

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	5801	Meyer Manuel	TV Wattenscheid 01	2:34:24	M35	1	0:33:16	0:50:26	1:10:40
2	2294	Tausewald Robert	LG COESFELD	2:39:57	M35	2	0:34:02	0:52:19	1:13:35
3	5781	Rück Matthias	TG Neuss	2:43:22	M30	1	0:35:00	0:52:51	1:15:30
4	4259	Tertünte Björn	Ayyo Team Essen	2:44:33	M40	1	0:34:15	0:53:34	1:16:43
5	2928	Minke Sebastian	ASC Rosellen/Neuss	2:46:28	M35	3	0:34:39	0:54:43	1:17:05
6	5392	Baumgarten Bjoern	*Ratingen	2:48:09	M40	2	0:35:39	0:54:53	1:17:35
7	4757	Jakobs Maximilian	TuSpo Huckingen	2:48:21	MU20	1	0:35:33	0:53:51	1:18:57
8	4089	Gerhardt Robby	RC Germania Düsseldorf	2:50:17	M20	1	0:36:21	0:55:33	1:18:22
9	3471	Stephan Alexander	LT DSHS Köln	2:50:40	M30	2	0:36:22	0:56:09	1:18:08
10	4557	Lensing Martin	DJK Eintracht Coesfeld-VBR	2:51:41	M30	3	0:36:21	0:56:00	1:19:19
11	2288	Alhusein Tarek	LG COESFELD	2:51:54	M20	2	0:34:52	0:57:04	1:19:57
12	3586	Gimnig Dirk	Team flott.	2:52:47	M20	3	0:36:28	0:55:46	1:20:32
13	2940	Rathmann Markus	Lauftreff Bärenbrücke Berlin	2:53:17	M45	1	0:37:05	0:56:14	1:19:57
14	3015	Stolecki Stephan	LC Rapid Dortmund	2:53:19	M45	2	0:36:55	0:56:20	1:20:03
15	2385	Rodriguez Baena Rafael	TC Kray 1892 e.V.	2:54:39	M45	3	0:37:08	0:57:07	1:20:23
16	2297	Fels Sven	LG COESFELD	2:55:38	M20	4	0:37:27	0:57:34	1:20:36
17	5702	Gomez Alfonso	Vodafone-Runners	2:55:43	M30	4	0:37:22	0:56:44	1:21:36
18	2593	Krämer Jan-Bernd	Team erdinger alkoholfrei	2:56:55	M20	5	0:38:06	0:58:20	1:20:28
19	5784	Lange Alexander	TG Neuss	2:57:11	M30	5	0:37:23	0:57:23	1:22:24
20	2433	Wessel Lukas	SC Bayer 05 Uerdingen	2:57:28	M20	6	0:36:02	0:55:44	1:25:41
21	5074	Komes Max	*Oberhausen	2:58:07	MU20	2	0:36:47	0:57:20	1:23:59
22	2632	Röpstorf Uwe	SC Bayer 05 Uerdingen	2:58:15	M50	1	0:37:34	0:58:07	1:22:33
23	3346	Peter Detlev	Krefelder Kanu Klub	2:58:32	M50	2	0:37:58	0:58:04	1:22:30
24	5181	Neumann Dennis	Tri Team Selm e.V.	2:58:46	M20	7	0:38:50	0:57:36	1:22:18
25	2888	Kamps Werner	Hamminkelter SV	2:58:50	M50	3	0:37:31	0:56:13	1:25:05
26	5764	Ifang Malte	TUS BREITSCHEID	2:59:05	M30	6	0:37:59	0:57:12	1:23:53
27	2289	Severt Günter	LG COESFELD	3:00:32	M45	4	0:37:31	0:58:38	1:24:22
28	3418	Beisert Michael	Rot Weiss Essen	3:01:14	M45	5	0:39:47	0:58:58	1:22:28
29	4461	Ringler Peter	*Essen	3:01:17	M40	3	0:37:59	0:58:56	1:24:22
30	5741	Morlak Jörg	Vodafone-Runners	3:01:22	M50	4	0:38:35	0:58:30	1:24:16
31	5734	Caulfield Kieran	Vodafone-Runners	3:01:36	M55	1	0:38:31	0:58:31	1:24:33
32	5611	Schlitt Carsten	200PROTEAM	3:01:51	M35	4	0:38:09	0:59:25	1:24:16
33	3270	Nitschke Thorsten	DSSC 09/20	3:02:51	M45	6	0:39:07	0:59:40	1:24:04
34	2827	Büker Stephan	LC Duisburg	3:03:05	M30	7	0:38:20	0:58:55	1:25:49
35	2577	Glahn Florian	LG Mülheim	3:03:14	M40	4	0:40:09	0:59:35	1:23:29
36	2904	Jungblut Martin	OTV Endurance Team	3:03:20	M40	5	0:38:26	0:59:49	1:25:04
37	5174	Weckwarth Peter	Solinger o.V.	3:03:33	M55	2	0:38:43	0:59:55	1:24:54
38	3561	Münstermann Philipp	*Münster	3:03:33	M35	5	0:39:46	0:59:49	1:23:57
39	5147	Kriegel René	Nordtriathleten Oberhausen	3:03:35	M20	8	0:38:37	0:59:37	1:25:20
40	3959	Backes Helmut	*Ratingen	3:03:43	M45	7	0:38:48	1:00:33	1:24:20
41	4389	Stirne Thomas	*Leverkusen	3:03:46	M45	8	0:38:27	0:58:17	1:27:01
42	3699	Wolff Nino	DLC Aachen	3:03:50	M35	6	0:38:53	0:59:31	1:25:25
43	3446	Dr. Heshe Dirk	WSV Bocholt	3:04:08	M30	8	0:38:57	0:59:43	1:25:26
44	3185	Hoppenberg Pascal	*Essen	3:04:09	M30	9	0:39:21	0:59:15	1:25:32
45	5340	Eickelmann Karsten	BSG JVA TAXI HAGEN	3:04:18	M45	9	0:39:01	0:59:42	1:25:33
46	5746	Carter Chris	Vodafone-Runners	3:04:18	M45	10	0:38:21	0:59:50	1:26:05
47	3232	Klein Andreas	Haltern am See	3:04:29	M50	5	0:39:21	0:58:40	1:26:28
48	5556	Alten-Mönnink Peter	200PROTEAM	3:04:49	M40	6	0:39:40	1:00:22	1:24:47
49	3186	Aholt Georg	SV Blau-Weiß Dingden	3:05:03	M45	11	0:39:17	0:59:52	1:25:54
50	5119	Hüting Marvin	*Duisburg	3:05:04	M20	9	0:39:53	0:59:23	1:25:47
51	4124	Maciejewski Adam	LC Duisburg	3:05:34	M45	12	0:39:55	0:59:48	1:25:50
52	5737	Künsler Stefan	Vodafone-Runners	3:05:46	M45	13	0:42:10	0:59:48	1:23:47
53	2525	Orlowski Bernd	*Gelsenkirchen	3:05:47	M55	3	0:39:02	1:00:38	1:26:06

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	3039	Splitthoff Michael	OTV Endurance Team	3:05:50	M55	4	0:39:30	1:01:05	1:25:13
55	3950	Brehm Carsten	*Mülheim	3:06:15	M45	14	0:40:00	1:00:24	1:25:49
56	4064	Mayer Andreas	TUS Xanten	3:06:31	M45	15	0:39:09	1:00:18	1:27:03
57	4022	Lubina Alexander	Volllaufen	3:06:32	M35	7	0:35:37	0:54:47	1:36:07
58	2923	Niederberghaus André	DJK Coesfeld VBRS	3:06:46	M40	7	0:38:27	0:59:16	1:29:02
59	5388	Schroeter Wolfgang	Laufsport Bunert Duisburg	3:07:03	M45	16	0:39:24	1:00:26	1:27:12
60	5758	Egin-Richter Taner	TUS BREITSCHEID	3:07:23	M40	8	0:38:51	1:00:47	1:27:44
61	5800	Bajohr Rudolf	200PROTEAM	3:08:29	M55	5	0:40:29	1:01:46	1:26:13
62	5779	Przewloka Joachim	TG Neuss	3:08:32	M50	6	0:40:46	1:02:02	1:25:42
63	5470	Gschwandtner Rene	Blau-Gelb Neumühl Duisburg	3:09:37	M45	17	0:40:50	1:00:23	1:28:22
64	5532	Rosenträger Stefan	LGO Bochum	3:09:37	M40	9	0:39:26	0:59:42	1:30:28
65	3797	Himpler Ralf	Bocholter WSV	3:09:52	M50	7	0:40:10	1:01:22	1:28:20
66	3244	Krause Frank	Wir bei HKM	3:09:52	M50	8	0:40:31	1:01:59	1:27:22
67	4144	Bartz Michael	ART Düsseldorf	3:09:56	M35	8	0:39:36	1:02:17	1:28:01
68	3207	Wischniewski Markus	Team Erdinger Alkoholfrei	3:10:03	M45	18	0:40:30	1:01:09	1:28:24
69	4303	Abel Klaus	SF Ennepetal	3:10:13	M55	6	0:40:18	1:01:49	1:28:05
70	5743	Richrath Kay	Vodafone-Runners	3:10:31	M45	19	0:40:27	1:02:11	1:27:52
71	5680	Christoph Stefan	Vodafone-Runners	3:10:50	M40	10	0:40:23	1:01:18	1:29:09
72	4818	Schult Bastian	WSV Schermbeck	3:10:53	M40	11	0:39:41	1:01:51	1:29:20
73	3673	Berger Christian	Laufftreff R(h)einknaller	3:10:53	M45	20	0:40:13	1:02:04	1:28:35
74	3456	Liesebach Florian	Moerser TV Triathlon	3:10:57	M30	10	0:39:30	1:01:48	1:29:38
75	5780	Fischer Steffen	TG Neuss	3:11:09	M45	21	0:41:57	1:01:48	1:27:23
76	4773	Schult Ingo	*Erkrath	3:12:42	M50	9	0:41:13	1:03:13	1:28:15
77	4132	Natschke Jörg	Doppelrunde	3:12:47	M55	7	0:39:34	1:01:58	1:31:14
78	2657	Künzel Rüdiger	Laufftreff Uhlenhorst	3:12:53	M55	8	0:41:18	1:02:32	1:29:03
79	3193	Goeke Dr. Martin	Ausdauerschule by Bunert	3:12:53	M30	11	0:39:29	1:01:35	1:31:48
80	3225	Reichert Tobias	*Dorsten	3:13:17	M30	12	0:39:39	1:03:45	1:29:52
81	2811	Wisgott Daniel	Ruderriege ETUF Essen e.V.	3:13:24	M20	10	0:40:41	1:02:25	1:30:17
82	5750	Ponto Stefan	Vodafone-Runners	3:13:29	M45	22	0:41:03	1:03:15	1:29:10
83	4745	Wehr Matthias	LC Duisburg	3:13:54	M55	9	0:41:19	1:03:06	1:29:28
84	2728	Bludau Thorsten	VfL Sportfreunde 07 Essen	3:14:05	M40	12	0:41:44	1:02:53	1:29:28
85	3497	Rietmann Stefan	VfL Merkur Kleve	3:14:12	M50	10	0:40:35	1:03:31	1:30:05
86	4452	Jörg Schilderink	Bocholter WSV	3:14:28	M30	13	0:39:53	1:03:20	1:31:14
87	5507	Niklas Klaus	Triathlon Team Rheinberg	3:14:28	M45	23	0:41:38	1:03:16	1:29:33
88	3177	Wetz Müller Peter	BSG Sparkasse Lüdenscheid	3:14:41	M50	11	0:40:42	1:04:14	1:29:44
89	5031	Schwarz Hendrik	Rheinfire Strümp	3:14:44	M45	24	0:39:25	1:01:58	1:33:20
90	5056	Bartscher Sven	*Essen	3:15:15	M30	14	0:40:57	1:04:00	1:30:17
91	2693	Welskopf Peter	Ballettschule Müller Castrop	3:15:38	M55	10	0:42:19	1:03:43	1:29:36
92	4568	Stenzel Pascal	Marathon Steinfurt	3:15:50	M20	11	0:42:03	1:05:16	1:28:29
93	2871	Horn Matthias	DJK VfR Saarn	3:15:50	M35	9	0:43:24	1:03:34	1:28:52
94	2444	Rouhiainen Ristomatti	LGO Bochum	3:15:56	M30	15	0:41:49	1:03:33	1:30:33
95	5390	Marson Guido	BSG Commerzbank AG Ruh	3:16:12	M50	12	0:41:19	1:04:05	1:30:47
96	4638	Elberg Burkhard	*Düsseldorf	3:16:26	M45	25	0:43:40	1:04:55	1:27:50
97	2834	Höfling Michael	TSV 1863 Herdecke	3:16:44	M40	13	0:41:37	1:03:45	1:31:21
98	3487	Gereke Carsten	Osterather TV	3:16:58	M45	26	0:42:21	1:04:14	1:30:21
99	3508	Bücher Marco	Erlar-Sportgemeinschaft e.V.	3:16:59	M40	14	0:41:03	1:04:16	1:31:40
100	4825	Skoerys Michael	Triathlon Team Ratingen 08	3:17:08	M50	13	0:41:52	1:04:38	1:30:37
101	3924	Mühle Patrick	ETuS Wedau	3:17:23	M35	10	0:41:27	1:05:42	1:30:13
102	5094	Groschwitz Dirk	Angerland LT Lintorf	3:17:26	M50	14	0:41:55	1:04:06	1:31:24
103	5762	Pulla Friedemann	TUS BREITSCHEID	3:17:32	M20	12	0:41:04	1:03:33	1:32:54
104	5251	Bockholt Peter	SV Gladbeck 13	3:17:49	M50	15	0:41:15	1:04:17	1:32:15
105	5668	Bravo Javier	Vodafone-Runners	3:18:05	M30	16	0:41:13	1:04:54	1:31:57
106	2409	Mehtieff Alex	Krefelder Kanu Klub	3:18:23	M50	16	0:40:32	1:04:37	1:33:13

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	3858	Köhler Frank	Triathlon Team Ratingen 08	3:18:44	M45	27	0:41:21	1:04:25	1:32:58
108	5690	Hammerschmidt Lukas	Vodafone-Runners	3:18:47	M20	13	0:41:23	1:03:44	1:33:40
109	3936	Micus Werner	DSC Preußen 1901 e.V.	3:18:50	M45	28	0:42:04	1:04:45	1:32:00
110	3641	Kronenberg Edmund	LT Krefeld-Oppum	3:19:06	M60	1	0:43:15	1:04:07	1:31:42
111	4093	Hajek Dirk	BSG Sparkasse Bottrop	3:19:08	M45	29	0:43:44	1:03:33	1:31:50
112	5196	Flaßkamp Michael	Cool Runnings Beelen	3:19:16	M35	11	0:41:12	1:03:35	1:34:27
113	2566	Tamiru Dagnachew	200PROTEAM	3:19:18	M45	30	0:41:55	1:06:05	1:31:16
114	5782	Sanden Dirk	TG Neuss	3:19:35	M45	31	0:41:48	1:04:14	1:33:32
115	4474	Meyer Armin	DJK Preussen 1911 Bochum	3:19:39	M50	17	0:42:24	1:03:50	1:33:24
116	4898	Menes Rene	DWK	3:19:44	M40	15	0:43:04	1:04:52	1:31:46
117	2422	Oelschläger Klaus	*Düsseldorf	3:19:52	M50	18	0:42:39	1:04:50	1:32:22
118	5383	Daamen Markus	*Duisburg	3:20:23	M30	17	0:41:25	1:06:21	1:32:36
119	4236	Zimmermann Christof	Team Zimler & Friends	3:20:52	M35	12	0:42:06	1:03:34	1:35:10
120	5178	Maerz Christian	RWE Starlight Team Essen	3:20:57	M50	19	0:42:52	1:06:15	1:31:49
121	3793	Karatas Michael	*Kamp-Lintfort	3:21:01	M45	32	0:42:58	1:05:14	1:32:48
122	2868	Wolff Ralf	PV Triathlon Witten	3:21:08	M50	20	0:42:01	1:03:45	1:35:21
123	2857	Marquardt Dirk	LC Duisburg	3:21:36	M45	33	0:43:12	1:05:20	1:33:02
124	5748	Voss Dirk	Vodafone-Runners	3:21:38	M40	16	0:41:50	1:07:13	1:32:35
125	5011	Tuttmann Ludger	*Marl	3:21:46	M45	34	0:41:49	1:06:19	1:33:36
126	3917	Heisel Wolfgang	Doppelrunde	3:21:50	M45	35	0:42:09	1:05:48	1:33:52
127	2389	Kahls Markus	Max Maulwurf Marathonis	3:21:56	M45	36	0:41:49	1:06:23	1:33:44
128	4443	Wacker Michael	SF Ennepetal	3:22:04	M55	11	0:42:30	1:05:07	1:34:26
129	2983	Brandenburg Martin	LC Duisburg	3:22:07	M50	21	0:41:52	1:06:16	1:33:59
130	4381	Gmirrek Andreas	*Erkrath	3:22:09	M50	22	0:43:03	1:05:59	1:33:06
131	5377	Rütter Marc	Haminkelner SV	3:22:13	M45	37	0:41:46	1:06:11	1:34:15
132	4208	Cetiner Marvin	1337	3:22:15	M20	14	0:41:22	1:06:40	1:34:12
133	4504	Groß Tim	*Duisburg	3:22:19	M20	15	0:41:40	1:04:11	1:36:27
134	5456	Barth John	*Bottrop	3:22:23	M30	18	0:41:12	1:05:47	1:35:24
135	4611	Gromann Ralf	WSV Schermbeck	3:22:26	M50	23	0:41:36	1:09:30	1:31:19
136	5673	Nassar Najib	Vodafone-Runners	3:22:27	M40	17	0:41:03	1:06:30	1:34:53
137	2724	Schaefer Peter	SG Kaarst	3:22:44	M45	38	0:40:36	1:03:37	1:38:30
138	4397	Yates Stewart	*Dusseldorf	3:22:45	M40	18	0:41:22	1:03:58	1:37:24
139	3580	Krebs Michael	TuS Quettingen	3:22:49	M50	24	0:42:41	1:06:23	1:33:45
140	3777	Bützer Peter	Tri Team FS Düsseldorf	3:22:49	M35	13	0:42:17	1:06:18	1:34:13
141	2312	Krummel Jürgen	BSG Stadtwerke Duisburg A	3:22:57	M45	39	0:43:28	1:06:19	1:33:09
142	4350	Hilmer Jan	Next Generation	3:22:58	M20	16	0:38:09	1:14:45	1:30:03
143	2895	Siska Georg	WSV Schermbeck	3:23:02	M50	25	0:42:20	1:05:32	1:35:10
144	3238	Smethurst Miles	Triathlon Team Ratingen 08	3:23:19	M50	26	0:43:19	1:06:41	1:33:18
145	3379	Holtmeier Hendrik	TV Ratingen Handball	3:23:21	MU18	1	0:42:00	1:07:16	1:34:04
146	3794	Prein Carsten	Adler-Langlauf Bottrop	3:23:22	M45	40	0:42:42	1:08:54	1:31:45
147	5671	Ritz Arnold	Vodafone-Runners	3:23:29	M60	2	0:42:57	1:06:27	1:34:04
148	5730	Ferrigno Simon E.	Vodafone-Runners	3:23:40	M35	14	0:44:11	1:03:26	1:36:02
149	4866	Sperlich Egbert	Ecki Sportförderung	3:23:45	M50	27	0:42:03	1:05:46	1:35:54
150	4121	Bohle Marc	TEAM ELG	3:23:53	M30	19	0:43:18	1:06:13	1:34:21
151	4150	Lubjuhn Stefan	*Rheinberg	3:23:54	M50	28	0:43:03	1:06:28	1:34:23
152	3248	Brozy Frederic	Guapos	3:23:58	M30	20	0:41:28	1:09:01	1:33:28
153	2603	Haane Stefan	SG Borken	3:24:07	M35	15	0:43:47	1:06:12	1:34:06
154	2372	Savilif Rüdiger	TRIMET	3:24:16	M65	1	0:43:26	1:05:47	1:35:02
155	2569	Boleslawsky Stephan	*Ratingen	3:24:27	M40	19	0:44:28	1:06:07	1:33:50
156	4277	Martschink Till	DJK Rheinkraft Neuss	3:24:36	M35	16	0:43:17	1:06:51	1:34:26
157	4867	Schabestiel Phil	*Mönchengladbach	3:24:39	M40	20	0:42:18	1:06:45	1:35:35
158	4242	Kohlhöfer Udo	Krefelder Kanu Klub	3:24:52	M50	29	0:43:25	1:06:46	1:34:40
159	4895	Fischbach Andreas	TH Köln	3:24:54	M35	17	0:42:21	1:05:40	1:36:51

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	5715	Dieckmann Lukas	Vodafone-Runners	3:24:56	M30	21	0:42:10	1:08:51	1:33:54
161	2650	Stodt Marius	Wolfgangs Laufftreff HSP Bo	3:25:00	M30	22	0:42:47	1:06:09	1:36:03
162	5594	Meyer Uwe	200PROTEAM	3:25:08	M50	30	0:43:19	1:07:25	1:34:24
163	5152	Czibor Michael	TriTeam TSG Sprockhövel	3:25:10	M50	31	0:42:54	1:07:00	1:35:15
164	3160	Liebchen Peter	TUSEM Essen	3:25:15	M55	12	0:44:03	1:06:50	1:34:20
165	5729	Gleumes Stephan	Vodafone-Runners	3:25:15	M45	41	0:43:19	1:07:48	1:34:07
166	4729	Gebauer Bernd	LG Olympia Dortmund	3:25:15	M50	32	0:43:08	1:05:52	1:36:14
167	4453	Bludau Michael	*Duisburg	3:25:20	M55	13	0:43:59	1:06:56	1:34:24
168	4434	Müller Rainer	*Herne	3:25:45	M45	42	0:44:14	1:06:45	1:34:44
169	3966	Nuss Michael	*Essen	3:25:50	M35	18	0:44:42	1:06:54	1:34:13
170	3064	Meiering Dr. Carsten	TSV 1863 Herdecke Marath	3:25:57	M45	43	0:44:32	1:07:01	1:34:22
171	5604	Philippe Sebastien	200PROTEAM	3:26:00	M40	21	0:43:27	1:08:11	1:34:21
172	3993	Berg Björn	*Mülheim	3:26:03	M30	23	0:43:13	1:06:17	1:36:32
173	5681	Ogbatedros Haileab	Vodafone-Runners	3:26:09	M55	14	0:43:57	1:07:54	1:34:16
174	2291	Volmer Jens	LG COESFELD	3:26:10	M40	22	0:44:42	1:06:53	1:34:34
175	5685	Giess Stefan	Vodafone-Runners	3:26:10	M45	44	0:43:57	1:07:56	1:34:16
176	5415	Gora Stefan	*Meerbusch	3:26:15	M40	23	0:43:10	1:06:12	1:36:52
177	3889	Stahl Sebastian	*Essen	3:26:16	M35	19	0:42:07	1:05:11	1:38:57
178	3077	Anlasik Nikolaj	*Recklinghausen	3:26:19	M30	24	0:45:16	1:10:08	1:30:55
179	5465	Schultheis Matthias	*Bochum	3:26:30	MU20	3	0:44:54	1:07:09	1:34:26
180	3013	Biesalski Sebastian	Herner Triathlon Team 11	3:26:34	M35	20	0:43:53	1:07:46	1:34:54
181	5783	Schmitz Thomas	TG Neuss	3:26:39	M40	24	0:43:07	1:07:16	1:36:14
182	3616	Schneider Thorsten	TuS Oberbrügge	3:26:40	M50	33	0:41:07	1:01:50	1:43:42
183	2910	Uysal Mustafa	*Leverkusen	3:26:44	M35	21	0:44:22	1:05:56	1:36:24
184	5669	Hanke Frank	Vodafone-Runners	3:26:46	M45	45	0:40:48	1:02:09	1:43:48
185	5176	Starrach Carsten	Ausdauer Schule by Bunert	3:26:51	M40	25	0:39:29	1:00:56	1:46:25
186	4636	Unterberg Tobias	Laufftreff Obererft	3:26:59	M40	26	0:43:46	1:05:21	1:37:51
187	5755	Dietrich Christian	Team Polizei Duisburg	3:27:01	M30	25	0:41:13	1:04:33	1:41:14
188	3466	Püll Stephan	Allmende Runners	3:27:06	M40	27	0:41:44	1:10:33	1:34:49
189	3033	Thomauske Norbert	TuSpo Huckingen	3:27:08	M55	15	0:43:51	1:05:43	1:37:33
190	2911	Gunsenheimer Dr. Uwe	ART Düsseldorf	3:27:10	M50	34	0:44:45	1:07:18	1:35:07
191	3101	Schruff Dr. Christian	Team Erdinger Alkoholfrei	3:27:12	M35	22	0:43:02	1:07:57	1:36:12
192	5462	Zachan Michael	Solinger LC	3:27:16	M55	16	0:45:33	1:07:47	1:33:56
193	3647	Röth Wilfried	VfL Merkur Kleve	3:27:29	M55	17	0:43:15	1:06:57	1:37:16
194	5393	Verfürth Christian	*Düsseldorf	3:27:36	M45	46	0:43:28	1:07:20	1:36:46
195	2962	Schuster Maik	Krefelder Kanu Klub	3:27:43	M45	47	0:43:53	1:07:08	1:36:40
196	4543	Glasneck Bernd	Frühschicht	3:27:43	M50	35	0:44:12	1:07:26	1:36:04
197	3521	Rödiger Volker	SV Blau-Weiß Bochum	3:27:56	M45	48	0:41:34	1:05:48	1:40:33
198	2720	Wübling Torsten	*Rhede	3:27:59	M40	28	0:42:17	1:07:33	1:38:08
199	4278	Gildehaus Andre	*Düsseldorf	3:28:03	M30	26	0:43:36	1:09:09	1:35:18
200	3209	Willner Detlef	Mettmann	3:28:07	M55	18	0:43:49	1:07:10	1:37:08
201	3293	Robert Ferdinand	MKW-Läufer	3:28:09	M50	36	0:43:51	1:06:54	1:37:23
202	2511	Ritthoff Michael	*Duisburg	3:28:11	M45	49	0:43:26	1:09:57	1:34:47
203	3083	Steinhoff Karl-Philipp	*Esse	3:28:12	M30	27	0:45:07	1:07:35	1:35:29
204	5645	Sikora Paul	Vodafone-Runners	3:28:12	M30	28	0:43:10	1:11:04	1:33:56
205	5679	Markus Dr. Christian	Vodafone-Runners	3:28:20	M50	37	0:44:32	1:06:59	1:36:48
206	3790	Focht Sandro	TC Sterkrade 69	3:28:23	M30	29	0:43:23	1:09:28	1:35:31
207	3816	Dietrich Eckhardt	Ratingen	3:28:31	M65	2	0:44:02	1:07:41	1:36:47
208	3189	Baumgarten Manfred	*Bergheim	3:28:37	M50	38	0:44:35	1:08:00	1:36:01
209	4331	Goebels Dr. Thomas	TRC Essen 84	3:28:59	M45	50	0:45:18	1:08:06	1:35:34
210	5493	Jung Dr. Andreas	*Mettmann	3:29:04	M50	39	0:42:34	1:08:32	1:37:58
211	4820	Lachmann Marc	Gymnasium Filder Benden	3:29:08	M45	51	0:44:45	1:07:40	1:36:41
212	5522	Hoschke Markus	Running MAD	3:29:13	M40	29	0:43:39	1:06:24	1:39:09

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3400	Meves Oliver	Borussia Mönchengladbach	3:29:21	M45	52	0:44:03	1:08:38	1:36:39
214	3184	Helmberg Volker	Saarer Kämpfer	3:29:22	M50	40	0:43:54	1:08:17	1:37:11
215	3744	Gülich Alexander	*Essen	3:29:31	M40	30	0:44:26	1:07:49	1:37:16
216	2259	Fuchs Marco	VIVAWEST	3:29:32	M40	31	0:45:28	1:08:52	1:35:11
217	5396	Günther Henry	*Bocholt	3:29:35	M35	23	0:45:32	1:08:33	1:35:29
218	2777	Tkotsch Olaf	*Bergisch Gladbach	3:29:41	M45	53	0:43:37	1:08:30	1:37:33
219	3492	Weißing Jörg	*Essen	3:29:49	M45	54	0:44:54	1:09:20	1:35:33
220	2703	Tigges Sascha	Team Punto Moda / LC Dui	3:30:04	M35	24	0:41:53	1:04:06	1:44:04
221	3447	Machon Sebastian	*Essen	3:30:04	M40	32	0:43:27	1:12:29	1:34:07
222	2981	Hagedorn Ulf	*Essen	3:30:17	M50	41	0:45:53	1:09:26	1:34:58
223	2832	Süselbeck André	SV Orsoy Tischtennis	3:30:24	M40	33	0:43:32	1:08:15	1:38:36
224	5675	Nohr Ingo	Vodafone-Runners	3:30:25	M50	42	0:43:59	1:08:49	1:37:36
225	2306	Wesling Olaf	BSG Stadtwerke Duisburg A	3:30:28	M45	55	0:45:08	1:08:20	1:36:58
226	2316	Schmengler Stephan	BSG Stadtwerke Duisburg A	3:30:30	M50	43	0:43:12	1:08:07	1:39:10
227	2914	Rosin Marc	Herner Triathlon Team 11	3:30:36	M40	34	0:43:51	1:07:50	1:38:54
228	4199	Barbera Pino	Team Erdinger Alkoholfrei	3:30:41	M40	35	0:42:46	1:05:02	1:42:52
229	3505	Ohrmann Dr. Christoph	Tri Team FS Düsseldorf	3:30:49	M35	25	0:43:43	1:07:10	1:39:54
230	3842	Wochna Marcin	TSV Meerbusch	3:31:00	M40	36	0:43:00	1:05:48	1:42:11
231	4310	Kortstegge Jürgen	SG Borken	3:31:16	M45	56	0:43:59	1:09:09	1:38:06
232	3445	Rogala Andrzej	Marathonteam Ratingen	3:31:17	M60	3	0:45:24	1:08:46	1:37:06
233	4120	Kriependorf Florian	TEAM ELG	3:31:35	M40	37	0:42:55	1:08:53	1:39:45
234	5405	Ueberschär Markus	*Duisburg	3:31:36	M30	30	0:43:27	1:06:37	1:41:31
235	4308	Groß Michael	Ultra-Team-Tortour	3:31:51	M45	57	0:44:33	1:09:57	1:37:21
236	3072	Zaniol Michael	Marathon Mülheim	3:31:53	M50	44	0:45:05	1:09:32	1:37:14
237	3003	Mintrop Johannes	TVE Burgaltendorf	3:31:54	M55	19	0:44:15	1:09:06	1:38:32
238	3272	Fels Hubert	Billerbecker Läufer	3:32:04	M55	20	0:44:47	1:08:54	1:38:23
239	2941	Probst Thorsten	*Moers	3:32:06	M50	45	0:44:22	1:07:55	1:39:48
240	3644	Weiß Christoph	MTG Horst Essen	3:32:06	M45	58	0:43:29	1:09:15	1:39:22
241	2471	Winkelmann Lars	*Oer-Erkenschwick	3:32:07	M20	17	0:45:42	1:08:43	1:37:41
242	5249	Nolzen Nick	TriTEAM Radevormwald	3:32:08	M20	18	0:44:48	1:08:45	1:38:33
243	5172	Petrasch Wolfgang	*Schermbek	3:32:18	M20	19	0:43:21	1:09:14	1:39:42
244	3164	Braun Sascha	*Tönisvorst	3:32:24	M40	38	0:42:55	1:06:06	1:43:22
245	4588	Bavendiek Jens	*Aachen	3:32:27	M20	20	0:43:46	1:06:52	1:41:47
246	3948	Hoffmann Martin	*Duisburg	3:32:38	M50	46	0:44:11	1:08:29	1:39:57
247	3944	Mombauer Guido	*Köln	3:32:42	M40	39	0:44:35	1:09:01	1:39:05
248	3563	Hessing Maik	*Altenberge	3:32:49	M40	40	0:44:59	1:08:31	1:39:17
249	2550	Ehrlich Dirk	Team EhrBec	3:32:49	M50	47	0:43:17	1:09:07	1:40:24
250	5498	Förster Uwe	*Neuss	3:33:03	M50	48	0:44:21	1:09:17	1:39:24
251	3679	Bultmann Jan-Philipp	*Dortmund	3:33:08	M30	31	0:45:00	1:08:11	1:39:56
252	3434	Klein-Bösing Carsten	SV Schermbeck 1912 e.V.	3:33:10	M35	26	0:44:41	1:09:45	1:38:43
253	3399	Schürbüscher Markus	DJK SF 97/30 Lowick	3:33:12	M40	41	0:44:50	1:08:28	1:39:53
254	2411	Breucker Dennis	Borbecker Raketen Essen	3:33:21	M35	27	0:44:34	1:08:38	1:40:08
255	3066	Drilling Norbert	TSV 1863 Herdecke Marath	3:33:47	M50	49	0:44:32	1:07:00	1:42:14
256	4449	Hornickel Stephan	*Neuss	3:33:59	M35	28	0:43:40	1:06:45	1:43:33
257	3092	Misterek Lars	HUSQVARNA Privatteam	3:34:08	M45	59	0:44:36	1:08:38	1:40:54
258	2595	Vüllings André	Bocholter WSV	3:34:18	M45	60	0:44:27	1:08:38	1:41:12
259	2563	Gers Norbert	TC Kray 1892 e.V.	3:34:23	M55	21	0:45:23	1:10:16	1:38:43
260	2600	Munnes Oliver	*Mülheim an der Ruhr	3:34:24	M30	32	0:44:50	1:10:48	1:38:45
261	3621	Dinnendahl Andreas	DLRG Duisburg	3:34:34	M45	61	0:46:29	1:08:22	1:39:42
262	3604	Laufs Stephan	LT Metzkausen	3:34:51	M50	50	0:44:32	1:10:37	1:39:41
263	3063	Kontny Thomas	TSV 1863 Herdecke Marath	3:34:55	M50	51	0:44:32	1:09:28	1:40:54
264	3531	Beckmanns Ralf	LT Krefeld-Oppum	3:34:55	M50	52	0:45:30	1:09:54	1:39:31
265	4642	Becker Wolfgang	*Essen	3:34:57	M65	3	0:46:05	1:09:33	1:39:19

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3803	Grauke Tobias	Tus Lintorf	3:35:23	M55	22	0:44:55	1:09:52	1:40:34
267	4598	Schroeder Georg	BSV Delphi Wuppertal	3:35:24	M65	4	0:45:30	1:08:49	1:41:04
268	4062	Guffler Frank	Triathlon ASC Ratingen	3:35:26	M50	53	0:45:41	1:11:23	1:38:21
269	3837	Pötschke Rainer	Marathon Mülheim	3:35:27	M45	62	0:45:42	1:09:44	1:40:01
270	2524	Lutz Christian	*Duisburg	3:35:32	M20	21	0:44:29	1:10:06	1:40:55
271	4228	Schmitz Willi	LT Krefeld-Oppum	3:35:36	M50	54	0:45:38	1:14:09	1:35:48
272	3435	Bauhaus Frank	Krefelder Kanu Klub	3:35:42	M55	23	0:44:13	1:11:15	1:40:14
273	3306	Siry Martin	TV Wanheimerort 1880 e.V.	3:35:43	M45	63	0:44:19	1:07:18	1:44:06
274	3870	Theis Ludger	Viktoria Goch	3:35:45	M40	42	0:45:41	1:09:58	1:40:04
275	4245	Nebe Philipp	Tri Team FS Düsseldorf	3:35:46	M20	22	0:46:32	1:09:24	1:39:48
276	4964	Vohl Thomas	*Meerbusch	3:35:48	M50	55	0:46:50	1:10:14	1:38:43
277	3607	Pavlovic Anton	Fokus Selm	3:35:55	M65	5	0:43:37	1:08:59	1:43:18
278	5216	Dünninger Helmut	Run with fun	3:35:57	M50	56	0:47:30	1:09:53	1:38:33
279	2250	Hornung Herbert	AS Neukirchen-Vluyn	3:35:58	M55	24	0:46:13	1:10:15	1:39:29
280	3139	Kremer Werner	Ausdauerschule by Bunert	3:36:04	M55	25	0:43:02	1:07:40	1:45:21
281	4827	Aufmuth Florian Toni	*Duisburg	3:36:08	M20	23	0:45:55	1:11:43	1:38:29
282	5763	Felgenträger Jörg	TUS BREITSCHEID	3:36:12	M55	26	0:44:58	1:12:01	1:39:13
283	4475	Alst Klaus	*Mülheim an der Ruhr	3:36:21	M50	57	0:43:48	1:07:26	1:45:06
284	3883	Rataj Andre	BSG Sparkasse Duisburg	3:36:25	M40	43	0:45:55	1:11:15	1:39:15
285	4760	Ahland Joachim	*Selm	3:36:29	M50	58	0:45:01	1:10:08	1:41:18
286	5295	Ludwig Jens	LGO Bochum	3:36:32	M45	64	0:44:24	1:08:56	1:43:11
287	4000	Dohmes Oliver	Die Oberkämpf(er)	3:36:35	M45	65	0:45:55	1:09:42	1:40:58
288	3490	Schrooten Marc	*Duisburg	3:36:41	M45	66	0:46:08	1:11:05	1:39:28
289	4146	Schnieder Henning	Muay Thai Duisburg	3:36:43	M45	67	0:45:22	1:09:50	1:41:30
290	2615	Gaertner Björn	*Bottrop	3:36:53	M30	33	0:44:24	1:09:27	1:43:01
291	3792	Kemper Nils	SG Borken	3:36:57	MU20	4	0:45:09	1:08:10	1:43:36
292	3671	Willecke Frank	LT Wischlingen Dortmund	3:36:58	M50	59	0:45:41	1:09:27	1:41:49
293	3361	Schmidt Joachim	Miles for more	3:36:59	M60	4	0:46:28	1:10:40	1:39:50
294	3963	Witeczek Thomas	*Krefeld	3:37:07	M40	44	0:46:53	1:09:55	1:40:19
295	3829	Neuheuser Markus	Adler-Langlauf Bottrop	3:37:10	M45	68	0:45:54	1:11:02	1:40:12
296	2583	Uebbing Holger	SV Budberg Lauffreunde	3:37:14	M45	69	0:46:47	1:10:49	1:39:36
297	4057	Biemer Gregor	*Duisburg	3:37:14	M40	45	0:46:27	1:08:30	1:42:16
298	5752	Roll Michael	Team Polizei Duisburg	3:37:16	M30	34	0:46:47	1:10:48	1:39:40
299	4647	Kischel Markus	*Mülheim an der Ruhr	3:37:18	M35	29	0:44:33	1:10:06	1:42:38
300	5427	Kaßner Ludger	Schommläufer Waldniel	3:37:22	M60	5	0:46:12	1:10:06	1:41:03
301	4049	Ruez Marco	*Oberhausen	3:37:23	M40	46	0:46:32	1:11:00	1:39:50
302	4618	Lahn Markus	*Duisburg	3:37:24	M40	47	0:46:01	1:10:46	1:40:36
303	2691	Neumann Dr. Dietmar	Nina Sport	3:37:36	M55	27	0:45:01	1:09:39	1:42:54
304	3928	Walburg Andreas	*Mülheim an der Ruhr	3:37:43	M45	70	0:45:12	1:10:06	1:42:24
305	2323	Peter Christian	VIVAWEST	3:37:45	M40	48	0:47:54	1:11:24	1:38:26
306	2514	Andreas Dirk	*Kaarst	3:37:48	M35	30	0:48:21	1:10:56	1:38:30
307	3289	Knubben Ludger	Team Magenta	3:37:49	M50	60	0:44:40	1:11:32	1:41:36
308	2309	Giersch Andreas	BSG Stadtwerke Duisburg A	3:37:50	M40	49	0:46:35	1:10:31	1:40:44
309	2667	Killisch Uwe	Banda rapida Wesel	3:37:51	M50	61	0:44:33	1:10:04	1:43:13
310	3727	Schmid Klaus	*Duisburg	3:37:55	M50	62	0:45:55	1:10:11	1:41:47
311	2670	Hankel Rüdiger	*Essen	3:38:01	M50	63	0:46:03	1:10:05	1:41:52
312	5157	Karge Ulrich	TriTeam TSG Sprockhövel	3:38:08	M45	71	0:46:18	1:10:05	1:41:43
313	2926	Peitsch Michael	*Düsseldorf	3:38:08	M60	6	0:50:09	1:08:22	1:39:36
314	3443	Pauls Viktor	*Düsseldorf	3:38:11	M40	50	0:44:59	1:09:48	1:43:23
315	2782	Kazmierczak Michael	*Dinslaken	3:38:15	M30	35	0:45:36	1:11:28	1:41:10
316	5183	Schmitz Thilo	Röntgen-Gymnasium	3:38:22	M20	24	0:46:31	1:10:56	1:40:53
317	3130	Falk Werner	Bestzeit war gestern	3:38:25	M55	28	0:43:57	1:11:16	1:43:12
318	2427	Pollak Manuel	Stadt Duisburg Azubis	3:38:30	M30	36	0:46:22	1:12:20	1:39:47

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	2999	Pfeiffer Thomas	Frühschicht	3:38:35	M45	72	0:44:30	1:14:42	1:39:22
320	4473	Königsbrügge Jan	Recklinghäuser LC	3:38:36	M30	37	0:45:07	1:09:24	1:44:04
321	5378	Rütter Ralf	Hamminkelter SV	3:38:40	M40	51	0:46:10	1:08:56	1:43:33
322	4203	Paur Jürgen	Team Erdinger Alkoholfrei	3:38:44	M45	73	0:42:46	1:13:06	1:42:51
323	4306	van den Dolder Ralf	*Neukirchen-Vluyn	3:39:08	M50	64	0:46:00	1:11:49	1:41:18
324	4388	Willemsen Jens	VfB Alemannia Pfalzdorf	3:39:09	M40	52	0:46:19	1:11:11	1:41:39
325	3449	Benninghofen Matthias	*Neukirchen-Vluyn	3:39:14	M30	38	0:45:44	1:10:36	1:42:53
326	3989	Brings Jürgen	*Mülheim	3:39:14	M55	29	0:47:00	1:11:45	1:40:28
326	5098	Hying Christian	*Rhede	3:39:14	M45	74	0:44:42	1:11:08	1:43:23
328	5367	Liß Karl-Heinz	BSV ThyssenKrupp Stahl	3:39:14	M60	7	0:44:27	1:14:14	1:40:33
329	5029	Geerken Alexander	Rheinfire Strümp	3:39:17	M45	75	0:47:35	1:12:07	1:39:35
330	2253	Tepe Jonas	Team Polizei Duisburg	3:39:20	M20	25	0:47:04	1:12:05	1:40:10
331	4727	Dehne Stephan	*Langenfeld	3:39:23	M35	31	0:47:26	1:09:52	1:42:04
332	3078	Hellermann Jürgen	Knieweh Niederrhein	3:39:25	M50	65	0:46:41	1:12:50	1:39:53
333	4896	Robrecht Timo	Turnerbund Haarzopf	3:39:28	M20	26	0:46:15	1:11:00	1:42:12
334	4838	Börke Janik	Team Polizei Duisburg	3:39:30	M20	27	0:38:54	1:08:41	1:51:54
335	3079	Böhmer Tobias	*Wuppertal	3:39:34	M35	32	0:44:49	1:12:28	1:42:15
336	2676	Klaas Jens	*Mülheim an der Ruhr	3:39:55	M45	76	0:40:33	1:02:55	1:56:26
337	3158	Mohr Markus	*Issum	3:39:55	M45	77	0:45:05	1:11:17	1:43:32
338	5693	Weidner Martin	Vodafone-Runners	3:39:56	M45	78	0:45:02	1:12:15	1:42:39
339	2484	Stockmar Christian	Fortuna Düsseldorf Triathlon	3:39:58	M45	79	0:43:30	1:14:43	1:41:44
340	5386	Kühnel Andreas	TVK 1877 Essen	3:40:01	M55	30	0:45:51	1:13:18	1:40:51
341	3114	Todt Elmar	Fussmetik-Mehl	3:40:05	M45	80	0:47:18	1:11:45	1:41:01
342	3853	Michel Rainer	TV-Haslinghausen	3:40:09	M55	31	0:45:34	1:11:50	1:42:44
343	4153	Mescher Stefan	*Essen	3:40:12	M45	81	0:45:37	1:10:28	1:44:06
344	2518	Venhoven Rudi	*Emmerich	3:40:15	M45	82	0:45:49	1:12:00	1:42:24
345	5273	Wellen Karl	*Krefeld	3:40:26	M50	66	0:46:28	1:12:46	1:41:11
346	4283	Hellwig Christian	Maschinen	3:40:28	M40	53	0:47:09	1:11:34	1:41:44
347	3174	Hess Rüdiger	LT Krefeld-Oppum	3:40:29	M60	8	0:46:57	1:11:58	1:41:33
348	3317	Marquis Frank	LC Duisburg	3:40:30	M50	67	0:46:46	1:12:11	1:41:32
349	5448	Alcalde Rasch Dr. Alejand	*Hünxe	3:40:36	M45	83	0:46:24	1:11:49	1:42:21
350	3104	Klever Detlef	Ruhrrunner Essen	3:40:38	M60	9	0:48:42	1:10:28	1:41:27
351	2794	Rumpel Florian	Artistic Jumpers	3:40:40	M20	28	0:48:51	1:11:23	1:40:25
352	4882	Schwieder Detlev	*Düsseldorf	3:40:43	M50	68	0:46:29	1:10:29	1:43:45
353	4318	Risse Michael	TC 69 Sterkrade	3:40:46	M50	69	0:46:17	1:12:23	1:42:05
354	3089	Franz Wolfgang	Schwarz-Rot Hügel	3:40:48	M45	84	0:45:56	1:12:43	1:42:09
355	2605	Bierbrauer Andreas	*Duisburg	3:40:50	M45	85	0:45:59	1:11:30	1:43:21
356	3367	Heinze Tobi	SuS Hochmoor 1958 e.V.	3:41:00	M20	29	0:45:38	1:10:52	1:44:29
357	4046	Ullrich Tino	Freiwillige Feuerwehr Erkrath	3:41:03	M40	54	0:45:18	1:13:55	1:41:50
358	5232	Laubenthal Lars	K. Bellwon Elektrotechnik Gm	3:41:06	M40	55	0:47:20	1:11:16	1:42:28
359	4616	Stauch Alexander	*Duisburg	3:41:15	M20	30	0:49:29	1:12:59	1:38:47
360	4429	Kunze Dr. Andreas	Justiz Duisburg	3:41:19	M35	33	0:47:22	1:12:34	1:41:22
361	3705	Janßen Andreas	SV Viktoria Goch	3:41:35	M40	56	0:44:19	1:11:44	1:45:31
362	3062	Timmermann Rene	TSV 1863 Herdecke Marath	3:41:35	M60	10	0:50:02	1:16:16	1:35:15
363	2546	Klotz Sven	*Wesel	3:41:36	M50	70	0:47:59	1:11:32	1:42:04
364	2604	Trillhose Andreas	SV Haldern Lauftreff	3:41:45	M45	86	0:47:04	1:13:57	1:40:43
365	2899	König Jürgen	Klingenwetzter	3:41:50	M55	32	0:46:53	1:09:59	1:44:57
366	4282	Milosev Dejan	*Solingen	3:41:51	M40	57	0:46:21	1:11:34	1:43:55
367	3909	Dick Viktor	*Neukirchen-Vluyn	3:41:52	M50	71	0:45:51	1:14:30	1:41:30
368	4903	Stötzel Ruven	*Nettetal	3:41:55	M40	58	0:48:35	1:10:22	1:42:57
369	3295	Kullik Oliver	*Recklinghausen	3:41:59	M45	87	0:47:39	1:12:57	1:41:22
370	3045	Jordan Julian	*Duisburg	3:42:09	M30	39	0:45:50	1:11:58	1:44:20
371	3999	Jurczyk Sven	*Essen	3:42:15	M35	34	0:44:08	1:14:12	1:43:53

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	3682	Kipper Thomas	Ausdauerschule by Bunert	3:42:22	M50	72	0:47:38	1:12:38	1:42:05
373	3087	Fiedler Michael	*Voerde	3:42:23	M50	73	0:46:56	1:13:24	1:42:02
374	5210	Müller Jörg	LT Mattlerbusch	3:42:24	M45	88	0:47:22	1:13:02	1:41:59
375	3369	Eiteneuer Bernd	Rapid Ramirez	3:42:24	M55	33	0:47:51	1:12:58	1:41:34
376	3448	Redeske Björn	TuS Mechernich 1897	3:42:25	M45	89	0:44:51	1:10:41	1:46:52
377	3482	Gerhorst Jürgen	VFL Merkur Kleve	3:42:28	M50	74	0:47:21	1:11:50	1:43:15
378	2808	Wiechers Andre	Angerland LT Lintorf	3:42:35	M50	75	0:47:36	1:12:54	1:42:04
379	5080	Bongers Dr. Jörn	LT Krefeld-Oppum	3:42:39	M50	76	0:47:52	1:11:43	1:43:03
380	4790	Jokisch Frank	TSV Bayer 04 Leverkusen	3:42:44	M60	11	0:45:35	1:11:16	1:45:52
381	2512	Hetterscheidt Matthias	*Essen	3:42:48	M50	77	0:48:55	1:12:34	1:41:17
382	4073	Ludwig Frank	*Essen	3:42:50	M40	59	0:46:10	1:11:21	1:45:18
383	3377	Holtmeier Jürgen	TV Ratingen Handball	3:42:53	M50	78	0:49:13	1:10:45	1:42:53
384	2719	Kronenberg Friedrich	Marathonteam Ratingen	3:42:55	M60	12	0:48:31	1:12:13	1:42:10
385	4624	Damm Helmut	Rapid Ramirez	3:42:57	M50	79	0:47:03	1:13:56	1:41:56
386	3150	Miksche Ronald	*Düsseldorf	3:43:04	M50	80	0:46:41	1:11:16	1:45:06
387	2468	Packross Michael	Ausdauerschule by Bunert	3:43:10	M50	81	0:39:50	1:06:02	1:57:16
388	4814	Hahn Bastian	*Moers	3:43:16	M20	31	0:46:12	1:17:43	1:39:20
389	4731	Vöge Jochen	Fortuna Düsseldorf Triathlon	3:43:33	M40	60	0:46:56	1:11:33	1:45:03
390	2462	Klötgen Jörg	*Essen	3:43:41	M45	90	0:45:58	1:13:12	1:44:31
391	5240	Mittasch Markus	Langsam läuft am Längsten	3:43:45	M45	91	0:49:05	1:12:21	1:42:18
392	2638	Greuel Thomas	Wittlaer Runners	3:43:50	M40	61	0:51:26	1:10:37	1:41:46
393	4366	Koschlitzi Norbert	Eintracht Duisburg 1848 e.V.	3:43:51	M50	82	0:46:37	1:17:06	1:40:07
394	4460	Smeets Georg	Marathon Dinslaken	3:43:54	M45	92	0:46:53	1:11:45	1:45:15
395	4200	Yildirim Nazif	Ausdauerschule by Bunert	3:43:54	M40	62	0:48:11	1:10:22	1:45:20
396	3689	Goldhammer Lars	Sleepy Kitten	3:43:55	M30	40	0:48:07	1:13:18	1:42:29
397	3381	Altmann Thomas	*Essen	3:43:59	M55	34	0:48:34	1:12:30	1:42:54
398	2399	Wagner Burkhard	LC Duisburg	3:44:00	M55	35	0:47:26	1:11:16	1:45:17
399	5451	Kohlstedte Johannes	TG Münster - Judo	3:44:04	M30	41	0:47:14	1:12:36	1:44:14
400	5115	Gipperich Tobias	The Racing Club Rush	3:44:10	M20	32	0:42:44	1:19:22	1:42:03
401	2850	Terporten Niklas	Feuerwehr Düsseldorf	3:44:12	M40	63	0:51:40	1:17:14	1:35:17
402	3713	Deck Leon	Fabritz	3:44:14	MU18	2	0:45:41	1:10:41	1:47:51
403	5318	Raeder Stefan	*Jüchen	3:44:23	M30	42	0:48:48	1:13:16	1:42:19
404	5703	Janetzko Till	Vodafone-Runners	3:44:26	M20	33	0:46:14	1:12:23	1:45:48
405	2487	Adler Andre	BSV Kokerei Schwelgern e.v.	3:44:30	M35	35	0:47:20	1:07:50	1:49:19
406	5502	Altai Ali	*Herne	3:44:31	M45	93	0:48:50	1:07:35	1:48:06
407	5499	Bosse Manuel	*Düsseldorf	3:44:38	M30	43	0:46:49	1:14:51	1:42:56
408	3535	Görtz Dirk	LC Duisburg	3:44:46	M45	94	0:48:42	1:13:06	1:42:57
409	4268	Malcus Burkhard	Turbo-Schnecken Lüdensche	3:44:46	M50	83	0:47:54	1:13:03	1:43:48
410	3110	Seidel Arne	Life Fit	3:44:53	M40	64	0:49:11	1:13:28	1:42:13
411	5341	Gärtner Stefan	Tri Team FS Düsseldorf	3:44:53	M50	84	0:47:47	1:12:18	1:44:47
412	3538	Josefs Axel	Bocholter WSV- Team Erdi	3:45:01	M50	85	0:45:31	1:10:24	1:49:05
413	2261	Peters Ulrich	RMD Laufcamp 2016	3:45:10	M40	65	0:50:05	1:11:43	1:43:20
414	4538	Maaß Robert	*Marl	3:45:17	M20	34	0:46:39	1:20:39	1:37:58
415	3871	Neugebauer Tim	AC Mila	3:45:20	M35	36	0:51:26	1:17:45	1:36:08
416	5333	Büns Karl-Heinz	TVK 1877 Essen	3:45:20	M60	13	0:47:13	1:13:02	1:45:03
417	3462	Gördes Markus	OTV Endurance Team	3:45:31	M40	66	0:54:08	1:12:03	1:39:19
418	5162	Ildefeld Lukas	*Dortmund	3:45:36	M20	35	0:47:21	1:11:34	1:46:40
419	4537	Pöter Martin	Renntiere	3:46:01	M50	86	0:47:56	1:14:37	1:43:27
420	5413	Baumann Jan	*Duisburg	3:46:03	MU18	3	0:47:20	1:12:20	1:46:22
421	5282	Ankel Markus	RWE Starlight Team Essen	3:46:04	M45	95	0:46:31	1:11:44	1:47:47
422	2637	Heinrich Dr. Jens	Wittlaer Runners	3:46:06	M50	87	0:51:03	1:18:49	1:36:13
423	3569	Krieg Volker	*Duisburg	3:46:13	M65	6	0:48:12	1:12:48	1:45:13
424	4954	Brüger Jann-Eric	*Mülheim an der Ruhr	3:46:19	M30	44	0:49:09	1:08:24	1:48:46



**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	2631	Eckford Steven	*Goch	3:46:20	M40	67	0:48:11	1:12:52	1:45:17
426	3049	Saathoff René	*Korschenbroich	3:46:26	M40	68	0:46:40	1:15:57	1:43:48
427	3910	Störmer David	Böhse Onkelz	3:46:31	M35	37	0:46:13	1:13:47	1:46:29
428	4092	Scheitza Falko	LGO Bochum	3:46:35	M55	36	0:48:02	1:11:14	1:47:18
429	3951	Wagner Andreas	*Duisburg	3:46:38	M20	36	0:45:20	1:12:39	1:48:38
430	5116	Pandya David	The Racing Club Rush	3:46:43	M30	45	0:45:16	1:19:23	1:42:03
431	5109	Hake Joscha	Tri-Team Selm	3:46:49	MU20	5	0:44:55	1:13:12	1:48:42
432	2900	Kassner Jürgen	*Krefeld	3:46:56	M45	96	0:47:18	1:13:44	1:45:52
433	5412	Baumann Norbert	*Duisburg	3:47:02	M50	88	0:47:21	1:13:00	1:46:41
434	4609	Kreth Torsten	*Krefeld	3:47:17	M45	97	0:46:38	1:12:55	1:47:44
435	4679	Grube Volker	Adler-Langlauf Bottrop	3:47:18	M45	98	0:48:46	1:12:21	1:46:10
436	4376	Joeken Ludger	VfL Merkur Kleve	3:47:24	M50	89	0:46:51	1:13:05	1:47:26
437	5767	Braun Marc	TUS BREITSCHEID	3:47:29	M45	99	0:44:00	1:15:55	1:47:34
438	2470	Tenbergen Nils	*Datteln	3:47:35	M30	46	0:47:27	1:13:54	1:46:13
439	3798	Erbrich Waldemar	Zeh-Kader	3:47:36	M45	100	0:47:37	1:17:21	1:42:38
440	2825	Klefisch Dietmar	*Mülheim	3:47:45	M50	90	0:47:05	1:12:49	1:47:50
441	2717	Bögel Frank	*Bochum	3:47:45	M45	101	0:47:39	1:15:19	1:44:46
442	2455	Vorrath Ludger	Team Polizei Duisburg	3:47:45	M40	69	0:53:01	1:13:27	1:41:17
443	2706	Jannes Michael	Garantie abgelassen	3:47:51	M40	70	0:49:08	1:14:38	1:44:04
444	3573	Hustede Julian	*Bocholt	3:47:59	M20	37	0:46:48	1:10:12	1:50:58
445	4813	Rauch Erik Frank	Viermärker Dortmund	3:48:04	M55	37	0:47:25	1:12:17	1:48:21
446	2745	Tzagkarakis Jason	Ausdauerschule by Bunert	3:48:09	M50	91	0:56:38	1:11:17	1:40:14
447	4531	Dahlhaus Holger	*Wuppertal	3:48:13	M45	102	0:45:41	1:12:47	1:49:44
448	2979	Edeler Thorsten	LC Duisburg	3:48:14	M45	103	0:50:21	1:12:58	1:44:54
449	5022	Küssner Bernd	Angerland LT Lintorf	3:48:14	M60	14	0:50:36	1:13:47	1:43:50
450	5291	Funcke Michael	Team Hüttenzauber	3:48:19	M40	71	0:48:39	1:12:26	1:47:13
451	5684	Almeida Antonio Paulo	Vodafone-Runners	3:48:21	M45	104	0:49:05	1:14:49	1:44:27
452	3540	Daugart Dr. Jan	*Düsseldorf	3:48:26	M35	38	0:48:57	1:14:48	1:44:40
453	5197	Wittoesch Tobias	*Essen	3:48:44	M35	39	0:45:50	1:12:30	1:50:23
454	2809	Kubitza Marco	Triathlon Mülheim	3:48:45	M45	105	0:50:39	1:12:51	1:45:14
455	5434	Eerden Günther	VfL Merkur Kleve	3:48:49	M55	38	0:47:07	1:15:06	1:46:35
456	4561	Hommen Nils	Marathon Mülheim	3:48:53	M30	47	0:52:26	1:15:32	1:40:55
457	4944	Bickmann Ludger	Wacker Kapellen	3:48:58	M50	92	0:47:59	1:13:51	1:47:07
458	4345	Neumann Marcel	Weseler TV Triathlon	3:49:01	M30	48	0:47:07	1:12:57	1:48:56
459	5505	Rohrmeyer Michael	Turbo-Schnecken Lüdensche	3:49:01	M50	93	0:49:49	1:09:56	1:49:16
460	3227	Borch Björn	*Essen	3:49:10	M40	72	0:47:15	1:16:45	1:45:09
461	2287	Stöhler Martin	LG COESFELD	3:49:12	M50	94	0:48:32	1:13:30	1:47:09
462	2339	Boldt Peter	SG Ruhrgas 1929	3:49:17	M35	40	0:44:46	1:13:31	1:50:59
463	3245	Teusch Thomas	Laufen gegen Leiden e.V.	3:49:18	M45	106	0:47:16	1:19:29	1:42:31
464	2800	Winbeck Volker	Flitz for Fritz	3:49:23	M55	39	0:48:23	1:14:33	1:46:26
465	3276	van Gemmern Stefan	*Essen	3:49:28	M45	107	0:47:08	1:13:04	1:49:15
466	3308	Peter Kiefer	Marathonteam-Ratingen	3:49:29	M60	15	0:47:45	1:14:14	1:47:29
467	5580	Hövel Michael	200PROTEAM	3:49:29	M45	108	0:48:36	1:14:48	1:46:05
468	4821	Gerritsma Carsten	*Krefeld	3:49:30	M35	41	0:46:29	1:13:59	1:49:01
469	4646	Tischler Joerg	*Düsseldorf	3:49:32	M40	73	0:47:36	1:13:23	1:48:31
470	4704	Abel Klaus	LC Duisburg	3:49:39	M65	7	0:48:00	1:15:11	1:46:26
471	2737	Ehrentraut Heinz-Udo	Marientreff	3:49:42	M55	40	0:48:00	1:14:44	1:46:56
472	4346	Behrens Joe	*Kaarst	3:49:48	M35	42	0:46:02	1:16:09	1:47:36
473	3098	Siegmund Marco	Amermund Runners	3:49:54	M40	74	0:46:02	1:17:52	1:45:59
474	2619	Espelage Florian	TSV Quakenbrück	3:49:55	M30	49	0:47:33	1:14:11	1:48:09
475	3427	Filipov Robert	LGO Bochum	3:49:55	M45	109	0:47:19	1:17:04	1:45:30
475	2283	Stöhler Bernd	LG COESFELD	3:49:55	M50	95	0:48:51	1:13:32	1:47:31
477	2329	Tuncel Turhan	VIVAWEST	3:49:55	M45	110	0:47:36	1:14:33	1:47:45

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	3218	Keiser Christoph	BSG Dellerheide	3:49:58	M35	43	0:48:10	1:14:13	1:47:34
479	3285	Kleffner Helmut	BSG Wirtschaftsbetriebe Db	3:49:59	M50	96	0:45:45	1:11:14	1:53:00
480	3048	Gwozdz Michael	Triminators TV Voerde	3:50:03	M50	97	0:46:12	1:13:04	1:50:46
481	3461	Thanner Markus	Giasinga Ledahosn	3:50:15	M45	111	0:47:45	1:15:38	1:46:50
482	2798	Baumgarten Horst	Adler-Langlauf Bottrop	3:50:15	M60	16	0:43:45	1:15:24	1:51:04
483	4550	Wieler Georg	Uedem	3:50:24	M55	41	0:47:54	1:13:18	1:49:11
484	3016	Kolberg Dieter	DJK TuS Rotthausen	3:50:33	M55	42	0:49:08	1:17:49	1:43:34
485	4571	Frericks Matthias	TV Rhede	3:50:35	M45	112	0:47:48	1:14:20	1:48:26
486	3459	Vorm Walde Karl-Heinz	TV Jahn Hiesfeld	3:50:40	M55	43	0:47:39	1:15:46	1:47:15
487	3559	Knepper Michael	Marathon Mülheim	3:50:41	M50	98	0:51:59	1:13:31	1:45:10
488	3608	Piegza Sebastian	LSF Münster	3:50:43	M35	44	0:49:52	1:13:41	1:47:08
489	2446	Overdick Stefan	*Leverkusen	3:50:55	M45	113	0:49:12	1:14:35	1:47:07
490	5521	Marx Gregor	Running MAD	3:50:57	M35	45	0:47:47	1:14:34	1:48:35
491	4497	Bierschbach Rainer	Turnerbund Osterfeld 1911 e	3:50:58	M55	44	0:52:26	1:15:38	1:42:54
492	3726	Kuhlmann Stefan	LT Schnecke Sonsbeck	3:51:00	M55	45	0:48:04	1:12:51	1:50:04
493	2641	Held Daniel	*Düsseldorf	3:51:02	M20	38	0:46:34	1:15:10	1:49:17
494	3319	Krause Ralf	*Kaarst	3:51:03	M40	75	0:49:38	1:15:48	1:45:36
495	3417	Looschelders Dirk	Ausdauererschule by Bunert	3:51:06	M50	99	0:46:31	1:17:27	1:47:06
496	3686	Böhme Michael	*Gevelsberg	3:51:11	M50	100	0:48:16	1:14:53	1:48:01
497	3528	Polster Thomas	SuS Bertlich	3:51:13	M50	101	0:49:58	1:14:25	1:46:49
498	2856	Janka Thomas	*Gelsenkirchen	3:51:15	M30	50	0:47:49	1:14:23	1:49:02
499	5265	Thies Heinrich-Otto	*Krefeld	3:51:17	M60	17	0:47:47	1:13:14	1:50:15
500	4699	Rahmfeld Michael	*Mülheim	3:51:19	M30	51	0:54:40	1:15:31	1:41:07
501	2611	Voß Claus	DJK TuS Rotthausen	3:51:23	M45	114	0:47:44	1:16:29	1:47:09
502	4985	Petrasch Prof. Dr. Stepha	*Scherbeck	3:51:28	M60	18	0:48:24	1:15:56	1:47:07
503	3658	Bidenharn Dr. Frank	Www.dr.bidenharn.org	3:51:30	M50	102	0:50:01	1:15:29	1:46:00
504	2731	Wilmers Frank	*Bocholt	3:51:35	M40	76	0:48:16	1:15:03	1:48:15
505	3390	Geltenpoth Guido	LT Kettwig 2000	3:51:37	M45	115	0:47:43	1:16:25	1:47:27
506	2952	Heinen Martin	*Duisburg	3:51:37	M50	103	0:47:28	1:12:51	1:51:17
507	5688	Bauer Pascal	Vodafone-Runners	3:51:40	M45	116	0:46:59	1:20:33	1:44:07
508	2302	Kuhnen Reiner	AS Neukirchen-Vluyn	3:51:40	M55	46	0:48:19	1:13:22	1:49:59
509	2851	Volk Frank	*Duisburg	3:51:40	M45	117	0:48:18	1:14:30	1:48:51
510	2885	Peters Andreas	*Oberhausen	3:51:41	M50	104	0:48:39	1:14:59	1:48:02
511	2501	Bücker Stephan	SV Bayer Uerdingen 08	3:51:54	M40	77	0:47:32	1:14:58	1:49:23
512	3084	Fiedler Ernst-Oskar	LT Gruitene-Neandertal	3:51:55	M60	19	0:49:16	1:14:56	1:47:41
513	4409	Üvey Erhan	Aratos Journal	3:52:01	M45	118	0:50:30	1:14:17	1:47:13
514	5239	Kabelitz Tobias	Laufteam Kloese	3:52:04	M45	119	0:48:32	1:14:54	1:48:37
515	2705	Plank Peter	*Wesel	3:52:07	M50	105	0:48:02	1:14:37	1:49:28
516	2971	Nitsche Stefan	Marathonis on Tour	3:52:10	M45	120	0:49:06	1:13:58	1:49:05
517	3746	Zupp Christian	*Duisburg	3:52:26	M40	78	0:47:56	1:17:05	1:47:24
518	3364	Godesar Achim	Immeo Wohnen Running Te	3:52:27	M50	106	0:49:28	1:14:37	1:48:21
519	2256	Bartels Carsten	Team Polizei Duisburg	3:52:30	M45	121	0:49:15	1:16:02	1:47:12
520	2872	Wagner Sebastian	Kahlenberger HTC	3:52:30	M35	46	0:43:08	1:06:36	2:02:45
520	4219	Grawley Michael	*Duisburg	3:52:30	M40	79	0:44:00	1:15:27	1:53:03
522	4322	Röwekamp Thomas	ASC Ratingen West	3:52:41	M50	107	0:48:38	1:15:38	1:48:23
523	4901	Kleusberg Martin	BSG Barmenia Versicheru	3:52:41	M45	122	0:47:12	1:12:58	1:52:30
524	3811	Thimm Henning	*Oberhausen	3:52:42	M30	52	0:50:40	1:18:11	1:43:50
525	4424	Dannenbergs Sven	OTV Endurance Team	3:52:53	M30	53	0:46:34	1:16:10	1:50:08
526	2358	Werner Tobias	SG Ruhrgas 1929	3:52:53	M30	54	0:47:14	1:14:22	1:51:16
527	4996	Schmidt René	*Essen	3:52:54	M30	55	0:49:05	1:13:58	1:49:51
528	3007	Voß Christoph	*Korschenbroich	3:53:06	M20	39	0:48:47	1:15:02	1:49:16
529	3291	Schuchardt Thomas	LT Kettwig 2000	3:53:07	M55	47	0:47:27	1:15:24	1:50:15
530	3930	Kalweit Siegfried	TSV Viktoria Mülheim	3:53:11	M70	1	0:48:15	1:13:29	1:51:26

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	3002	Leigemann Thomas	TVE Burgaltendorf	3:53:24	M60	20	0:48:00	1:16:20	1:49:03
532	2741	Pfannkuche Olaf	*Essen	3:53:24	M45	123	0:47:43	1:16:43	1:48:57
533	2767	Cornelißen Volker	Hardtseemafia Triathlon	3:53:24	M45	124	0:51:17	1:15:46	1:46:20
534	3198	Conrad Thomas	TRIMUNIA	3:53:33	M50	108	0:46:04	1:15:42	1:51:47
535	5140	Sommer Christoph	*Düsseldorf	3:53:45	M30	56	0:48:44	1:14:57	1:50:04
536	2823	Rommen Markus	Neudorf-Runners	3:53:46	M40	80	0:44:50	1:16:21	1:52:34
537	5644	Schneider Markus	Vodafone-Runners	3:53:49	M30	57	0:51:33	1:18:03	1:44:13
538	3881	Müller Rolf	Lg Halde	3:53:51	M55	48	0:48:09	1:15:25	1:50:17
539	4917	Klesse Norbert	*Dortmund	3:53:52	M60	21	0:49:03	1:16:08	1:48:40
540	4994	Rosenschild Christoph	running4charity e.V.	3:54:00	M50	109	0:53:24	1:15:21	1:45:14
541	3476	Nassmacher Heiner	SG Borken	3:54:01	M50	110	0:51:07	1:17:03	1:45:50
542	5228	Lawrey Andrew	*Essen	3:54:05	M40	81	0:49:34	1:15:54	1:48:36
543	2942	Hennemann Heribert	BSG DRV Rheinland	3:54:05	M65	8	0:50:38	1:15:33	1:47:53
544	4075	Gnadt Markus	die weißen Kenianer	3:54:06	M50	111	0:50:08	1:15:31	1:48:26
545	4574	Rohde Jörg	*Essen	3:54:07	M45	125	0:48:44	1:14:23	1:50:59
546	2757	Möllmann Udo	TSV Bocholt	3:54:08	M45	126	0:49:45	1:16:33	1:47:49
547	3691	Möllmann Norbert	Bocholt	3:54:09	M55	49	0:47:34	1:12:01	1:54:32
548	3813	Gehrmann Michael	Bocholt	3:54:11	M50	112	0:47:35	1:12:03	1:54:32
549	5113	Rübsteck Hans-Josef	The Racing Club Rush	3:54:16	M55	50	0:47:05	1:19:22	1:47:47
550	2964	Happe Jens	*Bottrop	3:54:17	M50	113	0:50:40	1:16:22	1:47:15
551	4369	Plietsch Klaus	*Düsseldorf	3:54:20	M60	22	0:49:33	1:16:32	1:48:14
552	5160	Killius Klaus	Marathon Mülheim	3:54:30	M55	51	0:50:43	1:16:42	1:47:03
553	3299	Franzen Michael	*Voerde	3:54:37	M55	52	0:49:00	1:15:44	1:49:51
554	4635	Kemper Holger	*Heiligenhaus	3:54:38	M45	127	0:49:36	1:15:48	1:49:13
555	3144	Kraus Thorsten	*Duisburg	3:54:41	M45	128	0:47:00	1:14:21	1:53:19
556	3312	Franzen Nils	*Voerde	3:54:41	M20	40	0:49:00	1:15:49	1:49:51
557	3221	Bembenek Ulrich	*Essen	3:54:45	M50	114	0:48:10	1:16:11	1:50:23
558	3138	Schröer Dirk	VB Lauftreff	3:54:51	M35	47	0:48:54	1:16:54	1:49:02
559	4714	Berges Florian	*Düsseldorf	3:54:52	M30	58	0:49:56	1:14:33	1:50:22
560	3971	Wirth Peter	Team Erdinger Alkoholfrei	3:54:56	M50	115	0:53:35	1:14:50	1:46:30
561	3422	Gesser Michael	Ausdauerchule by Bunert	3:54:59	M45	129	0:47:28	1:17:45	1:49:45
562	3304	Strzalla Robert	Die Seitenstecher	3:55:00	M30	59	0:48:47	1:12:16	1:53:56
563	5040	Amerkamp Andreas	Amermund Runners	3:55:01	M45	130	0:50:16	1:17:53	1:46:51
564	4697	Metzmacher Patrick	*Mülheim an der Ruhr	3:55:01	M40	82	0:48:43	1:17:49	1:48:29
565	2506	Albrecht Jens	Barfuss Betlehem	3:55:11	M60	23	0:48:29	1:13:47	1:52:54
566	2505	Knoppik Uwe	Barfuss Betlehem	3:55:11	M60	24	0:48:29	1:13:47	1:52:54
567	4091	Förster Ralf	TSC Mülheim	3:55:16	M55	53	0:49:16	1:15:45	1:50:13
568	4293	Michalski Rainer	LG Dorsten	3:55:16	M55	54	0:48:55	1:15:27	1:50:54
569	3994	Bonnemann Detlef	*Mülheim	3:55:24	M45	131	0:45:48	1:11:24	1:58:11
570	4527	Horrig Volker	Triminators TV Voerde	3:55:29	M55	55	0:51:36	1:13:05	1:50:48
571	4734	Moschner Holger	*Duisburg	3:55:30	M50	116	0:49:40	1:16:21	1:49:29
572	4881	Schönherr Markus	*Borken	3:55:31	M45	132	0:50:29	1:16:43	1:48:18
573	4608	Busch Michael	LG Alpen	3:55:35	M45	133	0:48:59	1:15:01	1:51:33
574	3263	Kaiser Daniel	Lauftreff R(h)einknaller	3:55:44	M30	60	0:45:40	1:23:57	1:46:06
575	2690	Szpogan Rainer	Immeo Wohnen Running Te	3:55:56	M55	56	0:49:59	1:15:58	1:49:59
576	3419	Kölzer Holger	Ausdauerchule by Bunert	3:55:57	M45	134	0:49:56	1:17:35	1:48:25
577	4573	Jakhoefer Thomas	FC Schalke 04	3:56:10	M55	57	0:49:45	1:16:09	1:50:16
578	3920	Kempmann Stefan	TV Bruckhausen	3:56:12	M35	48	0:49:46	1:16:43	1:49:42
579	2995	Huysmann Carsten	*Mülheim an der Ruhr	3:56:19	M45	135	0:49:21	1:15:49	1:51:08
580	3028	Jaich Robert	TriClub Wuppertal	3:56:24	M45	136	0:49:26	1:16:50	1:50:07
581	4693	Rouenhoff Ralf	TSG Limbach	3:56:29	M50	117	0:48:27	1:18:34	1:49:27
582	4493	Brand Dirk	*Duisburg	3:56:29	M40	83	0:51:59	1:19:58	1:44:30
583	4172	Pfister Wilfried	LT MG-Volksgarten	3:56:32	M60	25	0:48:42	1:16:03	1:51:47

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	5727	Weishaupt Friedrich	Vodafone-Runners	3:56:32	M60	26	0:50:19	1:16:47	1:49:25
585	5441	Dickert Hans-Ludwig	TG Münster - Judo	3:56:57	M55	58	0:49:59	1:17:39	1:49:17
586	5254	Fuehrer Daniel	*Krefeld	3:57:00	M40	84	0:48:25	1:17:55	1:50:38
587	4736	Schims Martin	Wir bei HKM	3:57:02	M50	118	0:49:43	1:20:15	1:47:03
588	4416	Kuleczka André	*Duisburg	3:57:15	M30	61	0:51:49	1:17:59	1:47:25
589	3350	Schroten Achim	SC Bayer 05 Uerdingen	3:57:23	M60	27	0:51:04	1:17:59	1:48:19
590	4947	Kovert Dirk	*Moers	3:57:24	M30	62	0:48:42	1:12:25	1:56:17
591	4963	Seeger Burkhard	LGO Bochum	3:57:30	M50	119	0:49:07	1:15:55	1:52:27
592	2898	Joseph Dirk	LT Wesel 130	3:57:37	M55	59	0:49:47	1:17:45	1:50:04
593	4599	Göbel Karsten	Helios Iron Team	3:57:37	M50	120	0:48:59	1:16:35	1:52:02
594	2870	Seggewiß Hendrik	*Rhede	3:57:40	M35	49	0:43:05	1:36:27	1:38:07
595	2282	Ahrens Rüdiger	LG COESFELD	3:57:43	M50	121	0:45:34	1:13:31	1:58:37
596	5686	Yildiz Hamit	Vodafone-Runners	3:57:48	M40	85	0:43:57	1:07:56	2:05:54
597	5457	Götz Wolfgang	Wo wir sind ist vorn	3:57:59	M45	137	0:50:13	1:17:38	1:50:07
598	3162	Léger Sacha	*Wuppertal	3:58:06	M45	138	0:50:13	1:18:32	1:49:20
599	4054	Janßen Peter	*Kleve	3:58:09	M45	139	0:48:27	1:18:05	1:51:36
600	2449	Jubt Guido	JUBT-Trockenbau Running T	3:58:11	M40	86	0:50:43	1:15:19	1:52:08
601	3534	Grund Michael	*Hattingen	3:58:12	M50	122	0:46:35	1:17:02	1:54:34
602	2824	Schmitz Gerd	Neudorf-Runners	3:58:21	M55	60	0:49:27	1:16:19	1:52:35
603	5077	Ptassek Rainer	*Mülheim	3:58:22	M50	123	0:49:12	1:15:10	1:54:00
604	2382	Lenders Ulrich	TC Kray 1892 e.V.	3:58:23	M50	124	0:49:30	1:15:41	1:53:10
605	3000	Kernebeck Franz-Josef	TVE Burgaltendorf	3:58:34	M55	61	0:51:14	1:16:35	1:50:44
606	3946	Burs David	*Duisburg	3:58:34	M30	63	0:49:04	1:17:40	1:51:49
607	4628	Mäteling Alex	SV Haldern Lauftreff	3:58:35	M60	28	0:47:03	1:20:37	1:50:54
608	4879	Wexel Günther	*Düsseldorf	3:58:37	M60	29	0:50:24	1:17:44	1:50:28
609	2465	Klüber Klaus	*Mülheim	3:58:42	M50	125	0:49:50	1:19:10	1:49:41
610	5066	Schenten Volkmar	Frühschicht	3:58:47	M50	126	0:47:40	1:20:44	1:50:23
611	5072	Wünsche Clemens	*Meerbusch	3:58:58	M40	87	0:51:40	1:17:48	1:49:29
612	5068	Rosche Johannes	*Oberhausen	3:58:59	M40	88	0:47:02	1:17:44	1:54:13
613	2699	Volkerts Thomas	*Duisburg	3:59:08	M40	89	0:50:49	1:17:25	1:50:54
614	3465	Spogahn Georg	Bocholter WSV	3:59:10	M65	9	0:50:56	1:17:38	1:50:35
615	5001	Wiesmann Wilh.-Bernd	Team Erdinger Alkoholfrei	3:59:12	M65	10	0:53:06	1:18:02	1:48:03
616	2799	Laskowski Andreas	Adler-Langlauf Bottrop	3:59:19	M55	62	0:44:26	1:23:48	1:51:04
617	3315	Vohl Stefan	*Duisburg	3:59:19	M45	140	0:52:22	1:17:01	1:49:55
618	2267	Katzy Christopher	RMD Laufcamp 2016	3:59:22	M20	41	0:49:13	1:18:33	1:51:36
619	4761	Brand Gunnar	*Duisburg	3:59:31	M45	141	0:50:31	1:19:13	1:49:46
620	5512	Eming Peter	Sportfreunde Ententeich	3:59:39	M20	42	0:49:58	1:18:09	1:51:30
621	4395	Alders Thomas	Lauftreff Sterkrade-Nord	3:59:44	M45	142	0:50:00	1:16:58	1:52:45
622	4742	Ingenhoff Frank	*Moers	3:59:45	M40	90	0:52:02	1:15:56	1:51:45
623	4332	Schmitz Stefan	*Düsseldorf	3:59:51	M30	64	0:49:23	1:18:20	1:52:07
624	4490	Hofmann Ferry	LC Duisburg	3:59:54	M35	50	0:49:18	1:17:54	1:52:41
625	2451	Brockhoff Uwe	Buchholzerjung	4:00:16	M55	63	0:49:58	1:18:09	1:52:08
626	4371	Konrad Mark	*Duisburg	4:00:17	M40	91	0:50:54	1:17:49	1:51:32
627	2948	Hammer Bernd	*Krefeld	4:00:25	M65	11	0:49:00	1:16:12	1:55:13
628	2807	Pilgermann Kai	*Dinslaken	4:00:34	M40	92	0:49:24	1:17:10	1:54:00
629	2610	Joeken Michael	*Duisburg	4:00:42	M55	64	0:50:11	1:17:53	1:52:37
630	5277	Dürdodt Dr. Christian	*bochum	4:00:43	M40	93	0:50:47	1:19:18	1:50:37
631	2300	Jännert Erich	AS Neukirchen-Vluyn	4:00:45	M65	12	0:51:27	1:19:37	1:49:40
632	2556	Bönnighausen Burkhard	*Ratingen	4:00:45	M50	127	0:49:48	1:18:23	1:52:33
633	3473	Schübel Timo	LC Duisburg/Ausdauer.by Bu	4:00:47	M30	65	0:51:03	1:18:45	1:50:58
634	2453	Beyert Lutz	*Ratingen	4:00:55	M50	128	0:51:32	1:16:16	1:53:06
635	3806	Kinnauer Michael	LC Duisburg	4:00:56	M45	143	0:48:54	1:15:43	1:56:18
636	4578	Risse Levin	*duisburg	4:00:57	M20	43	0:49:53	1:19:21	1:51:42

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	3633	Lichtenberger Frank	Styrumer TV	4:00:59	M50	129	0:48:58	1:16:45	1:55:14
638	4309	Brockmann Stefan	Tri Team FS Düsseldorf	4:01:09	M45	144	0:47:52	1:19:51	1:53:25
639	2570	Stumpe Fabian	*Bottrop	4:01:11	M20	44	0:48:38	1:15:52	1:56:40
640	3554	Mroß Michael	*Duisburg	4:01:17	M55	65	0:52:03	1:17:47	1:51:27
641	2806	Kniest Marco	*Wesel	4:01:20	M35	51	0:48:46	1:18:30	1:54:03
642	4017	Caspers Frank	Zum Twee Ührken	4:01:22	M50	130	0:47:42	1:20:08	1:53:31
643	3902	Schnabel Thomas	*Remscheid	4:01:26	M50	131	0:50:56	1:12:24	1:58:06
644	5347	Lichtenstein Klaus	*Gelsenkirchen	4:01:44	M50	132	0:49:18	1:20:19	1:52:06
645	4109	Pause Björn	Wir bei HKM	4:01:46	M40	94	0:50:17	1:20:32	1:50:56
646	2335	Laufenberg Jörn	VIVAWEST	4:01:51	M45	145	0:48:06	1:15:51	1:57:53
647	4970	Obieglo Thomas	TV Wanheimerort 1880 e.V.	4:01:54	M45	146	0:50:15	1:18:51	1:52:48
648	4456	Schnieders Martin	*Essen	4:01:56	M20	45	0:53:19	1:18:22	1:50:14
649	5369	Laskowski Daniel	*Bochum	4:02:00	M40	95	0:50:36	1:17:24	1:54:00
650	4979	Siems Onnen	CarOn	4:02:05	M50	133	0:51:51	1:20:17	1:49:56
651	4586	Lohmann Bastian	Woflos	4:02:25	M30	66	0:51:46	1:16:37	1:54:01
652	3696	Fieber Thomas	hofacker-runner.de.vu	4:02:29	M40	96	0:52:41	1:16:10	1:53:38
653	2919	Hockert Mike	SV Haldern Laufftreff	4:02:33	M45	147	0:49:29	1:17:31	1:55:31
654	4015	Hoffmann Harald	*Duisburg	4:02:44	M50	134	0:49:18	1:20:11	1:53:14
655	2357	Wendicke Dennis	SG Ruhrgas 1929	4:02:44	M30	67	0:52:45	1:21:50	1:48:08
656	3224	Preuß Stefan	Düsseldorf	4:02:47	M45	148	0:47:55	1:15:49	1:59:02
657	2659	Siemoneit Carsten	*Duisburg	4:02:49	M35	52	0:51:02	1:18:29	1:53:17
658	5366	Kibbert Dirk	*Recklinghausen	4:02:50	M45	149	0:50:20	1:19:43	1:52:46
659	4351	Duwe Simon	SV Haldern Laufftreff	4:02:56	M40	97	0:49:52	1:17:32	1:55:31
660	2352	Pohl Hans-Jürgen	SG Ruhrgas 1929	4:02:57	M50	135	0:50:30	1:20:23	1:52:02
661	4923	Cürsgen Mike	Bocholt-Lowick	4:03:05	M40	98	0:49:42	1:17:38	1:55:44
662	4060	Kröger Magnus	Ausdauerschule by Bunert	4:03:05	M40	99	0:49:55	1:18:34	1:54:35
663	2643	Kunze Olli	*Düsseldorf	4:03:15	M50	136	0:50:15	1:19:57	1:53:02
664	2713	Zieschang Christian	Kahlenberger HTC	4:03:15	M30	68	0:48:12	1:18:19	1:56:43
665	3639	Graml Stefan	*Duisburg	4:03:18	M40	100	0:51:23	1:17:42	1:54:12
666	4555	Alferi Mathias	Team Polizei Duisburg	4:03:21	M20	46	0:51:45	1:19:31	1:52:04
667	5769	Albrecht Rainer	TUS BREITSCHEID	4:03:28	M55	66	0:50:56	1:21:33	1:50:58
668	4507	Lohmann Dirk	*Oberhausen	4:03:38	M50	137	0:50:30	1:18:41	1:54:26
669	4579	van der Horst Roland	*Bocholt	4:03:39	M40	101	0:50:26	1:18:45	1:54:27
670	4302	Grotenhuis Karl	Gocher Lauffamilien	4:03:42	M50	138	0:51:34	1:19:00	1:53:07
671	3142	Schürmann Karsten	*Köln	4:03:45	M50	139	0:49:53	1:20:33	1:53:19
672	3412	Scheider Michael	*Duisburg	4:03:46	M45	150	0:51:04	1:17:51	1:54:50
673	3454	Caffier André	*Duisburg	4:03:46	M40	102	0:51:03	1:17:52	1:54:50
674	4168	Hensel Marco	*Duisburg	4:04:03	M50	140	0:48:24	1:22:46	1:52:51
675	5092	Reinecke Dirk	Moerser TV Triathlon	4:04:06	M60	30	0:50:24	1:21:06	1:52:35
676	3974	Köster Christof	Marathonteam Ratingen	4:04:07	M45	151	0:51:16	1:20:20	1:52:30
677	4831	Heister Stephan	*duisburg	4:04:07	M45	152	0:48:59	1:18:04	1:57:03
678	2783	Grau Sebastian	*Duisburg	4:04:12	M30	69	0:49:27	1:19:52	1:54:52
679	4257	Winzen Christian	Laufbrüder	4:04:13	M50	141	0:52:17	1:19:09	1:52:46
680	5494	Steinrötter Hermann	LG Feuerwehr Dorsten	4:04:14	M45	153	0:46:02	1:13:36	2:04:35
681	3786	Herbst Lutz	PP Wuppertal	4:04:28	M45	154	0:55:03	1:18:59	1:50:25
682	4216	Brockmann Lars	*Duisburg	4:04:39	M35	53	0:46:39	1:20:40	1:57:20
683	5422	Ochwald-van Hasz Steph	*Oberhausen	4:04:53	M30	70	0:48:13	1:18:35	1:58:05
684	2772	Skorupa Daniel	*Bottrop	4:04:59	M20	47	0:55:18	1:26:49	1:42:51
685	2397	Nedballa Michael	Max Maulwurf Marathonis	4:05:00	M35	54	0:50:01	1:20:31	1:54:27
686	2581	Friemond Jens	SV Budberg Lauffreunde	4:05:06	M30	71	0:52:22	1:19:22	1:53:21
687	4225	Belenguer Arne	Tri-Club Wuppertal	4:05:07	M55	67	0:49:59	1:20:26	1:54:41
688	3036	Bendzko Sascha	*Duisburg	4:05:20	M20	48	0:48:37	1:17:17	1:59:25
689	4726	Newerenczuk Dariusz	TUS Breitscheid	4:05:21	M50	142	0:49:44	1:20:50	1:54:47

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	4061	Hegemann Ralf	*Essen	4:05:24	M35	55	0:50:08	1:18:45	1:56:29
691	3111	Kurze Hartmut	*Willich	4:05:25	M55	68	0:51:14	1:19:51	1:54:20
692	2662	Tüttelmann Rainer	*Iserlohn	4:05:25	M65	13	0:51:04	1:18:47	1:55:34
693	2739	Franke Edgar	SC Bayer 05 Uerdingen	4:05:39	M55	69	0:53:21	1:19:27	1:52:51
694	3628	Bartels Guido	*Duisburg	4:05:52	M40	103	0:50:48	1:20:58	1:54:05
695	3788	Koblitz Andreas	Ausdauererschule by Bunert	4:06:09	M45	155	0:51:50	1:18:13	1:56:06
696	3664	Hampel Jürgen	*Düsseldorf	4:06:14	M50	143	0:49:48	1:17:18	1:59:07
697	2475	Posterz Peter	Benzin im Blut	4:06:16	M45	156	0:51:44	1:20:17	1:54:14
698	3513	Krämer Marcus	*Menden	4:06:20	M45	157	0:50:35	1:17:52	1:57:52
699	4626	Hildebrandt Lars	*Oberhausen	4:06:22	M40	104	0:49:52	1:20:09	1:56:20
700	3661	Hülder Dr. Malte	*Essen	4:06:30	M40	105	0:48:34	1:20:31	1:57:24
701	5047	Wolf Martin	*Ratingen	4:06:34	M40	106	0:49:01	1:20:04	1:57:28
702	5308	Paturej Darius	TUS Xanten	4:06:40	M45	158	0:50:23	1:19:52	1:56:24
703	3802	Buckow Kevin	Kahlenberger HTC	4:06:40	M35	56	0:45:15	1:24:29	1:56:55
704	5217	Pahmeier Stefan	*Ratingen	4:06:42	M35	57	0:49:58	1:20:05	1:56:38
705	4202	Graebel Gunther	Crepe & Baguette Duisburg	4:06:42	M60	31	0:50:20	1:18:44	1:57:38
706	5185	Raba Christian	*Oberhausen	4:06:45	M40	107	0:50:37	1:21:10	1:54:57
707	3720	Ellerbrok Dirk	DJK VfR Saarn	4:06:52	M60	32	0:49:31	1:18:50	1:58:30
708	3038	Tiede Bastian	Kenia Reserve	4:07:02	M20	49	0:52:39	1:20:36	1:53:46
709	3037	Wachs Daniel	Kenia Reserve	4:07:06	M20	50	0:53:46	1:23:32	1:49:48
710	3718	Jaskulski Leon	*Duisburg	4:07:06	MU20	6	0:51:28	1:22:02	1:53:35
711	4034	Hengstermann Christoph	SV Haldern Lauftreff	4:07:07	M55	70	0:52:12	1:21:17	1:53:38
712	3685	Rettkowski Veit	TSV Meerbusch	4:07:09	M40	108	0:51:08	1:19:52	1:56:08
713	4912	Thorbrügge Johannes	Roter Stern Witten	4:07:09	M30	72	0:53:23	1:18:51	1:54:55
714	3577	Otto Christian	*Ratingen	4:07:09	M55	71	0:49:40	1:21:25	1:56:04
715	2816	Klausen Marco	BORUSSIA FOHLENPOWE	4:07:15	M45	159	0:50:28	1:21:20	1:55:26
716	3694	Salmon Andreas	*Neuss	4:07:15	M55	72	0:51:32	1:18:36	1:57:07
717	4634	Nahmer Stephan	*Krefeld	4:07:18	M45	160	0:48:32	1:17:18	2:01:27
718	3426	Dernier Andreas	LT Ratingen-Lintorf	4:07:29	M45	161	0:51:48	1:20:03	1:55:37
719	2507	Tewes Kai	running4charity e.V.	4:07:31	M35	58	0:51:06	1:18:56	1:57:29
720	4265	Schophaus Dr. Roland	Bottrop	4:07:35	M55	73	0:52:17	1:20:30	1:54:47
721	2408	Müller Andreas	BUMMELBOB	4:07:41	M35	59	0:51:45	1:19:15	1:56:39
722	4880	Papalexandrou Georg	*Kamp-Lintfort	4:07:50	M45	162	0:49:35	1:20:03	1:58:11
723	2429	Kielmann Roland	RUN4FUN	4:07:58	M50	144	0:51:58	1:19:55	1:56:04
724	4676	Börgardts Tobias	*Duisburg	4:07:59	M20	51	0:51:45	1:23:43	1:52:31
725	4678	Dötsch Sebastian	*Duisburg	4:08:02	M20	52	0:51:45	1:23:43	1:52:33
726	3760	Klimas Stefan	*Moers	4:08:05	M40	109	0:49:38	1:20:21	1:58:06
727	2299	Fischer Helmuth	AS Neukirchen-Vluyn	4:08:08	M70	2	0:52:35	1:19:51	1:55:40
728	2953	Bauer Sebastian	Moerser TV Triathlon	4:08:09	M45	163	0:47:46	1:11:43	2:08:38
729	5761	Kraatz Norman	TUS BREITSCHEID	4:08:10	M35	60	0:51:20	1:17:52	1:58:57
730	5774	Presser Christian	TUS BREITSCHEID	4:08:28	M50	145	0:52:56	1:19:11	1:56:20
731	4541	Moll Rainer	*Krefeld	4:08:41	M50	146	0:50:47	1:22:42	1:55:11
732	4835	Hoppe Ralf	Running Dinslaken	4:08:41	M50	147	0:51:42	1:22:32	1:54:26
733	3544	Himmel Andreas	*Essen	4:08:52	M50	148	0:52:47	1:20:04	1:56:00
734	3204	Koerner Stefan	*Ratingen	4:09:10	M50	149	0:53:17	1:21:12	1:54:39
735	3912	Jordan Dirk	Jordis Rennmäuse	4:09:11	M45	164	0:53:39	1:24:04	1:51:28
736	2406	Krisp Arno	BUMMELBOB	4:09:24	M40	110	0:52:49	1:19:55	1:56:39
737	2763	Leckelt Dietmar	*Mülheim an der Ruhr	4:09:36	M45	165	0:52:38	1:21:25	1:55:32
738	4612	Schwittek Widura	*Essen	4:09:44	M35	61	0:56:58	1:21:29	1:51:17
739	3450	Buss Stephan	*Dortmund	4:09:44	M30	73	0:51:45	1:21:20	1:56:38
740	5058	Neuhaus Benni	LT Turnerbund Frintrop	4:09:46	M30	74	0:52:02	1:21:19	1:56:24
741	4358	Spelmanns Arnd	Rannabeus Flüren	4:09:48	M45	166	0:51:36	1:20:34	1:57:37
742	3821	Aplienz Malte	*Dortmund	4:09:51	M30	75	0:50:28	1:21:36	1:57:46

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	4892	Krueger Oleg	*Krefeld	4:10:00	M45	167	0:51:51	1:28:23	1:49:45
744	5657	Abraham Florian	Vodafone-Runners	4:10:07	M40	111	0:50:05	1:18:57	2:01:04
745	4794	Groos Reiner	TV Jahn Hiesfeld	4:10:11	M55	74	0:52:30	1:22:58	1:54:42
746	5656	Arnold Hendrik	Vodafone-Runners	4:10:14	M20	53	0:54:13	1:23:17	1:52:44
747	5480	Mürmann Dominik	*Oberhausen	4:10:19	M35	62	0:51:25	1:19:53	1:59:00
748	2356	van Reesch Dennis	SG Ruhrgas 1929	4:10:31	M30	76	0:52:47	1:21:50	1:55:54
749	2340	Ducke Dennis	SG Ruhrgas 1929	4:10:33	M35	63	0:52:47	1:21:50	1:55:55
750	4883	Birnbach Frank	AS Neukirchen-Vluyn	4:10:35	M45	168	0:48:55	1:23:01	1:58:38
751	5725	Dawwas Yousef	Vodafone-Runners	4:10:48	M40	112	0:49:47	1:23:46	1:57:13
752	2527	Jägers Michael	*Gladbeck	4:10:50	M45	169	0:52:47	1:22:45	1:55:17
753	2442	Lehmann Jörg	*Mülheim	4:10:54	M50	150	0:52:50	1:20:06	1:57:57
754	3134	Raback Uwe	LT Weitmarer Holz Bochum	4:11:02	M50	151	0:49:43	1:22:31	1:58:46
755	2365	Roos Alexander	VIVAWEST	4:11:03	M35	64	0:52:32	1:21:30	1:57:01
756	2327	Raben Ingo	VIVAWEST	4:11:04	M45	170	0:52:59	1:21:15	1:56:48
757	4218	Baumann Jens	*Moers	4:11:13	M45	171	0:51:59	1:21:35	1:57:38
758	3040	Kupke Uwe	TV Jahn Hiesfeld	4:11:19	M55	75	0:53:35	1:22:59	1:54:44
759	4007	Aulich Jürgen	RUN4FUN	4:11:22	M50	152	0:50:00	1:25:12	1:56:09
760	4233	Cook Jon	*Düsseldorf	4:11:24	M40	113	0:52:56	1:21:20	1:57:07
761	4038	Gajdzis Heinrich	*Wuppertal	4:11:41	M55	76	0:51:15	1:22:19	1:58:06
762	3403	Plümel Ingo	*Duisburg	4:11:44	M35	65	0:55:37	1:24:19	1:51:47
763	5572	Gröber Rüdiger	200PROTEAM	4:11:49	M60	33	0:52:08	1:22:24	1:57:16
764	4927	Vogel Lars	Athletic Screening Team Kars	4:11:55	M40	114	0:47:48	1:23:33	2:00:33
765	3170	Müller Günter	Marathonteam-Ratingen	4:12:01	M70	3	0:53:16	1:21:32	1:57:12
766	4010	Fröschl Jan	*Mülheim an der Ruhr	4:12:06	M35	66	0:53:29	1:22:25	1:56:11
767	5486	Brands Marcel	Die Raupen	4:12:09	M30	77	0:50:40	1:26:15	1:55:13
768	3520	Nitsch Sven	*Wesel	4:12:12	M35	67	0:50:20	1:22:27	1:59:24
769	3980	Eversmann Gerhard	*Duisburg	4:12:30	M55	77	0:51:37	1:19:54	2:00:58
770	4962	Schröder Joscha	Team Punto Moda	4:12:38	M35	68	0:51:26	1:23:41	1:57:30
771	3914	Pottbäcker Tim	*Duisburg	4:12:40	M30	78	0:47:46	1:19:36	2:05:17
772	2528	Redlin Dr. Stefan	*Leichlingen	4:12:46	M50	153	0:53:30	1:23:11	1:56:04
773	3762	Heuer Torsten	Rolling Stones	4:12:49	M40	115	0:55:17	1:24:47	1:52:44
774	5446	Krause Christian	*Duisburg	4:12:54	M40	116	0:55:23	1:21:32	1:55:58
775	5331	Sakrewsky Michele	*Moers	4:12:54	M30	79	0:53:44	1:22:21	1:56:49
776	2982	Kendziorra Thomas	Hochschule für Gesundheit	4:12:58	M45	172	0:53:59	1:20:55	1:58:02
777	3589	Terodde Berthold	*Bocholt	4:13:00	M45	173	0:56:36	1:23:17	1:53:07
778	5775	Holthaus Markus	TUS BREITSCHEID	4:13:01	M50	154	0:49:18	1:20:47	2:02:55
779	2492	Dobberke Frank	BSV Kokerei Schwelgern e.v.	4:13:04	M45	174	0:52:27	1:22:42	1:57:54
780	3721	Neubert Rafael	BSG Sparkasse Duisburg	4:13:07	M30	80	0:55:26	1:13:56	2:03:43
781	4360	Möllhoff Udo	Breuer Team	4:13:07	M55	78	0:54:10	1:21:49	1:57:07
782	2418	Bantin Holger	Unser Wasser e. V.	4:13:17	M60	34	0:52:38	1:20:30	2:00:09
783	2671	Dehorn Bernhard	Laufschule Oberhausen	4:13:19	M45	175	0:55:26	1:21:41	1:56:11
784	3831	Severin Tobias	*Düsseldorf	4:13:31	M30	81	0:55:49	1:26:26	1:51:15
785	4298	Vogel Dirk	LF Serm	4:13:32	M55	79	0:52:01	1:22:59	1:58:30
786	2771	Nowak Carsten	Weseler TV Triathlon	4:13:35	M45	176	0:55:02	1:21:04	1:57:28
787	4719	Günther Andreas	Fun Runner VfL Gladbeck	4:13:45	M55	80	0:52:35	1:24:22	1:56:47
788	2939	Rzecznyk Michael	*Dinslaken	4:13:50	M50	155	0:49:17	1:24:39	1:59:53
789	5293	Schmidt Friedhelm	Burscheid	4:13:53	M55	81	0:52:59	1:21:39	1:59:14
790	4833	Heintzen Florian	*Düsseldorf	4:14:06	M20	54	0:56:07	1:24:24	1:53:34
791	3728	Rottstegge Karsten	Die 2 lustigen 3	4:14:15	M40	117	0:54:42	1:23:16	1:56:17
792	2897	Stoller Wolfgang	*Düsseldorf	4:14:22	M55	82	0:52:49	1:21:11	2:00:20
793	5484	von der Heydt Christian	Wir bei HKM	4:14:31	M35	69	0:54:26	1:23:46	1:56:18
794	2392	Gerbrecht Klaus	Max Maulwurf Marathonis	4:14:36	M60	35	0:52:58	1:21:09	2:00:28
795	2768	Raczka Marius	*Dortmund	4:14:41	M35	70	0:52:35	1:23:02	1:59:02

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	3190	Höppner Kay	*Eschborn	4:14:45	M40	118	0:46:38	1:26:29	2:01:37
797	3785	Kethers Dennis	*Moers	4:14:52	M40	119	0:50:28	1:21:50	2:02:33
798	5753	Tosta Ben	Team Polizei Duisburg	4:14:54	M30	82	0:53:01	1:22:17	1:59:34
799	3555	Pinell Karl-Heinz	*Willich	4:14:59	M50	156	0:52:18	1:23:08	1:59:32
800	4619	Mailer Mark	Jubt Trockenbau Runners	4:15:03	M20	55	0:53:28	1:29:25	1:52:09
801	3775	Schmitz Andreas	Die Deichläufer	4:15:04	M50	157	0:52:45	1:24:11	1:58:07
802	3873	Mevissen Karlheinz	CWS-boco International Gm	4:15:08	M50	158	0:51:27	1:20:36	2:03:05
803	5084	Bohack Christian	*Duisburg	4:15:16	M40	120	0:52:51	1:25:06	1:57:17
804	3549	Bockmann Gerd	LTB Brambauer am Ufo	4:15:17	M50	159	0:48:33	1:24:15	2:02:28
805	4414	Gleißner Jörg	*Moers	4:15:29	M50	160	0:55:26	1:23:02	1:57:00
806	4987	Ullrich Armin	Turnerbund Osterfeld 1911 e	4:15:30	M55	83	0:53:39	1:22:43	1:59:07
807	2391	Bittner Jörg	Max Maulwurf Marathonis	4:15:33	MU18	4	0:51:36	1:26:39	1:57:17
808	3478	Hülßenbeck Dustin	LC Duisburg	4:15:44	M20	56	0:49:38	1:17:38	2:08:28
809	4356	Neumann André	*Düsseldorf	4:15:49	M30	83	0:51:12	1:21:38	2:02:58
810	4223	Zufall Björn	*Duisburg	4:15:49	M40	121	0:54:21	1:22:37	1:58:49
811	5070	Schütze Holger	Reeser SC Triathlon	4:15:50	M55	84	0:52:49	1:24:16	1:58:44
812	4107	Giesen Andreas	SG FA Duisburg-West	4:15:50	M50	161	0:55:17	1:22:52	1:57:40
813	3474	Welzel Christian	*Bottrop	4:15:56	M20	57	0:52:46	1:26:47	1:56:22
814	2416	Maurer Oliver	*Duisburg	4:15:57	M50	162	0:50:35	1:24:06	2:01:15
815	5012	Hartmann Jörg	*Wesel	4:16:00	M50	163	0:48:20	1:23:07	2:04:32
816	4129	Knechten Gerd	SV Viktoria Goch	4:16:04	M60	36	0:55:19	1:18:32	2:02:12
817	5010	Panzog Stefan	*Duisburg	4:16:06	M45	177	0:52:21	1:24:07	1:59:38
818	2580	Stuers Rainer	SV Budberg Lauffreunde	4:16:11	M55	85	0:53:16	1:23:07	1:59:47
819	3124	Ehrlich Christian	LC Duisburg	4:16:23	M50	164	0:54:02	1:25:06	1:57:14
820	4256	Hilgers Erich	Marathonteam online.de	4:16:26	M75	1	0:53:17	1:23:18	1:59:50
821	3146	Bolender Werner	TV Jahn Hiesfeld	4:16:28	M50	165	0:54:03	1:22:07	2:00:17
822	2421	Thies Stefan	Lonely runners	4:16:29	M45	178	0:52:07	1:22:49	2:01:33
823	5144	Coenen Carsten	*Goch	4:16:30	M35	71	0:52:24	1:26:49	1:57:16
824	5170	Ehrich Simon	*Düsseldorf	4:16:30	M35	72	0:55:43	1:22:08	1:58:38
825	5324	Langenhorst Peter	*Raesfeld	4:16:33	M50	166	0:52:04	1:21:58	2:02:31
826	5320	Koch Wolf-Dieter	LG Mülheim	4:16:40	M55	86	0:53:31	1:22:37	2:00:31
827	3106	Gerlach Thomas	die 3 v.d. franzstraße	4:16:40	M60	37	0:55:01	1:24:10	1:57:28
828	4187	Schneemann Benedikt	*Essen	4:16:42	M40	122	0:53:14	1:24:06	1:59:21
829	3749	Kawka Julian	*Essen	4:16:43	M30	84	0:52:36	1:21:24	2:02:43
830	2447	Schilling Dirk	*Duisburg	4:16:43	M45	179	0:50:32	1:22:25	2:03:45
831	4087	Langer Marco	*Duisburg	4:16:44	M35	73	0:51:27	1:20:30	2:04:45
832	3081	Döring Andreas	*Gelsenkirchen	4:17:01	M55	87	0:47:43	1:22:43	2:06:34
833	2488	Eckhardt Rene	BSV Kokerei Schwelgern e.v.	4:17:02	M45	180	0:56:01	1:24:09	1:56:52
834	3885	Köller-Timm Thorsten	*Wuppertal	4:17:12	M50	167	0:54:36	1:25:22	1:57:13
835	4205	Gajsar Carsten	TSG Kirchhellen	4:17:14	M45	181	0:49:42	1:21:51	2:05:40
836	3624	Schulze Harald	LC Duisburg	4:17:29	M50	168	0:56:58	1:22:19	1:58:11
837	2855	Röckendorf Jens	Ausdauererschule Bruns	4:17:31	M55	88	0:54:02	1:25:40	1:57:48
838	5683	Fenske Claus	Vodafone-Runners	4:17:35	M45	182	0:54:10	1:24:01	1:59:23
839	2379	Wischolek Markus	TC Kray 1892 e.V.	4:17:35	M45	183	1:03:09	1:21:15	1:53:10
840	3899	Plicht Werner	wider dem Schweinehund	4:17:35	M50	169	0:54:26	1:22:53	2:00:15
841	5468	Schoenfeld Volker	Lauftreff BNO Bochum	4:17:53	M55	89	0:55:27	1:23:14	1:59:11
842	3011	Beer Oliver	*Sprockhövel	4:18:12	M45	184	0:52:27	1:26:59	1:58:46
843	4142	Haase Thomas	*Düsseldorf	4:18:14	M50	170	0:52:25	1:23:19	2:02:30
844	2321	Hofmann Thomas	VIVAWEST	4:18:15	M55	90	0:55:51	1:24:26	1:57:57
845	2766	Klein Hans-Jürgen	FC Gölle	4:18:23	M60	38	0:56:58	1:26:08	1:55:16
846	4043	Philipps Klaus	*Duisburg	4:18:32	M60	39	0:52:12	1:23:31	2:02:48
847	4359	Diekena Philipp	*Mülheim an der Ruhr	4:18:35	M20	58	0:52:09	1:24:49	2:01:36
848	2889	Hamm Volker	LT Weitmarer Holz Bochum	4:18:38	M50	171	0:53:48	1:24:36	2:00:13



**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	3789	Hofmann Sebastian	LC Duisburg	4:18:47	M30	85	0:55:19	1:22:55	2:00:32
850	2324	Dornhege Daniel	VIVAWEST	4:18:48	M30	86	1:00:00	1:24:15	1:54:32
851	5740	Stolle Jörg	Vodafone-Runners	4:19:08	M45	185	0:50:41	1:29:41	1:58:46
852	3750	Elbers Heinz	SV Viktoria Goch	4:19:10	M55	91	0:54:52	1:27:13	1:57:05
853	4918	Moroz Thomas	*Grevenbroich	4:19:10	M40	123	0:52:41	1:24:06	2:02:23
854	4904	Kempken Tim	*Voerde	4:19:11	M40	124	0:51:33	1:22:13	2:05:24
855	4777	Rennefeld Marc	TV Rhede	4:19:18	M40	125	0:57:28	1:22:40	1:59:10
856	4196	Brune Rainer	*Duisburg	4:19:19	M60	40	0:54:32	1:25:52	1:58:54
857	4478	Maaßen Heinz	LT Turnerbund Frintrop	4:19:21	M60	41	0:54:31	1:25:02	1:59:47
858	4370	Sonnenschein Daniel	Naturheilpraxis Sonnenschei	4:19:37	M45	186	0:53:50	1:26:52	1:58:54
859	3201	Gumz Ingo	*Duisburg	4:19:39	M50	172	0:52:33	1:19:49	2:07:15
860	5363	Bäcker Dr. Thomas	TG Münster - Judo	4:19:39	M50	173	0:54:53	1:25:18	1:59:27
861	5488	Treinen Manuel	Die Raupen	4:19:46	M40	126	0:52:02	1:26:15	2:01:29
862	2478	Flintrop Thorsten	Weseler TV Triathlon	4:20:02	M45	187	0:52:16	1:31:24	1:56:21
863	3371	Knop Joachim	*Duisburg	4:20:15	M40	127	0:56:32	1:22:34	2:01:08
864	2732	Zöller Christian	*Duisburg	4:20:23	M35	74	0:53:08	1:22:59	2:04:14
865	3179	Lingen Jürgen	*Willich	4:20:24	M55	92	0:54:55	1:26:39	1:58:49
866	3875	Veelmann Marcel	CWS-boco International Gm	4:20:25	M30	87	0:52:58	1:22:12	2:05:13
867	4758	Baumann Marc	*Duisburg	4:20:27	M45	188	0:54:52	1:26:56	1:58:38
868	4292	Vogt Holger	*Essen	4:20:29	M55	93	0:52:04	1:22:03	2:06:20
869	3368	Kesselhut Frank	*Duisburg	4:20:31	M50	174	0:53:46	1:21:32	2:05:12
870	4991	Weiß Jürgen	Wanderwegewelt.de	4:20:34	M45	189	0:53:42	1:22:10	2:04:40
871	5728	Fleischer Alexander	Vodafone-Runners	4:20:37	M20	59	0:52:58	1:24:27	2:03:11
872	4337	Rommerswinkel Michael	*Mülheim an der Ruhr	4:21:02	M20	60	0:54:09	1:23:40	2:03:11
873	2729	Hillig Harald	Wiesnasen-mara-toni	4:21:09	M50	175	0:56:51	1:26:41	1:57:37
874	3765	Körber Sören	*Duisburg	4:21:25	M55	94	0:53:06	1:24:44	2:03:34
875	5259	Baxter Peter	*Kempen	4:21:32	M40	128	0:50:33	1:25:07	2:05:51
876	3429	Fleitz Mario	*duisburg	4:21:34	M50	176	0:53:18	1:23:54	2:04:21
877	2348	Klinzing Hans-Georg	SG Ruhrgas 1929	4:21:42	M65	14	0:55:33	1:24:45	2:01:23
878	3972	Lunau Frank	LT Gruiten-Neandertal	4:21:48	M50	177	0:55:03	1:24:31	2:02:13
879	4815	Latta Peter	LC Duisburg	4:22:04	M55	95	0:56:42	1:27:11	1:58:09
880	2818	Gesing Norbert	*Rhede	4:22:13	M45	190	0:54:19	1:25:02	2:02:51
881	3615	Kulose Markus	Triathlon Team Ratingen 08	4:22:15	M50	178	0:57:21	1:25:56	1:58:57
882	4193	Heilos Dr. Andreas	Siemens	4:22:17	M50	179	0:53:55	1:29:25	1:58:57
883	3866	Storms Hubert	TuS Baerl	4:22:33	M60	42	0:57:00	1:25:37	1:59:55
884	5524	Saueressig Heiner	*Dinslaken	4:22:39	M45	191	0:54:20	1:27:05	2:01:13
885	2561	Kühne Michael	BSG	4:23:06	M50	180	0:53:43	1:25:33	2:03:49
886	3211	Miguel Carlos	*Duisburg	4:23:07	M50	181	0:58:03	1:25:55	1:59:08
887	4720	Jacobus Klaus	Fun Runner VfL Gladbeck	4:23:20	M50	182	0:56:33	1:24:40	2:02:07
888	5612	Schmitz Thomas	200PROTEAM	4:23:23	M45	192	0:54:06	1:28:32	2:00:44
889	5325	Raschke Dennis	*Krefeld	4:23:36	M35	75	0:51:24	1:29:01	2:03:10
890	3522	Bramigk Udo	Tri-Club Wuppertal	4:23:38	M55	96	0:57:02	1:24:42	2:01:53
891	4605	Pawlowski Rainer	TuS 82 Opladen	4:23:46	M50	183	0:52:47	1:27:09	2:03:49
892	4419	Flores Oliver	*Köln	4:23:52	M35	76	0:57:53	1:24:36	2:01:22
893	4686	Zirl Alexander	*Bottrop	4:23:53	M30	88	0:54:39	1:27:31	2:01:42
894	5757	Kluczka Thomas	*Mülheim	4:23:54	M55	97	1:02:26	1:23:10	1:58:17
895	2778	Maasackers Martin	*Wachtendonk	4:23:57	M35	77	0:55:58	1:23:10	2:04:48
896	5189	Begas Thorsten	*Kaarst	4:24:06	M45	193	0:54:06	1:25:52	2:04:07
897	2990	Eßler Felix	*Essen	4:24:12	M30	89	0:56:07	1:26:01	2:02:03
898	4570	Womelsdorf Torsten	*Neuss	4:24:15	M40	129	0:55:18	1:24:26	2:04:30
899	3960	Rudolf Joachim	*Bergisch Gladbach	4:24:19	M60	43	0:55:11	1:27:57	2:01:09
900	3357	Porzig Rüdiger	*Kaarst	4:24:23	M55	98	0:55:49	1:26:07	2:02:27
901	4717	Wallerich Markus	JC66 Bottrop e.V.	4:24:24	M30	90	0:55:08	1:27:33	2:01:42

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	3241	Werding Arndt	SG Kupferdreh-Byfang	4:24:26	M40	130	0:53:54	1:25:06	2:05:25
903	3366	Blotenberg Carsten	Essen	4:24:32	M45	194	0:53:30	1:28:02	2:02:59
904	4849	Barkholz Dirk	*Hilden	4:24:46	M45	195	0:55:15	1:25:03	2:04:28
905	4154	Möller Norbert	LC Duisburg	4:24:57	M60	44	0:50:19	1:18:03	2:16:35
906	4500	Höpfner Otto	LT Gruitzen-Neandertal	4:24:59	M65	15	0:58:15	1:24:30	2:02:13
907	4024	Njunjic Claude	Volllaufen	4:25:03	M35	78	0:53:41	1:25:46	2:05:34
908	4610	Spitz Joschka	*Bochum	4:25:05	M20	61	0:54:41	1:24:00	2:06:23
909	3642	Müller Frank	Emscher-Igels	4:25:21	M20	62	0:54:34	1:25:10	2:05:36
910	2264	Leven Dirk	RMD Laufcamp 2016	4:25:26	M40	131	0:53:10	1:26:18	2:05:57
911	2687	Groß Volker	*Meerbusch	4:25:42	M45	196	0:54:04	1:31:28	2:00:09
912	4243	Philippsen Mark	*Essen	4:25:48	M40	132	0:54:06	1:25:04	2:06:37
913	4960	Stangenberg Marcel	*Duisburg	4:25:49	M20	63	0:54:18	1:24:12	2:07:18
914	4959	Dobrogowski Benedikt	*Duisburg	4:25:50	M20	64	0:54:19	1:24:12	2:07:18
915	3629	Lhoest Helmut	*Mülheim	4:25:53	M55	99	0:58:23	1:28:01	1:59:28
916	2337	Berger Dieter	SG Ruhrgas 1929	4:25:58	M55	100	0:55:37	1:27:16	2:03:04
917	3493	Schmid Thomas	*Oberhausen	4:25:59	M45	197	0:53:52	1:22:50	2:09:16
918	2969	Lüßem Marc	*Essen	4:26:02	M45	198	0:52:06	1:29:09	2:04:46
919	3810	Hunhoff Frank	SG Kupferdreh-Byfang	4:26:04	M40	133	0:55:37	1:25:00	2:05:26
920	4317	Köthe Christian	*Düsseldorf	4:26:16	M20	65	0:57:23	1:26:02	2:02:50
921	2308	Reicherts Tobias	BSG Stadtwerke Duisburg A	4:26:35	M20	66	0:53:28	1:25:57	2:07:09
922	4324	Gewand Engelbert	*Duisburg	4:26:38	M60	45	0:55:02	1:24:53	2:06:42
923	3132	Kroll Jens	*Mülheim	4:26:50	M40	134	0:57:28	1:25:23	2:03:59
924	4465	Wiesner Michael	DJK-VFL Willich	4:26:55	M60	46	0:55:47	1:26:32	2:04:35
925	2474	Pörtner-Pieper Theo	Benzin im Blut	4:26:56	M45	199	0:57:08	1:26:23	2:03:24
926	4738	Egenberger Helmut	*Duisburg	4:27:00	M35	79	0:58:08	1:26:32	2:02:18
927	3967	Abraham Christian	*Duisburg	4:27:14	M45	200	0:52:23	1:25:51	2:08:59
928	2590	Isgen Stefan	*Ratingen	4:27:17	M45	201	0:56:10	1:25:39	2:05:26
929	5242	Düring-Hehner Thomas	TriTEAM Radevormwald	4:27:21	M45	202	0:57:35	1:28:41	2:01:05
930	4340	Daniels Paul	*Hagen	4:27:40	M55	101	0:56:07	1:26:21	2:05:11
931	4008	Aulich Frederik	RUN4FUN	4:27:50	M20	67	0:48:30	1:25:12	2:14:07
932	3235	Panhey Ralf	*Duisburg	4:27:51	M45	203	0:52:37	1:26:13	2:08:59
933	3856	Danowski Werner	LC Duisburg	4:27:57	M45	204	0:53:29	1:25:06	2:09:21
934	3168	Meyer André	Triminators TV Voerde	4:28:28	M45	205	0:52:47	1:24:59	2:10:41
935	5361	Ipach Daniel	*Duisburg	4:28:37	M30	91	0:58:48	1:27:49	2:01:59
936	3335	Bergter Uwe	TuS Hamborn Neumühl	4:28:41	M50	184	0:56:39	1:37:11	1:54:50
937	4160	Rudolph Uwe	Apotheke Mattenklotz	4:28:45	M55	102	0:58:07	1:27:05	2:03:32
938	4819	Puy Michl Franz Xaver	*Duisburg	4:29:11	M45	206	0:55:21	1:27:19	2:06:31
939	4095	de Witt Andreas	*Oberhausen	4:29:31	M45	207	0:58:38	1:34:45	1:56:07
940	2828	Brackmann Stefan	*Dinslaken	4:29:35	M55	103	0:54:49	1:25:07	2:09:38
941	3684	Bartsch Konrad	Marketing Runners	4:29:36	M45	208	0:55:05	1:28:16	2:06:14
942	2608	Brockhaus Helmut	SPCA Duisburg	4:29:44	M55	104	0:56:47	1:25:14	2:07:42
943	5617	Lünendonk Patrick	Team Crazyluenis	4:29:51	M20	68	0:52:18	1:19:22	2:18:10
944	4136	Meller Jürgen	DSG Essen	4:30:05	M50	185	0:53:43	1:26:14	2:10:07
945	4135	Klinge Marcus	DSG Essen	4:30:15	M45	209	0:53:46	1:26:17	2:10:11
946	3859	Rodax Wolfgang	*Düsseldorf	4:30:20	M65	16	0:55:21	1:30:14	2:04:44
947	5414	Linke Raphael	*Oberhausen	4:30:48	M40	135	0:54:12	1:26:08	2:10:27
948	5722	Gettler Frank	Vodafone-Runners	4:30:49	M45	210	0:54:59	1:25:45	2:10:04
949	3640	Schollmeier Dr. Thorsten	*Dortmund	4:30:51	M40	136	0:57:33	1:23:40	2:09:37
950	3192	Dabrowski Thomas	bareFooTD	4:31:08	M45	211	0:58:53	1:27:19	2:04:55
951	4721	Dorow Ulrich	LaufUliLauf	4:31:10	M50	186	0:58:18	1:27:25	2:05:26
952	4479	Brauer Jürgen	Oberhausener TV	4:31:20	M55	105	0:58:03	1:27:27	2:05:49
953	4639	Mandel Wolfgang	LC Duisburg	4:31:23	M60	47	0:58:14	1:28:45	2:04:23
954	4983	Bursy Waldemar	*Duisburg	4:31:26	M50	187	0:56:37	1:33:33	2:01:15

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	5365	Hölterhoff Andre	*Oberhausen	4:31:27	M35	80	0:54:11	1:29:02	2:08:13
956	2311	Bertl Bastian	BSG Stadtwerke Duisburg A	4:31:28	M40	137	0:55:40	1:28:38	2:07:09
957	2747	Grabowski Robert	SV Gladbeck 13	4:31:30	M45	212	0:52:15	1:18:31	2:20:44
958	2314	Meisenzahl Marius	BSG Stadtwerke Duisburg A	4:31:55	M20	69	0:52:21	1:27:02	2:12:30
959	3566	Kill Ludger	Porsche Club of America	4:32:19	M55	106	0:54:55	1:37:03	2:00:20
960	3812	Wellmanns Norbert	LT Sonntagsläufer Sonsbeck	4:33:32	M45	213	0:54:10	1:28:45	2:10:36
961	4496	Schaub Andreas	Turbo-Schnecken-Lüdenschke	4:33:32	M50	188	0:52:33	1:23:09	2:17:48
962	5312	Röse Nils	*Neuss	4:33:45	M30	92	0:54:23	1:25:54	2:13:27
963	4319	Schwesig Dominik	*Mülheim	4:33:50	M35	81	0:55:56	1:27:16	2:10:36
964	2523	Wachsmann Georg	*Gladbeck	4:33:53	M50	189	1:01:11	1:29:03	2:03:38
965	5602	Pederiva Thomas	200PROTEAM	4:33:59	M45	214	0:51:51	1:22:30	2:19:38
966	3854	Rogall Michael	Ausdauererschule by Bunert	4:34:03	M45	215	0:58:41	1:29:35	2:05:46
967	4725	Egemann Ulrich	TuS 08 Lintorf	4:34:13	M60	48	0:56:17	1:28:55	2:09:01
968	2459	Grunwald Klaus	Rapid Ramirez	4:34:13	M50	190	0:56:05	1:28:50	2:09:17
969	4907	Amin Nabil	NASA	4:34:19	M35	82	0:58:00	1:29:23	2:06:54
970	3734	Bonnen Michael	*Düsseldorf	4:34:28	M55	107	0:55:10	1:29:14	2:10:02
971	2759	Ernst Matthias	*Dinslaken	4:34:42	M45	216	0:55:58	1:28:16	2:10:27
972	5389	Gieseler Martin	TG Münster - Judo	4:34:45	M55	108	0:56:27	1:30:26	2:07:51
973	4342	Schwefflinghaus Andreas	Flossen Weg	4:35:11	M55	109	0:52:43	1:30:34	2:11:53
974	3819	Achterath Joachim	*Alpen	4:35:22	M50	191	0:57:37	1:27:05	2:10:40
975	5203	Leroi Roland	LC Duisburg	4:35:24	M45	217	0:57:57	1:28:21	2:09:06
976	2315	Ernst Uwe	BSG Stadtwerke Duisburg A	4:36:02	M55	110	0:57:43	1:28:35	2:09:43
977	3338	Ruhland Alois	LT Gruiten-Neandertal	4:36:03	M50	192	0:57:13	1:27:19	2:11:30
978	3610	Itzighel Jascha	*Iserlohn-Oestrich	4:36:08	M20	70	0:58:51	1:32:31	2:04:45
979	3258	Schlieter Jörg	LT Mismahlshof	4:36:09	M60	49	1:02:25	1:28:49	2:04:54
980	4014	Janßen Ludger	LT Sonntagsläufer Sonsbeck	4:36:09	M45	218	0:56:47	1:28:44	2:10:36
981	4841	Trenz Sebastian	Life Fit	4:36:13	M20	71	0:56:44	1:32:12	2:07:17
982	4501	Conrad Christian	*Geilenkirchen	4:36:33	M40	138	0:57:41	1:29:18	2:09:33
983	2377	Rockensüß Robin	TRIMET	4:36:37	M35	83	0:52:52	1:27:35	2:16:09
984	2445	Kriznik Andrej	TV Jahn Hiesfeld	4:36:41	M40	139	0:56:29	1:28:07	2:12:04
985	2367	Schlette Marc	LC Duisburg	4:36:42	M45	219	0:55:50	1:28:07	2:12:44
986	3846	Hengst Ralph	*Mülheim	4:36:50	M50	193	0:57:40	1:30:14	2:08:55
987	4401	Mehring Gunther	*Dinslaken	4:37:06	M45	220	0:57:32	1:32:44	2:06:49
988	5699	Droste Peter	Vodafone-Runners	4:37:10	M40	140	0:53:07	1:27:35	2:16:27
989	4900	Nies Michael	*Duisburg	4:37:15	M30	93	0:57:26	1:28:56	2:10:53
990	5589	Lehwald Rainer	200PROTEAM	4:37:17	M60	50	0:56:24	1:28:16	2:12:37
991	3509	Lukas Mathias	*Duisburg	4:37:20	M20	72	0:54:09	1:28:45	2:14:26
992	3163	Rüther Daniel	*Düsseldorf	4:37:29	M40	141	0:55:48	1:27:52	2:13:49
993	2784	Rumpel Ralf	Roentgensportclub Remscheid	4:37:49	M55	111	0:55:00	1:30:18	2:12:31
994	4946	Woidneck Udo	STEAG	4:37:58	M45	221	0:55:20	1:31:45	2:10:52
995	3977	Rogge Dieter	laufende Steuerberatung	4:38:09	M70	4	1:02:04	1:27:54	2:08:10
996	3556	Oehme Maik	Wir bei HKM	4:38:11	M20	73	0:49:50	1:21:57	2:26:23
997	3983	Schwan Roland	MoerserTV Triathlon	4:38:18	M45	222	0:56:35	1:31:16	2:10:26
998	2344	Grabienski Wolfgang	SG Ruhrgas 1929	4:38:25	M60	51	0:56:45	1:25:11	2:16:27
999	4307	Grabow Jan	Trinksportförderverein	4:38:28	M50	194	0:58:46	1:26:13	2:13:28
1000	5090	Strüder Andreas	Gymnasium Am Stoppenber	4:39:37	M40	142	0:55:31	1:31:09	2:12:57
1001	5091	Schumacher Markus	Gymnasium Am Stoppenber	4:39:38	M45	223	0:55:31	1:31:09	2:12:57
1002	4145	Schoch Guido	LC Duisburg	4:39:55	M40	143	0:58:33	1:28:38	2:12:44
1003	2313	Roth Holger	BSG Stadtwerke Duisburg A	4:40:13	M50	195	0:58:13	1:27:27	2:14:32
1004	5410	Fingerlin Florian	Team Fingerlin-Höfs	4:40:15	M30	94	1:01:29	1:36:25	2:02:20
1005	5411	Höfs Wolfgang	Team Fingerlin-Höfs	4:40:15	M60	52	1:01:29	1:36:25	2:02:20
1006	5191	Rost Frank	Hasenkinder	4:40:18	M55	112	0:57:44	1:31:00	2:11:34
1007	4403	Sandau Jürgen	*Duisburg	4:40:48	M20	74	0:59:07	1:18:06	2:23:35

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	2558	Rüter Stefan	SV Haldern Laufftreff	4:41:08	M45	224	1:02:26	1:29:33	2:09:08
1009	2721	Deppe Lars	Garantie abgelaufen	4:41:10	M45	225	0:58:10	1:29:21	2:13:38
1010	3268	Litzbarski Roman	*Wülfrath	4:41:21	M65	17	0:58:45	1:30:44	2:11:51
1011	3143	Heinrich Uwe	TuS Hamborn-Neumühl	4:42:05	M70	5	0:59:51	1:31:08	2:11:06
1012	5359	Kammans Herbert	*Kalkar	4:42:14	M60	53	0:57:56	1:31:55	2:12:22
1013	2921	Jalowy Markus	*Ratingen	4:42:19	M55	113	0:58:42	1:30:18	2:13:18
1014	4391	Vormdohre Dieter	*Ratingen	4:42:19	M60	54	0:58:42	1:30:19	2:13:17
1015	3020	Alt Rudi	Tri-Ducks-Dorsten	4:42:37	M65	18	1:08:23	1:25:47	2:08:26
1016	4454	Mertins Dr. Kai	Veerter Flitzer	4:43:00	M45	226	0:59:30	1:30:12	2:13:17
1017	4455	Osterberg Frank	Veerter Flitzer	4:43:02	M55	114	0:59:30	1:30:14	2:13:17
1018	4027	Günther Malte	Volllaufen	4:43:15	M35	84	0:53:55	1:32:46	2:16:33
1019	5212	Schlickeisen Uwe	*Herten	4:43:20	M45	227	0:59:11	1:32:02	2:12:06
1020	2307	Roberz Patrick	BSG Stadtwerke Duisburg A	4:43:21	M30	95	0:55:38	1:25:55	2:21:47
1021	4506	Wintermeyer Laurentius	*Ratingen	4:43:32	M50	196	1:00:03	1:34:19	2:09:09
1022	3987	Zeperreck Martin	*Jüchen	4:43:41	M55	115	0:54:28	1:35:42	2:13:30
1023	4674	Vöge Mario	SC Bayer 05 Uerdingen	4:43:48	M30	96	0:54:48	1:36:08	2:12:52
1024	5264	Ising Oliver	*Duisburg	4:43:49	M45	228	1:02:51	1:31:32	2:09:25
1025	4119	Florian Reinhold	TEAM ELG	4:44:09	M70	6	0:57:38	1:34:52	2:11:38
1026	4058	Schink Hagen	TuS 08 Lintorf	4:44:19	M55	116	0:59:59	1:33:17	2:11:03
1027	2383	Müller Ulrich	TC Kray 1892 e.V.	4:44:31	M60	55	0:57:40	1:27:18	2:19:32
1028	3157	Pojer Marc	Doe Römers	4:44:45	M45	229	0:57:42	1:29:09	2:17:52
1029	4656	Sedlmayer Karl-Heinz	*Essen	4:45:00	M45	230	0:59:24	1:30:52	2:14:43
1030	4448	Hagemann Udo	TG - Hörste	4:45:34	M50	197	1:04:02	1:37:00	2:04:31
1031	2743	Tristram Uwe	Marientreff	4:46:50	M50	198	0:59:56	1:32:20	2:14:34
1032	4297	Fischer Rainer	*Mülheim an der Ruhr	4:48:46	M60	56	0:59:18	1:32:39	2:16:48
1033	3708	Wienholt Bernd	Fabritz	4:49:17	M55	117	0:58:45	1:34:53	2:15:38
1034	3587	Conzen Joachim	MTC Rot-Weiss-Raffelberg	4:49:18	M60	57	0:58:20	1:33:47	2:17:10
1035	3340	Hardt Jürgen	*Duisburg	4:49:31	M60	58	0:59:21	1:36:06	2:14:04
1036	3277	Schorr Stefan	*Essen	4:50:04	M45	231	1:03:42	1:33:20	2:13:00
1037	3329	Schmidt Thomas	Ausdauer Schule by Bunert	4:50:38	M50	199	1:00:08	1:35:14	2:15:15
1038	3431	Matcovich Franco	*Dinslaken	4:51:35	M55	118	0:58:57	1:33:55	2:18:43
1039	2748	Soraruf N. Brian	Team Bratwurst	4:51:42	M40	144	0:58:21	1:31:11	2:22:09
1040	2749	Schleifer Daniel	Team Bratwurst	4:51:57	M40	145	0:59:42	1:33:45	2:18:29
1041	5262	Sonntag Timo	*Grevenbroich	4:52:19	M40	146	0:59:43	1:33:04	2:19:31
1042	2892	Hetterscheid Benjamin	SV Haldern Laufftreff	4:52:40	M20	75	0:54:42	1:37:01	2:20:56
1043	4559	Jaeger Friedhelm	*Mülheim a.d. Ruhr	4:53:03	M55	119	1:04:00	1:36:09	2:12:53
1044	3024	Baldeau Günter	*Duisburg	4:53:05	M55	120	1:01:15	1:34:57	2:16:52
1045	5156	Stasch Kristian	Marathon Mülheim	4:53:42	M30	97	1:00:43	1:38:24	2:14:34
1046	5705	Janßen Edgar	Vodafone-Runners	4:53:49	M45	232	1:03:44	1:38:15	2:11:49
1047	2786	Spickernagel Marc	*Duisburg	4:53:51	M50	200	0:59:32	1:35:15	2:19:03
1048	5038	Rogge Andreas	*Mülheim an der Ruhr	4:53:57	M50	201	1:01:00	1:40:03	2:12:53
1049	2371	Gaertner Marc-Andre	TRIMET	4:54:08	M30	98	0:58:08	1:37:44	2:18:15
1050	3222	Mertens Michael	*Brüggen	4:54:23	M45	233	0:58:24	1:34:53	2:21:04
1051	4286	Gol Paul	*Duisburg	4:55:24	M20	76	0:59:07	1:33:08	2:23:08
1052	5642	Wolf Horst	*Duisburg	4:55:25	M65	19	0:59:32	1:40:43	2:15:08
1053	5590	Lehwald Marnik	200PROTEAM	4:55:54	MU20	7	0:59:43	1:31:09	2:25:01
1054	3296	Bettermann Fabian	*Moers	4:56:55	M20	77	0:56:06	1:07:53	2:52:54
1055	4137	Wimschulte Dirk	DSG Essen	4:56:56	M50	202	1:04:10	1:34:53	2:17:53
1056	3676	Fürchtenicht Klaus-Dieter	TV Jahn Hiesfeld	4:57:03	M60	59	1:06:25	1:40:43	2:09:54
1057	2526	Fiege Andreas	LC Duisburg	4:57:24	M50	203	0:59:30	1:33:03	2:24:50
1058	2355	Siedlaczek Gerald	SG Ruhrgas 1929	4:57:27	M50	204	1:00:09	1:36:09	2:21:09
1059	3172	Retkowski Lutz	*Dortmund	4:59:13	M40	147	1:03:37	1:37:22	2:18:13
1060	2936	Hermes Rainer	Marientreff Rumeln	4:59:33	M50	205	1:03:48	1:37:44	2:18:00

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	4871	Deichmann Julien	*Aachen	5:00:02	M30	99	1:15:50	1:30:25	2:13:45
1062	5093	Winkelman Ulrich	Turnerbund Osterfeld 1911 e	5:00:16	M60	60	1:02:50	1:35:06	2:22:19
1063	2622	Kremer Manfred	SV Haldern Laufftreff	5:00:22	M45	234	1:02:23	1:37:02	2:20:56
1064	2891	Tausche Karl	SV Haldern Laufftreff	5:00:23	M80	1	1:02:22	1:37:03	2:20:56
1065	4239	Plambeck Thomas	*Duisburg	5:00:33	M50	206	1:00:37	1:33:07	2:26:48
1066	2845	Machill Manfred	AS Neukirchen-Vluyn	5:00:57	M50	207	1:04:17	1:43:50	2:12:49
1067	5139	Schmitz Peter	*Duisburg	5:02:41	M45	235	1:02:40	1:39:18	2:20:42
1068	3759	Schellscheidt Roland	AS Neukirchen-Vluyn	5:05:04	M65	20	1:03:25	1:39:32	2:22:05
1069	5141	Steinstraßer Jürgen	*Krefeld	5:05:36	M60	61	1:01:34	1:33:43	2:30:18
1070	2846	Bovelet Carsten	*Duisburg	5:06:10	M50	208	1:03:51	1:44:24	2:17:54
1071	2336	Schuhmann Frank	VIVAWEST	5:06:57	M45	236	1:02:22	1:42:59	2:21:36
1072	5496	van Fürden Alexander	*Herne	5:09:04	M60	62	1:03:30	1:39:29	2:26:04
1073	2718	Niggemann Andreas	Laufgruppe ziiiiisch und weg	5:09:12	M55	121	1:04:03	1:41:09	2:23:58
1074	3297	Schorr Christian	*Grevenbroich	5:09:26	M45	237	1:03:40	1:41:52	2:23:53
1075	5296	Overkamp Markus	Läuft bei uns!!	5:14:23	M35	85	1:07:46	1:38:56	2:27:40
1076	2987	Rösch Georg	*Neuss	5:15:41	M55	122	1:03:11	1:47:08	2:25:21
1077	4139	Reichelt Roland	*Mönchengladbach	5:17:15	M55	123	1:06:28	1:46:02	2:24:44
1078	5562	Buhren Carsten	200PROTEAM	5:20:07	M45	238	1:11:27	1:40:06	2:28:33
1079	3574	Kolenbrander Ulrich	*Oberhausen	5:22:33	M45	239	1:02:58	1:45:03	2:34:30
1080	5587	Koock Oliver	200PROTEAM	5:23:49	M40	148	1:05:09	1:45:16	2:33:24
1081	4922	Kniest Hans-Heinrich	SV Orsoy	5:27:07	M55	124	1:03:29	1:47:47	2:35:50
1082	2457	Kemper Klaus	TV Vennikel	5:27:19	M60	63	1:06:55	1:47:03	2:33:20
1083	3921	Hüfner Manfred	BSG Team EVAG	5:27:54	M60	64	1:09:09	1:45:10	2:33:34
1084	4707	Meters Frank	*Oberhausen	5:44:49	M50	209	1:11:55	1:47:27	2:45:26
1085	4261	Essig Chris Izzy	Team Erdinger Alkoholfrei	5:45:35	M35	86	1:14:41	1:49:00	2:41:54
1086	4106	Plückelmann Willi	TuS Hamborn Neumühl	6:07:14	M65	21	1:13:37	1:58:06	2:55:30

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	2277	Vössing Annika	LAV Oberhausen	2:54:36	W20	1	0:37:13	0:56:33	1:20:48
2	2276	Fierek Carina	TUS Xanten	3:05:03	W30	1	0:39:24	1:00:36	1:25:01
3	2861	Buß Cornelia	SG Borken	3:10:11	W40	1	0:40:30	1:01:24	1:28:17
4	5267	Michalsky Nadja Maria	*Düsseldorf	3:12:58	W20	2	0:41:09	1:02:39	1:29:09
5	5385	Schmitz Claudia	ASC Rosellen/Neuss	3:15:40	W40	2	0:41:24	1:04:15	1:30:00
6	4207	Lubjuhn Anne	DLC Aachen	3:17:57	W20	3	0:41:33	1:03:34	1:32:49
7	3351	Klabunde Sandra	Moerser TV Triathlon	3:19:15	W30	2	0:41:50	1:04:19	1:33:05
8	5751	Schulte-Zurhausen Esther	Ausdauererschule by Bunert	3:20:33	W20	4	0:41:28	1:03:48	1:35:16
9	5718	Delseith Bettina	Vodafone-Runners	3:20:59	W50	1	0:42:40	1:05:01	1:33:18
10	3553	Püthe Tina	ASC Rosellen/Neuss	3:23:52	W35	1	0:42:38	1:06:56	1:34:18
11	3314	Balschuweit Dorothee	SuS Bertlich	3:27:36	W30	3	0:42:12	1:07:52	1:37:31
12	3108	Ischinsky Carolin	Lauffreunde Bottrop	3:28:46	W40	3	0:43:56	1:08:12	1:36:37
13	3704	Borodo Kasia	*Bochum	3:28:54	W40	4	0:45:17	1:07:28	1:36:08
14	2516	Meisa Kerstin	TRC Essen 84	3:30:59	W30	4	0:44:49	1:07:57	1:38:12
15	2903	Kaß Gudrun	SG Borken	3:31:13	W45	1	0:44:42	1:08:53	1:37:37
16	5586	Kömen Barbara	200PROTEAM	3:31:21	W45	2	0:45:13	1:07:52	1:38:15
17	5397	Hofmann Kerstin	TUS Drevenack	3:31:38	W35	2	0:44:00	1:07:50	1:39:47
18	3210	Thimm Gitti	TV Goch	3:32:11	W45	3	0:44:25	1:08:19	1:39:26
19	2279	Fels Anika	LG COESFELD	3:33:24	W20	5	0:45:02	1:09:28	1:38:53
20	3254	Kohrs Silke	Triathlon ASC Ratingen	3:33:42	W35	3	0:45:47	1:09:32	1:38:21
21	3606	Laufs Verena	LT Metzkausen	3:34:14	W35	4	0:45:26	1:09:06	1:39:42
22	3768	Börmann Jutta	TSG Kirchhellen	3:34:35	W45	4	0:44:39	1:09:37	1:40:18
23	2575	Schmücker Jasmin	LG Mülheim	3:34:36	W55	1	0:44:31	1:09:54	1:40:10
24	5786	Wilke Belinda	TG Neuss	3:34:39	W55	2	0:46:15	1:09:42	1:38:41
25	5454	Schulz Janine	FC Gladbeck	3:35:00	W20	6	0:45:18	1:10:47	1:38:53
26	4090	Breier Katja	RC Germania Düsseldorf	3:35:32	W20	7	0:44:03	1:10:04	1:41:24
27	3021	Schober-Kestel Julia	*Düsseldorf	3:35:53	W35	5	0:45:32	1:10:21	1:39:59
28	5243	Düring Claudia	TriTEAM Radevormwald	3:36:33	W45	5	0:45:00	1:11:26	1:40:06
29	3382	Bruns Klaudia	*Essen	3:36:39	W55	3	0:46:17	1:10:18	1:40:03
30	2378	Kreutzer Greta	TRIMET	3:37:10	W20	8	0:48:36	1:09:31	1:39:02
31	2666	Killisch Nara	Banda rapida Wesel	3:38:25	W45	6	0:45:12	1:11:08	1:42:05
32	3653	Lippke Elke	RSC Essen-Kettwig	3:39:02	W55	4	0:46:18	1:10:39	1:42:04
33	5452	Heidkamp Dorothee	*Düsseldorf	3:39:58	W20	9	0:48:05	1:11:54	1:39:57
34	4295	Wand Sabine	*Essen	3:40:16	W20	10	0:46:22	1:12:09	1:41:45
35	3318	Simon Iris	LC Duisburg	3:40:32	W45	7	0:46:47	1:12:12	1:41:32
36	2696	Hölter Agnes	SG Borken	3:40:47	W60	1	0:47:33	1:11:24	1:41:50
37	4499	Ellerhausen Marle	Triabolos Triathlon Hamburg	3:41:25	W40	5	0:46:08	1:12:24	1:42:52
38	4081	Kruse Daniela	SV Gladbeck 13	3:41:41	W35	6	0:45:43	1:11:01	1:44:56
39	3818	Sürth Anja	*Essen	3:41:51	W45	8	0:47:54	1:11:54	1:42:02
40	3378	Holtmeier Anne	TV Ratingen Handball	3:42:53	WU20	1	0:49:12	1:10:47	1:42:53
41	2258	Hübner Britta	LC Duisburg	3:43:23	W50	2	0:45:52	1:12:15	1:45:16
42	5771	Kaiser Dörte	TUS BREITSCHEID	3:43:28	W45	9	0:48:11	1:12:57	1:42:19
43	3612	Chmura Anna	*Halver	3:43:51	W45	10	0:47:53	1:12:14	1:43:43
44	1856	Ohling Heike	Krefelder Kanu Klub	3:44:28	W40	6	0:46:37	1:11:30	1:46:19
45	4088	Herriger Annekatrin	*Meerbusch	3:45:10	W40	7	0:49:05	1:11:56	1:44:08
46	4600	Göbel Carina	Helios Iron Team	3:45:39	W50	3	0:48:03	1:13:15	1:44:20
47	4655	Hülsmann Anja	WAT Läufer	3:46:00	W35	7	0:47:11	1:14:53	1:43:55
48	3619	Adam Andrea	Angerland LT Lintorf	3:46:23	W45	11	0:47:35	1:13:51	1:44:56
49	5173	Lipa Heike	BTC Herne	3:46:32	W40	8	0:47:49	1:13:22	1:45:20
50	3059	Sehmer Susanne	Rheintornados	3:46:47	W45	12	0:48:02	1:11:47	1:46:57
51	4637	Unterberg Katrin	Laufftreff Oberefft	3:46:55	W40	9	0:47:55	1:14:23	1:44:36
52	3230	Vollbach Frederike	TRC Essen 84	3:46:58	W30	5	0:48:05	1:13:50	1:45:02
53	4971	Kemper Monika	Teufelslauf Heiden	3:46:58	W50	4	0:48:08	1:13:55	1:44:55

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	5337	Serfort Inga	VSG Duisburg	3:47:12	W30	6	0:47:51	1:14:25	1:44:55
55	5523	Kirch Lucy	Running MAD	3:47:59	W35	8	0:52:31	1:06:24	1:49:02
56	2388	Sult Barbara	TC Kray 1892 e.V.	3:47:59	W60	2	0:49:33	1:14:06	1:44:20
57	2656	Niggemann Marinja	Ausdauer Schule by Bunert	3:48:00	W20	11	0:44:25	1:13:53	1:49:41
58	2873	Bielicke Manja	ART Düsseldorf	3:49:08	W45	13	0:48:58	1:14:35	1:45:35
59	2387	Stützer Kerstin	TC Kray 1892 e.V.	3:49:30	W40	10	0:49:38	1:13:45	1:46:07
60	3623	Bevers Wiebke	Ruhrrunner Essen	3:49:43	W50	5	0:49:37	1:14:56	1:45:10
61	5270	Werners Britta	*Sprockhövel	3:50:20	W20	12	0:49:30	1:13:23	1:47:26
62	3890	Steiner Tanja	TV Jahn Hiesfeld	3:50:44	W35	9	0:47:19	1:14:56	1:48:27
63	4423	Tünnißen Sylvia	SV Viktoria Goch	3:51:16	W40	11	0:52:02	1:13:41	1:45:32
64	2916	Schlüter-Michels Marion	SG Borken	3:51:47	W45	14	0:49:22	1:15:56	1:46:28
65	4914	Berrisch Christiane	*Willich	3:51:54	W35	10	0:52:59	1:15:32	1:43:22
66	4969	Beulen Silke	ART Düsseldorf	3:52:14	W40	12	0:47:08	1:14:59	1:50:05
67	3911	Willemsen Helga	*Bocholt	3:52:25	W45	15	0:48:40	1:16:02	1:47:42
68	4042	Philipps Lena	*Duisburg	3:53:08	W20	13	0:48:49	1:15:03	1:49:15
69	2887	Skorupa Prof. Dr. Heike	Adler-Langlauf Bottrop	3:53:18	W50	6	0:52:13	1:20:19	1:40:44
70	2742	Möllmann Rita	TSV Bocholt	3:54:06	W45	16	0:49:43	1:16:33	1:47:48
71	2710	Wirth Mariele	WSV Mülheim	3:54:28	W45	17	0:49:07	1:15:50	1:49:31
72	4392	Köster Diana	SV Viktoria Goch	3:54:49	W45	18	0:49:22	1:15:46	1:49:41
73	4374	Morrissey Marianne	No	3:55:11	W40	13	0:49:19	1:16:27	1:49:24
74	3240	Kirchhof Dr. Nora	*Essen	3:55:43	W35	11	0:48:38	1:17:04	1:50:00
75	3363	Hoffmann-Meyer Angelika	TV Jahn Hiesfeld	3:56:09	W60	3	0:48:29	1:15:27	1:52:11
76	4797	Kleinhubbert Nina	*Wuppertal	3:56:26	W40	14	0:49:26	1:16:50	1:50:09
77	4393	Ropertz Nina	BSG WAZ Essen	3:56:28	W30	7	0:48:27	1:18:33	1:49:27
78	5598	Munkert Angela	200PROTEAM	3:56:35	W35	12	0:51:40	1:17:17	1:47:37
79	4221	Grawley Claudia	*Duisburg	3:56:38	W40	15	0:48:07	1:15:27	1:53:03
80	4601	Göbel Naemi	Helios Iron Team	3:56:45	W20	14	0:47:56	1:14:31	1:54:16
81	3481	Christ Carola	LG Alpen	3:56:48	W50	7	0:50:26	1:17:19	1:49:02
82	5406	Artz Vera	LT Xanten	3:57:12	W20	15	0:51:14	1:17:09	1:48:48
83	3672	Rothert Sylvie	TriDucks Dorsten	3:57:13	W45	19	0:50:37	1:17:07	1:49:27
84	5238	Papajewski Birgit	runningcoach.me	3:57:19	W55	5	0:49:38	1:16:43	1:50:57
85	2366	Nitz Rebecca	LC Duisburg	3:57:26	W20	16	0:48:54	1:19:33	1:48:59
86	3807	Bode Laura		3:58:00	W55	6	0:52:39	1:16:08	1:49:13
87	2869	Moddenborg Petra	Bocholt	3:58:25	W40	16	0:49:32	1:19:01	1:49:50
88	3239	Kauffmann Inga	Starlight Team Essen	3:58:33	W40	17	0:50:00	1:18:14	1:50:18
89	2848	Niski Sylvia	TV Jahn Hiesfeld	3:59:48	W45	20	0:50:53	1:18:22	1:50:32
90	3523	Hemmecke Ulrike	Wupperläufer	4:00:30	W50	8	0:50:11	1:19:36	1:50:42
91	4762	Mischak Sonja	SG Borken	4:00:32	W30	8	0:51:00	1:18:33	1:50:58
92	2601	Brinkmann Birgit	*Duisburg	4:00:40	W40	18	0:50:01	1:18:00	1:52:38
93	4990	Rolf Deborah	*Herne	4:00:44	W20	17	0:43:01	1:21:48	1:55:54
94	2254	Schwenk Sara	Team Polizei Duisburg	4:00:56	W30	9	0:50:40	1:18:21	1:51:54
95	5122	Buttenbruch Ellen	TriTeam TV Schiefbahn	4:01:14	W45	21	0:49:32	1:18:04	1:53:37
96	2568	Markhoff Karin	TSV Viktoria Mülheim	4:01:16	W55	7	0:52:00	1:18:12	1:51:03
97	5179	Sust Elke	BTC Herne	4:01:25	W50	9	0:49:01	1:17:28	1:54:55
98	3433	Schwering Agnes	SG Borken	4:01:30	W60	4	0:51:51	1:19:04	1:50:34
99	2341	Ewens Susanne	SG Ruhrgas 1929	4:01:37	W45	22	0:50:38	1:18:37	1:52:21
100	4585	Pousen Anika	Woflos	4:01:47	W20	18	0:50:56	1:16:51	1:54:00
101	3995	Benning Katharina	*Bocholt	4:02:02	W20	19	0:50:35	1:20:28	1:50:58
102	4143	Haase Patricia	*Düsseldorf	4:02:17	WU18	1	0:51:39	1:17:13	1:53:24
103	5583	Kempf Anna	200PROTEAM	4:02:20	W30	10	0:52:05	1:18:38	1:51:36
104	4066	Gagliardi Romina	*Düsseldorf	4:02:42	W20	20	0:49:07	1:18:48	1:54:46
105	5124	Breuer Maren	*Düsseldorf	4:02:49	W35	13	0:50:49	1:19:45	1:52:15
106	3584	Joyce Sara	*Düsseldorf	4:02:54	W45	23	0:51:04	1:20:09	1:51:40

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	5136	Buschmann Stefanie	*Dortmund	4:02:55	W50	10	0:51:29	1:19:56	1:51:28
108	4464	Abel Gudrun	*Düsseldorf	4:02:56	W50	11	0:51:15	1:18:55	1:52:46
109	4005	Schankweiler Martina	SV Viktoria Goch	4:02:57	W50	12	0:50:01	1:19:35	1:53:21
110	5153	Czibor Christina	TriTeam TSG Sprockhövel	4:03:12	W35	14	0:51:14	1:18:16	1:53:41
111	5108	Oberhäuser Angelika	Solinger LC	4:03:35	W65	1	0:55:05	1:18:25	1:50:05
112	2401	Nitz Franziska		4:03:37	W20	21	0:53:05	1:19:01	1:51:30
113	3498	Weinhold Jutta	Gocher Lauffamilien	4:03:41	W55	8	0:51:33	1:19:00	1:53:07
114	3709	Godoy Isabel	Fabritz	4:03:44	WU18	2	0:50:26	1:18:52	1:54:25
115	5024	Küssner Ruth	Angerland LT Lintorf	4:03:52	W60	5	0:50:35	1:18:50	1:54:26
116	5335	Giesbers Christine	TUS Drevenack	4:03:55	W50	13	0:51:54	1:17:39	1:54:20
117	2439	Friedrich Kerstin	Skinfit Team Krefeld	4:04:10	W40	19	0:52:45	1:19:23	1:52:02
118	4606	Schumacher Corinna	*Krefeld	4:04:25	W45	24	0:50:36	1:22:29	1:51:19
119	3468	Schraven Silke	*Duisburg	4:05:25	W40	20	0:52:13	1:20:58	1:52:13
120	2723	Richter Petra	*Duisburg	4:05:36	W50	14	0:51:17	1:21:32	1:52:46
121	4856	Niemann Anne	*Düsseldorf	4:05:38	W35	15	0:51:56	1:22:20	1:51:20
122	5256	Kipker Dina	Helios Iron Team	4:05:57	W50	15	0:52:08	1:21:01	1:52:46
123	5455	Hennigfeld Sonja	*Oberhausen	4:06:04	W20	22	0:50:45	1:18:30	1:56:47
124	3330	Aurelio Susanne	Laufen gegen Leiden e.V.	4:06:14	W35	16	0:51:23	1:18:55	1:55:54
125	3413	Bley Bianca	Die Waldgazellen	4:06:14	W45	25	0:52:15	1:20:03	1:53:55
126	5088	Kahlert Simone	*Duisburg	4:06:33	W35	17	0:52:52	1:25:06	1:48:34
127	4296	Kimmekamp Birgit	Ausdauererschule by Bunert	4:06:36	W50	16	0:51:57	1:23:04	1:51:34
128	4117	Gawlik-Kuzera Eva	TEAM ELG	4:06:59	W50	17	0:49:15	1:18:28	1:59:15
129	3655	Cyrener Anja	SV Haldern Laufftreff	4:07:00	W45	26	0:53:21	1:20:14	1:53:23
130	4503	Schulz Claudia	Adler-Langlauf Bottrop	4:07:03	W45	27	0:50:18	1:22:43	1:54:02
131	5443	Wehling Christina	*Düsseldorf	4:07:05	W40	21	0:52:39	1:20:28	1:53:57
132	3879	Deutscher Claudia	Renntiere	4:07:12	W50	18	0:48:04	1:29:00	1:50:07
133	4840	Raulf Martina	*Willicj	4:07:28	W50	19	0:51:27	1:20:31	1:55:30
134	4354	De Florio Lucilla	*Duisburg	4:08:14	W45	28	0:51:37	1:20:56	1:55:40
135	4052	Wittig Sarah	Team Wittig und Helfer	4:08:25	W20	23	0:51:07	1:22:22	1:54:55
136	2675	Plettau Silke	*Mülheim an der Ruhr	4:08:29	W45	29	0:51:41	1:20:20	1:56:27
137	3631	Osterkamp Nicole	*Essen	4:08:34	W40	22	0:50:46	1:21:13	1:56:34
138	3326	Gräfe Jenny	*Duisburg	4:09:07	W30	11	0:52:30	1:21:26	1:55:10
139	3120	Rentmeister Vanessa	TV Jahn Hiesfeld	4:09:18	W30	12	0:52:54	1:22:07	1:54:16
140	2305	Roth Katrin	BSG Stadtwerke Duisburg A	4:09:19	W45	30	0:51:48	1:24:37	1:52:54
141	3046	Jordan Anja	*Duisburg	4:09:23	W35	18	0:51:47	1:19:32	1:58:02
142	2963	Weidemann Ulrike	LC Duisburg	4:09:27	W55	9	0:53:09	1:21:30	1:54:47
143	2483	Leier Sabine	*Düsseldorf	4:09:47	W50	20	0:52:07	1:20:25	1:57:15
144	4661	Horvath Jana	LAV Oberhausen	4:10:00	WU18	3	0:50:58	1:21:32	1:57:29
145	4544	Dreschers Carina	*Leverkusen	4:10:08	W30	13	0:55:26	1:22:00	1:52:40
146	4519	Maaßen Nico	Rotkäppchen & der Wolf	4:10:18	W40	23	0:52:11	1:19:58	1:58:08
147	4514	Dupon Susanne	*Düsseldorf	4:10:30	W45	31	0:53:18	1:24:26	1:52:45
148	3839	van Rienen Ulrike	Marathon Mülheim	4:10:31	W50	21	0:54:00	1:20:56	1:55:34
149	2460	Klemm Ulrike	*Velbert	4:10:33	W60	6	0:53:01	1:20:24	1:57:08
150	4955	Klaus Kristina	*Bochum	4:11:01	W30	14	0:52:36	1:22:07	1:56:17
151	5079	Bongers Aylin	LT Krefeld-Oppum	4:11:04	W20	24	0:50:32	1:22:55	1:57:37
152	5534	Frieben Nicole	TLV Germania Überry	4:11:11	W40	24	0:54:15	1:23:03	1:53:52
153	2430	Düsenberg Susanne	RUN4FUN	4:11:14	W45	32	0:53:35	1:24:12	1:53:26
154	3614	Gebhard Tanja	*Krefeld	4:11:16	W45	33	0:55:43	1:21:10	1:54:22
155	4877	Ganter Beate	*Monheim	4:11:32	W45	34	0:52:47	1:23:22	1:55:22
156	4067	Macken-Reinirkens Cath	Irland	4:12:22	W55	10	0:54:24	1:22:37	1:55:20
157	5517	Orlowski Marion	Fokus Selm	4:12:26	W40	25	0:53:33	1:22:35	1:56:17
158	4326	Friese Petra	LC Duisburg	4:12:33	W55	11	0:53:31	1:21:59	1:57:01
159	3876	Berg Iris	CWS-boco International Gm	4:12:41	W45	35	0:54:17	1:20:58	1:57:24



**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3591	Blask Susanne	*Duisburg	4:12:41	W35	19	0:53:12	1:22:02	1:57:26
161	4878	Bücken Alexandra	*Monheim	4:12:47	W45	36	0:54:02	1:23:22	1:55:23
162	5515	Koch Alexandra	*Essen	4:12:50	W30	15	0:53:17	1:21:38	1:57:54
163	5332	Jansen Anna	*Moers	4:12:55	W30	16	0:53:44	1:22:21	1:56:49
164	5014	Lüttenberg Marion	Aktion Canchanabury	4:13:16	W50	22	0:53:17	1:20:36	1:59:22
165	4226	Homburg Nicole	*Wuppertal	4:13:17	W20	25	0:51:59	1:21:54	1:59:23
166	4400	Riemer Karin	LG Stadtwerke Hilden	4:13:36	W45	37	0:52:53	1:24:08	1:56:33
167	3630	Vogt Monika	*Mülheim	4:13:40	W50	23	0:54:24	1:23:01	1:56:14
168	4935	Brinkmann Monika	LT Krefeld-Oppum	4:13:56	W50	24	0:54:09	1:23:43	1:56:03
169	3415	Horning-Hohl Angelika	Huckinger Marathonis	4:13:57	W55	12	0:53:50	1:22:35	1:57:31
170	2994	Rase Sigrun	*Duisburg	4:14:13	W40	26	0:53:39	1:23:28	1:57:04
171	2788	Kisin Zelal	Pott Runner	4:14:16	W35	20	0:53:43	1:25:16	1:55:16
172	3043	Spahn Kristina	*Mülheim an der Ruhr	4:14:57	W35	21	0:54:09	1:23:23	1:57:23
173	5450	Schürmann Ariane	Ausdauerschule by Bunert	4:14:59	W50	25	0:55:41	1:22:41	1:56:36
174	2896	Kaiser Meike	Lauftreff R(h)einknaller	4:15:06	W20	26	0:53:46	1:22:23	1:58:56
175	2791	Rumpel Joana	Roentgengymnasium	4:15:10	W20	27	0:53:34	1:21:45	1:59:49
176	2257	Wölfel Svenja	Team Polizei Duisburg	4:15:29	W20	28	0:53:11	1:22:43	1:59:35
177	4662	Hamm Annette	LC Duisburg	4:15:30	W50	26	0:53:56	1:22:40	1:58:53
178	5304	Bertrams Ulrike	SSV Strümp	4:15:55	W50	27	0:53:23	1:25:04	1:57:27
179	3990	Lorenz Tanja	Schalke 04 LA	4:16:10	W40	27	0:53:13	1:24:53	1:58:03
180	5225	Fox Therese	*Dinslaken	4:16:11	W60	7	0:51:34	1:28:16	1:56:20
181	2440	Thies Anna	Lonely runners	4:16:28	WU18	4	0:52:06	1:22:49	2:01:32
182	2830	Risse Kirsten	LC Duisburg	4:17:01	W30	17	0:54:14	1:23:40	1:59:06
183	5221	Iffland-Fuehrer Tanja	*Krefeld	4:17:17	W35	22	0:53:18	1:23:10	2:00:48
184	2822	Wilczek Sabine	Garantie abgelaufen	4:17:22	W50	28	0:54:06	1:24:21	1:58:54
185	5765	Drenker Conny	TUS BREITSCHEID	4:18:02	W40	28	0:51:48	1:23:51	2:02:23
186	2765	Richter Stefanie	FC Göller	4:18:25	W35	23	0:56:58	1:26:11	1:55:15
187	2764	Braatz Veronika	FC Göller	4:18:25	W20	29	0:56:58	1:26:10	1:55:15
188	2540	Wresch Bianca	*Neuss	4:18:30	W45	38	0:54:38	1:24:26	1:59:26
189	3968	Uebbing Ilke	*Dingden	4:18:37	W20	30	0:51:48	1:25:03	2:01:45
190	2490	Kallweit Tanja	BSV Kokerei Schwelgern e.v.	4:18:38	W45	39	0:57:35	1:24:11	1:56:52
191	2274	Neuhaus Kerstin	FSV für Lust und Laune e.V.	4:18:50	W30	18	0:53:13	1:21:05	2:04:30
192	2882	Spanier Claudia	*Gelsenkirchen	4:19:01	W45	40	0:54:12	1:25:32	1:59:16
193	5078	Bongers Dorothea	LT Krefeld-Oppum	4:19:10	W50	29	0:55:38	1:24:00	1:59:31
194	5473	Jakof Carina	*Mettmann	4:19:12	W20	31	0:55:52	1:24:33	1:58:46
195	3501	Wolf Kerstin	*Duisburg	4:19:12	W35	24	0:56:36	1:24:48	1:57:47
196	3929	Babiel Anja	TUS Sythen	4:19:33	W45	41	0:54:31	1:24:20	2:00:41
197	5005	Baygeldi Tanja	TV Jahn Hiesfeld	4:19:36	W40	29	0:53:02	1:21:03	2:05:30
198	2494	Frigger Cathleen	BSV Kokerei Schwelgern e.v.	4:20:08	W40	30	0:55:01	1:24:10	2:00:56
199	5785	Kersten Christin	TG Neuss	4:20:54	W55	13	0:54:44	1:24:45	2:01:24
200	5700	Ullrich Linda	Vodafone-Runners	4:20:56	W20	32	0:53:16	1:24:27	2:03:11
201	4869	Hahne Myriem	*Essen	4:20:59	W30	19	0:54:44	1:24:00	2:02:14
202	2746	Sahm Narja	*Ratingen	4:21:17	W30	20	0:57:01	1:26:38	1:57:36
203	3877	Gunia Birgit	Renntiere	4:21:29	W50	30	0:52:31	1:23:11	2:05:46
204	5220	Iffland Tamara	*47805	4:22:06	W20	33	0:55:15	1:24:13	2:02:37
205	5188	Heubes Aline	*Kaarst	4:22:08	W35	25	0:54:01	1:25:58	2:02:09
206	3998	Köpcke Bärbel	*Weilerbach	4:22:19	W50	31	0:55:09	1:25:10	2:02:00
207	3131	Focks Martina	*duisburg	4:22:52	W55	14	0:55:30	1:26:53	2:00:27
208	2810	Voß Anna-Lena	Ruderriege ETUF Essen e.V.	4:22:58	W20	34	0:53:30	1:26:57	2:02:30
209	3451	Mols Dagmar	Lauftreff R(h)einknaller	4:23:08	W50	32	0:58:04	1:25:55	1:59:08
210	2431	Voigt-Lehmann Petra	*Mülheim	4:23:13	W50	33	0:55:59	1:26:36	2:00:37
211	5407	Roß Margret	LT Xanten	4:23:34	W55	15	0:55:14	1:27:57	2:00:22
212	4013	DOrlando Daniela	*Duisburg	4:23:39	W40	31	0:56:11	1:25:30	2:01:57

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	4858	Presch Katharina	*Tönisvorst	4:23:42	W20	35	0:55:03	1:22:30	2:06:08
214	4701	Klein Vanessa	BSG Niederrh. SK RheinLip	4:24:00	W30	21	0:50:11	1:28:16	2:05:33
215	2491	Dobberke Carola	BSV Kokerei Schwelgern e.v.	4:24:02	W45	42	1:03:26	1:22:42	1:57:54
216	5180	Neumann Jessica	Fokus Selm	4:24:05	W30	22	0:56:00	1:25:11	2:02:52
217	3955	Schmitt Yvonne	*Essen	4:24:27	W35	26	0:53:54	1:25:06	2:05:25
218	4584	Heibges Katja	Woflos	4:24:27	W50	34	0:55:44	1:27:20	2:01:22
219	3467	Lommler Ela	*Essen	4:24:32	W40	32	0:53:30	1:28:02	2:02:59
220	3565	Kill Astrid	Porsche Club of America	4:24:34	W50	35	0:55:13	1:26:17	2:03:04
221	2400	Dreibholz Astrid	Marathonkurs LC Duisburg	4:24:44	W45	43	0:55:48	1:26:54	2:02:01
222	3514	Kästner Claudia	racing snails	4:24:53	W40	33	0:55:32	1:24:40	2:04:40
223	4339	Peterburs Dr. Jutta	Beachclub2000	4:25:05	W30	23	0:56:22	1:27:21	2:01:22
224	2988	Hansen Sylvia	TV Wanheimerort 1880 e.V.	4:25:33	W45	44	0:56:42	1:27:08	2:01:42
225	4480	Feier Anke	Laufsterne	4:26:02	W40	34	0:55:53	1:26:33	2:03:34
226	4933	Smolik Helene	*Burscheid	4:26:16	W35	27	0:55:26	1:26:22	2:04:27
227	2317	Hajesch Sandra	Läuft bei uns!!	4:26:22	W45	45	0:55:01	1:28:18	2:03:02
228	5241	Boßhammer Susanne	TriTEAM Radevormwald	4:26:26	W50	36	0:57:01	1:28:19	2:01:05
229	5501	Bauhaus Angela	Team Erdinger Alkoholfrei	4:26:56	W45	46	0:57:19	1:27:16	2:02:20
230	3562	Kugust Melissa	racing snails	4:27:10	W20	36	0:57:12	1:27:14	2:02:43
231	2860	Bisantz Ellen	*Kaarst	4:27:13	W50	37	0:58:57	1:27:23	2:00:52
232	2649	Stork Christine	Wolfgangs Laufftreff HSP Bo	4:27:19	W20	37	0:52:22	1:22:44	2:12:12
233	3370	van Wieren Sietske	Rapid Ramirez	4:27:30	W30	24	0:56:39	1:26:06	2:04:45
234	4329	Kim Sonja	*Duesseldorf	4:27:41	W40	35	0:56:27	1:28:26	2:02:48
235	2621	Hendricksen Anika	TSV Quakenbrück	4:28:06	W30	25	0:53:35	1:23:51	2:10:39
236	3791	Hildebrand Simone	TC Sterkrade 69	4:28:09	W35	28	0:55:41	1:28:07	2:04:20
237	2689	Szpogan Susanne	Immeo Wohnen Running Te	4:28:17	W55	16	0:57:46	1:27:26	2:03:04
238	5055	Hillebrand Petra	Viermärker Dortmund	4:28:36	W55	17	0:57:29	1:25:19	2:05:48
239	3099	Becker Christa	*Wuppertal	4:29:22	W50	38	0:57:23	1:27:34	2:04:24
240	5288	Dahmen Julia	Team Hüttenzauber	4:29:26	W40	36	0:56:12	1:26:57	2:06:15
241	5287	Franz Miriam	Team Hüttenzauber	4:29:26	W40	37	0:56:13	1:26:58	2:06:15
242	3970	Rydsy Sylvia	LC Duisburg	4:29:33	W45	47	0:58:37	1:34:47	1:56:07
243	5245	Kroll-Brunk Sylvia	TriTEAM Radevormwald	4:29:52	W45	48	0:55:59	1:27:28	2:06:24
244	5463	Seifert-Preuß Beate	Solinger LC	4:30:10	W50	39	0:56:19	1:30:34	2:03:16
245	5106	Wilke Sigrid	Borbecker Raketen Essen	4:30:26	W50	40	0:57:00	1:27:16	2:06:09
246	3017	Lümkemann Katrin	DJK TuS Rotthausen	4:30:27	W30	26	0:54:25	1:31:09	2:04:52
247	4688	Kaiser Petra	TV Jahn Hiesfeld	4:30:30	W55	18	0:57:31	1:28:43	2:04:15
248	3166	Léger Anja	*Wuppertal	4:30:36	W45	49	0:56:27	1:28:16	2:05:53
249	2790	Gleumes Simone	*Düsseldorf	4:30:39	W45	50	0:59:27	1:26:23	2:04:48
250	5112	Rübsteck Debbie	The Racing Club Rush	4:30:46	W50	41	0:57:07	1:28:43	2:04:55
251	5229	Mötter Birte	*Oberhausen	4:30:54	W50	42	0:57:32	1:28:41	2:04:39
252	2586	Isgen Simone	*Ratingen	4:31:03	W45	51	0:56:57	1:28:38	2:05:28
253	2874	Bellinghoven Alexandra	*Erkrath	4:31:13	W30	27	0:54:17	1:27:40	2:09:15
254	3506	Nowacki Maren	*Dinslaken	4:31:27	W20	38	0:56:49	1:29:04	2:05:32
255	3916	Hörster Anke	*Duisburg	4:31:30	W20	39	0:56:05	1:30:08	2:05:17
256	3913	Hoch Jennifer	*Duisburg	4:31:37	W20	40	0:56:13	1:30:07	2:05:16
257	3387	Jansen Claudia	Tri Ducks Dorsten	4:31:51	W30	28	0:53:02	1:24:59	2:13:49
258	3054	Halfmann Sandra	*Duisburg	4:32:05	W45	52	0:57:42	1:28:22	2:06:00
259	3058	Geuss Doris	BSG Sparkasse Lüdenscheid	4:32:26	W45	53	0:56:37	1:28:28	2:07:21
260	3657	Kapteina Sabrina	Life Fit Dinslaken	4:32:41	W30	29	0:56:42	1:29:23	2:06:35
261	5146	Bielan Simone	*45147	4:32:44	W40	38	0:57:01	1:29:04	2:06:38
262	5294	Jokiel Stefanie	*Ratingen	4:32:54	W35	29	0:58:03	1:27:58	2:06:52
263	4412	Berndt Elke	LT Turnerbund Frintrop	4:32:57	W55	19	0:57:06	1:29:16	2:06:34
264	3978	Althaus Deniz	laufende Steuerberatung	4:33:54	W40	39	0:59:35	1:28:09	2:06:08
265	4590	Kerschbaumer Dunja	BFW-Running Team	4:33:57	W45	54	0:55:32	1:27:22	2:11:02

**Nike Winterlaufserie  
des ASV Duisburg 2016  
Grosse Serie - Gesamtwertung**

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3153	Nürnberg Ute	Die Römers	4:34:09	W45	55	0:57:41	1:28:20	2:08:07
267	2530	Böttcher Carina	*Bottrop	4:34:10	W30	30	0:57:17	1:29:18	2:07:34
268	4711	Klein Dominique	*Essen	4:34:21	W20	41	0:57:43	1:30:29	2:06:08
269	4906	Amin Samira	NASA	4:34:21	W40	40	0:58:01	1:29:24	2:06:55
270	2384	Harnischmacher Wibke	TC Kray 1892 e.V.	4:34:36	W40	41	0:52:41	1:21:26	2:20:28
271	4705	Stötzel Julia	*Duisburg	4:35:16	W20	42	0:56:17	1:31:14	2:07:44
272	2815	Lewicki Alexandra	SV Gladbeck 13	4:35:18	W30	31	0:56:23	1:27:50	2:11:04
273	3336	Lippold Birgit	*Bochum	4:35:26	W45	56	0:56:36	1:26:15	2:12:35
274	2386	Jansen Dorothea	TC Kray 1892 e.V	4:35:27	W55	20	0:57:45	1:30:42	2:06:58
275	3339	Gerling-Ruhland Ute	LT Gruiten-Neandertal	4:36:11	W50	43	0:57:20	1:27:19	2:11:31
276	5261	Flores Carolyn Grace	*Köln	4:36:31	W30	32	0:57:20	1:29:43	2:09:27
277	4540	Quabeck Regina	TV Jahn Hiesfeld	4:36:40	W45	57	0:56:29	1:28:07	2:12:04
278	2395	Rätzel Nicolle	Max Maulwurf Marathonis	4:36:44	W35	30	0:57:57	1:32:00	2:06:47
279	5345	Kreß Elke	*Essen	4:37:09	W30	33	0:57:12	1:28:51	2:11:05
280	4597	Egger Christina	*Duisburg	4:37:26	W20	43	0:59:34	1:29:54	2:07:57
281	3766	Thiel Marion	TuS 08 Lintorf	4:37:48	W45	58	0:59:09	1:30:15	2:08:24
282	4751	Lampe Martina	*Essen	4:37:53	W20	44	0:55:08	1:41:02	2:01:42
283	3982	Neuse Dunja	TV Vennikel	4:38:19	W30	34	0:56:35	1:31:16	2:10:27
284	5158	Fleischer Heidemarie	Skiclub Gevelsberg	4:38:20	W60	8	0:58:44	1:30:36	2:08:59
285	5647	Stöckl Andrea	LC Duisburg	4:38:28	W40	42	0:58:53	1:27:55	2:11:39
286	5542	Heib Stefanie	*Essen	4:39:33	W20	45	1:00:22	1:29:58	2:09:12
287	5067	Schenten Silke	Laufen bis der Arzt kommt	4:40:25	W50	44	0:59:04	1:30:43	2:10:37
288	5190	Meuter Stephanie	Hasenkinder	4:41:15	W50	45	0:58:40	1:31:01	2:11:34
289	4098	Lippmann Petra	*Düsseldorf	4:41:28	W45	59	0:58:42	1:29:39	2:13:06
290	5003	Hambrecht Iris	*Wülfrath	4:41:47	W45	60	0:58:08	1:31:08	2:12:29
291	3637	Schollmeier Simone	*Dortmund	4:42:10	W40	43	0:57:33	1:34:59	2:09:37
292	2996	Luecking Gudrun	*Duisburg	4:42:31	W50	46	0:58:41	1:31:08	2:12:42
293	4530	Niehues-Gausselmann Be	*Moers	4:43:06	W55	21	0:58:02	1:33:09	2:11:55
294	4122	Morgenstern Elvi	*Moers	4:43:56	W50	47	0:58:51	1:29:29	2:15:36
295	2515	Nied Constanze	*Duisburg	4:44:34	W45	61	0:59:15	1:30:51	2:14:28
296	4417	Kampa Jaqueline	*Duisburg	4:45:09	W20	46	0:59:34	1:29:48	2:15:47
297	3583	Conzen Gerda	ETB SWEssen	4:46:51	W55	22	0:58:19	1:31:22	2:17:09
298	5149	Laschke Ulrike	Borbecker Raketen Essen	4:46:52	W55	23	0:55:01	1:25:48	2:26:03
299	4666	Gross Helga	PV Triathlon Witten	4:47:10	W75	1	0:59:54	1:33:43	2:13:32
300	2414	Laschet Katrin	TRC Essen 84	4:47:30	W35	31	0:59:55	1:34:27	2:13:07
301	4850	Zora Susanne	*Mülheim an der Ruhr	4:47:46	W55	24	0:56:06	1:33:00	2:18:39
302	4407	Pries Anne	Bocholt	4:48:42	W45	62	0:58:14	1:31:55	2:18:32
303	2369	Kater Sabrina	*Düsseldorf	4:49:08	W20	47	0:57:19	1:33:25	2:18:23
304	4284	Zocher Sarah	*Rheinberg	4:49:10	W35	32	0:59:43	1:31:41	2:17:44
305	2510	Mirtar Lilian	*Köln	4:49:18	W30	35	0:59:34	1:34:28	2:15:16
306	4186	Schneemann Vera	*Essen	4:49:22	W40	44	0:59:11	1:35:09	2:15:01
307	2565	Sander Jana	Paulinchen Panther	4:49:22	W35	33	0:57:57	1:30:59	2:20:24
308	4076	Schink Maren	ichhasselaufen.de	4:49:25	W20	48	1:01:41	1:34:10	2:13:32
309	5213	Sokoll Miriam	*Herten	4:49:38	W40	45	0:59:56	1:36:45	2:12:56
310	4004	Fiegen Isabel	*Duisburg	4:50:11	W35	34	1:00:14	1:35:15	2:14:42
311	2368	Evening Sandra	*Düsseldorf	4:50:57	W20	49	0:59:07	1:33:26	2:18:23
312	5263	Sonntag Melanie	*Grevenbroich	4:52:01	W35	35	0:59:32	1:32:57	2:19:31
313	3133	Falk Irene	Bestzeit war gestern	4:52:15	W55	25	1:02:22	1:36:48	2:13:04
314	4009	Kannengiesser Monika	*Duisburg	4:53:02	W40	46	1:00:31	1:34:51	2:17:39
315	2787	Pensel Momo	*Duisburg	4:53:51	W45	63	0:59:32	1:35:15	2:19:03
316	4910	Lindenberg Hava	*Essen	4:53:52	W40	47	0:59:07	1:36:07	2:18:37
317	2609	Kubik Julia	*Bottrop	4:54:11	W30	36	0:58:08	1:37:47	2:18:15
318	4847	Czerwinski Nicole	*Bochum	4:55:36	W45	64	1:01:18	1:36:54	2:17:23

**Nike Winterlaufserie  
des ASV Duisburg 2016  
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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	4894	Hauck Lea	*Duisburg	4:57:18	WU16	1	1:02:43	1:38:58	2:15:36
320	5281	Köhler Britta	*Bochum	4:57:44	W20	50	0:59:23	1:38:34	2:19:46
321	3137	Schröer Elke	VB Lauftreff	4:58:32	W35	36	1:02:54	1:37:23	2:18:14
322	4251	Holsteiner Heike	*Langenthal	5:00:19	W50	48	1:02:37	1:37:12	2:20:29
323	3247	Mispelkamp Sabrina	SV Haldern Lauftreff	5:00:22	W20	51	1:02:23	1:37:01	2:20:57
324	2557	Rüter Kirsten	SV Haldern Lauftreff	5:00:24	W45	65	1:02:23	1:37:02	2:20:57
325	3992	Waltenberg Grit	Ruderclub Westfalen Herdeck	5:00:58	W40	48	1:01:47	1:36:12	2:22:59
326	3290	Syska Angelika	LSF Münster	5:01:26	W55	26	1:00:50	1:38:40	2:21:55
327	4011	Krause Rosemarie	*Duisburg	5:03:16	W50	49	1:00:32	1:34:51	2:27:52
328	5020	Hahn Corinna	*Velbert	5:05:46	W30	37	0:59:25	1:39:22	2:26:59
329	5649	August Gisela	LC Duisburg	5:05:48	W50	50	1:03:59	1:38:31	2:23:17
330	5588	Kosubek Cornelia	200PROTEAM	5:06:00	W60	9	1:03:31	1:40:09	2:22:19
331	5311	Burkhardt Susanne	Laufschule Dortmund	5:06:17	W35	37	1:01:23	1:46:15	2:18:38
332	3884	Kott Marianne	BSG Sparkasse Duisburg	5:07:26	W30	38	1:03:48	1:39:25	2:24:12
333	4884	Van Ree Marion	TV Uffort-Eick	5:08:19	W55	27	1:05:37	1:39:11	2:23:29
334	2776	Wurzel Johanna	*Duisburg	5:09:13	W30	39	1:04:02	1:41:12	2:23:58
335	5346	Wandolski Ramona	*Mülheim an der Ruhr	5:10:35	W30	40	1:05:59	1:39:47	2:24:48
336	4576	Taplick Chantal	*Duisburg	5:12:33	W40	49	1:07:09	1:42:11	2:23:13
337	3822	Haas Sonja	Ausdauerschule by Bunert	5:13:56	W35	38	1:04:19	1:42:49	2:26:47
338	3215	Winters Ina	*Essen	5:15:18	W30	41	1:02:53	1:41:07	2:31:17
339	3127	Imping Diana	*Mülheim	5:18:55	W55	28	1:05:26	1:42:41	2:30:47
340	2461	Brockhoff Claudia	Buchholzer Rennmaus	5:19:07	W55	29	1:05:52	1:40:06	2:33:08
341	2661	Hölter Nicole	*Sprockhövel	5:19:44	W45	66	1:04:12	1:44:06	2:31:26
342	2922	Muhren Gabriele	physioquelle	5:20:30	W55	30	1:05:25	1:44:12	2:30:52
343	5579	Hoffmann-Güth Steffi	200PROTEAM	5:23:54	W50	51	1:05:09	1:45:19	2:33:25
344	2549	Beer Iris	TriTeam TSG Sprockhövel	5:24:00	W45	67	1:05:06	1:47:28	2:31:26
345	4188	Chudzinski Lidija	*Essen	5:25:51	W50	52	1:08:11	1:47:26	2:30:13
346	4510	Bachran Christina	*Duisburg	5:30:40	W20	52	1:08:20	1:46:52	2:35:28
347	2779	Strahler Hannelore	Weseler TV Triathlon	5:30:51	W40	50	1:09:29	1:45:34	2:35:48
348	2682	Schesna Brigitte	*Duisburg	5:31:22	W60	10	1:09:00	1:47:19	2:35:02
349	5138	Friemelt Jana	TSV Meerbusch	5:31:41	W60	11	1:10:57	1:50:10	2:30:32
350	4483	Große Beate	Helios Iron Team Wuppertal	5:35:25	W55	31	1:09:59	1:51:30	2:33:55
351	5435	Ruiz Beatriz	*Düsseldorf	5:43:34	W40	51	1:12:49	1:46:33	2:44:11
352	4706	Meters Susanne	*Oberhausen	5:44:51	W50	53	1:11:54	1:47:30	2:45:26