

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1700	Meyer Manuel	TV Wattenscheid 01	2:31:12	M30	1	0:32:24	0:48:48	1:09:59
2	1710	Eickel Klaus	LGO Bochum	2:40:18	M22	1	0:35:01	0:51:59	1:13:17
3	2838	Moldenhauer Kai	DLC Aachen	2:49:30	M30	2	0:37:14	0:55:01	1:17:13
4	4691	Minke Sebastian	ASC Rosellen/Neuss	2:49:33	M35	1	0:36:29	0:54:51	1:18:12
5	5541	Strothkamp Dirk	Triathlon TEAM TG Witten	2:49:44	M40	1	0:36:42	0:55:21	1:17:41
6	3885	Concha Fernando	Triathlon Team Rheinberg	2:51:41	M22	2	0:37:41	0:55:22	1:18:37
7	3244	Glahn Florian	LG Mülheim	2:51:56	M35	2	0:37:49	0:55:23	1:18:43
8	2513	Behlau Markus	LC Duisburg	2:53:20	M30	3	0:37:42	0:55:23	1:20:14
9	4958	Stüllgens Kai-Uwe	LG Mülheim	2:54:10	M45	1	0:38:14	0:55:08	1:20:47
10	2104	Lohmann Peter	SC Bayer 05 Uerdingen	2:55:08	M45	2	0:37:46	0:56:42	1:20:39
11	6377	Wilke Richard	TG Neuss	2:55:11	M19	1	0:37:23	0:58:14	1:19:33
12	4738	Kreimer André	*Bocholt	2:57:28	M45	3	0:38:57	0:57:17	1:21:13
13	2699	Schmidt Heiko	rhein-marathon Düsseldorf	2:58:08	M40	2	0:37:37	0:56:35	1:23:55
14	4861	Niklass Kai	LT Hübi n.e.V.	2:58:21	M22	3	0:38:43	0:58:06	1:21:31
15	1936	Grönke Steffen	200PRO	2:58:39	M30	4	0:38:07	0:57:50	1:22:41
16	2007	Bullermann Tim	LG Wanderhoden	2:58:47	M30	5	0:39:11	0:57:47	1:21:48
17	2555	Krannich Ingmar	ART Düsseldorf	2:59:28	M35	3	0:38:45	0:58:50	1:21:52
18	2691	Gast Klaus	Rumelner TV	2:59:58	M45	4	0:38:03	0:57:47	1:24:07
19	3408	Hahn Hendrik	Seidenraupen Krefeld	2:59:59	M22	4	0:39:02	0:57:49	1:23:08
20	2043	Reinecke Dominik	LG Wanderhoden	3:00:18	M30	6	0:38:24	0:58:46	1:23:06
21	5680	Heßling Michael	Tri Ducks Dorsten	3:00:26	M45	5	0:39:28	0:58:25	1:22:33
22	3736	Voll Ulrich	Krefelder Kanu Klub	3:00:43	M50	1	0:38:37	1:00:48	1:21:17
23	3641	Lampert Sascha	LT Kettwig 2000	3:01:51	M35	4	0:42:54	0:58:03	1:20:53
24	5269	Schwenke Carsten	Vivawest	3:01:57	M40	3	0:39:21	0:59:42	1:22:54
25	1992	Schmidt-Fehrenbacher Vo	Vodafone-Runners	3:02:03	M55	1	0:39:24	0:58:50	1:23:49
26	4118	Klören Thomas	frau-koenig.de	3:03:09	M45	6	0:39:00	0:58:33	1:25:35
27	4173	Damm Harald	LG Wuppertal	3:03:21	M50	2	0:40:24	0:59:18	1:23:38
28	5045	Bullermann Alex	LG Wanderhoden	3:03:39	M22	5	0:39:02	1:02:17	1:22:18
29	3619	Metzger Christian	Krefelder Kanu Klub	3:03:44	M30	7	0:39:22	0:58:19	1:26:02
30	5616	Juckel Bernd	SG Neukirchen-Hülchrath	3:03:49	M60	1	0:39:31	0:58:05	1:26:12
31	3411	Klein Ingo	Triathlon Team Ratingen 08	3:03:54	M35	5	0:40:18	0:59:10	1:24:25
32	1758	Rodriguez-Baena Rafael	TC Kray 1892 e.V.	3:04:44	M40	4	0:40:15	0:59:41	1:24:47
33	3689	Steffen Uwe	SF Ennepetal	3:04:52	M45	7	0:38:18	0:59:46	1:26:47
34	1842	Morlak Jörg	Vodafone-Runners	3:05:16	M45	8	0:39:35	0:59:28	1:26:12
35	3342	Becker Patrick	Triminators TV Voerde	3:05:28	M30	8	0:40:17	0:59:39	1:25:31
36	6371	Przewloka Joachim	TG Neuss	3:05:35	M50	3	0:39:57	0:59:48	1:25:49
37	1721	Kiczynski Marcel	E.ON Ruhrgas SG	3:05:41	M35	6	0:39:43	0:59:03	1:26:53
38	3947	Da Kölker el rey Manuel A	Seidenraupen Krefeld	3:06:02	M30	9	0:41:03	0:59:33	1:25:25
39	3256	Beisert Michael	Rot Weiss Essen	3:06:13	M40	5	0:40:00	0:59:49	1:26:23
40	2887	Thomas Preißner	Team Pirate	3:06:20	M45	9	0:39:38	0:59:02	1:27:39
41	3404	De Haas Freddy	Lauffreunde HADI Wesel	3:06:31	M40	6	0:41:04	1:00:05	1:25:21
42	4842	Schimowski Thomas	SF Ennepetal	3:06:43	M55	2	0:39:53	0:59:49	1:27:00
43	4324	Czibor Michael	TriTeam TSG Sprockhövel	3:06:49	M45	10	0:40:45	0:58:45	1:27:17
44	1770	Stratmann Bernhard	TVK 1877 Essen	3:07:18	M40	7	0:38:11	1:00:22	1:28:44
45	3193	Krause Frank	WIR BEI HKM	3:07:52	M45	11	0:38:30	0:59:53	1:29:27
46	5435	Dirkes Sebastian	LG Presto	3:07:52	M35	7	0:39:09	1:00:13	1:28:29
47	6344	Drenker Ditmar	TUS Breitscheid	3:08:03	M45	12	0:39:49	1:00:03	1:28:09
48	3005	Witt Christoph	TUSEM Essen	3:08:05	M35	8	0:40:31	1:00:03	1:27:29
49	5155	Göress Jörg	SV Blau Weiß Bocum	3:08:12	M22	6	0:39:45	1:00:01	1:28:25
50	6382	Schön Ralf	TG Neuss	3:08:23	M45	13	0:39:56	1:00:58	1:27:28
51	4164	Töller Mike Stefan	LG Alpen	3:08:42	M40	8	0:40:38	1:00:36	1:27:27
52	2692	Hoffmann Jörg	Bocholt	3:08:43	M35	9	0:40:10	0:59:14	1:29:18
53	2471	Nonn Michael	SC Bayer 05 Uerdingen	3:09:16	M55	3	0:40:15	1:01:17	1:27:43

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	4793	Büker Stephan	*Duisburg	3:09:52	M22	7	0:40:53	1:01:11	1:27:48
55	3870	Jany Thomas	TRC Essen 84	3:10:02	M45	14	0:40:45	1:01:12	1:28:05
56	4135	Bachmayr Stefan	Triathlon TEAM TG Witten	3:10:44	M45	15	0:40:38	1:01:36	1:28:29
57	2057	Szamlowski Peter	in pursuit of glory	3:10:46	M50	4	0:40:31	1:02:26	1:27:48
58	5183	Bauer Martin	Pottracer Bochum	3:10:59	M40	9	0:37:41	1:10:48	1:22:29
59	2942	Evermann Mark	*Oberhausen	3:11:05	M30	10	0:41:39	0:59:59	1:29:27
60	2105	Bücher Marco	Erler-Spoartgemeinschaft	3:11:30	M35	10	0:41:09	1:01:48	1:28:31
61	2883	Oelsner Dr. Malte	LT Alt-Erkrath	3:11:55	M45	16	0:41:48	1:01:26	1:28:41
62	4255	Starrach Carsten	*Essen	3:12:08	M40	10	0:41:49	1:02:06	1:28:13
63	3772	Severt Günter	LG COESFELD	3:12:17	M45	17	0:42:30	1:01:41	1:28:05
64	3990	Wazna Holger	Lanxess IPG Marathon-Team	3:12:18	M40	11	0:41:26	1:02:30	1:28:22
65	6358	Presser Lysander	TUS Breitscheid	3:12:29	M18	1	0:40:57	1:03:31	1:28:00
66	2338	Brune Gilbert	*Bottrop-Kirchhellen	3:12:37	M40	12	0:41:38	1:01:43	1:29:15
67	1981	Gniffke Michael	Vodafone-Runners	3:12:47	M40	13	0:41:12	1:02:01	1:29:32
68	2936	Wirtz Dirk	Team-Aroma-Ahoi	3:12:49	M40	14	0:40:19	0:59:57	1:32:32
69	3295	Fahsel Thorsten	RWE Power	3:13:11	M45	18	0:41:45	1:02:45	1:28:40
70	5248	Schürings Armin	Max Maulwurf Marathonis	3:13:19	M40	15	0:41:49	1:01:58	1:29:31
71	3063	Nitschke Thorsten	*Duisburg	3:13:24	M45	19	0:41:07	1:03:34	1:28:41
72	3735	Japel Jens	LG Wanderhoden	3:13:45	M30	11	0:41:03	1:05:05	1:27:36
73	3729	Winkelmann Dennis	*Duisburg	3:13:52	M30	12	0:41:20	1:03:10	1:29:21
74	3923	Röttger Joachim	*Mülheim	3:13:58	M50	5	0:42:18	1:02:55	1:28:44
75	5689	Tegatz Andre	LC Duisburg	3:14:00	M40	16	0:42:04	1:03:03	1:28:53
76	3051	Haschke Markus	Triathlon Team Ratingen 08	3:14:15	M40	17	0:41:34	1:02:27	1:30:13
77	4941	Weißbach Tim	*Aachen	3:14:31	M22	8	0:41:35	1:03:09	1:29:46
78	5555	Zeppa Daniel	TSV 1863 Herdecke	3:15:00	M45	20	0:42:08	1:03:19	1:29:32
79	5556	Kubas Thorsten	TSV 1863 Herdecke	3:15:12	M50	6	0:42:02	1:03:22	1:29:47
80	2228	Knauff Matthias	RWE Starlight Team Essen	3:15:17	M45	21	0:42:09	1:04:01	1:29:06
81	1855	Richrath Kay	Vodafone-Runners	3:15:42	M40	18	0:42:54	1:03:31	1:29:15
82	2804	Himpler Ralf	WSV Bocholt	3:15:44	M45	22	0:42:04	1:01:12	1:32:27
83	3128	Orosz Dr. Robert	*Krefeld	3:16:02	M40	19	0:42:06	1:03:29	1:30:27
84	4350	Lenk Steffen	steffen.lenk@gmx.net	3:16:31	M45	23	0:42:39	1:03:01	1:30:49
85	4455	Zilian Lars	Werdener Turnerbund	3:16:33	M40	20	0:40:47	1:03:42	1:32:02
86	4165	Savilif Rüdiger	TRIMET AG	3:16:34	M60	2	0:42:59	1:04:02	1:29:33
87	3774	Thentie Michael	LG COESFELD	3:17:00	M45	24	0:42:52	1:02:45	1:31:22
88	4352	Fernholz Jürgen	LAV Oberhausen	3:17:01	M65	1	0:43:30	1:02:35	1:30:55
89	6374	Hebmüller Jörg	TG Neuss	3:17:08	M45	25	0:43:34	1:04:31	1:29:02
90	2184	Roller Helmut	*Recklinghausen	3:17:16	M55	4	0:42:32	1:02:50	1:31:52
91	4912	Lubjuhn Stefan	VfL 08 Repelen	3:17:25	M50	7	0:41:28	1:05:39	1:30:17
92	3490	Heimann David	SG Borken	3:17:39	M35	11	0:42:45	1:03:55	1:30:58
93	3366	Mintus Frank	*Düsseldorf	3:17:40	M40	21	0:43:08	1:04:14	1:30:17
94	2012	Ucka Matthias	*Castrop-Rauxel	3:17:41	M35	12	0:40:41	1:01:46	1:35:12
95	3867	Peters Andreas	TuS Xanten	3:17:42	M40	22	0:42:05	1:03:10	1:32:26
96	2686	Natschke Jörg	Doppelrunde	3:17:43	M50	8	0:41:18	1:03:25	1:32:59
97	1846	Nohr Ingo	Vodafone-Runners	3:17:44	M50	9	0:42:23	1:03:25	1:31:55
98	3133	Martschink Till	*Neuss	3:18:00	M30	13	0:43:32	1:03:56	1:30:31
99	3992	Peterka Andreas	Renntiere	3:18:01	M45	26	0:40:58	1:01:16	1:35:46
100	4485	Manno Roland	Triathlon Team FS Düsseldorf	3:18:07	M40	23	0:43:38	1:01:44	1:32:44
101	3862	Scheele Michael	TUSEM Essen	3:18:10	M35	13	0:43:06	1:02:54	1:32:10
102	5724	Gargerakis Konstantinos	Ausdauerchule by Bunert	3:18:12	M40	24	0:42:33	1:04:13	1:31:26
103	6376	Hymmen Werner	TG Neuss	3:18:18	M60	3	0:42:33	1:03:59	1:31:44
104	5256	Hertog Dietmar	Vivawest	3:18:18	M40	25	0:42:23	1:03:55	1:31:59
105	3836	Micus Werner	DSC Preußen	3:18:37	M40	26	0:43:06	1:04:25	1:31:05
106	3192	Bützer Peter	*Düsseldorf	3:18:50	M35	14	0:43:03	1:04:17	1:31:30

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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	2214	Steinig Marco	*Kaarst	3:18:52	M45	27	0:43:32	1:03:41	1:31:38
108	1889	Torkhani Imad	TC Kray 1892 e.V.	3:18:52	M35	15	0:41:24	1:02:51	1:34:36
109	3290	Gilbert Karl	*Düsseldorf	3:19:17	M35	16	0:42:31	1:03:03	1:33:42
110	3915	Brömme Roland	DAV Duisburg	3:19:25	M50	10	0:42:58	1:03:28	1:32:58
111	4473	Rütter Marc	Hamminkelter SV	3:19:26	M40	27	0:41:54	1:04:16	1:33:15
112	2554	Schneider Klaus	Rapid Ramirez	3:19:32	M35	17	0:41:27	1:03:06	1:34:58
113	2313	Weibel Johannes	LT Schnecke Sonsbeck	3:19:37	M50	11	0:42:33	1:04:27	1:32:37
114	5557	Biermann Philipp	TSV 1863 Herdecke	3:19:38	M19	2	0:41:54	1:04:36	1:33:08
115	3482	Stendal Dirk	*Langenfeld	3:19:47	M45	28	0:41:42	1:03:57	1:34:07
116	3071	Große Dieter	LC Duisburg	3:19:48	M40	28	0:43:31	1:03:26	1:32:50
117	6346	Wortelboer Felix	TUS Breitscheid	3:19:50	M50	12	0:42:28	1:06:03	1:31:19
118	3183	Smethurst Miles	Triathlon Team Ratingen 08	3:19:53	M45	29	0:42:45	1:04:19	1:32:48
119	2493	Wozniak Sebastian	Kanale Grande	3:19:57	M35	18	0:42:50	1:03:59	1:33:07
120	2401	Moser Jörg	*Mülheim	3:20:09	M50	13	0:43:13	1:05:04	1:31:51
121	2765	Maciejewski Adam	LC Duisburg	3:20:18	M45	30	0:43:47	1:03:50	1:32:40
122	5026	Reichmann Alexander	Reeser SC	3:20:29	M30	14	0:40:18	1:03:07	1:37:02
123	4045	Rietmann Stefan	*Kleve	3:20:31	M50	14	0:43:17	1:05:06	1:32:07
124	2951	Robert Ferdinand	Bocholt	3:20:40	M50	15	0:42:50	1:03:48	1:34:01
125	2307	Schwerkolt Torsten	Marathon Mülheim	3:21:08	M40	29	0:41:42	1:02:59	1:36:26
126	3110	Kühnen Thomas	BSG Sparkasse Duisburg	3:21:34	M45	31	0:44:51	1:05:13	1:31:29
127	2398	Mehthief Alexander	Krefelder Kanu Klub	3:21:39	M45	32	0:42:29	1:09:26	1:29:43
128	4967	Schulz Kalle	Reeser SC	3:21:51	M45	33	0:42:43	1:04:22	1:34:45
129	3609	Von Rhein Christoph	Tri Team FS Düsseldorf	3:21:58	M30	15	0:42:45	1:05:46	1:33:25
130	4460	Glietz Thorsten	*Krefeld	3:22:10	M45	34	0:43:11	1:05:23	1:33:35
131	2577	Koch Benni	Barfuss Bethlehem	3:22:20	M22	9	0:43:18	1:06:14	1:32:48
132	5699	Schulz Karsten	*Hamminkeln	3:22:31	M40	30	0:43:09	1:05:04	1:34:16
133	3637	Höfling Michael	*Hagen	3:22:34	M40	31	0:44:42	1:05:22	1:32:29
134	3066	Liebchen Peter	Werdener Turnerbund	3:22:34	M50	16	0:44:13	1:04:26	1:33:53
135	3920	Prodöhl Dominik	Tri Team FS Düsseldorf	3:22:44	M35	19	0:43:03	1:05:56	1:33:43
136	4328	Karge Ulrich	TriTeam TSG Sprockhövel	3:22:47	M40	32	0:42:59	1:04:50	1:34:57
137	3715	Wüllner Hubert	*Essen	3:22:59	M55	5	0:42:54	1:05:50	1:34:15
138	2205	Gleumes Stephan	Expertenrunde	3:23:08	M40	33	0:45:01	1:05:18	1:32:49
139	1781	Siska Georg	SV Schermbeck	3:23:14	M50	17	0:44:11	1:05:34	1:33:28
140	2108	Gerpheide Tim	SV 08/29 Friedrichsfeld-Judo	3:23:24	M22	10	0:38:34	0:59:11	1:45:37
140	2193	Mescher Stefan	*Essen	3:23:24	M40	34	0:42:37	1:05:57	1:34:49
142	3582	Peters Julian	*Essen	3:23:44	M19	3	0:45:14	1:08:43	1:29:47
143	2557	Brandenburg Martin	Angerland LT Lintorf	3:23:49	M50	18	0:42:57	1:03:38	1:37:13
144	2434	Schäpers Stefan	Bocholter WSV	3:23:50	M45	35	0:44:57	1:05:32	1:33:20
145	2405	Göttling Andreas	Adler Weseke	3:23:58	M45	36	0:46:02	1:05:49	1:32:06
146	2889	Zimmermann Frank	LC Duisburg	3:24:08	M40	35	0:44:51	1:06:19	1:32:57
147	2345	Kleemann Normen	SV Siemens	3:24:18	M40	36	0:43:55	1:05:11	1:35:11
148	4120	Föllmer Bernhard	frau-koenig.de	3:24:25	M50	19	0:43:09	1:06:15	1:35:00
149	3197	Wolff Ralf	PV Triathlon Witten	3:24:26	M45	37	0:43:51	1:06:53	1:33:41
150	3693	Unterberg Tobias	Lauftreff Carmenstraße	3:24:45	M35	20	0:47:18	1:07:07	1:30:19
151	2601	Schmitz Rolf	DMSG	3:24:50	M50	20	0:42:28	1:04:36	1:37:46
152	2211	Oelschläger Klaus	running man	3:25:05	M50	21	0:45:08	1:05:44	1:34:11
153	5636	Orthey Michael	MATERNA-Laufgruppe	3:25:09	M45	38	0:43:34	1:07:01	1:34:32
154	4230	Lagarden Jörg	SV Viktoria Goch	3:25:10	M50	22	0:43:20	1:06:33	1:35:16
155	6363	Weiner Thomas	TUS Breitscheid	3:25:21	M45	39	0:44:02	1:05:19	1:35:58
156	3189	Honsel Ralf	TriDucks Dorsten	3:25:22	M45	40	0:45:18	1:05:58	1:34:05
157	3241	Krock Roland	LG Mülheim	3:25:25	M40	37	0:44:39	1:06:55	1:33:49
158	1818	Harzheim Oliver	Vodafone-Runners	3:25:39	M40	38	0:44:17	1:06:15	1:35:06
159	2829	Schmitz Willi	LT Krefeld-Oppum	3:25:44	M50	23	0:44:51	1:06:05	1:34:46

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	5400	Thermann Sascha	Viktoria Goch	3:25:46	M40	39	0:43:21	1:05:48	1:36:37
161	5751	Gehring Patrick	LC Duisburg-Marathonkurs	3:25:53	M30	16	0:43:04	1:07:10	1:35:38
162	1957	Ledan Lionel	200PRO	3:26:39	M45	41	0:44:08	1:06:50	1:35:40
163	1745	Blötner-Schlenkhoff Uwe	E.ON Ruhrgas SG	3:26:47	M55	6	0:44:08	1:06:01	1:36:37
164	2933	Marus Wieslaw	SG Dorma	3:26:56	M50	24	0:45:46	1:06:59	1:34:10
165	2612	Arendt Mike	*Gelsenkirchen	3:27:04	M40	40	0:45:27	1:05:23	1:36:14
166	2248	Stahlmann Frank	TG Neuss	3:27:07	M45	42	0:44:21	1:06:22	1:36:23
167	5198	Leister Michael	*Düsseldorf	3:27:16	M30	17	0:37:59	1:29:06	1:20:09
168	3995	Spillker Marcel	USC Duisburg	3:27:17	M30	18	0:45:31	1:06:51	1:34:55
169	1797	Beer Christoph	Vodafone-Runners	3:27:19	M35	21	0:44:58	1:06:44	1:35:36
170	4365	Walburg Andreas	*Mülheim an der Ruhr	3:27:31	M45	43	0:44:07	1:06:45	1:36:38
171	4402	Zimmermann René	*Düsseldorf	3:27:35	M40	41	0:42:35	1:06:32	1:38:27
172	1867	Stackmann Carsten	Vodafone-Runners	3:27:36	M40	42	0:46:27	1:06:44	1:34:24
173	3453	Kranauge Thomas	BSG Barmenia Versicheru	3:27:42	M40	43	0:43:10	1:05:52	1:38:39
174	2682	Fröde Volker	TuS Hamborn-Neumühl	3:27:54	M65	2	0:44:47	1:07:45	1:35:21
175	2210	Dorobeck Burkhard	Angerland LT Lintorf	3:28:00	M50	25	0:40:12	0:59:45	1:48:02
176	1801	Gensior Dr. Matthias	Krefelder Kanu Klub	3:28:11	M55	7	0:48:18	1:12:09	1:27:43
177	4359	Hüser Torsten	Lauffeunde HADI Wesel	3:28:18	M35	22	0:44:56	1:07:21	1:36:00
178	5562	Dietze Joachim	TSV 1863 Herdecke	3:28:25	M50	26	0:43:31	1:05:13	1:39:40
179	1897	Krummel Jürgen	BSG Stadtwerke Duisburg A	3:28:27	M40	44	0:44:15	1:09:05	1:35:05
180	2903	Kubitsch Karsten	Hochschule für Gesundheit	3:28:32	M45	44	0:44:42	1:08:02	1:35:47
181	3719	Hoppe Thomas	*Krefeld	3:28:36	M40	45	0:46:46	1:08:25	1:33:24
182	2180	Salnikow Paul	Beverlaufftreff	3:28:45	M35	23	0:45:26	1:07:27	1:35:51
183	2092	Dünninger Helmut	*Ratingen	3:29:00	M45	45	0:45:03	1:07:38	1:36:18
184	5260	Mehlmann-Sonnefeldt Ma	Vivawest	3:29:06	M35	24	0:48:57	1:06:05	1:34:04
185	2311	Teloo Jürgen	LT Schnecke Sonsbeck	3:29:08	M30	19	0:42:34	1:12:13	1:34:20
186	4976	Grauke Tobias	*Ratingen	3:29:14	M50	27	0:43:15	1:07:16	1:38:43
187	4172	Sperlich Egbert	Ecki Power Team	3:29:21	M45	46	0:46:11	1:06:41	1:36:28
188	5559	Zöllner Johannes	TSV 1863 Herdecke	3:29:29	M22	11	0:39:33	1:02:38	1:47:17
189	3161	Resdorf Carsten	Wesel Obrighoven	3:29:32	M35	25	0:45:53	1:08:11	1:35:27
190	2448	Miksche Ronald	*Düsseldorf	3:29:41	M45	47	0:45:42	1:07:31	1:36:28
191	2375	Gereke Carsten	LC Mittwochabend Ratingen	3:29:41	M45	48	0:45:17	1:09:02	1:35:21
192	5122	Beyer Tobias	Reeser-SC	3:30:06	M19	4	0:43:45	1:09:14	1:37:06
193	2574	Seegenschmiedt Johanne	TUSEM Essen	3:30:08	M22	12	0:44:57	1:07:36	1:37:33
194	2573	Seegenschmiedt Heinrich	*Essen	3:30:08	M55	8	0:44:58	1:07:36	1:37:33
195	3993	Kaffka Michael	Triathlon Team Rheinberg	3:30:20	M45	49	0:43:29	1:08:54	1:37:57
195	6347	Hammelmaier Marcus	TUS Breitscheid	3:30:20	M35	26	0:50:26	1:05:59	1:33:54
197	5622	Szpogán Rainer	Immeo Wohnen Running Te	3:30:21	M55	9	0:44:51	1:08:04	1:37:25
198	3786	Patschäke Holger	200PRO	3:30:21	M50	28	0:45:24	1:07:24	1:37:33
199	4685	Gärtner Björn	immergrün triathlon team	3:30:22	M30	20	0:46:52	1:08:00	1:35:28
200	5650	Spoehr Stefan	SpoehrTec	3:30:49	M40	46	0:45:32	1:07:00	1:38:17
201	4704	Hoffmann Ralf	*Wesel	3:30:54	M45	50	0:45:30	1:07:47	1:37:36
202	1933	Gathmann Marcel	200PRO	3:30:54	M30	21	0:44:37	1:09:01	1:37:15
203	3247	Simon Dr. Dieter	LG Mülheim	3:30:56	M55	10	0:46:17	1:07:21	1:37:17
204	3239	Sobolewski Markus	Adler Langlauf Bottrop	3:31:00	M45	51	0:45:15	1:08:05	1:37:39
205	2842	Heim Nick	*Dinslaken	3:31:07	M18	2	0:44:42	1:06:25	1:39:59
206	1763	Schmidtke Markus	TC Kray 1892 e.V.	3:31:10	M40	47	0:45:37	1:08:58	1:36:34
207	4962	Klasen Nils	*Moers	3:31:22	M22	13	0:46:18	1:06:57	1:38:07
208	1785	Dieckmann Jörn	SV Schermbeck	3:31:23	M40	48	0:48:36	1:13:31	1:29:14
209	3084	Kremer Werner	Ausdauerchule by Bunert	3:31:31	M50	29	0:44:50	1:08:06	1:38:35
210	3127	Ehrlich Carsten	*Duisburg	3:31:45	M45	52	0:44:56	1:07:14	1:39:33
211	2169	Kempin Dietmar	MSV 09	3:31:52	M45	53	0:44:23	1:06:51	1:40:36
212	5571	Beckmann Micha	Palma runners	3:31:57	M45	54	0:45:26	1:07:51	1:38:40

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3016	Rödiger Volker	Blau-Weiß Bochum	3:31:57	M40	49	0:43:59	1:06:32	1:41:26
214	4070	Wrede Jürgen	ART Düsseldorf	3:32:04	M50	30	0:48:49	1:07:45	1:35:29
215	4677	Krebs Michael	*Hürth	3:32:06	M45	55	0:46:00	1:10:31	1:35:34
216	5538	Lachmann Marc	Filder Benden	3:32:10	M40	50	0:46:26	1:08:29	1:37:14
217	2435	Becker Martin	Team EhrBec	3:32:16	M45	56	0:45:57	1:08:15	1:38:03
218	5561	Ahlert-de Graat Jörg	TSV 1863 Herdecke	3:32:18	M45	57	0:45:26	1:09:09	1:37:43
219	4063	Schwass David	Die Oberkämpf(er)	3:32:21	M40	51	0:48:11	1:03:44	1:40:24
220	1891	Wesling Olaf	BSG Stadtwerke Duisburg A	3:32:25	M45	58	0:45:02	1:07:55	1:39:27
221	2040	Beckmann Björn	Hardcore Walsum	3:32:29	M35	27	0:46:21	1:08:33	1:37:34
222	4723	Reyering Frank	RUHR-TECHNIK	3:32:31	M40	52	0:45:18	1:08:02	1:39:10
223	4612	Drilling Norbert	TSV 1863 Herdecke	3:32:32	M50	31	0:43:52	1:05:53	1:42:46
224	4809	Prangen Michael	*Rheinberg	3:32:36	M45	59	0:46:53	1:08:20	1:37:22
225	3457	Steins Christian	TRC Essen 84	3:32:41	M50	32	0:45:27	1:08:13	1:39:00
226	5560	Kontny Thomas	TSV 1863 Herdecke	3:32:50	M45	60	0:45:04	1:09:13	1:38:33
227	5135	Dahlhaus Karsten	*Bocholt	3:32:52	M35	28	0:46:24	1:07:10	1:39:17
228	3473	Risse Levin	*duisburg	3:32:55	M22	14	0:44:59	1:07:10	1:40:45
229	3703	Nietiet Ralf	TUS Breitscheid	3:33:01	M45	61	0:47:53	1:08:57	1:36:10
230	4026	Röth Wilfried	Sparkasse Kleve	3:33:14	M50	33	0:45:12	1:08:41	1:39:20
231	3320	Reichert Tobias	*Dorsten	3:33:17	M22	15	0:44:50	1:07:32	1:40:53
232	4396	Friedrichs Manfred	ART Düsseldorf	3:33:18	M60	4	0:45:15	1:08:08	1:39:54
233	4663	Kovert Dr. Dirk	*Moers	3:33:19	M30	22	0:47:03	1:07:50	1:38:24
234	3391	Uhlendahl Markus	*Essen	3:33:19	M40	53	0:45:41	1:09:19	1:38:18
235	2945	Böminghaus René	*Oberhausen	3:33:20	M40	54	0:46:16	1:08:44	1:38:18
236	3936	Albers H.-G.	*Duisburg	3:33:27	M40	55	0:45:30	1:08:47	1:39:09
237	6300	Schulte-Lingemann Frank	200PRO	3:33:33	M40	56	0:47:13	1:09:04	1:37:15
238	2926	Schmengler Stephan	SV Budberg Lauffreunde	3:33:41	M45	62	0:46:31	1:08:11	1:38:59
239	3464	Peplau Ingo	Triminators TV Voerde	3:33:47	M35	29	0:46:07	1:09:54	1:37:45
240	2278	Fuchs Michael	Team 110	3:33:47	M50	34	0:45:05	1:08:05	1:40:36
241	1732	Schülke Frank	E.ON Ruhrgas SG	3:33:51	M50	35	0:43:17	1:16:19	1:34:14
242	3237	Piel Janik	*Düsseldorf	3:34:00	M18	3	0:44:45	1:11:44	1:37:30
243	2390	Happe Jens	*Bottrop	3:34:07	M45	63	0:45:40	1:09:33	1:38:53
244	1776	Benninghoff Dirk	SV Schermbeck	3:34:12	M40	57	0:46:11	1:09:43	1:38:17
245	3131	Jacob Julian	*Wuppertal	3:34:19	M22	16	0:46:50	1:09:29	1:37:59
246	3701	Knies Thorsten	*Duisburg	3:34:20	M45	64	0:47:03	1:08:00	1:39:17
247	3913	Motzkus Martin	BSG Ev. Krankenhaus MH	3:34:30	M35	30	0:42:38	1:20:22	1:31:29
248	2065	Zielony Martin	Laufende Geometer	3:34:34	M45	65	0:46:07	1:07:04	1:41:23
249	4497	Kühn Dirk	*Duisburg	3:34:35	M40	58	0:44:56	1:09:09	1:40:29
250	3631	Brings Jürgen	DJK VfR Saarn	3:34:42	M50	36	0:46:19	1:09:40	1:38:42
251	3440	Lüdtke-Kottusch Thomas	*Duisburg	3:35:21	M50	37	0:45:13	1:09:17	1:40:49
252	4588	Korischem Simon	*Duisburg	3:35:28	M22	17	0:44:29	1:12:25	1:38:33
253	5455	Wingerath Ralf	Fair Gewinnt e.V. Essen	3:35:45	M45	66	0:47:21	1:10:28	1:37:54
254	5558	Becker Fabian	TSV 1863 Herdecke	3:35:52	M22	18	0:40:43	1:09:34	1:45:35
255	4089	Kiefaber Wolfgang	TV Steinforth-Rubbelrath	3:35:56	M55	11	0:45:27	1:09:00	1:41:28
256	3634	Leonhardt Rainer	DJK VfR Saarn	3:35:57	M55	12	0:44:43	1:09:48	1:41:25
257	5103	Vortmann Lars	*Essen	3:36:04	M22	19	0:45:34	1:09:56	1:40:33
258	3876	Thomas Ingo	*Krefeld	3:36:05	M45	67	0:47:17	1:09:56	1:38:51
259	2725	Lamsfus Jürgen	SV Germania Dürwiß	3:36:10	M50	38	0:45:06	1:07:52	1:43:10
260	2783	Wittkamp Philip	*Duisburg	3:36:20	M30	23	0:45:50	1:14:39	1:35:51
261	4530	Koch Christian	TriTeam TSG Sprockhövel	3:36:23	M45	68	0:45:54	1:08:01	1:42:27
262	1769	Witteborn Holger	TVK 1877 Essen	3:36:26	M45	69	0:45:27	1:10:49	1:40:09
263	2367	Rosin Marc	Herner Triathlon Team 11	3:36:39	M35	31	0:45:10	1:09:43	1:41:45
264	2505	Voß Claus	DJK Tus Rotthausen	3:36:40	M45	70	0:46:54	1:10:02	1:39:43
265	2744	Schnatmann Christian	*Hünxe	3:36:42	M50	39	0:45:31	1:08:02	1:43:08

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3120	Herzberg Mike	Bens Mama&Papa	3:37:00	M35	32	0:46:18	1:09:47	1:40:54
267	2633	Kemmerling Wolfgang	DJK Coesfeld	3:37:15	M55	13	0:46:31	1:09:30	1:41:13
268	4515	Rütter Ralf	SV Brünen	3:37:18	M40	59	0:46:54	1:10:07	1:40:17
269	2122	Meyer Bernhard	TSV Weeze	3:37:19	M45	71	0:47:38	1:09:04	1:40:36
270	3414	Ehlert Stephan	*Meerbusch	3:37:21	M50	40	0:47:43	1:11:35	1:38:01
271	3139	Sanders Joachim	*Essen	3:37:21	M60	5	0:45:45	1:08:51	1:42:44
272	3264	Van Gemmern Stefan	*Essen	3:37:38	M40	60	0:46:29	1:10:42	1:40:26
273	5462	Stein Christian	LCK Ronsdorf	3:37:39	M40	61	0:45:19	1:08:50	1:43:29
274	2793	Mohn Thorsten	team slow motion	3:37:41	M40	62	0:47:39	1:09:31	1:40:30
275	2520	Holstein Dirk	LGO Bochum	3:37:43	M45	72	0:43:40	1:07:51	1:46:11
276	3191	Reißner Mike	*Duisburg	3:37:43	M30	24	0:47:19	1:09:20	1:41:03
277	2589	Dick Viktor	*Neukirchen-Vluyn	3:37:43	M45	73	0:46:22	1:09:03	1:42:17
278	4565	Rogala Andrzej	Marathonteam Ratingen	3:37:43	M55	14	0:45:26	1:15:23	1:36:53
279	2298	Guffler Frank	Lauf-AG LFS	3:37:44	M45	74	0:46:03	1:08:43	1:42:56
280	2514	Weißing Jörg	*Essen	3:37:54	M45	75	0:47:00	1:09:54	1:40:59
281	4380	König Jürgen	Klingenwetzter	3:37:56	M50	41	0:45:16	1:09:24	1:43:15
282	2464	Müller Rolf	*Oberhausen	3:37:57	M50	42	0:47:09	1:09:17	1:41:30
283	4673	Witeczek Thomas	*Krefeld	3:38:03	M35	33	0:46:28	1:10:10	1:41:24
284	3455	Bongardt Jörg	Stadtwerke Solingen	3:38:06	M45	76	0:45:21	1:09:40	1:43:04
285	1759	Tissarek Karl	TC Kray 1892 e.V.	3:38:07	M55	15	0:49:38	1:11:54	1:36:34
286	4304	Rehkämper Klaus	ERGO Sports Düsseldorf	3:38:20	M50	43	0:48:25	1:08:59	1:40:55
287	5741	Gading Thomas	Duisburg-Marathonkurs	3:38:23	M35	34	0:48:57	1:11:56	1:37:29
288	5725	Packroß Michael	Ausdauererschule by Bunert	3:38:23	M45	77	0:45:34	1:11:00	1:41:48
289	4857	Krebs Dr. Werner	DJK VfR Saarn	3:38:45	M50	44	0:44:35	1:06:12	1:47:57
290	2261	Léger Sacha	*Wuppertal	3:38:49	M40	63	0:47:43	1:11:19	1:39:46
291	4823	Gatzke Ralf	Frisbee Family Pempelfort	3:38:50	M50	45	0:47:48	1:11:57	1:39:04
292	3667	Hess Rüdiger	LT Krefeld-Oppum	3:38:53	M55	16	0:47:06	1:11:08	1:40:38
293	2685	Bachler Oliver	Marys Laufflinge Bocholt	3:38:57	M45	78	0:45:43	1:09:14	1:44:00
294	4437	Hanrath Holger	*Mülheim	3:39:02	M40	64	0:46:54	1:10:59	1:41:08
295	3072	Wagner Burkhard	Die Stolperer	3:39:10	M50	46	0:46:52	1:13:42	1:38:34
295	4986	Kreß Dirk	Team Erdinger Alkoholfrei	3:39:10	M45	79	0:45:19	1:09:56	1:43:53
297	3230	Kuhlmann Norbert	Spvgg. Sterkrade-Nord 1920	3:39:11	M45	80	0:46:02	1:10:01	1:43:07
298	4002	Kühnreich Mathias	*Essen	3:39:14	M45	81	0:46:27	1:10:50	1:41:56
299	4481	Alipaß Michael	BSG Sparkasse HRV	3:39:15	M40	65	0:44:56	1:10:36	1:43:42
300	2271	Krämer Michael	Roadrunner	3:39:19	M50	47	0:46:23	1:12:19	1:40:36
301	3248	Szczepanik Irek	LG Mülheim	3:39:20	M45	82	0:47:12	1:11:44	1:40:23
302	3777	Meyer Hans-Peter	LG COESFELD	3:39:33	M60	6	0:48:25	1:08:08	1:42:59
303	3329	Krebber Norbert	Bocholter WSV	3:39:36	M50	48	0:49:38	1:10:54	1:39:03
304	3007	Wübling Torsten	HCTV	3:39:39	M35	35	0:49:36	1:09:42	1:40:21
305	4036	Kühnel Markus	*Velbert	3:39:41	M40	66	0:45:09	1:12:02	1:42:29
306	2412	Späth Norbert	*Düsseldorf	3:39:43	M40	67	0:47:35	1:09:59	1:42:08
307	3717	Tramp Ralf	SV Viktoria Goch	3:39:47	M55	17	0:46:27	1:09:23	1:43:57
308	5053	Serek Jürgen	*Mülheim a.d.R.	3:39:48	M50	49	0:47:23	1:09:54	1:42:31
309	6385	Gebehart Achim	SV Bergisch Gladbach 1920	3:40:05	M50	50	0:47:33	1:11:44	1:40:47
310	4729	Nowak Dominik	*Essen	3:40:13	M30	25	0:45:57	1:13:02	1:41:12
311	2124	Becker Dirk	BSG Stadtwerke Duisburg A	3:40:16	M45	83	0:46:32	1:09:39	1:44:03
312	2483	Krüger Hajo	CaBas CaBaNauTeN	3:40:17	M50	51	0:47:44	1:10:58	1:41:34
313	4430	Kortmann Thomas	Commerzbank BSG Laufen	3:40:19	M40	68	0:47:31	1:09:17	1:43:30
314	5133	Podworni Reiner	Triminators TV Voerde	3:40:29	M60	7	0:45:26	1:10:53	1:44:10
315	5593	Dahlhaus Holger	*Wuppertal	3:40:34	M40	69	0:46:59	1:09:26	1:44:08
316	4259	Aßhauer Michael	SC Wiking Herne	3:40:40	M45	84	0:48:59	1:09:55	1:41:45
317	5273	Latermann Jens	Vivawest	3:40:45	M40	70	0:46:27	1:12:33	1:41:44
318	1777	Lankes Stefan	SV Schermbeck	3:40:48	M45	85	0:46:51	1:09:30	1:44:26

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3692	Müller Peter	LC Duisburg	3:40:55	M65	3	0:46:44	1:10:34	1:43:36
320	3944	Reimann Günter	*Duisburg	3:40:55	M40	71	0:47:23	1:10:22	1:43:09
321	4438	Kronenberg Friedrich	Marathonteam Ratingen	3:40:55	M60	8	0:48:06	1:11:58	1:40:51
322	5120	Zachan Michael	Solinger Lc	3:41:02	M50	52	0:46:14	1:15:24	1:39:24
323	3008	Schroeder Georg	BSG DELPHI Draka Wupper	3:41:06	M60	9	0:47:02	1:10:57	1:43:06
324	2646	Gall Jens	ASC Ratingen West	3:41:06	M45	86	0:44:21	1:08:53	1:47:52
325	5255	Tuncel Turhan	Vivawest	3:41:27	M45	87	0:47:05	1:12:37	1:41:43
326	4517	Götz Wolfgang	DJK VFL Willich	3:41:28	M45	88	0:46:52	1:10:17	1:44:18
327	2244	Falk Werner	*Wuppertal	3:41:41	M50	53	0:47:50	1:10:14	1:43:36
328	5119	Buchholz Gerrit	*Ratingen	3:41:42	M40	72	0:50:01	1:09:12	1:42:27
329	5242	Schorn Walter	Max Maulwurf Marathonis	3:41:44	M55	18	0:44:18	1:21:34	1:35:51
330	4728	Hülder Malte	*Essen	3:41:48	M35	36	0:46:47	1:13:12	1:41:48
331	5869	Holtmeier Jürgen	Nina-Sport Ratingen	3:41:51	M50	54	0:46:37	1:13:06	1:42:07
332	5659	Thiel Markus	running4charity	3:41:53	M40	73	0:47:29	1:10:22	1:44:01
333	3813	Koschlitzki Norbert	Eintracht Duisburg 1848 e.V.	3:41:54	M50	55	0:46:17	1:14:22	1:41:14
334	3586	Struttmann Dietmar	LC Duisburg	3:41:57	M45	89	0:44:39	1:08:05	1:49:12
335	4817	Vollmer Martin	*Wuppertal	3:41:57	M45	90	0:49:41	1:11:58	1:40:16
336	2542	Wilmers Frank	*Bocholt	3:42:09	M40	74	0:49:00	1:11:40	1:41:28
337	5701	Meiering Dr. Carsten	TSV Herdecke 1863	3:42:09	M45	91	0:45:26	1:13:56	1:42:46
338	1874	Weissbrich Guido	Vodafone-Runners	3:42:13	M40	75	0:49:11	1:11:43	1:41:18
339	2790	Peters Andreas	*Oberhausen	3:42:13	M50	56	0:47:01	1:11:48	1:43:23
340	2453	Mainka Oliver	*Oberhausen	3:42:15	M40	76	0:47:21	1:10:30	1:44:22
341	3815	Rosenschild Christoph	running4charity	3:42:17	M45	92	0:47:57	1:12:49	1:41:30
342	3326	Sander Fabian	*Düsseldorf	3:42:17	M40	77	0:48:58	1:11:06	1:42:12
343	2323	Rzyla Adrian	BWV Bocholt	3:42:21	M40	78	0:48:36	1:10:58	1:42:45
344	2704	Pospiech Klaus	Werdener Turnerbund	3:42:25	M50	57	0:47:53	1:11:52	1:42:39
345	2288	Brabender Klaus Jürgen	Werricher Lauftreff	3:42:36	M55	19	0:50:43	1:11:25	1:40:28
346	4991	Kaiser André	TuS Baerl	3:42:39	M35	37	0:48:03	1:11:22	1:43:13
347	3628	Wiemann Matthias	LGO Bochum	3:42:39	M35	38	0:49:19	1:08:58	1:44:20
348	2365	Dietz Kalle	Herner Triathlon Team 11	3:42:44	M50	58	0:46:50	1:12:20	1:43:33
349	4064	Dohmes Oliver	Die Oberkämpfer	3:42:50	M40	79	0:48:07	1:13:09	1:41:33
350	5703	Bartels Carsten	*Moers	3:42:50	M40	80	0:47:38	1:11:11	1:44:01
351	3057	Tomanek Stefan	Rigips Runner	3:42:59	M45	93	0:43:14	1:20:37	1:39:07
352	2731	Götting Tino	*Köln	3:42:59	M30	26	0:50:12	1:10:33	1:42:13
353	2560	Nowak Carsten	Ausdauerchule by Bunert	3:43:02	M40	81	0:48:14	1:14:21	1:40:27
354	3506	Schmitz Ulrich	TC Grün Weiß Hochdahl	3:43:04	M50	59	0:47:14	1:11:55	1:43:53
355	3839	Conrad Thomas	*Essen	3:43:07	M45	94	0:49:06	1:12:25	1:41:35
356	2565	Polster Thomas	SuS Bertlich	3:43:17	M45	95	0:48:02	1:13:11	1:42:03
357	3022	Hinzelmann Uli	Sp.Sch. Raesfeld	3:43:21	M45	96	0:48:09	1:08:44	1:46:27
358	3333	Valente Nico	SV Viktoria Goch	3:43:21	M60	10	0:47:43	1:13:19	1:42:18
359	4746	Aulich Frederik	*Duisburg	3:43:22	M19	5	0:46:54	1:11:28	1:45:00
360	5754	Glässer Roberto	LC Duisburg	3:43:30	M50	60	0:47:26	1:12:32	1:43:31
361	3491	Krings Stephan	*Mülheim an der Ruhr	3:43:31	M45	97	0:46:26	1:11:53	1:45:12
362	1784	Gromann Ralf	SV Schermbeck	3:43:33	M50	61	0:48:36	1:12:01	1:42:55
363	4071	Roeske Thomas	TV Uffort-Eick	3:43:36	M22	20	0:47:28	1:12:54	1:43:12
364	4837	Kriegel René	*Duisburg	3:43:38	M22	21	0:49:19	1:13:08	1:41:09
365	2619	Graf Klaus	*Esslingen	3:43:49	M45	98	0:47:55	1:11:46	1:44:07
366	2403	Böhme Gerd	*Essen	3:43:51	M55	20	0:48:29	1:11:48	1:43:33
367	4113	Beele Andreas	*Mettmann	3:43:54	M45	99	0:46:48	1:12:22	1:44:43
368	5030	Dahmen Marco	Reeser SC	3:44:00	M22	22	0:42:48	1:13:46	1:47:26
369	2781	Pfannkuche Olaf	*Essen	3:44:04	M45	100	0:46:33	1:13:43	1:43:48
370	4514	Kappler Markus	*Essen	3:44:07	M30	27	0:48:03	1:13:22	1:42:41
371	3644	Ullrich Tino	Freiwillige Feuerwehr Erkrath	3:44:10	M40	82	0:47:46	1:13:15	1:43:08

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4915	Gossens Claus	Bunert	3:44:11	M45	101	0:51:06	1:20:41	1:32:22
373	5427	Kossen Papa von Tom	*Duisburg	3:44:17	M40	83	0:47:45	1:10:27	1:46:04
374	1875	Wieneke Andreas	Vodafone-Runners	3:44:22	M55	21	0:49:10	1:11:54	1:43:17
375	1750	Grabienski Benjamin	E.ON Ruhrgas SG	3:44:25	M22	23	0:49:45	1:11:34	1:43:06
376	1714	Heidemann Björn	E.ON Ruhrgas SG	3:44:29	M30	28	0:46:36	1:11:49	1:46:03
377	4068	Reichelt Herbert	Die blauen Bengel	3:44:31	M55	22	0:47:44	1:12:21	1:44:25
378	4607	Müller Manuel	*Duisburg	3:44:34	M22	24	0:46:23	1:13:14	1:44:57
379	2812	Mühle Patrick	*Duisburg	3:44:34	M30	29	0:45:29	1:10:41	1:48:24
380	5613	Schreiber Marko	Team Aroma Ahoi	3:44:35	M40	84	0:48:05	1:10:23	1:46:06
381	3046	Hüppe Reinhold	SF Klein Reken	3:44:35	M45	102	0:50:02	1:10:48	1:43:44
382	5434	Haack Jürgen	Ski-Klub Düsseldorf	3:44:40	M55	23	0:49:11	1:12:34	1:42:54
383	4906	Laufs Stephan	LT Metzkausen	3:44:40	M45	103	0:46:58	1:12:50	1:44:51
384	2697	Klingen Thomas	*Duisburg	3:44:43	M30	30	0:49:42	1:13:23	1:41:36
385	1964	Thomas Jan Peter	*Essen	3:44:50	M40	85	0:46:18	1:10:22	1:48:10
386	3611	Ulrich Volker	*Solingen	3:44:59	M50	62	0:47:52	1:09:40	1:47:26
387	3014	Hennes Jandrik	TC Grün Weiß Hochdahl	3:45:03	M19	6	0:46:29	1:10:37	1:47:56
388	2799	Gehrmann Michael	Bocholt	3:45:06	M45	104	0:49:47	1:11:06	1:44:13
389	5246	Hellermann Klaus	Max Maulwurf Marathonis	3:45:15	M50	63	0:48:11	1:12:19	1:44:44
390	3076	Ziegenfuß Marc	Oberhausener TV	3:45:18	M35	39	0:46:54	1:12:59	1:45:24
391	5018	Gabriel Roland	*Duisburg	3:45:20	M55	24	0:46:36	1:11:25	1:47:19
392	4671	Lünendonk Lothar	Team Crazyluenis Korschen	3:45:21	M60	11	0:50:09	1:11:07	1:44:04
393	2710	Lichtenberger Frank	Styrumer TV	3:45:23	M50	64	0:48:59	1:11:54	1:44:29
394	3989	Koths Tobias	Kc HerzGold	3:45:31	M22	25	0:50:16	1:14:29	1:40:46
395	2127	Heusinkveld Tim	Lauftreff Uhlenhorst	3:45:41	M30	31	0:48:17	1:12:44	1:44:40
396	1840	Malkowsky Andre	Vodafone-Runners	3:45:45	M45	105	0:48:27	1:13:42	1:43:35
397	2843	Barral Farto Ramon	Team Pirate	3:45:51	M40	86	0:48:08	1:13:01	1:44:40
398	2139	Staubach Frank	Adler Langlauf Bottrop	3:45:53	M45	106	0:49:49	1:12:56	1:43:06
399	4983	Willemsen Jens	Run for Fun	3:45:57	M40	87	0:49:04	1:12:09	1:44:43
400	6313	Wisniewski Marcus	200PRO	3:46:05	M30	32	0:49:36	1:14:36	1:41:52
401	2676	Volk Henning	*Duisburg	3:46:05	M40	88	0:49:59	1:13:07	1:42:59
402	5660	Lachman Tobias	TUSEM Essen	3:46:11	M22	26	0:46:26	1:10:36	1:49:08
403	2439	Robering Andre	*Oer-Erkenschwick	3:46:22	M35	40	0:45:15	1:19:28	1:41:38
404	4924	Kyewski Niels	Triminators TV Voerde	3:46:30	M40	89	0:49:41	1:12:46	1:44:02
405	3505	Wolf Frank	*Moers	3:46:36	M45	107	0:49:00	1:13:45	1:43:50
406	2935	Plöger Markus	LT Krefeld-Oppum	3:46:36	M45	108	0:48:12	1:12:30	1:45:53
407	2779	Himmel Andreas	*Essen	3:46:40	M45	109	0:49:19	1:12:26	1:44:54
408	3564	Brucks Ingo	*Oberhausen	3:46:40	M35	41	0:47:37	1:13:36	1:45:26
409	4185	Bruni Cristian	*Düsseldorf	3:46:50	M30	33	0:46:00	1:07:39	1:53:09
410	2238	Berekoven Martin	Triabolos Triathlon Hamburg	3:46:50	M45	110	0:49:10	1:11:56	1:45:43
411	3838	Conrad Peter	*Essen	3:46:59	M18	4	0:48:30	1:13:02	1:45:27
412	2456	Riemenschneider Ralf	*Castrop-Rauxel	3:47:00	M50	65	0:48:49	1:13:59	1:44:12
413	4553	Kohlscheen Sandro	*Dinslaken	3:47:02	M22	27	0:48:28	1:12:49	1:45:44
414	1841	Mellech Ralf	Vodafone-Runners	3:47:05	M50	66	0:49:03	1:12:50	1:45:12
415	4974	Redeske Björn	TUS Mechernich 1987	3:47:06	M40	90	0:46:00	1:13:23	1:47:43
416	3171	Bartholot Jörg	*Korschenbroich	3:47:06	M40	91	0:50:18	1:13:14	1:43:34
417	2882	Geltenpoth Guido	Lauftreff Kettwig 2000	3:47:08	M40	92	0:50:10	1:13:02	1:43:54
418	3734	Blum Mike	Tri Team FS Düsseldorf	3:47:09	M50	67	0:47:32	1:13:59	1:45:38
419	2898	Schilling Dirk	*Duisburg	3:47:10	M45	111	0:48:09	1:12:51	1:46:10
420	2116	Heusinkveld Klaus	Lauftreff Uhlenhorst	3:47:11	M60	12	0:48:16	1:12:44	1:46:10
421	2465	Schneider Jürgen	LT Turnerbund Frintrop	3:47:13	M50	68	0:50:18	1:12:59	1:43:55
422	3039	Paulukuhn Dr. Leif	*Moers	3:47:15	M35	42	0:46:57	1:11:51	1:48:26
423	2503	Kolberg Dieter	DJK Tus Rotthausen	3:47:20	M50	69	0:52:41	1:11:17	1:43:21
424	4216	Kalthaus Andreas	Ausdauerchule by Bunert	3:47:21	M40	93	0:46:13	1:12:32	1:48:35

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	5262	Tollnick Stefan	Vivawest	3:47:24	M35	43	0:51:00	1:16:07	1:40:16
426	2578	Blicke Christian	Barfuss Bethlehem	3:47:27	M22	28	0:51:44	1:14:35	1:41:08
427	2927	Holzum Frank	SV Budberg Lauffreunde	3:47:28	M45	112	0:46:25	1:08:11	1:52:50
428	2425	Wassink Andreas	LC Duisburg	3:47:36	M40	94	0:49:03	1:13:25	1:45:07
429	5177	Ellerbrok Dirk	DJK VfR Saarn	3:47:36	M55	25	0:47:21	1:12:18	1:47:56
430	2027	Jany Dr. Jens	*Voerde	3:47:40	M30	34	0:46:30	1:11:59	1:49:10
431	5533	Wachs Daniel	*Duisburg	3:47:40	M22	29	0:51:36	1:21:40	1:34:24
432	6342	Brosch Reinhard	TUS Breitscheid	3:47:48	M45	113	0:47:23	1:14:30	1:45:55
433	2681	Reiner Stefan	*Neuss	3:47:56	M45	114	0:47:06	1:12:05	1:48:44
434	2875	Kubitza Marco	Marathon Mülheim	3:47:57	M40	95	0:49:28	1:13:35	1:44:54
435	5121	Kaczmarczyk Adam	Marathonteam Ratingen	3:47:57	M40	96	0:50:57	1:12:31	1:44:28
436	3180	Van den Dolder Ralf	*Neukirchen-Vluyn	3:48:10	M50	70	0:49:21	1:11:15	1:47:33
437	4192	Eiteneuer Bernd	Rapid Ramirez	3:48:13	M55	26	0:46:57	1:14:09	1:47:07
438	1706	Muehlenkamp Markus	*Nottuln	3:48:14	M40	97	0:46:35	1:15:38	1:46:00
439	3401	Siry Martin	TV Wanheimerort	3:48:15	M40	98	0:47:34	1:09:45	1:50:56
440	2325	Jendrian Rainer	*Essen	3:48:17	M50	71	0:46:19	1:10:34	1:51:23
441	5019	Mittasch Markus	Langsam läuft am längsten	3:48:19	M45	115	0:47:20	1:16:39	1:44:19
442	3698	Plümel Ingo	*Duisburg	3:48:21	M35	44	0:48:29	1:12:46	1:47:06
443	2755	Paßerschroer Christian	Marys Lauflinge Bocholt	3:48:24	M30	35	0:50:17	1:16:01	1:42:05
444	2941	Ehrentraut Heinz-Udo	Rumelner TV	3:48:24	M50	72	0:47:47	1:12:18	1:48:18
445	4933	Bierschbach Rainer	Turnerbund Osterfeld 1911 e	3:48:25	M50	73	0:45:52	1:26:02	1:36:30
446	3906	Mischker Markus	Tri Team FS Düsseldorf	3:48:27	M30	36	0:47:26	1:14:08	1:46:52
447	2136	Mohr Markus	*Issum	3:48:28	M45	116	0:47:10	1:12:06	1:49:11
448	3842	Lange Bodo	SV Beeckerwerth	3:48:33	M70	1	0:48:29	1:14:26	1:45:37
449	4317	Beermann Werner	RAG TEAM	3:48:41	M55	27	0:49:02	1:14:42	1:44:55
450	2920	Fieber Thomas	hofacker-runner.de.vu	3:48:49	M40	99	0:49:32	1:14:54	1:44:23
451	2322	Thier Thomas	*bocholt	3:48:54	M40	100	0:49:08	1:11:57	1:47:48
452	1913	Naujoks Stefan	Opta-Data	3:49:00	M40	101	0:50:57	1:14:49	1:43:13
453	3696	Lueg Ingo	LT TUS Iserlohn	3:49:02	M60	13	0:48:50	1:13:44	1:46:27
454	2221	Neukäter Dr. Winfried	Lauffreunde HADI Wesel	3:49:06	M45	117	0:49:05	1:15:00	1:45:00
455	5052	Peters Dominik	Berufsfeuerwehr Düsseldorf	3:49:06	M22	30	0:47:38	1:12:45	1:48:43
456	4231	Flach Gerhard	RTB-Remscheid-Marathonte	3:49:08	M60	14	0:48:25	1:13:06	1:47:36
457	4711	Steinrötter Hermann	Feuerwehr Dorsten-Altstadt	3:49:09	M45	118	0:53:11	1:12:35	1:43:22
458	4233	Jenkes Christian	frau-koenig.de	3:49:29	M40	102	0:48:46	1:13:55	1:46:47
459	4159	Boleslawsky Stephan	*Ratingen	3:49:45	M40	103	0:47:19	1:12:23	1:50:02
460	5450	Joeken Ludger	*Kleve	3:49:53	M45	119	0:48:23	1:13:27	1:48:02
461	5591	Berg Thomas	*Hagen	3:49:58	M45	120	0:48:54	1:13:05	1:47:59
462	2475	Kleusberg Martin	Barmenia Versicherungen	3:50:08	M40	104	0:50:36	1:14:03	1:45:28
463	2008	Seggwiß Hendrik	*Rhede	3:50:08	M35	45	0:49:36	1:16:23	1:44:08
464	2769	Fiedler Ernst-Oskar	LT Gruitzen-Neandertal	3:50:11	M60	15	0:53:01	1:12:52	1:44:17
465	3516	Hansen Ingo	FSV Feuerwehr Düsseldorf	3:50:12	M40	105	0:47:20	1:15:29	1:47:22
466	5038	Fleer Martin	*Düsseldorf	3:50:19	M30	37	0:48:58	1:12:24	1:48:57
467	4212	John Dennis	Team Erdinger Alkoholfrei	3:50:24	M30	38	0:59:53	1:06:31	1:43:58
468	3154	Bily Alexander	Spassticker	3:50:28	M40	106	0:51:49	1:14:58	1:43:40
469	6337	Albrecht Rainer	TUS Breitscheid	3:50:30	M50	74	0:48:29	1:15:04	1:46:56
470	3312	Franz Ingo	*Schonungen	3:50:31	M45	121	0:53:30	1:13:00	1:44:00
471	3518	Wenzel Michael	DJK BW Witten Annen	3:50:33	M50	75	0:51:10	1:14:01	1:45:21
472	6355	Lukassek Peter	TUS Breitscheid	3:50:33	M22	31	0:48:29	1:15:05	1:46:57
473	2743	Spruck Stefan	Tri Team FS Düsseldorf	3:50:40	M30	39	0:47:43	1:15:28	1:47:28
474	2171	Lenz Michael	*Oberhausen	3:50:44	M35	46	0:49:57	1:13:47	1:46:59
475	5396	Beckmann Ludger	AS-Neukirchen-Vluyn	3:50:50	M55	28	0:48:53	1:12:57	1:48:59
476	5180	Ellerbrok Torben	*Mülheim an der Ruhr	3:50:51	M22	32	0:46:37	1:12:18	1:51:54
477	5730	Gerhorst Jürgen	AOK	3:50:52	M50	76	0:48:54	1:14:38	1:47:20

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	6362	Tischer Norman	TUS Breitscheid	3:50:58	M30	40	0:49:46	1:10:54	1:50:17
479	2046	Voß Holger	*Erkrath	3:51:00	M50	77	0:47:22	1:17:37	1:45:59
480	1757	Jahnke Siegfried	TC Kray 1892 e.V.	3:51:04	M60	16	0:50:50	1:14:38	1:45:34
481	4197	Klefisch Dietmar	Lauffreunde Gracht 08	3:51:06	M50	78	0:48:46	1:13:57	1:48:23
482	5401	Busch Carsten	*Solingen	3:51:09	M45	122	0:50:54	1:09:40	1:50:34
483	5755	Schlottmann Dirk	LC Marathon-Kurs	3:51:11	M45	123	0:49:48	1:13:17	1:48:05
484	5602	Lindemann Ralf	Ausdauer Schule by Bunert	3:51:13	M40	107	0:49:09	1:14:20	1:47:43
485	5733	Kistemann Horst	TTV Rees-Groin	3:51:15	M45	124	0:50:09	1:12:48	1:48:17
486	4678	Bender Jochen	*Mülheim	3:51:20	M45	125	0:49:29	1:13:35	1:48:15
487	2077	Veit Daniel	*Essen	3:51:34	M40	108	0:52:17	1:14:39	1:44:37
488	4168	Daugart Dr. Jan	*Düsseldorf	3:51:39	M35	47	0:49:36	1:14:56	1:47:06
489	5665	McGovern Terry	*Bonn	3:51:39	M40	109	0:48:17	1:09:59	1:53:22
490	2925	Poley Jens	*Duisburg	3:51:39	M30	41	0:46:02	1:12:22	1:53:14
491	3965	Schmitz Timo	Tri Club Wuppertal	3:51:44	M30	42	0:50:33	1:13:34	1:47:36
492	4054	Bredol Peter	*Hürth	3:51:44	M30	43	0:46:32	1:25:54	1:39:17
493	2960	Wittig Helge	*Oberhausen	3:51:46	M45	126	0:49:31	1:14:07	1:48:07
494	3776	Stippel Jürgen	LG COESFELD	3:51:49	M55	29	0:49:40	1:14:52	1:47:16
495	3117	Lass Hartmut	*Meerbusch	3:51:53	M45	127	0:47:13	1:13:52	1:50:47
496	5632	Steinhoff Karl	Wir bei HKM	3:52:03	M30	44	0:49:09	1:17:53	1:45:01
497	3275	Volk Frank	*Duisburg	3:52:04	M45	128	0:49:46	1:14:28	1:47:49
498	5210	Diedrich Mike	*Essen	3:52:08	M40	110	0:50:42	1:14:28	1:46:58
499	4489	Hagemeister Patrick	*Duisburg	3:52:12	M30	45	0:48:22	1:14:11	1:49:38
500	4327	Ziemons André	Rapid Ramirez	3:52:29	M55	30	0:47:21	1:14:06	1:51:02
501	3603	Prass Andreas	TLV Germania Überraehr	3:52:33	M50	79	0:50:15	1:13:45	1:48:32
502	2078	Niekämper Markus	LS Allegro	3:52:47	M40	111	0:53:30	1:14:39	1:44:37
503	5454	Schön Walter	*Essen	3:53:02	M35	48	0:49:05	1:17:37	1:46:18
504	5563	Kochanek Christian	*Krefeld	3:53:04	M35	49	0:49:34	1:12:47	1:50:43
505	4533	Odenthal Danny	*Leverkusen	3:53:06	M35	50	0:50:50	1:14:48	1:47:27
506	3065	Weiß Thorsten	Borbecker Raketen	3:53:10	M30	46	0:49:17	1:13:05	1:50:47
507	5141	Brunsch Christopher	Marathon Dinslaken	3:53:13	M22	33	0:48:24	1:13:20	1:51:28
508	2427	Kinnauer Michael	LC Duisburg	3:53:17	M40	112	0:50:34	1:13:23	1:49:19
509	1832	Knocke Andreas	Vodafone-Runners	3:53:22	M50	80	0:50:15	1:18:03	1:45:03
510	2033	Leischker Dr. Andreas	*Tönisvorst	3:53:29	M45	129	0:48:01	1:10:54	1:54:32
511	4598	Knorr Peter	Bikestars.de.to	3:53:45	M45	130	0:51:24	1:16:05	1:46:15
512	3265	Kulke Reinhard	Adler Langlauf Bottrop	3:53:46	M45	131	0:50:54	1:15:11	1:47:40
513	2884	Mäteling Alex	LT SV Haldern	3:53:56	M55	31	0:48:55	1:14:25	1:50:35
514	3630	Jansen Josef	SV Viktoria Goch	3:54:08	M65	4	0:51:33	1:13:15	1:49:20
515	3280	Brehm Dr. Carsten	*Mülheim	3:54:16	M40	113	0:42:31	1:17:30	1:54:14
516	4292	Wißmann Markus	Bocholt	3:54:23	M45	132	0:50:34	1:16:06	1:47:42
517	4151	Pauls Viktor	Expertenrunde	3:54:25	M40	114	0:47:23	1:16:55	1:50:06
518	2258	Franken Manfred		3:54:28	M50	81	0:49:03	1:12:54	1:52:29
519	2309	Kunze Oliver	IBK Düsseldorf	3:54:28	M45	133	0:51:09	1:17:10	1:46:08
520	3092	Zachcial Dr. Andreas	Fluktuation 8	3:54:32	M40	115	0:51:24	1:14:43	1:48:24
521	3604	Binias Jürgen	LC Duisburg	3:54:33	M50	82	0:50:01	1:16:45	1:47:47
522	2867	Schulten Michael	Sturmvoegel Essen	3:54:34	M45	134	0:49:24	1:17:55	1:47:14
523	3305	Schepanowski Thomas	*Düsseldorf	3:54:41	M30	47	0:49:23	1:14:11	1:51:05
524	4863	Laubenthal Lars	*Lünen	3:54:55	M40	116	0:51:22	1:14:55	1:48:37
525	4892	Ptassek Rainer	SPORTING Mülheim	3:54:58	M50	83	0:49:38	1:14:21	1:50:57
526	5410	Gruner Jürgen	Krefelder Kanu Klub	3:55:00	M60	17	0:49:59	1:16:45	1:48:16
527	2671	Spreer Christian	LT Berka Stars	3:55:04	M45	135	0:50:50	1:14:51	1:49:22
528	4076	Fonteyn Rene	JFE-Ingenieure	3:55:05	M35	51	0:51:31	1:17:07	1:46:25
529	2266	Custic Muharem	*Düsseldorf	3:55:06	M55	32	0:48:53	1:14:13	1:51:59
530	3238	Jans Joern	SW Westende Hamborn	3:55:07	M50	84	0:49:30	1:14:46	1:50:50

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	5068	Niggemann Thomas	*Bochum	3:55:29	M40	117	0:49:04	1:21:31	1:44:52
532	5466	Heinz Peter	Running-Team Sterkrade	3:55:34	M50	85	0:50:42	1:16:43	1:48:09
533	3146	Beckord Dr. Peter	*Duisburg	3:55:38	M55	33	0:50:11	1:15:10	1:50:17
534	3297	Schroten Achim	SC Bayer 05 Uerdingen	3:55:39	M55	34	0:50:24	1:17:45	1:47:29
535	4831	Donner Michael	*Wuppertal	3:55:41	M50	86	0:50:00	1:14:52	1:50:47
536	2579	Knoppik Uwe	Barfuss Bethlehem	3:55:45	M55	35	0:51:35	1:16:32	1:47:37
537	2603	Hallen Jörg	*Rees	3:55:54	M45	136	0:50:47	1:14:47	1:50:19
538	1778	Schikora Rainer	SV Schermbeck	3:55:58	M55	36	0:51:42	1:17:00	1:47:15
539	4477	Brandt Klaus	*Grevenbroich	3:56:00	M55	37	0:48:39	1:18:27	1:48:53
540	3021	Norbisrath Gerd	TV Frisch auf Lennep	3:56:05	M60	18	0:51:39	1:17:51	1:46:34
541	4572	Franzen Michael	*Voerde	3:56:05	M50	87	0:49:02	1:21:11	1:45:51
542	4044	Pärschke Klaus	*Oberhausen	3:56:15	M55	38	0:50:40	1:15:47	1:49:48
543	1788	Obieglo Thomas	TV Wanheimerort	3:56:16	M40	118	0:50:02	1:15:37	1:50:36
544	3143	Foik Stefan	SV Langendreer 04	3:56:18	M60	19	0:51:01	1:14:25	1:50:51
545	2835	Schnabel Christoph	Bottrop rockt!	3:56:21	M30	48	0:52:57	1:23:46	1:39:38
546	2310	Nölting Pascal	IBK Düsseldorf	3:56:22	M18	5	0:52:29	1:16:38	1:47:14
547	3975	Nieken Michael	LT Uerdingen Marathon Runn	3:56:24	M50	88	0:50:03	1:11:11	1:55:09
548	1724	Othmer Manfred	E.ON Ruhrgas SG	3:56:26	M65	5	0:50:26	1:15:39	1:50:21
549	2745	Gienapp Rolf	die Lopis	3:56:33	M50	89	0:52:42	1:16:01	1:47:49
550	2444	Friedrich David	Triathlon Team Ratingen 08	3:56:36	M40	119	0:49:57	1:16:20	1:50:19
551	3893	Groos Reiner	TV Jahn Hiesfeld	3:56:36	M50	90	0:48:16	1:20:16	1:48:04
552	5609	Allermann Stephan	Adler Langlauf Bottrop	3:56:38	M55	39	0:50:54	1:16:18	1:49:25
553	2670	Marasopoulos Thomas	*Mülheim	3:56:39	M45	137	0:48:01	1:13:09	1:55:28
554	3888	Gastón Elias Manel	*Borth (Rheinberg)	3:56:42	M22	34	0:50:58	1:17:42	1:48:01
555	3037	Spettmann Carsten	running4charity	3:56:46	M40	120	0:48:08	1:13:00	1:55:37
556	2957	Weckwerth Lars	*Düsseldorf	3:56:53	M40	121	0:50:34	1:13:39	1:52:38
557	5550	Dietrich Markus	TVE Burgaltendorf	3:56:54	M40	122	0:46:38	1:14:27	1:55:48
558	6354	Lerch Siegfried	TUS Breitscheid	3:56:57	M55	40	0:51:33	1:14:38	1:50:45
559	3939	Evers Jens	BSG Sparkasse Dinslaken	3:56:58	M30	49	0:52:52	1:15:19	1:48:46
560	1708	Jännert Erich	AS-Neukirchen-Vluyn	3:57:02	M60	20	0:52:02	1:16:44	1:48:14
561	3079	Abraham Jan	*Oberhausen	3:57:05	M35	52	0:46:11	1:12:47	1:58:06
562	4461	Krieger Christoph	*Moers	3:57:13	M45	138	0:49:48	1:16:07	1:51:17
563	2237	Zur Linden Ulli	LT Massagepraxis zur Linden	3:57:17	M55	41	0:59:04	1:28:31	1:29:41
564	2004	Schatt Olaf	Die Stolperer	3:57:17	M50	91	0:49:53	1:15:40	1:51:43
565	2892	Joyce Richard	*Dusseldorf	3:57:18	M45	139	0:50:44	1:15:24	1:51:10
566	3159	Schoofs Holger	Wesel Obrighoven	3:57:23	M50	92	0:49:36	1:16:13	1:51:32
567	3070	Richta Torsten	BO MIRo	3:57:26	M35	53	0:50:37	1:14:01	1:52:46
568	3849	Ott Stefan	LT Düsseldorf-Süd	3:57:34	M35	54	0:48:26	1:11:18	1:57:49
569	4452	Bobzin Pierre	*Essen	3:57:35	M45	140	0:49:52	1:15:39	1:52:03
570	4215	Collenburg Ralf	*Mülheim	3:57:36	M45	141	0:49:33	1:19:59	1:48:03
571	3315	Mauritz Christian	*Ratingen	3:57:38	M40	123	0:48:07	1:17:28	1:52:02
572	4730	Schubert Amadeus	*Dinslaken	3:57:43	M22	35	0:49:25	1:17:26	1:50:52
573	3513	Hakenes Niels	*Nottuln	3:57:44	M35	55	0:54:58	1:13:02	1:49:44
574	3018	Neumann Frank	*Moers	3:57:50	M45	142	0:51:45	1:13:43	1:52:20
575	2305	Ruhnke Oliver	BSG Springorum Bochum	3:57:52	M45	143	0:51:40	1:15:58	1:50:13
576	2662	Baumann Norbert	*Duisburg	3:58:02	M45	144	0:51:06	1:16:11	1:50:44
577	4883	Sobetzko Martin	TV Frisch auf Lennep	3:58:03	M55	42	0:48:24	1:16:37	1:53:01
578	3181	Melzer Volker	Triathlon Team TG Witten	3:58:09	M30	50	0:49:11	1:15:59	1:52:58
579	2620	Tönshoff Jan	Triple T	3:58:12	M18	6	0:53:03	1:16:01	1:49:07
580	3043	Staats Ulrich	Fluktuation 8	3:58:17	M40	124	0:51:44	1:17:36	1:48:56
581	4549	Löw Dennis	Hopper Cycling	3:58:25	M50	93	0:49:18	1:15:30	1:53:36
582	2052	Lopotz Felix	*Tönisvorst	3:58:35	M40	125	0:49:45	1:14:45	1:54:05
583	5229	Plötz Andreas	SV Wanheim 1900	3:58:45	M60	21	0:51:17	1:16:30	1:50:56

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	4219	Brokmann Michael	SV Wanheim 1900	3:58:45	M45	145	0:51:17	1:16:30	1:50:57
585	2606	Spengler Georg	TVE Burgaltendorf	3:58:48	M45	146	0:51:42	1:16:37	1:50:28
586	4226	Kättnis Daniel	da simma dabei	3:58:50	M30	51	0:49:29	1:17:58	1:51:21
587	4325	Mandel Wolfgang	LC Duisburg	3:58:50	M60	22	0:52:09	1:16:47	1:49:53
588	2943	Neumann Wolfram	Adler Langlauf Bottrop	3:58:57	M60	23	0:52:03	1:16:54	1:49:59
589	1771	Büns Karl-Heinz	TVK 1877 Essen	3:59:03	M60	24	0:49:09	1:12:16	1:57:37
590	4136	Cürsgen Mike	*Bocholt	3:59:04	M40	126	0:50:14	1:17:30	1:51:20
591	1794	Bauer Pascal	Vodafone-Runners	3:59:26	M45	147	0:53:55	1:15:47	1:49:42
592	2469	Hanisch Jörg	Team Erdinger Alkoholfrei	3:59:32	M35	56	0:48:03	1:18:25	1:53:03
593	2361	Knaup Michael	*Ratingen	3:59:36	M40	127	0:52:06	1:15:52	1:51:36
594	5426	Klein Hans-Jürgen	LTH-Essen	3:59:37	M60	25	0:53:22	1:18:34	1:47:40
595	3830	Schneider Michael	LT Wischlingen Dortmund	3:59:39	M50	94	0:50:37	1:08:45	2:00:16
596	5743	Veegers Frank	LC Duisburg-Marathonkurs	3:59:42	M50	95	0:51:47	1:16:00	1:51:54
597	3525	Daniels Andre	St. Hubertus Uedemerbruch	3:59:44	M22	36	0:48:51	1:20:05	1:50:47
598	5161	Hoppe Ralf	Running Dinslaken	3:59:48	M45	148	0:49:49	1:15:30	1:54:28
599	1997	Vißers Ralf	Vodafone-Runners	3:59:49	M45	149	0:51:09	1:15:59	1:52:40
600	4055	Kiveris Joerg	Arthrose-Laufclub-Wuppertal	3:59:51	M45	150	0:52:44	1:17:35	1:49:32
601	1737	Werner Tobias	E.ON Ruhrgas SG	3:59:54	M30	52	0:50:33	1:17:18	1:52:01
602	3808	Baumgarten Horst	Attas Laufcamp	4:00:02	M55	43	0:53:41	1:17:12	1:49:09
603	3345	Benninghofen Matthias	*Moers	4:00:05	M22	37	0:50:54	1:15:11	1:53:58
604	4772	Jakhoefer Thomas	FC Schalke 04	4:00:10	M55	44	0:50:13	1:16:03	1:53:53
605	3928	Lehmann Andreas	*Meerbusch	4:00:11	M40	128	0:52:13	1:19:19	1:48:38
606	5244	Kietzmann Detlef	Max Maulwurf Marathonis	4:00:30	M55	45	0:49:42	1:17:42	1:53:06
607	2442	Kreuzenbeck Volker	*Essen	4:00:31	M50	96	0:52:01	1:16:27	1:52:01
608	2301	Gröber Rüdiger	200PRO	4:00:33	M55	46	0:52:49	1:18:10	1:49:33
609	2613	Welzel Wolfgang	BSG Springorum Bochum	4:00:38	M45	151	0:52:04	1:16:39	1:51:53
610	1977	Ermini Marco	Vodafone-Runners	4:00:39	M40	129	0:52:12	1:16:50	1:51:36
611	3544	Jochem Armin	*Duisburg	4:00:40	M45	152	0:49:25	1:17:10	1:54:04
612	2393	Thies Stefan	*Kaarst	4:00:41	M40	130	0:49:30	1:18:24	1:52:46
613	4189	Dörfer Frank	SV Budberg Lauffreunde	4:00:49	M45	153	0:52:18	1:16:48	1:51:42
614	3899	Dabrowski Thomas	*Düsseldorf	4:01:00	M40	131	0:52:02	1:18:28	1:50:29
615	2971	Hengstermann Christoph	SV Haldern	4:01:08	M50	97	0:54:10	1:21:55	1:45:01
616	5582	Binkowski Stefan	Die Binkowskis	4:01:11	M35	57	0:49:49	1:15:11	1:56:10
617	3054	Abraham Ivan	*Duisburg	4:01:22	M40	132	0:50:28	1:12:46	1:58:07
618	2371	Böttger Mattis	TSV Viktoria Mülheim	4:01:26	M18	7	0:52:29	1:18:08	1:50:49
619	2369	Böttger Klaus-Peter	BSG Team EVAG	4:01:26	M55	47	0:52:29	1:18:08	1:50:48
620	2293	Stegmann Ralph	Ballettschule Müller Castrop	4:01:29	M45	154	0:52:05	1:15:33	1:53:51
621	2472	Jäger Marcus	*Duisburg	4:01:47	M40	133	0:53:11	1:17:07	1:51:28
622	4848	Lichtenstein Andreas	Speedskater Düsseldorf	4:01:53	M45	155	0:49:28	1:15:02	1:57:22
623	2299	Büxenstein Manuel	BSG Sparkasse Lüdenscheid	4:02:03	M35	58	0:51:54	1:17:14	1:52:55
624	3929	Ahl Thorsten	Nordtriathleten	4:02:05	M35	59	0:54:07	1:19:19	1:48:39
625	4927	König Wilhelm	sfd 75 Düsseldorf	4:02:13	M60	26	0:50:59	1:18:01	1:53:12
626	4482	Wilhelm Andreas	BSG Sparkasse HRV	4:02:21	M35	60	0:50:57	1:17:50	1:53:33
627	4008	Raczynski Janus	*Bochum	4:02:30	M35	61	0:52:50	1:25:15	1:44:23
628	1864	Schwerdtfeger Sebastian	Vodafone-Runners	4:02:44	M22	38	0:56:35	1:18:10	1:47:58
629	2890	Wilken Markus	*Duisburg	4:02:44	M30	53	0:53:56	1:18:18	1:50:29
630	2107	Gerpheide Frank	SV 08/29 Friedrichsfeld-Judo	4:02:45	M55	48	0:51:00	1:17:27	1:54:17
631	4670	Hoffmann Harald	*Duisburg	4:02:49	M50	98	0:48:44	1:21:19	1:52:45
632	1895	Kannegieter Andreas	BSG Stadtwerke Duisburg A	4:03:09	M45	156	0:53:00	1:18:57	1:51:12
633	2381	Schwieder Detlev	LT TBH Düsseldorf Hassels	4:03:11	M45	157	0:50:08	1:22:39	1:50:23
634	3462	Gesser Michael	SG Wacker Walsum	4:03:19	M40	134	0:51:44	1:16:01	1:55:34
635	4234	Lemm Eckart	*Oberhausen	4:03:20	M60	27	0:51:06	1:18:47	1:53:26
636	2060	Heinen Lars-Erik	MOC 89	4:03:22	M40	135	0:49:31	1:17:49	1:56:01

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	4309	Otto Hans-Peter	PV-Triathlon Witten	4:03:24	M55	49	0:50:17	1:16:59	1:56:07
638	4997	Riegel Joachim	*Aachen	4:03:30	M30	54	0:51:28	1:21:15	1:50:45
639	2953	Riege Tobias	*Düsseldorf	4:03:34	M35	62	0:51:27	1:16:50	1:55:16
640	3372	Streichsbier Christoph	*Alpen	4:03:35	M40	136	0:52:00	1:17:57	1:53:38
641	6304	Sowa Stephan	200PRO	4:03:42	M30	55	0:52:33	1:18:25	1:52:43
642	2286	Rudolf Joachim	*Bergisch Gladbach	4:03:48	M60	28	0:52:32	1:18:58	1:52:17
643	2649	Härtling Tobias	SF Klein Reken	4:03:54	M18	8	0:50:02	1:17:08	1:56:43
644	2460	Gelbach Pascal	fagel	4:03:57	M22	39	0:53:30	1:13:23	1:57:03
645	1901	Berns Michael	Kalter Kaffee	4:03:58	M45	158	0:50:51	1:14:46	1:58:21
646	5578	Röwekamp Thomas	*Ratingen	4:04:01	M45	159	0:51:39	1:17:33	1:54:48
647	4710	Fragemann Georg	Feuerwehr Dorsten Altstadt	4:04:09	M45	160	0:53:41	1:18:32	1:51:55
648	4472	Redmann Kai	*Düsseldorf	4:04:13	M40	137	0:46:16	1:26:21	1:51:35
649	5001	Helmerstein Guido	SG-Stern W-tal, Solingen, R	4:04:18	M45	161	0:53:26	1:19:41	1:51:10
650	3732	Fuchs Philipp	*Essen	4:04:20	M22	40	0:50:41	1:18:50	1:54:49
651	4432	Lüssem Marc	Commerzbank BSG Laufen	4:04:22	M45	162	0:50:51	1:16:14	1:57:15
652	2357	Krügel Jörg Michael	*Bergkamen	4:04:24	M45	163	0:50:38	1:17:24	1:56:21
653	3602	Hasenbeck Arnd	Marathon Mülheim	4:04:32	M40	138	0:52:53	1:21:17	1:50:21
654	2083	Denizer Ahmet	Adler Langlauf Bottrop	4:04:34	M40	139	0:52:54	1:18:16	1:53:23
655	6356	Niemeyer Jens	TUS Breitscheid	4:04:35	M30	56	0:51:20	1:15:39	1:57:35
656	3898	Wolf Tobias	Team Wolf	4:04:36	M22	41	0:50:06	1:21:36	1:52:53
657	4682	Geuting Thomas	TUB Bocholt	4:04:40	M35	63	0:53:13	1:19:30	1:51:57
658	1859	Schlimme Mario	Vodafone-Runners	4:04:48	M45	164	0:51:48	1:16:37	1:56:21
659	4057	Becker Carsten	*Duisburg	4:04:52	M30	57	0:53:58	1:16:33	1:54:20
660	3307	Scheider Michael	*Duisburg	4:04:52	M40	140	0:51:06	1:18:53	1:54:52
661	3682	Caffier André	*Duisburg	4:04:53	M35	64	0:51:07	1:18:53	1:54:52
662	1916	Meyer-Fredrich Jörn	Opta-Data	4:04:56	M35	65	0:51:14	1:19:46	1:53:55
663	3575	Metzger Jens	LT Uerdingen Marathon Runn	4:04:56	M22	42	0:51:29	1:16:20	1:57:06
664	3430	Mierswa Thomas	RWW Running Team	4:04:59	M45	165	0:51:10	1:17:14	1:56:34
665	2989	Cremer Klaus	*Mülheim	4:05:01	M55	50	0:51:53	1:09:37	2:03:30
666	2848	Chalupka Martin	FI Sport e.V.	4:05:01	M40	141	0:53:19	1:16:29	1:55:12
667	4059	Börskens Jörg	DJK Altendorf 09	4:05:04	M40	142	0:53:29	1:20:13	1:51:21
668	5005	Duhr Oliver	*Hamminkeln	4:05:04	M40	143	0:47:41	1:17:12	2:00:10
669	4773	Kurze Hartmut	*Willich	4:05:12	M50	99	0:51:23	1:19:14	1:54:35
670	5190	Laudy Thorsten	immergrün triathlon team	4:05:12	M35	66	0:52:25	1:21:17	1:51:30
671	3379	Kipp Stefan	*Münster	4:05:18	M35	67	0:44:52	1:24:41	1:55:44
672	2485	Rupprich Andre	*Duisburg	4:05:19	M35	68	0:51:17	1:17:24	1:56:37
673	4223	Kock Heinz-Jürgen	*Oberhausen	4:05:23	M55	51	0:50:34	1:21:53	1:52:55
674	2430	Franke Edgar	SC Bayer 05 Uerdingen	4:05:28	M50	100	0:51:29	1:17:14	1:56:44
675	3702	Zeperreck Martin	lt-run4fun.de	4:05:36	M50	101	0:51:24	1:17:19	1:56:51
676	3386	Heimbach Bernd	*Mülheim an der Ruhr	4:06:00	M40	144	0:52:58	1:17:30	1:55:31
677	3431	Beckord Jürgen	RWW Running Team	4:06:03	M50	102	0:51:13	1:18:50	1:55:59
678	5474	Schmidt Joachim	Miles for more	4:06:13	M55	52	0:52:59	1:19:37	1:53:36
679	2058	Polenz Axel	*Oberhausen	4:06:17	M45	166	0:50:02	1:17:50	1:58:24
680	3982	Dellit Marcus	*Düsseldorf	4:06:18	M22	43	0:48:33	1:15:12	2:02:32
681	2242	Siekmann Michael	*Velbert	4:06:19	M40	145	0:53:00	1:17:48	1:55:30
682	1882	Plettau Markus	Trimet	4:06:25	M30	58	0:53:34	1:21:43	1:51:08
683	2112	Wendicke Dennis	*Mülheim an der Ruhr	4:06:25	M30	59	0:52:48	1:20:05	1:53:31
684	4471	Centler Martin	*Schwerte	4:06:26	M50	103	0:51:11	1:15:37	1:59:37
685	3765	Ducke Dennis	E.ON Ruhrgas SG	4:06:29	M30	60	0:52:50	1:20:06	1:53:33
686	3519	Azadi Jamschid	Adler Nierst	4:06:33	M50	104	0:52:46	1:17:40	1:56:06
687	2355	Plank Peter	*Wesel	4:06:37	M45	167	0:50:18	1:18:16	1:58:02
687	5139	Buch Thorsten	*Voerde	4:06:37	M35	69	0:54:06	1:20:58	1:51:31
689	3554	Jondral Thoma	*Duisburg	4:06:37	M30	61	0:52:54	1:18:59	1:54:43

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	2125	Buhren Wolfgang	LT Issumer Turboschnecken	4:06:39	M50	105	0:53:16	1:18:39	1:54:43
691	1829	Kamyszek Ksawery	Vodafone-Runners	4:06:44	M35	70	0:51:29	1:19:32	1:55:41
692	2734	Tüttelmann Rainer	*Iserlohn	4:06:44	M60	29	0:52:13	1:19:54	1:54:36
693	5438	Grunwald Klaus	Rapid Ramirez	4:06:47	M50	106	0:52:37	1:20:42	1:53:27
694	2841	Heim Max	*Dinslaken	4:06:48	M22	44	0:49:58	1:20:21	1:56:28
695	3476	Rudolph Uwe	*Duisburg	4:06:51	M50	107	0:51:07	1:19:04	1:56:40
696	3668	Schmidt Friedhelm	Burscheid	4:07:03	M50	108	0:51:41	1:18:17	1:57:04
697	2409	Grund Michael	*Hattingen	4:07:04	M45	168	0:50:01	1:19:02	1:58:00
698	3067	Hornscheidt Frieder	Adler Langlauf Bottrop	4:07:05	M55	53	0:52:39	1:20:33	1:53:53
699	3548	Hartmann Achim	*Bottrop	4:07:16	M40	146	0:56:24	1:19:37	1:51:14
700	2190	Heymig Michael	Arthrose-Laufclub Wuppertal	4:07:20	M45	169	0:51:35	1:19:08	1:56:36
701	2219	Mölder Dietmar	*Oberhausen	4:07:21	M45	170	0:53:24	1:20:57	1:52:58
702	2502	Von Hagen Andreas	DJK Tus Rotthausen	4:07:22	M45	171	0:54:36	1:19:23	1:53:22
703	5583	Diersch Ralph	Lauftreff Uhlenhorst Mülheim	4:07:23	M55	54	0:53:14	1:21:08	1:53:00
704	2693	Dheur Marcus	Bor. Veen wir zwei	4:07:24	M40	147	0:50:34	1:26:16	1:50:33
705	5661	Suckau Jürgen	BSG Barmenia Versicheru	4:07:26	M45	172	0:51:02	1:18:26	1:57:58
706	2815	Espelage Florian	TSV Quakenbrück	4:07:27	M30	62	0:52:07	1:19:26	1:55:54
707	5577	Müller Andreas	Bummelbob	4:07:27	M35	71	0:54:10	1:20:43	1:52:33
708	3227	Dernier Andreas	*Ratingen	4:07:33	M45	173	0:53:56	1:18:31	1:55:06
709	3551	Graebel Gunther	Crepe & Baguette Duisburg	4:07:39	M60	30	0:51:28	1:18:36	1:57:34
710	4787	Schwesig Dominik	*Mülheim	4:07:43	M35	72	0:52:15	1:16:19	1:59:07
711	3661	Heim Stefan	*Oberhausen	4:07:46	M35	73	0:53:39	1:20:45	1:53:22
712	1866	Spirres Thomas	Vodafone-Runners	4:07:55	M45	174	0:53:14	1:18:05	1:56:35
713	2814	Kersting Stefan	Oberhausener TV	4:08:04	M50	109	0:51:11	1:19:36	1:57:16
714	4856	Hilgers Erich	*Krefeld	4:08:06	M75	1	0:52:23	1:19:47	1:55:55
715	2952	Kersten Stephan	LT SV Haldern	4:08:12	M30	63	0:50:35	1:19:02	1:58:33
716	1744	Berger Dieter	E.ON Ruhrgas SG	4:08:12	M55	55	0:53:41	1:19:46	1:54:44
717	2086	Kossmann Andre	BUMMELBOB	4:08:14	M35	74	0:53:53	1:20:43	1:53:37
718	3157	Kesseler Markus	*Sonsbeck	4:08:19	M45	175	0:58:23	1:10:45	1:59:10
719	3593	Markus Westerdick	SG Suderwich	4:08:22	M30	64	0:53:07	1:18:25	1:56:49
720	4176	Kupke Uwe	TV Jahn Hiesfeld	4:08:26	M55	56	0:55:02	1:22:03	1:51:20
721	2157	Landau Karsten	*Gelsenkirchen	4:08:28	M45	176	0:55:50	1:18:33	1:54:04
722	4131	Seitz Frank	*Xanten	4:08:31	M45	177	0:52:30	1:19:08	1:56:52
723	4010	Knoßalla Thomas	*Duisburg	4:08:34	M45	178	0:53:56	1:22:50	1:51:47
724	3553	Hilberger Christian	ERGO Sports Düsseldorf	4:08:38	M45	179	0:53:34	1:18:39	1:56:25
725	4030	Genter Heipe	LT Turnerbund Frintrop	4:08:40	M55	57	0:52:34	1:16:59	1:59:06
726	2687	Hentschel Bruno	Berschesrunners	4:08:49	M50	110	0:52:19	1:17:56	1:58:33
727	5519	Erdmann Wolfgang	*Düsseldorf	4:08:51	M45	180	0:52:59	1:21:17	1:54:34
728	5240	Flade Frank	*Willich	4:08:58	M40	148	0:52:37	1:20:27	1:55:53
729	5574	Ludwig Frank	*Essen	4:09:00	M35	75	0:52:41	1:19:41	1:56:36
730	4084	Nyenhaus Michael	*Willich	4:09:07	M55	58	0:53:11	1:19:11	1:56:45
731	3562	Kwapik Georg	TV Jahn Dinslaken-Hiesfeld	4:09:07	M55	59	0:55:04	1:20:26	1:53:36
732	5016	Bunte Andreas	*Düsseldorf	4:09:09	M22	45	0:50:44	1:18:56	1:59:28
733	2162	Cepok Theodor	*Kamp-Lintfort	4:09:28	M55	60	0:55:30	1:19:14	1:54:43
734	4554	Hüls Philipp	Wätscherland	4:09:28	M22	46	0:50:09	1:21:18	1:58:01
735	4797	Meyer Martin	LC Duisburg	4:09:29	M30	65	0:54:42	1:21:16	1:53:30
736	4574	Franzen Nils	*Voerde	4:09:30	M22	47	0:48:44	1:13:08	2:07:37
737	5217	Schüttrigkeit Horst	SV Concordia Ossenberg e.	4:09:30	M45	181	0:48:59	1:16:32	2:03:58
738	2868	Kasperkowitz Nico	*Duisburg	4:09:43	M22	48	0:49:47	1:15:47	2:04:08
739	5043	Krapp Ralf	LT Gruitene-Neandertal	4:09:44	M50	111	0:53:38	1:19:53	1:56:12
740	5739	Schoch Guido	LC Duisburg	4:09:44	M35	76	0:53:09	1:22:17	1:54:17
741	4916	Kollakowski Klaus	LT Gruitene-Neandertal	4:09:47	M60	31	0:53:51	1:21:11	1:54:44
742	3028	Röschmann Stefan	MKC	4:09:58	M50	112	0:54:05	1:18:52	1:57:00

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	3213	Rohde Markus	*Duisburg	4:10:00	M40	149	0:54:20	1:21:12	1:54:27
744	6357	Presser Christian	TUS Breitscheid	4:10:02	M50	113	0:52:55	1:20:35	1:56:31
745	2864	Reumschüssel Torsten	BSG Sparkasse Essen	4:10:04	M35	77	0:51:28	1:17:50	2:00:45
746	2081	Schenten Volkmar	*Essen	4:10:04	M50	114	0:52:29	1:21:30	1:56:04
747	3678	Gronski-Schaefer Uwe	Laufende Geometer	4:10:11	M45	182	0:55:15	1:18:28	1:56:27
748	4789	Lemke Lars	TV 1900 Wanheim	4:10:12	M40	150	0:53:26	1:22:26	1:54:19
749	4205	Licata Antonio	Dudel-Runner	4:10:13	M45	183	1:06:06	1:16:21	1:47:44
750	4558	Kohn Stefan	*Duisburg	4:10:28	M45	184	0:51:24	1:31:50	1:47:13
751	2908	Graw Joachim	*Sprockhövel	4:10:34	M45	185	0:52:36	1:18:44	1:59:14
752	3538	Akkus Mevlana	*Krefeld	4:10:40	M50	115	0:53:36	1:19:38	1:57:25
753	4175	Gillwald Dr. Volker	*Mönchengladbach	4:10:41	M45	186	0:54:00	1:20:53	1:55:47
754	3980	Hofmann Matthias	dangerrunner	4:10:41	M45	187	0:53:27	1:18:49	1:58:24
755	3961	Lippke Jochen	KSV Duisburg Wedau	4:10:53	M50	116	0:53:47	1:18:02	1:59:03
756	2159	Mertens Stefan	ASC Düsseldorf	4:11:10	M45	188	0:54:58	1:20:26	1:55:46
757	4291	Müller Frank	*Bottrop	4:11:16	M50	117	0:55:26	1:21:14	1:54:35
758	3260	Klemm Rüdiger	*Duisburg	4:11:19	M50	118	0:54:42	1:22:13	1:54:23
759	4925	Vogel Dirk	*Duisburg	4:11:24	M50	119	0:52:15	1:19:43	1:59:26
760	3359	Crone Arnold	Bunert	4:11:24	M55	61	0:53:44	1:20:59	1:56:41
761	3690	Raczka Marius	*Dortmund	4:11:27	M35	78	0:55:59	1:18:47	1:56:39
762	2173	Riemer Alex	SSC Hochdahl	4:11:30	M45	189	0:51:55	1:23:08	1:56:27
763	4414	Lindau Rolf	BSG Volksbank Rhein-Lippe	4:11:32	M45	190	0:46:19	1:10:54	2:14:17
764	2163	Wagener Dennis	*Mülheim	4:11:34	M35	79	0:53:04	1:18:21	2:00:08
765	3998	Helmes Robert	Triathlon Team Rheinberg	4:11:38	M45	191	0:56:05	1:26:19	1:49:13
766	2763	Hockert Mike	LT SV Haldern	4:11:42	M40	151	0:51:22	1:21:45	1:58:34
767	4939	Misz Thomas	RAG Anthrazit	4:11:43	M50	120	0:54:38	1:20:05	1:56:59
768	3483	Eckert Paul	Team Interrail Klatovy 2007	4:11:44	M45	192	0:52:57	1:21:38	1:57:09
769	3363	Lefringhausen Christoph	*Mettmann	4:11:46	M50	121	0:49:41	1:12:45	2:09:19
770	5697	Knizik Andreas	*Oberhausen	4:11:46	M45	193	0:53:07	1:23:05	1:55:34
771	2294	Herbe Frank	Ballettschule Müller Castrop	4:11:48	M45	194	0:51:04	1:26:53	1:53:51
772	2224	Schnickets Carsten	*Xanten	4:11:50	M30	66	0:52:37	1:19:46	1:59:26
773	5535	Cornelißen Volker	Hardtseemafia Triathlon	4:11:53	M45	195	0:54:47	1:19:56	1:57:08
774	3409	Wüstrich Moritz	*Essen	4:11:54	M30	67	0:52:19	1:20:21	1:59:13
775	3988	Fritz David	Kc HerzGold	4:11:54	M22	49	0:52:06	1:20:09	1:59:37
776	3432	Lasch Raymond	RWW Running Team	4:11:55	M50	122	0:49:04	1:17:43	2:05:07
777	2534	Reckert Thomas	*Willich	4:11:56	M45	196	0:54:23	1:19:23	1:58:08
778	5726	Maßmann Armin	AOK	4:11:56	M22	50	0:53:32	1:21:23	1:57:01
779	5614	Häde Matthias	ÜberruhrRunners	4:12:00	M40	152	0:53:23	1:16:27	2:02:09
780	5134	Podworni Björn	Triminators TV Voerde	4:12:01	M30	68	0:50:33	1:16:46	2:04:41
781	5708	Stockhausen Andreas	RT Backfield Runners	4:12:01	M40	153	0:51:17	1:17:58	2:02:46
782	4258	Neuwirth Frank	SC Wiking Herne	4:12:03	M50	123	0:52:57	1:28:58	1:50:07
783	2349	Timm Dr. Haiko	Lauftreff Uhlenhorst	4:12:05	M55	62	0:52:58	1:21:08	1:57:59
784	4910	Sonnen Stephan	*Essen	4:12:06	M40	154	0:55:31	1:23:31	1:53:04
785	5146	Karatas Michael	*Kamp-Lintfort	4:12:14	M40	155	0:52:44	1:21:21	1:58:07
786	5672	Lange Hans-Dieter	*Mülheim an der Ruhr	4:12:14	M50	124	0:53:47	1:22:21	1:56:05
787	4898	Laturell Gerhard	BSV	4:12:16	M50	125	0:51:46	1:22:07	1:58:22
788	2454	Gelbach Michael	fagel	4:12:17	M55	63	0:54:23	1:20:49	1:57:03
789	4964	Haex Michael	Marathon Dinslaken	4:12:18	M40	156	0:54:09	1:20:47	1:57:21
790	4078	Nühlen Markus	*Münster	4:12:32	M50	126	0:53:03	1:23:48	1:55:40
791	3798	Scholz Annick	200PRO	4:12:41	M22	51	0:54:15	1:19:40	1:58:45
792	1730	Schlingermann Klaus	E.ON Ruhrgas SG	4:12:45	M40	157	0:56:12	1:24:41	1:51:50
793	2275	Gach Peter	*Mülheim	4:12:48	M50	127	0:53:24	1:20:59	1:58:24
794	3410	Schönewald Manfred	*Essen	4:12:52	M30	69	0:54:39	1:19:03	1:59:09
795	3918	Komor Jean-Paul	LC Duisburg	4:12:59	M45	197	0:49:25	1:14:20	2:09:13

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	5039	Nobbe Christoph	*Düsseldorf	4:13:06	M22	52	0:56:54	1:13:41	2:02:30
797	3916	Keutz Andreas	Tri Team FS Düsseldorf	4:13:07	M30	70	0:48:46	1:29:56	1:54:24
798	5408	Ropertz Wolfgang	BSG WAZ Essen	4:13:09	M55	64	0:55:43	1:32:59	1:44:26
799	2754	Wozny Georg	SG Dorma	4:13:21	M60	32	0:54:44	1:23:02	1:55:34
800	2506	Beuting Ulrich	DJK Tus Rotthausen	4:13:22	M55	65	0:54:17	1:21:33	1:57:30
801	4238	Oberdörfer Stefan	KÖ Runner	4:13:25	M50	128	0:55:28	1:21:09	1:56:46
802	2563	Garmatsch Ralf	Ruhrpotthölzer	4:13:29	M45	198	0:57:21	1:21:21	1:54:46
803	4183	Cleven Hans-georg	LT Vynen	4:13:31	M45	199	0:52:53	1:21:39	1:58:58
804	3219	Friedrich Lars	*Issum	4:13:31	M40	158	0:53:20	1:22:02	1:58:08
805	2018	Gilles Ulrich	Werdener Turnerbund	4:13:41	M50	129	0:52:08	1:20:06	2:01:26
806	2915	Holland Ingo	*Ratingen	4:13:42	M22	53	0:53:42	1:21:52	1:58:07
807	4897	Charkaoui Hanin	*Moers	4:13:44	M19	7	0:46:42	1:17:29	2:09:31
808	3970	Szardien Siegfried	www.szardien.de	4:13:46	M55	66	0:55:11	1:24:07	1:54:27
809	4263	Roling Ludger	SV Gladbeck 13 e.V.	4:13:51	M50	130	0:49:34	1:24:31	1:59:45
810	4024	Lange Dirk	*Gevelsberg	4:13:58	M40	159	0:52:53	1:25:19	1:55:45
811	3872	Wennemann Jörg	TuS Baerl	4:14:01	M45	200	0:49:46	1:16:28	2:07:47
812	1967	Koopmann Oliver	*Duisburg	4:14:07	M45	201	0:54:45	1:22:40	1:56:41
813	1958	Maaßen Patrick	200PRO	4:14:15	M35	80	0:52:54	1:20:56	2:00:23
814	2320	Stapperfenne Dr. Uwe	*Wülfrath	4:14:20	M55	67	0:54:59	1:22:38	1:56:42
815	2466	Schäfer Torsten	*Wesel	4:14:23	M40	160	0:51:53	1:24:20	1:58:09
816	5024	Tillmanns Jörg	TV Aldekerk	4:14:26	M45	202	0:53:18	1:22:53	1:58:14
817	2223	Brauer Björn	*Xanten	4:14:28	M30	71	0:52:38	1:22:26	1:59:24
818	4502	Brandau Benedikt	*Duisburg	4:14:32	M22	54	0:51:57	1:18:07	2:04:27
819	2194	Sondermann Axel	*Erkrath	4:14:44	M50	131	0:52:53	1:21:02	2:00:47
820	5034	Krahl Michael	*Duisburg	4:14:45	M40	161	0:54:37	1:23:53	1:56:14
821	1905	Schmitz Torsten	BSV Kokerei Schwelgern e.V.	4:14:57	M40	162	0:52:42	1:20:57	2:01:17
822	1761	Müller Ulrich	TC Kray 1892 e.V.	4:15:04	M55	68	0:53:55	1:23:03	1:58:05
823	4766	Jonen Werner	LC Duisburg	4:15:11	M55	69	0:54:16	1:21:59	1:58:55
824	3116	Bratfisch Christian	*Wuppertal	4:15:15	M22	55	0:52:29	1:23:50	1:58:56
825	5124	Anschütz Gerald	ANSCHÜTZ BERATUNG	4:15:16	M45	203	0:52:23	1:17:10	2:05:42
826	3926	Schmidt Slim	*Deutschland	4:15:21	M35	81	0:54:06	1:21:02	2:00:12
827	2593	Braun Frank	SC Bayer 05 Uerdingen	4:15:22	M50	132	0:51:41	1:24:12	1:59:27
828	2462	Pielka Marcus	*Rees	4:15:22	M40	163	0:51:53	1:24:20	1:59:08
829	2042	Plicht Werner	wider dem Schweinehund	4:15:25	M45	204	0:57:10	1:23:19	1:54:55
830	4980	Kohlscheen Jörg	*Bochum	4:15:25	M30	72	0:52:11	1:23:55	1:59:19
831	2165	Lenz Uwe	*Recklinghausen	4:15:28	M50	133	0:54:17	1:21:49	1:59:22
832	1826	Iacopetta Michael	Vodafone-Runners	4:15:33	M45	205	1:00:50	1:21:51	1:52:52
833	4894	Hofmann Sebastian	*Duisburg	4:15:34	M30	73	0:56:36	1:23:08	1:55:49
834	4551	Ertekin Erhan	BSV TKS	4:15:45	M40	164	0:55:27	1:23:25	1:56:52
835	4049	Kunze Oliver	*Düsseldorf	4:15:45	M40	165	0:53:51	1:21:31	2:00:23
836	3921	Fiedler Stephan	Tri Team FS Düsseldorf	4:15:46	M45	206	0:51:19	1:23:55	2:00:32
837	2490	Thönnissen Jörg	Lanxess Runner	4:15:49	M45	207	0:52:35	1:20:13	2:03:00
838	5419	Rachowiak Frank	*Düsseldorf	4:15:52	M50	134	0:54:58	1:20:36	2:00:17
839	1718	Jöster Klaus	E.ON Ruhrgas SG	4:15:55	M55	70	0:54:39	1:23:18	1:57:58
840	4050	Kampmeier Raphael	*Düsseldorf	4:15:56	M40	166	0:52:07	1:19:20	2:04:28
841	1819	Heinen Stefan	Vodafone-Runners	4:15:58	M40	167	0:54:26	1:23:04	1:58:27
842	3234	Alt Rudi	Tri-Ducks-Dorsten	4:16:01	M60	33	0:53:46	1:24:34	1:57:40
843	2295	Bahls Markus	Ballettschule Müller Castrop	4:16:08	M40	168	0:53:41	1:22:35	1:59:51
844	3621	Friebe Mathias	BF-MG	4:16:11	M45	208	0:53:46	1:20:50	2:01:34
845	3889	Schipper Tobias	*Hilden	4:16:20	M30	74	1:00:18	1:21:39	1:54:22
846	5527	Raschewski Dr. Frank	Mülheimer Rudergesellschaft	4:16:27	M45	209	0:53:37	1:22:14	2:00:35
847	1925	Böse Thomas	200PRO	4:16:29	M35	82	1:03:14	1:19:18	1:53:56
848	2706	Brandl Axel	TV Jahn Hiesfeld	4:16:32	M60	34	0:55:12	1:21:41	1:59:38

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	3495	Scholl Christopher	*Duisburg	4:16:43	M19	8	0:51:32	1:20:22	2:04:49
850	4985	Nawrath Uwe	*Duisburg	4:16:46	M50	135	0:53:37	1:22:10	2:00:58
851	2064	Neuhaus Oliver	*Gelsenkirchen	4:16:47	M40	169	0:53:46	1:23:17	1:59:43
852	5277	Strauch Marc	Ausdauer Schule by Bunert	4:16:47	M45	210	0:52:48	1:22:15	2:01:44
853	3757	Fritsch Jörg Michael	AS-Neukirchen-Vluyn	4:16:51	M40	170	0:55:33	1:22:05	1:59:11
854	3103	Markowsky Günter	Rumelner TV	4:17:00	M60	35	0:55:29	1:22:23	1:59:08
855	2366	Hühner Michael	*Bochum	4:17:04	M40	171	0:57:06	1:25:13	1:54:44
856	1963	Retz Holger	*Duisburg	4:17:17	M50	136	0:53:29	1:26:22	1:57:25
857	5110	Mehlig Bernd	Die Mehligs	4:17:24	M45	211	0:55:50	1:25:51	1:55:42
858	4500	Ipach Daniel	*Duisburg	4:17:27	M30	75	0:51:56	1:20:09	2:05:21
859	4004	Grzibek Manfred	*Duisburg	4:17:32	M45	212	0:55:08	1:24:09	1:58:14
860	3319	Büßen Fritz	LTMismahlshof	4:17:35	M50	137	0:55:00	1:23:52	1:58:42
861	2066	Hanke Frank	TSV Bocholt	4:17:52	M50	138	0:49:09	1:22:42	2:06:00
862	3646	Müller Frank	Emscher-Igels	4:18:00	M45	213	0:58:45	1:21:40	1:57:35
863	2748	Szarvas Markus	LT Schnecke Sonsbeck	4:18:06	M45	214	0:54:38	1:22:53	2:00:34
864	4679	Wiengarten André	*Essen	4:18:08	M30	76	0:54:14	1:23:39	2:00:13
865	4262	Mura Gregor	Cool Runnings	4:18:11	M30	77	1:05:17	1:19:42	1:53:10
866	3841	Dohr Michael	VINOTHEK DOHR	4:18:19	M45	215	0:55:07	1:23:02	2:00:09
867	2770	Kasperkowitz Kay	*Duisburg	4:18:19	M30	78	0:55:09	1:21:36	2:01:33
868	4655	Bardtenschlager Jörg	*Bocholt	4:18:20	M35	83	1:00:39	1:22:21	1:55:19
869	4653	Wischtukat Achim	*Ratingen	4:18:24	M45	216	0:52:09	1:25:06	2:01:08
870	3313	Zangen Markus	*Düsseldorf	4:18:29	M40	172	0:52:36	1:19:18	2:06:34
871	2854	Herda Alfred	*Duesseldorf	4:18:35	M50	139	0:55:14	1:22:11	2:01:10
872	2068	Berger Peter	Qualtours	4:18:37	M50	140	0:58:33	1:24:56	1:55:07
872	1786	Klausen Marco	Borussia Kleinenbroich	4:18:37	M40	173	0:55:11	1:25:22	1:58:03
874	2728	Blomeyer André	BSG PricewaterhouseCoope	4:18:37	M35	84	0:55:26	1:21:54	2:01:17
875	3875	Dorow Ulrich	BTSC-1897-Baumberg-Monh	4:18:38	M45	217	0:54:04	1:21:23	2:03:10
876	1747	Ebus Stefan	E.ON Ruhrgas SG	4:18:40	M40	174	0:54:29	1:27:28	1:56:42
877	2625	Helfferich Karl	SF Klein Reken	4:18:41	M50	141	0:53:17	1:22:18	2:03:05
878	2487	Pilgermann Kai	*Dinslaken	4:18:47	M35	85	0:54:04	1:24:42	2:00:00
879	2154	Terhorst Bruno	LT Vynen	4:18:54	M45	218	0:54:40	1:25:25	1:58:48
880	2552	Winter-van Laak Wolfgang	Adler Langlauf Bottrop	4:18:59	M65	6	0:54:45	1:23:16	2:00:58
881	4719	Rottstegge Karsten	RUHR-TECHNIK	4:19:00	M40	175	0:54:04	1:21:46	2:03:09
882	3000	Rumpel Ralf	Roentgensportclub	4:19:04	M55	71	0:53:19	1:23:51	2:01:54
883	2648	Gettwert Klaus	Saarner Kuppenläufer	4:19:07	M40	176	0:56:47	1:23:58	1:58:20
884	3957	Schwarz Stephan	Casino Duisburg	4:19:09	M55	72	0:59:39	1:22:48	1:56:41
885	2954	Jelitto Ralf	*Rheinberg	4:19:20	M45	219	0:52:42	1:19:38	2:06:59
886	4664	Wenz Michael	Bayer Uerdingen 08	4:19:21	M35	86	0:53:22	1:21:16	2:04:41
887	2724	Nöldemann Dieter	Run for Fun	4:19:22	M70	2	0:54:34	1:24:16	2:00:31
888	2929	Stuers Rainer	SV Budberg Lauffreunde	4:19:26	M50	142	0:53:49	1:23:55	2:01:41
889	3340	Joeken Michael	*Duisburg	4:19:29	M55	73	0:55:08	1:23:11	2:01:08
890	3708	Kutsch Heiko	LC Duisburg	4:19:29	M40	177	0:55:49	1:23:54	1:59:45
891	2711	Diesing Karl-Heinz	TV Jahn Herne	4:19:40	M55	74	0:54:06	1:26:28	1:59:05
892	2080	Gleißner Jörg	*Moers	4:19:48	M45	220	0:55:14	1:27:06	1:57:27
893	2830	Michalski Jürgen	TriDucks Dorsten	4:19:55	M50	143	0:53:51	1:21:54	2:04:09
894	2189	Zessel Holger	Die Waldgazellen	4:19:59	M45	221	1:09:17	1:17:53	1:52:48
895	5490	Koester Martin	*Moers	4:20:08	M40	178	0:55:05	1:25:42	1:59:20
896	3882	Schlegel Ilija	*Düsseldorf	4:20:08	M40	179	0:55:29	1:24:49	1:59:49
897	4847	Lämmerhirt Marc	*Düsseldorf	4:20:13	M45	222	0:58:19	1:22:20	1:59:34
898	4600	Zuther Markus	DJK Tus Rotthausen	4:20:24	M35	87	0:52:43	1:24:32	2:03:08
899	1911	Balzen Christian	BWG-Running Team	4:20:26	M35	88	0:54:56	1:22:55	2:02:34
900	2374	Espinosa Carlos	*Hilden	4:20:38	M40	180	0:53:48	1:22:26	2:04:24
901	5687	Zöller Christian	Die Geilsten	4:20:43	M30	79	0:53:27	1:29:07	1:58:09

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	1814	Gettler Frank	Vodafone-Runners	4:20:50	M40	181	0:54:49	1:23:12	2:02:47
903	4602	Buss Stephan	*Dortmund	4:20:53	M30	80	0:57:11	1:20:31	2:03:10
904	4669	Moldenhauer Marius	*Essen	4:20:54	M30	81	0:53:51	1:22:21	2:04:41
905	4261	Noll Siegfried	SC Wiking Herne	4:20:59	M50	144	1:01:24	1:22:34	1:57:00
906	2747	Göbel Horst	SG Dorma	4:21:07	M60	36	0:54:49	1:22:20	2:03:57
907	2056	Stiem Ruben	*Bochum	4:21:11	M35	89	0:52:49	1:22:24	2:05:57
908	3745	Bidenharn Dr. Frank	TVH	4:21:14	M50	145	0:52:33	1:26:11	2:02:30
909	1728	Pohl Hans-Jürgen	E.ON Ruhrgas SG	4:21:17	M45	223	0:51:23	1:36:07	1:53:45
910	4227	Gairing Gerhard	*Neuss	4:21:21	M65	7	0:58:01	1:24:48	1:58:32
911	1986	Just Michael	Vodafone-Runners	4:21:22	M35	90	0:54:56	1:25:29	2:00:56
912	2834	Nüsgen Michael	Bottrop rockt!	4:21:26	M35	91	0:58:36	1:10:20	2:12:29
913	3477	Achsel Thomas	Interrail Klatovy 2007	4:21:27	M50	146	0:56:32	1:21:54	2:03:00
914	4628	Schmitgen Volker	Groß&Klein	4:21:32	M40	182	0:54:43	1:27:22	1:59:26
915	2661	Dudek Dirk A.	*Duisburg	4:21:45	M30	82	0:50:08	1:33:28	1:58:09
916	4950	Wegerl Markus	*Duisburg	4:21:50	M35	92	0:52:17	1:23:54	2:05:38
917	3991	Müller Harry	LT Wischlingen Dortmund	4:22:03	M60	37	0:44:44	1:29:06	2:08:12
918	4724	Köster Christof	*Ratingen	4:22:06	M40	183	0:58:01	1:27:48	1:56:16
919	3859	Huth Thorsten	LC Duisburg	4:22:13	M50	147	0:58:11	1:19:53	2:04:08
920	3542	Utsch Stefan	*Duisburg	4:22:22	M50	148	0:56:16	1:26:06	1:59:58
921	1847	Nolte Holger	Vodafone-Runners	4:22:22	M45	224	0:53:41	1:23:34	2:05:06
922	1766	Glogowiec Peter	TC Kray 1892 e.V.	4:22:30	M55	75	0:53:53	1:24:52	2:03:44
923	2977	Jakubzik Frank	LT Vynen	4:22:31	M45	225	0:52:51	1:22:51	2:06:48
923	4618	Brackmann Stefan	*Dinslaken	4:22:31	M50	149	0:55:19	1:26:12	2:01:00
925	3436	Lorkowski Michael	Die blauen Bengel	4:22:42	M50	150	0:55:48	1:29:57	1:56:56
926	5748	Milicevic Igor	LC Duisburg-Marathonkurs	4:22:46	M40	184	0:56:15	1:27:38	1:58:53
927	3423	Scheer Prof. Dr. Thorsten	LT Haumannplatz Essen	4:22:54	M50	151	0:57:06	1:25:16	2:00:31
928	3983	Butterweck Lars	*Oberhausen	4:22:57	M35	93	0:55:58	1:21:33	2:05:24
929	1914	Soldanski Christoph	Opta-Data	4:23:09	M45	226	0:47:52	1:28:00	2:07:16
930	4747	Aulich Jürgen	*Duisburg	4:23:16	M50	152	0:54:51	1:24:52	2:03:33
931	4829	Elbers Heinz	SV Viktoria Goch	4:23:24	M55	76	0:56:41	1:28:11	1:58:31
932	2771	Jockel Gerd	*Mülheim Ruhr	4:23:24	M40	185	0:59:45	1:27:08	1:56:30
933	2546	Schröder Joscha	*Mülheim ruhr	4:23:27	M30	83	0:54:31	1:18:44	2:10:11
934	2378	Decker Martin	*Duisburg	4:23:31	M22	56	0:56:33	1:25:52	2:01:05
935	3263	Dähmlow Andreas	Eintracht Frankfurt Triathlon	4:23:32	M45	227	0:53:34	1:26:12	2:03:45
936	4593	Friemond Jens	*Rheinberg	4:23:32	M30	84	0:54:18	1:27:32	2:01:40
937	5520	Klein Dr. Karl	*Essen	4:23:32	M45	228	0:56:25	1:25:28	2:01:38
938	1862	Schönherr Roland	Vodafone-Runners	4:23:33	M45	229	0:55:26	1:25:02	2:03:04
939	2832	Pyka Dr. Martin	Bottrop rockt!	4:23:35	M35	94	0:54:39	1:21:34	2:07:21
940	5647	Modrow Detlef	LG Wanderhoden	4:23:43	M55	77	0:57:17	1:23:23	2:03:02
941	2794	Veljovic Radoslav	*Wuppertal	4:23:46	M65	8	0:56:45	1:26:51	2:00:09
942	3620	Hähnel Reimar	*Düsseldorf	4:23:46	M35	95	0:52:09	1:23:00	2:08:36
943	4938	Mantel Udo	*Moers	4:23:47	M50	153	0:56:58	1:25:06	2:01:42
944	4720	Schüring Norbert	RUHR-TECHNIK	4:23:52	M50	154	0:54:58	1:25:45	2:03:09
945	4137	Doert-Brexel Gerd	BSV aktiv & fit ThyssenKrup	4:23:54	M55	78	0:56:33	1:22:14	2:05:06
946	3332	Krause Ralf	*Kamp-Lintfort	4:24:11	M45	230	0:53:53	1:25:13	2:05:04
947	2308	Harbsmeier Jens	*Kaarst	4:24:12	M45	231	0:52:50	1:25:36	2:05:45
948	4480	Eickholt Volker	*Essen	4:24:13	M35	96	0:53:03	1:24:19	2:06:50
949	5003	Schäffner Thomas	Blumen F.U.S.S. Racing Tea	4:24:15	M45	232	0:55:22	1:23:12	2:05:40
950	2878	Tigges Sascha	*Mülheim an der Ruhr	4:24:30	M30	85	0:55:59	1:26:07	2:02:23
951	3878	Kremer Manfred	LT SV Haldern	4:24:30	M40	186	0:55:27	1:28:40	2:00:22
952	5596	Guddat Martin	Ausdauerchule by Bunert	4:24:36	M40	187	0:53:17	1:29:08	2:02:10
953	2433	Kokoras Lazaros	*Düsseldorf	4:24:40	M45	233	0:55:38	1:24:20	2:04:41
954	2880	Schilling Stefan	*Duisburg	4:24:41	M35	97	0:58:37	1:23:54	2:02:09

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	6319	Jansen Markus	200PRO	4:24:46	M40	188	0:56:29	1:23:42	2:04:34
956	3670	Winkelmann Ulrich	Turnerbund Osterfeld 1911 e	4:24:59	M55	79	0:58:54	1:26:02	2:00:02
957	3228	Gocke Dr. Peter	Die Hamburger	4:25:06	M50	155	0:55:49	1:21:47	2:07:29
958	4623	Malcus Burkhard	Turbo-Schnecken Lüdensche	4:25:08	M50	156	0:54:38	1:26:18	2:04:11
959	4301	Krug Andreas	*Burscheid	4:25:18	M40	189	0:58:04	1:26:45	2:00:28
960	2330	Schulz Philipp	*Dortmund	4:25:25	M30	86	0:54:29	1:22:22	2:08:33
961	3508	Asshauer Bernd	*Bochum	4:25:30	M45	234	0:56:24	1:24:59	2:04:05
962	4073	Juschka Axel	*Duisburg	4:25:32	M50	157	0:56:40	1:26:49	2:02:02
963	5654	Gladly Stefan	Ruhrpottläufling	4:26:01	M45	235	0:53:10	1:17:30	2:15:20
964	2742	Franz Juergen	Ausdauerschule Bruns	4:26:06	M45	236	0:56:31	1:25:12	2:04:23
965	4268	Anders Georg	*Leverkusen	4:26:09	M50	158	0:54:25	1:23:29	2:08:14
966	3503	Hassel Christoph	*Duisburg	4:26:19	M30	87	0:58:36	1:28:01	1:59:40
967	2428	Ernst Matthias	*Dinslaken	4:26:21	M45	237	0:56:34	1:23:48	2:05:58
968	2134	Van der Ende Jörn	*Neukirchen-Vluyn	4:26:23	M40	190	0:57:35	1:23:39	2:05:09
969	2199	Socher Michael	LC Duisburg	4:26:35	M50	159	0:56:25	1:25:40	2:04:29
970	5676	Callies Arnd	*Duisburg	4:26:36	M45	238	0:54:37	1:22:55	2:09:03
971	3567	Kröger Magnus	Ausdauerschule by Bunert	4:26:42	M35	98	0:53:30	1:21:45	2:11:25
972	1752	Grabienski Wolfgang	E.ON Ruhrgas SG	4:26:49	M60	38	0:59:24	1:26:04	2:01:21
973	523	Münstermann Jörg	TSV Viktoria Mülheim	4:26:51	M65	9	0:54:47	1:28:59	2:03:03
974	4279	Bendfeldt Rainer	*Moers	4:27:14	M45	239	0:58:21	1:23:11	2:05:40
975	3496	Bonnen Michael	*Düsseldorf	4:27:18	M55	80	0:55:30	1:24:03	2:07:43
976	3676	Schneider Olaf	*Oberhausen	4:27:19	M45	240	0:54:10	1:21:31	2:11:37
977	3954	Schmid Thomas	*Oberhausen	4:27:56	M40	191	0:54:16	1:28:43	2:04:56
978	5673	Guthoff Volker	*Mülheim an der Ruhr	4:28:02	M50	160	0:52:29	1:20:30	2:15:02
979	4840	Schmidt Enrico	Die Seitenstecher	4:28:08	M22	57	0:59:09	1:24:43	2:04:15
980	2732	Lehmann Jörg	*Mülheim	4:28:13	M45	241	0:57:51	1:27:40	2:02:40
981	2423	Komanns Georg	SV Viktoria Goch	4:28:21	M60	39	0:56:07	1:24:15	2:07:58
982	3973	Möllhoff Udo	Breuer Team	4:28:24	M55	81	1:07:09	1:22:23	1:58:51
983	5199	Molitor Bastian	*Bochum	4:28:26	M22	58	0:52:14	1:25:20	2:10:52
984	3707	Storms Hubert	TuS Baerl	4:28:32	M60	40	0:58:35	1:27:42	2:02:14
985	3186	Cornelius Gerd	LC Duisburg	4:28:42	M50	161	0:54:58	1:27:28	2:06:16
986	4878	Roovers Martin	*Oberhausen	4:28:53	M30	88	0:54:04	1:20:12	2:14:37
987	2477	Schroers Guenter	*Tönisvorst	4:28:58	M70	3	0:56:05	1:26:52	2:06:00
988	2034	Brockof Peter	Blueliner Duisburg	4:29:07	M45	242	0:56:45	1:26:09	2:06:12
989	4822	Schürmann Klaus	*Coesfeld	4:29:11	M40	192	0:54:26	1:23:20	2:11:24
990	2283	Porzig Rüdiger	*Kaarst	4:29:23	M50	162	0:57:11	1:30:42	2:01:28
991	5125	Pawlowski Rainer	TuS Opladen	4:29:40	M50	163	0:58:19	1:28:10	2:03:10
992	4143	Bollmann Nils	*Dortmund	4:29:49	M22	59	0:55:17	1:27:26	2:07:06
993	2683	Fischer Rolf-M.	B.S.V Grün-Weiß Wesel-Flü	4:29:58	M45	243	0:58:33	1:23:02	2:08:22
994	4320	Koschare Andeas	RAG TEAM	4:30:07	M45	244	0:55:10	1:23:27	2:11:29
995	5101	Kuntze-Fechner Martin	*Krefeld	4:30:07	M55	82	0:57:35	1:26:05	2:06:27
996	1789	Toeritz Bernhard	*Ratingen	4:30:13	M75	2	0:58:44	1:24:49	2:06:39
997	4987	Strzalla Robert	*Gladbeck	4:30:17	M22	60	0:59:59	1:23:09	2:07:08
998	1870	Venes Markus	Vodafone-Runners	4:30:19	M22	61	0:56:27	1:28:27	2:05:24
999	4041	Hesshaus Jost	*Dormagen	4:30:29	M50	164	0:56:16	1:25:23	2:08:50
1000	3804	Plambeck Thomas	*Duisburg	4:30:34	M50	165	0:56:20	1:26:19	2:07:54
1001	4672	Lünendonk Patrick	Team Crazyluenis Korschen	4:30:34	M22	62	0:57:32	1:26:33	2:06:29
1002	3718	Bürger Johannes	TV Jahn Hiesfeld	4:30:36	M55	83	0:57:55	1:30:04	2:02:36
1003	3713	Brungs Michael	*Dormagen	4:30:38	M50	166	0:56:19	1:25:29	2:08:49
1004	5499	Keese Karsten	*Düsseldorf	4:30:41	M22	63	0:59:12	1:27:43	2:03:46
1005	2245	Grabowski Uwe	Eintracht Duisburg 1848 e.V.	4:30:48	M45	245	0:55:21	1:24:14	2:11:12
1006	3282	Pojer Marc	Die Römers	4:31:04	M45	246	0:57:07	1:24:49	2:09:07
1007	5744	Marowsky Peter	LC Duisburg-Marathonkurs	4:31:23	M55	84	0:57:52	1:28:01	2:05:30

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	3922	Womelsdorf Torsten	*Neuss	4:31:24	M35	99	0:57:27	1:35:54	1:58:02
1009	2192	Idziaszek Uwe	*Duisburg	4:31:42	M50	167	0:59:33	1:25:18	2:06:51
1010	3809	Laskowski Andreas	Attas Laufcamp	4:31:43	M50	168	0:56:04	1:29:18	2:06:21
1011	3833	Heinrich Uwe	TuS Hamborn-Neumühl	4:31:57	M70	4	0:58:30	1:30:26	2:03:00
1012	4884	Janhofer Dustin	*Gelsenkirchen	4:32:01	M19	9	0:54:49	1:29:56	2:07:15
1013	4287	Mertens Frank	*Duisburg	4:32:09	M35	100	0:56:58	1:26:26	2:08:44
1014	1892	Ernst Uwe	BSG Stadtwerke Duisburg A	4:32:22	M50	169	0:57:38	1:28:11	2:06:32
1015	3099	Meinert Rolf	Spektakel Rheinberg	4:32:26	M50	170	0:58:51	1:25:48	2:07:46
1016	5132	Rennert Volker	*Dinslaken	4:32:32	M55	85	0:59:09	1:26:58	2:06:24
1017	2377	Podsada Michael	Adler Nierst	4:32:34	M50	171	1:09:09	1:19:59	2:03:25
1018	2917	Vielhauer Bernd	Schnaufgruppe	4:32:36	M50	172	1:02:57	1:25:29	2:04:09
1019	3817	Listmann Ingo	Jogmap Ruhr	4:33:00	M45	247	0:59:11	1:28:35	2:05:13
1020	3025	Niesert Christopher	*Moers	4:33:05	M40	193	0:56:42	1:31:22	2:04:59
1021	3130	Büttgens Walter	TTR08 Ratingen	4:33:19	M55	86	0:52:52	1:25:41	2:14:45
1022	3680	Bovermann Klaus	Marathon Mülheim	4:33:22	M45	248	0:56:23	1:29:42	2:07:16
1023	4340	Gonschior Andreas	BSG Wirtschaftsbetriebe Du	4:33:27	M45	249	0:58:24	1:24:47	2:10:14
1024	4854	Schreiber Thomas	Bayer Uerdingen 08	4:33:39	M35	101	0:58:26	1:27:13	2:07:59
1025	3035	Lemki Andreas	*Monheim am Rhein	4:33:39	M45	250	0:58:06	1:27:35	2:07:58
1026	4447	Hoffmann Boris	*Duisburg	4:33:42	M35	102	0:58:26	1:29:09	2:06:06
1027	1928	Buchner Jan	200PRO	4:33:50	M35	103	0:58:09	1:27:22	2:08:18
1028	4245	Scheiwe Sebastian	VSU WRR	4:33:59	M30	89	0:48:53	1:39:20	2:05:45
1029	5013	Udycz Ralf	*Kempen	4:34:03	M50	173	0:58:15	1:28:33	2:07:15
1030	4132	Kassens Sven	*Recklinghausen	4:34:20	M22	64	1:02:28	1:26:19	2:05:32
1031	2798	Reinders Thomas	Bocholter Flitzpiepen	4:34:22	M45	251	0:49:08	1:19:00	2:26:13
1032	6343	Ditzer Lothar	TUS Breitscheid	4:34:30	M55	87	0:55:19	1:24:55	2:14:15
1033	3557	Gelhaus Carsten	*Mülheim	4:34:31	M50	174	0:57:31	1:27:39	2:09:20
1034	3819	Mühlhoff Dr. Jürgen	OSC Dinslaken Averbuch	4:34:44	M55	88	0:57:48	1:29:04	2:07:51
1035	3818	Mehring Egbert	OSC Dinslaken Averbuch	4:34:55	M50	175	0:57:54	1:29:09	2:07:51
1036	3530	Große-Allermann Alfred	Adler Langlauf Bottrop	4:35:01	M65	10	0:58:36	1:28:30	2:07:54
1037	3283	Finken Jürgen	*Duisburg	4:35:18	M45	252	1:00:50	1:27:49	2:06:38
1038	5232	Hortz Marco	*Mülheim an der Ruhr	4:35:25	M22	65	0:53:06	1:22:14	2:20:04
1039	3711	Herbst Lutz	*Wuppertal	4:35:37	M45	253	1:00:10	1:29:41	2:05:46
1040	3393	Plicht Wolfgang	OSC Dinslaken-Averbuch	4:35:53	M55	89	0:58:56	1:29:04	2:07:52
1041	5051	Kulik Ralph	*Essen	4:36:11	M50	176	0:59:48	1:28:48	2:07:33
1042	1729	Rothe Andreas	E.ON Ruhrgas SG	4:36:25	M65	11	0:58:53	1:27:18	2:10:13
1043	4805	Senger Daniel	*Duisburg	4:36:28	M35	104	0:56:27	1:29:50	2:10:10
1044	4386	Dumoulin René	IBC DIMB Racing Team	4:36:31	M40	194	0:56:55	1:27:03	2:12:32
1045	3793	Rosendahl Ulf	200PRO	4:36:51	M40	195	0:58:40	1:28:19	2:09:51
1046	4531	Rademaker Marko	Rennhamster	4:36:56	M40	196	0:49:04	1:32:27	2:15:25
1047	5156	Enge Jürgen	*Duisburg	4:37:03	M45	254	0:54:18	1:24:10	2:18:34
1048	5202	Brüning Frank	*Korschenbroich	4:37:04	M50	177	0:59:47	1:28:54	2:08:21
1049	2055	Brockhaus Helmut	SPCA Duisburg	4:37:05	M50	178	0:57:36	1:28:29	2:10:59
1050	2277	Bykowski Stephan	Kaarst	4:37:31	M40	197	0:57:26	1:28:50	2:11:14
1051	2208	Hermes Rainer	*Geldern	4:38:14	M50	179	0:57:56	1:29:32	2:10:44
1052	1903	Verspohl Felix	*Moers	4:38:15	M60	41	0:56:02	1:27:11	2:15:01
1053	3744	Besler Karl-Heinz	TuS Breckerfeld	4:38:46	M60	42	0:58:14	1:30:59	2:09:31
1054	3309	Bantin Holger	Unser Wasser e.V.	4:38:53	M60	43	0:59:26	1:29:46	2:09:39
1055	4718	Wehrmann Jörg	RUHR-TECHNIK	4:39:07	M45	255	1:01:41	1:27:20	2:10:06
1056	5020	Schneider Nico	*Duisburg	4:39:08	M22	66	0:58:44	1:25:50	2:14:32
1057	2015	Welteke Hans Christian	LT TUS Iserlohn	4:39:13	M55	90	1:02:44	1:27:27	2:09:00
1058	4429	Remenar Willi	Commerzbank BSG Laufen	4:39:14	M60	44	0:59:36	1:30:57	2:08:41
1059	2458	May Jörg	Running Dinslaken	4:39:25	M50	180	1:02:25	1:22:19	2:14:40
1060	4443	Rode Bastian	*Dinslaken	4:39:46	M30	90	0:56:25	1:29:10	2:14:10

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	3933	Jodocy Benedikt	CEMEX	4:40:22	M50	181	0:57:17	1:25:54	2:17:10
1062	4614	Gobbin Manfred	LT Metzkausen	4:40:36	M55	91	1:00:46	1:29:14	2:10:35
1063	5079	Kühne Harald	LT Metzkausen	4:40:40	M65	12	1:00:50	1:29:14	2:10:35
1064	3576	Kautz Günter	SV Viktoria Goch	4:40:41	M60	45	0:57:45	1:26:53	2:16:02
1065	5060	Höck Horst	Groß&Klein	4:40:56	M35	105	0:54:42	1:27:24	2:18:48
1066	4128	Schreiber Gregor	Gymnasium Filder Benden M	4:40:59	M18	9	1:00:47	1:33:27	2:06:43
1067	4253	Schröter Thorsten	AC Rückwärts Stratum	4:41:04	M45	256	0:58:34	1:27:25	2:15:04
1068	2110	Maryniok Manfred	Schön Wetter Läufer	4:41:06	M55	92	0:58:14	1:30:05	2:12:45
1069	4609	Kowalski Christian	*Oberhausen	4:41:19	M40	198	0:58:35	1:29:48	2:12:54
1070	4206	Speh Michael	*Duisburg	4:41:24	M40	199	0:58:27	1:27:11	2:15:46
1071	3860	Wesling Holger	*Rheinberg	4:41:35	M45	257	1:02:03	1:25:09	2:14:22
1072	2595	Bonnemann Detlef	*Mülheim	4:41:39	M45	258	0:58:37	1:26:33	2:16:29
1073	2218	Süselbeck André	Tischtennis SV Orsoy	4:41:39	M40	200	1:02:51	1:24:26	2:14:22
1074	3182	Müller Daniel	LC Duisburg	4:41:47	M45	259	0:59:34	1:30:05	2:12:07
1075	4305	Löb Detlef	*Düsseldorf	4:42:11	M45	260	0:57:30	1:28:05	2:16:35
1076	4524	Pohl Volker	SV Budberg Lauffreunde	4:42:30	M45	261	1:02:53	1:30:43	2:08:53
1077	3443	Prochotta Prof. Dr. Joach	*Meerbusch	4:42:50	M55	93	0:57:18	1:27:46	2:17:45
1078	3758	Aschenbrenner Marcus	E.ON Ruhrgas SG	4:42:58	M40	201	0:59:51	1:28:49	2:14:17
1079	2900	Lewerentz Christian	BSG Sparkasse Bottrop	4:43:15	M30	91	0:59:27	1:29:54	2:13:53
1080	1845	Nguyen Pham Quang	Vodafone-Runners	4:43:15	M35	106	1:06:01	1:14:13	2:23:00
1081	3931	Kapp Joachim	*Duisburg	4:43:18	M60	46	1:00:15	1:29:25	2:13:37
1082	4458	Treichel Ulrich	*Hamburg	4:43:18	M50	182	0:51:56	1:30:31	2:20:50
1083	4376	Blach Andreas	BSG Volksbank-Rhein-Lippe	4:43:33	M40	202	0:53:09	1:35:55	2:14:28
1084	2680	Hanemann Uli	textwerk swim&run bochum	4:43:34	M50	183	0:59:24	1:31:59	2:12:10
1085	5409	Helle Bernhard	BSG WAZ Essen	4:43:55	M60	47	1:00:20	1:32:59	2:10:35
1086	1926	Bresler Jens	200PRO	4:44:00	M22	67	0:57:44	1:33:06	2:13:09
1087	4576	Jaeger Friedhelm	*Mülheim an der Ruhr	4:44:08	M50	184	1:00:18	1:30:05	2:13:44
1088	5597	Riedel Rudi	*Duisburg	4:44:19	M50	185	0:55:55	1:36:23	2:12:01
1089	4696	Valentin Juergen	SV Neptun Krefeld	4:44:38	M45	262	1:01:39	1:32:20	2:10:37
1090	4972	Plutte Andreas	*Duisburg	4:44:43	M30	92	0:56:18	1:29:44	2:18:41
1091	3150	Badura Janusz	*Hückelhoven	4:45:09	M50	186	1:02:15	1:30:52	2:12:01
1092	5089	Reichelt Harald	*Essen	4:45:26	M50	187	1:01:22	1:31:41	2:12:22
1093	5142	Boxen Werner	*Duisburg	4:45:32	M55	94	1:01:52	1:31:57	2:11:41
1094	3426	Röckendorf Jens	*Düsseldorf	4:45:37	M55	95	0:58:05	1:35:34	2:11:57
1095	5153	Friese Volker	LT Wischlingen Dortmund	4:46:01	M45	263	1:00:52	1:33:44	2:11:24
1096	4225	Hensel Florian	da simma dabei	4:46:19	M19	10	0:56:12	1:28:36	2:21:30
1097	4888	Werner Gerhard	medisport Dortmund	4:46:34	M65	13	0:58:57	1:28:55	2:18:42
1098	4633	Stoy Eckard	*Mettmann	4:47:04	M55	96	1:05:57	1:25:34	2:15:32
1099	2133	Jungk Bernd	Rennwemser Homrighausen	4:47:26	M45	264	1:03:22	1:30:19	2:13:44
1100	5061	Hardt Jürgen	*Duisburg	4:47:33	M55	97	0:59:48	1:30:58	2:16:47
1101	3291	Bergup Wolfgang	SF Nordvelen e.V.	4:47:35	M50	188	1:00:43	1:29:57	2:16:54
1102	1907	Dobberke Frank	BSV Kokerei Schwelgern eV.	4:47:36	M45	265	0:58:54	1:30:13	2:18:28
1103	2617	Frauenrath Frank	Team Erdinger Alkoholfrei	4:47:45	M45	266	1:04:40	1:32:08	2:10:57
1104	3636	Strerath Severin	Running Gig	4:48:20	M19	11	0:59:56	1:28:11	2:20:13
1105	4067	Kohn Ulrich	SV Beeckerwerth	4:48:48	M55	98	0:58:58	1:31:50	2:18:00
1106	5536	Achterath Joachim	*Rheinberg	4:48:54	M45	267	0:56:05	1:34:32	2:18:16
1107	3699	Frauenrath Axel	*Duisburg	4:49:27	M22	68	1:02:52	1:28:01	2:18:33
1108	5127	Herbergs Ralf	*Wuppertal	4:49:31	M50	189	1:00:33	1:31:32	2:17:25
1109	2128	Evers Wulfen	Ronsdorf Tigers	4:49:35	M55	99	1:00:48	1:37:30	2:11:17
1109	2129	Rottsieper Achim	Ronsdorf Tigers	4:49:35	M50	190	1:00:48	1:37:30	2:11:16
1111	5551	Lehnen Dieter	Triathlon TEAM TG Witten	4:49:42	M40	203	0:59:08	1:30:27	2:20:06
1112	3659	Schöbel Heinz	*Wuppertal	4:50:07	M65	14	1:03:44	1:28:16	2:18:06
1113	1773	Kuhlmann Helmut	SV Schermbeck	4:50:44	M65	15	0:57:50	1:29:28	2:23:24

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1114	5443	Neumann Andreas	*Gelsenkirchen	4:51:03	M40	204	0:57:38	1:30:33	2:22:52
1115	4199	Litzbarski Roman	*Wülfrath	4:51:37	M60	48	1:01:25	1:34:07	2:16:05
1116	1731	Schnaubelt Peter	E.ON Ruhrgas SG	4:52:09	M65	16	1:10:12	1:45:14	1:56:42
1117	3683	Gaertner Marc-Andre	Trimet	4:53:16	M30	93	0:59:46	1:32:30	2:20:59
1118	3497	Strerath Dirk	Running Gig	4:53:20	M50	191	1:03:04	1:30:02	2:20:13
1119	3669	Hüsken Heinz	FS Rheinkamp	4:53:33	M60	49	1:05:47	1:34:26	2:13:18
1120	3712	Hülsmann Wilhelm	TUS Drevenack	4:54:20	M60	50	1:03:40	1:32:47	2:17:52
1121	2756	Schwab Christian	*Moers	4:54:30	M45	268	1:01:40	1:34:13	2:18:36
1122	3618	Bengel Gerd	*Mülheim an der Ruhr	4:54:50	M40	205	0:57:50	1:31:25	2:25:35
1123	3979	Gruschka Gregor	*Düsseldorf	4:55:48	M55	100	1:07:59	1:33:48	2:13:59
1124	5194	Grans Stephan	*Duisburg	4:56:13	M40	206	1:06:05	1:28:14	2:21:53
1125	3883	Giesa Burkhard	Triathlon Team Rheinberg	4:57:25	M45	269	1:04:04	1:35:46	2:17:34
1126	5710	Wolf Horst	*Duisburg	4:57:26	M60	51	1:03:38	1:32:51	2:20:57
1127	5484	Schu Klaus	*Gelsenkirchen	4:57:47	M45	270	1:00:59	1:34:24	2:22:23
1128	1719	Kadic Rasim	E.ON Ruhrgas SG	4:57:51	M55	101	1:03:21	1:35:46	2:18:43
1129	4968	Daniels Sven	BSG Sparkasse Essen	4:58:03	M35	107	1:02:17	1:36:42	2:19:03
1130	3306	Eggemann Dirk	*Gelsenkirchen	4:58:53	M50	192	1:01:14	1:37:25	2:20:13
1131	5492	Schlusen Ulrich	*Wesel	4:59:00	M60	52	1:02:21	1:33:24	2:23:14
1132	5430	Ziegenhagen Klaus	Kolping Horst-Emscher	4:59:34	M45	271	1:02:56	1:36:25	2:20:12
1133	5233	Zimmermann Sven	*Herne	4:59:35	M35	108	1:08:34	1:35:40	2:15:20
1134	2536	Blanik Michael	Ruhr Bob Runner	4:59:56	M40	207	1:00:58	1:30:41	2:28:17
1135	3350	Poschmann Marcel	*Duisburg	5:01:28	M40	208	1:08:21	1:35:34	2:17:32
1136	3335	Fischer Heinz-Georg	Ruhrknappen Bottrop	5:01:42	M65	17	1:03:04	1:36:16	2:22:20
1137	2657	Weichert Holger	*Oberhausen	5:01:53	M40	209	1:01:41	1:35:48	2:24:23
1138	2858	Urbatsch Dr. Peter	*Mülheim	5:01:59	M65	18	1:05:02	1:37:17	2:19:39
1139	3561	Sprio Giovanni	*Duisburg	5:02:08	M40	210	1:01:41	1:38:16	2:22:09
1140	4860	Beckmann Heiner	*Duisburg	5:02:51	M60	53	1:00:58	1:35:13	2:26:39
1141	2635	Niggemann Andreas	ziiiiisch und weg	5:03:01	M50	193	1:00:28	1:36:12	2:26:20
1142	3958	Gosewinkel Heiko	*Duisburg	5:03:51	M40	211	1:06:31	1:33:52	2:23:27
1143	2551	Risch Gunnar	*Duisburg	5:03:58	M50	194	1:06:33	1:35:59	2:21:25
1144	4975	Fassbender Thomas	*Velbert	5:05:00	M45	272	1:03:20	1:42:23	2:19:16
1145	1827	Janssen Edgar	Vodafone-Runners	5:05:09	M40	212	1:06:00	1:36:09	2:22:59
1146	4722	Faber Hendrik	RUHR-TECHNIK	5:05:18	M30	94	1:01:43	1:39:04	2:24:30
1147	5495	Ebhardt Gerhard	*Duisburg	5:05:47	M65	19	1:04:36	1:35:43	2:25:27
1148	3370	Thieken Rainer	ABT GmbH	5:06:06	M50	195	1:07:34	1:36:42	2:21:49
1149	2001	Berger Meinolf	*Schermebeck	5:06:59	M50	196	1:08:06	1:37:03	2:21:49
1150	2664	Voss Burkhard	smells like team spirit	5:07:14	M50	197	1:03:17	1:35:43	2:28:13
1151	4996	Moraw Martin	*Mülheim Ruhr	5:07:25	M35	109	1:07:34	1:37:00	2:22:50
1152	3886	Plückelmann Willi	TuS Hamborn-Neumühl	5:08:51	M65	20	1:03:59	1:32:42	2:32:08
1153	2955	Amin Nabil	*Hagen	5:09:00	M30	95	1:01:52	1:37:17	2:29:50
1154	4716	Lindner Christian	RUHR-TECHNIK	5:09:09	M50	198	1:05:35	1:39:03	2:24:30
1155	3044	Müller Andreas	Lippejogger	5:11:24	M40	213	1:03:22	1:39:47	2:28:14
1156	2359	Nespithal Holger	*Moers	5:11:40	M40	214	1:02:56	1:37:27	2:31:16
1157	3012	Hennes Harald	TC Grün Weiß Hochdahl	5:13:20	M50	199	1:04:50	1:37:32	2:30:58
1158	2789	Kordel Christian	ALO Kanalratten	5:15:31	M35	110	1:04:14	1:41:15	2:30:00
1159	1713	Hassepass Werner	E.ON Ruhrgas SG	5:16:08	M55	102	1:11:52	1:45:57	2:18:17
1160	4610	Timmerhaus Hendrik	*Mülheim an der Ruhr	5:16:08	M35	111	1:06:22	1:43:06	2:26:40
1161	2992	Miethke Norbert	Fußarbeiter	5:16:08	M55	103	1:08:03	1:42:47	2:25:18
1162	3060	Warda Frank	*Dorsten	5:16:56	M50	200	1:08:23	1:39:34	2:28:58
1163	4242	Vogt André	VSU WRR	5:19:07	M35	112	1:07:28	1:43:21	2:28:17
1164	4465	Welsing Winfried	SV Biemenhorst	5:19:53	M55	104	1:07:33	1:40:50	2:31:28
1165	2183	Retkowski Lutz	*Dortmund	5:20:24	M35	113	1:07:24	1:43:20	2:29:40
1166	1733	Seidler Bernd	E.ON Ruhrgas SG	5:20:34	M40	215	1:07:27	1:37:20	2:35:46

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	3347	Schön Jan-Hendrik	LOréal Deutschland GmbH	5:30:25	M35	114	0:59:34	1:46:23	2:44:27
1168	4122	Wienholt Bernd	Gymnasium Filder Benden M	5:31:23	M50	201	1:10:37	1:42:39	2:38:07
1169	3666	Bock Dietmar	Von 0 auf 42	5:37:48	M60	54	1:10:43	1:46:34	2:40:30
1170	3427	Herrmann Holger	Rumelner TV	5:38:07	M50	202	1:08:02	1:45:45	2:44:18
1171	2924	Weidenmüller Werner	*Duisburg	5:59:30	M55	105	1:13:17	2:01:37	2:44:35

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	6383	Floß Doreen	TG Neuss	3:02:56	W30	1	0:39:38	0:58:33	1:24:45
2	4690	Müller Angela	ASC Rosellen/Neuss	3:10:20	W35	1	0:40:05	1:00:50	1:29:23
3	2760	Feldmann Marlene	Bocholter WSV	3:11:49	W22	1	0:41:21	1:02:12	1:28:14
4	2203	Just Gladys	Angerland LT Lintorf	3:15:21	W35	2	0:42:36	1:03:39	1:29:05
5	3095	Schellöh Birgit	Triathlon Team Ratingen 08	3:16:15	W50	1	0:41:39	1:03:35	1:31:00
6	2452	Krämer Sabrina	LC Duisburg	3:16:52	W30	2	0:41:46	1:02:52	1:32:13
7	5151	Pütke Tina	ASC Rosellen/Neuss	3:18:01	W35	3	0:41:53	1:03:37	1:32:29
8	4100	Buß Cornelia	SG Borken	3:21:24	W40	1	0:42:46	1:05:59	1:32:38
9	5568	Gall Katharina	Angerland LT Lintorf	3:23:00	W22	2	0:43:12	1:07:15	1:32:32
10	3905	Tichelkamp Christa	Tri Team FS Düsseldorf	3:23:11	W22	3	0:43:30	1:05:55	1:33:45
11	3215	Stephan Anja	LC Duisburg	3:24:26	W40	2	0:44:52	1:05:28	1:34:05
12	1806	Goris Rhoda	Krefelder Kanu Klub	3:26:41	W40	3	0:45:57	1:06:26	1:34:17
13	1850	Papendick Sabine	Vodafone-Runners	3:29:10	W45	1	0:45:31	1:07:37	1:36:00
14	1844	Müller Susanne	Vodafone-Runners	3:29:36	W40	4	0:45:55	1:07:55	1:35:46
15	6351	Kaiser Dörte	TUS Breitscheid	3:33:12	W40	5	0:45:39	1:09:16	1:38:16
16	4046	Hölter Agnes	SG Borken	3:33:43	W55	1	0:45:45	1:08:45	1:39:13
17	2585	Thimm Gitti	Goch	3:33:53	W45	2	0:46:43	1:07:58	1:39:10
18	3907	Bittner Janina	Tri Team FS Düsseldorf	3:35:15	W30	3	0:45:52	1:09:24	1:39:58
19	3960	Börmann Jutta	TSG Kirchhellen	3:35:19	W45	3	0:46:05	1:10:13	1:39:00
20	3330	Grashaus Anke	*Ratingen	3:35:47	W45	4	0:46:17	1:10:15	1:39:14
21	2328	Bitthöfer Tatjana	LW Dortmund	3:37:28	W35	4	0:46:28	1:09:59	1:41:00
22	6379	Kerkmann Kathrin	TG Neuss	3:37:35	W22	4	0:46:11	1:09:43	1:41:40
23	2598	Schmitz Andrea	DMSG	3:38:01	W45	5	0:45:45	1:11:30	1:40:44
24	3289	Schober-Kestel Julia	*Düsseldorf	3:38:23	W30	4	0:47:26	1:11:46	1:39:10
25	5606	Baxmann Natalie	SV Gladbeck 13 e.V.	3:38:53	W35	5	0:48:04	1:10:26	1:40:22
26	2000	Amalou Linda	LC Ruhrpott-America	3:39:00	W30	5	0:47:12	1:11:14	1:40:34
27	2881	Ilse Katharina	Die abgelaufenen Kekse	3:39:05	W22	5	0:48:09	1:10:21	1:40:35
28	3492	Simon Iris	LC Duisburg	3:39:51	W40	6	0:47:38	1:10:43	1:41:28
29	3908	Hahn-Gebhardt Paula	Team Schokker	3:40:07	W45	6	0:47:27	1:11:52	1:40:47
30	3723	Gantzhorn Andrea	*Krefeld	3:40:13	W22	6	0:48:20	1:10:30	1:41:22
31	3673	Oberhagemann Nicole	Adler Langlauf Bottrop	3:40:25	W40	7	0:48:17	1:11:45	1:40:22
32	4298	Borodo Katarzyna	*Bochum	3:40:33	W40	8	0:46:32	1:10:55	1:43:06
33	4681	Adriany Ulrike	Marathon Mülheim	3:41:23	W35	6	0:46:04	1:11:22	1:43:57
34	2400	Gebehart Beate	TV Refrath	3:41:33	W50	2	0:46:09	1:13:39	1:41:44
35	4157	Holtmeier Anne	TV Ratingen Handball	3:41:50	W18	1	0:46:36	1:13:06	1:42:07
36	1896	Krummel Michaela	BSG Stadtwerke Duisburg A	3:42:07	W40	9	0:47:36	1:12:17	1:42:13
37	4110	Köster-Heck Barbara	BSG Aon	3:42:17	W45	7	0:47:08	1:10:37	1:44:32
38	2640	Hartling Agnes	SF Klein Reken	3:42:22	W50	3	0:50:46	1:11:01	1:40:35
39	2750	Balschuweit Dorothee	SuS Bertlich	3:43:00	W22	7	0:47:56	1:13:13	1:41:50
40	3589	Lang Sabine	*Duisburg	3:43:15	W45	8	0:47:52	1:11:59	1:43:23
41	3485	Kohrs Silke	ASC Ratingen	3:44:38	W35	7	0:48:49	1:12:31	1:43:17
42	2340	Smeets Uschi	nasty invalids	3:45:30	W45	9	0:48:36	1:11:20	1:45:33
43	2659	Kohl Yvonne	Ausdauerchule by Bunert	3:45:54	W45	10	0:49:58	1:12:56	1:42:59
44	3231	Mickelat Dr. Simone	*Düsseldorf	3:46:11	W40	10	0:48:47	1:12:54	1:44:29
45	3800	Deutzmann Katharina	Southern Oregon Runners	3:46:21	W22	8	0:48:34	1:11:23	1:46:23
46	5738	Hübner Britta	LC Duisburg	3:47:03	W45	11	0:47:59	1:12:19	1:46:45
47	4936	Verheyen Laya	*Düsseldorf	3:47:33	W19	1	0:47:53	1:13:39	1:46:01
48	4412	Oberhäuser Angelika	Solinger LC	3:48:37	W60	1	0:50:02	1:12:41	1:45:53
49	4362	Weier Katrin	Hase&Igel Schmachtdorf	3:50:14	W45	12	0:50:40	1:13:06	1:46:27
50	4901	Neubauer Katja	mattenklotz	3:51:08	W50	4	0:51:42	1:14:43	1:44:43
51	2997	Ellerhausen Marle	Triabolas Triathlon Hamburg	3:51:13	W40	11	0:49:22	1:14:52	1:46:58
52	5451	Pries Anne	SV Biemenhorst	3:51:34	W40	12	0:52:08	1:12:29	1:46:55
53	4606	Hanfand Nicole	Blau-Weiß Bochum	3:51:44	W30	6	0:49:07	1:14:04	1:48:32

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	4277	Kuo Lih-Fang	*Duisburg	3:51:48	W40	13	0:49:08	1:13:31	1:49:09
55	3164	Hinckers Jutta	SV Uedem	3:52:10	W30	7	0:47:42	1:14:45	1:49:43
56	2337	Cosack Annette	*Essen	3:52:24	W45	13	0:51:03	1:16:26	1:44:54
57	2608	Diesner Wiebke	TVE Burgaltendorf	3:52:31	W40	14	0:50:28	1:13:32	1:48:30
58	5570	Metternich Melanie	Palma runners	3:52:34	W35	8	0:50:15	1:14:22	1:47:56
59	2067	Gollan Christiane	Eintracht Duisburg 1848 e.V.	3:52:42	W45	14	0:48:46	1:16:57	1:46:57
60	2866	Schulten-Schmidt Carola	Sturmvogel Essen	3:52:56	W35	9	0:49:24	1:17:54	1:45:37
61	1898	Betz Anica	LGO Bochum	3:53:10	W22	9	0:48:53	1:13:31	1:50:45
62	3435	Detlefsen Valérie	Angerland LT Lintorf	3:53:38	W35	10	0:47:43	1:15:11	1:50:43
63	4900	Lopez Diana	*Burscheid	3:53:42	W40	15	0:50:02	1:14:40	1:48:59
64	2200	Pautzke Catrin	Team CatMic	3:54:03	W50	5	0:50:17	1:15:47	1:47:57
65	4015	Möllmann Rita	Bocholt-Lowick to Go	3:54:07	W40	16	0:51:18	1:15:07	1:47:41
66	4568	Bevers Wiebke	Ruhrrunner Essen	3:55:04	W45	15	0:52:44	1:16:52	1:45:26
67	1754	Sult Barbara	TC Kray 1892 e.V.	3:55:37	W60	2	0:50:44	1:15:20	1:49:32
68	4153	Armbrust Beate	BSG Springorum Bochum	3:55:45	W45	16	0:49:39	1:15:02	1:51:04
69	6373	Kellendonk Heike	TG Neuss	3:56:09	W35	11	0:49:17	1:10:32	1:56:19
70	6367	Hebmüller Regina	TG Neuss	3:56:10	W45	17	0:53:30	1:15:32	1:47:08
71	3174	Van de Lücht Miriam	*Duisburg	3:56:11	W30	8	0:51:53	1:16:39	1:47:38
72	4570	Van den Eynden Britta	*Düsseldorf	3:56:31	W35	12	0:51:07	1:18:00	1:47:24
73	2749	Endrulat Ulrike	Lt Saaler Mühle	3:56:34	W50	6	0:51:59	1:15:54	1:48:40
74	4196	Schulz Claudia	Adler Langlauf Bottrop	3:56:38	W40	17	0:50:09	1:13:59	1:52:29
75	2354	Sander-Rummel Regine	LC Duisburg	3:56:52	W40	18	0:51:12	1:16:05	1:49:34
76	3879	Kolenbrander Stefanie	BHR Oberhausen	3:57:59	W22	10	0:50:56	1:19:30	1:47:32
77	3091	Schlüter-Michels Marion	SG Borken	3:58:00	W40	19	0:49:00	1:11:37	1:57:22
78	5648	Modrow Pia	LG Wanderhoden	3:58:10	W22	11	0:52:11	1:16:48	1:49:10
79	4557	Heidkamp Thea	Wätscherland	3:58:10	W22	12	0:49:10	1:15:14	1:53:45
80	3892	Stüker Maria	Sterkrade TC 69	3:58:17	W30	9	0:52:33	1:16:42	1:49:02
81	4605	Gracinda Garcia Lago	*Düsseldorf	3:58:31	W35	13	0:51:07	1:18:05	1:49:18
82	2776	Berger Clara	Triminators TV Voerde	3:58:36	W22	13	0:51:59	1:14:43	1:51:53
83	1755	Stützer Kerstin	TC Kray 1892 e.V.	3:58:38	W40	20	0:51:11	1:14:03	1:53:23
84	3733	Blum Birgit	Tri Team FS Düsseldorf	3:58:42	W50	7	0:49:13	1:16:11	1:53:18
85	2822	Makein-Hoenselaar Esthe	Viktoria Goch	3:58:50	W55	2	0:50:56	1:18:16	1:49:36
86	2583	Brix Silke	*Neuss	4:00:05	W30	10	0:51:31	1:16:53	1:51:40
87	3278	Rehmann Christiane	*Mühlheim	4:00:12	W45	18	0:51:24	1:17:30	1:51:17
88	2276	Ernst Angela	Speedy@Gonzales	4:00:14	W40	21	0:50:38	1:16:49	1:52:46
89	3194	Metzger Christina	Ausdauerchule by Bunert	4:00:32	W35	14	0:52:01	1:16:28	1:52:02
90	4907	Reimet Verena	LT Metzkausen	4:00:41	W30	11	0:51:07	1:16:41	1:52:52
91	1739	Wolff Iris	E.ON Ruhrgas SG	4:00:43	W55	3	0:52:01	1:17:13	1:51:28
92	5057	Wichelhaus Katja	Tri Team FS Düsseldorf	4:00:50	W45	19	0:52:04	1:17:11	1:51:34
93	2553	Arnold Katrin	LC Duisburg	4:01:10	W35	15	0:53:29	1:17:23	1:50:17
94	4911	Matten Vanessa	*Oberhausen	4:01:48	W22	14	0:50:00	1:17:19	1:54:27
95	5069	Winter Susanne	*Duisburg	4:01:49	W45	20	0:51:52	1:18:07	1:51:49
96	6378	Kirchner Kerstin	TG Neuss	4:02:10	W30	12	0:51:56	1:19:32	1:50:41
97	2607	Spengler Beate	TVE Burgaltendorf	4:02:17	W45	21	0:52:23	1:17:04	1:52:49
98	3064	Hornscheidt Ulla	Adler Langlauf Bottrop	4:02:42	W55	4	0:54:59	1:16:53	1:50:49
99	2752	Breit Ann-Christin	TSG Kirchhellen	4:03:12	W22	15	0:50:04	1:20:08	1:52:59
100	2315	Weibel Lydia	LT Schnecke Sonsbeck	4:03:18	W22	16	0:51:50	1:18:44	1:52:42
101	5628	Faerber Bernadette	*Duesseldorf	4:04:12	W50	8	0:53:28	1:18:06	1:52:37
102	3509	Opitz Dorothea	LT TBH Düsseldorf Hassels	4:04:13	W50	9	0:53:19	1:19:34	1:51:19
103	4543	Killisch Nara	*Wesel	4:04:25	W45	22	0:52:17	1:19:24	1:52:43
104	1764	Schmidtke Kirsten	TC Kray 1892 e.V.	4:04:45	W40	22	0:50:49	1:15:50	1:58:05
105	2636	Niggemann Marinja	ziiiiisch und weg	4:04:46	W22	17	0:53:17	1:18:30	1:52:57
106	3884	Hüller Petra	Triathlon Team Ratingen 08	4:04:49	W45	23	0:51:04	1:17:35	1:56:10

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	5047	Hoffmann Claudia	*Düsseldorf	4:05:07	W35	16	0:51:52	1:19:00	1:54:13
108	2907	Axning Marion	SV Viktoria Goch	4:05:13	W40	23	0:52:21	1:20:31	1:52:19
109	5022	Kower Katja	*Duisburg	4:05:13	W30	13	0:50:54	1:19:37	1:54:41
110	2079	Denizer Andrea	Adler Langlauf Bottrop	4:05:58	W40	24	0:52:05	1:18:16	1:55:36
111	2990	Fiebig-Kunert Sabine	*Moers	4:05:59	W45	24	0:52:29	1:19:25	1:54:04
112	2501	Wach Manuela	DJK Tus Rotthausen	4:06:20	W45	25	0:52:47	1:20:36	1:52:56
113	2331	Heibold Claudia	WAT Läufer	4:06:21	W50	10	0:53:21	1:18:16	1:54:43
114	5453	Macken-Reinirkens Cath	*Mülheim an der Ruhr	4:06:54	W50	11	0:51:59	1:20:49	1:54:05
115	4065	Vormann Marja	atc und friends	4:06:55	W18	2	0:53:58	1:18:47	1:54:09
116	4240	Paulus Sihna	Adler Langlauf Bottrop	4:07:07	W35	17	0:53:18	1:21:20	1:52:28
117	4147	Gregus Christine	*Hückeswagen	4:07:23	W40	25	0:51:38	1:18:09	1:57:34
118	2482	Weiß Svenja	*Duisburg	4:08:01	W30	14	0:54:13	1:19:10	1:54:38
119	4845	Heid Nicole	*Ratingen	4:08:03	W40	26	0:52:19	1:19:12	1:56:30
120	5239	Flade Natalie	*Willich	4:08:38	W35	18	0:52:19	1:20:26	1:55:53
121	2280	Polarek Ulrike	BSG Sparkasse Lüdenscheid	4:08:39	W40	27	0:55:19	1:20:18	1:53:01
122	3236	Piel Sabine	*Düsseldorf	4:08:39	W45	26	0:53:50	1:19:56	1:54:53
123	4322	Fleischer Christina	TriTeam TSG Sprockhövel	4:08:42	W35	19	1:03:21	1:16:13	1:49:06
124	5567	Rommewinkel Marike	*Essen	4:09:00	W22	18	0:52:41	1:19:41	1:56:36
125	4349	Kimmekamp Birgit	Ausdauererschule by Bunert	4:09:03	W45	27	0:54:18	1:21:40	1:53:04
126	4091	Moers Angelika	Flatland Runners	4:09:20	W45	28	0:52:27	1:21:26	1:55:27
127	4257	Vordenbäumen Tina	LGO Bochum	4:09:23	W30	15	0:52:31	1:21:03	1:55:48
128	2091	Sommer-Dünninger Heidi	*Ratingen	4:10:02	W40	28	0:53:48	1:19:25	1:56:48
129	2090	Jakobs Claudia	*Düsseldorf	4:10:02	W50	12	0:53:48	1:19:25	1:56:48
130	2976	Jakubzik Kerstin	LT Vynen	4:10:03	W40	29	0:54:24	1:19:09	1:56:29
131	3317	Gogarn Ina	*Remscheid	4:10:14	W40	30	0:53:10	1:19:08	1:57:55
132	4228	Schankweiler Martina	SV Viktoria Goch	4:10:23	W50	13	0:52:30	1:23:33	1:54:19
133	4849	Zimmermann Silke	Speedskater Düsseldorf	4:10:52	W40	31	0:53:50	1:19:39	1:57:22
134	4521	Ernst Bärbel	Die Stolperer	4:11:16	W50	14	0:54:29	1:21:26	1:55:20
135	3873	Bley Bianca	Die Waldgazellen	4:11:57	W40	32	0:54:24	1:19:56	1:57:36
136	2166	Schulte Elisabeth	*Recklinghausen	4:12:15	W55	5	0:56:04	1:21:01	1:55:09
137	4373	Diehl Christina	*Wuppertal	4:12:16	W30	16	0:52:06	1:23:27	1:56:42
138	2979	Muzquiz Pilar	TRC Essen 84	4:12:22	W40	33	0:57:03	1:20:36	1:54:42
139	2239	Berekoven Regina	Triabolos Triathlon Hamburg	4:12:26	W40	34	0:55:50	1:21:27	1:55:08
140	6341	Bremer Monika	TUS Breitscheid	4:12:26	W55	6	0:53:40	1:21:26	1:57:19
141	2562	Wichelhaus Katja	*Mettmann	4:12:42	W22	19	0:54:15	1:19:40	1:58:46
142	2174	Riemer Karin	SSC Hochdahl	4:12:44	W45	29	0:52:32	1:22:56	1:57:15
143	4768	Hamann Miriam	FLYING HAMANNS	4:12:47	W50	15	0:53:53	1:22:46	1:56:07
144	2284	Schauties Melanie	BSG Sparkasse Lüdenscheid	4:13:21	W40	35	0:55:12	1:21:11	1:56:57
145	2326	Wolf Sabine	WAT Läufer	4:13:23	W50	16	0:53:17	1:22:34	1:57:32
146	3024	Dietrich Sabine	SV Delphin Dorsten e.V.	4:13:28	W45	30	0:54:57	1:22:17	1:56:13
147	1978	Falliero Erika	Vodafone-Runners	4:13:41	W35	20	1:05:16	1:16:48	1:51:36
148	4300	Daubenspeck Monika	*Krefeld	4:13:44	W45	31	0:51:43	1:21:56	2:00:03
149	4299	Aufenanger Ira	*Krefeld	4:13:57	W40	36	0:53:05	1:20:02	2:00:49
150	1971	Koopmann Silvia		4:14:06	W40	37	0:54:44	1:22:40	1:56:41
151	2630	Thißen Vanessa	*Duisburg	4:14:29	W30	17	0:53:28	1:22:03	1:58:57
152	3396	Van Loosen Daniela	LG Mülheim	4:14:34	W45	32	0:53:53	1:20:32	2:00:07
153	3294	Van Rens Caterina	SV Viktoria Goch	4:14:55	W30	18	0:53:55	1:22:07	1:58:53
154	3316	Kaiser Susanne	*Remscheid	4:15:25	W40	38	0:52:00	1:21:31	2:01:53
155	4699	Wagner Lisa	*Oberhausen	4:15:29	W22	20	0:55:13	1:24:50	1:55:25
156	4640	Greitzke Mignon	SV Langenfeld	4:15:33	W50	17	0:55:26	1:21:07	1:58:59
157	5543	Ebbert Judith	LG Wanderhoden	4:15:48	W22	21	0:56:05	1:22:55	1:56:47
158	3559	Ignaszak Sabine	Bocholter Frauenpower	4:16:14	W45	33	0:55:32	1:23:09	1:57:31
159	4426	Externbrink Kristin	SV Schermbeck	4:16:38	W22	22	0:53:41	1:20:41	2:02:15

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	5041	Lux Katrin	*Velbert	4:16:40	W35	21	0:54:47	1:22:31	1:59:21
161	2508	John Svenja	Team Erdinger Alkoholfrei	4:16:42	W22	23	0:54:00	1:22:30	2:00:11
162	1948	Kellner Yvonne	200PRO	4:17:02	W45	34	0:55:27	1:26:18	1:55:16
163	3812	Mohnhaus Jessica	*Duisburg	4:17:04	W35	22	1:10:03	1:16:46	1:50:15
164	4171	Kleefisch Angelika	LT Cloversoft	4:17:10	W40	39	0:55:58	1:22:10	1:59:01
165	3750	Holfort Eva	AS-Neukirchen-Vluyn	4:17:22	W40	40	0:57:35	1:23:47	1:56:00
166	4949	Gerhard Anke	*velbert	4:17:32	W45	35	0:54:35	1:22:54	2:00:02
167	1849	Olms Anne-Barbara	Vodafone-Runners	4:17:38	W30	19	0:55:22	1:27:50	1:54:26
168	2651	Teloo Britta	LT Schnecke Sonsbeck	4:17:53	W30	20	0:54:58	1:23:56	1:58:58
169	4559	Müller Ruth	*Krefeld	4:18:19	W35	23	0:54:36	1:21:56	2:01:47
170	4645	Berrischen Anna	*Mülheim	4:18:28	W30	21	0:55:42	1:22:15	2:00:30
171	5458	Gerstmann-Lange Jutta	Ausdauerschule by Bunert	4:18:32	W55	7	0:55:19	1:23:54	1:59:17
172	4646	Berg Katharina	*Duisburg	4:18:40	W30	22	0:55:54	1:22:15	2:00:31
173	2654	Hartge Tabea	*Mönchengladbach	4:19:06	W22	24	0:56:48	1:23:58	1:58:19
174	2047	Michel Ronja	TLV Germania Überry	4:19:06	W19	2	0:49:27	1:35:16	1:54:22
175	1912	Balzen Stephanie	BWG-Running Team	4:19:19	W30	23	0:55:06	1:22:21	2:01:50
176	4433	Lüssem Sabine	Commerzbank BSG Laufen	4:19:25	W40	41	0:56:49	1:25:18	1:57:17
177	3190	Honsel Martina	TriDucks Dorsten	4:19:34	W45	36	0:55:27	1:25:44	1:58:23
178	2240	Steinig Berit	*Kaarst	4:20:04	W40	42	0:56:41	1:24:01	1:59:21
179	2626	Thißen Viviane	LT Schnecke Sonsbeck	4:20:06	W30	24	0:53:27	1:23:56	2:02:41
180	4547	Ernst Katrin	*Mülheim an der Ruhr	4:20:17	W22	25	0:57:42	1:23:03	1:59:31
181	3250	Sobolewski Sabine	Adler Langlauf Bottrop	4:20:35	W45	37	0:54:48	1:25:49	1:59:57
182	3020	Stief Elke	Adler Langlauf Bottrop	4:20:44	W60	3	0:54:48	1:26:04	1:59:51
183	3570	Weiser Gisela	TC - Blau Schwarz	4:20:45	W60	4	0:55:18	1:23:10	2:02:16
184	2729	Voigt-Lehmann Petra	*Mülheim	4:20:56	W45	38	0:57:51	1:23:50	1:59:14
185	2741	Kirstein Stefanie	Ausdauerschule Bruns	4:21:19	W40	43	0:56:56	1:23:13	2:01:09
186	4631	Hajesch Sandra	*Hamminkeln	4:21:20	W40	44	0:57:17	1:22:23	2:01:39
187	3376	Voll Susanne	Krefelder Kanu Klub	4:21:32	W45	39	0:53:09	1:26:28	2:01:54
188	3510	Balt Britta	*Bochum	4:21:39	W35	24	0:56:48	1:25:22	1:59:28
189	4066	Geisler Anja	*Borken	4:21:40	W45	40	0:58:11	1:24:34	1:58:54
190	2455	Guthoff Evelin	*Düsseldorf	4:22:03	W50	18	0:58:25	1:24:34	1:59:04
191	2225	Radojewski Monika	*Moers	4:22:27	W45	41	0:55:20	1:24:58	2:02:08
192	3424	Link Katrin	LT Haumannplatz Essen	4:22:53	W50	19	0:57:05	1:25:15	2:00:32
193	4700	Heister Nadine	*Duisburg	4:23:14	W30	25	0:54:31	1:21:50	2:06:52
194	4486	Strauß Petra	LC Duisburg	4:23:27	W60	5	0:57:08	1:24:45	2:01:33
195	2215	Jesorek Yvonne	Team Erdinger Alkoholfrei	4:23:48	W22	26	0:57:09	1:24:26	2:02:13
196	5476	Suck Sabine	Ausdauerschule by Bunert	4:23:51	W45	42	0:58:00	1:25:33	2:00:16
197	4154	Grasmann Irmtrud	BSG Springorum Bochum	4:23:58	W55	8	0:57:43	1:24:22	2:01:52
198	2709	Schwirtz Nicole	Ausdauerschule by Bunert	4:24:06	W35	25	0:58:51	1:25:16	1:59:58
199	3864	Thies Margot	BTSC	4:24:07	W45	43	0:55:56	1:25:10	2:03:00
200	5144	Siegmund Davina	LC Duisburg	4:24:13	W22	27	0:52:52	1:17:13	2:14:07
201	2895	Deutscher Claudia	Renntiere	4:24:28	W45	44	0:50:31	1:27:46	2:06:11
202	1765	Jahn Birgit	TC Kray 1892 e.V.	4:24:45	W40	45	0:56:59	1:24:52	2:02:53
203	5530	Bolling Annette	BSG Sparkasse Duisburg	4:24:56	W30	26	1:01:06	1:15:13	2:08:36
204	6306	Stumpf Pamela	200PRO	4:25:16	W45	45	0:57:00	1:26:10	2:02:05
205	3730	Fritz Barbara	*Duisburg	4:25:21	W22	28	0:58:44	1:24:51	2:01:46
206	4586	Hötte Isa	*Essen	4:25:29	W35	26	0:59:08	1:25:19	2:01:01
207	3124	Jochem Susanne	*Duisburg	4:25:35	W45	46	0:57:03	1:25:28	2:03:03
208	4662	Ebertz Susanne	DJK Novesia Neuss	4:25:36	W55	9	0:56:16	1:24:24	2:04:55
209	4587	Mayer Effi	*Essen	4:26:37	W22	29	0:58:48	1:26:47	2:01:01
210	2568	Risch Bettina	TV Jahn Hiesfeld	4:26:50	W50	20	0:57:37	1:25:56	2:03:15
211	4992	Schippers Anja	*Dortmund	4:27:18	W35	27	0:57:11	1:26:57	2:03:10
212	1927	Bresser Linsey	200PRO	4:27:23	W30	27	0:58:10	1:25:09	2:04:03

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	1756	Jansen Dorothea	TC Kray 1892 e.V.	4:27:33	W55	10	0:58:22	1:26:09	2:03:01
214	4931	Bierschbach Angelika	Turnerbund Osterfeld 1911 e	4:27:41	W55	11	0:45:52	1:26:03	2:15:46
215	2817	Hendricksen Anika	TSV Quakenbrück	4:27:55	W30	28	0:57:26	1:25:19	2:05:09
216	4733	Hoinkis Natascha	TSC Essen	4:28:03	W45	47	0:59:11	1:25:48	2:03:03
217	2197	Kuklinski Inga	Homberger Pumps	4:28:13	W40	46	1:07:09	1:23:01	1:58:02
218	2251	Blask Susanne	*Duisburg	4:28:23	W35	28	0:57:30	1:25:01	2:05:50
219	5011	Roovers Julia	*Oberhausen	4:28:54	W22	30	0:54:04	1:20:12	2:14:37
220	4409	Seifert-Preuß Beate	LC Solingen	4:29:05	W50	21	0:55:18	1:26:32	2:07:14
221	4688	Jakof Carina	*Düsseldorf	4:29:17	W22	31	0:58:29	1:26:58	2:03:48
222	2847	Gunia Birgit	Renntiere	4:29:46	W45	48	0:55:49	1:27:45	2:06:11
223	2013	Spin Barbara	Renntiere	4:29:47	W45	49	0:55:49	1:27:46	2:06:11
224	3141	Syska Angelika	LSF Münster	4:30:22	W55	12	0:58:15	1:25:44	2:06:23
225	3458	Wagner Martina	*duisburg	4:30:40	W45	50	0:57:58	1:28:28	2:04:13
226	4058	Börskens Moni	DJK Altendorf 09	4:31:40	W40	47	0:59:35	1:27:58	2:04:06
227	4394	Cepok Claudia	*Kamp-Lintfort	4:32:03	W19	3	0:58:28	1:25:13	2:08:21
228	2791	Hergenroeder Chantal	*Düsseldorf	4:32:16	W30	29	0:55:47	1:31:53	2:04:36
229	3756	Tausch Myriam	AS-Neukirchen-Vluyn	4:32:51	W40	48	0:59:28	1:28:18	2:05:03
230	3019	Schneider Eva	*Moers	4:33:00	W40	49	0:56:41	1:31:18	2:05:00
231	4280	Hamalaki Anna	*Neukirchen-Vluyn	4:33:20	W30	30	0:59:10	1:28:54	2:05:15
232	2279	Falk Irene	*Wuppertal	4:33:26	W50	22	0:58:54	1:28:50	2:05:40
233	3036	Lemki Beate	*Monheim am Rhein	4:33:39	W35	29	0:58:06	1:27:35	2:07:57
234	5096	Brauns Elisabeth	*Voerde	4:33:40	W45	51	1:00:25	1:25:56	2:07:18
235	3286	Conrad Edda	LC Duisburg	4:33:51	W45	52	0:59:36	1:29:24	2:04:50
236	4379	Rotthaus Monika	Die Laufenten	4:33:57	W35	30	0:58:16	1:28:32	2:07:08
237	4406	Brinkhoff Astrid	LT Wischlingen Dortmund	4:34:04	W40	50	0:56:09	1:30:12	2:07:42
238	4133	Butz Sonja	*Haan Gruiten	4:34:21	W22	32	1:02:28	1:26:19	2:05:33
239	3112	Poeschke Tanja	*Düsseldorf	4:34:39	W45	53	1:02:02	1:27:29	2:05:07
240	3281	Nürnberg Ute	Die Römers	4:34:40	W45	54	0:57:57	1:27:35	2:09:07
241	2408	Nied Constanze	*Duisburg-Rahm	4:34:58	W45	55	1:00:56	1:28:25	2:05:36
242	4952	Nölkes Susanne	*Duisburg	4:35:05	W35	31	0:57:14	1:28:20	2:09:29
243	4306	Manroth Melanie	*Essen	4:35:30	W40	51	0:59:25	1:25:25	2:10:39
244	1952	Kosubek Cornelia	200PRO	4:35:37	W60	6	0:57:50	1:27:44	2:10:02
245	6315	Wunderlich Antje	200PRO	4:35:40	W35	32	0:56:58	1:30:17	2:08:23
246	2645	Zora Susanne	*Mülheim an der Ruhr	4:35:46	W50	23	0:56:33	1:26:45	2:12:27
247	4731	Haag Rita	TSC Essen	4:35:47	W35	33	1:00:56	1:30:26	2:04:24
248	1941	Hartmann Alyona	200PRO	4:36:51	W35	34	0:58:40	1:28:19	2:09:51
249	4503	Loose Stefanie	*Krefeld	4:37:26	W22	33	1:02:34	1:27:51	2:06:59
250	2170	Bogdanski Karen	*Neuss	4:37:33	W22	34	1:02:16	1:29:27	2:05:49
251	5126	Schulz Claudia	*Wuppertal	4:37:33	W22	35	0:59:51	1:25:51	2:11:50
252	3560	Buchkremer Eva	Weseler TV Triathlon	4:37:44	W45	56	0:57:43	1:28:14	2:11:46
253	4284	Reznitschek Heike	Wuppertaler Running Girls	4:37:48	W50	24	0:57:34	1:30:17	2:09:55
254	4119	Bastians Petra	*Bottrop	4:38:48	W30	31	1:02:49	1:29:11	2:06:47
255	4214	Kauffmann Inga	Starlight Team Essen	4:39:05	W40	52	0:53:26	1:30:19	2:15:19
256	2155	Van Bentum-Terhorst Mar	LT Vynen	4:39:33	W45	57	0:59:48	1:30:26	2:09:18
257	3446	Dömer Barbara	*Düsseldorf	4:39:45	W40	53	0:57:18	1:31:38	2:10:48
258	3959	Helga Tapper	TSG Kirchhellen	4:39:58	W45	58	0:59:32	1:32:35	2:07:50
259	4195	Van Wieren Sietske	Rapid Ramirez	4:40:05	W30	32	0:56:07	1:28:19	2:15:39
260	3932	Albers Sabine	CEMEX	4:40:21	W40	54	0:57:16	1:25:53	2:17:11
261	5078	Kühne Gisela	LT Metzkausen	4:40:42	W55	13	1:00:49	1:29:17	2:10:35
262	2449	Stache Christina	*Düsseldorf	4:40:44	W35	35	0:58:59	1:29:44	2:12:00
263	4102	Maaßen Nicole	*Duisburg	4:41:03	W35	36	1:03:21	1:28:33	2:09:07
264	5108	Huhn Dr. Kirsten	*Duisburg	4:41:09	W30	33	1:00:42	1:29:08	2:11:18
265	4584	Schönefeld Anastasia	Duisburg	4:41:12	W22	36	0:56:23	1:31:36	2:13:11

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4945	Rinke Andrea	*Wuppertal	4:41:15	W45	59	1:01:11	1:29:52	2:10:11
267	5040	Bonnet Claudia	*Duisburg	4:41:42	W30	34	0:59:20	1:29:51	2:12:30
268	4859	Schüller Stephanie	*Ratingen	4:42:46	W40	55	0:59:03	1:27:23	2:16:19
269	2017	Mühlenbruch Elke	Adler Langlauf Bottrop	4:42:57	W45	60	1:01:29	1:31:14	2:10:13
270	3543	Hartmann Ellen	Adler Langlauf Bottrop	4:43:03	W40	56	1:01:34	1:31:14	2:10:14
271	3563	Najak Uta	Adler Langlauf Bottrop	4:43:05	W45	61	1:01:29	1:31:15	2:10:20
272	2102	Krause-Schmieden Andre	*Mülheim/Ruhr	4:43:22	W45	62	1:00:32	1:30:42	2:12:08
273	2679	Hanemann Julia	textwerk swim&run bochum	4:43:34	W45	63	0:59:24	1:31:59	2:12:10
274	2522	Sauerwald Vasiljka läuft noch!	4:43:39	W65	1	1:00:56	1:30:02	2:12:41
275	2788	Weist Sina	LT TUS Iserlohn	4:44:07	W22	37	0:58:23	1:25:03	2:20:40
276	5214	Maiwald Astrid	*Essen	4:44:10	W35	37	1:03:39	1:30:00	2:10:30
277	2702	Luecking Gudrun	*Duisburg	4:44:10	W45	64	1:00:10	1:31:25	2:12:34
278	5693	Tepel Irina	LT Wischlingen Dortmund	4:44:18	W45	65	1:01:05	1:30:13	2:13:00
279	2876	Neuhaus Birgit	Marathon Mülheim	4:44:21	W40	57	1:00:35	1:28:01	2:15:43
280	3714	Herbst Lisa	*Wuppertal	4:44:37	W19	4	1:00:09	1:31:26	2:13:02
281	3321	Landree Sandra	*Düsseldorf	4:44:42	W40	58	1:01:52	1:31:10	2:11:39
282	5257	Koschoreck Gabriele	Vivawest	4:44:44	W50	25	1:00:26	1:32:38	2:11:40
283	5623	Szpogan Susanne	Immeo Wohnen Running Te	4:44:54	W50	26	1:01:21	1:30:26	2:13:06
284	2622	Frauenrath Claudia	Team Erdinger Alkoholfrei	4:45:04	W50	27	1:04:40	1:29:27	2:10:57
285	4717	Kuhlmeyer Ann-Kristin	RUHR-TECHNIK	4:45:19	W22	38	1:03:19	1:33:22	2:08:37
286	2406	Rühl Anna	*Oberhausen	4:45:30	W40	59	0:57:49	1:34:22	2:13:18
287	5587	Tramp Andrea	SV Viktoria Goch	4:45:42	W45	66	1:03:34	1:34:09	2:07:58
288	5459	Blumenau Regina	*Düsseldorf	4:45:55	W50	28	0:59:50	1:29:45	2:16:19
289	2484	Cord Ulrike	*Essen	4:46:03	W45	67	1:04:17	1:32:17	2:09:28
290	2388	Becker Tanja	*Bottrop	4:46:20	W45	68	1:04:16	1:32:17	2:09:47
291	5154	Hesse Silja	SV Blau Weiß Bocum	4:46:29	W30	35	1:02:15	1:31:16	2:12:57
292	3835	Bruckhoff Birthe	WSV Mülheim an der Ruhr	4:47:35	W30	36	1:01:30	1:32:38	2:13:26
293	3449	Böttcher Alexandra	*Bocholt	4:47:38	W40	60	0:59:16	1:29:15	2:19:06
294	4589	Schilling Elli	LC Duisburg	4:47:57	W60	7	1:00:18	1:32:20	2:15:18
295	4271	Kreukels Heike	Rapid Ramirez	4:48:26	W45	69	1:00:31	1:32:30	2:15:24
296	3276	Eisenblätter Ursula	*Mülheim an der Ruhr	4:48:44	W45	70	1:03:20	1:31:12	2:14:11
297	6327	Weberbauer Marion	200PRO	4:48:48	W30	37	1:00:56	1:32:27	2:15:24
298	1748	Eling Hildegard	E.ON Ruhrgas SG	4:49:00	W55	14	1:03:26	1:33:34	2:11:59
299	2135	Schneemann Vera	*Essen	4:49:13	W40	61	1:01:25	1:34:03	2:13:44
300	2499	Hildebrand Nicole	DJK Tus Rotthausen	4:49:28	W40	62	1:02:19	1:36:44	2:10:24
301	2556	Schulz Kerstin	TV Schiefbahn Tri-Team	4:49:33	W19	5	1:01:37	1:34:28	2:13:27
302	5688	Pilz Nicole	*Greven	4:49:33	W35	38	1:02:25	1:29:53	2:17:14
303	1923	Berg Angelika	200PRO	4:49:40	W22	39	0:59:06	1:24:53	2:25:40
304	5425	Noack Christiane	Homberger TV	4:49:59	W45	71	0:58:11	1:34:32	2:17:15
305	5552	Caballero Gabriela	Triathlon TEAM TG Witten	4:50:20	W45	72	0:59:26	1:30:41	2:20:12
306	2492	Gottschalk Andrea	*Meerbusch	4:50:48	W50	29	1:01:08	1:31:34	2:18:05
307	4970	Zedler Jana	BSG Sparkasse Essen	4:50:52	W30	38	1:02:17	1:34:35	2:14:00
308	3787	Pauen Annette	200PRO	4:50:58	W35	39	1:02:58	1:34:10	2:13:49
309	5143	Siegmund Carmen	LC Duisburg	4:51:03	W45	73	1:02:25	1:34:31	2:14:06
310	3204	Weidemann Ulrike	*Wesel	4:51:15	W50	30	1:03:36	1:32:20	2:15:18
311	4830	Frings Simone	*Kempfen	4:51:20	W30	39	1:04:07	1:32:07	2:15:06
312	5720	Herwig Anette	Ausdauerchule by Bunert	4:51:32	W40	63	1:01:09	1:33:33	2:16:50
313	3220	Temmler Simone	*Mülheim	4:51:57	W45	74	1:06:25	1:36:36	2:08:55
314	2021	Heering Anne	*Düsseldorf	4:52:02	W22	40	1:00:25	1:32:30	2:19:06
315	4599	Griesbach-Schmitz Heide	TG Neuss	4:52:56	W55	15	1:07:23	1:31:19	2:14:13
316	5734	Emrich Susanne	FS - Rheinkamp	4:53:32	W45	75	1:05:47	1:34:26	2:13:18
317	3221	Spangenberg Iris	*Mülheim an der Ruhr	4:53:45	W45	76	1:02:24	1:36:36	2:14:44
318	5049	Lohmann Barbara	*Wuppertal	4:54:02	W50	31	1:02:26	1:36:06	2:15:29

**Nike Winterlaufserie
des ASV Duisburg 2013
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	5218	Maletz Christine	*Ratingen	4:54:28	W22	41	1:02:47	1:34:11	2:17:29
320	4828	Heisterkamp Pia	*Mülheim	4:54:58	W40	64	1:02:12	1:35:39	2:17:06
321	5109	Mehlig Tina	Die Mehligs	4:55:46	W50	32	1:03:15	1:34:10	2:18:20
322	5679	Obermeyer Janina	*Münster	4:55:50	W30	40	1:02:26	1:36:28	2:16:56
323	2476	Kleusberg Claudia	Barmenia Versicherungen	4:56:35	W40	65	1:06:11	1:39:54	2:10:29
324	4061	Klein Eva	RUHRBOBRUNNER	4:56:41	W45	77	1:03:53	1:35:32	2:17:15
325	1735	Totzek Bettina	E.ON Ruhrgas SG	4:57:25	W50	33	1:03:20	1:35:37	2:18:26
326	3534	Bem Tabea	PSV Wuppertal	4:57:41	W22	42	1:03:30	1:35:52	2:18:19
327	5118	Schneider Katrin	*Dortmund	4:57:55	W30	41	1:00:54	1:34:48	2:22:12
328	2764	Kasperkowitz Kim	Ausdauerschule by Bunert	4:58:05	W30	42	0:59:05	1:29:32	2:29:27
329	4812	Beenen Carina	*Haminkeln	4:58:17	W35	40	1:01:58	1:36:16	2:20:02
330	5491	Schlusen Ursula	*Wesel	4:59:00	W55	16	1:02:22	1:33:23	2:23:14
331	3017	Leers Claudia	TV Frisch auf Lennep	4:59:44	W50	34	1:03:50	1:37:51	2:18:02
332	2516	Kowalski Magdalene	TV Jahn Hiesfeld	4:59:47	W55	17	1:04:18	1:34:33	2:20:56
333	3743	Hausmann Ines	SV Viktoria Goch	5:00:06	W35	41	1:02:50	1:38:04	2:19:11
334	4838	Brummer Silke	*Mülheim	5:01:09	W35	42	1:03:38	1:36:03	2:21:27
335	3348	Starke-Mücke Anja	*Duisburg	5:01:27	W40	66	1:08:20	1:35:33	2:17:32
336	5631	Wolfmeier Sabine	*Duisburg	5:01:34	W40	67	1:05:40	1:36:45	2:19:09
337	2792	Weist Petra	LT TUS Iserlohn	5:02:30	W50	35	1:05:55	1:35:54	2:20:40
338	3448	Meteling Silke	*Bocholt	5:02:33	W40	68	1:01:07	1:35:11	2:26:13
339	4615	Göke Gundel Maria	*Wülfrath	5:03:23	W55	18	1:04:03	1:35:33	2:23:47
340	4566	Riecke Sandra	*Hünxe	5:03:43	W30	43	1:00:47	1:36:41	2:26:15
341	5690	Schroeter Sylvia	*Duisburg	5:04:26	W45	78	1:09:21	1:36:03	2:19:00
342	2785	Hürland Heike	*Dorsten	5:05:47	W55	19	1:06:54	1:37:02	2:21:50
343	2652	Kohl Sarah	LT Schnecke Sonsbeck	5:07:52	W30	44	1:05:52	1:23:54	2:38:05
344	3901	Steinkemper-Lange Brigi	*Herten	5:08:31	W55	20	1:05:39	1:37:38	2:25:13
345	2956	Amin Samira	*Düsseldorf	5:09:05	W35	43	1:01:55	1:37:18	2:29:51
346	3469	Lambardt Luise	LSF-Unna	5:10:37	W30	45	1:02:03	1:35:57	2:32:35
347	4981	Walther-Frütel Nicole	Ausdauerschule by Bunert	5:11:32	W40	69	1:10:28	1:38:44	2:22:19
348	2474	Kappmeier Janine	Barmenia Versicherungen	5:11:40	W40	70	1:09:53	1:39:54	2:21:53
349	2496	Gosebrink Sabrina	*Duisburg	5:11:53	W22	43	1:06:14	1:40:50	2:24:48
350	2939	Jarz Katharina	*Duisburg	5:12:17	W22	44	1:06:37	1:40:50	2:24:48
351	5601	Demant Jutta	*Essen	5:13:05	W35	44	1:03:35	1:39:33	2:29:56
352	5090	Pühringer Antje	Duisburg	5:14:29	W40	71	0:53:00	1:48:34	2:32:54
353	3053	Kersting Elke	DLRG Tönisvorst	5:15:42	W55	21	1:06:39	1:38:35	2:30:27
354	3608	Braun Birgit	Alsdorf Schneiderlein	5:16:09	W45	79	1:06:02	1:42:48	2:27:19
355	4613	Timmerhaus Dorothee	LC Duisburg	5:16:09	W60	8	1:06:22	1:43:06	2:26:40
356	5718	Ihme Nicole	Ausdauerschule by Bunert	5:17:01	W40	72	1:07:21	1:42:12	2:27:27
357	3058	Imping Diana	*Mülheim	5:17:20	W50	36	1:10:04	1:46:14	2:21:01
358	2029	Boenke Dr. Yvonne	LC Duisburg	5:19:40	W30	46	1:06:44	1:40:39	2:32:16
359	5682	Suttrop Anke	Tri-Team TV Schiefbahn	5:19:51	W45	80	1:08:21	1:42:49	2:28:40
360	5507	Irmer Ina	*Schwerte	5:20:24	W22	45	1:07:23	1:43:21	2:29:39
361	2195	Socher Petra	LC Duisburg	5:21:37	W55	22	1:08:00	1:44:48	2:28:48
362	5588	Keller Marieluise	*Eslohe	5:21:39	W22	46	1:05:31	1:42:00	2:34:08
363	4467	Schlösser Christine	PSV Bonn Triathlon	5:21:51	W30	47	1:08:54	1:44:01	2:28:55
364	2196	Lengersdorff-Rosenau As	Homberger Pumps	5:22:06	W40	73	1:07:09	1:44:23	2:30:34
365	1908	Dobberke Carola	BSV Kokerei Schwelgern eV.	5:22:57	W40	74	1:09:28	1:43:06	2:30:22
366	4752	Kramer Ursel	*Mülheim	5:23:23	W55	23	1:07:48	1:42:30	2:33:05
367	4087	Mertens Heike	*Krefeld	5:23:56	W50	37	1:12:11	1:43:24	2:28:21
368	5870	Rupprich Astrid	*Duisburg	5:24:12	W30	48	1:07:22	1:44:05	2:32:44
369	5160	Lange Ute	TuS 82 Opladen	5:26:40	W60	9	1:08:47	1:45:26	2:32:25
370	2306	Hagemann Anja	Fun Runner VfL Gladbeck	5:28:12	W35	45	1:08:19	1:45:30	2:34:22
371	2230	Wieners Sandra	*Sprockhövel	5:30:55	W40	75	1:09:54	1:44:19	2:36:41

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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4012	Rieck Janine	*Castrop-Rauxel	5:31:39	W22	47	1:09:04	1:44:40	2:37:54
373	4995	Richter Gabriele	*Oberhausen	5:31:43	W50	38	1:12:27	1:46:08	2:33:06
374	1716	Heimann Monika	E.ON Ruhrgas SG	5:32:22	W65	2	1:09:01	1:45:45	2:37:36
375	3638	Lindemann Renate	*Mülheim	5:39:37	W55	24	1:14:09	1:47:46	2:37:40
376	4923	Müller Birgit	Triminars TV Voerde	5:47:11	W40	76	1:10:31	1:51:09	2:45:30
377	2383	Beckmann Elke	LC Duisburg	5:49:31	W45	81	1:09:45	2:01:37	2:38:08
378	4446	Benke Michaela	FC Benke :)	5:51:46	W45	82	1:11:42	1:52:10	2:47:53
379	4001	Altmann Corinna	Ruderclub Germania Düsseld	5:59:28	W40	77	1:17:51	1:49:44	2:51:52
380	4269	Anders Gerlinde	*Leverkusen	6:07:51	W50	39	1:14:46	1:57:57	2:55:06
381	5187	Elfauri Maram	JORDANIEN	6:21:34	W35	46	1:21:00	2:06:26	2:54:07