

10km - Gesamtwertung Lauf 6, 7 und 8 Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	1	Ngeny Frederik		0:28:12	0:28:13	1	MHK	88	5: 05:43 05:39 05:35 05:40 05:34
2	2	Pollmächer André	rhein marathon düsseldorf e.V.	0:28:46	0:28:46	1	M30	83	5: 05:44 05:48 05:46 05:47 05:39
3	3	Weidlinger Günther	Sportunion Neuhofen/Krems	0:28:51	0:28:52	1	M35	78	5: 05:45 05:48 05:45 05:47 05:45
4	4	Maina Charles		0:29:02	0:29:03	2	M30	82	5: 05:44 05:42 05:49 05:49 05:56
5	5	Flügel Julian	LG Telis Regensburg	0:29:35	0:29:36	2	MHK	86	5: 05:44 05:48 06:01 06:05 05:55
6	7	Sonnenberg Nico	LG Eintracht Frankfurt	0:29:53	0:29:54	1	MU23	91	5: 05:45 05:52 06:02 06:10 06:03
7	61	Petros Amanal	TSVE 1890 Bielefeld	0:30:35	0:30:37	1	MU20	95	5: 06:02 06:04 06:07 06:12 06:10
8	8	Schwiegelshohn Fynn	LG Olympia Dortmund	0:30:40	0:30:41	3	MHK	88	5: 06:02 06:09 06:13 06:14 05:59
9	894	Dietz Thorben	LG Dorsten	0:30:46	0:30:46	4	MHK	89	5: 06:04 06:10 06:12 06:15 06:04
10	2198	Grunenberg Karol	ASV Duisburg	0:30:48	0:30:49	5	MHK	87	5: 06:03 06:09 06:13 06:14 06:07
11	50	Dillenhöfer Fabian	LG Olympia Dortmund	0:31:01	0:31:02	2	MU23	92	5: 06:03 06:10 06:13 06:14 06:20
12	60	Hendel Sebastian	LG Vogtland	0:31:15	0:31:16	2	MU20	95	5: 06:03 06:10 06:20 06:31 06:08
13	1643	Ocklenburg Marc-André	Ayyo Team e.V.	0:31:19	0:31:20	6	MHK	85	5: 06:03 06:10 06:24 06:27 06:12
14	51	Stegeman Tim	VFV Spandau Berlin	0:31:40	0:31:41	3	MU23	92	5: 06:03 06:18 06:32 06:32 06:13
15	68	Riediger Toni	LV 90 Erzgebirge	0:31:53	0:31:54	4	MU23	93	5: 06:03 06:29 06:33 06:30 06:16
16	62	Gering Fabian	LG Vogtland	0:31:55	0:31:56	1	MU18	96	5: 06:03 06:19 06:31 06:33 06:27
17	326	Hadamus Sebastian	ART Düsseldorf	0:31:57	0:31:58	2	M35	74	5: 06:12 06:24 06:29 06:30 06:20
18	1811	Schönherr David	LSF Münster	0:32:31	0:32:33	7	MHK	89	5: 06:16 06:30 06:34 06:37 06:33
19	352	Johnstone Nikki	ART Düsseldorf	0:32:55	0:32:56	8	MHK	84	5: 06:12 06:29 06:42 06:46 06:45
20	52	Hollop Dominik	LG Olympia Dortmund	0:33:03	0:33:05	5	MU23	91	5: 06:11 06:29 06:40 06:53 06:48
21	66	Valentin David	TV Norden	0:33:08	0:33:09	2	MU18	97	5: 06:32 06:30 06:42 06:43 06:39
22	1425	Meinike Patric	ASV Duisburg	0:33:16	0:33:18	6	MU23	92	5: 06:31 06:40 06:41 06:45 06:37
23	6	Martel Zelalem	LG Neckar-Enz	0:33:33	0:33:34	9	MHK	86	5: 06:04 06:37 06:50 07:01 06:59
24	2235	Dichans Fabian	Run@Düsseldorf	0:33:49	0:33:50	3	M30	82	5: 06:16 06:48 06:57 06:59 06:47
25	2232	Schulte-Zurhausen Roman	Ausdauerchule by Bunert	0:33:50	0:33:52	10	MHK	84	5: 06:33 06:40 06:52 06:56 06:47
26	2226	Ralenovsky Arthur	TV Refrath	0:33:59	0:34:00	7	MU23	93	5: 06:32 06:41 06:55 07:02 06:48
27	392	Büttgen Simon	LG Stadtwerke Hilden	0:34:10	0:34:14	11	MHK	85	5: 06:42 06:52 07:00 06:57 06:37
28	1409	Schramm Michael	ASV Duisburg	0:34:11	0:34:13	4	M30	80	5: 06:37 06:51 06:58 06:58 06:45
29	917	Abraham Philippe	LAC THG Kettwig	0:34:14	0:34:16	3	M35	76	5: 06:46 06:49 06:53 06:59 06:45
30	1467	Koll David	LG Wuppertal	0:34:24	0:34:25	12	MHK	86	5: 06:38 06:58 07:00 06:57 06:48
31	2356	Wilke Richard	Aachener TG	0:34:34	0:34:36	8	MU23	92	5: 06:46 06:51 06:58 07:06 06:51
32	1608	Camminady Thomas	Aachener TG	0:34:39	0:34:41	13	MHK	89	5: 06:46 06:51 06:59 07:02 06:57
33	301	Cardinal Stephen	*Düsseldorf	0:34:43	0:34:46	14	MHK	90	5: 06:36 06:54 07:05 07:03 07:03
34	1903	Paulitschke Wilfried	Fronrunner ASICS	0:34:51	0:34:52	1	M55	57	5: 06:55 07:00 07:06 07:00 06:48
35	1442	Franke Sebastian	SG Diepholz	0:34:51	0:34:53	9	MU23	91	5: 06:31 06:39 07:06 07:29 07:04
36	635	Penedo Alipio	rhein-marathon düsseldorf e.V.	0:35:01	0:35:02	4	M35	74	5: 06:54 07:13 07:03 06:57 06:52
37	1339	Palm Alexander	SFD 75 Düsseldorf	0:35:03	0:35:04	1	M40	71	5: 06:55 07:13 07:17 07:04 06:33
38	1627	Rosenberg Sebastian	Moerser TV	0:35:19	0:35:22	15	MHK	90	5: 06:46 06:51 07:16 07:22 07:03
39	2197	Lehmbach Benjamin	ASV Duisburg	0:35:20	0:35:23	5	M30	80	5: 06:54 07:08 07:10 07:11 06:56
40	1994	Sudowe David		0:35:36	0:35:37	16	MHK	89	5: 06:55 07:11 07:14 07:11 07:02
41	1740	Ganzow Tobias	DLC Aachen	0:35:37	0:35:40	6	M30	79	5: 06:54 07:12 07:16 07:10 07:03
42	2225	Losch Stefan	TUSEM Essen	0:35:40	0:35:42	1	M45	68	5: 07:06 07:11 07:11 07:09 07:01
43	1556	Stephan Alexander	ASV Köln	0:35:41	0:35:43	17	MHK	86	5: 06:34 07:05 07:32 07:21 07:06
44	1482	Dubies Christoph	*Düsseldorf	0:36:04	0:36:07	18	MHK	88	5: 06:53 07:13 07:17 07:22 07:17
45	2009	Schneider Jonas	*Kaarst	0:36:10	0:36:13	19	MHK	87	5: 06:58 07:09 07:18 07:23 07:21
46	1725	Gast Klaus	Rumelner TV	0:36:16	0:36:19	2	M45	65	5: 07:08 07:20 07:20 07:20 07:06
47	2034	Lössner Ralph	*Duisburg	0:36:24	0:36:28	2	M40	72	5: 07:12 07:20 07:21 07:17 07:13
48	1000	Eiden Matthias	HSP Münster Laufteam	0:36:28	0:36:30	20	MHK	87	5: 06:59 07:19 07:22 07:30 07:16
49	1816	Niemann Christoph	LG Gummersbach	0:36:29	0:36:30	3	M45	68	5: 07:03 07:17 07:21 07:30 07:16
50	1860	Knipping Andreas	SFD 75	0:36:29	0:36:31	21	MHK	90	5: 07:06 07:12 07:17 07:28 07:25
51	678	Risiko Sebastian	Team-Essen 99	0:36:32	0:36:35	10	MU23	91	5: 07:05 07:11 07:17 07:28 07:29
52	1853	Habel Spencer	SFD 75	0:36:35	0:36:38	7	M30	81	5: 06:56 07:09 07:27 07:49 07:12
53	1696	Claesges Michael	DROPSA Club	0:36:37	0:36:39	4	M45	64	5: 07:05 07:14 07:20 07:27 07:28
54	839	Rademacher Peter	Honolulu Allstars	0:36:48	0:36:52	8	M30	83	5: 07:04 07:20 07:33 07:33 07:16
55	1317	Nowacki Adam	*Düsseldorf	0:36:49	0:36:51	11	MU23	91	5: 07:13 07:27 07:27 07:29 07:11
56	1863	Zill Pierre	SFD 75	0:36:50	0:36:54	3	MU20	94	5: 07:08 07:20 07:21 07:27 07:32
57	1575	Hall Henry	Aachener TG	0:36:53	0:36:57	22	MHK	89	5: 07:19 07:21 07:26 07:29 07:17
58	643	Bergstein Stefan	TG Neuss	0:37:06	0:37:09	5	M45	67	5: 07:05 07:22 07:30 07:35 07:32
59	2037	Krannich Ingmar	ART Düsseldorf	0:37:18	0:37:21	5	M35	77	5: 07:21 07:24 07:32 07:38 07:21
60	2228	Abdolazizi Dana	TV Refrath	0:37:24	0:37:26	4	MU20	94	5: 07:07 07:20 07:31 07:43 07:40

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1741	Land Rolf	*Düsseldorf	0:37:34	0:37:36	3	M40	70	5: 07:18 07:32 07:35 07:36 07:31
62	1856	Frantz Marten	SFD 75	0:37:42	0:37:46	23	MHK	86	5: 07:39 07:45 07:34 07:27 07:15
63	1947	Domsheit Christian		0:37:42	0:37:46	9	M30	82	5: 07:06 07:22 07:43 07:53 07:37
64	1747	Lovrencic Sascha	*Leverkusen	0:37:45	0:37:50	6	M35	77	5: 07:12 07:32 07:36 07:42 07:41
65	1284	Amann Stefan	DJK Elmar Kohlscheid	0:37:46	0:37:47	6	M45	65	5: 07:14 07:34 07:38 07:42 07:36
66	1416	Schott David	Rotz-Racing Velo Solingen	0:37:56	0:37:58	7	M45	67	5: 07:10 07:40 07:45 07:46 07:33
67	1862	Fabian Max	SFD 75	0:37:59	0:38:03	5	MU20	94	5: 07:21 07:25 07:39 07:59 07:34
68	1617	Pullwitt Wolfgang	Korschenbroicher LC	0:38:01	0:38:03	2	M55	55	5: 07:06 07:28 07:44 07:49 07:52
69	1733	Isaac Dirk	Aachener TG	0:38:01	0:38:06	4	M40	69	5: 07:19 07:35 07:47 07:49 07:30
70	569	Herzog Manfred	Kleinenbroich	0:38:02	0:38:04	8	M45	67	5: 07:07 07:34 07:46 07:52 07:42
71	2199	Lange Ralf	Run for Fun e.V.	0:38:03	0:38:06	5	M40	69	5: 07:08 07:31 07:47 07:56 07:39
72	1745	Jung Christian	TuS Deuz	0:38:03	0:38:05	10	M30	81	5: 07:23 07:36 07:43 07:45 07:35
73	1439	Franke Dominik	SG Diepholz	0:38:06	0:38:08	24	MHK	90	5: 06:56 07:29 07:45 08:02 07:51
74	332	Thönnessen Florian	Aachener TG	0:38:24	0:38:28	7	M35	77	5: 07:31 07:39 07:44 07:51 07:36
75	448	Emig Thorsten	*Paris	0:38:26	0:38:30	6	M40	69	5: 07:20 07:37 07:47 07:54 07:46
76	925	Krumbholz Dr. Marcus	LG Stadtwerke Hilden	0:38:28	0:38:32	1	M50	63	5: 07:35 07:35 07:43 07:49 07:43
77	580	Peiniger Jan	*Ennepetal	0:38:28	0:38:32	11	M30	82	5: 07:27 07:52 07:44 07:45 07:38
78	1276	Seidel David	Asv Duisburg	0:38:29	0:38:32	12	MU23	92	5: 07:32 07:40 07:43 07:51 07:42
79	1165	Neumann Dr. Matthias	DUS 13	0:38:32	0:38:36	9	M45	68	5: 07:29 07:41 07:46 07:51 07:43
80	1572	Huppertz Bernd	LAC Mausbach	0:38:42	0:38:47	2	M50	61	5: 07:30 07:39 07:48 07:55 07:47
81	527	Lange Christof	Team Adriane	0:38:43	0:38:44	7	M40	72	5: 07:38 07:47 07:50 07:53 07:33
82	1846	Linder Sascha	SFD 75	0:38:43	0:38:45	10	M45	67	5: 07:40 07:49 07:46 07:47 07:39
83	1921	Bae Il-Seek		0:38:43	0:38:45	12	M30	80	5: 07:12 07:43 08:02 07:58 07:47
84	954	Nienhaus Hammer Michael	Team ERDINGER Alkoholfrei	0:38:51	0:38:54	8	M40	72	5: 07:37 07:47 07:50 07:53 07:43
85	554	Lorenz Frank	LT Gruitzen-Neandertal	0:38:52	0:38:57	11	M45	68	5: 07:39 07:50 07:54 07:47 07:40
86	2224	Kerim Peter	Haaner TV	0:38:52	0:38:54	3	M55	56	5: 07:22 07:38 07:54 08:01 07:56
87	1435	Timme Volker	LG Gummersbach	0:38:55	0:38:58	9	M40	69	5: 07:27 07:41 07:51 07:59 07:55
88	1832	Weiß Ben	Tri Team FS Düsseldorf	0:38:58	0:39:00	13	M30	79	5: 07:38 07:48 07:49 07:53 07:48
89	1788	Nebel Jochen	TUSEM Essen	0:38:59	0:39:08	3	M50	63	5: 07:47 07:55 07:51 07:52 07:33
90	1415	Roy Berman	Breakfest club runners	0:39:01	0:39:06	8	M35	75	5: 07:29 07:39 07:45 08:03 08:03
91	484	Wortelboer Felix	TuS Breitscheid	0:39:08	0:39:12	4	M50	61	5: 07:36 07:48 07:52 07:54 07:56
92	1855	König Niklas	SFD 75	0:39:08	0:39:11	25	MHK	85	5: 07:45 08:02 07:58 07:51 07:30
93	1609	Deuschländer Frank	*Düsseldorf	0:39:08	0:39:14	14	M30	80	5: 07:19 07:40 07:55 08:08 08:06
94	930	Wazna Holger	Rumelner TV	0:39:16	0:39:21	10	M40	73	5: 07:44 07:49 07:52 07:54 07:55
95	796	Westphal Matthias	*Essen	0:39:16	0:39:24	26	MHK	87	5: 07:34 07:46 07:59 08:03 07:52
96	1098	Chilinski Tarek	Henkel AG u. Co. KG aA	0:39:18	0:39:23	27	MHK	87	5: 07:35 07:48 07:54 08:06 07:54
97	483	Damm Harald	LG Wuppertal	0:39:19	0:39:23	5	M50	60	5: 07:27 07:52 08:03 07:52 08:03
98	844	Neupert Tobias	S.V. Langenfeld 1912 e.V.	0:39:19	0:39:26	11	M40	72	5: 07:25 07:47 07:59 08:06 08:00
99	1852	Neuhaus Alexander	SFD 75	0:39:20	0:39:23	15	M30	80	5: 07:35 07:51 08:04 08:05 07:43
100	955	Urbanowski Frank	Team ERDINGER Alkoholfrei	0:39:24	0:39:29	12	M45	68	5: 07:51 07:55 07:54 07:55 07:47
101	1560	Reimer Dimitri	*Hilden	0:39:28	0:39:35	9	M35	78	5: 07:44 07:55 08:02 08:03 07:41
102	1132	Alberti Dr. Andrea	*Bonn	0:39:29	0:39:32	16	M30	82	5: 07:05 07:36 08:12 08:28 08:06
103	1332	Graetsch Daniel	*Düsseldorf	0:39:29	0:39:34	28	MHK	84	5: 07:27 07:47 08:05 08:08 08:00
104	2203	Adamski Christoph	DSD	0:39:32	0:39:38	13	M45	67	5: 07:41 07:56 07:57 08:02 07:54
105	1205	Wlosik Michael	SKI-KLUB DÜSSELDORF	0:39:33	0:39:39	12	M40	72	5: 07:42 07:53 07:57 08:01 07:58
106	1849	Thomas Christoph	SFD 75	0:39:37	0:39:41	13	M40	73	5: 07:56 08:01 07:53 07:56 07:47
107	1424	Bläsing Norbert	OSC Waldniel /Team	0:39:39	0:39:41	6	M50	62	5: 07:49 07:53 07:54 08:00 08:01
108	1313	Haarmann Thilo	VfL Bochum Leichtathletik	0:39:41	0:39:47	6	MU20	94	5: 07:57 08:01 08:02 08:06 07:33
109	399	Abele Jan		0:39:44	0:39:48	14	M40	69	5: 07:45 07:57 08:01 07:59 07:59
110	1837	Thüs Andreas	LG Gummersbach	0:39:52	0:39:55	15	M40	70	5: 07:55 08:01 08:00 08:05 07:48
111	890	Dietzgen Holger	Family-Runners	0:39:57	0:40:02	14	M45	66	5: 07:57 08:01 08:03 08:07 07:48
112	2957	Tiedtke Julien	Run2 Düsseldorf	0:40:01	0:40:05	29	MHK	89	5: 07:26 07:53 08:11 08:17 08:11
113	949	Köster Holger	*Düsseldorf	0:40:02	0:40:09	10	M35	78	5: 07:36 07:55 08:09 08:14 08:06
114	2088	Rutkowski David	*Ratingen	0:40:04	0:40:11	30	MHK	88	5: 08:17 08:05 08:00 07:57 07:43
115	723	Paul Marlon	*Düsseldorf	0:40:07	0:40:14	7	MU20	95	5: 07:27 08:13 08:23 08:17 07:46
116	394	Snellman Henry		0:40:09	0:40:17	31	MHK	87	5: 07:34 08:04 08:15 08:17 07:57
117	2038	Maibaum Ralf	TSV Jahn 05	0:40:13	0:40:16	7	M50	63	5: 07:27 07:57 08:09 08:23 08:15
118	1761	Conradi Oliver	Evonik Industries AG	0:40:17	0:40:24	16	M40	73	5: 07:35 07:55 08:06 08:19 08:18
119	1843	Dathe Carsten	SFD 75	0:40:17	0:40:22	15	M45	66	5: 07:57 08:03 08:02 08:09 08:04
120	1504	Hasse Eiko	lauflöwen henkel	0:40:19	0:40:23	8	M50	61	5: 08:01 08:02 08:07 08:12 07:54

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	390	Schmidt Michael	Indie	0:40:22	0:40:27	11	M35	75	5: 07:33 08:07 08:15 08:13 08:11
122	1532	Fechtnr Marcel	*Wuppertal	0:40:27	0:40:35	17	M30	80	5: 07:43 08:03 08:13 08:16 08:10
123	847	Koch David	Ski-Klub Düsseldorf 1906 e.V.	0:40:30	0:40:36	18	M30	80	5: 07:59 08:11 08:08 08:16 07:53
124	1025	Streuer Michael	SWD	0:40:31	0:40:34	32	MHK	88	5: 07:43 07:59 08:18 08:27 08:02
125	1729	FUJIMOTO HISAO	*Düsseldorf	0:40:31	0:40:37	17	M40	73	5: 08:20 08:13 08:03 07:59 07:54
126	923	Lozano Jose Maria	*Düsseldorf	0:40:31	0:40:38	12	M35	75	5: 07:49 08:07 08:11 08:13 08:10
127	2100	Baudach Heiko	Osterather TV	0:40:35	0:40:43	18	M40	71	5: 07:56 08:00 08:06 08:19 08:12
128	1454	Seidowski Marco	dm-drogeriemarkt	0:40:35	0:40:39	13	M35	75	5: 07:38 08:07 08:18 08:23 08:07
129	1176	Bekkens Willy	LG stadtwerke Hilden	0:40:36	0:40:40	16	M45	68	5: 07:43 08:15 08:10 08:15 08:10
130	1079	Nolte Dr. Claus	Kieser Training	0:40:43	0:40:46	9	M50	59	5: 07:42 08:19 08:15 08:19 08:07
131	1847	Bertini Andrea	SFD 75	0:40:46	0:40:51	19	M40	70	5: 08:04 08:17 08:11 08:12 08:00
132	1958	Grimm Jürgen	RSV 2000	0:40:54	0:41:00	20	M40	69	5: 07:44 08:14 08:15 08:24 08:16
133	952	Jülicher Tim	Team Jim Bob	0:40:57	0:41:03	19	M30	79	5: 08:11 08:07 08:12 08:20 08:06
134	1772	Ghanem Achim	Tod im Maisfeld	0:41:09	0:41:19	17	M45	64	5: 07:48 08:12 08:18 08:25 08:23
135	1695	Budde André	*Wuppertal	0:41:18	0:41:29	14	M35	74	5: 07:51 08:02 08:11 08:22 08:50
136	1835	Walter Roman	*Krefeld	0:41:21	0:41:27	20	M30	79	5: 08:03 08:14 08:20 08:24 08:18
137	1734	Van BILSEN Prof. Dr. TOM	feine Zähne Kronenschmiede	0:41:22	0:41:32	18	M45	65	5: 08:11 08:18 08:20 08:25 08:05
138	1728	Féaux de Lacroix Dr. Boris	Speedskater Düsseldorf	0:41:25	0:41:30	15	M35	75	5: 07:42 07:59 08:38 08:36 08:29
139	1505	Jonke Hermann	Henkel Laufflöwen	0:41:26	0:41:31	4	M55	56	5: 08:14 08:14 08:15 08:20 08:22
140	727	Brech Alexander	*Düsseldorf	0:41:27	0:41:36	16	M35	74	5: 07:47 08:13 08:31 08:31 08:22
141	1803	Wattenberg Christian	RSM Runners	0:41:29	0:41:30	21	M30	80	5: 07:35 08:20 08:31 08:32 08:29
142	1481	Alhäuser Jochen	LC Duisburg	0:41:30	0:41:34	19	M45	67	5: 08:02 08:18 08:24 08:26 08:18
143	493	Semmler Michael	ENERGYM	0:41:31	0:41:39	20	M45	66	5: 07:58 08:18 08:26 08:29 08:18
144	1673	Weber Bernhard	*Düsseldorf	0:41:32	0:41:34	21	M45	68	5: 07:55 08:15 08:21 08:36 08:24
145	910	Holte Andreas	*düsseldorf	0:41:33	0:41:42	22	M30	82	5: 07:41 08:19 08:32 08:34 08:25
146	1282	Tups Thomas	TG Neuss	0:41:41	0:41:48	21	M40	71	5: 07:46 08:15 08:31 08:35 08:32
147	1623	Bales Norbert	SV Oberweis	0:41:42	0:41:48	22	M45	66	5: 08:06 08:18 08:32 08:29 08:15
148	1298	Wolters Frank	TG Neuss	0:41:44	0:41:51	23	M45	68	5: 07:46 08:10 08:38 08:47 08:22
149	583	Gronen Torsten	*Düsseldorf	0:41:46	0:41:58	23	M30	83	5: 08:15 08:20 08:22 08:31 08:16
150	568	Zimmermann Uwe	Luckauer Läuferbund	0:41:52	0:41:55	24	M30	81	5: 07:58 08:18 08:27 08:35 08:32
151	2113	Hahlweg Gerald	*Düsseldorf	0:41:56	0:42:05	10	M50	59	5: 08:02 08:20 08:28 08:38 08:26
152	2099	Yoshizawa Dr. Yoichi	*Düsseldorf	0:42:01	0:42:09	17	M35	77	5: 08:11 08:20 08:36 08:35 08:17
153	1752	Laumann Jörg	*Düsseldorf	0:42:01	0:42:08	24	M45	68	5: 08:09 08:29 08:29 08:37 08:15
154	1133	Vahsen Alexander	*Mönchengladbach	0:42:01	0:42:09	25	M30	80	5: 08:08 08:27 08:28 08:37 08:20
155	2139	Gerpott Prof. Dr. Torsten J.	*Duisburg	0:42:01	0:42:05	5	M55	58	5: 08:15 08:28 08:27 08:31 08:19
156	1457	Skukies Oliver	dm-drogeriemarkt	0:42:05	0:42:22	26	M30	79	5: 08:16 08:15 08:27 08:29 08:36
157	1754	Hille Ralf	SG Zons	0:42:05	0:42:07	11	M50	59	5: 08:22 08:31 08:29 08:31 08:10
158	1525	Ax Jannik	TuS Deuz	0:42:08	0:42:14	33	MHK	90	5: 08:19 08:29 08:21 08:29 08:28
159	1164	Abraztsou Andrei	TMAS	0:42:13	0:42:23	34	MHK	84	5: 08:15 08:26 08:22 08:38 08:29
160	649	Klatt Anselm	ASC Düsseldorf	0:42:13	0:42:23	12	M50	63	5: 08:19 08:21 08:24 08:32 08:35
161	1538	Haverkämper Andreas	Kieser Training	0:42:16	0:42:20	25	M45	65	5: 07:59 08:16 08:27 08:43 08:49
162	387	Rehwalder Uli	Rennschnecken 2000	0:42:17	0:42:21	6	M55	55	5: 08:26 09:02 08:45 08:20 07:43
163	1466	Welten Michael	LT MG-Volksgarten	0:42:18	0:42:24	13	M50	60	5: 08:13 08:25 08:31 08:35 08:32
164	634	Keen Holger	SG Deutsche Bank e.V.	0:42:20	0:42:34	27	M30	79	5: 08:26 08:34 08:31 08:28 08:20
165	1169	Bechter Michael	TSV Bayer04 Lauftreff	0:42:20	0:42:26	14	M50	60	5: 08:05 08:29 08:34 08:44 08:26
166	940	Alexander Brian	*Düsseldorf	0:42:20	0:42:27	22	M40	71	5: 08:18 08:25 08:25 08:36 08:34
167	1638	Hedderich Christian	Tri Team FS Düsseldorf	0:42:22	0:42:32	28	M30	81	5: 08:12 08:29 08:30 08:34 08:35
168	598	Goldmann Stefan	*Heiligenhaus	0:42:24	0:42:28	26	M45	68	5: 08:14 08:27 08:32 08:41 08:29
169	2231	Kringer Michael		0:42:25	0:42:34	27	M45	68	5: 07:51 08:06 08:38 08:56 08:52
170	1774	YUKAWA TATSUYA	*Duesseldorf	0:42:26	0:42:32	15	M50	60	5: 08:34 08:34 08:28 08:30 08:18
171	2028	Kliebe Bernd	*Neuss	0:42:28	0:42:32	18	M35	75	5: 08:28 08:34 08:35 08:30 08:17
172	1154	Sporleder Ole	100 Marathon Club	0:42:28	0:42:33	23	M40	69	5: 07:55 08:23 08:40 08:50 08:39
173	644	Rogala Andrzej	Marathonteam-Ratingen	0:42:33	0:42:39	7	M55	56	5: 07:59 08:27 08:46 08:53 08:25
174	2938	Lange Alexander	*Neuss	0:42:36	0:42:44	35	MHK	84	5: 08:15 08:47 09:14 08:30 07:48
175	929	Stenhorst Sebastian	*Düsseldorf	0:42:36	0:42:45	36	MHK	86	5: 08:13 08:27 08:39 08:42 08:33
176	1913	Kirbach Christian	Rennschnecken 2000	0:42:43	0:42:55	19	M35	77	5: 08:36 08:33 08:41 08:39 08:13
177	2008	Friedrichs Manfred	ART Düsseldorf	0:42:44	0:42:48	1	M60	53	5: 08:24 08:37 08:34 08:37 08:29
178	373	Überall Dirk	SC Bayer 05 Uerdingen Triathlon	0:42:44	0:42:48	28	M45	68	5: 08:04 08:36 08:37 08:49 08:37
179	1390	Kleineborgmann Ron	*Velbert	0:42:44	0:42:48	20	M35	76	5: 07:56 08:25 08:43 08:54 08:45
180	1450	Thamm Wolfgang	SUS Schalke 96	0:42:45	0:42:50	1	M65	46	5: 08:21 08:29 08:33 08:41 08:39

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	995	Rodriguez Javier	*Duesseldorf	0:42:46	0:42:54	37	MHK	85	5: 08:17 08:20 08:30 08:49 08:49
182	1975	Hennemann Niels	ERGO Sports	0:42:46	0:42:56	29	M45	66	5: 08:16 08:28 08:45 08:49 08:26
183	1690	Ziese Ralf	TuS Horhausen	0:42:46	0:42:51	16	M50	62	5: 08:31 08:33 08:36 08:43 08:22
184	1036	Aktries Andreas	LLG Haan-Hilden	0:42:47	0:42:51	17	M50	62	5: 08:26 08:35 08:37 08:35 08:31
185	393	Bleckert Arne	WTF Jugendamt Garath	0:42:48	0:42:52	18	M50	63	5: 08:00 08:30 08:48 08:51 08:37
186	1142	Kloß Oliver	Linklaters LLP	0:42:48	0:42:56	38	MHK	86	5: 07:48 08:14 08:42 08:59 09:03
187	787	Wischniewski Markus	Team ERDINGER Alkoholfrei	0:42:48	0:42:52	24	M40	70	5: 08:18 08:31 08:33 08:41 08:44
188	609	Heise Olaf	SG Stern	0:42:49	0:43:09	19	M50	63	5: 08:32 08:31 08:37 08:39 08:29
189	788	Hagemann Udo	Team ERDINGER Alkoholfrei	0:42:52	0:43:08	25	M40	70	5: 08:28 08:31 08:37 08:42 08:33
190	751	Rambau Jens	*Köln	0:42:54	0:43:01	26	M40	72	5: 08:17 08:30 08:42 08:48 08:35
191	1697	Greiner Stephan	Flotte Boschte Neukirchen	0:42:56	0:43:06	21	M35	77	5: 08:32 08:44 08:44 08:34 08:21
192	482	Neef Hans-Jürgen	ERGO sports	0:42:58	0:43:08	8	M55	57	5: 08:15 08:29 08:45 08:50 08:38
193	1044	Quezada Akamitl	*Bochum	0:43:02	0:43:10	29	M30	83	5: 08:14 08:39 08:51 08:56 08:21
194	2961	Roes Marvin	Run2 Düsseldorf	0:43:05	0:43:21	39	MHK	88	5: 08:34 08:38 08:41 08:48 08:22
195	1699	Kiril Kamenov	*Krefeld	0:43:06	0:43:08	22	M35	76	5: 07:38 08:20 09:05 09:16 08:44
196	1402	Reidelstürz Achim	*Wülfrath	0:43:10	0:43:18	30	M45	65	5: 08:19 08:31 08:49 08:53 08:37
197	881	Presuhn Klaus	LG Weidensprinter	0:43:12	0:43:17	31	M45	65	5: 08:26 08:41 08:41 08:51 08:31
198	2221	Schmidt Henry		0:43:13	0:43:21	30	M30	83	5: 07:49 08:27 08:47 09:19 08:49
199	1559	Görg Sascha	TuS Deuz	0:43:14	0:43:20	31	M30	79	5: 08:19 08:33 08:40 08:50 08:50
200	946	Kloß Michael	Velborado Runners	0:43:14	0:43:20	32	M45	64	5: 08:36 08:44 08:44 08:47 08:21
201	1629	Jung Christoph	*Erkrath	0:43:16	0:43:22	27	M40	70	5: 08:24 08:41 08:45 08:49 08:36
202	962	Pinto Miguel	*düsseldorf	0:43:17	0:43:28	23	M35	74	5: 08:14 08:29 08:45 08:42 09:04
203	1280	Grauke Tobias	Tus 08 Lintorf	0:43:17	0:43:23	20	M50	60	5: 08:19 08:32 08:45 08:50 08:49
204	841	Pabich Tobias	LG Weidensprinter	0:43:18	0:43:23	40	MHK	90	5: 08:27 08:41 08:43 08:46 08:39
205	1376	Georg Philip	Hyatt Regency Düsseldorf	0:43:19	0:43:22	41	MHK	86	5: 07:39 08:38 08:56 09:01 09:03
206	835	Kokkos Konstantin	*Düsseldorf	0:43:23	0:43:25	33	M45	68	5: 07:56 08:54 08:51 08:54 08:46
207	1032	Lüdtke-Kottusch Thomas	SWD	0:43:25	0:43:30	21	M50	61	5: 08:10 08:25 08:48 09:03 08:57
208	2015	Reuter Andreas	--	0:43:27	0:43:36	28	M40	70	5: 08:14 08:31 08:44 08:58 08:58
209	1962	Hölzer Carsten		0:43:31	0:43:42	29	M40	69	5: 08:41 08:43 08:45 08:46 08:35
210	1135	Zachan Michael	Solinger LC	0:43:33	0:43:41	22	M50	59	5: 08:22 08:37 08:43 08:59 08:51
211	1656	Luckey Oliver	*Bergisch Gladbach	0:43:34	0:43:58	24	M35	77	5: 08:40 08:36 08:34 08:57 08:45
212	848	Kemmann Frank	LG Weidensprinter	0:43:36	0:43:40	34	M45	64	5: 08:26 08:41 08:42 08:55 08:50
213	2114	Hayner Martin	TG Neuss	0:43:36	0:43:44	23	M50	63	5: 08:10 08:34 08:50 09:15 08:45
214	794	Waldeck Thomas	*Kaarst	0:43:39	0:43:42	32	M30	81	5: 08:56 08:56 08:48 08:41 08:18
215	1320	Berkenkemper Daniel	DKN&M	0:43:42	0:43:48	35	M45	67	5: 08:23 08:38 08:53 09:06 08:40
216	972	Kitsantas Nikos	Marathoninikos	0:43:43	0:43:54	25	M35	77	5: 08:30 08:36 08:48 08:54 08:53
217	1534	Klütz Thomas	*Langenfeld	0:43:43	0:44:03	30	M40	69	5: 09:18 08:55 08:41 08:30 08:18
218	579	Heering Christian	*Düsseldorf	0:43:44	0:43:53	33	M30	82	5: 08:36 08:48 08:59 09:01 08:18
219	1035	Reinhold Simon	*Düsseldorf	0:43:44	0:43:58	42	MHK	84	5: 08:23 08:39 08:44 08:57 08:59
220	724	Gruson Jasper	*Dortmund	0:43:45	0:43:51	13	MU23	91	5: 07:50 08:43 08:56 09:11 09:04
221	1001	Gaffke Gregor	*Monheim am Rhein	0:43:45	0:43:51	34	M30	81	5: 08:04 08:42 08:56 09:07 08:55
222	1555	Neuhäuser Thomas	*Düsseldorf	0:43:47	0:43:49	35	M30	79	5: 08:25 08:47 08:51 08:56 08:46
223	2159	Block Martin	*Duesseldorf	0:43:48	0:43:53	36	M45	64	5: 08:13 08:32 08:57 09:07 08:58
224	2168	Henn Ciaran	*Mönchengladbach	0:43:50	0:43:57	9	M55	57	5: 08:24 08:39 08:52 09:09 08:44
225	1646	Seippel Philipp	*Bielefeld	0:43:51	0:43:55	26	M35	78	5: 08:25 08:48 08:58 09:00 08:37
226	1350	Bartels Jan	Digitale Stadt Düsseldorf e.V.	0:43:54	0:44:07	36	M30	82	5: 09:09 08:54 08:59 08:44 08:06
227	357	Rarr Thomas	SG Zons	0:43:55	0:43:56	37	M45	65	5: 08:32 08:55 08:55 08:54 08:37
228	922	Hädrich Julius	*Düsseldorf	0:43:55	0:44:05	14	MU23	91	5: 08:40 08:51 08:50 08:54 08:39
229	1085	Zeller Burkhardt	Kieser Training	0:43:57	0:43:59	31	M40	71	5: 08:08 08:47 09:00 09:02 08:57
230	2035	Bremer Christian	*mönchengladbach	0:44:05	0:44:12	43	MHK	86	5: 08:22 08:50 09:03 08:59 08:47
231	1496	Wisocki Dirk	LT Buga Düsseldorf 1999	0:44:05	0:44:12	38	M45	66	5: 08:25 08:51 08:55 09:01 08:52
232	1800	Walterscheid Bernhard	RSM Runners	0:44:06	0:44:11	27	M35	77	5: 08:34 08:42 08:50 09:02 08:56
233	615	Wöhler Steffen	*Düsseldorf	0:44:09	0:44:14	44	MHK	86	5: 08:29 08:50 09:00 09:04 08:44
234	428	Giese Berthold	COMINTO	0:44:12	0:44:28	32	M40	72	5: 08:34 08:37 09:03 09:08 08:47
235	1989	Kizilates Angelo	DJK Agon	0:44:13	0:44:14	15	MU23	91	5: 08:53 09:09 09:09 08:45 08:16
236	560	Pötschke Maik	*Düsseldorf	0:44:15	0:44:45	37	M30	81	5: 08:51 08:49 08:53 09:01 08:40
237	675	Krause Guido	LT Rennhamster	0:44:16	0:44:28	33	M40	73	5: 09:14 09:13 09:02 08:50 07:55
238	831	Kissel Thomas	Rennschnecken 2000	0:44:17	0:44:27	28	M35	74	5: 08:35 08:42 08:58 09:13 08:47
239	1941	Peters Gunnar		0:44:17	0:44:25	29	M35	74	5: 08:56 09:01 09:08 08:51 08:19
240	2011	Steinmann Markus	*Meerbusch	0:44:24	0:44:30	38	M30	82	5: 08:54 08:58 08:54 08:56 08:40

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	1115	Schmidt Henry	*Düsseldorf	0:44:24	0:44:37	39	M30	83	5: 08:21 08:34 09:04 09:16 09:08
242	728	Brands Andreas	Bäckerei Pass	0:44:26	0:44:29	24	M50	61	5: 08:13 08:45 09:04 09:20 09:01
243	1607	Metzler Thomas	*Düsseldorf	0:44:26	0:44:31	40	M30	81	5: 08:32 08:51 09:04 09:06 08:51
244	2104	Haase Jan	Tri Team FS Düsseldorf	0:44:27	0:44:36	41	M30	82	5: 08:21 08:42 08:55 09:15 09:12
245	2157	Neumann Guido	*Viersen	0:44:33	0:44:45	34	M40	72	5: 08:30 08:49 09:06 09:08 08:58
246	520	Büker Klaus-Peter	Holzheim	0:44:36	0:44:41	25	M50	59	5: 08:30 08:50 09:12 09:17 08:45
247	588	Schulz Dr. Karsten	*Düsseldorf	0:44:37	0:44:50	35	M40	71	5: 08:47 08:46 08:55 09:06 09:01
248	2106	Dey Richard	TG Neuss	0:44:39	0:44:45	26	M50	63	5: 08:32 08:51 08:49 09:29 08:56
249	2108	Inagaki Fumihiko	Hitachi Tool	0:44:40	0:44:52	45	MHK	86	5: 08:57 08:48 08:53 09:02 08:57
250	688	May Achim	TV Witzhelden	0:44:40	0:44:59	39	M45	64	5: 09:06 09:02 08:59 08:58 08:33
251	2070	Walter David	*Düsseldorf	0:44:42	0:44:50	42	M30	81	5: 08:28 08:54 08:59 09:21 08:58
252	1500	Segers Roland	SUS Schalke 96	0:44:42	0:44:48	40	M45	64	5: 08:24 09:06 09:10 09:10 08:50
253	478	Uebele Joachim	TV Refrath	0:44:44	0:44:50	27	M50	62	5: 08:12 08:54 09:19 09:17 09:00
254	1407	Kocerba Paul	*Düsseldorf	0:44:45	0:44:49	46	MHK	84	5: 08:40 08:58 09:04 09:08 08:54
255	1378	Von Wilucki Constantin	Hyatt Regency Düsseldorf	0:44:50	0:44:57	43	M30	80	5: 08:04 08:43 09:20 09:31 09:10
256	468	Avgustin Franc	*Duesseldorf	0:44:50	0:45:02	10	M55	57	5: 08:37 08:54 09:02 09:13 09:02
257	1568	Fingerhut Max	*Düsseldorf	0:44:50	0:45:17	47	MHK	86	5: 09:08 08:49 09:01 09:07 08:43
258	1017	Vorbeck Andreas	SWD	0:44:51	0:44:56	41	M45	65	5: 08:36 09:00 09:05 09:07 09:00
259	386	Schauch Bastian	Rennschnecken 2000	0:44:52	0:44:55	11	M55	55	5: 08:28 09:04 09:12 09:10 08:57
260	1417	Fröhlich Dr. Oliver	Wittlaer Runners	0:44:53	0:45:04	36	M40	71	5: 08:50 08:47 08:54 09:07 09:14
261	1802	Grimmer Dennis	RSM Runners	0:44:54	0:44:59	44	M30	83	5: 08:34 08:49 09:06 09:16 09:07
262	1506	Machnik Volker	Lank-Latum	0:44:55	0:45:05	37	M40	69	5: 08:47 09:09 09:11 09:07 08:38
263	824	Sahin Tugrul	*Düsseldorf	0:44:59	0:45:15	30	M35	78	5: 09:01 08:53 08:54 09:05 09:04
264	1160	Diether Uwe	SSV Düsseldorf-Knittkuhl 1972	0:45:00	0:45:03	42	M45	68	5: 08:32 09:00 09:13 09:14 09:00
265	913	Assmann Olaf	*Düsseldorf	0:45:01	0:45:09	43	M45	67	5: 08:59 09:03 09:06 09:04 08:47
266	2090	Takazawa Kunihiro	*Düsseldorf	0:45:01	0:45:07	44	M45	68	5: 08:26 08:51 09:05 09:28 09:10
267	1200	Döring Lutz	*Meerbusch	0:45:02	0:45:08	31	M35	78	5: 08:54 08:52 09:04 09:11 09:00
268	1622	Kober Konstantin	*Neuss	0:45:03	0:45:21	48	MHK	88	5: 09:11 08:54 09:16 09:06 08:33
269	1209	Wrobel Alexander	Stadtmission Düsseldorf	0:45:03	0:45:09	38	M40	70	5: 09:03 09:20 08:58 09:02 08:38
270	2951	Piepiora Julien	Gesundheitszentrum Beyer	0:45:03	0:45:22	49	MHK	86	5: 09:18 09:18 09:27 08:18 08:39
271	1657	Krone Martin	*Bergisch Gladbach	0:45:03	0:45:30	45	M45	68	5: 08:50 08:37 08:36 09:01 09:57
272	821	Hünseler Holger	Team ERDINGER Alkoholfrei	0:45:04	0:45:19	39	M40	71	5: 08:46 08:45 09:04 09:18 09:09
273	2937	Metzner Tobias	*Neuss	0:45:06	0:45:14	45	M30	82	5: 08:16 08:46 09:14 09:30 09:18
274	800	Mertens Michael	Judofreunde 73	0:45:07	0:45:14	46	M45	64	5: 08:57 09:01 09:11 09:10 08:46
275	1446	Umbach Markus	KOOB	0:45:07	0:45:20	28	M50	60	5: 08:37 09:03 09:10 09:11 09:04
276	333	Geisel Thomas	SPD	0:45:08	0:45:12	29	M50	63	5: 08:30 08:55 09:11 09:20 09:10
277	1084	Pleiß Volker	Kieser Training	0:45:08	0:45:14	30	M50	63	5: 08:35 09:02 09:12 09:15 09:03
278	896	Mee Marius	Düsseldorfer Turnverein 1847	0:45:09	0:45:32	46	M30	80	5: 08:54 08:58 09:12 09:09 08:53
279	1420	Bald Dietrich	*Haiger	0:45:10	0:45:16	31	M50	63	5: 08:38 08:53 09:10 09:15 09:12
280	1591	Blüml Manfred	*Düsseldorf	0:45:10	0:45:32	32	M50	62	5: 08:41 08:56 09:06 09:15 09:10
281	1030	Kaiser Thomas	SWD	0:45:14	0:45:31	33	M50	63	5: 09:32 09:01 09:02 08:54 08:42
282	1029	Krause Andreas	SWD	0:45:14	0:45:31	50	MHK	85	5: 09:33 09:01 09:02 08:48 08:47
283	1581	Käsbach Henri	DJK Novesia Neuss	0:45:18	0:45:31	12	M55	58	5: 09:11 09:04 09:07 09:04 08:50
284	1982	Henter Stefan		0:45:18	0:45:34	51	MHK	87	5: 08:24 08:39 09:05 09:19 09:49
285	1232	Hierl Ferdi	*Düsseldorf	0:45:19	0:45:54	52	MHK	85	5: 09:10 08:54 08:58 09:10 09:05
286	1545	Raßmann Dr. Ralf	Die Ärzte Fliednerstr. 5	0:45:22	0:45:32	47	M45	64	5: 09:20 08:51 08:57 09:08 09:04
287	2234	Heider Sebastian		0:45:23	0:45:31	53	MHK		5: 08:47 09:10 09:09 09:13 09:02
288	354	Klees Philipp		0:45:23	0:45:26	32	M35	78	5: 08:36 09:21 09:21 09:10 08:52
289	1653	Trimborn Eric	*Bergisch Gladbach	0:45:23	0:45:47	54	MHK	84	5: 08:27 08:42 09:11 09:23 09:39
290	1400	Geschemann Kilian	*Düsseldorf	0:45:24	0:45:28	55	MHK	85	5: 08:23 09:09 09:15 09:26 09:09
291	2133	Mirbach Dr. Tobias	*Düsseldorf	0:45:24	0:45:27	33	M35	78	5: 08:26 08:56 09:22 09:28 09:11
292	975	Limmer Thomas	Soul Runners Düsseldorf	0:45:27	0:45:34	48	M45	64	5: 08:28 08:54 09:23 09:33 09:07
293	1148	Von der Linden Klaus	Linklaters LLP	0:45:29	0:45:56	34	M35	78	5: 09:23 09:05 09:01 09:05 08:53
294	1157	Nolte Sven	W+F Münster	0:45:29	0:45:33	56	MHK	84	5: 08:16 09:08 09:34 09:36 08:54
295	2909	Araki Jiro	Sumitomo	0:45:30	0:45:41	57	MHK		5: 08:46 09:00 09:09 09:22 09:11
296	1432	Leininger Enrico	*Erkrath	0:45:30	0:45:38	40	M40	73	5: 08:38 08:57 09:15 09:25 09:13
297	1212	Hoffmanns Christian	Stadtmission Düsseldorf	0:45:30	0:45:56	41	M40	72	5: 09:27 09:02 08:54 09:05 09:00
298	1571	Graeber Jürgen	DJK Sparta Langenhagen	0:45:32	0:45:35	2	M65	47	5: 08:46 09:04 09:09 09:20 09:10
299	956	Channing Dickon	*Korschenbroich	0:45:32	0:45:43	58	MHK		5: 08:46 09:15 09:21 09:11 08:57
300	2056	Schinnenburg Hendrik	Ausdauerchule by Bunert	0:45:34	0:45:44	35	M35	74	5: 08:35 09:00 09:14 09:33 09:09

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
301	1760	Grömping Josef	*Nackenheim	0:45:34	0:46:07	49	M45	67	5: 09:19 09:00 09:09 09:09 08:55
302	1815	Hauch Richard	*Düsseldorf	0:45:34	0:45:36	16	MU23	92	5: 08:14 09:16 09:28 09:24 09:11
303	1973	Flommersfeld Torsten		0:45:38	0:45:58	50	M45	67	5: 09:11 09:01 09:02 09:12 09:10
304	1192	Pohl Jochen	*Willich	0:45:43	0:45:49	42	M40	73	5: 08:58 09:10 09:13 09:10 09:10
305	409	Schmidt Georg	TIGGES Rechtsanwälte	0:45:45	0:46:15	36	M35	76	5: 09:13 09:06 09:17 09:16 08:50
306	1713	Roeger Timo	*Korschenbroich	0:45:47	0:46:16	59	MHK	86	5: 09:15 08:54 09:10 09:20 09:05
307	1047	Strzoda Daniel	*Düsseldorf	0:45:47	0:46:09	60	MHK	85	5: 09:11 09:05 09:10 09:11 09:09
308	1524	Kreutzer Jürgen	LKD Düsseldorf	0:45:50	0:46:00	34	M50	60	5: 09:02 09:08 09:13 09:12 09:12
309	1366	Timmerberg Stefan	Digitale Stadt Düsseldorf e.V.	0:45:52	0:46:06	37	M35	76	5: 09:00 09:00 09:09 09:20 09:20
310	1790	Ulmer Marc	*Düsseldorf	0:45:53	0:46:20	61	MHK	85	5: 08:46 09:06 09:15 09:20 09:24
311	680	Gdanitz Peter	*Mönchengladbach	0:45:55	0:46:00	51	M45	67	5: 08:57 09:21 09:21 09:21 08:53
312	974	Findeisen Michael	*Düsseldorf	0:45:57	0:46:08	47	M30	80	5: 08:30 08:49 09:31 09:41 09:24
313	1547	Hanf Achim	Goldduoteam	0:45:57	0:46:06	35	M50	63	5: 08:47 09:01 09:17 09:25 09:25
314	1904	Greuel Thomas	Wittlaer Runners	0:45:57	0:46:23	43	M40	72	5: 09:01 09:14 09:23 09:14 09:03
315	895	Kock Andreas	ART Düsseldorf Rath	0:45:59	0:46:10	52	M45	68	5: 09:16 09:01 09:04 09:25 09:10
316	1633	Gebhardt Jens	*Düsseldorf	0:46:00	0:46:28	38	M35	77	5: 09:32 09:02 09:12 09:26 08:45
317	2959	Marx Stephan	Run2 Düsseldorf	0:46:00	0:46:17	62	MHK	86	5: 08:34 09:07 09:24 09:28 09:26
318	611	Janßen Daniel	*Düsseldorf	0:46:03	0:46:30	63	MHK	88	5: 09:25 09:05 09:07 09:13 09:10
319	889	Fuchs Björn	*Essen	0:46:05	0:46:16	53	M45	67	5: 08:57 09:03 09:17 09:30 09:15
320	2193	De Raet Tobias	*Düsseldorf	0:46:05	0:46:07	48	M30	82	5: 08:31 09:19 09:24 09:24 09:24
321	1537	Reher Stefan	Kieser Training	0:46:05	0:46:09	54	M45	66	5: 08:54 09:19 09:17 09:27 09:07
322	1477	Simons Horst	Tschft.Grefrath	0:46:08	0:46:14	2	M60	49	5: 08:53 09:18 09:18 09:25 09:13
323	959	Meyer Henning	*Düsseldorf	0:46:08	0:46:34	36	M50	61	5: 09:02 08:58 09:16 09:29 09:21
324	1354	Gaida Klemens	Digitale Stadt Düsseldorf e.V.	0:46:09	0:46:22	55	M45	68	5: 09:30 08:57 09:11 09:25 09:04
325	1698	Buchmann Patrick	*Essen	0:46:10	0:46:12	44	M40	70	5: 08:55 09:18 09:24 09:25 09:05
326	617	Kramer Rene	*Düsseldorf	0:46:10	0:46:37	39	M35	74	5: 09:28 09:16 09:18 09:18 08:49
327	1706	Schindel Marco	*Düsseldorf	0:46:11	0:46:37	45	M40	70	5: 09:28 09:15 09:18 09:18 08:50
328	1963	Brück Oliver		0:46:11	0:46:21	56	M45	68	5: 08:52 09:17 09:20 09:29 09:12
329	1316	Ripp Florian	VfL 1861 e.V. Traben-Trarbach	0:46:14	0:46:36	49	M30	81	5: 09:10 08:59 09:15 09:26 09:22
330	2010	Ermisch Heinz-Werner	*Nettetal	0:46:17	0:46:34	57	M45	66	5: 09:08 09:09 09:17 09:26 09:14
331	1758	Bittner Sascha	*Düsseldorf	0:46:17	0:46:25	40	M35	78	5: 09:01 09:16 09:33 09:23 09:03
332	2112	Krauthäuser Detlef	*Hilden	0:46:17	0:46:43	37	M50	63	5: 09:06 09:08 09:23 09:24 09:15
333	1443	Wohlers Peter	Fortuna Düsseldorf Triathlon	0:46:18	0:46:26	58	M45	67	5: 08:36 09:08 09:30 09:38 09:24
334	2173	Brouwers Thomas	*Duesseldorf	0:46:18	0:46:27	46	M40	73	5: 08:39 09:19 09:36 09:33 09:10
335	1906	Nutz Reinke		0:46:26	0:46:49	50	M30	80	5: 09:43 09:34 09:37 09:41 07:49
336	1775	Götz Volker	TG Neuss	0:46:26	0:46:31	38	M50	59	5: 09:03 09:13 09:23 09:27 09:18
337	1912	Twellmeyer Thomas		0:46:27	0:46:46	64	MHK	84	5: 09:39 09:34 09:26 09:17 08:29
338	1363	Schneider Stefan	Digitale Stadt Düsseldorf e.V.	0:46:28	0:46:39	47	M40	70	5: 09:10 09:09 09:19 09:28 09:20
339	1080	Gassner Djahan	Kieser Training	0:46:30	0:46:39	59	M45	67	5: 08:39 09:11 09:34 09:47 09:16
340	1789	Schmitz Marc	*Düsseldorf	0:46:33	0:47:00	65	MHK	86	5: 09:12 09:06 09:22 09:30 09:20
341	967	Förster Leon	*Düsseldorf	0:46:37	0:47:12	8	MU20	95	5: 09:59 09:05 09:08 09:23 09:01
342	2942	Wagener Marc	*Altrier (LUX)	0:46:37	0:46:44	41	M35	76	5: 08:32 09:05 09:32 09:45 09:40
343	985	Polcher Marco	Running-Team SHD-AG	0:46:40	0:47:08	42	M35	77	5: 09:11 09:14 09:27 09:34 09:13
344	2122	Sablotny Roman	Rennschnecken2000 e.V.	0:46:43	0:46:52	48	M40	72	5: 08:58 09:17 09:35 09:39 09:12
345	1566	Nessmann Stefan	*Aachen	0:46:43	0:46:50	17	MU23	91	5: 09:19 09:10 09:25 09:36 09:12
346	1801	Schmidt Gregor	RSM Runners	0:46:44	0:46:51	43	M35	77	5: 09:24 09:20 09:24 09:23 09:10
347	1946	Vollmerding Steffen		0:46:46	0:46:55	51	M30	82	5: 08:47 09:03 09:14 10:35 09:04
348	444	Weigend Thorsten	*Düsseldorf	0:46:50	0:47:04	66	MHK	86	5: 09:18 09:13 09:28 09:28 09:20
349	1979	Porschen Klaus		0:46:52	0:46:58	13	M55	58	5: 09:06 09:18 09:32 09:35 09:19
350	941	Ramsauer Jürgen	*Düsseldorf	0:46:53	0:47:04	49	M40	72	5: 09:26 09:24 09:23 09:22 09:16
351	907	Frey Stefan	*Düsseldorf	0:46:54	0:47:23	52	M30	82	5: 09:34 09:23 09:24 09:29 09:01
352	1718	Breidbach Armin	FC Deutsche Post	0:46:54	0:47:15	39	M50	61	5: 08:59 09:15 09:30 09:44 09:25
353	770	Schmitz Wolfgang Jürgen	*Düsseldorf	0:46:56	0:47:10	60	M45	68	5: 09:26 09:23 09:17 09:32 09:16
354	1401	Märkisch Frank	SC K.O.Ten Kettwig	0:46:56	0:47:03	40	M50	60	5: 08:27 09:16 09:41 09:44 09:46
355	1458	Posch Rolf	dm-drogeriemarkt	0:46:57	0:47:11	44	M35	77	5: 09:20 09:19 09:31 09:37 09:07
356	849	Möllmanns Ulrich	Düsseldorf Airport DUS	0:46:58	0:47:08	41	M50	61	5: 09:11 09:22 09:27 09:28 09:27
357	1670	Völkner Burkhard	*Bad Honnef	0:47:00	0:47:21	50	M40	70	5: 09:13 09:21 09:25 09:36 09:23
358	1403	Mirabile Fausto	*Duesseldorf	0:47:01	0:47:33	53	M30	82	5: 09:53 09:27 09:18 09:19 09:02
359	1438	De Werth Oliver	*Düsseldorf	0:47:02	0:47:06	42	M50	61	5: 09:02 09:15 09:32 09:44 09:27
360	906	Michels Oliver	*Düsseldorf	0:47:03	0:47:14	61	M45	68	5: 09:10 09:20 09:30 09:37 09:24

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
361	1382	Keiner Robin	Hyatt Regency Düsseldorf	0:47:12	0:47:42	18	MU23	91	5: 09:25 08:34 09:08 09:59 10:04
362	446	Lasek Michael	SC Michalowice	0:47:14	0:47:17	3	M60	53	5: 09:03 09:24 09:32 09:37 09:36
363	757	Lay Peter	Sg stern düsseldorf	0:47:14	0:47:35	14	M55	57	5: 09:21 09:19 09:34 09:39 09:20
364	1197	Bulatovic Dejan	*Rheinberg	0:47:15	0:47:51	45	M35	78	5: 08:35 08:52 09:25 10:03 10:18
365	755	Saitta Calogero	Sg.stern düsseldorf	0:47:15	0:47:35	15	M55	56	5: 09:21 09:18 09:34 09:37 09:23
366	378	Muendler Alexander		0:47:16	0:47:20	51	M40	70	5: 08:51 09:26 09:39 09:45 09:33
367	558	Madalinski Maximilian	*Düsseldorf	0:47:16	0:47:36	67	MHK	86	5: 09:09 09:23 09:33 09:37 09:33
368	1502	Maushake Ralf	*Düsseldorf	0:47:16	0:47:32	62	M45	68	5: 09:25 09:26 09:33 09:28 09:23
369	2086	Grünwald Andy	Haaner Jungs 22	0:47:17	0:47:48	52	M40	72	5: 09:53 09:44 09:30 09:18 08:50
370	1213	Schulz Daniel	Stadtmission Düsseldorf	0:47:19	0:47:25	46	M35	75	5: 09:03 09:21 10:03 09:46 09:03
371	2087	Pospiech Klaus	Werdener TB	0:47:19	0:47:25	43	M50	59	5: 08:44 09:30 09:41 09:46 09:36
372	1408	Eskinyurt Cetin	Ich bin mein eigener Coach!	0:47:25	0:47:40	53	M40	71	5: 09:18 09:25 09:30 09:43 09:28
373	1304	Berein Uwe	*Ratingen	0:47:27	0:47:29	44	M50	62	5: 09:00 09:32 09:39 09:45 09:28
374	2903	Beckord Gilles		0:47:27	0:47:55	68	MHK		5: 09:54 09:39 09:29 09:41 08:43
375	563	Nassiri Omid	*Düsseldorf	0:47:28	0:47:58	69	MHK	85	5: 09:20 09:22 09:46 09:41 09:17
376	2965	Scharf Andre		0:47:29	0:47:35	9	MU20	95	5: 08:05 09:31 09:49 10:07 09:56
377	1971	Kammenos Jannis		0:47:30	0:47:39	54	M40	69	5: 08:21 09:12 10:05 10:05 09:46
378	491	Labusch Patrick	*Düsseldorf	0:47:30	0:47:41	54	M30	79	5: 08:43 09:23 09:49 10:02 09:32
379	2204	Schmitz-Weiss Philip	TSG Benrath	0:47:33	0:47:47	70	MHK	84	5: 09:31 09:22 09:36 09:43 09:18
380	325	Detert Thomas		0:47:34	0:47:45	71	MHK		5: 09:26 09:24 09:27 09:41 09:34
381	2901	Kurihara Masanao	hotel nikko düsseldorf	0:47:36	0:47:47	55	M30	81	5: 08:59 09:28 09:51 10:00 09:16
382	768	Kleeberg Norbert	*Düsseldorf	0:47:38	0:48:10	63	M45	64	5: 09:52 09:31 09:27 09:27 09:19
383	2921	Von Schwech Gregor	Dr. Daryoush Taghavi	0:47:40	0:47:48	47	M35	74	5: 08:50 09:19 09:49 09:56 09:44
384	1916	Machale Liam		0:47:41	0:47:56	55	M40	69	5: 09:17 09:30 09:37 09:42 09:33
385	817	Martino Giovanni	Topolino Patrizia	0:47:41	0:47:43	45	M50	60	5: 08:54 09:23 09:47 10:01 09:34
386	871	Pfeiffer Markus	*Düsseldorf	0:47:43	0:47:55	56	M40	70	5: 09:23 09:23 09:40 09:42 09:33
387	550	Demmer Frank	*Düsseldorf	0:47:43	0:47:55	48	M35	74	5: 09:10 09:33 09:42 09:44 09:31
388	328	Walbröhl Thomas		0:47:43	0:47:46	46	M50	63	5: 09:01 09:11 09:32 10:01 09:57
389	2022	Siebrecht Dr. Christian	*Willich	0:47:45	0:47:57	57	M40	73	5: 09:29 09:31 09:42 09:38 09:23
390	1095	Schardt Michael	*Münster	0:47:46	0:47:48	16	M55	54	5: 09:25 09:31 09:26 09:41 09:40
391	1468	Boden Martin	*Düsseldorf	0:47:46	0:48:08	49	M35	74	5: 09:30 09:16 09:37 09:45 09:36
392	2166	Kormann Jannes	*Düsseldorf	0:47:48	0:48:01	72	MHK	90	5: 10:04 09:00 09:24 09:55 09:23
393	1445	Streb Holger	TC Rheinstadion	0:47:49	0:47:58	47	M50	60	5: 08:36 09:23 10:04 10:08 09:37
394	1536	Hempel Thomas	LT Dusseldorf-Sud	0:47:50	0:48:08	64	M45	68	5: 09:48 09:44 09:32 09:38 09:07
395	1265	Birchen Pol	Special Olympics Luxembourg	0:47:50	0:48:06	58	M40	70	5: 09:16 09:26 09:44 09:48 09:35
396	2017	Gierow Norman	Vodafone Runners	0:47:52	0:48:33	50	M35	78	5: 09:11 09:24 09:46 09:55 09:33
397	2082	Schlößer Pascal	*Tübingen	0:47:52	0:48:00	19	MU23	91	5: 08:57 09:23 09:44 10:08 09:39
398	504	Beckmann Patrick	Neusser Elite	0:47:52	0:48:04	10	MU20	95	5: 09:57 09:51 09:42 09:39 08:41
399	1905	Schulze-Sindern Stefan		0:47:53	0:48:15	51	M35	75	5: 09:44 09:33 09:38 09:40 09:15
400	2135	Dizdarevic Amel	*Düsseldorf	0:47:53	0:48:16	52	M35	77	5: 09:34 09:29 09:43 09:43 09:22
400	1351	Bossmann Guido	Digitale Stadt Düsseldorf e.V.	0:47:53	0:48:02	65	M45	68	5: 09:12 09:13 09:39 09:57 09:50
402	358	Maier Rolf	Wing Tsun	0:47:56	0:48:18	66	M45	66	5: 09:26 09:29 09:41 09:46 09:32
403	1097	Scheibling Michael	Henkel AG u. Co. KG aA	0:47:57	0:48:20	48	M50	59	5: 09:32 09:35 09:39 09:39 09:30
404	1915	Illian Georg	Fortuna Triathlon	0:47:58	0:48:06	67	M45	66	5: 08:48 09:37 09:45 10:01 09:45
405	1589	Hermann Volker	Rennschnecken2000 e.V.	0:47:58	0:48:17	59	M40	69	5: 09:34 09:27 09:41 09:41 09:33
406	1377	Kötting Markus	Hyatt Regency Düsseldorf	0:47:58	0:48:08	60	M40	70	5: 08:47 09:32 09:59 10:02 09:35
407	679	Dawwas Yousef	*Düsseldorf	0:47:58	0:48:03	61	M40	72	5: 08:53 09:37 10:09 09:59 09:19
408	494	Müller Markus	*Düsseldorf	0:47:58	0:48:04	62	M40	70	5: 09:36 09:34 09:37 09:42 09:28
409	892	Linnenbrink Benedikt	*Düsseldorf	0:47:59	0:48:13	56	M30	83	5: 09:07 09:17 09:53 10:06 09:35
410	1299	Groth Sebastian	*Düsseldorf	0:48:00	0:48:30	73	MHK	87	5: 09:53 09:31 09:28 09:39 09:26
411	1152	Himmes Thomas	*Düsseldorf	0:48:01	0:48:23	53	M35	77	5: 09:21 09:32 09:41 09:46 09:38
412	2127	Trapp Patrick	*Düsseldorf	0:48:01	0:48:15	57	M30	83	5: 09:06 09:17 09:53 10:06 09:37
413	1948	Kaiser Stephan-Niklas	Pempelfort	0:48:02	0:48:25	54	M35	77	5: 09:17 09:23 09:50 09:51 09:38
414	761	Juber Dieter	*Mettmann	0:48:02	0:48:11	49	M50	63	5: 08:59 09:27 09:46 10:01 09:46
415	2948	Kelleter Simon	Gesundheitszentrum Beyer	0:48:03	0:48:22	74	MHK	86	5: 09:18 09:19 09:28 09:55 10:02
416	350	Voß Jens	Camel SV	0:48:03	0:48:23	58	M30	79	5: 09:30 09:34 10:01 09:56 09:00
417	1321	Horn Sven	SFD 75	0:48:04	0:48:07	55	M35	76	5: 08:47 09:30 09:46 10:02 09:57
418	2123	Jung Levi	*Düsseldorf	0:48:05	0:48:14	20	MU23	91	5: 08:12 09:03 09:50 10:53 10:06
419	629	Plietsch Klaus	*Düsseldorf	0:48:06	0:48:23	4	M60	52	5: 09:16 09:29 09:41 09:48 09:51
420	783	Drecker Uwe	*Düsseldorf	0:48:06	0:48:40	68	M45	64	5: 09:30 09:31 09:44 09:47 09:31

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
421	1147	Basch Philipp	Linklaters LLP	0:48:07	0:48:36	56	M35	77	5: 09:43 09:50 09:44 09:44 09:04
422	762	Sosnier Stefan	*Wülfrath	0:48:08	0:48:18	57	M35	78	5: 09:48 09:37 09:34 09:46 09:22
423	476	Hoitz Sascha	Blau Weiß Wickrathhahn	0:48:12	0:48:24	58	M35	75	5: 09:26 09:36 09:47 09:53 09:27
424	1234	Kroemer Dr. Jens	*Neuss	0:48:13	0:48:29	63	M40	69	5: 09:28 09:39 09:58 09:43 09:22
425	2237	Thönnessen Stephan		0:48:13	0:48:30	50	M50	60	5: 09:58 09:45 09:36 09:39 09:14
426	1549	Picken Matthias	*Düsseldorf	0:48:15	0:48:29	75	MHK	88	5: 09:09 09:35 09:55 09:55 09:39
427	544	Kiveris Jörg	Arthrose-Laufclub Wuppertal	0:48:17	0:48:39	69	M45	65	5: 09:22 09:36 09:44 09:48 09:45
428	1275	Russ Holger	*Düsseldorf	0:48:18	0:48:37	51	M50	60	5: 09:16 09:31 09:51 10:04 09:34
429	455	Stövesand Christian	Düsseldorfer TV 1847	0:48:18	0:48:27	59	M35	75	5: 09:07 09:34 09:45 10:03 09:48
430	823	Dalmis Güngör	*Ratingen	0:48:19	0:48:36	59	M30	82	5: 09:24 09:25 10:00 10:05 09:22
431	492	Kunte Harald	*Hannover	0:48:22	0:48:47	60	M30	83	5: 08:47 09:25 10:03 10:18 09:48
432	1717	Ortmanns Uwe	LT Marathon Runners	0:48:23	0:48:57	60	M35	75	5: 10:00 09:28 09:43 09:43 09:28
433	2181	Graebel Gunther	Crepe & Baguette Duisburg	0:48:24	0:48:36	5	M60	53	5: 09:13 09:29 09:48 09:58 09:53
434	2161	Götzen Bernd	Fortuna - treu	0:48:25	0:48:35	52	M50	59	5: 09:14 09:28 09:46 10:04 09:51
435	932	Stahl Klaus	*Meerbusch	0:48:26	0:48:34	70	M45	68	5: 09:05 09:34 09:49 10:03 09:52
436	749	Kremer Jürgen	*Haan	0:48:28	0:48:30	3	M65	46	5: 08:53 09:40 09:50 10:06 09:57
437	1418	Fröhlich Dr. Tobias	Wittlaer Runners	0:48:28	0:48:40	71	M45	68	5: 09:15 09:15 09:33 10:15 10:08
438	765	Czermin Andreas	Team RheinLand Versicherung	0:48:32	0:48:34	72	M45	66	5: 09:10 09:52 09:57 10:02 09:30
439	1807	Sorrer Daniel	S Direkt Runners	0:48:33	0:48:58	76	MHK	90	5: 10:00 09:07 09:34 09:56 09:55
440	2927	Arslan Inan	Dr. Daryoush Taghavi	0:48:33	0:48:41	77	MHK		5: 09:31 09:40 09:50 09:54 09:37
441	1357	Kreienfeld Michael	Digitale Stadt Düsseldorf e.V.	0:48:34	0:48:43	53	M50	61	5: 10:06 09:43 09:32 09:41 09:31
442	2184	Hanefl Dirk	LT Fersengold	0:48:36	0:48:54	54	M50	63	5: 09:56 09:24 09:42 09:49 09:43
443	1588	Engels Falko	crazy-bornRacing	0:48:37	0:48:50	61	M30	83	5: 09:48 09:31 09:47 09:58 09:31
444	701	Hannemann Sven	keiner	0:48:37	0:48:54	61	M35	75	5: 09:26 09:28 10:04 09:50 09:47
445	1087	Wienands Leonard	Kieser Training	0:48:37	0:49:05	11	MU20	94	5: 10:00 09:26 09:45 10:01 09:23
446	2046	Brockmann Stefan	*Düsseldorf	0:48:38	0:49:02	64	M40	70	5: 09:21 09:12 09:44 09:59 10:20
447	829	Basten Christian	*Hilden	0:48:38	0:48:55	62	M30	82	5: 10:02 09:43 09:43 09:45 09:23
448	411	Holler Guido	TIGGES Rechtsanwälte	0:48:43	0:49:14	55	M50	62	5: 09:56 09:44 09:45 09:45 09:32
449	2062	Berns Michael	*Neuss	0:48:44	0:49:14	73	M45	65	5: 09:26 09:25 09:50 10:03 09:59
450	1021	Berndt Oliver	SWD	0:48:47	0:49:06	63	M30	81	5: 09:49 09:52 09:53 09:50 09:21
451	811	Nave Michael	*Korschenbroich	0:48:48	0:49:18	56	M50	63	5: 09:40 09:42 09:47 09:57 09:40
452	1665	Blin Ludovic	*Düsseldorf	0:48:48	0:49:20	64	M30	81	5: 09:54 09:29 09:41 09:51 09:51
453	648	Siegesmund Daniel	*Düsseldorf	0:48:49	0:49:16	65	M30	81	5: 09:47 09:46 09:53 09:59 09:21
454	1570	Coroly Josef	Ig-gummersbach	0:48:58	0:49:13	17	M55	55	5: 09:22 09:40 09:54 10:07 09:53
455	637	Koler Miroslav	freenet Datenkommunikation	0:49:00	0:49:37	62	M35	77	5: 08:58 09:26 10:06 10:15 10:13
456	1195	Fauseweh Heiko	*Alpen	0:49:00	0:49:36	66	M30	79	5: 09:17 09:27 09:56 10:11 10:07
457	572	Stüttgen Georg	*Mönchengladbach	0:49:01	0:49:38	63	M35	74	5: 09:59 09:35 09:46 09:49 09:50
458	1277	Nishimura Shigeki	*Duesseldorf	0:49:01	0:49:04	78	MHK		5: 09:27 09:51 10:05 10:00 09:36
459	646	Silva Riquelme Vaz	*Düsseldorf	0:49:02	0:49:11	64	M35	76	5: 08:25 09:31 10:03 10:19 10:43
460	1938	Brandt Wolfgang	LT Düsseldorf Süd	0:49:03	0:49:10	57	M50	59	5: 09:18 09:47 10:01 10:00 09:55
461	912	Breyer Tim	*Straberg	0:49:07	0:49:31	65	M35	75	5: 09:18 09:53 10:06 10:03 09:44
462	2003	Ademes Jochen	*Heiligenhaus	0:49:08	0:49:32	65	M40	69	5: 09:35 09:25 09:55 10:04 10:06
463	1978	Luenen Thomas		0:49:09	0:49:35	4	M65	48	5: 10:04 09:36 09:42 09:53 09:51
464	1991	Aderhold Dirk	SSV Düsseldorf-Knittkuhl	0:49:09	0:49:37	74	M45	68	5: 09:37 09:43 09:57 10:13 09:38
465	1068	Kürten Guido	Hpp GmbH + Co. KG	0:49:11	0:49:12	58	M50	63	5: 09:25 09:40 09:58 10:12 09:54
466	1177	Soterio Andre	*Düsseldorf	0:49:13	0:49:48	66	M35	75	5: 10:05 09:23 09:49 09:56 09:58
467	1286	Birke Dr. Rainer	WESSING	0:49:14	0:49:19	66	M40	71	5: 09:45 09:52 10:01 09:54 09:41
468	519	Kese Manuel	*Düsseldorf	0:49:15	0:49:49	67	M35	74	5: 09:21 09:24 09:53 10:13 10:21
469	1158	Feldbusch Daniel	*Neuss	0:49:16	0:49:47	79	MHK	88	5: 10:20 10:24 10:06 09:44 08:40
470	1127	Senger Martin	*Solingen	0:49:17	0:49:24	67	M30	82	5: 09:41 10:07 10:02 10:07 09:19
471	1558	Bachmann Till	*wuppertal	0:49:18	0:49:53	67	M40	71	5: 09:44 09:38 09:55 10:11 09:48
472	868	Jörg Thomas	*Düsseldorf	0:49:18	0:49:29	75	M45	65	5: 09:44 09:51 10:07 10:10 09:24
473	593	Krogmeier Wilhelm	FTV von 1880 Düsseldorf	0:49:21	0:49:27	18	M55	57	5: 09:25 09:56 10:10 10:07 09:41
474	1014	Etzel Marc-Alexander	SWD	0:49:28	0:49:46	68	M30	80	5: 10:23 10:07 09:57 09:42 09:16
475	1019	Link Philipp	SWD	0:49:30	0:49:59	69	M30	80	5: 09:44 09:50 10:03 10:02 09:49
476	826	Hamila Anis	*Düsseldorf	0:49:30	0:49:46	70	M30	81	5: 09:20 10:27 10:28 10:03 09:10
477	2075	Rogg Thomas	*Düsseldorf	0:49:33	0:49:39	80	MHK	86	5: 09:14 09:54 10:09 10:18 09:55
478	1419	Böckmann Carsten	LC Duisburg	0:49:34	0:49:50	68	M40	70	5: 10:02 09:55 10:01 09:55 09:39
479	1959	Dyla Christian		0:49:35	0:50:00	81	MHK	88	5: 09:51 09:56 09:58 10:04 09:44
480	1325	Wutke Guido	*Burscheid	0:49:36	0:49:57	69	M40	73	5: 10:03 10:05 10:01 09:59 09:26

10km - Gesamtwertung Lauf 6, 7 und 8

Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
481	1624	Brinkmann Reiner	PSV Duisburg	0:49:38	0:50:02	59	M50	61	5:09:42	09:53	10:06	10:07	09:49	
482	661	Emmrich Dr. Roland	*Düsseldorf	0:49:39	0:50:03	70	M40	70	5:09:42	09:54	10:06	10:06	09:50	
483	441	Haas Markus	Die Laufburschen	0:49:39	0:49:44	76	M45	68	5:09:06	09:47	10:05	10:22	10:17	
484	1724	Schneider Julian	*Mettmann	0:49:40	0:50:02	12	MU20	94	5:09:11	09:35	10:07	10:23	10:23	
485	1456	Grone Philip	dm-drogeriemarkt	0:49:40	0:49:58	82	MHK	84	5:08:57	09:23	09:52	10:42	10:43	
486	1326	Kleinert Manuel	*Düsseldorf	0:49:43	0:50:06	21	MU23	92	5:09:33	09:45	09:55	10:15	10:12	
487	366	Taddigs Udo	Görres Gymnasium	0:49:43	0:49:51	71	M30	83	5:09:57	09:48	09:44	10:12	10:00	
488	633	Bieker Manuel	FSV Düsseldorf	0:49:43	0:50:24	72	M30	80	5:10:02	09:43	09:53	10:10	09:53	
489	986	Deppe Markus	TSV Eller 04	0:49:44	0:50:05	71	M40	72	5:10:11	09:54	10:04	09:57	09:35	
490	931	Engert Christian	*Düsseldorf	0:49:46	0:49:48	73	M30	83	5:08:17	09:40	10:29	10:38	10:40	
491	980	Piotrowski Peter	Laufftreff TB Hassels	0:49:46	0:50:14	5	M65	48	5:09:37	09:45	10:01	10:20	10:01	
492	1911	Tietje Uwe	TimeHunters Düsseldorf	0:49:46	0:50:14	77	M45	66	5:09:37	09:45	10:01	10:19	10:02	
493	1173	Müller Björn	TuS 95 Rugby	0:49:47	0:50:03	68	M35	76	5:10:18	09:55	09:53	09:59	09:40	
494	1804	Schlegel Ilja	S Direkt Runners	0:49:47	0:50:10	72	M40	70	5:09:35	09:35	10:01	10:18	10:17	
495	2005	Dückerhoff Sven	Kaiserkicker 1986	0:49:50	0:50:04	73	M40	72	5:10:11	09:45	09:54	10:06	09:53	
496	1334	Walochnik Thomas	*Grevenbroich	0:49:50	0:49:54	69	M35	76	5:09:16	09:40	10:10	10:35	10:08	
497	1463	Mielke Stefan	dm-drogeriemarkt	0:49:51	0:50:03	70	M35	74	5:09:36	09:36	10:00	10:21	10:16	
498	1731	Ernst Raphael	*Bonn	0:49:52	0:50:01	83	MHK	84	5:10:02	09:47	09:31	10:10	10:20	
499	1550	Zülow Wilfried	Ski-Klub Düsseldorf	0:49:52	0:50:26	60	M50	60	5:10:06	09:34	09:56	10:11	10:02	
500	1661	Hahn Sebastian	AOK Rheinland/Hamburg	0:49:52	0:50:09	71	M35	76	5:09:49	09:57	10:08	10:10	09:46	
501	1674	Brefka Krzysztof	*Leverkusen	0:49:53	0:49:55	72	M35	78	5:09:26	09:52	10:09	10:25	09:58	
502	1664	Ackermann Detlev	Laufen in Köln	0:49:56	0:49:56	74	M40	70	5:09:06	10:07	10:12	10:20	10:10	
503	1953	Janssen Volker		0:49:57	0:50:16	75	M40	72	5:10:17	09:43	09:58	10:09	09:49	
504	1606	Lukes Marko	ERGO sports	0:50:01	0:50:35	73	M35	77	5:10:02	10:04	10:15	10:04	09:34	
505	2083	Vuylsteke Patrick	*Schacht-Audorf	0:50:05	0:50:12	76	M40	69	5:09:11	10:07	10:18	10:26	10:02	
506	1961	Klösel Philipp	Fuchs & Hase	0:50:07	0:50:09	74	M30	83	5:08:59	09:51	10:27	10:42	10:06	
507	1222	Roesner Dr. Tobias	*Düsseldorf	0:50:10	0:50:42	74	M35	77	5:10:15	09:59	10:02	10:18	09:34	
508	407	Dombrowski Markus	TIGGES Rechtsanwälte	0:50:11	0:50:42	84	MHK	90	5:09:56	09:43	10:16	10:24	09:50	
509	1561	Stang Manfred	*Hofheim am Taunus	0:50:12	0:50:28	78	M45	65	5:09:15	09:36	10:15	10:39	10:24	
510	1483	Pfeifer Stefan	SV Entenhausen	0:50:12	0:50:39	77	M40	70	5:10:08	10:00	10:02	10:05	09:55	
511	364	Maag Clemens	Görres Gymnasium	0:50:13	0:50:22	75	M30	82	5:09:46	09:58	10:14	10:15	09:58	
512	1307	Oelert Walter	Ilg Haan Hilden	0:50:14	0:50:28	6	M65	48	5:09:55	09:56	10:05	10:10	10:05	
513	1406	Reinhardt Holger	Neanderläufer	0:50:16	0:51:00	78	M40	73	5:10:10	09:47	10:01	10:15	10:01	
514	1224	Goertz Dr. Reinhard	*Düsseldorf	0:50:17	0:50:49	76	M30	81	5:10:15	09:59	10:00	10:15	09:45	
515	600	Metz Kai-Oliver	Team ERDINGER Alkoholfrei	0:50:17	0:50:26	79	M40	69	5:09:43	09:55	10:29	10:26	09:41	
516	2163	Ronschke Hubert	LA Fortuna Düsseldorf 1895	0:50:17	0:50:27	61	M50	62	5:09:14	09:27	09:58	10:53	10:42	
517	1462	Müller Kai	dm-drogeriemarkt	0:50:18	0:50:23	75	M35	77	5:09:06	09:53	10:18	10:25	10:33	
518	1820	Bögershausen Holger	LG DocRock Berlin	0:50:18	0:50:25	80	M40	72	5:09:52	10:03	10:09	10:19	09:54	
519	1337	Baumann Christian Wilhelm	*Düsseldorf	0:50:20	0:50:31	76	M35	76	5:09:39	09:47	10:20	10:25	10:07	
520	606	Müller Martin	*Leverkusen	0:50:21	0:50:43	81	M40	72	5:09:43	10:01	10:10	10:15	10:09	
521	1223	Bhatti Atif	*Düsseldorf	0:50:23	0:50:56	77	M30	80	5:10:15	09:59	10:02	10:18	09:47	
522	2902	Beckord Marc		0:50:25	0:50:36	85	MHK		5:09:41	10:02	10:10	10:26	10:04	
523	1285	Liesenfeld Joerg	*Frankfurt am Main	0:50:25	0:50:29	82	M40	69	5:09:41	10:12	10:15	10:16	10:00	
524	809	Junghans Matthias	Control Expert	0:50:26	0:50:59	86	MHK	84	5:10:07	10:22	10:25	10:01	09:29	
525	1394	Kaup Rüdiger	*Wuppertal	0:50:27	0:50:43	79	M45	68	5:09:08	09:02	10:28	11:29	10:19	
526	1669	Zirkler Stephan	*Dortmund	0:50:29	0:50:56	78	M30	79	5:10:17	10:27	10:03	10:02	09:38	
527	1379	Jung Fabian	Hyatt Regency Düsseldorf	0:50:35	0:51:05	87	MHK	86	5:09:36	09:56	10:22	10:31	10:08	
528	966	Jöbstl Helmut	*monheim	0:50:38	0:51:14	83	M40	71	5:10:05	09:52	10:12	10:16	10:10	
529	965	Förster Ingo	*düsseldorf	0:50:39	0:51:14	80	M45	67	5:10:05	09:52	10:12	10:16	10:10	
530	480	Hilmes Stephan	*Monheim	0:50:39	0:51:00	81	M45	67	5:10:19	10:12	10:10	10:16	09:41	
531	832	Höck Christoph	NEW Runners SG 26	0:50:39	0:50:43	82	M45	65	5:09:40	10:03	10:17	10:32	10:06	
532	406	Rosenberg Marius	TIGGES Rechtsanwälte	0:50:41	0:51:13	79	M30	81	5:10:01	10:14	10:15	10:16	09:53	
533	1134	Westphal Kai	TKK Freunde auf vier Pfoten	0:50:41	0:51:13	80	M30	81	5:09:50	09:58	10:20	10:22	10:09	
534	1266	Lehners Jean	Special Olympics Luxembourg	0:50:41	0:50:58	83	M45	66	5:09:36	09:55	10:18	10:31	10:20	
535	2230	Dick Florian		0:50:42	0:50:44	3	MU18	00	5:08:43	10:02	10:36	11:03	10:16	
536	1287	Stumpe Dr. Stefan	Henkel Sportteam	0:50:42	0:50:59	84	M45	66	5:09:41	09:56	10:14	10:34	10:15	
537	1116	Mohr Ben	*Düsseldorf	0:50:43	0:50:44	77	M35	78	5:09:50	10:34	10:48	10:08	09:21	
538	1292	Korf Andreas	*Düsseldorf	0:50:43	0:50:58	84	M40	70	5:11:05	10:09	09:54	10:11	09:22	
539	605	Hansel Herbert	Ski Club Silbach	0:50:44	0:50:51	19	M55	58	5:09:16	09:58	10:14	10:38	10:36	
540	880	Höflich Oliver	*Düsseldorf	0:50:46	0:50:54	85	M40	71	5:10:20	10:12	10:07	10:18	09:48	

10km - Gesamtwertung Lauf 6, 7 und 8 Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
541	774	Kaska Veno	*Düsseldorf	0:50:47	0:51:03	85	M45	67	5: 09:25	09:53	10:20	10:40	10:28
542	790	Klüh Matthias	Laufftreff Ihlingen	0:50:47	0:51:05	86	M40	72	5: 10:38	09:56	09:50	10:16	10:06
543	1616	Müller Thomas	*Düsseldorf	0:50:50	0:51:03	78	M35	78	5: 10:23	10:07	10:17	10:16	09:45
544	2923	Daubach Ingo	Dr. Daryoush Taghavi	0:50:54	0:51:01	88	MHK		5: 09:40	10:17	10:22	10:25	10:07
545	2924	Reineke Markus	Dr. Daryoush Taghavi	0:50:54	0:51:02	81	M30	81	5: 09:40	10:17	10:22	10:25	10:08
546	380	Hohn Ulli	FBU Solingen	0:50:57	0:51:22	20	M55	55	5: 10:11	10:22	10:36	10:11	09:35
547	1179	Bukhari Kazim	*Köln	0:50:58	0:51:23	89	MHK	84	5: 11:01	10:10	10:04	10:01	09:41
548	2142	Naake Martin	*Erfurt	0:50:59	0:51:26	22	MU23	92	5: 09:38	09:57	10:27	10:30	10:25
549	636	Rüders Frank	freenet Datenkommunikation	0:50:59	0:51:36	86	M45	66	5: 09:25	10:06	10:27	10:41	10:17
550	1793	Wagner Claus	Albrecht-Dürer-Schule Ddorf	0:51:00	0:51:35	21	M55	58	5: 10:07	10:06	10:23	10:27	09:55
551	2932	Eversberg Frank	SWD	0:51:05	0:51:23	87	M45	66	5: 10:15	10:11	10:15	10:24	09:58
552	1703	Hadzalic Denis	*Bochum	0:51:05	0:51:31	82	M30	79	5: 11:06	09:49	09:53	09:56	10:20
553	846	Hebel Thomas	Team-Erdinger Alkoholfrei	0:51:06	0:51:42	88	M45	67	5: 10:07	10:14	10:21	10:21	10:00
554	1002	Bhatti Alex	*Düsseldorf	0:51:07	0:51:22	87	M40	73	5: 09:44	09:59	10:30	10:38	10:13
555	1081	Schultz Matthias	Kieser Training	0:51:09	0:51:50	79	M35	74	5: 10:17	10:09	10:15	10:25	10:01
556	1806	Cornelissen Christoph	S Direkt Runners	0:51:10	0:51:35	83	M30	82	5: 10:14	10:08	10:13	10:21	10:12
557	711	Gansen Stefan	*Kevelaer	0:51:10	0:51:32	13	MU20	95	5: 10:14	10:34	10:27	10:07	09:47
558	1336	Vormbrock Prof. Dr. Ulf	*Düsseldorf	0:51:11	0:51:21	62	M50	62	5: 09:29	09:48	10:20	10:40	10:52
559	2160	Simon Benedikt	*Düsseldorf	0:51:12	0:51:27	90	MHK	89	5: 10:18	10:20	10:17	10:21	09:54
560	1488	Ely Ulrich	*Neuss	0:51:13	0:51:46	6	M60	50	5: 10:21	10:21	10:17	10:14	09:58
561	1604	Kron Manfred	LT Fersengold	0:51:13	0:51:31	22	M55	54	5: 10:07	10:13	10:18	10:25	10:08
562	396	Thöns Nikolaus		0:51:13	0:51:42	89	M45	64	5: 10:03	10:02	10:12	10:35	10:20
563	602	Schulze Guido	*Remscheid	0:51:15	0:51:40	80	M35	77	5: 09:29	10:22	10:30	10:34	10:17
564	1005	Kossler Oliver	*Düsseldorf	0:51:15	0:51:55	90	M45	68	5: 10:10	10:18	10:18	10:25	10:02
565	860	Prigge Tomas	Fujitsu-General (Euro) GmbH	0:51:17	0:51:33	88	M40	70	5: 09:45	10:10	10:23	10:35	10:21
566	1296	David Bernd	*Düsseldorf	0:51:17	0:51:25	7	M60	49	5: 10:16	10:10	10:14	10:20	10:14
567	994	Drießen Heijo	SG Kaarst	0:51:17	0:51:19	7	M65	46	5: 09:57	10:10	10:17	10:35	10:16
568	1692	Liakos Nikolaos	*Köln	0:51:17	0:51:20	91	MHK	87	5: 08:31	10:12	10:31	10:49	11:12
569	1702	Kallweit Harry	LT Düsseldorf - Süd	0:51:18	0:51:54	8	M60	52	5: 10:15	10:18	10:20	10:19	10:04
570	576	Moormann Jürgen	*Düsseldorf	0:51:18	0:51:26	89	M40	71	5: 09:51	10:01	10:22	10:37	10:26
571	1026	Andresen Bernd	SWD	0:51:20	0:51:43	63	M50	62	5: 09:56	10:27	10:24	10:21	10:09
572	672	De Voss Simon	*Tönisvorst	0:51:22	0:51:25	92	MHK	88	5: 10:35	10:36	10:18	10:22	09:29
573	1210	Strunz Toni	Stadtmission Düsseldorf	0:51:24	0:51:50	81	M35	74	5: 10:02	10:18	10:26	10:30	10:07
574	2103	Jung Philipp	BDKJ Düsseldorf	0:51:26	0:51:44	84	M30	81	5: 09:37	10:03	10:29	10:54	10:21
575	1369	Görgen Klemens	Digitale Stadt Düsseldorf e.V.	0:51:27	0:51:39	91	M45	64	5: 10:03	10:19	10:30	10:26	10:07
576	1995	Oelze Heiko		0:51:29	0:51:57	23	M55	58	5: 10:45	10:16	10:13	10:06	10:06
577	1936	Starker Daniel		0:51:30	0:52:04	93	MHK	86	5: 11:31	10:00	10:14	10:04	09:39
578	363	Hohlweck Jens	Görres Gymnasium	0:51:31	0:51:39	94	MHK	84	5: 10:13	10:14	10:24	10:24	10:14
579	1151	Grafunder René	Linklaters LLP	0:51:31	0:51:53	82	M35	77	5: 10:35	10:49	10:33	10:07	09:25
580	879	Perak Daniel	*Düsseldorf	0:51:38	0:51:46	90	M40	72	5: 10:20	10:12	10:15	10:27	10:22
581	2940	Dresen Krimson	*Düsseldorf	0:51:38	0:52:21	85	M30	82	5: 11:09	10:37	10:15	10:04	09:31
582	1762	OHASHI AKIRA	*Düsseldorf	0:51:39	0:51:56	92	M45	65	5: 09:09	09:41	10:23	10:53	11:30
583	414	Laue Jens	*Meerbusch	0:51:41	0:51:51	91	M40	71	5: 10:19	10:34	10:37	10:28	09:40
584	1412	Böttcher Paul	*Düsseldorf	0:51:41	0:52:20	86	M30	83	5: 11:22	10:32	10:02	09:57	09:46
585	927	Sönmez Ersan	*Krefeld	0:51:43	0:52:03	95	MHK	87	5: 11:59	10:19	09:58	09:55	09:31
586	1590	Kaisers Wolfgang	*Düsseldorf	0:51:43	0:52:08	93	M45	64	5: 10:54	10:23	10:14	10:10	10:00
587	1513	Jacobs Daniel	*Viersen	0:51:45	0:51:48	87	M30	81	5: 10:14	10:22	10:39	10:33	09:56
588	869	Kerkow Sven	*Düsseldorf	0:51:48	0:52:01	92	M40	69	5: 09:41	10:10	10:25	10:48	10:41
589	872	Schmitz Robert	*Düsseldorf	0:51:48	0:52:01	94	M45	64	5: 09:25	10:07	10:46	10:47	10:41
590	385	Strittmatter Christian	Rennschnecken 2000	0:51:48	0:52:08	24	M55	55	5: 10:15	10:17	10:22	10:30	10:21
591	979	Stolla Arnold	*Düsseldorf	0:51:51	0:52:06	64	M50	62	5: 09:40	10:04	10:43	10:52	10:30
592	851	Krause Karsten	*Düsseldorf	0:51:52	0:51:58	93	M40	72	5: 09:24	10:01	10:50	10:53	10:42
593	1750	Reykers Olaf	SC am Kleinfurst	0:51:55	0:51:57	94	M40	71	5: 10:21	10:44	10:45	10:38	09:26
594	1655	Weisener Marc	*Bergisch Gladbach	0:51:57	0:52:38	95	M45	68	5: 10:33	10:34	10:29	10:17	10:01
595	383	Schnitzler Sven		0:52:00	0:52:53	88	M30	80	5: 10:04	10:02	10:26	10:49	10:37
596	837	Lasek Martin	*Düsseldorf	0:52:00	0:52:57	89	M30	81	5: 09:31	09:43	10:19	11:09	11:16
597	412	Kordelas Dr. Lambros	*Düsseldorf	0:52:01	0:52:26	95	M40	69	5: 10:25	10:19	10:32	10:35	10:09
598	639	Bornemann Sven	*Düsseldorf	0:52:01	0:52:25	90	M30	79	5: 09:53	09:55	10:33	10:54	10:44
599	461	Schwaneberg Christian	*Düsseldorf	0:52:04	0:52:42	83	M35	77	5: 10:01	10:16	10:33	10:45	10:28
600	596	Tepasse Sebastian	*Köln	0:52:04	0:52:19	96	MHK	86	5: 11:18	10:41	09:55	10:09	09:59

10km - Gesamtwertung Lauf 6, 7 und 8 Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
601	1822	Brix Tobias	*Neuss	0:52:05	0:52:36	97	MHK	84	5: 10:22 10:30 10:31 10:43 09:57
602	760	Kroner Markus	*Düsseldorf	0:52:05	0:52:30	65	M50	63	5: 10:39 10:36 10:30 10:32 09:47
603	353	Schulte-Vennbur Walter	WSV	0:52:16	0:52:19	66	M50	61	5: 09:46 10:24 10:33 10:53 10:37
604	1834	Pleuß Jörn	*Köln	0:52:16	0:52:31	98	MHK	84	5: 09:38 10:21 10:53 10:53 10:30
605	1543	Baumeister Dirk	*Neuss	0:52:17	0:52:46	96	M45	67	5: 11:01 10:45 10:22 10:16 09:51
606	578	Scholz Detlef	TV Germania Wevelinghoven	0:52:19	0:52:27	25	M55	57	5: 09:35 10:27 10:43 10:54 10:38
607	561	Schneider Sebastian	*Düsseldorf	0:52:20	0:52:50	84	M35	75	5: 10:19 10:30 10:31 10:35 10:23
608	1785	Keen Guido	Laufgruppe SCU Emlichheim	0:52:24	0:52:48	85	M35	75	5: 10:17 10:30 10:39 10:37 10:20
609	565	Kreuchen Volker	*Monheim	0:52:26	0:52:56	97	M45	64	5: 10:16 10:26 10:44 10:45 10:13
610	2174	Imbusch Sebastian	*Düsseldorf	0:52:27	0:53:02	91	M30	81	5: 10:19 10:30 10:42 10:36 10:18
611	2904	Tomida Daisuke		0:52:28	0:52:39	99	MHK		5: 09:48 10:19 10:33 10:55 10:51
612	1046	Franken Thomas	*Düsseldorf	0:52:29	0:52:51	100	MHK	85	5: 10:30 10:24 10:33 10:44 10:15
613	1052	Bruns Christian	Metro Runner	0:52:30	0:52:40	92	M30	81	5: 10:17 10:19 10:44 10:58 10:10
614	1048	Martina Gian Piero	Metro Runner	0:52:30	0:52:40	86	M35	75	5: 10:17 10:19 10:44 10:58 10:10
615	741	Liu Daniel	*Aachen	0:52:34	0:53:16	87	M35	75	5: 11:06 10:07 10:14 10:29 10:37
616	1117	Hegmanns Felix	*Neuss	0:52:34	0:52:36	93	M30	80	5: 09:50 10:34 10:48 10:50 10:30
617	903	Meinke Jörg	*Bobenheim-Roxheim	0:52:35	0:52:46	98	M45	66	5: 09:38 10:17 10:45 10:58 10:55
618	1923	Schulz Konrad	DTV	0:52:37	0:53:16	99	M45	66	5: 10:54 10:27 10:27 10:33 10:14
619	528	Horr Ramin	*Essen	0:52:38	0:52:41	94	M30	79	5: 09:29 10:22 10:56 11:18 10:31
620	1022	Kant Lutz	KITO Europe GmbH	0:52:40	0:52:41	101	MHK	89	5: 09:36 10:27 11:05 11:09 10:21
621	1472	Prang René	*Ratingen	0:52:41	0:52:44	88	M35	78	5: 09:30 10:22 10:49 11:22 10:35
622	1024	Kraemer Michael	KITO Europe GmbH	0:52:41	0:52:43	95	M30	80	5: 09:36 10:26 11:05 11:09 10:23
623	1794	Gairing Gerhard	Albrecht-Dürer-Schule Ddorf	0:52:41	0:53:16	8	M65	48	5: 10:07 10:25 10:46 10:44 10:37
624	1473	Groß Marius	*Ratingen	0:52:41	0:52:45	89	M35	76	5: 09:30 10:22 10:49 11:22 10:36
625	1159	Thomas Dirk	*Willich	0:52:43	0:53:09	100	M45	68	5: 10:20 10:28 10:40 10:42 10:32
626	1918	Mertens Stefan	ASC Düsseldorf	0:52:45	0:53:06	101	M45	65	5: 09:18 09:57 10:43 11:18 11:28
627	714	Reuker David	*Düsseldorf	0:52:45	0:52:55	90	M35	78	5: 10:05 10:17 10:34 11:01 10:46
628	573	Schäfer Michael	*Wermelskirchen	0:52:47	0:53:18	102	M45	64	5: 10:16 10:26 10:45 10:45 10:34
629	2905	Klomfass Eckhard		0:52:48	0:52:57	102	MHK		5: 10:04 09:56 10:23 11:04 11:19
630	450	Kunte Robert	*Düsseldorf	0:52:48	0:53:13	96	M30	80	5: 09:11 09:24 11:03 11:37 11:31
631	1744	Tauth Oliver	*Düsseldorf	0:52:50	0:53:10	96	M40	72	5: 10:22 10:45 10:40 10:38 10:23
632	1981	Prätzel Oliver		0:52:55	0:53:02	97	M30	80	5: 09:55 10:23 10:53 11:08 10:34
633	692	Budde Carsten	*Mettmann	0:52:57	0:53:08	97	M40	69	5: 09:43 10:20 10:51 11:28 10:33
634	991	Lindenblatt Gero	JEK	0:53:00	0:53:38	91	M35	76	5: 10:59 10:12 10:11 10:32 11:02
635	746	Basak Dr. Onur	*Neu-Isenburg	0:53:00	0:53:22	98	M30	81	5: 10:29 10:44 10:41 10:40 10:24
636	1091	Beneke Sven	Kieser Training	0:53:00	0:53:41	98	M40	70	5: 11:16 10:41 10:29 10:30 10:03
637	916	Karras Ingo	*Düsseldorf	0:53:03	0:53:13	103	MHK	86	5: 09:45 10:18 10:54 11:10 10:54
638	1023	Schwarz Dominic	KITO Europe GmbH	0:53:09	0:53:11	104	MHK	84	5: 09:35 10:27 11:06 11:08 10:51
639	521	Brenner Stefan	*Erkrath	0:53:11	0:53:16	103	M45	68	5: 10:43 10:40 10:29 10:27 10:49
640	523	Andersen Christian	Team ERDINGER Alkoholfrei	0:53:12	0:53:50	99	M40	71	5: 10:44 11:00 11:11 10:28 09:46
641	652	Müller Dr. Gregor	albert schweitzer apotheke	0:53:12	0:53:50	104	M45	65	5: 11:21 10:31 10:26 10:30 10:22
642	577	Loose Andreas	*Krefeld	0:53:13	0:53:27	26	M55	55	5: 10:07 10:31 10:43 10:55 10:55
643	622	Rempp Peter	*Düsseldorf	0:53:14	0:53:44	105	MHK	85	5: 10:11 10:13 10:28 10:48 11:32
644	324	Krippner Karsten		0:53:14	0:53:38	92	M35	76	5: 10:29 10:34 10:43 10:46 10:41
645	356	Balsano Terrent	Görres Gymnasium	0:53:16	0:53:25	4	MU18	96	5: 09:55 10:32 11:05 11:11 10:32
646	1828	Bergmann Thomas	*Ratingen	0:53:17	0:53:50	100	M40	71	5: 11:19 10:34 10:32 10:29 10:22
647	2164	Huckauf Jens	Düsseldorf Dolphins	0:53:19	0:53:49	67	M50	60	5: 10:53 10:44 10:40 10:37 10:23
648	2165	Sarr Christopher	Düsseldorf Dolphins	0:53:19	0:53:49	106	MHK	86	5: 10:53 10:44 10:40 10:37 10:24
649	1594	Gutzke Jens Arne	*Düsseldorf	0:53:21	0:54:09	101	M40	72	5: 10:02 10:16 10:51 11:13 10:56
650	937	Weyers Niklas	SV Straelen	0:53:24	0:54:05	107	MHK	88	5: 10:57 10:23 10:40 10:45 10:36
651	2115	Van der Porten Kai	*Hilden	0:53:25	0:53:42	102	M40	69	5: 10:05 10:22 10:46 11:03 11:06
652	1475	Höffkes Thorsten	*Düsseldorf	0:53:25	0:53:55	93	M35	74	5: 10:38 10:46 10:53 10:51 10:15
653	870	Kunn Thomas	*Düsseldorf	0:53:26	0:53:38	105	M45	65	5: 09:40 10:25 11:00 11:19 11:01
654	590	Lyssi Daniel	*Düsseldorf	0:53:27	0:54:10	108	MHK	84	5: 11:09 10:36 10:17 10:30 10:54
655	1521	Randau Lennart	*Marburg	0:53:28	0:53:52	94	M35	78	5: 10:35 10:31 10:49 10:51 10:40
656	2908	Loschelder Jürgen	ThyssenKrupp	0:53:29	0:53:38	109	MHK		5: 10:03 10:30 12:13 10:32 10:09
657	1360	Novacek Helmut	Digitale Stadt Düsseldorf e.V.	0:53:32	0:53:44	68	M50	60	5: 10:40 10:39 10:47 10:50 10:34
658	475	Janning Dieter	DJK Novesia Neuss	0:53:32	0:53:45	1	M70	42	5: 10:25 10:40 10:44 10:51 10:49
659	1335	Greven Peter	*Grevenbroich	0:53:32	0:53:37	106	M45	68	5: 10:08 10:42 10:54 10:54 10:52
660	552	Dahlmanns Jan	*Düsseldorf	0:53:33	0:53:51	110	MHK	85	5: 09:14 10:39 11:18 11:16 11:03

10km - Gesamtwertung Lauf 6, 7 und 8

Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
661	2065	Hanf Sascha	*Düsseldorf	0:53:36	0:53:45	95	M35	77	5: 10:34 10:51 10:48 10:50 10:31
662	2969	Jostmann Stefan		0:53:38	0:55:47	96	M35	74	5: 11:02 11:03 10:31 10:49 10:11
663	343	Dong Zhenchang		0:53:39	0:53:58	99	M30	83	5: 10:41 10:34 11:01 11:01 10:20
664	2026	Bantin Holger	Unser Wasser e.V.	0:53:42	0:54:11	9	M60	53	5: 10:37 10:42 10:43 10:49 10:49
665	866	Contzen Jens	*Düsseldorf	0:53:45	0:53:58	107	M45	66	5: 10:32 10:47 10:41 11:04 10:38
666	805	Mainz Klaus	*Düsseldorf	0:53:46	0:53:48	2	M70	41	5: 10:00 10:35 11:01 11:10 10:58
667	1191	Ulbrich Tilo	*Düsseldorf	0:53:47	0:54:05	111	MHK	84	5: 10:07 10:41 11:12 11:15 10:30
668	2968	Uesluek Rico		0:53:47	0:54:07	97	M35	75	5: 11:13 10:34 10:37 10:46 10:35
669	1668	Lueken Nils	*Dortmund	0:53:48	0:54:14	103	M40	72	5: 10:18 10:27 10:53 11:11 10:56
670	1088	Kühnapfel-Meschnig Thomas	Kieser Training	0:53:48	0:53:53	108	M45	66	5: 10:01 10:49 11:18 11:07 10:31
671	2162	Dönder Ekrem	Fortuna - treu	0:53:50	0:54:26	69	M50	63	5: 10:22 10:34 10:43 10:55 11:14
672	798	Brockhoff Uwe	Buchholzerjung	0:53:52	0:54:42	70	M50	61	5: 11:55 10:41 10:29 10:32 10:14
673	667	Lange Adrian	*Heiligenhaus	0:53:55	0:54:15	98	M35	75	5: 10:54 10:35 10:47 11:01 10:36
674	2119	Heukemes Sven	*Meerbusch	0:53:57	0:54:08	104	M40	71	5: 10:31 10:45 10:52 10:53 10:54
675	334	Jensen Thomas		0:53:59	0:54:02	27	M55	57	5: 10:00 10:29 10:59 11:17 11:12
676	795	Schulte Klaus	*Düsseldorf	0:54:01	0:54:19	109	M45	67	5: 10:22 10:53 10:59 11:09 10:36
677	479	Hilmes Ralf	*Leverkusen	0:54:02	0:54:23	71	M50	59	5: 10:20 10:16 10:47 11:23 11:14
678	1168	Kloos Moritz	*Düsseldorf	0:54:04	0:54:22	112	MHK	88	5: 09:39 10:18 11:08 11:54 11:03
679	1086	Reese von Ohlen Jochen	Kieser Training	0:54:05	0:54:22	28	M55	54	5: 10:31 10:44 10:49 11:02 10:57
680	1271	De Graeve Marcel	*Kaarst	0:54:11	0:54:16	100	M30	81	5: 11:01 11:02 10:27 11:14 10:25
681	990	Heidenreich Günter	*düsseldorf	0:54:11	0:54:26	72	M50	61	5: 11:16 10:49 10:47 10:45 10:33
682	1319	Weber Benjamin	*Düsseldorf	0:54:12	0:54:57	101	M30	83	5: 13:16 12:56 08:57 09:36 09:24
683	885	Nicolaisen David		0:54:17	0:54:25	99	M35	76	5: 10:14 10:58 11:14 11:10 10:39
684	1302	Cavegn Ronny	*Düsseldorf	0:54:21	0:54:39	105	M40	73	5: 10:41 11:07 10:59 10:59 10:34
685	1303	Scheer Alexander	*Düsseldorf	0:54:21	0:54:40	102	M30	79	5: 10:41 11:07 10:58 10:59 10:34
686	1464	Gerloff Marcel	dm-drogeriemarkt	0:54:22	0:54:34	113	MHK	86	5: 10:00 10:49 11:18 11:26 10:47
687	1259	Kontz Ronny	Special Olympics Luxembourg	0:54:25	0:54:26	23	MU23	91	5: 08:53 09:10 12:00 13:00 11:21
688	1620	Zeiger Martin	*Düsseldorf	0:54:25	0:54:45	114	MHK	86	5: 11:36 11:07 11:09 11:01 09:31
689	436	Hillen Tobias	*Düsseldorf	0:54:26	0:54:57	103	M30	81	5: 10:08 10:52 11:10 11:05 11:10
690	699	Alfes Patrick	*düsseldorf	0:54:30	0:55:02	106	M40	72	5: 10:06 10:28 10:58 11:20 11:35
691	830	Heger Christian	*Düsseldorf	0:54:32	0:55:06	73	M50	59	5: 11:30 10:58 10:54 10:47 10:21
692	743	Recker Michael	*Osnabrück	0:54:32	0:55:14	104	M30	79	5: 11:08 10:14 10:46 11:06 11:16
693	1914	Baumann Jens		0:54:32	0:54:55	110	M45	65	5: 11:02 10:55 10:51 10:57 10:45
694	1143	Von Brevern Daniel	Linklaters LLP	0:54:33	0:54:55	107	M40	72	5: 10:35 10:49 11:05 11:09 10:52
695	2194	Flormann Michael	AWISTA	0:54:34	0:55:11	74	M50	60	5: 11:29 11:03 10:58 10:56 10:05
696	2973	Dick Björn		0:54:34	0:54:56	105	M30	79	5: 10:35 10:49 10:58 11:14 10:56
697	452	Zimmermann Stefan	Zimbo-Sprinter	0:54:34	0:54:44	111	M45	64	5: 10:20 11:04 11:11 10:53 11:05
698	814	Beneke Willi	Fc Gassi geher	0:54:35	0:55:25	100	M35	74	5: 11:55 10:41 10:30 10:47 10:41
699	2120	Feller Andreas	Brassert-Runner	0:54:36	0:54:46	108	M40	70	5: 10:23 11:02 11:02 11:08 10:58
700	1939	Okamoto Shinichi		0:54:39	0:55:00	10	M60	50	5: 11:07 10:35 10:42 10:59 11:13
701	1796	Jahns Dominique	*Moers	0:54:45	0:55:17	106	M30	80	5: 12:05 11:21 10:57 10:27 09:54
702	1614	Janßen Helmut	*Kleve	0:54:46	0:55:00	29	M55	58	5: 11:14 10:56 10:57 10:59 10:38
703	1207	Seefeldt Arne	*Düsseldorf	0:54:47	0:55:23	115	MHK	88	5: 10:08 10:33 11:34 11:34 10:55
704	1028	Kleeblatt Armin	SWD	0:54:48	0:54:53	75	M50	59	5: 10:23 10:55 10:57 11:07 11:24
705	799	Averdieck Wolfgang	*Düsseldorf	0:54:48	0:54:53	30	M55	57	5: 10:17 10:52 11:10 11:33 10:55
706	1691	Witthaus Christian	*Düsseldorf	0:54:50	0:55:14	101	M35	76	5: 09:50 10:30 11:04 11:27 11:57
707	1808	Cramer Dr. Jürgen	S Direkt Runners	0:54:53	0:55:17	76	M50	62	5: 10:49 11:06 11:00 11:11 10:46
708	1618	Otyakmaz Dr. Arif	*Düsseldorf	0:54:55	0:55:05	102	M35	78	5: 10:02 10:45 11:27 11:23 11:16
709	875	Welter Christoph	*Düsseldorf	0:54:58	0:55:11	112	M45	68	5: 10:13 10:56 11:32 11:20 10:56
710	1998	Bitter Michael		0:54:58	0:55:27	116	MHK	84	5: 11:51 11:06 10:46 10:38 10:36
711	2913	Taghavi Daryoush	Dr. Daryoush Taghavi	0:55:00	0:55:28	109	M40	73	5: 11:52 11:06 10:45 10:39 10:37
712	855	Gabor Frank	Fujitsu-General (Euro) GmbH	0:55:01	0:55:24	107	M30	79	5: 11:38 11:09 11:06 10:58 10:06
713	1015	Klausen Oliver	SWD	0:55:01	0:55:24	103	M35	76	5: 11:46 12:36 09:36 10:53 10:09
714	867	Jamber Ernst	*Düsseldorf	0:55:02	0:55:16	31	M55	56	5: 10:13 10:56 11:32 11:20 10:59
715	1221	Schomburg Dieter	TOSHIBA	0:55:03	0:55:05	3	M70	43	5: 09:12 11:28 12:20 10:59 11:02
716	926	Hubert Heidelberg	*Niederkrüchten	0:55:13	0:55:29	113	M45	66	5: 11:01 10:49 11:03 11:13 11:05
717	1460	Reineberg Daniel	dm-drogeriemarkt	0:55:15	0:55:27	108	M30	80	5: 10:11 11:11 11:28 11:31 10:53
718	2126	Hille Matthias	*Meerbusch	0:55:16	0:55:26	104	M35	77	5: 10:28 11:19 11:23 11:36 10:28
719	1414	Oster Jürgen	*Meerbusch	0:55:17	0:55:44	32	M55	56	5: 11:30 11:06 11:00 11:06 10:33
720	571	Makhoul Rabia	*Düsseldorf	0:55:18	0:55:23	105	M35	75	5: 10:14 10:43 11:11 11:29 11:39

10km - Gesamtwertung Lauf 6, 7 und 8 Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
721	862	Shirai Akimasa	Fujitsu-General (Euro) GmbH	0:55:20	0:55:35	106	M35	75	5: 10:21 11:01 11:15 11:28 11:13
722	935	Barzen Thomas	FEUERWEHR DÜSSELDORF	0:55:22	0:55:56	109	M30	80	5: 10:15 10:31 11:09 12:15 11:10
723	1957	Wildhagen Jens		0:55:22	0:56:02	110	M40	71	5: 11:28 10:58 11:07 11:06 10:41
724	1230	Schroepfer Michael	*Düsseldorf	0:55:34	0:56:23	110	M30	81	5: 12:02 11:08 10:48 11:02 10:32
725	1812	Müller Dr. Herbert	*Kaarst	0:55:37	0:55:41	114	M45	65	5: 10:32 11:06 11:24 11:55 10:38
726	1013	Meissner Axel	SWD	0:55:38	0:55:55	115	M45	68	5: 10:24 10:57 11:31 11:29 11:16
727	1311	Hedtke Jens	*Düsseldorf	0:55:40	0:55:51	111	M30	80	5: 10:20 11:01 11:53 11:50 10:34
728	1395	Pieper Andreas	*Mettmann	0:55:40	0:55:50	111	M40	70	5: 10:22 11:07 11:25 11:38 11:05
729	486	Taubenreuther Marc	*Duesseldorf	0:55:40	0:56:07	117	MHK	84	5: 10:41 11:03 11:09 11:37 11:08
730	1652	Schmitz-Remberg Florian	Linklaters LLP	0:55:42	0:56:06	118	MHK	87	5: 11:07 11:05 11:10 11:29 10:49
731	1083	Pojer Marc	Kieser Training	0:55:46	0:56:29	116	M45	67	5: 11:58 11:14 10:58 10:53 10:43
732	982	Birkholz Michael	LT Rennhamster	0:55:47	0:56:12	112	M40	70	5: 10:05 11:29 11:45 11:44 10:43
733	1514	Lenzkes Nico	*Viersen	0:55:48	0:55:51	112	M30	80	5: 10:15 11:04 11:54 11:25 11:09
734	859	Ouba Ibrahim	Fujitsu-General (Euro) GmbH	0:55:50	0:56:05	33	M55	57	5: 09:53 10:49 11:20 11:46 12:00
735	1694	Scholz Jürgen	Humboldt-Gymnasium	0:55:52	0:56:25	77	M50	63	5: 11:49 10:50 10:53 11:02 11:16
736	2922	Maafi Maziar	Dr. Daryoush Taghavi	0:55:55	0:56:23	107	M35	74	5: 11:51 11:08 10:58 11:13 10:41
737	1251	Rota Pol	Special Olympics Luxembourg	0:56:00	0:56:48	117	M45	68	5: 11:33 11:04 11:05 11:09 11:07
738	772	Hofer Heribert	*Düsseldorf	0:56:01	0:56:17	34	M55	54	5: 11:03 11:10 11:18 11:19 11:09
739	349	Baade Jörg		0:56:03	0:56:42	118	M45	65	5: 10:54 10:44 11:29 11:32 11:22
740	507	Minklei Dominik	*Düsseldorf	0:56:05	0:56:40	108	M35	76	5: 11:12 11:28 11:26 11:16 10:41
741	1952	Franzen Björn		0:56:06	0:56:34	119	MHK	85	5: 11:52 11:06 10:56 11:18 10:53
742	752	Haase Johannes	*Düsseldorf	0:56:07	0:56:09	120	MHK	87	5: 10:46 11:16 11:24 11:29 11:11
743	1489	Ely Stefan	*Düsseldorf	0:56:07	0:56:43	35	M55	55	5: 11:32 11:09 11:14 11:16 10:54
744	1352	Döring Bastian	Digitale Stadt Düsseldorf e.V.	0:56:13	0:56:26	121	MHK	84	5: 10:40 11:15 11:38 11:51 10:47
745	2117	Balsamo Gerardo	*Düsseldorf	0:56:13	0:56:27	78	M50	59	5: 10:03 10:34 10:53 11:48 12:53
746	389	Sato Yoshihiro		0:56:13	0:56:46	109	M35	74	5: 10:30 11:03 11:27 11:36 11:36
747	432	Ackermann Ulrich	Team ERDINGER Alkoholfrei	0:56:19	0:56:44	119	M45	64	5: 11:13 10:58 11:20 11:34 11:13
748	1436	Schenk Marc-Alexander	*Düsseldorf	0:56:24	0:56:50	113	M30	83	5: 12:07 11:14 11:19 11:05 10:37
749	2238	Sidi Chris		0:56:24	0:56:42	110	M35	74	5: 11:31 11:27 11:25 11:20 10:39
750	2926	Bücker Bernd	Dr. Daryoush Taghavi	0:56:29	0:56:55	122	MHK		5: 11:45 11:07 11:03 11:45 10:46
751	1018	Wagner Christoph	SWD	0:56:29	0:56:34	79	M50	59	5: 10:09 10:55 11:29 11:56 11:57
752	2021	Strang Michael	SV Bezirksregierung Düsseldorf	0:56:31	0:57:14	80	M50	61	5: 12:07 11:05 11:08 11:00 11:08
753	1310	Kaller Georg	Ski-Klub Düsseldorf	0:56:35	0:57:09	9	M65	47	5: 11:03 11:10 11:22 11:30 11:28
754	973	Fischer Dr. Oliver	*Düsseldorf	0:56:38	0:57:17	113	M40	72	5: 11:23 10:52 11:33 11:25 11:23
755	717	Kleinert Lars	*Düsseldorf	0:56:38	0:57:18	123	MHK	89	5: 12:11 11:42 11:42 11:33 09:29
756	442	Delle Michael	*Düsseldorf	0:56:38	0:57:11	114	M40	73	5: 10:25 10:53 11:22 11:52 12:03
757	1051	Von Lukowicz Henrik	Metro Runner	0:56:38	0:56:49	115	M40	71	5: 10:47 11:01 11:30 11:51 11:27
758	626	Herbst Eduard	GTV	0:56:44	0:57:30	10	M65	48	5: 11:58 11:19 11:16 11:15 10:53
759	2044	Scholz Tim	*Voerde	0:56:46	0:57:27	124	MHK	86	5: 11:59 11:10 11:09 11:24 11:03
760	1683	Krischer Jörg	Rheingold Düsseldorf	0:56:46	0:57:16	81	M50	61	5: 10:58 11:02 11:35 11:48 11:21
761	331	Ehlen Knut		0:56:49	0:57:05	82	M50	62	5: 10:25 11:11 11:43 12:01 11:27
762	2068	Niemann Tim	*Düsseldorf	0:56:49	0:57:10	111	M35	75	5: 11:35 11:26 11:12 11:21 11:14
763	339	Zirkwitz Hans-Walter	Pumuckl Runners Düsseldorf	0:56:56	0:57:11	11	M60	53	5: 11:17 11:05 11:25 11:35 11:32
764	1367	Rola Harald	Digitale Stadt Düsseldorf e.V.	0:56:58	0:57:12	83	M50	62	5: 10:37 10:56 11:38 12:10 11:35
765	1338	Pitsch Johannes	*Düsseldorf	0:57:06	0:57:17	112	M35	77	5: 10:27 11:14 11:49 12:09 11:24
766	1040	Kollnig Dr. Henner	Gesellschaft Casino	0:57:07	0:57:09	120	M45	66	5: 10:56 11:43 11:51 12:04 10:31
767	1172	Molketin Joerg	*Meerbusch	0:57:07	0:57:57	116	M40	73	5: 12:06 11:12 11:31 11:26 10:51
768	654	Köhne Johannes	albert schweitzer apotheke	0:57:10	0:57:47	125	MHK	87	5: 11:22 10:41 11:20 11:59 11:46
769	1708	Krause Günter	*Krefeld	0:57:10	0:57:36	12	M60	52	5: 11:17 11:26 11:36 11:35 11:13
770	827	Koch Martin	*Mettmann	0:57:13	0:57:41	113	M35	75	5: 10:42 11:32 11:31 11:54 11:31
771	1551	Rohde Dirk	Barfuss Timbaktu	0:57:19	0:57:33	117	M40	72	5: 10:52 11:14 11:32 11:57 11:42
772	902	Zisselmar Ulrich	*Mettmann	0:57:22	0:57:39	114	M35	75	5: 11:17 11:35 11:24 11:46 11:19
773	2970	Heyn Marco		0:57:23	0:59:33	115	M35	75	5: 11:03 11:36 11:43 11:42 11:16
774	1343	Jähner Stefan	reinlaut	0:57:23	0:57:54	114	M30	82	5: 11:34 11:20 11:33 11:36 11:18
775	1805	Stricker Achim	S Direkt Runners	0:57:23	0:57:47	36	M55	54	5: 10:48 11:06 11:26 11:59 12:02
776	1548	Daher Frank	*Düsseldorf	0:57:27	0:57:54	116	M35	74	5: 11:57 11:21 11:20 11:23 11:24
777	1756	Stankiewicz Gregor	*Krefeld	0:57:28	0:57:41	115	M30	79	5: 10:32 11:17 11:53 12:13 11:31
778	1126	Medina Cardona Daniel	*Düsseldorf	0:57:30	0:57:53	116	M30	82	5: 12:26 11:36 11:24 11:20 10:41
779	1827	Glen Andreas	*Wuppertal	0:57:34	0:58:09	117	M35	78	5: 11:32 11:15 11:26 11:53 11:26
780	1520	Kociuba Adam	*Düsseldorf	0:57:37	0:57:44	118	M35	77	5: 11:31 11:31 11:35 11:42 11:17

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
781	1580	Hermanns Rolf	DJK Novesia Neuss	0:57:37	0:58:16	11	M65	45	5: 11:59 11:17 11:27 11:22 11:30
782	1380	Quincke Florian	Hyatt Regency Düsseldorf	0:57:40	0:58:11	118	M40	72	5: 11:00 11:20 11:41 12:02 11:35
783	1553	Bonk Christian	*Düsseldorf	0:57:40	0:58:27	117	M30	79	5: 12:30 11:45 11:44 11:22 10:17
784	1833	Nolde Andreas	*Solingen	0:57:46	0:58:31	119	M35	77	5: 12:24 11:43 11:29 11:32 10:34
785	1053	Scholz Detlef	Metro Runner	0:57:55	0:58:22	84	M50	62	5: 12:05 11:39 11:27 11:21 11:22
786	1908	Lin van Oliver		0:57:57	0:58:47	121	M45	67	5: 11:48 11:18 11:39 11:51 11:19
787	1461	Rumpel Heiko	dm-drogeriemarkt	0:58:05	0:58:18	120	M35	76	5: 10:54 11:08 11:26 11:53 12:41
788	914	Schickhaus Frank	*Düsseldorf	0:58:06	0:58:51	122	M45	67	5: 11:38 11:26 11:25 11:50 11:44
789	712	Balzer Thorsten	*Düsseldorf	0:58:14	0:58:19	123	M45	68	5: 10:47 11:23 11:51 12:10 12:01
790	2920	Mueller Udo	Dr. Daryoush Taghavi	0:58:15	0:58:44	85	M50	63	5: 12:37 12:46 10:21 12:39 09:51
791	2929	Stute Frank	SWD	0:58:17	0:58:35	124	M45	68	5: 11:49 11:57 11:49 11:35 11:06
792	1626	Moritz Ralf	*Erkrath	0:58:24	0:58:28	86	M50	62	5: 10:55 11:46 11:53 12:10 11:39
793	419	Prodöhl Dominik	elephants can run	0:58:24	0:58:54	121	M35	77	5: 11:44 11:48 11:52 12:01 10:58
794	1757	Niermann Michael	Burggeister Sechtem	0:58:26	0:58:34	37	M55	58	5: 11:00 11:42 11:48 12:02 11:52
795	716	König Klaus-Dieter	*Wuppertal	0:58:29	0:59:08	87	M50	59	5: 12:11 11:42 11:42 11:34 11:18
796	656	Glasow Hannes	albert schweitzer apotheke	0:58:33	0:59:11	118	M30	80	5: 10:41 11:12 11:53 12:14 12:32
797	1486	Kracht Steffen	*Düsseldorf	0:58:38	0:58:43	119	M30	82	5: 10:08 11:25 11:56 12:41 12:25
798	1780	Bürsten Dieter	FC Rumeln	0:58:48	0:59:22	1	M75	38	5: 11:27 11:55 11:54 11:46 11:44
799	1721	Lanza Arancibia Jesus	*Köln	0:58:53	0:59:22	126	MHK	88	5: 11:26 11:49 11:54 11:54 11:48
800	1768	Strake Franz	*Düsseldorf	0:59:02	0:59:13	88	M50	59	5: 11:27 11:43 11:54 12:18 11:38
801	1993	Odenkirchen Paul		0:59:03	0:59:13	38	M55	58	5: 11:44 11:51 11:47 11:54 11:46
802	843	Schneider Thorsten	*Düsseldorf	0:59:07	0:59:15	119	M40	73	5: 11:09 11:52 12:11 12:13 11:41
803	2195	Zur Linden Ulli	LT Praxis zur Linden	0:59:09	0:59:36	39	M55	56	5: 11:48 11:30 11:43 12:05 12:01
804	1202	Witzmann Udo	*Düsseldorf	0:59:13	0:59:32	40	M55	55	5: 11:51 11:52 11:51 12:02 11:35
805	488	Hofer Stefan	*Hamburg	0:59:17	0:59:30	125	M45	67	5: 11:28 11:47 12:05 12:00 11:55
806	1229	Ernicke Maximilian	*Düsseldorf	0:59:17	1:00:06	120	M30	79	5: 12:09 11:42 11:56 12:03 11:25
807	1630	Johannes Horst	LT BUGA Düsseldorf 1999	0:59:19	1:00:00	126	M45	68	5: 11:52 11:44 11:54 11:57 11:50
808	2058	Schonhoff Michael	*Düsseldorf	0:59:25	0:59:49	120	M40	69	5: 12:22 12:06 11:44 11:47 11:25
809	541	Goldschmidt Dirk	wir-rocken-hinsbeck	0:59:35	1:00:13	127	M45	64	5: 11:05 11:23 12:14 12:28 12:23
810	2076	Buchwald Chris	MC Cappenberg	0:59:35	0:59:54	128	M45	65	5: 11:04 11:36 12:20 12:28 12:05
811	503	Gruschka Gregor	*Düsseldorf	0:59:37	1:00:12	41	M55	58	5: 11:55 11:33 11:50 12:10 12:07
812	1893	Stöver Bernd		0:59:38	1:00:30	121	M30	83	5: 11:56 11:21 11:54 12:12 12:13
813	664	Seelbach Michael	Graf-Recke-Stiftung	0:59:53	1:00:37	129	M45	66	5: 12:20 11:49 11:58 11:59 11:45
814	2040	Ehrich Markus	TC Rheinstadion	0:59:57	1:00:28	121	M40	70	5: 11:54 12:12 12:00 12:13 11:37
815	944	Rotzoll Andreas	*Düsseldorf	0:59:57	1:00:24	122	M40	69	5: 11:48 11:48 11:57 12:18 12:05
816	2176	Yilmaz Cengiz	*Essen	0:59:58	1:00:26	123	M40	72	5: 11:02 12:21 12:40 12:36 11:17
817	1102	Ruhl Volker	Henkel AG u. Co. KG aA	1:00:00	1:00:18	130	M45	64	5: 12:45 11:58 11:34 11:29 12:12
818	674	Yu Jai-Kwon	*Düsseldorf	1:00:01	1:00:34	122	M35	78	5: 12:18 11:51 12:01 12:14 11:35
819	939	Stiller Frank	SV Straelen	1:00:03	1:00:44	122	M30	80	5: 12:05 11:43 12:02 12:18 11:53
819	1252	Feltgen Pierrot	Special Olympics Luxembourg	1:00:03	1:00:51	42	M55	55	5: 12:29 12:01 11:44 12:02 11:45
821	1389	Wanders Andreas	*Düsseldorf	1:00:05	1:00:51	43	M55	57	5: 12:28 12:08 12:09 12:04 11:14
822	2919	Irmisch Christoph	Dr. Daryoush Taghavi	1:00:06	1:00:34	89	M50	62	5: 11:07 11:43 12:00 12:32 12:42
823	1519	Kersen Dirk	*Düsseldorf	1:00:07	1:00:22	124	M40	71	5: 11:11 11:43 12:17 12:17 12:37
824	1544	Giesen Philipp	Neutrinos	1:00:09	1:00:35	123	M30	82	5: 12:07 11:13 11:24 12:20 13:02
825	489	Sahnen Helmut	*Düsseldorf	1:00:17	1:00:36	90	M50	60	5: 11:29 11:50 11:42 12:11 13:02
826	1125	De Graat Albrecht	Run for Fun	1:00:21	1:00:43	91	M50	62	5: 12:09 11:46 11:59 12:10 12:16
827	861	Schmidt Olaf	Fujitsu-General (Euro) GmbH	1:00:24	1:00:47	131	M45	64	5: 12:25 12:10 12:13 12:04 11:29
828	1057	Fuchs Harry	Metro Runner	1:00:30	1:00:58	12	M65	48	5: 12:05 11:54 12:02 12:10 12:16
829	1054	Berhard Björn	Metro Runner	1:00:31	1:00:57	123	M35	78	5: 12:05 11:56 12:02 12:11 12:15
830	490	Möws Bernhard	*Löhne	1:00:34	1:00:54	44	M55	55	5: 11:44 11:59 12:09 12:20 12:20
831	454	Sitzer Marc	*KÖLN	1:00:37	1:00:50	124	M30	79	5: 11:09 12:20 12:28 12:31 12:08
832	2169	El-Bahay Akram	*Meerbusch	1:00:39	1:01:11	124	M35	76	5: 12:25 12:24 12:27 12:17 11:04
833	2170	Zimmermann Ville	*Düsseldorf	1:00:40	1:01:12	125	M35	76	5: 12:25 12:24 12:27 12:17 11:05
834	2025	Ott Roland	*Krefeld	1:00:49	1:01:25	132	M45	65	5: 12:22 11:58 12:09 12:18 12:00
835	1723	Wehmhöner Klaus-Dieter	*Erkrath	1:00:53	1:01:05	45	M55	54	5: 11:39 12:12 12:22 12:30 12:08
836	709	Noethe Andreas	*Neuss	1:00:55	1:01:21	125	M40	71	5: 12:01 12:00 12:14 12:33 12:05
837	1985	Aktas Ahmet		1:00:59	1:01:25	125	M30	80	5: 11:12 11:58 12:41 12:36 12:30
838	1258	Wagener Guy	Special Olympics Luxembourg	1:01:08	1:01:56	13	M65	44	5: 12:23 12:08 12:14 12:11 12:10
839	864	Theis Jörg	Fujitsu-General (Euro) GmbH	1:01:16	1:01:40	126	M40	69	5: 12:33 12:20 12:30 12:28 11:23
840	381	Neugebauer Thomas		1:01:23	1:01:43	133	M45	68	5: 11:47 11:57 12:09 12:28 12:59

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
841	865	Thie Stefan	Fujitsu-General (Euro) GmbH	1:01:28	1:01:52	92	M50	62	5: 12:25 12:24 12:20 12:14 12:04
842	1766	Jahns Daniel	*Düsseldorf	1:01:31	1:02:03	126	M30	82	5: 12:04 11:32 12:25 12:41 12:46
843	1166	Schneider Martin	*Düsseldorf	1:01:32	1:02:15	127	M40	71	5: 13:04 12:40 12:08 12:05 11:33
844	566	Uhlenbrock Hans	*Köln	1:01:33	1:02:04	93	M50	60	5: 11:58 11:40 12:26 12:41 12:47
845	1016	Philipp Klaus	SWD	1:01:41	1:01:46	46	M55	54	5: 11:40 12:21 12:43 12:42 12:13
846	1089	Wolters Burkhardt	Kieser Training	1:01:45	1:02:37	14	M65	46	5: 12:46 12:16 12:06 12:16 12:19
847	510	Heinrich Theo	*Düsseldorf	1:01:49	1:02:25	94	M50	62	5: 13:31 12:42 12:25 11:57 11:12
848	1510	Grass Ralph	kein	1:01:59	1:02:35	13	M60	52	5: 13:05 12:54 12:41 11:55 11:20
849	1189	Heinrichs Jan	*Wuppertal	1:02:01	1:02:36	127	M30	83	5: 12:54 12:48 12:29 12:10 11:40
850	1411	Ortmann Harry	*Isselburg	1:02:03	1:02:48	126	M35	74	5: 12:01 11:53 12:41 12:49 12:37
851	856	Kalischewski Uwe	Fujitsu-General (Euro) GmbH	1:02:04	1:02:26	95	M50	62	5: 12:35 12:20 12:30 12:28 12:10
852	744	Dufke Sebastian	*Düsseldorf	1:02:06	1:02:35	128	M30	81	5: 11:49 11:47 12:20 13:00 13:10
853	1662	Schmitz Peter Michael	LG FSUe Düsseldorf	1:02:09	1:02:49	15	M65	46	5: 11:46 12:14 12:40 12:48 12:39
854	784	Swiatczak Eugen	*Duisburg	1:02:11	1:03:01	16	M65	48	5: 12:09 12:25 12:57 12:41 11:58
855	938	Weyers Gerd	SV Straelen	1:02:14	1:02:55	47	M55	55	5: 12:06 12:17 12:39 12:36 12:33
856	739	Mainz Dieter	SV Grün Weiß Rot Düsseldorf	1:02:24	1:02:58	2	M75	36	5: 12:34 12:39 12:34 12:34 12:01
857	936	Brinkmann Jonas	FEUERWEHR DÜSSELDORF	1:02:42	1:03:17	129	M30	82	5: 10:15 11:24 13:05 13:53 14:03
858	1612	Thiele Torsten	*Düsseldorf	1:02:43	1:03:24	128	M40	72	5: 12:53 12:21 12:27 12:36 12:24
859	1672	Bolten Marc	FSV Düsseldorf	1:02:43	1:03:17	130	M30	83	5: 10:14 11:26 13:05 13:53 14:03
860	469	Lomott Manfred	LOMOCON GmbH	1:02:51	1:03:10	17	M65	48	5: 12:22 12:18 12:31 12:54 12:45
861	1368	Schwarz Jörg	Digitale Stadt Düsseldorf e.V.	1:02:55	1:03:08	134	M45	64	5: 12:43 12:11 12:42 12:49 12:28
862	884	Hartkamp Dr. Norbert	*Düsseldorf	1:03:17	1:03:38	48	M55	58	5: 11:34 12:09 13:00 13:22 13:10
863	551	Bannasch Lars	*Krefeld	1:03:30	1:04:00	127	M35	75	5: 12:33 12:17 12:36 12:50 13:12
864	553	Hölters Tim	*Krefeld	1:03:30	1:04:01	128	M35	74	5: 12:33 12:17 12:36 12:50 13:12
865	950	Rutkowski Prezes Marek	*Ratingen	1:03:37	1:03:54	14	M60	53	5: 11:52 12:44 13:09 13:09 12:41
866	655	Bädorf Gottfried	albert schweitzer apotheke	1:03:45	1:04:23	96	M50	60	5: 12:15 12:09 12:42 13:02 13:34
867	1972	Schillings Rolf		1:03:55	1:04:14	4	M70	42	5: 12:38 12:20 12:42 13:07 13:06
868	607	Löhren Christian	*Düsseldorf	1:04:00	1:04:37	129	M35	77	5: 12:12 12:35 13:10 13:16 12:46
869	625	Posingies Heinz	Kein	1:04:09	1:04:36	15	M60	52	5: 12:46 12:48 12:47 13:04 12:42
870	792	Pöschel Lutz	LG Schellbrand	1:04:13	1:05:01	49	M55	55	5: 13:18 13:03 12:46 12:35 12:30
871	1141	Reinhard Dirk	*Düsseldorf	1:04:14	1:04:44	129	M40	73	5: 12:09 12:08 12:44 13:42 13:30
872	1798	Hüsch Ralf	Albrecht-Dürer-Schule Ddorf	1:04:15	1:04:59	18	M65	47	5: 13:21 13:06 12:56 12:47 12:03
873	1931	Jiye Yan		1:04:31	1:04:50	131	M30	81	5: 12:00 13:04 13:40 13:13 12:32
874	1110	Kemper Sebastian	Henkel AG u. Co. KG aA	1:04:34	1:04:52	24	MU23	91	5: 12:46 11:58 12:32 13:39 13:37
875	1108	Herbst Gordon	Henkel AG u. Co. KG aA	1:04:35	1:04:52	127	MHK	87	5: 12:47 11:58 12:34 13:38 13:37
876	525	Abend Günter	*düsseldorf	1:04:52	1:05:13	5	M70	43	5: 13:00 12:57 13:09 13:02 12:42
877	2943	Hapka Peter	*Ratingen	1:04:53	1:05:37	128	MHK	86	5: 13:11 12:57 13:04 13:01 12:39
878	463	Peris Roberto	*Düsseldorf	1:05:12	1:05:34	135	M45	67	5: 11:55 11:42 13:03 13:55 14:34
879	1892	Schickhaus Werner	LT Düsseldorf Süd	1:05:48	1:06:26	3	M75	38	5: 13:57 13:11 13:01 13:04 12:33
880	382	Reusch Karl Heinz		1:05:59	1:06:38	1	M80	32	5: 13:56 13:12 13:00 13:06 12:43
881	2966	Lapp Stephan		1:06:03	1:06:24	97	M50	63	5: 11:17 11:26 17:00 13:49 12:29
882	403	Drees Oliver	*Mettmann	1:06:11	1:06:48	130	M40	70	5: 13:16 13:06 13:12 13:22 13:13
883	402	Flohr Alexander	*Krefeld	1:06:11	1:06:48	98	M50	63	5: 13:16 13:06 13:13 13:22 13:13
884	2223	Naujohat Carsten		1:06:29	1:07:15	130	M35	74	5: 13:03 13:19 13:26 13:36 13:03
885	1361	Prönneke Marcel	Digitale Stadt Düsseldorf e.V.	1:07:01	1:07:15	129	MHK	89	5: 13:06 13:29 13:53 13:54 12:36
886	1358	Martinez Romasn	Digitale Stadt Düsseldorf e.V.	1:07:02	1:07:14	136	M45	64	5: 13:08 13:29 13:53 13:55 12:37
887	1362	Schneider Stephan	Digitale Stadt Düsseldorf e.V.	1:07:02	1:07:14	137	M45	66	5: 13:07 13:30 13:52 13:55 12:36
888	342	Guzvic Michael		1:07:26	1:07:55	131	M40	69	5: 13:20 13:20 13:36 13:52 13:16
889	854	Bollner Manuel	Fujitsu-General (Euro) GmbH	1:08:09	1:08:31	130	MHK	90	5: 12:54 13:04 13:30 14:16 14:23
890	2222	Descombes Michel		1:08:32	1:09:11	6	M70	41	5: 12:37 13:27 13:55 14:33 13:58
891	2918	Schahangi Ershade	Dr. Daryoush Taghavi	1:08:34	1:09:03	131	M35	75	5: 12:43 13:09 13:28 14:36 14:37
892	1162	Todorinc Detlev	*Düsseldorf	1:08:54	1:09:26	50	M55	58	5: 13:10 13:26 13:59 14:09 14:08
893	1254	Int Groen Kevin	Special Olympics Luxembourg	1:09:03	1:09:51	131	MHK	89	5: 13:43 13:48 13:34 13:58 13:58
894	2239	Klabun Imo		1:10:38	1:11:33	132	M30	79	5: 13:42 13:52 14:16 14:26 14:20
895	443	Butterwegge Frank	*Düsseldorf	1:11:10	1:11:47	132	M40	71	5: 13:09 13:50 14:51 14:53 14:25
896	1680	Zell Hartmut	TANZSCHULE FERN	1:11:16	1:11:58	16	M60	49	5: 13:31 14:03 14:17 14:30 14:53
897	1927	Usui Shinsuke		1:12:45	1:13:27	132	MHK		5: 13:37 13:35 14:35 15:05 15:51
898	911	Greilich Sebastian	*Hagen	1:12:58	1:13:20	25	MU23	92	5: 14:30 14:17 14:52 14:57 14:19
899	1894	Flöck Dennis		1:13:57	1:14:48	133	M30	79	5: 13:49 14:30 14:58 15:13 15:24
900	808	Zimmermann Heinz-Peter	*Kaarst	1:13:58	1:14:48	51	M55	55	5: 13:49 14:31 14:58 15:14 15:24

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
901	1722	Lockenvitz Robert	*Solingen	1:14:27	1:15:01	133	MHK	86	5: 14:04	14:39	15:07	15:32	15:03
902	945	Yirmibes Ferhat	-----	1:14:34	1:15:07	134	MHK	84	5: 12:31	13:26	16:44	16:10	15:42
903	1263	Petit Danny	Special Olympics Luxembourg	1:17:17	1:18:06	135	MHK	87	5: 14:07	15:38	16:33	16:09	14:49
904	1267	Schenk Michel	Project 5	1:17:18	1:18:08	136	MHK	85	5: 14:06	15:37	16:34	15:53	15:06
905	1262	Strecker Daniel	Special Olympics Luxembourg	1:17:19	1:18:08	137	MHK	89	5: 14:07	15:38	16:33	16:09	14:51
906	1099	Cosenza Enrico	Henkel AG u. Co. KG aA	1:18:26	1:18:42	134	M30	80	5: 15:30	15:32	15:46	15:58	15:39
907	1331	Roitzheim Knut	www.mutmacherGESUCHT.de	0:55:33	0:55:44	133	M40	71	4: 09:50	11:02	11:29	11:46	11:24

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	21	Maina Mary		0:32:32	0:32:33	1	WU23	93	5: 06:16 06:30 06:35 06:37 06:32
2	24	Koubaa Sanaa	LG Stadtwerke Hilden	0:35:45	0:35:47	1	WHK	85	5: 06:57 07:09 07:15 07:12 07:11
3	1851	Klein-Arndt Melanie	SFD 75	0:36:02	0:36:03	1	W35	75	5: 06:55 07:13 07:18 07:23 07:13
4	740	Floß Doreen	TG Neuss	0:38:07	0:38:11	1	W30	79	5: 07:20 07:36 07:42 07:46 07:40
5	72	Meyer Lea	VfL Löningen	0:38:37	0:38:38	1	WU18	97	5: 06:56 07:34 07:58 08:10 07:56
6	1974	Honke Nora	DLC Aachen	0:39:02	0:39:05	2	W30	83	5: 07:37 07:49 07:52 07:55 07:48
7	1153	Sporleder Manuela	Tus Germania Schnelsen	0:39:19	0:39:25	1	W40	71	5: 07:43 07:48 07:55 08:00 07:52
8	599	Hauertmann Katharina	LSF Münster	0:39:49	0:39:52	2	W35	76	5: 07:35 07:51 08:08 08:12 08:02
9	70	Wrede Marina	LG Olympia Dortmund	0:40:05	0:40:09	2	WU18	96	5: 07:49 08:11 08:11 08:06 07:46
10	1773	Fierek Carina	LG Alpen	0:40:19	0:40:24	3	W30	83	5: 08:05 08:02 08:05 08:04 08:01
11	71	Guting Vanessa	LG Olympia Dortmund	0:40:38	0:40:42	1	WU20	95	5: 07:49 08:10 08:12 08:12 08:13
12	2140	Gerpott Fenja H.	*Ratingen-Lintorf	0:41:46	0:41:49	2	WU23	93	5: 08:09 08:23 08:28 08:28 08:17
13	1465	Janßen Tanja	SUS Schalke 96	0:42:02	0:42:08	2	W40	69	5: 08:20 08:29 08:26 08:25 08:21
14	1552	Schimanski Martina	TSV Viktoria Mülheim	0:42:27	0:42:32	3	W40	69	5: 08:23 08:28 08:27 08:36 08:30
15	992	Rentergent Carola	SG Zons	0:42:39	0:42:45	1	W50	63	5: 08:14 08:30 08:35 08:41 08:38
16	722	Paul Lea	*Köln	0:42:39	0:42:45	3	WU23	91	5: 07:46 08:45 08:44 08:51 08:31
17	1836	Hinze Katja	LG Gummersbach	0:42:46	0:42:53	4	W40	72	5: 08:20 08:25 08:35 08:44 08:41
18	1448	Möllensiep Sybille	SUS Schalke 96	0:43:15	0:43:20	2	W50	62	5: 08:15 08:30 08:48 08:45 08:55
19	2357	Wilke Belinda	TG Neuss	0:43:59	0:44:07	3	W50	60	5: 08:24 08:44 08:56 09:05 08:49
20	472	Müller Tabea	BSV 1929 Herford	0:44:00	0:44:04	4	WU23	91	5: 08:01 08:47 09:07 09:07 08:55
21	1039	Verheyen Barbara	Rumelker TV	0:44:04	0:44:12	4	W30	83	5: 08:31 08:38 08:47 09:02 09:04
22	1986	Meck Nina		0:44:06	0:44:15	5	W30	82	5: 08:21 08:37 09:01 09:10 08:55
23	495	Hellenbrand Lilo	DJK Gillrath	0:44:17	0:44:23	1	W55	56	5: 08:33 08:49 08:49 09:03 09:01
24	1859	Medici Francesca	SFD 75	0:44:19	0:44:23	2	WHK	89	5: 08:37 08:53 09:02 09:03 08:43
25	2233	Doetsch Esther	Ausdauerchule by Bunert	0:44:21	0:44:28	3	WHK	88	5: 08:16 08:33 09:07 09:21 09:01
26	1533	Kels Petra	TSV Viktoria Mülheim	0:44:27	0:44:32	4	W50	62	5: 08:27 08:53 08:57 09:04 09:03
27	574	Kurp Karen	RSM Deutschland GmbH	0:44:31	0:44:53	5	W40	71	5: 09:11 08:43 08:48 08:57 08:50
28	423	Lambertz Michaela	*Düsseldorf	0:44:45	0:44:47	3	W35	77	5: 08:23 08:51 09:04 09:10 09:14
29	1453	Müller Dagmar	SUS Schalke 96	0:45:01	0:45:08	5	W50	60	5: 08:40 08:51 09:09 09:14 09:05
30	1839	Stürtz Marie-Luise	SFD 75	0:45:27	0:45:34	1	W60	50	5: 09:00 09:01 09:04 09:15 09:06
31	1546	Hanf Anja	Goldduoteam	0:45:58	0:46:06	1	W45	65	5: 08:47 09:01 09:17 09:25 09:25
32	900	Großmann Linda	*Erkrath	0:46:02	0:46:30	4	WHK	84	5: 09:27 09:12 09:15 09:18 08:47
33	2236	Müller Anja	Laufftreff Lindlar	0:46:13	0:46:34	5	WHK	89	5: 08:58 09:15 09:29 09:23 09:05
34	1742	Land Dr. Susanne	*Düsseldorf	0:46:49	0:46:57	6	W40	70	5: 08:41 09:13 09:38 09:44 09:31
35	451	Winter Karen	LT Rennhamster Düsseldorf	0:46:56	0:47:04	7	W40	72	5: 09:15 09:09 09:47 09:43 08:59
36	1315	Haarmann Kerstin	SV Germania Dürwiß	0:47:07	0:47:15	5	WU23	92	5: 09:13 09:24 09:33 09:46 09:08
37	562	Mück Heike	*Neuss	0:47:07	0:47:22	6	WHK	87	5: 09:10 09:10 09:31 09:43 09:31
38	756	Zange Gabi	ESV Gremberghoven /Köln	0:47:09	0:47:22	6	W50	60	5: 09:10 09:20 09:32 09:39 09:27
39	1613	Beulen Silke	ART Düsseldorf	0:47:13	0:47:58	4	W35	76	5: 09:19 09:30 09:22 09:34 09:25
40	2962	Schwarz Svenja		0:47:14	0:47:20	7	WHK	90	5: 08:30 09:24 09:50 09:53 09:35
41	530	Dahm Sabine	Spaßläufer	0:47:17	0:47:51	2	W45	68	5: 09:15 09:26 09:38 09:38 09:18
42	1071	Gimpel Katerina	Hpp GmbH + Co. KG	0:47:20	0:47:26	6	W30	79	5: 08:52 09:35 09:46 09:38 09:26
43	961	Tappe Kathrin	*Dortmund	0:47:26	0:47:36	6	WU23	92	5: 08:38 09:32 09:51 09:47 09:36
44	1848	Dreyer Alexandra	SFD 75	0:47:36	0:47:44	8	W40	71	5: 09:21 09:25 09:32 09:40 09:35
45	1917	Machale Patricia		0:47:41	0:47:56	9	W40	73	5: 09:17 09:30 09:38 09:40 09:34
46	397	Heyberend Silvia		0:47:44	0:48:17	5	W35	76	5: 09:30 09:34 09:42 09:36 09:21
47	1701	Kramer-Lülsdorf Annette	*Düsseldorf	0:47:57	0:48:05	6	W35	75	5: 08:50 09:25 09:49 09:59 09:53
48	456	Kirchner Kerstin	TG Neuss	0:48:02	0:48:17	7	W30	83	5: 09:10 09:11 09:43 10:03 09:53
49	1384	Kalitzki Mitja	Hyatt Regency Düsseldorf	0:48:03	0:48:32	8	WHK	88	5: 09:37 09:29 09:55 09:44 09:17
50	997	Wrede Sabrina	*Ratingen	0:48:14	0:48:22	9	WHK	87	5: 09:09 09:39 09:52 09:56 09:36
51	1823	Brix Silke	*Neuss	0:48:18	0:48:44	8	W30	79	5: 09:14 09:31 09:50 09:56 09:45
52	1410	Schramm Iris	*Duisburg	0:48:30	0:48:35	9	W30	81	5: 09:00 09:32 09:53 10:00 10:02
53	1178	Herrmann Birgit	Caritas Sozialdienste	0:48:34	0:48:53	7	W50	60	5: 09:43 09:33 09:45 09:48 09:42
54	1753	Laumann Martina	*Düsseldorf	0:48:51	0:48:58	3	W45	67	5: 09:32 09:38 09:46 09:55 09:57
55	1709	Wick Susanne	*Dormagen	0:48:54	0:49:30	10	W40	70	5: 10:54 09:37 09:27 09:36 09:18
56	850	Scherwaß Ursula	*Düsseldorf	0:49:02	0:49:19	2	W55	58	5: 09:41 09:50 09:53 09:53 09:43
57	820	Hollstein Heike	Team ERDINGER Alkoholfrei	0:49:10	0:49:24	3	W55	57	5: 09:33 09:48 09:54 10:05 09:48
58	1093	Hinkel Sylke	Kieser Training	0:49:13	0:49:21	4	W45	65	5: 09:41 09:56 10:02 09:59 09:33
59	449	Willems Sarah	*Düsseldorf	0:49:14	0:49:40	10	W30	80	5: 09:03 09:32 10:02 10:21 10:13
60	693	Hoffmann Carmen	*Mettmann	0:49:21	0:49:32	7	W35	77	5: 09:30 09:44 09:59 10:03 10:04

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
61	1501	Segers Jeannette	SUS Schalke 96	0:49:25	0:49:36	8	W35	78	5:09:25	09:58	10:03	10:06	09:51	
62	1539	Voißel Gertrud	*Neuss	0:49:29	0:50:04	11	W40	70	5:10:07	09:40	09:54	10:01	09:46	
63	417	Ebert Jana	Deutscher Sportklub Düsseldorf	0:49:30	0:49:47	10	WHK	87	5:09:43	09:48	09:58	10:08	09:51	
64	1455	Scherer Susanne	dm-drogeriemarkt	0:49:41	0:49:48	5	W45	66	5:09:27	09:42	10:09	10:20	09:59	
65	1732	Lehmann Gaby	LG Stadtwerke Hilden	0:49:43	0:50:03	6	W45	65	5:09:36	09:50	10:07	10:13	09:56	
66	726	Vester Katja	*Düsseldorf	0:49:46	0:50:03	12	W40	70	5:09:58	09:46	09:58	10:06	09:57	
67	367	Hartmann Christiane	Görres Gymnasium	0:49:56	0:50:04	9	W35	76	5:09:17	09:51	10:13	10:21	10:12	
68	430	Streckbein Dorothea	*Düsseldorf	0:50:00	0:50:34	10	W35	77	5:10:01	10:05	10:15	10:04	09:33	
69	1960	Gregorius Alice	Fuchs & Hase	0:50:07	0:50:09	11	WHK	87	5:08:59	09:50	10:29	10:41	10:07	
70	1268	Stenner-Langen Wiltrud	LC Phönix Geilenkirchen	0:50:08	0:50:27	7	W45	65	5:10:04	10:01	10:09	10:08	09:44	
71	630	Winde Eva	*Düsseldorf	0:50:12	0:50:32	11	W30	81	5:09:43	09:54	10:15	10:18	10:00	
72	365	Wiese Carolin	Görres Gymnasium	0:50:14	0:50:21	12	WHK	84	5:09:35	09:57	10:21	10:27	09:53	
73	1819	Bögershausen Nicole	*Meerbusch	0:50:16	0:50:23	11	W35	74	5:09:52	10:04	10:09	10:18	09:52	
74	1196	Schulz Maria		0:50:19	0:50:54	12	W30	80	5:09:33	09:59	10:23	10:26	09:56	
75	1565	Lindenberg Regina	LG Gummersbach	0:50:23	0:50:38	8	W45	64	5:09:28	10:20	10:09	10:28	09:55	
76	621	Sodekamp Yvonne	*Düsseldorf	0:50:26	0:50:57	12	W35	75	5:09:46	10:09	10:17	10:22	09:49	
77	1707	Vasilyeva Olga	*Meerbusch	0:50:33	0:50:59	13	WHK	87	5:09:43	11:24	10:33	09:26	09:26	
78	1541	Schütte Drita	TSV Viktoria Mülheim	0:50:45	0:50:48	8	W50	63	5:09:53	10:19	10:32	10:27	09:32	
79	614	Wöhler Julia	*Düsseldorf	0:50:46	0:50:50	14	WHK	89	5:09:41	10:11	10:15	10:28	10:08	
80	1194	Schmidt Nicole	*Frechen	0:50:47	0:51:09	13	W40	73	5:09:57	10:01	10:18	10:25	10:05	
81	1663	Bendhiba Irene	Laufen in Köln	0:51:02	0:51:08	4	W55	56	5:09:54	10:16	10:14	10:21	10:15	
82	555	Endres Ann Carolin	*Düsseldorf	0:51:03	0:51:10	15	WHK	86	5:10:14	10:07	10:17	10:20	10:02	
83	736	Fröhlich Anna	*Solingen	0:51:07	0:51:19	13	W30	82	5:09:44	10:02	10:22	10:23	10:33	
84	958	Rimkus Petra	Team Jim Bob	0:51:10	0:51:33	16	WHK	85	5:10:20	10:07	10:19	10:22	10:00	
85	1413	Gassner Meike	Sfd 75	0:51:12	0:51:36	14	W40	70	5:10:19	10:25	10:27	10:10	09:49	
86	1405	Azizmohammadi Monika	*Erkrath	0:51:17	0:51:38	13	W35	76	5:09:44	10:03	10:29	10:48	10:11	
87	2080	Mueller Dr. Conny	*Duesseldorf	0:51:19	0:51:38	17	WHK	85	5:09:43	10:18	10:36	10:35	10:04	
88	533	Heß Renate	LT Düsseldorf-Süd	0:51:35	0:52:12	1	W70	40	5:10:24	10:20	10:21	10:19	10:09	
89	640	Walterowicz Romina	*Düsseldorf	0:51:43	0:52:05	18	WHK	84	5:09:59	10:07	10:29	10:41	10:25	
90	658	Goldmann Marietta	albert schweitzer apotheke	0:51:45	0:52:23	14	W35	77	5:10:55	10:15	10:17	10:20	09:56	
91	1144	Öncü Canan	Linklaters LLP	0:51:46	0:51:52	15	W35	78	5:09:52	10:32	10:34	10:27	10:18	
92	337	Biltgen Sandra	CAPA Ehelbrück	0:51:50	0:52:22	16	W35	76	5:10:07	10:14	10:28	10:33	10:27	
93	338	Biltgen Claude		0:51:50	0:52:23	17	W35	76	5:10:06	10:14	10:28	10:32	10:28	
94	351	Seifel Heike		0:51:50	0:51:59	18	W35	78	5:09:52	10:19	10:40	10:32	10:25	
95	1642	Werschmann Cäcilia	Ayyo Team e.V.	0:51:52	0:52:10	19	WHK	89	5:09:55	10:22	10:33	10:40	10:20	
96	928	Ricken Nora	*Düsseldorf	0:51:54	0:52:14	19	W35	75	5:09:58	10:08	10:41	10:33	10:31	
97	1569	Coroly Sabine	Ig-gummersbach	0:51:57	0:52:11	5	W55	56	5:10:06	10:22	10:28	10:36	10:23	
98	1206	Holst Lisa	*Düsseldorf	0:52:12	0:52:39	20	WHK	87	5:10:06	10:16	10:44	10:38	10:25	
99	1587	Schüßler Alexandra	crazy-bornRacing	0:52:14	0:52:43	14	W30	82	5:10:43	10:26	10:29	10:39	09:56	
100	1710	Krause Stefanie	*Krefeld	0:52:14	0:52:40	21	WHK	85	5:10:19	10:29	10:40	10:42	10:02	
101	2141	Gerpott Katja	*Duisburg	0:52:15	0:52:19	9	W50	63	5:09:50	10:30	10:39	10:44	10:30	
102	2006	Deiß Martina	YourKit GmbH	0:52:16	0:52:24	15	W30	79	5:09:37	10:12	10:37	11:04	10:43	
103	1763	Franken Franziska	*Köln	0:52:17	0:52:32	22	WHK	87	5:09:39	10:21	10:53	10:54	10:28	
104	379	Neuhaus Julia		0:52:24	0:52:48	20	W35	78	5:10:12	10:22	10:37	10:40	10:31	
105	2016	Olms Anne-Barbara	Vodafone Runners	0:52:39	0:53:21	16	W30	80	5:10:14	10:34	10:31	10:47	10:30	
106	815	Geerken Petra	*Meerbusch	0:52:42	0:52:54	15	W40	73	5:10:36	10:40	10:30	10:27	10:27	
107	612	Chloubova Lenka	*Düsseldorf	0:52:48	0:53:07	17	W30	79	5:10:22	10:45	10:40	10:43	10:16	
108	1640	Schwarz Sabine	*Castrop-Rauxel	0:52:55	0:53:07	16	W40	69	5:10:44	10:36	10:45	10:40	10:07	
109	791	Pöschel Gudrun	LG Schellbrand	0:52:57	0:53:43	6	W55	55	5:11:24	10:26	10:22	10:20	10:23	
110	893	Wienströer Britta	*Düsseldorf	0:53:00	0:53:14	18	W30	83	5:10:31	10:33	10:47	10:49	10:18	
111	747	Saemann Dr. Julia	*Neu-Isenburg	0:53:00	0:53:22	21	W35	78	5:10:31	10:43	10:40	10:40	10:24	
112	2091	Takazawa Mariko	*Düsseldorf	0:53:01	0:53:06	22	W35	74	5:10:07	10:43	10:39	10:55	10:34	
113	1705	Welzel Petra	*Düsseldorf	0:53:12	0:53:33	10	W50	62	5:10:17	10:34	10:56	10:56	10:28	
114	2049	Reulecke Jana	*Düsseldorf	0:53:19	0:53:35	23	WHK	85	5:10:15	10:33	10:58	10:59	10:31	
115	981	Birkholz Annett	LT Rennhamster	0:53:37	0:54:01	17	W40	69	5:10:32	10:35	10:44	10:57	10:46	
116	1150	Pohlmann Angelika	Linklaters LLP	0:53:38	0:54:02	7	W55	55	5:10:39	10:38	10:58	10:44	10:38	
117	816	Stephan Katharina	Laufgruppe D-Grafenberg	0:53:49	0:54:28	24	WHK	89	5:10:56	10:51	10:56	10:57	10:07	
118	758	Hoffmann Anja	shinebrightlikeadiamond	0:53:55	0:53:58	18	W40	70	5:10:26	10:30	11:05	11:11	10:40	
119	934	Ruda Christian	FEUERWEHR DÜSSELDORF	0:53:59	0:54:33	19	W30	79	5:10:15	10:31	10:32	11:07	11:32	
120	410	Hebrant Gisela	TIGGES Rechtsanwälte	0:54:00	0:54:32	23	W35	78	5:10:00	10:15	10:51	11:17	11:35	

10km - Gesamtwertung Lauf 6, 7 und 8

Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	1540	Lenhart Anke	TTC Wuppertal	0:54:01	0:54:08	24	W35	76	5: 11:37 11:51 11:54 09:34 09:03
122	2156	Riedel Christina	*Düsseldorf	0:54:03	0:54:15	25	W35	74	5: 10:39 10:57 11:01 10:48 10:36
123	2092	Malchow Carmen	*Langenfeld	0:54:11	0:54:26	9	W45	65	5: 10:25 10:46 10:55 11:01 11:03
124	1136	Seifert-Preuß Beate	Solinger LC	0:54:11	0:54:46	11	W50	62	5: 10:55 10:40 10:51 10:59 10:45
125	415	Laue Sabine	*Meerbusch	0:54:13	0:54:24	19	W40	71	5: 10:37 10:44 10:49 11:02 10:59
126	1020	Hecker Deliah	SWD	0:54:13	0:54:17	25	WHK	90	5: 09:55 10:37 11:23 11:39 10:37
127	1925	Obrikat Elena		0:54:14	0:54:20	26	WHK	84	5: 10:51 10:52 10:56 11:06 10:27
128	1926	Werner Wiebke		0:54:14	0:54:20	20	W30	83	5: 10:52 10:51 10:57 11:05 10:28
129	335	Kaltbeitzel Corinna		0:54:15	0:54:24	12	W50	63	5: 10:23 10:37 10:57 11:07 11:09
130	1988	Wood Aneira		0:54:19	0:54:24	21	W30	83	5: 09:40 10:43 10:59 11:28 11:27
131	1967	Goldschmidt Anja		0:54:22	0:55:02	20	W40	71	5: 10:56 10:51 10:55 10:59 10:38
132	845	Treiber Kerstin	*Düsseldorf	0:54:36	0:54:38	26	W35	78	5: 10:09 10:45 11:16 11:26 10:58
133	1092	Haas Nathalie	Kieser Training	0:54:42	0:55:25	27	W35	78	5: 11:58 11:01 10:44 10:45 10:12
134	1615	Wilkniff Birgit	*Krefeld	0:54:45	0:55:00	13	W50	61	5: 11:13 10:57 10:57 10:59 10:37
135	2151	Hellendahl Julia	*Düsseldorf	0:54:46	0:55:23	27	WHK	86	5: 10:06 10:34 11:34 11:35 10:55
136	391	Moeanu Victoria		0:54:48	0:55:03	22	W30	80	5: 10:50 11:07 10:56 11:11 10:42
137	1155	Thiel Marion	Tus08 Lintorf	0:54:48	0:55:19	21	W40	69	5: 10:53 10:52 11:02 11:04 10:54
138	1743	Kortbus Christina	*Meerbusch	0:54:50	0:55:38	22	W40	70	5: 11:41 10:57 10:50 10:42 10:38
139	2206	Hoffmann Sandra	*Düsseldorf	0:54:51	0:54:53	28	W35	76	5: 09:46 11:07 11:21 11:44 10:51
140	1447	Gonzalez Katty	*Düsseldorf	0:54:54	0:55:04	28	WHK	84	5: 10:02 10:45 11:27 11:23 11:15
141	499	Bohne Jeannette	kein Verein	0:54:54	0:55:03	23	W40	72	5: 10:45 10:51 11:06 11:14 10:55
142	1273	Bürkel Alexandra	*Solingen	0:54:55	0:55:04	24	W40	70	5: 10:10 10:51 11:21 11:21 11:11
143	437	Haverkamp Judith	*Düsseldorf	0:54:56	0:55:34	23	W30	83	5: 11:48 10:48 10:47 10:53 10:39
144	438	Schlinkert Mareike	*Düsseldorf	0:54:58	0:55:37	24	W30	83	5: 11:47 10:49 10:47 10:53 10:41
145	789	Kreidel Sabine	*düsseldorf	0:55:17	0:56:02	14	W50	61	5: 11:25 11:01 11:04 11:01 10:43
146	1956	Andre Katja		0:55:24	0:56:04	25	W30	80	5: 11:28 10:57 11:07 11:06 10:42
147	1341	Jakubekova Livia		0:55:41	0:55:52	29	WHK	89	5: 10:20 11:01 11:52 11:50 10:35
148	905	Volkers Janita	*Hannover	0:55:41	0:56:11	26	W30	83	5: 11:31 11:09 11:14 11:19 10:26
149	863	Brüninghaus Antje	ASC Düsseldorf	0:55:42	0:56:06	10	W45	66	5: 10:58 11:09 11:16 11:26 10:51
150	668	Suzuki Kaoru	*Düsseldorf	0:55:46	0:56:14	25	W40	73	5: 10:53 11:33 11:21 11:02 10:55
151	1055	Wallon Kathrin	Metro Runner	0:55:50	0:55:58	27	W30	83	5: 10:09 10:39 11:09 11:45 12:06
152	1968	Dicks Merle	Ski-Klub	0:55:54	0:56:28	28	W30	83	5: 10:45 10:57 11:11 11:31 11:27
153	833	Esters Anette	NEW Runners SG 26	0:55:54	0:55:57	15	W50	60	5: 10:38 11:12 11:27 11:27 11:08
154	1567	Little Gesa	*Aachen	0:55:54	0:56:00	30	WHK	89	5: 09:57 10:24 11:23 12:53 11:15
155	542	Struck Sandra	wir-rocken-hinsbeck	0:55:55	0:56:35	29	W35	76	5: 11:01 10:57 11:30 11:15 11:09
156	1130	Reisgies Eva	*Düsseldorf	0:55:56	0:56:29	29	W30	81	5: 12:05 10:49 10:45 11:06 11:09
157	775	Zapata Kandt Renata	*Düsseldorf	0:55:59	0:56:15	11	W45	64	5: 11:02 11:11 11:18 11:20 11:06
158	1260	Mack Annick	Special Olympics Luxembourg	0:56:01	0:56:48	30	W35	74	5: 11:34 11:05 11:05 11:09 11:07
159	1679	Volk Thea	Lg Gummersbach	0:56:07	0:56:21	8	W55	55	5: 10:49 11:19 11:14 11:25 11:18
160	1810	Stenger Birgit	actiondates	0:56:07	0:56:09	26	W40	69	5: 10:13 11:06 11:27 12:22 10:57
161	388	Nagaosa Yuki		0:56:13	0:56:45	12	W45	65	5: 10:31 11:03 11:28 11:35 11:34
162	1476	Rocker Anna Lena	*Düsseldorf	0:56:14	0:56:33	30	W30	81	5: 11:37 11:07 11:09 11:17 11:02
163	413	Schlangen Sandra	Running TV Bedburg	0:56:14	0:56:18	31	W35	78	5: 10:54 11:21 11:24 11:33 11:01
164	921	Drenkard Angela	Team ERDINGER Alkoholfrei	0:56:19	0:56:44	27	W40	72	5: 11:13 10:58 11:20 11:34 11:12
165	983	Kovacevic Tijana	*Düsseldorf	0:56:26	0:56:49	31	W30	82	5: 11:38 11:09 11:22 11:17 10:58
166	2107	Sauerwald Vasiljka	*Essen	0:56:34	0:56:43	1	W65	48	5: 10:39 11:23 11:27 11:32 11:29
167	1128	Krebber Carmen	*Düsseldorf	0:56:44	0:56:50	9	W55	58	5: 11:26 11:12 11:19 11:33 11:12
168	1137	Von Blohn Monika	*Düsseldorf	0:56:44	0:56:50	2	W60	50	5: 11:26 11:12 11:18 11:33 11:13
169	2045	Pierzina Aline	*Voerde	0:56:46	0:57:26	31	WHK	86	5: 11:59 11:09 11:10 11:24 11:02
170	665	Nast Katja	*Marl	0:56:50	0:57:19	32	W35	76	5: 11:51 11:11 11:06 11:22 11:18
171	666	Teichmann Christin	*Gelsenkirchen	0:56:51	0:57:19	28	W40	73	5: 11:51 11:11 11:06 11:22 11:19
172	1522	OMahony Sandra	*Düsseldorf	0:56:53	0:57:32	29	W40	73	5: 11:01 11:22 11:35 11:30 11:23
173	2925	Witew Lena	Dr. Daryoush Taghavi	0:56:54	0:57:21	32	WHK		5: 11:43 11:11 11:00 11:40 11:18
174	1678	Chiang Ya-Nan	*Oberhausen	0:56:55	0:56:57	13	W45	68	5: 10:15 11:22 12:06 11:48 11:22
175	671	Klünens Sylvia	*Krefeld	0:57:06	0:57:17	30	W40	73	5: 10:45 11:14 11:34 11:39 11:53
176	1634	Duhme Svenja	*Düsseldorf	0:57:07	0:57:14	32	W30	82	5: 11:07 11:11 11:31 11:43 11:33
177	1511	Black Robin Lea	*Düsseldorf	0:57:08	0:57:39	14	W45	64	5: 11:48 11:22 11:23 11:31 11:02
178	2201	Friemelt Jana	TuS Bösinghoven	0:57:08	0:57:54	10	W55	56	5: 11:33 11:21 11:26 11:31 11:15
179	344	Ahrenberg Annette	OTV	0:57:10	0:57:29	15	W45	66	5: 11:01 11:11 11:31 11:54 11:32
180	1370	Kaledat Bianca	Digitale Stadt Düsseldorf e.V.	0:57:13	0:57:23	33	W35	76	5: 10:41 11:19 11:37 11:40 11:53

10km - Gesamtwertung Lauf 6, 7 und 8 Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1714	Averdieck Marita	*Düsseldorf	0:57:28	0:57:59	16	W50	59	5: 11:57 11:23 11:23 11:36 11:07
182	1720	Deußen Anja	Laufteam Rhein Kreis Neuss	0:57:33	0:57:57	16	W45	67	5: 11:22 11:33 11:37 11:38 11:21
183	2967	Marino Silvana		0:57:33	0:57:55	33	W30	82	5: 11:16 11:26 11:52 11:34 11:22
184	613	Reznitschek Heike	Wuppertaler Running Girls	0:57:39	0:58:14	17	W50	61	5: 11:45 11:45 11:20 11:26 11:20
185	1227	Schneider Annika		0:57:52	0:58:42	33	WHK	86	5: 12:08 11:42 11:38 11:31 10:51
186	1485	Gomez Andrea	*Düsseldorf	0:57:56	0:58:01	34	WHK	86	5: 10:07 11:26 11:53 12:45 11:44
187	1385	Kiremitli Sema	Hyatt Regency Düsseldorf	0:58:04	0:58:20	35	WHK	88	5: 11:10 11:43 11:58 11:58 11:14
188	458	Vetter Heidi	*Wuppertal	0:58:06	0:58:38	18	W50	59	5: 11:14 11:31 12:05 12:05 11:10
189	1045	Krinke Frederike	*Düsseldorf	0:58:14	0:58:46	34	W35	77	5: 11:39 11:47 11:39 11:50 11:18
190	822	Junker Laura	*Freiburg	0:58:19	0:58:24	36	WHK	86	5: 10:52 11:22 11:54 12:11 11:57
191	1082	Nürnberg Ute	Kieser Training	0:58:21	0:59:02	17	W45	66	5: 11:45 11:28 11:39 11:52 11:36
192	418	Iacob Elisa	elephants can run	0:58:24	0:58:54	37	WHK	84	5: 11:44 11:48 11:52 12:01 10:58
193	1625	Girsch Heike	*Erkrath	0:58:25	0:58:28	31	W40	69	5: 10:56 11:47 11:53 12:09 11:39
194	1300	Schuller Hannah	*Düsseldorf	0:58:27	0:58:58	38	WHK	86	5: 11:55 11:26 11:47 11:54 11:24
195	1503	Koch Sarah	*Düsseldorf	0:58:34	0:59:01	34	W30	83	5: 11:48 11:30 11:52 12:01 11:20
196	806	Zahn Stefanie	*Oberhausen	0:58:34	0:59:19	35	W30	83	5: 12:25 11:44 11:29 11:32 11:22
197	616	Schwarz Franziska	*Düsseldorf	0:58:36	0:59:11	39	WHK	85	5: 12:08 11:40 11:45 11:42 11:19
198	1421	Münstermann Kathrin	Düsseldorfer Turnverein 1847	0:58:43	0:59:06	40	WHK	89	5: 10:11 11:30 12:02 12:28 12:29
199	977	Rioboo Sara	*Duesseldorf	0:58:44	0:59:07	35	W35	77	5: 11:54 11:24 11:46 12:10 11:27
199	1355	Gluding Tanja	Digitale Stadt Düsseldorf e.V.	0:58:44	0:58:55	35	W35	76	5: 11:37 11:52 11:59 11:50 11:24
201	1704	Rosenbaum ALine	*Düsseldorf	0:58:54	0:59:19	41	WHK	87	5: 11:40 11:36 11:42 12:07 11:47
202	1121	Duong Lan Anh	*Duesseldorf	0:58:54	0:59:22	42	WHK	88	5: 11:27 11:49 11:53 11:54 11:49
203	920	Mense Sabine	Team ERDINGER Alkoholfrei	0:59:01	0:59:37	18	W45	68	5: 10:45 11:28 12:08 12:27 12:10
204	1149	Tautges Carmen	Linklaters LLP	0:59:02	0:59:27	32	W40	73	5: 11:01 11:45 12:09 12:09 11:56
205	485	Ambrose Caroline	*düsseldorf	0:59:05	0:59:18	36	W30	83	5: 11:29 11:47 12:05 12:00 11:42
206	1170	Lössner Silke	TUS 08 Lintorf	0:59:09	0:59:35	33	W40	71	5: 11:33 11:35 11:54 12:05 12:00
206	1542	Stoffel Heike	TTC Wuppertal	0:59:09	0:59:17	33	W40	70	5: 11:38 11:51 11:58 11:52 11:49
208	2014	Siepmann Anja	*Düsseldorf	0:59:16	0:59:37	37	W35	74	5: 11:35 11:38 11:55 12:09 11:57
209	1631	Bonten-Johannes Sandra	LT BUGA Düsseldorf 1999	0:59:18	0:59:59	19	W45	68	5: 11:52 11:43 11:54 11:57 11:50
210	487	Bangert Angela	*Düsseldorf	0:59:18	0:59:31	35	W40	72	5: 11:28 11:47 12:06 11:59 11:56
211	2118	Heukemes Gaby	*Meerbusch	0:59:19	0:59:31	38	W35	74	5: 11:02 11:52 12:06 12:18 12:00
212	909	Voscht Lisa	*düsseldorf	0:59:27	0:59:46	43	WHK	89	5: 12:32 11:55 11:52 11:46 11:20
213	708	Noack Anke	*Neuss	0:59:27	0:59:54	36	W40	71	5: 12:15 11:47 12:00 11:56 11:27
214	2057	Schonhoff Michaela	*Düsseldorf	0:59:29	0:59:52	37	W40	69	5: 12:19 11:46 11:58 11:55 11:29
215	594	Bouslim Jamila	*Essen	0:59:35	1:00:11	44	WHK	84	5: 13:06 12:27 11:54 11:32 10:34
216	825	Falat Olivia	*Köln	0:59:39	1:00:27	37	W30	83	5: 12:17 11:40 11:53 12:04 11:44
217	908	Lange Navoria Johanna	*Nehren	0:59:41	1:00:10	45	WHK	89	5: 10:57 11:44 12:10 12:28 12:20
218	947	Schöne Stefanie	*Frankfurt	0:59:45	1:00:25	46	WHK	84	5: 11:52 11:54 12:05 12:10 11:43
219	1578	Beyer Brigitta	LT Rennhamster	0:59:50	1:00:15	19	W50	61	5: 11:39 11:35 12:01 12:18 12:15
220	2061	Bigott Sarah	*Hildeb	0:59:58	1:00:29	47	WHK	86	5: 12:42 12:11 12:33 11:55 10:34
221	673	Panke Laura	*Düsseldorf	1:00:01	1:00:34	48	WHK	88	5: 12:18 11:51 12:01 12:14 11:35
222	1716	Musiol Cornelia	*Dormagen	1:00:01	1:00:52	38	W30	79	5: 12:31 12:04 11:55 11:51 11:37
223	2183	Hanefl Nicole	LT Fersengold	1:00:05	1:00:23	20	W45	68	5: 11:42 11:57 12:04 12:12 12:08
224	1218	Szabo Marie	*Düsseldorf	1:00:11	1:00:44	39	W30	83	5: 13:18 12:10 11:40 11:31 11:30
225	1124	De Graat Luisa	Run for Fun	1:00:20	1:00:42	38	W40	69	5: 12:08 11:46 11:58 12:09 12:16
226	1495	Schiffner Kathrin	*Düsseldorf	1:00:26	1:00:46	49	WHK	88	5: 11:51 11:53 11:56 12:26 12:17
227	2150	Schmidt Heike	*Düsseldorf	1:00:27	1:00:54	40	W30	82	5: 12:09 12:27 12:16 12:06 11:28
228	813	Nees Richarda	*Velbert	1:00:30	1:01:19	11	W55	56	5: 12:08 11:59 12:11 12:17 11:54
229	1056	Fuchs Peggy	Metro Runner	1:00:30	1:00:58	39	W35	74	5: 12:05 11:54 12:02 12:11 12:16
230	453	Kern Alexandra	*Hilden	1:00:36	1:00:50	41	W30	83	5: 11:08 12:18 12:29 12:31 12:08
231	604	Weber Kateryna	*Hilden	1:00:45	1:01:09	42	W30	83	5: 11:25 12:01 12:28 12:54 11:56
232	1301	Weik Anna-Lena	*Düsseldorf	1:00:47	1:01:17	50	WHK	89	5: 11:59 11:44 12:19 12:35 12:08
233	1012	Heinzen Anne	*Duisburg	1:00:49	1:01:03	51	WHK	90	5: 11:19 11:54 12:12 12:37 12:46
234	2027	Wasseige Eva	*Willich	1:00:49	1:01:25	39	W40	73	5: 12:22 11:58 12:10 12:18 11:59
235	1730	Bormann Nadine	*Düsseldorf	1:00:50	1:01:20	40	W35	75	5: 12:02 11:44 12:12 12:36 12:15
236	886	Schuermann Rosita	*Duesseldorf	1:00:56	1:01:01	40	W40	69	5: 10:57 12:00 12:30 12:44 12:44
237	1306	Jorch Liana	*Düsseldorf	1:01:00	1:01:49	52	WHK	86	5: 12:05 11:47 12:12 12:52 12:01
238	2055	Leisten Ulrike	*Düsseldorf	1:01:11	1:01:44	41	W40	70	5: 12:06 12:04 12:13 12:31 12:15
239	467	Moll Bettina	*Duisburg	1:01:17	1:01:56	53	WHK	5	5: 13:23 12:27 12:05 11:46 11:33
240	878	Burghard Corinne	*Düsseldorf	1:01:20	1:01:56	20	W50	61	5: 13:45 12:29 11:55 12:01 11:09

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	877	Lohnes Patricia	*Düsseldorf	1:01:21	1:01:56	42	W40	70	5: 13:45 12:29 11:56 12:00 11:09
242	1387	Heim Sandra	Hyatt Regency Düsseldorf	1:01:22	1:01:49	41	W35	74	5: 12:11 12:02 12:21 12:38 12:09
243	1217	Crosset Anne	*Düsseldorf	1:01:30	1:02:04	43	W30	81	5: 13:18 12:37 12:14 12:04 11:16
244	1930	Wong Siu Ching		1:01:33	1:01:50	12	W55	54	5: 11:43 12:14 12:34 12:46 12:14
245	915	Schickhaus Christin	*Düsseldorf	1:01:40	1:02:24	54	WHK	87	5: 11:38 11:48 12:07 12:55 13:10
246	1619	Rocker Marie Sophie	*Haan	1:01:40	1:02:00	55	WHK	84	5: 12:10 12:17 12:13 12:38 12:20
247	1250	Splicks Silvia	Special Olympics Luxembourg	1:01:42	1:02:31	56	WHK	85	5: 12:26 12:11 12:11 12:33 12:20
248	511	Heinrich Marie	*Köln	1:01:49	1:02:25	7	WU23	91	5: 13:31 12:43 12:24 11:58 11:11
249	1660	May Melanie	AOK Rheinland/Hamburg	1:02:02	1:02:18	57	WHK	84	5: 11:10 12:00 12:33 13:01 13:16
250	1289	Schöneberg Julia	*Mönchengladbach	1:02:04	1:02:37	58	WHK	87	5: 12:41 12:19 12:40 12:36 11:46
251	657	Yazici Aynur	albert schweitzer apotheke	1:02:16	1:02:54	44	W30	81	5: 12:05 12:11 12:28 12:52 12:38
252	1219	Crosset Cécile	*Brüssel	1:02:19	1:02:53	45	W30	79	5: 13:13 12:42 12:14 12:06 12:01
253	1821	Furtado Julia	TVK Wittlaer	1:02:28	1:03:03	21	W45	64	5: 12:19 12:12 12:20 12:45 12:50
254	818	Glowig Katharina	*Mönchengladbach	1:02:34	1:02:47	8	WU23	91	5: 13:04 12:37 12:29 12:23 11:58
255	1964	Jedig Tatjana	T.J.	1:02:35	1:02:56	59	WHK	86	5: 12:06 12:22 12:39 12:50 12:36
256	1667	Heinsch Anura	*Dortmund	1:02:37	1:03:04	46	W30	79	5: 11:40 12:40 12:43 12:58 12:34
257	1666	Beer Sabine	PropertyFirst GmbH	1:02:37	1:03:04	60	WHK	90	5: 11:40 12:41 12:42 12:58 12:35
258	1676	Rekel Sarah	*Hückelhoven	1:02:40	1:03:00	61	WHK	86	5: 12:06 12:23 12:39 12:49 12:40
259	1318	Dittrich Carolin	*Düsseldorf	1:02:46	1:03:30	47	W30	81	5: 13:17 12:59 12:34 12:32 11:21
260	422	Licata Astrid	Dudel Runner	1:02:50	1:03:00	43	W40	71	5: 12:39 12:29 12:33 12:46 12:22
261	435	Heitmann Sabine	*Düsseldorf	1:02:56	1:03:12	62	WHK	84	5: 11:36 12:03 12:46 13:29 13:01
262	1027	Fuerstner Sina	SWD	1:03:07	1:03:29	48	W30	82	5: 11:45 12:37 12:51 13:14 12:38
263	1399	Zedelius Benita	*Münster	1:03:12	1:03:31	63	WHK	90	5: 12:59 14:07 13:45 11:10 11:08
264	653	Steinhoff Judith	albert schweitzer apotheke	1:03:44	1:04:21	42	W35	77	5: 12:26 12:24 12:43 12:56 13:14
265	702	Pestotnik Angela	*Hilden	1:03:47	1:04:20	44	W40	69	5: 13:08 12:53 12:46 12:29 12:28
266	742	Liu Sabine	*Aachen	1:03:59	1:04:42	49	W30	79	5: 12:54 12:39 12:28 12:49 13:08
267	608	Mance Mirna	*Düsseldorf	1:03:59	1:04:37	64	WHK	85	5: 12:12 12:34 13:10 13:16 12:45
268	1797	Hüsch Helga	Albrecht-Dürer-Schule Ddorf	1:04:15	1:04:58	2	W65	44	5: 13:21 13:07 12:57 12:46 12:02
269	691	Kunze Eva	GWR Düsseldorf	1:04:17	1:04:41	22	W45	66	5: 12:24 12:36 13:10 13:17 12:48
270	2023	Teschen Melanie	*Willich	1:04:27	1:05:04	43	W35	77	5: 12:21 12:06 12:44 13:43 13:31
271	2111	Ritter Beate	*Monheim - Baumberg	1:04:38	1:04:55	23	W45	65	5: 12:45 12:47 12:58 13:09 12:57
272	1929	Zhuging Chen		1:04:39	1:04:58	50	W30	83	5: 11:20 12:22 13:22 13:52 13:42
273	2944	Ster Irene	*Ratingen	1:04:53	1:05:37	65	WHK	85	5: 13:10 12:57 13:04 13:02 12:38
274	1459	Jänig Jana	dm-drogeriemarkt	1:04:56	1:05:16	66	WHK	89	5: 11:49 13:05 13:24 13:21 13:14
275	1830	Lotzmann Romina	*Düsseldorf	1:04:57	1:05:18	51	W30	83	5: 11:39 11:55 12:26 13:05 15:49
276	1886	Henk Julia		1:05:13	1:05:19	44	W35	77	5: 12:00 13:01 13:23 13:30 13:16
277	1632	Zmugg Rosa Margarete	*Erkrath	1:05:28	1:05:51	9	WU23	93	5: 14:43 14:16 12:37 12:01 11:48
278	481	Loose Stefanie	*Düsseldorf	1:05:33	1:05:48	67	WHK	84	5: 11:07 12:34 13:17 13:53 14:40
279	1373	Spangenberg Anika	Allen & overy LLP	1:05:35	1:06:10	68	WHK	86	5: 13:05 13:07 13:16 13:12 12:53
280	2066	Westerwelle Cathrin	*Düsseldorf	1:06:08	1:06:17	52	W30	81	5: 12:42 13:14 13:33 13:33 13:04
281	404	Drees Melanie	*Mettmann	1:06:11	1:06:48	45	W40	70	5: 13:16 13:06 13:13 13:21 13:13
282	400	Bruckhaus Claudia	*Krefeld	1:06:11	1:06:48	24	W45	67	5: 13:16 13:06 13:13 13:22 13:13
283	1850	Theodoridou Eleni	SFD 75	1:06:22	1:06:39	45	W35	75	5: 12:32 12:54 13:29 14:05 13:20
284	1356	Herrmann Nicola	Digitale Stadt Düsseldorf e.V.	1:06:26	1:06:38	46	W35	77	5: 13:23 13:19 13:26 13:26 12:50
285	591	Schulte-Ortbeck Songül	-	1:06:28	1:06:47	53	W30	82	5: 12:35 13:14 13:32 13:29 13:36
286	2048	Havemann Birgit	*Dormagen	1:06:31	1:07:17	46	W40	71	5: 13:04 13:17 13:27 13:36 13:05
287	2020	Schöler Sabine	MC Cappenberg	1:06:53	1:07:11	21	W50	61	5: 12:50 13:18 13:46 13:50 13:07
288	603	Liebler Farrah	*Düsseldorf	1:06:54	1:07:18	47	W35	77	5: 12:22 13:23 13:39 13:37 13:51
289	754	Schneider Irene	Düsseldorf	1:07:13	1:07:44	3	W65	44	5: 12:40 12:53 13:25 13:51 14:21
290	395	Meyer-Ludwig Ulla		1:07:22	1:08:01	13	W55	57	5: 13:45 13:29 13:14 13:13 13:39
291	341	Guzvic Anke		1:07:25	1:07:55	25	W45	68	5: 13:20 13:21 13:35 13:52 13:16
292	898	Zocher Nele	*Kevelaer	1:07:30	1:08:20	69	WHK	90	5: 13:36 13:32 13:35 13:54 12:51
293	1398	Gottwald Johanna	*Münster	1:08:00	1:08:19	70	WHK	89	5: 12:59 14:07 13:45 13:58 13:08
294	355	Kirchhoff Helena	Görres Gymnasium	1:08:08	1:08:32	3	WU18	96	5: 14:43 14:17 13:21 13:11 12:35
295	1611	Chan Jenny	*Düsseldorf	1:08:42	1:09:12	71	WHK	86	5: 13:46 13:39 13:45 13:59 13:31
296	2110	Mailänder Manuela	*Düsseldorf	1:08:46	1:09:18	22	W50	61	5: 13:47 13:17 13:36 14:16 13:48
297	2109	Engler Beate	*Düsseldorf	1:08:47	1:09:19	47	W40	72	5: 13:48 13:17 13:36 14:15 13:49
298	1201	Schüler Anne	*Viersen	1:08:49	1:09:29	14	W55	58	5: 13:45 13:30 13:32 14:13 13:48
299	705	Lortz-Clasen Alexandra	SSF Bonn	1:08:52	1:09:30	48	W40	69	5: 13:19 13:27 13:55 14:00 14:10
300	2916	Sikorska Dorota	Dr. Daryoush Taghavi	1:09:17	1:09:46	54	W30	80	5: 12:23 13:15 15:37 13:50 14:09

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Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
301	2914	Hondong Martina	Dr. Daryoush Taghavi	1:09:18	1:09:47	48	W35	75	5:	14:06	13:31	13:40	13:50	14:10
302	1090	Wolters Annette	Kieser Training	1:09:19	1:10:12	4	W65	48	5:	13:45	13:46	13:55	14:04	13:47
303	1641	Witthohn Julia	*Düsseldorf	1:09:37	1:10:09	55	W30	82	5:	13:51	14:07	14:19	14:21	12:58
304	2047	Vielstedde Anja	*Düsseldorf	1:10:34	1:11:06	56	W30	79	5:	13:51	14:07	14:19	14:21	13:55
305	1771	Schick Olga	*Düsseldorf	1:10:38	1:11:33	57	W30	79	5:	13:42	13:52	14:15	14:27	14:19
306	466	Diehl Heike	*Düsseldorf	1:11:10	1:11:47	49	W35	78	5:	13:09	13:49	14:52	14:53	14:25
307	1681	Emonds Margot	TANZSCHULE FERN	1:11:15	1:11:57	15	W55	56	5:	13:31	14:03	14:17	14:30	14:52
308	2085	Greven Irina	*Düsseldorf	1:11:26	1:11:54	58	W30	81	5:	12:55	14:18	14:30	15:19	14:22
309	819	Cullmann Carina	*Mönchengladbach	1:11:43	1:11:56	72	WHK	90	5:	14:15	14:03	14:10	14:35	14:40
310	1682	Terhardt Judith	*Düsseldorf	1:12:33	1:13:18	50	W35	74	5:	14:28	14:45	14:28	14:40	14:10
311	1928	Usui Momomi		1:12:47	1:13:28	73	WHK		5:	13:37	13:35	14:36	15:05	15:52
312	2167	Greilich Sabine	*Düsseldorf	1:12:57	1:13:20	74	WHK	87	5:	14:29	14:18	14:51	14:58	14:20
313	1138	Chen Lili	*Solingen	1:14:27	1:14:58	75	WHK	86	5:	14:05	14:40	15:06	15:33	15:01
314	750	Fuhr Inge	*Düsseldorf	1:14:56	1:15:14	1	W80	32	5:	14:21	14:36	14:51	15:18	15:48
315	1049	Gödde Friederike	Metro Runner	1:15:09	1:15:19	76	WHK	85	5:	10:17	10:20	10:44	35:34	08:13
316	2001	Pawlik Jessica	*Düsseldorf	1:17:05	1:17:50	59	W30	82	5:	15:00	15:26	15:16	15:32	15:48
317	1255	Peters Anne	Special Olympics Luxembourg	1:17:16	1:18:05	2	WU20	95	5:	14:05	15:38	15:29	16:40	15:21
318	1256	Arendt Sheila	Special Olympics Luxembourg	1:17:18	1:18:06	77	WHK	87	5:	13:50	15:37	15:46	16:44	15:21
319	1257	Arendt Sally	Special Olympics Luxembourg	1:17:18	1:18:06	78	WHK	87	5:	13:49	15:38	15:44	17:01	15:05
320	1101	Caspers Melanie	Henkel AG u. Co. KG aA	1:17:47	1:18:03	10	WU23	93	5:	14:50	15:17	16:08	16:05	15:26
321	1106	Köhlert Sara	Henkel AG u. Co. KG aA	1:17:59	1:18:15	11	WU23	91	5:	14:49	15:16	16:08	16:05	15:39
322	1100	Heine Katharina	Henkel AG u. Co. KG aA	1:18:26	1:18:43	79	WHK	87	5:	15:29	15:32	15:46	15:57	15:40
323	698	Elfauri Maram	*Düsseldorf	1:18:36	1:19:32	51	W35	76	5:	15:40	16:22	16:00	15:55	14:36
324	1140	Roch Dr. Simone	*Düsseldorf	1:19:06	1:19:36	49	W40	72	5:	14:41	16:08	16:02	16:39	15:34