

**Nike Winterlaufserie  
des ASV Duisburg 2012  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1627	Meyer Manuel	TV Wattenscheid	2:30:55	M35	1	0:30:42	0:49:00	1:11:12
2	1600	Kruck Karsten	Bunert Duisburg	2:34:29	M30	1	0:33:13	0:49:52	1:11:24
3	1693	Eickel Klaus	LGO Bochum	2:37:04	M22	1	0:32:34	0:50:50	1:13:39
4	3530	Losch Stefan	TUSEM Essen	2:42:27	M40	1	0:34:13	0:52:35	1:15:39
5	3574	Monster Daniel	AS Neukirchen-Vluyn	2:46:20	M40	2	0:35:01	0:53:24	1:17:53
6	3366	Glahn Florian	LG Mülheim	2:48:55	M35	2	0:35:59	0:53:52	1:19:04
7	2288	Tertünste Björn	MTG Horst Essen	2:49:21	M35	3	0:36:03	0:55:09	1:18:09
8	3599	Werner Stefan	Bocholter WSV	2:50:11	M35	4	0:36:22	0:55:25	1:18:23
9	4330	Lawrenz Leif	ESV Meiderich	2:51:28	M30	2	0:35:53	0:54:40	1:20:53
10	1749	Voll Ulrich	Vodafone-Runners	2:53:20	M50	1	0:37:20	0:55:29	1:20:31
11	5157	Büchel Matthias	*Hamburg	2:54:19	M30	3	0:36:49	0:54:52	1:22:38
12	2224	Gast Klaus	Rumelner TV	2:55:25	M45	1	0:36:58	0:56:25	1:22:01
13	3933	Schmidt Heiko	*Düsseldorf	2:55:33	M35	5	0:36:45	0:56:09	1:22:38
14	2424	Peter Detlev	Krefelder Kanu Klub	2:56:15	M45	2	0:36:42	0:56:09	1:23:23
15	1993	Cramer Matthias	LG COESFELD	2:56:52	M40	3	0:37:44	0:57:14	1:21:52
16	5008	Concha Fernando	*Ossenberg	2:58:03	M22	2	0:38:46	0:56:43	1:22:33
17	2995	Moldenhauer Kai	Triathlon TEAM TG Witten	2:58:08	M40	4	0:36:50	0:56:58	1:24:20
18	1806	Schmidt-Fehrenbacher Vo	Vodafone-Runners	2:58:23	M50	2	0:37:50	0:58:00	1:22:32
19	3189	Ganzow Tobias	DLC Aachen	2:58:45	M30	4	0:36:47	0:57:26	1:24:31
20	2979	Kirschbaum Arne	Krefelder Kanu Klub	2:59:00	M35	6	0:38:44	0:57:52	1:22:23
21	2426	Krause Frank	WIR BEI HKM	2:59:04	M45	3	0:37:32	0:57:28	1:24:02
22	4904	Stephan Bernd	LC Duisburg	2:59:16	M50	3	0:36:42	0:57:24	1:25:09
23	5711	Ilfang Malte	TUS Breitscheid	3:00:21	M22	3	0:41:23	0:56:23	1:22:34
24	4212	Klein Ingo	Triathlon Team Ratingen 08	3:00:23	M30	5	0:37:44	0:58:28	1:24:10
25	2236	Tiemann Thorsten	TV Voerde	3:00:54	M40	5	0:38:22	0:58:02	1:24:28
26	2912	Krannich Ingmar	ART Düsseldorf	3:01:23	M35	7	0:36:58	0:57:06	1:27:19
27	4442	Damm Harald	LG Wuppertal	3:01:25	M50	4	0:37:53	0:58:20	1:25:10
28	2392	Ghazi Khalid	IKV Bochum e.V.	3:02:14	M40	6	0:38:35	0:58:47	1:24:50
29	3087	Backes Helmut	*Ratingen	3:02:28	M40	7	0:37:48	0:58:18	1:26:21
30	5127	Steinmetz Christian	*Essen	3:02:37	M30	6	0:38:14	0:58:44	1:25:38
31	4538	Dobos Ivo	ASC Rosellen/Neuss	3:02:45	M22	4	0:37:57	0:58:16	1:26:30
32	3925	Trzensiok Martin	*Hünxe	3:03:16	M35	8	0:38:13	0:58:51	1:26:10
33	3179	Mehtieff Alexander	Krefelder Kanu Klub	3:03:17	M45	4	0:38:47	0:57:48	1:26:41
34	5334	Schult Ingo	TSV Hochdahl	3:03:22	M50	5	0:38:43	0:59:03	1:25:36
35	1986	Zywietz Eike	200PRO	3:03:28	M30	7	0:38:51	0:58:21	1:26:15
36	3763	Minke Sebastian	ASC Rosellen/Neuss	3:03:44	M35	9	0:36:20	0:55:08	1:32:15
37	2115	Gerke Marco	*Duisburg	3:03:49	M30	8	0:38:12	1:00:26	1:25:10
38	2017	Schubbert Michael	BSG Stadtwerke Duisburg	3:03:51	M40	8	0:38:30	0:58:54	1:26:27
39	2023	Dorobeck Burkhard	*Düsseldorf	3:03:59	M50	6	0:38:27	0:58:52	1:26:39
40	2259	Juckel Dr. Bernd	SG Neukirchen-Hülchrath	3:04:02	M60	1	0:38:35	0:58:27	1:27:00
41	3723	Abels Rolf	DJK Preussen 1911 Bochum	3:04:30	M55	1	0:38:16	0:59:29	1:26:44
42	2396	Beisert Michael	Rot-Weiss Essen	3:04:30	M40	9	0:37:55	0:59:22	1:27:12
43	4306	Schneider Christoph	ERGO Sports Düsseldorf	3:04:40	M55	2	0:40:22	0:59:06	1:25:11
44	1890	Grönke Steffen	200PRO	3:04:44	M30	9	0:37:44	0:58:15	1:28:44
45	4763	Overkämping Steffen	*Köln	3:05:00	M22	5	0:37:57	0:58:39	1:28:22
46	5048	Hirst David	DJK VfR Saar	3:05:07	M50	7	0:40:02	0:58:58	1:26:06
47	4132	Helmich Klaus	Rumelner TV	3:05:08	M40	10	0:38:14	0:59:19	1:27:34
48	4344	Te Baay Stefan	LT SV Haldern	3:05:09	M40	11	0:38:20	1:00:27	1:26:21
49	4284	Niederberghaus André	DJK Coesfeld	3:05:57	M35	10	0:38:19	1:00:01	1:27:37
50	3595	Hanna Mike	TG Neuss	3:06:01	M40	12	0:39:11	0:59:25	1:27:24
51	2354	Himpler Ralf	Bocholter WSV	3:06:11	M45	5	0:38:11	0:59:40	1:28:19
52	2694	Künzel Rüdiger	Laufftreff Uhlenhorst	3:06:19	M50	8	0:38:27	1:00:01	1:27:50
53	2894	Dienst Volker	LAV Essen/Werdener TB	3:06:23	M45	6	0:39:24	1:00:28	1:26:29

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	1928	Friedrich Martin	200PRO	3:06:24	M30	10	0:38:26	0:58:55	1:29:02
55	4594	Knappe Jörg	DJK VfR Saarn	3:06:36	M45	7	0:38:51	0:59:57	1:27:47
56	2362	Neuhaus Baptist	*Hattingen	3:06:39	M30	11	0:39:38	0:59:53	1:27:06
57	3431	Hüser Dirk	LG Theater Essen	3:06:57	M45	8	0:39:13	0:59:57	1:27:46
58	3585	Przewloka Joachim	TG Neuss	3:07:28	M50	9	0:40:25	0:59:38	1:27:24
59	2344	Schwerkolt Torsten	Marathon Mülheim	3:07:42	M35	11	0:39:41	1:01:20	1:26:39
60	2472	Hochheim Martin	*Monheim am Rhein	3:08:09	M22	6	0:38:22	1:00:23	1:29:23
61	2659	Hoffmann Jörg	Bocholt	3:08:09	M35	12	0:39:00	0:59:37	1:29:31
62	5225	Janssen Michael	*Goch	3:08:20	M40	13	0:38:21	1:00:09	1:29:49
63	2323	Witt Christoph	TUSEM Essen	3:08:41	M35	13	0:39:08	1:01:01	1:28:31
64	4248	Oelsner Dr. Malte	LT Alt-Erkrath	3:08:51	M45	9	0:39:48	1:00:41	1:28:22
65	1612	Eichert Christoph	200PRO	3:09:05	M22	7	0:39:35	0:59:37	1:29:52
66	2420	Göress Jörg	*Witten	3:09:49	M22	8	0:38:42	0:58:57	1:32:09
67	4146	Schneider Thorsten	TuS Oberbrügge	3:10:05	M50	10	0:40:09	1:00:51	1:29:04
68	3651	Jany Thomas	TRC Essen 84	3:10:12	M40	14	0:39:36	1:01:14	1:29:20
69	3068	Heßling Michael	Tri Ducks Dorsten	3:10:15	M40	15	0:39:26	1:00:35	1:30:13
70	3747	Kinzig Stefan	*Wachtendonk	3:10:46	M35	14	0:39:13	1:01:06	1:30:26
71	3917	Nitschke Thorsten	*Duisburg	3:10:51	M40	16	0:39:45	0:59:48	1:31:18
72	4328	Lorenz Frank	LT Gruiten-Neandertal	3:11:10	M40	17	0:40:37	1:02:02	1:28:30
73	2658	Klaas Jens	*Mülheim an der Ruhr	3:11:13	M40	18	0:40:29	1:00:46	1:29:56
74	5219	Poley Jens	*Duisburg	3:11:13	M30	12	0:39:04	1:02:20	1:29:48
75	2352	Klein-Bösing Carsten	SV Schermbeck	3:11:19	M35	15	0:39:36	1:00:14	1:31:28
76	2886	Ucka Matthias	*Castrop-Rauxel	3:11:27	M35	16	0:41:27	1:01:01	1:28:58
77	2395	Hasse Eiko	Lauflöwen Henkel	3:11:28	M50	11	0:40:52	1:01:30	1:29:04
78	4517	Linke Marcus	*Hattingen	3:11:32	M35	17	0:40:23	1:03:13	1:27:55
79	1647	Rodriguez-Baena Rafael	TC Kray 1892 e.V.	3:11:34	M40	19	0:39:50	1:02:31	1:29:12
80	1902	Erbler Richard	200PRO	3:11:40	M40	20	0:40:18	1:01:17	1:30:03
81	3681	Peters Andreas	*Xanten	3:11:58	M35	18	0:39:44	1:01:33	1:30:39
82	2728	Holstein Dirk	LGO Bochum	3:12:17	M45	10	0:40:47	1:01:57	1:29:32
83	4940	Schürings Armin	Max Maulwurf Marathonis	3:12:18	M40	21	0:40:16	1:01:57	1:30:04
84	4613	Möllenhoff Klaus	TG Neuss	3:12:20	M22	9	0:40:38	1:01:29	1:30:11
85	3990	Köhler Dieter	TSV Viktoria Mülheim	3:12:21	M40	22	0:40:20	1:02:04	1:29:56
86	2689	Nonn Michael	SC Bayer 05 Uerdingen	3:12:47	M50	12	0:39:47	1:01:48	1:31:11
87	2095	Stachowiak Thomas	LT Bittermark Dortmund	3:12:57	M50	13	0:40:35	1:02:34	1:29:46
88	3617	Glaubitzi Simon	*Ratingen	3:13:41	M35	19	0:40:19	1:01:31	1:31:49
89	2026	Smethurst Miles	Triathlon Team Ratingen 08	3:13:44	M45	11	0:40:45	1:02:31	1:30:27
90	5176	Mandel Marcel	SC Bayer 05 Uerdingen	3:13:45	M30	13	0:40:20	1:03:57	1:29:28
91	2933	Glietz Thorsten	*Krefeld	3:14:08	M40	23	0:39:54	1:01:43	1:32:30
92	2511	Jonke Hermann	Henkel Lauflöwen	3:14:15	M55	3	0:41:36	1:03:45	1:28:52
93	2731	Steingrobe Udo	LT Uerdingen Marathon Runn	3:14:16	M60	2	0:40:22	1:01:36	1:32:17
94	4425	Wazna Holger	Maratonczyk Sylwii	3:14:28	M35	20	0:40:36	1:02:49	1:31:01
95	1723	Winzig Guido	Vodafone-Runners	3:14:28	M40	24	0:40:50	1:01:46	1:31:52
96	2266	Kiedel André	SV Gladbeck 13	3:14:38	M35	21	0:41:02	1:02:49	1:30:47
97	3589	Huschauer Horst	TG Neuss	3:14:39	M45	12	0:41:20	1:03:04	1:30:14
98	2134	Michalka Ralph	LT Alt-Erkrath	3:14:45	M40	25	0:40:35	1:01:37	1:32:33
99	2956	Große Dieter	LC Duisburg	3:14:51	M40	26	0:41:15	1:03:03	1:30:31
100	4178	Orosz Dr. Robert	LT Uerdingen Marathon Runn	3:14:54	M35	22	0:40:51	1:02:45	1:31:17
101	2264	Lampert Sascha	LT Kettwig 2000	3:15:12	M35	23	0:42:32	1:03:45	1:28:54
102	3473	Wozniak Sebastian	Kanale Grande	3:15:19	M35	24	0:40:35	1:01:24	1:33:19
103	4115	Tielkes Berthold	Bocholter WSV	3:15:28	M30	14	0:40:38	1:03:05	1:31:44
104	4854	Ostrowitzki Frank	*Mülheim	3:15:29	M35	25	0:40:57	1:03:20	1:31:10
105	2340	Steinig Marco	*Kaarst	3:15:31	M40	27	0:41:10	1:03:00	1:31:20
106	2161	Dietrich Eckhardt	TUS Breitscheid	3:15:46	M60	3	0:43:27	1:02:46	1:29:33

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	3347	Zilian Lars	LAV Essen/Werdener TB	3:15:53	M35	26	0:39:40	1:02:36	1:33:36
108	2727	Hilbers Christof	*Radevormwald	3:16:06	M40	28	0:39:47	1:02:24	1:33:55
109	5416	Frank Matthias	*Duisburg	3:16:18	M18	1	0:38:01	0:58:53	1:39:22
110	3627	Röttger Joachim	*Mülheim	3:16:48	M50	14	0:39:43	1:01:21	1:35:43
111	2217	Schultz Klaus	*Ratingen	3:16:54	M45	13	0:41:13	1:02:43	1:32:57
112	3728	Schilderink Jörg	Bocholter WSV	3:17:00	M22	10	0:40:44	1:04:03	1:32:11
113	2441	Petry Andreas	Rapid Ramirez	3:17:09	M45	14	0:42:00	1:03:59	1:31:09
114	4262	Zupan Achim	RWE Starlight Team Essen	3:17:11	M50	15	0:41:10	1:03:14	1:32:47
115	3136	Fahsel Thorsten	RWE Power	3:17:16	M45	15	0:41:27	1:02:25	1:33:22
116	2615	Rütter Marc	Rapid Ramirez	3:17:20	M40	29	0:41:52	1:02:36	1:32:52
117	1722	Nohr Ingo	Vodafone-Runners	3:17:26	M50	16	0:41:18	1:02:29	1:33:38
118	4720	Hemmers Christian	*Mülheim	3:17:26	M22	11	0:39:23	1:01:57	1:36:05
119	3739	Thomauske Norbert	TuSpo Huckingen	3:17:27	M50	17	0:39:41	1:02:29	1:35:15
120	5324	Butzer Martin	ATV Altenessen 1886 e.V.	3:17:32	M45	16	0:41:27	1:04:26	1:31:38
121	2790	Vogt André	LC Duisburg	3:17:41	M40	30	0:40:58	1:03:21	1:33:20
122	2391	Hoppe Arnold	Die Kanalratten SGZ Essen	3:17:42	M45	17	0:41:25	1:03:24	1:32:52
123	5390	Stendal Dirk	*Langenfeld	3:17:44	M40	31	0:40:33	1:02:43	1:34:28
124	4478	Oberhagemann Armin	Adler-Langlauf Bottrop	3:17:46	M40	32	0:41:37	1:03:02	1:33:06
125	5413	Gmirrek Andreas	ASV LT Kemperdick	3:18:03	M45	18	0:42:08	1:03:34	1:32:20
126	5294	Krobok Marc	*Mülheim an der Ruhr	3:18:18	M40	33	0:41:08	1:04:20	1:32:49
127	4159	Wolff Ralf	PV-Triathlon Witten	3:18:23	M45	19	0:41:09	1:03:19	1:33:54
128	5244	Frank Karsten	Vorwärts Rückwärts	3:18:34	M40	34	0:42:22	1:03:42	1:32:29
129	3077	Stirne Thomas	*Leverksuen	3:18:36	M40	35	0:43:39	1:04:32	1:30:24
130	2879	Liebchen Peter	LAV Essen/Werdener TB	3:18:43	M50	18	0:41:34	1:02:33	1:34:35
131	3795	Skoerys Michael	Triathlon Team Ratingen 08	3:18:52	M45	20	0:41:56	1:02:35	1:34:19
132	4410	Meier Jens Oliver	LG Captains	3:19:04	M30	15	0:41:15	1:04:50	1:32:59
133	3930	GALL JENS	ASC Ratingen	3:19:05	M45	21	0:42:03	1:02:57	1:34:05
134	3330	Kintzel Marcus	LC Duisburg	3:19:15	M40	36	0:40:47	1:03:07	1:35:20
135	1716	Kortmann Thomas	BSG Duisburg/Commerzban	3:19:24	M40	37	0:42:01	1:04:03	1:33:18
136	3178	Kühn Dirk	*duisburg	3:19:26	M40	38	0:40:38	1:03:31	1:35:16
137	3733	Schleuter Christian	Bocholter WSV	3:19:32	M30	16	0:40:51	1:03:37	1:35:03
138	3804	Kodjayan Patrick	hofacker-runner.de.vu	3:19:46	M35	27	0:41:23	1:04:13	1:34:08
139	4031	Van Treeck Andreas	LC Duisburg	3:20:25	M45	22	0:41:34	1:03:27	1:35:24
140	3668	Schnitzler Jochen	*Düsseldorf	3:20:26	M55	4	0:43:08	1:03:55	1:33:22
141	3371	Bücher Marco	Erler-Sportgemeinschaft	3:20:26	M35	28	0:41:57	1:04:10	1:34:18
142	1801	Tenten Arnold	Vodafone-Runners	3:20:27	M45	23	0:40:47	1:06:05	1:33:34
143	3931	Grosnitz Dirk	Angerland LT Lintorf	3:20:30	M45	24	0:41:14	1:02:43	1:36:33
144	4100	Lubjuhn Stefan	VfL 08 Repelen	3:20:38	M45	25	0:41:28	1:04:35	1:34:33
145	3344	Kohlhöfer Udo	Krefelder Kanu Klub	3:20:40	M45	26	0:42:23	1:03:41	1:34:35
146	3948	Natschke Jörg	Doppelrunde	3:21:05	M50	19	0:40:46	1:03:21	1:36:56
147	3991	Weibel Johannes	LT Schnecke Sonsbeck	3:21:05	M50	20	0:41:19	1:05:42	1:34:04
148	2819	Kral Jan	Fortuna	3:21:10	M35	29	0:42:32	1:05:04	1:33:33
149	1617	Starrach Carsten	*Essen	3:21:16	M35	30	0:43:35	1:05:09	1:32:31
150	3961	Kranauge Thomas	BSG Barmenia Versicheru	3:21:16	M40	39	0:39:38	1:02:04	1:39:32
151	3207	Höfling Michael	*Hagen	3:21:34	M40	40	0:42:57	1:05:22	1:33:15
152	2459	Peters Michael	*Duisburg	3:21:42	M30	17	0:38:59	1:02:50	1:39:53
153	1927	Schütz Christopher	200PRO	3:21:47	M22	12	0:41:24	1:05:02	1:35:19
154	5052	Fiegen Dominik	SC Bayer 05 Uerdingen	3:21:52	M19	1	0:40:12	1:03:59	1:37:41
155	4511	Schott Martin	LC Duisburg	3:22:01	M45	27	0:42:12	1:05:23	1:34:25
156	5316	Salnikow Paul	beverlaufftreff	3:22:08	M30	18	0:42:20	1:05:33	1:34:15
157	5123	Aßmann Dennis	*Duisburg	3:22:17	M22	13	0:39:46	1:05:57	1:36:33
158	4302	Meyrich Jörg	*Düsseldorf	3:22:17	M40	41	0:42:31	1:04:47	1:34:58
159	1763	Beissel Jens	Vodafone-Runners	3:22:24	M35	31	0:40:53	1:05:16	1:36:14

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3202	Theisen Dr. Oliver	Eintracht Duisburg 1848 e.V.	3:22:26	M40	42	0:41:29	1:03:35	1:37:21
161	1988	Leifkes Steffen	LG COESFELD	3:22:32	M22	14	0:40:20	1:04:49	1:37:22
162	2071	John Dennis	Team Erdinger Alkoholfrei	3:22:39	M30	19	0:40:45	1:03:09	1:38:45
163	5450	Soltau Carsten	Volksbank Rhein-Ruhr eG.	3:22:42	M40	43	0:41:18	1:04:51	1:36:31
164	2198	Kühnen Thomas	BSG Sparkasse Duisburg	3:22:46	M45	28	0:42:45	1:05:05	1:34:55
165	3265	Fiedler Michael	*Voerde	3:22:53	M45	29	0:41:56	1:06:13	1:34:43
166	3116	Karjetta Axel	LTV TriForce	3:23:13	M50	21	0:42:02	1:05:52	1:35:17
167	3600	Kremer Werner	Ausdauerschule by bunert	3:23:26	M50	22	0:42:48	1:05:10	1:35:28
168	3141	Knepper Michael	Marathon Mülheim	3:23:29	M45	30	0:41:38	1:04:43	1:37:08
169	3157	Kowitz Gerrit	*Willich	3:23:30	M40	44	0:44:37	1:05:22	1:33:30
170	1798	Markus Christian	Vodafone-Runners	3:23:32	M45	31	0:41:29	1:04:50	1:37:13
171	3518	Hertog Dietmar	THS Wohnen GmbH	3:23:34	M40	45	0:43:15	1:05:24	1:34:54
172	3012	Bürger Thomas	Tri Club Wuppertal	3:23:39	M40	46	0:35:37	1:21:48	1:26:12
173	4276	Flüß Dr. Michael Oliver	*Erkrath	3:23:43	M45	32	0:41:39	1:06:05	1:35:58
174	2013	Künsken Carsten	SV Hullern	3:24:00	M40	47	0:43:06	1:04:53	1:36:00
175	5700	Hammelmaier Marcus	TUS Breitscheid	3:24:04	M35	32	0:40:27	1:02:23	1:41:13
176	2751	Lüdtke Karsten	SV Budberg	3:24:06	M45	33	0:48:01	0:59:28	1:36:36
177	3558	Schieder Mike	AS Neukirchen-Vluyn	3:24:09	M22	15	0:43:17	1:06:39	1:34:12
178	1899	Getwan Lars	200PRO	3:24:14	M35	33	0:39:26	1:07:22	1:37:24
179	2484	Giersch Andreas	*Duisburg	3:24:21	M35	34	0:42:50	1:06:33	1:34:58
180	3498	Walburg Andreas	*Mülheim an der Ruhr	3:24:22	M40	48	0:43:19	1:05:50	1:35:11
181	2235	Vogler Stephan	Adler-Langlauf Bottrop	3:24:23	M40	49	0:42:30	1:07:18	1:34:33
182	1740	Macke Dirk	Vodafone-Runners	3:24:49	M40	50	0:42:52	1:06:12	1:35:44
183	2647	Dillig Mark	*Duisburg	3:25:04	M35	35	0:42:46	1:06:37	1:35:40
184	3433	Ahlrichs Frank	*Dortmund	3:25:12	M50	23	0:40:33	1:02:14	1:42:23
185	5122	Mroß Michael	*Duisburg	3:25:14	M50	24	0:42:41	1:05:55	1:36:37
186	2216	Hoeren Christoph	LT Alt-Erkrath	3:25:14	M40	51	0:41:14	1:04:05	1:39:53
187	5257	Welskopf Peter	Ballettschule Müller	3:25:29	M50	25	0:41:38	1:05:10	1:38:39
188	3341	Baumgarten Manfred	*Bergheim	3:25:34	M50	26	0:43:21	1:06:05	1:36:06
189	3137	Holzapfel Thomas	LTC 76	3:25:37	M40	52	0:41:41	1:06:34	1:37:21
190	3897	Düren Andreas	Running Team Hochschule B	3:25:47	M45	34	0:41:57	1:05:01	1:38:47
191	2088	Göttling Andreas	Adler Weseke Radsport	3:25:50	M40	53	0:42:18	1:07:17	1:36:14
192	2429	Robert Ferdinand	Bocholt	3:25:51	M45	35	0:42:19	1:06:18	1:37:12
193	1755	Stackmann Carsten	Vodafone-Runners	3:25:52	M40	54	0:43:04	1:05:17	1:37:30
194	4378	Von der Heyden Ralf	TV Aldekerk	3:26:06	M35	36	0:41:35	1:07:52	1:36:38
195	4334	Maurer Markus	Immeo Wohnen Service Gmb	3:26:12	M45	36	0:42:48	1:06:02	1:37:21
196	4928	Oelschläger Klaus	*Düsseldorf	3:26:12	M50	27	0:42:06	1:06:14	1:37:51
197	4331	Röthling Axel	ESV Meiderich	3:26:13	M50	28	0:42:11	1:05:13	1:38:48
198	3987	Wellmanns Karl-Heinz	LT Schnecke Sonsbeck	3:26:22	M45	37	0:43:07	1:06:29	1:36:45
199	4412	Schmitz Jürgen	*Essen	3:26:23	M45	38	0:52:44	1:03:34	1:30:05
200	4609	Aptekar Leonid	*Düsseldorf	3:26:30	M40	55	0:41:43	1:07:26	1:37:20
201	2167	Niehaves Christian	SG Borken	3:26:32	M45	39	0:42:41	1:07:23	1:36:28
202	3367	Simon Dr. Dieter	LG Mülheim	3:26:36	M50	29	0:44:37	1:06:26	1:35:31
203	2712	Tillmann Horst	TSC Velbert	3:26:36	M50	30	0:43:14	1:05:50	1:37:32
204	4003	Möllmann Udo	Bocholt Lo to go!	3:26:40	M40	56	0:43:36	1:07:28	1:35:35
205	4515	Lüttge Markus	NORDWEST Handel AG Ru	3:27:04	M35	37	0:40:45	1:08:25	1:37:52
206	2669	Paur Jürgen	hofacker-runner.de.vu	3:27:14	M45	40	0:42:46	1:05:59	1:38:28
207	1660	Blötner-Schle Uwe	E.ON Ruhrgas SG	3:27:22	M50	31	0:41:59	1:06:31	1:38:52
208	2578	Beckmann Micha	Palma Runners	3:27:27	M45	41	0:43:17	1:06:44	1:37:25
209	2188	Hentschel Mario	AH SVK	3:27:33	M35	38	0:42:44	1:03:48	1:41:00
210	3284	Parusel Stefan	Blau-Weiß Bochum	3:27:33	M40	57	0:41:37	1:06:19	1:39:36
211	5014	Christoph Mark	Krefelder Kanu Klub	3:27:37	M45	42	0:42:28	1:08:44	1:36:25
212	4014	Daemen Oliver	OSC Rheinhausen	3:27:44	M45	43	0:42:50	1:06:04	1:38:50

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	4230	Brings Jürgen	DJK VfR Saarn	3:27:55	M50	32	0:43:46	1:07:34	1:36:35
214	5336	Danisch Eugen	lafend älter	3:27:55	M50	33	0:44:43	1:05:19	1:37:52
215	2534	Müller Marvin	SV Schermbeck	3:27:56	M19	2	0:42:47	1:05:27	1:39:41
216	5222	Heisel Wolfgang	Doppelrunde	3:28:02	M45	44	0:42:39	1:07:12	1:38:10
217	2804	Knauff Matthias	*Essen	3:28:12	M40	58	0:42:04	1:06:32	1:39:36
218	2612	Müller Hans-Rainer	*Herne	3:28:17	M40	59	0:42:35	1:07:26	1:38:15
219	4295	Michallek Marcus	Ruhrverband	3:28:28	M30	20	0:44:51	1:06:09	1:37:27
220	4096	Ziemons André	Rapid Ramirez	3:28:34	M55	5	0:43:34	1:07:08	1:37:51
221	3121	Möllmann Norbert	Bocholt	3:28:39	M50	34	0:43:06	1:06:54	1:38:37
222	3802	Spratte Thomas	*Rheinberg	3:28:41	M40	60	0:42:30	1:06:52	1:39:19
223	2359	Dick Viktor		3:28:56	M45	45	0:42:58	1:09:31	1:36:26
224	5376	Wald Christian	*Neuss	3:29:01	M40	61	0:44:26	1:08:02	1:36:31
225	3175	Werner Andreas	*Korschenbroich	3:29:04	M40	62	0:44:12	1:07:20	1:37:32
226	4005	Zülz Manfred	LT Bittermark Dortmund	3:29:18	M55	6	0:44:08	1:07:42	1:37:27
227	1992	Laukamp Michael	LG COESFELD	3:29:19	M50	35	0:40:22	1:03:08	1:45:47
228	5224	Drepper Dirk	Doppelrunde	3:29:21	M40	63	0:44:12	1:06:41	1:38:27
229	4264	Frank Christian	*Wesel	3:29:24	M35	39	0:43:34	1:07:48	1:38:01
230	2292	Gleumes Stephan	Expertenrunde	3:29:25	M40	64	0:42:39	1:05:34	1:41:11
231	3477	Petry Ottmar	Triathlon TEAM TG Witten	3:29:25	M55	7	0:43:53	1:07:53	1:37:38
232	3720	Kaffka Michael	Triathlon Team Rheinberg e.	3:29:37	M45	46	0:43:51	1:06:04	1:39:42
233	2030	Brandt Dirk	LT SV Haldern	3:29:40	M35	40	0:45:24	1:07:45	1:36:30
234	1892	Hepp Thomas	200PRO	3:29:41	M30	21	0:44:24	1:06:23	1:38:53
235	4784	Meister Benjamin	*Essen	3:29:46	M30	22	0:44:38	1:08:21	1:36:46
236	3062	Dietrich Christoph	Die Kanalratten SGZ Essen	3:29:53	M35	41	0:43:20	1:08:07	1:38:25
237	3322	Karge Ulrich	TriTeam TSG Sprockhövel	3:29:54	M40	65	0:41:48	1:05:26	1:42:40
238	1725	Herkströter Dirk	Vodafone-Runners	3:30:02	M50	36	0:45:33	1:08:23	1:36:05
239	2297	Prangen Michael	LT Bachstraße	3:30:05	M40	66	0:44:30	1:07:34	1:38:01
240	1714	Kaiser Gero	BSG Duisburg/Commerzban	3:30:14	M50	37	0:44:02	1:07:07	1:39:04
241	3721	Elting Ralf	Bocholter WSV	3:30:24	M40	67	0:43:54	1:09:39	1:36:49
242	5356	Rüther Martin	*Wesel	3:30:29	M45	47	0:43:09	1:07:36	1:39:43
243	4789	Bongardt Joerg	Stadtwerke Solingen	3:30:33	M45	48	0:43:38	1:08:09	1:38:45
244	4699	Leonhardt Rainer	DJK VfR Saarn	3:30:35	M55	8	0:43:08	1:07:02	1:40:24
245	2581	Schilling Jürgen	Spvgg Sterkrade-Nord	3:30:45	M50	38	0:44:26	1:07:29	1:38:48
246	4610	Bartel Alexander	Marathonteam Ratingen	3:30:49	M45	49	0:42:48	1:06:47	1:41:13
247	2220	Boulanger Pierre	ERGO Sports	3:30:52	M35	42	0:44:13	1:08:51	1:37:48
248	1654	Skalix Stefan	TC Kray 1892 e.V.	3:30:53	M40	68	0:44:00	1:07:56	1:38:55
249	3591	Fritz Dr. Thorsten	TG Neuss	3:30:55	M50	39	0:43:58	1:07:11	1:39:46
250	2070	Jann Horst	LC Duisburg	3:30:59	M55	9	0:43:32	1:07:03	1:40:22
251	1734	Castaneda Falcon Manuel	Vodafone-Runners	3:31:06	M50	40	0:43:26	1:07:12	1:40:28
252	3790	Kiefaber Wolfgang	TV Steinforth - Rubbelrath	3:31:08	M50	41	0:44:41	1:08:30	1:37:56
253	3939	Hanisch Jörg	Team Erdinger Alkoholfrei	3:31:10	M35	43	0:42:49	1:06:01	1:42:19
254	4738	Espe Fabian	*Mülheim an der Ruhr	3:31:22	M19	3	0:42:06	1:04:13	1:45:02
255	2213	Ehrlich Dirk	Team EhrBec	3:31:23	M45	50	0:43:25	1:08:09	1:39:47
256	2797	Müller Rolf	*Oberhausen	3:31:28	M50	42	0:44:18	1:07:48	1:39:21
257	1748	Beer Christoph	Vodafone-Runners	3:31:29	M35	44	0:44:24	1:07:44	1:39:21
258	5032	Kalweit Siegfried	TSV Viktoria Mülheim	3:31:32	M70	1	0:44:54	1:08:18	1:38:18
259	1925	Ledan Lionel	200PRO	3:31:33	M45	51	0:43:55	1:09:49	1:37:48
260	4748	Thomas Jan Peter	Ausdauerchule by bunert	3:31:40	M40	69	0:44:26	1:07:24	1:39:49
261	5368	Bach Daniel	Djk Buchholz	3:31:45	M19	4	0:44:04	1:08:31	1:39:09
262	5425	Grauke Tobias	SG Stern Düsseldorf	3:31:47	M50	43	0:44:36	1:07:44	1:39:26
263	1996	Wieskus Michael	LG COESFELD	3:31:48	M45	52	0:41:54	1:04:06	1:45:47
264	1808	Richter Ralf	Vodafone-Runners	3:32:14	M40	70	0:44:19	1:10:43	1:37:11
265	1954	Savillif Rüdiger	Trimet Aluminium AG	3:32:20	M60	4	0:50:57	1:07:36	1:33:46

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3755	Peters Klaus	Die familyguys	3:32:22	M35	45	0:44:51	1:09:18	1:38:12
267	5314	Grothe Michael	beverlaufftreff	3:32:39	M40	71	0:44:45	1:09:15	1:38:39
268	2663	Kuhlmann Norbert	Spvgg Sterkrade-Nord	3:32:40	M40	72	0:45:14	1:08:25	1:39:00
269	2939	Brosch Reinhard	TUS Breitscheid	3:32:46	M45	53	0:44:30	1:08:02	1:40:13
270	3447	Drop Ulli	VfB Alemannia Pfalzdorf	3:32:50	M50	44	0:44:14	1:07:57	1:40:39
271	2399	Kilian Harald	BSG Wirtschaftsbetriebe Db	3:33:06	M50	45	0:43:33	1:09:23	1:40:10
272	2332	Stratmann Thomas	*Bottrop	3:33:07	M45	54	0:44:53	1:09:10	1:39:03
273	5358	Wittkamp Philip	*Duisburg	3:33:09	M30	23	0:46:29	1:08:42	1:37:57
274	3872	Thomas Ingo	*Krefeld	3:33:16	M45	55	0:44:37	1:09:01	1:39:37
275	3299	Küster-Riehmann Andrea	*Neukirchen-Vluyn	3:33:17	M45	56	0:44:54	1:09:24	1:38:59
276	2483	Lindau Rolf	BSG Volksbank Rhein-Lippe	3:33:18	M45	57	0:42:27	1:07:00	1:43:50
277	4689	Krings Stephan	*Mülheim an der Ruhr	3:33:27	M45	58	0:44:16	1:08:44	1:40:26
278	4380	Schnatmann Christian	*Hünxe-Bruckhausen	3:33:33	M45	59	0:43:35	1:06:55	1:43:02
279	1772	Sira Bart	Vodafone-Runners	3:33:34	M35	46	0:42:07	1:11:54	1:39:32
280	3429	Moir Jens	*Düsseldorf	3:33:39	M45	60	0:43:50	1:09:12	1:40:36
281	3624	Grimberg Marc	*Velbert	3:33:41	M40	73	0:43:31	1:08:46	1:41:23
282	2677	Wischermann Markus	*Bottrop	3:33:43	M45	61	0:44:53	1:09:00	1:39:48
283	3706	Koschlitzki Norbert	Eintracht Duisburg 1848 e.V.	3:33:49	M45	62	0:43:37	1:07:41	1:42:30
284	3893	Riemenschneider Ralf	*Castrop-Rauxel	3:33:57	M45	63	0:44:29	1:09:26	1:40:01
285	3815	Spillker Marcel	USC Duisburg	3:33:58	M30	24	0:47:04	1:09:30	1:37:22
286	3024	Beermann Werner	RAG Läufer	3:34:08	M50	46	0:44:10	1:07:22	1:42:35
287	2438	Schreiber Marko	Team Aroma Ahoi	3:34:09	M35	47	0:44:55	1:08:14	1:40:59
288	1850	Fischer Stefan	opta-data	3:34:13	M35	48	0:43:01	1:09:46	1:41:25
289	3879	Sturm Martin	*Grevenbroich	3:34:23	M45	64	0:44:56	1:07:19	1:42:07
290	2056	Eerden Johannes	TV Goch	3:34:23	M45	65	0:43:46	1:07:03	1:43:32
291	4421	Arnold Tobias	ERGO Sports	3:34:30	M40	74	0:43:48	1:09:11	1:41:30
292	2118	Mäteling Alex	A.Isselburg	3:34:34	M55	10	0:46:22	1:08:41	1:39:29
293	2090	Gehrke Tom	ATU Moers	3:34:40	M40	75	0:43:56	1:08:45	1:41:58
294	4297	Schmidt Friedhelm	ERGO Sports	3:34:41	M55	11	0:44:45	1:07:16	1:42:40
295	3436	Krämer Michael	Roadrunner	3:34:45	M50	47	0:44:27	1:09:06	1:41:11
296	2171	Sobolewski Markus	Adler-Langlauf Bottrop	3:34:47	M45	66	0:45:39	1:09:01	1:40:07
297	1618	Stöber Florian	Ausdauerchule by bunert	3:34:48	M22	16	0:42:00	1:07:08	1:45:39
298	3438	Lagarden Jörg	SV Viktoria Goch	3:34:50	M50	48	0:42:38	1:05:32	1:46:39
299	2630	Metzger Jens	LT Uerdingen Marathon Runn	3:34:51	M22	17	0:42:47	1:08:18	1:43:45
300	3357	Struttmann Dietmar	LC Duisburg	3:34:55	M45	67	0:42:37	1:11:42	1:40:35
301	4565	Olier Benedict	PV-Triathlon Witten	3:34:56	M19	5	0:43:50	1:06:40	1:44:25
302	2549	Schwieder Detlev	*Düsseldorf	3:35:02	M45	68	0:44:25	1:08:47	1:41:49
303	5103	Verhofstad Frank	LT Schnecke Sonsbeck	3:35:04	M45	69	0:41:22	1:05:42	1:47:59
304	3713	Findt Dr. Klaus	*Hattingen	3:35:05	M45	70	0:44:49	1:07:22	1:42:52
305	5497	Glässer Teijeiro Roberto	LC Duisburg	3:35:06	M45	71	0:47:24	1:08:32	1:39:09
306	2873	Reinders Thomas	Bocholter Flitzpiepen	3:35:10	M45	72	0:44:28	1:09:18	1:41:24
307	3901	Steuernthal Oliver	Bocholt Lo to go!	3:35:10	M35	49	0:43:45	1:08:42	1:42:43
308	3943	Birkendorf Klaus	Tri-Geckos Dortmund	3:35:11	M40	76	0:44:48	1:09:20	1:41:02
309	1931	Middeldorf Helge	200PRO	3:35:11	M50	49	0:44:24	1:10:22	1:40:25
310	3505	Latermann Jens	EVONIK	3:35:12	M40	77	0:44:51	1:09:20	1:41:00
311	3489	Stuhlmacher Michael	OSC 04 Rheinhausen	3:35:26	M50	50	0:44:40	1:10:18	1:40:26
312	3098	Köller Peter	LT Kettwig 2000	3:35:28	M45	73	0:46:12	1:08:57	1:40:18
313	1991	Evers Frank	LG COESFELD	3:35:31	M35	50	0:43:21	1:07:42	1:44:26
314	5422	Süselbeck André	Tischtennis SV Orsoy	3:35:35	M40	78	0:44:43	1:07:58	1:42:52
315	4996	Lindhahn Sven	*Essen	3:35:39	M40	79	0:45:09	1:09:02	1:41:27
316	4878	Jehn Michael	*Oberhausen	3:35:40	M40	80	0:43:47	1:09:58	1:41:54
317	3101	Schuller Marc	Tri Geckos Dortmund	3:35:45	M40	81	0:44:21	1:08:43	1:42:39
318	2921	Kliem Andreas	*Meerbusch	3:35:46	M45	74	0:44:59	1:08:32	1:42:15

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	2058	Holzum Frank	SV Budberg Lauffreunde	3:35:48	M40	82	0:44:20	1:09:05	1:42:21
320	3003	Koch Thomas	Borussia Mönchengladbach	3:35:48	M35	51	0:44:08	1:09:03	1:42:37
321	4514	Beyer Rüdiger	ASC Düsseldorf	3:35:49	M45	75	0:45:07	1:07:48	1:42:53
322	3004	Herzberg Mike	LT Do-Westrich	3:35:58	M35	52	0:44:39	1:08:00	1:43:19
323	1645	Wittoesch Stephan	TC Kray 1892 e.V.	3:35:59	M35	53	0:42:18	1:04:36	1:49:04
324	2128	Pützer Andreas	Marathonsteam Ratingen	3:36:09	M50	51	0:43:42	1:06:47	1:45:40
325	4959	Cellar Andreas	Marathon Mülheim	3:36:09	M50	52	0:46:18	1:09:02	1:40:49
326	3850	Wortmann Jörg	LT Uerdingen Marathon Runn	3:36:10	M45	76	0:44:36	1:11:01	1:40:32
327	5077	Pötschke Rainer	Marathon Mülheim	3:36:12	M40	83	0:46:18	1:09:06	1:40:47
328	4424	Sickelmann Ulrich	SLIMO Runners Dinslaken	3:36:16	M45	77	0:45:31	1:09:19	1:41:25
329	2903	Heim Nick	*Dinslaken	3:36:18	M18	2	0:45:21	1:09:42	1:41:14
330	2595	Cord Stephan	*Essen	3:36:21	M45	78	0:44:52	1:10:12	1:41:15
331	2062	Uebbing Holger	SV Budberg Lauffreunde	3:36:24	M45	79	0:46:00	1:09:13	1:41:10
332	3696	Hingst Christian	*Essen	3:36:30	M22	18	0:45:01	1:10:58	1:40:31
333	4369	Rogala Andrzej	Marathonsteam Ratingen	3:36:32	M55	12	0:45:51	1:09:30	1:41:10
334	4876	Wiedwald Markus	LT Wischlingen Dortmund	3:36:33	M45	80	0:45:32	1:09:27	1:41:33
335	2906	Huhn Oliver	advanx	3:36:33	M45	81	0:45:24	1:07:36	1:43:32
336	2080	Schils Ruediger	*Duesseldorf	3:36:37	M45	82	0:44:05	1:11:15	1:41:16
337	4091	Rekittke Fritz	*Düsseldorf	3:36:40	M50	53	0:44:49	1:10:41	1:41:09
338	2218	Miksche Ronald	*Düsseldorf	3:36:48	M45	83	0:44:48	1:08:16	1:43:43
339	5410	Hellermann Jürgen	Knieweh Niederrhein	3:36:50	M45	84	0:43:12	1:06:55	1:46:42
340	3103	Thiel Oliver	*Mülheim an der Ruhr	3:37:05	M45	85	0:44:19	1:08:04	1:44:40
341	4953	Serek Jürgen	*Mülheim a.d.R.	3:37:09	M50	54	0:44:40	1:09:04	1:43:24
341	2057	Schmengler Stephan	SV Budberg Lauffreunde	3:37:09	M45	86	0:44:19	1:09:29	1:43:20
343	4786	Götz Wolfgang	DJK vFL Willich	3:37:10	M45	87	0:44:19	1:10:24	1:42:27
344	4308	Szpogan Rainer	Immeo Wohnen Running Te	3:37:21	M55	13	0:45:50	1:11:25	1:40:06
344	1997	Jendrowiak Torsten	LG COESFELD	3:37:21	M45	88	0:45:29	1:11:46	1:40:06
346	2233	Van Gemmern Stefan	*Essen	3:37:22	M40	84	0:44:22	1:09:16	1:43:43
347	3305	Reichelt Herbert	Die blauen Bengel	3:37:25	M55	14	0:45:23	1:08:39	1:43:22
348	2079	Léger Sacha	*Wuppertal	3:37:30	M40	85	0:45:06	1:08:24	1:43:59
349	2965	Hoffmann Ralf	*Wesel	3:37:35	M45	89	0:42:52	1:06:38	1:48:04
350	4203	Hartmann Jörg	LT Turnerbund Hassels, Düss	3:37:37	M50	55	0:48:25	1:10:18	1:38:53
351	2280	Schuitz Raimund	LAV Essen	3:37:44	M55	15	0:45:46	1:08:47	1:43:10
352	3278	Niklas Klaus	SV Budberg	3:37:45	M45	90	0:44:53	1:09:24	1:43:28
353	4353	Riemann Michael	*Duisburg	3:37:53	M40	86	0:45:18	1:12:08	1:40:26
354	4729	Lensing Reinhold	Bocholter WSV	3:37:55	M50	56	0:44:24	1:09:16	1:44:14
355	2660	Franz Ingo	*Schonungen	3:37:57	M45	91	0:46:04	1:10:46	1:41:06
356	3956	Lüdtke-Kottusch Thomas	*Duisburg	3:37:59	M50	57	0:44:40	1:10:01	1:43:17
357	1793	Fischer Christoph	Vodafone-Runners	3:38:07	M35	54	0:45:47	1:09:39	1:42:40
358	4672	Bögel Frank	*Bochum	3:38:10	M40	87	0:45:32	1:08:10	1:44:27
359	1657	Bahls Wolfgang	E.ON Ruhrgas SG	3:38:11	M60	5	0:45:36	1:08:56	1:43:38
360	3358	Kättnis Daniel	da simma dabei	3:38:27	M22	19	0:44:42	1:10:10	1:43:34
361	3478	Habscheid Andreas	*Willich	3:38:29	M45	92	0:46:25	1:10:36	1:41:28
362	2526	Piel Janik	*Düsseldorf	3:38:35	M15	1	0:43:07	1:13:40	1:41:47
363	5430	Wenzel Ingo	*Langenfeld	3:38:42	M30	25	0:44:41	1:07:57	1:46:03
364	2858	Brabender Klaus Jürgen	Werricher Laufftreff	3:38:45	M50	58	0:45:17	1:09:45	1:43:41
365	2022	Reichert Tobias	*Dorsten	3:38:45	M22	20	0:44:42	1:11:34	1:42:28
366	4022	Kuhlmann Stefan	LT Schnecke Sonsbeck	3:38:46	M50	59	0:44:47	1:08:27	1:45:31
367	2763	Rexforth Oliver	TV Jahn Hiesfeld	3:38:50	M45	93	0:44:02	1:09:28	1:45:20
368	3246	Krebber Norbert	Bocholter WSV	3:38:51	M50	60	0:46:20	1:11:04	1:41:26
369	3690	Köhler Frank	*Essen	3:38:59	M40	88	0:45:51	1:08:17	1:44:50
370	2685	Poetschki Thomas	LC Duisburg	3:39:04	M40	89	0:44:31	1:09:19	1:45:13
371	1987	Kucki Stefan	200PRO	3:39:05	M35	55	0:45:17	1:09:37	1:44:10

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	1665	Geisel Thomas	E.ON Ruhrgas SG	3:39:07	M45	94	0:46:37	1:10:23	1:42:06
373	4062	Siry Martin	TV Wanheimerort 1880	3:39:10	M40	90	0:42:46	1:10:53	1:45:30
374	5137	Reiner Stefan	*Neuss	3:39:12	M45	95	0:43:04	1:14:53	1:41:13
375	1649	Fuchs Volker	TC Kray 1892 e.V.	3:39:14	M50	61	0:42:42	1:06:39	1:49:52
376	2086	Ringelstein Dr. Jörg	Zornige Ameisen	3:39:14	M40	91	0:44:39	1:09:59	1:44:35
377	3089	Powerski Ralf	Weseler TV Triathlon	3:39:14	M45	96	0:44:47	1:09:12	1:45:14
378	2747	Horn Matthias	DJK VfR Saarn	3:39:17	M30	26	0:50:14	1:05:50	1:43:11
379	4710	Eiteneuer Bernd	Rapid Ramirez	3:39:18	M50	62	0:44:45	1:09:40	1:44:52
380	4139	Götz Volker	TG Neuss	3:39:18	M50	63	0:45:24	1:09:42	1:44:12
381	3808	Seeger Burkhard	LGO Bochum	3:39:26	M45	97	0:44:34	1:10:32	1:44:19
382	4066	Ochel Jörg	*Duisburg	3:39:27	M40	92	0:45:40	1:11:16	1:42:30
383	2545	Krause Ralf	*Kaarst	3:39:27	M40	93	0:46:09	1:10:41	1:42:36
384	2989	Walbrunn Christian	*Brüggen	3:39:34	M50	64	0:47:46	1:11:30	1:40:17
385	2256	Reinders Dete	Bocholter Flitzpiepen	3:39:34	M45	98	0:45:43	1:09:17	1:44:33
386	4955	Hennemann Heribert	BSG DRV Rheinland	3:39:36	M60	6	0:45:18	1:09:41	1:44:37
387	5447	Hasse Dennis	TV Wanheimerort 1880	3:39:38	M22	21	0:42:35	1:04:39	1:52:23
388	4360	Wagner Burkhard	Die Stolperer	3:39:38	M50	65	0:44:32	1:06:53	1:48:12
389	3297	Siska Georg	SV Schermbeck	3:39:42	M50	66	0:43:25	1:11:09	1:45:07
390	2938	Kronenberg Friedrich	Marathonteam Ratingen	3:39:42	M60	7	0:45:16	1:08:52	1:45:34
391	2666	Pfannkuche Olaf	Essen	3:39:48	M45	99	0:45:43	1:11:29	1:42:36
392	5397	Pauls Viktor	Expertenrunde	3:39:52	M40	94	0:45:41	1:09:44	1:44:25
393	3335	Peplau Ingo	Triminators TV Voerde	3:39:57	M35	56	0:46:26	1:11:23	1:42:07
394	1862	Müller Andreas	AS Neukirchen-Vluyn	3:39:57	M50	67	0:44:10	1:09:31	1:46:16
395	2721	Hinzmann Mathias	Kahlenberger HTC	3:40:02	M30	27	0:44:20	1:09:34	1:46:07
396	3070	Polster Thomas	SuS Bertlich	3:40:03	M45	100	0:45:05	1:11:02	1:43:55
397	2812	Mertens Michael	Judofreunde 73	3:40:03	M45	101	0:46:24	1:10:51	1:42:48
398	3226	Paffrath Arndt	Tri Club Wuppertal	3:40:11	M35	57	0:38:03	0:58:10	2:03:58
399	1745	Killius Klaus	Vodafone-Runners	3:40:13	M50	68	0:47:26	1:10:57	1:41:50
400	4723	Schuster Maik	Krefelder Kanu Klub	3:40:16	M40	95	0:45:59	1:11:08	1:43:08
401	2174	Birreck Torsten	*Meerbusch	3:40:20	M45	102	0:46:22	1:07:32	1:46:26
402	1914	Beck Ralf	200PRO	3:40:23	M45	103	0:44:41	1:10:24	1:45:17
403	2816	Holdmann Tim	*Duisburg	3:40:25	M40	96	0:44:12	1:09:52	1:46:21
404	2690	Michalski Rainer	Dorsten	3:40:26	M50	69	0:46:35	1:09:45	1:44:05
405	4037	Olschok Hartmut	BSC Emmerich	3:40:31	M50	70	0:45:45	1:11:08	1:43:37
406	2166	Fieber Thomas	hofacker-runner.de.vu	3:40:35	M35	58	0:45:28	1:10:55	1:44:11
407	2850	Brehm Dr. Carsten	*Mülheim	3:40:39	M40	97	0:43:24	1:17:16	1:39:58
408	4946	Faber Oliver	Max Maulwurf Marathonis	3:40:41	M40	98	0:41:31	1:12:25	1:46:43
409	4088	THIER THOMAS	Bocholt	3:40:51	M40	99	0:46:42	1:09:35	1:44:33
410	4535	Neuhaus Volker	Ausdauerchule by bunert	3:40:58	M45	104	0:44:54	1:09:28	1:46:35
411	4392	Kabelitz Tobias	Laufteam Kloese	3:40:59	M40	100	0:45:37	1:11:26	1:43:55
412	1833	Müller Erich	*Duisburg	3:41:05	M55	16	0:44:58	1:12:05	1:44:00
413	5265	Edgington Paul	*Duisburg	3:41:05	M50	71	0:45:14	1:09:24	1:46:26
414	1839	Orlov Pavel	BSG Haniel Laufen	3:41:09	M35	59	0:44:06	1:08:54	1:48:08
415	4051	Rosenschild Christoph	running4charity	3:41:10	M45	105	0:46:38	1:10:45	1:43:46
416	1915	Gathmann Marcel	200PRO	3:41:10	M30	28	0:45:34	1:09:12	1:46:24
417	4688	Zydek Arthur	*Mülheim	3:41:15	M35	60	0:45:13	1:11:08	1:44:53
418	4246	Lichtenstein Klaus	RWE Power	3:41:25	M50	72	0:46:53	1:11:48	1:42:43
419	2729	Ehrentraut Heinz-Udo	Rumelner TV	3:41:34	M50	73	0:46:04	1:10:49	1:44:39
420	2370	Wübling Torsten	Känguruhs96	3:41:35	M35	61	0:47:27	1:10:53	1:43:14
421	3275	Fiedler Ernst-Oskar	LT Gruitene-Neandertal	3:41:37	M55	17	0:45:04	1:11:54	1:44:38
422	2842	Schnabel Thomas	Borussenfan	3:41:38	M50	74	0:45:49	1:10:27	1:45:21
423	3981	Mohn Thorsten	team slow motion	3:41:43	M40	101	0:45:06	1:12:38	1:43:57
424	2843	Küllmar Andreas	*Wuppertal	3:41:56	M40	102	0:46:09	1:11:30	1:44:15



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	3307	Orelia Frank	LT Gruitzen-Neandertal	3:41:58	M50	75	0:45:26	1:11:54	1:44:37
426	2692	Froelich Armin	TV Attendorn TRI-TIME	3:42:09	M35	62	0:45:27	1:13:23	1:43:17
427	4257	Tramp Ralf	SV Viktoria Goch	3:42:17	M50	76	0:43:30	1:12:08	1:46:39
428	4162	Fritzsch Thomas	*Duisburg	3:42:20	M22	22	0:48:00	1:11:39	1:42:40
429	2567	Fileccia Marco	Spvgg. Sterkrade Nord	3:42:27	M45	106	0:43:29	1:13:47	1:45:10
430	4285	Adametz Patrick	*Bochum	3:42:32	M40	103	0:46:12	1:11:57	1:44:23
431	2531	Schroeder Georg	BSG DELPHI Draka Wupper	3:42:38	M60	8	0:44:59	1:10:37	1:47:02
432	4548	Jakhoefer Thomas	FC Schalke 04	3:42:39	M50	77	0:46:05	1:12:46	1:43:46
433	2091	Galjuf Martin	Cycleteam Hünxe	3:42:44	M45	107	0:48:52	1:11:53	1:41:58
434	4533	Böhme Gerd	*Essen	3:42:44	M50	78	0:45:32	1:11:08	1:46:03
435	4867	Pottbäcker Tim	*Duisburg	3:42:45	M30	29	0:46:42	1:13:17	1:42:45
436	2237	Schulz Andreas	LC Duisburg	3:42:47	M35	63	0:47:29	1:10:40	1:44:37
437	2262	Kubitza Marco	Marathon Mülheim	3:42:47	M40	104	0:47:03	1:11:07	1:44:37
438	3323	Schwarz Rainer	Strongmanhelden	3:42:49	M50	79	0:45:28	1:09:44	1:47:36
439	1739	Schlimme Mario	Vodafone-Runners	3:42:52	M40	105	0:43:54	1:07:15	1:51:43
440	3069	Bender Jochen	*Mülheim	3:42:53	M45	108	0:46:14	1:11:48	1:44:51
441	4972	Beupoil Thomas	SV Viktoria Goch	3:42:53	M50	80	0:43:15	1:12:59	1:46:39
442	2214	Becker Martin	Team EhrBec	3:42:59	M45	109	0:44:30	1:09:43	1:48:45
443	4761	Weber Florian	*Düsseldorf	3:43:03	M30	30	0:45:02	1:07:33	1:50:27
444	2695	Mohr Markus	*Issum	3:43:04	M45	110	0:45:59	1:12:37	1:44:27
445	4440	Schmidtke Markus	TC Kray 1892 e.V.	3:43:04	M40	106	0:43:48	1:08:52	1:50:23
446	4783	Schild Martin	*Duisburg	3:43:06	M30	31	0:44:33	1:14:09	1:44:22
447	3619	Voß Claus	DJK Tus Rotthausen	3:43:11	M45	111	0:45:30	1:09:55	1:47:44
448	3165	Grass Ralph Werner	Triathlon TEAM TG Witten	3:43:11	M45	112	0:50:05	1:17:43	1:35:22
449	4090	Kullik Oliver	Haardbiker	3:43:22	M40	107	0:46:14	1:11:17	1:45:51
450	2114	Nowak Carsten	*Duisburg	3:43:24	M40	108	0:44:43	1:11:35	1:47:06
451	3522	Fuchs Marco	THS Wohnen GmbH	3:43:26	M35	64	0:47:33	1:11:11	1:44:42
452	3557	Barmscheidt Klaus	AS Neukirchen-Vluyn	3:43:27	M50	81	0:44:49	1:11:50	1:46:46
453	5712	Tischer Norman	TUS Breitscheid	3:43:31	M30	32	0:47:22	1:11:01	1:45:07
454	3817	Giesecke Dirk	Privat	3:43:32	M55	18	0:46:20	1:11:55	1:45:16
455	3501	Tuncel Turhan	EVONIK	3:43:39	M45	113	0:47:00	1:12:54	1:43:44
456	3229	Lass Hartmut	*Meerbusch	3:43:41	M45	114	0:45:10	1:09:19	1:49:12
457	2296	Regel Frank-Michael	*Korschenbroich	3:43:48	M50	82	0:46:50	1:12:48	1:44:09
458	2248	Schmitz Ulrich	TC Grün Weiß Hochdahl	3:43:49	M50	83	0:45:07	1:09:32	1:49:09
459	2583	Himmel Andreas	*Essen	3:43:50	M45	115	0:45:52	1:11:51	1:46:06
460	2683	Kleemann Normen	SV Siemens	3:43:53	M40	109	0:45:51	1:11:00	1:47:00
461	5374	Brodowski Gregor	LT Weitmarer Holz Bochum	3:43:54	M45	116	0:45:00	1:14:21	1:44:32
462	1952	Berg Wolfgang	LC Duisburg	3:43:54	M60	9	0:45:02	1:11:32	1:47:19
463	3889	Beils Martin	Leichlinger TV	3:43:54	M45	117	0:42:51	1:11:20	1:49:42
464	2133	Schäpers Stefan	Bocholter Flitzpiepen	3:43:58	M45	118	0:44:05	1:07:41	1:52:11
465	1980	Schöppkens Marcus	200PRO	3:44:06	M40	110	0:49:27	1:14:13	1:40:25
466	4461	Ehrlich Dr. Carsten	*Duisburg	3:44:10	M45	119	0:47:03	1:12:27	1:44:38
467	2230	Böhme Michael	*Gevelsberg	3:44:11	M45	120	0:45:58	1:10:15	1:47:57
468	5250	Caruso Alessandro	Napoli Soccer	3:44:18	M40	111	0:46:50	1:12:39	1:44:48
469	2829	Brandt Klaus	LurzLaufTruppe	3:44:24	M55	19	0:46:30	1:12:19	1:45:35
470	4573	Elvert Sven	*Duisburg	3:44:25	M30	33	0:47:13	1:13:26	1:43:44
471	2602	Lichtenberger Frank	Styrumer TV	3:44:26	M45	121	0:46:09	1:12:11	1:46:05
472	5415	Gerwing Andreas	Haldenflitzer Allrath	3:44:31	M40	112	0:45:47	1:10:17	1:48:25
473	2089	Hestermann Claus	*Essen	3:44:40	M40	113	0:47:17	1:11:37	1:45:46
474	3061	Leischker, M.A. Dr. Andrea	*Tönisvorst	3:44:42	M45	122	0:46:48	1:10:41	1:47:12
475	5082	Orthey Michael	*Schwerte	3:44:42	M45	123	0:45:04	1:16:27	1:43:10
476	3945	Haack Jürgen	Ski-Klub Düsseldorf	3:44:52	M55	20	0:47:04	1:12:50	1:44:57
477	5036	Koch Christian	TriTeam TSG Sprockhövel	3:44:53	M45	124	0:42:51	1:13:44	1:48:18

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	2124	Seggewiß Hendrik	*Rhede	3:44:54	M35	65	0:47:08	1:09:57	1:47:48
479	4929	Erbrich Waldemar M.	Zeh-Kader	3:44:59	M40	114	0:47:36	1:12:07	1:45:15
480	1631	Niemeyer Jens	TUS Breitscheid	3:45:01	M30	34	0:46:23	1:10:59	1:47:39
481	2510	Kemkes Reinhard	DJK Adler Frintrop/Essen	3:45:04	M50	84	0:47:50	1:11:19	1:45:54
482	3538	Ahrends Rüdiger	LG COESFELD	3:45:05	M45	125	0:46:28	1:10:28	1:48:08
483	2287	Kleinfeld Ulrich	BWG Running Team	3:45:06	M45	126	0:46:36	1:12:53	1:45:35
484	4869	Schikora Viktor	Ausdauer-schule by bunert	3:45:09	M55	21	0:47:32	1:13:11	1:44:25
485	4072	Vollmer Martin	*Wuppertal	3:45:09	M45	127	0:46:04	1:11:56	1:47:09
486	3984	Paßerschroer Christian	*Bocholt	3:45:14	M30	35	0:50:20	1:11:21	1:43:32
487	4272	Wehren Ludger	St.Hubertus-Uedemerbruch	3:45:16	M35	66	0:48:20	1:14:04	1:42:52
488	5055	Golding Thomas	*Dinslaken	3:45:17	M50	85	0:46:25	1:12:03	1:46:48
489	1799	Grabowski Robert	Vodafone-Runners	3:45:21	M40	115	0:47:51	1:13:11	1:44:18
490	1747	Hund Markus	Vodafone-Runners	3:45:21	M40	116	0:47:00	1:11:41	1:46:38
491	5460	Dr. Neukäter Winfried	*Wesel	3:45:23	M45	128	0:45:39	1:12:30	1:47:12
492	4273	Wehren Mario	St.Hubertus-Uedemerbruch	3:45:32	M35	67	0:48:28	1:14:12	1:42:51
493	3370	Haberlandt Sven	*Duisburg	3:45:34	M22	23	0:46:27	1:11:54	1:47:12
494	2591	Mikolasch Christoph	TRC Essen 84	3:45:35	M45	129	0:48:08	1:12:09	1:45:17
495	2777	Berekoven Martin	Triabolas Triathlon Hamburg	3:45:39	M40	117	0:45:36	1:09:22	1:50:39
496	2430	Koschnick Andreas	Team Erdinger Alkoholfrei	3:45:40	M35	68	0:43:48	1:12:27	1:49:24
497	2880	Barbera Pino	hofacker-runner.de.vu	3:45:48	M35	69	0:45:56	1:10:42	1:49:09
498	3878	Hahn Oliver	*Essen	3:45:50	M35	70	0:47:21	1:12:09	1:46:20
499	4670	Wittig Helge	*Oberhausen	3:45:52	M45	130	0:49:46	1:12:30	1:43:35
500	4960	Böttger Mattis	*Mülheim	3:46:08	M18	3	0:44:49	1:11:00	1:50:19
501	1820	Gniffke Michael	Vodafone Runners	3:46:12	M40	118	0:43:13	1:08:58	1:54:01
502	2859	Killisch Uwe	Weseler TV Triathlon	3:46:13	M45	131	0:50:11	1:12:27	1:43:35
503	4232	Drescher Hans	Solinger LC	3:46:16	M50	86	0:45:30	1:12:18	1:48:27
504	4063	Quabeck Guido	SF Ennepetal	3:46:16	M45	132	0:45:10	1:09:32	1:51:33
505	4362	Moule Klaus	LT Wischlingen Dortmund	3:46:17	M60	10	0:47:08	1:12:56	1:46:11
506	2353	Ehlert Stephan	*Meerbusch	3:46:18	M50	87	0:47:33	1:16:28	1:42:15
507	5165	Kruse Thorsten	LC Duisburg	3:46:26	M45	133	0:50:46	1:17:15	1:38:24
508	3860	Holtmann Andreas	Triathlon Team Rheinberg e.V.	3:46:29	M45	134	0:45:16	1:10:28	1:50:44
509	2505	Boshüsen Thomas	Rapid Ramirez	3:46:33	M45	135	0:45:01	1:11:27	1:50:03
510	3423	Höffken Willi	*Mülheim	3:46:45	M60	11	0:47:13	1:13:30	1:46:01
511	1741	Gürtler Tobias	Vodafone-Runners	3:46:48	M40	119	0:46:01	1:11:08	1:49:37
512	1856	Fischer Helmut	AS Neukirchen-Vluyn	3:46:49	M65	1	0:48:47	1:12:57	1:45:04
513	2431	Guffler Frank	*Ratingen	3:46:50	M45	136	0:44:54	1:11:36	1:50:20
514	3745	Stier Jörg	*Essen	3:46:54	M40	120	0:46:54	1:14:38	1:45:21
515	4038	Knabe Thomas	*Essen	3:46:56	M22	24	0:48:49	1:16:28	1:41:38
516	3965	Stemmer Henning	*Düsseldorf	3:46:56	M22	25	0:45:42	1:13:58	1:47:15
517	4739	Rohn Max	*Mülheim an der Ruhr	3:46:56	M19	6	0:44:42	1:12:37	1:49:35
518	4702	Thies Heinrich-Otto	*Krefeld	3:47:00	M55	22	0:46:11	1:09:37	1:51:10
519	1932	Welkers Björn	200PRO	3:47:01	M45	137	0:46:23	1:12:58	1:47:39
520	5047	Frei Thomas	SV Derne 49	3:47:06	M45	138	0:48:28	1:14:17	1:44:20
521	2619	Peveling Thomas	*Ratingen	3:47:07	M45	139	0:44:58	1:11:35	1:50:33
522	4964	Lickes Heinz-Theo	LT Krefeld-Oppum	3:47:18	M55	23	0:48:03	1:12:03	1:47:12
523	2185	Kunst Hans-Peter	ERGO Sports	3:47:22	M55	24	0:46:29	1:11:41	1:49:12
524	2255	Welzel Stefan	LT Uerdingen Marathon Runn	3:47:26	M40	121	0:47:26	1:11:41	1:48:19
525	1924	Mau Thomas	200PRO	3:47:30	M40	122	0:46:40	1:12:32	1:48:17
526	2710	Lenders Ulrich	TC Kray 1892 e.V.	3:47:31	M45	140	0:48:58	1:12:59	1:45:33
527	5003	Beele Andreas	*Mettmann	3:47:37	M45	141	0:46:48	1:13:18	1:47:31
528	2016	Alt Udo	*Essen	3:47:38	M55	25	0:47:22	1:12:26	1:47:50
529	3432	Becker Jürgen	LC Duisburg	3:47:39	M55	26	0:48:36	1:12:33	1:46:28
530	2871	Schneider Jürgen	LT-Turnerbund Frintrop	3:47:39	M50	88	0:45:37	1:13:23	1:48:38

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	3896	Smolni Roman	*Duisburg	3:47:41	M30	36	0:46:52	1:12:52	1:47:56
532	2303	Nieken Michael	LT Uerdingen Marathon Runn	3:47:43	M45	142	0:43:55	1:19:36	1:44:11
533	3791	Happ Thomas	*Bottrop	3:47:46	M50	89	0:46:51	1:11:37	1:49:17
534	4903	Filipov Robert	LGO Bochum	3:47:47	M40	123	0:46:47	1:13:12	1:47:47
535	3110	Hagedorn Vi Van	SG Dorma Ennepetal	3:47:48	M45	143	0:47:34	1:14:56	1:45:17
536	2442	Mayhaus Stefan	TRANE	3:47:48	M40	124	0:48:13	1:11:14	1:48:20
537	2449	Wiartalla Frank	TTC Union Düsseldorf	3:47:52	M45	144	0:47:35	1:14:55	1:45:21
538	2226	Graf Klaus	*Esslingen	3:47:54	M40	125	0:46:41	1:13:01	1:48:10
539	4119	Thiel Klaus	BSC Emmerich	3:47:54	M50	90	0:46:43	1:12:35	1:48:35
540	2489	Spogahn Hans Michael	Bocholter WSV	3:47:55	M55	27	0:46:43	1:12:39	1:48:33
541	2069	Buchkremer Marcus	RTG Wesel	3:47:56	M45	145	0:47:42	1:13:15	1:46:57
542	2457	Roddeck Markus	LC Duisburg	3:47:59	M40	126	0:46:43	1:09:59	1:51:16
543	4768	Laufs Stephan	LT Metzkausen	3:48:00	M45	146	0:46:37	1:11:47	1:49:35
544	4441	Lachmann Marc	*Kleve	3:48:04	M40	127	0:47:54	1:13:27	1:46:42
545	2435	Kipp Stefan	*Münster	3:48:04	M35	71	0:46:05	1:11:36	1:50:23
546	2444	Lohaus Jürgen	SG Borken	3:48:04	M35	72	0:46:33	1:24:53	1:36:38
547	3603	Schiffer Stefan	*Willich	3:48:06	M45	147	0:47:44	1:12:40	1:47:41
548	3905	Jansen Josef	SV Viktoria Goch	3:48:14	M65	2	0:48:16	1:13:18	1:46:39
549	4730	Laubenthal Lars	K. Bellwon Elektrotechnik Gm	3:48:21	M40	128	0:48:35	1:12:30	1:47:15
549	5292	Krause Joachim	Team Erdinger Alkoholfrei	3:48:21	M45	148	0:45:12	1:18:42	1:44:26
551	4976	Heinz Peter	Running-Team	3:48:22	M50	91	0:47:30	1:13:29	1:47:22
552	2854	Glockner Wolf	*Düsseldorf	3:48:33	M50	92	0:46:38	1:11:03	1:50:50
553	2469	Thiel Markus	running4charity	3:48:34	M40	129	0:46:25	1:12:00	1:50:08
554	3037	Tönshoff Jan	Triple T	3:48:37	M18	4	0:46:45	1:13:45	1:48:06
555	1689	Wehran Frank	E.ON Ruhrgas SG	3:48:38	M40	130	0:48:28	1:14:32	1:45:37
556	5446	Lange Bodo	SV Beeckerwerth	3:48:42	M70	2	0:47:37	1:12:39	1:48:24
557	4952	Platte Stephan	SV Jägerhaus Linde	3:48:42	M45	149	0:47:48	1:11:39	1:49:13
558	4238	Meyer André	*Hünxe	3:48:42	M40	131	0:46:52	1:14:39	1:47:10
559	3749	Bertels Peter	Die Familyguys	3:48:43	M45	150	0:44:51	1:17:03	1:46:48
560	3523	Nalenz Thomas	THS Wohnen GmbH	3:48:44	M45	151	0:45:36	1:10:10	1:52:58
561	3180	Wenzel Michael	DJK BW Annen	3:48:47	M50	93	0:48:24	1:12:17	1:48:04
562	2801	Hanemann Uli	DSC Wanne-Eickel WuG e.	3:48:51	M50	94	0:46:03	1:13:30	1:49:16
563	2781	Witeczek Thomas	*Krefeld	3:48:51	M35	73	0:49:00	1:12:11	1:47:39
564	3063	Konkowski Frank	SG Stern Düsseldorf	3:48:54	M50	95	0:46:11	1:12:57	1:49:45
565	2283	Klemm Rüdiger	*Duisburg	3:48:58	M50	96	0:48:20	1:12:29	1:48:08
566	3800	Götzl Peter	*Bottrop	3:48:58	M45	152	0:47:54	1:13:10	1:47:53
567	5060	Gromzig Dr. Werner	LG Hart am Limit	3:49:07	M55	28	0:45:52	1:11:20	1:51:54
568	2585	Jakobs Harald	Ruwa Dellwig	3:49:13	M40	132	0:47:29	1:11:38	1:50:05
569	2109	Falk Werner	*Wuppertal	3:49:19	M50	97	0:55:07	1:10:50	1:43:21
570	2450	Lefringhausen Christoph	*Mettmann	3:49:20	M50	98	0:47:41	1:13:28	1:48:10
571	2065	Rescher Ronald	*Kempfen	3:49:27	M40	133	0:46:30	1:11:38	1:51:19
572	4943	Kietzmann Uwe	Max Maulwurf Marathonis	3:49:33	M40	134	0:47:21	1:12:11	1:50:00
573	5325	Grund Michael	*Hattingen	3:49:37	M45	153	0:47:05	1:12:14	1:50:17
574	3632	Schmergal Michael	LT Saaler See	3:49:37	M50	99	0:47:52	1:14:13	1:47:32
575	5072	Weymann Andreas	*Mülheim	3:49:46	M40	135	0:46:44	1:13:29	1:49:32
576	2779	Kraus Reiner	*Meerbusch	3:49:48	M45	154	0:48:52	1:14:25	1:46:30
577	4808	Böttger Klaus-Peter	BSG Team EVAG	3:49:53	M55	29	0:47:09	1:12:22	1:50:20
578	4617	Glady Stefan	Ruhrpott-Läufing	3:49:58	M45	155	0:46:34	1:13:10	1:50:14
579	5431	Alipaß Michael	BSG Sparkasse HRV	3:50:02	M40	136	0:45:04	1:13:51	1:51:07
580	1942	Schlitt Carsten	200PRO	3:50:04	M30	37	0:50:11	1:12:59	1:46:53
581	2769	Eisele Oliver	nasty invalids	3:50:05	M40	137	0:46:34	1:19:40	1:43:50
582	4177	Köller-Timm Thorsten	*Wuppertal	3:50:05	M45	156	0:48:21	1:13:56	1:47:48
583	1711	Werner Tobias	E.ON Ruhrgas SG	3:50:07	M22	26	0:47:40	1:12:23	1:50:03

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	5027	Szymczak Rüdiger	*Mülheim an der Ruhr	3:50:12	M45	157	0:48:05	1:14:42	1:47:24
585	1629	Weiner Thomas	TUS Breitscheid	3:50:20	M45	158	0:44:35	1:16:47	1:48:57
586	3164	Gehrmann Michael	Bocholt	3:50:23	M45	159	0:47:17	1:12:13	1:50:52
587	4059	Müller Jörg	Röttgersbacher Duo	3:50:25	M40	138	0:46:48	1:13:32	1:50:04
588	2151	Bleich Frank	*Düsseldorf	3:50:38	M45	160	0:59:31	1:06:57	1:44:09
589	3260	Hartjes Markus	*Essen	3:50:39	M40	139	0:47:29	1:13:13	1:49:56
590	4745	Rauch Kai	WG der Superlative	3:50:44	M22	27	0:43:10	1:05:35	2:01:58
591	5081	Fleer Martin	*Düsseldorf	3:50:45	M22	28	0:47:35	1:12:38	1:50:31
592	3038	Kulke Reinhard	Adler Langlauf Bottrop	3:50:47	M45	161	0:48:25	1:14:42	1:47:40
593	2569	Elbers Heinz	SV Viktoria Goch	3:50:52	M55	30	0:45:58	1:12:59	1:51:54
594	4483	Schmieta Udo	*Wuppertal	3:50:58	M40	140	0:44:24	1:14:35	1:51:59
595	2935	Wucherpfeffennig Jan	Tri Team FS Düsseldorf	3:51:00	M45	162	0:47:40	1:14:30	1:48:48
596	5089	Merten Dennis	LT Bittermark Dortmund	3:51:00	M30	38	0:45:09	1:12:47	1:53:04
597	4656	Nowak Lukas	Styrumer TV	3:51:01	M30	39	0:47:14	1:13:49	1:49:57
598	4847	Raback Uwe	LT Weitmarer Holz Bochum	3:51:01	M45	163	0:49:07	1:13:35	1:48:19
599	2988	Plümel Ingo	*Duisburg	3:51:03	M35	74	0:47:30	1:14:06	1:49:26
600	2599	Rataj André	BSG Sparkasse Duisburg	3:51:06	M35	75	0:46:48	1:11:50	1:52:26
601	3578	Temp Detlef	AS Neukirchen-Vluyn	3:51:06	M45	164	0:51:16	1:15:15	1:44:34
602	2895	Happe Jens	*Bottrop	3:51:07	M45	165	0:46:27	1:14:26	1:50:13
603	4233	Berger Sascha	Laufftreff Haumannplatz	3:51:16	M40	141	0:48:24	1:16:27	1:46:24
604	2649	Emiliadis Istefo	hofacker-runner.de.vu	3:51:18	M40	142	0:48:34	1:13:34	1:49:09
605	2172	Herting Franz-Josef	Sonntagsläufer	3:51:30	M45	166	0:47:42	1:13:36	1:50:10
606	5481	Wilmsen Henry	*Neukirchen-Vluyn	3:51:31	M55	31	0:47:00	1:14:09	1:50:21
607	2575	Licata Antonio	Dudel-Runner	3:51:35	M45	167	0:47:47	1:13:27	1:50:21
608	4925	Probst Thorsten	TV Uftort-Eick	3:51:39	M45	168	0:47:41	1:14:44	1:49:12
609	1966	Treis Adrian	TVK 1877 Essen	3:51:39	M40	143	0:48:17	1:12:48	1:50:32
610	2451	Mierswa Thomas	RWW Running Team	3:51:39	M45	169	0:47:32	1:14:53	1:49:13
611	3846	Rochlitz Dr. Karl-Heinz	LT Bundesnetzagentur	3:51:40	M50	100	0:48:17	1:14:57	1:48:25
612	2087	Seidel Hagen	A-Team Düsseldorf	3:51:41	M45	170	0:47:51	1:13:24	1:50:24
613	5317	Bröker Markus	Equi-Zentrum Essen	3:51:48	M40	144	0:46:57	1:11:52	1:52:58
614	3092	Kemmesies Rainer	Team Arezen	3:51:50	M50	101	0:44:59	1:13:59	1:52:51
615	3852	Schütterigkeit Horst	SV Concordia Ossenberg	3:51:51	M40	145	0:46:03	1:14:37	1:51:09
616	2883	Rölleke Knud	Ausdauerchule by bunert	3:51:56	M40	146	0:47:55	1:12:49	1:51:11
617	5301	Beckmann Ludger	AS Neukirchen-Vluyn	3:51:59	M55	32	0:48:49	1:15:28	1:47:42
618	4340	Kempin Dietmar	*Duisburg	3:52:00	M45	171	0:48:32	1:16:14	1:47:13
619	3704	Conrad Thomas	*Essen	3:52:01	M45	172	0:48:17	1:15:17	1:48:26
620	5216	Bobzin Pierre	*Essen	3:52:07	M45	173	0:48:44	1:13:39	1:49:42
621	4155	Willing Dieter	*Hilden	3:52:10	M45	174	0:48:16	1:17:33	1:46:19
622	2059	Paul Thomas	SV Budberg Lauffreunde	3:52:22	M45	175	0:46:10	1:13:17	1:52:54
623	5281	Türkoglu Veysel	BSG Team EVAG	3:52:23	M45	176	0:44:18	1:20:17	1:47:46
624	4575	Bidenharn Frank	Angerland LT Lintorf	3:52:25	M45	177	0:48:12	1:13:38	1:50:33
625	1970	Stumpf Marcus	200PRO	3:52:28	M40	147	0:46:54	1:12:33	1:53:00
626	4444	Kappler Markus	*Essen	3:52:29	M22	29	0:48:03	1:14:17	1:50:07
627	4991	Turnsek Jens	*Korschenbroich	3:52:29	M45	178	0:49:06	1:13:43	1:49:39
628	3288	Ortmanns Uwe	LT Uerdingen Marathon Runn	3:52:30	M35	76	0:46:55	1:17:00	1:48:33
629	3019	Norbisrath Gerd	TV Frisch auf Lennep	3:52:35	M55	33	0:48:32	1:14:07	1:49:55
630	1998	Borgert Ralf	LG COESFELD	3:52:36	M45	179	0:48:31	1:13:26	1:50:38
631	1838	Linder Sebastian	BSG Haniel Laufen	3:52:37	M22	30	0:46:43	1:12:26	1:53:27
632	5387	Hafer Wolf	*Duisburg	3:52:37	M30	40	0:47:58	1:17:20	1:47:19
633	4551	Eibl Collin	Marathonteam Ratingen	3:52:40	M50	102	0:47:26	1:17:46	1:47:27
634	5379	Krämer Eike	LC Duisburg	3:52:42	M60	12	0:48:06	1:13:11	1:51:24
635	3855	Gaertner Björn	immergrün triathlon team	3:52:42	M30	41	0:45:32	1:10:52	1:56:17
636	2160	Franke Edgar	SC Bayer 05 Uerdingen	3:52:44	M50	103	0:48:13	1:14:57	1:49:32

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	1905	Kruell Ulrich	200PRO	3:52:44	M45	180	0:47:55	1:14:06	1:50:42
638	4539	Traut Christian	TV Voerde	3:52:49	M22	31	0:49:15	1:14:03	1:49:30
639	3724	Weever Martin	Bocholter WSV	3:52:52	M50	104	0:46:42	1:13:07	1:53:01
640	3440	Otto Hans-Peter	PV-Triathlon Witten	3:52:54	M55	34	0:47:49	1:14:51	1:50:14
641	2724	Rosin Marc	Herner Triathlon Team	3:52:57	M35	77	0:46:44	1:13:22	1:52:50
642	4938	Keldenich Dr. Jörg	Isostars	3:53:00	M55	35	0:48:38	1:14:02	1:50:19
643	3184	Krügel Jörg Michael	*Bergkamen	3:53:06	M45	181	0:45:42	1:13:49	1:53:34
644	2927	Stammen Marc	Ohne Pfand	3:53:07	M35	78	0:46:31	1:14:32	1:52:02
645	3127	Müller Thorsten	*Duisburg	3:53:07	M40	148	0:48:09	1:14:04	1:50:53
646	2882	Elsner Christian	CDS Running Team	3:53:11	M45	182	0:46:49	1:17:48	1:48:34
647	3417	Thies Stefan	*Kaarst	3:53:16	M40	149	0:46:20	1:11:46	1:55:08
648	5126	Janssen Carlos	Gocher Lauffamilien	3:53:19	M40	150	0:44:52	1:10:18	1:58:08
649	5427	Steinbach Michael	BSG Emschergenossensch	3:53:23	M55	36	0:44:29	1:14:02	1:54:51
650	5128	Krieger Uwe	CF Essen	3:53:31	M45	183	0:47:24	1:15:38	1:50:28
651	917	Duzaar Richard	*Krefeld	3:53:33	M50	105	0:47:12	1:11:58	1:54:22
652	2889	Haufe Uwe	*Essen	3:53:38	M50	106	0:51:02	1:05:24	1:57:11
653	1851	Lukassek Peter	TUS Breitscheid	3:53:40	M22	32	0:46:53	1:18:57	1:47:50
654	2345	Schuster Jochen	*Düsseldorf	3:53:42	M40	151	0:47:43	1:13:43	1:52:15
655	2772	Rohde Markus	BSG Volksbank Rhein-Lippe	3:53:43	M35	79	0:47:40	1:13:35	1:52:27
656	1802	Vißers Ralf	Vodafone-Runners	3:53:44	M40	152	0:48:58	1:14:53	1:49:53
657	3773	Melchert Thomas	MSV-Hockey	3:53:48	M35	80	0:48:20	1:17:46	1:47:41
658	3842	Grabowsky Ulrich	*Dülmen	3:53:53	M50	107	0:46:37	1:11:29	1:55:47
659	4338	Kopka Norbert	Team He-Wa	3:53:55	M50	108	0:48:40	1:15:03	1:50:10
660	4357	Seyring Jan	*Düsseldorf	3:53:59	M35	81	0:49:32	1:15:02	1:49:24
661	4208	Simons Hans Wilhelm	Düsseldorf	3:54:06	M55	37	0:49:51	1:14:29	1:49:45
662	4234	Eckhardt Marc	Frittenflitzer	3:54:07	M40	153	0:48:26	1:13:37	1:52:03
663	4339	Riedel Michael	Team He-Wa	3:54:13	M45	184	0:48:45	1:15:18	1:50:09
664	3881	Uferkamp Bastian	Hamminkelner SV	3:54:14	M35	82	0:49:15	1:13:40	1:51:18
665	4698	Runde Dominik	*Oberhausen	3:54:14	M22	33	0:47:54	1:12:50	1:53:30
666	3439	Marach Semir	*Gladbeck	3:54:17	M35	83	0:44:52	1:16:32	1:52:52
667	3920	Beckord Dr. Peter	*Duisburg	3:54:17	M50	109	0:47:57	1:14:12	1:52:07
668	3695	Wojtynnek Thomas	*Duisburg	3:54:17	M40	154	0:47:21	1:14:08	1:52:47
669	1771	Knocke Andreas	Vodafone-Runners	3:54:19	M50	110	0:52:10	1:16:54	1:45:14
670	1634	Faupel Dr. Peter	SSB Duisburg	3:54:26	M50	111	0:48:33	1:14:11	1:51:40
671	3691	Freyruth Jens	*Oberhausen	3:54:27	M40	155	0:51:51	1:19:08	1:43:27
672	4451	Müller Marc	*Mettmann	3:54:31	M40	156	0:47:16	1:13:37	1:53:36
673	2350	Lieske Frank	Doppelrunde	3:54:36	M45	185	0:48:14	1:17:11	1:49:10
674	4112	Donner Michael	*Wuppertal	3:54:39	M50	112	0:47:41	1:15:39	1:51:19
675	4474	Kinnauer Michael	LC Duisburg	3:54:47	M40	157	0:48:06	1:14:52	1:51:49
676	4288	Bierbrauer Andreas	*Duisburg	3:54:47	M40	158	0:47:03	1:10:47	1:56:57
677	2632	Spickermann Bernhard	Schnaufgruppe	3:54:50	M60	13	0:48:00	1:14:36	1:52:13
678	3848	Moschner Holger	Haubenbär	3:54:56	M50	113	0:49:02	1:13:44	1:52:09
679	5484	Heidenreich Frank	LC Duisburg	3:54:59	M45	186	0:48:04	1:16:45	1:50:09
680	3536	Beekmans Uwe	LG COESFELD	3:55:01	M45	187	0:47:05	1:12:46	1:55:09
681	2720	Backhaus Peter	Stahl-Wille	3:55:02	M40	159	0:47:37	1:13:46	1:53:38
682	1752	Levy Thomas	Vodafone-Runners	3:55:10	M35	84	0:47:53	1:15:36	1:51:40
683	5311	Leibold Patrick	*Hattingen	3:55:16	M30	42	0:48:43	1:16:59	1:49:33
684	5386	Schröder Jörg	Joyfun	3:55:16	M40	160	0:48:48	1:16:12	1:50:15
685	3606	Liesen Markus	*Dinslaken	3:55:22	M40	161	0:48:31	1:13:42	1:53:08
686	1982	Brockmann Stefan	200PRO	3:55:24	M40	162	0:48:49	1:14:01	1:52:33
687	4944	Kietzmann Detlef	Max Maulwurf Marathonis	3:55:30	M55	38	0:48:36	1:15:03	1:51:49
688	3242	Oberdörfer Stefan	*Remscheid	3:55:30	M50	114	0:48:53	1:16:07	1:50:29
689	3919	Knubben Ludger	BSG T-Systems GEI	3:55:36	M50	115	0:48:11	1:11:52	1:55:33

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	2153	Brunngraber Uwe	TVE Lauffreunde Gladbeck	3:55:42	M50	116	0:49:24	1:16:38	1:49:38
691	1656	Ludwig Johannes	TUS Breitscheid	3:55:44	M50	117	0:49:33	1:16:29	1:49:41
692	4809	Köhler Markus	*Mülheim	3:55:45	M40	163	0:46:52	1:12:43	1:56:09
693	4641	Kloeters Michael	NVV Laufftreff Schloß Rheydt	3:55:52	M45	188	0:48:11	1:16:39	1:51:01
694	4678	Bauersachs Sven	KHTC Mülheim an der Ruhr	3:55:54	M40	164	0:47:00	1:15:18	1:53:35
695	2488	Kreuzenbeck Volker	*Essen	3:56:00	M45	189	0:48:47	1:16:09	1:51:02
696	3620	Johannes Horst	LT BUGA Düsseldorf 1999	3:56:09	M40	165	0:51:54	1:16:49	1:47:26
697	4496	Niewerth Tobias	rorunner.de #79	3:56:16	M30	43	0:48:59	1:16:42	1:50:34
698	3394	Gajdzis Heinrich	*Remscheid	3:56:21	M50	118	0:49:14	1:16:42	1:50:23
699	5259	Herbe Frank	Ballettschule Müller	3:56:21	M45	190	0:47:53	1:18:58	1:49:29
700	2786	Lohmann Dirk	*Oberhausen	3:56:24	M45	191	0:49:00	1:16:57	1:50:27
701	4576	Schneider Michael	LT Wischlingen Dortmund	3:56:27	M50	119	0:54:35	1:13:17	1:48:35
702	3076	Spreer Christian	LT Berka Stars	3:56:35	M45	192	0:48:09	1:13:10	1:55:16
703	5021	Ahles Michael	*Neukirchen-Vlyn	3:56:38	M30	44	0:48:37	1:17:22	1:50:38
704	3781	Aßhauer Michael	LT Bamp Herne	3:56:47	M45	193	0:47:04	1:11:50	1:57:52
705	3409	Florin Wilhelm	Homberger TV	3:56:50	M55	39	0:50:08	1:15:30	1:51:11
706	1901	Sheridan Joseph	200PRO	3:56:51	M50	120	0:47:01	1:14:06	1:55:43
707	2518	Schmölders-Piel Reinhold	*Düsseldorf	3:56:52	M55	40	0:55:41	1:19:23	1:41:47
708	1804	Spoo Jens-Uwe	Vodafone-Runners	3:56:57	M40	166	0:49:12	1:17:27	1:50:17
709	3240	Hennes Jandrik	TC Grün Weiß Hochdahl	3:57:00	M19	7	0:46:51	1:14:33	1:55:35
710	4323	Sobczak Martin	Adler-Langlauf Bottrop	3:57:03	M50	121	0:49:16	1:15:39	1:52:06
711	2393	Lünendonk Lothar	Crazyluenis	3:57:05	M60	14	0:50:55	1:16:14	1:49:55
712	5444	Cantiavenera Emanuel	Stadtsparkasse Duisburg	3:57:06	M55	41	0:49:05	1:15:09	1:52:51
713	1738	Nguyen Pham Quang	Vodafone-Runners	3:57:07	M35	85	0:51:17	1:17:15	1:48:34
714	5142	Roeske Thomas	TV Ufört Eick	3:57:08	M22	34	0:55:36	1:15:35	1:45:57
715	2452	Beckord Jürgen	RWW Running Team	3:57:11	M50	122	0:45:02	1:18:17	1:53:51
716	4196	Schmidt Michael	RSG herne	3:57:16	M50	123	0:48:20	1:16:43	1:52:11
717	1630	Albrecht Rainer	TUS Breitscheid	3:57:16	M50	124	0:46:58	1:13:29	1:56:49
718	5297	Franzen Tobias	*Grefrath	3:57:18	M22	35	0:49:45	1:14:54	1:52:38
719	2857	Hillig Harald	Wiesnasen-mara-thonis	3:57:38	M45	194	0:47:48	1:14:46	1:55:03
720	1834	Graute Sebastian	AWG	3:57:51	M22	36	0:47:14	1:15:51	1:54:45
721	2228	Grönheit Frank	CSV Marathon	3:57:54	M50	125	0:50:06	1:16:14	1:51:33
722	3190	Bardtenschlager Jörg	*Bocholt	3:57:58	M35	86	0:49:42	1:17:34	1:50:41
723	2078	Bauhaus Jochen	Bocholter Flitzpiepen	3:57:58	M50	126	0:49:33	1:16:59	1:51:26
724	4261	Ludger Joeken	*Kleve	3:58:00	M45	195	0:48:04	1:15:46	1:54:08
725	3816	Komor Jean-Paul	LC Duisburg	3:58:01	M45	196	0:49:39	1:14:56	1:53:25
726	3075	Plank Peter	*Wesel	3:58:07	M45	197	0:47:37	1:16:12	1:54:17
727	4549	Förster Carsten	Seaside Beach Baldeneysee	3:58:11	M40	167	0:46:18	1:13:32	1:58:20
728	4713	Platzen Jörg	Platzens	3:58:12	M40	168	0:48:44	1:14:44	1:54:43
729	3883	Hilgers Torben	*Düsseldorf	3:58:13	M35	87	0:47:31	1:14:14	1:56:27
730	4945	Hellermann Klaus	Max Maulwurf Marathonis	3:58:18	M50	127	0:49:19	1:15:44	1:53:14
731	1651	Müller Ulrich	TC Kray 1892 e.V.	3:58:25	M55	42	0:51:21	1:14:44	1:52:18
732	2539	Bauer Vitalij	*Remscheid	3:58:25	M22	37	0:51:52	1:15:49	1:50:43
733	5240	Turon Joe	Team Erdinger Alkoholfrei	3:58:28	M30	45	0:48:25	1:16:15	1:53:47
734	1721	Dawwas Yousef	Vodafone-Runners	3:58:33	M40	169	0:49:38	1:18:46	1:50:08
735	4482	Hellfajer Roland	*Bochum	3:58:33	M40	170	0:48:05	1:14:26	1:56:00
736	3891	Wiegand Axel	Borbecker TC	3:58:38	M35	88	0:50:25	1:17:15	1:50:57
737	5377	Chalupka Martin	FI Sport e.V.	3:58:39	M40	171	0:49:46	1:18:00	1:50:52
738	4963	Seibel Markus	*Mülheim an der Ruhr	3:58:47	M40	172	0:49:30	1:16:36	1:52:40
739	2253	Heydemann Jörg	*Kamp-Lintfort	3:58:52	M40	173	0:48:54	1:15:47	1:54:11
740	3562	Jännert Erich	AS Neukirchen-Vluyn	3:58:54	M60	15	0:49:21	1:17:49	1:51:43
741	4351	Skowronek Jürgen	Adler-Langlauf Bottrop	3:58:56	M65	3	0:49:16	1:17:27	1:52:12
742	3118	Voßbeck Dr. Gisbert	*Duisburg	3:58:58	M50	128	0:49:03	1:15:34	1:54:21

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	5493	Esser Volker	LC Duisburg	3:59:00	M40	174	0:49:29	1:14:16	1:55:14
744	5241	Gnadt Markus	*Mülheim an der Ruhr	3:59:02	M45	198	0:53:16	1:18:14	1:47:31
745	3295	Kwapik Georg	TV Jahn Hiesfeld	3:59:09	M55	43	0:49:58	1:16:52	1:52:19
746	1646	Jahnke Siegfried	TC Kray 1892 e.V.	3:59:10	M60	16	0:46:18	1:12:44	2:00:07
747	2592	Buhren Wolfgang	LT TurboSchnecken Issum	3:59:14	M50	129	0:50:59	1:19:04	1:49:11
748	5275	Küpper Thomas	Duisburger Ruderverein	3:59:16	M40	175	0:49:12	1:15:30	1:54:32
748	3321	Bily Alexander	Spaßticker	3:59:16	M40	175	0:47:58	1:22:32	1:48:44
750	2479	Tlatlik Markus	TS Bergisch Gladbach 1879	3:59:16	M40	177	0:48:45	1:17:03	1:53:28
751	3356	Veegers Frank	*Duisburg	3:59:17	M50	130	0:51:28	1:17:45	1:50:02
752	4790	Loru Oliver	SG Hart am Limit	3:59:21	M40	178	0:49:42	1:16:22	1:53:17
753	4089	Rotte Matthias	*Essen	3:59:22	M40	179	0:49:57	1:15:27	1:53:58
754	3777	Neuwirth Frank	LT Bamp Herne	3:59:24	M50	131	0:47:22	1:13:27	1:58:34
755	1961	Blankenberg Kai	Trimet Aluminium AG	3:59:27	M40	180	0:50:21	1:18:03	1:51:03
756	4010	Ketzscher David	Helios Iron Team	3:59:42	M35	89	0:52:40	1:14:19	1:52:42
757	4180	Martsch Rüdiger	Kulturhauptstadtläufer	3:59:46	M50	132	0:47:30	1:17:22	1:54:52
758	4894	Backes Heinrich	Quipies Coach	3:59:48	M50	133	0:49:09	1:16:28	1:54:10
759	2402	Eßler Felix	*Essen	3:59:52	M22	38	0:48:56	1:18:42	1:52:13
760	3702	Conrad Peter	*Essen	3:59:54	M18	5	0:47:51	1:11:54	2:00:08
761	2493	Wassink Andreas	Berufsfeuerwehr Duisburg	4:00:03	M40	181	0:50:20	1:14:10	1:55:32
762	5243	Fastner Christian	*Oberhausen	4:00:03	M40	182	0:42:33	1:22:37	1:54:52
763	2092	Oppermann Thomas	Spaßläufer Rosellerheide	4:00:06	M45	199	0:48:53	1:14:43	1:56:29
764	4309	Gebhardt Dirk	Laufsport Bunert	4:00:12	M50	134	0:49:28	1:18:16	1:52:27
765	2877	Kniest Marco	*Wesel	4:00:15	M30	46	0:50:39	1:17:29	1:52:06
766	4399	Büns Karl-Heinz	TVK 1877 Essen	4:00:15	M55	44	0:48:53	1:16:16	1:55:05
767	2722	Weissbrich Guido	*Hilden	4:00:18	M40	183	0:50:06	1:15:28	1:54:43
768	1607	Fredrich Reno	Trimet Aluminium AG	4:00:23	M45	200	0:47:03	1:15:22	1:57:56
769	2475	Modrow Detlef	LG Wanderhoden	4:00:25	M55	45	0:47:23	1:17:13	1:55:48
770	3978	Graebel Gunther	Crepe & Baguette Duisburg	4:00:25	M55	46	0:47:59	1:18:06	1:54:19
771	3921	Wißmann Markus	*Bocholt	4:00:27	M45	201	0:49:37	1:18:14	1:52:35
772	2215	Inger Waldemar	LT Uerdingen Marathon Runn	4:00:37	M45	202	0:49:24	1:16:49	1:54:23
773	2687	Wozny Georg	SG Dorma Ennepetal	4:00:37	M60	17	0:51:57	1:17:41	1:50:58
774	5121	Spogahn Georg	SV Biemenhorst	4:00:39	M60	18	0:49:37	1:20:18	1:50:42
775	4681	David Fabian	*Dortmund	4:00:42	M45	203	0:49:36	1:18:14	1:52:52
776	1937	Kels Florian	200PRO	4:00:43	M22	39	0:49:36	1:14:55	1:56:12
777	2876	Pilgermann Kai	*Dinslaken	4:00:46	M35	90	0:51:30	1:17:10	1:52:05
778	2404	Dwars Thomas	SVK 72	4:00:46	M45	204	0:50:05	1:17:51	1:52:49
779	2018	Jansen Mario	*Moers	4:00:48	M30	47	0:49:24	1:19:06	1:52:16
780	2631	Schmitz Frank	*Meerbusch	4:00:54	M40	184	0:48:38	1:14:40	1:57:35
781	2667	Zieschang Christian	Kahlenberger HTC	4:01:00	M30	48	0:47:15	1:12:39	2:01:05
782	3679	Daniels Andre	*Sonsbeck	4:01:02	M19	8	0:45:28	1:23:18	1:52:15
783	3306	Del Testa Alcide	*Duisburg	4:01:07	M30	49	0:48:38	1:16:04	1:56:25
784	4900	Stockhausen Stocki	RT Backfieldrunners Bocholt	4:01:11	M40	185	0:48:35	1:18:22	1:54:13
785	5011	Jakobs Daniel	Oberhausener Segel Club	4:01:17	M45	205	0:48:30	1:17:51	1:54:55
785	3517	Laufenberg Jörn	THS Wohnen GmbH	4:01:17	M45	205	0:48:13	1:14:56	1:58:07
787	4377	Grzibek Manfred	*Duisburg	4:01:18	M40	186	0:51:45	1:15:30	1:54:01
788	4108	Link Klaus	Team Vitargo	4:01:18	M50	135	0:50:47	1:19:12	1:51:19
789	1632	Schmidtke Norbert	TUS Breitscheid	4:01:20	M50	136	0:49:39	1:17:19	1:54:21
790	3057	Brauer Hans-Peter	LC Duisburg	4:01:20	M55	47	0:50:14	1:18:44	1:52:22
791	4372	Reuter Thomas	*Duisburg	4:01:22	M45	207	0:48:32	1:13:34	1:59:16
792	5419	Philipp Wolfgang	DSD Düsseldorf	4:01:23	M55	48	0:49:49	1:19:37	1:51:56
793	5158	Stettler Helmut	Hildener AT	4:01:25	M45	208	0:47:19	1:12:10	2:01:55
794	2546	Prass Andreas	*Essen	4:01:25	M45	209	0:49:51	1:17:59	1:53:34
795	3349	Müller Günter	Marathonteam Ratingen	4:01:31	M65	4	0:49:21	1:17:30	1:54:39

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	3381	Heinig Peter	*Duisburg	4:01:46	M50	137	0:49:13	1:15:58	1:56:33
797	3698	Löw Dennis	*Düsseldorf	4:01:47	M50	138	0:49:29	1:16:59	1:55:19
798	3471	Lachmann Guido	Homberger TV	4:01:47	M45	210	0:41:07	1:21:36	1:59:03
799	3766	Hartmann Ralf	LC Duisburg	4:01:49	M50	139	0:45:46	1:23:57	1:52:04
800	2126	Nienhaus Detlef	Laufteam-Elsinghorst-Bochol	4:01:51	M60	19	0:51:36	1:19:56	1:50:18
801	4630	Büxenstein Manuel	BSG Sparkasse Lüdenscheid	4:01:53	M35	91	0:51:30	1:18:51	1:51:31
802	3169	Grunwald Klaus	Rapid Ramirez	4:01:54	M45	211	0:48:36	1:17:53	1:55:24
803	3979	Suckau Jürgen	BSG Barmenia Versicheru	4:01:55	M45	212	0:50:23	1:14:29	1:57:01
804	2009	Mölder Dietmar	*Oberhausen	4:01:58	M45	213	0:49:16	1:18:31	1:54:10
805	2432	Jäger Marcus	komakombo	4:02:01	M40	187	0:51:40	1:17:11	1:53:09
806	4722	Demske Thomas	*Ratingen	4:02:05	M22	40	0:49:22	1:18:10	1:54:32
807	1778	Brüggemann Patrick	Vodafone-Runners	4:02:11	M35	92	0:46:57	1:08:50	2:06:23
808	3259	Gröber Rüdiger	*Düsseldorf	4:02:19	M55	49	0:52:33	1:20:13	1:49:32
809	4660	Thorschmidt Norbert	TUS Breckerfeld	4:02:20	M60	20	0:47:50	1:18:40	1:55:49
810	4732	Fritsch Marco	K. Bellwon Elektrotechnik Gm	4:02:22	M40	188	0:49:51	1:16:01	1:56:30
811	2535	Vohl Stefan	*Duisburg	4:02:28	M40	189	0:49:25	1:18:20	1:54:42
812	2020	Thanner Markus	Giasinga Ledahosn	4:02:30	M40	190	0:47:00	1:13:18	2:02:10
813	4143	Waller Markus	*Duisburg	4:02:33	M45	214	0:51:24	1:17:53	1:53:16
814	2240	Kellerhoff Sven	Team Aroma Ahoi	4:02:38	M35	93	0:48:44	1:23:13	1:50:39
815	2845	Gesser Michael	SG Wacker Walsum	4:02:43	M40	191	0:48:59	1:18:07	1:55:37
816	5399	Von der Brüggen Thomas	*Mülheim	4:02:46	M35	94	0:49:53	1:17:46	1:55:07
817	4788	Ebertus Frank	*Ratingen	4:02:48	M35	95	0:51:22	1:17:21	1:54:05
818	1785	Sailer Bruno	Vodafone-Runners	4:02:57	M45	215	0:50:52	1:17:05	1:54:59
819	4798	Von Hagen Andreas	DJK Tus Rotthausen	4:02:57	M45	216	0:49:34	1:17:50	1:55:33
820	4019	Petlikau Manfred	Zwoelfender	4:02:58	M45	217	0:50:24	1:28:01	1:44:32
821	4114	Lankes Stefan	SV Schermbeck	4:02:59	M45	218	0:49:00	1:17:18	1:56:40
822	1941	Linne Christian	200PRO	4:03:02	M45	219	0:47:00	1:29:44	1:46:17
823	2957	Rudolph Uwe	*Duisburg	4:03:05	M50	140	0:52:09	1:17:19	1:53:36
824	3963	Stemmer Uwe	*Voerde	4:03:05	M55	50	0:49:24	1:15:47	1:57:53
825	4251	Lorkowski Michael	Die blauen Bengel	4:03:11	M50	141	0:48:42	1:14:59	1:59:29
826	4758	Marißen Klaus-D.	Die Stolperer	4:03:12	M60	21	0:51:36	1:16:53	1:54:41
827	2815	Jansen Georg	*Kranenburg	4:03:16	M45	220	0:50:31	1:17:42	1:55:03
828	2320	Krüger Hans-Joachim	CaBas CaBaNauTeN	4:03:17	M50	142	0:47:54	1:15:10	2:00:12
829	1823	Rosso Andrea	Vodafone-Runners	4:03:20	M45	221	0:52:31	1:17:24	1:53:25
830	4671	Kollenberg Frank	*Oberhausen	4:03:28	M45	222	0:49:46	1:17:09	1:56:32
831	2990	Stapperfenne Dr. Uwe	*Wülfrath	4:03:28	M55	51	0:50:28	1:19:42	1:53:17
832	5006	Nett Thomas	*Bottrop	4:03:29	M45	223	0:50:46	1:19:57	1:52:45
833	2980	Frank Hagen	*Neuss	4:03:29	M45	224	0:48:28	1:22:50	1:52:10
834	5464	Schmidt Ralf	*Dinslaken	4:03:32	M50	143	0:50:08	1:16:36	1:56:47
835	1898	Schulte-Lingemann Frank	200PRO	4:03:33	M40	192	0:49:35	1:17:45	1:56:12
836	5099	Kaline Maik	*Dorsten	4:03:36	M35	96	0:49:49	1:21:23	1:52:23
837	3488	Kaczmarek Christian	*Recklinghausen	4:03:39	M45	225	0:50:30	1:18:53	1:54:15
838	3280	Gerlach Dr. Thomas	die 3 v.d.Franzstr.	4:03:46	M55	52	0:49:04	1:17:28	1:57:13
839	1818	Honekamp Michael	Vodafone-Runners	4:03:48	M45	226	0:49:57	1:17:13	1:56:36
840	5333	Kneer Ralph	*Recklinghausen	4:03:59	M35	97	0:49:39	1:17:36	1:56:43
841	2407	Walter Gregor	*Krefeld	4:04:02	M45	227	0:48:04	1:17:11	1:58:46
842	4254	Aalbers Ralf	*Dinslaken	4:04:14	M50	144	0:49:45	1:18:40	1:55:49
843	4849	Bartels Guido	*Duisburg	4:04:15	M35	98	0:53:32	1:17:00	1:53:42
844	5146	Maiworm Thomas	Alemannia Pfalzdorf	4:04:15	M55	53	0:51:46	1:10:47	2:01:41
845	2398	Bischoff Frank	BSG Wirtschaftsbetriebe Db	4:04:20	M35	99	0:50:16	1:19:08	1:54:54
846	2556	Höll Karsten	Doppelrunde	4:04:24	M40	193	0:47:52	1:14:02	2:02:29
847	4612	Kerstiens Norbert	LT Wischlingen Dortmund	4:04:25	M50	145	0:44:38	1:24:44	1:55:03
848	2998	Bischoff Andre	BSG Wirtschaftsbetriebe Db	4:04:29	M35	100	0:50:25	1:19:09	1:54:54



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	4026	Wagner Daniel	*Oberhausen	4:04:33	M22	41	0:50:07	1:16:33	1:57:52
850	3572	Janßen Udo	AS Neukirchen-Vluyn	4:04:34	M50	146	0:48:19	1:16:54	1:59:20
851	2977	Hütten Volker	*Moers	4:04:37	M45	228	0:52:31	1:16:28	1:55:37
852	3424	Puy Michl Franz Xaver	*Duisburg	4:04:37	M45	229	0:49:16	1:17:56	1:57:25
853	4008	Sonnwald Dr. Andreas	Team Aroma Ahoi	4:04:38	M30	50	0:48:16	1:13:07	2:03:14
854	3902	Prochotta Prof. Dr. Joach	*Meerbusch	4:04:39	M50	147	0:50:40	1:18:09	1:55:49
855	1751	Holtmanns Thomas	Vodafone-Runners	4:04:56	M45	230	0:48:33	1:17:38	1:58:44
856	3576	Ruthmann Kai	AS Neukirchen-Vluyn	4:05:01	M50	148	0:47:24	1:13:37	2:03:58
857	1736	Wischnewski Peter	Vodafone-Runners	4:05:04	M50	149	0:49:45	1:15:43	1:59:35
858	2371	Gilles Ulrich	LAV Essen	4:05:06	M45	231	0:49:42	1:16:35	1:58:49
859	5020	Gerritsma Carsten	*Krefeld	4:05:12	M30	51	0:48:37	1:17:41	1:58:53
860	3312	Mosbacher Leon	Mosbacher Fighter	4:05:14	M15	2	0:50:23	1:19:58	1:54:52
861	3222	Holtkamp Frank	*Essen	4:05:15	M40	194	0:49:25	1:16:24	1:59:25
862	3719	Strunk Holger	*Essen	4:05:16	M45	232	0:49:28	1:19:27	1:56:20
863	2076	Ropers Stefan	Sonntagsläufer	4:05:16	M45	233	0:50:45	1:17:38	1:56:53
864	2169	Niedballa Peter	GSV Moers	4:05:20	M50	150	0:48:28	1:24:56	1:51:55
865	3906	Feldmann Jens	*Duisburg	4:05:21	M30	52	0:49:14	1:15:39	2:00:27
866	3950	Geuting Thomas	*Bocholt	4:05:26	M35	101	0:50:27	1:20:21	1:54:37
867	3107	Stolzenburg Klaus	Obrighoven	4:05:32	M55	54	0:51:01	1:18:52	1:55:38
868	1907	Krayer Bernd	TUS Breitscheid	4:05:35	M50	151	0:51:58	1:14:03	1:59:32
869	3899	Raczynski Janus	*Bochum	4:05:38	M35	102	0:51:20	1:19:44	1:54:33
870	4084	Binias Jürgen	LC Duisburg	4:05:39	M50	152	0:50:41	1:16:39	1:58:18
871	3172	Bier Günther	*Velbert	4:05:57	M55	55	0:49:46	1:16:35	1:59:35
872	3764	Reisch Axel	Laufschule Oberhausen	4:05:59	M55	56	0:50:09	1:21:11	1:54:37
873	3106	Schoofs Holger	Obrighoven	4:06:02	M45	234	0:49:31	1:17:44	1:58:46
874	4125	Buch Markus	*Heiligenhaus	4:06:09	M45	235	0:49:21	1:18:15	1:58:31
875	3375	Kokoras Lazaros	*Düsseldorf	4:06:09	M45	236	0:52:50	1:18:19	1:54:59
876	4049	Griesdorn Hans	LC Duisburg	4:06:12	M55	57	0:51:32	1:18:15	1:56:24
877	2688	Michalski Jürgen	Dorsten	4:06:15	M50	153	0:49:23	1:15:36	2:01:16
878	2530	Bussing Dirk	*Wesel	4:06:18	M40	195	0:48:51	1:18:51	1:58:35
879	3193	Steinert Frank	*Mülheim	4:06:19	M45	237	0:50:44	1:16:04	1:59:29
880	3821	Latzelsberger Jan	*Bonn	4:06:21	M35	103	0:49:32	1:17:54	1:58:55
881	4860	Schoofs Helmut	DJK VfR Saarn	4:06:23	M55	58	0:50:10	1:18:57	1:57:15
882	4629	Miletitsch Heinz	Solinger LC	4:06:32	M55	59	0:48:30	1:17:38	2:00:23
883	2699	Roosen Sven	Ohne Pfand	4:06:32	M35	104	0:48:16	1:15:19	2:02:56
884	3225	Horrig Volker	Triminators TV Voerde	4:06:34	M50	154	0:48:31	1:18:53	1:59:09
885	4366	Hornscheidt Frieder	Adler-Langlauf Bottrop	4:06:37	M55	60	0:51:05	1:19:10	1:56:22
886	2279	Billmann Karsten	Vohwinkeler STV	4:06:38	M40	196	0:49:40	1:17:13	1:59:45
887	2173	Best Volker	*Duisburg	4:06:43	M60	22	0:50:58	1:20:25	1:55:18
888	1963	Retz Holger	*Duisburg	4:06:44	M45	238	0:50:53	1:19:54	1:55:57
889	1730	Bäumer Daniel	Vodafone-Runners	4:06:45	M40	197	0:51:26	1:16:31	1:58:47
890	2665	Achsel Thomas	Team Interrail Klatovy 2007	4:06:45	M45	239	0:51:50	1:08:51	2:06:04
891	4825	Haeger Stefan	RSV Krefeld	4:06:47	M45	240	0:50:30	1:17:55	1:58:21
892	4774	Hellen Jörg	*Dinslaken	4:06:48	M45	241	0:49:44	1:16:20	2:00:44
893	4922	Kock Heinz-Jürgen	*Oberhausen	4:06:54	M50	155	0:50:06	1:18:03	1:58:44
894	3237	Kössl Jo	AS Neukirchen-Vluyn	4:07:00	M45	242	0:51:11	1:17:36	1:58:13
895	5255	Röschke Jörg	Ballettschule Müller	4:07:02	M45	243	0:48:29	1:16:59	2:01:33
896	4724	Achterath Joachim	*Rheinberg	4:07:10	M45	244	0:49:07	1:15:03	2:02:58
897	4705	Grundmann Alfred	TUS Breckerfeld	4:07:11	M60	23	0:50:22	1:18:38	1:58:10
898	2792	Espelage Florian	TSV Quakenbrück	4:07:17	M30	53	0:50:21	1:16:57	1:59:58
899	4101	Schmitz Stefan	Helios Iron Team	4:07:19	M30	54	0:45:33	1:09:54	2:11:51
900	2343	Schumacher Dietmar	SF Klein Reken	4:07:26	M45	245	0:49:13	1:20:34	1:57:39
901	2516	Brodowski Boris	Sonntagsläufer	4:07:37	M40	198	0:51:01	1:18:28	1:58:07

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	2152	Bente Marco	*Duisburg	4:07:38	M35	105	1:01:35	1:16:07	1:49:55
903	5304	Lenz Uwe	*Recklinghausen	4:07:41	M50	156	0:51:40	1:20:15	1:55:44
904	1673	Jöster Klaus	E.ON Ruhrgas SG	4:07:42	M55	61	0:50:27	1:18:50	1:58:23
905	3762	Nöldemann Dieter	run for fun	4:07:50	M65	5	0:51:30	1:19:31	1:56:48
906	4490	Litfin Harri	TSV Viktoria Mülheim	4:07:50	M70	3	0:50:48	1:18:39	1:58:22
907	5191	Gabriel Lukas	*Duisburg	4:07:55	M18	6	0:46:36	1:19:01	2:02:18
908	2862	Dusse Dr. Fabian	*Essen	4:08:10	M35	106	0:52:58	1:18:33	1:56:39
909	2519	Bauer Klaus	*Düsseldorf	4:08:12	M50	157	0:51:30	1:13:29	2:03:12
910	2315	Jans Joern	SW Westende Hamborn	4:08:21	M50	158	0:53:14	1:18:38	1:56:27
911	2019	Handke Wolf	TuRa 88 Duisburg	4:08:23	M45	246	0:51:22	1:23:12	1:53:47
912	5258	Stegmann Ralph	Ballettschule Müller	4:08:26	M45	247	0:49:39	1:20:19	1:58:26
913	2482	Niehues Peter	BSG Volksbank Rhein-Lippe	4:08:28	M55	62	0:50:37	1:20:16	1:57:34
914	3199	Arend Detlef	*Duisburg	4:08:32	M50	159	0:51:41	1:17:52	1:58:58
915	3951	Poswig Dr. Arndt	*Ratingen	4:08:34	M40	199	0:48:10	1:16:18	2:04:05
916	1860	Machill Manfred	AS Neukirchen-Vluyn	4:08:35	M45	248	0:56:16	1:24:29	1:47:50
917	4679	Müller Andreas	Bummelbob	4:08:37	M35	107	0:52:51	1:19:54	1:55:50
918	2767	Pahsen Daniel	Feuerwehr SV Düsseldorf	4:08:37	M40	200	0:52:21	1:18:11	1:58:04
919	3451	Altmiks Heinrich		4:08:40	M45	249	0:48:08	1:23:28	1:57:03
920	3936	Blanik Michael	Ruhr BOB Runner	4:08:45	M40	201	0:50:06	1:20:02	1:58:36
921	4709	Graf Tim	*Essen	4:08:47	M22	42	0:52:31	1:22:40	1:53:35
922	5150	Schmidt Harald	DJK Altendorf 09	4:08:47	M45	250	0:53:05	1:19:53	1:55:48
923	3476	Utzat Hermann	*Remscheid	4:08:52	M55	63	0:50:58	1:21:59	1:55:54
924	3564	Wolters Jörg	AS Neukirchen-Vluyn	4:08:54	M45	251	0:52:57	1:22:10	1:53:47
925	4079	Schüring Norbert	RUHR-TECHNIK	4:08:55	M50	160	0:53:59	1:20:35	1:54:19
926	5322	Mühlberg Norbert	*Duisburg	4:08:57	M50	161	0:52:17	1:24:52	1:51:48
927	3177	Hilberger Christian	ERGO Sports	4:08:58	M45	252	0:52:55	1:18:20	1:57:42
928	5080	Börskens Jörg	DJK Altendorf 09	4:08:58	M40	202	0:53:06	1:20:03	1:55:48
929	2970	Brandl Axel	TV Jahn Hiesfeld	4:09:03	M60	24	0:52:30	1:19:13	1:57:20
930	1822	Spitzer Alexander	Vodafone-Runners	4:09:03	M40	203	0:49:30	1:19:23	2:00:09
931	2622	Krause Markus	*Meerbusch	4:09:05	M35	108	0:51:51	1:20:45	1:56:29
932	2983	Jerig Ludger	*Duisburg	4:09:16	M50	162	0:52:57	1:19:17	1:57:01
933	4905	Luge Jens	*Duisburg	4:09:18	M50	163	0:49:58	1:16:11	2:03:08
934	5207	Stachulec Michael	BierPanzer	4:09:19	M22	43	0:47:44	1:32:17	1:49:17
935	1694	Abel Klaus	LC Duisburg	4:09:20	M60	25	0:47:01	1:19:23	2:02:54
936	2609	Lüßem Marc	*Essen	4:09:23	M45	253	0:53:59	1:21:27	1:53:56
937	4120	Renzel Wolfgang	*Ratingen	4:09:23	M50	164	0:50:44	1:20:37	1:58:01
938	5459	Just Kai	*Wesel	4:09:26	M40	204	0:52:10	1:22:30	1:54:46
939	4737	Cürsgen Mike	*Bocholt	4:09:28	M40	205	0:54:21	1:19:40	1:55:26
940	3885	Giesa Burkhard	Triathlon Team Rheinberg e.	4:09:37	M45	254	1:02:08	1:29:00	1:38:29
941	1775	Spirres Thomas	Vodafone-Runners	4:09:38	M40	206	0:52:46	1:20:09	1:56:43
942	3346	Hahmann Christopher	*Leverkusen	4:09:42	M22	44	0:54:42	1:20:07	1:54:52
943	2798	Kluschat Bernhard	*Essen	4:09:42	M45	255	0:46:24	1:21:04	2:02:13
944	3130	Weinkath Falk	TV Voerde Triminators	4:09:44	M35	109	0:53:58	1:20:27	1:55:18
945	1953	Inglis Graham	Trimet Aluminium AG	4:09:44	M40	207	0:51:14	1:19:28	1:59:01
946	5302	Rohmann Ronny	*Köln	4:09:45	M30	55	0:49:33	1:22:26	1:57:45
947	5183	Fieseler Andreas	Helios Iron Team	4:09:46	M45	256	0:50:56	1:19:42	1:59:06
948	4512	Rademacher Daniel	*Duisburg	4:09:46	M18	7	0:46:37	1:19:54	2:03:15
949	3054	Meinert Rolf	Team Rheinberg	4:09:51	M50	165	0:51:49	1:21:54	1:56:08
950	1897	Brunner Daniel	200PRO	4:09:57	M35	110	0:50:30	1:21:21	1:58:05
951	5309	Weinhold Jörg	Gocher Lauffamilien	4:09:58	M22	45	0:50:52	1:19:36	1:59:29
952	2001	Gommers Martin	Scheisswetterläufer	4:09:59	M50	166	0:53:32	1:18:41	1:57:46
953	4428	Peters Ralf	BSG-DVG	4:10:15	M45	257	0:47:24	1:16:08	2:06:43
954	4770	Röwekamp Thomas	*Ratingen	4:10:24	M45	258	0:50:08	1:20:19	1:59:56

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	5491	Klugiewicz Peter	LC Duisburg	4:10:25	M45	259	0:46:50	1:13:45	2:09:49
956	2678	Göbel Horst	SG Dorma Ennepetal	4:10:43	M60	26	0:52:25	1:17:41	2:00:37
957	3408	Kossin Markus	TV Steinforth-Rubbelrath	4:10:46	M45	260	0:48:05	1:12:56	2:09:44
958	3132	Thomaschewski Dr. Frank	*Duisburg	4:10:49	M50	167	0:51:28	1:17:36	2:01:44
959	3365	Laue Carsten	LG Mülheim	4:10:56	M45	261	0:47:37	1:16:12	2:07:06
960	5471	Heite Mathis	Ausdauerschule by bunert	4:10:59	M22	46	0:48:51	1:16:25	2:05:42
961	2806	Fischer Dirk	BSG Sparkasse Duisburg	4:11:03	M35	111	0:52:46	1:18:35	1:59:40
962	4503	Schaffrath Henry	*Dormagen	4:11:06	M35	112	0:52:22	1:17:19	2:01:24
963	2004	Pollmann Thoma	Fluktuation 8	4:11:06	M40	208	0:51:38	1:20:26	1:59:01
964	4327	Klinge Markus	Dreckschüppengesichter Ess	4:11:15	M45	262	0:50:49	1:23:16	1:57:09
965	2655	Van Ryn Andre	Langlauf Bottrop	4:11:18	M35	113	0:53:13	1:23:58	1:54:06
966	1845	Naujoks Stefan	opta-data	4:11:24	M35	114	0:49:57	1:24:19	1:57:08
967	4778	Hau Hans-Dieter	Homberger TV	4:11:26	M55	64	0:50:45	1:21:37	1:59:03
968	1619	Kalthaus Andreas	Ausdauerschule by bunert	4:11:30	M40	209	0:52:06	1:21:39	1:57:44
969	3398	Lehmann Jörg	*Mülheim	4:11:33	M45	263	0:51:24	1:20:29	1:59:39
970	4413	Gonsior Guido	*Wuppertal	4:11:33	M40	210	0:53:06	1:20:01	1:58:25
971	1843	Meyer-Fredrich Jörn	opta-data	4:11:41	M35	115	0:52:37	1:21:32	1:57:31
972	5017	Fronhoffs Reiner	Schwimmfreunde Rheurdt	4:11:45	M40	211	0:52:26	1:19:32	1:59:46
973	4949	Schorn Walter	Max Maulwurf Marathonis	4:11:46	M55	65	0:53:25	1:19:48	1:58:32
974	2796	Timm Dr. Haiko	LT Uhlenhorst	4:11:47	M50	168	0:49:08	1:25:56	1:56:42
975	2257	Grosse Karl-Heinz	Team Erdinger Alkoholfrei	4:12:06	M60	27	0:51:23	1:20:51	1:59:51
976	4226	Ullrich Armin	Turnerbund Osterfeld 1911	4:12:09	M55	66	0:50:39	1:19:44	2:01:45
977	4123	Plicht Werner	wider dem Schweinehund	4:12:12	M45	264	0:48:57	1:17:41	2:05:33
978	2828	Rudolf Joachim	*Bergisch Gladbach	4:12:14	M55	67	0:50:35	1:19:42	2:01:55
979	4350	Wünsche Clemens	*Meerbusch	4:12:14	M35	116	0:51:23	1:18:35	2:02:16
980	2744	Kujas Michael	*Remscheid	4:12:27	M45	265	0:48:47	1:18:20	2:05:19
981	4807	Buhrmester Timo	*Bochum	4:12:28	M45	266	0:52:14	1:22:43	1:57:29
982	1683	Schmah Andreas	E.ON Ruhrgas SG	4:12:29	M45	267	0:51:42	1:22:12	1:58:34
983	2159	Schwendtke Arndt	*Mülheim an der Ruhr	4:12:31	M45	268	0:49:41	1:16:59	2:05:50
984	2311	Störch Jürgen	LT Uerdingen Marathon Runn	4:12:32	M50	169	0:48:50	1:19:36	2:04:05
985	3968	Wendel Haiko	TV Ratingen	4:12:35	M40	212	0:48:46	1:17:59	2:05:49
986	3082	Szarvas Markus	LT Schnecke Sonsbeck	4:12:36	M45	269	0:54:29	1:19:41	1:58:25
987	4513	Ring Kim Friedrich	Immeo Wohnen Running Te	4:12:40	M35	117	0:50:25	1:21:34	2:00:41
988	4659	Butterweck Andreas	TUS Breckerfeld	4:12:45	M40	213	0:49:02	1:19:18	2:04:24
989	5372	Tillmanns Jörg	TV Aldekerk	4:12:58	M45	270	0:52:10	1:21:26	1:59:21
990	4016	Baumann Marc	*Duisburg	4:12:59	M40	214	0:52:21	1:21:14	1:59:23
991	4555	Seidel Julian	*Castrop-Rauxel	4:13:17	M19	9	0:51:05	1:20:39	2:01:33
992	3959	Kupke Uwe	TV Jahn Hiesfeld	4:13:19	M55	68	0:52:12	1:21:40	1:59:27
993	2737	Friebe Mathias	*Mönchengladbach	4:13:27	M45	271	0:51:37	1:20:05	2:01:45
994	3656	Grabenkamp Siegfried	Laufsport Bunert	4:13:27	M50	170	0:49:33	1:18:31	2:05:22
995	5086	Lukas Andreas	TV Goch	4:13:30	M45	272	0:48:07	1:16:54	2:08:28
996	2718	Vogel Dirk	*Duisburg	4:13:38	M50	171	0:50:10	1:20:30	2:02:57
997	4600	Scherbring Detlev	Bocholter WSV	4:13:46	M50	172	0:53:54	1:18:33	2:01:18
998	1944	Erdmann Wolfgang	200PRO	4:13:47	M45	273	0:59:10	1:17:55	1:56:40
999	3660	Hinsken Franz-Josef	Barfuss Kalamitsi	4:13:51	M55	69	0:51:44	1:21:58	2:00:09
1000	5701	Ditzer Lothar	TUS Breitscheid	4:13:53	M55	70	0:53:16	1:23:32	1:57:04
1001	1959	Plettau Markus	Trimet Aluminium AG	4:13:56	M30	56	0:53:54	1:21:54	1:58:07
1002	3100	Lorkowski Peter	Die blauen Bengel	4:14:01	M45	274	0:52:00	1:20:53	2:01:07
1003	2270	Hühner Michael	*Bochum	4:14:02	M40	215	0:53:15	1:19:46	2:01:00
1004	2869	Krieger Dr. Christoph	*Moers	4:14:06	M45	275	0:50:22	1:23:34	2:00:10
1005	4546	Völlkopf Hagen	Marathon-Club Menden	4:14:08	M55	71	0:49:12	1:12:09	2:12:47
1006	2060	Stuers Rainer	SV Budberg Lauffreunde	4:14:09	M50	173	0:51:34	1:22:37	1:59:57
1007	2061	Tomberg Gerd	SV Budberg Lauffreunde	4:14:10	M50	174	0:51:34	1:22:38	1:59:57

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	4508	Felderer Axel	*Essen	4:14:14	M30	57	0:52:22	1:18:36	2:03:15
1009	2012	Pohle Stefan	*Duisburg	4:14:15	M40	216	0:50:41	1:17:33	2:06:01
1010	2414	Hugo Christian	*Bochum	4:14:16	M35	118	0:52:10	1:20:02	2:02:04
1011	3133	Dietzsch Andreas	Haus Freudenberg	4:14:18	M45	276	0:50:38	1:20:11	2:03:29
1012	2250	Loos Andreas	LG Hans-Sachs	4:14:22	M45	277	0:50:28	1:21:18	2:02:35
1013	2635	Burmeister Uwe	Die Buschläufer	4:14:31	M50	175	0:49:49	1:23:46	2:00:55
1014	4882	Graffmann Dieter	LC Duisburg	4:14:32	M55	72	0:52:15	1:20:59	2:01:18
1015	4957	Berger Georg	Gerscheder SV, Essen	4:14:38	M55	73	0:48:53	1:20:02	2:05:42
1016	4070	Van Lochem Georg	*Essen	4:14:39	M50	176	0:47:51	1:29:56	1:56:52
1017	4581	Leitloff Carsten	Privat	4:14:43	M40	217	0:47:02	1:15:16	2:12:25
1018	2973	Hengsternann Christoph	LT SV Haldern	4:14:44	M50	177	0:52:55	1:23:55	1:57:52
1019	1888	Sowa Stephan	200PRO	4:14:46	M30	58	0:54:04	1:21:49	1:58:51
1020	3482	Spielmann Uwe	LG Dorsten	4:14:47	M50	178	0:51:06	1:21:23	2:02:17
1021	2373	Pieniak Dominik	*Essen	4:14:47	M30	59	0:56:59	1:20:05	1:57:42
1022	5439	Nagel Thomas	*Rheinberg	4:14:50	M45	278	0:52:21	1:25:15	1:57:13
1023	4719	Vogt Michael	TV 1900 Wanheim	4:14:51	M50	179	0:55:03	1:22:28	1:57:19
1024	2809	Häde Matthias	LT Haumannplatz	4:14:58	M40	218	0:45:43	1:27:04	2:02:10
1025	1917	Lux Matthias	200PRO	4:15:01	M40	219	1:02:36	1:36:23	1:36:01
1026	4280	Schreiber Thomas	*Krefeld	4:15:04	M30	60	0:53:04	1:23:27	1:58:32
1027	3805	Gelbach Michael	*Wuppertal	4:15:04	M55	74	0:53:52	1:22:11	1:59:00
1028	2817	Gach Peter	*Mülheim	4:15:06	M50	180	0:51:42	1:23:18	2:00:06
1029	3532	Simon Frank	SG Stern Wuppertal	4:15:08	M45	279	0:50:44	1:23:42	2:00:41
1030	4704	Zangen Markus	*Düsseldorf	4:15:11	M40	220	0:49:30	1:16:50	2:08:49
1031	4627	Krisp Arno	Bummelbob	4:15:15	M35	119	0:54:39	1:23:41	1:56:55
1032	4556	Jordan Dr. Frank	*Erkrath	4:15:24	M40	221	0:52:51	1:26:45	1:55:47
1033	1720	Laschet Patrick	Vodafone-Runners	4:15:26	M45	280	0:56:33	1:19:00	1:59:53
1034	1948	Roth Holger	BSG Stadtwerke Duisburg	4:15:28	M45	281	0:48:42	1:18:47	2:07:58
1035	4596	Telle Norbert	*Oberhausen	4:15:29	M55	75	0:54:53	1:23:53	1:56:43
1036	3072	Knoßalla Thomas	*Duisburg	4:15:30	M45	282	0:50:15	1:24:50	2:00:24
1037	4880	Schoch Guido	*Oberhausen	4:15:33	M35	120	0:54:22	1:21:25	1:59:45
1038	4850	Schacht Axel	RTB Marathonteam Remsche	4:15:39	M60	28	0:49:56	1:23:43	2:01:59
1039	4036	Heine Manfred	*Düsseldorf	4:15:45	M50	181	0:53:21	1:21:57	2:00:25
1040	2587	Bonnen Michael	*Düsseldorf	4:15:52	M50	182	0:57:14	1:20:19	1:58:18
1041	4767	Schroer Thorsten	BSG Verbands-Sparkasse W	4:15:53	M45	283	0:50:43	1:19:47	2:05:22
1042	2966	Kemna Frank	*Sprockhövel	4:15:55	M50	183	0:54:20	1:23:50	1:57:44
1043	3313	Mosbacher Lucas	Mosbacher Fighter	4:16:01	M15	3	0:53:59	1:22:01	1:59:59
1044	3839	Ibrahim Erich	*Duisburg	4:16:02	M45	284	0:51:44	1:23:57	2:00:20
1045	5455	Stratmann Frank	*Wesel	4:16:06	M45	285	0:51:51	1:23:55	2:00:19
1046	4690	Schultz Ingo	Schoppes	4:16:15	M45	286	0:51:56	1:18:59	2:05:18
1047	4744	Köster Christof	Marthonteam Ratingen	4:16:19	M40	222	0:55:49	1:22:08	1:58:21
1048	3926	Reumann-Claßen Dietmar	TuS Hamborn-Neumühl	4:16:23	M50	184	0:51:58	1:23:34	2:00:49
1049	4751	Walter Christian	*Bochum	4:16:27	M22	47	0:53:19	1:21:08	2:01:59
1050	3634	Neumann Klaus	Total gut drauf	4:16:27	M55	76	0:52:43	1:19:04	2:04:39
1051	4782	Kattelans Dieter	CC Azaleenweg	4:16:34	M45	287	0:53:35	1:20:54	2:02:05
1052	2147	Huysmann Carsten	*Mülheim an der Ruhr	4:16:35	M40	223	0:55:02	1:22:44	1:58:48
1053	2509	Lünendonk Patrick	*Korschenbroich	4:16:40	M22	48	0:53:10	1:19:42	2:03:48
1054	3256	Rupprich Andre	*Duisburg	4:16:41	M35	121	0:55:24	1:23:19	1:57:57
1055	2025	Kreukels Andreas	Rapid Ramirez	4:16:48	M45	288	0:51:41	1:20:53	2:04:13
1056	1682	Schlingermann Klaus	E.ON Ruhrgas SG	4:16:49	M35	122	0:50:04	1:17:04	2:09:40
1057	2551	Pasch Stefan	Ausdauerchule by bunert	4:16:51	M40	224	0:50:49	1:20:31	2:05:30
1058	5237	Wache Claus	*Duisburg	4:16:58	M50	185	0:51:50	1:36:20	1:48:46
1059	5454	Utz Andreas	*Wesel	4:17:06	M45	289	0:52:37	1:21:18	2:03:10
1060	4498	Klug Andreas	Running Dinslaken	4:17:11	M45	290	0:50:11	1:28:42	1:58:18

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	4255	Haferkamp Jörg	*Duisburg	4:17:20	M30	61	0:54:10	1:24:28	1:58:41
1062	2300	Vielhauer Bernd	Schnaufgruppe	4:17:22	M45	291	0:51:01	1:23:24	2:02:56
1063	1678	Pietsch Helmut	E.ON Ruhrgas SG	4:17:22	M60	29	0:53:00	1:21:35	2:02:45
1064	5193	Jalowy Markus	*Ratingen	4:17:23	M50	186	0:54:13	1:22:58	2:00:12
1065	3807	Schubbe Marcus	Benteler	4:17:25	M40	225	1:01:49	1:19:51	1:55:44
1066	1636	Gehrt-Butry Christoph	SSB Duisburg	4:17:29	M45	292	0:52:09	1:19:59	2:05:20
1067	3969	Ruhland Alois	*Wülfrath	4:17:36	M50	187	0:53:28	1:21:45	2:02:23
1068	2081	Schlieter Jörg	LT Mismahlshof	4:17:38	M55	77	0:52:54	1:23:49	2:00:54
1069	1951	Meisenzahl Marius	BSG Stadtwerke Duisburg	4:17:47	M19	10	0:48:42	1:14:54	2:14:10
1070	2555	Sörgel Hans - Joachim	Grubenwehr Ruhrkohle	4:17:50	M55	78	0:53:59	1:21:47	2:02:02
1071	4266	Hülder Malte	*Essen	4:17:51	M35	123	0:50:52	1:21:33	2:05:25
1072	1866	Ruthmann Jens	AS Neukirchen-Vluyn	4:17:59	M45	293	0:52:00	1:18:10	2:07:49
1073	3555	Kollasa Michael	AS Neukirchen-Vluyn	4:18:01	M40	226	0:50:57	1:18:09	2:08:54
1074	4113	Mittreiter Gerd	LT Gruiten-Neandertal	4:18:05	M60	30	0:54:47	1:24:41	1:58:36
1075	5432	Wilhelm Andreas	BSG Sparkasse HRV	4:18:19	M35	124	0:50:22	1:24:32	2:03:24
1076	4646	Völmert Stefan	DJK Tus Rotthausen	4:18:24	M40	227	0:51:57	1:23:09	2:03:17
1077	3353	Heider Thomas	SV Langenfeld	4:18:35	M45	294	0:52:01	1:24:07	2:02:26
1078	4358	Wilmkes Michael	*Mülheim an der Ruhr	4:18:38	M30	62	0:51:21	1:20:58	2:06:19
1079	4388	Schmitz Torsten	BSV Kokerei Schwegern	4:18:41	M40	228	0:52:48	1:19:41	2:06:11
1080	3613	Tenbrink Michael	LG Siemens MD	4:18:47	M45	295	0:54:15	1:21:18	2:03:14
1081	3813	Schumann Eckart	*Mülheim	4:18:55	M45	296	0:50:53	1:29:16	1:58:45
1082	3453	Lerschmacher Andreas	*Mülheim an der Ruhr	4:18:59	M40	229	0:53:22	1:25:40	1:59:55
1083	4973	Diesing Karl-Heinz	TV Jahn Herne	4:19:12	M55	79	0:54:42	1:20:08	2:04:21
1083	4990	Werning Christian	*Mülheim	4:19:12	M30	63	0:50:11	1:29:33	1:59:27
1085	3980	Odenthal Danny	FI Sport e.V.	4:19:14	M35	125	0:56:55	1:24:09	1:58:09
1086	2739	Lange Gerd	LA SpVgg Herten	4:19:22	M60	31	0:56:15	1:24:37	1:58:29
1087	1936	Krüger Matthias	200PRO	4:19:34	M45	297	0:54:03	1:24:01	2:01:29
1088	4202	Maiwald Karl-Heinz	LT Turnerbund Hassels, Düss	4:19:38	M60	32	0:49:59	1:35:26	1:54:12
1089	3829	Pieper-Musiol Rudolf	*Krefeld	4:19:39	M60	33	0:52:37	1:23:18	2:03:44
1090	4874	Schmid Thomas	*Oberhausen	4:19:40	M40	230	0:51:04	1:24:06	2:04:29
1091	5445	Grannaß Jörg	SV Beeckerwerth	4:19:44	M45	298	0:55:12	1:22:49	2:01:41
1092	3798	Siewers Volker	LC Duisburg	4:19:47	M50	188	0:54:23	1:22:25	2:02:58
1093	3065	Cleven Sammy	LT Vynen	4:19:48	M45	299	0:52:47	1:25:58	2:01:02
1094	2336	Mehl Fritz	Ausdauerhschule by bunert	4:19:48	M60	34	0:51:41	1:23:23	2:04:43
1095	1652	Raspel Markus	TC Kray 1892 e.V.	4:19:49	M45	300	0:51:20	1:25:38	2:02:50
1096	4621	Kossmann Andre	Bummelbob	4:20:03	M35	126	0:56:58	1:23:39	1:59:26
1097	4304	Joeken Michael	*Duisburg	4:20:04	M50	189	0:52:55	1:22:58	2:04:10
1098	4224	Weinauer Carsten	*Essen	4:20:10	M30	64	0:49:27	1:46:01	1:44:42
1099	1635	Busch Uwe	SSB Duisburg	4:20:12	M55	80	0:55:39	1:24:06	2:00:25
1100	3338	Wenzel Harald	Triathlon TEAM TG Witten	4:20:23	M50	190	0:50:06	1:19:15	2:11:01
1101	1715	Remenar Willi	BSG Duisburg/Commerzban	4:20:33	M55	81	0:52:49	1:21:00	2:06:43
1102	2598	Sadowski Markus	BSG Sparkasse Duisburg	4:20:33	M35	127	0:50:41	1:24:20	2:05:32
1103	2145	Misz Thomas	*Bottrop	4:20:41	M50	191	0:57:24	1:24:59	1:58:17
1104	5155	Winter Maurice	LT Uerdingen Marathon Runn	4:20:51	M22	49	0:49:13	1:19:22	2:12:16
1105	3732	Knopik Andreas	*Rheinberg	4:21:03	M50	192	0:54:58	1:19:41	2:06:23
1106	5412	Gottschling Frank	LT SV Haldern	4:21:05	M45	301	0:54:03	1:23:48	2:03:13
1107	4060	Dwornik Rainer	Röttgersbacher Duo	4:21:07	M40	231	0:52:13	1:18:56	2:09:57
1108	3982	Ernst Matthias	*Dinslaken	4:21:09	M40	232	0:53:55	1:24:05	2:03:08
1109	1844	Goldberg Janus	opta-data	4:21:13	M22	50	0:52:30	1:25:11	2:03:32
1110	2170	Raschewski Dr. Frank	Mülheimer Ruder Gesellscha	4:21:14	M45	302	0:59:30	1:23:16	1:58:28
1111	2644	Toebe Volker	*Duisburg	4:21:19	M45	303	0:52:36	1:25:27	2:03:15
1112	4558	Terhorst Bruno	*Xanten	4:21:24	M45	304	0:54:23	1:25:58	2:01:02
1113	2601	Braun Friedhelm	*Duisburg	4:21:27	M50	193	0:53:37	1:24:26	2:03:23

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1114	1669	Heidemann Björn	E.ON Ruhrgas SG	4:21:30	M30	65	0:51:35	1:40:14	1:49:39
1115	3859	Weber Boris	*Kevelaer	4:21:39	M35	128	0:53:16	1:21:05	2:07:17
1115	3208	Schmand Peter	ERGO Sports Düsseldorf	4:21:39	M45	305	0:52:43	1:27:14	2:01:41
1117	2480	Fenske Andreas	Waltruper LC 06	4:21:44	M45	306	0:51:57	1:24:58	2:04:49
1118	3598	Mathis Oliver	TG Neuss	4:21:45	M40	233	0:54:18	1:22:32	2:04:55
1119	3508	Mehlmann-Sonnefeldt Ma	EVONIK	4:21:46	M35	129	0:53:35	1:21:28	2:06:42
1120	5117	Schäpers Norbert	SG Borken	4:22:10	M45	307	0:52:21	1:22:05	2:07:43
1121	5071	Knopf Daniel	*Duisburg	4:22:11	M35	130	0:52:55	1:26:57	2:02:18
1122	1783	Burggraf Bernd	Vodafone-Runners	4:22:15	M45	308	0:49:22	1:33:33	1:59:20
1123	4134	Anders Georg	*Leverkusen	4:22:18	M45	309	0:51:01	1:20:44	2:10:31
1124	2156	Zur Linden Ulli	LT Praxis zur Linden	4:22:25	M55	82	0:56:36	1:22:57	2:02:51
1125	4587	Kowalski Hans-Ludwig	*Duisburg	4:22:45	M50	194	0:54:47	1:23:30	2:04:27
1126	2282	Pollack Udo	Lauftreff R(h)einknaller	4:22:48	M50	195	0:54:58	1:22:54	2:04:55
1127	4140	Jahnke Nikolaus	*düsseldorf	4:22:50	M40	234	0:50:06	1:33:33	1:59:09
1128	4536	Heinrich Uwe	TuS Hamborn-Neumühl	4:22:51	M65	6	0:54:10	1:24:47	2:03:53
1129	5500	Burtschell Ralph	Burtschell Team	4:23:03	M50	196	0:57:14	1:25:38	2:00:11
1130	2593	Heinrichs Torsten	*Neuss	4:23:05	M35	131	1:04:10	1:20:56	1:57:58
1131	3671	Dorow Ulrich	Only for me	4:23:06	M45	310	0:53:21	1:28:51	2:00:53
1132	3759	Sandkühler Philipp	Ahtrose Laufclub Wuppertal	4:23:16	M18	8	0:56:33	1:22:28	2:04:14
1133	3611	Preilowski Peter	FC Schalke 04	4:23:22	M45	311	0:53:05	1:25:09	2:05:08
1134	3384	Lauritsch Wilhelm-Hendrik	LT Uerdingen Marathon Runn	4:23:25	M45	312	0:49:23	1:29:56	2:04:05
1135	2568	Kautz Günter	SV Viktoria Goch	4:23:37	M60	35	0:52:55	1:24:50	2:05:51
1136	1776	Schmidt Thorsten	Vodafone-Runners	4:23:39	M40	235	0:52:05	1:24:21	2:07:11
1137	3970	Zirpins Dr. Peter	TC Grün Weiß Hochdahl	4:24:03	M45	313	0:52:55	1:25:02	2:06:05
1138	1615	Rösel Peter	Ausdauerchule by bunert	4:24:19	M50	197	0:52:02	1:24:06	2:08:10
1139	3064	Christian Sigg	LT Vynen	4:24:22	M55	83	0:55:45	1:27:30	2:01:06
1140	4326	Hellwig-Meller Jürgen	Dreckschüppengesichter Ess	4:24:23	M45	314	0:52:16	1:23:17	2:08:49
1141	2698	Reckert Thomas	*Willich	4:24:26	M45	315	0:54:53	1:23:07	2:06:25
1142	5140	Funtek Stefan	Holderberger Speedes	4:24:30	M45	316	0:52:02	1:23:14	2:09:13
1143	2155	Brackmann Stefan	*Dinslaken	4:24:41	M50	198	0:54:20	1:26:39	2:03:41
1144	4400	Osterberg Frank	Veerter Vlitzer	4:24:41	M50	199	0:55:44	1:24:44	2:04:13
1145	4401	Mertins Kai	Veerter Vlitzer	4:24:42	M40	236	0:55:44	1:24:44	2:04:13
1146	4574	Stark Peter	TG Rote Erde Schwelm	4:25:03	M55	84	0:53:33	1:24:42	2:06:47
1147	2564	Wittenbecher Jens	*Niederzier	4:25:09	M35	132	0:55:57	1:26:51	2:02:20
1148	5246	Schänzer Ewald	Waltruper LC 06	4:25:11	M55	85	0:52:42	1:22:45	2:09:43
1149	4779	Braun Reinhold	The Running Brownies	4:25:27	M50	200	0:54:44	1:23:43	2:07:00
1150	4865	Dähmlow Andreas	*Gladbeck	4:25:33	M45	317	0:54:06	1:26:15	2:05:11
1151	3929	Klein Michael	*kempen	4:25:47	M50	201	0:54:14	1:21:17	2:10:15
1152	4384	Bresch Martin	BSV Kokerei Schwelgern	4:25:50	M22	51	1:00:53	1:21:00	2:03:56
1153	4826	Palm Volker	ThyssenKrupp	4:25:53	M50	202	0:55:13	1:25:22	2:05:17
1154	5440	Hionsek Peter	BetriebssportThyssenKruppS	4:25:56	M60	36	0:53:48	1:24:47	2:07:20
1155	1663	Ebus Stefan	E.ON Ruhrgas SG	4:25:58	M40	237	0:51:00	1:26:19	2:08:38
1156	2055	Pojer Marc	Die Römers	4:26:04	M45	318	0:53:26	1:25:56	2:06:40
1157	3302	Centler Martin	*Schwerte	4:26:04	M50	203	0:49:35	1:17:11	2:19:17
1158	1659	Bachstein Andreas	E.ON Ruhrgas SG	4:26:06	M45	319	0:53:30	1:21:51	2:10:45
1159	2524	Klausen Marco	Die Fortunisten	4:26:10	M40	238	0:54:27	1:22:38	2:09:04
1160	5327	Holtschneider Bruno	*Düsseldorf	4:26:15	M65	7	0:54:53	1:29:10	2:02:11
1161	4910	Optenhövel Dietmar	*Dinslaken	4:26:17	M50	204	0:54:47	1:29:42	2:01:47
1162	5326	Ostertag Dr. Heinz	LC Duisburg	4:26:17	M60	37	0:54:54	1:29:10	2:02:12
1163	2137	Koretz Walter	LerchenLauf Voerde	4:26:29	M45	320	0:52:01	1:22:52	2:11:35
1164	3563	Rohde Heinz-Günther	AS Neukirchen-Vluyn	4:26:34	M55	86	0:53:05	1:21:41	2:11:48
1165	3186	Hengst Ralph	*Mülheim Ruhr	4:26:34	M45	321	0:53:01	1:24:25	2:09:08
1166	4873	Scholz Marko	Der Letzte kocht	4:26:37	M45	322	0:53:20	1:24:47	2:08:29

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	4731	Hoffmann Felix	K. Bellwon Elektrotechnik Gm	4:26:38	M22	52	0:54:46	1:22:10	2:09:40
1168	3276	Sander Sven	*Monheim	4:26:49	M40	239	0:54:05	1:23:07	2:09:36
1169	2853	Helmings Jakob	*Kerken	4:26:54	M19	11	0:55:20	1:23:03	2:08:30
1170	1994	Rexing Manfred	LG COESFELD	4:26:55	M40	240	0:56:19	1:28:59	2:01:36
1171	4816	Schipper Tobias	*Hilden	4:26:58	M30	66	0:52:48	1:27:29	2:06:41
1172	1950	Ernst Uwe	BSG Stadtwerke Duisburg	4:27:03	M50	205	0:52:02	1:20:51	2:14:10
1173	4012	Brall Michael	*Langenfeld	4:27:03	M30	67	0:53:47	1:23:38	2:09:37
1174	4325	Meyhoff Peter	Dreckschüppengesichter Ess	4:27:04	M50	206	0:54:02	1:23:45	2:09:17
1175	3016	Engberg Holger	*Wuppertal	4:27:05	M22	53	0:58:37	1:27:22	2:01:05
1176	3633	Wendicke Dennis	*Mülheim an der Ruhr	4:27:06	M30	68	0:51:22	1:29:35	2:06:08
1177	5461	Eming Peter	*Bocholt	4:27:08	M19	12	0:57:02	1:23:56	2:06:08
1178	2136	Plett Andreas	Klingenwetzter	4:27:12	M30	69	0:52:15	1:24:17	2:10:39
1179	2940	Erich Thorsten	Ruhrpottgazellen	4:27:13	M45	323	0:52:13	1:28:05	2:06:54
1180	5119	Weier Frank	*Mülheim an der Ruhr	4:27:13	M40	241	0:54:30	1:25:00	2:07:43
1181	2755	Speh Michael	*Duisburg	4:27:20	M40	242	0:53:26	1:24:11	2:09:43
1182	4979	Adamczuk David	Kamikaze - Runners	4:27:22	M40	243	0:51:14	1:23:21	2:12:46
1183	4684	Amshoff Helmut	*Gronau - Epe	4:27:23	M45	324	0:54:11	1:27:49	2:05:22
1184	2642	Maryniok Manfred	Schön Wetter Läufer	4:27:25	M55	87	0:57:35	1:29:56	1:59:53
1185	4902	Gerz Winfried	RPC Düsseldorf	4:27:33	M55	88	0:52:20	1:26:43	2:08:28
1186	3880	Engels Oliver	BSG Sparkasse Wesel	4:27:59	M40	244	0:53:20	1:23:24	2:11:13
1187	4918	Sonneborn Andreas	S.V. Jägerhaus Linde	4:28:01	M40	245	0:53:11	1:26:13	2:08:36
1188	2709	Peters Marc	*Düsseldorf	4:28:01	M30	70	0:54:41	1:25:06	2:08:13
1189	2053	Villano Alfonso	Marathonteam Ratingen	4:28:10	M45	325	0:54:06	1:27:01	2:07:02
1190	1977	Kowalski Thorsten	200PRO	4:28:26	M40	246	0:56:35	1:24:19	2:07:31
1191	5458	Eming Frank	*Bocholt	4:28:35	M22	54	0:54:20	1:24:00	2:10:14
1192	3782	Stenzel Gerd	LT Bamp Herne	4:28:41	M65	8	0:55:00	1:27:39	2:06:02
1193	1681	Rothe Andreas	E.ON Ruhrgas SG	4:28:46	M65	9	0:55:37	1:24:33	2:08:36
1194	4673	Lange Hans-Dieter	*Mülheim an der Ruhr	4:28:47	M50	207	0:50:32	1:24:21	2:13:53
1195	2771	Kröger Magnus	*Düsseldorf	4:28:48	M35	133	0:54:43	1:25:42	2:08:22
1196	3642	Wagner Uwe	LG Siemens MD	4:28:57	M45	326	0:51:16	1:28:56	2:08:44
1197	5369	Klingspor Frank	ERG Iserlohn	4:29:07	M45	327	0:56:04	1:26:31	2:06:30
1198	3718	Marks Christian	Marks	4:29:07	M40	247	1:09:01	1:18:58	2:01:07
1199	4777	Strelzyk Holger	LC Duisburg	4:29:12	M40	248	0:56:12	1:24:13	2:08:46
1200	5262	Tenbergen Andreas	*Moers	4:29:19	M40	249	0:58:35	1:26:29	2:04:15
1201	2752	Bach Johannes	*Düsseldorf	4:29:26	M40	250	0:57:07	1:27:48	2:04:31
1202	5383	Bovermann Klaus	Marathon Mülheim	4:29:27	M45	328	0:53:51	1:24:48	2:10:46
1203	5247	Hülsmann Ralf	Waltroper LC 06	4:29:34	M40	251	0:53:05	1:31:09	2:05:18
1204	5161	Gerngroß Marcus	*Duisburg	4:29:46	M30	71	0:54:00	1:25:54	2:09:51
1205	5273	Altan Abdul	BSG Team EVAG	4:29:51	M40	252	0:49:42	1:39:29	2:00:39
1206	4136	Zimmermann Jörg	Ausdauererschule by bunert	4:29:52	M35	134	0:50:27	1:20:21	2:19:02
1207	4028	Knur Markus	Lurz Lauftruppe	4:30:03	M35	135	0:56:33	1:25:51	2:07:37
1208	5168	Grabowski Uwe	Eintracht Duisburg 1848 e.V.	4:30:11	M45	329	0:53:31	1:24:52	2:11:47
1209	1744	Nolte Holger	Vodafone-Runners	4:30:11	M45	330	0:55:21	1:25:40	2:09:09
1210	4393	Stamatopoulos Leonidas	*Ratingen	4:30:15	M55	89	0:55:19	1:26:49	2:08:06
1211	4942	Bittner Jörg	Max Maulwurf Marathonis	4:30:34	M40	253	0:52:06	1:23:15	2:15:13
1212	4121	Görtzen Lutz	Rannabeus Flüren	4:30:39	M40	254	0:53:53	1:25:45	2:10:59
1213	3941	Zöhler Carsten	*Duisburg	4:30:52	M35	136	0:55:18	1:29:20	2:06:13
1214	1815	Marco Ermini	Vodafone-Runners	4:30:55	M35	137	1:02:31	1:26:39	2:01:43
1215	3775	Knickenberg Herbert	*Ratingen	4:30:57	M55	90	0:55:12	1:21:59	2:13:46
1216	4984	Dobinski Gunnar	MTV	4:30:59	M40	255	0:56:55	1:25:13	2:08:50
1217	2028	Rosenwald Carsten	Tingolfs Jünger	4:31:02	M35	138	0:54:01	1:29:50	2:07:09
1218	4566	Hackstein Tobias	LC Duisburg	4:31:24	M30	72	0:57:40	1:26:24	2:07:19
1219	5197	Borkenhagen Christian	Eick-West	4:31:27	M40	256	0:55:10	1:27:43	2:08:33

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1220	2904	Döpke Christoph	LG Ruhrpott-America	4:31:27	M35	139	0:52:44	1:22:00	2:16:42
1221	2381	Köster Martin	*Moers	4:31:39	M35	140	0:57:21	1:26:56	2:07:22
1222	2774	Siekmann Michael	*Velbert	4:31:55	M40	257	0:55:03	1:25:27	2:11:24
1223	5456	Raueiser Ralf	*Essen	4:31:55	M40	258	0:57:21	1:25:16	2:09:17
1224	3937	Weinert Uwe	Viktoria Goch	4:32:04	M50	208	0:55:47	1:27:50	2:08:26
1225	3976	Heyer Uwe	*Duisburg	4:32:05	M50	209	0:54:28	1:24:54	2:12:42
1226	4183	Gidlewitz Dr. Hans-Jörg	*Duisburg	4:32:11	M45	331	0:54:12	1:26:23	2:11:35
1227	5118	Bendfeldt Rainer	*Moers	4:32:13	M45	332	0:55:30	1:23:59	2:12:42
1228	5038	Hamm Volker	LT Weitmarer Holz Bochum	4:32:35	M45	333	0:52:49	1:24:58	2:14:47
1229	5245	Kohn Ulrich	SV Beeckerwerth	4:32:49	M55	91	0:56:20	1:22:21	2:14:07
1230	2693	Reichards Ronald	*Duisburg	4:33:05	M45	334	0:57:17	1:29:20	2:06:27
1231	1655	Arlt Peter	E.ON Ruhrgas SG	4:33:14	M50	210	0:54:39	1:28:44	2:09:50
1232	5035	Podsada Michael	Adler Nierst	4:33:21	M50	211	0:58:45	1:29:50	2:04:44
1233	5144	Schütt Jochen	*Wuppertal	4:33:21	M70	4	0:56:48	1:27:48	2:08:43
1234	3680	Kiveris Joerg	Arthrosen-Laufclub-Wuppert	4:33:21	M45	335	0:58:16	1:27:20	2:07:45
1235	4137	Iltmann Gerald	*Dorsten	4:33:33	M50	212	0:54:17	1:24:29	2:14:46
1236	5091	Spelmanns Arnd	runnabeus flüren	4:33:34	M40	259	0:53:25	1:25:45	2:14:23
1237	3654	Lütfring Michael	TuB Mussum	4:33:35	M40	260	0:55:04	1:28:57	2:09:33
1238	3664	Listmann Ingo	jogmap.de	4:33:51	M45	336	0:56:20	1:27:16	2:10:13
1239	1911	Boox Daniel	200PRO	4:33:54	M22	55	0:55:06	1:24:33	2:14:14
1240	5261	Bartsch Hans Hermann	*Duisburg	4:34:00	M45	337	0:52:53	1:25:19	2:15:47
1241	4933	Seth Siegfried	*Gelsenkirchen	4:34:05	M45	338	0:53:01	1:28:02	2:13:00
1242	5009	Gierden Adrian	*Duisburg	4:34:08	M22	56	0:57:40	1:23:12	2:13:14
1243	4156	Maßmann Andre	Die 3 von der Franzstraße	4:34:09	M55	92	0:55:37	1:26:59	2:11:32
1244	2670	Eilert Michael	LT Düsseldorf-Süd	4:34:09	M40	261	0:55:40	1:29:15	2:09:13
1245	5489	Esser Frank	LC Duisburg	4:34:10	M45	339	0:56:51	1:27:04	2:10:14
1246	4349	Peitz Wolfgang	BSG Sparda Bank West eG	4:34:23	M40	262	0:57:40	1:27:45	2:08:58
1247	4658	Schöbel Heinz	*Wuppertal	4:34:29	M65	10	0:55:56	1:28:41	2:09:51
1248	3122	Fischer Rolf-Martin	BSV Grün-Weiss Wesel-Flü	4:34:33	M45	340	0:56:47	1:25:51	2:11:54
1249	4635	Franz Hendrik	Die Flitzpiepen	4:34:34	M35	141	0:57:08	1:30:07	2:07:18
1250	3425	Stoy Eckard	*Mettmann	4:34:39	M55	93	0:58:42	1:28:18	2:07:38
1251	2476	Hettmer Klaus	BSG Sparkasse Dinslaken	4:34:42	M45	341	0:52:25	1:34:08	2:08:08
1252	2734	Holtel Matthias	Die Claudicatios	4:35:03	M40	263	0:57:26	1:27:53	2:09:43
1253	5457	Becks Rolf	LG Hünxe	4:35:17	M65	11	0:56:44	1:29:17	2:09:15
1254	2412	Krajewski Jürgen	DJK Tus Rotthausen	4:35:18	M50	213	0:56:22	1:23:52	2:15:04
1255	3988	Wohlgefahr Ulrich	LC Duisburg	4:35:19	M55	94	0:56:39	1:27:04	2:11:35
1256	2460	Bliesner Friedhelm	Apotheke Mattenklotz	4:35:22	M60	38	0:54:09	1:27:38	2:13:34
1257	2144	Frauenrath Frank	Team Erdinger Alkoholfrei	4:35:26	M45	342	0:59:48	1:29:32	2:06:06
1258	1882	Mainzer Martin	200PRO	4:35:34	M45	343	0:55:52	1:29:23	2:10:17
1259	4760	Kühne Harald	LT Metzkausen	4:35:36	M60	39	0:51:39	1:28:34	2:15:22
1260	3327	Leese Jan	Schlammfräsen	4:35:44	M35	142	0:57:19	1:31:14	2:07:10
1261	3847	Bergup Wolfgang	SF Nordvelen	4:35:58	M45	344	0:54:56	1:26:15	2:14:46
1262	3457	Kinter Rolf	Tbd. Osterfeld 1911	4:36:01	M60	40	0:53:10	1:25:28	2:17:22
1263	2617	Schramm Dietmar	*Recklinghausen	4:36:20	M60	41	0:59:07	1:32:53	2:04:19
1264	1688	Siedlaczek Gerald	E.ON Ruhrgas SG	4:36:32	M45	345	0:54:36	1:33:10	2:08:45
1265	2157	Bauer Patrick	Rennschnecke Deluxe	4:36:46	M40	264	0:58:32	1:32:05	2:06:08
1266	1680	Pilske Klaus-Dieter	E.ON Ruhrgas SG	4:36:53	M65	12	0:54:51	1:27:55	2:14:06
1267	3503	Kasielke Jürgen	EVONIK	4:36:56	M60	42	0:54:30	1:26:07	2:16:18
1268	2295	Große-Allermann Alfred	Adler-Langlauf Bottrop	4:36:58	M65	13	0:57:17	1:27:41	2:11:59
1269	4859	Kerstiens Marcel	*dortmund	4:37:19	M22	57	0:53:20	1:24:44	2:19:14
1270	5266	Bursy Waldemar	*Duisburg	4:37:31	M45	346	0:56:11	1:31:38	2:09:41
1271	5110	Kleinen Torsten	*Duisburg	4:37:32	M45	347	0:56:37	1:31:49	2:09:05
1272	1972	Angerstein Joachim	opta-data	4:38:07	M50	214	0:56:14	1:29:26	2:12:26



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1273	3194	Hartmann Hajo	*Rheinberg	4:38:27	M50	215	0:54:25	1:24:26	2:19:35
1274	4077	Wehrmann Jörg	RUHR-TECHNIK	4:38:28	M45	348	0:54:01	1:29:48	2:14:39
1275	4039	Fritz Joachim	*Duisburg	4:38:31	M55	95	0:56:33	1:26:15	2:15:43
1276	3043	Giebfried Bernhard	*Duisburg	4:38:43	M60	43	0:55:14	1:28:09	2:15:20
1277	3709	Heymig Michael	Arthrosen-Laufclub-Wuppert	4:39:00	M45	349	0:54:27	1:25:26	2:19:06
1278	3741	Dannehl Helmut	*Essen	4:39:06	M55	96	0:57:43	1:24:13	2:17:10
1279	2582	Sammerl Jörg	*Essen	4:39:11	M50	216	1:07:09	1:39:14	1:52:46
1280	2928	Löb Detlef	*Düsseldorf	4:39:27	M45	350	0:56:48	1:30:45	2:11:53
1281	2094	Brockof Peter	Blue Liner	4:39:35	M45	351	0:55:44	1:34:53	2:08:57
1282	5016	Werner Gerhard	medisport dortmund	4:39:38	M65	14	0:56:44	1:29:10	2:13:43
1283	3854	Wesling Holger	*Rheinberg	4:39:42	M45	352	0:54:05	1:29:02	2:16:35
1284	1854	Christofzik Jan	AS Neukirchen-Vluyn	4:39:45	M50	217	0:56:11	1:30:57	2:12:35
1285	5007	Schuhmacher Volker	*Duisburg	4:39:49	M45	353	0:56:44	1:27:59	2:15:05
1286	2131	Seeske Volker	Team Erdinger Alkoholfrei	4:39:53	M50	218	0:57:24	1:30:23	2:12:06
1287	4518	Heumann Sebastian	*Oberhausen	4:40:13	M19	13	0:57:09	1:30:27	2:12:37
1288	2704	Hass Torsten	Dortmund	4:40:22	M40	265	0:55:42	1:24:39	2:20:00
1289	1696	Evers Wulfen	Ronsdorftigers	4:40:24	M55	97	0:57:50	1:27:34	2:14:59
1290	1695	Rottsieper Achim	Ronsdorftigers	4:40:25	M50	219	0:57:50	1:27:34	2:14:59
1291	2158	Hollburg Joachim	LC Stolpertruppe Berlin	4:40:28	M55	98	0:55:16	1:28:11	2:17:00
1292	2495	Dobberke Frank	*Duisburg	4:40:29	M45	354	0:55:04	1:27:54	2:17:29
1293	2039	Kunze Oliver	Laufftreff Düsseldorf Süd	4:40:43	M45	355	0:59:00	1:30:49	2:10:53
1294	5152	Huth Thorsten	LC Duisburg	4:40:54	M50	220	0:58:40	1:30:23	2:11:50
1295	2239	Hermes Rainer	*Geldern	4:40:55	M45	356	0:58:29	1:30:29	2:11:56
1296	3044	Giebfried Bastian	*Duisburg	4:41:05	M19	14	0:54:35	1:31:09	2:15:19
1297	4781	Roßkothen Bernhard	*Duisburg	4:41:46	M45	357	0:59:23	1:29:42	2:12:40
1298	2620	Börries Dieter	*Kempfen	4:41:54	M45	358	0:56:39	1:29:20	2:15:54
1299	5473	Hagemeier Bernd	*Mülheim	4:42:13	M40	266	0:47:57	1:36:02	2:18:14
1300	2937	Koopmann Lothar	TV Jahn Hiesfeld	4:42:16	M60	44	0:54:48	1:25:54	2:21:33
1301	2021	Kuhlmann Helmut	SV Schermbeck	4:42:25	M65	15	0:58:00	1:29:03	2:15:21
1302	5335	Van Fürden Alexander	*Herne	4:42:36	M55	99	0:50:41	1:29:51	2:22:04
1303	5175	Staymann Bernd	LG Alpen	4:42:56	M55	100	0:54:58	1:24:46	2:23:11
1304	3826	Van Trist Christian	Die Laufgruppe	4:43:03	M22	58	0:57:15	1:29:32	2:16:14
1305	5190	Wittkämper Jens-Arno	*Bochum	4:43:12	M50	221	0:54:20	1:34:16	2:14:35
1306	4404	Wienholt Bernd	*Duisburg	4:43:15	M50	222	0:54:44	1:32:39	2:15:51
1307	3760	Ridderskamp Dietmar	*Duisburg	4:43:20	M50	223	0:56:03	1:28:22	2:18:53
1308	4332	Zelder Rafael	Freiwillige Feuerwehr Erkrath	4:43:20	M22	59	0:56:40	1:31:28	2:15:12
1309	2577	Streicher Volker	*Düsseldorf	4:43:24	M40	267	0:57:07	1:27:59	2:18:17
1310	1930	Fütterer Eric	200PRO	4:43:28	M45	359	0:51:48	1:32:01	2:19:39
1311	4379	Wolff Peter	*Mülheim	4:43:38	M45	360	0:58:19	1:30:13	2:15:05
1312	4650	Matschulat Jürgen	*Duisburg	4:43:47	M50	224	1:00:19	1:32:33	2:10:54
1313	3040	Peesel Thomas	*Essen	4:43:57	M35	143	0:59:18	1:36:09	2:08:29
1314	4486	Franke Reiner	*Velbert	4:44:07	M50	225	0:53:33	1:27:43	2:22:51
1315	2244	Niggemann Andreas	Laufgruppe Ziiiiisch und weg	4:44:16	M50	226	0:58:14	1:30:09	2:15:52
1316	2104	May Jörg	Running Dinslaken	4:44:36	M50	227	0:58:30	1:31:32	2:14:33
1317	4383	Nyenhaus Helmut	*Tönisvorst	4:44:54	M55	101	0:56:34	1:35:50	2:12:29
1318	2513	Janßen Thomas	Sonntagsläufer	4:44:56	M40	268	0:50:09	1:28:02	2:26:44
1319	3255	Maybaum Stefan	*Moers	4:45:16	M30	73	0:52:59	1:36:21	2:15:56
1320	3757	Juschka Axel	*Duisburg	4:45:41	M45	361	1:00:10	1:31:14	2:14:16
1321	2416	Bußkamp Peter	Borussia Mönchengladbach	4:45:52	M40	269	0:55:01	1:39:14	2:11:36
1322	4541	Schlienz Markus	*Düsseldorf	4:45:54	M40	270	0:57:51	1:30:52	2:17:09
1323	2454	Teuber Andreas	RWW Running Team	4:46:16	M35	144	0:55:51	1:35:25	2:14:59
1324	4521	Willeke Michael	*Hattingen	4:46:54	M45	362	0:58:07	1:34:08	2:14:39
1325	2453	Lasch Raymond	RWW Running Team	4:47:11	M50	228	0:56:46	1:35:25	2:14:59

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1326	2006	Kasperkowitz Kay	*Duisburg	4:47:18	M30	74	0:57:12	1:29:43	2:20:22
1327	4363	Dommann Hendrik	Braucker Haldensprinter	4:47:41	M50	229	0:55:09	1:27:52	2:24:38
1328	2409	Nemeth Frank	*Krefeld	4:47:49	M45	363	0:45:36	1:37:20	2:24:51
1329	2946	Stephan Schwarz	Casino Duisburg	4:48:16	M55	102	0:58:26	1:33:49	2:15:59
1330	4494	Peters Thomas	Running Headbanger	4:48:54	M45	364	0:55:07	1:29:07	2:24:39
1331	2254	Kolenbrander Peter	LG BHR Oberhausen	4:49:27	M55	103	1:02:33	1:32:53	2:14:00
1332	1853	Brückner Heiko	AS Neukirchen-Vluyn	4:49:54	M45	365	1:02:30	1:30:10	2:17:13
1333	3219	Badura Janusz	*Hückelhoven	4:50:13	M45	366	0:58:50	1:36:40	2:14:42
1334	4488	Gentzsch Andreas	*Ratingen	4:50:47	M35	145	1:00:07	1:32:14	2:18:25
1335	4267	Hageney Willi	LT Schnecke Sonsbeck	4:50:55	M60	45	0:59:01	1:37:07	2:14:46
1336	4669	Kairies Klaus-Dieter	*Essen	4:50:59	M60	46	0:57:19	1:32:03	2:21:36
1337	3682	Rogge Andreas	*Muelheim an der Ruhr	4:51:14	M50	230	0:57:38	1:39:18	2:14:18
1338	4571	Fuchs Harry	triathlon machines	4:51:16	M60	47	0:55:05	1:33:26	2:22:44
1339	4460	Dudenbostel Friedhelm	DJK VfR Saarn	4:51:36	M65	16	0:57:37	1:31:23	2:22:35
1340	3316	Rösler Guido	*Duisburg	4:52:07	M45	367	0:59:34	1:34:57	2:17:35
1341	3832	Müller Jan Michael	TV Jahn Hiesfeld	4:52:27	M55	104	0:57:48	1:32:41	2:21:57
1342	4081	Faber Hendrik	RUHR-TECHNIK	4:52:29	M30	75	1:01:22	1:32:14	2:18:51
1343	2982	Hülsmann Wilhelm	TUS Drevenack	4:53:17	M60	48	1:00:29	1:32:16	2:20:32
1344	3958	Gibhardt Alexander	Die Fliplinge	4:53:29	M22	60	1:02:18	1:34:06	2:17:04
1345	4075	Lindner Christian	RUHR-TECHNIK	4:53:57	M50	231	1:01:22	1:32:14	2:20:20
1346	1713	Hassepass Werner	E.ON Ruhrgas SG	4:54:37	M55	105	0:56:21	1:27:15	2:31:00
1347	4806	Roderigo Thomas	*Oberhausen	4:54:55	M40	271	0:58:09	1:31:32	2:25:14
1348	4727	Görke Thomas	Laufftreff Uhlenhorst	4:55:10	M55	106	0:48:31	1:42:32	2:24:07
1349	2641	Pawlowski Rainer	Tus Opladen 1882	4:55:20	M50	232	0:58:14	1:42:30	2:14:35
1350	2312	Engstler Dr. Jörg	ASV Ruhrstolz	4:55:46	M35	146	0:58:07	1:34:07	2:23:32
1351	2506	Weichert Holger	*Duisburg	4:55:58	M40	272	1:02:37	1:36:08	2:17:12
1352	2461	Ernst Dr. Stefan	Rapid Ramirez	4:56:02	M40	273	0:52:37	1:42:22	2:21:02
1353	4056	Heller Wolfgang	Dextro Energy	4:56:03	M50	233	0:59:11	1:30:28	2:26:24
1354	2942	Hoolmans Peter	SV Viktoria Goch	4:56:09	M65	17	0:59:24	1:34:54	2:21:50
1355	5173	Opfermann Klaus	Running Dinslaken	4:56:09	M55	107	1:00:56	1:33:20	2:21:52
1356	4967	Feger Martin	*Duisburg	4:56:13	M22	61	0:54:48	1:36:05	2:25:19
1357	4793	Strerath Dirk	Running Gig	4:56:22	M50	234	0:59:09	1:33:12	2:24:00
1358	4812	Hüfner Manfred	BSG Team EVAG	4:56:30	M60	49	1:01:35	1:33:49	2:21:05
1359	4815	Künzel Joachim	*Duisburg	4:57:30	M40	274	0:59:40	1:34:38	2:23:11
1360	3539	Kröger Jürgen	LG COESFELD	4:57:52	M50	235	0:57:29	1:35:57	2:24:25
1361	3967	Czajka Manfred	*Mettmann	4:58:27	M50	236	1:01:49	1:34:48	2:21:49
1362	5388	Ebhardt Gerhard	*Duisburg	4:59:07	M60	50	0:58:43	1:34:23	2:26:00
1363	4674	Mielke Heinrich	*Essen	4:59:20	M55	108	0:56:43	1:29:42	2:32:54
1364	5172	Klaus René	*Düsseldorf	4:59:42	M40	275	0:57:45	1:32:32	2:29:23
1365	2046	Hartmann Achim	*Bottrop	4:59:56	M40	276	0:54:39	1:30:41	2:34:35
1366	4386	Baars Ralf	BSV Kokerei Schwelgern	5:00:04	M45	368	1:00:53	1:37:34	2:21:36
1367	4561	Schu Klaus	*Gelsenkirchen	5:00:04	M45	369	1:01:56	1:34:10	2:23:58
1368	4042	Berghoff Tobias	BSG Sparkasse Duisburg	5:00:29	M19	15	1:03:03	1:33:05	2:24:21
1369	4394	Roth Reinhold	Team Erdinger Alkoholfrei	5:01:06	M35	147	0:58:49	1:37:54	2:24:22
1370	5218	Friemelt Heinz	TuS Bösinghoven	5:02:16	M55	109	0:58:05	1:33:23	2:30:47
1371	2672	Jakobs Hans	LC Duisburg	5:02:56	M75	1	1:01:56	1:35:39	2:25:20
1372	5113	Lindner Oliver	*Duisburg	5:02:57	M35	148	0:58:25	1:34:15	2:30:16
1373	1955	Ruckelshauß Rolf	Trimet Aluminium AG	5:04:00	M60	51	0:59:25	1:38:22	2:26:12
1374	2542	Habich Heiko	Block 13	5:04:02	M45	370	1:07:28	1:37:53	2:18:40
1375	3212	Winkelmann Ulrich	Turnerbund Osterfeld 1911	5:04:02	M55	110	1:01:53	1:38:39	2:23:29
1376	5323	König Marc	*Neuss	5:04:46	M45	371	0:57:09	1:32:09	2:35:26
1377	4706	Esser Michael	*Düsseldorf	5:05:02	M40	277	1:00:19	1:34:45	2:29:57
1378	1870	Sewing Wolfgang	AS Neukirchen-Vluyn	5:06:18	M50	237	1:01:04	1:38:04	2:27:09

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1379	1684	Schnaubelt Peter	E.ON Ruhrgas SG	5:07:20	M65	18	1:00:02	1:36:33	2:30:43
1380	4840	Benedikt Sascha	*Hilden	5:08:48	M30	76	1:02:18	1:39:48	2:26:41
1381	3737	Gehlhaus Carsten	Siemens	5:09:34	M45	372	1:03:08	1:42:12	2:24:13
1382	4749	Hinzke Eckhard	*Wuppertal	5:09:36	M50	238	1:02:39	1:37:10	2:29:47
1383	4664	Sprio Giovanni	*Duisburg	5:10:00	M40	278	1:01:53	1:35:31	2:32:36
1384	5394	Ewers Stefan	*Essen	5:10:01	M40	279	0:58:30	1:36:27	2:35:03
1385	3610	Matzat Michael	ERGO Sports Tauchen	5:10:34	M50	239	1:06:21	1:40:20	2:23:52
1386	4893	Halffmann Heinz-Peter	TV Schiefbahn	5:10:44	M45	373	1:06:49	1:40:05	2:23:50
1387	5095	Wagner Stefan	Weseler Kanu Club	5:12:15	M40	280	0:59:51	1:43:11	2:29:12
1388	2679	Golz Gerd	Laufschule Düsseldorf	5:13:26	M50	240	1:04:13	1:37:29	2:31:43
1389	2627	Steinacker Willi	*Leverkusen	5:14:23	M50	241	1:02:41	1:39:15	2:32:26
1390	3000	Herrmann Holger	Rumelner TV	5:14:39	M50	242	0:59:12	1:46:41	2:28:45
1391	3740	Wiens Manfred	*Witten	5:14:41	M55	111	1:08:41	1:40:03	2:25:56
1392	2923	Wiebe Patrick	*Krefeld	5:15:04	M30	77	1:07:06	1:40:02	2:27:55
1393	3468	Rätscher Rafael	*Duisburg	5:18:57	M45	374	1:05:53	1:41:49	2:31:13
1394	4544	Seck Stefan	LT Bittermark Dortmund	5:21:32	M40	281	1:04:01	1:38:52	2:38:39
1395	2780	Quade Thomas	Mausegatt Runners	5:21:44	M45	375	1:05:54	1:38:36	2:37:13
1396	2041	Nespithal Holger	Ausdauer Schule by bunert	5:24:23	M40	282	1:04:07	1:41:49	2:38:26
1397	2803	Kemper Klaus	TV Vennikel	5:24:38	M55	112	1:01:06	1:41:53	2:41:39
1398	3010	Miethke Norbert	*Krefeld	5:25:47	M55	113	1:04:58	1:37:14	2:43:34
1399	4871	Schmeis Timo	IVS GmbH, Hilden	5:26:08	M30	78	1:03:47	1:49:38	2:32:43
1400	2366	Selzer Peter	*Mönchengladbach	5:33:00	M35	149	1:08:28	1:47:11	2:37:20
1401	3774	Matcovich Franco	*Dinslaken	5:34:02	M50	243	1:07:27	1:42:08	2:44:26

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1626	Doyscher-Lutz Uta	LG Olympia Dortmund	2:55:14	W40	1	0:36:11	0:56:08	1:22:53
2	3187	Ganzow Astrid	DLC Aachen	3:03:49	W30	1	0:37:57	0:59:05	1:26:46
3	3529	Niehues Silke	Bunert RT / TUSEM	3:10:04	W40	2	0:39:51	1:01:12	1:29:01
4	1614	Fierek Carina	Bunert Duisburg	3:12:22	W22	1	0:40:42	1:03:06	1:28:33
5	2029	Just Gladys	*Ratingen	3:12:26	W35	1	0:40:31	1:01:19	1:30:34
6	2168	Schellöh Birgit	Ausdauer Schule by bunert	3:15:57	W45	1	0:40:54	1:03:30	1:31:32
7	4073	Mordas Claudia	TUSEM Essen	3:18:08	W45	2	0:41:53	1:04:10	1:32:03
8	4708	Gall Katharina	Angerland LT Lintorf	3:22:34	W22	2	0:42:04	1:05:06	1:35:23
9	5171	Busenius Steffi	Turbo-Schnecken Lüdensch	3:23:23	W40	3	0:43:04	1:04:30	1:35:48
10	5022	Vadaleau Valea	*Düsseldorf	3:24:26	W22	3	0:42:55	1:06:17	1:35:12
11	2773	Dörfers Judith	ART Düsseldorf	3:26:48	W30	2	0:42:48	1:06:56	1:37:03
12	1784	Delseith Bettina	Vodafone-Runners	3:28:20	W45	3	0:44:41	1:07:31	1:36:07
13	4481	Schimanski Martina	TSV Viktoria Mülheim	3:28:23	W40	4	0:43:34	1:07:36	1:37:12
14	2190	Osthaus Anne	*Mettmann	3:28:42	W45	4	0:43:47	1:06:51	1:38:02
15	1891	Kömen Barbara	200PRO	3:28:52	W40	5	0:43:55	1:06:18	1:38:38
16	3796	Tichelkamp Christa	Tri Team FS Düsseldorf	3:30:09	W22	4	0:42:44	1:06:59	1:40:26
17	4029	Stephan Anja	LC Duisburg	3:30:12	W40	6	0:44:05	1:07:03	1:39:03
18	3395	Drop Gabi	VfB Alemannia Pfalz	3:32:50	W50	1	0:44:13	1:07:57	1:40:39
19	2193	Gebehart Beate	TV Refrath	3:33:09	W50	2	0:44:43	1:09:22	1:39:03
20	3712	Börmann Jutta	TSG Kirchhellen	3:33:28	W45	5	0:43:54	1:06:36	1:42:57
21	4995	Schlegelmilch Martina	*Meerbusch	3:33:47	W30	3	0:44:54	1:07:03	1:41:49
22	4376	Lange Ulrike	*herne	3:33:58	W45	6	0:42:14	1:07:07	1:44:37
23	4129	Hegger Ruth	LT Schnecke Sonsbeck	3:34:09	W45	7	0:44:52	1:08:19	1:40:57
24	2096	Bitthöfer Tatjana	LT Wischlingen Dortmund	3:34:12	W35	2	0:44:23	1:09:13	1:40:35
25	1637	Holthoff Nina	LG COESFELD	3:34:22	W40	7	0:44:10	1:07:52	1:42:19
26	1639	Pilgram Bettina	Bunert Duisburg	3:35:01	W55	1	0:45:21	1:08:09	1:41:30
27	2600	Schlüter-Michels Marion	SG Borken	3:35:22	W40	8	0:44:07	1:09:13	1:42:01
28	1848	Bohris Beatrice	TUS Breitscheid	3:36:17	W45	8	0:45:43	1:10:09	1:40:25
29	5703	Kaiser Dörte	TUS Breitscheid	3:37:04	W40	9	0:45:08	1:10:10	1:41:45
30	4479	Oberhagemann Nicole	Adler-Langlauf Bottrop	3:37:06	W40	10	0:45:07	1:09:47	1:42:11
31	4458	Kokozinski Susanne	TSV Viktoria Mülheim	3:38:27	W45	9	0:45:31	1:10:37	1:42:19
32	3028	Kruse Daniela	SV 13 Gladbeck	3:38:51	W35	3	0:46:11	1:11:16	1:41:24
33	2503	Sander Ingrid	LGO Bochum	3:39:22	W50	3	0:44:49	1:10:34	1:43:59
34	4249	Göbel Carina	Helios Iron Team Wuppertal	3:39:40	W45	10	0:46:22	1:10:37	1:42:40
35	3388	Petry Anne-Marie	Triathlon TEAM TG Witten	3:39:54	W55	2	0:46:34	1:10:24	1:42:55
36	3428	Stuckenburg Anke	*Düsseldorf	3:40:26	W35	4	0:44:26	1:12:15	1:43:43
37	2831	Zuschlag Dr. Daniela	*Dortmund	3:40:41	W35	5	0:47:10	1:09:25	1:44:04
38	3389	Poschmann Heike	*Gelsenkirchen	3:41:30	W45	11	0:46:36	1:11:13	1:43:40
39	2203	Röhr Carola	LT Uerdingen Marathon Runn	3:42:00	W40	11	0:46:50	1:10:48	1:44:21
40	2082	Ringelstein Astrid	Zornige Ameisen	3:42:37	W40	12	0:46:46	1:11:50	1:44:00
41	1836	Baumert Saskia	*Siegen	3:42:37	W35	6	0:46:48	1:11:47	1:44:02
42	1701	Thimm Gitti	Goch	3:43:03	W40	13	0:46:36	1:11:21	1:45:05
43	2878	Osterholt Tanja	SG Borken	3:43:05	W40	14	0:47:06	1:12:11	1:43:47
44	4924	Matzko Anne	*Oer-Erkenschwick	3:43:39	W35	7	0:46:06	1:12:13	1:45:19
45	4491	Materna Nicole	*Dortmund	3:44:04	W40	15	0:46:42	1:10:37	1:46:44
46	4611	Kerkmann Kathrin	TG Neuss	3:44:38	W22	5	0:45:58	1:11:43	1:46:57
47	2787	Brix Silke	*Neuss	3:44:40	W30	4	0:46:40	1:13:17	1:44:42
48	5178	Blondin Juliane	SC Bayer 05 Uerdingen	3:45:20	W50	4	0:44:47	1:09:45	1:50:47
49	3711	Breit Ann-Christin	TSG Kirchhellen	3:45:30	W19	1	0:46:23	1:14:11	1:44:54
50	1906	Zapal Anke	200PRO	3:45:39	W45	12	0:47:48	1:12:32	1:45:19
51	2038	Zacharias Anina	TRC Essen 84	3:46:12	W35	8	0:45:38	1:12:12	1:48:21
52	4637	Betz Anica	LGO Bochum	3:46:39	W22	6	0:48:35	1:13:26	1:44:37
53	2302	Mottlau Christina	LT Uerdingen Marathon Runn	3:46:53	W30	5	0:48:52	1:13:48	1:44:11

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	2743	Schober-Kestel Julia	*Düsseldorf	3:47:06	W30	6	0:47:31	1:13:33	1:46:01
55	4557	Wöscher Sylvia	FC Viktoria Alpen	3:47:10	W50	5	0:48:06	1:12:12	1:46:51
56	5046	Frei Uta	SV Derne 49	3:47:34	W40	16	0:48:28	1:15:27	1:43:38
57	5129	Krämer Jeanette	CF Essen	3:47:39	W30	7	0:46:15	1:12:12	1:49:11
58	2613	Kohrs Silke	ASC Ratingen	3:48:17	W35	9	0:47:48	1:13:56	1:46:32
59	2470	Antfang Jennifer	ASV Köln Triathlon	3:48:21	W22	7	0:49:45	1:13:44	1:44:52
60	4397	Thieler Renate	Hamminkelter SV	3:48:37	W55	3	0:48:17	1:12:40	1:47:39
61	4810	Meister Barbara	BSG Team EVAG	3:48:37	W40	17	0:47:30	1:12:22	1:48:44
62	2905	Amalou Linda	LG Ruhrpott-America	3:49:17	W30	8	0:48:29	1:13:31	1:47:17
63	3154	Herriger Annekatrin	*Meerbusch	3:49:25	W40	18	0:47:43	1:15:07	1:46:34
64	3364	Schmücker Jasmin	LG Mülheim	3:49:35	W50	6	0:46:55	1:13:09	1:49:30
65	3220	Schönherr Ulrike	*Gladbeck	3:49:49	W35	10	0:47:22	1:14:36	1:47:50
66	4843	Drees Philippa	*Wuppertal	3:49:55	W18	1	0:45:39	1:11:15	1:53:00
67	2579	Metternich Melanie	Palma Runners	3:50:44	W35	11	0:48:12	1:13:35	1:48:56
68	2063	Härtel Miriam	*Duisburg	3:50:52	W22	8	0:47:48	1:13:11	1:49:52
69	1926	Mink Marianne	200PRO	3:51:09	W22	9	0:49:15	1:12:15	1:49:38
70	3547	Herbstmann Anke	LG COESFELD	3:51:39	W35	12	0:46:47	1:11:36	1:53:15
71	2594	Smeets Uschi	nasty invalids	3:51:54	W45	13	0:48:15	1:19:40	1:43:57
72	2305	Dominiak Karo	Triminators TV Voerde	3:51:56	W35	13	0:46:26	1:14:37	1:50:53
73	1641	Stützer Kerstin	TC Kray 1892 e.V.	3:52:31	W35	14	0:47:29	1:14:45	1:50:16
74	5090	Droste Nadine	LT Bittermark Dortmund	3:52:41	W30	9	0:47:42	1:13:18	1:51:40
75	2015	Pautzke Catrin	BSG Stadtwerke Duisburg	3:52:52	W50	7	0:48:34	1:14:17	1:50:00
76	4094	Danscheidt Nicole	*Düsseldorf	3:53:17	W30	10	0:50:52	1:14:10	1:48:15
77	4439	Schmidtke Kirsten	TC Kray 1892 e.V.	3:53:34	W40	19	0:49:54	1:17:46	1:45:52
78	5242	Kirchberg Angelika	LC Duisburg	3:53:34	W45	14	0:48:12	1:17:09	1:48:12
79	5480	Grubing Mechthild	LC Duisburg	3:53:40	W55	4	0:48:09	1:13:51	1:51:39
80	3232	Detlefsen Valerie	Angerland LT Lintorf	3:53:44	W35	15	0:48:58	1:16:06	1:48:38
81	2036	Luczak Annika	VfL Repelen	3:53:45	W22	10	0:47:53	1:14:45	1:51:07
82	3414	Weber Birgit	Liebfrauenschule	3:54:09	W45	15	0:46:58	1:16:03	1:51:07
83	4888	Haberland Christel	LT-Haumannplatz	3:54:25	W40	20	0:48:27	1:12:07	1:53:50
84	4281	Vogel Brigitte	*Essen	3:54:41	W40	21	0:48:36	1:15:20	1:50:45
85	4531	Nemitz Meike	*Duisburg	3:54:50	W30	11	0:50:58	1:15:31	1:48:20
86	5116	Kuo Lih-Fang	*Duisburg	3:54:51	W40	22	0:48:30	1:14:40	1:51:40
87	1609	Emrich Susanne	FS RHEINKAMP	3:54:56	W45	16	0:47:31	1:14:50	1:52:34
88	2146	Michalka Silvia	LT Alt-Erkrath	3:54:59	W45	17	0:44:38	1:14:50	1:55:30
89	4714	Platzen Nicole	Platzens	3:55:00	W30	12	0:46:44	1:15:48	1:52:27
90	3310	Schulte Anita	Bocholter WSV	3:55:13	W35	16	0:48:18	1:13:06	1:53:49
91	1633	Schmidtke Ulrike	TUS Breitscheid	3:55:20	W45	18	0:49:39	1:11:18	1:54:21
92	3084	Canbaz Sabine	LC Duisburg	3:55:23	W45	19	0:48:24	1:16:04	1:50:54
93	2726	Schwering Agnes	SG Borken	3:55:33	W55	5	0:49:13	1:14:20	1:51:58
94	2707	Schünemann Christiane	Eintracht Duisburg 1848 e.V.	3:55:48	W40	23	0:49:22	1:16:22	1:50:02
95	3342	Königs Claudia	*Duisburg	3:55:49	W45	20	0:48:52	1:16:02	1:50:54
96	1640	Sult Barbara	TC Kray 1892 e.V.	3:57:23	W55	6	0:50:01	1:15:37	1:51:45
97	4365	Hornscheidt Ulla	Adler-Langlauf Bottrop	3:57:46	W55	7	0:48:57	1:16:30	1:52:17
98	4011	Kappler Anja	Helios Iron Team	3:57:57	W40	24	0:50:57	1:14:18	1:52:41
99	3243	Kehrbaum Mara	Waltroper LC 06	3:58:04	W18	2	0:48:34	1:16:44	1:52:45
100	4932	Todzi-Winkler Angela	*Gelsenkirchen	3:58:07	W40	25	0:50:19	1:18:06	1:49:42
101	2355	Ellerhausen Marle	Triabolas Triathlon Hamburg	3:58:12	W40	26	0:49:53	1:17:38	1:50:40
102	3659	Weier Katrin	Hase&lgel Schmachtdorf	3:58:17	W45	21	0:49:07	1:20:45	1:48:24
103	2550	Pasch Anja	Ausdauerchule by bunert	3:58:22	W30	13	0:55:58	1:05:18	1:57:05
104	3707	Schlump Ute	*duisburg	3:59:04	W40	27	0:51:06	1:12:17	1:55:40
105	3360	Van Loosen Daniela	LG Mülheim	3:59:04	W45	22	0:49:02	1:17:30	1:52:32
106	4174	Jäger Prof. Dr. Christiane	Angerland LT Lintorf	3:59:05	W22	11	0:50:55	1:18:58	1:49:11

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	5025	Schäfer Claudia	*Düsseldorf	3:59:08	W30	14	0:47:09	1:15:39	1:56:18
108	5433	Schmidt Carola	*Essen	3:59:23	W35	17	0:47:25	1:17:38	1:54:19
109	4769	Reimet Verena	LT Metzkausen	3:59:29	W30	15	0:49:09	1:16:13	1:54:07
110	2559	Groth Janine	*Wesel	3:59:46	W30	16	0:48:01	1:13:35	1:58:09
111	3460	Maaß Ulrike	*Essen	3:59:47	W45	23	0:49:51	1:16:55	1:53:00
112	3548	Rentemeister Karin	LG COESFELD	3:59:55	W45	24	0:48:57	1:16:42	1:54:14
113	4001	Wissing Carola	Bocholt Lo to go!	3:59:58	W45	25	0:48:48	1:17:35	1:53:34
114	3435	Fleischer Sylvia	Adler-Langlauf Bottrop	4:00:05	W40	28	0:49:42	1:17:03	1:53:19
115	5492	Schröder Petra	LC Duisburg	4:00:06	W40	29	0:50:56	1:13:45	1:55:24
116	4000	Möllmann Rita	Bocholt Lo to go!	4:00:17	W40	30	0:48:37	1:17:40	1:53:59
117	4717	Weimer Dr. Maud	*Düsseldorf	4:00:24	W50	8	0:48:47	1:17:29	1:54:06
118	2468	Modrow Pia	LG Wanderhoden	4:00:25	W22	12	0:47:24	1:17:12	1:55:48
119	3531	Simon Kirsten	SG Stern Wuppertal	4:00:25	W45	26	0:48:11	1:17:14	1:54:58
120	4204	Siepe Gaby	LT Turnerbund Hassels, Düss	4:00:38	W45	27	0:49:31	1:18:25	1:52:41
121	3944	Birkendorf Cornelia	Tri-Geckos Dortmund	4:00:38	W35	18	0:50:46	1:16:21	1:53:29
122	4741	Becker Kathrin	Tri Team FS Düsseldorf	4:00:44	W22	13	0:48:00	1:22:23	1:50:20
123	4205	Löhr Daniela	LT Turnerbund Hassels, Düss	4:00:45	W45	28	0:49:51	1:18:25	1:52:27
124	3818	Steiner Beate	SC Bayer 05 Uerdingen	4:00:50	W40	31	0:48:23	1:15:39	1:56:47
125	5264	Detampel Heike	*Gladbeck	4:00:52	W50	9	0:50:44	1:17:06	1:53:01
126	4649	Bevers Wiebke	Ruhrrunner Essen	4:00:52	W45	29	0:51:11	1:17:53	1:51:47
127	4980	De Florio Lucilla	*Duisburg	4:00:53	W40	32	0:52:11	1:18:12	1:50:29
128	2742	Rosenberger Nicola	tub bocholt	4:01:17	W40	33	0:48:49	1:15:48	1:56:39
129	5293	Krause Martina	DJK Brambauer/Lünen	4:01:18	W45	30	0:49:22	1:18:43	1:53:12
130	1692	Wolff Iris	E.ON Ruhrgas SG	4:01:19	W50	10	0:48:50	1:15:32	1:56:56
131	3033	Berger Clara	Triminators TV Voerde	4:01:38	W22	14	0:49:13	1:15:16	1:57:07
132	3849	Ernst Angela	Speedy@Gonzales	4:02:00	W35	19	0:49:31	1:17:08	1:55:21
133	4841	Siegmond Davina	*Duisburg	4:02:03	W19	2	0:49:11	1:16:26	1:56:25
134	2847	Rehmann Christiane	*Mülheim	4:02:08	W45	31	0:50:15	1:17:16	1:54:37
135	4004	Kassel Sandra	*Duisburg	4:02:21	W35	20	0:51:09	1:18:28	1:52:43
136	2123	Vorberg Nadine	LT Praxis zur Linden	4:02:58	W30	17	0:51:16	1:16:45	1:54:57
137	4560	Oberhäuser Angelika	Solinger LC	4:03:04	W60	1	0:50:53	1:15:24	1:56:46
138	4320	Christ Carola	LG Alpen	4:03:06	W50	11	0:49:29	1:15:55	1:57:41
139	2825	Blum Birgit	Tri Team FS Düsseldorf	4:03:17	W45	32	0:49:13	1:16:02	1:58:00
140	2561	Theis-Dorigi Ulrike	Adler-Langlauf Bottrop	4:03:18	W60	2	0:51:23	1:19:42	1:52:12
141	4147	Riemer Karin	TV Unterbach	4:03:24	W45	33	0:51:12	1:17:53	1:54:18
142	3114	Nonninger Ursula	LC Nettetal	4:03:56	W45	34	0:51:36	1:18:08	1:54:11
143	3158	Moers Angelika	*Korschenbroich	4:03:58	W40	34	0:50:51	1:18:34	1:54:32
144	3678	Hösing Gisela	Siemens MD	4:04:02	W40	35	0:49:00	1:16:55	1:58:06
145	2835	Weinhold Jutta	Gocher Lauffamilien	4:04:18	W50	12	0:50:58	1:18:22	1:54:57
146	4391	Dahm Sabine	Spaßläufer	4:04:34	W40	36	0:53:08	1:18:42	1:52:44
147	2856	GREITZKE MIGNON	LT Cloversoft	4:04:35	W45	35	0:50:52	1:19:03	1:54:39
148	2032	Helten Andrea	LT SV Haldern	4:04:37	W30	18	0:48:01	1:21:49	1:54:45
149	3751	Hempel Susanne	*Duisburg	4:04:41	W45	36	0:53:14	1:18:42	1:52:44
150	4655	Schrafen Sophia	Krefelder Kanu Klub	4:04:49	W19	3	0:45:34	1:19:30	1:59:45
151	5305	Schulte Elisabeth	*Recklinghausen	4:05:03	W55	8	0:51:04	1:18:37	1:55:22
152	5490	Hübner Britta	*Duisburg	4:05:07	W45	37	0:52:17	1:18:08	1:54:40
153	3138	Blumenberg Ulrike	*Duisburg	4:05:10	W45	38	0:51:16	1:18:02	1:55:51
154	2625	Hirschfeld Carola	*Duisburg	4:05:19	W35	21	0:50:04	1:28:20	1:46:54
155	3168	Daubenspeck Monika	*Krefeld	4:05:22	W40	37	0:50:00	1:19:01	1:56:21
156	2571	Köster Diana	SV Viktoria Goch	4:05:23	W40	38	0:50:42	1:18:08	1:56:33
157	4970	Friedrich Jennifer	*Oberhausen	4:06:17	W22	15	0:49:30	1:18:02	1:58:45
158	2403	Friedrich Kerstin	SVK 72	4:06:58	W40	39	0:55:46	1:18:03	1:53:08
159	4144	Chmura Anna	*Halver	4:07:10	W40	40	0:50:46	1:17:32	1:58:50

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3445	Müller Dr. Kerstin	Lauftreff R(h)einknaller	4:07:22	W35	22	0:47:56	1:13:56	2:05:29
161	4006	Joormann Anne	Speculators	4:07:29	W50	13	0:51:10	1:19:03	1:57:15
162	2748	Dützer Marion	SV Viktoria Goch	4:07:36	W40	41	0:51:52	1:19:10	1:56:33
163	4931	Armbrust Beate	BSG Springorum Bochum	4:07:38	W45	39	0:50:57	1:20:43	1:55:58
164	2684	Bellwinkel Inga	LC Duisburg	4:07:42	W40	42	0:50:50	1:18:46	1:58:05
165	2855	BRITZ KIRSTEN	LT Cloversoft	4:08:16	W50	14	0:52:49	1:19:09	1:56:18
166	3710	Rothert Sylvie	TSG Kirchhellen	4:08:25	W40	43	0:50:21	1:19:00	1:59:02
167	1921	Trzoss Pia	200PRO	4:08:30	W40	44	0:52:11	1:26:35	1:49:43
168	2108	Denner Ricarda	PV-Triathlon Witten	4:08:48	W50	15	0:51:02	1:19:25	1:58:20
169	3039	Winter Susanne	*Duisburg	4:09:17	W45	40	0:50:15	1:20:38	1:58:23
170	3308	Uhlenbrock Edith	Bocholter WSV	4:09:39	W45	41	0:52:02	1:21:58	1:55:39
171	4318	Strubel Birte	WSV Niederrhein	4:09:42	W22	16	0:50:37	1:19:39	1:59:25
172	5478	Konrad Silke	LC Duisburg	4:09:45	W40	45	0:50:58	1:20:04	1:58:41
173	5398	Knäpper Wiebke	*Wuppertal	4:10:10	W35	23	0:54:12	1:21:10	1:54:47
174	1967	Seidel Sabine	TVK 1877 Essen	4:10:16	W45	42	0:51:17	1:19:53	1:59:05
175	4525	Kositz Christiane	*Oberhausen	4:10:21	W45	43	0:52:57	1:21:31	1:55:52
176	3351	Weiland Gudrun	SV Langenfeld	4:10:23	W55	9	0:52:02	1:19:27	1:58:53
177	3309	Schnucklake Anne	Bocholter WSV	4:10:23	W22	17	0:50:16	1:20:33	1:59:33
178	4930	Grasmann Irmtrud	BSG Springorum Bochum	4:10:32	W55	10	0:52:00	1:21:25	1:57:07
179	3126	Schimmer Simone	*Essen	4:10:54	W40	46	0:52:06	1:21:42	1:57:05
180	5278	Honsel Julia	*Dorsten	4:11:24	W18	3	0:53:32	1:20:05	1:57:46
181	2789	Mecking Dr. Betty	Marathon Dinslaken	4:11:30	W45	44	0:51:54	1:20:29	1:59:06
182	5078	Van Rienen Ulrike	Marathon Mülheim	4:11:39	W45	45	0:51:21	1:21:14	1:59:03
183	2955	Fleischer Christna	Tri Team TSG Sprockhövel	4:11:42	W35	24	0:49:26	1:19:20	2:02:54
184	2824	Jablonka Angela	*Ratingen	4:12:02	W50	16	0:52:35	1:21:35	1:57:51
185	5231	Aufenanger Ira	*Krefeld	4:12:11	W40	47	0:54:26	1:20:26	1:57:18
186	2273	Stief Elke	Adler-Langlauf Bottrop	4:12:25	W55	11	0:52:59	1:20:52	1:58:33
187	3032	Brinkmann-Rabe Beate	Turbo Turtles	4:12:35	W40	48	0:52:09	1:20:47	1:59:39
188	5702	Ulrich Karla	TUS Breitscheid	4:12:41	W55	12	0:51:59	1:22:14	1:58:27
189	2192	Sobolewski Sabine	Adler-Langlauf Bottrop	4:12:46	W40	49	0:53:00	1:21:13	1:58:32
190	1773	Lind Cathrin	Vodafone-Runners	4:13:17	W40	50	0:52:25	1:19:50	2:01:00
191	5408	Moddenborg Petra	*Bocholt	4:13:23	W40	51	0:52:16	1:21:36	1:59:31
192	2246	Niggemann Marinja	Laufgruppe Ziiiiisch und weg	4:14:02	W22	18	0:52:52	1:20:46	2:00:24
193	4165	Lerch Petra	*Essen	4:14:14	W40	52	0:51:53	1:19:43	2:02:37
194	2072	John Svenja	Team Erdinger Alkoholfrei	4:14:22	W22	19	0:51:21	1:19:25	2:03:35
195	3170	Grass Sandra	Triathlon TEAM TG Witten	4:14:31	W40	53	0:50:04	1:17:43	2:06:43
196	2268	Wolf Sabine	WAT LÄUFER	4:14:38	W45	46	0:52:46	1:23:38	1:58:13
197	2686	Bley Bianca	Die Waldgazellen	4:14:44	W40	54	0:56:11	1:23:13	1:55:18
198	4294	Axning Marion	SV Viktoria Goch	4:15:02	W35	25	0:52:52	1:22:23	1:59:46
199	1923	Heller Michaela	200PRO	4:15:06	W45	47	0:53:42	1:22:24	1:58:59
200	4265	Zupan Kerstin	RWE Starlight Team Essen	4:15:11	W45	48	0:51:27	1:22:44	2:00:59
201	2776	Berekoven Regina	Triabolos Triathlon Hamburg	4:15:19	W40	55	0:51:43	1:20:20	2:03:15
202	3014	Franze Simone	Hamminkerner SV	4:15:21	W30	19	0:54:14	1:20:15	2:00:52
203	4423	Kerschbaumer Dunja	BFW-Running-Team	4:15:27	W40	56	0:52:53	1:21:35	2:00:59
204	2959	Olischläger Dr. Nadine	*Duisburg	4:15:42	W30	20	0:49:13	1:16:52	2:09:35
205	5005	Stratmann Ruth	Diakoniewerk Duisburg	4:15:49	W45	49	0:52:45	1:21:35	2:01:28
206	5274	Keggenhoff Elisabeth	Die Stolperer	4:15:50	W55	13	0:54:06	1:22:26	1:59:17
207	4632	Polarek Ulrike	BSG Sparkasse Lüdenscheid	4:15:50	W40	57	0:53:10	1:21:42	2:00:57
208	1676	Nickl Isabella	E.ON Ruhrgas SG	4:15:56	W35	26	0:55:09	1:22:11	1:58:35
209	2890	Haufe Thekla	*Essen	4:16:01	W45	50	0:52:31	1:26:20	1:57:09
210	4092	Probst Karina	LC Duisburg	4:16:03	W35	27	0:54:25	1:21:52	1:59:45
211	2746	Kujas Claudia	*Remscheid	4:16:06	W45	51	0:51:15	1:20:24	2:04:27
212	4361	Moule Petra	LT Wischlingen Dortmund	4:16:21	W50	17	0:53:35	1:24:12	1:58:33

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	5066	Schön Sandra	*Oberhausen	4:16:55	W35	28	0:54:34	1:24:37	1:57:43
214	4791	Heming Nadia	*Essen	4:17:09	W50	18	0:54:43	1:24:37	1:57:49
215	2031	Klemm Ulrike	*Velbert	4:17:38	W55	14	0:53:11	1:21:05	2:03:21
216	4626	Seidel Anja	*Köln	4:17:54	W35	29	0:52:21	1:23:30	2:02:03
217	3144	Heibold Claudia	Bochum	4:17:55	W50	19	0:53:55	1:24:12	1:59:48
218	5000	Schütte Drita	TSV Viktoria Mülheim	4:18:05	W45	52	0:51:46	1:21:29	2:04:49
219	3195	Jakob Martina	*Rheinberg	4:18:08	W45	53	0:54:24	1:24:26	1:59:17
220	3581	Heinen Nicole	TG Neuss	4:18:14	W40	58	0:53:45	1:22:40	2:01:48
221	1717	Coenen Bärbel	TUS Breitscheid	4:18:16	W40	59	0:58:00	1:20:46	1:59:29
222	3352	Heider Monika	SV Langenfeld	4:18:34	W45	54	0:52:01	1:24:07	2:02:25
223	3565	Biesen Jutta	AS Neukirchen-Vluyn	4:18:51	W45	55	0:52:57	1:22:10	2:03:43
224	5361	Büchel Christa	DJK VfR Saarn	4:19:14	W55	15	0:52:38	1:23:51	2:02:44
225	5163	Reis Christiane	LT Wischlingen Dortmund	4:19:16	W45	56	0:53:22	1:23:01	2:02:53
226	2149	Gogarn Ina	Remscheid	4:19:17	W40	60	0:53:59	1:23:44	2:01:33
227	3940	Claßen Anke	TuS Hamborn-Neumühl	4:19:35	W45	57	0:54:22	1:24:21	2:00:50
228	3840	Kauffmann Inga	Team Sporti Essen	4:19:51	W35	30	0:54:38	1:19:46	2:05:27
229	1946	Stumpf Pamela	200PRO	4:20:19	W45	58	0:55:22	1:25:49	1:59:07
230	2446	Mertens Susanne	*Ratingen	4:20:25	W35	31	0:53:31	1:24:28	2:02:25
231	2448	Woelm Annette	*Ratingen	4:20:26	W40	61	0:53:31	1:24:29	2:02:25
232	3703	Conrad Barbara	*Essen	4:20:27	W55	16	0:55:20	1:22:40	2:02:26
233	4301	Prpitsch Jessica	Team Schildkröte	4:20:37	W22	20	0:54:47	1:24:12	2:01:37
234	1895	Kosubek Cornelia	200PRO	4:20:54	W60	3	0:54:23	1:25:48	2:00:41
235	3793	Bücken Alexandra	*Monheim	4:20:54	W40	62	0:56:35	1:23:34	2:00:43
236	4307	Szpogan Susanne	Immeo Wohnen Running Te	4:21:09	W50	20	0:54:40	1:25:36	2:00:52
237	3479	Wurzel Johanna	*Duisburg	4:21:20	W22	21	0:52:36	1:25:27	2:03:15
238	2162	Raschewski Sonja	Ausdauerschule by bunert	4:21:23	W45	59	0:59:30	1:23:23	1:58:28
239	5400	Prahl Julia	*Bochum	4:21:27	W35	32	0:54:02	1:24:22	2:03:02
240	3466	Grundmann Carmen	*Rheinberg	4:21:41	W45	60	0:53:51	1:23:24	2:04:24
241	2529	Piel Sabine	*Düsseldorf	4:21:55	W45	61	0:55:00	1:24:36	2:02:19
242	4682	Thißen Vanessa	*Duisburg	4:22:00	W30	21	0:54:12	1:22:57	2:04:51
243	4529	Welzel Bettina	BSG Springorum Bochum	4:22:09	W45	62	0:54:43	1:23:01	2:04:24
244	4523	Koopmann Silvia	Die Turbo-Koopis	4:22:16	W40	63	0:54:23	1:24:20	2:03:32
245	2807	Fischer Anke	BSG Sparkasse Duisburg	4:22:21	W35	33	0:57:01	1:23:07	2:02:12
246	2074	Hösterey Tanja	*Wuppertal	4:22:34	W40	64	0:54:40	1:26:23	2:01:30
247	5501	Macvan Sabine	Burtschell Team	4:23:03	W40	65	0:57:14	1:25:38	2:00:10
248	2596	Heinrichs Hedwig	*Neuss	4:23:04	W30	22	1:04:09	1:20:56	1:57:58
249	1910	Mitchem Wiebke	200PRO	4:23:07	W35	34	0:52:18	1:23:13	2:07:36
250	3119	Granic Astrid	*Duisburg	4:23:41	W40	66	0:54:13	1:24:35	2:04:53
251	2179	Flottmann Heike	atc and friends	4:23:51	W45	63	0:55:37	1:25:22	2:02:51
252	4584	Kamp Monika	Marathonteam Ratingen	4:23:52	W50	21	0:52:58	1:26:17	2:04:36
253	3971	Zirpins Anke	TC Grün Weiß Hochdahl	4:24:02	W35	35	0:52:54	1:25:02	2:06:05
254	1956	Reck Sandra	Trimet Aluminium AG	4:24:03	W35	36	0:59:25	1:25:06	1:59:32
255	4222	Zichnowitz Maren		4:24:13	W35	37	0:56:06	1:27:59	2:00:06
256	2150	Göppert Sandra	TV Walsum-Aldenrade	4:24:14	W40	67	0:53:22	1:24:28	2:06:22
257	4018	Geub Claudia	*Langenfeld	4:24:22	W35	38	0:53:43	1:24:57	2:05:41
258	2054	Nürnberg Ute	Die Römers	4:24:49	W45	64	0:53:26	1:25:57	2:05:24
259	3895	Lorscheidt Tina	Ski-Klub Düsseldorf	4:24:56	W50	22	0:53:38	1:23:04	2:08:13
260	3858	Niehs Maike	*Düsseldorf	4:24:56	W22	22	1:06:02	1:29:09	1:49:44
261	4252	Thies Margot	*Monheim am Rhein	4:25:09	W45	65	0:54:26	1:28:51	2:01:51
262	4675	Litz Hildegard	Die Stolperer	4:25:13	W55	17	0:55:06	1:25:54	2:04:12
263	5360	Schweda Petra	*Düsseldorf	4:25:38	W30	23	0:55:27	1:26:48	2:03:23
264	2936	Koopmann Christa	TV Jahn Hiesfeld	4:25:50	W55	18	0:56:38	1:26:12	2:03:00
265	2260	Roll Martina	*Wuppertal	4:26:11	W45	66	0:55:34	1:26:58	2:03:37



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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4969	Brehm Daniela	LT Krefeld-Oppum	4:26:20	W35	39	0:55:30	1:26:57	2:03:52
267	5029	Pelzer Renate	RTB Remscheid Marathont	4:26:41	W55	19	0:54:26	1:24:37	2:07:37
268	2304	Grabowski Sonja	*Velbert	4:27:02	W35	40	0:52:40	1:25:24	2:08:57
269	5495	Strauß Petra	LC Duisburg	4:27:09	W60	4	0:48:33	1:28:45	2:09:50
270	4875	Wiedwald Christine	LT Wischlingen Dortmund	4:27:30	W45	67	0:53:03	1:23:01	2:11:25
271	3480	Spielmann Sylvia	LG Dorsten	4:27:35	W45	68	0:59:06	1:27:54	2:00:35
272	2782	Späth Bianca	*Düsseldorf	4:27:59	W40	68	0:55:40	1:25:18	2:07:01
273	1903	Bäringhausen Verena	200PRO	4:28:22	W30	24	0:53:13	1:21:57	2:13:11
274	5403	Lüttkenhorst Gertrud	BSG Team EVAG	4:29:20	W45	69	0:59:31	1:23:49	2:05:59
275	1984	Houben Birgit	200PRO	4:29:37	W50	23	0:56:03	1:27:23	2:06:11
276	2196	Nied Constanze	*Duisburg	4:29:41	W40	69	0:56:59	1:27:23	2:05:18
277	4437	Gellhaus Julia	*Sprockhövel	4:30:19	W30	25	0:55:45	1:28:47	2:05:46
278	1643	Steeg Claudia	TC Kray 1892 e.V.	4:30:23	W45	70	0:51:58	1:25:19	2:13:06
279	4142	Berndt Elke	LT Turnerbund Frintrop	4:30:26	W50	24	0:52:01	1:28:56	2:09:28
280	1949	Roth Katrin	BSG Stadtwerke Duisburg	4:30:29	W40	70	0:52:04	1:30:29	2:07:56
281	2733	Molderings Melissa	Die Claudicatios	4:30:35	W22	23	0:57:26	1:27:53	2:05:15
282	4219	Bem Tabea	LG Wittgenstein	4:30:36	W22	24	0:56:25	1:25:23	2:08:47
283	3952	Dissemond Nicole	*Ratingen	4:30:59	W40	71	0:54:29	1:24:15	2:12:14
284	5141	Funtek Ildikó	Holderberger Speedes	4:31:07	W45	71	0:55:01	1:26:53	2:09:12
285	3007	Werner Julia	*Oberhausen	4:31:16	W35	41	0:54:29	1:26:57	2:09:48
286	4095	Lehmann Sabine	BSG Sparkasse Duisburg	4:31:22	W35	42	0:56:47	1:28:16	2:06:18
287	2501	Van Holt Jana	LT Vynen	4:31:25	W18	4	0:55:22	1:25:51	2:10:12
288	5485	Heidenreich Susanne	LC Duisburg	4:31:48	W45	72	0:50:32	1:29:24	2:11:51
289	2800	Hanemann Julia	DSC Wanne-Eickel WuG e.	4:31:49	W45	73	0:57:34	1:25:21	2:08:53
290	1642	Jansen Dorothea	TC Kray 1892 e.V.	4:32:03	W50	25	0:56:38	1:26:37	2:08:47
291	3113	Dietrich Elke	LC Duisburg	4:32:06	W50	26	0:55:19	1:25:25	2:11:21
292	3049	Risch Bettina	TV Jahn Hiesfeld	4:32:21	W50	27	0:54:44	1:30:32	2:07:04
293	2148	Frauenrath Claudia	Team Erdinger Alkoholfrei	4:32:36	W45	74	0:56:13	1:29:35	2:06:47
294	5310	Glasneck Susanne	*Mülheim an der Ruhr	4:32:40	W45	75	0:55:23	1:26:50	2:10:26
295	2099	Falk Irene	*Wuppertal	4:32:49	W50	28	0:55:07	1:25:50	2:11:51
296	2176	Morisse Sonja	atc and friends	4:32:49	W45	76	0:55:37	1:25:22	2:11:50
297	3526	Geer Anja	*Düsseldorf	4:32:54	W45	77	0:55:16	1:27:09	2:10:28
298	5096	Spangenberg Silke	just 4 fun	4:32:54	W45	78	0:55:22	1:25:11	2:12:21
299	5179	Bierbüße Heike	*Essen	4:32:54	W40	72	0:55:22	1:25:10	2:12:21
300	5124	Schumacher Corinna	*Krefeld	4:32:59	W40	73	0:55:51	1:27:52	2:09:14
301	2447	Lohaus Silvia	SG Borken	4:33:14	W35	43	0:54:42	1:24:53	2:13:38
302	4464	Pfeiffer Andrea	BSG Sparkasse Essen	4:33:19	W40	74	0:55:24	1:28:07	2:09:48
303	4462	Schüller Kordula	*Duisburg	4:33:21	W40	75	0:57:42	1:27:03	2:08:35
304	5147	Lange Catherine	*Kalkar	4:33:27	W45	79	0:55:22	1:27:58	2:10:06
305	4141	Dönnebrink Dena Kathar	*Dorsten	4:33:32	W22	25	0:54:17	1:24:28	2:14:47
306	3962	Bolling Annette	BSG Sparkasse Duisburg	4:33:35	W30	26	0:57:31	1:27:11	2:08:52
307	2899	Hofstetter Anne	*Mülheim	4:33:50	W50	29	0:54:46	1:27:05	2:11:58
308	2436	Tsang Pei-Sheng	*Duisburg	4:34:03	W40	76	0:57:13	1:28:26	2:08:23
309	4182	Schlottmann Birgit	Marathon Mülheim	4:34:19	W55	20	0:55:40	1:25:13	2:13:24
310	2608	Lüßem Sabine	*Essen	4:34:22	W40	77	0:56:37	1:28:00	2:09:43
311	3374	Nöschel Sabine	*Korschenbroich	4:34:42	W40	78	0:56:04	1:27:23	2:11:14
312	5355	Klaßen Verena	*Duisburg	4:34:55	W22	26	0:55:19	1:32:17	2:07:18
313	4795	Poppek Kathrin	DJK Tus Rotthausen	4:34:57	W30	27	0:56:53	1:26:07	2:11:55
314	2014	Zimprichová Dr. Dita	*Krefeld	4:35:02	W45	80	0:59:21	1:26:53	2:08:48
315	1825	Michalowski Maike	TC Kray 1892 e.V.	4:35:23	W22	27	0:55:57	1:26:44	2:12:42
316	1644	Lymann Jessica	TC Kray 1892 e.V.	4:35:24	W30	28	0:55:57	1:26:44	2:12:42
317	2286	Maulshagen Almut	Laufschule Düsseldorf	4:35:45	W40	79	0:57:10	1:29:21	2:09:13
318	3404	Reinhardt-Scharf Christi	*Mülheim	4:35:57	W55	21	0:56:01	1:30:03	2:09:53

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3182	Müller Ines	*Erkelenz	4:35:59	W50	30	0:55:18	1:27:14	2:13:26
320	3155	Vukadinovic Petra	*Duisburg	4:36:01	W50	31	0:55:31	1:30:39	2:09:50
321	1981	Kasperek Barbara	200PRO	4:36:07	W22	28	0:48:59	1:35:47	2:11:19
322	3752	Fiegen Isabel	*Duisburg	4:36:42	W35	44	0:56:04	1:26:33	2:14:04
323	5483	Ludemann Kathrin	*Duisburg	4:36:59	W22	29	0:59:50	1:26:38	2:10:30
324	4797	Hildebrand Nicole	DJK Tus Rotthausen	4:37:23	W40	80	0:56:12	1:26:00	2:15:09
325	3999	Schilling Elli	LC Duisburg	4:37:25	W60	5	0:56:36	1:29:34	2:11:14
326	3914	Verspohl Vera	LT Wischlingen Dortmund	4:37:30	W35	45	0:53:57	1:26:08	2:17:25
327	2417	Bußkamp Birgitta	Borussia Mönchengladbach	4:37:33	W40	81	0:58:40	1:29:08	2:09:44
328	4152	Maehler Silke	*Duesseldorf	4:37:37	W40	82	0:56:56	1:29:21	2:11:19
329	2849	Föge Katrin	*Duisburg	4:37:40	W40	83	0:57:00	1:27:23	2:13:16
330	1766	Ester Johanna	Vodafone-Runners	4:37:46	W35	46	0:58:42	1:30:53	2:08:11
331	5370	Fichtner Silke	*Bochum	4:37:51	W30	29	0:57:32	1:28:55	2:11:23
332	4570	Haußer Sabine	*Düsseldorf	4:37:53	W45	81	0:55:19	1:28:43	2:13:51
333	5139	Herkendell Sabine	*Ratingen	4:37:57	W45	82	0:57:22	1:28:17	2:12:18
334	3204	Kowalski Magdalene	TV Jahn Hiesfeld	4:38:08	W50	32	0:57:26	1:27:37	2:13:05
335	3994	Heilemann Sandra	after-work-runners.de	4:38:53	W30	30	0:59:39	1:27:58	2:11:14
336	3670	Schröer Elke	*Dortmund	4:39:34	W30	31	0:54:45	1:27:06	2:17:41
337	3474	Schmitt Monika	LT Wischlingen Dortmund	4:39:35	W45	83	0:56:02	1:26:08	2:17:24
338	3248	Wewers Nicola	SG Borken	4:39:39	W22	30	0:56:20	1:29:40	2:13:38
339	3422	Teloo Britta	LT Schnecke Sonsbeck	4:39:47	W30	32	0:56:58	1:33:10	2:09:38
340	3412	Wagener Nicola	*München	4:39:49	W35	47	0:57:10	1:29:21	2:13:17
341	2793	Hendricksen Anika	TSV Quakenbrück	4:39:53	W30	33	0:57:24	1:26:54	2:15:33
342	4519	Zwingmann Jill	*Oberhausen	4:39:57	W19	4	0:57:09	1:30:27	2:12:19
343	1620	Kimmeskamp Birgit	Ausdauererschule by bunert	4:40:02	W45	84	0:58:03	1:28:11	2:13:47
344	2238	Schumacher Judith	TuS Bösinghoven	4:40:31	W30	34	0:57:12	1:27:57	2:15:22
345	3549	Hullerum Sylvia	LG COESFELD	4:40:50	W40	84	0:58:17	1:30:45	2:11:47
346	5151	Huth Petra	LC Duisburg	4:40:55	W45	85	0:58:40	1:30:23	2:11:51
347	2117	Loose Johannette	Team Erdinger Alkoholfrei	4:41:21	W40	85	0:52:00	1:38:10	2:11:10
348	3481	Levering Angelika	LG Dorsten	4:41:25	W50	33	0:59:06	1:29:00	2:13:18
349	3469	Weihofen Kirsten	Ausdauererschule by bunert	4:41:38	W30	35	0:57:09	1:29:12	2:15:16
350	3336	Herda Anette	*Duesseldorf	4:41:41	W50	34	0:57:11	1:31:12	2:13:18
351	4759	Kühne Gisela	LT Metzkausen	4:41:42	W55	22	0:57:45	1:28:34	2:15:22
352	3419	Thißen Viviane	LT Schnecke Sonsbeck	4:41:52	W30	36	0:56:23	1:33:11	2:12:17
353	1605	Leitsch Birgit	LBN Duisburg e.V.	4:42:26	W50	35	0:58:04	1:31:40	2:12:42
354	3382	Lauritsch Nicola	LT Uerdingen Marathon Runn	4:42:38	W45	86	0:50:56	1:32:19	2:19:23
355	3191	Schelenz Stefanie	Ausdauererschule by bunert	4:42:40	W45	87	0:58:27	1:30:05	2:14:06
356	3418	Holtwick Andrea	LT Schnecke Sonsbeck	4:42:47	W30	37	0:56:23	1:33:09	2:13:13
357	3942	Einecke Denise	*Duisburg	4:42:49	W30	38	0:55:28	1:29:20	2:17:59
358	3803	Kodjayan Kirsten	hofacker-runner.de.vu	4:42:51	W35	48	0:58:22	1:29:11	2:15:16
359	2898	Becker Tanja	*Bottrop	4:43:24	W45	88	0:57:16	1:32:30	2:13:38
360	2588	Cord Ulrike	*Essen	4:43:25	W45	89	0:57:17	1:32:30	2:13:37
361	3337	Wenzel Heike	Triathlon TEAM TG Witten	4:43:48	W50	36	0:58:26	1:31:35	2:13:46
362	1852	Brückner Claudia	AS Neukirchen-Vluyn	4:43:54	W45	90	0:56:25	1:30:15	2:17:13
363	5285	Boruta Julia	Laufend älter	4:43:58	W22	31	1:04:45	1:39:08	2:00:04
364	4852	Brodowsky Sylvia	Team Erdinger Alkoholfrei	4:44:09	W60	6	0:56:11	1:27:24	2:20:34
365	3683	Reznitschek Heike	Wuppertaler Running Girls	4:44:11	W50	37	0:57:09	1:30:31	2:16:31
366	5215	Tomuseit Silke	Team A.T.Z.E	4:44:12	W40	86	0:59:02	1:29:45	2:15:23
367	3742	Dannehl Gabi	*Essen	4:44:35	W50	38	0:57:39	1:29:47	2:17:07
368	2105	Reselski Birgit	Running Dinslaken	4:44:36	W50	39	0:58:30	1:31:32	2:14:33
369	5396	Maiwald Astrid	*Essen	4:44:44	W35	49	0:56:17	1:31:37	2:16:49
370	2775	Dietze Daniela	*Oberhausen	4:44:56	W45	91	0:56:06	1:30:44	2:18:05
371	3441	Hartig Brigitte	PV-Triathlon Witten	4:45:33	W50	40	0:59:14	1:31:09	2:15:09

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	3080	Hardt Ulrike	*Duisburg	4:45:55	W55	23	0:56:55	1:32:51	2:16:08
373	5088	Schweitzer Lisa	*Wuppertal	4:46:02	W22	32	0:59:50	1:32:10	2:14:01
374	4064	Plaga Alice	after-work-runners.de	4:46:29	W45	92	0:59:39	1:28:35	2:18:14
375	1889	Hartmann Alyona	200PRO	4:46:55	W35	50	0:43:48	1:36:58	2:26:09
376	1664	Huber Britta	E.ON Ruhrgas SG	4:46:56	W35	51	0:58:58	1:32:10	2:15:47
377	5079	Börskens Monika	DJK Altendorf 09	4:47:01	W40	87	1:02:04	1:31:27	2:13:29
378	3609	Preilowski Beate	FC Schalke 04	4:47:02	W40	88	0:57:50	1:38:29	2:10:42
379	5268	Pankewicz Eva	*Marl	4:47:09	W22	33	0:56:49	1:28:58	2:21:22
380	3778	Neuwirth Kerstin	LT Bamp Herne	4:47:15	W45	93	0:59:21	1:31:23	2:16:30
381	1909	Spangenberg Tanja	200PRO	4:47:51	W22	34	0:59:06	1:30:57	2:17:47
382	4510	Schott Annette	*Krefeld	4:48:03	W45	94	0:59:19	1:33:23	2:15:21
383	4206	Hausmann Ines	SV Viktoria Goch	4:48:14	W35	52	0:59:40	1:32:19	2:16:14
384	2947	Baumgart Christine	Casino Duisburg	4:48:15	W35	53	0:58:26	1:33:49	2:15:59
385	3221	Strenger Manuela	Styrumer TV	4:48:40	W45	95	1:01:45	1:31:22	2:15:33
386	3973	Heyer Karin	*Duisburg	4:48:51	W50	41	1:00:07	1:32:04	2:16:39
387	5210	Weidenmüller Gudrun	*Duisburg	4:49:24	W50	42	0:59:49	1:35:15	2:14:19
388	4677	Bauersachs Sandra	KHTC Mülheim an der Ruhr	4:49:25	W40	89	0:59:31	1:32:40	2:17:12
389	4842	Siegmond Carmen	*Duisburg	4:49:38	W45	96	1:00:20	1:31:49	2:17:28
390	5409	Alt Elke	*Bocholt	4:49:39	W50	43	0:59:06	1:34:26	2:16:07
391	2223	Gottschalk Andrea	*Meerbusch	4:50:12	W50	44	1:02:47	1:32:28	2:14:56
392	3017	Hamm Anne	Laufen is besser wie Fernseh	4:50:15	W35	54	0:58:30	1:33:06	2:18:38
393	5395	Ewers Astrid	*Essen	4:50:31	W40	90	0:56:17	1:33:30	2:20:43
394	4537	Roßbach Simone	*Mülheim	4:50:39	W35	55	0:59:49	1:32:36	2:18:13
395	2184	Herting Andrea	Sonntagsläufer	4:50:51	W45	97	0:56:05	1:28:01	2:26:44
396	1671	Heimann Monika	E.ON Ruhrgas SG	4:51:10	W60	7	1:08:02	1:48:25	1:54:42
397	1983	Dargel Claudia	200PRO	4:51:25	W45	98	0:56:41	1:27:28	2:27:15
398	3998	Kirstätter Saskia	LT Uerdingen Marathon Runn	4:51:28	W40	91	0:59:45	1:32:19	2:19:22
399	5267	Rzyski Claudia	*Duisburg	4:51:30	W45	99	1:00:34	1:34:26	2:16:29
400	3383	Ohlwein Dagmar	*Duisburg	4:51:54	W55	24	0:56:49	1:31:00	2:24:04
401	4126	Blumenau Regina	*Düsseldorf	4:51:54	W45	100	0:59:05	1:29:49	2:23:00
402	4109	Link Constanze	Team Vitargo	4:52:28	W40	92	1:00:12	1:32:46	2:19:28
403	5030	Hagedorn Claudia	*Herne	4:52:37	W45	101	0:58:05	1:33:50	2:20:41
404	4701	Willmer Sarah	*Düsseldorf	4:52:40	W30	39	1:01:02	1:37:23	2:14:13
405	4420	Möller Ute	BSG Sparkasse Essen	4:52:47	W50	45	0:55:08	1:34:22	2:23:17
406	4128	Hegger Marlene	LT Schnecke Sonsbeck	4:52:59	W45	102	1:00:45	1:36:01	2:16:12
407	2864	Hillig Petra	Wiesnasen-mara-thonis	4:53:12	W45	103	0:59:37	1:33:46	2:19:48
408	3960	Pälmer Susanne	*Düsseldorf	4:53:26	W45	104	0:59:34	1:34:13	2:19:38
409	3957	Brodrick Jaqueline	Die Fliplinge	4:53:29	W22	35	1:02:18	1:34:06	2:17:04
410	5065	Jesorek Yvonne	*Wuppertal	4:54:38	W22	36	1:02:51	1:39:13	2:12:33
411	3641	Weise Nicole	Auto Schwenke	4:54:45	W40	93	1:00:37	1:38:09	2:15:58
412	3317	Rösler Andrea	*Duisburg	4:54:46	W45	105	0:59:33	1:34:51	2:20:21
413	3496	Doschil Yvonne	Siemens Turbos	4:54:48	W40	94	0:59:34	1:34:51	2:20:22
414	4076	Kuhlmeyer Ann-Kristin	RUHR-TECHNIK	4:54:54	W22	37	1:00:48	1:35:16	2:18:49
415	3666	Börger Annegret	TV Walsum-Aldenrade	4:56:41	W55	25	0:57:53	1:30:22	2:28:26
416	4359	Wagner Karin	Die Stolperer	4:57:56	W45	106	1:00:08	1:34:56	2:22:51
417	2267	Köster Ingelore	PV-Triathlon Witten	4:58:15	W65	1	1:00:34	1:34:11	2:23:29
418	4934	Hey Alexandra	LT Krefeld-Oppum	4:58:56	W40	95	1:01:21	1:37:12	2:20:22
419	2419	Hesse Silja	*Bochum	4:59:01	W30	40	0:58:34	1:33:33	2:26:53
420	3020	Leers Claudia	TV Frisch auf Lennep	4:59:25	W50	46	0:59:11	1:34:45	2:25:28
421	2132	Kasperkowitz Kim	*Duisburg	4:59:27	W22	38	1:01:34	1:37:31	2:20:21
422	5217	Friemelt Jana	TuS Bösinghoven	4:59:50	W55	26	1:01:03	1:36:21	2:22:25
423	3021	Hübner Ute	TV Frisch auf Lennep	4:59:53	W45	107	0:59:36	1:34:46	2:25:30
424	3329	Fischer Maike	Schlammfräsen	5:00:10	W30	41	0:58:13	1:33:14	2:28:42

**Nike Winterlaufserie  
des ASV Duisburg 2012  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	4395	Dobrun Sarah	Team Erdinger Alkoholfrei	5:00:45	W30	42	0:58:47	1:37:53	2:24:04
426	1962	Reitz Nadja	Trimet Aluminium AG	5:00:52	W30	43	0:58:23	1:38:22	2:24:07
427	1621	Wittmann Stephanie	Ausdauerschule by bunert	5:01:33	W35	56	0:58:29	1:30:14	2:32:48
428	3507	Koschoreck Gabriele	EVONIK	5:02:10	W50	47	0:59:29	1:36:52	2:25:48
429	3147	Bielan Simone	*Essen	5:02:17	W40	96	1:02:28	1:35:52	2:23:56
430	5338	Bade Petra	Lauftreff Vynen	5:03:07	W55	27	1:01:31	1:36:35	2:25:00
431	2730	Ehrentraut Sabine	Rumelner TV	5:03:58	W45	108	1:01:57	1:35:35	2:26:24
432	2922	Luecking Gudrun	*Duisburg	5:05:36	W45	109	1:00:34	1:32:43	2:32:17
433	3185	Valdés Christel	LC Duisburg	5:05:45	W50	48	0:59:02	1:37:39	2:29:03
434	4459	Dudenbostel Anne	DJK VfR Saarn	5:05:46	W60	8	0:58:19	1:36:47	2:30:39
435	4197	Borkus Claudia	*Bocholt	5:07:26	W40	97	1:02:14	1:37:50	2:27:21
436	3047	Klein Eva	Ruhr BOB Runner	5:07:53	W45	110	0:59:40	1:35:35	2:32:37
437	1869	Schröder Elvira	AS Neukirchen-Vluyn	5:11:58	W55	28	1:01:51	1:40:41	2:29:26
438	4168	Brummer Silke	*Mülheim	5:12:10	W35	57	1:02:45	1:40:12	2:29:12
439	4133	Stamm Daniela	*DUISBURG	5:12:11	W40	98	1:02:45	1:40:13	2:29:13
440	4176	Knappertsbusch Nadine	*Mülheim	5:12:12	W35	58	1:02:45	1:40:13	2:29:13
441	3484	Hürland Heike	*Dorsten	5:12:59	W50	49	1:03:42	1:40:45	2:28:32
442	5286	Surmann Alexandra	Laufend älter	5:14:31	W22	39	1:04:45	1:41:55	2:27:50
443	4229	Wiens Theresa	*Witten	5:14:40	W22	40	1:08:41	1:40:02	2:25:56
444	4127	Walther-Frütel Nicole	Ausdauerschule by bunert	5:18:28	W40	99	1:01:13	1:42:10	2:35:05
445	3467	Rätscher Cristina	*Duisburg	5:18:57	W18	5	1:05:53	1:41:49	2:31:14
446	5476	Schowald Susanne	*Essen	5:19:26	W50	50	1:02:47	1:38:52	2:37:45
447	2740	Steinkemper-Lange Brigi	LA SpVgg Herten	5:19:47	W55	29	1:02:10	1:40:55	2:36:41
448	3694	Irmer Ina	*Schwerte	5:20:02	W22	41	1:03:39	1:42:13	2:34:08
449	4981	Zenk Corinna	Ringgaststätte 2 1/2	5:20:40	W22	42	0:59:04	1:48:19	2:33:17
450	2500	Dobberke Carola	*Duisburg	5:20:45	W40	100	1:03:03	1:41:41	2:36:00
451	1894	Beilfuß Vera	200PRO	5:21:01	W35	59	1:04:58	1:44:23	2:31:39
452	2759	Imping Diana	*Mülheim	5:21:50	W50	51	1:07:49	1:43:41	2:30:19
453	5188	Lachs Dagmar	*Dorsten	5:22:15	W45	111	1:05:33	1:44:50	2:31:50
454	2504	Süßenbach Petra	*Eschweiler	5:23:26	W50	52	1:06:20	1:45:45	2:31:20
455	4098	Styrnol Anita	Ausdauerschule by bunert	5:24:15	W55	30	1:03:25	1:45:45	2:35:05
456	1859	Lau Ute	AS Neukirchen-Vluyn	5:24:36	W50	53	1:08:30	1:46:39	2:29:27
457	3890	Socher Petra	LC Duisburg	5:26:53	W50	54	1:08:33	1:43:50	2:34:29
458	4065	Dellwing Fenja	Ausdauerschule by bunert	5:27:33	W45	112	1:05:46	1:46:41	2:35:05
459	4545	Völlkopf Angelika	Marathon-Club Menden	5:27:41	W50	55	1:05:44	1:42:20	2:39:37
460	2566	Brück Susanne	*Niederzier	5:27:55	W35	60	1:07:50	1:45:56	2:34:09
461	2640	Mertens Heike	*Krefeld	5:29:24	W50	56	1:08:32	1:46:42	2:34:09
462	4908	Kaufmann Katharina	Ringgaststätte 2 1/2	5:36:40	W22	43	1:09:16	1:48:19	2:39:04
463	5488	Biedebach Ute	LC Duisburg	5:36:50	W55	31	1:09:19	1:44:21	2:43:09
464	4434	Riedel Gabriele	SV Viktoria Goch	5:37:46	W55	32	1:08:53	1:44:57	2:43:55
465	1857	Fischer Roswitha	AS Neukirchen-Vluyn	5:38:52	W60	9	1:09:29	1:47:59	2:41:23
466	4225	Weinauer Sarah	*Essen	5:40:34	W22	44	1:06:18	1:46:00	2:48:14
467	4043	Schulmeisters Stephany	BSG Sparkasse Duisburg	5:43:54	W22	45	1:06:49	1:47:45	2:49:18
468	2234	Elfauri Maram	*Düsseldorf	5:45:13	W35	61	1:14:57	1:56:27	2:33:48
469	4889	Schulzki Lisa	*Herten	5:47:23	W22	46	1:10:44	1:52:16	2:44:22
470	1871	Sewing Hildegard	AS Neukirchen-Vluyn	5:48:31	W50	57	1:12:31	1:52:18	2:43:41
471	4138	Anders Gerlinde	*Leverkusen	5:56:38	W50	58	1:07:00	1:50:07	2:59:31
472	4603	Haag Rita	*Essen	5:57:26	W35	62	1:20:51	1:42:08	2:54:26
473	4550	Schulte Christel	Marathon-Club Menden	6:19:11	W70	1	1:18:29	2:03:18	2:57:24