	269	0:52:10	1:22:33	1:59:44
1181	3096	Wölm Carsten	ERGOsports Düsseldorf/TEA	4:14:29	M35	163	0:51:56	1:22:30	2:00:02
1182	3393	Leppers Nils	*Kerken	4:14:31	M30	91	0:49:29	1:18:47	2:06:14
1183	1627	Hüggenberg Detlef	SV Concordia Ossenberg 18	4:14:35	M45	270	0:53:13	1:21:07	2:00:14
1184	3311	Plambeck Thomas	*Duisburg	4:14:37	M45	271	0:56:16	1:21:13	1:57:07
1185	5688	Moog Karlheinz	TuS Breitscheid 72/89	4:14:37	M70	6	0:52:41	1:23:40	1:58:15
1186	3228	Nienhaus Detlef	Laufteam-Elsinghorst-Bochol	4:14:37	M60	32	0:56:46	1:26:10	1:51:40
1187	2087	Vogel Dirk	*Duisburg	4:14:41	M50	181	0:49:36	1:19:49	2:05:15
1188	2399	Schnitzler Chris	*Essen	4:14:49	M45	272	0:54:49	1:24:10	1:55:49
1189	2815	Wünsche Clemens	*Meerbusch	4:14:51	M35	164	0:54:21	1:21:05	1:59:23
1190	2725	Krisch Holger	*Dortmund	4:14:56	M40	270	0:54:12	1:22:30	1:58:13
1191	5088	Hoffmann Michael	*Düsseldorf	4:14:56	M35	165	0:49:18	1:20:42	2:04:55
1192	5623	Rexing Manfred	LG COESFELD	4:14:57	M40	271	0:53:34	1:24:03	1:57:19
1193	2210	Szkudlarek Ulrich	*Castrop-Rauxel	4:15:01	M45	273	0:52:59	1:22:25	1:59:37
1194	4162	Landau Karsten	BP GE-Running Team	4:15:05	M40	272	0:54:53	1:21:18	1:58:53
1195	2837	Bergup Wolfgang	SF Nordvelen	4:15:10	M45	274	0:51:28	1:22:08	2:01:33
1196	1645	Hanich Rudi	E.ON Ruhrgas SG	4:15:16	M60	33	0:52:49	1:23:13	1:59:13
1197	1584	Weidner Martin	Vodafone Runners	4:15:22	M40	273	0:53:30	1:23:10	1:58:40
1198	4318	Scheffer Thorsten	*Oberhausen	4:15:36	M35	166	0:55:40	1:22:39	1:57:16
1199	2811	Szarvas Markus	Just4me	4:15:42	M40	274	0:52:54	1:20:44	2:02:03
1200	5573	Mathis Oliver	TG Neuss	4:15:50	M35	167	0:52:38	1:23:04	2:00:08
1201	4656	Engels Karl-Heinz	LG Mülheim	4:16:03	M55	86	0:53:52	1:22:17	1:59:53
1202	4758	Szameitat Peter	TV1900 Wanheim	4:16:04	M50	182	0:49:59	1:17:25	2:08:39
1203	4020	Burkhardt Marcel	RSGV Düsseldorf	4:16:07	M30	92	0:52:52	1:23:58	1:59:16
1204	4872	Riße Levin	LC Duisburg	4:16:18	M22	58	0:54:53	1:22:50	1:58:34
1205	2554	Miskiw Georg	Running Team Ratingen	4:16:22	M50	183	0:54:18	1:23:20	1:58:43
1206	3142	Krug Andreas	*Burscheid	4:16:29	M35	168	0:54:32	1:22:18	1:59:38
1207	4532	Staats Ulrich	Fluktuation 8	4:16:31	M40	275	0:53:13	1:23:08	2:00:08
1208	2036	Geiss Patrick	*Langenfeld	4:16:38	M22	59	0:55:08	1:24:13	1:57:16
1209	4461	Krüger Oleg	*Krefeld	4:16:39	M40	276	0:54:34	1:23:36	1:58:28
1210	3938	Stamatopoulos Leonidas	*Ratingen	4:16:41	M55	87	0:53:13	1:24:24	1:59:03
1211	3923	Matschulat Jürgen	*Duisburg	4:16:42	M45	275	0:54:20	1:21:44	2:00:37
1212	3293	Meila Dan	*Neuss	4:16:45	M30	93	0:52:27	1:29:38	1:54:40
1213	3951	Bovermann Klaus	SV Siemens Mülheim	4:16:53	M45	276	0:54:25	1:21:34	2:00:54
1214	2323	Radomski Heinz	LC Duisburg	4:17:01	M45	277	0:53:24	1:20:17	2:03:19
1215	2123	Nowak Carsten	elsterland runners	4:17:04	M40	277	0:54:42	1:22:48	1:59:33
1216	1739	Groterhorst Andreas	LT Schnecke Sonsbeck	4:17:28	M40	278	0:52:19	1:25:41	1:59:26
1217	4443	Hacker Johann	Angerland LT Lintorf	4:17:28	M55	88	0:56:35	1:28:11	1:52:41
1218	2286	Hutzenlaub Andreas	Tri Club Wuppertal	4:17:34	M40	279	0:52:08	1:26:05	1:59:19
1219	3500	Nühlen Markus	*Münster	4:17:34	M45	278	0:50:17	1:19:45	2:07:31

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1220	3830	Becker Arnd	BSG Sparkasse Wesel	4:17:37	M50	184	0:52:38	1:21:55	2:03:03
1221	4479	Wolf Tim	Team Wolf	4:17:37	M30	94	0:51:57	1:21:35	2:04:05
1222	1702	Brodowski Gregor	Laufftreff Waldesrand	4:17:45	M45	279	0:45:20	1:12:04	2:20:20
1223	2670	Kraus Michael	Die Kokser	4:17:45	M35	169	0:48:35	1:33:21	1:55:48
1224	1560	Laschet Patrick	Vodafone Runners	4:17:50	M40	280	0:52:18	1:22:17	2:03:14
1225	4325	Löw Dennis	*Düsseldorf	4:17:52	M45	280	0:53:30	1:21:28	2:02:53
1226	1884	Otten Thomas	TC Kray 1892 e.V.	4:18:07	M50	185	0:52:02	1:20:26	2:05:37
1227	3477	Brockof Peter	Blueliner Duisburg	4:18:08	M40	281	0:58:10	1:35:23	1:44:34
1228	2510	Willwerth Arndt	Heljens Hyenas	4:18:08	M45	281	0:55:12	1:22:37	2:00:18
1229	3728	Schoch Guido	*Oberhausen	4:18:09	M30	95	0:53:57	1:25:13	1:58:58
1230	4797	Heim Stefan	*Oberhausen	4:18:16	M30	96	0:54:30	1:24:23	1:59:22
1231	4863	Müller Harald	SFD 75	4:18:20	M55	89	0:52:45	1:20:34	2:05:00
1232	5261	Niedereichholz Michael	Merten GmbH	4:18:21	M35	170	0:49:40	1:15:33	2:13:07
1233	4903	Komanek Dieter	*Duisburg	4:18:21	M60	34	0:54:39	1:23:52	1:59:49
1234	4095	Nieland Kalle	*Mülheim an der Ruhr	4:18:21	M40	282	0:53:41	1:23:41	2:00:58
1235	2407	Rogge Andreas	*Mülheim an der Ruhr	4:18:22	M45	282	0:55:21	1:24:45	1:58:15
1236	1866	Mertins Kai	Veerder Vlitzer	4:18:31	M40	283	0:53:17	1:21:35	2:03:38
1237	3277	Schmidt Martin	Lauffreunde HADI Wesel	4:18:32	M40	284	0:56:48	1:25:24	1:56:19
1238	4632	Holtmanns Manfred	Theam Holtmanns	4:18:38	M45	283	0:52:02	1:21:47	2:04:48
1239	4530	Jaloway Markus	*Ratingen	4:18:38	M45	284	0:54:55	1:23:58	1:59:44
1240	3442	Jahnke Udo	*Mettmann	4:18:40	M45	285	0:57:15	1:23:01	1:58:23
1241	4367	Stenzel Gerd	LT Bamp Herne	4:18:43	M65	13	0:53:00	1:23:50	2:01:52
1242	4798	Vormdohre Dieter	*Ratingen	4:18:48	M50	186	0:55:04	1:23:58	1:59:45
1243	3058	Grothoff Markus	*Solingen	4:18:50	M50	187	0:51:53	1:21:49	2:05:07
1244	3123	Wimschulte Dirk	Dreckschüppengesichter Ess	4:18:51	M45	286	0:54:57	1:25:35	1:58:18
1245	2719	Kattelans Dieter	CC Azaleenweg	4:18:55	M45	287	0:53:57	1:21:37	2:03:20
1246	2127	Ludwig Peter	elsterland runners	4:19:02	M40	285	0:54:41	1:22:49	2:01:31
1247	1941	Christofzik Jan	AS Neukirchen-Vluyn	4:19:05	M45	288	0:55:04	1:22:55	2:01:05
1248	2095	Kreuzenbeck Volker	*Essen	4:19:08	M45	289	0:52:28	1:20:46	2:05:53
1249	4480	Wolf Tobias	Team Wolf	4:19:17	M22	60	0:53:36	1:21:35	2:04:05
1250	1643	Schlingermann Klaus	E.ON Ruhrgas SG	4:19:26	M35	171	0:53:51	1:23:32	2:02:02
1251	5005	Becks Rolf	LG Hünxe	4:19:29	M65	14	0:55:02	1:23:11	2:01:16
1252	3323	Njunjic Claude	*Duisburg	4:19:30	M30	97	0:53:52	1:20:35	2:05:03
1253	3827	Hofstetter Max	*Mülheim	4:19:36	M18	9	0:54:28	1:26:33	1:58:33
1254	4520	Frericks Matthias	Lauffreunde Rhede	4:19:37	M40	286	0:52:47	1:23:23	2:03:25
1255	3526	Wichelhaus Hans-Jürgen	AJAX AMSTERDAM	4:19:43	M45	290	0:53:08	1:22:36	2:03:58
1256	4309	Kurth Matthias	Casino Duisburg	4:19:55	M40	287	0:52:18	1:23:43	2:03:53
1257	2258	Speh Oliver	Jogmap Ruhr	4:20:03	M45	291	1:03:33	1:38:00	1:38:29
1258	2701	Remahne Markus	VfL Hüls	4:20:10	M40	288	0:53:28	1:24:33	2:02:07
1259	4245	Hornscheidt Frieder	Adler-Langlauf Bottrop	4:20:17	M55	90	0:53:36	1:23:12	2:03:28
1260	4127	Krämer Marcus	*Menden	4:20:29	M40	289	0:49:48	1:30:53	1:59:47
1261	2072	Valera Antonio	RT Backfieldrunners	4:20:35	M40	290	0:49:38	1:18:41	2:12:15
1262	1869	Koppers Christian	Veerder Vlitzer	4:20:38	M40	291	0:55:22	1:21:35	2:03:40
1263	2832	Schardt Hans	*muelheim a.d. ruhr	4:20:43	M65	15	0:55:05	1:24:27	2:01:10
1264	5063	Weber Thomas	*Kempen	4:20:48	M45	292	0:53:51	1:24:57	2:01:58
1265	2667	Marenberg Jürgen	*Duisburg	4:20:55	M55	91	0:53:47	1:25:24	2:01:43
1266	4204	Redlin Stefan	*Leichlingen	4:20:55	M45	293	0:56:16	1:23:17	2:01:21
1267	1589	Spitzer Andreas	EVONIK WOHNEN	4:21:04	M45	294	0:54:49	1:23:00	2:03:15
1268	1936	Birkholz Wolfgang	AS Neukirchen-Vluyn	4:21:07	M55	92	0:54:06	1:21:41	2:05:18
1269	3753	Hoolmans Peter	SV Viktoria Goch	4:21:08	M60	35	0:44:10	1:29:59	2:06:58
1270	3796	Schilling Ernst	*Hünxe	4:21:23	M50	188	0:55:30	1:24:01	2:01:51
1271	1919	Blankennagel Michael	*Wuppertal	4:21:23	M30	98	0:58:27	1:25:15	1:57:40
1272	1920	Joswig Wolfgang	Triathlon-TEAM-Witten	4:21:24	M50	189	0:54:08	1:22:14	2:05:02



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1273	3713	Krueger Matthias	active first / holger schuett	4:21:27	M40	292	0:56:36	1:25:16	1:59:33
1274	3552	Raschke Dennis	*Moers	4:21:27	M30	99	0:53:40	1:22:45	2:05:01
1275	5139	Braun Christian	*Bottrop	4:21:33	M22	61	0:51:34	1:23:30	2:06:27
1276	3009	Panzog Stefan	BSG Victoria	4:21:53	M40	293	0:53:15	1:22:19	2:06:18
1277	3793	Vocke Holger	*Duisburg	4:22:03	M35	172	0:52:47	1:23:17	2:05:58
1278	3790	Müller Ralf	LT Turnerbund Frintrop	4:22:15	M19	12	0:52:43	1:19:51	2:09:40
1279	4997	Karadeniz Savas	*Neuss	4:22:19	M30	100	0:55:04	1:22:34	2:04:40
1280	4998	Neumann Klaus	LG Monheim-Baumberg	4:22:20	M50	190	0:55:04	1:22:34	2:04:41
1281	3529	Escher Alexander	*Bottrop	4:22:26	M35	173	0:54:52	1:23:01	2:04:32
1282	4184	Lehnen Ingo	OSC 04 Rheinhausen	4:22:28	M45	295	0:53:07	1:23:59	2:05:20
1283	4267	Socher Michael	LC Duisburg	4:22:36	M45	296	0:54:57	1:29:08	1:58:30
1284	1593	Amdohr Eckehard	EVONIK WOHNEN	4:22:36	M45	297	0:56:44	1:20:40	2:05:11
1285	4191	Delhaes Luca	*Issum	4:22:37	M18	10	0:51:23	1:23:55	2:07:18
1286	2659	Suhre Stefan	*Wuppertal	4:22:38	M50	191	0:52:53	1:26:05	2:03:39
1287	2917	Hasselberg Roland	PV Triathlon Witten	4:22:44	M50	192	0:49:58	1:28:21	2:04:25
1288	1690	Simon Frank	SG Stern Wuppertal	4:22:45	M45	298	0:55:21	1:26:47	2:00:36
1289	4637	Schumacher Markus	*Essen	4:22:47	M40	294	0:55:37	1:26:50	2:00:18
1290	5127	Wittenbecher Jens	*Rheinberg	4:22:53	M30	101	0:53:44	1:25:47	2:03:21
1291	3780	Bickschäfer Bernd	OSC	4:22:55	M40	295	0:53:55	1:25:53	2:03:06
1292	2280	Strerath Dirk	Running Gig	4:22:55	M45	299	0:56:06	1:24:46	2:02:03
1293	1641	Klüser Dirk	E.ON Ruhrgas SG	4:22:56	M40	296	0:52:39	1:15:58	2:14:19
1294	4350	Maleszka Norbert	Ausdauererschule Bunert	4:22:58	M50	193	0:53:58	1:24:08	2:04:50
1295	2432	Espelage Florian	*Essen	4:23:19	M22	62	0:49:27	1:16:35	2:17:15
1296	3327	Spogahn Georg	SV-Biemenhorst	4:23:29	M55	93	0:52:18	1:23:40	2:07:30
1297	3104	Roth Reinhold	Team Erdinger Alkoholfrei	4:23:37	M35	174	0:51:48	1:23:37	2:08:11
1298	1537	Fenske Claus	Vodafone Runners	4:23:39	M40	297	0:59:20	1:26:07	1:58:12
1299	3336	Höppner Kay	*Düsseldorf	4:23:44	M35	175	0:58:04	1:30:00	1:55:40
1299	1541	Körner Dr. Dieter	EVONIK WOHNEN	4:23:44	M45	300	0:56:39	1:24:35	2:02:29
1301	4271	Görke Thomas	*Mülheim/Ruhr	4:23:48	M50	194	0:58:54	1:33:06	1:51:48
1302	3231	Kappenberg Georg	*Bottrop	4:23:54	M50	195	0:55:13	1:25:15	2:03:25
1303	1459	Braune Bertold	Freiläufer	4:23:56	M45	301	0:56:05	1:24:30	2:03:20
1304	2030	Steinhäuser Bernd	RSGV Düsseldorf	4:24:01	M35	176	0:54:32	1:21:51	2:07:37
1305	2284	Wiesemann Udo	1. VV Holzwickede	4:24:13	M50	196	0:56:21	1:23:34	2:04:16
1306	4492	Menden Jörg	*Willich	4:24:13	M45	302	0:52:57	1:34:41	1:56:34
1307	2270	Münks Georg	VT Triangel Kempen	4:24:16	M40	298	0:56:21	1:24:50	2:03:04
1308	4787	Gronski-Schaefer Uwe	Laufende Geo-Meter	4:24:20	M45	303	0:49:31	1:20:45	2:14:03
1309	1422	Bachstein Andreas	E.ON Ruhrgas SG	4:24:22	M45	304	0:57:20	1:24:48	2:02:12
1310	3133	Tramp Klaus	*Duisburg	4:24:27	M55	94	1:03:48	1:23:39	1:56:58
1311	3921	Reumann-Claßen Dietmar	TuS Hamborn-Neumühl	4:24:29	M45	305	0:55:36	1:23:56	2:04:57
1312	5684	Hübinger Eduard	TuS Breitscheid 72/89	4:24:34	M65	16	0:57:04	1:27:03	2:00:26
1313	3805	Grabow Jan	Trinksportförderverein	4:24:38	M45	306	0:57:36	1:26:38	2:00:24
1314	2195	Heuvens Rainer	Team Erdinger Alkoholfrei	4:24:43	M50	197	0:55:22	1:24:42	2:04:39
1315	3866	Döpke Christoph	*Essen	4:24:43	M30	102	0:53:24	1:24:58	2:06:20
1316	3324	Barnscheidt Alfred	*Düsseldorf	4:24:48	M50	198	0:56:28	1:24:01	2:04:18
1317	5279	Jakubzik Frank	LT Vynen	4:24:59	M45	307	0:53:37	1:25:00	2:06:22
1318	5028	Ruske Jörg	*Essen	4:25:05	M45	308	0:53:45	1:24:41	2:06:37
1319	4266	Fischer Mike	*Essen	4:25:10	M40	299	0:53:14	1:29:31	2:02:23
1320	4993	Boricza Laszlo	Lucky Runners Essen	4:25:12	M55	95	0:52:53	1:20:25	2:11:54
1321	2836	Ingenhoven Kai	Neubeginn	4:25:15	M45	309	0:56:00	1:19:23	2:09:52
1322	4473	Giebfried Bernhard	*Duisburg	4:25:22	M55	96	0:55:26	1:24:41	2:05:14
1323	5013	Lange Gerd	LA Spvgg Herten	4:25:26	M55	97	0:56:29	1:28:34	2:00:22
1324	1769	Geffke Hartmut	*Bochum	4:25:27	M45	310	0:49:27	1:27:28	2:08:30
1325	1490	Hahne Uwe	LT Rennhamster	4:25:37	M45	311	0:54:39	1:20:25	2:10:32

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1326	3299	Mumcu Eray	*Düsseldorf	4:25:43	M40	300	0:54:39	1:23:19	2:07:43
1327	4165	Johnen Simon	*Dortmund	4:25:49	M30	103	0:55:00	1:25:52	2:04:56
1328	3363	Volkenborn Ralf	*Moers	4:25:50	M45	312	0:54:27	1:24:41	2:06:41
1329	3678	Schütt Jochen	*wuppertal	4:25:54	M65	17	0:57:46	1:25:52	2:02:15
1330	2551	Eilert Michael	LT Düsseldorf-Süd	4:25:57	M40	301	0:55:40	1:25:33	2:04:43
1331	5131	Maas Oliver	Arminenexpress	4:26:13	M40	302	0:55:12	1:24:59	2:06:01
1332	5269	Müller Rüdiger	Marathon Mülheim	4:26:14	M70	7	0:58:07	1:27:12	2:00:54
1333	4190	Delhaes Dr. Carsten	*Issum	4:26:21	M45	313	0:54:49	1:23:58	2:07:33
1334	4438	Rademaker Klaus	Concordia Ossenberg	4:26:40	M50	199	0:58:05	1:25:42	2:02:52
1335	4817	Hallmann Karl	*Krefeld	4:26:50	M55	98	0:57:58	1:25:37	2:03:14
1336	4768	Kupke Jürgen	LT Krefeld-Oppum	4:27:02	M35	177	0:55:11	1:25:44	2:06:06
1337	5224	Dreyer Horst	*Düsseldorf	4:27:16	M30	104	0:53:21	1:20:42	2:13:12
1338	5187	Steffen Klaus	LT Lustige Schleicher Essen	4:27:20	M40	303	0:53:16	1:24:47	2:09:16
1339	5166	Weichert Sascha	LT Lustige Schleicher Essen	4:27:23	M35	178	0:58:31	1:18:40	2:10:11
1340	3114	Kühn Wolfgang	Don Promillo Runners	4:27:30	M45	314	0:54:49	1:24:52	2:07:48
1341	4320	Zepperreck Martin	lt-run4fun.de	4:27:33	M50	200	0:52:36	1:37:37	1:57:19
1342	4666	Storms Hubert	Tus Baerl	4:27:35	M55	99	0:55:37	1:26:06	2:05:51
1343	3260	Wolf Martin	Ruhrrunner Essen	4:27:37	M45	315	0:55:13	1:25:42	2:06:41
1344	4498	Ohletz Uwe	MSV Duisburg 02 Turnen e.V	4:27:38	M45	316	0:55:31	1:28:07	2:03:59
1345	3079	Freyimuth Frank	SV Siemens Mülheim	4:27:39	M50	201	0:56:21	1:25:24	2:05:52
1346	2242	Termath Thomas	BSG Stadt Dinslaken	4:27:39	M50	202	0:57:22	1:23:19	2:06:57
1347	4025	Neuhoff Peter	*Essen	4:27:46	M45	317	0:55:30	1:26:42	2:05:33
1348	1980	Temp Detlef	AS Neukirchen-Vluyn	4:27:57	M40	304	0:59:02	1:29:09	1:59:45
1349	4088	Wetter Markus	*Sprockhövel	4:28:03	M30	105	0:56:27	1:25:40	2:05:54
1350	2888	Schultz Ingo	*rheurd	4:28:06	M45	318	0:55:49	1:24:57	2:07:19
1351	4154	Krah Markus	Fun Runner VfL Gladbeck	4:28:07	M40	305	0:56:26	1:24:50	2:06:51
1352	3911	Dudenbostel Friedhelm	DJK VFR Saarn	4:28:13	M65	18	0:55:38	1:25:29	2:07:05
1353	2517	Licata Toni	Dudel-Runner	4:28:18	M40	306	0:51:48	1:15:46	2:20:43
1354	3235	Schwarz Reinhard	Triathlon-TEAM-Witten	4:28:21	M55	100	0:56:06	1:27:29	2:04:44
1355	3439	Plückelmann Willi	TuS Hamborn-Neumühl	4:28:24	M60	36	0:56:03	1:25:24	2:06:56
1356	4395	Kroker Thomas	LG OBO Bettermann, Mende	4:28:46	M35	179	0:55:54	1:26:07	2:06:44
1357	3615	Groth Frank	active first / holger schuett	4:28:52	M30	106	0:55:36	1:30:07	2:03:09
1358	5632	Kröger Jürgen	LG COESFELD	4:28:56	M45	319	0:56:57	1:27:18	2:04:41
1359	3707	Kirschbaum Ulli	LG Hans-Sachs-Berufskolleg	4:29:05	M45	320	0:55:54	1:27:43	2:05:27
1360	3738	Meisenkothen Hans-Peter	*Heiligenhaus	4:29:06	M45	321	0:56:30	1:25:19	2:07:16
1361	1857	Emde Christian	TuS Medebach	4:29:06	M22	63	0:53:15	1:22:38	2:13:13
1362	2358	Hermes Rainer	*Geldern	4:29:10	M45	322	0:57:15	1:28:09	2:03:44
1363	1770	Geffke Valentin	*Bochum	4:29:10	M18	11	0:52:39	1:27:59	2:08:31
1364	5258	Mark Thomas	Merten GmbH	4:29:10	M40	307	0:53:22	1:26:21	2:09:26
1365	1421	Arlt Peter	E.ON Ruhrgas SG	4:29:19	M45	323	0:56:52	1:25:19	2:07:07
1366	2559	Schmieschek Christoph	*Oberhausen	4:29:23	M40	308	1:00:57	1:25:00	2:03:25
1367	2914	Bonnen Hans-Peter	*Kaarst	4:29:25	M40	309	0:59:36	1:23:18	2:06:30
1368	3761	Schroers Guenter	A1 activefirst	4:29:28	M70	8	0:57:14	1:28:13	2:04:00
1369	3759	Kairies Klaus-Dieter	*Essen	4:29:38	M60	37	0:55:05	1:26:06	2:08:26
1370	3743	Schenk Wilhelm	*Oberhausen	4:29:39	M50	203	0:57:09	1:25:53	2:06:36
1371	2300	Cyrol Josef	*Mülheim an der Ruhr	4:29:39	M45	324	0:57:12	1:27:57	2:04:29
1372	2653	Schumacher Jörg	*Duisburg	4:29:41	M40	310	0:56:45	1:26:54	2:06:01
1373	3929	Klugiewicz Peter	LC Duisburg	4:29:41	M45	325	0:57:13	1:27:58	2:04:29
1374	1938	Brückner Heiko	AS Neukirchen-Vluyn	4:29:47	M45	326	0:53:51	1:27:04	2:08:51
1375	2084	Stralek Andreas	Blumen-Zauberei	4:29:56	M40	311	0:56:40	1:28:00	2:05:15
1376	4306	Schnabel David	Casino Duisburg	4:29:57	M35	180	0:56:19	1:26:11	2:07:26
1377	1496	Schwan Thomas	*Duisburg	4:30:04	M50	204	0:59:00	1:27:57	2:03:07
1378	4989	Engelhardt Stephan	*Essen	4:30:15	M40	312	1:00:25	1:23:37	2:06:11

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1379	4339	Rottstegge Karsten	RUHR-TECHNIK	4:30:24	M35	181	0:53:35	1:24:56	2:11:53
1380	5047	Herzig Lothar	*Moers	4:30:25	M50	205	0:57:06	1:25:12	2:08:05
1381	2942	Paschen Helmut	*Moers	4:30:29	M45	327	1:05:04	1:25:20	2:00:05
1382	5130	Meters Norbert	Triminators TV Voerde	4:30:34	M55	101	0:54:09	1:26:09	2:10:15
1383	3757	Hinz Mark	*Aachen	4:30:35	M35	182	0:57:50	1:28:36	2:04:09
1384	3284	Kemmerling Jürgen	TK Grevenbroich	4:30:46	M45	328	0:55:04	1:26:30	2:09:10
1385	5265	Vocale Matteo	Merten GmbH	4:30:47	M45	329	0:56:00	1:27:20	2:07:25
1386	1870	Casselmann Hans	TUSEM Essen	4:30:52	M55	102	0:55:03	1:28:38	2:07:11
1387	5048	Leymann Helmut	PSV Duisburg	4:31:03	M60	38	0:54:49	1:28:57	2:07:16
1388	1893	Wollin Georg	LT Metzkausen	4:31:06	M60	39	0:52:28	1:20:47	2:17:51
1389	2022	Streicher Volker	*Düsseldorf	4:31:19	M40	313	0:54:59	1:27:38	2:08:41
1390	4390	Zmaritz Christian	TARGOBANK	4:31:31	M35	183	0:54:22	1:25:55	2:11:13
1391	3433	Frauenrath Frank	GEFAS	4:31:36	M40	314	0:57:59	1:27:21	2:06:15
1392	4871	Becker-Riße Egbert	LC Duisburg	4:31:44	M55	103	0:54:56	1:25:17	2:11:30
1393	2159	Peter Ronald	HLG 98 Wuppertal	4:31:46	M50	206	0:52:33	1:30:55	2:08:17
1394	5678	Borowski Harald	TuS Breitscheid 72/89	4:31:50	M50	207	0:56:05	1:29:10	2:06:33
1395	2684	Kolenbrander Kar-Heinz	TV Angermund	4:31:50	M55	104	0:57:31	1:27:23	2:06:55
1396	3479	Reichelt Harald	Immeo Wohnen Running Te	4:31:54	M50	208	0:55:28	1:26:02	2:10:23
1397	3704	Freese Thomas	*Düsseldorf	4:31:56	M40	315	0:53:41	1:28:57	2:09:17
1398	4394	Nemeth Frank	*Krefeld	4:32:02	M45	330	0:59:33	1:29:09	2:03:19
1399	3538	Goronska Bernd	BSG König-Brauerei Laufen	4:32:19	M35	184	0:57:09	1:31:21	2:03:48
1400	2354	Tristram Uwe	SG Dresdner Bank Rhein Ru	4:32:23	M45	331	1:00:29	1:28:07	2:03:45
1401	4579	Stöffler Ulrich	BSG Emschergenossensch	4:32:37	M35	185	1:00:43	1:28:49	2:03:04
1402	5065	Dirks Arno	*Moers	4:32:37	M50	209	0:58:21	1:25:55	2:08:20
1403	2661	Kolenbrander Peter	LG BHR Oberhausen	4:33:01	M55	105	0:56:20	1:25:46	2:10:55
1404	3676	Diek Martin	BSV pro homine	4:33:23	M45	332	0:53:29	1:24:24	2:15:29
1405	4883	Mittreiter Gerd	*Wuppertal	4:33:31	M60	40	0:56:33	1:25:57	2:11:00
1406	4356	Wiktör Joachim	*Bonn	4:33:38	M45	333	0:58:38	1:27:16	2:07:44
1407	2622	Fengels Berthold	Zum Twee Ührken	4:33:41	M40	316	0:58:07	1:23:40	2:11:53
1408	2769	Stoy Eckard	*Mettmann	4:33:47	M50	210	0:57:16	1:28:57	2:07:33
1409	1452	Riebold Lars	LT Rennhamster	4:33:49	M45	334	0:56:42	1:13:59	2:23:07
1410	4305	Schwarz Stephan	Casino Duisburg	4:33:54	M50	211	0:53:51	1:28:04	2:11:58
1411	4304	Märker Michael	Casino Duisburg	4:33:56	M40	317	0:58:01	1:26:18	2:09:36
1412	1567	Pannen Eduard	Vodafone Runners	4:34:07	M35	186	0:57:47	1:27:00	2:09:18
1413	2467	Schorn Guido	*Ratingen	4:34:22	M40	318	0:55:27	1:24:34	2:14:20
1414	4802	Thiefes Michael	LG Alpen	4:34:33	M35	187	1:00:00	1:29:56	2:04:36
1415	2658	Hein Axel	*Erkelenz	4:34:39	M35	188	1:01:20	1:28:16	2:05:02
1416	1664	Brands Martin	BSG Stadtwerke Duisburg A	4:34:54	M45	335	0:59:14	1:24:24	2:11:15
1417	5006	Kollakowski Klaus	*Wuppertal	4:34:56	M60	41	0:56:25	1:26:55	2:11:35
1418	4265	Seifert Martin	*ratingen	4:34:56	M40	319	0:57:34	1:26:21	2:11:00
1419	3795	Niehoff Thomas	*Voerde	4:35:03	M45	336	0:58:25	1:28:58	2:07:39
1420	3478	Nieradka Gerhard	LT Prosper-Haniel	4:35:04	M55	106	0:54:26	1:25:43	2:14:54
1421	2427	Rottsieper Achim	Wuppertaltigers	4:35:21	M45	337	0:56:25	1:26:42	2:12:13
1422	2426	Evers Wulfen	Wuppertaltigers	4:35:22	M55	107	0:56:25	1:26:43	2:12:13
1423	3390	Zöller Manfred	SV Beeckerwerth	4:35:25	M55	108	0:55:05	1:29:20	2:10:58
1424	2647	Trilck Tobias	Die Kirschkerne	4:35:27	M35	189	0:57:34	1:27:12	2:10:40
1425	4280	Hüwe Rainald	*Duisburg	4:35:33	M55	109	0:54:15	1:28:35	2:12:41
1426	2768	Lindemann Wolfgang	*Voerde	4:35:33	M50	212	0:54:15	1:28:36	2:12:41
1427	2014	Schäfer Hagen	AlBertha Runners	4:35:37	M45	338	0:56:25	1:27:24	2:11:47
1428	1987	Wintermeyer Bruno	AS Neukirchen-Vluyn	4:35:54	M45	339	0:57:23	1:26:49	2:11:42
1429	4628	Czyzewski Leo	Friedrich Wilhelms-Hütte	4:35:59	M45	340	0:56:53	1:22:32	2:16:33
1430	4788	Rinkowski Bernd	Laufende Geo-Meter	4:36:07	M50	213	1:00:04	1:22:00	2:14:03
1431	3110	Kunze Oliver	safework	4:36:12	M40	320	0:59:27	1:27:36	2:09:08

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1432	2295	Konkowski Frank	Trinksportförderverein	4:36:16	M50	214	0:59:40	1:29:59	2:06:36
1433	5218	Nennstiel Martin	*Essen	4:36:18	M50	215	0:57:05	1:30:23	2:08:49
1434	2671	Kirchner Jürgen	Zornige Ameisen Essen	4:36:22	M60	42	0:56:31	1:29:21	2:10:29
1435	4904	Rau Roland	Berleburger	4:36:30	M50	216	0:55:34	1:26:27	2:14:28
1436	4179	Focks Friedhelm	*Duisburg	4:36:30	M60	43	0:57:31	1:29:43	2:09:16
1437	3562	Mohr Heinz Axel	*Essen	4:36:41	M50	217	0:59:09	1:28:23	2:09:08
1438	3024	Klausen Marco	Die Jungs vom Törchen	4:36:41	M40	321	0:56:50	1:31:27	2:08:23
1439	4358	Schreiber Fritz	LTH-Essen	4:36:44	M18	12	0:55:16	1:30:51	2:10:36
1440	1669	Grabowski Robert	Vodafone Runners	4:36:56	M40	322	0:54:59	1:28:46	2:13:10
1441	2281	Martin Dirk	*Duisburg	4:37:13	M40	323	1:00:54	1:29:19	2:06:59
1442	2003	Brand Gunnar	*Duisburg	4:37:13	M40	324	0:57:18	1:26:01	2:13:53
1443	3041	Spließgardt Harald	*Essen	4:37:19	M40	325	0:50:49	1:29:16	2:17:13
1444	3135	Strang Michael	SV Bezirksregierung Düsseld	4:37:26	M45	341	0:56:17	1:26:43	2:14:25
1445	3644	Winkelman Ulrich	Turnerbund Osterfeld	4:37:38	M55	110	0:59:38	1:29:35	2:08:24
1446	1757	Cossmann Michael	TC Köln-Jena	4:37:39	M50	218	0:59:28	1:29:57	2:08:14
1447	4321	Fischer Udo	Radiergummiliga.de	4:37:47	M50	219	0:59:21	1:30:44	2:07:41
1448	3361	Wentz Andreas	*Krefeld	4:37:50	M30	107	0:56:55	1:31:23	2:09:31
1449	4168	Waclawczyk Heinrich	*Kamp-Lintfort	4:37:54	M45	342	0:59:04	1:30:57	2:07:53
1450	3071	Stommel Christian	Die Schnitzelfraktion	4:38:14	M45	343	0:57:27	1:28:53	2:11:53
1451	1785	Voigt Michael	*Hilden	4:38:26	M45	344	0:58:12	1:29:04	2:11:09
1452	4086	Sonntag Timo	Berglandlauf	4:38:27	M30	108	1:06:51	1:25:40	2:05:55
1453	4340	Wehrmann Jörg	RUHR-TECHNIK	4:38:46	M40	326	0:59:29	1:27:22	2:11:53
1454	5195	Speh Michael	*Duisburg	4:38:50	M35	190	0:57:39	1:26:38	2:14:33
1455	2385	Langhanki Ulrich	Laufftreff willich	4:38:57	M55	111	0:59:37	1:29:45	2:09:34
1456	4370	Hüfner Manfred	BSG Team EVAG	4:39:14	M55	112	0:58:07	1:16:47	2:24:19
1457	4914	Scholz Matthias	Metty	4:39:18	M22	64	0:57:35	1:31:56	2:09:46
1458	4108	Mehlig Bernd	*Neuss	4:39:19	M40	327	0:56:14	1:26:37	2:16:27
1459	4765	Boekels Lothar	*Mönchengladbach	4:39:24	M50	220	1:00:49	1:30:26	2:08:07
1460	3789	Müller Ulrich	LT Turnerbund Frintrop	4:39:40	M50	221	0:47:39	1:26:43	2:25:16
1461	4821	Rubbert Ingo	SV Siemens Mülheim	4:40:06	M40	328	0:59:09	1:30:02	2:10:54
1462	1993	Meisner Alexander	AOK RD Düsseldorf	4:40:15	M40	329	1:00:24	1:31:38	2:08:12
1463	2098	Winter Martin	*Duisburg	4:40:20	M50	222	0:53:50	1:23:26	2:23:03
1464	1514	Weiß Thomas	Optadata	4:40:54	M22	65	0:57:14	1:26:44	2:16:55
1465	4097	Böttcher Ralf	*Geldern	4:41:00	M50	223	0:56:00	1:30:26	2:14:34
1466	3256	Pawlak Clemens	*Essen	4:41:07	M40	330	0:58:46	1:30:56	2:11:24
1467	5231	Mösch Andreas	*Duisburg	4:41:23	M35	191	0:58:31	1:31:44	2:11:07
1468	5199	Bovenschen Dieter	*Krefeld	4:41:25	M35	192	0:58:48	1:27:41	2:14:55
1469	3031	Kohl Matthias	K71	4:41:36	M40	331	0:57:45	1:32:40	2:11:10
1470	3814	Pesch Manfred	LC Duisburg	4:41:52	M65	19	1:06:09	1:22:36	2:13:07
1471	3655	Schramm Dietmar	DAV Recklinghausen	4:41:56	M55	113	0:59:36	1:33:05	2:09:13
1472	2484	Schelhas Hermann	MTG Horst Essen	4:41:58	M70	9	0:59:30	1:31:46	2:10:41
1473	4585	Hintze Dieter	*Düsseldorf	4:42:09	M45	345	0:59:30	1:35:00	2:07:38
1474	3656	Gerritsma Lars	Die 4 lustigen 3 :-)	4:42:17	M35	193	0:55:59	1:36:33	2:09:43
1475	2486	Zachcial Dr. Andreas	Fluktuation 8	4:42:24	M35	194	0:59:24	1:31:04	2:11:55
1476	1801	Schäfer Christian	BSG WAZ Essen	4:42:57	M40	332	0:58:13	1:30:57	2:13:47
1477	2754	Anschlag Frank	*Dinslaken	4:43:08	M45	346	0:57:48	1:25:42	2:19:37
1478	1975	Schellscheidt Roland	AS Neukirchen-Vluyn	4:43:29	M60	44	0:59:32	1:31:57	2:12:00
1479	2468	Czilwik Thomas	SCB Horrem	4:43:34	M45	347	0:57:13	1:32:30	2:13:50
1480	2972	Peters Bernd	*Duisburg	4:43:51	M45	348	1:00:30	1:31:13	2:12:08
1481	1942	Drees Frank	AS Neukirchen-Vluyn	4:43:52	M40	333	0:58:44	1:30:26	2:14:40
1482	2838	Rapp Patrik	ART Düsseldorf	4:44:02	M30	109	0:58:05	1:28:12	2:17:44
1483	3768	Stevenson Kevin	*Rheinberg	4:44:14	M19	13	0:53:33	1:32:30	2:18:11
1484	3933	Rehmenklau Thomas	LG FSUe	4:44:19	M35	195	1:07:58	1:36:39	1:59:42

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1485	3517	Schlingemann Christian	GV-Waltrop	4:44:30	M45	349	1:02:49	1:23:48	2:17:52
1486	2062	Rosik Uwe	LT Essen-Heisingen	4:44:35	M50	224	1:12:13	1:24:45	2:07:36
1487	3481	Opfermann Klaus	Running Dinslaken	4:45:08	M50	225	0:57:30	1:28:32	2:19:05
1488	2235	Seeske Volker	Team Erdinger Alkoholfrei	4:45:15	M50	226	0:57:59	1:30:22	2:16:53
1489	3574	Kreienbrink Ingmar	*Duisburg	4:45:20	M30	110	0:55:18	1:25:14	2:24:47
1490	3292	Bruckschen Marco	*Duisburg	4:45:49	M35	196	0:56:02	1:29:47	2:19:58
1491	5559	Adams Max	BSG Sparkasse Duisburg	4:46:04	M19	14	0:55:44	1:29:33	2:20:46
1492	1656	Lips Peter	FS Rheinkamp	4:46:38	M45	350	0:56:46	1:28:45	2:21:06
1493	4157	Keyenburg Klaus	LT-TB Frintrop	4:46:45	M55	114	0:59:19	1:35:01	2:12:23
1494	5015	Niggemann Andreas	Laufgruppe ziiiiisch und weg	4:46:57	M50	227	0:59:50	1:29:08	2:17:58
1495	4751	Salawarda Jürgen	Marathon Dinslaken	4:47:04	M40	334	0:55:55	1:32:21	2:18:48
1496	4701	Niggemann Heinz	Laufgruppe Ziiiiisch und weg	4:47:13	M50	228	0:58:45	1:30:30	2:17:57
1497	2183	Paar Kurt	*Kaarst	4:47:21	M50	229	1:01:08	1:31:57	2:14:15
1498	4338	Lindner Christian	RUHR-TECHNIK	4:47:21	M45	351	1:01:56	1:33:30	2:11:53
1499	3422	Moritz Wolfgang	Wupperläufer	4:47:43	M65	20	0:57:03	1:31:49	2:18:51
1500	2625	Bantin Holger	Unser Wasser e.V.	4:48:06	M55	115	0:57:37	1:25:50	2:24:38
1501	3082	Filipiak Jan	Die Sonntagsläufer	4:50:01	M22	66	0:51:59	1:30:31	2:27:31
1502	3241	Leupacher Dieter	Kirche läuft voraus	4:50:03	M55	116	0:59:10	1:35:37	2:15:15
1503	3070	Bökmann Norbert	TC Rheinstadion	4:50:50	M55	117	0:59:14	1:35:34	2:16:01
1504	3343	Neven Georg	AlBERTHa Runners	4:51:36	M40	335	1:02:46	1:37:02	2:11:47
1505	2008	Urbatsch Dr. Peter	*Mülheim an der Ruhr	4:51:50	M65	21	1:02:58	1:33:14	2:15:37
1506	3647	Schemuth Dirk	active first / holger schuett	4:52:03	M30	111	0:59:04	1:35:21	2:17:37
1507	5197	Unkhoff Jörg	Triminators TV Voerde	4:52:15	M45	352	0:55:11	1:37:31	2:19:33
1508	3586	Kilimann Daniel	Walsumer Hardcore 76/77	4:52:36	M30	112	0:58:01	1:34:01	2:20:33
1509	4784	Kahlert Gerald	*Duisburg	4:52:39	M45	353	0:57:12	1:36:48	2:18:38
1510	1419	Schnaubelt Peter	E.ON Ruhrgas SG	4:52:42	M60	45	0:55:33	1:27:56	2:29:11
1511	3268	Wormstall Olaf	*Wesel	4:53:00	M40	336	1:12:22	1:38:46	2:01:50
1512	1428	Grabienski Wolfgang	E.ON Ruhrgas SG	4:53:21	M55	118	0:59:29	1:40:55	2:12:55
1513	4570	Herbergs Josef	*Korschenbroich	4:53:51	M60	46	1:05:07	1:34:37	2:14:06
1514	4493	Muckert Thomas	OTV Meerbusch	4:53:52	M45	354	0:59:53	1:36:43	2:17:15
1515	2453	Schwarz Dieter	*Duisburg	4:53:59	M50	230	1:00:39	1:31:42	2:21:38
1516	3639	Mainzer Martin	active first / holger schuett	4:54:10	M45	355	0:58:48	1:36:14	2:19:06
1517	1638	Kadic Rasim	E.ON Ruhrgas SG	4:54:43	M55	119	1:00:27	1:35:47	2:18:28
1518	3978	Polowinsky Oliver	*Düsseldorf	4:55:30	M30	113	1:01:31	1:32:10	2:21:49
1519	4939	Geldsetzer Stephan	*Hückeswagen	4:56:17	M45	356	1:00:18	1:32:00	2:23:58
1520	4519	Ufermann Mark	Borbecker Raketen Essen	4:56:23	M35	197	0:59:54	1:33:16	2:23:12
1521	1410	Heimann Klaus	E.ON Ruhrgas SG	4:56:45	M65	22	1:03:04	1:35:51	2:17:49
1522	3851	Fabisch Christian	Zornige Ameisen Essen	4:56:50	M40	337	1:02:39	1:35:59	2:18:11
1523	1740	Hageney Willi	LT Schnecke Sonsbeck	4:57:26	M55	120	1:00:39	1:35:54	2:20:53
1524	2306	Schürmann Achim	PV Triathlon Witten	4:58:10	M50	231	0:56:55	1:37:59	2:23:16
1525	2376	Egerland Wilfried	TV Frisch Auf Lennep	4:59:18	M65	23	1:02:54	1:38:34	2:17:49
1526	1420	Seidler Bernd	E.ON Ruhrgas SG	4:59:56	M35	198	1:00:11	1:36:34	2:23:10
1527	3720	Wiengarten Thomas	*Castrop-Rauxel	5:01:56	M40	338	1:08:43	1:35:20	2:17:52
1528	5268	Kemper Klaus	TV Vennikel	5:02:10	M55	121	1:04:10	1:38:13	2:19:46
1529	2372	Finger Hartmut	*Duisburg	5:02:47	M45	357	0:59:52	1:41:19	2:21:35
1530	1603	Soldanski Christoph	Optadata	5:02:52	M40	339	1:02:12	1:35:52	2:24:48
1531	2018	Hölscher Dirk	*Köln	5:03:36	M35	199	1:00:35	1:40:32	2:22:28
1532	4954	Reimer Winfried	*Velbert	5:03:58	M55	122	1:01:08	1:36:47	2:26:03
1533	3162	Baumgart Rudolf	TC Rheinstadion	5:04:34	M65	24	1:01:43	1:36:30	2:26:20
1534	5162	Uhland Herbert	Seitwärts Angermund	5:04:34	M60	47	1:05:51	1:31:59	2:26:43
1535	1963	Moritz Günter	AS Neukirchen-Vluyn	5:05:20	M60	48	1:04:53	1:39:15	2:21:11
1536	1962	Menke Klaus	AS Neukirchen-Vluyn	5:05:40	M55	123	1:06:45	1:37:27	2:21:27
1537	2730	Grüenschläger Thomas	TG Neuss	5:07:57	M55	124	1:03:16	1:37:31	2:27:09

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1538	1438	Herings Ulrich	*Krefeld	5:08:36	M50	232	1:03:45	1:38:55	2:25:55
1539	3107	Schirpenbach Dr. Bernd	*Duisburg	5:08:46	M50	233	0:59:33	1:38:31	2:30:41
1540	2137	Nespithal Holger	Ausdauerschule Bunert	5:09:17	M40	340	1:03:03	1:40:09	2:26:04
1541	3405	Adams Hans Jürgen	BSG Sparkasse Duisburg	5:11:02	M55	125	1:06:03	1:37:48	2:27:10
1542	4047	Nienhaus Jochen	tc gruen-weiss rhede	5:11:13	M45	358	1:04:40	1:39:45	2:26:48
1543	3370	New Rolf	TV Frisch Auf Lennep	5:11:57	M60	49	1:04:54	1:42:35	2:24:27
1544	3652	Schönknecht Daniel	active first / holger schuett	5:14:34	M22	67	1:06:16	1:39:55	2:28:23
1545	4298	Hennig Michael	*Witten	5:14:50	M45	359	1:03:38	1:40:23	2:30:49
1546	3174	Kuehn Reinhardt	*Dinslaken	5:19:20	M70	10	1:03:05	1:43:25	2:32:50
1547	2244	Ising Oliver	*Duisburg	5:23:28	M40	341	1:04:30	1:40:57	2:38:01
1548	3386	Pawlowski Rainer	Post SV Opladen e.V.	5:24:28	M45	360	1:07:26	1:45:56	2:31:05
1549	3388	Steinacker Willi	Post SV Opladen e.V.	5:24:38	M50	234	1:07:26	1:45:56	2:31:15
1550	4365	Samatin Volker	LT Bamp Herne	5:26:55	M45	361	1:03:05	1:49:03	2:34:46

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	4746	Rösler Vanessa	LT Bittermark Dortmund	3:03:59	W30	1	0:38:36	0:59:31	1:25:51
2	1403	Niehues Silke	TUSEM Essen	3:06:08	W35	1	0:39:46	0:59:55	1:26:26
3	4649	Müller Angela	ASC Rosellen/Neuss	3:08:32	W30	2	0:39:21	1:00:13	1:28:56
4	1498	Ambaum Vanessa	*Duisburg	3:12:53	W30	3	0:40:30	1:02:23	1:29:59
5	4478	Halfmann Bärbel	ART Düsseldorf	3:14:10	W55	1	0:40:53	1:01:50	1:31:27
6	2347	Tüshaus Marion	ART Düsseldorf	3:15:07	W40	1	0:40:01	1:02:06	1:33:00
7	4282	Funke Jacqueline	ASC Düsseldorf	3:16:12	W35	2	0:39:59	1:01:44	1:34:28
8	4728	Buß Cornelia	SG Borken	3:17:49	W35	3	0:41:58	1:03:50	1:32:00
9	4753	Kraft Esther	SHC Duisburg Ducks	3:17:59	W35	4	0:41:41	1:05:03	1:31:14
10	5068	Hunold Michaela	*Düsseldorf	3:18:29	W40	2	0:42:33	1:04:36	1:31:20
11	1568	Papendick Sabine	Vodafone Runners	3:18:39	W40	3	0:42:17	1:04:40	1:31:41
12	4222	Bach Daniela	Laufteam Rhein-Kreis Neuss	3:18:46	W35	5	0:42:06	1:03:02	1:33:37
13	5071	Bannert Birte	*Wuppertal	3:20:16	W35	6	0:41:44	1:04:49	1:33:42
14	2390	Shala Daniela	DLRG Duisburg	3:21:34	W40	4	0:42:50	1:04:33	1:34:10
15	3333	Görig Deianira	Bosch Rexroth Witten	3:22:31	W22	1	0:42:13	1:05:48	1:34:29
16	2822	Muschert Madlen	ART Düsseldorf	3:24:45	W22	2	0:43:16	1:05:40	1:35:48
17	1843	Gomell Annika	*Bochum	3:26:15	W18	1	0:43:30	1:06:48	1:35:56
18	4542	Klobus Carmen	*Essen	3:26:21	W35	7	0:41:23	1:04:51	1:40:06
19	2176	Volz Michaela	*Düsseldorf	3:26:52	W22	3	0:43:37	1:07:02	1:36:12
20	3217	Schlegelmilch Martina	*Essen	3:27:22	W22	4	0:44:04	1:05:57	1:37:20
21	5676	Bohris-Jäggi Beatrice	TuS Breitscheid 72/89	3:27:29	W45	1	0:43:48	1:09:02	1:34:38
22	3982	Guerndt Jutta	Triminators TV Voerde	3:30:14	W35	8	0:44:40	1:07:08	1:38:24
23	2362	Just Gladys	Angerland LT Lintorf	3:30:47	W35	9	0:44:44	1:07:34	1:38:28
24	1765	Fisi Bettina	SF Ennepetal	3:30:53	W30	4	0:45:15	1:08:32	1:37:04
25	3072	Radtke Eva	*Kempen	3:30:53	W30	5	0:45:30	1:07:08	1:38:14
26	5056	Komowski Johanna	LG Mülheim	3:31:33	W40	5	0:44:58	1:08:10	1:38:24
27	2883	Winck Nicole	Krefelder Kanu Klub	3:31:52	W30	6	0:43:21	1:09:35	1:38:55
28	4693	Falkenstein Britta	Sun-Planet Dorsten	3:31:55	W40	6	0:45:04	1:09:46	1:37:05
29	2125	Diestler Birgit	TG Neuss	3:32:08	W50	1	0:46:04	1:08:38	1:37:25
30	2623	Hünchen Heike	*Düsseldorf	3:32:24	W40	7	0:42:46	1:07:49	1:41:49
31	1723	Hegger Ruth	LT Schnecke Sonsbeck	3:32:25	W40	8	0:45:07	1:08:32	1:38:44
32	2287	Gruchalla von Iris	LC Duisburg	3:32:51	W45	2	0:45:12	1:07:37	1:40:01
33	4561	Grashaus Anke	TuS Breitscheid 72/89	3:33:32	W40	9	0:44:18	1:09:23	1:39:50
34	3991	Schlüter-Michels Marion	SG Borken	3:33:36	W40	10	0:44:49	1:11:32	1:37:15
35	4432	Pfaff Tamara	DLC Aachen	3:33:51	W35	10	0:45:22	1:09:05	1:39:23
36	3119	Grüger Claudia	*Münster	3:34:25	W40	11	0:43:53	1:11:42	1:38:49
37	4564	Pauls Anja	Diakoniewerk Duisburg	3:34:50	W40	12	0:44:17	1:10:39	1:39:54
38	2584	Sharma Sarah Navina	Braunäuglein	3:35:14	W30	7	0:42:06	1:07:26	1:45:42
39	3027	Plein Bianca	LCK Ronsdorf	3:35:36	W35	11	0:45:51	1:08:55	1:40:49
40	1939	Casimir Sabine	AS Neukirchen-Vluyn	3:35:51	W45	3	0:45:36	1:09:09	1:41:06
41	3973	Boermann Jutta	TSG Kirchhellen	3:37:14	W40	13	0:45:07	1:10:27	1:41:39
42	2326	Kaiser Dörte	TuS Breitscheid 72/89	3:38:13	W35	12	0:46:14	1:09:35	1:42:23
43	2571	Blondin Juliane	SC Bayer 05 Uerdingen	3:38:53	W50	2	0:46:58	1:11:40	1:40:14
44	2058	Kellendonk Heike	TG Neuss	3:39:50	W30	8	0:47:26	1:10:32	1:41:51
45	4949	Göbel Carina	HELIOS Klinikum Wuppertal	3:39:52	W45	4	0:46:56	1:11:19	1:41:37
46	5639	Buschmann Rita	LG COESFELD	3:40:34	W55	2	0:47:45	1:11:53	1:40:55
47	5168	Rustige Ricarda	*Osnabrück	3:41:17	W19	1	0:47:22	1:09:46	1:44:08
48	3429	Gregus Christine	Hückeswagen	3:41:33	W40	14	0:46:20	1:11:53	1:43:19
49	5696	Stemmer Renate	TuS Breitscheid 72/89	3:42:11	W60	1	0:47:44	1:11:36	1:42:50
50	3272	Schanzenbach Cerstin	LC Duisburg	3:42:26	W40	15	0:47:27	1:12:54	1:42:03
51	3567	Morgenschweis Dagmar	LC Duisburg	3:42:52	W45	5	0:48:11	1:11:45	1:42:55
52	1724	Bittner Martina	LT Schnecke Sonsbeck	3:42:54	W40	16	0:47:04	1:11:28	1:44:20
53	2604	Gall Katharina	Angerland LT Lintorf	3:42:56	W22	5	0:45:03	1:14:32	1:43:19

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	3173	Schmidt Carola	LG Plettenberg-Herscheid	3:43:03	W35	13	0:47:05	1:12:54	1:43:03
55	3445	Hein Silvia	LT Alt-Erkrath	3:43:13	W40	17	0:47:50	1:13:07	1:42:15
56	5057	Schmücker Jasmin	LG Mülheim	3:43:20	W50	3	0:48:05	1:12:15	1:42:59
57	1415	Ostrowski Ollivia	E.ON Ruhrgas SG	3:43:35	W35	14	0:46:32	1:12:19	1:44:42
58	2013	Gregor Gabriele	Solinger LC	3:43:37	W45	6	0:47:05	1:12:45	1:43:47
59	2447	Oberhäuser Angelika	Solinger LC	3:43:49	W60	2	0:47:08	1:14:11	1:42:29
60	2243	Schmidt Simone	VFL Gladbeck Fun Runner	3:43:52	W35	15	0:48:10	1:13:25	1:42:17
61	3184	Tarrach Michaela	LTH-Essen	3:43:55	W35	16	0:47:25	1:12:13	1:44:16
62	3890	Eickelkamp Annette	Adler-Langlauf Bottrop	3:44:07	W50	4	0:47:33	1:12:40	1:43:53
63	3925	Lang Sabine	Krefelder Kanu Klub	3:44:29	W40	18	0:46:21	1:11:42	1:46:24
64	4942	Kessels Kathrin	*Bottrop	3:44:47	W22	6	0:49:15	1:12:09	1:43:23
65	4503	Kriesten Petra	*moers	3:44:57	W40	19	0:47:51	1:12:47	1:44:19
66	4015	Högner Claudia	*Wülfrath	3:45:13	W45	7	0:48:15	1:12:39	1:44:19
67	1862	Moers Angelika	Sportfreunde Neersbroich	3:46:01	W40	20	0:46:27	1:11:37	1:47:56
68	5638	Beekmans Petra	LG COESFELD	3:46:32	W45	8	0:47:37	1:13:37	1:45:18
69	3530	Hennies Uta	*Essen	3:46:35	W35	17	0:47:46	1:12:47	1:46:01
70	4126	Hommes Claudia	LC Duisburg	3:46:43	W40	21	0:48:38	1:14:05	1:44:00
71	4614	Stüker Maria	TC Sterkrade 69	3:46:51	W30	9	0:46:17	1:12:35	1:47:58
72	2545	Krumscheid-Gredig Petra	DJK VfI Forstwald	3:46:54	W40	22	0:47:34	1:13:55	1:45:24
73	2689	Opitz Dorothea	LT TBHassels	3:47:03	W45	9	0:51:20	1:17:04	1:38:38
74	1468	Oberhagemann Nicole	Adler-Langlauf Bottrop	3:47:19	W40	23	0:48:01	1:13:39	1:45:38
75	4986	Diekmann Tatjana	Helios Klinikum Wuppertal	3:47:32	W40	24	0:48:01	1:12:43	1:46:47
76	2539	Ringelstein Astrid	Zornige Ameisen Essen	3:48:19	W35	18	0:48:13	1:13:11	1:46:54
77	3719	Lang-van Lil Claudia	*Ratingen	3:48:20	W45	10	0:48:31	1:14:45	1:45:03
78	2875	Michels Silke	LC Duisburg	3:48:56	W45	11	0:48:26	1:13:06	1:47:23
79	5610	Bertels Anita	LG COESFELD	3:49:36	W45	12	0:49:36	1:13:40	1:46:18
80	3578	Van Loosen Daniela	LG Mülheim	3:50:05	W45	13	0:49:04	1:13:08	1:47:53
81	4262	Hartmann Susanne	LC Duisburg	3:50:19	W40	25	0:49:29	1:14:29	1:46:21
82	1881	Sult Barbara	TC Kray 1892 e.V.	3:50:24	W55	3	0:48:43	1:14:01	1:47:40
83	1826	Burkhardt Nicole	BSG Sparkasse Dinslaken	3:50:35	W35	19	0:48:42	1:14:15	1:47:38
84	1505	Winter Susanne	*Duisburg	3:50:56	W40	26	0:49:11	1:13:54	1:47:49
85	5128	Hausmann Annette	Bewegtes Zentrum Duisburg	3:51:02	W40	27	0:47:28	1:10:45	1:52:48
86	3028	Bohmann Sonja	*duisburg	3:51:05	W35	20	0:48:51	1:13:27	1:48:46
87	4232	Kopka Manuela	*Essen	3:51:14	W45	14	0:49:24	1:15:35	1:46:13
88	2253	Cosack Annette	*Essen	3:51:23	W40	28	0:48:08	1:14:22	1:48:52
89	2581	Bevers Wiebke	Ruhrrunner Essen	3:51:44	W45	15	0:48:46	1:16:21	1:46:36
90	1642	Spaltmann Katja		3:51:55	W30	10	0:49:40	1:15:31	1:46:43
91	5588	Zapal Anke	active first / holger schuett	3:51:56	W40	29	0:50:03	1:14:06	1:47:47
92	5008	Flühr Angelika	LC Duisburg	3:52:16	W40	30	0:49:46	1:14:56	1:47:33
93	2015	Rohleder Dunja	TRC Essen 84	3:52:35	W35	21	0:48:39	1:14:28	1:49:27
94	2370	Smeets Uschi	LG Mönchengladbach	3:52:45	W45	16	0:51:38	1:14:29	1:46:37
95	5189	Schmieder Petra	SSF Bonn	3:52:49	W45	17	0:49:31	1:14:23	1:48:54
96	4137	Kerkmann Kathrin	TSV Aufderhöhe	3:52:53	W19	2	0:47:20	1:16:51	1:48:40
97	3734	Leygraf Sabine	LG Alpen	3:52:56	W45	18	0:47:42	1:17:06	1:48:08
98	4752	Bonnemann Heike	TSV Viktoria Mülheim	3:53:03	W40	31	0:48:03	1:14:02	1:50:57
99	2266	Birkendorf Cornelia	*Recklinghausen	3:53:05	W35	22	0:49:46	1:15:16	1:48:02
100	3226	Becker Ines	ART Düsseldorf	3:53:05	W30	11	0:48:46	1:14:52	1:49:26
101	4113	Sistenich Sandra	*Essen	3:53:24	W22	7	0:45:53	1:13:42	1:53:48
102	2852	Dützer Marion	SV Viktoria Goch	3:53:25	W40	32	0:49:20	1:14:21	1:49:44
103	3889	Lehmann Margret	Adler-Langlauf Bottrop	3:53:44	W55	4	0:49:51	1:15:57	1:47:55
104	2759	Heibing Anne	PV Triathlon Witten	3:53:53	W55	5	0:48:52	1:15:16	1:49:45
105	1435	Wolff Iris	E.ON Ruhrgas SG	3:53:57	W50	5	0:50:07	1:15:13	1:48:36
106	2933	Kelka Monika	Running Team TuS Bösingho	3:54:00	W45	19	0:50:19	1:16:02	1:47:38



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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4661	Schmid Petra	LG Mülheim	3:54:05	W45	20	0:46:53	1:22:16	1:44:55
108	5581	Blanques Ines	TG Neuss	3:54:23	W45	21	0:53:01	1:09:39	1:51:42
109	5112	Berger Theresa	*Mülheim	3:54:31	W19	3	0:49:36	1:16:18	1:48:35
110	4146	Elspas Marie-Luise	*Neukirchen-Vluyn	3:54:42	W40	33	0:50:51	1:15:11	1:48:38
111	4076	Pingen Bini	LC Duisburg	3:55:07	W40	34	0:50:24	1:16:11	1:48:31
112	4982	Brix Silke	*Neuss	3:55:12	W30	12	0:50:06	1:15:14	1:49:51
113	1640	Eling Laura	E.ON Ruhrgas SG	3:55:17	W19	4	0:48:18	1:16:46	1:50:12
114	2085	Greitzke Mignon	LT CLOVERSOFT	3:55:48	W45	22	0:49:42	1:15:59	1:50:05
115	2776	Eschmann Gabi	LV Stommeln	3:56:08	W40	35	0:49:23	1:17:14	1:49:31
116	5557	Schröder Petra	LC Duisburg Marathon-Kurs	3:56:08	W40	36	0:50:46	1:16:17	1:49:05
117	4672	Ischinsky Carolin	Lauffreunde Bottrop	3:56:18	W35	23	0:50:02	1:17:01	1:49:15
118	4506	Antfang Jennifer	*Münster	3:56:25	W19	5	0:50:48	1:14:40	1:50:56
119	2096	Huy Tina	Lauftreff Tina	3:56:31	W35	24	0:49:10	1:18:39	1:48:41
120	4291	Schoenfeldt Isolde	TV Goch	3:56:34	W45	23	0:49:33	1:17:39	1:49:20
121	4409	Borch Corinna	*Düsseldorf	3:56:45	W35	25	0:49:28	1:16:58	1:50:19
122	3792	Sommer-Dünninger Heidi		3:56:54	W35	26	0:50:07	1:16:36	1:50:10
123	5058	Thurm Anja	LG Mülheim	3:57:02	W40	37	0:51:00	1:15:59	1:50:02
124	3017	Meister Barbara	BSG Team EVAG	3:57:17	W40	38	0:50:13	1:16:30	1:50:33
125	5282	Schülpen Martina	LT Vynen	3:57:33	W45	24	0:50:45	1:16:12	1:50:34
126	5069	Brocksieper Silke	*Wuppertal	3:57:40	W40	39	0:49:34	1:16:17	1:51:48
127	3903	Burckardt Andrea	LC Mittwochabend Ratingen	3:57:45	W35	27	0:49:50	1:16:52	1:51:03
128	2616	Bruckermann Leslie	*Dinslaken	3:57:46	W30	13	0:48:15	1:15:32	1:53:58
129	3905	Behrendt Cara	LC Mittwochabend Ratingen	3:57:55	W18	2	0:54:42	1:18:14	1:44:59
130	2835	Lippke Elke	Ruhrrunner Essen	3:57:55	W50	6	0:51:27	1:18:33	1:47:55
131	1882	Stützer Kerstin	TC Kray 1892 e.V.	3:58:01	W35	28	0:49:49	1:16:40	1:51:32
132	4667	Kornapp Claudia	Borbecker Raketen Essen	3:58:02	W50	7	0:50:51	1:16:58	1:50:12
133	2756	Baumert Saskia	*Siegen	3:58:09	W30	14	0:49:11	1:17:18	1:51:39
134	5036	Keuter Anna	*Rheinberg	3:58:13	W19	6	0:48:30	1:18:02	1:51:41
135	4660	Krause Anna	LG Mülheim	3:58:14	W50	8	0:46:07	1:22:29	1:49:37
136	1747	Gräf Martina	*Velbert	3:58:21	W45	25	0:49:12	1:17:49	1:51:19
137	2238	Bitthöfer Tatjana	LT Wischlingen Dortmund	3:58:27	W35	29	0:51:27	1:17:22	1:49:37
138	1816	Peters Monika	LT Krefeld-Oppum	3:58:40	W45	26	0:50:04	1:17:48	1:50:46
139	4133	Szombach Sabine	Turbo-Schnecken Lüdensche	3:58:45	W40	40	0:51:08	1:17:04	1:50:33
140	5186	Bohnes Annette	LC Wuppertal	3:58:56	W40	41	0:52:16	1:18:36	1:48:04
141	4044	Haberland Christel	LT Haumannplatz Essen	3:58:56	W40	42	0:49:20	1:17:49	1:51:47
142	3248	Fleischer Sylvia	Adler-Langlauf Bottrop	3:59:18	W40	43	0:51:50	1:19:06	1:48:21
143	3971	Breit Ann-Christin	TSG Kirchhellen	3:59:23	W19	7	0:49:18	1:18:10	1:51:55
144	1946	Fritsch Marion	AS Neukirchen-Vluyn	3:59:56	W50	9	0:50:02	1:16:12	1:53:41
145	3879	Macken-reinirkens Cathe	*Mülheim an der Ruhr	4:00:13	W50	10	0:49:20	1:17:30	1:53:22
146	1948	Henseler Regina	AS Neukirchen-Vluyn	4:00:19	W40	44	0:50:23	1:16:13	1:53:43
147	2254	Gawlik-Kuzera Eva	LC Duisburg	4:00:20	W45	27	0:52:36	1:16:06	1:51:38
148	2578	Classen Friederike	LC Duisburg	4:00:25	W30	15	0:52:24	1:18:41	1:49:19
149	3250	Hooß Andrea	Triathlon-TEAM-Witten	4:00:30	W35	30	0:51:56	1:16:12	1:52:20
150	5165	Kames Stefanie	*Düsseldorf	4:00:34	W30	16	0:50:59	1:18:07	1:51:27
151	2585	Müller Gabi	*Gelsenkirchen	4:00:35	W45	28	0:49:32	1:16:44	1:54:17
152	2336	Sust Elke	TUS Ickern	4:00:43	W45	29	0:50:51	1:17:16	1:52:34
153	2163	Nienhaus Sonja	SV Westf. Gemen	4:01:19	W35	31	0:51:47	1:17:35	1:51:56
154	5012	Klemm Ulrike	*Velbert	4:01:20	W55	6	0:49:54	1:17:24	1:54:02
155	2807	Lehmann Anke	LV Stommeln	4:01:24	W35	32	0:51:44	1:17:42	1:51:58
156	3904	Bley Bianca	LC Mittwochabend Ratingen	4:01:31	W35	33	0:51:49	1:18:45	1:50:57
157	4398	Wellmeyer Stephanie	Ausdauererschule Bunert	4:01:43	W30	17	0:49:30	1:19:05	1:53:07
158	3178	Hoffmann-Meyer Angelika	MSV Duisburg LT	4:02:05	W55	7	0:49:50	1:17:42	1:54:32
159	1662	Roth Katrin	BSG Stadtwerke Duisburg A	4:02:27	W40	45	0:50:35	1:17:41	1:54:11

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	5232	Becker Rosi	LT MG-Volksgarten	4:02:34	W45	30	0:51:31	1:19:10	1:51:52
161	2831	Scheffler Simone	*Mülheim/Ruhr	4:02:37	W45	31	0:52:20	1:18:37	1:51:40
162	2529	Ryk Nadine	*Schleswig	4:02:42	W30	18	0:52:31	1:20:49	1:49:22
163	4853	Weinkath Wibke	Triminators TV Voerde	4:02:50	W30	19	0:48:40	1:18:48	1:55:21
164	4117	Kohl Yvonne	LT Rennhamster	4:03:00	W40	46	0:52:03	1:18:07	1:52:49
165	2654	Kersjes Anja	Zornige Ameisen Essen	4:03:02	W40	47	0:51:28	1:18:32	1:53:01
166	4496	Jabnoun Meriem	Henkel Runners	4:03:13	W22	8	0:51:29	1:18:49	1:52:54
167	1494	Blumenstein Martina	*Essen	4:03:18	W45	32	0:50:10	1:16:24	1:56:43
168	3696	Dreyer Saskia	active first / holger schuett	4:03:19	W35	34	0:50:45	1:18:49	1:53:44
169	5117	Schikora Kathi	*Oberhausen	4:03:23	W22	9	0:52:27	1:19:45	1:51:10
170	5054	Berger Clara	Triminators TV Voerde	4:03:30	W22	10	0:51:18	1:17:27	1:54:44
171	5089	Kaleja Steffi	Renntiere	4:03:45	W22	11	0:50:21	1:18:01	1:55:23
172	1653	Michel Ronja	TLV Germania Überraehr	4:03:46	W18	3	0:51:46	1:16:12	1:55:47
173	4145	Geib Elisabeth	Fun Runner VfL Gladbeck	4:03:48	W45	33	0:51:35	1:18:44	1:53:28
174	3465	Goldschmidt Anja	*Düsseldorf	4:03:50	W35	35	0:51:29	1:17:14	1:55:07
175	3514	Lerch Petra	*Essen	4:03:56	W40	48	0:51:03	1:18:37	1:54:14
176	5082	Hemmecke Ulrike	*Wuppertal	4:03:56	W45	34	0:50:06	1:19:21	1:54:28
177	3744	Lau Maria	*Gladbeck	4:04:02	W40	49	0:52:23	1:20:33	1:51:05
178	3446	Hanna Beate	Renntiere	4:04:04	W45	35	0:51:51	1:19:14	1:52:59
179	3224	Weimer Dr. Maud	*Düsseldorf	4:04:20	W50	11	0:52:38	1:17:53	1:53:48
180	4855	Friedrichs Elke	*Düsseldorf	4:04:23	W50	12	0:52:57	1:18:47	1:52:38
181	1812	Kreke Renate	dasreisebuero.de	4:04:29	W50	13	0:49:16	1:14:18	2:00:55
182	4558	Rumpel Joana	Roentgensportclub	4:04:46	W18	4	0:51:10	1:19:59	1:53:36
183	1527	Buchwald Susanne	Vodafone Runners	4:04:54	W45	36	0:51:00	1:19:36	1:54:17
184	3354	Desinger Betty	*Essen	4:04:58	W40	50	0:51:32	1:19:28	1:53:58
185	3095	Liebermann Kerstin	ERGOsports Düsseldorf/TEA	4:05:07	W35	36	0:51:01	1:19:04	1:55:01
186	3287	Schlump Ute	*duisburg	4:05:07	W40	51	0:52:47	1:19:08	1:53:11
187	3453	Großmann Antje	*Berlin	4:05:11	W22	12	0:54:43	1:19:35	1:50:52
188	4343	Lapatki-Stahl Alexandra	BSG Springorum Bochum	4:05:28	W45	37	0:51:10	1:18:32	1:55:46
189	4691	Oelschläger-Rath Therese	ART Düsseldorf	4:05:32	W50	14	0:52:56	1:19:59	1:52:36
190	3999	Nagel Marina	Gocher Lauffamilien	4:05:47	W35	37	0:51:13	1:18:34	1:55:59
191	1475	Kühnen Claudia	BSG Sparkasse Duisburg	4:05:59	W40	52	0:53:03	1:20:01	1:52:54
192	2675	Mertens Susanne	*Ratingen	4:06:02	W35	38	0:55:26	1:18:52	1:51:43
193	2078	Schulte Elisabeth	*Recklinghausen	4:06:11	W50	15	0:51:14	1:18:18	1:56:38
194	4848	Theisen Barbara	TuS Bösinghoven Fondistas	4:06:34	W45	38	0:50:52	1:20:53	1:54:48
195	5295	Tillenburg Jasmin	TARGOBANK	4:06:51	W30	20	0:53:29	1:20:52	1:52:29
196	3018	Richter Jana	*Duisburg	4:07:06	W18	5	0:51:04	1:18:23	1:57:38
197	3557	Mehl Joanna	fussmetik-team	4:07:20	W50	16	0:53:10	1:19:27	1:54:42
198	2925	Romeike Sandra	SV Jägerhaus Linde	4:07:21	W40	53	0:54:02	1:19:13	1:54:05
199	5617	Kraatz Frauke	BSG Haniel	4:07:31	W30	21	0:50:27	1:17:27	1:59:36
200	4583	Jakobs Sarah	LT Alt-Erkrath	4:07:36	W30	22	0:52:00	1:20:32	1:55:03
201	4433	Moser Susanne	LC Duisburg	4:07:36	W45	39	0:51:45	1:19:59	1:55:51
202	4510	Hörmann Karin	Freie Schwimmer Düsseldorf	4:07:40	W35	39	0:51:42	1:21:18	1:54:39
203	4844	Van Rienen Ulrike	Marathon Mülheim	4:07:44	W45	40	0:51:58	1:21:13	1:54:31
204	4852	Hoffmann Claudia	*Gladbeck	4:07:49	W35	40	0:52:17	1:22:57	1:52:33
205	5091	Appelhoff Dorothea	Renntiere	4:07:50	W40	54	0:51:59	1:22:05	1:53:44
206	4228	Mols Dagmar	LT R(h)einknaller	4:07:59	W40	55	0:51:30	1:21:43	1:54:46
207	4861	Hildebrandt Bettina	Marathon-Team-Ratingen	4:08:05	W40	56	0:52:30	1:21:00	1:54:33
208	3339	Ernst Angela	Speedy@Gonzales	4:08:07	W35	41	0:51:12	1:20:29	1:56:25
209	2599	Stuckenburg Anke	*Düsseldorf	4:08:11	W35	42	0:50:59	1:19:38	1:57:32
210	3276	Fiegen Isabel	Lauffreunde HADI Wesel	4:08:23	W30	23	0:53:39	1:19:56	1:54:47
211	4581	Wagner Sabine	LT Alt-Erkrath	4:08:41	W50	17	0:55:02	1:20:37	1:53:02
212	2612	Jablonka Angela	Lola rennt	4:08:45	W50	18	0:51:57	1:21:09	1:55:38

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3425	Walter Annette	*Düsseldorf	4:08:47	W35	43	0:51:19	1:19:48	1:57:38
214	3867	Amalou Linda	*Essen	4:08:47	W30	24	0:51:01	1:23:07	1:54:38
215	3029	Dincklage Melanie	Triminators TV Voerde	4:09:03	W35	44	0:53:15	1:16:41	1:59:06
216	3456	Kapp Denise	*Duisburg	4:09:07	W22	13	0:53:08	1:19:50	1:56:07
217	3203	Riemer Karin	*Düsseldorf	4:09:16	W40	57	0:54:37	1:19:58	1:54:40
218	4345	Gründges Karin	Borbecker Raketen Essen	4:09:24	W55	8	0:51:23	1:21:33	1:56:28
219	3563	Reimet Verena	LT Metzkausen	4:09:30	W30	25	0:52:16	1:21:52	1:55:21
220	4140	Sauer Andrea	Fun Runner VfL Gladbeck	4:09:45	W40	58	0:56:30	1:18:57	1:54:18
221	4286	Hillermann Kirsten	*Düsseldorf	4:09:54	W45	41	0:52:26	1:22:50	1:54:38
222	4507	Moule Petra	LT Wischlingen Dortmund	4:10:01	W50	19	0:53:31	1:21:09	1:55:20
223	3023	Reisenberger Ellen	LC Duisburg	4:10:02	W45	42	0:53:06	1:21:10	1:55:45
224	1935	Biesen Jutta	AS Neukirchen-Vluyn	4:10:09	W40	59	0:52:47	1:20:49	1:56:32
225	4705	Schaake Birgit	SV Derne 49	4:10:13	W40	60	0:52:35	1:19:56	1:57:41
226	4983	Keiten-Schmitz Gerda	*Rhede	4:10:16	W45	43	0:52:48	1:23:01	1:54:25
227	3972	Rotherth Sylvie	TSG Kirchhellen	4:10:42	W40	61	0:54:00	1:21:49	1:54:52
228	4695	Metternich Melanie	Palma Runners	4:10:44	W30	26	0:52:47	1:20:12	1:57:44
229	4782	Rittershaus Andrea	PV Triathlon Witten	4:10:54	W40	62	0:51:12	1:20:34	1:59:07
230	3275	Berndt Elke	LT Turnerbund Frintrop	4:11:29	W50	20	0:52:51	1:19:51	1:58:46
231	4968	Rechmann Regina	Triabolas Hamburg e V	4:11:35	W35	45	0:55:17	1:22:46	1:53:30
232	3138	Voß-Olschewski Brigitte	PV Triathlon Witten	4:11:44	W50	21	0:58:31	1:27:10	1:46:02
233	2910	Kuhland Katja	Team Lüdorf	4:11:47	W45	44	0:53:11	1:22:06	1:56:28
234	2197	Wulf Katja Maria	LC Duisburg	4:11:49	W35	46	0:55:10	1:20:52	1:55:46
235	1648	Wilke Sigrid	E.ON Ruhrgas SG	4:11:54	W45	45	0:53:53	1:21:32	1:56:28
236	2753	Kronenberg Maike	*Mettmann	4:12:09	W22	14	0:53:01	1:21:39	1:57:28
237	4149	Geib Vanessa	SV 13 Gladbeck	4:12:14	W19	8	0:54:08	1:21:42	1:56:23
238	4513	Buck Monika	*Wuppertal	4:12:20	W55	9	0:52:27	1:21:36	1:58:16
239	4244	Hornscheidt Ursula	Adler-Langlauf Bottrop	4:12:30	W55	10	0:53:38	1:22:41	1:56:10
240	4072	Lenz Alexandra	LT Rennhamster	4:12:36	W40	63	0:52:03	1:21:00	1:59:32
241	2122	Hoeffler Britta	*Bocholt	4:12:39	W30	27	0:53:31	1:21:14	1:57:53
242	1914	Morisse Sonja	*Düsseldorf	4:12:43	W40	64	0:55:04	1:22:11	1:55:26
243	1883	Schäfer Ulrike	TC Kray 1892 e.V.	4:12:43	W45	46	0:52:02	1:20:26	2:00:14
244	4128	Dusza Birgit	VFL Gladbeck Fun Runner	4:12:44	W40	65	0:54:34	1:21:00	1:57:10
245	3061	Rutloh Corinna	*Düsseldorf	4:13:07	W45	47	0:52:08	1:21:11	1:59:47
246	2643	Falk Irene	*Wuppertal	4:13:18	W50	22	0:54:52	1:23:21	1:55:04
247	3924	Derendorf Anja	TuS Bösinghoven	4:13:20	W40	66	0:52:20	1:21:02	1:59:58
248	3150	Knoblauch Bettina	Triteam Bayer 05 Uerdingen	4:13:33	W45	48	0:54:58	1:21:38	1:56:56
249	2278	Hörig Anke	LT Haumannplatz Essen	4:13:35	W40	67	0:54:28	1:21:13	1:57:53
250	2223	Bellwinkel Inga	LC Duisburg	4:13:38	W35	47	0:53:03	1:22:22	1:58:12
251	2864	Wohlert Annett	Eschler-Team	4:13:44	W45	49	0:55:13	1:18:57	1:59:33
252	5175	Rabenbauer Gabi	Prosecco-Lauf	4:14:06	W50	23	0:53:26	1:22:38	1:58:01
253	3421	Kleine-Hofrath Silke	Running Turtles	4:14:11	W40	68	0:52:51	1:21:29	1:59:50
254	3196	Reese Blandine	*Oberursel	4:14:11	W40	69	0:54:13	1:23:14	1:56:43
255	2909	Lüdorf Iris	Team Lüdorf	4:14:13	W40	70	0:52:48	1:23:59	1:57:26
256	4342	Welzel Bettina	BSG Springorum Bochum	4:14:16	W45	50	0:53:08	1:25:09	1:55:58
257	4962	Detampel Heike	*Gladbeck	4:14:18	W50	24	0:54:18	1:23:04	1:56:56
258	1727	Borgards Andrea	LT Schnecke Sonsbeck	4:14:19	W40	71	0:57:11	1:20:30	1:56:37
259	4178	Focks Martina	Diakoniewerk Duisburg	4:14:31	W45	51	0:53:30	1:21:58	1:59:02
260	5034	Bockmeier Stephanie	*Bochum	4:14:50	W35	48	0:54:05	1:23:47	1:56:58
261	3986	Lamwersiek Sandra	AOK RD Düsseldorf	4:15:23	W22	15	0:54:56	1:21:45	1:58:40
262	5277	Holland Hanni	LT Vynen	4:15:26	W60	3	0:54:03	1:23:03	1:58:19
263	3571	Hoffmann Svenja	MiB Mitten in Borbeck	4:15:33	W30	28	0:56:38	1:23:37	1:55:17
264	1997	von Wangenheim Dania	TG Neuss	4:15:40	W30	29	0:52:03	1:27:13	1:56:23
265	5561	Räth Sylvia	LC Duisburg Marathon-Kurs	4:15:45	W50	25	0:56:54	1:20:55	1:57:54

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	2703	Nürnberg Ute	Die Römers	4:15:50	W40	72	0:53:35	1:23:16	1:58:59
267	4555	Wilké Lisa	Ausdauerhschule Bunert	4:16:03	W60	4	0:52:07	1:20:45	2:03:10
268	4445	Feldhoff Kirsten	*Radevormwald	4:16:05	W40	73	0:53:48	1:22:49	1:59:27
269	4166	Behrens Yara	PV Triathlon Witten	4:16:06	W45	52	0:53:04	1:24:22	1:58:39
270	2202	Hellmer Ulrike	*Essen	4:16:17	W50	26	0:53:18	1:24:12	1:58:47
271	3087	Müller Carmen	PV Triathlon Witten	4:16:44	W30	30	0:54:18	1:24:03	1:58:22
272	2965	Kleist Barbara	PV Triathlon Witten	4:16:49	W60	5	0:55:38	1:25:33	1:55:38
273	3054	Conzen Gerda	ETB Essen	4:17:03	W50	27	0:57:35	1:13:34	2:05:53
274	3797	Schilling Anke	*Hünxe	4:17:07	W22	16	0:54:40	1:23:20	1:59:07
275	1729	Groterhorst Ulla	LT Schnecke Sonsbeck	4:17:32	W40	74	0:52:20	1:25:44	1:59:27
276	2558	Schmieschek Beata	*Oberhausen	4:17:33	W40	75	0:55:32	1:23:42	1:58:19
277	3849	Lupp Monika	*Mülheim	4:17:40	W55	11	0:55:21	1:24:11	1:58:08
278	2969	Kluth Bettina	TVK 1877 Essen	4:17:42	W22	17	0:52:13	1:27:25	1:58:03
279	4687	Ritz Sabine	Triathlon-TEAM-Witten	4:17:43	W45	53	0:51:42	1:20:49	2:05:11
280	2035	Pohl Dagmar	Tri Team Bayer 05 Uerdinge	4:18:04	W35	49	0:56:39	1:25:20	1:56:04
281	5219	Friesenhagen Judith	TUSEM Essen	4:18:25	W22	18	0:54:17	1:24:13	1:59:53
282	4256	Jekubczik Christa	LC Duisburg	4:18:43	W55	12	0:54:45	1:25:35	1:58:22
283	1776	Hörster Heike	SF Ennepetal	4:18:43	W30	31	0:53:49	1:23:40	2:01:13
284	2485	Demmer Tanja	TV Aldekerk	4:18:44	W30	32	0:54:50	1:20:06	2:03:47
285	2067	Drieschner Monique	Rapid Ramirez	4:18:54	W35	50	0:55:54	1:24:12	1:58:48
286	2862	Schröder Bärbel	*Duisburg	4:19:07	W45	54	0:54:25	1:25:48	1:58:53
287	4303	Hermessen Christiana	*Düsseldorf	4:20:08	W40	76	0:54:04	1:26:38	1:59:24
288	1960	Litz Hildegard	AS Neukrichen-Vluyn	4:20:12	W50	28	0:54:15	1:24:44	2:01:11
289	2563	Kositz Christiane	*Oberhausen	4:20:24	W40	77	0:55:19	1:24:56	2:00:08
290	2282	Distelhoff Kirsten	1. VV Holzwickede	4:20:25	W40	78	0:56:43	1:18:21	2:05:19
291	3044	Kallenberg Monika	*Oberhausen	4:20:33	W40	79	0:55:28	1:24:55	2:00:08
292	1755	Küster Dr. Angela	*Korschenbroich	4:20:39	W45	55	0:54:49	1:24:09	2:01:40
293	3848	Link Conny	Team Vitargo	4:20:47	W40	80	0:54:12	1:23:40	2:02:54
294	3947	Emmerich Anja	*Ratingen	4:20:48	W40	81	0:53:46	1:26:15	2:00:46
295	5640	Klöpffer-Becker Annelie	LG COESFELD	4:21:00	W55	13	0:54:21	1:24:08	2:02:29
296	3756	May Nina	LT Helios Kliniken Wuppertal	4:21:05	W30	33	0:50:27	1:52:49	1:37:48
297	2344	Hackstein Katrin	LG Alpen	4:21:10	W22	19	0:54:13	1:22:43	2:04:13
298	1631	Werner Sarah	SV Concordia Ossenberg 18	4:21:12	W18	6	0:52:43	1:23:21	2:05:08
299	3183	Schlottmann Birgit	Marathon Mülheim	4:21:27	W55	14	0:55:22	1:24:08	2:01:57
300	5294	Dietzfelbinge Mareike	*Kaarst	4:21:29	W45	56	0:56:06	1:25:28	1:59:55
301	1726	Hermanns Sabine	LT Schnecke Sonsbeck	4:21:35	W35	51	0:55:06	1:27:01	1:59:27
302	1732	Subbe-Neitzel Claudia	LT Schnecke Sonsbeck	4:21:36	W40	82	0:55:06	1:27:01	1:59:27
303	2241	Becker Christa	Trischnecken Mirker Hain	4:21:41	W45	57	0:56:55	1:24:27	2:00:18
304	3315	Herkendell Sabine	*Ratingen	4:21:43	W40	83	0:54:44	1:27:59	1:59:00
305	3628	Kosubek Cornelia	active first / holger schuett	4:21:47	W55	15	0:53:58	1:27:20	2:00:27
306	3527	Rittershaus Yvonne	*Bottrop	4:22:05	W22	20	0:55:01	1:22:31	2:04:31
307	5222	Giulia Borsatti-Diehl	lt-run4fun.de	4:22:05	W40	84	0:54:30	1:26:57	2:00:37
308	3642	Winkels Sylvia	www.dusfor.de	4:22:06	W35	52	0:54:43	1:24:47	2:02:34
309	4032	Preuß-Schmidt Claudia	SF Ennepetal	4:22:06	W40	85	0:55:27	1:25:04	2:01:33
310	2736	Scholl Barbara	PV Triathlon Witten	4:22:13	W45	58	0:49:58	1:28:18	2:03:55
311	4169	Etterich- Hoffmeister Susa	*Düsseldorf	4:22:26	W50	29	0:55:41	1:24:04	2:02:40
312	3233	Schilling Elli	LC Duisburg	4:22:30	W55	16	0:55:17	1:23:24	2:03:47
313	2384	Risse Dana	Foosa	4:22:37	W22	21	0:57:53	1:22:53	2:01:51
314	4057	Eisenberg Martina	LT Turnerbund Frintrop	4:22:40	W35	53	0:56:01	1:24:23	2:02:15
315	4893	Fischer Anke	BSG Sparkasse Duisburg	4:22:57	W35	54	0:54:54	1:23:53	2:04:09
316	4211	Kröbel-Rodig Silke	LT.Düsseldorf Süd	4:22:58	W40	86	0:55:08	1:25:49	2:02:01
317	4123	Stratmann Ruth	Diakoniewerk Duisburg	4:23:00	W40	87	0:55:03	1:28:32	1:59:24
318	3616	Hartmann Alyona	active first / holger schuett	4:23:05	W30	34	0:54:47	1:27:48	2:00:30

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3432	Tigler Angelika	Transpirators Voerde	4:23:10	W45	59	0:55:34	1:24:58	2:02:37
320	1652	Michel Karin	TLV Germania Überruhr	4:23:26	W45	60	0:56:09	1:23:14	2:04:02
321	1777	Naumann Sabine	SF Ennepetal	4:23:28	W50	30	0:54:13	1:25:36	2:03:38
322	1469	Martens Marlies	Adler-Langlauf Bottrop	4:23:35	W55	17	0:55:21	1:26:22	2:01:51
323	3695	Brues Sina	active first / holger schuett	4:23:47	W30	35	0:57:05	1:23:30	2:03:11
324	3359	Nied Constanze	*Duisburg - Rahm	4:23:47	W40	88	0:55:39	1:24:26	2:03:42
325	1522	Leitsch Birgit	LBN Duisburg	4:23:52	W50	31	0:58:52	1:25:21	1:59:37
326	1748	Körner Beate	*Sprockhövel	4:23:56	W45	61	0:57:48	1:25:43	2:00:24
327	2429	Hendricksen Anika	QTSV	4:24:08	W22	22	0:54:18	1:25:00	2:04:49
328	2921	Hellmonds Christiane	PV Triathlon Witten	4:24:25	W40	89	1:01:20	1:24:24	1:58:40
329	5278	Jakubzik Kerstin	LT Vynen	4:24:41	W35	55	0:54:06	1:24:13	2:06:21
330	5229	Seifert Anna	*Düsseldorf	4:25:15	W30	36	0:54:22	1:26:29	2:04:24
331	2826	Barral Farto Birthe	Jogmap Ruhr	4:25:19	W30	37	0:56:05	1:26:29	2:02:44
332	5643	Stiller Kathleen	TuS Breitscheid 72/89	4:25:20	W35	56	0:55:45	1:25:30	2:04:04
333	4569	Böhmer Lucia	BSG Springorum Bochum	4:25:25	W55	18	0:55:06	1:25:55	2:04:24
334	2611	Brillowski Michaela	LT Krefeld-Oppum	4:25:47	W40	90	0:53:10	1:30:46	2:01:51
335	1763	Steffen-Mester Petra	SF Ennepetal	4:25:54	W55	19	0:51:23	1:26:47	2:07:43
336	4369	Liebner Katharina	LT Bamp Herne	4:25:56	W22	23	0:54:44	1:26:59	2:04:12
337	1489	Kraiczek Gabriele	*Dortmund	4:26:00	W45	62	0:57:27	1:25:07	2:03:25
338	1488	Wittek Beatrix	Marathon Mülheim	4:26:00	W50	32	0:54:46	1:21:34	2:09:39
339	1970	Reis Sandra	AS Neukirchen-Vluyn	4:26:13	W35	57	0:54:09	1:28:28	2:03:35
340	2337	Amdohr Stephanie	*Krefeld	4:26:16	W35	58	0:56:44	1:24:19	2:05:11
341	5134	Klesse Renate	TuS Hamborn-Neumühl	4:26:39	W55	20	0:58:17	1:24:57	2:03:25
342	4153	Krah Bettina	Fun Runner VfL Gladbeck	4:26:45	W35	59	0:56:26	1:24:50	2:05:28
343	3794	Natpor Monika	BSG Team EVAG	4:27:04	W45	63	0:58:52	1:16:28	2:11:42
344	4586	Breuer Katja	*Düsseldorf	4:27:18	W30	38	0:54:44	1:27:52	2:04:41
345	3238	Schwarz Angelika	Triathlon-TEAM-Witten	4:27:22	W50	33	0:55:34	1:26:42	2:05:05
346	4142	Letzel Beate	Fun Runner VfL Gladbeck	4:27:35	W45	64	0:56:30	1:25:35	2:05:28
347	3434	Frauenrath Claudia	OTV Oberhausen	4:27:36	W45	65	0:55:50	1:27:12	2:04:33
348	2196	Karau Jutta	*Oer-Erkenschwick	4:27:44	W40	91	0:55:25	1:28:19	2:03:59
349	2455	Schwarz Ilona	*Duisburg	4:28:31	W50	34	0:56:08	1:27:01	2:05:21
350	4173	Dietrich Elke	LC Duisburg	4:28:38	W45	66	0:54:42	1:24:54	2:09:00
351	1778	Daus Annette	SF Ennepetal	4:28:39	W35	60	0:54:05	1:20:07	2:14:26
352	1534	Dietzgen Astrid	Vodafone Runners	4:28:47	W40	92	0:55:47	1:24:38	2:08:20
353	3157	Bauersachs Sandra	*MÜLHEIM	4:28:48	W35	61	0:58:25	1:26:51	2:03:31
354	5213	Pauly Christiane	*Oberhausen	4:28:59	W45	67	0:56:27	1:29:42	2:02:49
355	5276	Christian Lorelies	LT Vynen	4:29:34	W50	35	0:56:06	1:28:59	2:04:27
356	2135	Böhnke Brigitte	Borbecker Raketen Essen	4:29:38	W50	36	0:56:31	1:28:46	2:04:21
357	1937	Brückner Claudia	AS Neukirchen-Vluyn	4:29:41	W40	93	0:57:03	1:25:09	2:07:28
358	1838	Dobrauc Manuela	*Bottrop	4:29:53	W40	94	0:57:43	1:27:04	2:05:05
359	4050	Bucher Clarissa	SC Janus Köln	4:30:04	W35	62	0:56:03	1:27:10	2:06:51
360	4444	Hacker Elke	Angerland LT Lintorf	4:30:44	W60	6	0:56:59	1:28:34	2:05:10
361	2685	Grosnitz Martina	Angerland LT Lintorf	4:31:00	W45	68	0:55:52	1:36:44	1:58:23
362	3673	Schmitz Ute	LT Krefeld-Oppum	4:31:02	W45	69	0:56:50	1:30:46	2:03:25
363	2992	Schul Heike	PV Triathlon Witten	4:31:03	W50	37	0:56:35	1:28:19	2:06:08
364	5020	Rosenberger Nicola	*bocholt	4:31:05	W40	95	0:56:04	1:26:35	2:08:26
365	1892	Rychlik Birgit	LT Metzkausen	4:31:06	W45	70	0:52:28	1:20:47	2:17:50
366	2303	Karim Melanie	LC Duisburg	4:31:07	W35	63	0:55:18	1:25:12	2:10:37
367	4310	Korte Tanja	Casino Duisburg	4:31:18	W35	64	0:56:14	1:26:44	2:08:19
368	1721	Teloo Britta	LT Schnecke Sonsbeck	4:31:28	W22	24	0:55:33	1:20:29	2:15:25
369	4789	Von den Driesch Ulrike	Homberger TV	4:32:04	W40	96	0:58:16	1:29:01	2:04:46
370	3206	Kriegel Sabine	*Ratingen	4:32:05	W50	38	0:57:14	1:27:11	2:07:39
371	5096	Fotopoulou-Drewes Zoe	Homberger TV	4:32:10	W45	71	0:58:24	1:28:59	2:04:46

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	1055	Heese Daniela	Spassbremsen	4:32:13	W45	72	0:57:00	1:29:39	2:05:32
373	3870	Fesser Ines	*Düsseldorf	4:32:29	W40	97	0:57:41	1:28:19	2:06:28
374	4944	Rath Annemie	TS 79 Bergisch Gladbach	4:32:37	W60	7	0:55:02	1:30:05	2:07:28
375	4423	Suck Sabine	Ausdauerschule Bunert	4:33:03	W40	98	0:56:22	1:25:43	2:10:57
376	1457	Pitz Clever Natascha	Freiläufer	4:33:16	W40	99	0:56:45	1:28:12	2:08:18
377	1880	Jansen Dorothea	TC Kray 1892 e.V.	4:33:31	W50	39	0:58:09	1:28:18	2:07:04
378	1639	Eling Hildegard	E.ON Ruhrgas SG	4:33:33	W50	40	0:55:13	1:26:17	2:12:02
379	1961	Lütke-meier Ellen	AS Neukirchen-Vluyn	4:33:37	W45	73	0:54:24	1:28:29	2:10:43
380	3259	Wolf Martina	Ruhrrunner Essen	4:34:05	W45	74	0:53:33	1:30:48	2:09:43
381	4449	Rösel Birgit	Ausdauerschule Bunert	4:34:11	W50	41	0:57:19	1:29:06	2:07:45
382	2593	Grosse Svenja	LG Polizei Altenessen	4:34:13	W22	25	0:57:15	1:24:39	2:12:18
383	3740	Kühne Gisela	LT Metzkausen	4:34:13	W55	21	0:58:00	1:27:44	2:08:28
384	5136	Dannehl Gabi	*Essen	4:34:25	W50	42	0:56:47	1:28:19	2:09:17
385	4089	Wichert Sabine	SV Siemens Mülheim	4:34:33	W45	75	0:58:48	1:28:16	2:07:28
386	2299	Kluthe Gabriele	Marathon-team-Ratingen	4:34:41	W50	43	0:53:32	1:24:01	2:17:08
387	3901	Dudenbostel Anne	DJK VFR Saarn	4:34:48	W60	8	0:56:58	1:30:17	2:07:32
388	3725	Pump Heike	*Essen	4:34:49	W50	44	0:58:43	1:27:03	2:09:02
389	2165	Deuster Monika	*Herzogenrath	4:34:58	W45	76	0:56:34	1:26:24	2:12:00
390	3120	Ardey Undine	LG Lustige Schleicher	4:35:20	W35	65	0:56:59	1:28:08	2:10:12
391	5608	Dechnar Frauke	Ausdauerschule Bunert	4:35:22	W35	66	0:57:08	1:26:35	2:11:38
392	4435	Hartig Brigitte	PV Triathlon Witten	4:35:37	W45	77	0:58:06	1:27:53	2:09:37
393	1450	Schultz Barbara	LT Rennhamster	4:35:40	W45	78	0:56:42	1:28:25	2:10:32
394	2920	Hasselberg Andrea	PV Triathlon Witten	4:35:50	W40	100	1:01:20	1:28:19	2:06:10
395	2842	Szpogan Susanne	Immeo Wohnen	4:35:51	W45	79	0:57:34	1:25:28	2:12:47
396	1722	Van Stephaudt Magret	LT Schnecke Sonsbeck	4:36:10	W55	22	0:56:18	1:27:01	2:12:50
397	2302	Konkowski Sabine	Trinksportförderverein	4:36:17	W45	80	0:59:40	1:29:59	2:06:36
398	1775	Hörster Elisabeth	SF Ennepetal	4:36:21	W60	9	0:58:21	1:28:47	2:09:12
399	4605	Wink Tanja	Freundinnen fürs Leben	4:36:23	W35	67	0:56:00	1:30:11	2:10:12
400	4312	Baumgart Christine	Casino Duisburg	4:36:23	W35	68	0:56:20	1:28:04	2:11:58
401	3251	Hansen Kerstin	Triathlon-TEAM-Witten	4:36:27	W35	69	0:58:31	1:27:13	2:10:41
402	5077	Mulder Nadine	*Oberhausen	4:36:40	W30	39	0:57:57	1:31:37	2:07:05
403	4801	Lampe Nicole	LG Alpen	4:36:46	W35	70	0:59:50	1:25:41	2:11:14
404	5167	Weichert Tanja	LT Lustige Schleicher Essen	4:36:53	W35	71	0:58:31	1:28:08	2:10:12
405	3389	Zöller Marion	LC Duisburg	4:37:17	W50	45	0:56:57	1:29:20	2:10:58
406	1850	Lemmer Christine	*Wuppertal	4:37:20	W30	40	0:59:08	1:30:12	2:07:59
407	2586	Scarano Jutta	LC Duisburg	4:37:40	W35	72	0:58:24	1:29:35	2:09:40
408	2350	Bergemann Sandra	*Remscheid	4:37:59	W35	73	0:58:47	1:29:57	2:09:13
409	3026	Schober Carola	Zornige Ameisen Essen	4:38:20	W45	81	0:58:00	1:30:48	2:09:31
410	2595	Kobek Ulrike	Angerland LT Lintorf	4:38:27	W45	82	0:57:57	1:30:21	2:10:07
411	2309	Schürmann Marion	PV Triathlon Witten	4:38:33	W50	46	0:56:55	1:31:00	2:10:37
412	3141	Marx Birgit	*Oberhausen	4:38:33	W40	101	0:58:37	1:30:22	2:09:34
413	3825	Poungias Martina	*Oberhausen	4:38:41	W40	102	1:00:08	1:23:56	2:14:36
414	1500	Hanke Karin	SPCA-Duisburg	4:38:44	W45	83	0:57:10	1:28:06	2:13:27
415	1772	Hoff Barbara	www.dusfor.de	4:38:47	W45	84	1:01:29	1:30:55	2:06:21
416	2708	Neuland Susanne	Zum Twee Ührken	4:38:52	W40	103	0:59:09	1:29:10	2:10:32
417	2869	Dömer Barbara	*Düsseldorf	4:38:53	W35	74	0:55:57	1:27:35	2:15:20
418	4774	Hentschel Sabine	*Langenfeld	4:38:53	W45	85	0:59:18	1:30:21	2:09:13
419	2533	Helten Andrea	LT SV Haldern	4:38:58	W30	41	0:54:46	1:25:52	2:18:19
420	3021	Borg Marion	*Krefeld	4:39:07	W40	104	0:56:41	1:30:59	2:11:26
421	2359	Hildebrand Nicole	DJK TUS Rotthausen	4:39:11	W35	75	0:59:08	1:30:27	2:09:36
422	4484	Kuhmann Annika	*Duisburg	4:39:27	W30	42	0:57:34	1:29:27	2:12:25
423	3826	Hofstetter Anne	*Mülheim	4:39:50	W45	86	0:58:47	1:31:56	2:09:06
424	5041	Katemann Andrea	*Bottrop	4:40:01	W40	105	0:57:36	1:28:06	2:14:19

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	3920	Friemelt Jana	Running Team TuS Bösingho	4:40:13	W50	47	1:00:54	1:31:19	2:07:58
426	1754	Gramer Susanne	LC Duisburg	4:40:15	W35	76	0:59:38	1:28:38	2:11:58
427	4163	Herwix Maria	*Rheinberg	4:40:55	W50	48	0:59:35	1:30:36	2:10:42
428	5149	Wölk Svenja	Fun Runner VfL Gladbeck	4:41:04	W19	9	1:01:07	1:35:49	2:04:08
429	3448	Gorres Anke	*Essen	4:41:05	W50	49	0:55:43	1:30:45	2:14:36
430	4529	Paschko Nicole	*Meerbusch	4:41:31	W40	106	0:58:41	1:31:29	2:11:20
431	3798	Janßen Melanie	*Remscheid	4:41:35	W22	26	1:09:59	1:25:40	2:05:55
432	3799	Tomuseit Silke	Team ATZE	4:41:40	W40	107	0:57:49	1:29:58	2:13:53
433	1855	Griesbach-Schmitz Heide	*Neuss	4:42:17	W50	50	0:58:37	1:34:58	2:08:41
434	4193	Kramer Silvia	TGÜ Gelsenkirchen	4:42:25	W55	23	1:06:05	1:27:44	2:08:36
435	5093	Hoff Irene	unser Laufclub	4:42:26	W40	108	0:58:44	1:32:56	2:10:45
436	3820	Unterberg Bärbel	LG Alpen	4:43:30	W50	51	1:02:19	1:29:56	2:11:15
437	2320	Radomski Barbara	LC Duisburg	4:43:42	W45	87	1:02:43	1:36:03	2:04:55
438	4953	Neß Kiki	*Mülheim an der Ruhr	4:43:45	W30	43	0:58:32	1:29:24	2:15:48
439	4681	Stricker Silke	Klinikum Dortmund	4:43:52	W40	109	1:00:27	1:29:32	2:13:52
440	2184	Kersting Elke	DJK VfL Forstwald Krefeld	4:43:54	W50	52	0:59:47	1:36:47	2:07:19
441	1795	Bem Tabea	LG Wittgenstein	4:44:20	W22	27	0:58:05	1:27:52	2:18:22
442	1731	Krause-Schmieden Andre	*Mülheim an der Ruhr	4:44:21	W45	88	0:57:57	1:32:40	2:13:43
443	1953	Jack Melanie	AS Neukirchen-Vluyn	4:44:24	W30	44	1:00:48	1:31:49	2:11:46
444	1831	Börkel Ute	*voerde	4:44:30	W50	53	0:59:29	1:29:56	2:15:04
445	3841	Westrich Kristina	*Duisburg	4:44:41	W35	77	0:58:56	1:32:13	2:13:32
446	4697	Gramadies Elke	BSG Team EVAG	4:44:44	W55	24	0:59:37	1:30:47	2:14:19
447	4427	David Katrin	*Ratingen	4:44:52	W30	45	0:59:28	1:34:11	2:11:12
448	3042	Conrad Edda	NY2010	4:44:55	W45	89	0:59:34	1:30:00	2:15:20
449	1981	Tempesta Angela	AS Neukirchen-Vluyn	4:45:01	W22	28	1:01:09	1:31:51	2:11:59
450	4607	Ponto Elisabeth	Ausdauer Schule Bunert	4:45:03	W35	78	0:58:55	1:29:26	2:16:41
451	2746	Ehrentraut Sabine	Rumelner TV	4:45:12	W40	110	1:01:14	1:32:26	2:11:31
452	2615	Satzinger Sabine	*Oberhausen	4:45:44	W40	111	0:58:30	1:31:04	2:16:10
453	1974	Sandmann Karinn	AS Neukirchen-Vluyn	4:45:46	W50	54	0:59:56	1:30:03	2:15:45
454	3930	Albers Sabine	*Duisburg	4:45:47	W35	79	1:00:57	1:35:37	2:09:12
455	4604	Gottschewski Renate	BSG Springorum Bochum	4:46:04	W50	55	1:03:34	1:32:57	2:09:32
456	1630	Kielmann Simone	SV Concordia Ossenberg 18	4:46:06	W35	80	0:58:20	1:32:15	2:15:31
457	4061	Gessner Ingrid	SV Concordia Ossenberg 18	4:46:47	W55	25	1:00:47	1:35:16	2:10:43
458	5026	Ruske Sabine	*Essen	4:47:15	W50	56	0:58:21	1:33:10	2:15:43
459	3556	Gebhard Elke	*Neukirchen-Vluyn	4:47:21	W55	26	0:59:31	1:33:38	2:14:10
460	3803	Grabow Petra	Trinksportförderverein	4:47:35	W45	90	0:57:35	1:27:54	2:22:05
461	1633	Stapper Dorothee	SV Concordia Ossenberg 18	4:47:53	W45	91	0:56:44	1:35:39	2:15:30
462	4063	Schlott Heike	Die Unentschlossenen	4:48:23	W45	92	1:01:40	1:32:21	2:14:21
463	4009	Boruta Dorothea	*Köln	4:48:31	W45	93	1:01:29	1:33:13	2:13:47
464	3164	Kemppens Doris	*Ratingen	4:48:37	W45	94	1:01:06	1:31:49	2:15:41
465	1628	Gottschlich Birgit	SV Concordia Ossenberg 18	4:48:39	W45	95	1:00:53	1:32:14	2:15:30
466	3573	Schmitz Kathrin	*Duisburg	4:48:43	W22	29	0:55:18	1:34:15	2:19:09
467	4437	Rademaker Anne	Concordia Ossenberg	4:48:45	W19	10	0:58:04	1:32:30	2:18:10
468	1647	Rheinbablen von Constan	E.ON Ruhrgas SG	4:48:55	W40	112	1:04:15	1:32:23	2:12:16
469	1591	Koschorek Gabi	EVONIK WOHNEN	4:48:59	W45	96	0:59:24	1:34:25	2:15:09
470	4288	Krones-Weyers Ulrike	BSG Team EVAG	4:48:59	W45	97	0:58:21	1:36:16	2:14:22
471	4606	Schücker Nicole	Freundinnen fürs Leben	4:49:15	W30	46	0:56:00	1:34:59	2:18:16
472	3252	Joswig Bettina	Triathlon-TEAM-Witten	4:49:46	W45	98	1:00:20	1:35:10	2:14:15
473	3188	Wenzel Heike	Triathlon-TEAM-Witten	4:49:54	W45	99	1:01:13	1:34:25	2:14:15
474	2403	Kropsch Stephanie	LG Alpen	4:50:00	W35	81	1:01:37	1:30:53	2:17:29
475	4225	Boy Ulrike	TSV Viktoria Mülheim	4:50:07	W50	57	0:58:37	1:31:52	2:19:37
476	2841	Giesen Sabine	*Duisburg	4:50:28	W40	113	0:58:14	1:34:36	2:17:36
477	2333	Matzerath Elke	*Düsseldorf	4:50:34	W40	114	1:02:11	1:32:29	2:15:52

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	4268	Socher Petra	LC Duisburg	4:50:36	W50	58	0:57:20	1:29:07	2:24:07
479	3466	Traenckner Dr. Eleonore	Seitwärts Angermund	4:50:37	W40	115	1:04:48	1:32:00	2:13:48
480	3922	Böhnke Rita	Triathlon-TEAM-Witten	4:51:01	W50	59	1:00:22	1:26:39	2:23:58
481	4368	Völkel Ulrike	LT Bamp Herne	4:51:19	W45	100	1:03:52	1:38:16	2:09:10
482	3760	Ruske Julia	*Essen	4:51:21	W22	30	0:59:02	1:33:53	2:18:25
483	5594	Pälmer Susanne	active first / holger schuett	4:52:13	W45	101	0:59:39	1:31:40	2:20:53
484	3774	Stenzel Regina	*Bochum	4:52:45	W45	102	0:55:38	1:35:53	2:21:13
485	4790	Gahl Petra	Homberger TV	4:52:48	W45	103	0:59:28	1:31:44	2:21:35
486	2491	Strenger Manuela	Styrumer TV	4:53:32	W40	116	0:59:32	1:35:20	2:18:39
487	4640	Gehrmann Janin	*Ratingen	4:53:34	W22	31	1:00:39	1:33:35	2:19:19
488	4198	Weise Nicole	*Duisburg	4:53:36	W40	117	1:02:20	1:33:54	2:17:22
489	4199	Thiem Susanne	*Duisburg	4:53:37	W45	104	1:02:19	1:33:54	2:17:22
490	4665	Wagener Simone	OTV	4:53:45	W30	47	1:00:11	1:36:19	2:17:14
491	3970	Weimann Claudia	*Duisburg	4:53:47	W35	82	0:59:57	1:36:30	2:17:20
492	3624	Jaretzki Katrin	active first / holger schuett	4:54:20	W30	48	1:01:31	1:33:49	2:18:58
493	1646	Totzek Bettina	E.ON Ruhrgas SG	4:54:43	W45	105	1:00:27	1:35:47	2:18:28
494	4931	Kraemer Janina	*düsseldorf	4:55:24	W22	32	1:01:02	1:35:02	2:19:19
495	2158	Rohr Swantje	*Neuss	4:56:05	W40	118	0:59:42	1:32:15	2:24:07
496	2840	Pohl Angeles	Angerland LT Lintorf	4:56:33	W50	60	0:58:47	1:36:45	2:21:00
497	5280	Engels-Koran Ulrike	LT Vynen	4:56:42	W50	61	1:02:06	1:35:00	2:19:34
498	1665	Landmann Gisela	BSG Stadtwerke Duisburg A	4:56:45	W45	106	1:02:25	1:36:03	2:18:16
499	3657	Kerkewitz Danielle	Die 4 Lustigen 3 :-)	4:56:49	W30	49	0:59:11	1:36:33	2:21:05
500	3376	Mehl Sabine	Zornige Ameisen Essen	4:56:52	W40	119	1:02:39	1:35:59	2:18:12
501	1453	Riedel Susanne	LT Rennhamster	4:56:55	W45	107	1:02:09	1:32:06	2:22:39
502	5247	Von Seelen Kerstin	*Solingen	4:57:07	W35	83	1:02:03	1:35:46	2:19:16
503	1728	Thißen Viviane	LT Schnecke Sonsbeck	4:57:27	W22	33	1:00:39	1:35:54	2:20:53
504	3758	Grafeld Nici	BSG Sparkasse Essen	4:58:07	W30	50	1:03:05	1:35:32	2:19:29
505	2781	Fornier Katja	*Bochum	4:58:13	W35	84	1:03:55	1:38:08	2:16:09
506	1720	Teloo Anni	LT Schnecke Sonsbeck	4:58:34	W55	27	1:00:38	1:36:07	2:21:48
507	1455	Kunas Tanja	LT Rennhamster	4:58:44	W40	120	0:48:09	1:39:26	2:31:08
508	3869	Joseph Brigitte	*Dinslaken	4:58:48	W40	121	1:00:00	1:38:51	2:19:56
509	1542	Grävenstein Claudia	Vodafone Runners	4:58:53	W40	122	1:00:44	1:38:00	2:20:08
510	5215	Hoffmann Andrea	TTW Witten	4:59:11	W40	123	1:05:08	1:35:03	2:18:59
511	1427	Grabienski Petra	E.ON Ruhrgas SG	4:59:20	W50	62	1:03:48	1:34:46	2:20:45
512	1786	Voigt Catrin	*Hilden	5:00:03	W45	108	1:02:59	1:35:20	2:21:44
513	5147	Wölk Bettina	Fun Runner VfL Gladbeck	5:00:10	W50	63	1:05:45	1:37:39	2:16:45
514	3080	Rösler Andrea	*DUISBURG	5:00:23	W40	124	1:02:48	1:36:53	2:20:40
515	2518	Licata Astrid	Dudel-Runner	5:00:42	W35	85	1:03:09	1:36:53	2:20:39
516	5121	Weymann Birgit	*Mülheim an der Ruhr	5:01:24	W40	125	1:01:50	1:38:13	2:21:20
517	1703	Glubrecht Tatjana	Boxclub Geldern	5:01:58	W22	34	1:05:49	1:38:10	2:17:58
518	3132	Wallasch Geertje	TV Aldekerk	5:02:09	W50	64	1:02:07	1:35:27	2:24:34
519	3504	Petersen Stefanie	*Duisburg	5:02:31	W19	11	0:59:56	1:34:00	2:28:35
520	2379	Finger Michaela	*Duisburg	5:02:46	W40	126	0:59:51	1:41:19	2:21:35
521	1990	Neumann Claudia	AS Neukirchen-Vluyn	5:03:31	W30	51	1:04:48	1:38:16	2:20:27
522	3791	Müller Beate	LT Turnerbund Frintrop	5:04:17	W45	109	1:02:24	1:36:36	2:25:17
523	1967	Petzke Nadine	AS Neukirchen-Vluyn	5:04:25	W30	52	1:04:30	1:38:27	2:21:27
524	4363	Neuwirth Kerstin	LT Bamp Herne	5:04:44	W40	127	1:03:52	1:38:17	2:22:34
525	5014	Steinkemper-Lange Brigi	LA Spvgg Herten	5:05:01	W55	28	1:03:26	1:36:14	2:25:19
526	5172	Molitor Manja	*Düsseldorf	5:05:53	W30	53	1:04:28	1:37:50	2:23:34
527	1445	Heinen Nicole	LT Rennhamster	5:06:48	W35	86	1:01:23	1:34:16	2:31:08
528	3463	Eisenblätter Ursula	*Mülheim an der Ruhr	5:07:11	W40	128	1:03:18	1:37:37	2:26:15
529	3213	Stapff Martina	*Moers	5:08:12	W30	54	1:09:07	1:39:56	2:19:08
530	4773	Möllhoff Ute	*Mülheim	5:08:26	W50	65	1:04:41	1:38:52	2:24:53



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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	1634	Wenzel Sabine	SV Concordia Ossenberg 18	5:08:55	W40	129	1:01:32	1:42:37	2:24:44
532	4446	Zimmermann Corinna	*Radevormwald	5:09:20	W40	130	1:04:14	1:38:46	2:26:19
533	1976	Schröder Elvira	AS Neukirchen-Vluyn	5:09:23	W50	66	1:05:50	1:39:15	2:24:17
534	1465	Fugmann Jutta	Zornige Ameisen Essen	5:10:12	W60	10	1:04:31	1:41:02	2:24:37
535	5086	Wirtz Gabriele	A1 activefirst	5:10:31	W55	29	1:02:38	1:39:32	2:28:21
536	1629	Feltes Susanne	SV Concordia Ossenberg 18	5:11:00	W40	131	1:08:10	1:41:31	2:21:19
537	5558	Schulmeisters Stephany	BSG Sparkasse Duisburg	5:11:01	W19	12	1:06:03	1:37:48	2:27:09
538	3406	Adams Elisabeth	BSG Sparkasse Duisburg	5:11:02	W40	132	1:06:03	1:37:48	2:27:10
539	2540	Gottschalk Andrea	TURA Buderich	5:11:24	W45	110	1:05:16	1:43:47	2:22:21
540	2525	Diercks Barbara	*Krefeld	5:11:45	W50	67	1:04:57	1:40:49	2:25:58
541	5285	Huyssen-Karth Gabriele	LT Vynen	5:12:23	W45	111	1:05:49	1:42:33	2:23:59
542	1680	Czapp-Günter Angela	Vodafone Runners	5:14:33	W50	68	1:05:13	1:40:14	2:29:06
543	3609	Schoenknecht Anika	active first / holger schuett	5:15:01	W30	55	1:06:16	1:40:02	2:28:42
544	1523	Rzeznicki Sandra	LBN Duisburg	5:15:07	W35	87	1:05:10	1:40:49	2:29:06
545	1454	Becker Gabriele	LT Rennhamster	5:17:05	W55	30	1:06:30	1:39:26	2:31:08
546	3749	Hahmann Beate	TuS 62 Opladen	5:17:21	W40	133	1:00:17	1:45:56	2:31:08
547	3611	Zimmerer Marcia	active first / holger schuett	5:17:49	W55	31	1:03:32	1:47:58	2:26:18
548	4915	Wegenauer Anke	*Duisburg	5:18:48	W45	112	1:05:40	1:39:30	2:33:37
549	1411	Heimann Monika	E.ON Ruhrgas SG	5:19:01	W60	11	1:04:50	1:41:38	2:32:31
550	4647	Wagner Astrid	SG Deutsche Bank	5:19:54	W45	113	1:04:25	1:44:53	2:30:35
551	1484	Freitag Karin	Ruhrrunner Essen	5:21:12	W45	114	1:04:50	1:39:12	2:37:10
552	3765	Handt Claudia	*Essen	5:22:01	W35	88	1:03:58	1:42:24	2:35:37
553	3824	Heim Tina	*Dinslaken	5:22:55	W50	69	1:07:08	1:40:53	2:34:53
554	3597	Aslan Yasemin	active first / holger schuett	5:24:16	W35	89	1:06:23	1:39:51	2:38:01
555	3106	Bendig Daria	LT Wischlingen Dortmund	5:24:18	W35	90	1:06:22	1:47:09	2:30:46
556	3387	Lange Ute	Post SV Opladen e.V.	5:24:41	W55	32	1:07:26	1:45:56	2:31:18
557	2793	Lotz Annemarie	*Moers	5:26:20	W50	70	1:04:56	1:46:05	2:35:17