



**AOK Winterlaufserie
des ASV Duisburg 2017
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	2500	Grunenberg Karol	TLV Germania Überraehr	2:32:17	M30	1	0:31:22	0:50:15	1:10:39
2	2800	Husen Dr. Martin	Rüttenscheid Road Racing	2:41:14	M30	2	0:34:04	0:52:00	1:15:09
3	3490	Komes Max Paul	*Oberhausen	2:49:53	MU20	1	0:35:14	0:55:43	1:18:56
4	3029	Wies Sven	DSV 98	2:49:54	M30	3	0:36:23	0:54:48	1:18:42
5	2743	Karst Fabian	Laufwerk-Ruhr	2:50:15	M20	1	0:35:34	0:56:17	1:18:23
6	4942	Peters Mark	Recklinghäuser LC	2:50:47	M45	1	0:35:52	0:54:57	1:19:56
7	5799	Fels Sven	LG Coesfeld	2:52:36	M20	2	0:36:20	0:56:47	1:19:27
8	3223	Rouhiainen Ristomatti	LGO Bochum	2:54:00	M30	4	0:36:49	0:56:32	1:20:38
9	2292	Rodriguez Baena Rafael	TC Kray 1892 e. V.	2:54:24	M45	2	0:37:34	0:57:01	1:19:49
10	5405	Erbe Michael	Lokomotive Dortmund	2:55:00	M45	3	0:36:52	0:57:20	1:20:48
11	3428	Schmidt Heiko	*Düsseldorf	2:55:10	M40	1	0:37:11	0:56:45	1:21:12
12	2257	Kölker Manuel	AOK TEAM	2:56:05	M35	1	0:37:45	0:57:52	1:20:27
13	4201	Gerpheide Tim	SV 08/29 Friedrichsfeld	2:56:29	M20	3	0:36:35	0:57:25	1:22:28
14	2878	Stolecki Stephan	LC Rapid Dortmund	2:56:46	M45	4	0:37:04	0:58:17	1:21:25
15	2449	Diallo Samba	Vodafone Runners	2:56:49	M45	5	0:37:10	0:57:36	1:22:02
16	5217	Förderer Micha Florian	micha.foerderer@gmail.com	2:57:46	M30	5	0:37:07	0:58:43	1:21:54
17	4602	Roling Michael	High5 Düsseldorf	2:58:40	M30	6	0:36:58	0:58:33	1:23:08
18	2765	Rayher Benjamin	TriDucks Dorsten	2:58:48	M20	4	0:37:27	0:58:56	1:22:24
19	5253	Seggewiß Jens	DJK Coesfeld Triathlon Abt.	2:59:02	M20	5	0:37:20	0:58:35	1:23:06
20	4949	Schimpf-Willenbrink Stef	TuS Querenburg	3:00:14	M30	7	0:37:59	0:58:54	1:23:20
21	4157	Wisnewski Dustin	*Essen	3:00:20	M30	8	0:38:07	0:58:49	1:23:23
22	3944	Wunn Henrik	Triathlon Team Ratingen 08	3:00:36	M20	6	0:36:43	0:58:20	1:25:31
23	5464	Hüting Marvin	MSV Essen-Steele 2011 e.V.	3:00:56	M30	9	0:37:39	0:58:37	1:24:38
24	2366	Grönke Steffen	200PROTEAM	3:01:25	M35	2	0:37:47	0:59:12	1:24:25
25	2447	Christoph Stefan	Vodafone Runners	3:02:36	M40	2	0:37:39	0:59:06	1:25:50
26	2437	Gomes Alfonso	Vodafone Runners	3:02:51	M35	3	0:39:12	0:59:24	1:24:15
27	5790	Severt Günter	LG Coesfeld	3:02:54	M50	1	0:38:27	0:59:53	1:24:33
28	4432	Goeke Dr. Martin	Ausdauerchule by Bunert	3:03:06	M35	4	0:38:33	0:59:26	1:25:07
29	5060	Smyk Martin	*Mülheim an der Ruhr	3:03:25	M35	5	0:38:47	0:59:14	1:25:22
30	2786	Brune Gilbert	*Bottrop	3:03:40	M45	6	0:39:15	0:59:53	1:24:32
31	4899	Lawrenz Leif	ESV Meiderich	3:04:05	M35	6	0:38:22	0:58:44	1:26:58
32	5223	Mayer Andreas	TUS Xanten	3:04:38	M45	7	0:39:35	0:59:42	1:25:20
33	4411	Rosenträger Stefan	LGO Bochum	3:05:04	M40	3	0:38:36	0:59:30	1:26:57
34	5028	Winking Ralf	TUS Altenberge	3:05:06	M45	8	0:38:33	1:00:22	1:26:10
35	3889	Krannig Kai-Steffen	LC Rapid Dortmund	3:05:21	M30	10	0:37:24	1:00:23	1:27:34
36	4734	Nienhaus Hammer Micha	Team Erdinger Alkoholfrei	3:05:32	M45	9	0:38:18	0:59:35	1:27:38
37	5458	Flockau Sascha	Tri Finish Münster	3:06:33	M35	7	0:38:38	1:01:43	1:26:11
38	4438	Müller Thomas	TV Aldekerk	3:06:39	M40	4	0:39:28	1:00:30	1:26:41
39	5090	Weckwarth Peter	*Solingen	3:06:43	M55	1	0:39:44	1:00:03	1:26:55
40	3937	Schroeter Wolfgang	Laufsport Bunert Duisburg	3:06:57	M45	10	0:39:03	1:02:11	1:25:42
41	4932	Telahr Jürgen	Bocholter WSV	3:07:06	M45	11	0:39:01	1:00:19	1:27:44
42	4793	Königs Jan	SC Bayer 05 Uerdingen	3:07:18	MU20	2	0:39:00	1:00:50	1:27:27
43	4843	Duncker Tobi	*Düsseldorf	3:07:23	M45	12	0:39:35	1:00:31	1:27:17
44	3745	Becker Patrick	BSG Nispa	3:07:44	M35	8	0:39:43	1:01:04	1:26:56
45	5403	Fenner Pascal	Dortmund	3:08:03	M20	7	0:41:46	1:01:00	1:25:16
46	5040	Eickelmann Karsten	BSG JVA TAXI HAGEN	3:08:05	M45	13	0:40:00	1:01:03	1:27:01
47	2959	Himpler Ralf	Bocholter WSV	3:08:33	M50	2	0:38:54	0:59:52	1:29:46
48	4124	Barth John		3:08:36	M35	9	0:40:00	1:00:55	1:27:40
49	3724	Hinjos Sanchez Felix	TV 1900 Wanheim	3:08:41	M50	3	0:39:16	0:59:59	1:29:26
50	4383	Schult Bastian	WSV Schermbeck	3:09:14	M40	5	0:39:01	1:01:21	1:28:51
51	2383	Schlitt Carsten	200PROTEAM	3:09:25	M35	10	0:39:30	1:01:17	1:28:36
52	4505	Gerke Marco	run VGN	3:09:40	M35	11	0:38:36	1:01:00	1:30:03
53	5150	Mussehl Valentin	Triathlon Team Ratingen 08	3:10:22	M20	8	0:37:37	1:02:54	1:29:50



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	4952	Riedel Markus	*Duisburg	3:10:31	M50	4	0:40:43	1:01:37	1:28:11
55	2811	Gargerakis Kostas	*Duisburg	3:10:41	M40	6	0:38:56	1:02:33	1:29:11
56	5563	Vojvodic Nebojsa	*Düsseldorf	3:10:42	M40	7	0:40:35	1:02:02	1:28:05
57	2413	Hanke Frank	Vodafone Runners	3:10:42	M45	14	0:39:37	1:01:29	1:29:35
58	2972	Winkelman Dennis	*Duisburg	3:10:44	M30	11	0:39:35	1:03:17	1:27:52
59	2403	Richrath Kay	Vodafone Runners	3:10:48	M45	15	0:39:42	1:01:47	1:29:18
60	5114	Weigang Frank	Tusem Essen	3:10:58	M50	5	0:39:11	1:01:57	1:29:50
61	2492	Egin-Richter Taner	TUS Breitscheid	3:11:15	M40	8	0:39:22	1:03:32	1:28:21
62	3411	Franze Daniel	TSV Bocholt	3:11:31	M40	9	0:39:55	1:02:26	1:29:09
63	3647	Schürings Armin	Max Maulwurf Marathonis	3:11:38	M45	16	0:40:36	1:01:57	1:29:04
64	5375	Packroß Stefan	Maxi+Niko	3:12:03	M35	12	0:40:45	1:02:20	1:28:57
65	3105	Knaack Klaus	LEX Bocholt Running Team	3:12:12	M50	6	0:41:25	1:01:05	1:29:40
66	4339	Kerstan Frank	Atrinalin Düsseldorf	3:12:35	M35	13	0:39:58	1:02:28	1:30:07
67	2833	Schlemmer Christian	*Düsseldorf	3:12:44	M40	10	0:40:36	1:02:38	1:29:29
68	2915	Sahling Heino	*Essen	3:12:53	M50	7	0:40:35	1:02:18	1:29:59
69	4102	Schneider Markus	LG Haselnuss	3:13:06	M45	17	0:39:24	1:01:37	1:32:04
70	2380	Raspe Jens	200PROTEAM	3:13:10	M20	9	0:37:53	1:07:12	1:28:04
71	3676	Schleuter Christian-Thoma	Bocholter WSV	3:13:25	M35	14	0:40:25	1:04:10	1:28:50
72	5161	Pizzolato Paolo	*Duisburg	3:13:27	M55	2	0:40:48	1:02:29	1:30:09
73	2514	Schaefer Peter	*Kaarst	3:13:33	M45	18	0:39:56	1:03:27	1:30:09
74	3489	Lisson Roger	LC Duisburg	3:13:36	M40	11	0:42:15	1:01:53	1:29:27
75	3054	Mehtieff Alexander	Krefelder Kanu Klub	3:13:37	M50	8	0:42:10	1:02:51	1:28:35
76	2572	Orlowski Bernd	*Gelsenkirchen	3:13:44	M60	1	0:40:42	1:03:06	1:29:55
77	2772	Schubbert Michael	Moerser TV Triathlon	3:14:02	M45	19	0:39:52	1:03:08	1:31:01
78	4493	Schult Ingo	LT-Training By Neiß	3:14:13	M55	3	0:40:34	1:02:50	1:30:48
79	3534	Szostak Dieter	*Oberhausen	3:14:44	M50	9	0:40:41	1:03:44	1:30:18
80	5120	Pyclik Stanislaw	*Duisburg	3:14:46	M50	10	0:40:19	1:01:38	1:32:48
81	3361	Bücher Marco	Erlar-Sportgemeinschaft	3:14:49	M40	12	0:40:47	1:03:37	1:30:24
82	4706	Natschke Jörg	Doppelrunde	3:14:50	M55	4	0:39:23	1:01:29	1:33:57
83	3997	Schmidt Burkhard	Triathlon Team Ratingen 08	3:15:00	M55	5	0:41:15	1:03:36	1:30:08
84	3459	Walter Roman	SG Stern Düsseldorf	3:15:15	M35	15	0:42:00	1:03:43	1:29:30
85	2350	Brinker Christian	VIVAWEST	3:15:15	M35	16	0:40:59	1:03:17	1:30:58
86	4351	Cetiner Marvin	Radclub Sturmvogel 1898 e.	3:15:17	M20	10	0:38:48	1:04:29	1:31:59
87	4850	Schultheis Matthias	*Bochum	3:15:18	M20	11	0:42:54	1:03:02	1:29:21
88	3504	Nowakowski Marc	TriClub Wuppertal	3:15:25	M50	11	0:40:14	1:02:29	1:32:41
89	5083	Pabich Tobias	LG Weidensprinter	3:15:26	M20	12	0:39:18	1:03:25	1:32:42
90	3055	Maerz Christian	Starlight Team Essen	3:15:28	M50	12	0:41:15	1:04:08	1:30:04
91	3462	Krause Frank	Wir bei HKM	3:15:52	M50	13	0:40:10	1:02:27	1:33:14
92	2409	Ponto Stefan	Vodafone Runners	3:15:59	M50	14	0:41:42	1:03:25	1:30:52
93	2735	Welskopf Hans-Peter	Ballettschule Müller	3:16:18	M55	6	0:41:33	1:04:16	1:30:28
94	5590	Przewloka Joachim	TG Neuss	3:16:21	M55	7	0:41:15	1:03:03	1:32:01
95	2365	Getwan Lars	200PROTEAM	3:16:27	M40	13	0:39:57	1:05:21	1:31:09
96	5306	Lasch Martin	Ausdauerchule by Bunert	3:16:31	M30	12	0:41:05	1:02:49	1:32:36
97	4929	Matrose Arne	*Münster	3:16:44	M30	13	0:40:22	1:03:09	1:33:12
98	5313	van Beek Tobias	Düsseldorf	3:16:58	M30	14	0:40:32	1:05:39	1:30:46
99	4855	Liesebach Florian	Moerser TV Triathlon	3:17:08	M30	15	0:42:07	1:07:01	1:27:59
100	4522	Metzger Jens	Freie Schwimmer Düsseldorf	3:17:39	M20	13	0:40:31	1:04:00	1:33:07
101	2792	Priester Marco	SuS Bertlich	3:17:39	M45	20	0:40:44	1:02:49	1:34:06
102	4244	Dietrich Christian	*Duisburg	3:18:04	M30	16	0:43:14	1:03:56	1:30:53
103	3978	Alst Klaus	*Mülheim an der Ruhr	3:18:10	M55	8	0:43:38	1:03:27	1:31:03
104	2483	Tempesta Michael	AS Neukirchen-Vluyn	3:18:11	M30	17	0:40:12	1:03:45	1:34:12
105	4334	Eifert Thomas	WSV Schermbeck	3:18:27	M35	17	0:40:07	1:03:27	1:34:52
106	3685	Bockholt Peter	SV Gladbeck 13	3:18:30	M50	15	0:41:25	1:04:43	1:32:21



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	2559	Haane Stefan	SG Borken	3:18:39	M35	18	0:41:23	1:04:45	1:32:30
108	4759	Vahldieck Jens	Krefelder Kanu Klub	3:18:40	M50	16	0:42:13	1:04:27	1:31:59
109	3915	Micus Werner	DSC Preußen	3:18:49	M45	21	0:41:43	1:04:45	1:32:20
110	2981	Rütter Marc	Hamminkelter SV	3:18:51	M45	22	0:41:36	1:04:54	1:32:20
111	4358	Niehues Klaus	*Duisburg	3:18:53	M45	23	0:40:54	1:03:40	1:34:17
112	4668	Gora Stefan	Spielwaren WENIG Düsseldorf	3:18:53	M40	14	0:42:35	1:05:09	1:31:07
113	3438	Künzel Rüdiger	Lauftreff Uhlenhorst Mülheim	3:19:10	M55	9	0:42:06	1:03:25	1:33:38
114	4818	Krebs Dr. Werner	DJK VfR Saarn	3:19:17	M55	10	0:42:16	1:04:00	1:33:01
115	2838	Oelschläger Klaus	Mitsubishi-Electric-Runners	3:19:23	M55	11	0:45:18	1:06:46	1:27:18
116	2570	Lickfett Heiko	Freie Schwimmer Düsseldorf	3:19:26	M55	12	0:42:48	1:04:43	1:31:53
117	4926	Krüppel Christoph	LEX Bocholt Running Team	3:19:41	M30	18	0:41:16	1:04:38	1:33:45
118	4127	Orlov Pavel	TEAM ELG	3:19:53	M40	15	0:41:42	1:04:33	1:33:37
119	4919	Blomen Frank	Hamminkelter SV	3:20:13	M40	16	0:39:53	1:04:35	1:35:43
120	5148	Schaub Patrick	SV Gladbeck 13	3:20:37	M45	24	0:42:04	1:04:43	1:33:49
121	3740	Müller Rainer	*Herne	3:20:40	M45	25	0:42:04	1:05:08	1:33:28
122	2521	Weidenhaupt Alexander	*Düsseldorf	3:20:44	M30	19	0:42:45	1:07:20	1:30:38
123	2401	Dixkens Jörg	TV Wanheimerort 1880 e.V.	3:20:56	M55	13	0:43:42	1:05:06	1:32:08
124	3554	Te Baay Stefan	SV Haldern Lauftreff	3:21:00	M45	26	0:42:17	1:05:22	1:33:21
125	3744	Paulsen Lars	Staubwolke Monrovia	3:21:06	M35	19	0:41:24	1:05:30	1:34:11
126	3209	Jurczyk Sven	Team Erdinger Alkoholfrei	3:21:19	M35	20	0:41:11	1:03:28	1:36:39
127	4076	Wehr Matthias	LC Duisburg	3:21:33	M55	14	0:42:46	1:05:22	1:33:23
128	3898	Angel Steven	*Duisburg	3:21:37	M30	20	0:41:40	1:05:58	1:33:57
129	3994	Stöckl Sascha	Zack Bananas	3:21:39	M30	21	0:41:39	1:04:51	1:35:07
130	4105	Kohlhöfer Udo	Krefelder Kanu Klub	3:21:47	M50	17	0:42:59	1:05:06	1:33:41
131	3907	Backes Helmut	*Ratingen	3:21:53	M45	27	0:39:03	1:08:06	1:34:43
132	5791	Woltering Ralf	LG Coesfeld	3:21:53	M35	21	0:43:10	1:05:26	1:33:16
133	4856	Witteler Norbert	LT Rhein Kanal 1988	3:21:58	M60	2	0:43:05	1:05:22	1:33:29
134	3690	Beermann Moritz	Beermann for ever	3:21:59	M30	22	0:42:07	1:06:00	1:33:52
135	3983	Hoffmann Jörg	Bocholter WSV	3:22:14	M40	17	0:41:22	1:05:52	1:34:59
136	2691	Lischka Jan Timo	Triathlon TEAM TG Witten	3:22:33	M40	18	0:42:19	1:05:37	1:34:36
137	4422	Eicheler Guido	gute-beine.de	3:22:34	M50	18	0:42:34	1:06:23	1:33:37
138	3555	Unterberg Tobias	Lauftreff Obererft	3:22:58	M40	19	0:43:27	1:06:45	1:32:45
139	4570	Tuttmann Ludger	*Marl	3:22:58	M45	28	0:42:19	1:06:13	1:34:26
140	4673	Niklas Klaus	Triathlon Team Rheinberg	3:23:04	M50	19	0:42:01	1:06:35	1:34:27
141	4055	Kuklik Peter	*Haan	3:23:14	M50	20	0:43:16	1:05:54	1:34:03
142	3762	Rietmann Stefan	VfL Merkur Kleve	3:23:26	M50	21	0:41:20	1:07:39	1:34:27
143	4799	Müller Christian	*Rheinberg	3:23:30	M35	22	0:46:29	1:05:18	1:31:42
144	3019	Eckford Steven	*Goch	3:23:42	M40	20	0:42:56	1:06:03	1:34:42
145	3464	Krebs Michael	TUS QUETTINGEN	3:23:50	M50	22	0:43:22	1:06:02	1:34:24
146	3648	Faber Oliver	Max Maulwurf Marathonis	3:23:51	M45	29	0:42:26	1:08:21	1:33:04
147	5551	Jansen Björn	DJK SF 97/30 Lowick	3:23:56	M35	23	0:41:44	1:06:54	1:35:18
148	2861	Thomauske Norbert	TuSpo Huckingen	3:23:59	M55	15	0:42:49	1:06:19	1:34:51
149	3234	Hinzmann Mathias	Kahlenberger HTC	3:24:08	M35	24	0:42:11	1:06:23	1:35:33
150	5588	Jotzo Marco	Bocholter WSV	3:24:08	M40	21	0:41:48	1:06:49	1:35:30
151	3858	Schill Sebastian	*Duisburg	3:24:17	M30	23	0:43:32	1:06:00	1:34:45
152	4217	Binnenbruck Henning	BSG STEAG	3:24:27	M45	30	0:42:56	1:06:37	1:34:54
153	5078	Koch Andreas	TUS Xanten	3:24:31	M45	31	0:43:46	1:05:39	1:35:06
154	3654	Kahls Markus	Max Maulwurf Marathonis	3:24:33	M45	32	0:42:41	1:06:03	1:35:47
155	2420	Gleumes Stephan	Vodafone Runners	3:24:43	M45	33	0:41:48	1:05:18	1:37:36
156	5442	Göbbels Torsten	Etus Bissingheim	3:24:52	M35	25	0:39:18	1:07:34	1:37:59
157	3356	Ohrmann Dr. Christoph	Freie Schwimmer Düsseldorf	3:24:52	M35	26	0:42:19	1:05:40	1:36:52
158	3008	Liß Karl-Heinz	BSV ThyssenKrupp Stahl	3:25:01	M60	3	0:42:47	1:05:32	1:36:41
159	4295	Ringelstein Dr. Jörg	*Essen	3:25:02	M45	34	0:43:08	1:06:02	1:35:50



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	2961	Boleslawsky Stephan	*Ratingen	3:25:08	M45	35	0:43:22	1:06:35	1:35:10
161	3576	Dietrich Eckhardt	Ratingen	3:25:42	M65	1	0:42:51	1:06:56	1:35:54
162	3973	Bachmann Günter	LG Alpen	3:25:42	M60	4	0:41:47	1:07:41	1:36:13
163	5166	Karger Dr. Ralf	*Mülheim an der Ruhr	3:25:43	M50	23	0:44:00	1:06:56	1:34:46
164	3862	Kossen Andreas	*Duisburg	3:25:45	M45	36	0:43:14	1:05:56	1:36:33
165	3853	Ruda Christian	FSV Düsseldorf	3:25:46	M35	27	0:44:19	1:06:09	1:35:17
166	2771	Seggewiss Frank	TUB Bocholt	3:25:59	M40	22	0:42:05	1:05:04	1:38:49
167	3274	Brömme Roland	DAV - Duisburg	3:25:59	M55	16	0:43:30	1:06:22	1:36:06
168	2504	Welsch Rüdiger	TUS Breitscheid	3:26:00	M50	24	0:39:41	1:16:27	1:29:52
169	2779	Zumtick Sebastian	Vfl Motörhead	3:26:00	M40	23	0:45:20	1:04:42	1:35:58
170	2558	Kerstan Matthias	*Düsseldorf	3:26:02	M20	14	0:42:58	1:06:40	1:36:24
171	3989	Skoerys Michael	Triathlon Team Ratingen 08	3:26:05	M50	25	0:42:14	1:06:38	1:37:12
172	4556	Klusmann Ingmar	Freie Schwimmer Düsseldorf	3:26:08	M35	28	0:43:43	1:06:14	1:36:10
173	4601	Bienert Patrick	*Velbert	3:26:18	M35	29	0:43:51	1:09:32	1:32:54
174	4212	Kaiser André	TuS Baerl e.V.	3:26:26	M40	24	0:42:54	1:07:26	1:36:05
175	4819	Hildering Sven	*Essen	3:26:31	M35	30	0:43:43	1:07:06	1:35:41
176	3814	Kubas Thorsten	TSV 1863 Herdecke	3:26:33	M55	17	0:43:48	1:06:27	1:36:17
177	3909	Eversmann Dennis	*Aachen	3:26:35	M30	24	0:41:36	1:05:20	1:39:38
178	4186	Bögershausen Holger	Raketenläufer	3:26:35	M45	37	0:42:26	1:06:57	1:37:12
179	4282	Neier Dietmar	*Hamminkeln	3:26:40	M50	26	0:44:04	1:06:50	1:35:45
180	2789	Von den Kerckhoff Bernd	Die Höhenläufer	3:26:46	M40	25	0:41:56	1:06:14	1:38:35
181	3276	Plitt Carsten	LC Duisburg	3:26:49	M50	27	0:43:06	1:06:12	1:37:31
182	4175	Bosse Manuel	*Düsseldorf	3:26:51	M30	25	0:42:56	1:06:38	1:37:16
183	4762	Lemken Frank	SC Bayer 05 Uerdingen	3:27:18	M45	38	0:44:05	1:06:50	1:36:22
184	5328	Bohle Felix	Viermärker Dortmund	3:27:23	M35	31	0:43:10	1:08:12	1:36:00
185	5245	Mathia Marcus	*Grevenbroich	3:27:26	M45	39	0:43:16	1:05:35	1:38:34
186	2713	Hetterscheidt Mattes	*Essen	3:27:31	M50	28	0:44:49	1:08:11	1:34:30
187	4514	Jany Peter	*Dinslaken	3:27:39	M45	40	0:42:46	1:05:52	1:39:01
188	4995	Hibner Adam	*Kamp-Lintfort	3:27:59	M45	41	0:43:41	1:08:18	1:35:59
189	2439	Nohr Ingo	Vodafone Runners	3:28:03	M55	18	0:43:53	1:07:32	1:36:38
190	2311	Perlick Holger	Angerland LT Lintorf	3:28:16	M45	42	0:43:11	1:07:05	1:37:59
191	3388	Hackenbroich Guido	*Krefeld	3:28:24	M50	29	0:44:15	1:07:45	1:36:23
192	2595	Baumgarten Manfred	LANXESS IPG Marathon Te	3:28:31	M55	19	0:43:26	1:07:40	1:37:24
193	3286	Laufs Stephan	LT Metzkausen	3:28:33	M50	30	0:43:18	1:07:43	1:37:31
194	4429	Micus Moritz	*Wuppertal	3:28:47	M30	26	0:41:32	1:05:19	1:41:56
194	4853	Gwozdz Michael	Triminators TV Voerde	3:28:47	M50	31	0:43:19	1:07:19	1:38:08
196	4547	Olschok Denis	*Duisburg	3:28:48	M20	15	0:43:35	1:07:16	1:37:57
197	5272	John Pascal	*Duisburg	3:28:52	M20	16	0:44:13	1:08:23	1:36:15
198	3547	Gebauer Bernd	LG Olympia Dortmund	3:29:09	M50	32	0:43:19	1:05:48	1:40:01
199	2407	Bravo Javier	Vodafone Runners	3:29:12	M30	27	0:43:01	1:07:49	1:38:21
200	3331	Hajek Prof. Dirk	Adler-Langlauf Bottrop	3:29:24	M45	43	0:44:58	1:06:58	1:37:27
201	5371	Landgraf Thomas	*Duisburg	3:29:39	M45	44	0:42:51	1:06:47	1:40:00
202	2950	Schumann Frank	RC77 Bocholt	3:29:40	M45	45	0:43:49	1:05:42	1:40:08
203	2754	Wazna Holger	Rumelner TV	3:29:41	M40	26	0:44:14	1:08:29	1:36:57
204	3278	Grunau Manfred	LEX Bocholt Running Team	3:29:51	M50	33	0:44:15	1:08:05	1:37:30
205	3017	Willner Detlef	Mettmann	3:29:53	M55	20	0:44:41	1:07:54	1:37:17
206	2992	Geuken Lars	*Essen	3:29:57	M40	27	0:43:26	1:08:24	1:38:06
207	2686	Bille Christoph	Marathon Mülheim	3:30:11	M30	28	0:43:05	1:09:33	1:37:32
208	2348	Hertog Dietmar	VIVAWEST	3:30:14	M45	46	0:44:42	1:08:01	1:37:30
209	3847	Sendler Dr. Hanno	Moerser TV Triathlon	3:30:24	M30	29	0:43:16	1:08:35	1:38:32
210	2903	Berndt Stephan	SSV Rhade	3:30:52	M50	34	0:44:29	1:09:12	1:37:10
211	2844	Kersten Stephan	SV Haldern Lauftreff	3:30:58	M35	32	0:45:06	1:09:10	1:36:42
212	3281	Ritthoff Michael	*Duisburg	3:30:59	M45	47	0:42:53	1:09:56	1:38:10



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	2453	Hammerschmidt Lukas	Vodafone Runners	3:31:01	M20	17	0:42:02	1:05:15	1:43:43
214	2291	Torkhani Imad	TC Kray 1892 e. V.	3:31:04	M40	28	0:41:46	1:05:11	1:44:06
215	4509	Hying Christian	*Rhede	3:31:11	M45	48	0:43:59	1:08:11	1:39:00
216	5474	Jurytko Thomas	SV Wanheim 1900	3:31:29	M35	33	0:46:19	1:09:07	1:36:02
217	2986	Conrad Thomas	TRIMUNIA	3:31:36	M50	35	0:47:24	1:11:01	1:33:09
218	4925	Lou Sot	*Duisburg	3:31:41	M40	29	0:44:39	1:09:04	1:37:57
219	3756	Weißhuber Pierre	Feuerwehr SV Düsseldorf	3:31:51	M20	18	0:46:14	1:09:39	1:35:57
220	4685	Konein Dr. Gert	RSC Moers	3:31:53	M55	21	0:44:00	1:08:36	1:39:16
221	4495	Theisen Dr. Oliver	Eintracht Duisburg 1848 e.V	3:31:56	M45	49	0:43:18	1:07:16	1:41:22
222	3966	Hellwig Christian	Maschinen	3:31:57	M40	30	0:46:22	1:08:54	1:36:40
223	4721	Wiefels Jan	*Düsseldorf	3:32:04	M30	30	0:46:00	1:08:06	1:37:56
224	2643	Killisch Uwe	*Wesel	3:32:08	M50	36	0:43:44	1:07:47	1:40:35
225	4552	Steins Christian	TRC Essen 84	3:32:15	M55	22	0:43:47	1:09:22	1:39:06
226	4948	Möllenbrink Dominik	Extra Stout	3:32:22	M30	31	0:42:53	1:14:02	1:35:26
227	2804	Ischinsky Ludger	Lauffreunde Bottrop	3:32:40	M60	5	0:46:12	1:08:50	1:37:37
228	2995	Müller Holger	sie inkrädibälholg	3:32:46	M45	50	0:44:31	1:08:53	1:39:21
229	5565	Glatz Tom	*Duisburg	3:32:49	M35	34	0:40:32	1:01:13	1:51:04
230	2783	Falk Werner	Bestzeit war gestern	3:32:51	M55	23	0:44:50	1:08:44	1:39:16
231	4884	Engel Axel	*Mülheim an der Ruhr	3:32:53	M45	51	0:44:09	1:08:48	1:39:55
232	3004	Kersting Manfred	*Grevenbroich	3:33:05	M55	24	0:44:41	1:09:13	1:39:11
233	3030	Klötgen Jörg	*Essen	3:33:11	M45	52	0:44:38	1:09:47	1:38:44
234	4462	Fangmeier Dirk	CORe Fitness Neuss	3:33:18	M45	53	0:44:13	1:10:31	1:38:34
235	4523	Meier Jens Oliver	Team Erdinger Alkoholfrei	3:33:30	M35	35	0:44:23	1:06:55	1:42:11
236	2940	Schroeder Georg	BSV DELPHI Wuppertal	3:33:31	M65	2	0:44:21	1:09:08	1:40:01
237	5587	Jöhring Jochen	Werdener TB Essen	3:33:32	M45	54	0:45:20	1:09:28	1:38:43
238	5013	Webelsiep Jan	*Essen	3:33:38	M30	32	0:45:27	1:08:38	1:39:32
239	5168	Milosev Dejan	*Solingen	3:34:09	M40	31	0:46:07	1:07:47	1:40:15
240	3263	Schürbüscher Markus	TSV Bocholt Triathlon	3:34:10	M40	32	0:47:14	1:08:38	1:38:16
241	3378	Schmidt Joachim	*Essen	3:34:14	M60	6	0:45:31	1:09:34	1:39:08
242	3090	Fels Hubert	Billerbecker Läufer	3:34:18	M55	25	0:44:54	1:09:49	1:39:35
243	4451	Gunnemann Philipp	High5 Düsseldorf	3:34:34	M30	33	0:46:16	1:09:40	1:38:37
244	2499	Weiner Thomas	TUS Breitscheid	3:34:37	M50	37	0:44:30	1:08:58	1:41:08
245	3078	Ehrlich Dirk	Team EhrBec	3:34:41	M50	38	0:44:18	1:09:13	1:41:09
246	2983	Scholl Markus	*Duisburg	3:34:44	M40	33	0:45:30	1:09:50	1:39:23
247	5076	Flaßkamp Michael	Cool Runnings Beelen	3:34:46	M35	36	0:42:30	1:08:27	1:43:48
248	3095	Bischof Michael	*Duisburg	3:34:56	M50	39	0:44:22	1:08:49	1:41:43
249	3815	Schülke Frank	LT Bittermark Dortmund	3:34:57	M50	40	0:44:35	1:12:01	1:38:20
250	5093	Bollmann Axel	VOLLLAUFEN	3:35:33	M35	37	0:43:28	1:08:14	1:43:50
251	3324	Henning Marcel	*Ennepetal	3:35:49	M35	38	0:46:20	1:11:26	1:38:03
252	4524	Kozianka Thomas	SC Bayer 05 Uerdingen	3:35:50	M40	34	0:44:51	1:10:25	1:40:33
253	2899	Späth Norbert	Freie Schwimmer Düsseldorf	3:35:51	M45	55	0:43:51	1:06:49	1:45:10
254	2670	Simon Dr. Dieter	LG Mülheim	3:35:52	M55	26	0:45:50	1:09:30	1:40:31
255	3799	Kontny Thomas	TSV 1863 Herdecke Marath	3:35:57	M50	41	0:44:47	1:11:28	1:39:41
256	5234	Schmieder Daniel	TuS Holsterhausen	3:36:09	M40	35	0:44:57	1:11:23	1:39:48
257	2419	Voss Dirk	Vodafone Runners	3:36:13	M45	56	0:42:29	1:11:59	1:41:44
258	3922	Gaertner Stefan	*Düsseldorf	3:36:18	M30	34	0:45:19	1:11:15	1:39:43
259	2881	Seggewiß Hendrik	*Rhede	3:36:31	M40	36	0:45:07	1:10:55	1:40:28
260	3501	Pauls Viktor	*Düsseldorf	3:36:32	M45	57	0:44:56	1:09:21	1:42:13
261	3094	Jaich Robert	TriClub Wuppertal	3:36:49	M50	42	0:45:04	1:09:22	1:42:22
262	4491	Glasneck Bernd	Frühschicht	3:36:59	M55	27	0:43:42	1:15:21	1:37:55
263	4749	Sperling Gereon	*Meerbusch-Büderich	3:37:05	M35	39	0:45:21	1:11:24	1:40:19
264	4268	Wand Thorsten	Maschinen	3:37:09	M40	37	0:46:26	1:10:48	1:39:54
265	3608	Biemer Gregor	LC Duisburg	3:37:14	M40	38	0:44:45	1:08:53	1:43:34



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3936	Eisemann Uwe	TVE Essen-Burgaltendorf	3:37:14	M60	7	0:46:23	1:10:06	1:40:44
267	5242	Mittasch Markus	Langsam läuft am Längsten	3:37:17	M45	58	0:47:25	1:09:05	1:40:47
268	2828	Aufurth Matthias	*Ratingen	3:37:19	M45	59	0:45:18	1:10:57	1:41:03
269	3925	Jonak Andreas	Die Spaßvögel	3:37:19	M45	60	0:44:15	1:12:22	1:40:40
270	2459	Malkowsky Andre	Vodafone Runners	3:37:22	M45	61	0:44:29	1:10:19	1:42:33
271	2914	Kurpiun Lars E.	*Dortmund	3:37:22	M45	62	0:45:50	1:10:23	1:41:09
272	3374	Nebe Philipp	Freie Schwimmer Düsseldorf	3:37:31	M20	19	0:54:30	1:06:19	1:36:41
273	3777	Grube Volker	Adler-Langlauf Bottrop	3:37:39	M45	63	0:44:47	1:10:44	1:42:08
274	4167	Schnatmann Christian	*Hünxe	3:37:46	M50	43	0:46:21	1:09:57	1:41:27
275	3844	Neuheuser Markus	Adler-Langlauf Bottrop	3:37:46	M50	44	0:45:00	1:10:36	1:42:09
276	4546	Schmengler Thiemo	*Köln	3:38:00	M30	35	0:45:39	1:09:51	1:42:29
277	3288	Tuschinski Lars	Funky Runners	3:38:14	M35	40	0:39:06	1:13:32	1:45:35
278	4802	Kleffner Helmut	BSG Wirtschaftsbetriebe Du	3:38:19	M50	45	0:45:02	1:10:56	1:42:20
279	4148	Becker Wolfgang	*Essen	3:38:21	M65	3	0:45:50	1:11:27	1:41:02
280	3049	Daniels André	LT Schützen Uedemerbruch	3:38:24	M20	20	0:44:58	0:58:53	1:54:31
281	3400	Nuss Michael	*Velbert	3:38:42	M35	41	0:47:32	1:10:40	1:40:30
282	5159	Schuy Thomas	*Essen	3:38:43	M55	28	0:45:20	1:10:47	1:42:35
283	3297	Neumann Dietmar	Nina Sport	3:38:44	M55	29	0:44:38	1:09:25	1:44:39
284	2372	Kucki Stefan	200PROTEAM	3:38:46	M40	39	0:45:55	1:11:02	1:41:48
285	2322	Krummel Jürgen	BSG Stadtwerke Duisburg	3:38:50	M45	64	0:45:36	1:11:46	1:41:27
286	4708	Denzer Robert	Running4charity	3:38:53	M45	65	0:45:13	1:12:02	1:41:37
287	5795	Kramer Thomas	LG Coesfeld	3:39:03	M35	42	0:46:32	1:11:23	1:41:08
288	4863	Röth Wilfried	VfL Merkur Kleve	3:39:10	M55	30	0:44:13	1:11:04	1:43:52
289	4940	Ahles Michael	Team Montag	3:39:20	M35	43	0:46:33	1:10:39	1:42:07
290	2431	Mai Kim Thanh	Vodafone Runners	3:39:22	M45	66	0:45:32	1:12:07	1:41:42
291	5358	Luttmer Janosch	*Duisburg	3:39:24	M20	21	0:45:30	1:09:56	1:43:57
292	3158	Schlinkert Guido	Team Classcon	3:39:24	M50	46	0:45:23	1:10:02	1:43:58
293	4889	Rosin Marc	Herner Triathlon Team 11	3:39:26	M40	40	0:45:45	1:10:08	1:43:32
294	3302	Schumacher Christian	OSC 04 Rheinhausen	3:39:27	M35	44	0:50:04	1:12:35	1:36:46
295	3330	Laskowski Prof. Dr. Atta	Adler-Langlauf Bottrop	3:39:35	M55	31	0:55:09	1:07:00	1:37:25
296	4964	Gunsenheimer Dr. Uwe	*Düsseldorf	3:39:40	M50	47	0:42:08	1:16:30	1:41:01
297	4710	Mielke Sebastian	EDEKA Buchholz	3:39:44	M35	45	0:45:20	1:10:19	1:44:04
298	3155	Scheer Dirk	*Düsseldorf	3:39:55	M40	41	0:47:04	1:11:26	1:41:24
299	4049	Kohl Christof	*Essen	3:39:56	M50	48	0:47:03	1:10:42	1:42:10
300	5219	Behroz Wahied	LTH Essen	3:40:07	M60	8	0:46:35	1:14:49	1:38:43
301	4911	Urbanowski Jens	*Moers	3:40:08	M45	67	0:46:35	1:10:23	1:43:09
302	3425	Borchardt Michael	*Mülheim an der Ruhr	3:40:09	M50	49	0:46:35	1:11:03	1:42:29
303	3149	Gochermann Christian	BSG Springorum Bochum	3:40:10	M40	42	0:45:21	1:13:11	1:41:37
304	3721	Brings Jürgen	*Mülheim	3:40:16	M55	32	0:46:51	1:10:55	1:42:30
305	2261	Boldt Peter	SG Ruhrgas 1929	3:40:16	M35	46	0:45:33	1:10:55	1:43:48
306	2445	Celik Veli	Vodafone Runners	3:40:19	M45	68	0:46:05	1:11:51	1:42:22
307	2802	Kortmann Thomas	Commerzbank BSG Ruhrge	3:40:21	M45	69	0:45:10	1:11:31	1:43:38
308	5552	Alsdorf Sven	*Hünxe	3:40:27	M35	47	0:46:05	1:12:38	1:41:43
309	2710	Weidmann Tobias	Team Polizei Duisburg	3:40:42	M20	22	0:47:35	1:11:49	1:41:17
310	2730	Dahlhaus Karsten	Team Classcon	3:40:46	M35	48	0:45:07	1:12:14	1:43:24
311	4879	Buchholz Gerrit	*Ratingen	3:40:49	M40	43	0:45:01	1:13:46	1:42:01
312	3753	Sons Gerri Stephan	Feuerwehr SV Düsseldorf	3:40:56	M20	23	0:41:51	1:06:09	1:52:55
313	3343	Floßdorf Alexander	*Essen	3:40:57	M35	49	0:44:43	1:09:34	1:46:39
314	3848	Möllmann Martin	Pace Pack Runners	3:40:57	M40	44	0:46:16	1:11:55	1:42:45
315	4702	Schmitz Thilo	*Wuppertal	3:40:59	M20	24	0:53:41	1:07:39	1:39:39
316	2473	Baader Matthieu	Vodafone Runners	3:41:09	M20	25	0:46:20	1:15:56	1:38:53
317	3096	Prein Carsten	Adler-Langlauf Bottrop	3:41:23	M45	70	0:41:19	1:06:57	1:53:05
318	2522	Gettwert Klaus	*Mülheim	3:41:27	M45	71	0:45:33	1:11:29	1:44:24



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3165	Metker Thomas	*Mettmann	3:41:36	M35	50	0:45:01	1:10:26	1:46:08
320	4385	Petrasch Prof. Dr. Stepha	DSV Duisburg	3:41:38	M60	9	0:45:38	1:11:59	1:44:00
321	3535	Rohrmeyer Michael	Turbo Schnecken Lüdensch	3:41:40	M50	50	0:45:02	1:10:40	1:45:58
322	3107	Düren Andreas	*Duisburg	3:41:41	M50	51	0:46:48	1:12:27	1:42:25
323	2622	Knubben Ludger	Team Magenta	3:41:48	M55	33	0:45:56	1:10:21	1:45:30
324	3888	Markus Christian	LT Gruitzen-Neandertal	3:42:00	M50	52	0:43:16	1:14:06	1:44:38
325	5133	Yildirim Firat	*Wuppertal	3:42:03	M30	36	0:45:41	1:11:26	1:44:55
326	5127	Mroß Michael	*Duisburg	3:42:06	M55	34	0:48:00	1:11:57	1:42:08
327	5586	Marks Oliver	KSV Duisburg Wedau e.V.	3:42:11	M45	72	0:46:03	1:11:27	1:44:40
328	3627	Stahlmann Frank	TG Neuss	3:42:15	M50	53	0:46:23	1:12:47	1:43:04
329	2613	Tewes Kai	Running4charity	3:42:18	M35	51	0:50:33	1:25:17	1:26:27
330	4065	Neukäter Dr. Winfried	Lauffreunde HADI Wesel	3:42:24	M50	54	0:45:30	1:14:39	1:42:14
331	2510	Wiechers Andre	Angerland LT Lintorf	3:42:30	M50	55	0:46:57	1:12:33	1:42:59
332	4563	Stauch Alexander	*Duisburg	3:42:30	M30	37	0:47:55	1:11:10	1:43:24
333	5026	Gärtner Stefan	Freie Schwimmer Düsseldorf	3:42:38	M50	56	0:46:19	1:11:19	1:44:59
334	5426	Kirschner Torben	*Oberhausen	3:42:39	M20	26	0:45:46	1:12:21	1:44:31
335	4158	Damm Stefan	*Oberhausen	3:42:43	M40	45	0:45:00	1:12:46	1:44:57
336	4445	Kreß Berthold	*Gelsenkirchen	3:42:45	M50	57	0:49:07	1:12:06	1:41:30
337	4444	Lichtenstein Klaus	*Gelsenkirchen	3:42:46	M55	35	0:46:30	1:11:41	1:44:34
338	5271	Schulz Knut	*Essen	3:42:47	M30	38	0:46:10	1:13:00	1:43:36
339	4363	Yates Stewart	Kildahl-Biology Running grou	3:42:49	M40	46	0:47:28	1:12:47	1:42:34
340	5031	Lünendonk Lothar	Team Crazyluenis Korschen	3:42:51	M65	4	0:45:43	1:12:34	1:44:33
341	3327	Naves Volker	*Rees	3:42:58	M45	73	0:47:21	1:13:44	1:41:52
342	5239	Bergerhoff Stefan	*Oberhausen	3:43:02	M40	47	0:45:36	1:13:36	1:43:49
343	5018	Laubenthal Lars	K. Bellwon Elektrotechnik Gm	3:43:03	M45	74	0:48:48	1:11:20	1:42:54
344	3614	Guffler Frank	Triathlon ASC Ratingen Wes	3:43:07	M50	58	0:47:33	1:13:09	1:42:24
345	3369	Tüller Carsten	*Velbert	3:43:13	M45	75	0:45:21	1:13:43	1:44:09
346	3738	Lass Hartmut	*Meerbusch	3:43:18	M50	59	0:45:52	1:13:26	1:44:00
347	3160	Beuth Christian	*Dinslaken	3:43:21	M40	48	0:44:20	1:15:40	1:43:21
348	5327	Tzagkarakis Jason	Ausdauerschule by Bunert	3:43:23	M55	36	0:46:17	1:11:25	1:45:41
349	4781	Fendrich Markus	*Essen	3:43:23	M35	52	0:45:22	1:12:02	1:45:58
350	2706	Kassner Jürgen	SC Bayer 05 Uerdingen	3:43:25	M45	76	0:46:17	1:13:46	1:43:21
351	4613	Wende Jan	LC Duisburg	3:43:28	M40	49	0:47:44	1:12:13	1:43:30
352	3198	Schreiber Frank	Team Polizei Duisburg	3:43:38	M50	60	0:46:48	1:12:00	1:44:49
353	3056	Hess Rüdiger	LT Krefeld-Oppum	3:43:40	M60	10	0:48:17	1:12:49	1:42:34
354	3041	Wesslén Philipp	*Moers	3:43:45	M20	27	0:51:54	1:10:49	1:41:01
355	4381	Asel Andreas	Erdinger Alkoholfrei	3:43:51	M50	61	0:47:52	1:11:31	1:44:28
356	4655	Stahl Sebastian	*Oberhausen	3:43:59	M35	53	0:46:16	1:14:50	1:42:52
357	5393	Ueberschär Markus	Ausdauerschule by Bunert	3:44:03	M30	39	0:46:08	1:13:07	1:44:48
358	3093	Siegmund Marco	Amermund Runners	3:44:12	M40	50	0:44:43	1:10:23	1:49:04
359	3634	Gerhorst Jürgen	VfL Merkur Kleve	3:44:12	M55	37	0:47:10	1:12:12	1:44:49
360	2794	Pfeiffer Thomas	Frühschicht	3:44:34	M45	77	0:45:41	1:16:19	1:42:33
361	3649	Nedballa Michael	Max Maulwurf Marathonis	3:44:37	M35	54	0:46:36	1:13:07	1:44:53
362	4117	Leiß Michael	*Oberhausen	3:44:37	M50	62	0:47:27	1:11:25	1:45:44
363	3168	Schmitz Ulrich	Die Neandertaler	3:44:39	M55	38	0:46:26	1:12:25	1:45:47
364	4883	Baumann Norbert	*Duisburg	3:44:45	M50	63	0:46:56	1:12:04	1:45:44
365	5262	Kämpf Patrick	*Bochum	3:44:50	M20	28	0:43:57	1:14:12	1:46:40
366	5505	Kunigo Hayato	FC Schalke 04	3:44:56	M35	55	0:44:37	1:12:25	1:47:53
367	4327	Schwittek Michael	Die Fruchtzwerg	3:44:57	M35	56	0:48:45	1:12:25	1:43:46
368	5312	Böing Christian	*Düsseldorf	3:45:05	M40	51	0:47:13	1:13:07	1:44:44
369	4109	Przystupa Thomas	*Düsseldorf	3:45:07	M35	57	0:47:32	1:12:57	1:44:38
370	3247	Fleischmann Peter	*Essen	3:45:12	M35	58	0:46:50	1:13:21	1:44:59
371	2481	Casimir Frank	AS Neukirchen-Vluyn	3:45:20	M50	64	0:47:36	1:07:43	1:50:00



**AOK Winterlaufserie
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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	3418	Redeske Björn	Siemens Turbos	3:45:24	M45	78	0:44:44	1:10:14	1:50:25
373	4939	Gerritsma Carsten	Team Montag	3:45:26	M35	59	0:47:12	1:13:41	1:44:33
374	4353	Eßing Frank	Bocholter WSV	3:45:26	M50	65	0:46:36	1:11:52	1:46:57
375	5069	Thyssen Dr. Christian	*Recklinghausen	3:45:34	M35	60	0:46:26	1:13:32	1:45:35
376	3424	Piegza Sebastian	LSF Münster	3:45:40	M35	61	0:47:50	1:13:25	1:44:25
377	4313	Goretzki Michael	Aktion Canchanabury	3:45:43	M30	40	0:48:50	1:13:38	1:43:14
378	2886	Szpogán Rainer	Immeo wohnen running team	3:45:46	M60	11	0:47:48	1:13:19	1:44:38
379	4564	Schifferdecker Diethelm	*Bochum	3:45:47	M50	66	0:48:39	1:13:56	1:43:11
380	3755	Müller Sven	Feuerwehr SV Düsseldorf	3:45:52	M40	52	0:45:05	1:11:56	1:48:50
381	3521	Rommerswinkel Stephan	*Mülheim an der Ruhr	3:45:59	M30	41	0:49:07	1:13:31	1:43:19
382	3446	Ter Bekke Manuel	TriFUN Kleve e.V.	3:46:06	M35	62	0:44:35	1:12:01	1:49:29
383	3656	Dawo Christian	Max Maulwurf Marathonis	3:46:08	M20	29	0:47:54	1:15:48	1:42:25
384	4579	Krobok Marc	LC Duisburg	3:46:14	M45	79	0:45:35	1:13:37	1:47:01
385	4636	Becker Tankred	Duisburger Ruderverein	3:46:15	M30	42	0:50:53	1:16:31	1:38:50
386	5058	Messing Markus	*Rhede	3:46:36	M35	63	0:48:02	1:14:34	1:43:59
387	2868	Stossberg Frank	*Essen	3:46:39	M40	53	0:48:04	1:13:08	1:45:26
388	3927	Alcalde Rasch Dr. Alejand	*Hünxe	3:46:46	M50	67	0:47:13	1:13:03	1:46:29
389	2856	Paffrath Arndt	Tri Club Wuppertal	3:46:50	M40	54	0:45:08	1:06:32	1:55:09
390	3783	Müller Ralf-Bernhard	Tri Club Wuppertal	3:46:55	M50	68	0:47:49	1:11:53	1:47:12
391	5053	Sperlich Egbert	SV Bayer Uerdingen 08	3:47:16	M50	69	0:42:54	1:07:09	1:57:12
391	5089	Roth André	*Essen	3:47:16	M30	43	0:47:51	1:14:07	1:45:17
393	3867	Boldt Jörg	Wir bei HKM	3:47:18	M45	80	0:47:37	1:13:39	1:46:01
394	2712	Becker Martin	Team EhrBec	3:47:21	M50	70	0:46:21	1:11:06	1:49:53
395	3683	Sobolewski Markus	Adler-Langlauf Bottrop	3:47:24	M50	71	0:45:36	1:13:57	1:47:51
396	2667	Millendorf Dirk	*Dortmund	3:47:26	M55	39	0:44:42	1:12:19	1:50:24
397	3456	Stych Christof	*Duisburg	3:47:26	M35	64	0:48:39	1:14:39	1:44:08
398	2623	Fröde Volker	TuS Hamborn-Neumühl	3:47:28	M70	1	0:47:36	1:14:40	1:45:10
399	4210	Sonnen Stephan	SV Siemens	3:47:28	M45	81	0:46:54	1:13:49	1:46:45
400	4763	Landfried Philipp	Pilstrinker.de	3:47:30	M35	65	0:47:27	1:13:04	1:46:58
401	3681	Siry Martin	TV Wanheimerort	3:47:44	M45	82	0:48:59	1:13:52	1:44:52
402	4169	Van Dorp Martin	*Mülheim	3:47:45	M50	72	0:46:20	1:11:49	1:49:36
403	5151	Essler Florian	*Essen	3:47:57	M35	66	0:46:23	1:14:10	1:47:23
404	3112	Caspers Frank	*Dinslaken	3:48:05	M50	73	0:47:28	1:15:58	1:44:39
405	2659	Schweers Dr. Elmar	*Neukirchen-Vluyn	3:48:08	M45	83	0:47:37	1:13:00	1:47:30
406	4352	Theis Ludger	SV Viktoria Goch	3:48:26	M45	84	0:46:32	1:13:15	1:48:38
407	5445	Winzen Bernd	*Duisburg	3:48:29	M55	40	0:47:35	1:14:23	1:46:30
408	2316	Penzel Steffen		3:48:32	M35	67	0:48:13	1:15:23	1:44:55
409	3401	Klotz Sven	*Wesel	3:48:33	M50	74	0:47:59	1:12:07	1:48:26
410	2990	Siedler Christian	*Düsseldorf	3:48:44	M35	68	0:48:04	1:14:48	1:45:50
411	5612	Werner Tobias	SG Ruhrgas 1929	3:48:44	M30	44	0:46:33	1:14:21	1:47:49
412	3308	Mohr Markus	*Issum	3:48:49	M50	75	0:46:38	1:12:21	1:49:48
413	5394	Schabestiel Phil	*Mönchengladbach	3:48:58	M40	55	0:47:16	1:14:12	1:47:29
414	2579	Kühn Dirk	*Kamp-Lintfort	3:49:17	M40	56	0:47:43	1:15:21	1:46:12
415	2581	Braun Marc	TUS Breitscheid	3:49:17	M45	85	0:46:22	1:13:39	1:49:16
416	4979	Strehlke Ernie	Tuspo Rengershausen	3:49:23	M50	76	0:48:13	1:14:32	1:46:36
417	3187	Niewerde Markus	LEX Bocholt Running Team	3:49:26	M45	86	0:45:25	1:11:16	1:52:44
418	3508	Carducci Giacinto	*Duisburg	3:49:28	M40	57	0:46:52	1:12:33	1:50:02
419	4533	Förster Uwe	*Neuss	3:49:33	M50	77	0:46:14	1:15:05	1:48:13
420	4430	Wicht Thomas	*Korschenbroich	3:49:35	M40	58	0:48:22	1:14:05	1:47:06
421	2340	Mehlmann-Sonnfeld Marc	VIVAWEST	3:49:36	M40	59	0:47:50	1:12:47	1:48:58
422	5295	Dillinger Thomas	ASC Ratingen Triathlon	3:49:41	M40	60	0:48:10	1:16:02	1:45:28
423	2472	Fettes Wolfgang	Vodafone Runners	3:49:48	M45	87	0:47:28	1:14:49	1:47:29
424	4888	Heister Stephan	*Duisburg	3:49:49	M40	61	0:46:51	1:14:19	1:48:38

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	3852	Meyer-Fredrich Jörn	opta data	3:49:51	M40	62	0:46:08	1:15:22	1:48:20
426	5793	Hünteler Jan Hendrik	LG Coesfeld	3:49:58	M35	69	0:49:18	1:14:09	1:46:30
427	4094	Dillig Mark	*Duisburg	3:50:12	M40	63	0:48:42	1:14:48	1:46:41
428	4728	Voß Holger	*Erkrath	3:50:23	M55	41	0:46:48	1:18:37	1:44:58
429	3902	Wittoesch Tobias	*Essen	3:50:31	M35	70	0:47:40	1:14:08	1:48:43
430	2325	Henning Rainer	Team Polizei Duisburg	3:50:39	M55	42	0:50:14	1:14:30	1:45:54
431	3505	Janik Marco	*Mülheim	3:50:44	M30	45	0:46:16	1:14:09	1:50:18
432	2412	Abraham Florian	Vodafone Runners	3:50:54	M40	64	0:47:33	1:14:31	1:48:50
433	4811	Kazmierczak Michael	*Dinslaken	3:50:55	M30	46	0:50:41	1:12:56	1:47:16
434	5410	Risse Levin	*Duisburg	3:50:56	M30	47	0:48:04	1:12:59	1:49:52
435	3565	Wallerich Markus	JC66 Bottrop	3:51:08	M30	48	0:49:43	1:15:09	1:46:15
436	3943	Rüth Jürgen	Triathlon Team Ratingen 08	3:51:08	M50	78	0:46:29	1:18:02	1:46:36
437	3115	Striewski Mirco	*Wuppertal	3:51:10	M40	65	0:53:24	1:01:32	1:56:13
438	3443	Van Meegern Daniel	BV Sturm Wissel	3:51:17	M40	66	0:46:18	1:15:29	1:49:29
439	5044	Fröhlich Dr. Tobias	Wittlaer Runners	3:51:23	M45	88	0:46:31	1:15:37	1:49:15
440	2678	Rommen Markus	Neudorf-Runners	3:51:24	M40	67	0:46:00	1:11:36	1:53:48
441	5129	Bittner Jürgen	Sparkasse HRV	3:51:32	M50	79	0:47:12	1:13:47	1:50:32
442	2866	Von Cyron Mark	BSG Sparkasse Mülheim	3:51:32	M35	71	0:49:09	1:14:06	1:48:17
443	3875	Eming Frank	Sportfreunde Ententeich	3:51:32	M20	30	0:46:21	1:13:47	1:51:23
444	2934	Dick Viktor	*Neukirchen-Vluyn	3:51:34	M50	80	0:44:36	1:11:11	1:55:46
445	4973	Fuehrer Daniel	*Krefeld	3:51:34	M40	68	0:48:52	1:15:53	1:46:48
446	2660	Bartholot Jörg	*Korschenbroich	3:51:38	M45	89	0:47:17	1:15:26	1:48:54
446	2466	Tampas Fotios	Vodafone Runners	3:51:38	M40	69	0:47:59	1:12:42	1:50:56
448	4661	Gluth Dr. Rüdiger	RGJ PartG mbB	3:51:47	M50	81	0:49:21	1:14:46	1:47:39
449	5454	Schneiders Thorsten	*Kevelaer	3:51:50	M40	70	0:48:17	1:17:56	1:45:36
450	5457	Wieler Georg	Uedem	3:51:55	M55	43	0:49:21	1:15:55	1:46:38
451	2946	Kubitza Marco	Triathlon Mülheim	3:51:55	M45	90	0:47:53	1:14:10	1:49:51
452	2761	Effertz Timo	Team Erdinger Alkoholfrei	3:52:06	M30	49	0:46:49	1:17:06	1:48:11
453	4191	Kleiner Lars	LT Berka Stars	3:52:14	M40	71	0:43:48	1:07:56	2:00:29
454	4454	Walter Dr. Usao	*Duisburg	3:52:17	M50	82	0:46:37	1:15:35	1:50:04
455	4428	Mäteling Alex	SV Haldern Lauftreff	3:52:18	M60	12	0:47:27	1:18:06	1:46:44
456	4362	Ihrig Daniel	Sportpark Stadtwald	3:52:18	M30	50	0:48:29	1:16:52	1:46:57
457	3266	Schneider Jürgen	LT Turnerbund Frintrop	3:52:20	M55	44	0:48:32	1:15:25	1:48:21
458	3664	Kronenberg Friedrich	Marathonteam Ratingen	3:52:29	M65	5	0:48:07	1:18:41	1:45:40
459	4108	Pöter Martin	Renntiere	3:52:36	M50	83	0:48:54	1:13:02	1:50:39
460	3979	Karatas Michael	SV Concordia Ossenberg	3:52:41	M45	91	0:48:17	1:15:35	1:48:48
461	3144	Möllmann Norbert	Bocholt	3:52:41	M55	45	0:48:23	1:14:54	1:49:22
462	3207	Ehrentraut Heinz-Udo	Marientreff	3:52:43	M55	46	0:49:44	1:14:35	1:48:23
463	4431	Klimas Stefan	*Moers	3:52:46	M40	72	0:47:59	1:15:06	1:49:40
464	2770	Robert Ferdinand	MKW-Läufer	3:52:51	M50	84	0:49:09	1:15:06	1:48:34
465	3546	Willemsen Jens	VfB Alemannia Pfalzdorf	3:52:55	M40	73	0:44:22	1:14:31	1:54:02
466	5384	Spoehr Stefan	SpoehrTec Krefeld	3:53:02	M40	74	0:47:15	1:10:01	1:55:45
467	2511	Müller Hendrik	www.skipass.de	3:53:05	M40	75	0:49:18	1:16:41	1:47:05
468	4340	Kormann Frank	Bocholter WSV	3:53:09	M50	85	0:47:57	1:14:42	1:50:29
469	5274	Büns Karl-Heinz	TVK 1877 Essen Kupferdreh	3:53:12	M60	13	0:48:04	1:14:32	1:50:35
470	4091	Kaufmann Lars	Duisburger Ruderverein	3:53:14	M40	76	0:48:37	1:15:36	1:49:01
471	3197	Hockert Mike	SV Haldern Lauftreff	3:53:15	M45	92	0:48:21	1:14:24	1:50:29
472	5206	Steinstraßer Jürgen	*Krefeld	3:53:26	M60	14	0:57:00	1:11:29	1:44:56
473	4807	Beckmann Ludger	AS Neukirchen-Vluyn	3:53:28	M60	15	0:47:33	1:14:20	1:51:33
474	2752	Graf Christian	*Duisburg	3:53:32	M40	77	0:47:33	1:12:14	1:53:45
475	3375	Linka Fabian	*Gelsenkirchen	3:53:43	M20	31	0:39:59	1:03:41	2:10:02
476	3128	Krause Ralf	Kaarst	3:53:47	M45	93	0:47:03	1:18:31	1:48:13
477	3027	Tönshoff Thomas	*Duisburg	3:53:52	M55	47	0:49:54	1:16:55	1:47:01



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	2982	Rütter Ralf	Hamminkelter SV	3:53:58	M45	94	0:48:40	1:16:05	1:49:12
479	4901	Birkenfeld Bastian	*Oberhausen	3:54:08	M35	72	0:46:15	1:15:09	1:52:42
480	4717	Haiser Thomas	*Essen	3:54:12	M30	51	0:48:02	1:15:01	1:51:08
481	2610	Honsel Ralf	TriDucks Dorsten	3:54:13	M50	86	0:56:33	1:13:52	1:43:47
482	4704	Rumpel Florian	Artistic-Jumpers	3:54:16	M20	32	0:43:52	1:14:32	1:55:51
483	4999	Kuczera Ivo	*Essen	3:54:20	M40	78	0:46:14	1:17:57	1:50:08
484	4303	Van Gemmern Stefan	*Essen	3:54:22	M45	95	0:46:45	1:13:48	1:53:48
485	3631	Gehrmann Michael	Bocholt	3:54:22	M50	87	0:50:05	1:14:54	1:49:22
486	2313	Dietrich Markus	TVE Burgaltendorf	3:54:24	M45	96	0:47:01	1:11:59	1:55:23
487	4044	Biermann Jörg	Rennfietse Bocholt	3:54:28	M45	97	0:48:00	1:16:45	1:49:42
488	3018	König Jürgen	Klingenwetzler	3:54:33	M55	48	0:48:03	1:15:10	1:51:19
489	4012	Klinkhammer Michael	*Gelsenkirchen	3:54:33	M35	73	0:47:43	1:14:08	1:52:41
490	2578	Kölzer Holger	Ausdauererschule by Bunert	3:54:40	M45	98	0:51:18	1:16:35	1:46:46
491	4168	Albrecht Jörg	OSC 04 Rheinhausen	3:54:44	M50	88	0:48:37	1:15:15	1:50:51
492	3077	Plöger Markus	LT Krefeld-Oppum	3:54:45	M50	89	0:49:23	1:15:52	1:49:30
493	3026	Bongert Stephan	TSV Bocholt	3:54:53	M55	49	0:48:07	1:16:38	1:50:06
494	3175	Hüsken Heinz	FS Rheinkamp	3:54:58	M65	6	0:54:16	1:26:09	1:34:32
495	3074	Buchholz Jonas	*Unna	3:55:02	M20	33	0:46:57	1:13:55	1:54:09
496	2426	Janetzko Till	Vodafone Runners	3:55:19	M30	52	0:48:01	1:24:27	1:42:50
497	3015	Gerdes Stefan	*Düsseldorf	3:55:25	M45	99	0:47:18	1:16:32	1:51:34
498	2560	Helling Andreas	BVHK Bundesv.Herzkranke K	3:55:31	M45	100	0:51:56	1:20:26	1:43:08
499	4486	Seidel Arne	OTV Endurance Team	3:55:33	M40	79	0:49:35	1:17:42	1:48:16
500	5334	Ralf Aalbers	Dinslaken	3:55:34	M55	50	0:48:53	1:16:37	1:50:03
501	4497	Kempmann Stefan	TV Bruckhausen	3:55:41	M35	74	0:49:48	1:16:24	1:49:29
502	2904	Bruckhoff Daniel	*Mülheim a.d.ruhr	3:55:46	M30	53	0:44:47	1:27:56	1:43:03
503	3210	Herbst Lutz	PP Wuppertal	3:55:47	M50	90	0:49:54	1:16:35	1:49:17
504	4633	Franz Wolfgang	Schwarz-Rot Hügel	3:55:52	M45	101	0:50:27	1:15:59	1:49:25
505	3192	Knepper Michael	Marathon Mülheim	3:55:55	M50	91	0:54:05	1:20:25	1:41:24
506	4963	Mracek Peter	Spielbank Duisburg	3:55:56	M55	51	0:49:29	1:17:27	1:49:00
507	3467	Görtz Dirk	LC Duisburg	3:55:58	M50	92	0:49:05	1:14:47	1:52:04
508	5520	Sube Günter	Witten	3:55:59	M55	52	0:49:44	1:16:24	1:49:49
509	3567	Smeets Georg	LC Duisburg	3:56:04	M45	102	0:47:53	1:14:59	1:53:11
510	2545	Fischer Günter	Laufftreff Sterkrade-Nord	3:56:09	M45	103	0:48:59	1:16:17	1:50:52
511	5468	Göbel Karsten	Helios Iron Team	3:56:10	M55	53	0:50:11	1:16:49	1:49:08
512	2583	Donner Michael	*Wuppertal	3:56:10	M55	54	0:49:14	1:15:14	1:51:42
513	4994	Krstinc Joachim	Hairlounge Dinslaken	3:56:11	M50	93	0:47:48	1:16:08	1:52:13
514	3188	Wissing Martin	TSV Bocholt	3:56:18	M45	104	0:49:46	1:16:57	1:49:34
515	3070	Buchholz Peter	*Unna	3:56:18	M55	55	0:48:28	1:14:58	1:52:51
516	3465	Lueneberg Lars	TV Uffort-Eick 1981 e.V.	3:56:23	M20	34	0:48:08	1:18:41	1:49:33
517	3871	Eming Peter	Sportfreunde Ententeich	3:56:33	M20	35	0:47:26	1:17:17	1:51:49
518	4842	Lawrey Andrew	*ESSEN	3:56:38	M40	80	0:50:23	1:18:25	1:47:50
519	2720	Espelage Florian	TSV Quakenbrück	3:56:46	M35	75	0:48:46	1:17:15	1:50:44
520	4700	Schultz Patrick	*Essen	3:56:47	M20	36	0:48:05	1:15:30	1:53:11
521	2368	Hövel Michael	200PROTEAM	3:56:48	M45	105	0:50:13	1:16:27	1:50:07
522	3242	Aulich Jürgen	*Duisburg	3:56:53	M55	56	0:49:08	1:19:03	1:48:41
523	4959	Nendzig Robert	Spielbank Duisburg	3:56:58	M20	37	0:44:30	1:26:28	1:45:59
524	4648	Beckmann Jan	*Hattingen	3:57:08	M40	81	0:48:58	1:15:08	1:53:02
525	5496	Reimer Theo	Allround Triathlon Team Klev	3:57:10	M60	16	0:48:38	1:16:18	1:52:14
526	2324	Tepe Jonas	Team Polizei Duisburg	3:57:10	M20	38	0:48:14	1:16:53	1:52:02
527	3444	Lorenz Sascha	BV Sturm Wissel	3:57:16	M40	82	0:46:57	1:16:21	1:53:58
528	2674	Weymann Andreas	*Mülheim an der Ruhr	3:57:17	M45	106	0:48:01	1:19:21	1:49:53
529	4247	Kibbert Dirk	*Recklinghausen	3:57:20	M45	107	0:49:07	1:16:52	1:51:20
530	5310	Holzum Frank	SV Budberg Lauffreunde	3:57:21	M45	108	0:47:46	1:17:47	1:51:48



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	4573	Ricciardi Fabio	*Duisburg	3:57:27	M20	39	0:46:14	1:20:40	1:50:32
532	3282	Fax Peter	*Essen	3:57:39	M45	109	0:48:29	1:15:58	1:53:11
533	4081	Malcus Burkhard	SunRunner	3:57:44	M55	57	0:49:28	1:15:22	1:52:53
534	2727	Jacob Julian	Talsole	3:57:54	M30	54	0:45:19	1:28:28	1:44:05
534	4688	Plietsch Klaus	*Düsseldorf	3:57:54	M65	7	0:49:49	1:18:28	1:49:35
536	5472	Hofmann Ferry	LC Duisburg	3:57:56	M40	83	0:49:45	1:14:59	1:53:11
537	5282	Hohl Detlev	Allround Triathlon Team Klev	3:57:57	M50	94	0:47:01	1:14:59	1:55:56
538	4585	Heister Christian	*Duisburg	3:57:59	M45	110	0:50:02	1:16:30	1:51:26
539	4934	Robben Frank	*Köln	3:58:01	M45	111	0:47:22	1:17:04	1:53:33
540	2344	Tuncel Turhan	VIVAWEST	3:58:02	M50	95	0:48:52	1:16:55	1:52:13
541	4631	Grohmann Markus	Hubert After York Runners	3:58:04	M40	84	0:54:19	1:16:28	1:47:15
542	2693	Hülder Dr. Malte	*Essen	3:58:04	M40	85	0:49:21	1:18:40	1:50:02
543	4603	Dietrich Mathias	Kenias letzte Patrone	3:58:08	M35	76	0:48:53	1:17:18	1:51:56
544	3586	Kuhlmann Stefan	LT Schnecke Sonsbeck	3:58:14	M55	58	0:49:01	1:17:34	1:51:39
545	4433	Jakhoefer Thomas	FC Schalke 04	3:58:15	M55	59	0:49:01	1:16:55	1:52:19
546	2637	Krause Markus	*Meerbusch	3:58:15	M40	86	0:48:33	1:15:27	1:54:14
547	4961	Wilinski Michael	Spielbank Duisburg	3:58:22	M35	77	0:53:20	1:05:26	1:59:35
548	2375	Lünendonck Patrick	200PROTEAM	3:58:24	M20	40	0:49:35	1:17:36	1:51:13
549	4866	Erbrich Waldemar	Zeh-Kader	3:58:34	M45	112	0:52:41	1:20:54	1:44:59
550	5276	Borkus Daniel	*Duisburg	3:58:37	M20	41	0:49:20	1:17:09	1:52:07
551	4154	Böse Gerhard	Rasende Hasen Düsseldorf	3:58:39	M45	113	0:52:46	1:16:39	1:49:13
552	5198	Döring Andreas	*Gelsenkirchen	3:58:39	M55	60	0:47:40	1:16:30	1:54:28
553	3939	Bücker Stephan	SV Bayer Uerdingen 08	3:58:40	M40	87	0:47:33	1:15:35	1:55:31
554	3414	Schöne Lennart	*Duisburg	3:58:40	M20	42	0:53:06	1:15:43	1:49:50
555	3588	Freund Jürgen	*Düsseldorf	3:58:44	M50	96	0:48:34	1:17:42	1:52:27
556	3229	Gürtler Tobias	Vodafone Runners	3:58:52	M45	114	0:49:57	1:18:54	1:50:00
557	4608	Wilk Jens	*Duisburg	3:58:58	M35	78	0:46:32	1:13:59	1:58:26
558	4389	Harder Günter	*Velbert	3:58:58	M55	61	0:50:50	1:17:07	1:50:59
559	5545	Schult Michael	*Hünxe	3:58:59	M35	79	0:51:07	1:14:36	1:53:15
560	3124	Zimmermann Rene	NUTRIXION Düsseldorf	3:58:59	M40	88	0:48:16	1:21:26	1:49:16
561	4355	Roling Ludger	SV Gladbeck 13	3:59:01	M55	62	0:49:22	1:18:14	1:51:24
562	3334	Hölscher Markus	*Essen	3:59:05	M20	43	0:47:15	1:14:59	1:56:50
563	5540	Adernacker Stefan	*Düsseldorf	3:59:06	M45	115	0:47:37	1:14:59	1:56:29
564	3137	Stumpe Fabian	Kaffeeklatsch	3:59:08	M20	44	0:49:27	1:15:24	1:54:16
565	5484	Kammenos Janni	SpoehrTec Krefeld	3:59:16	M45	116	0:47:15	1:16:15	1:55:45
566	4298	Abraham Jan	BAUEN+LEBEN	3:59:35	M35	80	0:47:47	1:13:13	1:58:34
567	5391	hurley stephen	*krefeld	3:59:35	M45	117	0:59:40	1:12:28	1:47:26
568	4277	Burtschell Ralph	Team Burtschell.de	3:59:36	M55	63	0:53:36	1:17:42	1:48:17
569	3808	Joeken Ludger	VfL Merkur Kleve	3:59:36	M50	97	0:48:22	1:15:32	1:55:41
570	5347	Bollmann Henrik	VOLLLAUFEN	3:59:41	M35	81	0:49:00	1:17:36	1:53:05
571	2814	Zupp Christian	*Duisburg	3:59:45	M40	89	0:50:40	1:18:01	1:51:03
572	4010	Schneider Gregor	#runandenspeck	3:59:46	M30	55	0:51:12	1:19:44	1:48:49
573	4680	Krebber Norbert	Bocholter WSV	3:59:48	M55	64	0:49:31	1:19:10	1:51:07
574	4792	Wolfsdorf Jörn	*Ratingen-Lintorf	3:59:49	M40	90	0:51:51	1:15:58	1:51:58
575	3341	Fileccia Dr. Marco	*Oberhausen	3:59:52	M50	98	0:50:42	1:15:38	1:53:31
576	2353	Bartels Carsten	Team Polizei Duisburg	3:59:53	M45	118	0:49:11	1:19:17	1:51:24
577	2294	Meyer Thorsten	TC Kray 1892 e. V.	3:59:54	M30	56	0:47:46	1:23:06	1:49:01
578	5049	Amerkamp Andreas	Amermund Runners	3:59:59	M45	119	0:49:31	1:17:20	1:53:07
579	5216	Heliosch Martin	*Waltrop	4:00:03	M30	57	0:49:23	1:17:57	1:52:42
580	5547	Terhorst Stefan	*Hünxe	4:00:04	M35	82	0:51:12	1:15:37	1:53:15
581	2697	Knezevic Marko	Dönberger Freaks	4:00:05	M50	99	0:49:18	1:15:36	1:55:10
582	4582	Zovak Eduard	SV Dorsten Hardt	4:00:09	M40	91	0:50:04	1:18:53	1:51:10
583	4909	Waschkowitz Norman	Adler-Langlauf Bottrop	4:00:14	M40	92	0:46:16	1:20:59	1:52:58



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	2654	Alders Thomas	Lauftreff Sterkrade-Nord	4:00:17	M45	120	0:49:54	1:16:16	1:54:06
585	5515	Thomas Fritzsch	*Neuss	4:00:25	M30	58	0:47:57	1:18:39	1:53:47
586	3671	Thanner Markus	Giasinga Ledahosn	4:00:26	M45	121	0:48:54	1:18:44	1:52:47
587	2309	Heldt Björn	Trimet	4:00:29	M45	122	0:50:29	1:16:17	1:53:42
588	2679	Schmitz Gerd	Neudorf-Runners	4:00:31	M55	65	0:48:28	1:18:15	1:53:47
589	5471	Brock Maximilian	*Mülheim	4:00:38	M20	45	1:01:57	1:13:35	1:45:05
590	4317	Aufmuth Florian Toni	*Duisburg	4:00:40	M20	46	0:46:42	1:21:53	1:52:03
591	3796	Sczesny Frederik	*Bochum	4:00:42	M35	83	0:47:48	1:18:39	1:54:14
592	4937	Eckert Jürgen	Team Montag	4:00:51	M50	100	0:48:26	1:17:13	1:55:11
593	4941	Brendler Klaus	Prummelüöper	4:00:54	M45	123	0:51:11	1:19:19	1:50:23
594	5054	Kochanek Christian	*Krefeld	4:00:58	M40	93	0:47:58	1:16:57	1:56:02
595	4496	Loepp Benedikt	*Duisburg	4:01:00	M30	59	0:50:35	1:18:45	1:51:40
596	4072	Werner Andre	*Düsseldorf	4:01:03	M45	124	0:51:19	1:16:51	1:52:53
597	4787	Klug Andreas	Running Dinslaken	4:01:04	M50	101	0:49:21	1:20:49	1:50:53
598	2882	Kemperdick Dirk	ASC Duisburg	4:01:07	M55	66	0:49:41	1:16:51	1:54:34
599	2345	Collmer Marcus	VIVAWEST	4:01:07	M50	102	0:51:18	1:18:42	1:51:07
600	4975	Hamblock Stefan	*Kerken	4:01:20	M50	103	0:50:09	1:17:50	1:53:20
601	3995	Glockner Wolf	GSG-Partner	4:01:26	M55	67	0:51:27	1:15:49	1:54:08
602	2474	Almeida Antonio Paulo	Vodafone Runners	4:01:27	M45	125	0:51:17	1:20:13	1:49:56
603	4088	Schwittek Widura	*Essen	4:01:28	M35	84	0:48:09	1:20:52	1:52:27
604	3140	Bertels Jürgen	DJK Coesfeld	4:01:29	M55	68	0:52:33	1:14:06	1:54:49
605	4598	Hagelschur Thomas	Marathon Steinfurt	4:01:38	M40	94	0:50:03	1:16:56	1:54:38
606	4988	Postertz Peter	*Xanten	4:01:43	M45	126	0:50:39	1:19:31	1:51:33
607	4116	Beul Michael	*Düsseldorf	4:01:47	M40	95	0:48:23	1:20:51	1:52:32
608	5408	Hengvoß Thorsten	*Neuss	4:01:55	M30	60	0:51:35	1:20:00	1:50:19
609	2606	Plank Peter	*Duisburg	4:01:56	M50	104	0:49:21	1:19:19	1:53:15
610	3790	Rosenschild Christoph	Running4charity	4:01:56	M50	105	0:48:48	1:15:21	1:57:46
611	2769	Kennedy Dr. Marcus	CR Team	4:01:59	M45	127	0:48:48	1:19:23	1:53:46
612	5581	Demuth Dennis	*Gelsenkirchen	4:02:04	M30	61	0:49:28	1:18:19	1:54:16
613	2945	Volk Frank	*Duisburg	4:02:10	M45	128	0:49:47	1:16:27	1:55:55
614	2494	Drießen Walter	TUS Breitscheid	4:02:11	M70	2	0:50:42	1:18:13	1:53:16
615	4791	Dürdodt Dr. Christian	*Bochum	4:02:20	M45	129	0:47:45	1:17:27	1:57:07
616	3346	Filipov Robert	LGO Bochum	4:02:24	M45	130	0:49:52	1:19:05	1:53:26
617	2737	Röschke Jörg	Ballettschule Müller	4:02:28	M50	106	0:49:41	1:17:42	1:55:03
618	5366	Simonis Christoph	BSG Wirtschaftsbetriebe Du	4:02:28	M40	96	0:50:14	1:19:04	1:53:09
619	3317	Vogt Michael	TV 1900 Wanheim	4:02:30	M55	69	0:51:55	1:17:36	1:52:58
620	2826	Herrmann Stefan	*Essen	4:02:32	M35	85	0:49:36	1:21:17	1:51:37
621	3381	Gerber Sascha	*Duisburg	4:02:36	M35	86	0:49:45	1:18:50	1:54:00
622	5213	Klement Matthias	*Düsseldorf	4:02:42	M30	62	0:48:24	1:18:57	1:55:19
623	2352	Schulze Markus	VIVAWEST	4:02:45	M35	87	0:50:57	1:18:19	1:53:27
624	2512	Winter Andreas	Die Eiszapfen	4:02:50	M20	47	0:50:54	1:17:31	1:54:24
625	3396	Buckow Kevin	Kahlenberger HTC	4:02:55	M35	88	0:47:18	1:20:37	1:54:59
626	3260	Nitsch Sven	Lauffreunde HADI Wesel	4:02:55	M35	89	0:50:43	1:18:08	1:54:03
627	5118	Gerdts Simon	*Krefeld	4:02:58	M20	48	0:44:07	1:40:30	1:38:20
628	4658	Redlinger Thilo	OrangeLab	4:03:00	M45	131	0:50:22	1:20:02	1:52:36
629	5046	Greuel Thomas	Wittlaer Runners	4:03:03	M45	132	0:50:35	1:18:14	1:54:13
630	5320	Ehlert Stephan	*Meerbusch	4:03:04	M55	70	0:54:12	1:17:23	1:51:29
631	4817	Wünsche Clemens	*Meerbusch	4:03:07	M40	97	0:57:17	1:16:50	1:48:59
632	2877	Brackmann Stefan	*Dinslaken	4:03:12	M55	71	0:52:48	1:18:49	1:51:34
633	4145	Santos Conde Jesus	Ausdauerchule by Bunert	4:03:19	M40	98	0:49:08	1:19:12	1:54:58
634	2750	Klausen Marco	Borussia Fohlenpower	4:03:29	M45	133	0:49:52	1:20:06	1:53:30
635	3695	Sandhofe Ralf	*Waltrop	4:03:33	M45	134	0:52:16	1:12:05	1:59:12
636	5230	Rose Dirk	*Essen	4:03:51	M40	99	0:50:49	1:16:51	1:56:10



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	3597	Wolf Christian	*Duisburg	4:03:57	M30	63	0:51:06	1:18:50	1:54:01
638	3001	Janßen Andreas	SV Viktoria Goch	4:03:59	M45	135	0:52:42	1:13:51	1:57:25
639	4745	Schumann Joachim	*Mülheim an der Ruhr	4:04:01	M40	100	0:50:28	1:22:45	1:50:47
640	4206	Oehme Maik	*Duisburg	4:04:04	M20	49	0:51:09	1:19:45	1:53:09
641	3713	Ellerbrok Dirk	DJK VfR Saarn	4:04:08	M60	17	0:49:46	1:18:14	1:56:07
642	3970	Schneemann Benedikt	*Essen	4:04:10	M40	101	0:49:14	1:20:42	1:54:13
643	3389	Brand Dirk	*Duisburg	4:04:12	M40	102	0:50:23	1:19:32	1:54:16
644	4413	Caffier André	*Duisburg	4:04:15	M40	103	0:48:20	1:17:53	1:58:01
645	4984	Schwend Timm	BSG Wirtschaftsbetriebe Du	4:04:18	M30	64	0:45:02	1:22:41	1:56:34
646	3526	Schenten Volkmar	Frühschicht	4:04:24	M50	107	0:49:38	1:20:47	1:53:58
647	5428	Weber Hans-Jürgen	PV-Triathlon Witten	4:04:36	M50	108	0:49:43	1:20:35	1:54:17
648	2463	Holtmanns Thomas	Vodafone Runners	4:04:37	M50	109	0:48:38	1:18:37	1:57:21
649	3516	Burkert Oliver	*Düsseldorf	4:04:44	M40	104	0:50:05	1:18:32	1:56:06
650	5446	Nover Hans-Jürgen	*Duisburg	4:04:49	M55	72	0:51:28	1:18:30	1:54:50
651	5136	Ptassek Rainer	Sporting Mülheim	4:05:00	M55	73	0:49:26	1:18:37	1:56:56
652	4326	Kreifelts Martin	*Duisburg	4:05:04	M55	74	0:49:04	1:16:24	1:59:35
653	3672	Traversari Mario	*Duisburg	4:05:06	M20	50	0:51:41	1:18:08	1:55:16
654	2425	Bäumer Daniel	Vodafone Runners	4:05:07	M45	136	0:50:55	1:19:32	1:54:39
655	3655	Voges Gero	Max Maulwurf Marathonis	4:05:09	M35	90	0:50:16	1:19:23	1:55:29
656	4518	Weiß Thomas	opta data	4:05:17	M30	65	0:50:21	1:20:29	1:54:27
657	3244	Aulich Frederik	*Duisburg	4:05:20	M20	51	0:47:58	1:24:22	1:52:59
658	4644	Kilian Harald	BSG Wirtschaftsbetriebe Du	4:05:22	M55	75	0:50:29	1:18:57	1:55:54
659	3507	Kiefer Peter	Marathonteam Ratingen	4:05:24	M60	18	0:50:27	1:19:08	1:55:48
660	3659	Heim Max	*Oberhausen	4:05:25	M20	52	0:53:15	1:20:08	1:52:02
661	5214	Switon Rainer	Fun-Runner VfL Gladbeck	4:05:34	M50	110	0:52:12	1:20:20	1:53:01
662	2824	Vohl Stefan	*Duisburg	4:05:37	M45	137	0:50:15	1:21:54	1:53:26
663	2790	Kohse Patrick	*Duisburg	4:05:41	M40	105	0:50:33	1:20:53	1:54:14
664	2926	Kolberg Dieter	DJK TuS Rotthausen	4:05:43	M55	76	0:51:01	1:15:26	1:59:15
665	3887	Röwekamp Thomas	ASC Ratingen West	4:05:46	M50	111	0:50:03	1:20:22	1:55:20
666	5567	Reck Mirko	TriFUN Kleve e.V.	4:05:49	M35	91	0:48:26	1:19:15	1:58:07
667	3352	Hütten Volker	Siemens Turbos	4:05:50	M50	112	0:47:13	1:29:39	1:48:57
668	2756	Wiemann Fabian	*Meerbusch	4:05:50	M35	92	0:49:02	1:22:33	1:54:14
669	3063	Raba Holger	*Dinslaken	4:05:51	M45	138	0:51:25	1:19:23	1:55:03
670	3169	Böhler Christian	Die Neandertaler	4:05:55	M55	77	0:49:30	1:17:37	1:58:47
671	4990	Wehner Torsten	*Duisburg - Duisburg-Süd	4:06:05	M45	139	0:50:16	1:20:47	1:55:01
672	3034	Wexel Guenther	*Düsseldorf	4:06:08	M60	19	0:51:08	1:17:26	1:57:33
673	4371	Müller Andreas	BUMMELBOB	4:06:22	M40	106	0:53:16	1:19:44	1:53:21
674	4237	Jägers Johannes	*Herne	4:06:24	M30	66	0:49:50	1:20:21	1:56:12
675	4023	Naßmacher Heiner	SG Borken	4:06:33	M50	113	0:53:32	1:19:43	1:53:17
676	2717	Franz Jens Ingo	*Schonungen	4:06:33	M50	114	0:55:21	1:18:44	1:52:27
677	2593	Hüls Philipp	Atrinalin Düsseldorf	4:06:34	M30	67	0:49:50	1:21:47	1:54:57
678	2392	Gröber Rüdiger	200PROTEAM	4:06:36	M60	20	0:51:19	1:20:34	1:54:42
679	3435	Vogt Eike	Schnelle und Schleicher	4:06:39	M20	53	0:54:14	1:18:30	1:53:54
680	4970	Lensing Reinhold	Bocholter WSV	4:06:46	M55	78	0:49:15	1:27:36	1:49:54
681	4886	Traut Christian	Ausdauerchule by Bunert	4:06:49	M30	68	0:48:46	1:19:02	1:58:59
682	3117	Schulze Harald	LC Duisburg	4:07:21	M50	115	0:51:02	1:21:34	1:54:44
683	5420	Götz Volker	TG Neuss	4:07:25	M55	79	0:50:28	1:21:13	1:55:43
684	4786	Frey Michael	Lauffreunde AHK	4:07:25	M50	116	0:50:50	1:18:38	1:57:55
685	4190	Schaub Andreas	SunRunner	4:07:25	M50	117	0:50:23	1:20:04	1:56:57
686	5012	Höptner Markus	TUS Xanten	4:07:43	M45	140	0:50:48	1:19:41	1:57:13
687	5096	Bajohr Andreas	*Essen	4:07:44	M45	141	0:51:55	1:19:33	1:56:14
688	5344	Klanten Burkhard	BGS Sparkasse Bottrop	4:07:45	M55	80	0:53:17	1:21:18	1:53:08
689	2435	Fleuth Ulrich	Vodafone Runners	4:08:03	M50	118	0:52:38	1:19:11	1:56:13

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	2605	Mohn Thorsten	team-slow-motion	4:08:05	M45	142	0:49:39	1:27:08	1:51:17
691	3934	Chmielewski Roland		4:08:06	M50	119	0:51:31	1:21:52	1:54:43
692	4632	Frericks Matthias	TV Rhede	4:08:12	M45	143	0:49:38	1:23:02	1:55:32
693	4501	Buske Sebastian	VfL Rheinhausen	4:08:16	M35	93	0:52:56	1:19:32	1:55:47
694	4007	Kemper Holger	*Heiligenhaus	4:08:25	M45	144	0:45:22	1:13:41	2:09:21
695	2748	Nowak Carsten	Weseler TV Triathlon	4:08:25	M45	145	0:50:02	1:19:21	1:59:01
696	4715	Kauffmann Kai	*Wesel	4:08:26	M30	69	0:50:35	1:21:41	1:56:09
697	5003	Ahlendorf Dirk	*Mülheim an der Ruhr	4:08:26	M45	146	0:51:30	1:21:25	1:55:31
698	2694	Schreiber Thomas	Elfrather Montagsläufer	4:08:49	M35	94	0:48:39	1:20:21	1:59:48
699	3329	Baumgarten Horst	Adler-Langlauf Bottrop	4:08:53	M60	21	0:52:36	1:20:57	1:55:18
700	3553	Käbe Uwe	LC Duisburg	4:09:05	M50	120	0:52:52	1:20:44	1:55:29
701	2705	Rzepczyk Michael	*Dinslaken	4:09:10	M50	121	0:48:11	1:23:39	1:57:18
702	2387	Besprosvany Alexander	200PROTEAM	4:09:16	M35	95	0:52:13	1:19:22	1:57:40
703	3803	Kurze Hartmut	*Willich	4:09:25	M55	81	0:51:54	1:20:57	1:56:33
704	3959	Punsmann Jörg	*Bocholt	4:09:32	M45	147	0:49:27	1:24:10	1:55:54
705	5311	Longerich Max	*Krefeld	4:09:32	M20	54	0:53:01	1:19:18	1:57:12
706	5575	Eckert Thorsten	Running4charity	4:09:34	M40	107	0:43:49	1:23:57	2:01:46
707	3595	Kraus Tobias	*Essen	4:09:36	M30	70	0:52:06	1:20:29	1:56:59
708	5359	Mayer Martin	*Remscheid	4:09:39	M45	148	0:49:41	1:22:02	1:57:55
709	3294	Brockhof Peter	*Duisburg	4:09:46	M50	122	0:50:38	1:21:18	1:57:49
710	2484	Fischer Helmut	AS Neukirchen-Vluyn	4:09:47	M70	3	0:51:42	1:20:02	1:58:01
711	5550	Kretschmer Marc	*Krefeld	4:09:48	M35	96	0:51:43	1:21:46	1:56:18
712	5785	Hey Olaf	Allround Triathlon Team Klev	4:09:52	M50	123	0:51:09	1:22:40	1:56:02
713	5594	Dütting Mathias	Team Polizei Duisburg	4:09:53	M20	55	0:48:34	1:12:07	2:09:11
714	3397	Letzel Dennis	*Essen	4:09:54	M30	71	0:53:17	1:21:08	1:55:27
715	2682	Flammang Klaus	*Duisburg	4:09:54	M45	149	0:51:31	1:23:11	1:55:11
716	4767	Ley Christoph	*Gelsenkirchen	4:09:57	M35	97	0:53:42	1:21:58	1:54:16
717	4275	Mendorf Andreas	TTC SW Velbert	4:09:59	M45	150	0:51:39	1:21:55	1:56:24
718	3232	Garz Josua	VfB Kirchhellen	4:10:01	M20	56	0:50:34	1:21:15	1:58:10
719	5181	Kleinschnitz Robin	Turbo Runners Bocholt	4:10:06	M20	57	0:49:28	1:20:47	1:59:51
720	5531	Rudnik Jens	*Dinslaken	4:10:07	M45	151	0:49:45	1:21:36	1:58:45
721	2553	Brockhoff Uwe	Buchholzer Jung	4:10:12	M55	82	0:50:17	1:20:15	1:59:39
722	4138	Hillig Harald	wiesnasen-mara-tonis	4:10:13	M50	124	0:51:36	1:23:38	1:54:57
723	2795	Grönheit Frank	CSV Marathon	4:10:21	M55	83	0:52:51	1:22:37	1:54:53
724	2739	Stegmann Ralph	Ballettschule Müller	4:10:22	M50	125	0:51:55	1:23:42	1:54:44
725	2351	Jack Alexander	VIVAWEST	4:10:23	M40	108	0:51:13	1:20:48	1:58:21
726	4265	Obieglo Thomas	TV Wanheimerort	4:10:26	M45	152	0:51:24	1:21:47	1:57:14
727	3135	Hennemann Heribert	BSG DRV Rheinland	4:10:27	M65	8	0:53:29	1:20:53	1:56:04
728	3002	Van der Horst Roland	*Bocholt	4:10:35	M45	153	0:52:08	1:19:08	1:59:18
729	4588	Ducke Markus	Turbine Südviertel	4:10:35	M45	154	0:53:07	1:20:28	1:56:59
730	3367	Dümichen Karsten	1. TCO Die Bären	4:10:40	M55	84	0:51:59	1:23:34	1:55:06
731	5228	Best Volker	*Duisburg	4:10:40	M65	9	0:52:08	1:22:25	1:56:05
732	2264	Ducke Dennis	SG Ruhrgas 1929	4:10:42	M35	98	0:53:12	1:20:28	1:57:01
733	3527	Ehrlich Christian	LC Duisburg	4:10:45	M50	126	0:53:09	1:24:50	1:52:46
734	5519	Schlegel Christoph	*Essen	4:10:49	M30	72	0:53:17	1:31:22	1:46:08
735	3550	Schmidt Dennis	*Mülheim	4:10:52	M20	58	0:51:55	1:21:36	1:57:20
736	3092	Hesper Bernhard	Billerbecker Läufer	4:10:54	M55	85	0:48:07	1:18:24	2:04:22
737	2564	Nickel Volker	*Duisburg	4:10:54	M45	155	0:56:07	1:21:42	1:53:05
738	2921	Preuss Thomas	*Duisburg	4:10:55	M40	109	0:52:59	1:18:38	1:59:17
739	3563	Spoden Migo	LC Duisburg	4:10:56	M55	86	0:53:39	1:20:47	1:56:30
740	4870	Kohls Christoph	RSV Bochum	4:10:58	M20	59	0:51:57	1:24:04	1:54:56
741	3628	Thies Stefan	Die Thiesis	4:11:00	M45	156	0:51:55	1:23:52	1:55:13
742	3492	Dörner Josef	*47279	4:11:03	M45	157	0:49:59	1:22:24	1:58:39



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	2554	Mölder Dietmar	*Oberhausen	4:11:15	M50	127	0:49:42	1:20:42	2:00:50
744	3992	Assigal Dirk	*Moers	4:11:25	M45	158	0:53:40	1:24:09	1:53:35
745	2527	Léger Sacha	*Wuppertal	4:11:28	M45	159	0:51:41	1:20:49	1:58:57
746	4309	Krüger Oleg	*Krefeld	4:11:33	M45	160	0:51:10	1:29:40	1:50:42
747	3705	Keiser Christoph	*Duisburg	4:11:44	M35	99	0:50:32	1:20:35	2:00:36
748	5131	Stollenwerk David	*Köln	4:11:46	M20	60	0:51:42	1:23:20	1:56:43
749	3337	Esser Volker	LC Duisburg	4:11:47	M45	161	0:54:39	1:21:38	1:55:29
750	2450	Fenske Claus	Vodafone Runners	4:11:48	M45	162	0:52:14	1:23:48	1:55:45
751	4826	Gäng Alexander	*Dorsten	4:11:49	M35	100	0:54:53	1:21:44	1:55:11
752	3953	Wiegand Axel	Borbecker TC	4:11:50	M40	110	0:52:23	1:20:43	1:58:44
753	3711	Franzen Michael	*Voerde	4:11:56	M55	87	0:51:15	1:20:51	1:59:49
754	3807	Metzmacher Patrick	*Mülheim an der Ruhr	4:11:58	M45	163	0:53:24	1:21:29	1:57:04
755	5396	Gesser Michael	Ausdauerhschule by Bunert	4:12:02	M45	164	0:48:44	1:19:00	2:04:17
756	3652	Bittner Jörg	Max Maulwurf Marathonis	4:12:04	M45	165	0:50:40	1:23:32	1:57:51
757	2598	Huysmann Carsten	Angerland LT Lintorf	4:12:07	M45	166	0:50:44	1:22:40	1:58:42
758	5130	Raback Uwe	LT Weitmarer Holz	4:12:12	M50	128	0:50:40	1:22:48	1:58:42
759	2736	Bahls Markus	Ballettschule Müller	4:12:12	M45	167	0:51:49	1:23:42	1:56:40
760	3857	Coenen Carsten	*Goch	4:12:24	M35	101	0:51:50	1:23:32	1:57:01
761	2987	Elvermann Jan	*Bottrop	4:12:34	M40	111	0:52:23	1:23:53	1:56:17
762	4662	Budde Stephan	Sportpark Stadtwald BOT	4:12:47	M50	129	0:53:13	1:21:36	1:57:57
763	4251	Szombach Michael	Ausdauerhschule by Bunert	4:12:53	M40	112	0:49:54	1:27:14	1:55:45
764	4812	Fabek Ottmar	*Wesel	4:12:57	M55	88	0:52:48	1:24:33	1:55:35
765	3670	Kipping Karsten	Wir bei HKM	4:13:05	M30	73	0:51:42	1:24:05	1:57:17
766	4474	Fiedler Michael	*Voerde	4:13:07	M50	130	0:52:26	1:20:51	1:59:49
767	3765	Schmitt Lars	SV Langenfeld	4:13:08	M45	168	0:53:30	1:22:55	1:56:41
768	4577	Dodekatos Georgios	*Mülheim an der Ruhr	4:13:09	M20	61	0:51:58	1:30:40	1:50:30
769	2635	Krieger Dr. Christoph	*Moers	4:13:11	M50	131	0:51:27	1:18:20	2:03:23
770	3432	L hoest Helmut	Schnelle und Schleicher	4:13:11	M60	22	0:52:24	1:23:02	1:57:44
771	3914	Groß Volker	*Meerbusch	4:13:13	M45	169	0:55:27	1:22:02	1:55:43
772	4174	Scherberich Patrick	Fortuna Düsseldorf Triathlon	4:13:13	M40	113	0:46:54	1:13:39	2:12:39
773	2785	Graebel Gunther	Crepe & Baguette Duisburg	4:13:16	M60	23	0:53:19	1:22:49	1:57:07
774	3795	Heilos Dr. Andreas	SV Siemens	4:13:20	M50	132	0:53:08	1:24:58	1:55:14
775	4626	Merkel Klaus	LC Duisburg	4:13:26	M35	102	0:54:15	1:23:26	1:55:44
776	3763	Heim Tim	*Oberhausen	4:13:27	M20	62	1:02:29	1:19:43	1:51:14
777	4399	Huber Christian	*Hattingen	4:13:29	M50	133	0:53:23	1:23:57	1:56:08
778	2539	Franke Edgar	SC Bayer 05 Uerdingen	4:13:29	M55	89	0:51:47	1:24:39	1:57:02
779	3949	Rudolph Uwe	*Duisburg	4:13:33	M55	90	0:52:31	1:23:39	1:57:22
780	4255	Thomaschewski Dr. Frank	*Duisburg	4:13:35	M55	91	0:51:44	1:23:35	1:58:15
781	3698	Wimmer Robert	*Ratingen	4:13:37	M40	114	0:52:35	1:22:39	1:58:22
782	3028	Cornelißen Volker	Hardtseemafia Triathlon	4:13:40	M50	134	0:52:05	1:26:27	1:55:08
783	3114	Schneiders Rainer	LEX Bocholt Running Team	4:13:41	M50	135	0:52:19	1:22:09	1:59:11
784	5059	Heuwer Björn	*Bochum	4:13:52	M35	103	0:52:47	1:24:33	1:56:30
785	5030	Möller Jürgen	BSG DSW21 / DEW21	4:13:52	M50	136	0:52:32	1:23:16	1:58:03
786	3692	Grund Michael	*Hattingen	4:14:04	M50	137	0:48:51	1:21:18	2:03:54
787	4508	Müller Andreas	*Ratingen	4:14:07	M50	138	0:54:03	1:20:16	1:59:47
788	4390	Tiedtke Stefan	Ausdauerhschule by Bunert	4:14:08	M30	74	0:48:58	1:21:24	2:03:45
789	3769	Nahmer Stephan	*Krefeld	4:14:13	M50	139	0:54:54	1:22:05	1:57:12
790	4446	Buil Axel	*Düsseldorf	4:14:14	M30	75	0:52:34	1:22:32	1:59:07
791	5534	Breznikar Lars	*Rheinberg	4:14:28	M45	170	0:53:53	1:21:29	1:59:05
792	5514	Brudek Dr. Gregor	*Rheinberg	4:14:28	M40	115	0:53:52	1:21:29	1:59:06
793	4593	Blumberg Christian	*Duisburg	4:14:31	M30	76	0:52:25	1:22:30	1:59:36
794	4281	Scheitza Falko	LGO Bochum	4:14:36	M55	92	0:49:31	1:20:34	2:04:30
795	2816	Schulz Georg	Tri-Team TV Schiefbahn e.V.	4:14:44	M55	93	0:55:23	1:21:57	1:57:23



**AOK Winterlaufserie
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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	4797	Lackmann Dr. Jörg	*Duisburg	4:15:10	M50	140	0:56:57	1:22:07	1:56:05
797	2273	Pohl Hans-Jürgen	SG Ruhrgas 1929	4:15:12	M50	141	0:51:13	1:19:58	2:04:00
798	4225	Buil Janek	*Haminkeln	4:15:13	M20	63	0:52:27	1:22:04	2:00:42
799	3069	Rüter Stefan	SV Haldern Laufftreff	4:15:13	M45	171	0:54:54	1:36:38	1:43:41
800	5614	Ndjenndja Guino		4:15:16	M40	116	0:52:18	1:24:52	1:58:05
801	3461	Schmitz Andreas	Die Deichläufer	4:15:18	M50	142	0:50:06	1:19:48	2:05:24
802	2776	Bantin Holger	Unser Wasser e.V.	4:15:22	M60	24	0:51:41	1:22:22	2:01:18
803	2491	Newerenczuk Dariusz	TUS Breitscheid	4:15:23	M55	94	0:53:42	1:25:12	1:56:28
804	3821	Nover Philipp	*Mülheim an der Ruhr	4:15:24	M30	77	0:49:44	1:27:02	1:58:37
805	5259	Durben Maximilian	*Duisburg	4:15:25	M20	64	0:52:25	1:23:59	1:59:01
806	4037	Roderwieser Jan	*Düsseldorf	4:15:29	M35	104	0:50:56	1:21:51	2:02:41
807	5299	Duesmann Dierk	*Oberhausen	4:15:37	M50	143	0:50:28	1:25:51	1:59:16
808	4542	Kollar Philip	Team babiel	4:15:37	M35	105	0:51:38	1:24:02	1:59:56
809	4200	Gerpheide Frank	SV 08/29 Friedrichsfeld	4:15:40	M55	95	0:53:12	1:21:45	2:00:43
810	2468	Garcia Fernando	Vodafone Runners	4:15:42	M35	106	0:51:47	1:22:21	2:01:33
811	4681	Teklote Dirk	Dammeyer & Hoves	4:15:49	M35	107	0:55:58	1:23:26	1:56:24
812	4042	Baumann Marc	Team Polizei Duisburg	4:15:58	M45	172	0:54:51	1:23:50	1:57:16
813	5369	Kulke Bernd	*Herne	4:16:00	M40	117	0:52:19	1:22:51	2:00:49
814	4240	Grijzen Peter	*Herne	4:16:06	M30	78	0:55:15	1:21:15	1:59:35
815	3142	Fischer Sebastian	*Düsseldorf	4:16:11	M35	108	0:53:43	1:23:31	1:58:56
816	5555	Scheiermann Martin	SV 13 Gladbeck Triathlon	4:16:24	M50	144	0:53:35	1:23:27	1:59:21
817	3065	Gumz Ingo	*Duisburg	4:16:36	M50	145	0:52:15	1:23:11	2:01:09
818	4596	Hegemann Ralf	*Essen	4:16:44	M35	109	0:54:33	1:23:55	1:58:16
819	5146	Kretzer Rolf-Dieter	TV Ufport-Eick	4:16:46	M65	10	0:51:26	1:25:30	1:59:49
820	5140	Niehues Christoph	Rauxel-Dorf	4:16:47	M50	146	0:52:51	1:24:41	1:59:14
821	5021	Wüllenweber Christian	TV Jahn Hiesfeld	4:16:59	M40	118	0:57:30	1:21:41	1:57:47
822	5180	Kleinschnitz Martin	Turbo Runners Bocholt	4:17:00	M60	25	0:54:45	1:22:24	1:59:50
823	5017	Symolka Alexander	*Essen	4:17:11	M30	79	0:51:41	1:24:36	2:00:53
824	3613	Umpelby Stefan	*Essen	4:17:15	M45	173	0:51:59	1:22:32	2:02:43
825	5119	Günther Tobias	*Krefeld	4:17:15	M40	119	0:58:29	1:40:26	1:38:20
826	4407	Eßler Felix	*Essen	4:17:21	M30	80	0:50:38	1:25:45	2:00:58
827	4079	Jansen Mario	*Meerbusch	4:17:28	M35	110	0:52:56	1:21:50	2:02:41
828	4128	Mandel Wolfgang	TEAM ELG	4:17:48	M60	26	0:54:39	1:23:06	2:00:02
829	2471	Iacopetta Michael	Vodafone Runners	4:17:56	M45	174	0:57:27	1:23:18	1:57:11
830	5485	Witteberg Thomas	*Dorsten	4:18:00	M40	120	0:49:48	1:29:59	1:58:12
831	2594	Zachcial Andreas	Fluktuation 8	4:18:00	M40	121	0:52:07	1:29:19	1:56:34
832	5185	Juretzki Stefan	SG Ratingen	4:18:09	M45	175	0:53:12	1:23:54	2:01:02
833	4663	Galle Dr. Dominic	SG Borken	4:18:10	M35	111	0:52:45	1:23:54	2:01:30
834	3536	Johnen Simon	*Dortmund	4:18:11	M35	112	0:54:51	1:24:43	1:58:36
835	4001	Schulte Jochen	*Köln	4:18:13	M45	176	0:52:42	1:21:14	2:04:16
836	4029	Beekes Christian	BSG Sparkasse Mülheim	4:18:18	M20	65	0:51:44	1:25:13	2:01:20
837	2255	Wilmsen Henry	LC Duisburg	4:18:29	M60	27	0:54:04	1:22:27	2:01:57
838	3673	Zimny Andreas	*Herne	4:18:39	M35	113	0:52:42	1:24:44	2:01:12
839	4519	Friedrich Jürgen	*Mülheim	4:18:43	M55	96	0:53:07	1:24:39	2:00:56
840	5139	Stuchlik Andreas	*Duisburg	4:18:55	M30	81	0:58:49	1:26:39	1:53:26
841	4698	Zupancic Vincent	Mercator Fachschaft BWL	4:19:11	M20	66	0:50:12	1:25:53	2:03:05
842	4740	Dziechciarz Karol	Pott runner	4:19:13	M40	122	0:56:36	1:24:04	1:58:33
843	4223	Maaß Peter	*Duisburg	4:19:17	M35	114	0:56:01	1:24:04	1:59:12
844	3385	Edeler Thorsten	LC Duisburg	4:19:17	M50	147	0:45:14	1:13:20	2:20:43
845	3967	Dresselmann Frederik	*Mülheim an der Ruhr	4:19:20	M30	82	0:49:08	1:20:39	2:09:33
846	4073	Schikora Viktor	Kräuter-und Reformhaus Klo	4:19:20	M60	28	0:54:02	1:25:01	2:00:16
847	4323	Kostbahn Dr. Wilfried	*Ratingen	4:19:22	M40	123	0:53:36	1:26:39	1:59:06
848	5033	Kohlbrei Torsten	*Mülheim an der Ruhr	4:19:28	M50	148	0:49:11	1:29:54	2:00:22



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	5286	Heidenreich Günter	*Düsseldorf	4:19:30	M55	97	0:56:33	1:23:44	1:59:12
850	2502	Albrecht Rainer	TUS Breitscheid	4:19:37	M55	98	0:51:38	1:24:23	2:03:34
851	2577	Rosenstengel Jörg	Speed of Light	4:19:43	M55	99	0:54:18	1:23:17	2:02:08
852	3268	Kupke Uwe	TV Jahn Hiesfeld	4:19:45	M60	29	0:54:00	1:22:29	2:03:15
853	3767	Heider Christoph	*Duisburg	4:19:46	M20	67	0:50:17	1:28:43	2:00:45
854	4782	Richter Thorsten	Immeo Wohnen Running Te	4:19:51	M45	177	0:56:10	1:22:58	2:00:42
855	5450	Heier Heinz - willy	*Alpen	4:19:51	M40	124	0:55:51	1:23:57	2:00:03
856	3590	Lüßem Marc	BSG Commerzbank	4:20:00	M50	149	0:54:16	1:21:13	2:04:30
857	3816	Peters Markus	Roadrunners	4:20:01	M45	178	0:53:23	1:27:16	1:59:21
858	3167	Porzig Rüdiger	*Kaarst	4:20:07	M55	100	0:53:20	1:25:18	2:01:28
859	2841	Lehmann Jörg	*Mülheim	4:20:09	M50	150	0:52:57	1:23:56	2:03:15
860	2808	Bruckschen Marco	*Moers	4:20:16	M40	125	0:50:03	1:21:06	2:09:07
861	4316	Hogrefe Dirk	FKVFCB	4:20:22	M45	179	0:53:33	1:25:45	2:01:03
862	2301	Sotor Björn	1. Kieler Alkoholvernichtungs	4:20:33	M40	126	0:50:13	1:37:34	1:52:45
863	2639	Tollkötter Oliver	*Essen	4:20:42	M35	115	0:55:42	1:23:15	2:01:44
864	4053	Bursy Waldemar	*Duisburg	4:20:51	M50	151	0:57:19	1:30:49	1:52:42
865	5424	Albrecht Frank	FDP Duisburg-Mitte	4:20:58	M50	152	0:55:15	1:22:44	2:02:58
866	4484	Schmitz Tim	*Oberhausen	4:20:58	M40	127	0:58:08	1:23:44	1:59:05
867	4488	Bartel Benedikt	OTV Endurance Team	4:21:09	M35	116	0:50:41	1:24:45	2:05:42
868	2436	Gettler Frank	Vodafone Runners	4:21:16	M45	180	0:54:53	1:26:22	1:59:59
869	2497	Presser Christian	TUS Breitscheid	4:21:28	M50	153	0:55:25	1:24:06	2:01:56
870	2971	Knechten Gerd	SV Viktoria Goch	4:21:55	M60	30	0:54:31	1:27:07	2:00:15
871	3208	Rudolf Joachim	*Bergisch Gladbach	4:21:59	M60	31	0:53:15	1:24:46	2:03:57
872	3494	Remmert Torsten	*Sprockhövel	4:22:05	M45	181	0:54:12	1:24:13	2:03:40
873	4965	Winkels Bernd	SV Sonsbeck	4:22:06	M45	182	0:49:59	1:24:49	2:07:17
874	5172	Baar Volker	*Kaarst	4:22:07	M50	154	0:54:07	1:26:18	2:01:41
875	5346	Edelhoff Dominik	*Dortmund	4:22:43	M20	68	0:56:30	1:28:09	1:58:02
876	2875	Dicke Ralf	LC Duisburg	4:22:43	M60	32	0:54:17	1:26:48	2:01:37
877	5461	Müller Günter	Marathonteam Ratingen	4:22:45	M70	4	0:56:42	1:24:25	2:01:36
878	5050	Aus dem Siepen David	SuS Niederbonsfeld	4:22:47	M30	83	0:49:56	1:22:17	2:10:32
879	3609	Eichel Frank	*Wermelskirchen	4:23:01	M40	128	0:54:52	1:24:29	2:03:40
880	2315	Reimann Christopher	TVE Burgaltendorf	4:23:14	M50	155	0:52:24	1:23:06	2:07:44
881	5438	Grobe Axel	*Duisburg	4:23:18	M40	129	0:53:12	1:23:06	2:07:00
882	2619	Ulbrich Dennis	FC Bayern München	4:23:20	M40	130	0:55:17	1:25:44	2:02:18
883	5141	Rose Andreas	LG Weidensprinter	4:23:20	M55	101	0:55:05	1:23:35	2:04:39
884	3204	Socher Michael	LC Duisburg	4:23:21	M55	102	0:55:54	1:23:55	2:03:31
885	4670	Aydin Ismail	*Duisburg	4:23:37	M55	103	0:56:17	1:22:41	2:04:37
886	5071	Heider Stephan	*Moers	4:23:44	M45	183	0:55:05	1:23:41	2:04:57
887	3252	Pekel Sebastian	Polizei Oberhausen	4:23:50	M20	69	0:54:35	1:24:49	2:04:25
888	2888	Schmidt Thorsten	Hamburg	4:23:56	M45	184	0:49:36	1:26:01	2:08:19
889	5367	Konrad Mark		4:24:03	M40	131	0:54:35	1:27:14	2:02:13
890	4373	Möllhoff Udo	*Mülheim	4:24:09	M60	33	0:55:57	1:25:44	2:02:26
891	5212	Jentsch Tony	*Düsseldorf	4:24:13	M30	84	0:48:52	1:34:57	2:00:23
892	4795	Schaal Oliver	me-sport	4:24:26	M35	117	0:51:59	1:24:07	2:08:18
893	2440	Stolle Jörg	Vodafone Runners	4:24:33	M45	185	0:48:00	1:31:57	2:04:34
894	2298	Kleinfeld Uli	BWG Running Team	4:25:05	M50	156	0:50:10	1:29:17	2:05:37
895	2562	Brockhaus Helmut	SPCA	4:25:09	M55	104	0:53:53	1:24:22	2:06:52
896	3011	Garmatsch Ralf	Cool Runnings	4:25:12	M50	157	0:54:33	1:31:48	1:58:50
897	5111	Buchterkirchen Marcel	*Dortmund	4:25:21	M30	85	0:55:40	1:25:15	2:04:24
898	3514	Sich Robert	BSG Sparda-Bank West eG	4:25:32	M35	118	0:53:17	1:27:53	2:04:20
899	4239	Nitka Michael	*Oberhausen	4:25:46	M30	86	0:53:11	1:25:23	2:07:11
900	5019	Schlingermann Klaus	K. Bellwon Elektrotechnik Gm	4:25:47	M40	132	0:56:02	1:26:54	2:02:50
901	2305	Rockensüß Robin	Trimet	4:25:49	M35	119	0:53:01	1:27:54	2:04:53



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	5001	Hegemann Andreas	LT Haumannplatz Essen	4:26:02	M40	133	0:55:40	1:28:06	2:02:15
903	3641	Lange Roland	Fortuna Düsseldorf	4:26:08	M45	186	0:53:49	1:27:42	2:04:37
904	5072	Michel David	*Dortmund	4:26:10	M20	70	0:58:20	1:29:53	1:57:57
905	4257	Brenneken Herbert	nur Stehen ist langsamer	4:26:17	M55	105	1:04:29	1:24:24	1:57:23
906	2645	Jägers Michael	*Gladbeck	4:26:25	M45	187	0:55:02	1:25:32	2:05:51
907	4753	Brosowski Frank	Team Popoclub	4:26:30	M45	188	1:09:13	1:18:31	1:58:44
908	5061	Fischer Patrick	*Mülheim an der Ruhr	4:26:41	M30	87	0:56:26	1:25:03	2:05:11
909	5102	Wolf Stefan	*Oberhausen	4:26:52	M45	189	0:55:29	1:25:33	2:05:49
910	3338	Kesselhut Frank	*Duisburg	4:27:01	M50	158	0:53:32	1:25:49	2:07:39
911	2709	Bönnighausen Burkhard	*Ratingen	4:27:02	M55	106	0:53:20	1:28:22	2:05:20
912	5453	Wagner Dirk	*Alpen	4:27:15	M45	190	0:56:23	1:27:21	2:03:29
913	4133	Haase Thomas	*Düsseldorf	4:27:24	M50	159	0:57:37	1:25:28	2:04:18
914	3773	Zöller Christian	*Duisburg	4:27:32	M35	120	0:56:58	1:23:45	2:06:48
915	4305	Kerstein Karsten	*DORTMUND	4:27:38	M50	160	0:54:57	1:25:26	2:07:15
916	4561	Haid Martin	*Duisburg	4:27:42	M40	134	0:53:20	1:27:51	2:06:30
917	3253	Pekel Peter	Polizei Oberhausen	4:27:43	M60	34	0:55:10	1:25:06	2:07:26
918	3304	Koziorowski Michael	*Essen	4:27:53	M55	107	0:54:07	1:28:34	2:05:11
919	4131	Heinrich Peter	LC Duisburg	4:27:59	M55	108	0:51:01	1:25:02	2:11:55
920	3289	Plicht Werner	wider dem Schweinehund	4:28:05	M50	161	0:55:24	1:28:08	2:04:33
921	3123	Ernst Matthias	*Dinslaken	4:28:13	M45	191	0:56:27	1:28:18	2:03:27
922	3886	Gasteiger Stephan	*Essen	4:28:31	M30	88	0:51:52	1:25:03	2:11:35
923	2495	Kraatz Norman	TUS Breitscheid	4:28:42	M35	121	0:55:15	1:23:30	2:09:56
924	2832	Moll Rainer	*Krefeld	4:28:50	M50	162	0:55:04	1:27:31	2:06:14
925	3147	Walter Gregor	*Krefeld	4:29:05	M50	163	0:52:16	1:29:40	2:07:08
926	2758	Lorenz Oliver	Fortuna Düsseldorf Triathlon	4:29:08	M40	135	0:52:07	1:30:08	2:06:52
927	4297	Abraham Ivan	BAUEN+LEBEN	4:29:26	M45	192	0:58:43	1:32:08	1:58:34
928	3256	Gerards Holger	*Duisburg	4:29:34	M50	164	0:54:35	1:29:12	2:05:47
929	2462	Nguyen Pham Quam	Vodafone Runners	4:29:42	M40	136	0:51:45	1:31:34	2:06:21
930	4780	Von der Heydt Christian	*Duisburg	4:29:47	M35	122	0:53:24	1:28:25	2:07:58
931	4520	Vogt Holger	*Essen	4:29:53	M55	109	0:54:11	1:26:59	2:08:42
932	5423	Kruell Ulrich	Fahrrad Freunde Leichlingen	4:30:03	M50	165	0:52:19	1:28:26	2:09:17
933	2260	Berger Dieter	SG Ruhrgas 1929	4:30:13	M55	110	0:54:47	1:29:00	2:06:25
934	5027	Gronewold Stefan	*Duisburg	4:30:23	M45	193	0:54:38	1:28:12	2:07:31
935	3730	May Jörg	Running Dinslaken	4:30:31	M55	111	0:57:09	1:27:11	2:06:09
936	3660	Catikkas Mehmet	Max Maulwurf Marathonis	4:30:43	M45	194	0:56:06	1:28:36	2:06:01
937	2782	Winter-van Laak Wolfgang	Adler-Langlauf Bottrop	4:30:44	M70	5	0:54:50	1:30:24	2:05:29
938	2906	Erdmann Jochen	*Dinslaken	4:30:47	M20	71	0:56:36	1:28:48	2:05:21
939	4485	Brune Rainer	*Duisburg	4:30:54	M60	35	0:56:19	1:29:00	2:05:33
940	5283	Rodenjohann Marc	LC Duisburg	4:30:56	M45	195	0:54:15	1:29:05	2:07:35
941	4676	Cepok Theodor	Alles aus Liebe	4:31:29	M60	36	0:55:43	1:28:26	2:07:19
942	2293	Müller Ulrich	TC Kray 1892 e. V.	4:31:32	M60	37	0:56:53	1:26:45	2:07:53
943	4368	Kossmann Andre	BUMMELBOB	4:31:33	M40	137	0:55:48	1:26:05	2:09:39
944	5104	Braun Reinhold	TEAM Holz-Konzepte	4:31:41	M55	112	0:55:19	1:27:34	2:08:47
945	2482	Jännert Erich	AS Neukirchen-Vluyn	4:31:42	M65	11	0:55:53	1:26:48	2:09:00
946	5025	Dix Dennis	Lauftreff Sterkrade-Nord	4:31:44	M30	89	0:54:40	1:29:45	2:07:18
947	2955	Schröder Berthold	*Bocholt	4:31:47	M60	38	0:56:23	1:28:36	2:06:46
948	5204	Frank Thomas	*Rheinberg	4:31:49	M50	166	0:56:46	1:29:24	2:05:37
949	4671	Lim Michael	*Essen	4:31:52	M20	72	1:02:03	1:39:15	1:50:34
950	5431	Denis Nick	*Duisburg	4:31:53	M35	123	0:56:07	1:28:20	2:07:25
951	2318	Ernst Uwe	BSG Stadtwerke Duisburg	4:31:56	M55	113	0:57:43	1:27:24	2:06:48
952	2423	Grabowski Robert	Vodafone Runners	4:31:58	M45	196	0:52:59	1:25:09	2:13:48
953	3854	Mario Fleitz	*Duisburg	4:31:58	M50	167	0:54:50	1:30:38	2:06:29
954	2965	Hildebrandt Jens	*Mülheim	4:31:59	M35	124	0:56:27	1:19:09	2:16:22



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	4731	Kaline Maik	Dorsten	4:32:03	M40	138	0:55:52	1:29:17	2:06:52
956	4315	Brückner Thomas	*Gladbeck	4:32:06	M45	197	0:58:37	1:28:34	2:04:54
957	4047	Werding Arndt	SG Kupferdreh-Byfang	4:32:10	M45	198	0:57:15	1:23:58	2:10:57
958	3749	Wodarz Artur	Feuerwehr SV Düsseldorf	4:32:16	M40	139	0:49:09	1:16:58	2:26:08
959	4219	Hossfeld Mark	Turbo Schnecken Lüdensche	4:32:23	M35	125	0:53:23	1:27:50	2:11:10
960	4922	Lichtenberger Marco	LAV Kessel	4:32:38	M50	168	0:54:01	1:25:25	2:13:12
961	3661	Schönfeld Boris	Max Maulwurf Marathonis	4:33:00	M45	199	0:54:54	1:32:05	2:06:00
962	4583	Wilbuer Andreas	*Essen	4:33:12	M55	114	0:55:31	1:25:10	2:12:30
963	3129	Kriznik Andrej	TV Jahn Hiesfeld	4:33:14	M40	140	0:55:42	1:29:07	2:08:23
964	3874	Vogel Dirk	LF Serm	4:33:18	M55	115	0:53:59	1:25:47	2:13:30
965	3371	Hengst Ralph	*Mülheim an der Ruhr	4:33:18	M50	169	0:54:50	1:28:59	2:09:29
966	4021	Mehring Gunther	*Dinslaken	4:33:54	M45	200	0:55:36	1:30:31	2:07:46
967	3395	Breuer Wolfgang	Sportsfreunde Neersbroich	4:33:58	M60	39	0:57:56	1:28:05	2:07:57
968	2270	Klinzing Hans-Georg	SG Ruhrgas 1929	4:33:59	M65	12	0:55:47	1:31:41	2:06:30
969	4097	Schneider Olaf	*Oberhausen	4:34:03	M45	201	0:52:30	1:30:32	2:11:00
970	5549	Laputska Ivan	*Neukirchen-Vluyn	4:34:23	M35	126	0:54:58	1:33:27	2:05:56
971	4369	Krisp Arno	BUMMELBOB	4:34:25	M40	141	0:57:39	1:26:52	2:09:53
972	3370	Lunau Frank	Lauftreff Gruiten-Neandertal	4:34:26	M50	170	0:54:47	1:28:39	2:10:59
973	4825	Juschka Axel	*Duisburg	4:34:31	M50	171	0:56:42	1:28:48	2:08:59
974	4743	Knappe Simon	*Duisburg	4:34:51	M20	73	0:49:01	1:29:44	2:16:05
975	5441	Schnitzler Michael	*Düsseldorf	4:34:57	M65	13	0:58:48	1:28:01	2:08:07
976	4372	Dähmlow Andreas	Eintracht Frankfurt Triathlon	4:35:12	M50	172	0:58:18	1:29:16	2:07:37
977	5160	Brockhaus Bernd	FS Rheinkamp	4:35:27	M55	116	0:53:39	1:31:40	2:10:08
978	4891	Hunsche Jörg	*Velbert	4:35:29	M50	173	0:53:12	1:27:09	2:15:06
979	5210	Pederiva Thomas	*Dinslaken	4:35:38	M45	202	0:55:55	1:28:36	2:11:06
980	3482	Blohm Olaf	*Ratingen	4:35:40	M45	203	0:55:03	1:28:18	2:12:18
981	3359	Ruhland Alois	Lauftreff Gruiten-Neandertal	4:35:43	M55	117	0:54:55	1:29:41	2:11:07
982	3517	Gleißner Jörg	*Moers	4:35:50	M50	174	0:55:35	1:30:03	2:10:11
983	2489	Krause Dirk	AS Neukirchen-Vluyn	4:35:50	M50	175	0:55:43	1:28:36	2:11:31
984	4923	Witte Thomas	*Düsseldorf	4:36:09	M50	176	0:57:25	1:31:38	2:07:05
985	4694	Vormdohre Dieter	*Ratingen	4:36:18	M60	40	1:00:58	1:27:06	2:08:14
986	3708	Böse Thomas	Turnerbund Essen-Frintrop	4:36:20	M40	142	0:53:02	1:30:09	2:13:08
987	2960	Krupp Roman	*Essen	4:36:34	M35	127	0:57:39	1:28:56	2:09:59
988	3607	Märker Michael	Spielbank Duisburg	4:36:37	M50	177	0:59:23	1:33:12	2:04:00
989	4849	Froeschl Jan	*Mülheim	4:36:37	M35	128	0:53:39	1:28:04	2:14:53
990	2253	Giebel Michael	*Duisburg	4:36:45	M55	118	0:58:19	1:33:07	2:05:19
991	3301	Krebber René	*Oberhausen	4:36:59	M45	204	0:56:09	1:28:22	2:12:27
992	2475	Janssen Edgar	Vodafone Runners	4:37:18	M45	205	0:59:23	1:31:33	2:06:20
993	5444	Jürgen Weiss	www.WanderWegeWelt.de	4:37:30	M50	178	0:56:54	1:28:35	2:12:00
994	5240	Wolff Edgar	*Muelheim	4:37:47	M50	179	0:52:47	1:21:18	2:23:41
995	2893	Pohl Gerhard	Wir bei HKM	4:37:54	M50	180	0:57:06	1:29:17	2:11:31
996	3184	Reumschüssel Torsten	BSG Sparkasse Essen	4:37:58	M40	143	0:58:15	1:29:27	2:10:14
997	4722	Steffen Klaus	LT Lustige Schleicher Essen	4:37:59	M50	181	0:54:42	1:29:30	2:13:46
998	4330	Rogge Dieter	Rogge Steuerberatung	4:38:06	M75	1	0:59:20	1:30:40	2:08:04
999	3905	Jalowy Markus	*Ratingen	4:38:12	M55	119	1:00:57	1:28:59	2:08:14
1000	3520	Kaschuba Damian	Altenessen Cycling	4:38:41	M30	90	0:56:42	1:27:07	2:14:51
1001	5277	Boland Patrick	*Duisburg	4:38:51	M30	91	0:56:26	1:28:18	2:14:06
1002	3271	Hampel Andreas	*Duisburg	4:39:03	M45	206	0:58:21	1:27:45	2:12:56
1003	2823	Beckmann Tim	Stilfser Joch	4:39:14	M50	182	0:54:48	1:30:03	2:14:23
1004	5352	Escher Christoph	Angerland LT Lintorf	4:39:18	M50	183	0:58:05	1:32:11	2:09:01
1005	4365	Wesemann Gerd	TUS Breitscheid	4:39:22	M65	14	0:57:51	1:30:19	2:11:11
1006	4760	Pausch Fabian	*Duisburg	4:39:24	M35	129	0:56:39	1:36:15	2:06:29
1007	3422	Fritschen Heiko	*Velbert	4:39:29	M45	207	0:56:46	1:31:23	2:11:19



**AOK Winterlaufserie
des ASV Duisburg 2017
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	3752	Hoppmann Thorsten	Feuerwehr SV Düsseldorf	4:39:39	M45	208	0:55:26	1:32:33	2:11:39
1009	3000	Salewski Reinhard	DJK Preussen 1911 Bochum	4:39:57	M55	120	0:59:45	1:35:52	2:04:20
1010	3908	Eversmann Gerhard	*Duisburg	4:40:00	M55	121	0:52:15	1:32:56	2:14:48
1011	2905	Kalthoff Andreas	Signal-Iduna	4:40:47	M50	184	0:55:58	1:37:20	2:07:28
1012	4776	Ossenberg Tobias	*Ratingen	4:40:47	M30	92	0:58:14	1:32:25	2:10:08
1013	2320	Roth Holger	BSG Stadtwerke Duisburg	4:40:49	M50	185	0:59:01	1:29:27	2:12:20
1014	3450	Isgen Stefan	*Ratingen	4:41:26	M45	209	0:55:52	1:27:31	2:18:03
1015	4464	Geltenpoth Guido	LT Kettwig	4:41:30	M45	210	0:55:47	1:38:24	2:07:18
1016	3033	Adler Detlev	*Schwelm	4:41:35	M55	122	0:56:33	1:34:03	2:10:58
1017	3541	Kroker Thomas	*Dortmund	4:41:49	M40	144	0:58:25	1:33:12	2:10:11
1018	4531	Hermans Bernd	SV Viktoria Lauftreff	4:42:03	M50	186	1:01:56	1:22:15	2:17:50
1019	4525	Stoller Wolfgang	*Düsseldorf	4:42:04	M55	123	0:57:56	1:30:22	2:13:45
1020	3880	Fitzlaff Sven	Hülsen Lauftreff	4:42:11	M50	187	0:52:27	1:31:21	2:18:22
1021	4865	Barkholz Dirk	*Hilden	4:42:30	M45	211	1:00:37	1:31:17	2:10:35
1022	2303	Lindner Tobias	1. Kieler Alkoholvernichtungs	4:42:37	M35	130	0:58:46	1:37:35	2:06:15
1023	4344	Puhlfürst Daniel	*Dortmund	4:42:44	M35	131	0:55:40	1:25:15	2:21:48
1024	5107	Günther Malte	VOLLLAUFEN	4:43:00	M35	132	0:59:18	1:31:44	2:11:58
1025	3679	Joeken Michael	*Duisburg	4:43:07	M55	124	0:54:34	1:29:24	2:19:08
1026	5430	Sanders Gerald	*Essen	4:43:15	M35	133	0:58:22	1:33:14	2:11:38
1027	5469	Bertl Batian	BSG Stadtwerke Duisburg	4:43:36	M40	145	0:59:01	1:30:19	2:14:16
1028	3109	Nouera Stephan	*Meckenheim	4:44:04	M40	146	0:59:28	1:31:51	2:12:44
1029	3103	Neumann Klaus	*Monheim am Rhein	4:44:05	M60	41	0:59:28	1:31:51	2:12:45
1030	2296	Gliff Thomas	BWG Running Team	4:44:44	M45	212	1:03:18	1:33:14	2:08:11
1031	4359	Duwe Simon	SV Haldern-Lauftreff	4:45:26	M45	213	1:06:19	1:39:48	1:59:18
1032	2994	Wellmanns Norbert	LT Sonntagsläufer Sonsbeck	4:45:33	M50	188	0:55:52	1:32:47	2:16:53
1033	2653	Geisdorf Klaus	LT Sonntagsläufer Sonsbeck	4:45:34	M50	189	0:55:53	1:32:47	2:16:53
1034	2267	Grabienski Wolfgang	SG Ruhrgas 1929	4:45:39	M60	42	0:59:12	1:32:15	2:14:11
1035	4851	Rogall Michael	Ausdauererschule by Bunert	4:45:59	M45	214	0:55:49	1:29:38	2:20:31
1036	4142	Osterberg Frank	Veerter Vlitzer	4:46:41	M55	125	0:57:50	1:31:47	2:17:03
1037	4141	Mertins Dr. Kai	Veerter Vlitzer	4:46:41	M45	215	0:57:49	1:31:47	2:17:03
1038	5205	Schmitz Peter	*Duisburg	4:46:45	M50	190	0:58:08	1:34:22	2:14:14
1039	4232	Vos Andreas	Knötterpötte	4:46:54	M40	147	1:00:03	1:34:09	2:12:41
1040	4401	Hebisch Ole	Running Gig	4:47:09	M45	216	1:00:27	1:29:58	2:16:42
1041	3426	Stocker Helmut	*Schwerte	4:47:35	M50	191	0:55:50	1:33:53	2:17:52
1042	2821	Göhre Dr. Jan	*Düsseldorf	4:47:37	M45	217	0:58:23	1:30:24	2:18:49
1043	4630	Jach Michael	RakIngFli97	4:47:45	M35	134	0:58:35	1:33:29	2:15:41
1044	3126	Holtel Matthias	*Duisburg	4:48:02	M45	218	0:56:37	1:37:41	2:13:43
1045	5173	Konwiarz Thomas	*Duisburg	4:48:38	M50	192	1:02:56	1:35:59	2:09:42
1046	2997	Tristram Uwe	Marientreff	4:49:10	M50	193	0:59:43	1:34:37	2:14:49
1047	4400	Heinrich Uwe	TuS Hamborn-Neumühl	4:49:17	M70	6	1:01:32	1:33:40	2:14:04
1048	5404	Böcker Marius	Dortmund	4:49:20	M20	74	0:56:46	1:27:34	2:25:00
1049	3981	Steinbach Michael	TV Jahn Hiesfeld	4:49:27	M50	194	0:59:53	1:30:35	2:18:59
1050	4595	Iavarone Dino	*Duisburg	4:49:29	M30	93	1:00:00	1:31:27	2:18:01
1051	3558	Schitteck Marcus	Racing Snails	4:49:45	M45	219	1:00:49	1:33:50	2:15:05
1052	5015	Schwesig Dominik	*Mülheim	4:49:56	M35	135	0:58:34	1:39:28	2:11:53
1053	5281	Gläßer Thomas	*Essen	4:50:15	M45	220	0:58:27	1:29:18	2:22:30
1054	4417	Achterath Joachim	*Alpen	4:50:34	M50	195	0:55:44	1:31:16	2:23:33
1055	3924	Grotstabel Jens	*Bocholt	4:51:03	M30	94	0:58:24	1:35:05	2:17:33
1056	2519	Swiatczak Eugen	Ausdauererschule by Bunert	4:51:12	M65	15	0:59:23	1:37:06	2:14:42
1057	2642	Hartke Daniel	*Neukirchen-Vluyn	4:51:22	M40	148	0:57:23	1:30:24	2:23:34
1058	2923	Wachsmann Georg	*Gladbeck	4:51:26	M50	196	1:00:15	1:28:29	2:22:41
1059	2908	Spickernagel Marc	*Duisburg	4:51:31	M50	197	0:59:41	1:25:54	2:25:54
1060	3735	Lange Gerd	LA Spvgg. Herten	4:51:51	M65	16	1:00:52	1:33:14	2:17:44

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	3328	Hilgers Erich	Three Lions and Friends	4:51:57	M80	1	0:58:56	1:35:36	2:17:24
1062	4554	Andres Ron	*Düsseldorf	4:52:04	M40	149	1:02:21	1:37:06	2:12:36
1063	2280	Schmitke Waldemar	SG Ruhrgas 1929	4:53:01	M60	43	0:59:29	1:34:29	2:19:03
1064	2398	Schmitz Thomas	200PROTEAM	4:53:06	M45	221	0:55:38	1:36:28	2:20:59
1065	2262	Conzen Joachim	SG Ruhrgas 1929	4:53:28	M60	44	0:58:46	1:35:39	2:19:02
1066	5416	Milch Markus	VT Triangel Kempen	4:53:29	M40	150	1:00:00	1:31:23	2:22:05
1067	5297	Brack Günter	Team Polizei Duisburg	4:53:31	M50	198	0:57:06	1:30:21	2:26:04
1068	3067	Lenz Thomas	*Solingen	4:54:45	M50	199	0:59:47	1:35:40	2:19:17
1069	3221	Hackstein Tobias	*Duisburg	4:54:49	M35	136	0:59:52	1:32:15	2:22:41
1070	5432	Leymann Helmut	PSV Duisburg	4:56:34	M65	17	1:02:43	1:34:36	2:19:14
1071	4414	Konrad Kai	*Duisburg	4:57:08	M20	75	0:58:46	1:39:27	2:18:54
1072	2636	Uvermann Markus	SG Borken	4:58:22	M50	200	1:00:32	1:34:39	2:23:10
1073	2286	Wingender Olaf	SG Ruhrgas 1929	4:58:33	M50	201	1:04:10	1:36:44	2:17:38
1074	3987	Jaeger Friedhelm	*Mülheim a.d. Ruhr	4:58:46	M55	126	1:03:12	1:35:14	2:20:20
1075	5289	Hohenberg Achim	LT Rhein-Herne-Kanal	4:59:10	M55	127	0:58:01	1:38:20	2:22:47
1076	5521	Costacopoulos Athanassi	*Essen	5:02:01	M40	151	0:58:12	1:33:34	2:30:15
1077	4640	Pitzen Rolf	TuS 82 Opladen	5:02:30	M50	202	1:02:09	1:40:16	2:20:05
1078	4476	Sprink Thomas	LT Stoppenberg	5:02:43	M50	203	1:04:47	1:39:55	2:18:00
1079	5593	Wunder Andreas	TG Neuss	5:04:54	M55	128	0:58:22	1:26:10	2:40:20
1080	4628	Hagemann Udo	TG Hörste	5:05:28	M50	204	1:04:36	1:43:29	2:17:22
1081	2989	Pojer Marc	DSC 1899	5:05:33	M50	205	1:02:59	1:39:44	2:22:48
1082	5348	Müller Benjamin	*Herne	5:06:11	M30	95	0:55:05	1:45:31	2:25:34
1083	4075	Schramm Dietmar	*Recklinghausen	5:07:18	M65	18	1:01:02	1:40:09	2:26:06
1084	4958	Schwarz Stephan	Spielbank Duisburg	5:09:23	M60	45	0:54:55	1:46:15	2:28:13
1085	4982	Witt Christian	*Oberhausen	5:11:43	M50	206	1:00:26	1:43:20	2:27:56
1086	3040	Niggemann Andreas	Laufgruppe ziiiiisch und weg	5:14:20	M55	129	1:02:41	1:41:41	2:29:58
1087	2780	Schneider Frank	*Duisburg	5:14:21	M40	152	1:03:43	1:40:00	2:30:37
1088	3081	Steinacker Willi	*Leverkusen	5:15:15	M55	130	1:04:36	1:40:46	2:29:52
1089	3741	Grothoff Markus	*Solingen	5:16:38	M55	131	1:02:04	1:43:54	2:30:38
1090	2524	Grunow Oliver	FKK - Fröhliche Kriecher Kr	5:16:49	M45	222	1:09:01	1:47:19	2:20:28
1091	2516	Hahn Sebastian	*Essen	5:19:40	M40	153	1:03:21	1:40:34	2:35:44
1092	3560	Adam Oliver	LT Starlight Team Essen	5:22:22	M45	223	1:05:17	1:51:52	2:25:11
1093	4607	Meyer Heiko	*Duisburg	5:22:33	M40	154	1:06:29	1:46:25	2:29:38
1094	2962	Tausche Karl	SV Haldern-Lauftreff	5:23:41	M80	2	1:04:27	1:42:46	2:36:27
1095	3025	Schink Hagen	TuS 08 Lintorf	5:24:06	M55	132	1:04:29	1:46:43	2:32:53
1096	2302	Poluzyn Tim	1. Kieler Alkoholvernichtungs	5:25:45	M40	155	1:02:02	1:54:54	2:28:48
1097	4938	Miethke Norbert	Team Montag	5:26:24	M60	46	1:08:56	1:47:11	2:30:16
1098	5498	Wolf Horst	Team Flow	5:27:33	M65	19	1:05:20	1:46:18	2:35:54
1099	3694	Jockenhöfer Heinrich	Comfort Coaching	5:28:01	M70	7	1:08:07	1:46:22	2:33:31
1100	4783	Radtke Martin	TV Jahn Hiesfeld	5:30:57	M45	224	1:06:33	1:45:27	2:38:57
1101	3682	Fischer Mike	Öppi rennt	5:34:17	M50	207	1:02:10	1:45:31	2:46:35
1102	3060	Schu Klaus	*Gelsenkirchen	5:35:02	M50	208	1:07:09	1:48:41	2:39:10
1103	3644	Claus Detlef	*Mülheim an der Ruhr	5:37:20	M45	225	1:11:43	1:45:09	2:40:28
1104	3319	Hüfner Manfred	BSG Team EVAG	5:42:17	M65	20	1:08:54	1:50:38	2:42:44
1105	2385	Ward Stephen John	200PROTEAM	5:43:22	M55	133	1:07:36	1:52:22	2:43:22
1106	2763	Kemper Klaus	TV Vennikel	5:48:22	M60	47	1:12:35	1:54:02	2:41:43



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	5806	Fierek Carina	TUS Xanten	3:07:32	W30	1	0:39:15	1:01:42	1:26:35
2	5787	Fels Annika	LG Coesfeld	3:14:09	W20	1	0:40:50	1:04:29	1:28:48
3	4285	Aßbeck Katharina	Tri Club Wuppertal	3:14:33	W20	2	0:40:26	1:03:33	1:30:33
4	3868	Balschuweit Dorothee	SuS Bertlich	3:14:39	W30	2	0:41:41	1:02:52	1:30:05
5	3594	Buß Cornelia	SG Borken	3:20:43	W40	1	0:42:01	1:05:48	1:32:53
6	2690	Dettmar Sabine	SV Blau Weiß Bochum	3:22:03	W20	3	0:41:23	1:06:49	1:33:50
7	3238	Schön Sabine	SV Gladbeck 13	3:24:17	W40	2	0:41:53	1:05:13	1:37:10
8	5100	Gevers-Lohkamp Petra	Adler-Langlauf Bottrop	3:24:19	W45	1	0:41:38	1:05:15	1:37:25
9	5153	Rothe Frauke	SV Gladbeck 13	3:25:26	W35	1	0:43:53	1:06:09	1:35:24
10	2677	Osterholt Tanja	SG Borken	3:27:10	W45	2	0:43:31	1:06:44	1:36:54
11	5221	Libuda Anke	BSG Springorum Bochum	3:27:28	W35	2	0:43:24	1:07:06	1:36:57
12	2803	Ischinsky Carolin	Lauffreunde Bottrop	3:27:37	W40	3	0:45:02	1:07:31	1:35:04
13	2480	Casimir Sabine	AS Neukirchen-Vluyn	3:27:38	W50	1	0:43:33	1:07:00	1:37:03
14	2984	Meckel Tina	*Duisburg	3:27:38	W35	3	0:43:30	1:06:09	1:37:58
15	3946	Falkenstein Britta	SV Gladbeck 13	3:27:50	W50	2	0:44:27	1:06:45	1:36:38
16	2552	Kaß Gudrun	SG Borken	3:28:53	W45	3	0:43:48	1:08:50	1:36:14
17	3314	Wiethoff Conny	Renntiere	3:29:38	W50	3	0:42:38	1:08:03	1:38:56
18	2323	Hübner Britta	LC Duisburg	3:29:46	W50	4	0:44:41	1:08:45	1:36:20
19	3677	Möllenhoff Kathrin	Hildener AT Triathlon	3:31:03	W20	4	0:42:41	1:08:34	1:39:47
20	3387	Kohrs Silke	ASC Ratingen West	3:32:10	W40	4	0:46:35	1:08:34	1:37:00
21	4977	Hempel Sabine	TRC Essen 84	3:32:44	W35	4	0:45:24	1:08:11	1:39:09
22	2657	Thimm Gitti	TV Goch	3:33:33	W45	4	0:45:04	1:09:04	1:39:23
23	2617	Killisch Nara	*Wesel	3:34:16	W45	5	0:43:39	1:09:08	1:41:27
24	4987	Tarrach Michaela	LTH-Essen	3:37:18	W45	6	0:45:04	1:09:36	1:42:37
25	2532	Adam Andrea	Angerland LT Lintorf	3:37:19	W45	7	0:45:32	1:10:19	1:41:28
26	5513	Metzger Patrizia	*Duisburg	3:38:21	W20	5	0:46:28	1:12:20	1:39:32
27	3287	Laufs Verena	LT Metzhausen	3:38:47	W35	5	0:44:28	1:10:19	1:44:00
28	3043	Niggemann Marinja	Ausdauer Schule by Bunert	3:39:01	W30	3	0:44:43	1:12:43	1:41:34
29	3593	Blondin Juliane	SC Bayer 05 Uerdingen	3:39:02	W55	1	0:46:35	1:09:53	1:42:33
30	3133	Börmann Jutta	TriDucks Dorsten	3:39:38	W50	5	0:45:33	1:11:17	1:42:47
31	3409	Köster Diana	SV Viktoria Goch	3:40:11	W45	8	0:45:45	1:11:06	1:43:19
32	5488	Krahl Janina	*Ennepetal	3:40:30	W20	6	0:46:43	1:11:56	1:41:50
33	5330	Ellerhausen Marle	Triabolos Triathlon Hamburg	3:40:43	W45	9	0:46:32	1:11:16	1:42:54
34	5134	Steinstraßer Isabel	*Krefeld	3:41:03	W20	7	0:45:36	1:11:29	1:43:57
35	2555	Hölter Agnes	SG Borken	3:42:06	W60	1	0:47:32	1:11:47	1:42:46
36	5248	Flohr Sonja	Adler-Langlauf Bottrop	3:42:33	W45	10	0:44:58	1:12:35	1:44:59
37	2922	Willemsen Helga	*Bocholt	3:42:34	W45	11	0:47:27	1:11:08	1:43:57
38	4869	Bürger Marita	DJK Kleinenbroich	3:43:07	W30	4	0:46:17	1:12:59	1:43:50
39	4122	Orlova Galina	TEAM ELG	3:43:23	W45	12	0:45:52	1:10:39	1:46:51
40	3293	Sehmer Susanne	Rheintornados	3:44:28	W45	13	0:48:06	1:12:52	1:43:30
41	3601	Quandt Christina	*Düsseldorf	3:44:40	W20	8	0:46:50	1:12:55	1:44:55
42	3931	Blome Ellen	Turnbeuter/vergesser	3:45:16	W40	5	0:44:20	1:16:38	1:44:18
43	5211	Binsfeld Birgit	LG Alpen	3:45:49	W40	6	0:46:42	1:12:36	1:46:30
44	4269	Wand Sabine	Maschinen	3:46:05	W20	9	0:48:58	1:13:31	1:43:35
45	3284	Herriger Annekatrin	*Meerbusch	3:46:10	W45	14	0:47:05	1:13:55	1:45:09
46	3894	Norenkemper Linda	*Essen	3:46:46	W35	6	0:46:27	1:14:20	1:45:58
47	2602	Lindekamp Caroline	*Düsseldorf	3:47:06	W30	5	0:48:09	1:14:24	1:44:32
48	5074	Robrecht Astrid	*Essen	3:47:32	W45	15	0:47:54	1:15:21	1:44:16
49	5449	Feder Sonja	*Voerde	3:49:00	W20	10	0:48:30	1:15:13	1:45:16
50	4289	Von Gerhardt Anja	AS Neukirchen-Vluyn	3:49:00	W40	7	0:48:27	1:15:48	1:44:45
51	5406	Trottenberg Stephanie	Lokomotive Dortmund	3:49:41	W50	6	0:47:50	1:14:33	1:47:18
52	4581	Gedig-Küpper Silke	LC Duisburg	3:49:45	W50	7	0:49:23	1:14:13	1:46:09
53	3824	Bietenbeck Franziska	LT Starlight Team Essen	3:50:48	W30	6	0:49:01	1:13:05	1:48:41

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	2308	Siepkers Elena	Trimet	3:51:00	W20	11	0:46:51	1:18:27	1:45:41
55	3016	Eckford Dr. Stephanie	*Goch	3:51:03	W35	7	0:49:29	1:15:25	1:46:08
56	3217	Bevers Wiebke	Ruhrrunner Essen	3:51:27	W50	8	0:47:58	1:14:27	1:49:01
57	4597	Harnisch Katrin	LC Duisburg	3:51:28	W45	16	0:48:43	1:15:00	1:47:44
58	4854	Schütten-Jansen Petra	Triminators TV Voerde	3:51:37	W50	9	0:53:18	1:10:44	1:47:34
59	2505	Bock Svenja	TUS Breitscheid	3:51:50	W20	12	0:47:16	1:13:33	1:51:00
60	4469	Dahm Sabine	Spaßläufer	3:51:55	W45	17	0:47:56	1:15:40	1:48:18
61	4361	Lux Anna-Sophia	Sportpark Stadtwald	3:52:20	W30	7	0:48:29	1:16:53	1:46:57
62	4100	Baygeldi Tanja	TV Jahn Hiesfeld	3:52:36	W40	8	0:48:23	1:14:55	1:49:18
63	4198	Steiner Tanja	TV Jahn Hiesfeld	3:52:38	W35	8	0:48:23	1:14:55	1:49:19
64	2597	Götz-Thünen Christina	Hamminkelter SV	3:52:44	W30	8	0:49:30	1:14:53	1:48:19
65	5433	Hentschel Dorothée	Fun-Runner VfL Gladbeck	3:52:49	W45	18	0:50:03	1:15:53	1:46:52
66	3688	Beermann Stefanie	Beermann for ever	3:52:55	W20	13	0:48:15	1:16:07	1:48:32
67	3058	Cosack Annette	*Essen	3:53:00	W50	10	0:48:20	1:16:14	1:48:25
68	5117	Mazurek Isabella	*Düsseldorf	3:53:02	W30	9	0:48:17	1:15:04	1:49:40
69	5800	Bühnen Elena	Bunert Duisburg	3:53:11	W20	14	0:45:24	1:10:45	1:57:02
70	5467	Göbel Naemi	Helios Iron Team	3:54:05	W20	15	0:47:04	1:18:15	1:48:46
71	3307	van den Bongard Andrea	Lauftreff Vynen	3:54:34	W40	9	0:48:16	1:16:51	1:49:26
72	3926	Hanfland Nicole	BSG Springorum Bochum	3:54:51	W35	9	0:47:39	1:16:20	1:50:51
73	4456	Kels Petra	TSV Viktoria Mülheim-Ruhr	3:54:57	W55	2	0:47:44	1:13:56	1:53:15
74	3222	Drusenheimer Nadja	*Düsseldorf	3:55:03	W35	10	0:48:36	1:13:16	1:53:11
75	4134	Haase Patricia	*Düsseldorf	3:55:09	WU20	1	0:49:34	1:16:35	1:48:59
76	4276	Macvan Sabine	Team Burtschell	3:55:11	W45	19	0:53:36	1:17:02	1:44:32
77	4530	Lange Nicole	*Düsseldorf	3:55:13	W35	11	0:49:58	1:14:08	1:51:07
78	5585	Weller Lena	Laufen gegen Leiden e.V.	3:55:51	W30	10	0:47:42	1:17:48	1:50:20
79	3349	Sander Ingrid	*Bochum	3:56:03	W55	3	0:48:31	1:16:50	1:50:41
80	3191	Arnold Cordula	*Duisburg	3:56:44	W45	20	0:50:17	1:16:59	1:49:27
81	4701	Butterwegge Hanna	*Düsseldorf	3:57:08	W30	11	0:50:14	1:17:51	1:49:03
82	4679	Mischak Sonja	SG Borken	3:57:14	W30	12	0:50:20	1:16:50	1:50:04
83	3085	Schulz Rita	SC Bottrop	3:57:17	W55	4	0:49:27	1:17:10	1:50:39
84	2254	Lonien Petra	LC Duisburg	3:57:18	W55	5	0:51:24	1:16:00	1:49:53
85	5002	Haberland Christel	LT Haumannplatz Essen	3:57:23	W45	21	0:48:57	1:17:53	1:50:33
86	4085	Hassan Mira	*Neuss	3:57:52	W30	13	0:49:26	1:17:34	1:50:51
87	5419	Wichelhaus Katja	Freie Schwimmer Düsseldorf	3:57:56	W50	11	0:48:59	1:16:00	1:52:56
88	2788	Von den Kerckhoff Johann	Die Höhenläufer	3:57:58	W30	14	0:49:29	1:17:35	1:50:53
89	3538	Weiss Dr. Kristin	*Münster	3:58:22	W30	15	0:49:19	1:20:02	1:49:00
90	4549	Schreyer Hannah	*Essen	3:59:00	W20	16	0:48:56	1:18:58	1:51:05
91	2661	Bartholot Anja	*Korschenbroich	3:59:06	W45	22	0:48:58	1:19:01	1:51:06
92	3452	Wittig Sarah	Team Wittig und Helfer	3:59:29	W20	17	0:49:02	1:17:38	1:52:48
93	4218	Schlüter Barbara	*Essen	4:00:00	W35	12	0:50:55	1:18:51	1:50:13
94	3701	Rühl Astrid	Ausdauererschule by Bunert	4:00:19	W40	10	0:50:19	1:16:32	1:53:27
95	3766	Morrissey Marianne	*Düsseldorf	4:00:20	W40	11	0:49:29	1:20:14	1:50:36
96	4194	Bremer Kerstin	*Bedburg -hau	4:00:30	W30	16	0:50:15	1:19:22	1:50:52
97	2582	Keller Anne	*Oberhausen ich	4:00:44	W35	13	0:50:08	1:17:43	1:52:51
98	2872	Schlüter-Michels Marion	SG Borken	4:00:58	W45	23	0:52:22	1:17:15	1:51:20
99	4967	Habich Sylvia	LT Haumannplatz Essen	4:01:08	W40	12	0:51:46	1:17:58	1:51:23
100	2848	Markhoff Karin	TSV Viktoria Mülheim-Ruhr	4:01:22	W55	6	0:51:16	1:17:23	1:52:42
101	3619	Rentmeister Vanessa	TV Jahn Hiesfeld	4:01:31	W30	17	0:49:52	1:18:22	1:53:16
102	4435	Oberhäuser Angelika	Solinger LC	4:01:38	W65	1	0:49:32	1:22:30	1:49:34
103	4084	Bartnik Rabea	*Gelsenkirchen	4:02:03	W20	18	0:49:28	1:18:19	1:54:15
104	2543	Schumacher Corinna	*Krefeld	4:02:45	W45	24	0:49:19	1:18:43	1:54:43
105	4545	Jurtz Juliane	*Köln	4:02:47	W35	14	0:51:27	1:18:39	1:52:41
106	3863	Hemmecke Ulrike	Wupperläufer	4:03:19	W55	7	0:50:44	1:18:12	1:54:22



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4746	Van Rens Cati	SV Viktoria Goch	4:03:27	W35	15	0:49:32	1:18:58	1:54:57
108	3353	Tüller Corinna	*Velbert	4:03:47	W45	25	0:50:37	1:20:37	1:52:33
109	5247	Gläser Lisa Marie	TV Wattenscheid 01	4:04:19	W20	19	0:47:52	1:15:54	2:00:32
110	2909	Wienforth Silke	PV-Triathlon Witten	4:04:36	W45	26	0:49:43	1:20:35	1:54:17
111	2265	Ewens Susanne	SG Ruhrgas 1929	4:05:10	W45	27	0:50:50	1:19:09	1:55:09
112	2432	Schäfer Christine	Vodafone Runners	4:05:20	W40	13	0:50:29	1:17:52	1:56:58
113	5232	Mayrlechner Lea	*Duisburg	4:05:38	W20	20	0:50:44	1:21:49	1:53:05
114	5425	Leder Britta	*Recklinghausen	4:05:47	W40	14	0:56:55	1:19:50	1:49:02
115	3691	Boßmann Hedwig	Hamminkelter SV	4:06:14	W60	2	0:50:45	1:20:51	1:54:38
116	3437	Großkopf Jenny	*Bochum	4:06:21	W30	18	0:51:38	1:19:59	1:54:43
117	2721	Schwering Agnes	SG Borken	4:06:32	W60	3	0:52:20	1:20:26	1:53:45
118	3433	Vogt Monika	Schnelle und Schleicher	4:06:39	W50	12	0:51:42	1:19:32	1:55:24
119	3412	Franze Simone	TSV Bocholt	4:06:44	W35	16	0:50:57	1:20:51	1:54:55
120	4738	Henniger Kirsten	Solinger LC	4:06:47	W45	28	0:49:41	1:22:30	1:54:35
121	4238	Sroka Insa	*Oberhausen	4:06:49	W30	19	0:51:55	1:20:27	1:54:26
122	4733	Daldrup Corinna	*Düsseldorf	4:06:57	W20	21	0:51:43	1:20:35	1:54:37
123	5558	Hausmann Heike	*Krefeld	4:07:11	W40	15	0:53:32	1:22:10	1:51:29
124	4993	Lamp Eva	*Krefeld	4:07:12	W30	20	0:52:27	1:20:56	1:53:48
125	4974	Iffland-Fuehrer Tanja	*Krefeld	4:07:17	W35	17	0:52:27	1:21:02	1:53:47
126	4943	Klinger Susanne	TUS Drevenack	4:07:40	W50	13	0:51:33	1:21:19	1:54:48
127	3945	Klaus Kristina	*Mülheim an der Ruhr	4:07:47	W30	21	0:51:40	1:19:57	1:56:09
128	4459	Weinhold Jutta	Gocher Lauffamilien	4:07:59	W55	8	0:51:17	1:21:04	1:55:37
129	2364	Faasch Heidi	200PROTEAM	4:08:03	W40	16	0:52:20	1:19:30	1:56:12
130	2874	Cartilli Nermin	PV-Triathlon Witten	4:08:11	W40	17	0:52:38	1:21:01	1:54:31
131	4468	Hennigfeld Sonja		4:08:33	W30	22	0:48:33	1:21:30	1:58:29
132	5175	Hinz Charlotte	Maschischnitten	4:08:33	W20	22	0:52:34	1:20:21	1:55:37
133	3427	Thirot Martina	*Oberhausen	4:08:55	W30	23	0:53:33	1:19:41	1:55:41
134	3839	Jansen Claudia	Tri Ducks Dorsten	4:09:01	W30	24	0:50:26	1:22:42	1:55:52
135	2668	Wirth Mariele	WSV Mülheim	4:09:18	W50	14	0:51:07	1:21:58	1:56:13
136	3910	Eversmann Sylvia	*Krefeld	4:09:21	W30	25	0:50:38	1:21:16	1:57:26
137	4249	Sünderkamp Svenja	*Bottrop	4:09:29	W20	23	0:51:46	1:19:28	1:58:14
138	5786	Kumbrink Alexandra	Allround Triathlon Team Klev	4:09:51	W45	29	0:51:09	1:22:40	1:56:01
139	4703	Rumpel Joana	Röntgen-Gymnasium	4:09:59	W20	24	0:53:41	1:20:25	1:55:51
140	3729	Hillebrand Petra	Viermärker Waldlauf	4:10:01	W55	9	0:53:48	1:20:33	1:55:39
141	5190	Hogenkamp Romy	*Bocholt	4:10:22	W45	30	0:59:23	1:35:16	1:35:42
142	3778	Kortenbach Kathrin	Turnbeutelvergesser	4:10:35	W35	18	0:49:56	1:20:58	1:59:40
143	5215	Kipker Dina	Helios Iron Team Wuppertal	4:10:57	W50	15	0:51:56	1:24:19	1:54:41
144	4356	Stöckmann Tanja	SV Gladbeck 13	4:11:04	W40	18	0:52:22	1:20:09	1:58:31
145	3877	Schraven Silke	*Duisburg	4:12:20	W45	31	0:52:14	1:20:47	1:59:18
146	5392	Hilz-Ward Sonia	*Aachen	4:12:21	W20	25	0:51:35	1:24:09	1:56:37
147	5398	Jakubaß Dr. Annette	*Dorsten	4:12:36	W45	32	0:49:05	1:25:23	1:58:07
148	3099	Spanier Claudia	*Gelsenkirchen	4:12:42	W45	33	0:51:58	1:22:25	1:58:17
149	3901	Maas Sabine	SV Viktoria Goch	4:12:51	W35	19	0:53:11	1:22:15	1:57:24
150	5319	Schuster Berit	*Duisburg	4:12:52	W20	26	0:52:29	1:21:46	1:58:35
151	2574	Claus Annika	*Dorsten	4:12:59	W35	20	0:54:41	1:23:53	1:54:24
152	4946	Kimmeskamp Birgit	Ausdauerchule by Bunert	4:13:03	W50	16	0:56:38	1:27:04	1:49:21
153	4675	Cepok Claudia	Alles aus Liebe	4:13:08	W20	27	0:50:44	1:20:24	2:01:59
154	4245	Rütten Wiebke	*Düsseldorf	4:13:10	W20	28	0:51:50	1:21:34	1:59:45
155	5305	Merkel Julia	*Düsseldorf	4:13:26	W20	29	0:54:15	1:23:25	1:55:44
156	3838	Richenhagen Julia	*Düsseldorf	4:13:39	W20	30	0:51:20	1:27:56	1:54:23
157	4541	Förster Janine	Team babel	4:13:43	W40	19	0:49:46	1:24:01	1:59:55
158	2326	Herrmann Susanne	Team Polizei Duisburg	4:13:50	W45	34	0:53:12	1:22:11	1:58:26
159	4653	Grönert Karin	*Düsseldorf	4:13:50	W55	10	0:53:38	1:21:24	1:58:48



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3277	Dietrich Sabine	OTV Endurance Team	4:13:51	W50	17	0:54:07	1:22:28	1:57:15
161	2898	Späth Bianca	Freie Schwimmer Düsseldorf	4:13:54	W45	35	0:53:46	1:21:06	1:59:02
162	4617	Fox Therese	*Dinslaken	4:13:55	W60	4	0:51:27	1:19:00	2:03:27
163	2852	Thißen Viviane	LT Schnecke Sonsbeck	4:14:13	W35	21	0:52:47	1:23:18	1:58:06
164	4562	Darmovzal Verena	Hiesfeld-Ghostriders	4:14:13	W20	31	0:52:39	1:26:55	1:54:38
165	4696	Tietz Nathalie	*Essen	4:14:13	W20	32	0:50:29	1:21:04	2:02:39
166	3148	Rase Sigrun	Feuerwehr SV Düsseldorf	4:14:33	W40	20	0:54:21	1:23:05	1:57:06
167	2876	Morgenschweis Dagmar	LC Duisburg	4:14:46	W55	11	0:52:33	1:21:37	2:00:35
168	3402	Henseler Regina	Hauptsache frische Luft	4:14:47	W50	18	0:53:01	1:21:33	2:00:13
169	3837	Weidemann Ulrike	LC Duisburg	4:15:01	W55	12	0:53:38	1:22:09	1:59:13
170	4294	Kramer Anna Freya	*Aachen	4:15:39	W20	33	0:54:48	1:22:14	1:58:36
171	4659	Macken-Reinirkens Cath	Irland	4:15:42	W55	13	0:53:37	1:25:10	1:56:54
172	4135	Berg Iris	LC Duisburg	4:15:42	W45	36	0:52:05	1:23:48	1:59:48
173	5261	Keiten-Schmitz Gerda	SG Borken	4:16:04	W55	14	0:53:18	1:23:30	1:59:15
174	4666	Bartrow Sandra	Sportpark Stadtwald	4:16:23	W40	21	0:53:35	1:23:26	1:59:21
175	4314	Feier Anke	*Ratingen	4:16:31	W45	37	0:53:23	1:24:11	1:58:56
176	2912	Bach Petra	Marathon Mülheim	4:16:45	W45	38	0:55:04	1:24:24	1:57:16
177	2887	Geuting-Jeromin Karina	RMT Bocholt	4:16:53	W40	22	0:54:28	1:25:25	1:56:58
178	3313	Deutscher Claudia	Renntiere	4:16:56	W50	19	0:55:36	1:21:52	1:59:28
179	5101	Emig Ulla	SV Gladbeck 13	4:16:58	W55	15	0:53:57	1:24:55	1:58:05
180	3996	Cyrener Anja	SV Haldern Lauftreff	4:17:08	W45	39	0:53:10	1:24:58	1:58:59
181	2321	Roth Katrin	BSG Stadtwerke Duisburg	4:17:10	W45	40	0:52:22	1:23:58	2:00:49
182	5088	Grube Jennifer	*Dinslaken	4:17:14	W30	26	0:52:56	1:21:58	2:02:19
183	4572	Möllhausen Trixi	*Grevenbroich	4:17:39	W45	41	0:54:10	1:23:49	1:59:39
184	4969	Kaiser Petra	TV Jahn Hiesfeld	4:17:57	W55	16	0:53:40	1:23:29	2:00:46
185	4071	Risse Kirsten	LC Duisburg	4:17:57	W35	22	0:54:36	1:23:50	1:59:30
186	4566	Höfer Susanne	Fischelner Turnverein	4:18:09	W55	17	0:51:52	1:24:22	2:01:55
187	4473	Aubart-Galle Ute	SG Borken	4:18:12	W45	42	0:52:46	1:23:55	2:01:30
188	3351	Brandt Silke	Cool Runnings	4:18:14	W35	23	0:54:31	1:24:51	1:58:51
189	4074	Schikora Kathi	Kräuter-und Reformhaus Klo	4:18:14	W30	27	0:52:56	1:25:01	2:00:16
190	3480	Mack Dunja	Cool Runnings	4:18:14	W40	23	0:54:32	1:24:52	1:58:50
191	4998	Hörig Anke	LT Haumannplatz Essen	4:18:51	W50	20	0:53:47	1:25:01	2:00:03
192	4216	De Florio Lucilla	*Duisburg	4:18:56	W45	43	0:55:13	1:23:01	2:00:41
193	3764	Loff Mignon	SV Langenfeld	4:19:03	W50	21	1:09:13	1:19:36	1:50:13
194	3598	Janschulte Rita	LT Uhlenhorst	4:19:10	W40	24	0:49:47	1:37:36	1:51:45
195	3347	Höfer Sabine	*Meerbusch	4:20:11	W20	34	0:52:17	1:24:58	2:02:54
196	2530	Hesener-Tenhaken Petra	SG Borken	4:20:20	W50	22	0:53:27	1:26:21	2:00:31
197	4862	Keseberg Ricarda	*Mülheim	4:21:04	W30	28	0:54:28	1:24:27	2:02:09
198	2576	Hillen Corinna	Speed of Light	4:21:08	W45	44	0:54:19	1:24:40	2:02:08
199	5576	Ludwigkeit Julia	Running4charity	4:21:19	W30	29	0:55:35	1:23:57	2:01:46
200	4557	Stührenberg Diana	*Düsseldorf	4:21:32	W45	45	0:56:23	1:25:54	1:59:13
201	3600	Wolf Kerstin	*Duisburg	4:21:32	W35	24	0:55:04	1:27:16	1:59:12
202	2237	Doss Dr. Silke	Ausdauerchule by Bunert	4:22:20	W45	46	0:54:56	1:25:58	2:01:25
203	4950	BRITZ KIRSTEN	*MONHEIM	4:22:38	W55	18	1:02:38	1:29:47	1:50:13
204	5302	Rekittke Estelle	*Düsseldorf	4:22:44	W20	35	0:56:31	1:28:09	1:58:03
205	2985	Schink Maren	ichhasselaufen.de	4:22:47	W20	36	0:53:19	1:28:49	2:00:38
206	2589	Rigterink Christina	*Nordhorn	4:22:48	W35	25	0:56:02	1:25:05	2:01:41
207	4144	Risch Bettina	TV Jahn Hiesfeld	4:22:59	W55	19	0:53:01	1:24:17	2:05:40
208	2563	Betke Daniela	FC Bayern München	4:23:21	W35	26	0:55:17	1:25:44	2:02:19
209	3779	Bisantz Ellen	*Kaarst	4:24:41	W50	23	0:55:55	1:27:19	2:01:26
210	3091	Fels Lisa	Billerbecker Läufer	4:24:52	W50	24	0:53:51	1:26:37	2:04:22
211	4991	Stötzel Julia	*Duisburg	4:25:03	W30	30	0:54:15	1:27:56	2:02:50
212	3971	Schneemann Vera	*Essen	4:25:07	W45	47	0:49:14	1:28:44	2:07:07



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	2774	Klemm Ulrike	*Velbert	4:25:20	W60	5	0:52:37	1:25:10	2:07:32
214	3879	Jakobs Susanne	*Duisburg	4:25:31	W40	25	0:53:17	1:26:44	2:05:28
215	3241	Henkemeyer Pia	SV Viktoria Goch	4:25:37	W45	48	0:55:34	1:27:08	2:02:54
216	4736	Seifert-Preuß Beate	Solinger LC	4:25:43	W55	20	0:54:57	1:22:30	2:08:15
217	5582	Schmitz Sarah	*Willich	4:25:49	W20	37	0:56:52	1:33:43	1:55:13
218	4750	Peter Christina	SV Viktoria Goch	4:25:51	W35	27	0:55:18	1:26:25	2:04:07
219	5350	Pereia-Foerster Andrea	*Wanheimerort	4:25:54	W45	49	0:58:04	1:25:09	2:02:40
220	4897	Kleine-Kleffmann Debora	*Velbert	4:26:03	W30	31	0:52:14	1:36:56	1:56:52
221	3176	Fiebig-Kunert Sabine	*Moers	4:26:03	W50	25	0:54:58	1:25:08	2:05:56
222	5000	Deniz Susi	LT Haumannplatz Essen	4:26:10	W40	26	0:55:41	1:27:56	2:02:32
223	3157	Opitz Dorothea	lt TBH Hassels	4:26:14	W55	21	0:56:15	1:28:05	2:01:52
224	4045	Biermann Sandra	Rennfiets Bocholt	4:26:20	W45	50	0:55:06	1:26:33	2:04:41
225	4980	Jarczewski Iwona	Team Erdinger Alkoholfrei	4:26:22	W50	26	0:56:00	1:25:20	2:05:01
226	3977	Schankweiler Martina	SV Viktoria Goch	4:26:37	W55	22	0:54:41	1:27:30	2:04:25
227	3024	Rieger Martina	SG Borken	4:27:06	W35	28	0:54:08	1:25:52	2:07:04
228	4571	Jost Sandra	Ritzelritter Duisburg e.V.	4:27:35	W40	27	0:55:50	1:29:36	2:02:07
229	3768	Stokvis-Rudolph Petra	*Moers	4:27:45	W40	28	0:56:54	1:29:23	2:01:27
230	5456	Isgen Simone	*Ratingen	4:27:48	W45	51	0:55:45	1:27:33	2:04:29
231	5094	Hülsmann Andrea	TEAMWORK	4:27:55	W45	52	0:54:04	1:27:56	2:05:55
232	3965	Bonertz Ronja	*Duisburg	4:28:18	WU18	1	0:51:51	1:25:08	2:11:18
233	3686	Marquardt Anika	SV Gladbeck 13	4:28:39	W40	29	0:53:53	1:24:05	2:10:40
234	2424	Focks Martina	LC Duisburg	4:28:44	W55	23	0:54:07	1:28:58	2:05:37
235	3842	Breit Ann-Christin	TSG Kirchhellen	4:28:58	W20	38	0:56:47	1:32:01	2:00:09
236	4798	Knümann Michaela	Bunert Ausdauerschule	4:29:18	W45	53	0:57:46	1:26:57	2:04:34
237	3441	Fischer Lea	*Essen	4:29:21	W20	39	0:59:50	1:20:06	2:09:24
238	4318	Raulf Sandra	Laufsterne	4:29:27	W40	30	0:56:18	1:28:14	2:04:54
239	4502	Bürklin Andrea	*Essen	4:29:40	W30	32	0:54:36	1:31:03	2:04:00
240	3497	Große Beate	Helios Ironteam	4:29:46	W55	24	1:08:35	1:18:16	2:02:55
241	4437	Nowak Maria	ERGO Sports	4:29:52	W35	29	0:58:18	1:27:30	2:04:02
242	5156	Mills Lauren	*Düsseldorf	4:30:01	W40	31	0:55:04	1:29:30	2:05:26
243	5073	Abel Marlena	*Dortmund	4:30:11	W20	40	0:58:21	1:29:53	2:01:55
244	4292	Karasek Cornelia	*Weeze	4:30:22	W45	54	0:56:35	1:26:36	2:07:11
245	3731	May Birgit	Running Dinslaken	4:30:30	W55	25	0:57:09	1:27:11	2:06:09
246	4616	Meinhard Evelyn	Angerland LT Lintorf	4:30:46	W55	26	0:55:44	1:28:05	2:06:56
247	3296	Becker Christa	*Wuppertal	4:31:03	W50	27	0:56:28	1:28:02	2:06:32
248	3448	Weisbrod Jana	*Mülheim	4:31:06	W20	41	0:56:05	1:26:56	2:08:04
249	2719	Pukropski Rica	PV-Triathlon Witten	4:31:11	W20	42	0:53:00	1:31:26	2:06:43
250	5249	Szameitat Sabrina Louisa	*Duisburg	4:31:26	W20	43	0:50:01	1:30:00	2:11:24
251	3557	Thomas Sandra	Racing Snails	4:31:30	W35	30	0:56:03	1:30:00	2:05:26
252	2297	Kleinfeld Andrea	BWG Running Team	4:31:55	W45	55	0:56:59	1:29:17	2:05:37
253	3458	Koch Alexandra	*Essen	4:32:00	W30	33	0:56:13	1:30:20	2:05:25
254	2306	Steden Lena	Herner Triathlon Team 11	4:32:02	W20	44	0:56:20	1:25:55	2:09:47
255	2927	Lümkemann Katrin	DJK TuS Rotthausen	4:32:06	W35	31	0:57:50	1:35:00	1:59:15
256	4434	DOrlando Daniela	*Duisburg	4:32:08	W45	56	0:56:19	1:30:51	2:04:57
257	4472	Mauritz Isabel	Juna Runners	4:32:59	W40	32	0:55:01	1:29:00	2:08:56
258	4228	Grabs Uta	*GElsenkirchen	4:33:06	W50	28	0:55:32	1:30:16	2:07:17
259	5548	Prohl Nina	*Hünxe	4:33:07	W30	34	0:56:48	1:29:19	2:07:00
260	4179	Geisler Anja	*Borken	4:33:27	W45	57	0:56:36	1:28:48	2:08:02
261	4013	Pietschmann Alexandra	*Gelsenkirchen	4:33:51	W30	35	0:55:31	1:25:48	2:12:32
262	4510	Sirotsinskaya Svetlana	*Bochum	4:33:57	W20	45	0:58:07	1:30:57	2:04:52
263	3653	Rätzel Nicolle	Max Maulwurf Marathonis	4:34:08	W40	33	0:58:46	1:29:50	2:05:31
264	4008	Schmitt Yvonne	*Essen	4:34:45	W40	34	0:57:15	1:26:33	2:10:57
265	5538	Kollassa Marina	lop buri gym Dorsten e.V	4:34:51	W20	46	0:56:11	1:29:21	2:09:18

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3172	Kroll-Brunk Sylvia	TriTeam Radevormwald	4:34:58	W50	29	0:54:32	1:29:20	2:11:06
267	5421	DOMINGUEZ NEREA	*DÜSSELDORF	4:35:13	W30	36	0:58:02	1:28:58	2:08:12
268	4267	Guidastri Marion	*Duisburg	4:35:14	W35	32	0:56:19	1:29:20	2:09:34
269	4986	Glade Anja	Duisburger Ruderverein	4:35:43	W40	35	0:59:22	1:29:39	2:06:41
270	4129	Heimann Kerstin	*Bottrop	4:35:48	W45	58	0:56:35	1:29:11	2:10:01
271	3259	Waltenberg Grit	*Herdecke	4:37:00	W40	36	0:57:13	1:28:58	2:10:48
272	4166	Hansen Sylvia	TV Wanheimerort	4:37:05	W45	59	0:58:52	1:29:41	2:08:31
273	3057	Geuss Doris	*Hagen	4:37:58	W45	60	0:59:14	1:28:30	2:10:13
274	4019	Kowalski Magdalene	TV Jahn Hiesfeld	4:38:08	W55	27	0:57:55	1:30:12	2:10:00
275	2728	Petersen Frauke	Talsole	4:38:16	W30	37	0:55:10	1:37:12	2:05:53
276	4137	Schiffner Kathrin	*Düsseldorf	4:38:19	W20	47	0:55:36	1:29:05	2:13:37
277	2618	Kirchner Sabrina	*Leichlingen	4:38:30	W30	38	0:55:32	1:32:51	2:10:06
278	4002	Schulte Nicole	*Köln	4:38:30	W40	37	1:00:54	1:28:37	2:08:58
279	4686	Rompusch Heike	*Recklinghausen	4:38:52	W45	61	0:59:57	1:30:13	2:08:42
280	4591	Lippmann Petra	*Düsseldorf	4:38:59	W45	62	0:59:40	1:30:52	2:08:25
281	4550	Cline Beth	*Dusseldorf	4:39:08	W40	38	0:55:50	1:26:13	2:17:04
282	4384	Nowacki Maren	*Dinslaken	4:39:51	W20	48	0:58:02	1:31:20	2:10:29
283	4992	Nacken Maria	*Erkelenz	4:39:53	W35	33	0:58:17	1:32:21	2:09:15
284	4183	Schendel Annette	*Krefeld	4:40:04	W30	39	0:53:59	1:32:06	2:13:58
285	2988	Nürnberg Ute	DSC 1899	4:40:05	W50	30	0:58:03	1:31:50	2:10:12
286	3663	Klück Nancy	Max Maulwurf Marathonis	4:40:13	W30	40	0:58:23	1:29:02	2:12:47
287	5016	Weltermann Prisca	SC Bayer 05 Uerdingen	4:40:47	W45	63	0:56:21	1:28:34	2:15:51
288	3220	Nied Constanze	*Duisburg	4:41:03	W45	64	0:59:53	1:29:53	2:11:16
289	5113	Sokoll Miriam	Deutsche Bank	4:41:22	W40	39	0:58:04	1:31:26	2:11:51
290	5583	Sacher Leonie	*Ratingen	4:41:42	W20	49	0:56:54	1:33:48	2:11:00
291	4529	Wagner Jennifer	*Dortmund	4:41:48	W30	41	0:56:56	1:32:09	2:12:42
292	5506	Ebbert Anna	Hamminkelter SV	4:41:50	WU20	2	0:59:07	1:37:23	2:05:19
293	4182	Presch Katharina	*Tönisvorst	4:42:10	W20	50	0:54:11	1:32:42	2:15:16
294	2696	Cord Ulrike	*Essen	4:42:45	W50	31	0:59:10	1:31:50	2:11:44
295	4043	Goldammer Nadine	*Muelheim	4:42:49	W40	40	0:58:18	1:31:13	2:13:17
296	4003	Probst Thurid	*Witten	4:43:09	W40	41	0:56:32	1:30:22	2:16:14
297	4515	Grund Katja	Meditrend	4:43:11	W45	65	0:56:29	1:33:52	2:12:49
298	2718	Schürmann Marion	PV-Triathlon Witten	4:43:33	W55	28	0:58:28	1:31:26	2:13:38
299	2414	Guglielmi Jeannette	Vodafone Runners	4:43:57	W45	66	1:00:37	1:33:35	2:09:44
300	4712	Bodine Barbara	*Düsseldorf	4:44:08	W50	32	1:00:26	1:29:30	2:14:12
301	2935	Engel Corinna	TSV Viktoria Mülheim/Ruhr	4:44:11	W45	67	0:59:17	1:30:56	2:13:56
302	4009	Mispelkamp Sabrina	SV Haldern Laufftreff	4:44:37	W20	51	1:04:29	1:35:38	2:04:30
303	2991	Bock Silvia	Angerland LT Lintorf	4:45:25	W55	29	0:59:37	1:33:51	2:11:56
304	2588	Ziehm Stephanie	*Dorsten	4:45:54	W35	34	0:56:35	1:35:31	2:13:48
305	3742	Stöß Francie	SV Neukirchen-Vluyn	4:45:58	W20	52	1:00:09	1:34:19	2:11:30
306	5231	Kettler Natascha	*Essen	4:45:58	W40	42	0:58:38	1:31:25	2:15:55
307	4258	Brenneken Amelie	nur Stehen ist langsamer	4:46:02	W20	53	1:04:30	1:44:10	1:57:22
308	4978	Prahl Ariane	*Düsseldorf	4:46:35	W45	68	0:57:21	1:30:28	2:18:45
309	5105	Klockenbusch Laura	*Mülheim	4:46:46	W20	54	0:57:59	1:31:27	2:17:19
310	4621	Entrup Judith	*Dinslaken	4:46:53	W40	43	0:57:56	1:36:21	2:12:35
311	4824	Kowalczyk Jana	*Bochum	4:46:54	W20	55	0:57:37	1:32:52	2:16:24
312	2724	Hendricksen Anika	TSV Quakenbrück	4:46:58	W35	35	1:01:24	1:31:33	2:14:01
313	2612	Luecking Gudrun	*Duisburg	4:47:16	W50	33	0:57:40	1:33:43	2:15:52
314	4461	Behrens Karin	*Düsseldorf	4:47:18	W40	44	0:58:33	1:32:21	2:16:23
315	5157	Gavranovic Marina	Life fit	4:47:30	W20	56	0:58:01	1:32:21	2:17:07
316	3870	Neuenhofer Tanja	*Borken	4:47:48	W45	69	1:04:48	1:32:59	2:10:01
317	4615	Czerwinski Nicole	*Bochum	4:48:04	W45	70	1:00:08	1:32:50	2:15:05
318	3335	Hölscher Kathrin	*Essen	4:48:14	W30	42	1:00:13	1:34:39	2:13:21



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3828	Rotthaus Monika	Laufenten	4:48:29	W40	45	1:00:58	1:34:33	2:12:57
320	3020	Bück Nicole	*Duisburg	4:49:24	W45	71	0:59:03	1:35:06	2:15:14
321	2290	Kessler Silke	*Oberhausen	4:49:29	W40	46	0:59:53	1:30:37	2:18:59
322	5066	Müller Nadja	*Essen	4:49:49	W35	36	0:59:21	1:34:53	2:15:35
323	3906	Wilhelms zu Bickern Heik	GZBW Runners	4:49:52	W55	30	1:01:27	1:30:19	2:18:05
324	3159	Venus Kerstin	Team Classcon	4:49:52	W35	37	1:00:33	1:33:31	2:15:48
325	5182	Kamp Svenja	*Düsseldorf	4:50:09	W40	47	0:57:29	1:30:17	2:22:22
326	4594	Heinrich Jana-Kathrin	*Duisburg	4:50:15	W30	43	1:00:44	1:31:29	2:18:02
327	4024	Buecker Nicola	*Bocholt	4:50:27	W35	38	0:59:23	1:35:16	2:15:48
328	2820	Schulz Kerstin	Tri-Team TV Schiefbahn e.V.	4:50:55	W20	57	0:59:32	1:31:25	2:19:58
329	4481	Rütter Diana Maria	*Rheinberg	4:50:56	W35	39	0:56:44	1:33:27	2:20:45
330	3680	Kerschbaumer Dunja	BFW-Running-Team	4:51:13	W45	72	1:00:02	1:31:54	2:19:16
331	4584	Kleinschmidt Beate	*Essen	4:51:38	W50	34	0:58:54	1:33:37	2:19:06
332	4800	Kling Sarah	*Ratingen	4:51:39	W35	40	0:58:36	1:34:09	2:18:52
333	3061	Wissing Birgit	SV Haldern Laufftreff	4:51:45	W55	31	1:04:28	1:42:46	2:04:30
334	5197	Voigt Annika	*Meerbusch	4:51:55	W20	58	0:59:40	1:35:18	2:16:57
335	5196	Schnering Lenja	*Meerbusch	4:52:20	W20	59	0:59:39	1:35:17	2:17:24
336	3127	Ingenhaag Andrea	Niersrunners	4:52:38	W45	73	1:00:17	1:33:41	2:18:39
337	3113	Dannehl Gabi	*Essen	4:52:55	W55	32	1:01:07	1:35:13	2:16:35
338	4016	Jokiel Stefanie	*Ratingen	4:53:06	W35	41	0:59:51	1:35:59	2:17:15
339	4017	Zora Susanne	*Mülheim an der Ruhr	4:53:59	W55	33	0:58:32	1:38:45	2:16:41
340	2996	Wiechern Gabi	DJK Preussen 1911 Bochum	4:54:14	W60	6	1:00:03	1:36:08	2:18:02
341	4927	Hein Sandra	Ausdauerchule by Bunert	4:54:31	W45	74	1:06:20	1:44:54	2:03:16
342	4308	Schröder Gabriele	*Bocholt	4:54:47	W50	35	0:59:14	1:35:25	2:20:07
343	2627	Rode-Merkel Stephanie	GZBW Runners	4:54:50	W45	75	1:02:02	1:32:12	2:20:34
344	3173	Nesbach Viola	Dachbox-Nesbach.de	4:55:11	W35	42	0:59:28	1:37:47	2:17:55
345	3190	Heimann Monika	LT MG Volksgarten	4:55:34	W50	36	1:04:09	1:35:00	2:16:24
346	3950	Fischer Claudia	*Meerbusch	4:55:45	W20	60	0:55:40	1:35:57	2:24:08
347	5203	Becker Katharina	*Oberhausen	4:56:00	W35	43	0:55:48	1:30:45	2:29:26
348	2620	Kalibe Sandra	*Dortmund	4:56:55	W20	61	1:04:35	1:35:28	2:16:51
349	4944	Hofmann Jessica	*Duisburg	4:57:08	W20	62	0:58:46	1:39:27	2:18:54
350	4227	Hackenbroich Birgit	*Krefeld	4:57:19	W50	37	1:04:14	1:34:42	2:18:22
351	2963	Jansen Sabine	DJK Preussen 1911 Bochum	4:57:22	W45	76	1:01:25	1:36:50	2:19:06
352	2993	Paulner Ulrike	DJK Preussen 1911 Bochum	4:57:25	W55	34	1:01:00	1:36:54	2:19:30
353	3733	Ambro Kirsten	*Duisburg	4:58:19	W45	77	0:57:41	1:36:29	2:24:08
354	2458	Wienkoop Kristina	Vodafone Runners	4:59:31	W20	63	0:58:31	1:35:54	2:25:05
355	5155	Heisterkamp Pia	*Mülheim	5:00:08	W45	78	1:01:49	1:45:06	2:13:12
356	2608	Jäger Natalie	CDS Running Team	5:00:44	W30	44	1:00:29	1:39:17	2:20:57
357	3806	Kott Marianne	BSG Duisburg	5:01:29	W35	44	1:03:30	1:38:56	2:19:03
358	4307	Nehling Monika	*Rhede	5:01:32	W50	38	1:02:51	1:37:49	2:20:51
359	3834	Kubitza Ursula	DJK Preussen 1911 Bochum	5:01:50	W50	39	1:00:49	1:34:48	2:26:13
360	3366	Stammer-Jankowski Sabi	TV Jahn Hiesfeld	5:02:30	W50	40	1:02:43	1:36:22	2:23:24
361	4475	Sprink Karin	LT Stoppenberg	5:02:44	W50	41	1:04:46	1:39:56	2:18:01
362	5395	Arnold Julia	*Düsseldorf	5:03:25	W35	45	1:03:07	1:41:07	2:19:09
363	4233	Piczak Inga	CDS Running Team	5:03:31	W20	64	1:01:33	1:36:23	2:25:34
364	5336	Zdzanski Sabrina	Banana Sports Club	5:03:40	W30	45	0:58:41	1:42:13	2:22:46
365	3202	Socher Petra	LC Duisburg	5:03:47	W55	35	1:03:44	1:37:59	2:22:04
366	4034	Landree Sandra	NASA	5:03:54	W45	79	1:00:12	1:35:44	2:27:57
367	5201	Steinborn Simone	*Bochum	5:04:09	W40	48	1:02:33	1:44:17	2:17:18
368	5537	Flach Marianne	Borbecker Raketen Essen	5:04:29	W60	7	1:04:21	1:40:52	2:19:15
369	4707	Klein Cvetomira	*Bochum	5:04:50	W30	46	1:03:12	1:40:30	2:21:07
370	4118	Pajonk-Dillig Corinna	*Duisburh	5:04:51	W40	49	1:02:21	1:38:08	2:24:22
371	2850	Heine Cornelia	*Mülheim an der Ruhr	5:05:11	W50	42	1:03:30	1:39:42	2:21:58



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4649	Purvis Tina	*Düsseldorf	5:06:36	W45	80	0:59:57	1:48:08	2:18:30
373	2805	Zupp Britta	Ausdauerschule by Bunert	5:06:51	W40	50	1:05:04	1:40:45	2:21:01
374	4259	Nübel Anja	*Essen	5:07:29	W45	81	1:00:47	1:37:05	2:29:35
375	3793	Bielan Simone	*Essen	5:07:30	W45	82	0:59:04	1:44:14	2:24:11
376	3911	Krause Sina	*Düsseldorf	5:11:10	W20	65	1:09:56	1:38:09	2:23:04
377	2506	Cittrich Sandra	SV Haldern Laufftreff	5:12:41	W45	83	1:04:49	1:40:16	2:27:36
378	2784	Kohse Martina	*Duisburg	5:12:55	W40	51	1:02:59	1:40:08	2:29:47
379	2858	Imping Diana	*Mülheim	5:13:10	W55	36	1:05:24	1:42:32	2:25:14
380	2773	Schneider Anja	*Duisburg	5:13:33	W45	84	1:03:38	1:40:08	2:29:47
381	4918	Vook Karina	*duisburg	5:14:12	W45	85	1:01:24	1:41:46	2:31:01
382	3571	Pohl Barbara	LGO / TVEinigkeit Barop e.V.	5:14:29	W45	86	1:02:05	1:44:10	2:28:13
383	4526	Stoller Magdalena	*Düsseldorf	5:16:01	W50	43	1:05:45	1:45:01	2:25:15
384	4756	Schneider Bianca	LT Lustige Schleicher Essen	5:16:22	W30	47	1:04:20	1:45:55	2:26:06
385	4500	Maloczyk Anna	*Essen	5:16:54	W30	48	1:04:58	1:46:08	2:25:47
386	4419	Tomfohrde Antje	*Hagen	5:17:44	W45	87	1:09:21	1:40:40	2:27:42
387	2939	Wolfmeier Sabine	*Duisburg	5:18:10	W40	52	1:06:56	1:43:56	2:27:17
388	4241	Stein Gabi	*Bottrop	5:18:29	W40	53	1:05:43	1:45:18	2:27:27
389	4155	Kempfle Martina	*Dormagen	5:19:38	W40	54	1:08:44	1:42:13	2:28:40
390	3333	Knorr Sonja	GREND-Runner	5:20:43	W40	55	1:05:13	1:47:45	2:27:45
391	5007	Hauck Lea	*Duisburg	5:21:27	WU18	2	1:07:12	1:48:22	2:25:53
392	4962	Nitu Gabriela Ioana	Spielbank Duisburg	5:22:03	W30	49	1:07:34	1:46:16	2:28:13
393	4785	Van Ree Marion	TV Ufport-Eick	5:23:16	W55	37	1:08:16	1:44:41	2:30:19
394	2837	Mattes Daniela	TSV Viktoria Mülheim-Ruhr	5:23:25	W50	44	1:07:21	1:43:20	2:32:43
395	2662	Steven Regina	*Duisburg	5:23:34	W50	45	1:05:02	1:41:08	2:37:23
396	2937	Gäng Britta	Für NIX zu gebrauchen	5:26:59	W30	50	1:08:04	1:46:22	2:32:31
397	4036	Köster Ingelore	PV-Triathlon Witten	5:27:08	W70	1	1:07:40	1:46:25	2:33:03
398	2938	Lanfermann Lena	Für NIX zu gebrauchen	5:27:13	W20	66	1:08:10	1:46:22	2:32:39
399	4667	Sausen Jennifer	*Hattingen	5:27:16	W35	46	1:07:41	1:51:26	2:28:07
400	4677	Konietzka Ewa	*Schermbbeck	5:27:21	W45	88	1:04:43	1:46:22	2:36:14
401	5264	Fabo Nora	*Essen	5:28:43	W30	51	1:08:59	1:45:26	2:34:18
402	5135	Weber Daniela	*Dorsten	5:30:15	W45	89	1:04:43	1:46:22	2:39:09
403	3964	Janzen Susanne	BSG Nispa	5:30:23	W50	46	1:05:39	1:49:52	2:34:52
404	3246	Blacha Daniela	*duisburg homberg	5:31:19	W40	56	1:04:53	1:46:27	2:39:59
405	3211	Schael Ines	Ausdauerschule by Bunert	5:32:34	W40	57	1:07:43	1:47:07	2:37:43
406	3963	Kempken Ruth	Nispar	5:34:54	W55	38	1:10:09	1:49:53	2:34:52
407	3068	Rüter Kirsten	SV Haldern Laufftreff	5:35:47	W45	90	1:08:31	1:50:49	2:36:26
408	3499	Trillhose Melanie	SV Haldern Laufftreff	5:35:47	W40	58	1:08:31	1:50:49	2:36:26
409	4457	Muhren Gabriele	physioquelle-laufende Freud	5:42:54	W55	39	1:11:08	1:51:47	2:39:58
410	4046	Verwendel Sabine	SG Borken	5:48:26	W55	40	1:07:43	1:53:33	2:47:09
411	2566	Brockhoff Claudia	Buchholzer Rennmaus	5:50:57	W55	41	1:12:40	1:55:05	2:43:10
412	5402	Wandolski Ramona	*Mülheim an der Ruhr	5:51:05	W30	52	1:11:30	1:52:28	2:47:07