



Nike Winterlaufserie des ASV Duisburg
1. Lauf der großen Serie - 10 km
30. Januar 2016

Männer

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 1 | 5801 | Meyer Manuel | TV Wattenscheid | 0:33:16 | M35 | 1 | 0:33:17 | 1981 |
| 2 | 2294 | Tausewald Robert | LG COESFELD | 0:34:02 | M35 | 2 | 0:34:04 | 1978 |
| 3 | 4259 | Tertünte Björn | Ayyo-Team Essen | 0:34:15 | M40 | 1 | 0:34:16 | 1973 |
| 4 | 5624 | Risiko Sebastian | Mönchengladbach LG | 0:34:34 | M20 | 1 | 0:34:36 | 1991 |
| 5 | 2928 | Minke Sebastian | ASC Rosellen/Neuss | 0:34:39 | M35 | 3 | 0:34:41 | 1977 |
| 6 | 2376 | Luijt Pieter | TRIMET | 0:34:41 | M30 | 1 | 0:34:41 | 1982 |
| 7 | 2288 | Alhussein Tarek | LG COESFELD | 0:34:52 | M20 | 2 | 0:34:53 | 1987 |
| 8 | 5781 | Rück Matthias | TG Neuss | 0:35:00 | M30 | 2 | 0:35:01 | 1982 |
| 9 | 3678 | Graetsch Daniel | Running Team Grafenberg | 0:35:13 | M30 | 3 | 0:35:14 | 1984 |
| 10 | 4468 | Ganzow Tobias | DLC Aachen | 0:35:13 | M35 | 4 | 0:35:16 | 1979 |
| 11 | 3442 | Moldenhauer Kai | DLC Aachen | 0:35:15 | M30 | 4 | 0:35:17 | 1983 |
| 12 | 4928 | Karst Fabian | Athletic Screening Team K | 0:35:25 | M20 | 3 | 0:35:27 | 1991 |
| 13 | 4752 | Jakobs Maximilian | TuSpo Huckingen | 0:35:33 | MU20 | 1 | 0:35:35 | 1998 |
| 14 | 4022 | Lubina Alexander | Volllaufen | 0:35:37 | M35 | 5 | 0:35:38 | 1979 |
| 15 | 5392 | Baumgarten Bjoern | *Ratingen | 0:35:39 | M40 | 2 | 0:35:41 | 1974 |
| 16 | 2433 | Wessel Lukas | SC BAYER 05 UERDINGE | 0:36:02 | M20 | 4 | 0:36:04 | 1995 |
| 17 | 3575 | Strothkamp Dirk | Triathlon-Team-TG-Witten | 0:36:08 | M45 | 1 | 0:36:10 | 1969 |
| 18 | 4089 | Gerhardt Robby | RC Germania Düsseldorf | 0:36:21 | M20 | 5 | 0:36:23 | 1987 |
| 19 | 4557 | Lensing Martin | DJK Coesfeld | 0:36:21 | M30 | 5 | 0:36:25 | 1982 |
| 20 | 3471 | Stephan Alexander | LT-DSHS Köln | 0:36:22 | M30 | 6 | 0:36:24 | 1986 |
| 21 | 3586 | Gimnig Dirk | Team flott. | 0:36:28 | M20 | 6 | 0:36:30 | 1987 |
| 22 | 4670 | Gosebrink Jens | Triminators TV Voerde | 0:36:33 | M30 | 7 | 0:36:36 | 1985 |
| 23 | 5074 | Komes Max | *Oberhausen | 0:36:47 | MU20 | 2 | 0:37:05 | 1998 |
| 24 | 3015 | Stolecki Stephan | LC Rapid Dortmund | 0:36:55 | M45 | 2 | 0:36:58 | 1968 |
| 25 | 2463 | Lampert Sascha | LT Kettwig 2000 | 0:37:00 | M40 | 3 | 0:37:06 | 1976 |
| 26 | 2940 | Rathmann Markus | Lauftreff Bärenbrücke Berl | 0:37:05 | M45 | 3 | 0:37:08 | 1970 |
| 27 | 2385 | Rodriguez Baena Rafael | TC Kray 1892 e.V. | 0:37:08 | M45 | 4 | 0:37:10 | 1969 |
| 28 | 2918 | Ritzmann Sebastian | Moerser TV Triathlon | 0:37:12 | M30 | 8 | 0:37:17 | 1982 |
| 29 | 4641 | Reinecke Dominik | Moerser TV Triathlon | 0:37:16 | M35 | 6 | 0:37:19 | 1981 |
| 30 | 5573 | Grönke Steffen | 200PROTEAM | 0:37:20 | M35 | 7 | 0:37:29 | 1979 |
| 31 | 5702 | Gomez Alfonso | Vodafone-Runners | 0:37:22 | M30 | 9 | 0:37:28 | 1982 |
| 32 | 5784 | Lange Alexander | TG Neuss | 0:37:23 | M30 | 10 | 0:37:24 | 1984 |
| 33 | 2297 | Fels Sven | LG COESFELD | 0:37:27 | M20 | 7 | 0:37:29 | 1990 |
| 34 | 2289 | Severt Günter | LG COESFELD | 0:37:31 | M45 | 5 | 0:37:34 | 1967 |
| 35 | 2888 | Kamps Werner | Hamminkelter SV | 0:37:31 | M50 | 1 | 0:37:33 | 1964 |
| 36 | 2632 | Röpstorf Uwe | SC Bayer 05 Uerdingen | 0:37:34 | M50 | 2 | 0:37:39 | 1963 |
| 37 | 2296 | Wolbeck Kai | LG COESFELD | 0:37:46 | M30 | 11 | 0:37:49 | 1984 |
| 38 | 3346 | Peter Detlev | Krefelder Kanu Klub | 0:37:58 | M50 | 3 | 0:38:03 | 1965 |
| 39 | 4691 | Brosch Michael | *Bochum | 0:37:58 | M50 | 4 | 0:38:01 | 1962 |
| 40 | 5764 | Ifang Malte | TUS BREITSCHEID | 0:37:59 | M30 | 12 | 0:38:02 | 1983 |
| 41 | 4461 | Ringler Peter | *Essen | 0:37:59 | M40 | 4 | 0:38:01 | 1974 |
| 42 | 2593 | Krämer Jan-Bernd | Team erdinger alkoholfrei | 0:38:06 | M20 | 8 | 0:38:11 | 1990 |
| 43 | 5611 | Schlitt Carsten | 200PROTEAM | 0:38:09 | M35 | 8 | 0:38:18 | 1980 |
| 44 | 4350 | Hilmer Jan | Next Generation | 0:38:09 | M20 | 9 | 0:38:36 | 1993 |
| 45 | 4368 | Husen Martin | SV Alfeld | 0:38:16 | M30 | 13 | 0:38:20 | 1983 |
| 46 | 2827 | Büker Stephan | LC Duisburg | 0:38:20 | M30 | 14 | 0:38:22 | 1986 |
| 47 | 5746 | Carter Chris | Vodafone-Runners | 0:38:21 | M45 | 6 | 0:38:27 | 1969 |
| 48 | 5717 | Kriege Markus | Vodafone-Runners | 0:38:22 | M50 | 5 | 0:38:26 | 1966 |
| 49 | 2904 | Jungblut Martin | OTV Endurance Team | 0:38:26 | M40 | 5 | 0:38:29 | 1975 |
| 50 | 4389 | Stirne Thomas | *Leverkusen | 0:38:27 | M45 | 7 | 0:38:32 | 1970 |
| 51 | 2923 | Niederberghaus André | DJK Coesfeld VBRS | 0:38:27 | M40 | 6 | 0:38:32 | 1974 |
| 52 | 5127 | Weck Ansgar | KLE-DU | 0:38:27 | M30 | 15 | 0:38:30 | 1986 |
| 53 | 4690 | Jarocki Jacek | *Essen | 0:38:28 | M35 | 9 | 0:38:31 | 1980 |
| 54 | 5734 | Caulfield Kieran | Vodafone-Runners | 0:38:31 | M55 | 1 | 0:38:37 | 1958 |
| 55 | 4899 | Dülks Roman | Krefelder Kanu Klub | 0:38:32 | M50 | 6 | 0:38:36 | 1964 |
| 56 | 5741 | Morlak Jörg | Vodafone-Runners | 0:38:35 | M50 | 7 | 0:38:40 | 1966 |
| 57 | 5147 | Kriegel René | Nordtriathleten Oberhause | 0:38:37 | M20 | 10 | 0:38:45 | 1988 |
| 58 | 3203 | Gargerakis Konstantinos | *Duisburg | 0:38:38 | M40 | 7 | 0:38:43 | 1973 |
| 59 | 2412 | Vauth Robin | Tri Team FS Düsseldorf | 0:38:38 | M50 | 8 | 0:38:44 | 1966 |
| 60 | 3545 | Straßburg Jürgen | TuS Drevenack | 0:38:42 | M50 | 9 | 0:38:44 | 1962 |
| 61 | 5475 | Aengenheister Volker | *Essen | 0:38:42 | M35 | 10 | 0:38:48 | 1981 |
| 62 | 5174 | Weckwarth Peter | Solinger o.V. | 0:38:43 | M55 | 2 | 0:38:45 | 1960 |



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|--------|------|--------------------------|---------------------------|---------|------|----------|------------|----------|
| 63 | 3959 | Backes Helmut | *Ratingen | 0:38:48 | M45 | 8 | 0:38:55 | 1968 |
| 64 | 5181 | Neumann Dennis | Tri Team Selm e.V. | 0:38:50 | M20 | 11 | 0:38:55 | 1990 |
| 65 | 5758 | Egin-Richter Taner | TUS BREITSCHEID | 0:38:51 | M40 | 8 | 0:38:54 | 1975 |
| 66 | 3699 | Wolff Nino | DLC Aachen | 0:38:53 | M35 | 11 | 0:38:56 | 1981 |
| 67 | 4838 | Börke Janik | Team Polizei Duisburg | 0:38:54 | M20 | 12 | 0:39:01 | 1992 |
| 68 | 3446 | Dr. Heshe Dirk | WSV Bocholt | 0:38:57 | M30 | 16 | 0:39:05 | 1982 |
| 69 | 5340 | Eickelmann Karsten | BSG JVA TAXI HAGEN | 0:39:01 | M45 | 9 | 0:39:04 | 1971 |
| 70 | 2525 | Orlowski Bernd | *Gelsenkirchen | 0:39:02 | M55 | 3 | 0:39:03 | 1957 |
| 71 | 3270 | Nitschke Thorsten | DSSC 09/20 | 0:39:07 | M45 | 10 | 0:39:14 | 1968 |
| 72 | 4064 | Mayer Andreas | TUS Xanten | 0:39:09 | M45 | 11 | 0:39:17 | 1971 |
| 73 | 5037 | Lange Tim | *Mülheim | 0:39:12 | M40 | 9 | 0:39:21 | 1976 |
| 74 | 4949 | Lötz Jarit | TV Goch | 0:39:14 | M20 | 13 | 0:39:20 | 1993 |
| 75 | 2883 | Spanier Michael | Team Erdinger Alkoholfrei | 0:39:16 | M45 | 12 | 0:39:26 | 1968 |
| 76 | 3186 | Aholt Georg | SV Blau-Weiß Dingden | 0:39:17 | M45 | 13 | 0:39:24 | 1969 |
| 77 | 3232 | Klein Andreas | Haltern am See | 0:39:21 | M50 | 10 | 0:39:24 | 1966 |
| 78 | 3185 | Hoppenberg Pascal | *Essen | 0:39:21 | M30 | 17 | 0:39:35 | 1985 |
| 79 | 3964 | Boschheidgen Prof. Dr. J | Moerser TV Triathlon | 0:39:24 | M20 | 14 | 0:39:28 | 1993 |
| 80 | 5388 | Schroeter Wolfgang | Laufsport Bunert Duisburg | 0:39:24 | M45 | 14 | 0:39:28 | 1971 |
| 81 | 5031 | Schwarz Hendrik | Rheinfire Strümp | 0:39:25 | M45 | 15 | 0:39:39 | 1970 |
| 82 | 5532 | Rosenträger Stefan | LGO Bochum | 0:39:26 | M40 | 10 | 0:40:00 | 1975 |
| 83 | 3193 | Goeke Dr. Martin | Ausdauerschule by Bunert | 0:39:29 | M30 | 18 | 0:39:37 | 1982 |
| 84 | 5176 | Starrach Carsten | Ausdauerschule by Bunert | 0:39:29 | M40 | 11 | 0:39:36 | 1973 |
| 85 | 3039 | Splittoff Michael | OTV Endurance Team | 0:39:30 | M55 | 4 | 0:39:34 | 1961 |
| 86 | 3456 | Liesebach Florian | Moerser TV Triathlon | 0:39:30 | M30 | 19 | 0:39:43 | 1986 |
| 86 | 5696 | Jany Thomas | Vodafone-Runners | 0:39:30 | M45 | 16 | 0:39:36 | 1968 |
| 88 | 4341 | von Poser Henning | Triathlon Team Ratingen 0 | 0:39:31 | M50 | 11 | 0:39:33 | 1966 |
| 89 | 4132 | Natschke Jörg | Doppelrunde | 0:39:34 | M55 | 5 | 0:39:45 | 1961 |
| 90 | 4144 | Bartz Michael | ART Düsseldorf | 0:39:36 | M35 | 12 | 0:39:53 | 1977 |
| 91 | 5707 | Schmich Christoph | Vodafone-Runners | 0:39:37 | M45 | 17 | 0:39:41 | 1967 |
| 92 | 3225 | Reichert Tobias | *Dorsten | 0:39:39 | M30 | 20 | 0:39:51 | 1984 |
| 93 | 5556 | Alten-Mönnink Peter | 200PROTEAM | 0:39:40 | M40 | 12 | 0:39:50 | 1974 |
| 94 | 4305 | Deidenbach Fabian | Team flott. | 0:39:41 | M30 | 21 | 0:39:46 | 1983 |
| 95 | 4818 | Schult Bastian | WSV-Schermbeck | 0:39:41 | M40 | 13 | 0:39:58 | 1975 |
| 96 | 4723 | Lauer Thomas | Steag | 0:39:43 | M45 | 18 | 0:39:52 | 1969 |
| 97 | 5445 | Liebsch Conrad | Aachener TG | 0:39:45 | M20 | 15 | 0:39:51 | 1990 |
| 98 | 3561 | Münstermann Philipp | *Münster | 0:39:46 | M35 | 13 | 0:40:10 | 1977 |
| 99 | 5062 | Schmidt Burkhard | Triathlon Team Ratingen 0 | 0:39:46 | M55 | 6 | 0:39:55 | 1960 |
| 100 | 3418 | Beisert Michael | Rot Weiss Essen | 0:39:47 | M45 | 19 | 0:40:12 | 1970 |
| 101 | 4759 | Mattes Philip | TSV Viktoria | 0:39:50 | M20 | 16 | 0:39:55 | 1996 |
| 102 | 2468 | Packross Michael | Ausdauerschule by Bunert | 0:39:50 | M50 | 12 | 0:39:58 | 1964 |
| 103 | 5119 | Hüting Marvin | *Duisburg | 0:39:53 | M20 | 17 | 0:40:05 | 1987 |
| 104 | 4452 | Jörg Schilderink | Bocholter WSV | 0:39:53 | M30 | 22 | 0:40:03 | 1983 |
| 105 | 4124 | Maciejewski Adam | LC Duisburg | 0:39:55 | M45 | 20 | 0:40:05 | 1968 |
| 106 | 3950 | Brehm Carsten | *Mülheim | 0:40:00 | M45 | 21 | 0:40:16 | 1969 |
| 107 | 2577 | Glahn Florian | LG Mülheim | 0:40:09 | M40 | 14 | 0:40:13 | 1976 |
| 108 | 5698 | Effelsberg David | Vodafone-Runners | 0:40:10 | M20 | 18 | 0:40:24 | 1987 |
| 109 | 3797 | Himpler Ralf | Bocholter WSV | 0:40:10 | M50 | 13 | 0:40:18 | 1966 |
| 110 | 5051 | Brahm im Carsten | TRC ESSEN 84 | 0:40:12 | M40 | 15 | 0:40:19 | 1973 |
| 111 | 3673 | Berger Christian | Lauftreff R(h)einknaller | 0:40:13 | M45 | 22 | 0:40:26 | 1971 |
| 111 | 4039 | Becker Tankred | Duisburger Ruderverein | 0:40:13 | M30 | 23 | 0:40:43 | 1985 |
| 113 | 4846 | Nowakowski Marc | TriClub Wuppertal | 0:40:13 | M45 | 23 | 0:40:50 | 1967 |
| 114 | 4303 | Abel Klaus | SF Ennepetal | 0:40:18 | M55 | 7 | 0:40:30 | 1958 |
| 115 | 5680 | Christoph Stefan | Vodafone-Runners | 0:40:23 | M40 | 16 | 0:40:41 | 1975 |
| 116 | 3411 | Schleuter Christian | Bocholter WSV | 0:40:26 | M35 | 14 | 0:40:34 | 1980 |
| 117 | 5743 | Richrath Kay | Vodafone-Runners | 0:40:27 | M45 | 24 | 0:40:46 | 1971 |
| 118 | 5063 | Schmidt Morten | Triathlon Team Ratingen 0 | 0:40:29 | MU20 | 3 | 0:40:41 | 1998 |
| 119 | 5164 | Hofmann Jens | Nordtriathleten | 0:40:29 | M30 | 24 | 0:40:35 | 1982 |
| 120 | 5800 | Bajohr Rudolf | 200PROTEAM | 0:40:29 | M55 | 8 | 0:40:37 | 1960 |
| 121 | 3207 | Wischniewski Markus | Team ERDINGER Alkoho | 0:40:30 | M45 | 25 | 0:40:37 | 1970 |
| 122 | 3244 | Krause Frank | WIR BEI HKM | 0:40:31 | M50 | 14 | 0:40:42 | 1964 |
| 123 | 2396 | Schürings Armin | Max Maulwurf Marathonis | 0:40:31 | M45 | 26 | 0:40:46 | 1969 |
| 124 | 2409 | Mehtieff Alex | Krefelder Kanu Klub | 0:40:32 | M50 | 15 | 0:40:39 | 1966 |



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|--------|------|---------------------|---------------------------|---------|-----|----------|------------|----------|
| 125 | 2676 | Klaas Jens | *Mülheim an der Ruhr | 0:40:33 | M45 | 27 | 0:40:49 | 1970 |
| 126 | 3940 | Ehlert Christian | FC Straberg | 0:40:33 | M35 | 15 | 0:40:35 | 1977 |
| 127 | 3823 | Grundmann Jan | *Essen | 0:40:34 | M35 | 16 | 0:40:42 | 1980 |
| 128 | 2466 | Schlemmer Christian | *Düsseldorf | 0:40:34 | M40 | 17 | 0:40:42 | 1974 |
| 129 | 3497 | Rietmann Stefan | Vfl Merkur Kleve | 0:40:35 | M50 | 16 | 0:41:23 | 1963 |
| 130 | 2724 | Schaefer Peter | SG Kaarst | 0:40:36 | M45 | 28 | 0:40:48 | 1971 |
| 131 | 5028 | Dyckmans Jean | *Düsseldorf | 0:40:38 | M20 | 19 | 0:41:01 | 1988 |
| 132 | 2811 | Wisgott Daniel | Ruderriege ETUF Essen e | 0:40:41 | M20 | 20 | 0:41:01 | 1988 |
| 133 | 3177 | Wetz Müller Peter | BSG Sparkasse Lüdensch | 0:40:42 | M50 | 17 | 0:40:53 | 1962 |
| 134 | 4929 | Karst Michael | Athletic Screening Team K | 0:40:43 | M50 | 18 | 0:40:45 | 1962 |
| 135 | 5779 | Przewloka Joachim | TG Neuss | 0:40:46 | M50 | 19 | 0:40:50 | 1962 |
| 136 | 5669 | Hanke Frank | Vodafone-Runners | 0:40:48 | M45 | 29 | 0:40:57 | 1971 |
| 137 | 3659 | Faßhauer Andreas | InTeam | 0:40:48 | M30 | 25 | 0:41:03 | 1983 |
| 138 | 4241 | Kleemann Normen | SV Siemens Mülheim/Ruh | 0:40:48 | M45 | 30 | 0:41:39 | 1971 |
| 139 | 5470 | Gschwandner Rene | Blau-Gelb Neumühl Duisb | 0:40:50 | M45 | 31 | 0:40:54 | 1969 |
| 140 | 2813 | Köhler Olaf | Bunert After Work Run | 0:40:52 | M45 | 32 | 0:40:56 | 1971 |
| 140 | 3542 | Neumann Guido | *Viersen | 0:40:52 | M40 | 18 | 0:41:25 | 1972 |
| 142 | 5662 | Beissel Jens | Vodafone-Runners | 0:40:52 | M40 | 19 | 0:41:08 | 1975 |
| 143 | 2858 | Seggewiss Frank | TuB Bocholt | 0:40:52 | M40 | 20 | 0:41:20 | 1973 |
| 144 | 5625 | Witeczek Marcel | *Krefeld | 0:40:57 | M45 | 33 | 0:41:38 | 1968 |
| 145 | 5056 | Bartscher Sven | *Essen | 0:40:57 | M30 | 26 | 0:41:08 | 1984 |
| 146 | 4724 | Szostak Dieter | *Oberhausen | 0:41:00 | M50 | 20 | 0:41:14 | 1963 |
| 147 | 5567 | Erbler Richard | 200PROTEAM | 0:41:01 | M45 | 34 | 0:41:26 | 1971 |
| 148 | 5673 | Nassar Najib | Vodafone-Runners | 0:41:03 | M40 | 21 | 0:41:11 | 1973 |
| 149 | 5750 | Ponto Stefan | Vodafone-Runners | 0:41:03 | M45 | 35 | 0:41:21 | 1967 |
| 150 | 3508 | Bücher Marco | Erler-Sportgemeinschaft | 0:41:03 | M40 | 22 | 0:41:22 | 1975 |
| 151 | 3882 | Osesek Holger | Tri Team FS Düsseldorf | 0:41:04 | M50 | 21 | 0:41:22 | 1962 |
| 152 | 5762 | Pulla Friedemann | TUS BREITSCHEID | 0:41:04 | M20 | 21 | 0:41:11 | 1987 |
| 153 | 4484 | Verspohl Dr. Felix | *Moers | 0:41:05 | M60 | 1 | 0:41:09 | 1952 |
| 154 | 4263 | Dirkes Sebastian | LG Presto | 0:41:05 | M40 | 23 | 0:41:14 | 1974 |
| 155 | 3616 | Schneider Thorsten | TuS Oberbrügge | 0:41:07 | M50 | 22 | 0:41:45 | 1962 |
| 156 | 4035 | Rudat Philipp | Triathlon Team Ratingen 0 | 0:41:07 | M20 | 22 | 0:42:05 | 1993 |
| 156 | 5278 | Krebs Dr. Werner | DJK-VFR Mülheim Saarn | 0:41:07 | M50 | 23 | 0:41:19 | 1962 |
| 158 | 5456 | Barth John | *Bottrop | 0:41:12 | M30 | 27 | 0:42:39 | 1982 |
| 159 | 5196 | Flaßkamp Michael | Cool Runnings Beelen | 0:41:12 | M35 | 17 | 0:41:38 | 1978 |
| 160 | 4773 | Schult Ingo | *Erkrath | 0:41:13 | M50 | 24 | 0:41:24 | 1962 |
| 161 | 5755 | Dietrich Christian | Team Polizei Duisburg | 0:41:13 | M30 | 28 | 0:41:31 | 1986 |
| 162 | 5668 | Bravo Javier | Vodafone-Runners | 0:41:13 | M30 | 29 | 0:41:19 | 1985 |
| 163 | 5251 | Bockholt Peter | SV Gladbeck 13 | 0:41:15 | M50 | 25 | 0:41:21 | 1966 |
| 164 | 3780 | Endres Torsten | *Bochum | 0:41:17 | M35 | 18 | 0:41:39 | 1981 |
| 165 | 2657 | Künzel Rüdiger | Laufftreff Uhlenhorst | 0:41:18 | M55 | 9 | 0:41:36 | 1959 |
| 166 | 5390 | Marson Guido | BSG Commerzbank AG R | 0:41:19 | M50 | 26 | 0:41:40 | 1966 |
| 167 | 4745 | Wehr Matthias | LC Duisburg | 0:41:19 | M55 | 10 | 0:41:21 | 1959 |
| 168 | 2625 | Kaufmann Markus | Witzhelden Runners | 0:41:20 | M20 | 23 | 0:41:27 | 1987 |
| 169 | 3858 | Köhler Frank | Triathlon Team Ratingen 0 | 0:41:21 | M45 | 36 | 0:41:27 | 1969 |
| 170 | 4208 | Cetiner Marvin | 1337 | 0:41:22 | M20 | 24 | 0:41:32 | 1994 |
| 171 | 4397 | Yates Stewart | *Düsseldorf | 0:41:22 | M40 | 24 | 0:41:33 | 1976 |
| 172 | 5690 | Hammerschmidt Lukas | Vodafone-Runners | 0:41:23 | M20 | 25 | 0:42:31 | 1996 |
| 173 | 3128 | Steffen Uwe | SF Ennepetal | 0:41:25 | M45 | 37 | 0:41:37 | 1968 |
| 174 | 5383 | Daamen Markus | *Duisburg | 0:41:25 | M30 | 30 | 0:41:31 | 1982 |
| 175 | 3924 | Mühle Patrick | ETuS Wedau | 0:41:27 | M35 | 19 | 0:42:58 | 1979 |
| 176 | 3248 | Brozy Frederic | Guapos | 0:41:28 | M30 | 31 | 0:41:49 | 1983 |
| 177 | 0 | Ilmer Tobias | Vellwig United | 0:41:31 | M20 | 26 | 0:42:54 | 1988 |
| 178 | 4125 | Meier Stephan | *Duisburg | 0:41:32 | M30 | 32 | 0:41:46 | 1986 |
| 179 | 3521 | Rödig Volker | SV Blau-Weiß Bochum | 0:41:34 | M45 | 38 | 0:42:00 | 1971 |
| 180 | 4611 | Gromann Ralf | WSV Schermbeck | 0:41:36 | M50 | 27 | 0:41:54 | 1963 |
| 181 | 4451 | Beyer Tobias | Reeser SC Triathlon | 0:41:36 | M20 | 27 | 0:41:51 | 1992 |
| 182 | 2834 | Höfling Michael | TSV 1863 Herdecke | 0:41:37 | M40 | 25 | 0:41:47 | 1972 |
| 183 | 3060 | Kubas Thorsten | TSV 1863 Herdecke Mara | 0:41:38 | M50 | 28 | 0:41:48 | 1962 |
| 184 | 5507 | Niklas Klaus | Triathlon Team Rheinberg | 0:41:38 | M45 | 39 | 0:42:04 | 1967 |
| 185 | 3981 | Eversmann Dennis | *Aachen | 0:41:39 | M30 | 33 | 0:42:18 | 1985 |
| 186 | 4504 | Groß Tim | *Duisburg | 0:41:40 | M20 | 28 | 0:41:50 | 1991 |



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|--------|------|------------------------|-----------------------------|---------|------|----------|------------|----------|
| 187 | 4082 | Pfeifers Marco | Moerser TV Triathlon | 0:41:43 | M30 | 34 | 0:41:57 | 1982 |
| 188 | 3466 | Püll Stephan | Allmende Runners | 0:41:44 | M40 | 26 | 0:42:03 | 1975 |
| 189 | 2728 | Bludau Thorsten | VFL Sportfreunde 07 Esse | 0:41:44 | M40 | 27 | 0:41:55 | 1974 |
| 190 | 2497 | Dorobeck Burkhard | LC Duisburg | 0:41:45 | M55 | 11 | 0:41:51 | 1961 |
| 191 | 5377 | Rütter Marc | Hamminkelter SV | 0:41:46 | M45 | 40 | 0:42:28 | 1970 |
| 192 | 2906 | Hoppe Arnold | TLV Germania Überryhr | 0:41:47 | M50 | 29 | 0:41:54 | 1963 |
| 193 | 5782 | Sanden Dirk | TG Neuss | 0:41:48 | M45 | 41 | 0:42:17 | 1971 |
| 194 | 2389 | Kahls Markus | Max Maulwurf Marathonis | 0:41:49 | M45 | 42 | 0:42:03 | 1968 |
| 195 | 2444 | Rouhiainen Ristomatti | LGO Bochum | 0:41:49 | M30 | 35 | 0:41:56 | 1985 |
| 196 | 5011 | Tuttmann Ludger | *Marl | 0:41:49 | M45 | 43 | 0:42:17 | 1969 |
| 197 | 5748 | Voss Dirk | Vodafone-Runners | 0:41:50 | M40 | 28 | 0:42:10 | 1972 |
| 198 | 4782 | Dahmen Marco | Reeser SC Triathlon | 0:41:51 | M20 | 29 | 0:42:08 | 1988 |
| 199 | 2983 | Brandenburg Martin | LC Duisburg | 0:41:52 | M50 | 30 | 0:42:09 | 1963 |
| 200 | 4825 | Skoerys Michael | Triathlon Team Ratingen | 0:41:52 | M50 | 31 | 0:42:04 | 1964 |
| 201 | 2703 | Tigges Sascha | Team Punto Moda / LC Du | 0:41:53 | M35 | 20 | 0:42:10 | 1981 |
| 202 | 5094 | Groschwitz Dirk | Angerland LT Lintorf | 0:41:55 | M50 | 32 | 0:42:01 | 1966 |
| 202 | 2566 | Tamiru Dagnachew | 200PROTEAM | 0:41:55 | M45 | 44 | 0:43:27 | 1968 |
| 204 | 5209 | Renting Ralf | *Essen | 0:41:56 | M50 | 33 | 0:42:09 | 1964 |
| 205 | 5780 | Fischer Steffen | TG Neuss | 0:41:57 | M45 | 45 | 0:42:02 | 1970 |
| 206 | 2578 | Szczepanik Irek | LG Mülheim | 0:41:59 | M50 | 34 | 0:42:08 | 1964 |
| 207 | 5596 | Möser Ronald | 200PROTEAM | 0:42:00 | M40 | 29 | 0:42:07 | 1974 |
| 208 | 3379 | Holtmeier Hendrik | TV Ratingen Handball | 0:42:00 | MU18 | 1 | 0:42:30 | 1999 |
| 209 | 2868 | Wolff Ralf | PV Triathlon Witten | 0:42:01 | M50 | 35 | 0:43:05 | 1964 |
| 210 | 3590 | Sendler Dr. Hanno | Moerser TV Triathlon | 0:42:03 | M30 | 36 | 0:42:17 | 1983 |
| 210 | 4866 | Sperlich Egbert | Ecki Sportförderung | 0:42:03 | M50 | 36 | 0:42:17 | 1965 |
| 212 | 4568 | Stenzel Pascal | Marathon Steinfurt | 0:42:03 | M20 | 30 | 0:42:43 | 1996 |
| 213 | 3936 | Micus Werner | DSC Preußen | 0:42:04 | M45 | 46 | 0:42:17 | 1969 |
| 214 | 4063 | Glietz Thorsten | *Krefeld | 0:42:04 | M45 | 47 | 0:42:22 | 1968 |
| 215 | 4236 | Zimmermann Christof | Team Zimler & Friends | 0:42:06 | M35 | 21 | 0:42:32 | 1979 |
| 216 | 3889 | Stahl Sebastian | *Essen | 0:42:07 | M35 | 22 | 0:42:58 | 1980 |
| 217 | 3723 | Pilz Thorsten | LSG MGB | 0:42:07 | M40 | 30 | 0:42:52 | 1976 |
| 218 | 3917 | Heisel Wolfgang | Doppelrunde | 0:42:09 | M45 | 48 | 0:42:23 | 1967 |
| 219 | 5737 | Künsler Stefan | Vodafone-Runners | 0:42:10 | M45 | 49 | 0:42:14 | 1968 |
| 220 | 5715 | Diekmann Lukas | Vodafone-Runners | 0:42:10 | M30 | 37 | 0:42:31 | 1985 |
| 221 | 4556 | Goischke Manuel | *Moers | 0:42:15 | M35 | 23 | 0:42:35 | 1978 |
| 222 | 3777 | Bützer Peter | Tri Team FS Düsseldorf | 0:42:17 | M35 | 24 | 0:42:32 | 1978 |
| 223 | 2720 | Wübling Torsten | *Rhede | 0:42:17 | M40 | 31 | 0:43:38 | 1975 |
| 224 | 5545 | Hampel Jochen | Krefelder Kanu Klub | 0:42:18 | M20 | 31 | 0:43:11 | 1987 |
| 225 | 4867 | Schabestiel Phil | *Mönchengladbach | 0:42:18 | M40 | 32 | 0:43:38 | 1976 |
| 226 | 2693 | Welskopf Peter | Ballettschule Müller Castro | 0:42:19 | M55 | 12 | 0:42:54 | 1961 |
| 227 | 2895 | Siska Georg | WSV Schermbeck | 0:42:20 | M50 | 37 | 0:42:38 | 1962 |
| 228 | 3487 | Gereke Carsten | Osterather TV | 0:42:21 | M45 | 50 | 0:43:36 | 1968 |
| 229 | 4895 | Fischbach Andreas | TH Köln | 0:42:21 | M35 | 25 | 0:42:42 | 1979 |
| 230 | 3067 | Uhlenbrock Volker | Bocholter WSV | 0:42:23 | M50 | 38 | 0:42:34 | |
| 231 | 5430 | Lindermann Andreas | *Duisburg | 0:42:24 | M40 | 33 | 0:43:13 | 1972 |
| 232 | 4474 | Meyer Armin | DJK Preussen 1911 Boch | 0:42:24 | M50 | 39 | 0:42:30 | 1963 |
| 233 | 3499 | Hoeren Christoph | Triandertaler Mettmann-Sp | 0:42:26 | M45 | 51 | 0:42:37 | 1970 |
| 234 | 4271 | Winkelmann Dennis | *Duisburg | 0:42:30 | M30 | 38 | 0:43:06 | 1983 |
| 235 | 4443 | Wacker Michael | SF Ennepetal | 0:42:30 | M55 | 13 | 0:43:00 | 1957 |
| 236 | 5493 | Jung Dr. Andreas | *Mettmann | 0:42:34 | M50 | 40 | 0:42:42 | 1965 |
| 237 | 5714 | Schwerkolt Torsten | Vodafone-Runners | 0:42:34 | M40 | 34 | 0:43:09 | 1973 |
| 238 | 3739 | Hasse Eiko | Lauflöwen Henkel | 0:42:34 | M55 | 14 | 0:42:38 | 1961 |
| 239 | 5738 | Hansmann Johannes | Vodafone-Runners | 0:42:38 | M55 | 15 | 0:42:52 | 1961 |
| 240 | 4789 | Steins Christian | TRC Essen 84 | 0:42:38 | M50 | 41 | 0:42:48 | 1962 |
| 241 | 2905 | Block-Strumberg Oliver | SC Bayer 05 Uerdingen | 0:42:39 | M45 | 52 | 0:43:22 | 1968 |
| 242 | 2422 | Oelschläger Klaus | *Düsseldorf | 0:42:39 | M50 | 42 | 0:43:18 | 1962 |
| 243 | 2589 | Hoffmann Jörg | Bocholter WSV | 0:42:40 | M40 | 35 | 0:42:51 | 1974 |
| 244 | 3580 | Krebs Michael | TuS Quettingen | 0:42:41 | M50 | 43 | 0:42:55 | 1966 |
| 245 | 3794 | Prein Carsten | Adler-Langlauf Bottrop | 0:42:42 | M45 | 53 | 0:43:18 | 1969 |
| 246 | 3294 | Kleinen Ulf | *Düsseldorf | 0:42:42 | M50 | 44 | 0:43:46 | 1963 |
| 247 | 4780 | Helfenbein Andreas | Skiclub Gevelsberg | 0:42:42 | M55 | 16 | 0:42:56 | 1961 |
| 248 | 5115 | Gipperich Tobias | The Racing Club Rush | 0:42:44 | M20 | 32 | 0:43:10 | 1990 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|-----|----------|------------|----------|
| 249 | 4199 | Barbera Pino | Team Erdinger Alkoholfrei | 0:42:46 | M40 | 36 | 0:42:55 | 1975 |
| 250 | 4203 | Paur Jürgen | Team Erdinger Alkoholfrei | 0:42:46 | M45 | 54 | 0:42:55 | 1967 |
| 251 | 2650 | Stodt Marius | Wolfgangs Lauftreff | 0:42:47 | M30 | 39 | 0:46:05 | 1984 |
| 252 | 5178 | Maerz Christian | RWE Starlight Team Ess | 0:42:52 | M50 | 45 | 0:43:08 | 1963 |
| 253 | 4975 | Spinger Peter | ART Düsseldorf | 0:42:52 | M60 | 2 | 0:43:05 | 1953 |
| 254 | 5152 | Czibor Michael | TriTeam TSG Sprockhövel | 0:42:54 | M50 | 46 | 0:43:06 | 1965 |
| 255 | 3164 | Braun Sascha | *Tönisvorst | 0:42:55 | M40 | 37 | 0:43:48 | 1973 |
| 256 | 4120 | Kriependorf Florian | TEAM ELG | 0:42:55 | M40 | 38 | 0:43:47 | 1976 |
| 257 | 4116 | Brömme Roland | DAV Duisburg | 0:42:56 | M55 | 17 | 0:43:04 | 1960 |
| 258 | 5671 | Ritz Arnold | Vodafone-Runners | 0:42:57 | M60 | 3 | 0:43:07 | 1955 |
| 259 | 3793 | Karatas Michael | / | 0:42:58 | M45 | 55 | 0:43:19 | 1971 |
| 260 | 742 | Bettger Thomas | Hamwinkelner SV | 0:43:00 | M40 | 39 | 0:43:04 | 1972 |
| 261 | 3842 | Wochna Marcin | TSV Meerbusch | 0:43:00 | M40 | 40 | 0:43:57 | 1976 |
| 262 | 3139 | Kremer Werner | Ausdauerschule By Bunert | 0:43:02 | M55 | 18 | 0:43:10 | 1959 |
| 263 | 4313 | Hoss Michel | Team flott. | 0:43:02 | M40 | 41 | 0:43:07 | 1976 |
| 264 | 3101 | Schruff Dr. Christian | Team Erdinger Alkoholfrei | 0:43:02 | M35 | 26 | 0:43:21 | 1981 |
| 265 | 4150 | Lubjuhn Stefan | *Rheinberg | 0:43:03 | M50 | 47 | 0:43:26 | 1963 |
| 266 | 4381 | Gmirrek Andreas | *Erkrath | 0:43:03 | M50 | 48 | 0:43:17 | 1964 |
| 267 | 5417 | Zimmermann Tino | *Duisburg | 0:43:04 | M45 | 56 | 0:44:56 | 1968 |
| 268 | 4898 | Menes Rene | DWK | 0:43:04 | M40 | 42 | 0:43:25 | 1973 |
| 269 | 2870 | Seggwiß Hendrik | *Rhede | 0:43:05 | M35 | 27 | 0:44:26 | 1977 |
| 270 | 2722 | Gülke Thomas | Ausdauerschule by Bunert | 0:43:07 | M35 | 28 | 0:43:33 | 1978 |
| 271 | 5783 | Schmitz Thomas | TG Neuss | 0:43:07 | M40 | 43 | 0:43:37 | 1975 |
| 272 | 4729 | Gebauer Bernd | LG Olympia Dortmund | 0:43:08 | M50 | 49 | 0:43:52 | 1965 |
| 273 | 2872 | Wagner Sebastian | Kahlenberger HTC | 0:43:08 | M35 | 29 | 0:45:00 | 1981 |
| 274 | 5415 | Gora Stefan | *Meerbusch | 0:43:10 | M40 | 44 | 0:43:22 | 1976 |
| 275 | 5645 | Sikora Paul | Vodafone-Runners | 0:43:10 | M30 | 40 | 0:43:30 | 1982 |
| 276 | 2316 | Schmengler Stephan | BSG Stadtwerke Duisburg | 0:43:12 | M50 | 50 | 0:44:05 | 1964 |
| 277 | 2857 | Marquardt Dirk | LC Duisburg | 0:43:12 | M45 | 57 | 0:43:39 | 1969 |
| 278 | 3993 | Berg Björn | *Mülheim | 0:43:13 | M30 | 41 | 0:45:09 | 1982 |
| 279 | 2859 | Schulz Sandro | Team Santos | 0:43:13 | M35 | 30 | 0:44:26 | 1979 |
| 280 | 3641 | Kronenberg Edmund | LT Krefeld - Oppum | 0:43:15 | M60 | 4 | 0:44:12 | 1955 |
| 281 | 3647 | Röth Wilfried | Vfl Merkur Kleve | 0:43:15 | M55 | 19 | 0:44:04 | 1961 |
| 282 | 2550 | Ehrlich Dirk | Team EhrBec | 0:43:17 | M50 | 51 | 0:43:46 | 1966 |
| 283 | 4277 | Martschink Till | DJK Rheinkraft Neuss | 0:43:17 | M35 | 31 | 0:43:44 | 1979 |
| 284 | 4121 | Bohle Marc | TEAM ELG | 0:43:18 | M30 | 42 | 0:44:08 | 1986 |
| 285 | 5594 | Meyer Uwe | 200PROTEAM | 0:43:19 | M50 | 52 | 0:43:24 | 1963 |
| 286 | 4281 | Lankes Stefan | SV Schermbeck 1912 e. V | 0:43:19 | M45 | 58 | 0:44:32 | 1967 |
| 287 | 5729 | Gleumes Stephan | Vodafone-Runners | 0:43:19 | M45 | 59 | 0:43:39 | 1971 |
| 288 | 3238 | Smethurst Miles | Triathlon-Team-Ratingen 0 | 0:43:19 | M50 | 53 | 0:43:58 | 1966 |
| 289 | 4715 | Gall Jens | Angerland LT Lintorf | 0:43:20 | M50 | 54 | 0:44:32 | 1966 |
| 290 | 5172 | Petrasch Wolfgang | *Schermbeck | 0:43:21 | M20 | 33 | 0:44:55 | 1994 |
| 291 | 5571 | Gormanns Franz | 200PROTEAM | 0:43:23 | M55 | 20 | 0:44:06 | 1958 |
| 292 | 3790 | Focht Sandro | TC Sterkrade 69 | 0:43:23 | M30 | 43 | 0:44:10 | 1983 |
| 293 | 2871 | Horn Matthias | DJK-VfR-Saarn | 0:43:24 | M35 | 32 | 0:44:23 | 1981 |
| 294 | 4242 | Kohlhöfer Udo | Krefelder Kanu Klub | 0:43:25 | M50 | 55 | 0:43:40 | 1965 |
| 295 | 5694 | Temmler Patrick | Vodafone-Runners | 0:43:26 | M45 | 60 | 0:44:13 | 1968 |
| 296 | 2372 | Savilif Rüdiger | TRIMET | 0:43:26 | M65 | 1 | 0:44:09 | 1950 |
| 297 | 2511 | Ritthoff Michael | *Duisburg | 0:43:26 | M45 | 61 | 0:43:38 | 1968 |
| 298 | 5405 | Ueberschär Markus | *Duisburg | 0:43:27 | M30 | 44 | 0:43:50 | 1984 |
| 299 | 4237 | Drepper Dirk | Doppelrunde | 0:43:27 | M45 | 62 | 0:43:41 | 1970 |
| 300 | 3447 | Machon Sebastian | *Essen | 0:43:27 | M40 | 45 | 0:43:47 | 1974 |
| 301 | 5604 | Philippe Sebastien | 200PROTEAM | 0:43:27 | M40 | 46 | 0:44:10 | 1974 |
| 302 | 5393 | Verfürth Christian | *Düsseldorf | 0:43:28 | M45 | 63 | 0:43:51 | 1968 |
| 303 | 2312 | Krummel Jürgen | BSG Stadtwerke Duisburg | 0:43:28 | M45 | 64 | 0:44:09 | 1969 |
| 304 | 3644 | Weiß Christoph | MTG Horst Essen | 0:43:29 | M45 | 65 | 0:43:55 | 1969 |
| 305 | 2484 | Stockmar Christian | Fortuna Düsseldorf Triath | 0:43:30 | M45 | 66 | 0:44:07 | 1971 |
| 306 | 3652 | Heinzel Thomas | *Düsseldorf | 0:43:31 | M50 | 56 | 0:44:20 | 1964 |
| 307 | 2832 | Süselbeck André | SV Orsoy Tischtennis | 0:43:32 | M40 | 47 | 0:43:45 | 1972 |
| 308 | 2295 | Reeker Veit | LG COESFELD | 0:43:33 | M35 | 33 | 0:43:45 | 1981 |
| 309 | 4681 | Schulte Martin | Toucan Athletic Club | 0:43:34 | M30 | 45 | 0:43:49 | 1983 |
| 310 | 4278 | Gildehaus Andre | *Düsseldorf | 0:43:36 | M30 | 46 | 0:43:58 | 1982 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|-----------------------------|---------|-----|----------|------------|----------|
| 311 | 2777 | Tkotsch Olaf | *Bergisch Gladbach | 0:43:37 | M45 | 67 | 0:44:05 | 1969 |
| 312 | 3607 | Pavlovic Anton | *Lünen | 0:43:37 | M65 | 2 | 0:43:46 | 1951 |
| 313 | 5522 | Hoschke Markus | Running MAD | 0:43:39 | M40 | 48 | 0:43:57 | 1972 |
| 314 | 4638 | Elberg Burkhard | *Düsseldorf | 0:43:40 | M45 | 68 | 0:43:56 | 1970 |
| 315 | 4449 | Hornickel Stephan | *Neuss | 0:43:40 | M35 | 34 | 0:47:55 | 1980 |
| 316 | 4436 | Jany Peter | *Dinslaken | 0:43:41 | M40 | 49 | 0:45:02 | 1972 |
| 317 | 2252 | Bach Markus | Team Polizei Duisburg | 0:43:41 | M50 | 57 | 0:44:03 | 1966 |
| 318 | 5770 | Weiner Thomas | TUS BREITSCHEID | 0:43:41 | M50 | 58 | 0:43:48 | 1965 |
| 319 | 5276 | Gaida Norbert | *Dinslaken | 0:43:43 | M40 | 50 | 0:44:34 | 1972 |
| 320 | 4105 | Dreyer Sven | *Duisburg | 0:43:43 | M30 | 47 | 0:44:11 | 1983 |
| 321 | 3505 | Ohrmann Dr. Christoph | Tri Team FS Düsseldorf | 0:43:43 | M35 | 35 | 0:44:24 | 1981 |
| 322 | 3907 | Pizzolato Paolo | Die Pizzos | 0:43:44 | M50 | 59 | 0:44:11 | 1962 |
| 323 | 4093 | Hajek Dirk | BSG Sparkasse Bottrop | 0:43:44 | M45 | 69 | 0:44:22 | 1971 |
| 324 | 2798 | Baumgarten Horst | Adler-Langlauf Bottrop | 0:43:45 | M60 | 5 | 0:44:23 | 1956 |
| 325 | 4636 | Unterberg Tobias | Laufftreff Obererft | 0:43:46 | M40 | 51 | 0:44:08 | 1976 |
| 326 | 4702 | Hinnemann Steffen | BSG Niederrh. SK RheinL | 0:43:46 | M30 | 48 | 0:44:30 | 1982 |
| 327 | 4588 | Bavendiek Jens | *Aachen | 0:43:46 | M20 | 34 | 0:44:55 | 1991 |
| 328 | 4330 | Haardt Daniel | *Duisburg | 0:43:47 | M35 | 36 | 0:44:25 | 1980 |
| 329 | 2603 | Haane Stefan | SG Borken | 0:43:47 | M35 | 37 | 0:45:33 | 1978 |
| 330 | 4475 | Alst Klaus | *Mülheim an der Ruhr | 0:43:48 | M50 | 60 | 0:44:39 | 1962 |
| 331 | 2978 | Kortmann Thomas | Commerzbank BSG | 0:43:49 | M45 | 70 | 0:44:16 | 1971 |
| 332 | 3209 | Willner Detlef | Mettmann | 0:43:49 | M55 | 21 | 0:44:13 | 1958 |
| 333 | 2914 | Rosin Marc | Herner Triathlon Team 11 | 0:43:51 | M40 | 52 | 0:44:09 | 1975 |
| 334 | 4355 | Theisen Dr. Oliver | Eintracht Duisburg 1848 e.V | 0:43:51 | M45 | 71 | 0:44:12 | 1971 |
| 335 | 3293 | Robert Ferdinand | MKW-Läufer | 0:43:51 | M50 | 61 | 0:44:52 | 1963 |
| 336 | 3033 | Thomauke Norbert | TuSpo Huckingen | 0:43:51 | M55 | 22 | 0:43:58 | 1959 |
| 337 | 2538 | Muehlenkamp Markus | *Nottuln | 0:43:52 | M40 | 53 | 0:44:22 | 1972 |
| 338 | 3013 | Biesalski Sebastian | Herner Triathlon Team 11 | 0:43:53 | M35 | 38 | 0:44:10 | 1981 |
| 339 | 4980 | Klusen Jascha | *Düsseldorf | 0:43:53 | M45 | 72 | 0:44:22 | 1968 |
| 340 | 2962 | Schuster Maik | Krefelder Kanu Klub | 0:43:53 | M45 | 73 | 0:44:30 | 1971 |
| 341 | 3184 | Helmberg Volker | Saarner Kämpfer | 0:43:54 | M50 | 62 | 0:44:13 | 1965 |
| 342 | 5575 | Hamann Matthias | 200PROTEAM | 0:43:54 | M40 | 54 | 0:45:36 | 1976 |
| 343 | 5686 | Yildiz Hamit | Vodafone-Runners | 0:43:57 | M40 | 55 | 0:44:00 | 1972 |
| 344 | 5685 | Giess Stefan | Vodafone-Runners | 0:43:57 | M45 | 74 | 0:44:00 | 1971 |
| 345 | 3130 | Falk Werner | Bestzeit war gestern | 0:43:57 | M55 | 23 | 0:44:49 | 1959 |
| 346 | 5681 | Ogbatedros Haileab | Vodafone-Runners | 0:43:57 | M55 | 24 | 0:44:00 | 1960 |
| 347 | 5615 | Spiering Frank | 200PROTEAM | 0:43:58 | M35 | 39 | 0:44:06 | 1978 |
| 348 | 5675 | Nohr Ingo | Vodafone-Runners | 0:43:59 | M50 | 63 | 0:44:54 | 1962 |
| 349 | 4310 | Kortstegge Jürgen | SG Borken | 0:43:59 | M45 | 75 | 0:45:40 | 1970 |
| 349 | 4453 | Bludau Michael | *Duisburg | 0:43:59 | M55 | 25 | 0:44:24 | 1958 |
| 351 | 4219 | Grawley Michael | *Duisburg | 0:44:00 | M40 | 56 | 0:46:25 | 1972 |
| 352 | 5767 | Braun Marc | TUS BREITSCHEID | 0:44:00 | M45 | 76 | 0:44:24 | 1968 |
| 353 | 3816 | Dietrich Eckhardt | Ratingen | 0:44:02 | M65 | 3 | 0:44:23 | 1950 |
| 354 | 3160 | Liebchen Peter | TUSEM Essen | 0:44:03 | M55 | 26 | 0:44:48 | 1960 |
| 355 | 3400 | Meves Oliver | Borussia Mönchengladbac | 0:44:03 | M45 | 77 | 0:44:24 | 1970 |
| 356 | 3129 | Spillker Marcel | USC Duisburg | 0:44:04 | M35 | 40 | 0:44:21 | 1981 |
| 357 | 2968 | Fröhlich Dr. Oliver | *Düsseldorf | 0:44:04 | M45 | 78 | 0:44:45 | 1971 |
| 358 | 5787 | Herkenrath Andre | TG Neuss | 0:44:08 | M45 | 79 | 0:44:38 | 1969 |
| 359 | 3999 | Jurczyk Sven | *Essen | 0:44:08 | M35 | 41 | 0:45:38 | 1981 |
| 360 | 4692 | Schmidt Andre | Triathlon Team Ratingen 0 | 0:44:09 | M40 | 57 | 0:44:33 | 1972 |
| 361 | 5425 | Wiemann Jens | Moerser TV Triathlon | 0:44:09 | M30 | 49 | 0:44:23 | 1982 |
| 362 | 3948 | Hoffmann Martin | *Duisburg | 0:44:11 | M50 | 64 | 0:44:49 | 1963 |
| 363 | 5730 | Ferrigno Simon E. | Vodafone-Runners | 0:44:11 | M35 | 42 | 0:44:33 | 1980 |
| 364 | 4543 | Glasneck Bernd | Frühschicht | 0:44:12 | M50 | 65 | 0:45:25 | 1962 |
| 365 | 3435 | Bauhaus Frank | Krefelder Kanu Klub | 0:44:13 | M55 | 27 | 0:44:58 | 1959 |
| 366 | 4434 | Müller Rainer | *Herne | 0:44:14 | M45 | 80 | 0:44:37 | 1971 |
| 367 | 3003 | Mintrop Johannes | TVE Burgaltendorf | 0:44:15 | M55 | 28 | 0:44:49 | 1961 |
| 368 | 3121 | Kaiser Lars | Team Wittig und Helfer | 0:44:16 | M30 | 50 | 0:45:10 | 1986 |
| 369 | 4567 | Berger-Lohr Gerd | *HIESFELD | 0:44:17 | M30 | 51 | 0:46:34 | 1984 |
| 370 | 4521 | Stankovic Thomas | *Essen | 0:44:17 | M35 | 43 | 0:46:34 | 1979 |
| 371 | 4716 | Matenar Stefan | Fokus Selm | 0:44:18 | M35 | 44 | 0:45:02 | 1979 |
| 372 | 3306 | Siry Martin | TV Wanheimerort 1880 e. | 0:44:19 | M45 | 81 | 0:44:45 | 1971 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|-----|----------|------------|----------|
| 373 | 3705 | Janßen Andreas | SV Viktoria Goch | 0:44:19 | M40 | 58 | 0:45:10 | 1972 |
| 374 | 5498 | Förster Uwe | *Neuss | 0:44:21 | M50 | 66 | 0:44:48 | 1964 |
| 375 | 2941 | Probst Thorsten | *Moers | 0:44:22 | M50 | 67 | 0:45:04 | 1966 |
| 376 | 2910 | Uysal Mustafa | *Leverkusen | 0:44:22 | M35 | 45 | 0:46:29 | 1977 |
| 377 | 2615 | Gaertner Björn | *Bottrop | 0:44:24 | M30 | 52 | 0:45:08 | 1982 |
| 378 | 4333 | Brutscheidt Erik | *Ratingen | 0:44:24 | M50 | 68 | 0:45:40 | 1966 |
| 378 | 5326 | Bork Dr. Alexander | Scallywag | 0:44:24 | M35 | 46 | 0:44:36 | 1980 |
| 380 | 5295 | Ludwig Jens | LGO Bochum | 0:44:24 | M45 | 82 | 0:45:10 | 1971 |
| 381 | 3744 | Gülich Alexander | *Essen | 0:44:26 | M40 | 59 | 0:44:49 | 1975 |
| 382 | 2799 | Laskowski Andreas | Adler-Langlauf Bottrop | 0:44:26 | M55 | 29 | 0:44:26 | 1961 |
| 383 | 3181 | Röller Knud | Ausdauer-schule by bunert | 0:44:27 | M45 | 83 | 0:44:52 | 1970 |
| 384 | 5367 | Liß Karl-Heinz | BSV ThyssenKrupp Stahl | 0:44:27 | M60 | 6 | 0:44:38 | 1956 |
| 385 | 2595 | Vüllings André | Bocholter WSV | 0:44:27 | M45 | 84 | 0:44:38 | 1969 |
| 386 | 3827 | Jotanovic Zoran | *Düsseldorf | 0:44:28 | M40 | 60 | 0:47:12 | 1974 |
| 387 | 2569 | Boleslawsky Stephan | *Ratingen | 0:44:28 | M40 | 61 | 0:45:13 | 1972 |
| 388 | 4977 | von Wilucki Albrecht | *Düsseldorf | 0:44:29 | M30 | 53 | 0:46:11 | 1982 |
| 389 | 4204 | Glaubitz Simon | *Mülheim an der Ruhr | 0:44:29 | M35 | 47 | 0:45:45 | 1977 |
| 390 | 2524 | Lutz Christian | *Duisburg | 0:44:29 | M20 | 35 | 0:44:51 | 1989 |
| 391 | 2999 | Pfeiffer Thomas | Frühschicht | 0:44:30 | M45 | 85 | 0:45:42 | 1970 |
| 392 | 3458 | Sobolewski Markus | Adler-Langlauf Bottrop | 0:44:31 | M45 | 86 | 0:45:08 | 1967 |
| 393 | 2793 | Bilitewski Dr. Georg | LG Mülheim | 0:44:32 | M55 | 30 | 0:44:49 | 1959 |
| 394 | 3064 | Meiering Dr. Carsten | TSV 1863 Herdecke Mara | 0:44:32 | M45 | 87 | 0:44:44 | 1968 |
| 394 | 3066 | Drilling Norbert | TSV 1863 Herdecke Mara | 0:44:32 | M50 | 69 | 0:44:44 | 1962 |
| 396 | 3860 | Maassen Patrick | BSG Haniel | 0:44:32 | M40 | 62 | 0:45:06 | 1974 |
| 397 | 5679 | Markus Dr. Christian | Vodafone-Runners | 0:44:32 | M50 | 70 | 0:45:15 | 1964 |
| 398 | 3063 | Kontny Thomas | TSV 1863 Herdecke Mara | 0:44:32 | M50 | 71 | 0:44:44 | 1965 |
| 398 | 4191 | Kleiner Lars | LT Berka Stars | 0:44:32 | M40 | 63 | 0:45:59 | 1976 |
| 400 | 3391 | Ohmes von Mertens Fre | *Erkrath | 0:44:32 | M35 | 48 | 0:46:15 | 1979 |
| 401 | 3604 | Laufs Stephan | LT Metzkausen | 0:44:32 | M50 | 72 | 0:45:30 | 1966 |
| 402 | 4647 | Kischel Markus | *Mülheim an der Ruhr | 0:44:33 | M35 | 49 | 0:45:13 | 1980 |
| 403 | 5667 | Spoo Jens Uwe | Vodafone-Runners | 0:44:33 | M45 | 88 | 0:45:38 | 1970 |
| 404 | 2667 | Killisch Uwe | Banda rapida Wesel | 0:44:33 | M50 | 73 | 0:45:06 | 1964 |
| 404 | 4308 | Groß Michael | Ultra-Team-Tortour | 0:44:33 | M45 | 89 | 0:44:48 | 1970 |
| 406 | 3251 | Jotzo Daniel | Bocholter WSV | 0:44:34 | M35 | 50 | 0:45:06 | 1977 |
| 407 | 2553 | Schilling-Frenk Tiemo | BSG Sparkasse Essen | 0:44:34 | M40 | 64 | 0:46:13 | 1972 |
| 408 | 2411 | Breucker Dennis | D.I.M.B | 0:44:34 | M35 | 51 | 0:45:16 | 1979 |
| 409 | 3292 | Arendt Mike | *Gelsenkirchen | 0:44:35 | M45 | 90 | 0:44:57 | 1970 |
| 410 | 3944 | Mombauer Guido | *Köln | 0:44:35 | M40 | 65 | 0:45:01 | 1974 |
| 411 | 3189 | Baumgarten Manfred | *Bergheim | 0:44:35 | M50 | 74 | 0:45:22 | 1962 |
| 412 | 4958 | Fyrk Christian | *Bottrop | 0:44:35 | M35 | 52 | 0:47:09 | 1978 |
| 413 | 3092 | Misterek Lars | HUSQVARNA Privatteam | 0:44:36 | M45 | 91 | 0:45:06 | 1971 |
| 413 | 2263 | Steinbichler Julian | RMD Laufcamp 2016 | 0:44:36 | M45 | 91 | 0:44:47 | 1971 |
| 415 | 3165 | Bell Ralf | Marathon Mülheim | 0:44:36 | M50 | 75 | 0:45:25 | 1963 |
| 416 | 4986 | Machaczek Kai | KSR | 0:44:37 | M30 | 54 | 0:46:16 | 1985 |
| 417 | 5676 | Malkowsky Andre | Vodafone-Runners | 0:44:39 | M45 | 93 | 0:45:32 | 1968 |
| 418 | 4834 | Lohsträter Dirk | SC Westfalia Herne Tria | 0:44:39 | M45 | 94 | 0:46:35 | 1967 |
| 419 | 5719 | Birnbaum Oliver | Vodafone-Runners | 0:44:40 | M50 | 76 | 0:44:56 | 1966 |
| 420 | 3289 | Knubben Ludger | Team Magenta | 0:44:40 | M50 | 77 | 0:46:00 | 1962 |
| 421 | 4126 | Michaelis Mark | Partylovers Tri Team | 0:44:41 | M35 | 53 | 0:45:10 | 1978 |
| 422 | 3434 | Klein-Bösing Carsten | SV Schermbeck 1912 e.V. | 0:44:41 | M35 | 54 | 0:45:12 | 1977 |
| 423 | 5098 | Hying Christian | *Rhede | 0:44:42 | M45 | 95 | 0:46:57 | 1968 |
| 424 | 3966 | Nuss Michael | *Essen | 0:44:42 | M35 | 55 | 0:45:48 | 1981 |
| 425 | 2291 | Volmer Jens | LG COESFELD | 0:44:42 | M40 | 66 | 0:45:36 | 1974 |
| 426 | 3941 | Handschumacher Sven | *Ennepetal | 0:44:43 | M40 | 67 | 0:45:24 | 1973 |
| 427 | 3862 | Lechtenfeld Tim | *Dortmund | 0:44:44 | M35 | 56 | 0:45:05 | 1979 |
| 428 | 2911 | Gunsenheimer Dr. Uwe | ART | 0:44:45 | M50 | 78 | 0:45:29 | 1964 |
| 429 | 4820 | Lachmann Marc | Gymnasium Filder Benden | 0:44:45 | M45 | 96 | 0:45:41 | 1970 |
| 430 | 2339 | Boldt Peter | SG Ruhrgas 1929 | 0:44:46 | M35 | 57 | 0:46:20 | 1978 |
| 431 | 0 | unbekannt DY9HC8X | | 0:44:46 | M20 | 36 | 0:45:41 | |
| 432 | 3272 | Fels Hubert | Billerbecker Läufer | 0:44:47 | M55 | 31 | 0:45:28 | 1960 |
| 433 | 3117 | Mauritz Christian | *Ratingen | 0:44:47 | M40 | 68 | 0:45:55 | 1972 |
| 434 | 4173 | Bongartz Peter | LC Duisburg | 0:44:48 | M55 | 32 | 0:45:40 | 1958 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|----------------------------|---------|------|----------|------------|----------|
| 435 | 5249 | Nolzen Nick | TriTEAM Radevormwald | 0:44:48 | M20 | 37 | 0:46:40 | 1994 |
| 436 | 5744 | Sachin Verma | Vodafone-Runners | 0:44:49 | M35 | 58 | 0:45:09 | 1978 |
| 437 | 3079 | Böhmer Tobias | *Wuppertal | 0:44:49 | M35 | 59 | 0:45:54 | 1979 |
| 438 | 3399 | Schürbüscher Markus | DJK SF 97/30 Lowick | 0:44:50 | M40 | 69 | 0:45:23 | 1976 |
| 439 | 2823 | Rommen Markus | Neudorf-Runners | 0:44:50 | M40 | 70 | 0:46:08 | 1975 |
| 440 | 2600 | Munnes Oliver | *Mülheim an der Ruhr | 0:44:50 | M30 | 55 | 0:45:26 | 1982 |
| 441 | 3448 | Redeske Björn | TuS Mechernich 1897 | 0:44:51 | M45 | 97 | 0:45:43 | 1970 |
| 442 | 4732 | Soltau Carsten | Volksbank Rhein-Ruhr | 0:44:54 | M45 | 98 | 0:45:15 | 1970 |
| 443 | 3492 | Weißing Jörg | *Essen | 0:44:54 | M45 | 99 | 0:45:40 | 1968 |
| 444 | 5465 | Schultheis Matthias | *Bochum | 0:44:54 | MU20 | 4 | 0:46:31 | 1997 |
| 445 | 5109 | Hake Joscha | Tri-Team Selm | 0:44:55 | MU20 | 5 | 0:45:37 | 1997 |
| 446 | 3803 | Grauke Tobias | Tus Lintorf | 0:44:55 | M55 | 33 | 0:45:12 | 1960 |
| 447 | 4793 | Url Michael | Moerser TV Triathlon | 0:44:57 | M35 | 60 | 0:45:20 | 1977 |
| 448 | 5763 | Felgenträger Jörg | TUS BREITSCHEID | 0:44:58 | M55 | 34 | 0:45:19 | 1961 |
| 449 | 3443 | Pauls Viktor | *Düsseldorf | 0:44:59 | M40 | 71 | 0:45:57 | 1972 |
| 450 | 3563 | Hessing Maik | *Altenberge | 0:44:59 | M40 | 72 | 0:46:16 | 1975 |
| 451 | 3679 | Bultmann Jan-Philipp | *Dortmund | 0:45:00 | M30 | 56 | 0:45:48 | 1986 |
| 452 | 4984 | Raschke Thomas | *Bocholt | 0:45:00 | M35 | 61 | 0:46:19 | 1978 |
| 453 | 2691 | Neumann Dr. Dietmar | Nina Sport | 0:45:01 | M55 | 35 | 0:45:33 | 1958 |
| 454 | 4760 | Ahland Joachim | *Selm | 0:45:01 | M50 | 79 | 0:45:36 | 1964 |
| 455 | 5693 | Weidner Martin | Vodafone-Runners | 0:45:02 | M45 | 100 | 0:46:15 | 1967 |
| 456 | 3158 | Mohr Markus | *Issum | 0:45:05 | M45 | 101 | 0:46:34 | 1967 |
| 457 | 3072 | Zaniol Michael | Marathon Mülheim | 0:45:05 | M50 | 80 | 0:45:52 | 1966 |
| 458 | 3083 | Steinhoff Karl-Philipp | *Esse | 0:45:07 | M30 | 57 | 0:47:17 | 1983 |
| 459 | 4473 | Königsbrügge Jan | Recklinghäuser LC | 0:45:07 | M30 | 58 | 0:45:59 | 1986 |
| 460 | 2306 | Wesling Olaf | BSG Stadtwerke Duisburg | 0:45:08 | M45 | 102 | 0:45:27 | 1968 |
| 461 | 3287 | Schwend Timm | BSG Wirtschaftsbetriebe D | 0:45:08 | M30 | 59 | 0:45:47 | 1984 |
| 462 | 2712 | Ischinsky Ludger | Lauffreunde Bottrop | 0:45:09 | M60 | 7 | 0:45:47 | 1953 |
| 463 | 3792 | Kemper Nils | SG Borken | 0:45:09 | MU20 | 6 | 0:46:21 | 1998 |
| 464 | 3928 | Walburg Andreas | *Mülheim an der Ruhr | 0:45:12 | M45 | 103 | 0:45:40 | 1968 |
| 465 | 3197 | Conrad Peter | TRIMUNIA | 0:45:13 | M20 | 38 | 0:46:25 | 1994 |
| 466 | 4539 | Quabeck Guido | SF Ennepetal | 0:45:14 | M50 | 81 | 0:46:12 | 1965 |
| 467 | 3802 | Buckow Kevin | Kahlenberger HTC | 0:45:15 | M35 | 62 | 0:45:55 | 1981 |
| 468 | 3077 | Anlasik Nikolaj | *Recklinghausen | 0:45:16 | M30 | 60 | 0:48:46 | 1982 |
| 468 | 5116 | Pandya David | The Racing Club Rush | 0:45:16 | M30 | 60 | 0:45:42 | 1984 |
| 470 | 4046 | Ullrich Tino | Freiwillige Feuerwehr Erkr | 0:45:18 | M40 | 73 | 0:46:47 | 1973 |
| 471 | 4331 | Goebels Dr. Thomas | TRC Essen 84 | 0:45:18 | M45 | 104 | 0:46:22 | 1968 |
| 472 | 5731 | Stackmann Carsten | Vodafone-Runners | 0:45:19 | M45 | 105 | 0:45:36 | 1970 |
| 473 | 3951 | Wagner Andreas | *Duisburg | 0:45:20 | M20 | 39 | 0:46:50 | 1987 |
| 474 | 5721 | Akbaba Metin | Vodafone-Runners | 0:45:21 | M40 | 74 | 0:45:35 | 1974 |
| 475 | 4146 | Schnieder Henning | Muay Thai Duisburg | 0:45:22 | M45 | 106 | 0:46:18 | 1970 |
| 476 | 4101 | Schnatmann Christian | *Hünxe | 0:45:22 | M50 | 82 | 0:46:11 | 1963 |
| 477 | 2563 | Gers Norbert | TC Kray 1892 e.V. | 0:45:23 | M55 | 36 | 0:45:34 | 1960 |
| 478 | 3445 | Rogala Andrzej | Marathonteam Ratingen | 0:45:24 | M60 | 8 | 0:45:44 | 1956 |
| 479 | 2509 | Schepanowski Thomas | *Düsseldorf | 0:45:24 | M30 | 62 | 0:46:28 | 1982 |
| 480 | 2259 | Fuchs Marco | VIVAWEST | 0:45:28 | M40 | 75 | 0:46:38 | 1973 |
| 481 | 3531 | Beckmanns Ralf | LT Krefeld-Oppum | 0:45:30 | M50 | 83 | 0:46:27 | 1962 |
| 482 | 4967 | Görtz Frank | Triathlon Team Ratingen 0 | 0:45:30 | M55 | 37 | 0:45:43 | 1960 |
| 483 | 2588 | te Baay Stefan | SV Haldern Laufftreff | 0:45:30 | M45 | 107 | 0:45:54 | 1971 |
| 484 | 4294 | Wilde Sebastian | *Essen | 0:45:30 | M40 | 76 | 0:46:03 | 1976 |
| 485 | 4598 | Schroeder Georg | BSV Delphi Wuppertal | 0:45:30 | M65 | 4 | 0:46:22 | 1949 |
| 486 | 3538 | Josefs Axel | Bocholter WSV- Team Er | 0:45:31 | M50 | 84 | 0:46:06 | 1963 |
| 487 | 5396 | Günther Henry | *Bocholt | 0:45:32 | M35 | 63 | 0:46:19 | 1979 |
| 488 | 5462 | Zachan Michael | Solinger LC | 0:45:33 | M55 | 38 | 0:46:24 | 1959 |
| 489 | 2802 | Evers Andreas | *Bottrop | 0:45:33 | M40 | 77 | 0:47:06 | 1975 |
| 490 | 2282 | Ahrens Rüdiger | LG COESFELD | 0:45:34 | M50 | 85 | 0:46:37 | 1963 |
| 491 | 3853 | Michel Rainer | TV-Hasslinghausen | 0:45:34 | M55 | 39 | 0:46:22 | 1960 |
| 492 | 4790 | Jokisch Frank | TSV Bayer 04 Leverkusen | 0:45:35 | M60 | 9 | 0:46:02 | 1955 |
| 493 | 3697 | Böttcher Marc | *Mülheim | 0:45:35 | M35 | 64 | 0:47:01 | 1980 |
| 494 | 2782 | Kazmierczak Michael | *Dinslaken | 0:45:36 | M30 | 63 | 0:46:32 | 1984 |
| 495 | 5301 | Weiß Stephan | *Düsseldorf | 0:45:36 | M35 | 65 | 0:46:17 | 1977 |
| 495 | 5726 | Zerwas Dirk | Vodafone-Runners | 0:45:36 | M40 | 78 | 0:47:03 | 1975 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|------|----------|------------|----------|
| 497 | 4153 | Mescher Stefan | *Essen | 0:45:37 | M45 | 108 | 0:46:08 | 1971 |
| 498 | 3367 | Heinze Tobi | SuS Hochmoor 1958 e.V. | 0:45:38 | M20 | 40 | 0:47:42 | 1990 |
| 499 | 4228 | Schmitz Willi | LT Krefeld-Oppum | 0:45:38 | M50 | 86 | 0:46:36 | 1962 |
| 500 | 5015 | Fußhöller Ralf | *Essen | 0:45:39 | M45 | 109 | 0:47:44 | 1969 |
| 501 | 3263 | Kaiser Daniel | Lauftreff R(h)einknaller | 0:45:40 | M30 | 64 | 0:46:15 | 1982 |
| 502 | 4531 | Dahlhaus Holger | *Wuppertal | 0:45:41 | M45 | 110 | 0:46:42 | 1971 |
| 503 | 3671 | Willecke Frank | LT Wischlingen Dortmund | 0:45:41 | M50 | 87 | 0:47:02 | 1964 |
| 504 | 3713 | Deck Leon | Fabritz | 0:45:41 | MU18 | 2 | 0:46:55 | 1999 |
| 505 | 2547 | Rohling Hermann | *Bottrop | 0:45:41 | M50 | 88 | 0:45:52 | 1964 |
| 505 | 4062 | Guffler Frank | Triathlon ASC Ratingen | 0:45:41 | M50 | 88 | 0:46:27 | 1965 |
| 507 | 3870 | Theis Ludger | Viktoria Goch | 0:45:41 | M40 | 79 | 0:46:33 | 1972 |
| 508 | 5651 | Harzheim Oliver | Vodafone-Runners | 0:45:42 | M45 | 111 | 0:46:13 | 1970 |
| 509 | 3837 | Pötschke Rainer | Marathon Mülheim | 0:45:42 | M45 | 112 | 0:46:11 | 1969 |
| 510 | 5327 | Bork Frederik | Scallyweg | 0:45:42 | M30 | 65 | 0:45:54 | 1984 |
| 511 | 2471 | Winkelmann Lars | *Oer-Erkenschwick | 0:45:42 | M20 | 41 | 0:46:24 | 1990 |
| 512 | 5551 | Olschok Denis | *Duisburg | 0:45:42 | M20 | 42 | 0:47:26 | 1990 |
| 513 | 3449 | Benninghofen Matthias | *Neukirchen-Vluyn | 0:45:44 | M30 | 66 | 0:46:40 | 1985 |
| 514 | 4192 | Schwenck Christian | *Düsseldorf | 0:45:44 | M40 | 80 | 0:46:33 | 1974 |
| 515 | 3285 | Kleffner Helmut | BSG Wirtschaftsbetriebe D | 0:45:45 | M50 | 90 | 0:46:24 | 1964 |
| 516 | 3994 | Bonnemann Detlef | *Mülheim | 0:45:48 | M45 | 113 | 0:46:44 | 1967 |
| 517 | 4157 | Hofmann Philipp | Gesamtschule Osterfeld | 0:45:48 | M30 | 67 | 0:46:56 | 1983 |
| 518 | 2518 | Venhoven Rudi | *Emmerich | 0:45:49 | M45 | 114 | 0:46:59 | 1970 |
| 519 | 5197 | Wittoesch Tobias | *Essen | 0:45:50 | M35 | 66 | 0:46:18 | 1980 |
| 520 | 3045 | Jordan Julian | *Duisburg | 0:45:50 | M30 | 68 | 0:47:28 | 1986 |
| 521 | 5386 | Kühnel Andreas | TVK 1877 Essen | 0:45:51 | M55 | 40 | 0:46:02 | 1960 |
| 522 | 3909 | Dick Viktor | *Neukirchen-Vluyn | 0:45:51 | M50 | 91 | 0:47:28 | 1965 |
| 523 | 2332 | Müller Martin | VIVAWEST | 0:45:52 | M45 | 115 | 0:46:37 | 1971 |
| 524 | 2981 | Hagedorn Ulf | *Essen | 0:45:53 | M50 | 92 | 0:47:42 | 1966 |
| 525 | 3829 | Neuheuser Markus | Adler-Langlauf Bottrop | 0:45:54 | M45 | 116 | 0:46:31 | 1967 |
| 526 | 4000 | Dohmes Oliver | Die Oberkämp(f)er | 0:45:55 | M45 | 117 | 0:47:00 | 1969 |
| 527 | 3883 | Rataj Andre | BSG Sparkasse Duisburg | 0:45:55 | M40 | 81 | 0:46:58 | 1976 |
| 528 | 4001 | Schwass David | Die Oberkämp(f)er | 0:45:55 | M45 | 118 | 0:47:00 | 1971 |
| 529 | 4827 | Aufmuth Florian Toni | *Duisburg | 0:45:55 | M20 | 43 | 0:46:10 | 1992 |
| 530 | 3727 | Schmid Klaus | *Duisburg | 0:45:55 | M50 | 93 | 0:47:13 | 1966 |
| 531 | 3089 | Franz Wolfgang | Schwarz-Rot Hügel | 0:45:56 | M45 | 119 | 0:46:18 | 1969 |
| 532 | 4769 | Klenovsek Sascha | *Rheurd | 0:45:56 | M40 | 82 | 0:47:06 | 1974 |
| 533 | 2454 | Dillig Mark | *Duisburg | 0:45:57 | M40 | 83 | 0:46:47 | 1974 |
| 534 | 2462 | Klötgen Jörg | *Essen | 0:45:58 | M45 | 120 | 0:46:25 | 1970 |
| 535 | 2605 | Bierbrauer Andreas | *Duisburg | 0:45:59 | M45 | 121 | 0:47:17 | 1971 |
| 536 | 3175 | Rost Tobias | Ausdauerschule by Bunert | 0:45:59 | M40 | 84 | 0:46:24 | 1976 |
| 537 | 3729 | Reyering Frank | Die 2 lustigen 3 | 0:46:00 | M40 | 85 | 0:47:11 | 1973 |
| 538 | 4306 | van den Dolder Ralf | *Neukirchen-Vluyn | 0:46:00 | M50 | 94 | 0:48:03 | 1962 |
| 539 | 3776 | Koervers Arnd | *Mülheim | 0:46:01 | M50 | 95 | 0:47:19 | 1966 |
| 540 | 4618 | Lahn Markus | *Duisburg | 0:46:01 | M40 | 86 | 0:47:19 | 1974 |
| 541 | 5310 | Heinzen Arno | SSV Strümp | 0:46:01 | M45 | 122 | 0:47:18 | 1969 |
| 542 | 3311 | Beermann Werner | *Gelsenkirchen | 0:46:01 | M55 | 41 | 0:47:06 | 1958 |
| 543 | 4778 | Lensing Laurenz | Reeser SC Triathlon | 0:46:01 | M20 | 44 | 0:46:17 | 1988 |
| 544 | 4346 | Behrens Joe | *Kaarst | 0:46:02 | M35 | 67 | 0:46:24 | 1980 |
| 545 | 5494 | Steinrötter Hermann | LG Feuerwehr Dorsten | 0:46:02 | M45 | 123 | 0:46:40 | 1967 |
| 546 | 3098 | Siegmond Marco | Amermund Runners | 0:46:02 | M40 | 87 | 0:47:38 | 1973 |
| 547 | 2670 | Hankel Rüdiger | *Essen | 0:46:03 | M50 | 96 | 0:47:49 | 1965 |
| 548 | 2458 | Böker Christian | LG 1947 Viersen | 0:46:03 | M45 | 124 | 0:46:41 | 1971 |
| 549 | 5362 | Heuer Sebastian | Wolfgangs Lauftreff HSP B | 0:46:03 | M30 | 69 | 0:47:18 | 1986 |
| 550 | 5601 | Patschäke Holger | 200PROTEAM | 0:46:03 | M55 | 42 | 0:47:01 | 1961 |
| 551 | 3198 | Conrad Thomas | TRIMUNIA | 0:46:04 | M50 | 97 | 0:47:16 | 1964 |
| 552 | 4642 | Becker Wolfgang | *Essen | 0:46:05 | M65 | 5 | 0:48:02 | 1950 |
| 553 | 3159 | Althoff Markus | Adler-Langlauf Bottrop | 0:46:05 | M45 | 125 | 0:46:41 | 1967 |
| 554 | 3332 | Held Dr. Thomas | *Düsseldorf | 0:46:07 | M30 | 70 | 0:47:02 | 1985 |
| 555 | 2688 | Borchert Alexander | *Duisburg | 0:46:08 | M45 | 126 | 0:46:43 | 1968 |
| 555 | 3567 | Piecha Dietmar | SG Stern Düsseldorf | 0:46:08 | M50 | 98 | 0:47:48 | 1965 |
| 557 | 3490 | Schrooten Marc | *Duisburg | 0:46:08 | M45 | 127 | 0:47:25 | 1967 |
| 558 | 2744 | Mraovic Nenad | *Essen | 0:46:09 | M40 | 88 | 0:47:55 | 1972 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------------|----------------------------|---------|-----|----------|------------|----------|
| 559 | 2908 | Bischof Michael | *Duisburg | 0:46:09 | M50 | 99 | 0:46:42 | 1964 |
| 560 | 4240 | Glauco Stefan | Seidenraupen Krefeld | 0:46:10 | M35 | 68 | 0:46:52 | 1977 |
| 561 | 5378 | Rütter Ralf | Hamminkelner SV | 0:46:10 | M40 | 89 | 0:46:53 | 1972 |
| 562 | 4073 | Ludwig Frank | *Essen | 0:46:10 | M40 | 90 | 0:48:53 | 1976 |
| 563 | 2266 | Freund Jürgen | RMD Laufcamp 2016 | 0:46:11 | M45 | 128 | 0:46:18 | 1967 |
| 564 | 3662 | Prangen Michael | *Rheinberg | 0:46:11 | M45 | 129 | 0:47:03 | 1968 |
| 565 | 3048 | Gwozdz Michael | Triminators TV Voerde | 0:46:12 | M50 | 100 | 0:47:05 | 1965 |
| 566 | 5427 | Kaßner Ludger | Schommläufer Waldniel | 0:46:12 | M60 | 10 | 0:47:19 | 1952 |
| 567 | 4814 | Hahn Bastian | *Moers | 0:46:12 | M20 | 45 | 0:46:25 | 1990 |
| 568 | 4687 | Hansen Jörg | *Dortmund | 0:46:12 | M30 | 71 | 0:47:18 | 1986 |
| 569 | 2642 | Böse Gerhard | Rasende Hasen Düsseldorf | 0:46:12 | M45 | 130 | 0:48:19 | 1970 |
| 570 | 2250 | Hornung Herbert | AS Neukirchen-Vluyn | 0:46:13 | M55 | 43 | 0:47:15 | 1961 |
| 571 | 3910 | Störmer David | Böhse Onkelz | 0:46:13 | M35 | 69 | 0:46:39 | 1980 |
| 572 | 5703 | Janetzko Till | Vodafone-Runners | 0:46:14 | M20 | 46 | 0:46:39 | 1987 |
| 573 | 4896 | Robrecht Timo | Turnerbund Haarzopf | 0:46:15 | M20 | 47 | 0:47:02 | 1989 |
| 574 | 4318 | Risse Michael | TC 69 Sterkrade | 0:46:17 | M50 | 101 | 0:47:01 | 1966 |
| 575 | 5157 | Karge Ulrich | TriTeam TSG Sprockhövel | 0:46:18 | M45 | 131 | 0:47:23 | 1970 |
| 576 | 4388 | Willemsen Jens | VfB Alemannia Pfalzdorf | 0:46:19 | M40 | 91 | 0:47:27 | 1973 |
| 577 | 3541 | Kroll Thorsten | 1.FC Kannichtmehr | 0:46:21 | M35 | 70 | 0:47:23 | 1978 |
| 578 | 4282 | Milosev Dejan | ohne | 0:46:21 | M40 | 92 | 0:48:52 | 1973 |
| 579 | 2427 | Pollak Manuel | Stadt Duisburg Azubis | 0:46:22 | M30 | 72 | 0:49:14 | 1983 |
| 580 | 5448 | Alcalde Rasch Dr. Alejand | *Hünxe | 0:46:24 | M45 | 132 | 0:46:52 | 1967 |
| 581 | 4440 | Schröder Marcus | Freeletics Essen | 0:46:25 | M40 | 93 | 0:46:43 | 1972 |
| 582 | 4163 | Matz Andreas | MTG Horst Essen | 0:46:27 | M45 | 133 | 0:46:58 | 1971 |
| 583 | 4057 | Biemer Gregor | *Duisburg | 0:46:27 | M40 | 94 | 0:47:16 | 1976 |
| 584 | 3361 | Schmidt Joachim | Miles for more | 0:46:28 | M60 | 11 | 0:47:35 | 1954 |
| 585 | 5273 | Wellen Karl | *Krefeld | 0:46:28 | M50 | 102 | 0:47:37 | 1963 |
| 586 | 4882 | Schwieder Detlev | *Düsseldorf | 0:46:29 | M50 | 103 | 0:50:07 | 1965 |
| 587 | 4821 | Gerritsma Carsten | *Krefeld | 0:46:29 | M35 | 71 | 0:48:02 | 1980 |
| 588 | 3621 | Dinnendahl Andreas | DLRG Duisburg e. V. | 0:46:29 | M45 | 134 | 0:47:24 | 1971 |
| 589 | 3005 | Becker Martin | Team EhrBec | 0:46:30 | M50 | 104 | 0:47:41 | 1965 |
| 590 | 3706 | Kloock Stephan | *Düsseldorf | 0:46:30 | M50 | 105 | 0:47:23 | 1965 |
| 591 | 5183 | Schmitz Thilo | Röntgen-Gymnasium | 0:46:31 | M20 | 48 | 0:48:26 | 1989 |
| 591 | 5282 | Ankel Markus | RWE Starlight Team Ess | 0:46:31 | M45 | 135 | 0:47:26 | 1967 |
| 593 | 3417 | Looschelders Dirk | Ausdauererschule Bunert | 0:46:31 | M50 | 106 | 0:47:24 | 1965 |
| 594 | 4049 | Ruez Marco | *Oberhausen | 0:46:32 | M40 | 95 | 0:48:28 | 1973 |
| 595 | 4245 | Nebe Philipp | Tri Team FS Düsseldorf | 0:46:32 | M20 | 49 | 0:47:10 | 1988 |
| 596 | 4424 | Dannenberg Sven | Fun&Sport Kesida | 0:46:34 | M30 | 73 | 0:47:39 | 1985 |
| 597 | 2641 | Held Daniel | *Düsseldorf | 0:46:34 | M20 | 50 | 0:47:27 | 1989 |
| 598 | 3534 | Grund Michael | *Hattingen | 0:46:35 | M50 | 107 | 0:46:48 | 1964 |
| 599 | 2309 | Giersch Andreas | BSG Stadtwerke Duisburg | 0:46:35 | M40 | 96 | 0:47:48 | 1974 |
| 600 | 3344 | Hütten Volker | Siemens Turbos | 0:46:37 | M50 | 108 | 0:47:33 | 1964 |
| 601 | 4366 | Koschlitzki Norbert | Eintracht Duisburg 1848 e | 0:46:37 | M50 | 109 | 0:46:48 | 1963 |
| 602 | 2648 | Schumann Frank | RC 77 Bocholt | 0:46:37 | M45 | 136 | 0:47:54 | 1971 |
| 603 | 3414 | Hohl Jürgen | Huckinger Marathonis | 0:46:37 | M50 | 110 | 0:47:20 | 1963 |
| 604 | 4609 | Kreth Torsten | *Krefeld | 0:46:38 | M45 | 137 | 0:47:48 | 1969 |
| 605 | 3190 | Höppner Kay | *Eschborn | 0:46:38 | M40 | 97 | 0:47:37 | 1974 |
| 605 | 4839 | Möllmann Martin | *Essen | 0:46:38 | M40 | 97 | 0:46:59 | 1976 |
| 607 | 4216 | Brockmann Lars | *Duisburg | 0:46:39 | M35 | 72 | 0:47:07 | 1977 |
| 608 | 4538 | Maaß Robert | *Marl | 0:46:39 | M20 | 51 | 0:47:08 | 1989 |
| 609 | 3049 | Saathoff René | *Korschenbroich | 0:46:40 | M40 | 99 | 0:47:11 | 1973 |
| 610 | 4822 | Ahles Michael | *Neukirchen-Vluyn | 0:46:40 | M35 | 73 | 0:48:14 | 1979 |
| 611 | 3078 | Hellermann Jürgen | Knieweh Niederrhein | 0:46:41 | M50 | 111 | 0:47:04 | 1963 |
| 612 | 3150 | Miksche Ronald | *Düsseldorf | 0:46:41 | M50 | 112 | 0:47:16 | 1966 |
| 613 | 3317 | Marquis Frank | LC Duisburg | 0:46:46 | M50 | 113 | 0:47:32 | 1963 |
| 614 | 5752 | Roll Michael | Team Polizei Duisburg | 0:46:47 | M30 | 74 | 0:47:41 | 1983 |
| 615 | 2413 | Stahlmann Frank | TG Neuss | 0:46:47 | M50 | 114 | 0:47:14 | 1965 |
| 616 | 2583 | Uebbing Holger | SV Budberg Lauffreunde | 0:46:47 | M45 | 138 | 0:47:42 | 1967 |
| 617 | 5437 | Volk Henning | Ausdauererschule by Bunert | 0:46:47 | M40 | 100 | 0:47:20 | 1972 |
| 618 | 3573 | Hustede Julian | *Bocholt | 0:46:48 | M20 | 52 | 0:50:10 | 1987 |
| 619 | 3650 | Hanrath Holger | *Mülheim | 0:46:49 | M40 | 101 | 0:48:29 | 1972 |
| 620 | 5499 | Bosse Manuel | *Düsseldorf | 0:46:49 | M30 | 75 | 0:47:18 | 1985 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------------|-----------------------------|---------|------|----------|------------|----------|
| 621 | 4964 | Vohl Thomas | *Meerbusch | 0:46:50 | M50 | 115 | 0:49:03 | 1966 |
| 622 | 3424 | Bohle Klaus | *Bottrop | 0:46:51 | M55 | 44 | 0:47:01 | 1960 |
| 623 | 4376 | Joeken Ludger | VfL Merkur Kleve | 0:46:51 | M50 | 116 | 0:48:36 | 1964 |
| 623 | 5599 | Oppers Julian | 200PROTEAM | 0:46:51 | M20 | 53 | 0:47:54 | 1988 |
| 625 | 5618 | Weber Karsten | 200PROTEAM | 0:46:52 | M40 | 102 | 0:48:23 | 1975 |
| 626 | 4460 | Smeets Georg | Marathon Dinslaken | 0:46:53 | M45 | 139 | 0:47:23 | 1970 |
| 627 | 3963 | Witeczek Thomas | *Krefeld | 0:46:53 | M40 | 103 | 0:48:01 | 1975 |
| 628 | 2899 | König Jürgen | Klingenwetzter | 0:46:53 | M55 | 45 | 0:48:44 | 1960 |
| 629 | 3843 | Buchholz Peter | *Unna | 0:46:55 | M55 | 46 | 0:47:29 | 1961 |
| 630 | 3996 | Schneider Jürgen | LT-Turnerbund Frintrop | 0:46:55 | M50 | 117 | 0:48:41 | 1962 |
| 631 | 4731 | Vöge Jochen | Fortuna Düsseldorf Triath | 0:46:56 | M40 | 104 | 0:48:01 | 1972 |
| 632 | 3087 | Fiedler Michael | *Voerde | 0:46:56 | M50 | 118 | 0:49:09 | 1963 |
| 633 | 5102 | Eßing Frank | Bocholter Wassersportver | 0:46:56 | M45 | 140 | 0:47:09 | 1967 |
| 634 | 3174 | Hess Rüdiger | LT Krefeld-Oppum | 0:46:57 | M60 | 12 | 0:48:24 | 1956 |
| 635 | 5688 | Bauer Pascal | Vodafone-Runners | 0:46:59 | M45 | 141 | 0:48:11 | 1968 |
| 636 | 3144 | Kraus Thorsten | *Duisburg | 0:47:00 | M45 | 142 | 0:48:17 | 1971 |
| 637 | 3989 | Brings Jürgen | *Mülheim | 0:47:00 | M55 | 47 | 0:48:37 | 1961 |
| 638 | 2797 | Mohn Thorsten | team-slow-motion | 0:47:01 | M45 | 143 | 0:48:34 | 1970 |
| 639 | 4812 | Richert Ingo | Marathon Steinfurt | 0:47:02 | M50 | 119 | 0:47:38 | 1966 |
| 640 | 5068 | Rosche Johannes | *Oberhausen | 0:47:02 | M40 | 105 | 0:48:11 | 1973 |
| 641 | 4624 | Damm Helmut | Rapid Ramirez | 0:47:03 | M50 | 120 | 0:48:39 | 1965 |
| 641 | 4628 | Mäteling Alex | SV Haldern-Lauftrff | 0:47:03 | M60 | 13 | 0:48:56 | 1956 |
| 643 | 2604 | Trillhose Andreas | SV Haldern Lauftreff | 0:47:04 | M45 | 144 | 0:48:56 | 1970 |
| 644 | 2253 | Tepe Jonas | Team Polizei Duisburg | 0:47:04 | M20 | 54 | 0:47:58 | 1991 |
| 645 | 3255 | Becker Lars | LV Stommeln | 0:47:04 | M35 | 74 | 0:48:04 | 1977 |
| 646 | 2825 | Klefisch Dietmar | *Mülheim | 0:47:05 | M50 | 121 | 0:47:59 | 1962 |
| 647 | 4334 | Odenthal Danny | *Leverkusen | 0:47:05 | M35 | 75 | 0:48:31 | 1977 |
| 648 | 3055 | Janik Marco | *Mülheim | 0:47:05 | M30 | 76 | 0:47:34 | 1986 |
| 649 | 5113 | Rübsteck Hans-Josef | The Racing Club Rush | 0:47:05 | M55 | 48 | 0:49:56 | 1961 |
| 650 | 3925 | Eerden Johannes | TV Goch | 0:47:06 | M50 | 122 | 0:47:56 | 1963 |
| 651 | 2354 | Schuchmann Tobias | SG Ruhrgas 1929 | 0:47:07 | M35 | 76 | 0:49:25 | 1981 |
| 652 | 5434 | Eerden Günther | VfL Merkur Kleve | 0:47:07 | M55 | 49 | 0:48:52 | 1961 |
| 653 | 4345 | Neumann Marcel | Weseler TV - Triathlon | 0:47:07 | M30 | 77 | 0:48:15 | 1982 |
| 654 | 4542 | Reinders Thomas | DJK SF 97/30 Lowick /Bo | 0:47:08 | M50 | 123 | 0:47:50 | 1965 |
| 655 | 3276 | van Gemmern Stefan | *Essen | 0:47:08 | M45 | 145 | 0:48:08 | 1970 |
| 655 | 3605 | Diewald Torsten | *Moers | 0:47:08 | M20 | 55 | 0:50:30 | 1988 |
| 657 | 3665 | Nowak Dominik | *Essen | 0:47:09 | M35 | 77 | 0:48:04 | 1980 |
| 658 | 4283 | Hellwig Christian | Maschinen | 0:47:09 | M40 | 106 | 0:47:39 | 1976 |
| 659 | 3949 | Pens Heiko | Team Erdinger Alkoholfrei | 0:47:10 | M40 | 107 | 0:47:25 | 1974 |
| 660 | 4901 | Kleusberg Martin | BSG Barmenia Versiche | 0:47:12 | M45 | 146 | 0:48:03 | 1969 |
| 661 | 4255 | Dietrich Torben | Tri Team FS Düsseldorf | 0:47:12 | M30 | 78 | 0:47:51 | 1985 |
| 662 | 5333 | Büns Karl-Heinz | TVK 1877 Essen | 0:47:13 | M60 | 14 | 0:48:44 | 1953 |
| 663 | 2358 | Werner Tobias | SG Ruhrgas 1929 | 0:47:14 | M30 | 79 | 0:48:12 | 1983 |
| 664 | 5451 | Kohlstedte Johannes | TG Münster - Judo | 0:47:14 | M30 | 80 | 0:49:11 | 1983 |
| 665 | 3227 | Borch Björn | *Essen | 0:47:15 | M40 | 108 | 0:48:38 | 1976 |
| 666 | 4886 | Kuschel Steffen | *Essen | 0:47:16 | M35 | 78 | 0:49:05 | 1977 |
| 667 | 2513 | Schils Rüdiger | *Rio de Janeiro | 0:47:16 | M45 | 147 | 0:47:48 | 1967 |
| 668 | 3245 | Teusch Thomas | Laufen gegen Leiden e.V. | 0:47:16 | M45 | 148 | 0:47:17 | 1971 |
| 669 | 2877 | Kratsch Lüder | KHTC | 0:47:17 | M55 | 50 | 0:49:29 | 1961 |
| 670 | 3374 | Ziemons André | Rapid Ramirez | 0:47:18 | M60 | 15 | 0:49:03 | 1956 |
| 671 | 3114 | Todt Elmar | Fussmetik-Mehl | 0:47:18 | M45 | 149 | 0:47:46 | 1970 |
| 672 | 4696 | Breidenstein Dr. Matthias | *Duisburg | 0:47:18 | M35 | 79 | 0:47:46 | 1981 |
| 673 | 2900 | Kassner Jürgen | *Krefeld | 0:47:18 | M45 | 150 | 0:48:13 | 1968 |
| 674 | 4672 | Wiele Ingo | TV Wanheimerort 1880 e. | 0:47:19 | M50 | 124 | 0:47:45 | 1966 |
| 675 | 3427 | Filipov Robert | LGO Bochum | 0:47:19 | M45 | 151 | 0:48:10 | 1971 |
| 676 | 2907 | Schuitz Raimund | WTB Essen | 0:47:20 | M60 | 16 | 0:47:44 | 1956 |
| 677 | 5232 | Laubenthal Lars | K. Bellwon Elektrotechnik C | 0:47:20 | M40 | 109 | 0:47:43 | 1972 |
| 678 | 2487 | Adler Andre | BSV Kokerei Schwelgern e | 0:47:20 | M35 | 80 | 0:50:21 | 1979 |
| 679 | 5413 | Baumann Jan | *Duisburg | 0:47:20 | MU18 | 3 | 0:48:04 | 1999 |
| 680 | 5162 | Ildefeld Lukas | *Dortmund | 0:47:21 | M20 | 56 | 0:49:30 | 1988 |
| 681 | 5412 | Baumann Norbert | *Duisburg | 0:47:21 | M50 | 125 | 0:48:03 | 1965 |
| 682 | 4572 | Winterfeld Ralf | Schinderrunner | 0:47:21 | M50 | 126 | 0:49:13 | 1966 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|------|----------|------------|----------|
| 683 | 3395 | Neuhaus Volker | *Duisburg | 0:47:21 | M50 | 127 | 0:49:13 | 1966 |
| 684 | 3482 | Gerhorst Jürgen | Merkur Kleve Running Tea | 0:47:21 | M50 | 128 | 0:49:15 | 1962 |
| 685 | 3524 | Tey-Melchior Michael | *Essen | 0:47:22 | M45 | 152 | 0:48:09 | 1968 |
| 686 | 5210 | Müller Jörg | LT Mattlerbusch | 0:47:22 | M45 | 153 | 0:48:20 | 1968 |
| 687 | 4429 | Kunze Dr. Andreas | Justiz Duisburg | 0:47:22 | M35 | 81 | 0:48:22 | 1977 |
| 688 | 2726 | Hinzmann Mathias | Kahlenberger HTC | 0:47:23 | M35 | 82 | 0:49:16 | 1980 |
| 689 | 5211 | Müller Felix | LT Mattlerbusch | 0:47:24 | MU18 | 4 | 0:48:23 | 1999 |
| 690 | 4813 | Rauch Erik Frank | Viermärker Dortmund | 0:47:25 | M55 | 51 | 0:47:47 | 1961 |
| 691 | 4727 | Dehne Stephan | *Langenfeld | 0:47:26 | M35 | 83 | 0:48:51 | 1977 |
| 692 | 2399 | Wagner Burkhard | LC Duisburg | 0:47:26 | M55 | 52 | 0:48:12 | 1961 |
| 693 | 2470 | Tenbergen Nils | *Datteln | 0:47:27 | M30 | 81 | 0:49:02 | 1986 |
| 694 | 3291 | Schuchardt Thomas | LT Kettwig 2000 | 0:47:27 | M55 | 53 | 0:48:07 | 1960 |
| 695 | 2829 | Hübinger Peter | TUS Laurette | 0:47:27 | M50 | 129 | 0:48:56 | 1963 |
| 696 | 3817 | Kennedy Dr. Marcus | CR Runners | 0:47:28 | M45 | 154 | 0:48:58 | 1971 |
| 697 | 2952 | Heinen Martin | *Duisburg | 0:47:28 | M50 | 130 | 0:48:16 | 1966 |
| 698 | 2456 | Richter Herbert | Marathonis on Tour | 0:47:28 | M50 | 131 | 0:48:54 | 1964 |
| 699 | 3422 | Gesser Michael | Ausdauerchule by Bunert | 0:47:28 | M45 | 155 | 0:48:46 | 1971 |
| 700 | 5255 | Vrenegor Andre | Westfalia Gemen | 0:47:30 | M40 | 110 | 0:49:05 | 1972 |
| 701 | 4390 | Brix Tobias | DJK Rheinkraft Neuss | 0:47:30 | M30 | 82 | 0:50:08 | 1984 |
| 702 | 5216 | Dünninger Helmut | Run with fun | 0:47:30 | M50 | 132 | 0:48:33 | 1964 |
| 703 | 2501 | Bücker Stephan | SV Bayer Uerdingen 08 | 0:47:32 | M40 | 111 | 0:48:41 | 1974 |
| 704 | 4654 | Kaden Philip | Bocholter WSV | 0:47:33 | M30 | 83 | 0:47:43 | 1982 |
| 705 | 2619 | Espelage Florian | TSV Quakenbrück | 0:47:33 | M30 | 84 | 0:49:42 | 1982 |
| 706 | 3691 | Möllmann Norbert | Bocholt | 0:47:34 | M55 | 54 | 0:49:55 | 1958 |
| 707 | 3865 | Steinbach Mark | *Essen | 0:47:35 | M40 | 112 | 0:48:09 | 1974 |
| 708 | 3813 | Gehrmann Michael | Bocholt | 0:47:35 | M50 | 133 | 0:49:54 | 1964 |
| 709 | 3698 | Boeckhorst Gereon | *Oberhausen | 0:47:35 | M35 | 84 | 0:48:26 | 1977 |
| 709 | 5029 | Geerken Alexander | Rheinfire Strümp | 0:47:35 | M45 | 156 | 0:49:22 | 1971 |
| 711 | 5759 | Nietiet Ralf | TUS BREITSCHEID | 0:47:35 | M50 | 134 | 0:48:40 | 1966 |
| 712 | 2808 | Wiechers Andre | Angerland LT Lintorf | 0:47:36 | M50 | 135 | 0:48:04 | 1965 |
| 713 | 2957 | Schulte Oliver | MTG Horst Essen | 0:47:36 | M40 | 113 | 0:48:34 | 1972 |
| 714 | 2329 | Tuncel Turhan | VIVAWEST | 0:47:36 | M45 | 157 | 0:49:23 | 1967 |
| 715 | 4646 | Tischler Joerg | *Düsseldorf | 0:47:36 | M40 | 114 | 0:48:05 | 1973 |
| 716 | 3798 | Erbrich Waldemar | Zeh-Kader | 0:47:37 | M45 | 158 | 0:49:16 | 1970 |
| 717 | 3453 | Behrends Philip | Fortuna Düsseldorf Triath | 0:47:37 | M45 | 159 | 0:48:15 | 1971 |
| 718 | 3682 | Kipper Thomas | Ausdauerchule by Bunert | 0:47:38 | M50 | 136 | 0:48:59 | 1966 |
| 719 | 5372 | Stajer Adam | *Oberhausen | 0:47:38 | M45 | 160 | 0:50:24 | 1969 |
| 720 | 3459 | Vorm Walde Karl-Heinz | TV Jahn Hiesfeld | 0:47:39 | M55 | 55 | 0:48:48 | 1960 |
| 721 | 2717 | Bögel Frank | *Bochum | 0:47:39 | M45 | 161 | 0:49:17 | 1970 |
| 721 | 3295 | Kullik Oliver | *Recklinghausen | 0:47:39 | M45 | 161 | 0:49:18 | 1971 |
| 723 | 5061 | Blume Michael | TG Scherlebeck-Langenbo | 0:47:39 | M55 | 56 | 0:48:25 | 1959 |
| 724 | 5066 | Schenten Volkmar | Frühschicht | 0:47:40 | M50 | 137 | 0:48:53 | 1963 |
| 725 | 4620 | Hilgenpahl Roland | TV Goch | 0:47:40 | M55 | 57 | 0:49:46 | 1957 |
| 726 | 2426 | Schild Martin | *Duisburg | 0:47:40 | M30 | 85 | 0:49:34 | 1982 |
| 727 | 4017 | Caspers Frank | Zum Twee Ührken | 0:47:42 | M50 | 138 | 0:48:49 | 1966 |
| 728 | 2741 | Pfannkuche Olaf | *Essen | 0:47:43 | M45 | 163 | 0:48:43 | 1967 |
| 729 | 3081 | Döring Andreas | *Gelsenkirchen | 0:47:43 | M55 | 58 | 0:48:28 | 1960 |
| 730 | 3390 | Geltenpoth Guido | LT Kettwig 2000 | 0:47:43 | M45 | 164 | 0:50:08 | 1969 |
| 731 | 2611 | Voß Claus | DJK TuS Rotthausen | 0:47:44 | M45 | 165 | 0:48:55 | 1967 |
| 732 | 4750 | Hingst Christian | *Essen | 0:47:44 | M30 | 86 | 0:49:36 | 1984 |
| 733 | 5527 | Czaja Edward | *Schwerte | 0:47:45 | M45 | 166 | 0:48:23 | 1969 |
| 734 | 3461 | Thanner Markus | Giasinga Ledahosn | 0:47:45 | M45 | 167 | 0:50:04 | 1969 |
| 735 | 3308 | Peter Kiefer | Marathonteam-Ratingen | 0:47:45 | M60 | 17 | 0:49:42 | 1955 |
| 736 | 3914 | Pottbäcker Tim | *Duisburg | 0:47:46 | M30 | 87 | 0:49:57 | 1982 |
| 737 | 2953 | Bauer Sebastian | Moerser TV Triathlon | 0:47:46 | M45 | 168 | 0:48:37 | 1971 |
| 738 | 2486 | Roßhoff-Kurek Karsten | Siemens Turbos | 0:47:46 | M50 | 139 | 0:48:04 | 1966 |
| 739 | 2668 | Elvert Sven | Fa(s)t Five | 0:47:47 | M35 | 85 | 0:49:22 | 1979 |
| 740 | 5521 | Marx Gregor | Running MAD | 0:47:47 | M35 | 86 | 0:48:05 | 1979 |
| 741 | 5341 | Gärtner Stefan | Tri Team FS Düsseldorf | 0:47:47 | M50 | 140 | 0:49:06 | 1963 |
| 742 | 5265 | Thies Heinrich-Otto | *Krefeld | 0:47:47 | M60 | 18 | 0:48:14 | 1954 |
| 743 | 4571 | Frericks Matthias | TV Rhede | 0:47:48 | M45 | 169 | 0:50:03 | 1969 |
| 744 | 4927 | Vogel Lars | Athletic Screening Team K | 0:47:48 | M40 | 115 | 0:48:43 | 1975 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------------|-----------------------------|---------|-----|----------|------------|----------|
| 745 | 2856 | Janka Thomas | *Gelsenkirchen | 0:47:49 | M30 | 88 | 0:48:13 | 1982 |
| 745 | 5409 | Fischer Andreas | BSG Nokia | 0:47:49 | M45 | 170 | 0:49:04 | 1969 |
| 747 | 3369 | Eiteneuer Bernd | Rapid Ramirez | 0:47:51 | M55 | 59 | 0:49:02 | 1958 |
| 748 | 5709 | Fettes Wolfgang | Vodafone-Runners | 0:47:51 | M45 | 171 | 0:49:02 | 1970 |
| 749 | 5080 | Bongers Dr. Jörn | LT Krefeld-Oppum | 0:47:52 | M50 | 141 | 0:48:19 | 1965 |
| 750 | 4309 | Brockmann Stefan | Tri Team FS Düsseldorf | 0:47:52 | M45 | 172 | 0:49:14 | 1970 |
| 751 | 4268 | Malcus Burkhard | Turbo-Schnecken Lüdensc | 0:47:54 | M50 | 142 | 0:49:53 | 1962 |
| 752 | 4550 | Wieler Georg | Uedem | 0:47:54 | M55 | 60 | 0:48:44 | 1960 |
| 753 | 2323 | Peter Christian | VIVAWEST | 0:47:54 | M40 | 116 | 0:51:21 | 1975 |
| 754 | 3224 | Preuß Stefan | Düsseldorf | 0:47:55 | M45 | 173 | 0:50:05 | 1968 |
| 755 | 4537 | Pöter Martin | Renntiere | 0:47:56 | M50 | 143 | 0:49:59 | 1965 |
| 756 | 3746 | Zupp Christian | *Duisburg | 0:47:56 | M40 | 117 | 0:49:42 | 1973 |
| 757 | 4683 | Vicente Lorenzo Juan | *Düsseldorf | 0:47:56 | M40 | 118 | 0:50:27 | 1973 |
| 758 | 4944 | Bickmann Ludger | Wacker Kapellen | 0:47:59 | M50 | 144 | 0:49:50 | 1964 |
| 759 | 2546 | Klotz Sven | *Wesel | 0:47:59 | M50 | 145 | 0:48:32 | 1966 |
| 760 | 3002 | Lelgemann Thomas | TVE Burgaltendorf | 0:48:00 | M60 | 19 | 0:50:14 | 1956 |
| 761 | 2737 | Ehrentraut Heinz-Udo | Marientreff | 0:48:00 | M55 | 61 | 0:49:05 | 1961 |
| 761 | 4816 | Eckert Jürgen | Team Montag | 0:48:00 | M50 | 146 | 0:49:33 | 1965 |
| 763 | 4704 | Abel Klaus | LC Duisburg | 0:48:00 | M65 | 6 | 0:48:33 | 1950 |
| 764 | 3599 | Ratz Rene | *Bottrop | 0:48:01 | M30 | 89 | 0:49:29 | 1985 |
| 765 | 2705 | Plank Peter | *Wesel | 0:48:02 | M50 | 147 | 0:50:16 | 1966 |
| 766 | 4092 | Scheitza Falko | LGO Bochum | 0:48:02 | M55 | 62 | 0:49:43 | 1961 |
| 767 | 3726 | Kuhlmann Stefan | LT Schnecke Sonsbeck | 0:48:04 | M55 | 63 | 0:49:21 | 1961 |
| 768 | 4982 | Wink Gregor | LG Alpen | 0:48:04 | M45 | 174 | 0:49:43 | 1970 |
| 769 | 2335 | Laufenberg Jörn | VIVAWEST | 0:48:06 | M45 | 175 | 0:49:41 | 1967 |
| 770 | 5195 | Wisocki-Menzen Dirk Pet | LT Buga Düsseldorf | 0:48:06 | M50 | 148 | 0:49:28 | 1966 |
| 771 | 4741 | van de Sand Robert | LT VYNEN | 0:48:07 | M20 | 57 | 0:49:24 | 1989 |
| 772 | 3689 | Goldhammer Lars | Sleepy Kitten | 0:48:07 | M30 | 90 | 0:48:59 | 1982 |
| 773 | 3881 | Müller Rolf | Lg Halde | 0:48:09 | M55 | 64 | 0:49:52 | 1959 |
| 774 | 4051 | Frank Stefan | *Mülheim an der Ruhr | 0:48:09 | M50 | 149 | 0:50:05 | 1965 |
| 775 | 3278 | Kolodzie Manuel | *Mülheim | 0:48:10 | M40 | 119 | 0:49:36 | 1974 |
| 776 | 3218 | Keiser Christoph | BSG Dellerheide | 0:48:10 | M35 | 87 | 0:49:53 | 1978 |
| 777 | 3221 | Bembenek Ulrich | *Essen | 0:48:10 | M50 | 150 | 0:50:09 | 1965 |
| 778 | 3264 | Urbanczyk Günter | TSV Viktoria Mülheim | 0:48:10 | M50 | 151 | 0:49:31 | 1965 |
| 779 | 3479 | Reppmann Reinhard | Aktion Canchanabury MT | 0:48:10 | M60 | 20 | 0:49:16 | 1955 |
| 780 | 5286 | Kochanek Christian | *Krefeld | 0:48:11 | M40 | 120 | 0:49:27 | 1975 |
| 781 | 2631 | Eckford Steven | *Goch | 0:48:11 | M40 | 121 | 0:50:18 | 1973 |
| 781 | 4200 | Yildirim Nazif | Ausdauerschule by Bunert | 0:48:11 | M40 | 121 | 0:49:32 | 1975 |
| 783 | 5444 | Unger Michael | TriFUN Kleve e.V. | 0:48:12 | M40 | 123 | 0:49:00 | 1976 |
| 784 | 2713 | Zieschang Christian | Kahlenberger HTC | 0:48:12 | M30 | 91 | 0:48:58 | 1982 |
| 785 | 3569 | Krieg Volker | - | 0:48:12 | M65 | 7 | 0:49:16 | 1949 |
| 786 | 5422 | Ochwald-van Hasz Steph | *Oberhausen | 0:48:13 | M30 | 92 | 0:50:04 | 1986 |
| 787 | 2694 | Röschke Jörg | Ballettschule Müller Castro | 0:48:14 | M45 | 176 | 0:50:10 | 1967 |
| 788 | 3930 | Kalweit Siegfried | TSV Viktoria Mülheim | 0:48:15 | M70 | 1 | 0:48:22 | 1942 |
| 789 | 3686 | Böhme Michael | *Gevelsberg | 0:48:16 | M50 | 152 | 0:49:31 | 1964 |
| 790 | 2731 | Wilmers Frank | *Bocholt | 0:48:16 | M40 | 124 | 0:49:05 | 1972 |
| 791 | 3973 | Meyer-Fredrich Jörn | *Essen | 0:48:16 | M40 | 125 | 0:48:51 | 1975 |
| 792 | 5121 | Chmielewski Roland | Triathlon Team Ratingen 0 | 0:48:17 | M50 | 153 | 0:50:36 | 1966 |
| 793 | 2851 | Volk Frank | *Duisburg | 0:48:18 | M45 | 177 | 0:49:38 | 1968 |
| 794 | 2359 | Wolf Markus | SG Ruhrgas 1929 | 0:48:18 | M40 | 126 | 0:49:35 | 1972 |
| 795 | 2924 | Gottlieb Malte | *Moers | 0:48:19 | M45 | 178 | 0:50:20 | 1967 |
| 795 | 2302 | Kuhnen Reiner | AS Neukirchen-Vluyn | 0:48:19 | M55 | 65 | 0:49:21 | 1961 |
| 797 | 5012 | Hartmann Jörg | *Wesel | 0:48:20 | M50 | 154 | 0:49:53 | 1964 |
| 798 | 2514 | Andreas Dirk | *Kaarst | 0:48:21 | M35 | 88 | 0:50:32 | 1977 |
| 799 | 2800 | Winbeck Volker | Flitz for Fritz | 0:48:23 | M55 | 66 | 0:49:26 | 1961 |
| 800 | 5554 | Kennedy Kieron | SG Ruhrgas 1929 | 0:48:23 | M40 | 127 | 0:49:58 | 1975 |
| 801 | 4803 | Mandic Ivan | - | 0:48:24 | M35 | 89 | 0:49:06 | 1981 |
| 802 | 4985 | Petrasch Prof. Dr. Stepha | - | 0:48:24 | M60 | 21 | 0:49:59 | 1954 |
| 803 | 4168 | Hensel Marco | *Duisburg | 0:48:24 | M50 | 155 | 0:50:42 | 1966 |
| 804 | 5254 | Fuehrer Daniel | *Krefeld | 0:48:25 | M40 | 128 | 0:48:50 | 1974 |
| 805 | 4693 | Rouenhoff Ralf | TSG Limbach | 0:48:27 | M50 | 156 | 0:50:54 | 1963 |
| 806 | 4054 | Janßen Peter | *Kleve | 0:48:27 | M45 | 179 | 0:50:12 | 1971 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|----------------------------|---------|------|----------|------------|----------|
| 807 | 3022 | Abs Stefan | LV Stommeln | 0:48:29 | M40 | 129 | 0:49:29 | 1975 |
| 808 | 2506 | Albrecht Jens | Barfuss Betlehem | 0:48:29 | M60 | 22 | 0:49:04 | 1956 |
| 809 | 2505 | Knoppik Uwe | Barfuss Betlehem | 0:48:29 | M60 | 23 | 0:49:04 | 1955 |
| 810 | 3389 | Powierski Ralf | Weseler TV Triathlon | 0:48:30 | M50 | 157 | 0:51:00 | 1963 |
| 811 | 5374 | Waschkowitz Norman | Adler-Langlauf | 0:48:30 | M40 | 130 | 0:51:02 | 1974 |
| 812 | 4008 | Aulich Frederik | RUN4FUN | 0:48:30 | M20 | 58 | 0:49:28 | 1991 |
| 813 | 2448 | Putze Dennis | *Oberhausen | 0:48:31 | M35 | 90 | 0:49:50 | 1979 |
| 814 | 3486 | Lundszien Udo | *Düsseldorf | 0:48:31 | M40 | 131 | 0:49:57 | 1976 |
| 815 | 5489 | Wiengarten André | *Düsseldorf | 0:48:31 | M35 | 91 | 0:50:49 | 1981 |
| 816 | 2719 | Kronenberg Friedrich | Marathonteam Ratingen | 0:48:31 | M60 | 24 | 0:50:41 | 1952 |
| 817 | 2287 | Stöhler Martin | LG COESFELD | 0:48:32 | M50 | 158 | 0:49:39 | 1965 |
| 818 | 4634 | Nahmer Stephan | *Krefeld | 0:48:32 | M45 | 180 | 0:50:54 | 1967 |
| 818 | 5239 | Kabelitz Tobias | Laufteam Kloese | 0:48:32 | M45 | 180 | 0:50:02 | 1969 |
| 820 | 5322 | Rosen Thorsten | Schermbeck | 0:48:32 | M40 | 132 | 0:50:26 | 1972 |
| 821 | 3173 | Musche Jürgen | Marathon Dinslaken | 0:48:33 | M55 | 67 | 0:49:59 | 1960 |
| 822 | 3549 | Bockmann Gerd | LTB Brambauer am Ufo | 0:48:33 | M50 | 159 | 0:48:42 | 1963 |
| 823 | 3381 | Altmann Thomas | *Essen | 0:48:34 | M55 | 68 | 0:50:47 | 1958 |
| 824 | 3661 | Hülder Dr. Malte | *Essen | 0:48:34 | M40 | 133 | 0:49:30 | 1974 |
| 825 | 2285 | Niehaus Ludger | LG COESFELD | 0:48:35 | M50 | 160 | 0:49:17 | 1964 |
| 826 | 3533 | Palm Marcel | *Emmerich am Rhein | 0:48:35 | M45 | 182 | 0:50:30 | 1967 |
| 826 | 4903 | Stötzel Ruven | *Nettetal | 0:48:35 | M40 | 134 | 0:51:03 | 1974 |
| 828 | 5580 | Hövel Michael | 200PROTEAM | 0:48:36 | M45 | 183 | 0:49:55 | 1968 |
| 829 | 3036 | Bendzko Sascha | *Duisburg | 0:48:37 | M20 | 59 | 0:49:32 | 1989 |
| 830 | 5379 | Backhaus Martin | *Bochum | 0:48:37 | M20 | 60 | 0:50:39 | 1991 |
| 831 | 4801 | Labuda Kai | *Bochum | 0:48:37 | M30 | 93 | 0:49:18 | 1983 |
| 832 | 3748 | Bongert Stephan | TSV Bocholt | 0:48:37 | M55 | 69 | 0:50:11 | 1959 |
| 833 | 2534 | Eichel Frank | *Wermelskirchen | 0:48:38 | M40 | 135 | 0:50:24 | 1976 |
| 834 | 4322 | Röwekamp Thomas | ASC Ratingen West | 0:48:38 | M50 | 161 | 0:50:11 | 1966 |
| 835 | 2570 | Stumpe Fabian | *Bottrop | 0:48:38 | M20 | 61 | 0:50:40 | 1989 |
| 836 | 5518 | Rider Damian | *Duisburg | 0:48:39 | M45 | 184 | 0:50:24 | 1971 |
| 837 | 5291 | Funcke Michael | Team Hüttenzauber | 0:48:39 | M40 | 136 | 0:51:33 | 1972 |
| 838 | 2885 | Peters Andreas | *Oberhausen | 0:48:39 | M50 | 162 | 0:50:29 | 1963 |
| 839 | 4279 | Wand Thorsten | Maschinen | 0:48:40 | M40 | 137 | 0:49:11 | 1976 |
| 840 | 3535 | Görtz Dirk | LC Duisburg | 0:48:42 | M45 | 185 | 0:50:22 | 1967 |
| 840 | 4172 | Pfister Wilfried | LT MG-Volksgarten | 0:48:42 | M60 | 25 | 0:49:17 | 1953 |
| 842 | 4947 | Kovert Dirk | *Moers | 0:48:42 | M30 | 94 | 0:52:13 | 1983 |
| 843 | 3104 | Klever Detlef | Ruhrrunner Essen | 0:48:42 | M60 | 26 | 0:50:20 | 1954 |
| 844 | 4697 | Metzmacher Patrick | *Mülheim an der Ruhr | 0:48:43 | M40 | 138 | 0:49:33 | 1972 |
| 845 | 3265 | Schulze Norbert | LG Alpen | 0:48:44 | M55 | 70 | 0:50:10 | 1958 |
| 846 | 5095 | Kraker Danny | *Duisburg | 0:48:44 | M35 | 92 | 0:49:08 | 1980 |
| 846 | 5140 | Sommer Christoph | *Düsseldorf | 0:48:44 | M30 | 95 | 0:49:50 | 1983 |
| 848 | 4574 | Rohde Jörg | *Essen | 0:48:44 | M45 | 186 | 0:50:12 | 1971 |
| 849 | 4679 | Grube Volker | Adler-Langlauf Bottrop | 0:48:46 | M45 | 187 | 0:49:26 | 1968 |
| 850 | 3710 | Fuchs Leonard | Fabritz | 0:48:46 | MU18 | 5 | 0:50:00 | 1999 |
| 851 | 2806 | Kniest Marco | *Wesel | 0:48:46 | M35 | 93 | 0:51:05 | 1981 |
| 852 | 3304 | Strzalla Robert | Die Seitenstecher | 0:48:47 | M30 | 96 | 0:52:15 | 1984 |
| 853 | 3007 | Voß Christoph | *Korschenbroich | 0:48:47 | M20 | 62 | 0:50:17 | 1995 |
| 854 | 5318 | Raeder Stefan | *Jüchen | 0:48:48 | M30 | 97 | 0:51:12 | 1982 |
| 855 | 5319 | Klus Thorsten | *Jüchen | 0:48:49 | M30 | 98 | 0:51:12 | 1982 |
| 856 | 3935 | Stausberg Sascha | T. v. Jahn duisburg hochfe | 0:48:49 | M30 | 99 | 0:50:13 | 1983 |
| 857 | 5502 | Altai Ali | *Herne | 0:48:50 | M45 | 188 | 0:52:05 | 1969 |
| 858 | 3683 | Marquardt Sven | *Tönisvorst | 0:48:50 | M45 | 189 | 0:49:44 | 1971 |
| 859 | 2283 | Stöhler Bernd | LG COESFELD | 0:48:51 | M50 | 163 | 0:49:58 | 1963 |
| 860 | 2794 | Rumpel Florian | Artistic Jumpers | 0:48:51 | M20 | 63 | 0:50:45 | 1989 |
| 861 | 2576 | Giesen Heinz | LG Mülheim | 0:48:51 | M65 | 8 | 0:49:10 | 1950 |
| 862 | 2711 | Gossen Roland | Bottrop | 0:48:52 | M60 | 27 | 0:50:28 | 1955 |
| 863 | 3754 | Peters Mike | TSV Bocholt | 0:48:52 | M45 | 190 | 0:50:26 | 1971 |
| 864 | 4765 | Gettwert Klaus | *Mülheim | 0:48:52 | M45 | 191 | 0:49:59 | 1970 |
| 865 | 3138 | Schröer Dirk | VB Lauftreff | 0:48:54 | M35 | 94 | 0:50:43 | 1977 |
| 866 | 3806 | Kinnauer Michael | LC Duisburg | 0:48:54 | M45 | 192 | 0:51:14 | 1971 |
| 867 | 3373 | Krüger Hajo | *Mettmann | 0:48:55 | M55 | 71 | 0:51:07 | 1961 |
| 868 | 4293 | Michalski Rainer | LG Dorsten | 0:48:55 | M55 | 72 | 0:49:47 | 1960 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|--------------------------|---------|-----|----------|------------|----------|
| 869 | 4883 | Birnbach Frank | AS Neukirchen-Vluyn | 0:48:55 | M45 | 193 | 0:50:23 | 1970 |
| 870 | 2512 | Hetterscheidt Matthias | *Essen | 0:48:55 | M50 | 164 | 0:52:11 | 1964 |
| 871 | 3546 | Lellek Carsten | *Essen | 0:48:56 | M35 | 95 | 0:50:24 | 1978 |
| 872 | 3540 | Daugart Dr. Jan | *Düsseldorf | 0:48:57 | M35 | 96 | 0:50:25 | 1977 |
| 873 | 3588 | Abraham Jan | *Oberhausen | 0:48:58 | M35 | 97 | 0:51:21 | 1978 |
| 874 | 3633 | Lichtenberger Frank | Styrumer TV | 0:48:58 | M50 | 165 | 0:50:57 | 1963 |
| 875 | 4599 | Göbel Karsten | Helios Iron Team | 0:48:59 | M50 | 166 | 0:50:30 | 1962 |
| 876 | 4831 | Heister Stephan | *duisburg | 0:48:59 | M45 | 194 | 0:49:19 | 1971 |
| 877 | 4608 | Busch Michael | LG Alpen | 0:48:59 | M45 | 195 | 0:50:38 | 1967 |
| 878 | 2948 | Hammer Bernd | *Krefeld | 0:49:00 | M65 | 9 | 0:49:26 | 1948 |
| 879 | 3312 | Franzen Nils | *Voerde | 0:49:00 | M20 | 64 | 0:51:13 | 1990 |
| 880 | 3299 | Franzen Michael | *Voerde | 0:49:00 | M55 | 73 | 0:51:14 | 1959 |
| 881 | 5047 | Wolf Martin | *Ratingen | 0:49:01 | M40 | 139 | 0:49:24 | 1974 |
| 882 | 4917 | Klesse Norbert | *Dortmund | 0:49:03 | M60 | 28 | 0:53:14 | 1954 |
| 883 | 4595 | Schmitz Thorsten | *Krefeld | 0:49:04 | M30 | 100 | 0:51:22 | 1985 |
| 884 | 3946 | Burs David | *Duisburg | 0:49:04 | M30 | 101 | 0:50:38 | 1986 |
| 885 | 5691 | Holtmanns Thomas | Vodafone-Runners | 0:49:05 | M50 | 167 | 0:51:10 | 1966 |
| 886 | 5684 | Almeida Antonio Paulo | Vodafone-Runners | 0:49:05 | M45 | 196 | 0:51:23 | 1969 |
| 887 | 5240 | Mittasch Markus | Langsam läuft am Längst | 0:49:05 | M45 | 197 | 0:50:09 | 1968 |
| 888 | 4996 | Schmidt René | *Essen | 0:49:05 | M30 | 102 | 0:50:19 | 1986 |
| 889 | 2537 | Schülpen Gregor | LT Vynen | 0:49:05 | M55 | 74 | 0:50:13 | 1961 |
| 890 | 2971 | Nitsche Stefan | Marathonis on Tour | 0:49:06 | M45 | 198 | 0:50:28 | 1967 |
| 891 | 3105 | Kyewski Niels | Triminators TV Voerde | 0:49:07 | M45 | 199 | 0:51:16 | 1970 |
| 892 | 2280 | Teuber Heinz | LG COESFELD | 0:49:07 | M55 | 75 | 0:50:14 | 1957 |
| 893 | 4963 | Seeger Burkhard | LGO Bochum | 0:49:07 | M50 | 168 | 0:50:50 | 1966 |
| 894 | 5053 | Schwichtenberg Holger | RV Sturmvogel Essen | 0:49:08 | M40 | 140 | 0:51:18 | 1972 |
| 895 | 2706 | Jannes Michael | Garantie abgelaufen | 0:49:08 | M40 | 141 | 0:49:51 | 1973 |
| 896 | 4489 | Welzel Stefan | marathon runners uerding | 0:49:08 | M45 | 200 | 0:51:15 | 1969 |
| 897 | 0 | unbekannt DF78S4T | | 0:49:08 | M20 | 65 | 0:51:31 | |
| 898 | 3016 | Kolberg Dieter | DJK TuS Rotthausen | 0:49:08 | M55 | 76 | 0:50:48 | 1961 |
| 899 | 4954 | Brüger Jann-Eric | *Mülheim an der Ruhr | 0:49:09 | M30 | 103 | 0:49:56 | 1986 |
| 900 | 3187 | Glockner Wolf | GSG Partner | 0:49:09 | M55 | 77 | 0:49:18 | 1958 |
| 901 | 4210 | Wehren Mario | St. Hubertus Uedemerbruc | 0:49:10 | M40 | 142 | 0:51:39 | 1974 |
| 902 | 5033 | Heukemes Sven | Rheinfire Strümp | 0:49:11 | M45 | 201 | 0:51:18 | 1971 |
| 903 | 3110 | Seidel Arne | LifeFit | 0:49:11 | M40 | 143 | 0:53:10 | 1976 |
| 904 | 4988 | Abraham Ivan | BAUEN+LEBEN | 0:49:11 | M40 | 144 | 0:51:34 | 1972 |
| 905 | 5077 | Ptassek Rainer | *Mülheim | 0:49:12 | M50 | 169 | 0:50:36 | 1962 |
| 906 | 3243 | Graw Joachim | TV Hasslinghausen | 0:49:12 | M50 | 170 | 0:50:04 | 1965 |
| 907 | 4948 | Ellbracht Stefan | TV Jahn 06 Kapellen/Erft | 0:49:12 | M45 | 202 | 0:51:03 | 1970 |
| 908 | 2446 | Overdick Stefan | *Leverkusen | 0:49:12 | M45 | 203 | 0:50:45 | 1968 |
| 909 | 2267 | Katzy Christopher | RMD Laufcamp 2016 | 0:49:13 | M20 | 66 | 0:49:59 | 1987 |
| 910 | 3377 | Holtmeier Jürgen | TV Ratingen Handball | 0:49:13 | M50 | 171 | 0:49:42 | 1963 |
| 911 | 2260 | Ziemann Andree | RMD Laufcamp 2016 | 0:49:13 | M40 | 145 | 0:49:59 | 1975 |
| 912 | 5231 | Oppelt Manfred | Renntiere | 0:49:13 | M50 | 172 | 0:51:17 | 1964 |
| 913 | 5035 | Schöler David | VPM-Team | 0:49:14 | M20 | 67 | 0:51:49 | 1993 |
| 914 | 4911 | Christian Thewalt | *Kaarst | 0:49:14 | M35 | 98 | 0:49:32 | 1977 |
| 915 | 2256 | Bartels Carsten | Team Polizei Duisburg | 0:49:15 | M45 | 204 | 0:51:26 | 1969 |
| 916 | 2702 | Achterholt Rainer | Ballettschule Müller | 0:49:15 | M55 | 78 | 0:51:29 | 1960 |
| 917 | 4091 | Förster Ralf | TSC Mülheim | 0:49:16 | M55 | 79 | 0:51:53 | 1960 |
| 918 | 3084 | Fiedler Ernst-Oskar | LT Gruiten-Neandertal | 0:49:16 | M60 | 29 | 0:50:17 | 1953 |
| 919 | 2939 | Rzepczyk Michael | *Dinslaken | 0:49:17 | M50 | 173 | 0:50:07 | 1966 |
| 920 | 4015 | Hoffmann Harald | *Duisburg | 0:49:18 | M50 | 174 | 0:49:36 | 1963 |
| 921 | 5775 | Holthaus Markus | TUS BREITSCHEID | 0:49:18 | M50 | 175 | 0:50:39 | 1965 |
| 922 | 4490 | Hofmann Ferry | LC Duisburg | 0:49:18 | M35 | 99 | 0:50:02 | 1977 |
| 923 | 5347 | Lichtenstein Klaus | *Gelsenkirchen | 0:49:18 | M50 | 176 | 0:51:59 | 1962 |
| 924 | 3872 | Kisse Aloys | *Essen | 0:49:19 | M45 | 205 | 0:51:38 | 1970 |
| 924 | 5471 | Herwig Heiko | Köln-Vogelsang | 0:49:19 | M40 | 146 | 0:50:55 | 1973 |
| 926 | 3027 | Maurer Markus | immo wohnen running te | 0:49:20 | M50 | 177 | 0:50:59 | 1965 |
| 927 | 2428 | Molitor Peter | SV AXA | 0:49:20 | M35 | 100 | 0:50:11 | 1977 |
| 928 | 2995 | Huysmann Carsten | *Mülheim an der Ruhr | 0:49:21 | M45 | 206 | 0:49:49 | 1970 |
| 929 | 4332 | Schmitz Stefan | *Düsseldorf | 0:49:23 | M30 | 104 | 0:51:25 | 1984 |
| 930 | 5760 | Ludwig Johannes | TUS BREITSCHEID | 0:49:23 | M55 | 80 | 0:50:25 | 1961 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|---------------------------|---------|------|----------|------------|----------|
| 931 | 4227 | Bartkowiak Sascha | STEAG | 0:49:24 | M20 | 68 | 0:51:25 | 1989 |
| 932 | 2807 | Pilgermann Kai | *Dinslaken | 0:49:24 | M40 | 147 | 0:51:43 | 1976 |
| 933 | 5017 | Niewerth Tobias | HSD | 0:49:24 | M35 | 101 | 0:50:48 | 1978 |
| 934 | 2473 | Schreiber Philipp | Elfrather Montagsläufer | 0:49:24 | M20 | 69 | 0:51:52 | 1989 |
| 935 | 4158 | Paternoga Michael | *Oer-erkenschwick | 0:49:25 | M45 | 207 | 0:50:38 | 1971 |
| 936 | 2884 | Holtmanns Florian Thoma | Theodor Fliedner Gymnasii | 0:49:26 | MU20 | 7 | 0:51:31 | 1998 |
| 937 | 5148 | Demers David | Double D | 0:49:26 | M35 | 102 | 0:49:51 | 1981 |
| 938 | 4851 | El Fassi Khalid | leer | 0:49:26 | M45 | 208 | 0:50:02 | 1969 |
| 939 | 3028 | Jaich Robert | TriClub Wuppertal | 0:49:26 | M45 | 209 | 0:50:02 | 1967 |
| 940 | 2824 | Schmitz Gerd | Neudorf-Runners | 0:49:27 | M55 | 81 | 0:51:31 | 1961 |
| 941 | 2925 | Liesen Markus | *Dinslaken | 0:49:27 | M40 | 148 | 0:51:43 | 1972 |
| 942 | 2783 | Grau Sebastian | *Duisburg | 0:49:27 | M30 | 105 | 0:51:11 | 1982 |
| 943 | 5433 | Rey Manfred | Gymnasium am Stadtpark I | 0:49:28 | M45 | 210 | 0:50:58 | 1968 |
| 944 | 3364 | Godesar Achim | Immeo Wohnen Running T | 0:49:28 | M50 | 178 | 0:51:06 | 1964 |
| 944 | 5271 | Holubars Alexander | *Krefeld | 0:49:28 | M35 | 103 | 0:50:00 | 1980 |
| 946 | 4616 | Stauch Alexander | *Duisburg | 0:49:29 | M20 | 70 | 0:51:18 | 1987 |
| 947 | 2919 | Hockert Mike | SV Haldern Lauftreff | 0:49:29 | M45 | 211 | 0:51:30 | 1971 |
| 948 | 2382 | Lenders Ulrich | TC Kray 1892 e.V. | 0:49:30 | M50 | 179 | 0:52:12 | 1966 |
| 949 | 3386 | Kopp Christian | Tri Ducks Dorsten | 0:49:31 | M35 | 104 | 0:51:19 | 1980 |
| 949 | 3720 | Ellerbrok Dirk | DJK VfR Saarn | 0:49:31 | M60 | 30 | 0:52:56 | 1955 |
| 951 | 4369 | Plietsch Klaus | *Düsseldorf | 0:49:33 | M60 | 31 | 0:50:55 | 1952 |
| 952 | 3070 | Kujas Michael | *Remscheid | 0:49:33 | M50 | 180 | 0:50:25 | 1963 |
| 953 | 2651 | Böhme Gerd | *Essen | 0:49:33 | M55 | 82 | 0:52:16 | 1958 |
| 953 | 5711 | Conrad Markus | Vodafone-Runners | 0:49:33 | M40 | 149 | 0:50:43 | 1975 |
| 955 | 4830 | Heister christian | *duisburg | 0:49:34 | M45 | 212 | 0:50:51 | 1971 |
| 955 | 5228 | Lawrey Andrew | *Essen | 0:49:34 | M40 | 150 | 0:52:01 | 1976 |
| 957 | 2591 | Baumann Christian Wilh | LC Duisburg | 0:49:34 | M40 | 151 | 0:52:24 | 1976 |
| 958 | 4880 | Papalexandrou Georg | *Kamp-Lintfort | 0:49:35 | M45 | 213 | 0:51:03 | 1969 |
| 959 | 4635 | Kemper Holger | *Heiligenhaus | 0:49:36 | M45 | 214 | 0:51:51 | 1968 |
| 960 | 5710 | Özcelik Yilmaz | Vodafone-Runners | 0:49:37 | M45 | 215 | 0:50:36 | 1969 |
| 961 | 4562 | Beul Michael | *Düsseldorf | 0:49:37 | M35 | 105 | 0:50:17 | 1977 |
| 962 | 3760 | Klimas Stefan | *Moers | 0:49:38 | M40 | 152 | 0:51:17 | 1973 |
| 963 | 3478 | Hülßenbeck Dustin | LC Duisburg | 0:49:38 | M20 | 71 | 0:50:35 | 1989 |
| 964 | 3319 | Krause Ralf | *Kaarst | 0:49:38 | M40 | 153 | 0:51:32 | 1972 |
| 965 | 3975 | Winterfeld Jens | Schinderrunners | 0:49:39 | M45 | 216 | 0:50:40 | 1968 |
| 966 | 4300 | Terörde Lars | *Düsseldorf | 0:49:39 | M45 | 217 | 0:51:39 | 1969 |
| 967 | 4463 | Müller Tobias | Team Lembeck | 0:49:39 | M35 | 106 | 0:51:38 | 1978 |
| 968 | 3577 | Otto Christian | *Ratingen | 0:49:40 | M55 | 83 | 0:51:25 | 1959 |
| 968 | 4734 | Moschner Holger | *Duisburg | 0:49:40 | M50 | 181 | 0:50:40 | 1962 |
| 970 | 5027 | Fleige Heiko | SG Kaarst | 0:49:42 | M40 | 154 | 0:51:35 | 1974 |
| 971 | 4205 | Gajsar Carsten | TSG Kirchhellen | 0:49:42 | M45 | 218 | 0:51:21 | 1971 |
| 972 | 4923 | Cürsgen Mike | Bocholt-Lowick | 0:49:42 | M40 | 155 | 0:50:36 | 1972 |
| 973 | 4736 | Schims Martin | Wir bei HKM | 0:49:43 | M50 | 182 | 0:51:42 | 1963 |
| 974 | 3134 | Raback Uwe | LT Weitmarer Holz | 0:49:43 | M50 | 183 | 0:50:40 | 1966 |
| 975 | 4726 | Newerenczuk Dariusz | *Mülheim | 0:49:44 | M50 | 184 | 0:50:26 | 1962 |
| 976 | 3830 | Brodowski Gregor | LT Weitmarer Holz Bochu | 0:49:45 | M50 | 185 | 0:50:40 | 1963 |
| 977 | 2757 | Möllmann Udo | TSV Bocholt | 0:49:45 | M45 | 219 | 0:52:17 | 1969 |
| 978 | 4573 | Jakhoefer Thomas | FC Schalke 04 | 0:49:45 | M55 | 84 | 0:51:48 | 1958 |
| 979 | 3920 | Kempmann Stefan | TV Bruckhausen | 0:49:46 | M35 | 107 | 0:52:03 | 1980 |
| 980 | 2898 | Joseph Dirk | LT Wesel 130 | 0:49:47 | M55 | 85 | 0:52:28 | 1960 |
| 980 | 4889 | Wolff Edgar | KHTC Mülheim | 0:49:47 | M50 | 186 | 0:51:43 | 1965 |
| 982 | 5725 | Dawwas Yousef | Vodafone-Runners | 0:49:47 | M40 | 156 | 0:50:09 | 1972 |
| 983 | 4442 | Püttmann Thomas | *Sprockhövel | 0:49:48 | M40 | 157 | 0:51:47 | 1975 |
| 984 | 3664 | Hampel Jürgen | *Düsseldorf | 0:49:48 | M50 | 187 | 0:53:18 | 1965 |
| 985 | 2556 | Bönnighausen Burkhard | *Ratingen | 0:49:48 | M50 | 188 | 0:52:45 | 1962 |
| 986 | 2946 | Küpfer Thomas | Duisburger Ruderverein | 0:49:49 | M45 | 220 | 0:51:51 | 1968 |
| 987 | 5505 | Rohrmeyer Michael | Turbo Schnecken Lüdensch | 0:49:49 | M50 | 189 | 0:53:54 | 1964 |
| 988 | 5677 | Weissbrich Guido | Vodafone-Runners | 0:49:49 | M45 | 221 | 0:51:14 | 1970 |
| 989 | 2465 | Klüber Klaus | *Mülheim | 0:49:50 | M50 | 190 | 0:50:40 | 1964 |
| 990 | 3556 | Oehme Maik | *Duisburg | 0:49:50 | M20 | 72 | 0:50:46 | 1991 |
| 991 | 5358 | Pasing Kai | *Willich | 0:49:51 | M30 | 106 | 0:50:28 | 1982 |
| 992 | 2606 | Wissing Martin | TSV Bocholt | 0:49:51 | M45 | 222 | 0:52:23 | 1968 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|-----|----------|------------|----------|
| 993 | 4626 | Hildebrandt Lars | *Oberhausen | 0:49:52 | M40 | 158 | 0:52:52 | 1976 |
| 994 | 4351 | Duwe Simon | SV Haldern - Lauftreff | 0:49:52 | M40 | 159 | 0:51:53 | 1972 |
| 995 | 2715 | Schreiber Thomas | Elfrather Montagsläufer | 0:49:52 | M35 | 108 | 0:52:21 | 1978 |
| 996 | 3608 | Piegza Sebastian | LSF Münster | 0:49:52 | M35 | 109 | 0:51:12 | 1979 |
| 996 | 5314 | Falk Markus | Landsknechte Traar | 0:49:52 | M40 | 160 | 0:50:24 | 1972 |
| 998 | 4578 | Risse Levin | *duisburg | 0:49:53 | M20 | 73 | 0:50:40 | 1987 |
| 999 | 3142 | Schürmann Karsten | *Köln | 0:49:53 | M50 | 191 | 0:51:35 | 1966 |
| 1000 | 4060 | Kröger Magnus | Ausdauerschule by bunert | 0:49:55 | M40 | 161 | 0:51:30 | 1975 |
| 1001 | 3457 | Schatt Olaf | die Stolperer | 0:49:55 | M55 | 86 | 0:51:47 | 1961 |
| 1002 | 3419 | Kölzer Holger | Ausdauerschule by bunert | 0:49:56 | M45 | 223 | 0:50:48 | 1969 |
| 1003 | 4714 | Berges Florian | *Düsseldorf | 0:49:56 | M30 | 107 | 0:50:49 | 1982 |
| 1004 | 5513 | Eming Frank | Sportfreunde Ententeich | 0:49:58 | M20 | 74 | 0:52:09 | 1989 |
| 1005 | 3528 | Polster Thomas | SuS Bertlich | 0:49:58 | M50 | 192 | 0:52:35 | 1964 |
| 1005 | 5217 | Pahmeier Stefan | *Ratingen | 0:49:58 | M35 | 110 | 0:52:36 | 1981 |
| 1007 | 3969 | Mammen Ralph | *Ratingen | 0:49:58 | M55 | 87 | 0:52:02 | 1959 |
| 1007 | 5512 | Eming Peter | Sportfreunde Ententeich | 0:49:58 | M20 | 75 | 0:52:09 | 1990 |
| 1009 | 3126 | Laudy Thorsten | *Mülheim | 0:49:58 | M40 | 162 | 0:51:00 | 1976 |
| 1010 | 2451 | Brockerhoff Uwe | Buchholzerjung | 0:49:58 | M55 | 88 | 0:53:49 | 1961 |
| 1011 | 2690 | Szpogan Rainer | Immeo wohnen running te | 0:49:59 | M55 | 89 | 0:51:37 | 1957 |
| 1012 | 4225 | Belenguer Arne | Tri-Club Wuppertal | 0:49:59 | M55 | 90 | 0:52:23 | 1961 |
| 1013 | 5441 | Dickert Hans-Ludwig | TG Münster - Judo | 0:49:59 | M55 | 91 | 0:52:07 | 1958 |
| 1014 | 4395 | Alders Thomas | Lauftreff Sterkrade-Nord | 0:50:00 | M45 | 224 | 0:52:00 | 1968 |
| 1015 | 4007 | Aulich Jürgen | RUN4FUN | 0:50:00 | M50 | 193 | 0:50:57 | 1962 |
| 1016 | 4290 | Vierbaum Hans-Günter | *Duisburg | 0:50:00 | M65 | 10 | 0:50:15 | 1951 |
| 1017 | 5504 | Mumcu Erdal | Mumcu.run | 0:50:01 | M45 | 225 | 0:51:37 | 1971 |
| 1018 | 3658 | Bidenham Dr. Frank | www.dr.bidenham.org | 0:50:01 | M50 | 194 | 0:52:30 | 1963 |
| 1019 | 2397 | Nedballa Michael | Max Maulwurf Marathonis | 0:50:01 | M35 | 111 | 0:51:39 | 1979 |
| 1020 | 4012 | Lagarden Jörg | SV Viktoria Goch | 0:50:02 | M55 | 92 | 0:51:50 | 1960 |
| 1021 | 3062 | Timmermann Rene | TSV 1863 Herdecke Mara | 0:50:02 | M60 | 32 | 0:50:54 | 1954 |
| 1022 | 5664 | Venes Markus | Vodafone-Runners | 0:50:05 | M20 | 76 | 0:53:18 | 1988 |
| 1023 | 2261 | Peters Ulrich | RMD Laufcamp 2016 | 0:50:05 | M40 | 163 | 0:50:29 | 1975 |
| 1024 | 5657 | Abraham Florian | Vodafone-Runners | 0:50:05 | M40 | 164 | 0:50:44 | 1975 |
| 1025 | 5134 | Meyer Marcus | *Duisburg | 0:50:05 | M35 | 112 | 0:51:23 | 1980 |
| 1026 | 2697 | Sajovitz Benjamin | *Düsseldorf | 0:50:05 | M35 | 113 | 0:50:49 | 1979 |
| 1027 | 2585 | Harms Bernd | LC Duisburg | 0:50:06 | M35 | 114 | 0:50:56 | 1979 |
| 1028 | 4491 | Hollmig Bernd | *Alfter | 0:50:06 | M40 | 165 | 0:50:30 | 1972 |
| 1029 | 2695 | Dickes Michael | Ballettschule Müller Castro | 0:50:07 | M40 | 166 | 0:52:21 | 1972 |
| 1030 | 5408 | Razowski Damian | *Mülheim an der Ruhr | 0:50:07 | M30 | 108 | 0:53:30 | 1984 |
| 1031 | 4075 | Gnadt Markus | die weißen kenianer | 0:50:08 | M50 | 195 | 0:52:03 | 1964 |
| 1032 | 4061 | Hegemann Ralf | *Essen | 0:50:08 | M35 | 115 | 0:51:10 | 1978 |
| 1033 | 2926 | Peitsch Michael | *Düsseldorf | 0:50:09 | M60 | 33 | 0:53:42 | 1955 |
| 1033 | 3596 | ten Freyhaus André | ASC Ratingen West | 0:50:09 | M35 | 116 | 0:50:55 | 1979 |
| 1035 | 2610 | Joeken Michael | *Duisburg | 0:50:11 | M55 | 93 | 0:51:55 | 1958 |
| 1036 | 2582 | Paul Thomas | SV Budberg Lauffreunde | 0:50:11 | M50 | 196 | 0:53:12 | 1966 |
| 1037 | 5457 | Götz Wolfagn | Wo wir sind ist vorn | 0:50:13 | M45 | 226 | 0:50:50 | 1969 |
| 1038 | 3162 | Léger Sacha | *Wuppertal | 0:50:13 | M45 | 227 | 0:51:06 | 1971 |
| 1039 | 5272 | Horst Michael | Olds Cool Runners WAT | 0:50:14 | M45 | 228 | 0:50:50 | 1968 |
| 1040 | 4055 | Holze Arne | *Hattingen | 0:50:15 | M40 | 167 | 0:52:02 | 1972 |
| 1040 | 4970 | Obieglo Thomas | TV Wanheimerort 1880 e. | 0:50:15 | M45 | 229 | 0:52:56 | 1971 |
| 1042 | 2643 | Kunze Olli | *Düsseldorf | 0:50:15 | M50 | 197 | 0:50:47 | 1966 |
| 1043 | 4411 | Godsmark Richard | *Dusseldorf | 0:50:15 | M40 | 168 | 0:50:27 | 1972 |
| 1044 | 5040 | Amerkamp Andreas | Amermund Runners | 0:50:16 | M45 | 230 | 0:51:52 | 1969 |
| 1045 | 3316 | Gosewinkel Heiko | Goses Lauftreff Friemersh | 0:50:16 | M40 | 169 | 0:52:09 | 1972 |
| 1046 | 4109 | Pause Björn | WIR BEI HKM | 0:50:17 | M40 | 170 | 0:52:15 | 1976 |
| 1047 | 4154 | Möller Norbert | LC Duisburg | 0:50:19 | M60 | 34 | 0:53:19 | 1955 |
| 1048 | 5727 | Weishaupt Friedrich | Vodafone-Runners | 0:50:19 | M60 | 35 | 0:53:15 | 1952 |
| 1049 | 4202 | Graebel Gunther | Crepe & Baguette Duisbur | 0:50:20 | M60 | 36 | 0:52:09 | 1953 |
| 1050 | 3520 | Nitsch Sven | *Wesel | 0:50:20 | M35 | 117 | 0:51:01 | 1980 |
| 1051 | 5366 | Kibbert Dirk | *Recklinghausen | 0:50:20 | M45 | 231 | 0:53:01 | 1969 |
| 1052 | 2979 | Edeler Thorsten | LC Duisburg | 0:50:21 | M45 | 232 | 0:51:11 | 1967 |
| 1053 | 3322 | Neukamm Michael | *Düsseldorf | 0:50:21 | M35 | 118 | 0:51:46 | 1980 |
| 1054 | 4564 | Schulz-Bongert Dr. Udo | Running Team Grafenberg | 0:50:21 | M55 | 94 | 0:51:14 | 1960 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|------|----------|------------|----------|
| 1055 | 5206 | Bock Rainer | *Düsseldorf | 0:50:22 | M50 | 198 | 0:52:19 | 1962 |
| 1056 | 5274 | Gäbler Friedemann | *Oberhausen | 0:50:23 | M20 | 77 | 0:51:52 | 1987 |
| 1057 | 3352 | Serek Jürgen | *Mülheim a.d.R. | 0:50:23 | M55 | 95 | 0:51:38 | 1960 |
| 1058 | 5308 | Paturej Darius | TuS Xanten | 0:50:23 | M45 | 233 | 0:51:28 | 1969 |
| 1059 | 4879 | Wexel Günther | *Düsseldorf | 0:50:24 | M60 | 37 | 0:54:02 | 1954 |
| 1060 | 5092 | Reinecke Dirk | Moerser TV Triathlon | 0:50:24 | M60 | 38 | 0:51:14 | 1953 |
| 1061 | 3893 | Menkinoski Saso | *Mülheim | 0:50:24 | M35 | 119 | 0:51:36 | 1979 |
| 1062 | 4784 | Hugemann Frank | SV Bayer 05 Uerdingen | 0:50:25 | M50 | 199 | 0:52:50 | 1962 |
| 1063 | 3715 | Richter Tim | Fabritz | 0:50:25 | MU18 | 6 | 0:51:40 | 1999 |
| 1064 | 4579 | van der Horst Roland | *Bocholt | 0:50:26 | M40 | 171 | 0:51:21 | 1972 |
| 1065 | 3785 | Kethers Dennis | *Moers | 0:50:28 | M40 | 172 | 0:53:20 | 1975 |
| 1065 | 3821 | Aplienz Malte | *Dortmund | 0:50:28 | M30 | 109 | 0:52:19 | 1985 |
| 1067 | 5453 | Schulz Michael | FC Gladbeck | 0:50:28 | M50 | 200 | 0:52:42 | 1965 |
| 1068 | 2816 | Klausen Marco | BORUSSIA FOHLENPOW | 0:50:28 | M45 | 234 | 0:50:51 | 1969 |
| 1069 | 4881 | Schönherr Markus | *Borken | 0:50:29 | M45 | 235 | 0:53:31 | 1969 |
| 1070 | 5747 | Wieneke Andreas | Vodafone-Runners | 0:50:29 | M55 | 96 | 0:53:47 | 1957 |
| 1071 | 4409 | Üvey Erhan | Aratos Journal | 0:50:30 | M45 | 236 | 0:53:17 | 1969 |
| 1072 | 4507 | Lohmann Dirk | *Oberhausen | 0:50:30 | M50 | 201 | 0:52:10 | 1966 |
| 1073 | 2352 | Pohl Hans-Jürgen | SG Ruhrgas 1929 | 0:50:30 | M50 | 202 | 0:51:51 | 1965 |
| 1074 | 5552 | Muth Karsten | SG Ruhrgas 1929 | 0:50:30 | M50 | 203 | 0:53:59 | 1966 |
| 1075 | 3006 | Licata Antonio | Dudel Runner | 0:50:31 | M50 | 204 | 0:52:38 | 1966 |
| 1076 | 4761 | Brand Gunnar | *Duisburg | 0:50:31 | M45 | 237 | 0:52:16 | 1970 |
| 1077 | 2447 | Schilling Dirk | *Duisburg | 0:50:32 | M45 | 238 | 0:52:39 | 1967 |
| 1078 | 5689 | Calin Dragos | Vodafone-Runners | 0:50:32 | M35 | 120 | 0:52:25 | 1978 |
| 1079 | 5259 | Baxter Peter | *Kempfen | 0:50:33 | M40 | 173 | 0:50:57 | 1975 |
| 1080 | 2286 | Lammers Stefan | LG COESFELD | 0:50:34 | M50 | 205 | 0:51:40 | 1965 |
| 1081 | 3141 | Benning Reinhold | TSV | 0:50:35 | M55 | 97 | 0:54:04 | 1961 |
| 1082 | 2416 | Maurer Oliver | *Duisburg | 0:50:35 | M50 | 206 | 0:52:43 | 1965 |
| 1083 | 3513 | Krämer Marcus | *Menden | 0:50:35 | M45 | 239 | 0:51:32 | 1969 |
| 1084 | 2991 | Kemkes Reinhard | *Essen | 0:50:35 | M55 | 98 | 0:51:21 | 1960 |
| 1085 | 5369 | Laskowski Daniel | *Bochum | 0:50:36 | M40 | 174 | 0:52:57 | 1975 |
| 1086 | 5022 | Küssner Bernd | Angerland LT Lintorf | 0:50:36 | M60 | 39 | 0:52:35 | 1954 |
| 1087 | 5185 | Raba Christian | *Oberhausen | 0:50:37 | M40 | 175 | 0:52:53 | 1972 |
| 1088 | 5054 | Frommknecht Richard | *Rheinberg | 0:50:37 | M35 | 121 | 0:52:17 | 1979 |
| 1089 | 2753 | Gienapp Rolf | die Lopis | 0:50:38 | M50 | 207 | 0:52:14 | 1963 |
| 1090 | 2942 | Hennemann Heribert | BSG DRV Rheinland | 0:50:38 | M65 | 11 | 0:51:18 | 1948 |
| 1091 | 2809 | Kubitza Marco | Triathlon Mülheim | 0:50:39 | M45 | 240 | 0:52:35 | 1970 |
| 1092 | 2964 | Happe Jens | *Bottrop | 0:50:40 | M50 | 208 | 0:52:49 | 1966 |
| 1093 | 5486 | Brands Marcel | Die Raupen | 0:50:40 | M30 | 110 | 0:51:39 | 1982 |
| 1094 | 3811 | Thimm Henning | *Oberhausen | 0:50:40 | M30 | 111 | 0:53:53 | 1984 |
| 1095 | 2620 | Hollenberg Jörg | *Duisburg | 0:50:40 | M50 | 209 | 0:53:12 | 1966 |
| 1096 | 5740 | Stolle Jörg | Vodafone-Runners | 0:50:41 | M45 | 241 | 0:52:59 | 1969 |
| 1097 | 3281 | Bischoff Andre | BSG Wirtschaftsbetriebe D | 0:50:41 | M40 | 176 | 0:53:20 | 1976 |
| 1098 | 5030 | Blumentrath Philipp | Rheinfire Strümp | 0:50:43 | M45 | 242 | 0:52:29 | 1967 |
| 1099 | 2449 | Jubt Guido | JUBT-Trockenbau Runnin | 0:50:43 | M40 | 177 | 0:52:52 | 1972 |
| 1100 | 5160 | Killius Klaus | Marathon Mülheim | 0:50:43 | M55 | 99 | 0:52:39 | 1959 |
| 1101 | 5277 | Dürdodt Dr. Christian | *bochum | 0:50:47 | M40 | 178 | 0:53:16 | 1972 |
| 1102 | 4541 | Moll Rainer | *Krefeld | 0:50:47 | M50 | 210 | 0:53:33 | 1964 |
| 1103 | 3628 | Bartels Guido | *Duisburg | 0:50:48 | M40 | 179 | 0:51:39 | 1974 |
| 1104 | 2699 | Volkerts Thomas | *Duisburg | 0:50:49 | M40 | 180 | 0:52:44 | 1973 |
| 1105 | 4053 | Sonnen Stephan | *Essen | 0:50:51 | M45 | 243 | 0:53:03 | 1969 |
| 1106 | 3618 | Blomeyer André | *Essen | 0:50:53 | M40 | 181 | 0:53:20 | 1975 |
| 1107 | 4371 | Konrad Mark | *Duisburg | 0:50:54 | M40 | 182 | 0:53:30 | 1976 |
| 1108 | 4855 | Keulen Till | *Düsseldorf | 0:50:55 | M40 | 183 | 0:52:22 | 1975 |
| 1109 | 5258 | Ruani Dario | *Moers | 0:50:55 | M30 | 112 | 0:51:20 | 1984 |
| 1110 | 5355 | Hoff Stefan | *Düsseldorf | 0:50:55 | M45 | 244 | 0:54:00 | 1969 |
| 1111 | 3902 | Schnabel Thomas | *Remscheid | 0:50:56 | M50 | 211 | 0:52:46 | 1962 |
| 1112 | 3465 | Spogahn Georg | Bocholter Wassersportver | 0:50:56 | M65 | 12 | 0:53:54 | 1951 |
| 1113 | 5769 | Albrecht Rainer | TUS BREITSCHEID | 0:50:56 | M55 | 100 | 0:51:59 | 1960 |
| 1114 | 4445 | Gilles Ulrich | Werdener TB | 0:50:57 | M50 | 212 | 0:53:16 | 1963 |
| 1115 | 4805 | Krebber Norbert | Bocholter WSV | 0:50:57 | M55 | 101 | 0:53:57 | 1961 |
| 1116 | 4569 | Reska Michael | Team Polizei | 0:50:57 | M40 | 184 | 0:54:17 | 1974 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 1117 | 3001 | Dietrich Markus | TVE Burgaltendorf | 0:51:00 | M45 | 245 | 0:51:00 | 1969 |
| 1118 | 2477 | Fileccia Marco | *Oberhausen | 0:51:00 | M50 | 213 | 0:52:06 | 1963 |
| 1119 | 2436 | Dörner Josef | *Duisburg | 0:51:01 | M45 | 246 | 0:53:20 | 1968 |
| 1120 | 2659 | Siemoneit Carsten | *Duisburg | 0:51:02 | M35 | 122 | 0:53:30 | 1977 |
| 1121 | 2769 | Steiof Leander | *Meerbusch | 0:51:03 | M50 | 214 | 0:52:28 | 1963 |
| 1122 | 3473 | Schübel Timo | LC Duisburg/Ausdauer.by E | 0:51:03 | M30 | 113 | 0:53:11 | 1983 |
| 1123 | 2637 | Heinrich Dr. Jens | Wittlaer Runners | 0:51:03 | M50 | 215 | 0:52:18 | 1962 |
| 1124 | 3454 | Caffier André | *Duisburg | 0:51:03 | M40 | 185 | 0:52:46 | 1975 |
| 1125 | 2662 | Tüttelmann Rainer | *Iserlohn | 0:51:04 | M65 | 13 | 0:52:26 | 1950 |
| 1126 | 5268 | Dammers Christof | TV Goch | 0:51:04 | M40 | 186 | 0:54:02 | 1972 |
| 1127 | 3412 | Scheider Michael | *Duisburg | 0:51:04 | M45 | 247 | 0:52:47 | 1969 |
| 1128 | 3350 | Schroten Achim | SC Bayer 05 Uerdingen | 0:51:04 | M60 | 40 | 0:52:57 | 1954 |
| 1129 | 2507 | Tewes Kai | *Oberhausen | 0:51:06 | M35 | 123 | 0:53:05 | 1978 |
| 1130 | 2452 | Richter Thorsten | Immeo Wohnen Running T | 0:51:07 | M45 | 248 | 0:53:11 | 1970 |
| 1131 | 3194 | Lemke Lars | TV 1900 Wanheim | 0:51:07 | M45 | 249 | 0:53:32 | 1970 |
| 1132 | 3476 | Nassmacher Heiner | SG Borken | 0:51:07 | M50 | 216 | 0:52:54 | 1963 |
| 1133 | 2334 | Tollnick Stefan | VIVAWEST | 0:51:08 | M40 | 187 | 0:53:03 | 1976 |
| 1134 | 3685 | Rettkowski Veit | TSV Meerbusch | 0:51:08 | M40 | 188 | 0:52:35 | 1975 |
| 1135 | 2423 | Stachelhaus Timo | Stadt Duisburg Azubis | 0:51:10 | M20 | 78 | 0:54:02 | 1988 |
| 1136 | 4356 | Neumann André | *Düsseldorf | 0:51:12 | M30 | 114 | 0:51:32 | 1983 |
| 1137 | 4950 | Klanten Burkhard | BSG Sparkasse Bottrop | 0:51:13 | M55 | 102 | 0:53:30 | 1959 |
| 1138 | 3111 | Kurze Hartmut | *Willich | 0:51:14 | M55 | 103 | 0:54:00 | 1959 |
| 1139 | 3000 | Kernebeck Franz-Josef | TVE Burgaltendorf | 0:51:14 | M55 | 104 | 0:53:39 | 1960 |
| 1140 | 3253 | Block Martin | *Neuss | 0:51:15 | M35 | 124 | 0:53:19 | 1978 |
| 1140 | 4038 | Gajdzis Heinrich | *Wuppertal | 0:51:15 | M55 | 105 | 0:53:04 | 1958 |
| 1142 | 4783 | Müller Markus | *Mülheim an der Ruhr | 0:51:15 | M30 | 115 | 0:54:12 | 1983 |
| 1143 | 5593 | Mehlhorn-Wehr Uwe | 200PROTEAM | 0:51:16 | M50 | 217 | 0:54:23 | 1962 |
| 1144 | 3974 | Köster Christof | Marathonteam Ratingen | 0:51:16 | M45 | 250 | 0:52:40 | 1969 |
| 1145 | 2767 | Cornelißen Volker | Hardtseemafia Triathlon | 0:51:17 | M45 | 251 | 0:54:10 | 1967 |
| 1146 | 2394 | Reinicke Jan | Max Maulwurf Marathonis | 0:51:18 | M40 | 189 | 0:54:04 | 1975 |
| 1147 | 3886 | Rungenhagen Arne Paul L | FTV Fischeln / SV Neptun I | 0:51:18 | M20 | 79 | 0:52:46 | 1994 |
| 1148 | 5761 | Kraatz Norman | TUS BREITSCHEID | 0:51:20 | M35 | 125 | 0:52:00 | 1980 |
| 1149 | 2640 | Fröhlich Dr. Tobias | Wittlaer Runners | 0:51:20 | M45 | 252 | 0:52:01 | 1968 |
| 1150 | 5749 | Smetz Joerg | Vodafone-Runners | 0:51:22 | M35 | 126 | 0:53:59 | 1979 |
| 1151 | 3639 | Graml Stefan | *Duisburg | 0:51:23 | M40 | 190 | 0:52:22 | 1973 |
| 1152 | 5325 | Raschke Dennis | *Krefeld | 0:51:24 | M35 | 127 | 0:53:19 | 1980 |
| 1153 | 5480 | Mürmann Dominik | *Oberhausen | 0:51:25 | M35 | 128 | 0:52:57 | 1979 |
| 1154 | 4700 | Ensfelder Norbert | *Mülheim an der Ruhr | 0:51:25 | M45 | 253 | 0:53:56 | 1970 |
| 1155 | 3871 | Neugebauer Tim | AC Mila | 0:51:26 | M35 | 129 | 0:52:00 | 1978 |
| 1156 | 4962 | Schröder Joscha | Team Punto Moda | 0:51:26 | M35 | 130 | 0:52:00 | 1980 |
| 1157 | 4230 | Heine Matthias | *Duisburg | 0:51:26 | M35 | 131 | 0:53:00 | 1980 |
| 1158 | 2638 | Greuel Thomas | Wittlaer Runners | 0:51:26 | M40 | 191 | 0:52:37 | 1972 |
| 1159 | 3873 | Mevissen Karlheinz | CWS-boco International G | 0:51:27 | M50 | 218 | 0:52:56 | 1966 |
| 1160 | 2300 | Jännert Erich | AS Neukirchen-Vluyn | 0:51:27 | M65 | 14 | 0:53:54 | 1949 |
| 1161 | 4087 | Langer Marco | *Duisburg | 0:51:27 | M35 | 132 | 0:53:02 | 1979 |
| 1162 | 3014 | Becker Mark | *Essen | 0:51:28 | M40 | 192 | 0:54:04 | 1972 |
| 1163 | 3718 | Jaskulski Leon | *Duisburg | 0:51:28 | MU20 | 8 | 0:52:51 | 1998 |
| 1164 | 2653 | Heider Thomas | SV Langenfeld | 0:51:29 | M50 | 219 | 0:53:17 | 1966 |
| 1165 | 2654 | Schmitt Lars | SV Langenfeld | 0:51:29 | M45 | 254 | 0:53:17 | 1971 |
| 1166 | 3694 | Salmon Andreas | *Neuss | 0:51:32 | M55 | 106 | 0:54:27 | 1960 |
| 1167 | 2453 | Beyert Lutz | *Ratingen | 0:51:32 | M50 | 220 | 0:53:29 | 1966 |
| 1168 | 2380 | Conrads Uwe | TC Kray 1892 e.V. | 0:51:33 | M50 | 221 | 0:52:39 | 1965 |
| 1169 | 5644 | Schneider Markus | Vodafone-Runners | 0:51:33 | M30 | 116 | 0:52:31 | 1985 |
| 1170 | 4904 | Kempken Tim | *Voerde | 0:51:33 | M40 | 193 | 0:54:01 | 1974 |
| 1171 | 4302 | Grotenhuis Karl | Gocher Lauffamilien | 0:51:34 | M50 | 222 | 0:52:54 | 1964 |
| 1172 | 3868 | Utzig Robert | *Leverkusen | 0:51:34 | M35 | 133 | 0:52:07 | 1981 |
| 1173 | 4558 | Friedrich Rainer | SV Blau Weiß Bochum | 0:51:36 | M45 | 255 | 0:54:41 | 1969 |
| 1174 | 3152 | Schmitz Thomas | Laufftreff Sterkrade Nord | 0:51:36 | M45 | 256 | 0:54:45 | 1967 |
| 1174 | 2391 | Bittner Jörg | Max Maulwurf Marathonis | 0:51:36 | MU18 | 7 | 0:52:05 | 1999 |
| 1176 | 4527 | Horrig Volker | Triminators TV Voerde | 0:51:36 | M55 | 107 | 0:53:56 | 1959 |
| 1177 | 4358 | Spelmanns Arnd | Rannabeus Flüren | 0:51:36 | M45 | 257 | 0:55:03 | 1970 |
| 1178 | 3980 | Eversmann Gerhard | *Duisburg | 0:51:37 | M55 | 108 | 0:54:47 | 1961 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 1179 | 2902 | Lange Hans-Dieter | *Mülheim an der Ruhr | 0:51:37 | M55 | 109 | 0:53:15 | 1961 |
| 1180 | 2404 | Kossmann Andre | BUMMELBOB | 0:51:38 | M40 | 194 | 0:55:02 | 1976 |
| 1181 | 4520 | Schäfer Daniel | Team Aroma Ahoi | 0:51:40 | M35 | 134 | 0:53:40 | 1977 |
| 1182 | 2850 | Terporten Niklas | Feuerwehr Düsseldorf | 0:51:40 | M40 | 195 | 0:53:49 | 1972 |
| 1183 | 5072 | Wünsche Clemens | *Meerbusch | 0:51:40 | M40 | 196 | 0:53:49 | 1973 |
| 1184 | 2596 | May Jörg | Running Dinslaken | 0:51:40 | M50 | 223 | 0:53:03 | 1962 |
| 1185 | 4835 | Hoppe Ralf | Running Dinslaken | 0:51:42 | M50 | 224 | 0:53:00 | 1965 |
| 1186 | 2826 | Mähler Jörg | Ausdauerschule Bruns | 0:51:43 | M50 | 225 | 0:52:32 | 1963 |
| 1187 | 3700 | Bauch Andreas | *Duisburg | 0:51:43 | M45 | 258 | 0:54:35 | 1968 |
| 1188 | 2475 | Posterz Peter | Benzin im Blut | 0:51:44 | M45 | 259 | 0:52:55 | 1969 |
| 1189 | 4675 | Bützer Marvin | *Duisburg | 0:51:44 | M20 | 80 | 0:53:41 | 1992 |
| 1190 | 4998 | Schmidt Silvio | *Düsseldorf | 0:51:45 | M40 | 197 | 0:54:57 | 1972 |
| 1191 | 2408 | Müller Andreas | BUMMELBOB | 0:51:45 | M35 | 135 | 0:55:02 | 1977 |
| 1192 | 4676 | Börgardts Tobias | *Duisburg | 0:51:45 | M20 | 81 | 0:53:41 | 1992 |
| 1193 | 4678 | Dötsch Sebastian | *Duisburg | 0:51:45 | M20 | 82 | 0:53:41 | 1992 |
| 1194 | 3450 | Buss Stephan | *Dortmund | 0:51:45 | M30 | 117 | 0:55:17 | 1983 |
| 1195 | 4555 | Alferi Mathias | Team Polizei Duisburg | 0:51:45 | M20 | 83 | 0:52:41 | 1989 |
| 1196 | 3082 | Wirth Dominik | *Essen | 0:51:45 | M30 | 118 | 0:55:20 | 1986 |
| 1197 | 3148 | Donner Michael | *Wuppertal | 0:51:46 | M55 | 110 | 0:52:45 | 1961 |
| 1198 | 2584 | Holzum Frank | SV Budberg Lauffreunde | 0:51:46 | M45 | 260 | 0:54:46 | 1968 |
| 1199 | 4224 | Füchtenschnieder Christ | TSG Kirchhellen | 0:51:46 | M50 | 226 | 0:53:15 | 1962 |
| 1200 | 4084 | Kaline Maik | Dorsten | 0:51:46 | M40 | 198 | 0:55:18 | 1973 |
| 1200 | 4586 | Lohmann Bastian | Woflos | 0:51:46 | M30 | 119 | 0:54:38 | 1984 |
| 1202 | 3426 | Dernier Andreas | LT Ratingen-Lintorf | 0:51:48 | M45 | 261 | 0:54:03 | 1968 |
| 1203 | 3861 | Reimann Uwe | *Düsseldorf | 0:51:49 | M50 | 227 | 0:52:49 | 1964 |
| 1204 | 4416 | Kuleczka André | *Duisburg | 0:51:49 | M30 | 120 | 0:54:18 | 1986 |
| 1205 | 4301 | Große-Wilde Wolfgang | Lauffreunde Bottrop | 0:51:49 | M60 | 41 | 0:53:07 | 1954 |
| 1206 | 3788 | Koblitz Andreas | Ausdauerschule by bunert | 0:51:50 | M45 | 262 | 0:52:43 | 1968 |
| 1207 | 5046 | Prinz Matthias | *Duisburg | 0:51:50 | M20 | 84 | 0:53:09 | 1990 |
| 1208 | 4979 | Siems Onnen | CarOn | 0:51:51 | M50 | 228 | 0:54:21 | 1964 |
| 1208 | 5602 | Pederiva Thomas | 200PROTEAM | 0:51:51 | M45 | 263 | 0:54:42 | 1968 |
| 1210 | 4892 | Krueger Oleg | *Krefeld | 0:51:51 | M45 | 264 | 0:53:31 | 1970 |
| 1211 | 2636 | Dolif Simon | Wittlaer Runners | 0:51:53 | MU16 | 1 | 0:52:32 | 2002 |
| 1212 | 2429 | Kielmann Roland | Run4Fun | 0:51:58 | M50 | 229 | 0:55:04 | 1965 |
| 1213 | 4218 | Baumann Jens | *Moers | 0:51:59 | M45 | 265 | 0:55:00 | 1967 |
| 1214 | 2761 | Eckert Paul | Team Interrail Klatovy 200 | 0:51:59 | M50 | 230 | 0:54:15 | 1964 |
| 1215 | 3841 | Haberlandt Sven | *Duisburg | 0:51:59 | M30 | 121 | 0:54:19 | 1985 |
| 1216 | 3559 | Knepper Michael | Marathon Mülheim | 0:51:59 | M50 | 231 | 0:54:21 | 1963 |
| 1217 | 4493 | Brand Dirk | *Duisburg | 0:51:59 | M40 | 199 | 0:54:19 | 1973 |
| 1218 | 5706 | Nguyen Pham Quang | Vodafone-Runners | 0:52:00 | M40 | 200 | 0:53:54 | 1974 |
| 1219 | 3529 | Nitsche Pascal | *dinslaken | 0:52:01 | M20 | 85 | 0:54:37 | 1994 |
| 1220 | 4298 | Vogel Dirk | LF Serm | 0:52:01 | M55 | 111 | 0:53:18 | 1960 |
| 1221 | 5058 | Neuhaus Benni | LT Turnerbund Frintrop | 0:52:02 | M30 | 122 | 0:53:48 | 1985 |
| 1222 | 5488 | Treinen Manuel | Die Raupen | 0:52:02 | M40 | 201 | 0:53:02 | 1975 |
| 1223 | 4742 | Ingenhoff Frank | *Moers | 0:52:02 | M40 | 202 | 0:53:13 | 1973 |
| 1224 | 3554 | Mroß Michael | *Duisburg | 0:52:03 | M55 | 112 | 0:54:23 | 1960 |
| 1225 | 5103 | Friebe Mathias | *Mönchengladbach | 0:52:03 | M50 | 232 | 0:55:12 | 1964 |
| 1226 | 2863 | Thomaschewski Dr. Frank | *Duisburg | 0:52:03 | M50 | 233 | 0:53:56 | 1962 |
| 1227 | 4100 | Leichsenring Andre | *Tönisvorst | 0:52:04 | M35 | 136 | 0:53:10 | 1977 |
| 1228 | 3919 | Babel Georg | Babel | 0:52:04 | M55 | 113 | 0:54:27 | 1958 |
| 1229 | 0 | unbekannt DY10S5G | | 0:52:04 | M20 | 86 | 0:54:59 | |
| 1230 | 5324 | Langenhorst Peter | *Raesfeld | 0:52:04 | M50 | 234 | 0:53:03 | 1963 |
| 1231 | 4292 | Vogt Holger | *Essen | 0:52:04 | M55 | 114 | 0:55:00 | 1960 |
| 1232 | 5292 | Flüßen Tobias | *Moers | 0:52:05 | M30 | 123 | 0:52:29 | 1985 |
| 1233 | 2969 | Lüßem Marc | *Essen | 0:52:06 | M45 | 266 | 0:53:55 | 1967 |
| 1234 | 5166 | Kipping Karsten | WIR BEI HKM | 0:52:06 | M30 | 124 | 0:54:04 | 1986 |
| 1235 | 2421 | Thies Stefan | Lonely runners | 0:52:07 | M45 | 267 | 0:54:57 | 1969 |
| 1235 | 4974 | Roy Jürgen | Athletik Waldniel | 0:52:07 | M50 | 235 | 0:53:14 | 1962 |
| 1237 | 4999 | Leuchten Dieter | *Haltern am See | 0:52:07 | M50 | 236 | 0:54:58 | 1965 |
| 1238 | 5572 | Gröber Rüdiger | 200PROTEAM | 0:52:08 | M60 | 42 | 0:53:39 | 1955 |
| 1239 | 2780 | Lorenz Oliver | Fortuna Düsseldorf Triath | 0:52:08 | M40 | 203 | 0:52:46 | 1976 |
| 1240 | 4359 | Diekena Philipp | *Mülheim an der Ruhr | 0:52:09 | M20 | 87 | 0:53:03 | 1990 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|----------------------------|---------|-----|----------|------------|----------|
| 1241 | 3384 | Weiss Günter | *Moers | 0:52:11 | M55 | 115 | 0:53:27 | 1959 |
| 1242 | 3195 | Zangen Markus | *Düsseldorf | 0:52:11 | M40 | 204 | 0:54:12 | 1972 |
| 1243 | 5682 | Hendriks David | Vodafone-Runners | 0:52:11 | M45 | 268 | 0:54:17 | 1969 |
| 1244 | 4034 | Hengstermann Christoph | SV Haldern - Lauftreff | 0:52:12 | M55 | 116 | 0:55:05 | 1959 |
| 1245 | 4043 | Philipps Klaus | *Duisburg | 0:52:12 | M60 | 43 | 0:53:47 | 1955 |
| 1246 | 4733 | Brall Michael | *Langenfeld | 0:52:13 | M35 | 137 | 0:53:39 | 1978 |
| 1247 | 2496 | Giebels Franz-Josef | *Kleve | 0:52:13 | M45 | 269 | 0:55:54 | 1970 |
| 1248 | 2747 | Grabowski Robert | SV Gladbeck 13 | 0:52:15 | M45 | 270 | 0:54:11 | 1970 |
| 1249 | 3666 | Koziorowski Michael | *Essen | 0:52:15 | M55 | 117 | 0:54:58 | 1959 |
| 1250 | 2478 | Flintrop Thorsten | Weseler TV-Triathlon | 0:52:16 | M45 | 271 | 0:54:33 | 1969 |
| 1251 | 2849 | Niski Klaus | TV Jahn Hiesfeld | 0:52:16 | M45 | 272 | 0:54:30 | 1967 |
| 1252 | 2635 | Dolif Christian | Wittlaer Runners | 0:52:17 | M45 | 273 | 0:53:32 | 1968 |
| 1253 | 4257 | Winzen Christian | Laufbrüder | 0:52:17 | M50 | 237 | 0:54:31 | 1966 |
| 1254 | 4265 | Schophaus Dr. Roland | Bottrop | 0:52:17 | M55 | 118 | 0:55:07 | 1960 |
| 1255 | 4627 | Perolles Markus | Reeser Triathlon | 0:52:17 | M40 | 205 | 0:55:18 | 1974 |
| 1256 | 5617 | Lünendonk Patrick | Team Crazyluenis | 0:52:18 | M20 | 88 | 0:53:33 | 1988 |
| 1257 | 3555 | Pinell Karl-Heinz | *Willich | 0:52:18 | M50 | 238 | 0:55:04 | 1962 |
| 1258 | 4680 | Frank Torsten | *Meerbusch | 0:52:19 | M40 | 206 | 0:54:31 | 1972 |
| 1259 | 5133 | Gillwald Dr. Volker | *Mönchengladbach | 0:52:19 | M45 | 274 | 0:55:28 | 1967 |
| 1260 | 4151 | Wurm Dieter | *Essen | 0:52:19 | M45 | 275 | 0:52:56 | 1970 |
| 1261 | 5010 | Panzog Stefan | *Duisburg | 0:52:21 | M45 | 276 | 0:55:10 | 1967 |
| 1262 | 3908 | Pizzolato Nico | Die Pizzos | 0:52:21 | M20 | 89 | 0:54:46 | 1991 |
| 1263 | 4781 | Renner Sascha | Freeletics Essen | 0:52:21 | M30 | 125 | 0:55:06 | 1984 |
| 1264 | 2314 | Meisenzahl Marius | BSG Stadtwerke Duisburg | 0:52:21 | M20 | 90 | 0:54:17 | 1990 |
| 1265 | 3315 | Vohl Stefan | *Duisburg | 0:52:22 | M45 | 277 | 0:54:55 | 1970 |
| 1266 | 2581 | Friemond Jens | SV Budberg Lauffreunde | 0:52:22 | M30 | 126 | 0:55:20 | 1982 |
| 1267 | 3967 | Abraham Christian | *Duisburg | 0:52:23 | M45 | 278 | 0:53:52 | 1971 |
| 1268 | 5144 | Coenen Carsten | *Goch | 0:52:24 | M35 | 138 | 0:55:22 | 1979 |
| 1269 | 3140 | Ihling Johnny | TSV Bocholt | 0:52:25 | M55 | 119 | 0:54:55 | 1961 |
| 1270 | 4142 | Haase Thomas | *Düsseldorf | 0:52:25 | M50 | 239 | 0:54:51 | 1966 |
| 1271 | 3692 | Tetzlaff Marc | *Gelsenkirchen | 0:52:26 | M20 | 91 | 0:52:52 | 1988 |
| 1272 | 4497 | Bierschbach Rainer | Turnerbund Osterfeld 1911 | 0:52:26 | M55 | 120 | 0:54:48 | 1959 |
| 1273 | 4561 | Hommen Nils | Marathon Mülheim | 0:52:26 | M30 | 127 | 0:53:13 | 1982 |
| 1274 | 3347 | Candir Kemal | *Duisburg | 0:52:27 | M45 | 279 | 0:56:05 | 1971 |
| 1275 | 3011 | Beer Oliver | *Sprockhövel | 0:52:27 | M45 | 280 | 0:53:07 | 1971 |
| 1276 | 2492 | Dobberke Frank | BSV Kokerei Schwelgern e | 0:52:27 | M45 | 281 | 0:53:33 | 1967 |
| 1277 | 5321 | Hoffjann Christof | Schermbeck | 0:52:27 | M45 | 282 | 0:54:21 | 1968 |
| 1278 | 3730 | Blumenberg Dirk | dlx | 0:52:28 | M50 | 240 | 0:54:27 | 1963 |
| 1279 | 4794 | Groos Reiner | TV Jahn Hiesfeld | 0:52:30 | M55 | 121 | 0:53:11 | 1959 |
| 1280 | 5081 | Meyer Tobias | LT Krefeld-Oppum | 0:52:31 | M30 | 128 | 0:55:11 | 1983 |
| 1281 | 4548 | Müller Rainer | LT Wischlingen Dortmund | 0:52:31 | M50 | 241 | 0:55:17 | 1963 |
| 1282 | 2365 | Roos Alexander | VIVAWEST | 0:52:32 | M35 | 139 | 0:53:35 | 1980 |
| 1283 | 3201 | Gumz Ingo | *Duisburg | 0:52:33 | M50 | 242 | 0:54:43 | 1963 |
| 1284 | 4496 | Schaub Andreas | Turbo-Schnecken-Lüdensch | 0:52:33 | M50 | 243 | 0:54:33 | 1966 |
| 1285 | 4719 | Günther Andreas | Fun Runner VfL Gladbeck | 0:52:35 | M55 | 122 | 0:54:34 | 1958 |
| 1286 | 3771 | Schröer Olaf | Cycling Team Essen | 0:52:35 | M45 | 283 | 0:54:38 | 1969 |
| 1287 | 3897 | Rohde Markus | *Duisburg | 0:52:35 | M40 | 207 | 0:53:38 | 1973 |
| 1288 | 4648 | Jankowski Michael | *Duisburg | 0:52:35 | M30 | 129 | 0:54:09 | 1986 |
| 1289 | 2768 | Raczka Marius | *Dortmund | 0:52:35 | M35 | 140 | 0:54:50 | 1977 |
| 1289 | 2299 | Fischer Helmut | AS Neukirchen-Vluyn | 0:52:35 | M70 | 2 | 0:54:59 | 1946 |
| 1291 | 3749 | Kawka Julian | *Essen | 0:52:36 | M30 | 130 | 0:53:32 | 1985 |
| 1292 | 2551 | Lepper Stefan | TTV Hamborn 2010 | 0:52:36 | M20 | 92 | 0:54:09 | 1987 |
| 1293 | 3283 | Kentsch Benjamin | BSG Wirtschaftsbetriebe D | 0:52:37 | M35 | 141 | 0:55:16 | 1980 |
| 1294 | 2707 | Wendel Haiko | TV Ratingen (Wettkampfc | 0:52:37 | M45 | 284 | 0:55:05 | 1971 |
| 1295 | 3235 | Panhey Ralf | *Duisburg | 0:52:37 | M45 | 285 | 0:54:07 | 1971 |
| 1295 | 2271 | Knutzen Thomas | Ausdauererschule by Bunert | 0:52:37 | M40 | 208 | 0:55:16 | 1973 |
| 1297 | 4804 | Albert Rene | *Duisburg | 0:52:37 | M20 | 93 | 0:55:11 | 1987 |
| 1298 | 2763 | Leckelt Dietmar | *Mülheim an der Ruhr | 0:52:38 | M45 | 286 | 0:55:51 | 1969 |
| 1299 | 2418 | Bantin Holger | Unser Wasser e. V. | 0:52:38 | M60 | 44 | 0:53:19 | 1953 |
| 1300 | 3038 | Tiede Bastian | Kenia Reserve | 0:52:39 | M20 | 94 | 0:54:17 | 1989 |
| 1301 | 5002 | Lidzba Frank | *Haan | 0:52:39 | M40 | 209 | 0:54:46 | 1973 |
| 1302 | 4048 | Kollar Philip | *Düsseldorf | 0:52:40 | M35 | 142 | 0:53:12 | 1980 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|-----|----------|------------|----------|
| 1303 | 3795 | Hannig Dr. Frithjof | *Düsseldorf | 0:52:41 | M40 | 210 | 0:55:24 | 1975 |
| 1304 | 3696 | Fieber Thomas | hofacker-runner.de.vu | 0:52:41 | M40 | 211 | 0:54:50 | 1973 |
| 1305 | 4918 | Moroz Thomas | *Grevenbroich | 0:52:41 | M40 | 212 | 0:52:45 | 1973 |
| 1306 | 2482 | Hestermann Claus | *Essen | 0:52:43 | M45 | 287 | 0:54:50 | 1968 |
| 1307 | 5402 | Feldmeier Dirk | *Werne | 0:52:43 | M45 | 288 | 0:56:44 | 1969 |
| 1308 | 4342 | Schweflinghaus Andreas | Flossen Weg | 0:52:43 | M55 | 123 | 0:52:59 | 1960 |
| 1309 | 5701 | Bäumer Daniel | Vodafone-Runners | 0:52:44 | M45 | 289 | 0:54:50 | 1969 |
| 1310 | 0 | unbekannt DY6KANK | | 0:52:44 | M20 | 95 | 0:55:25 | |
| 1311 | 5400 | van Koll Udo | SC Bayer 05 Uerdingen | 0:52:44 | M50 | 244 | 0:54:38 | 1962 |
| 1311 | 5416 | Wiegand Harald | SC Bayer 05 Uerdingen | 0:52:44 | M50 | 244 | 0:54:37 | 1964 |
| 1313 | 3019 | Beuting Ulrich | DJK TuS Rotthausen | 0:52:44 | M60 | 45 | 0:55:25 | 1955 |
| 1314 | 4583 | Marks Andreas | TV Goch | 0:52:45 | M45 | 290 | 0:55:47 | 1971 |
| 1315 | 3775 | Schmitz Andreas | Die Deichläufer | 0:52:45 | M50 | 246 | 0:54:52 | 1964 |
| 1316 | 2357 | Wendicke Dennis | SG Ruhrgas 1929 | 0:52:45 | M30 | 131 | 0:54:26 | 1982 |
| 1317 | 3474 | Welzel Christian | *Bottrop | 0:52:46 | M20 | 96 | 0:54:48 | 1988 |
| 1318 | 2356 | van Reesch Dennis | SG Ruhrgas 1929 | 0:52:47 | M30 | 132 | 0:54:27 | 1982 |
| 1319 | 2340 | Ducke Dennis | SG Ruhrgas 1929 | 0:52:47 | M35 | 143 | 0:54:27 | 1980 |
| 1320 | 2527 | Jägers Michael | privat | 0:52:47 | M45 | 291 | 0:55:16 | 1970 |
| 1321 | 3544 | Himmel Andreas | *Essen | 0:52:47 | M50 | 247 | 0:54:55 | 1964 |
| 1322 | 4605 | Pawlowski Rainer | TuS 82 Opladen | 0:52:47 | M50 | 248 | 0:53:02 | 1962 |
| 1323 | 3168 | Meyer André | Triminators TV Voerde | 0:52:47 | M45 | 292 | 0:55:04 | 1971 |
| 1324 | 3334 | Stockhausen Andreas | RT Backfieldrunners Boch | 0:52:48 | M45 | 293 | 0:54:47 | 1969 |
| 1324 | 4659 | Gertkämper Thorsten | *Düsseldorf | 0:52:48 | M40 | 213 | 0:54:53 | 1972 |
| 1326 | 5070 | Schütze Holger | Reeser SC Triathlon | 0:52:49 | M55 | 124 | 0:55:40 | 1959 |
| 1327 | 2406 | Krisp Arno | BUMMELBOB | 0:52:49 | M40 | 214 | 0:56:07 | 1976 |
| 1327 | 2897 | Stoller Wolfgang | *Düsseldorf | 0:52:49 | M55 | 125 | 0:56:24 | 1961 |
| 1329 | 3597 | Schacht Andreas | LGO Bochum | 0:52:50 | M45 | 294 | 0:53:40 | 1967 |
| 1330 | 2442 | Lehmann Jörg | *Mülheim | 0:52:50 | M50 | 249 | 0:56:24 | 1964 |
| 1331 | 5084 | Bohack Christian | *Duisburg | 0:52:51 | M40 | 215 | 0:56:03 | 1973 |
| 1332 | 4273 | Genter Heipe | LT Turnerbund Frintrop | 0:52:52 | M55 | 126 | 0:55:46 | 1958 |
| 1333 | 2377 | Rockensüß Robin | TRIMET | 0:52:52 | M35 | 144 | 0:55:37 | 1981 |
| 1334 | 4289 | Haas Sebastian | TC Ludwigstal | 0:52:53 | M40 | 216 | 0:55:41 | 1974 |
| 1335 | 2476 | Katzenberger Oliver | *Schermbbeck | 0:52:54 | M50 | 250 | 0:55:03 | 1964 |
| 1336 | 2785 | Wilhelm Andreas | BSG Sparkasse HRV | 0:52:55 | M40 | 217 | 0:55:33 | 1975 |
| 1336 | 2284 | Beekmans Uwe | LG COESFELD | 0:52:55 | M50 | 251 | 0:54:03 | 1963 |
| 1338 | 4233 | Cook Jon | *Düsseldorf | 0:52:56 | M40 | 218 | 0:55:31 | 1972 |
| 1339 | 5774 | Presser Christian | TUS BREITSCHEID | 0:52:56 | M50 | 252 | 0:53:13 | 1963 |
| 1340 | 2392 | Gerbrecht Klaus | Max Maulwurf Marathonis | 0:52:58 | M60 | 46 | 0:55:02 | 1954 |
| 1341 | 5728 | Fleischer Alexander | Vodafone-Runners | 0:52:58 | M20 | 97 | 0:55:30 | 1987 |
| 1342 | 3875 | Veelmann Marcel | CWS-boco International G | 0:52:58 | M30 | 133 | 0:54:27 | 1983 |
| 1343 | 2954 | Kraus Sascha | *Essen | 0:52:59 | M35 | 145 | 0:55:39 | 1979 |
| 1344 | 4905 | Höck Horst | *Kaarst | 0:52:59 | M35 | 146 | 0:54:13 | 1978 |
| 1345 | 5293 | Schmidt Friedhelm | Burscheid | 0:52:59 | M55 | 127 | 0:55:58 | 1961 |
| 1346 | 2327 | Raben Ingo | VIVAWEST | 0:52:59 | M45 | 295 | 0:56:25 | 1969 |
| 1347 | 3961 | Maiworm Thomas | *Kleve | 0:53:00 | M60 | 47 | 0:56:04 | 1956 |
| 1348 | 3303 | Schmidt Enrico | Die Seitenstecher | 0:53:00 | M30 | 134 | 0:56:27 | 1984 |
| 1348 | 5100 | Espe Fabian | *Essen | 0:53:00 | M20 | 98 | 0:55:09 | 1990 |
| 1350 | 2455 | Vorrath Ludger | Team Polizei Duisburg | 0:53:01 | M40 | 219 | 0:55:06 | 1972 |
| 1351 | 5753 | Tosta Ben | Team Polizei Duisburg | 0:53:01 | M30 | 135 | 0:55:12 | 1983 |
| 1352 | 5745 | Burkhardt Andre | Vodafone-Runners | 0:53:02 | M40 | 220 | 0:54:51 | 1973 |
| 1353 | 5438 | Gollan Frank | *Ratingen | 0:53:03 | M55 | 128 | 0:55:29 | 1959 |
| 1354 | 5001 | Wiesmann Wilh.-Bernd | Team Erdinger Alkoholfrei | 0:53:06 | M65 | 15 | 0:55:34 | 1951 |
| 1355 | 3765 | Körber Sören | *Duisburg | 0:53:06 | M55 | 129 | 0:55:07 | 1961 |
| 1356 | 5699 | Droste Peter | Vodafone-Runners | 0:53:07 | M40 | 221 | 0:56:11 | 1973 |
| 1357 | 2732 | Zöller Christian | *Duisburg | 0:53:08 | M35 | 147 | 0:54:40 | 1980 |
| 1358 | 2989 | Foth Christian | *Dinslaken | 0:53:09 | M35 | 148 | 0:56:01 | 1978 |
| 1359 | 4026 | Schmidt Stephan | Volllaufen | 0:53:10 | M40 | 222 | 0:55:14 | 1975 |
| 1360 | 2264 | Leven Dirk | RMD Laufcamp 2016 | 0:53:10 | M40 | 223 | 0:54:00 | 1976 |
| 1361 | 5344 | Thönelt Sven | *Essen | 0:53:11 | M30 | 136 | 0:56:44 | 1983 |
| 1362 | 2441 | van Trist Christian | *Düsseldorf | 0:53:13 | M30 | 137 | 0:56:02 | 1984 |
| 1363 | 4187 | Schneemann Benedikt | *Essen | 0:53:14 | M40 | 224 | 0:56:49 | 1975 |
| 1364 | 2580 | Stuers Rainer | SV Budberg Lauffreunde | 0:53:16 | M55 | 130 | 0:56:13 | 1959 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|-----|----------|------------|----------|
| 1365 | 3170 | Müller Günter | Marathonteam-Ratingen | 0:53:16 | M70 | 3 | 0:55:26 | 1943 |
| 1366 | 2976 | Hill Wieland | Tri-Team Hagen | 0:53:17 | M60 | 48 | 0:56:22 | 1956 |
| 1367 | 3204 | Koerner Stefan | *Ratingen | 0:53:17 | M50 | 253 | 0:56:03 | 1964 |
| 1368 | 4256 | Hilgers Erich | Marathonteam online.de | 0:53:17 | M75 | 1 | 0:55:19 | 1937 |
| 1368 | 5620 | Wisniewski Grzegorz | 200PROTEAM | 0:53:17 | M35 | 149 | 0:56:07 | 1978 |
| 1370 | 2403 | Maas Björn | *Bottrop | 0:53:17 | M35 | 150 | 0:55:32 | 1977 |
| 1371 | 3429 | Fleitz Mario | *duisburg | 0:53:18 | M50 | 254 | 0:54:52 | 1963 |
| 1372 | 2320 | Hafenrichter York | VIVAWEST | 0:53:18 | M40 | 225 | 0:55:09 | 1972 |
| 1373 | 4456 | Schnieders Martin | *Essen | 0:53:19 | M20 | 99 | 0:57:04 | 1988 |
| 1374 | 3353 | Wolf Christian | *Duisburg | 0:53:19 | M30 | 138 | 0:56:58 | 1983 |
| 1375 | 3115 | Diesing Karl-Heinz | *Herne | 0:53:19 | M60 | 49 | 0:54:51 | 1956 |
| 1376 | 3527 | Nyenhaus Michael | *Willich | 0:53:20 | M55 | 131 | 0:56:17 | 1957 |
| 1377 | 2739 | Franke Edgar | SC Bayer 05 Uerdingen | 0:53:21 | M55 | 132 | 0:56:18 | 1960 |
| 1378 | 3233 | Hermanns Bastian | Die Blutblasen | 0:53:22 | M35 | 151 | 0:56:21 | 1979 |
| 1379 | 4912 | Thorbrügge Johannes | Roter Stern Witten | 0:53:23 | M30 | 139 | 0:56:36 | 1985 |
| 1380 | 4893 | Thurrow Alexander | Roter Stern Witten | 0:53:23 | M30 | 140 | 0:56:36 | 1984 |
| 1381 | 4930 | Lorenz Wolfgang | *Essen | 0:53:23 | M45 | 296 | 0:56:12 | 1970 |
| 1382 | 4994 | Rosenschild Christoph | running4charity e.V. | 0:53:24 | M50 | 255 | 0:55:15 | 1966 |
| 1383 | 5724 | Knocke Andreas | Vodafone-Runners | 0:53:24 | M55 | 133 | 0:56:27 | 1961 |
| 1384 | 4791 | Hilberger Christian | *Duisburg | 0:53:26 | M45 | 297 | 0:56:25 | 1967 |
| 1385 | 3075 | Leenen Sebastian | SG Borken | 0:53:27 | M40 | 226 | 0:56:30 | 1974 |
| 1386 | 2951 | Kords Christian | *Krefeld | 0:53:27 | M65 | 16 | 0:56:42 | 1949 |
| 1387 | 4619 | Mailer Mark | Jubt Trockenbau Runners | 0:53:28 | M20 | 100 | 0:54:39 | 1988 |
| 1388 | 2308 | Reicherters Tobias | BSG Stadtwerke Duisburg | 0:53:28 | M20 | 101 | 0:55:59 | 1987 |
| 1389 | 2937 | Kancer Dennis | *Duisburg | 0:53:28 | M40 | 227 | 0:55:48 | 1976 |
| 1390 | 4010 | Fröschl Jan | *Mülheim an der Ruhr | 0:53:29 | M35 | 152 | 0:56:43 | 1978 |
| 1391 | 3755 | Klein Dr. Karl | SV Siemens | 0:53:29 | M50 | 256 | 0:55:42 | 1966 |
| 1392 | 3856 | Danowski Werner | LC Duisburg | 0:53:29 | M45 | 298 | 0:55:47 | 1969 |
| 1393 | 2528 | Redlin Dr. Stefan | *Leichlingen | 0:53:30 | M50 | 257 | 0:55:21 | 1962 |
| 1394 | 3366 | Blotenberg Carsten | Essen | 0:53:30 | M45 | 299 | 0:55:14 | 1970 |
| 1395 | 5320 | Koch Wolf-Dieter | LG Mülheim | 0:53:31 | M55 | 134 | 0:54:26 | 1958 |
| 1396 | 3080 | Blohm Michael | *Dinslaken | 0:53:31 | M50 | 258 | 0:54:48 | 1966 |
| 1397 | 2432 | Mölder Dietmar | *Oberhausen | 0:53:31 | M45 | 300 | 0:55:30 | 1967 |
| 1398 | 4863 | Szardien Siegfried | www.szardien.de | 0:53:31 | M60 | 50 | 0:56:56 | 1954 |
| 1399 | 2438 | Dwars Thomas | Skinfit Team Krefeld | 0:53:31 | M45 | 301 | 0:54:57 | 1967 |
| 1400 | 3971 | Wirth Peter | Team Erdinger Alkoholfrei | 0:53:35 | M50 | 259 | 0:57:24 | 1965 |
| 1401 | 3040 | Kupke Uwe | TV Jahn Hiesfeld | 0:53:35 | M55 | 135 | 0:56:22 | 1957 |
| 1402 | 4987 | Ullrich Armin | Turnerbund Osterfeld 1911 | 0:53:39 | M55 | 136 | 0:56:01 | 1957 |
| 1403 | 3912 | Jordan Dirk | Jordis Rennmäuse | 0:53:39 | M45 | 302 | 0:55:05 | 1970 |
| 1404 | 4024 | Njunjic Claude | Volllaufen | 0:53:41 | M35 | 153 | 0:55:46 | 1977 |
| 1405 | 4025 | Bollmann Henrik | Volllaufen | 0:53:42 | M35 | 154 | 0:55:46 | 1979 |
| 1406 | 4991 | Weiß Jürgen | Wanderwegewelt.de | 0:53:42 | M45 | 303 | 0:56:59 | 1967 |
| 1407 | 4136 | Meller Jürgen | DSG Essen | 0:53:43 | M50 | 260 | 0:56:21 | 1965 |
| 1407 | 4180 | Schmidt Thorsten | Hamburg | 0:53:43 | M40 | 228 | 0:55:13 | 1972 |
| 1409 | 2561 | Kühne Michael | BSG | 0:53:43 | M50 | 261 | 0:57:29 | 1966 |
| 1410 | 5331 | Sakrewsky Michele | *Moers | 0:53:44 | M30 | 141 | 0:56:06 | 1983 |
| 1411 | 4936 | van Treek Christoph | Borussia Veen | 0:53:44 | M45 | 304 | 0:56:03 | 1968 |
| 1412 | 3037 | Wachs Daniel | Kenia Reserve | 0:53:46 | M20 | 102 | 0:55:23 | 1988 |
| 1412 | 4135 | Klinge Marcus | DSG Essen | 0:53:46 | M45 | 305 | 0:56:24 | 1967 |
| 1414 | 3368 | Kesselhut Frank | *Duisburg | 0:53:46 | M50 | 262 | 0:57:53 | 1964 |
| 1415 | 4602 | Jansen Georg | *Ratingen | 0:53:46 | M50 | 263 | 0:56:10 | 1965 |
| 1416 | 5687 | Nolte Holger | Vodafone-Runners | 0:53:47 | M45 | 306 | 0:56:23 | 1967 |
| 1417 | 2889 | Hamm Volker | LT Weitmarer Holz Bochu | 0:53:48 | M50 | 264 | 0:54:45 | 1964 |
| 1418 | 2349 | Oppermann Thomas | SG Ruhrgas 1929 | 0:53:50 | M50 | 265 | 0:56:02 | 1965 |
| 1419 | 4766 | Werner Horst | *Köln | 0:53:50 | M50 | 266 | 0:56:41 | 1963 |
| 1420 | 4370 | Sonnenschein Daniel | Naturheilpraxis Sonnensch | 0:53:50 | M45 | 307 | 0:56:32 | 1968 |
| 1421 | 4404 | Plötz Andreas | SV Wanheim 1900 | 0:53:50 | M65 | 17 | 0:56:34 | 1951 |
| 1422 | 3493 | Schmid Thomas | *Oberhausen | 0:53:52 | M45 | 308 | 0:57:13 | 1970 |
| 1423 | 5328 | Modrei Franz | Scallywag | 0:53:53 | M65 | 18 | 0:54:05 | 1951 |
| 1424 | 3241 | Werding Arndt | SG Kupferdreh-Byfang | 0:53:54 | M40 | 229 | 0:55:43 | 1972 |
| 1425 | 4193 | Heilos Dr. Andreas | Siemens | 0:53:55 | M50 | 267 | 0:56:17 | 1965 |
| 1426 | 4027 | Günther Malte | Volllaufen | 0:53:55 | M35 | 155 | 0:55:59 | 1981 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|--------------------------|---------|------|----------|------------|----------|
| 1427 | 3444 | Glavina Hans Peter | *Remscheid | 0:53:56 | M30 | 142 | 0:57:10 | 1983 |
| 1428 | 5336 | Michalopoulos Georgios | *Oberhausen | 0:53:56 | M45 | 309 | 0:57:00 | 1967 |
| 1429 | 5177 | Schmiederer Stefan | Ausdauerschule by Bunert | 0:53:56 | M35 | 156 | 0:56:40 | 1981 |
| 1430 | 5674 | Hecker Marcel | Vodafone-Runners | 0:53:57 | M40 | 230 | 0:56:03 | 1972 |
| 1431 | 3331 | Brockof Peter | Blueliner Duisburg | 0:53:59 | M50 | 268 | 0:56:25 | 1964 |
| 1432 | 3511 | Mämecke Gero | WAT Läufer | 0:53:59 | M55 | 137 | 0:55:41 | 1959 |
| 1433 | 2982 | Kendziorra Thomas | Hochschule für Gesundhei | 0:53:59 | M45 | 310 | 0:56:39 | 1968 |
| 1434 | 4664 | Krewerth Markus | *Dorsten | 0:54:00 | M45 | 311 | 0:57:29 | 1970 |
| 1434 | 4740 | Köster Martin | *Moers | 0:54:00 | M40 | 231 | 0:55:11 | 1973 |
| 1436 | 3008 | Grothe Michael | www.imrunning.de | 0:54:00 | M40 | 232 | 0:55:10 | 1972 |
| 1437 | 4739 | Assigal Dirk | *Moers | 0:54:01 | M45 | 312 | 0:55:11 | 1968 |
| 1438 | 3124 | Ehrlich Christian | LC Duisburg | 0:54:02 | M50 | 269 | 0:56:51 | 1965 |
| 1439 | 2855 | Röckendorf Jens | Ausdauerschule Bruns | 0:54:02 | M55 | 138 | 0:55:49 | 1958 |
| 1440 | 5266 | Richter Andreas | *Krefeld | 0:54:02 | M50 | 270 | 0:56:57 | 1963 |
| 1441 | 3146 | Bolender Werner | TV Jahn Hiesfeld | 0:54:03 | M50 | 271 | 0:56:58 | 1966 |
| 1442 | 4386 | Stein Michael | *Aachen | 0:54:04 | M45 | 313 | 0:56:59 | 1967 |
| 1443 | 2687 | Groß Volker | *Meerbusch | 0:54:04 | M45 | 314 | 0:55:42 | 1971 |
| 1444 | 3581 | Landau Karsten | *Gelsenkirchen | 0:54:04 | M45 | 315 | 0:56:48 | 1967 |
| 1445 | 4212 | Bornheim Georg | St. Hubertus Uedemerbruc | 0:54:05 | M35 | 157 | 0:56:36 | 1977 |
| 1446 | 2842 | Hübinger Michael | *Rheinberg | 0:54:05 | M50 | 272 | 0:57:00 | 1965 |
| 1447 | 5612 | Schmitz Thomas | 200PROTEAM | 0:54:06 | M45 | 316 | 0:57:27 | 1970 |
| 1448 | 4243 | Philippsen Mark | *Essen | 0:54:06 | M40 | 233 | 0:57:40 | 1975 |
| 1449 | 5189 | Begas Thorsten | *Kaarst | 0:54:06 | M45 | 317 | 0:55:08 | 1968 |
| 1450 | 3976 | Homrighausen Christian | *Duisburg | 0:54:06 | M45 | 318 | 0:57:53 | 1967 |
| 1451 | 4406 | Holtel Matthias | *Duisburg | 0:54:07 | M45 | 319 | 0:56:36 | 1968 |
| 1452 | 3462 | Gördes Markus | OTV Endurance Team | 0:54:08 | M40 | 234 | 0:55:35 | 1972 |
| 1453 | 3509 | Lukas Mathias | *Duisburg | 0:54:09 | M20 | 103 | 0:57:18 | 1987 |
| 1454 | 4337 | Rommerswinkel Michael | *Mülheim an der Ruhr | 0:54:09 | M20 | 104 | 0:54:56 | 1988 |
| 1455 | 3809 | Werning Christian | *Mülheim | 0:54:09 | M30 | 143 | 0:54:55 | 1982 |
| 1456 | 3812 | Wellmanns Norbert | LT-Sonntagsläufer Sonsbe | 0:54:10 | M45 | 320 | 0:57:18 | 1967 |
| 1457 | 5683 | Fenske Claus | Vodafone-Runners | 0:54:10 | M45 | 321 | 0:56:27 | 1970 |
| 1458 | 3711 | Wolters Laurenz | Fabritz | 0:54:10 | MU20 | 9 | 0:55:35 | 1998 |
| 1459 | 3250 | Genster Marcel | *Essen | 0:54:10 | M35 | 158 | 0:55:12 | 1981 |
| 1460 | 3018 | Zuther Markus | DJK TuS Rotthausen | 0:54:10 | M40 | 235 | 0:55:52 | 1975 |
| 1461 | 4360 | Möllhoff Udo | Breuer Team | 0:54:10 | M55 | 139 | 0:56:23 | 1957 |
| 1462 | 5365 | Hölterhoff Andre | *Oberhausen | 0:54:11 | M35 | 159 | 0:56:07 | 1980 |
| 1463 | 5414 | Linke Raphael | *Oberhausen | 0:54:12 | M40 | 236 | 0:55:30 | 1975 |
| 1464 | 5656 | Arnold Hendrik | Vodafone-Runners | 0:54:13 | M20 | 105 | 0:54:38 | 1988 |
| 1465 | 5145 | Kremkus Matthias | *Duisburg | 0:54:13 | M35 | 160 | 0:56:27 | 1977 |
| 1466 | 4960 | Stangenberg Marcel | *Duisburg | 0:54:18 | M20 | 106 | 0:57:01 | 1988 |
| 1467 | 4959 | Dobrogojski Benedikt | *Duisburg | 0:54:19 | M20 | 107 | 0:57:01 | 1991 |
| 1468 | 2818 | Gesing Norbert | *Rhede | 0:54:19 | M45 | 322 | 0:57:04 | 1967 |
| 1469 | 5524 | Saueressig Heiner | *Dinslaken | 0:54:20 | M45 | 323 | 0:57:22 | 1970 |
| 1470 | 4223 | Zufall Björn | *Duisburg | 0:54:21 | M40 | 237 | 0:58:21 | 1972 |
| 1471 | 4457 | Trutz Adrian | *Essen | 0:54:22 | M35 | 161 | 0:57:02 | 1977 |
| 1472 | 4913 | Lindenberg Marc | Immeo | 0:54:22 | M35 | 162 | 0:57:25 | 1977 |
| 1473 | 2419 | Schröder Jörg | Joyfun | 0:54:23 | M45 | 324 | 0:55:19 | 1968 |
| 1474 | 5312 | Röse Nils | *Neuss | 0:54:23 | M30 | 144 | 0:57:20 | 1982 |
| 1475 | 2405 | Fiß Martin | Ausdauerschule by Bunert | 0:54:25 | M50 | 273 | 0:57:02 | 1962 |
| 1476 | 5484 | von der Heydt Christian | Wir Bei HKM | 0:54:26 | M35 | 163 | 0:58:34 | 1979 |
| 1477 | 3899 | Pflicht Werner | wider dem Schweinehund | 0:54:26 | M50 | 274 | 0:56:30 | 1965 |
| 1478 | 5772 | Simon Ilja | TUS BREITSCHEID | 0:54:28 | M35 | 164 | 0:56:41 | 1979 |
| 1479 | 3987 | Zeperreck Martin | *Jüchen | 0:54:28 | M55 | 140 | 0:57:59 | 1959 |
| 1480 | 5023 | Prothmann Klaus | TV Wanheimerort 1880 e. | 0:54:28 | M40 | 238 | 0:57:11 | 1972 |
| 1481 | 4522 | Ottersbach Markus | *duisburg | 0:54:29 | M50 | 275 | 0:57:26 | 1966 |
| 1482 | 5059 | Heier Jürgen | *Köln | 0:54:30 | M60 | 51 | 0:57:06 | 1954 |
| 1483 | 5057 | Wache Claus | *Duisburg | 0:54:30 | M50 | 276 | 0:57:06 | 1962 |
| 1484 | 5439 | Kiranyaz Atilla | *Tönisvorst | 0:54:31 | M45 | 325 | 0:56:50 | 1968 |
| 1485 | 4478 | Maaßen Heinz | LT Turnerbund Frintrop | 0:54:31 | M60 | 52 | 0:56:31 | 1956 |
| 1486 | 4196 | Brune Rainer | *Duisburg | 0:54:32 | M60 | 53 | 0:57:22 | 1954 |
| 1487 | 3536 | Grabowski Uwe | Eintracht Duisburg | 0:54:32 | M50 | 277 | 0:57:19 | 1965 |
| 1488 | 3642 | Müller Frank | Emscher-Igels | 0:54:34 | M20 | 108 | 0:57:40 | 1995 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|----------------------------|---------|-----|----------|------------|----------|
| 1489 | 4973 | Ballhorn Ulli | Ausdauererschule by Bunert | 0:54:34 | M55 | 141 | 0:55:23 | 1960 |
| 1490 | 3885 | Köller-Timm Thorsten | *Wuppertal | 0:54:36 | M50 | 278 | 0:58:47 | 1965 |
| 1491 | 4686 | Zirl Alexander | *Bottrop | 0:54:39 | M30 | 145 | 0:55:26 | 1982 |
| 1492 | 4699 | Rahmfeld Michael | *Mülheim | 0:54:40 | M30 | 146 | 0:55:26 | 1983 |
| 1493 | 3943 | Symalla Markus | *Dormagen | 0:54:41 | M40 | 239 | 0:57:38 | 1974 |
| 1494 | 4610 | Spitz Joschka | *Bochum | 0:54:41 | M20 | 109 | 0:58:02 | 1987 |
| 1495 | 3728 | Rottstegge Karsten | Die 2 lustigen 3 | 0:54:42 | M40 | 240 | 0:58:06 | 1973 |
| 1496 | 2892 | Hetterscheid Benjamin | SV Haldern Lauftreff | 0:54:42 | M20 | 110 | 0:56:42 | 1993 |
| 1497 | 2607 | Jakobs Daniel | Sterkrade Nord | 0:54:42 | M50 | 279 | 0:56:27 | 1965 |
| 1498 | 2493 | Puchenberg Wolfgang | BSV Kokerei Schwelgern e | 0:54:43 | M55 | 142 | 0:57:44 | 1959 |
| 1499 | 2543 | Peitz Wolfgang | BSG Sparda Bank West e | 0:54:45 | M45 | 326 | 0:58:17 | 1968 |
| 1500 | 4625 | Wunder Andreas | TG Neuss | 0:54:46 | M50 | 280 | 0:57:56 | 1962 |
| 1501 | 4674 | Vöge Mario | SC Bayer Uerdingen 05 | 0:54:48 | M30 | 147 | 0:57:17 | 1985 |
| 1502 | 3932 | Scholz Marko | Die weißen Kenianer | 0:54:49 | M50 | 281 | 0:58:36 | 1965 |
| 1503 | 2828 | Brackmann Stefan | *Dinslaken | 0:54:49 | M55 | 143 | 0:57:57 | 1960 |
| 1504 | 4758 | Baumann Marc | *Duisburg | 0:54:52 | M45 | 327 | 0:57:53 | 1971 |
| 1505 | 3750 | Elbers Heinz | SV Viktoria Goch | 0:54:52 | M55 | 144 | 0:57:37 | 1957 |
| 1506 | 2755 | Nacke Thomas | *Krefeld | 0:54:52 | M45 | 328 | 0:57:19 | 1967 |
| 1507 | 3947 | Hanisch Andreas | VfB Frohnhausen | 0:54:52 | M45 | 329 | 0:57:14 | 1967 |
| 1508 | 3965 | Schippel Klaus | Team HaSchi | 0:54:53 | M50 | 282 | 0:57:14 | 1965 |
| 1509 | 5363 | Bäcker Dr. Thomas | TG Münster - Judo | 0:54:53 | M50 | 283 | 0:56:59 | 1963 |
| 1510 | 5032 | Jensen Michael | Rheinfire Strümp | 0:54:55 | M40 | 241 | 0:57:02 | 1972 |
| 1511 | 3179 | Lingen Jürgen | *Willich | 0:54:55 | M55 | 145 | 0:57:51 | 1960 |
| 1512 | 3566 | Kill Ludger | Porsche Club of America | 0:54:55 | M55 | 146 | 0:57:36 | 1961 |
| 1513 | 4068 | Kaesmacher Klaus | *Moers | 0:54:56 | M50 | 284 | 0:57:12 | 1965 |
| 1514 | 2398 | Marel Burghard | Max Maulwurf Marathonis | 0:54:57 | M65 | 19 | 0:58:35 | 1949 |
| 1515 | 5307 | Weires Walter | Roadrunner Kaarst | 0:54:58 | M55 | 147 | 0:57:45 | 1958 |
| 1516 | 3864 | Burtschell Ralph | Team Burtschell | 0:54:58 | M55 | 148 | 0:58:14 | 1961 |
| 1517 | 5722 | Gettler Frank | Vodafone-Runners | 0:54:59 | M45 | 330 | 0:58:09 | 1969 |
| 1518 | 2784 | Rumpel Ralf | Roentgensportclub Remscl | 0:55:00 | M55 | 149 | 0:58:03 | 1958 |
| 1519 | 3106 | Gerlach Thomas | die 3 v.d. franzstraße | 0:55:01 | M60 | 54 | 0:57:48 | 1953 |
| 1520 | 2771 | Nowak Carsten | Weseler TV Triathlon | 0:55:02 | M45 | 331 | 0:57:49 | 1970 |
| 1521 | 4324 | Gewand Engelbert | *Duisburg | 0:55:02 | M60 | 55 | 0:57:45 | 1956 |
| 1522 | 3786 | Herbst Lutz | PP Wuppertal | 0:55:03 | M45 | 332 | 0:57:55 | 1967 |
| 1523 | 3972 | Lunau Frank | LT Gruiten-Neandertal | 0:55:03 | M50 | 285 | 0:57:16 | 1965 |
| 1524 | 4421 | Burkard Stefan | SV Wattenscheid 30 | 0:55:04 | M50 | 286 | 0:57:14 | 1964 |
| 1525 | 3684 | Bartsch Konrad | Marketing Runners | 0:55:05 | M45 | 333 | 0:58:14 | 1971 |
| 1526 | 4717 | Wallerich Markus | JC66 Bottrop e.V. | 0:55:08 | M30 | 148 | 0:55:56 | 1983 |
| 1527 | 3734 | Bonnen Michael | *Düsseldorf | 0:55:10 | M55 | 150 | 0:58:25 | 1958 |
| 1528 | 3960 | Rudolf Joachim | *Bergisch Gladbach | 0:55:11 | M60 | 56 | 0:57:52 | 1953 |
| 1529 | 4536 | Lüdtke Karsten | SV Budberg | 0:55:12 | M50 | 287 | 0:56:29 | 1964 |
| 1530 | 4515 | Bruns Carsten | Anholter Sportschützen | 0:55:13 | M45 | 334 | 0:57:39 | 1970 |
| 1531 | 3489 | Borg Thomas | SSV Rhade 1925 | 0:55:13 | M40 | 242 | 0:58:33 | 1973 |
| 1532 | 4849 | Barkholz Dirk | *Hilden | 0:55:15 | M45 | 335 | 0:58:33 | 1970 |
| 1533 | 3762 | Heuer Torsten | Rolling Stones | 0:55:17 | M40 | 243 | 0:58:56 | 1974 |
| 1534 | 4107 | Giesen Andreas | SG FA Duisburg-West | 0:55:17 | M50 | 288 | 0:58:18 | 1966 |
| 1535 | 2772 | Skorupa Daniel | *Bottrop | 0:55:18 | M20 | 111 | 0:57:20 | 1989 |
| 1536 | 3510 | Rayk Jacob | racing snails | 0:55:18 | M40 | 244 | 0:58:51 | 1976 |
| 1537 | 4570 | Womelsdorf Torsten | *Neuss | 0:55:18 | M40 | 245 | 0:58:23 | 1974 |
| 1538 | 3789 | Hofmann Sebastian | LC Duisburg | 0:55:19 | M30 | 149 | 0:58:49 | 1982 |
| 1539 | 4129 | Knechten Gerd | SV Viktoria Goch | 0:55:19 | M60 | 57 | 0:58:48 | 1956 |
| 1539 | 4613 | Iwersen Sven | HTC Uhlenhorst | 0:55:19 | M45 | 336 | 0:56:46 | 1970 |
| 1541 | 4946 | Woidneck Udo | STEAG | 0:55:20 | M45 | 337 | 0:56:30 | 1968 |
| 1542 | 2499 | Haufe Uwe | *Essen | 0:55:20 | M55 | 151 | 0:58:24 | 1960 |
| 1543 | 5519 | Hagmeyer Jörg | *Hünxe | 0:55:20 | M45 | 338 | 0:56:29 | 1968 |
| 1544 | 2840 | Trzensiok Martin | Weseler TV Triathlon | 0:55:21 | M40 | 246 | 0:57:50 | 1973 |
| 1545 | 3859 | Rodax Wolfgang | *Düsseldorf | 0:55:21 | M65 | 20 | 0:56:20 | 1949 |
| 1546 | 4819 | Puy Michl Franz Xaver | *Duisburg | 0:55:21 | M45 | 339 | 0:55:57 | 1967 |
| 1547 | 3480 | Seidel Hagen | A Team Düsseldorf | 0:55:22 | M50 | 289 | 0:58:55 | 1964 |
| 1547 | 4943 | Heuer Peter | *Viersen | 0:55:22 | M55 | 152 | 0:58:34 | 1958 |
| 1549 | 5107 | Timm Dr. Haiko | Lauftreff Uhlenhorst | 0:55:23 | M55 | 153 | 0:57:30 | 1958 |
| 1550 | 5446 | Krause Christian | *Duisburg | 0:55:23 | M40 | 247 | 0:58:41 | 1972 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|---------------------------|---------|-----|----------|------------|----------|
| 1551 | 2671 | Dehorn Bernhard | Laufschule Oberhausen | 0:55:26 | M45 | 340 | 0:57:08 | 1967 |
| 1552 | 3927 | Niehues Frank | *Essen | 0:55:26 | M35 | 165 | 0:57:47 | 1979 |
| 1552 | 4414 | Gleißner Jörg | *Moers | 0:55:26 | M50 | 290 | 0:57:29 | 1965 |
| 1554 | 3721 | Neubert Rafael | BSG Sparkasse Duisburg | 0:55:26 | M30 | 150 | 0:57:14 | 1985 |
| 1555 | 4523 | Witt-Lock Manfred | SV Bayer 08 Uerdingen | 0:55:27 | M50 | 291 | 0:57:52 | 1962 |
| 1556 | 5468 | Schoenfeld Volker | Laufftreff BNO Bochum | 0:55:27 | M55 | 154 | 0:58:43 | 1959 |
| 1557 | 4040 | Schulz Frank | trifrank68 | 0:55:27 | M45 | 341 | 0:57:08 | 1968 |
| 1558 | 5553 | Schlingermann Klaus | SG Ruhrgas 1929 | 0:55:30 | M40 | 248 | 0:55:53 | 1973 |
| 1559 | 4426 | Schrinski Björn | Duisburger Ruderverein e | 0:55:30 | M20 | 112 | 0:59:05 | 1989 |
| 1560 | 5090 | Strüder Andreas | Gymnasium Am Stoppenb | 0:55:31 | M40 | 249 | 0:58:38 | 1972 |
| 1561 | 5091 | Schumacher Markus | Gymnasium Am Stoppenb | 0:55:31 | M45 | 342 | 0:58:38 | 1970 |
| 1562 | 2348 | Klinzing Hans-Georg | SG Ruhrgas 1929 | 0:55:33 | M65 | 21 | 0:58:17 | 1949 |
| 1563 | 3441 | Neumann Klaus | LG Monheim-Baumberg | 0:55:37 | M60 | 58 | 0:58:57 | 1956 |
| 1564 | 3810 | Hunhoff Frank | SG Kupferdreh-Byfang | 0:55:37 | M40 | 250 | 0:57:25 | 1972 |
| 1565 | 2337 | Berger Dieter | SG Ruhrgas 1929 | 0:55:37 | M55 | 155 | 0:57:51 | 1958 |
| 1566 | 3260 | Bültmann Alexander | *Duisburg | 0:55:37 | M30 | 151 | 0:57:42 | 1983 |
| 1567 | 3403 | Plümel Ingo | *Duisburg | 0:55:37 | M35 | 166 | 0:58:42 | 1977 |
| 1568 | 5226 | Schwarzkopf Sascha | *Essen | 0:55:38 | M40 | 251 | 0:57:03 | 1972 |
| 1569 | 2307 | Roberz Patrick | BSG Stadtwerke Duisburg | 0:55:38 | M30 | 152 | 0:58:09 | 1985 |
| 1570 | 2311 | Bertl Bastian | BSG Stadtwerke Duisburg | 0:55:40 | M40 | 252 | 0:58:09 | 1976 |
| 1571 | 4349 | Bierenfeld Peter | *Essen | 0:55:40 | M35 | 167 | 0:59:12 | 1978 |
| 1572 | 3654 | Heinemann Dr. Oliver | *Oberhausen | 0:55:43 | M50 | 292 | 0:57:30 | 1965 |
| 1573 | 5170 | Ehrich Simon | *Düsseldorf | 0:55:43 | M35 | 168 | 0:58:21 | 1980 |
| 1574 | 5652 | Wiesinger Robert | Vodafone-Runners | 0:55:46 | M35 | 169 | 0:59:08 | 1978 |
| 1575 | 4465 | Wiesner Michael | DJK-VFL Willich | 0:55:47 | M60 | 59 | 0:57:43 | 1954 |
| 1576 | 2364 | Gonnermann Michael | LC Duisburg | 0:55:47 | M35 | 170 | 0:58:58 | 1977 |
| 1577 | 3163 | Rüther Daniel | *Düsseldorf | 0:55:48 | M40 | 253 | 0:58:44 | 1976 |
| 1578 | 3831 | Severin Tobias | *Düsseldorf | 0:55:49 | M30 | 153 | 0:58:56 | 1984 |
| 1579 | 3357 | Porzig Rüdiger | *Kaarst | 0:55:49 | M55 | 156 | 0:59:11 | 1961 |
| 1580 | 2367 | Schlette Marc | LC Duisburg | 0:55:50 | M45 | 343 | 0:59:15 | 1971 |
| 1581 | 3945 | Yeniay Cihan | *duisburg | 0:55:51 | M45 | 344 | 0:58:16 | 1968 |
| 1582 | 2321 | Hofmann Thomas | VIVAWEST | 0:55:51 | M55 | 157 | 0:59:02 | 1961 |
| 1583 | 4238 | Stromberg Jörg | *Hamminkeln | 0:55:55 | M50 | 293 | 0:58:37 | 1966 |
| 1584 | 4319 | Schwesig Dominik | *Mülheim | 0:55:56 | M35 | 171 | 0:59:07 | 1978 |
| 1585 | 4748 | Rubbert Ingo | SV Siemens | 0:55:56 | M45 | 345 | 0:59:00 | 1970 |
| 1586 | 3309 | Köhler Klaus | *Düsseldorf | 0:55:57 | M55 | 158 | 0:57:36 | 1961 |
| 1587 | 2778 | Maasackers Martin | *Wachtendonk | 0:55:58 | M35 | 172 | 0:59:39 | 1979 |
| 1588 | 4660 | Lueken Nils | *Düsseldorf | 0:55:58 | M40 | 254 | 0:58:03 | 1973 |
| 1589 | 2759 | Ernst Matthias | *Dinslaken | 0:55:58 | M45 | 346 | 0:58:16 | 1968 |
| 1590 | 4102 | Daniels Sven | BSG Sparkasse Essen | 0:55:59 | M35 | 173 | 0:58:47 | 1977 |
| 1591 | 2880 | Winter Frank | TC-Metzkausen | 0:56:00 | M55 | 159 | 0:56:56 | 1961 |
| 1592 | 5330 | Krämer Rudolfo | Remscheid Marathonpr | 0:56:00 | M65 | 22 | 0:59:14 | 1949 |
| 1593 | 2488 | Eckardt Rene | BSV Kokerei Schwelgern e | 0:56:01 | M45 | 347 | 0:59:22 | 1969 |
| 1594 | 2756 | Käbe Uwe | LC Duisburg | 0:56:01 | M55 | 160 | 0:58:51 | 1961 |
| 1595 | 2459 | Grunwald Klaus | Rapid Ramirez | 0:56:05 | M50 | 294 | 0:57:16 | 1963 |
| 1596 | 3296 | Bettermann Fabian | *Moers | 0:56:06 | M20 | 113 | 0:56:48 | 1988 |
| 1597 | 2990 | Eßler Felix | *Essen | 0:56:07 | M30 | 154 | 1:00:10 | 1983 |
| 1598 | 4340 | Daniels Paul | *Hagen | 0:56:07 | M55 | 161 | 0:59:15 | 1959 |
| 1599 | 5275 | Zellmer Detlef | Siemens Turbos | 0:56:07 | M55 | 162 | 0:59:01 | 1960 |
| 1600 | 4833 | Heintzen Florian | *Düsseldorf | 0:56:07 | M20 | 114 | 0:58:03 | 1993 |
| 1601 | 3279 | Wesling Holger | SV Millingen | 0:56:09 | M50 | 295 | 0:58:32 | 1966 |
| 1602 | 4140 | Pärschke Klaus | Laufftreff Sterkrade-Nord | 0:56:09 | M60 | 60 | 0:59:54 | 1956 |
| 1603 | 2590 | Isgen Stefan | *Ratingen | 0:56:10 | M45 | 348 | 0:59:19 | 1970 |
| 1604 | 4197 | Fritschen Heiko | *Velbert | 0:56:11 | M45 | 349 | 0:59:05 | 1971 |
| 1605 | 3986 | Weber Torsten | *Essen | 0:56:11 | M40 | 255 | 0:59:59 | 1972 |
| 1606 | 4127 | Maluck Michael | LT Paulaner Muli | 0:56:12 | M55 | 163 | 0:58:24 | 1958 |
| 1607 | 3102 | Grönheit Frank | *Willich | 0:56:14 | M55 | 164 | 0:57:59 | 1959 |
| 1608 | 3979 | Schürmann Udo | laufende Steuerberatung | 0:56:16 | M40 | 256 | 1:00:01 | 1973 |
| 1609 | 4725 | Egemann Ulrich | TuS 08 Lintorf | 0:56:17 | M60 | 61 | 0:59:14 | 1954 |
| 1610 | 4079 | Bendfeldt Rainer | *Moers | 0:56:20 | M45 | 350 | 0:59:17 | 1967 |
| 1611 | 4972 | Kurs Stefan | *Duisburg | 0:56:21 | M35 | 174 | 1:00:30 | 1979 |
| 1612 | 5589 | Lehwald Rainer | 200PROTEAM | 0:56:24 | M60 | 62 | 0:59:08 | 1954 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|----------------------------|---------|-----|----------|------------|----------|
| 1613 | 3687 | Hafki Andreas | Sleepy Kitten | 0:56:24 | M45 | 351 | 1:00:08 | 1971 |
| 1614 | 4130 | Lindner Oliver | *Duisburg | 0:56:25 | M40 | 257 | 0:58:15 | 1976 |
| 1615 | 4798 | Schippel Hans | *Mülheim | 0:56:25 | M50 | 296 | 0:58:22 | 1963 |
| 1616 | 4592 | Kinnauer Johannes | LC Duisburg | 0:56:26 | M65 | 23 | 0:58:46 | 1948 |
| 1617 | 5389 | Gieseler Martin | TG Münster - Judo | 0:56:27 | M55 | 165 | 0:58:35 | 1960 |
| 1618 | 4229 | Fischer Rolf-M. | *Wesel | 0:56:27 | M45 | 352 | 0:59:04 | 1967 |
| 1619 | 4868 | Wehling Daniel | *Duisburg | 0:56:27 | M35 | 175 | 0:58:00 | 1978 |
| 1620 | 5186 | Reckert Thomas | LGO | 0:56:27 | M50 | 297 | 0:58:28 | 1965 |
| 1621 | 5135 | Lange Roland | Langenberg | 0:56:28 | M45 | 353 | 0:58:01 | 1968 |
| 1622 | 5766 | Brosch Reinhard | TUS BREITSCHEID | 0:56:28 | M50 | 298 | 0:59:53 | 1964 |
| 1623 | 2445 | Kriznik Andrej | TV Jahn Hiesfeld | 0:56:29 | M40 | 258 | 0:58:43 | 1975 |
| 1624 | 4779 | Blohm Olaf | *Ratingen | 0:56:30 | M45 | 354 | 0:59:06 | 1968 |
| 1625 | 3851 | Bliesner Friedhelm | Apotheke Mattenklotz | 0:56:31 | M65 | 24 | 0:59:25 | 1948 |
| 1626 | 3371 | Knop Joachim | *Duisburg | 0:56:32 | M40 | 259 | 0:58:29 | 1973 |
| 1627 | 2370 | Wondracek Ralf | TRIMET | 0:56:32 | M50 | 299 | 0:58:37 | 1965 |
| 1628 | 4720 | Jacobus Klaus | Fun Runner VfL Gladbeck | 0:56:33 | M50 | 300 | 0:58:33 | 1966 |
| 1629 | 4179 | Schmitz Thomas | *Kaarst | 0:56:33 | M40 | 260 | 0:59:48 | 1972 |
| 1630 | 3983 | Schwan Roland | MoerserTV Triathlon | 0:56:35 | M45 | 355 | 0:58:50 | 1971 |
| 1631 | 4862 | Gollwitzer Thorsten | Marathon Mülheim | 0:56:35 | M40 | 261 | 0:59:57 | 1975 |
| 1632 | 3589 | Terodde Berthold | *Bocholt | 0:56:36 | M45 | 356 | 1:00:00 | 1969 |
| 1633 | 3735 | Crupi Michele | CDS Running Team | 0:56:36 | M45 | 357 | 1:00:00 | 1969 |
| 1634 | 4983 | Bursy Waldemar | *Duisburg | 0:56:37 | M50 | 301 | 0:59:13 | 1963 |
| 1635 | 5000 | Haardt Werner | GSG Duisburg | 0:56:37 | M60 | 63 | 0:57:58 | 1954 |
| 1636 | 2745 | Tzagkarakis Jason | Ausdauererschule by Bunert | 0:56:38 | M50 | 302 | 0:58:48 | 1962 |
| 1637 | 2984 | Hansen Andreas | TV Wanheimerort 1880 e. | 0:56:38 | M45 | 358 | 0:59:46 | 1969 |
| 1638 | 3335 | Berger Uwe | TuS Hamborn Neumühl | 0:56:39 | M50 | 303 | 0:58:59 | 1962 |
| 1639 | 4399 | Riemer Alexander | LG Stadtwerke Hilden | 0:56:39 | M50 | 304 | 0:59:19 | 1965 |
| 1640 | 5198 | Emiliadis Istefo | *Duisburg | 0:56:40 | M45 | 359 | 0:58:49 | 1969 |
| 1641 | 3849 | Hohn Sebastian | *Uedem | 0:56:42 | M30 | 155 | 0:57:04 | 1984 |
| 1642 | 4815 | Latta Peter | LC Duisburg | 0:56:42 | M55 | 166 | 0:58:49 | 1961 |
| 1643 | 3958 | Schröder Berthold | Dienstagslitzer | 0:56:43 | M55 | 167 | 0:59:34 | 1957 |
| 1644 | 4915 | Schneider Olaf | *Oberhausen | 0:56:43 | M45 | 360 | 0:59:58 | 1968 |
| 1645 | 4841 | Trenz Sebastian | Life Fit | 0:56:44 | M20 | 115 | 0:58:11 | 1992 |
| 1646 | 2344 | Grabienski Wolfgang | SG Ruhrgas 1929 | 0:56:45 | M60 | 64 | 1:00:39 | 1953 |
| 1647 | 2608 | Brockhaus Helmut | SPCA Duisburg | 0:56:47 | M55 | 168 | 1:00:33 | 1961 |
| 1648 | 4014 | Janßen Ludger | LT Sonntagsläufer Sonsbe | 0:56:47 | M45 | 361 | 0:59:55 | 1968 |
| 1649 | 4316 | Koch Stefan | *Kaarst | 0:56:50 | M35 | 176 | 0:59:38 | 1979 |
| 1650 | 2729 | Hillig Harald | Wiesnasen-mara-toni | 0:56:51 | M50 | 305 | 1:00:37 | 1963 |
| 1651 | 3405 | Müller-Forte Nils-Tim | - | 0:56:53 | M40 | 262 | 1:00:25 | 1974 |
| 1652 | 2381 | Glogowiec Peter | *Essen | 0:56:53 | M60 | 65 | 1:00:09 | 1954 |
| 1653 | 2876 | Garmatsch Ralf | Cool Runnings | 0:56:54 | M50 | 306 | 0:58:12 | 1966 |
| 1654 | 4939 | Czerner Peter | *Dortmund | 0:56:54 | M45 | 362 | 0:59:12 | 1968 |
| 1655 | 5380 | Kohlstedte Christopher | TG Münster - Judo | 0:56:54 | M30 | 156 | 0:59:54 | 1986 |
| 1656 | 5204 | Eickholt Volker | *Haltern am See | 0:56:57 | M40 | 263 | 0:59:57 | 1974 |
| 1657 | 0 | unbekannt DK00FC7 | | 0:56:57 | M20 | 116 | 0:59:43 | |
| 1658 | 4612 | Schwittek Widura | *Essen | 0:56:58 | M35 | 177 | 0:59:43 | 1981 |
| 1659 | 2766 | Klein Hans-Jürgen | FC Göller | 0:56:58 | M60 | 66 | 0:58:36 | 1953 |
| 1659 | 3624 | Schulze Harald | LC Duisburg | 0:56:58 | M50 | 307 | 1:00:25 | 1965 |
| 1661 | 3866 | Storms Hubert | TuS Baerl | 0:57:00 | M60 | 67 | 0:59:21 | 1952 |
| 1662 | 3804 | Tramp Ralf | SV Viktoria Goch | 0:57:00 | M55 | 169 | 1:00:30 | 1958 |
| 1663 | 3522 | Bramigk Udo | Tri-Club Wuppertal | 0:57:02 | M55 | 170 | 0:57:48 | 1960 |
| 1664 | 3900 | Kleinen Torsten | *Duisburg | 0:57:08 | M50 | 308 | 1:00:26 | 1965 |
| 1665 | 2474 | Pörtner-Pieper Theo | Benzin im Blut | 0:57:08 | M45 | 363 | 0:58:21 | 1967 |
| 1666 | 3738 | Kossack Jürgen | *Oberhausen | 0:57:13 | M60 | 68 | 1:00:47 | 1955 |
| 1667 | 3338 | Ruhland Alois | LT Gruitzen-Neandertal | 0:57:13 | M50 | 309 | 1:01:01 | 1962 |
| 1668 | 2626 | Jockel Gerd | Pott Runner | 0:57:16 | M45 | 364 | 0:59:54 | 1970 |
| 1669 | 3362 | Sinell Joerg | *Monheim | 0:57:16 | M50 | 310 | 1:01:08 | 1965 |
| 1670 | 3425 | Huppert Jochen | *Krefeld | 0:57:16 | M50 | 311 | 0:58:57 | 1965 |
| 1671 | 4469 | Kranz Sebastian | *Mülheim Ruhr | 0:57:19 | M35 | 178 | 0:59:42 | 1977 |
| 1672 | 5605 | Pieper Markus | 200PROTEAM | 0:57:20 | M35 | 179 | 1:01:21 | 1977 |
| 1673 | 3681 | Uvermann Markus | SG Borken | 0:57:20 | M50 | 312 | 1:00:26 | 1964 |
| 1674 | 3615 | Kulose Markus | Triathlon Team Ratingen 0 | 0:57:21 | M50 | 313 | 1:00:40 | 1965 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|----------------------------|---------|------|----------|------------|----------|
| 1675 | 2762 | Achsel Thomas | Team Interrail Klatovy 200 | 0:57:21 | M50 | 314 | 0:59:37 | 1963 |
| 1676 | 3053 | Schulz Georg | *Willich | 0:57:22 | M55 | 171 | 1:00:44 | 1961 |
| 1677 | 4317 | Köthe Christian | *Düsseldorf | 0:57:23 | M20 | 117 | 0:57:23 | 1994 |
| 1678 | 4323 | Bovenschen Dietger | *Krefeld | 0:57:23 | M40 | 264 | 0:58:42 | 1974 |
| 1679 | 4900 | Nies Michael | *Duisburg | 0:57:26 | M30 | 157 | 1:01:35 | 1986 |
| 1680 | 4777 | Rennefeld Marc | TV Rhede | 0:57:28 | M40 | 265 | 1:00:38 | 1972 |
| 1681 | 3132 | Kroll Jens | *Mülheim | 0:57:28 | M40 | 266 | 0:58:30 | 1976 |
| 1682 | 4401 | Mehring Gunther | *Dinslaken | 0:57:32 | M45 | 365 | 1:00:44 | 1968 |
| 1682 | 5661 | Spirres Thomas | Vodafone-Runners | 0:57:32 | M45 | 365 | 1:01:08 | 1968 |
| 1684 | 3640 | Schollmeier Dr. Thorsten | *Dortmund | 0:57:33 | M40 | 267 | 1:01:09 | 1973 |
| 1685 | 5242 | Düring-Hehner Thomas | TriTEAM Radevormwald | 0:57:35 | M45 | 367 | 0:59:29 | 1967 |
| 1686 | 4940 | Schulte Jochen | *Köln | 0:57:36 | M45 | 368 | 1:01:45 | 1969 |
| 1687 | 3819 | Achterath Joachim | *Alpen | 0:57:37 | M50 | 315 | 1:01:33 | 1964 |
| 1688 | 2866 | Helmes Robert | *Kamp-Lintfort | 0:57:37 | M45 | 369 | 1:01:34 | 1967 |
| 1689 | 4119 | Florian Reinhold | TEAM ELG | 0:57:38 | M70 | 4 | 0:59:49 | 1945 |
| 1690 | 3846 | Hengst Ralph | *Mülheim | 0:57:40 | M50 | 316 | 1:00:47 | 1966 |
| 1691 | 2383 | Müller Ulrich | TC Kray 1892 e.V. | 0:57:40 | M60 | 69 | 1:01:06 | 1955 |
| 1692 | 4501 | Conrad Christian | *Geilenkirchen | 0:57:41 | M40 | 268 | 1:01:33 | 1976 |
| 1693 | 4502 | Hornung André | *Mülheim an der Ruhr | 0:57:41 | M40 | 269 | 1:01:33 | 1975 |
| 1694 | 3052 | Halfmann Oliver | *Duisburg | 0:57:42 | M45 | 370 | 1:01:18 | 1967 |
| 1695 | 3157 | Pojer Marc | Doe Römers | 0:57:42 | M45 | 371 | 1:01:21 | 1967 |
| 1696 | 2315 | Ernst Uwe | BSG Stadtwerke Duisburg | 0:57:43 | M55 | 172 | 1:01:06 | 1961 |
| 1697 | 4772 | Wolters David | *Duisburg | 0:57:43 | M20 | 118 | 0:59:41 | 1988 |
| 1698 | 5191 | Rost Frank | Hasenkinder | 0:57:44 | M55 | 173 | 1:01:14 | 1960 |
| 1699 | 2660 | Henze Hans-Walter | Laufschule Oberhausen | 0:57:44 | M45 | 372 | 1:01:25 | 1968 |
| 1700 | 3057 | Spettmann Carsten | running4charity | 0:57:50 | M45 | 373 | 1:00:34 | 1969 |
| 1700 | 3598 | Ehrlich Carsten | *Duisburg | 0:57:50 | M45 | 373 | 0:59:53 | 1967 |
| 1702 | 4419 | Flores Oliver | *Köln | 0:57:53 | M35 | 180 | 1:01:36 | 1980 |
| 1703 | 5359 | Kammans Herbert | ohne | 0:57:56 | M60 | 70 | 1:01:10 | 1955 |
| 1704 | 5169 | Heintges Dennis | Ringgaststätte 2 1/2 | 0:57:57 | M35 | 181 | 0:59:29 | 1978 |
| 1705 | 5203 | Leroi Roland | LC Duisburg | 0:57:57 | M45 | 375 | 1:01:11 | 1968 |
| 1706 | 4907 | Amin Nabil | NASA | 0:58:00 | M35 | 182 | 1:01:13 | 1979 |
| 1707 | 3088 | Schönherr Roland | *Mülheim | 0:58:02 | M50 | 317 | 1:01:04 | 1966 |
| 1708 | 2502 | Koch Benni | Barfuss Betlehem | 0:58:03 | M30 | 158 | 1:01:42 | 1985 |
| 1709 | 4479 | Brauer Jürgen | Oberhausener TV | 0:58:03 | M55 | 174 | 1:01:15 | 1960 |
| 1710 | 3211 | Miguel Carlos | *Duisburg | 0:58:03 | M50 | 318 | 1:01:08 | 1964 |
| 1711 | 3073 | Lössner Ralph | TuS08 Lintorf | 0:58:04 | M40 | 270 | 0:59:20 | 1972 |
| 1712 | 5610 | Gierden Thorsten | BSG Stadtwerke Duisburg | 0:58:05 | M40 | 271 | 1:00:34 | 1976 |
| 1713 | 4160 | Rudolph Uwe | Apotheke Mattenklotz | 0:58:07 | M55 | 175 | 1:01:27 | 1961 |
| 1714 | 2371 | Gaertner Marc-Andre | TRIMET | 0:58:08 | M30 | 159 | 1:01:48 | 1982 |
| 1715 | 4738 | Egenberger Helmut | *Duisburg | 0:58:08 | M35 | 183 | 1:01:44 | 1977 |
| 1716 | 2721 | Deppe Lars | Garantie abgelaufen | 0:58:10 | M45 | 376 | 0:58:54 | 1970 |
| 1717 | 4799 | Fink Sebastian | *Mülheim an der Ruhr | 0:58:12 | M45 | 377 | 1:01:40 | 1971 |
| 1718 | 2313 | Roth Holger | BSG Stadtwerke Duisburg | 0:58:13 | M50 | 319 | 1:01:56 | 1966 |
| 1719 | 3931 | Jungk Bernd | die weißen Kenianer | 0:58:13 | M50 | 320 | 1:01:59 | 1966 |
| 1720 | 4639 | Mandel Wolfgang | LC Duisburg | 0:58:14 | M60 | 71 | 1:01:56 | 1953 |
| 1721 | 4500 | Höpfner Otto | LT Gruitzen-Neandertal | 0:58:15 | M65 | 25 | 1:02:03 | 1950 |
| 1722 | 2481 | Fateh Andreas | *Rheinberg | 0:58:16 | M55 | 176 | 1:01:03 | 1960 |
| 1723 | 4721 | Dorow Ulrich | LaufUliLauf | 0:58:18 | M50 | 321 | 1:01:54 | 1964 |
| 1724 | 3587 | Conzen Joachim | MTC Rot-Weiss-Raffelbe | 0:58:20 | M60 | 72 | 1:02:11 | 1954 |
| 1725 | 2748 | Soraruf N. Brian | Team Bratwurst | 0:58:21 | M40 | 272 | 1:01:44 | 1975 |
| 1726 | 4131 | Escher Alexander | *Bottrop | 0:58:23 | M40 | 273 | 1:00:48 | 1972 |
| 1727 | 3629 | Lhoest Helmut | *Mülheim | 0:58:23 | M55 | 177 | 1:01:47 | 1957 |
| 1728 | 3222 | Mertens Michael | *Brüggen | 0:58:24 | M45 | 378 | 1:01:13 | 1971 |
| 1729 | 2555 | Rosenstengel Jörg | *Duisburg | 0:58:26 | M55 | 178 | 0:59:49 | 1961 |
| 1730 | 4287 | Telgenbrok Johannes | *Mülheim Ruhr | 0:58:27 | M55 | 179 | 1:02:17 | 1960 |
| 1731 | 4145 | Schoch Guido | LC Duisburg | 0:58:33 | M40 | 274 | 1:01:51 | 1976 |
| 1732 | 2360 | Knaup Thomas | TRIMET | 0:58:34 | M50 | 322 | 1:01:42 | 1964 |
| 1733 | 5404 | Weiser Dirk | Fokus Selm | 0:58:34 | M50 | 323 | 1:02:36 | 1965 |
| 1734 | 3358 | Koopmann Lothar | TV Jahn Hiesfeld | 0:58:35 | M60 | 73 | 1:01:23 | 1952 |
| 1735 | 4095 | de Witt Andreas | *Oberhausen | 0:58:38 | M45 | 379 | 1:01:49 | 1967 |
| 1736 | 3716 | Czerwiak Oliver | Fabritz | 0:58:39 | MU20 | 10 | 1:00:04 | 1998 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|-----------------------------|---------|------|----------|------------|----------|
| 1737 | 2326 | Blotenberg Markus | VIVAWEST | 0:58:40 | M40 | 275 | 1:01:00 | 1974 |
| 1738 | 3854 | Rogall Michael | Ausdauerschule by Bunert | 0:58:41 | M45 | 380 | 1:02:38 | 1969 |
| 1739 | 4097 | Kümmel Thomas | *Düsseldorf | 0:58:41 | M45 | 381 | 1:02:43 | 1967 |
| 1740 | 2921 | Jalowy Markus | *Ratingen | 0:58:42 | M55 | 180 | 1:02:12 | 1961 |
| 1740 | 4391 | Vormdohre Dieter | *Ratingen | 0:58:42 | M60 | 74 | 1:02:12 | 1956 |
| 1742 | 5509 | Mallis Simon | SMS | 0:58:43 | M30 | 160 | 1:02:28 | 1984 |
| 1743 | 3708 | Wienholt Bernd | Fabritz | 0:58:45 | M55 | 181 | 1:00:10 | 1961 |
| 1744 | 3268 | Litzbarski Roman | *Wülfrath | 0:58:45 | M65 | 26 | 1:00:36 | 1950 |
| 1745 | 4307 | Grabow Jan | Trinksportförderverein | 0:58:46 | M50 | 324 | 1:02:39 | 1964 |
| 1746 | 2821 | Hesshaus Jost | *Dormagen | 0:58:46 | M55 | 182 | 1:02:21 | 1960 |
| 1747 | 3767 | Konkowski Frank | Trinksportförderverein | 0:58:47 | M55 | 183 | 1:02:39 | 1960 |
| 1748 | 5361 | Ipach Daniel | *Duisburg | 0:58:48 | M30 | 161 | 1:02:41 | 1983 |
| 1749 | 2617 | Brungs Michael | *Dormagen | 0:58:48 | M55 | 184 | 1:02:23 | 1961 |
| 1750 | 5368 | König David | Die Seitenstecher | 0:58:48 | M20 | 119 | 1:02:16 | 1996 |
| 1751 | 3610 | Itzigehl Jascha | *Iserlohn-Oestrich | 0:58:51 | M20 | 120 | 1:00:00 | 1991 |
| 1752 | 3192 | Dabrowski Thomas | bareFootD | 0:58:53 | M45 | 382 | 1:02:28 | 1970 |
| 1753 | 5233 | Riedel Matthias | K. Bellwon Elektrotechnik C | 0:58:56 | M45 | 383 | 1:01:00 | 1971 |
| 1754 | 3431 | Matcovich Franco | *Dinslaken | 0:58:57 | M55 | 185 | 1:01:13 | 1960 |
| 1755 | 5236 | Küpper Gustav | LF SSV Herten | 0:58:58 | M55 | 186 | 1:03:01 | 1958 |
| 1756 | 2407 | Krausen Falko | BUMMELBOB | 0:59:02 | M40 | 276 | 1:02:19 | 1976 |
| 1757 | 5052 | Mehring Egbert | OSC Dinslaken Averbruch | 0:59:02 | M50 | 325 | 1:02:14 | 1963 |
| 1758 | 2684 | Schrörs Christian | Sandisk Deutschland | 0:59:05 | M40 | 277 | 1:03:04 | 1972 |
| 1759 | 4214 | Görtzen Lutz | Rannabeus Flüren | 0:59:06 | M45 | 384 | 1:02:34 | 1968 |
| 1760 | 4403 | Sandau Jürgen | *Duisburg | 0:59:07 | M20 | 121 | 1:02:12 | 1989 |
| 1761 | 4286 | Gol Paul | *Duisburg | 0:59:07 | M20 | 122 | 1:02:08 | 1987 |
| 1762 | 3743 | Mandt Torsten | Ausdauerschule by Bunert | 0:59:08 | M40 | 278 | 1:03:04 | 1972 |
| 1763 | 5212 | Schlickeisen Uwe | *Herten | 0:59:11 | M45 | 385 | 1:02:19 | 1967 |
| 1764 | 5129 | Kimmling Marius | *Mülheim | 0:59:12 | M45 | 386 | 1:03:01 | 1968 |
| 1765 | 5132 | Kirchhoff Martin | *Mülheim | 0:59:12 | M45 | 387 | 1:03:01 | 1970 |
| 1766 | 4118 | Orlov Pavel | TEAM ELG | 0:59:13 | M40 | 279 | 1:02:31 | 1974 |
| 1767 | 5297 | Reese Ingo | *Krefeld | 0:59:17 | M40 | 280 | 1:03:12 | 1975 |
| 1768 | 4297 | Fischer Rainer | *Mülheim an der Ruhr | 0:59:18 | M60 | 75 | 1:03:09 | 1956 |
| 1769 | 3340 | Hardt Jürgen | *Duisburg | 0:59:21 | M60 | 76 | 1:01:38 | 1956 |
| 1770 | 4656 | Sedlmayer Karl-Heinz | *Essen | 0:59:24 | M45 | 388 | 1:02:09 | 1969 |
| 1771 | 5660 | Molnar John | Vodafone-Runners | 0:59:25 | M40 | 281 | 1:02:44 | 1972 |
| 1772 | 4176 | Backes Dirk | *Krefeld | 0:59:26 | M45 | 389 | 1:03:21 | 1967 |
| 1773 | 4786 | Finken Jürgen | VfL Bochum 1848 | 0:59:26 | M50 | 326 | 1:02:52 | 1964 |
| 1774 | 4454 | Mertins Dr. Kai | Veerter Flitzer | 0:59:30 | M45 | 390 | 1:03:48 | 1969 |
| 1775 | 4455 | Osterberg Frank | Veerter Flitzer | 0:59:30 | M55 | 187 | 1:03:48 | 1959 |
| 1776 | 2526 | Fiege Andreas | LC Duisburg | 0:59:30 | M50 | 327 | 1:02:50 | 1963 |
| 1777 | 2786 | Spickernagel Marc | *Duisburg | 0:59:32 | M50 | 328 | 1:03:36 | 1964 |
| 1778 | 5642 | Wolf Horst | *Duisburg | 0:59:32 | M65 | 27 | 1:01:25 | 1951 |
| 1779 | 3223 | Tenrahn Thomas | SV Siemens | 0:59:33 | M45 | 391 | 1:03:12 | 1969 |
| 1780 | 2992 | Bergup Wolfgang | SF Nordvelen | 0:59:34 | M50 | 329 | 1:03:14 | 1963 |
| 1781 | 4037 | Ruske Jörg | *Essen | 0:59:36 | M55 | 188 | 1:03:17 | 1961 |
| 1782 | 3494 | Fischer Mike | Öppi rennt | 0:59:40 | M45 | 392 | 1:03:40 | 1967 |
| 1783 | 3091 | Surmann Bernd | immo wohnen running te | 0:59:41 | M45 | 393 | 1:02:43 | 1968 |
| 1784 | 2749 | Schleifer Daniel | Team Bratwurst | 0:59:42 | M40 | 282 | 1:03:22 | 1974 |
| 1785 | 3010 | von Czarnowski Christian | LT Berka Stars | 0:59:42 | M45 | 394 | 1:03:23 | 1968 |
| 1786 | 5590 | Lehwald Arnik | 200PROTEAM | 0:59:43 | MU20 | 11 | 1:02:28 | 1997 |
| 1787 | 5262 | Sonntag Timo | *Grevenbroich | 0:59:43 | M40 | 283 | 1:03:45 | 1976 |
| 1788 | 2949 | Ruiters Volker | ausdauerschule bunert | 0:59:45 | M50 | 330 | 1:03:02 | 1964 |
| 1789 | 4467 | Kranz Detlef | LC Tantra | 0:59:47 | M60 | 77 | 1:02:09 | 1952 |
| 1790 | 2564 | Weiske Tim | Paulinchen Panther | 0:59:50 | M40 | 284 | 1:03:12 | 1975 |
| 1791 | 3143 | Heinrich Uwe | TuS Hamborn-Neumühl | 0:59:51 | M70 | 5 | 1:03:14 | 1943 |
| 1792 | 2743 | Tristram Uwe | Marientreff | 0:59:56 | M50 | 331 | 1:03:56 | 1963 |
| 1793 | 3074 | Giebfried Bernhard | Ski-Klub Duisburg | 0:59:58 | M60 | 78 | 1:02:49 | 1952 |
| 1794 | 3076 | Giebfried Bastian | *Duisburg | 0:59:59 | M20 | 123 | 1:02:49 | 1991 |
| 1795 | 4058 | Schink Hagen | TuS 08 Lintorf e.V. | 0:59:59 | M55 | 189 | 1:03:41 | 1959 |
| 1796 | 2324 | Dornhege Daniel | VIVAWEST | 1:00:00 | M30 | 162 | 1:01:46 | 1986 |
| 1797 | 3423 | Zimmer Karsten | *Dortmund | 1:00:02 | M45 | 395 | 1:04:00 | 1970 |
| 1798 | 4506 | Wintermeyer Laurentius | *Ratingen | 1:00:03 | M50 | 332 | 1:03:22 | 1964 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|----------------------------|---------|------|----------|------------|----------|
| 1799 | 3329 | Schmidt Thomas | Ausdauererschule by Bunert | 1:00:08 | M50 | 333 | 1:04:04 | 1964 |
| 1800 | 2355 | Siedlaczek Gerald | SG Ruhrgas 1929 | 1:00:09 | M50 | 334 | 1:03:33 | 1963 |
| 1801 | 3620 | Peters Markus | *Neuss | 1:00:17 | M45 | 396 | 1:04:16 | 1971 |
| 1802 | 4498 | Wittkämper Jens-Arno | TC Südpark | 1:00:25 | M50 | 335 | 1:04:15 | 1962 |
| 1803 | 2350 | Pathe Jürgen | SG Ruhrgas 1929 | 1:00:25 | M50 | 336 | 1:03:27 | 1963 |
| 1804 | 0 | unbekannt DR70GDP | | 1:00:26 | M20 | 124 | 1:04:19 | |
| 1805 | 2562 | Kohl Matthias | *Düsseldorf | 1:00:31 | M45 | 397 | 1:04:24 | 1967 |
| 1806 | 4190 | Bücker Markus | *Moers | 1:00:32 | M45 | 398 | 1:02:48 | 1970 |
| 1807 | 2417 | Swiatczak Eugen | *Duisburg | 1:00:34 | M65 | 28 | 1:04:25 | 1948 |
| 1808 | 4239 | Plambeck Thomas | *Duisburg | 1:00:37 | M50 | 337 | 1:04:36 | 1963 |
| 1809 | 3483 | Schröder Günther | *Essen | 1:00:38 | M65 | 29 | 1:04:27 | 1948 |
| 1810 | 4177 | Wöhrmann Jürgen | *Duisburg | 1:00:39 | M55 | 190 | 1:03:34 | 1957 |
| 1811 | 4437 | Lange Gerd | LA Spvgg. Herten | 1:00:39 | M65 | 30 | 1:04:43 | 1951 |
| 1812 | 5156 | Stasch Kristian | Marathon Mülheim | 1:00:43 | M30 | 163 | 1:04:05 | 1985 |
| 1813 | 3512 | Nickels Stefan | *Duisburg | 1:00:44 | M50 | 338 | 1:04:05 | 1963 |
| 1814 | 4482 | Weyers Sascha | *Essen | 1:00:47 | M45 | 399 | 1:04:46 | 1970 |
| 1815 | 5038 | Rogge Andreas | - | 1:01:00 | M50 | 339 | 1:04:37 | 1962 |
| 1816 | 3242 | Schwill Frank | LT Kettwig | 1:01:05 | M50 | 340 | 1:01:37 | 1962 |
| 1817 | 2523 | Wachsmann Georg | *Gladbeck | 1:01:11 | M50 | 341 | 1:04:30 | 1965 |
| 1818 | 3024 | Baldeau Günter | *Duisburg | 1:01:15 | M55 | 191 | 1:04:38 | 1959 |
| 1819 | 3956 | Schu Klaus | *Gelsenkirchen | 1:01:15 | M50 | 342 | 1:04:17 | 1965 |
| 1820 | 5137 | van Doorn Frank | *Duisburg | 1:01:18 | M45 | 400 | 1:05:22 | 1969 |
| 1821 | 3420 | Graeber Thomas | *Dinslaken | 1:01:19 | M45 | 401 | 1:02:48 | 1968 |
| 1822 | 2361 | Gliff Thomas | BWG Running Team | 1:01:24 | M40 | 285 | 1:04:47 | 1972 |
| 1823 | 4663 | Schwerthöffer Andreas | *Dorsten | 1:01:25 | M55 | 192 | 1:04:56 | 1961 |
| 1824 | 4182 | Voss Burkhard | *Dorsten | 1:01:27 | M50 | 343 | 1:04:56 | 1962 |
| 1825 | 5410 | Fingerlin Florian | Team Fingerlin-Höfs | 1:01:29 | M30 | 164 | 1:04:31 | 1984 |
| 1826 | 5411 | Höfs Wolfgang | Team Fingerlin-Höfs | 1:01:29 | M60 | 79 | 1:04:31 | 1955 |
| 1827 | 2683 | Gornowicz Marcus | Sandisk Deutschland | 1:01:30 | M40 | 286 | 1:05:28 | 1973 |
| 1828 | 4951 | Lewerentz Christian | BSG Sparkasse Bottrop | 1:01:30 | M35 | 184 | 1:04:49 | 1980 |
| 1829 | 4952 | Kuhlmann Patrick | BSG Sparkasse Bottrop | 1:01:32 | M20 | 125 | 1:04:50 | 1991 |
| 1830 | 5141 | Steinstraßer Jürgen | *Krefeld | 1:01:34 | M60 | 80 | 1:05:37 | 1955 |
| 1831 | 3519 | Grothoff Markus | *Solingen | 1:01:38 | M55 | 193 | 1:05:38 | 1960 |
| 1832 | 2672 | Lorek Ulrich | TV Ratingen | 1:01:41 | M55 | 194 | 1:05:26 | 1959 |
| 1833 | 5564 | Derißen Stefan | 200PROTEAM | 1:01:43 | M20 | 126 | 1:05:33 | 1989 |
| 1834 | 2814 | Willersen Kay | Er tut es nur für sich! | 1:01:43 | M40 | 287 | 1:05:38 | 1973 |
| 1835 | 3407 | Roik Matthias | Triathlon TEAM TG Witten | 1:01:53 | M50 | 344 | 1:05:27 | 1963 |
| 1836 | 3977 | Rogge Dieter | laufende Steuerberatung | 1:02:04 | M70 | 6 | 1:04:53 | 1942 |
| 1837 | 3188 | Sörgel Hans-Joachim | Grubenwehr Ruhrkohle | 1:02:07 | M60 | 81 | 1:04:53 | 1956 |
| 1838 | 3548 | Buhren Alexander | *Issum | 1:02:11 | M20 | 127 | 1:05:48 | 1994 |
| 1839 | 2336 | Schuhmann Frank | VIVAWEST | 1:02:22 | M45 | 402 | 1:05:48 | 1970 |
| 1840 | 3784 | Christian Sigg | LT Vynen | 1:02:22 | M60 | 82 | 1:05:58 | 1954 |
| 1841 | 2891 | Tausche Karl | SV Haldern Lauftreff | 1:02:22 | M80 | 1 | 1:06:00 | 1935 |
| 1842 | 2622 | Kremer Manfred | SV Haldern Lauftreff | 1:02:23 | M45 | 403 | 1:06:00 | 1969 |
| 1843 | 3258 | Schlieter Jörg | LT Mismahlshof | 1:02:25 | M60 | 83 | 1:04:33 | 1955 |
| 1844 | 2558 | Rüter Stefan | SV Haldern Lauftreff | 1:02:26 | M45 | 404 | 1:06:00 | 1968 |
| 1845 | 5757 | Kluczka Thomas | *Mülheim | 1:02:26 | M55 | 195 | 1:03:36 | 1961 |
| 1846 | 4253 | Hoinka Wolfgang | *Langenthal | 1:02:37 | M55 | 196 | 1:04:12 | 1957 |
| 1847 | 3712 | Schulte Felix | Fabritz | 1:02:40 | MU18 | 8 | 1:04:06 | 1999 |
| 1848 | 5139 | Schmitz Peter | *Duisburg | 1:02:40 | M45 | 405 | 1:06:42 | 1967 |
| 1849 | 5093 | Winkelmann Ulrich | Turnerbund Osterfeld 1911 | 1:02:50 | M60 | 84 | 1:06:43 | 1954 |
| 1850 | 5264 | Ising Oliver | *Duisburg | 1:02:51 | M45 | 406 | 1:06:01 | 1969 |
| 1851 | 4162 | Biegel Dirk | Lauftiger | 1:02:57 | M50 | 345 | 1:07:04 | 1965 |
| 1852 | 3574 | Kolenbrander Ulrich | *Oberhausen | 1:02:58 | M45 | 407 | 1:06:52 | 1969 |
| 1853 | 2342 | Ebus Stefan | SG Ruhrgas 1929 | 1:02:59 | M40 | 288 | 1:06:39 | 1972 |
| 1854 | 3469 | Smolni Roman | *Duisburg | 1:03:03 | M35 | 185 | 1:03:19 | 1980 |
| 1855 | 2379 | Wischolek Markus | TC Kray 1892 e.V. | 1:03:09 | M45 | 408 | 1:06:35 | 1971 |
| 1856 | 4272 | Müller Andreas | *Dorsten | 1:03:10 | M45 | 409 | 1:06:46 | 1971 |
| 1857 | 2987 | Rösch Georg | *Neuss | 1:03:11 | M55 | 197 | 1:06:39 | 1961 |
| 1858 | 3759 | Schellscheidt Roland | AS Neukirchen-Vluyn | 1:03:25 | M65 | 31 | 1:06:42 | 1947 |
| 1859 | 4922 | Kniest Hans-Heinrich | SV Orsoy | 1:03:29 | M55 | 198 | 1:04:07 | 1960 |
| 1860 | 5496 | van Fürden Alexander | *Herne | 1:03:30 | M60 | 85 | 1:06:47 | 1956 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------------|----------------------------|---------|------|----------|------------|----------|
| 1861 | 3172 | Retkowski Lutz | *Dortmund | 1:03:37 | M40 | 289 | 1:07:34 | 1975 |
| 1862 | 3297 | Schorr Christian | *Grevenbroich | 1:03:40 | M45 | 410 | 1:06:14 | 1969 |
| 1863 | 3714 | Esser Christoph | Fabritz | 1:03:42 | MU20 | 12 | 1:05:06 | 1998 |
| 1864 | 3277 | Schorr Stefan | *Essen | 1:03:42 | M45 | 411 | 1:06:15 | 1971 |
| 1865 | 5034 | Drange Mike | VPM-Team | 1:03:44 | M20 | 128 | 1:06:19 | 1991 |
| 1865 | 5705 | Janßen Edgar | Vodafone-Runners | 1:03:44 | M45 | 412 | 1:07:10 | 1969 |
| 1867 | 2936 | Hermes Rainer | Marientreff Rumeln | 1:03:48 | M50 | 346 | 1:07:48 | 1963 |
| 1868 | 2846 | Bovelet Carsten | *Duisburg | 1:03:51 | M50 | 347 | 1:07:36 | 1966 |
| 1869 | 4357 | Gruschka Gregor | *Düsseldorf | 1:03:52 | M55 | 199 | 1:07:50 | 1958 |
| 1870 | 4069 | Schramm Dietmar | *Recklinghausen | 1:03:57 | M60 | 86 | 1:08:02 | 1952 |
| 1871 | 4559 | Jaeger Friedhelm | *Mülheim a.d. Ruhr | 1:04:00 | M55 | 200 | 1:07:57 | 1960 |
| 1872 | 4448 | Hagemann Udo | TG - Hörste | 1:04:02 | M50 | 348 | 1:08:07 | 1964 |
| 1873 | 2718 | Niggemann Andreas | Laufgruppe ziiiiisch und w | 1:04:03 | M55 | 201 | 1:07:10 | 1959 |
| 1874 | 5549 | Horst Jörg | *Dortmund | 1:04:09 | M40 | 290 | 1:06:50 | 1974 |
| 1875 | 4080 | Masiorek Markus | *Viersen | 1:04:10 | M40 | 291 | 1:08:09 | 1972 |
| 1876 | 5018 | Sahlmen Ralf | DSG Essen | 1:04:10 | M50 | 349 | 1:07:38 | 1965 |
| 1877 | 4137 | Wimschulte Dirk | DSG Essen | 1:04:10 | M50 | 350 | 1:07:38 | 1963 |
| 1878 | 3530 | Boxen Werner | *Duisburg | 1:04:10 | M60 | 87 | 1:07:19 | 1955 |
| 1879 | 2845 | Machill Manfred | AS Neukirchen-Vluyn | 1:04:17 | M50 | 351 | 1:07:33 | 1965 |
| 1880 | 5280 | Schwan Patrick | *Mülheim | 1:04:23 | M30 | 165 | 1:08:08 | 1985 |
| 1881 | 2833 | Roderigo Thomas | *Oberhausen | 1:04:25 | M40 | 292 | 1:07:44 | 1972 |
| 1882 | 3183 | Schuhmacher Volker | Marientreff | 1:04:32 | M50 | 352 | 1:08:31 | 1964 |
| 1883 | 4347 | Frank Thomas | *Rheinberg | 1:04:33 | M45 | 413 | 1:07:28 | 1967 |
| 1884 | 3852 | Szymanski Sebastian | *Moers | 1:04:33 | M20 | 129 | 1:07:28 | 1990 |
| 1885 | 5036 | Wichert Jörg | *Mülheim | 1:04:34 | M40 | 293 | 1:08:17 | 1972 |
| 1886 | 2733 | Bünsow Günter | GEFA Running Team | 1:04:43 | M50 | 353 | 1:08:25 | 1962 |
| 1887 | 3404 | Hillecke Thomas | Team Therapieburg | 1:04:43 | M45 | 414 | 1:08:27 | 1969 |
| 1888 | 4041 | Kempff Holger | TSC Mülheim e.V. | 1:05:05 | M60 | 88 | 1:07:41 | 1955 |
| 1889 | 5587 | Koock Oliver | 200PROTEAM | 1:05:09 | M40 | 294 | 1:08:58 | 1973 |
| 1890 | 4743 | Miethke Norbert | *Krefeld | 1:05:17 | M55 | 202 | 1:08:47 | 1957 |
| 1891 | 3307 | Weinert Uwe | *Goch | 1:05:18 | M55 | 203 | 1:09:36 | 1960 |
| 1892 | 3178 | Hintze Dieter | *Düsseldorf | 1:05:25 | M50 | 354 | 1:08:21 | 1962 |
| 1893 | 5315 | Niemeier Dirk | *Xanten | 1:05:40 | M50 | 355 | 1:09:13 | 1966 |
| 1894 | 5065 | Krämer Dennis | *Mülheim | 1:05:55 | M35 | 186 | 1:09:39 | 1980 |
| 1895 | 5064 | Krämer Andre | *Mülheim Ruhr | 1:05:56 | M35 | 187 | 1:09:39 | 1977 |
| 1896 | 4164 | Risch Gunnar | *Duisburg | 1:06:04 | M55 | 204 | 1:08:15 | 1960 |
| 1897 | 3439 | Fritz Dr. Joachim | *Duisburg | 1:06:16 | M60 | 89 | 1:09:53 | 1956 |
| 1898 | 3208 | Peters Udo | *Mülheim | 1:06:17 | M50 | 356 | 1:10:18 | 1962 |
| 1899 | 5420 | Sartory Andreas | *Bochum | 1:06:19 | M50 | 357 | 1:10:11 | 1966 |
| 1900 | 4607 | Schaefer Jens | *Krefeld | 1:06:23 | M35 | 188 | 1:08:26 | 1977 |
| 1901 | 0 | unbekannt HZ357KZ | | 1:06:23 | M20 | 130 | 1:08:26 | |
| 1902 | 3676 | Fürchtenicht Klaus-Dieter | TV Jahn Hiesfeld | 1:06:25 | M60 | 90 | 1:09:54 | 1954 |
| 1903 | 3923 | Welsing Winfried | SV Biemenhorst | 1:06:26 | M60 | 91 | 1:10:26 | 1954 |
| 1904 | 3012 | Müller Jan Michael | TV Jahn Hiesfeld | 1:06:26 | M60 | 92 | 1:09:54 | 1956 |
| 1905 | 4139 | Reichelt Roland | *Mönchengladbach | 1:06:28 | M55 | 205 | 1:10:23 | 1959 |
| 1906 | 3440 | Schmitz Peter Michael | ART Düsseldorf | 1:06:41 | M70 | 7 | 1:08:30 | 1946 |
| 1907 | 5467 | Schlecht Daniel | *Düsseldorf | 1:06:43 | M40 | 295 | 1:09:23 | 1974 |
| 1908 | 4622 | Brosowski Frank | Team Popoclub | 1:06:44 | M40 | 296 | 1:10:34 | 1972 |
| 1909 | 4623 | Papst Christian | Team Popoclub | 1:06:44 | M35 | 189 | 1:10:34 | 1977 |
| 1910 | 2457 | Kemper Klaus | TV Vennikel | 1:06:55 | M60 | 93 | 1:11:02 | 1954 |
| 1911 | 5398 | Sagud Kristijan | *Duisburg | 1:06:59 | M35 | 190 | 1:10:27 | 1981 |
| 1912 | 5338 | Reichelt Harald | BSV VDM | 1:07:05 | M55 | 206 | 1:10:59 | 1960 |
| 1913 | 4262 | Hebisch Ole | Running Gig | 1:07:09 | M45 | 415 | 1:11:07 | 1971 |
| 1914 | 4047 | Buhrmester Timo | *Iserlohn | 1:07:30 | M45 | 416 | 1:11:38 | 1967 |
| 1915 | 4633 | Hennes Harald | *Erkrath | 1:07:44 | M50 | 358 | 1:11:49 | 1962 |
| 1916 | 5296 | Overkamp Markus | Läuft bei uns | 1:07:46 | M35 | 191 | 1:11:01 | 1978 |
| 1917 | 2268 | Knauer Joachim | RMD Laufcamp 2016 | 1:07:46 | M45 | 417 | 1:08:53 | 1967 |
| 1918 | 3020 | Alt Rudi | Tri-Ducks-Dorsten | 1:08:23 | M65 | 32 | 1:12:10 | 1949 |
| 1919 | 5184 | Brecht Robin | *Essen | 1:08:55 | M20 | 131 | 1:12:40 | 1990 |
| 1920 | 2673 | Zachcial Dr. Andreas | *Duisburg | 1:09:00 | M40 | 297 | 1:13:02 | 1973 |
| 1921 | 3921 | Hüfner Manfred | BSG Team EVAG | 1:09:09 | M60 | 94 | 1:12:19 | 1952 |
| 1922 | 3717 | Gerresheim Valentin | Fabritz | 1:09:30 | MU18 | 9 | 1:10:55 | 1999 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------|----------------------|---------|-----|----------|------------|----------|
| 1923 | 4250 | Kolenbrander Peter | LG BPT-Oberhausen | 1:09:49 | M60 | 95 | 1:13:44 | 1955 |
| 1924 | 0 | Korsch Peter | Team Dicke Beine de | 1:10:08 | M45 | 418 | 1:14:07 | 1969 |
| 1925 | 5075 | Roth Winfried | LG Kantpark | 1:10:55 | M60 | 96 | 1:13:54 | 1954 |
| 1926 | 5562 | Buhren Carsten | 200PROTEAM | 1:11:27 | M45 | 419 | 1:15:24 | 1970 |
| 1927 | 3576 | Claus Detlef | *Mülheim an der Ruhr | 1:11:38 | M45 | 420 | 1:15:18 | 1969 |
| 1928 | 4707 | Meters Frank | *Oberhausen | 1:11:55 | M50 | 359 | 1:15:05 | 1963 |
| 1929 | 4106 | Plückelmann Willi | Tus Hamborn Neumühl | 1:13:37 | M65 | 33 | 1:13:52 | 1948 |
| 1930 | 4261 | Essig Chris Izzy | Team ERDINGER Alkoho | 1:14:41 | M35 | 192 | 1:18:40 | 1980 |
| 1931 | 4871 | Deichmann Julien | *Aachen | 1:15:50 | M30 | 166 | 1:19:55 | 1982 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|----------------------------|---------|-----|----------|------------|----------|
| 1 | 2277 | Vössing Annika | LAV Oberhausen | 0:37:13 | W20 | 1 | 0:37:14 | 1992 |
| 2 | 2276 | Fierek Carina | TUS Xanten | 0:39:24 | W30 | 1 | 0:39:28 | 1983 |
| 3 | 4956 | Lehmann Anke | TuS Drevenack | 0:40:30 | W45 | 1 | 0:40:44 | 1970 |
| 4 | 2861 | Buß Cornelia | SG Borken | 0:40:30 | W40 | 1 | 0:41:10 | 1973 |
| 5 | 5267 | Michalsky Nadja Maria | *Düsseldorf | 0:41:09 | W20 | 2 | 0:41:26 | 1992 |
| 6 | 5385 | Schmitz Claudia | ASC Rosellen/Neuss | 0:41:24 | W40 | 2 | 0:41:34 | 1972 |
| 7 | 5751 | Schulte-Zurhausen Esther | Ausdauererschule by Bunert | 0:41:28 | W20 | 3 | 0:41:36 | 1988 |
| 8 | 4207 | Lubjuhn Anne | DLC Aachen | 0:41:33 | W20 | 4 | 0:41:56 | 1992 |
| 9 | 3351 | Klabunde Sandra | Moerser TV Triathlon | 0:41:50 | W30 | 2 | 0:41:58 | 1986 |
| 10 | 3314 | Balschuweit Dorothee | SuS Bertlich | 0:42:12 | W30 | 3 | 0:42:28 | 1984 |
| 11 | 3553 | Pütthe Tina | ASC Rosellen/Neuss | 0:42:38 | W35 | 1 | 0:42:48 | 1977 |
| 12 | 5718 | Delseith Bettina | Vodafone-Runners | 0:42:40 | W50 | 1 | 0:42:52 | 1966 |
| 13 | 4990 | Rolf Deborah | *Herne | 0:43:01 | W20 | 5 | 0:43:35 | 1987 |
| 14 | 3345 | Schnaß Nicole | Krefelder kanu Klub | 0:43:52 | W45 | 2 | 0:44:06 | 1971 |
| 15 | 5796 | Kaiser Anne | | 0:43:52 | W30 | 4 | 0:44:45 | 1984 |
| 16 | 3108 | Ischinsky Carolin | Lauffreunde Bottrop | 0:43:56 | W40 | 3 | 0:44:35 | 1974 |
| 17 | 5397 | Hofmann Kerstin | TUS Drevenack | 0:44:00 | W35 | 2 | 0:44:18 | 1977 |
| 18 | 4090 | Breier Katja | RC Germania Düsseldorf | 0:44:03 | W20 | 6 | 0:44:46 | 1991 |
| 19 | 5353 | Pfützenreuter Johanna | Tus 08 Lintorf | 0:44:20 | W20 | 7 | 0:44:36 | 1990 |
| 20 | 3210 | Thimm Gitti | TV Goch | 0:44:25 | W45 | 3 | 0:44:39 | 1968 |
| 21 | 2656 | Niggemann Marinja | Ausdauererschule by Bunert | 0:44:25 | W20 | 8 | 0:44:48 | 1987 |
| 22 | 5481 | Padovani Alessia | *Mülheim an der Ruhr | 0:44:31 | W20 | 9 | 0:44:35 | 1988 |
| 23 | 2575 | Schmücker Jasmin | LG Mülheim | 0:44:31 | W55 | 1 | 0:44:49 | 1959 |
| 24 | 5492 | Adriany Ulrike | *Essen | 0:44:36 | W35 | 3 | 0:45:25 | 1977 |
| 25 | 3768 | Börmann Jutta | TSG Kirchhellen | 0:44:39 | W45 | 4 | 0:46:04 | 1967 |
| 26 | 2903 | Kaß Gudrun | SG Borken | 0:44:42 | W45 | 5 | 0:46:29 | 1968 |
| 27 | 2516 | Meisa Kerstin | TRC Essen 84 | 0:44:49 | W30 | 5 | 0:45:13 | 1982 |
| 28 | 5243 | Düring Claudia | TriTEAM Radevormwald | 0:45:00 | W45 | 6 | 0:46:51 | 1970 |
| 29 | 2279 | Fels Anika | LG COESFELD | 0:45:02 | W20 | 10 | 0:45:44 | 1995 |
| 30 | 2666 | Killisch Nara | Banda rapida Wesel | 0:45:12 | W45 | 7 | 0:45:44 | 1968 |
| 31 | 5586 | Kömen Barbara | 200PROTEAM | 0:45:13 | W45 | 8 | 0:47:08 | 1970 |
| 32 | 3704 | Borodo Kasia | *Bochum | 0:45:17 | W40 | 4 | 0:45:42 | 1972 |
| 33 | 5454 | Schulz Janine | FC Gladbeck | 0:45:18 | W20 | 11 | 0:46:40 | 1991 |
| 34 | 3606 | Laufs Verena | LT Metzkausen | 0:45:26 | W35 | 4 | 0:46:24 | 1979 |
| 35 | 3021 | Schober-Kestel Julia | *Düsseldorf | 0:45:32 | W35 | 5 | 0:46:03 | 1980 |
| 36 | 2950 | Severin Sabrina | Moerser TV Triathlon | 0:45:38 | W35 | 6 | 0:45:49 | 1981 |
| 37 | 4081 | Kruse Daniela | SV Gladbeck 13 | 0:45:43 | W35 | 7 | 0:45:56 | 1977 |
| 38 | 3254 | Kohrs Silke | Triathlon ASC Ratingen | 0:45:47 | W35 | 8 | 0:46:33 | 1977 |
| 39 | 2258 | Hübner Britta | LC Duisburg | 0:45:52 | W50 | 2 | 0:46:27 | 1964 |
| 40 | 4499 | Ellerhausen Marle | Triabolos Triathlon Hambur | 0:46:08 | W40 | 5 | 0:47:28 | 1972 |
| 41 | 4044 | Tersteegen Julia | *Duisburg | 0:46:09 | W35 | 9 | 0:48:07 | 1981 |
| 42 | 2535 | Nass Daniela | Triathlon Mülheim | 0:46:12 | W45 | 9 | 0:46:32 | 1969 |
| 43 | 5786 | Wilke Belinda | TG Neuss | 0:46:15 | W55 | 2 | 0:46:19 | 1960 |
| 44 | 3382 | Bruns Klaudia | *Essen | 0:46:17 | W55 | 3 | 0:47:30 | 1961 |
| 45 | 3653 | Lippke Elke | RSC Essen-Kettwig | 0:46:18 | W55 | 4 | 0:46:32 | 1959 |
| 46 | 4295 | Wand Sabine | *Essen | 0:46:22 | W20 | 12 | 0:46:53 | 1988 |
| 47 | 5071 | Hünchen Heike | Tri Team FS Düsseldorf | 0:46:35 | W45 | 10 | 0:47:04 | 1967 |
| 48 | 1856 | Ohling Heike | Krefelder Kanu Klub | 0:46:37 | W40 | 6 | 0:48:17 | 1976 |
| 49 | 5009 | Sondermann Esther | LGO Bochum | 0:46:46 | W45 | 11 | 0:47:19 | 1970 |
| 50 | 5436 | Kohl Yvy | Ausdauererschule by Bunert | 0:46:47 | W45 | 12 | 0:47:20 | 1967 |
| 51 | 3318 | Simon Iris | LC Duisburg | 0:46:47 | W45 | 13 | 0:47:32 | 1969 |
| 52 | 4653 | Flohr Sonja | Adler Langlauf Bottrop | 0:46:52 | W45 | 14 | 0:47:23 | 1970 |
| 53 | 2890 | Kels Petra | TSV Viktoria Mülheim | 0:46:53 | W50 | 3 | 0:47:20 | 1962 |
| 54 | 2708 | Blumenau Regina | *Düsseldorf | 0:46:55 | W50 | 4 | 0:48:52 | 1963 |
| 55 | 5076 | Dirksen Uta | *Münster | 0:46:56 | W50 | 5 | 0:48:12 | 1965 |
| 56 | 3625 | Krämer Jeanette | *Essen | 0:47:08 | W35 | 10 | 0:48:03 | 1979 |
| 57 | 4969 | Beulen Silke | ART Düsseldorf | 0:47:08 | W40 | 7 | 0:48:27 | 1976 |
| 58 | 3491 | Poschmann Heike | WAT Läufer | 0:47:11 | W50 | 6 | 0:48:15 | 1966 |
| 59 | 4655 | Hülsmann Anja | WAT-Läufer | 0:47:11 | W35 | 11 | 0:48:14 | 1978 |
| 60 | 3112 | Mehl Joanna | Fussmetik-Mehl | 0:47:18 | W55 | 5 | 0:47:46 | 1959 |
| 61 | 3892 | Niehaves Annette | SG Borken e.V. | 0:47:19 | W45 | 15 | 0:49:51 | 1968 |
| 62 | 3890 | Steiner Tanja | TV Jahn Hiesfeld | 0:47:19 | W35 | 12 | 0:48:21 | 1979 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|-------------------------|---------|------|----------|------------|----------|
| 63 | 5659 | Mai Kim Thanh | Vodafone-Runners | 0:47:22 | W55 | 6 | 0:47:57 | 1959 |
| 64 | 3636 | Blondin Juliane | SC Bayer 05 Uerdingen T | 0:47:28 | W55 | 7 | 0:47:48 | 1959 |
| 65 | 5432 | Vogt Tine | Tri Team FS Düsseldorf | 0:47:29 | W40 | 8 | 0:48:10 | 1973 |
| 66 | 2542 | Mickelat Dr. Simone | *Düsseldorf | 0:47:31 | W40 | 9 | 0:49:08 | 1972 |
| 67 | 4524 | Hlavova Eva | *Ratingen | 0:47:32 | W35 | 13 | 0:48:40 | 1977 |
| 68 | 2696 | Hölter Agnes | SG Borken | 0:47:33 | W60 | 1 | 0:49:20 | 1956 |
| 69 | 3619 | Adam Andrea | Angerland-Lauf-Treff | 0:47:35 | W45 | 16 | 0:49:50 | 1968 |
| 70 | 2520 | Bitthöfer Tatjana | Dortmund | 0:47:48 | W40 | 10 | 0:48:09 | 1975 |
| 71 | 5173 | Lipa Heike | BTC-Herne | 0:47:49 | W40 | 11 | 0:49:44 | 1973 |
| 72 | 5337 | Serfort Inga | VSG Duisburg | 0:47:51 | W30 | 6 | 0:49:27 | 1983 |
| 73 | 3612 | Chmura Anna | *Halver | 0:47:53 | W45 | 17 | 0:49:12 | 1970 |
| 74 | 5394 | Tempesta Angela | AS Neukirchen-Vluyn | 0:47:54 | W30 | 7 | 0:48:31 | 1984 |
| 75 | 3818 | Sürth Anja | *Essen | 0:47:54 | W45 | 18 | 0:49:31 | 1970 |
| 76 | 4637 | Unterberg Katrin | Laufftreff Obererft | 0:47:55 | W40 | 12 | 0:48:27 | 1976 |
| 77 | 4601 | Göbel Naemi | Helios Iron Team | 0:47:56 | W20 | 13 | 0:49:27 | 1996 |
| 78 | 2716 | Freywald Ulrike | *Duisburg | 0:47:59 | W50 | 7 | 0:50:16 | 1965 |
| 79 | 4325 | Drusenheimer Nadja | *Düsseldorf | 0:48:00 | W35 | 14 | 0:49:59 | 1979 |
| 80 | 3059 | Sehmer Susanne | Rheintornos | 0:48:02 | W45 | 19 | 0:48:36 | 1971 |
| 81 | 4600 | Göbel Carina | Helios Iron Team | 0:48:03 | W50 | 8 | 0:49:35 | 1965 |
| 82 | 3879 | Deutscher Claudia | Renntiere | 0:48:04 | W50 | 9 | 0:50:05 | 1966 |
| 83 | 3230 | Vollbach Frederike | TRC Essen 84 | 0:48:05 | W30 | 8 | 0:50:02 | 1984 |
| 83 | 5452 | Heidkamp Dorothee | *Düsseldorf | 0:48:05 | W20 | 14 | 0:48:14 | 1987 |
| 85 | 4221 | Grawley Claudia | *Duisburg | 0:48:07 | W40 | 13 | 0:50:33 | 1973 |
| 86 | 4971 | Kemper Monika | Teufelslauf Heiden | 0:48:08 | W50 | 10 | 0:49:55 | 1965 |
| 87 | 2278 | Holthoff Nina | LG COESFELD | 0:48:09 | W45 | 20 | 0:49:20 | 1970 |
| 88 | 3675 | Wiesmann Katja | SG Borken | 0:48:10 | W20 | 15 | 0:50:40 | 1991 |
| 89 | 5771 | Kaiser Dörte | TUS BREITSCHEID | 0:48:11 | W45 | 21 | 0:49:15 | 1971 |
| 90 | 2646 | Gewehr Rebecca | SV Gladbeck 13 | 0:48:14 | W30 | 9 | 0:48:25 | 1984 |
| 91 | 4420 | Effelsberg Lisa | *Mülheim Ruhr | 0:48:19 | W20 | 16 | 0:50:02 | 1987 |
| 92 | 5313 | Schöler Anja | *Selm | 0:48:23 | W45 | 22 | 0:49:07 | 1971 |
| 93 | 4494 | Weier Katrin | Hase&gel Schmachtdor | 0:48:23 | W50 | 11 | 0:49:08 | 1964 |
| 94 | 4393 | ROPERTZ Nina | BSG Waz Essen | 0:48:27 | W30 | 10 | 0:50:54 | 1985 |
| 95 | 3363 | Hoffmann-Meyer Angelika | TV Jahn Hiesfeld | 0:48:29 | W60 | 2 | 0:49:53 | 1955 |
| 96 | 4435 | Richts Stefanie | *Köln | 0:48:32 | W30 | 11 | 0:50:31 | 1983 |
| 97 | 2378 | Kreutzer Greta | TRIMET | 0:48:36 | W20 | 17 | 0:51:20 | 1992 |
| 98 | 3240 | Kirchhof Dr. Nora | *Essen | 0:48:38 | W35 | 15 | 0:49:17 | 1977 |
| 99 | 2480 | Cosack Annette | *Essen | 0:48:38 | W50 | 12 | 0:50:47 | 1966 |
| 100 | 3911 | Willemsen Helga | *Bocholt | 0:48:40 | W45 | 23 | 0:49:13 | 1969 |
| 101 | 3298 | Büttner Melanie | *Essen | 0:48:44 | W40 | 14 | 0:51:30 | 1974 |
| 102 | 3939 | Richter Jana | Richter-Connection | 0:48:48 | W20 | 18 | 0:50:17 | 1991 |
| 103 | 4042 | Philipps Lena | *Duisburg | 0:48:49 | W20 | 19 | 0:50:16 | 1993 |
| 104 | 2366 | Nitz Rebecca | LC Duisburg | 0:48:54 | W20 | 20 | 0:50:42 | 1988 |
| 105 | 2873 | Bielicke Manja | ART Düsseldorf | 0:48:58 | W45 | 24 | 0:51:07 | 1969 |
| 106 | 5179 | Sust Elke | BTC Herne | 0:49:01 | W50 | 13 | 0:50:56 | 1965 |
| 107 | 4088 | Herriger Annekatrin | *Meerbusch | 0:49:05 | W40 | 15 | 0:50:11 | 1972 |
| 108 | 2710 | Wirth Mariele | WSV Mülheim | 0:49:07 | W45 | 25 | 0:50:23 | 1967 |
| 109 | 4066 | Gagliardi Romina | *Düsseldorf | 0:49:07 | W20 | 21 | 0:49:36 | 1988 |
| 109 | 4232 | Kurth Daniela | *Duisburg | 0:49:07 | W45 | 26 | 0:51:20 | 1969 |
| 111 | 4427 | Makein-Hoenselaar Esthe | SV Viktoria Goch | 0:49:07 | W55 | 8 | 0:51:21 | 1957 |
| 112 | 2390 | Schneider Beate | Max Maulwurf Marathonis | 0:49:08 | W50 | 14 | 0:49:58 | 1963 |
| 113 | 4492 | Röhr Carola | LT Marathon Runners Uer | 0:49:08 | W45 | 27 | 0:51:14 | 1969 |
| 114 | 3378 | Holtmeier Anne | TV Ratingen Handball | 0:49:12 | WU20 | 1 | 0:49:42 | 1997 |
| 115 | 4117 | Gawlik-Kuzera Eva | TEAM ELG | 0:49:15 | W50 | 15 | 0:51:25 | 1963 |
| 116 | 4374 | Morrissey Marianne | No | 0:49:19 | W40 | 16 | 0:49:31 | 1974 |
| 117 | 3275 | Brinkmann Stephanie | TSG-Sprockhövel | 0:49:21 | W45 | 28 | 0:50:01 | 1970 |
| 118 | 4392 | Köster Diana | SV Viktoria Goch | 0:49:22 | W45 | 29 | 0:51:36 | 1971 |
| 119 | 3826 | Overbeck Julia | *Wuppertal | 0:49:22 | W20 | 22 | 0:50:59 | 1992 |
| 120 | 2916 | Schlüter-Michels Marion | SG Borken | 0:49:22 | W45 | 30 | 0:51:10 | 1969 |
| 121 | 4797 | Kleinhubbert Nina | *Wuppertal | 0:49:26 | W40 | 17 | 0:50:02 | 1975 |
| 122 | 5270 | Werners Britta | *Sprockhövel | 0:49:30 | W20 | 23 | 0:50:00 | 1988 |
| 123 | 2623 | Nikolaus Dr. Stephanie | *Goch | 0:49:30 | W35 | 16 | 0:51:37 | 1980 |
| 124 | 4077 | Engel Sabine | die 3E | 0:49:31 | W45 | 31 | 0:50:32 | 1969 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|------------------------------|---------|------|----------|------------|----------|
| 125 | 2869 | Moddenborg Petra | Bocholt | 0:49:32 | W40 | 18 | 0:50:05 | 1972 |
| 126 | 5122 | Buttenbruch Ellen | TriTeam TV Schiefbahn | 0:49:32 | W45 | 32 | 0:51:33 | 1967 |
| 127 | 2388 | Sult Barbara | TC Kray 1892 e.V. | 0:49:33 | W60 | 3 | 0:50:56 | 1953 |
| 128 | 5712 | Conrad Claudia | Vodafone-Runners | 0:49:34 | W35 | 17 | 0:50:44 | 1977 |
| 129 | 5218 | Omnitz Susanne | *Wuppertal | 0:49:35 | W30 | 12 | 0:52:13 | 1983 |
| 130 | 3623 | Bevers Wiebke | Ruhrrunner Essen | 0:49:37 | W50 | 16 | 0:51:16 | 1965 |
| 131 | 5238 | Papajewski Birgit | runningcoach.me | 0:49:38 | W55 | 9 | 0:51:41 | 1960 |
| 132 | 2387 | Stützer Kerstin | TC Kray 1892 e.V. | 0:49:38 | W40 | 19 | 0:52:19 | 1973 |
| 133 | 4462 | Becker Anne | Team Lembeck | 0:49:40 | W20 | 24 | 0:51:38 | 1988 |
| 134 | 2817 | Brune Katharina | LC Duisburg | 0:49:42 | W30 | 13 | 0:52:31 | 1984 |
| 135 | 2742 | Möllmann Rita | TSV Bocholt | 0:49:43 | W45 | 33 | 0:52:17 | 1969 |
| 136 | 2618 | Wissing Carola | TSV Bocholt | 0:49:52 | W45 | 34 | 0:52:23 | 1967 |
| 137 | 4430 | Günther Sabine | Justiz Duisburg | 0:49:56 | W45 | 35 | 0:50:56 | 1969 |
| 138 | 3239 | Kauffmann Inga | Starlight Team Essen | 0:50:00 | W40 | 20 | 0:50:39 | 1973 |
| 139 | 4005 | Schankweiler Martina | SV Viktoria Goch | 0:50:01 | W50 | 17 | 0:51:49 | 1962 |
| 140 | 2601 | Brinkmann Birgit | *Duisburg | 0:50:01 | W40 | 21 | 0:51:45 | 1974 |
| 141 | 3517 | Tenbrink Sabine | LAV Oberhausen | 0:50:09 | W45 | 36 | 0:51:44 | 1971 |
| 142 | 4701 | Klein Vanessa | BSG Niederrh. SK RheinL | 0:50:11 | W30 | 14 | 0:51:39 | 1982 |
| 143 | 3523 | Hemmecke Ulrike | Wupperläufer | 0:50:11 | W50 | 18 | 0:50:59 | 1962 |
| 144 | 4096 | Collin Simone | *duisburg | 0:50:12 | W40 | 22 | 0:51:23 | 1975 |
| 145 | 2420 | Glander Johanna | *Krefeld | 0:50:15 | W30 | 15 | 0:50:38 | 1986 |
| 146 | 2938 | Rathmann Jutta | LT Bärenbrücke Berlin e.V | 0:50:18 | W45 | 37 | 0:50:37 | 1970 |
| 147 | 4503 | Schulz Claudia | Adler-Langlauf Bottrop | 0:50:18 | W45 | 38 | 0:51:42 | 1969 |
| 148 | 5424 | Platzen Nicole | Die Platzens | 0:50:19 | W35 | 18 | 0:52:25 | 1978 |
| 149 | 3323 | van den Eynden Britta | *Düsseldorf | 0:50:21 | W35 | 19 | 0:51:46 | 1978 |
| 150 | 2836 | Lindekamp Caroline | *Düsseldorf | 0:50:25 | W30 | 16 | 0:52:43 | 1985 |
| 151 | 4843 | Völlm Ineke | *Rees | 0:50:25 | W30 | 17 | 0:51:32 | 1985 |
| 152 | 3709 | Godoy Isabel | Fabritz | 0:50:26 | WU18 | 1 | 0:51:40 | 1999 |
| 153 | 3481 | Christ Carola | LG Alpen | 0:50:26 | W50 | 19 | 0:52:05 | 1962 |
| 154 | 4552 | Van De Pol Jutta | LT Hohenlimburg | 0:50:32 | W50 | 20 | 0:51:36 | 1963 |
| 155 | 5079 | Bongers Aylin | LT Krefeld-Oppum | 0:50:32 | W20 | 25 | 0:51:52 | 1987 |
| 156 | 5024 | Küssner Ruth | Angerland LT Lintorf | 0:50:35 | W60 | 4 | 0:52:34 | 1955 |
| 157 | 3995 | Benning Katharina | *Bocholt | 0:50:35 | W20 | 26 | 0:54:04 | 1988 |
| 158 | 4606 | Schumacher Corinna | *Krefeld | 0:50:36 | W45 | 39 | 0:50:42 | 1968 |
| 159 | 3672 | Rothert Sylvie | TriDucks Dorsten | 0:50:37 | W45 | 40 | 0:52:23 | 1969 |
| 160 | 2341 | Ewens Susanne | SG Ruhrgas 1929 | 0:50:38 | W45 | 41 | 0:51:23 | 1968 |
| 161 | 2254 | Schwenk Sara | Team Polizei Duisburg | 0:50:40 | W30 | 18 | 0:52:05 | 1984 |
| 162 | 2998 | Schmieschek Beata | *Oberhausen | 0:50:45 | W45 | 42 | 0:52:35 | 1970 |
| 163 | 5455 | Hennigfeld Sonja | *Oberhausen | 0:50:45 | W20 | 27 | 0:52:12 | 1987 |
| 164 | 3631 | Osterkamp Nicole | *Essen | 0:50:46 | W40 | 23 | 0:52:40 | 1975 |
| 165 | 5124 | Breuer Maren | *Düsseldorf | 0:50:49 | W35 | 20 | 0:51:18 | 1980 |
| 166 | 3783 | Fuchs Simone | *Essen | 0:50:53 | W40 | 24 | 0:52:30 | 1974 |
| 167 | 2848 | Niski Sylvia | TV Jahn Hiesfeld | 0:50:53 | W45 | 43 | 0:53:05 | 1969 |
| 168 | 4585 | Pousen Anika | Woflos | 0:50:56 | W20 | 28 | 0:53:49 | 1987 |
| 169 | 4661 | Horvath Jana | LAV Oberhausen | 0:50:58 | WU18 | 2 | 0:52:58 | 2000 |
| 170 | 4762 | Mischak Sonja | SG Borken | 0:51:00 | W30 | 19 | 0:53:31 | 1986 |
| 171 | 3651 | Heid Nicole | Angerland Laufftreff Lintorf | 0:51:02 | W45 | 44 | 0:53:17 | 1970 |
| 172 | 3584 | Joyce Sara | *Düsseldorf | 0:51:04 | W45 | 45 | 0:53:39 | 1967 |
| 173 | 4052 | Wittig Sarah | Team Wittig und Helfer | 0:51:07 | W20 | 29 | 0:52:21 | 1988 |
| 174 | 4363 | Ernst Angela | *Duisburg | 0:51:08 | W40 | 25 | 0:52:08 | 1973 |
| 175 | 2975 | Lehmann Anke | LV Stommeln | 0:51:10 | W45 | 46 | 0:52:10 | 1971 |
| 176 | 4547 | Müller Petra | LT Wischlingen Dortmund | 0:51:12 | W50 | 21 | 0:53:58 | 1963 |
| 177 | 5406 | Artz Vera | LT Xanten | 0:51:14 | W20 | 30 | 0:52:55 | 1987 |
| 178 | 5153 | Czibor Christina | TriTeam TSG Sprockhövel | 0:51:14 | W35 | 21 | 0:52:33 | 1977 |
| 179 | 4464 | Abel Gudrun | *Düsseldorf | 0:51:15 | W50 | 22 | 0:52:46 | 1963 |
| 180 | 2723 | Richter Petra | *Duisburg | 0:51:17 | W50 | 23 | 0:52:50 | 1964 |
| 181 | 3330 | Aurelio Susanne | Laufen gegen Leiden | 0:51:23 | W35 | 22 | 0:52:44 | 1981 |
| 182 | 4840 | Raulf Martina | *Willicj | 0:51:27 | W50 | 24 | 0:52:47 | 1964 |
| 183 | 2548 | Keller Anne | *Oberhausen | 0:51:28 | W35 | 23 | 0:54:16 | 1978 |
| 184 | 5136 | Buschmann Stefanie | *Dortmund | 0:51:29 | W50 | 25 | 0:52:50 | 1965 |
| 185 | 3498 | Weinhold Jutta | Gocher Lauffamilien | 0:51:33 | W55 | 10 | 0:52:54 | 1958 |
| 186 | 5225 | Fox Therese | *Dinslaken | 0:51:34 | W60 | 5 | 0:53:40 | 1955 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 187 | 4354 | De Florio Lucilla | *Duisburg | 0:51:37 | W45 | 47 | 0:52:59 | 1970 |
| 188 | 5227 | Heise Stephi | *Wuppertal | 0:51:38 | W45 | 48 | 0:52:32 | 1967 |
| 189 | 4143 | Haase Patricia | *Düsseldorf | 0:51:39 | WU18 | 3 | 0:54:05 | 1999 |
| 190 | 5598 | Munkert Angela | 200PROTEAM | 0:51:40 | W35 | 24 | 0:54:59 | 1980 |
| 191 | 2675 | Plettau Silke | *Mülheim an der Ruhr | 0:51:41 | W45 | 49 | 0:51:57 | 1971 |
| 192 | 5060 | Schmidt Hannah | STV Hünxe | 0:51:43 | W20 | 31 | 0:52:31 | 1990 |
| 193 | 2541 | Wolff Iris | *Essen | 0:51:43 | W55 | 11 | 0:53:45 | 1958 |
| 194 | 3046 | Jordan Anja | *Duisburg | 0:51:47 | W35 | 25 | 0:53:25 | 1977 |
| 195 | 2305 | Roth Katrin | BSG Stadtwerke Duisburg | 0:51:48 | W45 | 50 | 0:54:47 | 1968 |
| 196 | 3968 | Uebbing Ilke | *Dingden | 0:51:48 | W20 | 32 | 0:52:23 | 1991 |
| 197 | 5765 | Drenker Conny | TUS BREITSCHEID | 0:51:48 | W40 | 26 | 0:52:10 | 1975 |
| 198 | 3433 | Schwering Agnes | SG Borken | 0:51:51 | W60 | 6 | 0:53:39 | 1956 |
| 199 | 5335 | Giesbers Christine | TUS Drevenack | 0:51:54 | W50 | 26 | 0:52:35 | 1963 |
| 200 | 4856 | Niemann Anne | *Düsseldorf | 0:51:56 | W35 | 26 | 0:53:23 | 1979 |
| 201 | 4296 | Kimmeskamp Birgit | Ausdauerschule by Bunert | 0:51:57 | W50 | 27 | 0:54:34 | 1965 |
| 202 | 4226 | Homberg Nicole | *Wuppertal | 0:51:59 | W20 | 33 | 0:54:24 | 1988 |
| 203 | 3042 | Schütten-Jansen Petra | Triminators TV Voerde | 0:52:00 | W50 | 28 | 0:53:23 | 1966 |
| 204 | 2568 | Markhoff Karin | TSV Viktoria Mülheim | 0:52:00 | W55 | 12 | 0:52:58 | 1959 |
| 205 | 4423 | Tünnißen Sylvia | SV Viktoria Goch | 0:52:02 | W40 | 27 | 0:55:30 | 1973 |
| 206 | 5583 | Kempf Anna | 200PROTEAM | 0:52:05 | W30 | 20 | 0:52:52 | 1985 |
| 207 | 2440 | Thies Anna | Lonela runners | 0:52:06 | WU18 | 4 | 0:54:57 | 2000 |
| 208 | 2483 | Leier Sabine | *Düsseldorf | 0:52:07 | W50 | 29 | 0:53:05 | 1963 |
| 209 | 5376 | Eickelkamp Leonie | *Oberhausen | 0:52:07 | W20 | 34 | 0:54:41 | 1991 |
| 210 | 5256 | Kipker Dina | Helios Iron Team | 0:52:08 | W50 | 30 | 0:54:57 | 1964 |
| 211 | 5663 | Block Corinna | Vodafone-Runners | 0:52:09 | W35 | 27 | 0:54:13 | 1981 |
| 212 | 2333 | Grave Christiane | VIVAWEST | 0:52:10 | W35 | 28 | 0:55:01 | 1978 |
| 213 | 4519 | Maaßen Nico | Rotkäppchen & der Wolf | 0:52:11 | W40 | 28 | 0:55:34 | 1976 |
| 214 | 3468 | Schraven Silke | *Duisburg | 0:52:13 | W40 | 29 | 0:55:03 | 1972 |
| 215 | 2887 | Skorupa Prof. Dr. Heike | Adler-Langlauf Bottrop | 0:52:13 | W50 | 31 | 0:54:11 | 1962 |
| 215 | 3071 | Kujas Claudia | *Remscheid | 0:52:13 | W45 | 51 | 0:53:33 | 1967 |
| 217 | 3413 | Bley Bianca | Die Waldgazellen | 0:52:15 | W45 | 52 | 0:54:53 | 1971 |
| 218 | 4195 | Dombeck Sandra | *Solingen | 0:52:19 | W40 | 30 | 0:55:24 | 1973 |
| 219 | 2649 | Stork Christine | Wolfgangs Lauftreff | 0:52:22 | W20 | 35 | 0:53:37 | 1988 |
| 220 | 2960 | Geuting-Jeromin Karina | RMT Bocholt | 0:52:24 | W40 | 31 | 0:53:20 | 1975 |
| 221 | 4549 | Naumann Marion | Tri-Team Hagen | 0:52:24 | W55 | 13 | 0:53:29 | 1958 |
| 222 | 2614 | Hollenberg Hanna | *Duisburg | 0:52:28 | WU20 | 2 | 0:54:59 | 1998 |
| 223 | 3326 | Gräfe Jenny | *Duisburg | 0:52:30 | W30 | 21 | 0:54:43 | 1984 |
| 224 | 5523 | Kirch Lucy | Running MAD | 0:52:31 | W35 | 29 | 0:52:49 | 1979 |
| 225 | 3877 | Gunia Birgit | Renntiere | 0:52:31 | W50 | 32 | 0:54:34 | 1965 |
| 226 | 4955 | Klaus Kristina | *Bochum | 0:52:36 | W30 | 22 | 0:52:53 | 1983 |
| 227 | 3807 | Bode Laura | | 0:52:39 | W55 | 14 | 0:53:48 | 1958 |
| 228 | 5443 | Wehling Christina | *Düsseldorf | 0:52:39 | W40 | 32 | 0:55:31 | 1972 |
| 229 | 5348 | Pooch Dr. Carolin | Lauftreff Hochschulsport B | 0:52:41 | W35 | 30 | 0:53:55 | 1980 |
| 230 | 4673 | Ernst Katrin | *Essen | 0:52:41 | W20 | 36 | 0:55:15 | 1988 |
| 231 | 2384 | Harnischmacher Wibke | TC Kray 1892 e.V. | 0:52:41 | W40 | 33 | 0:55:40 | 1976 |
| 232 | 3988 | Förster Janine | *Düsseldorf | 0:52:41 | W35 | 31 | 0:53:12 | 1977 |
| 233 | 4246 | Thiel Solveig | *Kehl | 0:52:42 | W30 | 23 | 0:53:15 | 1986 |
| 234 | 4513 | Eickelkamp Annette | Adler-Langlauf Bottrop | 0:52:44 | W55 | 15 | 0:55:18 | 1960 |
| 235 | 4321 | Jeß Heike | *Köln | 0:52:45 | W40 | 34 | 0:54:44 | 1975 |
| 236 | 2439 | Friedrich Kerstin | Skinfit Team Krefeld | 0:52:45 | W40 | 35 | 0:54:12 | 1972 |
| 237 | 3543 | Himmel Luisa | *Essen | 0:52:46 | WU18 | 5 | 0:54:54 | 1999 |
| 238 | 4877 | Ganter Beate | *Monheim | 0:52:47 | W45 | 53 | 0:54:32 | 1970 |
| 239 | 5088 | Kahlert Simone | *Duisburg | 0:52:52 | W35 | 32 | 0:56:03 | 1980 |
| 240 | 4400 | Riemer Karin | LG Stadtwerke Hilden | 0:52:53 | W45 | 54 | 0:55:33 | 1967 |
| 241 | 3120 | Rentmeister Vanessa | TV Jahn Hiesfeld | 0:52:54 | W30 | 24 | 0:54:15 | 1984 |
| 242 | 4730 | Toktas Aysun | Volksbank Rhein-Ruhr | 0:52:57 | W40 | 36 | 0:54:47 | 1976 |
| 243 | 4771 | Weidenhammer Yvonne | *Düsseldorf | 0:52:58 | W35 | 33 | 0:55:54 | 1979 |
| 244 | 4914 | Berrisch Christiane | *Willich | 0:52:59 | W35 | 34 | 0:54:13 | 1980 |
| 245 | 3274 | Moser Susanne | LC Duisburg | 0:53:00 | W50 | 33 | 0:55:47 | 1965 |
| 246 | 3118 | Mauritz Isabel | *Ratingen | 0:53:00 | W40 | 37 | 0:55:33 | 1976 |
| 247 | 2460 | Klemm Ulrike | kein Verein | 0:53:01 | W60 | 7 | 0:54:22 | 1953 |
| 248 | 5099 | Wszolek Sandra | *Essen | 0:53:01 | W20 | 37 | 0:55:09 | 1990 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|-----|----------|------------|----------|
| 249 | 3387 | Jansen Claudia | Tri Ducks Dorsten | 0:53:02 | W30 | 25 | 0:54:50 | 1984 |
| 250 | 5005 | Baygeldi Tanja | TV Jahn Hiesfeld | 0:53:02 | W40 | 38 | 0:55:41 | 1973 |
| 251 | 2401 | Nitz Franziska | | 0:53:05 | W20 | 38 | 0:54:54 | 1993 |
| 252 | 2270 | Weber Kirstin | Ausdauerschule by Bunert | 0:53:06 | W45 | 55 | 0:55:16 | 1970 |
| 253 | 3107 | Kolk Miriam | *Mulheim | 0:53:06 | W35 | 35 | 0:56:44 | 1979 |
| 254 | 2963 | Weidemann Ulrike | LC Duisburg | 0:53:09 | W55 | 16 | 0:55:57 | 1961 |
| 255 | 2257 | Wölfel Svenja | Team Polizei Duisburg | 0:53:11 | W20 | 39 | 0:55:22 | 1987 |
| 256 | 3591 | Blask Susanne | *Duisburg | 0:53:12 | W35 | 36 | 0:55:26 | 1978 |
| 257 | 2274 | Neuhaus Kerstin | FSV für Lust und Laune e | 0:53:13 | W30 | 26 | 0:54:14 | 1982 |
| 258 | 3990 | Lorenz Tanja | Schalke 04 LA | 0:53:13 | W40 | 39 | 0:54:54 | 1972 |
| 259 | 4810 | Tenhaaf Sarah | *Düsseldorf | 0:53:15 | W30 | 27 | 0:55:18 | 1985 |
| 260 | 4402 | Schülpen Martina | laufftreff vynen | 0:53:16 | W50 | 34 | 0:56:25 | 1964 |
| 261 | 5700 | Ullrich Linda | Vodafone-Runners | 0:53:16 | W20 | 40 | 0:55:49 | 1989 |
| 262 | 5014 | Lüttenberg Marion | Aktion Canchanabury | 0:53:17 | W50 | 35 | 0:56:32 | 1963 |
| 263 | 5515 | Koch Alexandra | *Essen | 0:53:17 | W30 | 28 | 0:55:43 | 1984 |
| 264 | 4514 | Dupon Susanne | *Düsseldorf | 0:53:18 | W45 | 56 | 0:54:49 | 1967 |
| 265 | 5221 | Iffland-Fuehrer Tanja | *Krefeld | 0:53:18 | W35 | 37 | 0:53:43 | 1981 |
| 266 | 3655 | Cyrener Anja | SV Halder - Laufftreff | 0:53:21 | W45 | 57 | 0:56:01 | 1971 |
| 267 | 4248 | Elbers Katharina | *Düsseldorf | 0:53:22 | W20 | 41 | 0:54:05 | 1989 |
| 268 | 3725 | Lanzedörfer Monica | team UltraSPORTS | 0:53:22 | W50 | 36 | 0:54:54 | 1965 |
| 269 | 3229 | Lepperhoff Eva | *Düsseldorf | 0:53:23 | W45 | 58 | 0:56:36 | 1971 |
| 270 | 5304 | Bertrams Ulrike | SSV Strümp | 0:53:23 | W50 | 37 | 0:55:16 | 1962 |
| 271 | 4995 | Rosenschild Jutta | running4charity e.V. | 0:53:24 | W45 | 59 | 0:55:15 | 1968 |
| 272 | 3667 | Risch Bettina | TV Jahn Hiesfeld | 0:53:24 | W50 | 38 | 0:55:12 | 1962 |
| 273 | 3814 | Gerstmann-Lange Jutta | TLV Germania Essen-Übe | 0:53:26 | W55 | 17 | 0:55:07 | 1957 |
| 274 | 3467 | Lommler Ela | *Essen | 0:53:30 | W40 | 40 | 0:55:13 | 1974 |
| 275 | 2810 | Voß Anna-Lena | Ruderriege ETUF Essen e | 0:53:30 | W20 | 42 | 0:56:20 | 1987 |
| 276 | 4326 | Friese Petra | LC Duisburg | 0:53:31 | W55 | 18 | 0:56:19 | 1958 |
| 277 | 5517 | Orlowski Marion | Fokus Selm | 0:53:33 | W40 | 41 | 0:57:34 | 1974 |
| 278 | 2791 | Rumpel Joana | Roentgengymnasium | 0:53:34 | W20 | 43 | 0:56:38 | 1991 |
| 279 | 2430 | Düsenberg Susanne | Run4Fun | 0:53:35 | W45 | 60 | 0:56:41 | 1969 |
| 280 | 2621 | Hendricksen Anika | TSV Quakenbrück | 0:53:35 | W30 | 29 | 0:55:44 | 1982 |
| 281 | 5472 | Orant Doris | *Duisburg | 0:53:38 | W45 | 61 | 0:56:04 | 1968 |
| 282 | 2994 | Rase Sigrun | *Duisburg | 0:53:39 | W40 | 42 | 0:55:27 | 1974 |
| 283 | 2788 | Kisin Zelal | Pott Runner | 0:53:43 | W35 | 38 | 0:56:21 | 1979 |
| 284 | 5332 | Jansen Anna | *Moers | 0:53:44 | W30 | 30 | 0:56:07 | 1985 |
| 285 | 2781 | Lorenz Alexandra | Fortuna Düsseldorf Triath | 0:53:45 | W30 | 31 | 0:55:13 | 1983 |
| 286 | 2298 | Nitz Carolin | LC Duisburg | 0:53:46 | W20 | 44 | 0:55:35 | 1991 |
| 287 | 2896 | Kaiser Meike | Laufftreff R(h)einknaller | 0:53:46 | W20 | 45 | 0:56:21 | 1987 |
| 288 | 3415 | Horning-Hohl Angelika | Huckinger Marathonis | 0:53:50 | W55 | 19 | 0:56:43 | 1960 |
| 289 | 3955 | Schmitt Yvonne | *Essen | 0:53:54 | W35 | 39 | 0:55:43 | 1977 |
| 290 | 4662 | Hamm Annette | LC Duisburg | 0:53:56 | W50 | 39 | 0:57:13 | 1963 |
| 291 | 3839 | van Rienen Ulrike | Marathon Mülheim | 0:54:00 | W50 | 40 | 0:56:39 | 1963 |
| 292 | 5188 | Heubes Aline | *Kaarst | 0:54:01 | W35 | 40 | 0:55:02 | 1978 |
| 293 | 4878 | Bücken Alexandra | *Monheim | 0:54:02 | W45 | 62 | 0:55:47 | 1970 |
| 294 | 2736 | Mähler Silke | Ausdauerschule Bruns | 0:54:03 | W45 | 63 | 0:55:49 | 1968 |
| 295 | 4398 | Schmitz Sandra | Lauf-Utschi | 0:54:05 | W40 | 43 | 0:56:04 | 1976 |
| 296 | 2822 | Wilczek Sabine | Garantie abgelaufen | 0:54:06 | W50 | 41 | 0:54:50 | 1965 |
| 297 | 4935 | Brinkmann Monika | LT Krefeld-Oppum | 0:54:09 | W50 | 42 | 0:55:54 | 1965 |
| 298 | 3043 | Spahn Kristina | *Mülheim an der Ruhr | 0:54:09 | W35 | 41 | 0:57:01 | 1981 |
| 299 | 5458 | Fischer Kerstin | *Bottrop | 0:54:09 | W40 | 44 | 0:57:01 | 1976 |
| 300 | 3962 | Maiworm- Darnand Cathé | *Kleve | 0:54:11 | W45 | 64 | 0:57:14 | 1967 |
| 301 | 2882 | Spanier Claudia | *Gelsenkirchen | 0:54:12 | W45 | 65 | 0:55:35 | 1969 |
| 302 | 2830 | Risse Kirsten | LC Duisburg | 0:54:14 | W30 | 32 | 0:57:02 | 1982 |
| 303 | 5534 | Frieben Nicole | TLV Germania Überryhr | 0:54:15 | W40 | 45 | 0:57:31 | 1972 |
| 304 | 3915 | Weidlich-Pfau Martina | *Rheinberg | 0:54:16 | W45 | 66 | 0:57:07 | 1968 |
| 305 | 2874 | Bellinghoven Alexandra | *Erkrath | 0:54:17 | W30 | 33 | 0:57:12 | 1985 |
| 306 | 3876 | Berg Iris | CWS-boco International G | 0:54:17 | W45 | 67 | 0:57:06 | 1971 |
| 307 | 2820 | Gesing Katrin | *Rhede | 0:54:19 | W20 | 46 | 0:57:04 | 1992 |
| 308 | 3630 | Vogt Monika | *Mülheim | 0:54:24 | W50 | 43 | 0:57:06 | 1965 |
| 309 | 4067 | Macken-Reinirkens Cath | Irland | 0:54:24 | W55 | 20 | 0:57:17 | 1959 |
| 310 | 3017 | Lümkemann Katrin | DJK TuS Rotthausen | 0:54:25 | W30 | 34 | 0:56:07 | 1982 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|--------------------------|---------|-----|----------|------------|----------|
| 311 | 5773 | Simon Olga | TUS BREITSCHEID | 0:54:27 | W35 | 42 | 0:56:39 | 1979 |
| 312 | 3929 | Babel Anja | TUS Sythen | 0:54:31 | W45 | 68 | 0:56:55 | 1968 |
| 313 | 3550 | Wolke Daniela | LTB Brambauer am Ufo | 0:54:34 | W45 | 69 | 0:55:42 | 1969 |
| 314 | 2875 | Kratsch Hilke | KHTC | 0:54:38 | W50 | 44 | 0:56:49 | 1966 |
| 315 | 2540 | Wresch Bianca | *Neuss | 0:54:38 | W45 | 70 | 0:57:59 | 1967 |
| 316 | 4056 | Meinhard Evelyn | Angerland LT Lintorf | 0:54:42 | W55 | 21 | 0:57:58 | 1960 |
| 317 | 4869 | Hahne Myriem | *Essen | 0:54:44 | W30 | 35 | 0:57:32 | 1985 |
| 318 | 5785 | Kersten Christin | TG Neuss | 0:54:44 | W55 | 22 | 0:57:55 | 1961 |
| 319 | 3485 | Bartnik Rabea | *Gelsenkirchen | 0:54:49 | W20 | 47 | 0:56:52 | 1989 |
| 320 | 4978 | Götzen Carina | CarOn | 0:54:51 | W30 | 36 | 0:57:21 | 1984 |
| 321 | 5597 | Müller Gabriele | 200PROTEAM | 0:54:52 | W50 | 45 | 0:57:37 | 1963 |
| 322 | 3324 | Voll Susanne | Ausdauerschule by Bunert | 0:54:53 | W50 | 46 | 0:56:36 | 1966 |
| 323 | 5672 | Olms Anne Barbara | Vodafone-Runners | 0:55:00 | W35 | 43 | 0:57:32 | 1980 |
| 324 | 3863 | Macvan Sabine | Team Burtschell | 0:55:00 | W45 | 71 | 0:58:15 | 1969 |
| 325 | 5149 | Laschke Ulrike | Borbecker Raketen Essen | 0:55:01 | W55 | 23 | 0:58:48 | 1960 |
| 326 | 2494 | Frigger Cathleen | BSV Kokerei Schwelgern e | 0:55:01 | W40 | 46 | 0:57:31 | 1974 |
| 326 | 3984 | Kopp Ute | *Duisburg | 0:55:01 | W45 | 72 | 0:57:28 | 1968 |
| 328 | 2317 | Hajesch Sandra | Läuft bei uns!!! | 0:55:01 | W45 | 73 | 0:58:15 | 1970 |
| 329 | 4858 | Presch Katharina | *Tönisvorst | 0:55:03 | W20 | 48 | 0:58:04 | 1994 |
| 330 | 5108 | Oberhäuser Angelika | Solinger LC | 0:55:05 | W65 | 1 | 0:57:56 | 1950 |
| 331 | 3356 | Koopmann Christa | TV Jahn Hiesfeld | 0:55:05 | W60 | 8 | 0:57:51 | 1956 |
| 332 | 4348 | Fortmann-Dion Ulrike | Running Turtle | 0:55:08 | W50 | 47 | 0:58:33 | 1966 |
| 333 | 4751 | Lampe Martina | *Essen | 0:55:08 | W20 | 49 | 0:55:56 | 1988 |
| 334 | 3942 | Symalla Melanie | *Dormagen | 0:55:09 | W40 | 47 | 0:58:07 | 1976 |
| 335 | 3998 | Köpcke Bärbel | *Weilerbach | 0:55:09 | W50 | 48 | 0:57:01 | 1966 |
| 336 | 4003 | Bijlard Ann-Christin | *Düsseldorf | 0:55:10 | W20 | 50 | 0:57:55 | 1987 |
| 337 | 4002 | Hansen Anne | *Düsseldorf | 0:55:11 | W20 | 51 | 0:57:55 | 1992 |
| 338 | 4617 | Darmovzal Verena | Hiesfeld-Ghostriders | 0:55:12 | W20 | 52 | 0:57:02 | 1989 |
| 339 | 3565 | Kill Astrid | Porsche Club of America | 0:55:13 | W50 | 49 | 0:57:54 | 1962 |
| 340 | 5407 | Roß Margret | LT Xanten | 0:55:14 | W55 | 24 | 0:56:55 | 1961 |
| 341 | 3835 | Schäffer Anne | *Essen | 0:55:15 | W30 | 37 | 0:56:23 | 1984 |
| 342 | 5220 | Iffland Tamara | *47805 | 0:55:15 | W20 | 53 | 0:55:39 | 1991 |
| 343 | 3922 | Leopold-Schlütter Grit | *Bocholt | 0:55:23 | W40 | 48 | 0:55:58 | 1972 |
| 344 | 4103 | Zedler Jana | BSG Sparkasse Essen | 0:55:25 | W35 | 44 | 0:58:14 | 1979 |
| 345 | 4544 | Dreschers Carina | *Leverkusen | 0:55:26 | W30 | 38 | 0:58:58 | 1984 |
| 346 | 4933 | Smolik Helene | *Burscheid | 0:55:26 | W35 | 45 | 0:58:59 | 1981 |
| 347 | 3216 | Beyer Saskia | *Mülheim an der Ruhr | 0:55:27 | W20 | 54 | 0:59:11 | 1991 |
| 348 | 2472 | Flintrop Stephanie | Weseler TV-Triathlon | 0:55:29 | W45 | 74 | 0:57:45 | 1967 |
| 349 | 3131 | Focks Martina | *duisburg | 0:55:30 | W55 | 25 | 0:59:12 | 1961 |
| 350 | 5269 | Werners Frauke | SC Bayer 05 Uerdingen | 0:55:32 | W30 | 39 | 0:56:05 | 1985 |
| 351 | 3514 | Kästner Claudia | racing snails | 0:55:32 | W40 | 49 | 0:59:06 | 1972 |
| 352 | 4590 | Kerschbaumer Dunja | BFW-Running Team | 0:55:32 | W45 | 75 | 0:56:48 | 1968 |
| 353 | 5214 | Sommer-Dünninger Heidi | Run with fun | 0:55:33 | W45 | 76 | 0:58:31 | 1971 |
| 354 | 5252 | Marquardt Anika | SV Gladbeck 13 | 0:55:33 | W35 | 46 | 0:57:33 | 1977 |
| 355 | 5506 | Blumenrath Katrin | *Düsseldorf | 0:55:34 | W20 | 55 | 0:55:43 | 1987 |
| 356 | 3758 | Kock Nathalie | Ausdauerschule by Bunert | 0:55:38 | W35 | 47 | 0:58:16 | 1978 |
| 357 | 5078 | Bongers Dorothea | LT Krefeld-Oppum | 0:55:38 | W50 | 50 | 0:57:23 | 1963 |
| 358 | 3791 | Hildebrand Simone | TC Sterkrade 69 | 0:55:41 | W35 | 48 | 0:57:44 | 1978 |
| 359 | 5450 | Schürmann Ariane | Ausdauerschule by Bunert | 0:55:41 | W50 | 51 | 0:58:52 | 1966 |
| 360 | 3614 | Gebhard Tanja | *Krefeld | 0:55:43 | W45 | 77 | 0:57:37 | 1969 |
| 361 | 4584 | Heibges Katja | Woflos | 0:55:44 | W50 | 52 | 0:58:37 | 1966 |
| 362 | 3693 | Strubel Birte | vereinslos | 0:55:47 | W30 | 40 | 0:57:32 | 1985 |
| 363 | 2400 | Dreibholz Astrid | Marathonkurs LC Duisburg | 0:55:48 | W45 | 78 | 0:59:01 | 1971 |
| 364 | 2985 | Großkopf Jenny | *Bochum | 0:55:49 | W30 | 41 | 0:59:17 | 1985 |
| 365 | 4937 | Menken Marijke | *Wuppertal | 0:55:51 | W30 | 42 | 0:57:09 | 1983 |
| 366 | 5473 | Jakof Carina | *Mettmann | 0:55:52 | W20 | 56 | 0:59:16 | 1989 |
| 367 | 4480 | Feier Anke | Laufsterne | 0:55:53 | W40 | 50 | 0:59:10 | 1972 |
| 368 | 3609 | Schüller Kordula | DSV 98 | 0:55:56 | W45 | 79 | 0:57:58 | 1968 |
| 369 | 2362 | Kling Sarah | *Ratingen | 0:55:57 | W35 | 49 | 0:59:11 | 1981 |
| 370 | 2431 | Voigt-Lehmann Petra | *Mülheim | 0:55:59 | W50 | 53 | 0:59:25 | 1965 |
| 371 | 5245 | Kroll-Brunk Sylvia | TriTEAM Radevormwald | 0:55:59 | W45 | 80 | 0:58:28 | 1967 |
| 372 | 4553 | Opitz Dorothea | LT TBH Hassels | 0:56:00 | W55 | 26 | 0:57:39 | 1961 |



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|--------|------|-------------------------|--------------------------|---------|-----|----------|------------|----------|
| 373 | 5180 | Neumann Jessica | Fokus Selm | 0:56:00 | W30 | 43 | 0:57:19 | 1986 |
| 374 | 2272 | Doss Silke | Ausdauerschule by Bunert | 0:56:04 | W45 | 81 | 0:58:37 | 1971 |
| 375 | 3916 | Hörster Anke | *Duisburg | 0:56:05 | W20 | 57 | 0:58:17 | 1990 |
| 376 | 4850 | Zora Susanne | *Mülheim an der Ruhr | 0:56:06 | W55 | 27 | 0:58:38 | 1959 |
| 377 | 4013 | DOrlando Daniela | *Duisburg | 0:56:11 | W40 | 51 | 0:58:32 | 1972 |
| 378 | 5288 | Dahmen Julia | Team Hüttenzauber | 0:56:12 | W40 | 52 | 0:59:05 | 1976 |
| 379 | 5287 | Franz Miriam | Team Hüttenzauber | 0:56:13 | W40 | 53 | 0:59:05 | 1973 |
| 380 | 3913 | Hoch Jennifer | *Duisburg | 0:56:13 | W20 | 58 | 0:58:24 | 1988 |
| 381 | 4705 | Stötzel Julia | *Duisburg | 0:56:17 | W20 | 59 | 0:58:50 | 1987 |
| 382 | 5463 | Seifert-Preuß Beate | Solinger LC | 0:56:19 | W50 | 54 | 0:59:10 | 1962 |
| 383 | 4339 | Peterburs Dr. Jutta | Beachclub2000 | 0:56:22 | W30 | 44 | 0:59:29 | 1984 |
| 384 | 2815 | Lewicki Alexandra | SV Gladbeck 13 | 0:56:23 | W30 | 45 | 0:57:31 | 1983 |
| 385 | 4329 | Kim Sonja | *Duesseldorf | 0:56:27 | W40 | 54 | 0:58:26 | 1976 |
| 386 | 3166 | Léger Anja | *Wuppertal | 0:56:27 | W45 | 82 | 0:59:49 | 1969 |
| 387 | 4540 | Quabeck Regina | TV Jahn Hiesfeld | 0:56:29 | W45 | 83 | 0:58:42 | 1967 |
| 388 | 2500 | Haufe Thekla | *Essen | 0:56:30 | W45 | 84 | 0:59:34 | 1967 |
| 389 | 3982 | Neuse Dunja | TV Vennikel | 0:56:35 | W30 | 46 | 0:58:50 | 1982 |
| 390 | 3336 | Lippold Birgit | *Bochum | 0:56:36 | W45 | 85 | 0:59:50 | 1969 |
| 391 | 3301 | Baron Tina | *Bottrop | 0:56:36 | W35 | 50 | 1:00:01 | 1978 |
| 392 | 3501 | Wolf Kerstin | *Duisburg | 0:56:36 | W35 | 51 | 1:00:15 | 1980 |
| 393 | 3058 | Geuss Doris | BSG Sparkasse Lüdensch | 0:56:37 | W45 | 86 | 1:00:01 | 1970 |
| 394 | 3370 | van Wieren Sietske | Rapid Ramirez | 0:56:39 | W30 | 47 | 0:59:20 | 1982 |
| 395 | 3832 | Lohölter Meike | *Düsseldorf | 0:56:39 | W30 | 48 | 0:59:46 | 1986 |
| 396 | 3657 | Kapteina Sabrina | Life Fit Dinslaken | 0:56:42 | W30 | 49 | 0:59:25 | 1985 |
| 397 | 2988 | Hansen Sylvia | TV Wanheimerort 1880 e. | 0:56:42 | W45 | 87 | 0:59:49 | 1970 |
| 398 | 4565 | Schulz-Bongert Sabine | Running Team Grafenberg | 0:56:44 | W50 | 55 | 0:59:42 | 1962 |
| 399 | 4908 | Landree Sandra | NASA | 0:56:44 | W45 | 88 | 0:59:58 | 1971 |
| 400 | 3506 | Nowacki Maren | *Dinslaken | 0:56:49 | W20 | 60 | 0:59:33 | 1991 |
| 401 | 3878 | Spinn Barbara | Renntiere | 0:56:52 | W50 | 56 | 0:59:50 | 1966 |
| 402 | 2843 | Schumacher Judith | *Meerbusch | 0:56:53 | W35 | 52 | 0:59:47 | 1979 |
| 403 | 4938 | Czerner-Nicolas Kirsten | LGO Bochum | 0:56:55 | W45 | 89 | 0:59:12 | 1970 |
| 404 | 2586 | Isgen Simone | *Ratingen | 0:56:57 | W45 | 90 | 1:00:05 | 1971 |
| 405 | 3328 | Welzel Bettina | BSG-Springorum | 0:56:58 | W50 | 57 | 1:00:12 | 1963 |
| 406 | 2765 | Richter Stefanie | FC Göller | 0:56:58 | W35 | 53 | 0:58:36 | 1980 |
| 407 | 5606 | Ratka Petra | 200PROTEAM | 0:56:58 | W45 | 91 | 0:59:42 | 1967 |
| 408 | 2764 | Braatz Veronika | FC Göller | 0:56:58 | W20 | 61 | 0:58:36 | 1991 |
| 409 | 5106 | Wilke Sigrid | Borbecker Raketen Essen | 0:57:00 | W50 | 58 | 1:00:46 | 1964 |
| 410 | 5241 | Boßhammer Susanne | TriTEAM Radevormwald | 0:57:01 | W50 | 59 | 0:59:29 | 1966 |
| 411 | 5146 | Bielan Simone | *45147 | 0:57:01 | W40 | 55 | 0:59:59 | 1972 |
| 412 | 2746 | Sahm Narja | *Ratingen | 0:57:01 | W30 | 50 | 1:00:48 | 1983 |
| 413 | 3432 | Steingraber Angela | *Oberhausen | 0:57:02 | W40 | 56 | 0:59:17 | 1972 |
| 414 | 5289 | Irrgang Petra | Team Hüttenzauber | 0:57:05 | W40 | 57 | 0:59:58 | 1973 |
| 415 | 4412 | Berndt Elke | LT Turnerbund Frintrop | 0:57:06 | W55 | 28 | 1:00:50 | 1958 |
| 416 | 5112 | Rübsteck Debbie | The Racing Club Rush | 0:57:07 | W50 | 60 | 1:00:22 | 1962 |
| 417 | 5345 | Kreß Elke | *Essen | 0:57:12 | W30 | 51 | 1:00:44 | 1983 |
| 418 | 3562 | Kugust Melissa | Racing Snails | 0:57:12 | W20 | 62 | 1:00:45 | 1988 |
| 419 | 4845 | Dammahs Ulrike | *Ennepetal | 0:57:13 | W50 | 61 | 0:59:33 | 1964 |
| 420 | 2627 | Jockel Inga | Pott Runner | 0:57:17 | W40 | 58 | 0:59:55 | 1972 |
| 421 | 2530 | Böttcher Carina | *Bottrop | 0:57:17 | W30 | 52 | 1:00:12 | 1985 |
| 422 | 5501 | Bauhaus Angela | Team ErdingerAlkoholfrei | 0:57:19 | W45 | 92 | 1:00:52 | 1971 |
| 423 | 2369 | Kater Sabrina | *Düsseldorf | 0:57:19 | W20 | 63 | 0:58:34 | 1990 |
| 424 | 5261 | Flores Carolyn Grace | *Köln | 0:57:20 | W30 | 53 | 1:01:03 | 1984 |
| 425 | 3339 | Gerling-Ruhland Ute | LT Gruitene-Neandertal | 0:57:20 | W50 | 62 | 1:01:08 | 1962 |
| 426 | 4512 | Lehmann Margret | Adler-Langlauf Bottrop | 0:57:22 | W60 | 9 | 0:59:56 | 1954 |
| 427 | 3099 | Becker Christa | *Wuppertal | 0:57:23 | W50 | 63 | 1:01:03 | 1965 |
| 428 | 5055 | Hillebrand Petra | Viermärker Dortmund | 0:57:29 | W55 | 29 | 1:00:40 | 1961 |
| 429 | 3495 | Kowalski Magdalene | TV Jahn Hiesfeld | 0:57:31 | W55 | 30 | 1:00:54 | 1958 |
| 430 | 4688 | Kaiser Petra | TV Jahn Hiesfeld | 0:57:31 | W55 | 31 | 1:00:31 | 1959 |
| 431 | 5229 | Mötter Birte | *Oberhausen | 0:57:32 | W50 | 64 | 1:00:07 | 1966 |
| 432 | 3637 | Schollmeier Simone | *Dortmund | 0:57:33 | W40 | 59 | 1:01:09 | 1975 |
| 433 | 2490 | Kallweit Tanja | BSV Kokerei Schwelgern e | 0:57:35 | W45 | 93 | 1:00:57 | 1971 |
| 434 | 2273 | Elm Iris | TC Kray 1892 e.V | 0:57:35 | W55 | 32 | 1:00:35 | 1957 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|-----|----------|------------|----------|
| 435 | 5708 | Picard Anja | Vodafone-Runners | 0:57:37 | W40 | 60 | 1:01:15 | 1974 |
| 436 | 3153 | Nürnberg Ute | Die Römers | 0:57:41 | W45 | 94 | 1:01:21 | 1967 |
| 437 | 3375 | Pieper Nadin | *Essen | 0:57:42 | W20 | 64 | 0:58:30 | 1990 |
| 438 | 3054 | Halfmann Sandra | *Duisburg | 0:57:42 | W45 | 95 | 1:01:18 | 1969 |
| 439 | 4711 | Klein Dominique | *Essen | 0:57:43 | W20 | 65 | 0:59:40 | 1988 |
| 440 | 2386 | Jansen Dorothea | TC Kray 1892 | 0:57:45 | W55 | 33 | 1:01:01 | 1958 |
| 441 | 2689 | Szpogan Susanne | Immeo wohnen running te | 0:57:46 | W55 | 34 | 1:00:50 | 1961 |
| 441 | 4708 | Hildebrandt Bettina | Marathonteam Ratingen | 0:57:46 | W50 | 65 | 1:00:27 | 1966 |
| 443 | 5536 | Ingenhaag Andrea | *Wachendonk | 0:57:47 | W45 | 96 | 1:01:41 | 1968 |
| 444 | 5305 | Endler-Möller Marita | WAT Läufer | 0:57:50 | W60 | 10 | 0:59:27 | 1956 |
| 445 | 3056 | Spettmann Prisca | running4charity | 0:57:50 | W45 | 97 | 1:00:34 | 1967 |
| 446 | 3828 | Schiffner Marion | *DUESSELDORF | 0:57:51 | W45 | 98 | 1:01:08 | 1971 |
| 447 | 4352 | Dorp Michaela | *Düsseldorf | 0:57:54 | W50 | 66 | 0:59:07 | 1966 |
| 448 | 2395 | Rätzel Nicole | Max Maulwurf Marathonis | 0:57:57 | W35 | 54 | 1:01:17 | 1977 |
| 449 | 2565 | Sander Jana | Paulinchen Panther | 0:57:57 | W35 | 55 | 1:01:19 | 1980 |
| 450 | 4906 | Amin Samira | NASA | 0:58:01 | W40 | 61 | 1:01:14 | 1974 |
| 451 | 4362 | Uphus Gudrun | *Moers | 0:58:02 | W55 | 35 | 1:01:22 | 1961 |
| 451 | 4530 | Niehues-Gausselmann Be | *Moers | 0:58:02 | W55 | 35 | 1:01:22 | 1960 |
| 453 | 2503 | Koch Ann Birte | Barfuss Betlehem | 0:58:02 | W30 | 54 | 1:01:41 | 1985 |
| 454 | 5294 | Jokiel Stefanie | *Ratingen | 0:58:03 | W35 | 56 | 1:01:45 | 1980 |
| 455 | 3451 | Mols Dagmar | Lauftreff R(h)einknaller | 0:58:04 | W50 | 67 | 1:01:08 | 1966 |
| 456 | 3085 | Lössner Silke | TuS 08 Lintorf | 0:58:04 | W45 | 99 | 0:59:20 | 1971 |
| 457 | 2262 | Lenßen Ruth | RMD Laufcamp 2016 | 0:58:07 | W35 | 57 | 0:58:58 | 1977 |
| 458 | 2609 | Kubik Julia | *Bottrop | 0:58:08 | W30 | 55 | 1:01:48 | 1984 |
| 459 | 5003 | Hambrecht Iris | *Wülfrath | 0:58:08 | W45 | 100 | 1:01:33 | 1967 |
| 460 | 3321 | Jeromin Julia | Herner Triathlon Team 11 | 0:58:10 | W30 | 56 | 0:58:42 | 1982 |
| 461 | 4407 | Pries Anne | Bocholt | 0:58:14 | W45 | 101 | 1:00:47 | 1969 |
| 462 | 5500 | Lammel Julia | *Düsseldorf | 0:58:15 | W40 | 62 | 1:01:58 | 1973 |
| 463 | 5756 | Schmitz Annette | Lauftreff terkrade Nord | 0:58:16 | W45 | 102 | 1:01:55 | 1968 |
| 464 | 3583 | Conzen Gerda | ETB SWEssen | 0:58:19 | W55 | 37 | 1:02:11 | 1957 |
| 465 | 4133 | Escher Yvonne | *Bottrop | 0:58:23 | W30 | 57 | 1:00:48 | 1984 |
| 466 | 4134 | Escher Lana | *Bottrop | 0:58:23 | W20 | 66 | 1:00:48 | 1995 |
| 467 | 5237 | Kraus Kirsten | *Krefeld | 0:58:24 | W50 | 68 | 1:02:08 | 1963 |
| 468 | 3731 | Schmid Katja | LC Duisburg | 0:58:25 | W45 | 103 | 1:01:38 | 1970 |
| 469 | 2554 | Hillen Corinna | *Oberhausen | 0:58:25 | W45 | 104 | 0:59:48 | 1971 |
| 469 | 5754 | Weiler Birte | Team Polizei Duisburg | 0:58:25 | W30 | 58 | 1:00:58 | 1986 |
| 471 | 5643 | Marquis Tina | Immeo Wohnen Running T | 0:58:26 | W50 | 69 | 1:01:43 | 1963 |
| 472 | 4288 | Dietz Gritt | *Mülheim an der Ruhr | 0:58:26 | W45 | 105 | 1:02:17 | 1967 |
| 473 | 2685 | Föge Katrin | *Duisburg | 0:58:30 | W45 | 106 | 1:01:05 | 1969 |
| 474 | 4312 | Papendell Birthe | *Düsseldorf | 0:58:34 | W20 | 67 | 1:02:08 | 1992 |
| 475 | 0 | Loock Eva | FoKuS Selm | 0:58:34 | W40 | 63 | 1:02:36 | 1972 |
| 476 | 3970 | Rydsy Sylvia | LC Duisburg | 0:58:37 | W45 | 107 | 1:01:49 | 1971 |
| 477 | 5190 | Meuter Stephanie | Hasenkinder | 0:58:40 | W50 | 70 | 1:02:10 | 1963 |
| 478 | 2996 | Luecking Gudrun | *Duisburg | 0:58:41 | W50 | 71 | 1:02:10 | 1965 |
| 479 | 4098 | Lippmann Petra | *Düsseldorf | 0:58:42 | W45 | 108 | 1:02:43 | 1968 |
| 480 | 2977 | Hill Christiane | Tri-Team Hagen | 0:58:42 | W55 | 38 | 1:01:47 | 1960 |
| 481 | 5158 | Fleischer Heidemarie | Skiclub Gevelsberg | 0:58:44 | W60 | 11 | 1:01:53 | 1952 |
| 482 | 5187 | Zeise Birgit | LGO | 0:58:45 | W45 | 109 | 1:00:46 | 1969 |
| 483 | 5525 | Lesch Tanja | *Schwerte | 0:58:49 | W20 | 68 | 0:59:37 | 1990 |
| 484 | 5526 | Lesch Christine | *Schwerte | 0:58:50 | W50 | 72 | 0:59:39 | 1963 |
| 485 | 4122 | Morgenstern Elvi | *Moers | 0:58:51 | W50 | 73 | 1:02:11 | 1963 |
| 486 | 2318 | Beenen Carina | *Hamminkeln | 0:58:53 | W40 | 64 | 1:02:05 | 1976 |
| 487 | 5647 | Stöckl Andrea | LC Duisburg | 0:58:53 | W40 | 65 | 1:02:10 | 1973 |
| 488 | 4074 | Gissing Hildegard | *Rheinberg | 0:58:57 | W60 | 12 | 1:02:54 | 1954 |
| 489 | 2860 | Bisantz Ellen | *Kaarst | 0:58:57 | W50 | 74 | 1:03:11 | 1966 |
| 490 | 5466 | Schlecht Petra | *Düsseldorf | 0:59:02 | W45 | 110 | 1:01:43 | 1971 |
| 491 | 3904 | Lemke Odilia | *Duisburg | 0:59:04 | W40 | 66 | 1:02:32 | 1972 |
| 492 | 5067 | Schenten Silke | Laufen bist der Arzt komm | 0:59:04 | W50 | 75 | 1:00:17 | 1965 |
| 493 | 3833 | Meier Janina | *Düsseldorf | 0:59:04 | W30 | 59 | 1:02:11 | 1986 |
| 494 | 3627 | Kabierske Kathrin | *Duisburg | 0:59:06 | W20 | 69 | 1:02:12 | 1991 |
| 495 | 2368 | Evening Sandra | *Düsseldorf | 0:59:07 | W20 | 70 | 1:00:22 | 1990 |
| 496 | 4910 | Lindenberg Hava | *Essen | 0:59:07 | W40 | 67 | 1:02:10 | 1974 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|-----|----------|------------|----------|
| 497 | 5387 | Bierenfeld Nicole | *Heiligenhaus | 0:59:08 | W35 | 58 | 1:03:04 | 1977 |
| 498 | 3766 | Thiel Marion | Tus 08 Lintorf | 0:59:09 | W45 | 111 | 1:01:38 | 1969 |
| 499 | 4186 | Schneemann Vera | *Essen | 0:59:11 | W40 | 68 | 1:02:55 | 1972 |
| 500 | 2515 | Nied Constanze | *Duisburg | 0:59:15 | W45 | 112 | 1:01:42 | 1968 |
| 501 | 3525 | Maiwald Astrid | *Essen | 0:59:15 | W40 | 69 | 1:00:12 | 1974 |
| 502 | 5384 | Steven Anne | *Dorsten | 0:59:16 | W30 | 60 | 1:00:09 | 1983 |
| 503 | 3231 | Hauptmann Antje | TVK Essen 1877 | 0:59:17 | W40 | 70 | 1:03:04 | 1975 |
| 504 | 3228 | Bergel Stefanie | *Essen | 0:59:19 | W40 | 71 | 1:00:37 | 1975 |
| 505 | 4941 | Schulte Nicole | *Köln | 0:59:20 | W40 | 72 | 1:03:28 | 1975 |
| 506 | 2930 | Cord Ulrike | *Essen | 0:59:21 | W50 | 76 | 1:01:27 | 1964 |
| 507 | 5281 | Köhler Britta | *Bochum | 0:59:23 | W20 | 71 | 1:02:24 | 1989 |
| 508 | 5343 | Lueb Carolin | *Essen | 0:59:24 | W20 | 72 | 1:02:09 | 1990 |
| 509 | 5020 | Hahn Corinna | *Velbert | 0:59:25 | W30 | 61 | 1:01:04 | 1984 |
| 510 | 2774 | Lambertz Claudia | *Düsseldorf | 0:59:27 | W45 | 113 | 1:02:56 | 1967 |
| 511 | 2790 | Gleumes Simone | *Düsseldorf | 0:59:27 | W45 | 114 | 1:02:56 | 1971 |
| 512 | 3267 | Goltz Dr. Susanne | BVB09 | 0:59:28 | W55 | 39 | 1:03:14 | 1959 |
| 513 | 5263 | Sonntag Melanie | *Grevenbroich | 0:59:32 | W35 | 59 | 1:03:34 | 1981 |
| 514 | 2787 | Pensel Momo | *Duisburg | 0:59:32 | W45 | 115 | 1:03:36 | 1970 |
| 515 | 5648 | Gerten Eva | *Düsseldorf | 0:59:33 | W50 | 77 | 1:01:39 | 1965 |
| 516 | 2510 | Mirtar Lilian | *Köln | 0:59:34 | W30 | 62 | 1:03:20 | 1982 |
| 517 | 3895 | Bottel Laura | *Duisburg | 0:59:34 | W20 | 73 | 1:03:23 | 1989 |
| 518 | 4417 | Kampa Jaqueline | *Duisburg | 0:59:34 | W20 | 74 | 1:03:22 | 1989 |
| 519 | 4597 | Egger Christina | *Duisburg | 0:59:34 | W20 | 75 | 1:03:22 | 1987 |
| 520 | 3978 | Althaus Deniz | laufende Steuerberatung | 0:59:35 | W40 | 73 | 1:00:38 | 1974 |
| 521 | 3551 | Patzke Petra | LTB Brambauer am Ufo | 0:59:40 | W50 | 78 | 1:03:42 | 1963 |
| 522 | 4752 | Hermann Julia | *Duisburg | 0:59:41 | W30 | 63 | 1:02:12 | 1982 |
| 523 | 5373 | Stajer Dr. Katharina | *Oberhausen | 0:59:41 | W45 | 116 | 1:03:40 | 1969 |
| 524 | 4284 | Zocher Sarah | *Rheinberg | 0:59:43 | W35 | 60 | 1:03:24 | 1981 |
| 525 | 4909 | Mex Dorit | Turnerbund Osterfeld 1911 | 0:59:44 | W45 | 117 | 1:03:38 | 1971 |
| 526 | 4785 | Günther Gisela | Fun Runner VfL Gladbeck | 0:59:46 | W55 | 40 | 1:01:46 | 1961 |
| 527 | 4667 | Köhler Simone | *Mülheim an der Ruhr | 0:59:47 | W20 | 76 | 1:01:35 | 1994 |
| 528 | 2796 | Neuhaus Birgit | Triathlon Mülheim | 0:59:50 | W45 | 118 | 1:03:30 | 1969 |
| 529 | 4666 | Gross Helga | PV-Triathlon WITTEN | 0:59:54 | W75 | 1 | 1:01:18 | 1941 |
| 530 | 2414 | Laschet Katrin | TRC Essen 84 | 0:59:55 | W35 | 61 | 1:01:17 | 1977 |
| 531 | 5213 | Sokoll Miriam | *Herten | 0:59:56 | W40 | 74 | 1:03:26 | 1973 |
| 532 | 3707 | Axning Marion | SV Viktoria Goch | 1:00:06 | W40 | 75 | 1:03:38 | 1973 |
| 533 | 3808 | Tramp Andrea | SV Viktoria Goch | 1:00:06 | W50 | 79 | 1:03:38 | 1965 |
| 534 | 3838 | Drecker Jacqueline | It-run4fun.de | 1:00:14 | W50 | 80 | 1:01:46 | 1966 |
| 535 | 4004 | Fiegen Isabel | *Duisburg | 1:00:14 | W35 | 62 | 1:03:42 | 1977 |
| 536 | 2269 | Zimmermann Nicole | LC Duisburg | 1:00:14 | W40 | 76 | 1:03:32 | 1973 |
| 537 | 5542 | Heib Stefanie | *Essen | 1:00:22 | W20 | 77 | 1:03:03 | 1987 |
| 538 | 4009 | Kannengiesser Monika | *Duisburg | 1:00:31 | W40 | 77 | 1:02:20 | 1972 |
| 539 | 4011 | Krause Rosemarie | *Duisburg | 1:00:32 | W50 | 81 | 1:02:21 | 1964 |
| 540 | 3954 | Freimuth Katharina | *Hamburg | 1:00:33 | W20 | 78 | 1:04:24 | 1987 |
| 541 | 3343 | Mende Bettina | *Duisburg | 1:00:33 | W45 | 119 | 1:03:56 | 1967 |
| 542 | 4433 | Lupp Monika | *Mülheim an der Ruhr | 1:00:47 | W60 | 13 | 1:04:51 | 1955 |
| 543 | 3290 | Syska Angelika | Lsf Münster | 1:00:50 | W55 | 41 | 1:04:39 | 1958 |
| 544 | 4384 | Schmitt Sabrina | SV13 Gladbeck Triathlon | 1:01:03 | W35 | 63 | 1:02:11 | 1981 |
| 545 | 5131 | Gluzza Silvia | *Mülheim | 1:01:08 | W40 | 78 | 1:04:57 | 1973 |
| 546 | 5130 | Kimmling Birgit | *Mülheim | 1:01:08 | W45 | 120 | 1:04:58 | 1970 |
| 547 | 3086 | Kronenberg Dr. Nicole | *Essen | 1:01:15 | W30 | 64 | 1:04:54 | 1982 |
| 548 | 4847 | Czerwinski Nicole | *Bochum | 1:01:18 | W45 | 121 | 1:04:33 | 1971 |
| 549 | 5311 | Burkhardt Susanne | Laufschule Dortmund | 1:01:23 | W35 | 64 | 1:05:00 | 1979 |
| 550 | 4652 | Voss Julia | *Aachen | 1:01:26 | W20 | 79 | 1:04:56 | 1990 |
| 551 | 4823 | Walter Elke | *Herdecke | 1:01:29 | W40 | 79 | 1:03:38 | 1972 |
| 552 | 3496 | Stammer-Jankowski Sabi | TV Jahn Hiesfeld | 1:01:31 | W50 | 82 | 1:04:57 | 1965 |
| 553 | 4630 | Kerent Regina | *Moers | 1:01:32 | W20 | 80 | 1:01:48 | 1989 |
| 554 | 2725 | Hillig Petra | Wiesnasen-mara-toni | 1:01:40 | W45 | 122 | 1:05:28 | 1967 |
| 555 | 4076 | Schink Maren | ichhasselaufen.de | 1:01:41 | W20 | 81 | 1:05:22 | 1988 |
| 556 | 3992 | Waltenberg Grit | Ruderclub Westfalen Herd | 1:01:47 | W40 | 80 | 1:05:02 | 1976 |
| 557 | 2929 | Neumann Birgit Claudia | *Moers | 1:01:54 | W50 | 83 | 1:03:54 | 1965 |
| 558 | 4615 | Enners Birgit | *Velbert | 1:02:07 | W45 | 123 | 1:04:08 | 1968 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|--------------------------|---------|------|----------|------------|----------|
| 559 | 2901 | Stoller Magdalena | *Düsseldorf | 1:02:10 | W45 | 124 | 1:04:04 | 1967 |
| 560 | 3133 | Falk Irene | Bestzeit war gestern | 1:02:22 | W55 | 42 | 1:05:41 | 1959 |
| 561 | 3247 | Mispelkamp Sabrina | SV Haldern Lauftreff | 1:02:23 | W20 | 82 | 1:06:00 | 1988 |
| 562 | 2557 | Rüter Kirsten | SV Haldern Lauftreff | 1:02:23 | W45 | 125 | 1:06:00 | 1969 |
| 563 | 4251 | Holsteiner Heike | *Langenthal | 1:02:37 | W50 | 84 | 1:04:13 | 1966 |
| 564 | 3518 | Wieners Sandra | Ausdauerschule by Bunert | 1:02:38 | W40 | 81 | 1:05:44 | 1972 |
| 565 | 4894 | Hauck Lea | *Duisburg | 1:02:43 | WU16 | 1 | 1:05:00 | 2001 |
| 566 | 5021 | Marschner Marlen | *Düsseldorf | 1:02:44 | W30 | 65 | 1:06:08 | 1986 |
| 567 | 3215 | Winters Ina | *Essen | 1:02:53 | W30 | 66 | 1:06:37 | 1983 |
| 568 | 3137 | Schröer Elke | VB Lauftreff | 1:02:54 | W35 | 65 | 1:06:51 | 1980 |
| 569 | 2519 | Feldmann Christina | *Dortmund | 1:02:57 | W20 | 83 | 1:06:34 | 1994 |
| 570 | 4059 | Herold Dr. Christina | *Duisburg | 1:03:03 | W35 | 66 | 1:03:19 | 1980 |
| 571 | 4953 | Hantel Diana | BSG Sparkasse Bottrop | 1:03:07 | W30 | 67 | 1:05:50 | 1982 |
| 572 | 2624 | Schultz Tatjana | *Duisburg | 1:03:10 | W40 | 82 | 1:07:12 | 1974 |
| 572 | 3745 | Zupp Britta | *Duisburg | 1:03:10 | W40 | 82 | 1:07:12 | 1974 |
| 574 | 4141 | Pärschke Heidi | *Oberhausen | 1:03:16 | W60 | 14 | 1:07:01 | 1956 |
| 575 | 4159 | Karau Jutta | *Oer-erkenschwick | 1:03:19 | W45 | 126 | 1:07:19 | 1970 |
| 576 | 5550 | Dindorf Doris | *Dortmund | 1:03:22 | W30 | 68 | 1:06:04 | 1983 |
| 577 | 2491 | Dobberke Carola | BSV Kokerei Schwelgern e | 1:03:26 | W45 | 127 | 1:06:49 | 1971 |
| 578 | 4018 | Risse Britta | *Korschenbroich | 1:03:31 | W40 | 84 | 1:07:10 | 1976 |
| 579 | 5588 | Kosubek Cornelia | 200PROTEAM | 1:03:31 | W60 | 15 | 1:07:20 | 1952 |
| 580 | 4926 | Berninger Sigrid | *Düsseldorf | 1:03:34 | W45 | 128 | 1:04:41 | 1968 |
| 581 | 3410 | Baltes Tanja | VB Lauftreff | 1:03:37 | W40 | 85 | 1:07:34 | 1972 |
| 582 | 3300 | Krause Jessica | *Essen | 1:03:42 | W35 | 67 | 1:06:14 | 1977 |
| 583 | 5357 | Anlage Sabine | | 1:03:48 | W | 0 | 1:07:51 | |
| 584 | 3884 | Kott Marianne | BSG Sparkasse Duisburg | 1:03:48 | W30 | 69 | 1:07:50 | 1982 |
| 585 | 2751 | Odenhausen Gaby | Team Bratwurst | 1:03:56 | W40 | 86 | 1:07:58 | 1974 |
| 586 | 2750 | Schleifer Antje | Team Bratwurst | 1:03:56 | W40 | 87 | 1:07:58 | 1975 |
| 587 | 5649 | August Gisela | LC Duisburg | 1:03:59 | W50 | 85 | 1:08:02 | 1964 |
| 588 | 2776 | Wurzel Johanna | *Duisburg | 1:04:02 | W30 | 70 | 1:07:10 | 1983 |
| 589 | 2661 | Hölter Nicole | *Sprockhövel | 1:04:12 | W45 | 129 | 1:07:15 | 1971 |
| 590 | 4992 | Westermann Kathrin | RV Eintracht Veen | 1:04:16 | W30 | 71 | 1:07:53 | 1983 |
| 591 | 3822 | Haas Sonja | Ausdauerschule by Bunert | 1:04:19 | W35 | 68 | 1:08:02 | 1977 |
| 592 | 5279 | Schwan Nicole | *Mülheim | 1:04:23 | W30 | 72 | 1:08:09 | 1986 |
| 593 | 3149 | Stache Christina | *Düsseldorf | 1:04:32 | W40 | 88 | 1:08:05 | 1976 |
| 594 | 2760 | Gienapp Laura | die Lopis | 1:04:38 | W20 | 84 | 1:06:14 | 1995 |
| 595 | 2549 | Beer Iris | TriTeam TSG Sprockhövel | 1:05:06 | W45 | 130 | 1:08:09 | 1970 |
| 596 | 5579 | Hoffmann-Güth Steffi | 200PROTEAM | 1:05:09 | W50 | 86 | 1:08:58 | 1965 |
| 597 | 2922 | Muhren Gabriele | physioquelle | 1:05:25 | W55 | 43 | 1:09:31 | 1958 |
| 598 | 3127 | Imping Diana | *Mülheim | 1:05:26 | W55 | 44 | 1:09:31 | 1960 |
| 599 | 4884 | Van Ree Marion | TV Uftort-Eick | 1:05:37 | W55 | 45 | 1:07:29 | 1960 |
| 600 | 4361 | Möllhoff Ute | *Mülheim Ruhr | 1:05:42 | W55 | 46 | 1:09:36 | 1958 |
| 601 | 2461 | Brockerhoff Claudia | Buchholzer Rennmaus | 1:05:52 | W55 | 47 | 1:09:44 | 1960 |
| 602 | 5346 | Wandolski Ramona | *Mülheim an der Ruhr | 1:05:59 | W30 | 73 | 1:09:37 | 1985 |
| 603 | 2325 | Kölnberger Franziska | VIVAWEST | 1:06:12 | W20 | 85 | 1:07:57 | 1993 |
| 604 | 5419 | Rosenkranz Nina | *Bochum | 1:06:19 | W30 | 74 | 1:10:11 | 1982 |
| 605 | 3677 | Fürchtenicht Marianne | TV Jahn Hiesfeld | 1:06:27 | W55 | 48 | 1:09:54 | 1958 |
| 606 | 3380 | Steven Regina | Ausdauerschule Bunert | 1:06:43 | W50 | 87 | 1:10:48 | 1965 |
| 607 | 2652 | Greitzke Mignon | SV Langenfeld | 1:06:44 | W50 | 88 | 1:10:34 | 1963 |
| 608 | 5619 | Wilhelm Silvia | 200PROTEAM | 1:06:45 | W50 | 89 | 1:09:05 | 1966 |
| 609 | 4438 | Steinkemper-Lange Brigi | LA Spvgg. Herten | 1:06:52 | W60 | 16 | 1:10:57 | 1954 |
| 610 | 4576 | Taplick Chantal | *Duisburg | 1:07:09 | W40 | 89 | 1:10:51 | 1973 |
| 611 | 3109 | Seidel Miriam | LifeFit | 1:07:10 | W40 | 90 | 1:11:08 | 1976 |
| 612 | 3552 | Schael Ines | Ausdauerschule by bunert | 1:07:53 | W40 | 91 | 1:11:25 | 1976 |
| 613 | 4188 | Chudzinski Lidija | *Essen | 1:08:11 | W50 | 90 | 1:11:55 | 1965 |
| 614 | 4710 | Krossa Elena | *Voerde | 1:08:15 | W30 | 75 | 1:11:27 | 1986 |
| 615 | 4510 | Bachran Christina | *Duisburg | 1:08:20 | W20 | 86 | 1:12:20 | 1990 |
| 616 | 3069 | Wirth Julia | *Essen | 1:08:42 | W30 | 76 | 1:12:17 | 1986 |
| 617 | 3004 | Held Ann-Kristin | *Bochum | 1:08:44 | W20 | 87 | 1:12:19 | 1987 |
| 618 | 4036 | Ruske Sabine | *Essen | 1:08:56 | W55 | 49 | 1:12:30 | 1959 |
| 619 | 2682 | Schesna Brigitte | *Duisburg | 1:09:00 | W60 | 17 | 1:13:03 | 1956 |
| 620 | 2779 | Strahler Hannelore | Weseler TV Triathlon | 1:09:29 | W40 | 92 | 1:13:34 | 1976 |



Nike Winterlaufserie des ASV Duisburg
1. Lauf der großen Serie - 10 km
30. Januar 2016

Frauen

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|---------------------------|---------|-----|----------|------------|----------|
| 621 | 4511 | Bachran Svenja | *Duisburg | 1:09:34 | W20 | 88 | 1:13:36 | 1992 |
| 622 | 4483 | Große Beate | Helios Iron Team Wupperte | 1:09:59 | W55 | 50 | 1:13:47 | 1960 |
| 623 | 3850 | Pribbernow Daniela | *Duisburg | 1:10:08 | W30 | 77 | 1:14:08 | 1982 |
| 624 | 5595 | Molitor Manja | 200PROTEAM | 1:10:34 | W40 | 93 | 1:13:54 | 1976 |
| 625 | 5138 | Friemelt Jana | TSV Meerbusch | 1:10:57 | W60 | 18 | 1:14:48 | 1956 |
| 626 | 5609 | Rupp Christina | 200PROTEAM | 1:11:29 | W40 | 94 | 1:15:24 | 1974 |
| 627 | 3880 | Heckmann Kerstin | Renntiere | 1:11:30 | W45 | 131 | 1:14:28 | 1967 |
| 628 | 4942 | Wicht Desiree | *Wuppertal | 1:11:40 | W35 | 69 | 1:12:58 | 1978 |
| 629 | 2932 | Verwendel Sabine | SG Borken | 1:11:41 | W50 | 91 | 1:15:33 | 1962 |
| 630 | 4706 | Meters Susanne | *Oberhausen | 1:11:54 | W50 | 92 | 1:15:05 | 1966 |
| 631 | 2574 | Lux Monika | Oberhausener TV | 1:12:05 | W35 | 70 | 1:15:18 | 1977 |
| 632 | 2658 | Henze Sonja | Laufschule Oberhausen | 1:12:11 | W35 | 71 | 1:15:53 | 1980 |
| 633 | 3214 | Partsch Isabell | *Mülheim an der Ruhr | 1:12:42 | W35 | 72 | 1:16:26 | 1979 |
| 634 | 5435 | Ruiz Beatriz | *Düsseldorf | 1:12:49 | W40 | 95 | 1:16:53 | 1976 |
| 635 | 3113 | Todt Susanne | Fussmetik-Mehl | 1:13:05 | W45 | 132 | 1:16:22 | 1971 |
| 636 | 2594 | Walther-Frütel Nicole | Ausdauerschule by bunert | 1:13:16 | W45 | 133 | 1:17:10 | 1971 |
| 637 | 2945 | Styrnol Anita | Ausdauerschule by Bunert | 1:13:16 | W60 | 19 | 1:17:10 | 1955 |
| 638 | 3392 | Eickhoff Nadine | *Bottrop | 1:14:04 | W30 | 78 | 1:18:10 | 1986 |
| 639 | 5247 | Hoffmann Petra | TriTEAM Radevormwald | 1:14:33 | W55 | 51 | 1:18:43 | 1961 |
| 640 | 5603 | Petereit Sonja | 200PROTEAM | 1:14:54 | W40 | 96 | 1:18:50 | 1975 |
| 641 | 5623 | Michahelles Liz | 200PROTEAM | 1:14:54 | W35 | 73 | 1:18:50 | 1981 |
| 642 | 5290 | Spönemann Sandra | Team Hüttenzauber | 1:15:38 | W45 | 134 | 1:18:32 | 1969 |
| 643 | 4870 | Rohl Christine | *Duisburg | 1:15:50 | W30 | 79 | 1:19:55 | 1982 |
| 644 | 5569 | Gaida Martina | 200PROTEAM | 1:17:55 | W40 | 97 | 1:21:51 | 1976 |