

10km - Joachim-Erwin-Erinnerungslauf

Stadtwerke Kö-Lauf Düsseldorf - 1. September 2013

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	1	Ngeny Frederik	KEN	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	KEN	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	Ausdauer Schule 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	Polm 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	GER	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

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	GER	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	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
82	1921	Bae Il-Seek	GER	0:38:43	0:38:45	12	M30	80	5: 07:12 07:43 08:02 07:58 07:47
83	554	Lorenz Frank	LT Gruiten-Neandertal	0:38:52	0:38:57	11	M45	68	5: 07:39 07:50 07:54 07:47 07:40
84	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
85	1435	Timme Volker	LG Gummersbach	0:38:55	0:38:58	7	M40	69	5: 07:27 07:41 07:51 07:59 07:55
86	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
87	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
88	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
89	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
90	1609	Deuschländer Frank	*Düsseldorf	0:39:08	0:39:14	13	M30	80	5: 07:19 07:40 07:55 08:08 08:06
91	930	Wazna Holger	Rumelner TV	0:39:16	0:39:21	8	M40	73	5: 07:44 07:49 07:52 07:54 07:55
92	796	Westphal Matthias	*Essen	0:39:16	0:39:24	26	MHK	87	5: 07:34 07:46 07:59 08:03 07:52
93	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
94	844	Neupert Tobias	S.V. Langenfeld 1912 e.V.	0:39:19	0:39:26	9	M40	72	5: 07:25 07:47 07:59 08:06 08:00
95	1852	Neuhaus Alexander	SFD 75	0:39:20	0:39:23	14	M30	80	5: 07:35 07:51 08:04 08:05 07:43
96	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
97	1560	Reimer Dimitri	*Hilden	0:39:28	0:39:35	9	M35	78	5: 07:44 07:55 08:02 08:03 07:41
98	1132	Alberti Dr. Andrea	*Bonn	0:39:29	0:39:32	15	M30	82	5: 07:05 07:36 08:12 08:28 08:06
99	1332	Graetsch Daniel	*Düsseldorf	0:39:29	0:39:34	27	MHK	84	5: 07:27 07:47 08:05 08:08 08:00
100	2203	Adamski Christoph	DSD	0:39:32	0:39:38	13	M45	67	5: 07:41 07:56 07:57 08:02 07:54
101	1205	Wlosik Michael	SKI-KLUB DÜSSELDORF	0:39:33	0:39:39	10	M40	72	5: 07:42 07:53 07:57 08:01 07:58
102	1849	Thomas Christoph	SFD 75	0:39:37	0:39:41	11	M40	73	5: 07:56 08:01 07:53 07:56 07:47
103	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
104	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
105	399	Abele Jan	GER	0:39:44	0:39:48	12	M40	69	5: 07:45 07:57 08:01 07:59 07:59
106	1837	Thüs Andreas	LG Gummersbach	0:39:52	0:39:55	13	M40	70	5: 07:55 08:01 08:00 08:05 07:48
107	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
108	2957	Tiedtke Julien	Run2 Düsseldorf	0:40:01	0:40:05	28	MHK	89	5: 07:26 07:53 08:11 08:17 08:11
109	949	Köster Holger	*Düsseldorf	0:40:02	0:40:09	10	M35	78	5: 07:36 07:55 08:09 08:14 08:06
110	2088	Rutkowski David	*Ratingen	0:40:04	0:40:11	29	MHK	88	5: 08:17 08:05 08:00 07:57 07:43
111	723	Paul Marlon	*Düsseldorf	0:40:07	0:40:14	7	MU20	95	5: 07:27 08:13 08:23 08:17 07:46
112	394	Snellman Henry	GER	0:40:09	0:40:17	30	MHK	87	5: 07:34 08:04 08:15 08:17 07:57
113	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
114	1761	Conradi Oliver	Evonik Industries AG	0:40:17	0:40:24	14	M40	73	5: 07:35 07:55 08:06 08:19 08:18
115	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
116	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
117	390	Schmidt Michael	Indie	0:40:22	0:40:27	11	M35	75	5: 07:33 08:07 08:15 08:13 08:11
118	1532	Fechtner Marcel	*Wuppertal	0:40:27	0:40:35	16	M30	80	5: 07:43 08:03 08:13 08:16 08:10
119	847	Koch David	Ski-Klub Düsseldorf 1906 e.V.	0:40:30	0:40:36	17	M30	80	5: 07:59 08:11 08:08 08:16 07:53
120	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

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
121	2100	Baudach Heiko	Osterather TV	0:40:35	0:40:43	15	M40	71	5:07:56	08:00	08:06	08:19	08:12	
122	1176	Bekkens Willy	LG stadwerke Hilden	0:40:36	0:40:40	16	M45	68	5:07:43	08:15	08:10	08:15	08:10	
123	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	
124	1847	Bertini Andrea	SFD 75	0:40:46	0:40:51	16	M40	70	5:08:04	08:17	08:11	08:12	08:00	
125	1958	Grimm Jürgen	RSV 2000	0:40:54	0:41:00	17	M40	69	5:07:44	08:14	08:15	08:24	08:16	
126	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	
127	1695	Budde André	*Wuppertal	0:41:18	0:41:29	13	M35	74	5:07:51	08:02	08:11	08:22	08:50	
128	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	
129	1728	Féaux de Lacroix Dr. Boris	Speedskater Düsseldorf	0:41:25	0:41:30	14	M35	75	5:07:42	07:59	08:38	08:36	08:29	
130	1505	Jonke Hermann	Henkel Lauflöwen	0:41:26	0:41:31	4	M55	56	5:08:14	08:14	08:15	08:20	08:22	
131	727	Brech Alexander	*Düsseldorf	0:41:27	0:41:36	15	M35	74	5:07:47	08:13	08:31	08:31	08:22	
132	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	
133	493	Semmler Michael	ENERGYM	0:41:31	0:41:39	20	M45	66	5:07:58	08:18	08:26	08:29	08:18	
134	910	Holte Andreas	*düsseldorf	0:41:33	0:41:42	18	M30	82	5:07:41	08:19	08:32	08:34	08:25	
135	1282	Tups Thomas	TG Neuss	0:41:41	0:41:48	18	M40	71	5:07:46	08:15	08:31	08:35	08:32	
136	1298	Wolters Frank	TG Neuss	0:41:44	0:41:51	21	M45	68	5:07:46	08:10	08:38	08:47	08:22	
137	583	Gronen Torsten	*Düsseldorf	0:41:46	0:41:58	19	M30	83	5:08:15	08:20	08:22	08:31	08:16	
138	2113	Hahlweg Gerald	*Düsseldorf	0:41:56	0:42:05	10	M50	59	5:08:02	08:20	08:28	08:38	08:26	
139	2099	Yoshizawa Dr. Yoichi	*Düsseldorf	0:42:01	0:42:09	16	M35	77	5:08:11	08:20	08:36	08:35	08:17	
140	1525	Ax Jannik	TuS Deuz	0:42:08	0:42:14	31	MHK	90	5:08:19	08:29	08:21	08:29	08:28	
141	1164	Abraztsou Andrei	TMAS	0:42:13	0:42:23	32	MHK	84	5:08:15	08:26	08:22	08:38	08:29	
142	649	Klatt Anselm	ASC Düsseldorf	0:42:13	0:42:23	11	M50	63	5:08:19	08:21	08:24	08:32	08:35	
143	1638	Hedderich Christian	Tri Team FS Düsseldorf	0:42:22	0:42:32	20	M30	81	5:08:12	08:29	08:30	08:34	08:35	
144	2231	Kringer Michael		0:42:25	0:42:34	22	M45	68	5:07:51	08:06	08:38	08:56	08:52	
145	1154	Sporleder Ole	100 Marathon Club	0:42:28	0:42:33	19	M40	69	5:07:55	08:23	08:40	08:50	08:39	
146	644	Rogala Andrzej	Marathonteam-Ratingen	0:42:33	0:42:39	5	M55	56	5:07:59	08:27	08:46	08:53	08:25	
147	2938	Lange Alexander	*Neuss	0:42:36	0:42:44	33	MHK	84	5:08:15	08:47	09:14	08:30	07:48	
148	1913	Kirbach Christian	Rennschnecken 2000	0:42:43	0:42:55	17	M35	77	5:08:36	08:33	08:41	08:39	08:13	
149	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	
150	373	Überall Dirk	SC Bayer 05 Uerdingen Triathlon	0:42:44	0:42:48	23	M45	68	5:08:04	08:36	08:37	08:49	08:37	
151	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	
152	1975	Hennemann Niels	ERGO Sports	0:42:46	0:42:56	24	M45	66	5:08:16	08:28	08:45	08:49	08:26	
153	1690	Ziese Ralf	TuS Horhausen	0:42:46	0:42:51	12	M50	62	5:08:31	08:33	08:36	08:43	08:22	
154	393	Bleckert Arne	WTF Jugendamt Garath	0:42:48	0:42:52	13	M50	63	5:08:00	08:30	08:48	08:51	08:37	
155	1142	Kloß Oliver	Linklaters LLP	0:42:48	0:42:56	34	MHK	86	5:07:48	08:14	08:42	08:59	09:03	
156	751	Rambau Jens	*Köln	0:42:54	0:43:01	20	M40	72	5:08:17	08:30	08:42	08:48	08:35	
157	482	Neef Hans-Jürgen	ERGO sports	0:42:58	0:43:08	6	M55	57	5:08:15	08:29	08:45	08:50	08:38	
158	1044	Quezada Akamitl	*Bochum	0:43:02	0:43:10	21	M30	83	5:08:14	08:39	08:51	08:56	08:21	
159	1402	Reidelstürz Achim	*Wülfrath	0:43:10	0:43:18	25	M45	65	5:08:19	08:31	08:49	08:53	08:37	
160	2221	Schmidt Henry	GER	0:43:13	0:43:21	22	M30	83	5:07:49	08:27	08:47	09:19	08:49	
161	1559	Görg Sascha	TuS Deuz	0:43:14	0:43:20	23	M30	79	5:08:19	08:33	08:40	08:50	08:50	
162	1629	Jung Christoph	*Erkrath	0:43:16	0:43:22	21	M40	70	5:08:24	08:41	08:45	08:49	08:36	
163	962	Pinto Miguel	*düsseldorf	0:43:17	0:43:28	18	M35	74	5:08:14	08:29	08:45	08:42	09:04	
164	1280	Grauke Tobias	Tus 08 Lintorf	0:43:17	0:43:23	14	M50	60	5:08:19	08:32	08:45	08:50	08:49	
165	1376	Georg Philip	Hyatt Regency Düsseldorf	0:43:19	0:43:22	35	MHK	86	5:07:39	08:38	08:56	09:01	09:03	
166	2114	Hayner Martin	TG Neuss	0:43:36	0:43:44	15	M50	63	5:08:10	08:34	08:50	09:15	08:45	
167	972	Kitsantas Nikos	MarathoniNikos	0:43:43	0:43:54	19	M35	77	5:08:30	08:36	08:48	08:54	08:53	
168	724	Gruson Jasper	*Dortmund	0:43:45	0:43:51	13	MU23	91	5:07:50	08:43	08:56	09:11	09:04	
169	1001	Gaffke Gregor	*Monheim am Rhein	0:43:45	0:43:51	24	M30	81	5:08:04	08:42	08:56	09:07	08:55	
170	2168	Henn Ciaran	*Mönchengladbach	0:43:50	0:43:57	7	M55	57	5:08:24	08:39	08:52	09:09	08:44	
171	922	Hädrich Julius	*Düsseldorf	0:43:55	0:44:05	14	MU23	91	5:08:40	08:51	08:50	08:54	08:39	
172	831	Kissel Thomas	Rennschnecken 2000	0:44:17	0:44:27	20	M35	74	5:08:35	08:42	08:58	09:13	08:47	
173	728	Brands Andreas	Bäckerei Pass	0:44:26	0:44:29	16	M50	61	5:08:13	08:45	09:04	09:20	09:01	
174	2104	Haase Jan	Tri Team FS Düsseldorf	0:44:27	0:44:36	25	M30	82	5:08:21	08:42	08:55	09:15	09:12	
175	2106	Dey Richard	TG Neuss	0:44:39	0:44:45	17	M50	63	5:08:32	08:51	08:49	09:29	08:56	
176	2070	Walter David	*Düsseldorf	0:44:42	0:44:50	26	M30	81	5:08:28	08:54	08:59	09:21	08:58	
177	1500	Segers Roland	SUS Schalke 96	0:44:42	0:44:48	26	M45	64	5:08:24	09:06	09:10	09:10	08:50	
178	478	Uebele Joachim	TV Refrath	0:44:44	0:44:50	18	M50	62	5:08:12	08:54	09:19	09:17	09:00	
179	1378	Von Wilucki Constantin	Hyatt Regency Düsseldorf	0:44:50	0:44:57	27	M30	80	5:08:04	08:43	09:20	09:31	09:10	
180	468	Avgustin Franc	*Duesseldorf	0:44:50	0:45:02	8	M55	57	5:08:37	08:54	09:02	09:13	09:02	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	2090	Takazawa Kunihiro	*Düsseldorf	0:45:01	0:45:07	27	M45	68	5: 08:26 08:51 09:05 09:28 09:10
182	2937	Metzner Tobias	*Neuss	0:45:06	0:45:14	28	M30	82	5: 08:16 08:46 09:14 09:30 09:18
183	333	Geisel Thomas	SPD	0:45:08	0:45:12	19	M50	63	5: 08:30 08:55 09:11 09:20 09:10
184	1420	Bald Dietrich	*Haiger	0:45:10	0:45:16	20	M50	63	5: 08:38 08:53 09:10 09:15 09:12
185	975	Limmer Thomas	Soul Runners Düsseldorf	0:45:27	0:45:34	28	M45	64	5: 08:28 08:54 09:23 09:33 09:07
186	1157	Nolte Sven	W+F Münster	0:45:29	0:45:33	36	MHK	84	5: 08:16 09:08 09:34 09:36 08:54
187	1432	Leininger Enrico	*Erkrath	0:45:30	0:45:38	22	M40	73	5: 08:38 08:57 09:15 09:25 09:13
188	974	Findeisen Michael	*Düsseldorf	0:45:57	0:46:08	29	M30	80	5: 08:30 08:49 09:31 09:41 09:24
189	1443	Wohlers Peter	Fortuna Düsseldorf Triathlon	0:46:18	0:46:26	29	M45	67	5: 08:36 09:08 09:30 09:38 09:24
190	1080	Gassner Djahan	Kieser Training	0:46:30	0:46:39	30	M45	67	5: 08:39 09:11 09:34 09:47 09:16
191	1445	Streb Holger	TC Rheinstadion	0:47:49	0:47:58	21	M50	60	5: 08:36 09:23 10:04 10:08 09:37
192	1915	Illian Georg	Fortuna Triatlon	0:47:58	0:48:06	31	M45	66	5: 08:48 09:37 09:45 10:01 09:45
193	1377	Kötting Markus	Hyatt Regency Düsseldorf	0:47:58	0:48:08	23	M40	70	5: 08:47 09:32 09:59 10:02 09:35
194	2123	Jung Levi	*Düsseldorf	0:48:05	0:48:14	15	MU23	91	5: 08:12 09:03 09:50 10:53 10:06
195	646	Silva Riquelme Vaz	*Düsseldorf	0:49:02	0:49:11	21	M35	76	5: 08:25 09:31 10:03 10:19 10:43
196	2230	Dick Florian		0:50:42	0:50:44	3	MU18	00	5: 08:43 10:02 10:36 11:03 10:16

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	21	Maina Mary	KEN	0:32:32	0:32:33	1	WHK	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	2	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	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	
13	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	
14	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	
15	722	Paul Lea	*Köln	0:42:39	0:42:45	1	WU23	91	5:07:46	08:45	08:44	08:51	08:31	
16	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	
17	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	
18	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	
19	472	Müller Tabea	BSV 1929 Herford	0:44:00	0:44:04	2	WU23	91	5:08:01	08:47	09:07	09:07	08:55	
20	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	
21	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	
22	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	
23	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	
24	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	
25	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	
26	1742	Land Dr. Susanne	*Düsseldorf	0:46:49	0:46:57	5	W40	70	5:08:41	09:13	09:38	09:44	09:31	
27	1315	Haarmann Kerstin	SV Germania Dürwiß	0:47:07	0:47:15	3	WU23	92	5:09:13	09:24	09:33	09:46	09:08	
28	1071	Gimpel Katerina	Hpp GmbH + Co. KG	0:47:20	0:47:26	5	W30	79	5:08:52	09:35	09:46	09:38	09:26	
29	961	Tappe Kathrin	*Dortmund	0:47:26	0:47:36	4	WU23	92	5:08:38	09:32	09:51	09:47	09:36	