

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	2443	Stitzinger Patrick	ADRT Pegasus (Venlo)	0:30:11	0:30:12	1	M30	81	5:05:29	06:05	06:17	06:10	06:09	
2	2077	Solomon Ejob	SG Wenden	0:30:12	0:30:12	1	MU23	93	5:05:23	06:07	06:11	06:15	06:14	
3	2128	Hailu Atey Yohannes	TuS Deuz	0:31:08	0:31:09	1	MHK	91	5:05:30	06:13	06:28	06:30	06:25	
4	2292	Rahn Fabian	Bunert Der Kölner Laufladen	0:32:39	0:32:44	2	MHK	86	5:06:05	06:32	06:40	06:44	06:37	
5	2241	Karsch Dustin	Osnabrücker TB	0:32:48	0:32:50	2	MU23	92	5:06:00	06:37	06:49	06:46	06:34	
6	2259	Meinike Patric	ASV Duisburg	0:32:57	0:33:01	3	MU23	92	5:05:59	06:28	06:39	06:58	06:51	
7	2314	Ernst Simon	*Gerolzhofen	0:34:32	0:34:38	3	MHK	87	5:06:02	06:56	07:12	07:12	07:08	
8	2115	Ganzow Tobias	DLC Aachen	0:34:38	0:34:43	1	M35	79	5:06:20	06:56	07:03	07:11	07:06	
9	1953	Sudowé David	*Erkrath	0:35:00	0:35:06	4	MHK	89	5:06:24	07:02	07:13	07:15	07:05	
10	1194	Dasch Thomas	TSV Schloß Neuhaus	0:35:09	0:35:15	5	MHK	85	5:06:45	07:03	07:07	07:08	07:04	
11	2820	Hardenack Frank	Neuenkleusheim	0:35:20	0:35:22	2	M35	76	5:06:14	07:04	07:25	07:28	07:07	
12	2062	Stalla Dennis	LAZ Saarbrücken	0:35:32	0:35:35	1	MU20	95	5:06:32	07:13	07:16	07:21	07:09	
13	3024	Nikoltschuk Sergej	GER	0:35:40	0:35:46	6	MHK	86	5:06:29	07:07	07:25	07:23	07:15	
14	2347	Almbladh Per	Sapient Global Markets	0:36:10	0:36:14	3	M35	79	5:06:13	07:05	07:37	07:43	07:30	
15	2389	De Haas Freddy	TuS Xanten	0:36:17	0:36:22	1	M45	69	5:06:44	07:22	07:26	07:25	07:18	
16	2258	Haumann Hendrik	TG Konz	0:36:43	0:36:49	2	M30	80	5:06:38	07:19	07:34	07:39	07:31	
17	2238	Hovan Thomas	TSV1860Rosenheim	0:36:43	0:36:50	1	M40	71	5:06:35	07:16	07:35	07:40	07:35	
18	2484	Gschwandtner Rene	Blau-Gelb Neumühl Duisburg	0:36:52	0:36:57	2	M40	70	5:06:43	07:22	07:27	07:39	07:39	
19	2277	Costa Julio	AS Neukirchen-Vluyn	0:37:10	0:37:16	3	M40	74	5:06:47	07:37	07:35	07:38	07:31	
20	2180	Schott David	Rotz Racing	0:37:15	0:37:20	2	M45	67	5:06:39	07:37	07:44	07:40	07:34	
21	1893	Chrobak Simon	Bergische Löwen	0:37:16	0:37:27	7	MHK	89	5:07:03	07:50	07:36	07:34	07:11	
22	2193	Leible Max	TSG 78 Heidelberg	0:37:28	0:37:35	8	MHK	89	5:07:07	07:39	07:36	07:39	07:25	
23	2558	Franz Marten	SFD '75 Düsseldorf	0:37:30	0:37:39	9	MHK	86	5:06:50	07:33	07:37	07:47	07:41	
24	2883	Lange Ralf	Friedberg	0:37:34	0:37:41	3	M45	66	5:06:55	07:34	07:40	07:44	07:38	
25	2855	Claesges Michael	Dropsa Sports Club	0:37:41	0:37:49	1	M50	64	5:06:58	07:32	07:37	07:46	07:46	
26	2297	Jacoby Jochen	LG Himmelgeist	0:37:47	0:37:50	4	M40	74	5:06:43	07:39	07:52	07:54	07:38	
27	2833	Adler Anton	TTF Bönen	0:38:05	0:38:11	4	MU23	94	5:06:43	07:41	07:45	08:09	07:45	
28	1000	Schneider Jonas	*Aachen	0:38:11	0:38:17	10	MHK	87	5:06:29	07:29	07:55	08:15	08:01	
29	2863	Mohr Benjamin	Aachen hat Ausdauer	0:38:16	0:38:27	11	MHK	88	5:06:53	07:40	07:51	07:55	07:55	
30	1332	De Jonge Stefan	TuS Weene e.V.	0:38:18	0:38:26	4	M35	76	5:06:46	07:37	07:56	08:05	07:52	
31	2082	Thomi Oliver	Velorado Racing Team	0:39:22	0:39:29	4	M45	69	5:07:06	07:52	08:02	08:12	08:08	
32	1173	Ignasiak Alexander	Vegan Runners	0:39:23	0:39:32	12	MHK	85	5:06:55	08:02	08:14	08:15	07:54	
33	1955	Valero Alvar	LC Rapid Dortmund	0:39:25	0:39:29	13	MHK	90	5:06:16	07:32	08:19	08:37	08:38	
34	1421	Graetsch Daniel	*Düsseldorf	0:39:31	0:39:38	3	M30	84	5:06:49	07:43	08:30	08:23	08:02	
35	2362	Michael Laub	LG Donatus Erfstadt	0:39:32	0:39:42	1	M55	59	5:06:57	07:58	08:11	08:11	08:13	
36	2632	Schönlau Dirk	TSV Viktoria Mülheim	0:39:34	0:39:42	5	M45	68	5:07:23	07:52	08:05	08:04	08:08	
37	1176	Bumeder Josef	*Regensburg	0:39:44	0:39:54	5	M35	76	5:07:14	07:58	08:10	08:15	08:05	
38	1770	Leierendecker Matthias	Aachen hat Ausdauer	0:39:44	0:39:55	14	MHK	86	5:07:09	08:00	08:12	08:16	08:06	
39	2607	Carter Chris	Tri Team FS Düsseldorf	0:39:47	0:39:57	6	M45	69	5:07:23	07:55	08:04	08:07	08:16	
40	1316	Schäferhoff Mathias	Team Oettinger Alkoholfrei	0:39:49	0:40:01	6	M35	76	5:07:33	08:08	08:06	08:02	07:58	
41	2208	Strack Sascha	Mercer	0:39:52	0:40:05	7	M35	76	5:07:30	08:04	08:08	08:11	07:58	
42	2668	Schwane Adrien	Aachen hat Ausdauer	0:40:06	0:40:15	15	MHK	87	5:06:55	07:52	08:22	08:28	08:26	
43	1649	Lütke-meier Werner	RP Düsseldorf	0:40:10	0:40:17	7	M45	67	5:07:05	08:10	08:15	08:17	08:21	
44	2504	Mauter Jörg	Wiehltaler LC	0:40:29	0:40:36	8	M45	65	5:07:06	08:11	08:32	08:22	08:16	
45	1718	Tollitt John	Tyne Bridge Harriers	0:40:32	0:40:41	2	M50	63	5:07:26	08:15	08:22	08:20	08:07	
46	2006	Mejza Rafael	*mülheim	0:41:13	0:41:24	8	M35	77	5:07:22	08:28	08:31	08:34	08:16	
47	2652	Köster Holger	*Düsseldorf	0:41:22	0:41:35	9	M35	78	5:07:31	08:22	08:33	08:30	08:24	
48	2371	Abele Jan	*Bergisch Gladbach	0:41:25	0:41:34	9	M45	69	5:07:33	08:12	08:20	08:34	08:44	
49	1098	Villumsen Mads	Fritz & Macziol	0:41:30	0:41:40	10	M35	77	5:07:34	08:21	08:33	08:33	08:28	
50	1326	Strohmeier Peter	Team Erdinger Alkoholfrei	0:41:41	0:41:53	10	M45	67	5:07:19	08:23	08:29	08:41	08:47	
51	2418	Euen Tom	Stadtwerke Düsseldorf	0:41:48	0:41:55	11	M45	67	5:07:09	08:25	08:41	08:44	08:47	
52	2416	Streuer Michael	Stadtwerke Düsseldorf	0:42:15	0:42:25	16	MHK	88	5:07:17	08:31	08:46	08:50	08:48	
53	1225	Yamashita Atsushi	*Derby	0:42:28	0:42:34	12	M45	66	5:07:36	08:38	08:50	08:49	08:34	
54	2560	König Niklas	SFD '75 Düsseldorf	0:42:52	0:43:00	17	MHK	85	5:07:27	08:38	08:45	08:56	09:03	
55	2179	Dirschauer Philipp	LG Buntentor Roadrunners	0:43:02	0:43:13	5	MU23	94	5:07:23	08:37	08:48	08:59	09:14	

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
1	2495	Schnüriger Samira	LC Meilen	0:38:40	0:38:47	1	WU20	95	5:07:07	07:44	07:59	08:00	07:49
2	2078	Yemane Mealat	SG Wenden	0:39:31	0:39:35	1	WU23	94	5:06:48	08:02	08:06	08:09	08:24