

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------------|----------------------------|---------|------|----------|------------|----------|
| 1 | 5 | Graute Mathias | 3athloncoach.de | 0:34:03 | M30 | 1 | 0:34:04 | 1983 |
| 2 | 105 | Fröhling Luca | SV Sonsbeck | 0:34:11 | MU20 | 1 | 0:34:13 | 1999 |
| 3 | 418 | Tertünte Björn | Ayyo Team Essen | 0:34:16 | M40 | 1 | 0:34:17 | 1973 |
| 4 | 2233 | Tedros Habtom | TG Neuss | 0:34:24 | M20 | 1 | 0:34:25 | 1997 |
| 5 | 1585 | Jakobs Maximilian | TuSpo Huckingen | 0:35:21 | MU20 | 2 | 0:35:23 | 1998 |
| 6 | 1800 | Baumgarth Achim | Ayyo Team Essen | 0:35:30 | M40 | 2 | 0:35:32 | 1977 |
| 7 | 767 | Minke Sebastian | ASC Rosellen/Neuss | 0:35:34 | M40 | 3 | 0:35:36 | 1977 |
| 8 | 2169 | Mentzen Jörg | Ayyo Team Essen | 0:35:45 | M35 | 1 | 0:35:46 | 1979 |
| 9 | 783 | Gosebrink Jens | SC Bayer 05 Uerdingen | 0:35:56 | M30 | 2 | 0:35:58 | 1985 |
| 10 | 961 | Wendland Dr. Michael | RSV Gütersloh 1931 e.V | 0:37:02 | M30 | 3 | 0:37:04 | 1984 |
| 11 | 499 | Benger Marc | *Essen | 0:37:43 | M30 | 4 | 0:37:45 | 1986 |
| 12 | 2161 | Pitzke Till | TUS Breitscheid | 0:37:55 | MU20 | 3 | 0:37:59 | 1998 |
| 13 | 175 | Becher Johannes | Vodafone Runners | 0:37:58 | M45 | 1 | 0:38:00 | 1968 |
| 14 | 2185 | Kemmerling Patrick | LG Coesfeld | 0:38:11 | M20 | 2 | 0:38:13 | 1989 |
| 15 | 2089 | Wasem Sascha | *Duisburg | 0:38:27 | M30 | 5 | 0:38:29 | 1983 |
| 16 | 481 | Lampert Sascha | Ausdauerschule by Bunert | 0:38:27 | M40 | 4 | 0:38:29 | 1976 |
| 17 | 2186 | Alhussein Mohammad | LG Coesfeld | 0:38:51 | M20 | 3 | 0:38:55 | 1989 |
| 18 | 582 | Crisan Andrei | Bocholter WSV | 0:38:53 | M30 | 6 | 0:38:56 | 1984 |
| 19 | 5788 | Bohmert Bernd | LG Coesfeld | 0:38:58 | M50 | 1 | 0:39:02 | 1965 |
| 20 | 593 | Eißmann Jens | LT Starlight Team Essen | 0:39:04 | M35 | 2 | 0:39:08 | 1982 |
| 21 | 498 | Radtke Mathias | DJK Vierlinden 28 e.V. | 0:39:07 | M50 | 2 | 0:39:10 | 1966 |
| 22 | 323 | Thünen Christian | Hamminkelner SV | 0:39:17 | M35 | 3 | 0:39:19 | 1979 |
| 23 | 809 | Schäfer Josef | LG Mülheim | 0:39:29 | M60 | 1 | 0:39:32 | 1957 |
| 24 | 533 | Blaschke Mathias | Ausdauerschule by Bunert | 0:39:34 | M30 | 7 | 0:39:36 | 1984 |
| 25 | 173 | Caulfield Kieran | Vodafone Runners | 0:39:41 | M55 | 1 | 0:39:43 | 1958 |
| 26 | 947 | Hüser Dirk | LT Lukas | 0:39:56 | M50 | 3 | 0:40:00 | 1965 |
| 27 | 1588 | Marten Andre | *Duisburg | 0:39:56 | M35 | 4 | 0:40:00 | 1982 |
| 28 | 284 | Ammenwerth Jan | LT Starlight Team Essen | 0:39:59 | M40 | 5 | 0:40:02 | 1973 |
| 29 | 176 | Künsler Stefan | Vodafone Runners | 0:40:02 | M45 | 2 | 0:40:04 | 1968 |
| 30 | 816 | Hirst David | *Essen | 0:40:09 | M55 | 2 | 0:40:19 | 1962 |
| 31 | 1476 | Vogt Andre | LC Duisburg | 0:40:29 | M45 | 3 | 0:40:33 | 1971 |
| 32 | 489 | Bandmann Uwe | Feuerwehrverein Essen | 0:40:30 | M50 | 4 | 0:40:34 | 1967 |
| 33 | 950 | Schumacher Peter | Ausdauerschule by Bunert | 0:40:37 | M55 | 3 | 0:40:39 | 1962 |
| 34 | 1575 | Nitschke Thorsten | Team Erdinger Alkoholfrei | 0:40:40 | M45 | 4 | 0:40:48 | 1968 |
| 35 | 65 | Ortjohann Björn | Triathlon Team Ratingen 08 | 0:40:51 | MU18 | 1 | 0:40:53 | 2000 |
| 36 | 1333 | Mühle Patrick | ETuS Wedau | 0:40:55 | M35 | 5 | 0:41:04 | 1979 |
| 37 | 2230 | Blinken Robert | TG Neuss | 0:41:08 | M45 | 5 | 0:41:13 | 1969 |
| 38 | 1571 | Fritz Jonas | Die flinken 4 | 0:41:11 | M20 | 4 | 0:41:16 | 1994 |
| 39 | 1320 | Müller Manuel | Laufschule Düsseldorf | 0:41:20 | M30 | 8 | 0:41:29 | 1984 |
| 40 | 587 | Lorig Sven | LAZ Puma Rhein Sieg | 0:41:39 | M45 | 6 | 0:41:42 | 1971 |
| 41 | 1199 | Schilling-Frenk Tiemo | BSG Sparkasse Essen | 0:41:43 | M45 | 7 | 0:41:54 | 1972 |
| 42 | 1467 | Czernik Martin | Tri Club Wuppertal | 0:41:49 | M45 | 8 | 0:41:53 | 1968 |
| 43 | 2140 | Hoff Thorben | AS Neukirchen-Vluyn | 0:41:54 | MU18 | 2 | 0:42:00 | 2000 |
| 44 | 873 | Klaas Jens | *Mülheim an der Ruhr | 0:41:56 | M45 | 9 | 0:42:06 | 1970 |
| 45 | 1056 | Loggen Benedikt | Trinimators TV Voerde | 0:42:02 | M35 | 6 | 0:42:06 | 1980 |
| 46 | 1497 | Peuser Matthias | Rumelner TV | 0:42:07 | MU18 | 3 | 0:42:17 | 2000 |
| 47 | 420 | Süselbeck Marc | *Oberhausen | 0:42:10 | M40 | 6 | 0:42:17 | 1973 |
| 48 | 1345 | Qual Markus | *Duisburg | 0:42:10 | M40 | 7 | 0:42:21 | 1973 |
| 49 | 9 | Prpitsch Christian | Rumelner TV | 0:42:11 | M35 | 7 | 0:42:18 | 1980 |
| 50 | 1819 | Kalthaus Andreas | Ausdauerschule by Bunert | 0:42:16 | M45 | 10 | 0:42:20 | 1971 |
| 51 | 1028 | Von Rumohr Benedict | *Oberhausen | 0:42:25 | M50 | 5 | 0:42:30 | 1967 |
| 52 | 224 | Hessing Maik | *Altenberge | 0:42:34 | M40 | 8 | 0:42:44 | 1975 |
| 53 | 1919 | Buhl Daniel | Die flinken 4 | 0:42:43 | M30 | 9 | 0:42:49 | 1987 |
| 54 | 497 | Lüther Markus | Team Polizei Duisburg | 0:42:46 | M50 | 6 | 0:42:53 | 1963 |
| 55 | 443 | Zimmermann-Michallek Maik | *Essen | 0:42:49 | M35 | 8 | 0:42:54 | 1979 |
| 56 | 150 | Sommer Martin | TV Wanheimerort 1880 e.V. | 0:42:51 | M45 | 11 | 0:42:57 | 1968 |
| 57 | 2158 | Runte Meinolf | TUS Breitscheid | 0:42:53 | M55 | 4 | 0:42:59 | 1961 |
| 58 | 796 | Lorek Kai | *Mülheim | 0:42:57 | M30 | 10 | 0:43:04 | 1985 |
| 59 | 1565 | Eickelkamp Jan | *Oberhausen | 0:42:57 | M30 | 11 | 0:43:05 | 1983 |
| 60 | 1917 | Wehran Frank | Nordtriathleten | 0:43:01 | M45 | 12 | 0:43:06 | 1968 |
| 61 | 28 | Maus Stefan | SG Ruhrgas 1929 | 0:43:01 | M50 | 7 | 0:43:09 | 1964 |
| 62 | 971 | Strack Sascha | Running Team Grafenberg | 0:43:02 | M40 | 9 | 0:43:11 | 1976 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|-----------------------------|---------|------|----------|------------|----------|
| 63 | 463 | Bexkens Willy | LG Stadtwerke Hilden | 0:43:10 | M45 | 13 | 0:43:13 | 1968 |
| 64 | 236 | Harder Jens | Eintracht Duisburg 1848 e.V | 0:43:13 | M45 | 14 | 0:43:18 | 1968 |
| 65 | 1701 | Roggatz Malte | MSV Duisburg Einradzebras | 0:43:22 | MU20 | 4 | 0:43:33 | 1998 |
| 66 | 2159 | Kemmesies Rainer | TUS Breitscheid | 0:43:22 | M55 | 5 | 0:43:31 | 1961 |
| 67 | 239 | Schneider Marcel | *Krefeld | 0:43:24 | M30 | 12 | 0:43:31 | 1986 |
| 68 | 602 | Greilich Florian | TuSpo Huckingen | 0:43:25 | M35 | 9 | 0:43:27 | 1979 |
| 69 | 685 | Hönemann Robert | RK Oberhausen | 0:43:26 | M35 | 10 | 0:43:32 | 1978 |
| 70 | 1789 | Gaudenz Thomas | GZBW Runners | 0:43:27 | M40 | 10 | 0:43:33 | 1975 |
| 71 | 1709 | Wisniewski Moritz | *Essen | 0:43:30 | M30 | 13 | 0:43:54 | 1986 |
| 72 | 179 | Effelsberg David | Vodafone Runners | 0:43:33 | M30 | 14 | 0:43:39 | 1987 |
| 73 | 795 | Dwars Hendrick | DJK VfL Forstwald | 0:43:39 | MU18 | 4 | 0:43:49 | 2000 |
| 74 | 779 | Mahlerwein Sebastian | Marathon Dinslaken | 0:43:57 | M30 | 15 | 0:44:02 | 1983 |
| 75 | 893 | Bilitewski Dr. Georg | LG Mülheim | 0:43:57 | M55 | 6 | 0:44:02 | 1959 |
| 76 | 25 | Hofmann Holm | SG Ruhrgas 1929 | 0:43:58 | M35 | 11 | 0:44:15 | 1978 |
| 77 | 701 | Heim Nick | *Dinslaken | 0:44:01 | M20 | 5 | 0:44:04 | 1996 |
| 78 | 671 | Schuster Maik | Krefelder Kanu Klub | 0:44:09 | M45 | 15 | 0:44:18 | 1971 |
| 79 | 623 | Miguel Carlos | Lauftreff R(h)einknaller | 0:44:13 | M50 | 8 | 0:44:16 | 1964 |
| 80 | 1068 | Endt Stefan | *Bottrop | 0:44:20 | M50 | 9 | 0:44:27 | 1967 |
| 81 | 191 | Meisgen Frank | Vodafone Runners | 0:44:21 | M50 | 10 | 0:44:31 | 1967 |
| 82 | 1406 | Driller Werner | SV Blau Weiss Bochum Tri | 0:44:24 | M50 | 11 | 0:44:29 | 1965 |
| 83 | 1424 | Brandt Helge | Bunert After Work Runner | 0:44:27 | M40 | 11 | 0:44:30 | 1973 |
| 84 | 2041 | Sadrozinski Axel | LT Starlight Team Essen | 0:44:29 | M45 | 16 | 0:44:43 | 1968 |
| 85 | 1758 | Schott Martin | LC Duisburg | 0:44:29 | M50 | 12 | 0:44:38 | 1964 |
| 86 | 92 | Wozniak Sebastian | Kanale Grande | 0:44:31 | M40 | 12 | 0:44:41 | 1976 |
| 87 | 313 | Bössler Michael | *Mülheim | 0:44:31 | M45 | 17 | 0:44:50 | 1968 |
| 88 | 634 | Mallmann Marcus | Mallmänner | 0:44:32 | M45 | 18 | 0:44:39 | 1971 |
| 89 | 1828 | Kuhnert Rene | Triminators TV Voerde | 0:44:44 | M20 | 6 | 0:44:48 | 1994 |
| 90 | 1186 | Wude Steve | *Ahaus | 0:44:48 | M30 | 16 | 0:44:56 | 1987 |
| 91 | 2157 | Kaiser Michael | TUS Breitscheid | 0:44:49 | M45 | 19 | 0:44:58 | 1968 |
| 92 | 1156 | Dawin Daniel | Hobbyläufer Ruhrpott | 0:44:52 | M30 | 17 | 0:45:25 | 1987 |
| 93 | 3138 | Wrede Jürgen | ART Düsseldorf | 0:44:53 | M55 | 7 | 0:45:02 | 1961 |
| 94 | 2133 | Horstkamp Thomas | Team Polizei Duisburg | 0:44:57 | M40 | 13 | 0:45:05 | 1974 |
| 95 | 126 | Horn Tobias | Team Polizei Duisburg | 0:44:58 | M35 | 12 | 0:45:18 | 1979 |
| 96 | 2143 | Piontek Andreas | AS Neukirchen-Vluyn | 0:45:03 | M50 | 13 | 0:45:12 | 1967 |
| 97 | 208 | Schmidt Markus | WfbM | 0:45:03 | M40 | 14 | 0:45:22 | 1974 |
| 98 | 1950 | Lippkow Marc | Die flinken 4 | 0:45:06 | M20 | 7 | 0:45:12 | 1988 |
| 99 | 1214 | Levering Matthias | Die Leverings | 0:45:07 | M40 | 15 | 0:45:14 | 1974 |
| 100 | 3196 | Hockert Alexander | SV Haldern Lauftreff | 0:45:17 | MU16 | 1 | 0:45:26 | 2002 |
| 101 | 844 | Mentzel Fritz-Werner | *Bochum | 0:45:17 | M55 | 8 | 0:45:31 | 1959 |
| 102 | 823 | Schick Hendrik | *Essen | 0:45:21 | M35 | 13 | 0:45:32 | 1979 |
| 103 | 447 | Dohm Markus | DJK VfL Forstwald | 0:45:22 | M55 | 9 | 0:45:35 | 1960 |
| 104 | 830 | Looschelders Dirk | Ausdauerschule by Bunert | 0:45:26 | M50 | 14 | 0:45:39 | 1965 |
| 105 | 1007 | Freiberg Karsten | *Hückelhoven | 0:45:37 | M45 | 20 | 0:45:41 | 1971 |
| 106 | 1318 | Birkendorf Klaus | Tri-Geckos Dortmund | 0:45:48 | M45 | 21 | 0:45:59 | 1971 |
| 107 | 125 | Miserini Sebastian | Team Polizei Duisburg | 0:45:48 | M45 | 22 | 0:46:07 | 1972 |
| 108 | 596 | Harder Simeon | Duisburger Ruderverein | 0:45:49 | MU20 | 5 | 0:45:54 | 1999 |
| 109 | 1228 | Schuler Marc | Max Maulwurf Marathonis | 0:45:51 | M30 | 18 | 0:46:32 | 1986 |
| 110 | 422 | Scholz Klaus B. | *Gelsenkirchen | 0:45:56 | M55 | 10 | 0:46:01 | 1960 |
| 111 | 758 | Kower Dr. Oliver | SV Bayer Uerdingen 08 | 0:45:59 | M35 | 14 | 0:46:09 | 1980 |
| 112 | 246 | Holzappel Dirk | *Essen | 0:46:02 | M50 | 15 | 0:46:13 | 1965 |
| 113 | 1944 | Grausam Kersten Erich | LGO Bochum | 0:46:11 | M50 | 16 | 0:46:17 | 1967 |
| 114 | 678 | Decker Martin | *Duisburg | 0:46:11 | M30 | 19 | 0:46:38 | 1984 |
| 115 | 1856 | Kuchejda Finn | *Moers | 0:46:11 | MU20 | 6 | 0:46:35 | 1999 |
| 116 | 144 | Wiechert Marius | TV Wanheimerort 1880 e.V. | 0:46:12 | M20 | 8 | 0:46:18 | 1995 |
| 117 | 707 | Gertz Hubert | Adler-Langlauf Bottrop | 0:46:15 | M60 | 2 | 0:46:22 | 1956 |
| 118 | 692 | Müller Markus | Team Erdinger Alkoholfrei | 0:46:16 | M35 | 15 | 0:46:30 | 1982 |
| 119 | 1769 | Hoffmann Florian | *Duisburg | 0:46:20 | MU20 | 7 | 0:46:43 | 1999 |
| 120 | 381 | Klima Michael | Schön Wetter Läufer | 0:46:20 | M55 | 11 | 0:46:33 | 1960 |
| 121 | 1216 | Carnein René | *Dinslaken | 0:46:21 | M30 | 20 | 0:46:37 | 1984 |
| 122 | 1601 | Becker Rainer | TEAM ELG | 0:46:21 | M55 | 12 | 0:46:31 | 1961 |
| 123 | 78 | Gronemeyer Hans Herma | *Wuppertal | 0:46:22 | M65 | 1 | 0:46:28 | 1948 |
| 124 | 2205 | Kettler Ole | Tor 5 Architekten | 0:46:25 | M20 | 9 | 0:47:08 | 1990 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|-----------------------------|---------|------|----------|------------|----------|
| 125 | 433 | Fritzemeier Sebastian | *Essen | 0:46:26 | M30 | 21 | 0:46:41 | 1984 |
| 126 | 2090 | Jacob Hans-Peter | *Mettmann | 0:46:28 | M50 | 17 | 0:46:38 | 1965 |
| 127 | 656 | Schilke Norbert | MTG Horst Essen | 0:46:28 | M60 | 3 | 0:46:34 | 1956 |
| 128 | 336 | Breuer Markus | *Duisburg | 0:46:29 | M45 | 23 | 0:46:41 | 1972 |
| 128 | 343 | Spettmann Carsten | Running4charity | 0:46:29 | M45 | 23 | 0:46:39 | 1969 |
| 130 | 1836 | Steeger Frank | Running Rudel 1 | 0:46:30 | M50 | 18 | 0:46:38 | 1966 |
| 131 | 1930 | Tiefenbach Holger | *Oberhausen | 0:46:34 | M50 | 19 | 0:46:46 | 1964 |
| 132 | 53 | Ehrke Dirk | Trimet | 0:46:38 | M35 | 16 | 0:47:01 | 1981 |
| 133 | 54 | Savilif Rüdiger | Trimet | 0:46:40 | M65 | 2 | 0:46:58 | 1950 |
| 134 | 1206 | Falck Marcel | *Essen | 0:46:44 | M20 | 10 | 0:47:01 | 1989 |
| 135 | 99 | Maibaum Joey | MSV Duisburg Einradzebras | 0:46:44 | MU20 | 8 | 0:46:56 | 1998 |
| 136 | 1572 | Fritz Thorsten | Die flinken 4 | 0:46:45 | M55 | 13 | 0:46:51 | 1962 |
| 137 | 30 | Nierenköther Martin | SG Ruhrgas 1929 | 0:46:47 | M40 | 16 | 0:47:05 | 1973 |
| 138 | 1869 | Hüsken Stephan | TVK 1877 Essen Kupferdre | 0:46:49 | M50 | 20 | 0:47:04 | 1963 |
| 139 | 395 | Thiele Stefan | *Duisburg | 0:46:52 | M30 | 22 | 0:47:16 | 1983 |
| 140 | 1922 | Büchel Jörn | Manchester United | 0:46:53 | M50 | 21 | 0:47:03 | 1965 |
| 141 | 1690 | Diker Uwe | TUS Drevenack | 0:46:53 | M60 | 4 | 0:47:00 | 1955 |
| 142 | 1078 | Kraus Henrik | MSV Duisburg Einradzebras | 0:46:55 | MU16 | 2 | 0:47:21 | 2007 |
| 143 | 2173 | Krekeler Dietmar | Ausdauerschule by Bunert | 0:46:57 | M50 | 22 | 0:47:02 | 1964 |
| 144 | 1946 | Blös Alexander | *Emmerich am Rhein | 0:46:59 | MU16 | 3 | 0:47:08 | 2002 |
| 145 | 829 | Schmidt Ralf | Ausdauerschule by Bunert | 0:47:00 | M55 | 14 | 0:47:13 | 1962 |
| 146 | 966 | Wienhofen Martín Carlos | Eintracht Duisburg 1848 e.V | 0:47:02 | MU20 | 9 | 0:47:14 | 1999 |
| 147 | 777 | Holstein Dirk | LGO Bochum | 0:47:02 | M50 | 23 | 0:47:27 | 1964 |
| 148 | 1795 | Mammen Ralph | *Ratingen | 0:47:05 | M55 | 15 | 0:47:18 | 1959 |
| 149 | 2183 | Sietmann Marco | LG Coesfeld | 0:47:05 | MU16 | 4 | 0:47:10 | 2002 |
| 150 | 1573 | Tegründe Stephan | *Duisburg | 0:47:12 | M45 | 25 | 0:47:27 | 1968 |
| 151 | 222 | Oberdörster Marc | *Mülheim | 0:47:17 | M45 | 26 | 0:47:28 | 1970 |
| 152 | 1017 | Jannes Michael | Garantie abgelaufen | 0:47:25 | M40 | 17 | 0:47:42 | 1973 |
| 153 | 1358 | Zöllner Jörg-Peter | LT Bittermark Dortmund | 0:47:25 | M65 | 3 | 0:47:35 | 1951 |
| 154 | 1517 | Meinke Wolfgang | Homberger Turnverein | 0:47:27 | M55 | 16 | 0:47:52 | 1960 |
| 155 | 59 | Grützner Carl | | 0:47:28 | M20 | 11 | 0:47:32 | 1997 |
| 156 | 1207 | Dörner Dominik | *Essen | 0:47:28 | M20 | 12 | 0:47:45 | 1992 |
| 157 | 1912 | Winter Tobias | TEAM ELG | 0:47:30 | M30 | 23 | 0:47:45 | 1984 |
| 158 | 1751 | Risse Michael | TC 69 Sterkrade | 0:47:34 | M50 | 24 | 0:47:53 | 1966 |
| 159 | 612 | Chmielowski Dr. Miroslaw | *Oberhausen | 0:47:42 | M40 | 18 | 0:48:00 | 1974 |
| 160 | 1863 | Kuhlen Reiner | *Duisburg | 0:47:43 | M50 | 25 | 0:48:08 | 1967 |
| 161 | 1934 | Wachs Daniel | Kenia Reserve | 0:47:50 | M20 | 13 | 0:48:05 | 1988 |
| 162 | 408 | Walter Simon | *Duisburg | 0:47:55 | M30 | 24 | 0:48:19 | 1986 |
| 163 | 2163 | Esser Stefan | Ausdauerschule by Bunert | 0:47:55 | M40 | 19 | 0:47:58 | 1976 |
| 164 | 1619 | Honekamp Michael | LF Serm | 0:47:57 | M50 | 26 | 0:48:19 | 1964 |
| 165 | 264 | Plicht Gerd | LG Mülheim | 0:47:57 | M55 | 17 | 0:48:09 | 1959 |
| 166 | 136 | Mertins Mika | TV Wanheimerort 1880 e.V. | 0:48:01 | MU16 | 5 | 0:48:22 | 2006 |
| 167 | 1784 | Kleis Oliver | GZBW Runners | 0:48:05 | M35 | 17 | 0:48:28 | 1980 |
| 168 | 2030 | Bierschbach Rainer | Turnerbund Osterfeld 1911 e | 0:48:07 | M55 | 18 | 0:48:30 | 1959 |
| 169 | 1080 | Kraus Thorsten | MSV Duisburg Einradzebras | 0:48:07 | M45 | 27 | 0:48:33 | 1971 |
| 170 | 1901 | Slizewski Markus | PunkteJäger | 0:48:07 | M35 | 18 | 0:48:48 | 1982 |
| 171 | 388 | Hillmann Dr. Carsten | *Kamp-Lintfort | 0:48:08 | M50 | 27 | 0:48:27 | 1967 |
| 172 | 2184 | Althoff Moritz | LG Coesfeld | 0:48:09 | MU20 | 10 | 0:48:27 | 1998 |
| 173 | 328 | Mies Thorsten | Team Erdinger Alkoholfrei | 0:48:11 | M40 | 20 | 0:48:25 | 1976 |
| 174 | 2104 | Glotz Martin | BSG Sparkasse Oberhause | 0:48:13 | M50 | 28 | 0:48:27 | 1965 |
| 175 | 606 | Rutekolk Rainer | Ausdauerschule by Bunert | 0:48:19 | M40 | 21 | 0:48:34 | 1977 |
| 176 | 1409 | Fackert Sebastian | *Duisburg | 0:48:22 | M35 | 19 | 0:48:45 | 1981 |
| 177 | 1011 | Reschke Michael | SC Bayer 05 Uerdingen | 0:48:23 | M50 | 29 | 0:48:41 | 1964 |
| 178 | 741 | Spätling Stefan | Sport AG Duisburg | 0:48:24 | M30 | 25 | 0:48:46 | 1984 |
| 179 | 814 | Röhle Frank | *Hattingen | 0:48:28 | M55 | 19 | 0:48:42 | 1961 |
| 180 | 1238 | Phasue Chatchawin | Max Maulwurf Marathonis | 0:48:28 | M35 | 20 | 0:49:11 | 1980 |
| 181 | 74 | Valentin Jan | Krefelder Kanu Club | 0:48:29 | MU18 | 5 | 0:48:39 | 2001 |
| 182 | 143 | Beckord Jan | TV Wanheimerort 1880 e.V. | 0:48:31 | M20 | 14 | 0:48:40 | 1995 |
| 183 | 52 | Hagner Marcel | Trimet | 0:48:37 | M30 | 26 | 0:49:00 | 1986 |
| 184 | 56 | Hutwelker Stefan | Trimet | 0:48:37 | M20 | 15 | 0:48:59 | 1991 |
| 185 | 487 | Bolender Werner | TV Jahn Hiesfeld | 0:48:38 | M50 | 30 | 0:49:07 | 1966 |
| 186 | 981 | Liehr Ralf | *Oberhausen | 0:48:44 | M50 | 31 | 0:49:09 | 1967 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|------|----------|------------|----------|
| 187 | 2069 | Ostrode Peter | *Bochum | 0:48:44 | M30 | 27 | 0:49:26 | 1986 |
| 188 | 268 | Schrör Jan | *Duisburg | 0:48:48 | M20 | 16 | 0:49:13 | 1989 |
| 189 | 754 | Peters Thomas | *Mülheim an der Ruhr | 0:48:48 | M40 | 22 | 0:49:13 | 1976 |
| 190 | 2172 | Nolte Christian | Ausdauerschule by Bunert | 0:48:50 | M45 | 28 | 0:49:07 | 1969 |
| 191 | 1417 | Meltzer Andreas | *Essen | 0:48:52 | M40 | 23 | 0:49:31 | 1973 |
| 192 | 877 | Schweder Christof | Team Kreskenhof | 0:48:52 | M45 | 29 | 0:49:02 | 1971 |
| 193 | 106 | Fröhling Peter | Düsseldorf Triathlon | 0:48:58 | M50 | 32 | 0:49:07 | 1964 |
| 194 | 1365 | Becker Björn-friedrich | bsg haniel | 0:49:02 | M45 | 30 | 0:49:25 | 1970 |
| 195 | 364 | Welzel Wolfgang | BSG Springorum Bochum | 0:49:03 | M50 | 33 | 0:49:30 | 1965 |
| 196 | 2156 | Nietiet Ralf | TUS Breitscheid | 0:49:09 | M50 | 34 | 0:49:36 | 1966 |
| 197 | 1209 | Godlewski Thomas | *Essen | 0:49:16 | M45 | 31 | 0:49:33 | 1971 |
| 198 | 937 | Herberg Jürgen | Sparkasse Lüdenscheid | 0:49:17 | M50 | 35 | 0:49:28 | 1965 |
| 199 | 1628 | Ehresmann Christoph | Man of honor | 0:49:18 | M50 | 36 | 0:49:30 | 1964 |
| 200 | 1732 | Püttmann Thomas | *Sprockhövel | 0:49:19 | M40 | 24 | 0:49:58 | 1975 |
| 201 | 2225 | Schönrock Thomas | AOK TEAM | 0:49:23 | M50 | 37 | 0:49:42 | 1965 |
| 202 | 2018 | Schmidt Silvio | Kaltstart | 0:49:23 | M45 | 32 | 0:50:05 | 1972 |
| 203 | 321 | Hassel Christoph | *Duisburg | 0:49:25 | M35 | 21 | 0:49:48 | 1980 |
| 204 | 453 | Dohm Christoph | *Tönisvorst | 0:49:30 | M20 | 17 | 0:49:45 | 1992 |
| 205 | 2014 | Friemel Moritz | OSC 04 Rheinhausen | 0:49:36 | MU18 | 6 | 0:49:47 | 2000 |
| 206 | 818 | Rüdel Ulf | *Düsseldorf | 0:49:39 | M45 | 33 | 0:50:04 | 1968 |
| 207 | 1509 | Hein Andre | *Duisburg | 0:49:40 | M35 | 22 | 0:50:02 | 1981 |
| 207 | 2031 | Weskamp Jörg | LUSTLAUF Aachen | 0:49:40 | M50 | 38 | 0:49:57 | 1964 |
| 209 | 1639 | Schoof-Dulak Carsten | LF Serm | 0:49:41 | M45 | 34 | 0:50:05 | 1970 |
| 210 | 203 | Krause Rudolf | WfbM | 0:49:41 | M50 | 39 | 0:49:59 | 1964 |
| 211 | 641 | Koch Detlef | PSV-Stukenbrock | 0:49:42 | M50 | 40 | 0:49:58 | 1967 |
| 212 | 1693 | Tomky Stephan | Butterfly | 0:49:43 | M35 | 23 | 0:50:10 | 1980 |
| 213 | 2241 | Winbeck Volker | *Oberhausen | 0:49:47 | M55 | 20 | 0:50:03 | 1961 |
| 214 | 1654 | Heix Udo | FeG Duisburg-Wanheimero | 0:49:49 | M50 | 41 | 0:50:07 | 1966 |
| 215 | 517 | Bowles Cliff | *Heiligenhaus | 0:50:02 | M50 | 42 | 0:50:15 | 1964 |
| 216 | 939 | Alt Udo | *Essen | 0:50:11 | M60 | 5 | 0:50:32 | 1957 |
| 217 | 129 | Roll Michael | Team Polizei Duisburg | 0:50:11 | M30 | 28 | 0:50:38 | 1983 |
| 218 | 3710 | Hund Markus | *Düsseldorf | 0:50:13 | M45 | 35 | 0:50:49 | 1970 |
| 219 | 47 | Scharenberg Ulrich | Fortuna Düsseldorf | 0:50:15 | M65 | 4 | 0:50:38 | 1948 |
| 220 | 231 | Kiebel Roland | *Essen | 0:50:20 | M40 | 25 | 0:50:40 | 1974 |
| 221 | 1427 | Mohyla Marcel | *Duisburg | 0:50:23 | M40 | 26 | 0:50:55 | 1976 |
| 222 | 943 | Schmitz Dr. Thomas | *Moers | 0:50:25 | M45 | 36 | 0:50:50 | 1971 |
| 223 | 12 | Bier Günther | SG Ruhrgas 1929 | 0:50:28 | M60 | 6 | 0:50:39 | 1956 |
| 224 | 1466 | Albayrak Serhat | Wir bei HKM | 0:50:32 | M20 | 18 | 0:51:09 | 1994 |
| 225 | 1563 | Heinze Jürgen | LF Serm | 0:50:35 | M55 | 21 | 0:50:59 | 1958 |
| 226 | 1562 | Bredick Werner | LF Serm | 0:50:35 | M55 | 22 | 0:50:59 | 1960 |
| 227 | 935 | Haase Michael | *Duisburg | 0:50:37 | M40 | 27 | 0:51:05 | 1977 |
| 228 | 621 | Janscheidt Olaf | *Essen | 0:50:37 | M50 | 43 | 0:51:10 | 1967 |
| 229 | 1111 | Thoens Nikolaus | FC St.Pauli Marathon | 0:50:43 | M50 | 44 | 0:51:11 | 1964 |
| 230 | 1175 | Schemberg Dirk | BSG Springorum Bochum | 0:50:45 | M50 | 45 | 0:50:54 | 1964 |
| 231 | 2121 | Sannek Andreas | BSG Sparkasse Oberhause | 0:50:47 | M50 | 46 | 0:51:09 | 1967 |
| 232 | 138 | Wiele Tim | TV Wanheimerort 1880 e.V. | 0:50:51 | MU18 | 7 | 0:51:11 | 2001 |
| 233 | 740 | Spätling Klaus | Sport AG Duisburg | 0:50:52 | M60 | 7 | 0:51:13 | 1957 |
| 234 | 100 | Marzin Oliver | Trimet | 0:50:58 | M45 | 37 | 0:51:28 | 1968 |
| 235 | 1682 | Wagner Robert | CDS Running Team | 0:50:59 | M35 | 24 | 0:51:31 | 1982 |
| 236 | 990 | Weidenbach Jens | Essener Jungs | 0:51:00 | M40 | 28 | 0:51:26 | 1974 |
| 237 | 761 | Zimmermann Jan | TVE Burgaltendorf | 0:51:06 | M35 | 25 | 0:51:24 | 1979 |
| 238 | 713 | Kaiser Florian | TTC Olympia Mülheim | 0:51:09 | M30 | 29 | 0:51:30 | 1985 |
| 239 | 2170 | Antweiler Luke | *Duisburg | 0:51:09 | MU16 | 6 | 0:51:30 | 2006 |
| 240 | 1629 | Ehresmann Lars | Man of honor | 0:51:10 | MU18 | 8 | 0:51:22 | 2000 |
| 241 | 1884 | Seuthe Andreas | *Duisburg | 0:51:17 | M50 | 47 | 0:51:40 | 1966 |
| 242 | 1998 | Korschewski Tobias | *duisburg | 0:51:18 | M40 | 29 | 0:51:52 | 1977 |
| 243 | 938 | Kliemand Marcus | Wir bei HKM | 0:51:19 | M30 | 30 | 0:51:45 | 1987 |
| 244 | 1130 | Körber Sören | *Duisburg | 0:51:21 | M55 | 23 | 0:51:44 | 1961 |
| 245 | 1543 | Leonhardt Rainer | *Düsseldorf | 0:51:22 | M60 | 8 | 0:51:35 | 1956 |
| 246 | 2160 | Rott Gerhard | TUS Breitscheid | 0:51:27 | M45 | 38 | 0:52:11 | 1968 |
| 247 | 482 | Lampert Sven | Ausdauerschule by Bunert | 0:51:28 | M35 | 26 | 0:52:06 | 1980 |
| 248 | 657 | Preuß Stefan | Vodastecher TriTeam | 0:51:29 | M45 | 39 | 0:51:54 | 1968 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------|-----------------------------|---------|------|----------|------------|----------|
| 249 | 778 | Schiffer Stephan | after-work-runners.de | 0:51:31 | M45 | 40 | 0:52:03 | 1968 |
| 250 | 1461 | Kowalski Markus | Wir bei HKM | 0:51:36 | MU20 | 11 | 0:52:13 | 1998 |
| 251 | 717 | Wunden Harald | *Krefeld | 0:51:38 | M45 | 41 | 0:51:52 | 1968 |
| 252 | 898 | Großgasteiger Frank | *Oberhausen | 0:51:39 | M35 | 27 | 0:52:09 | 1981 |
| 253 | 2096 | Wallasch Holger | DJK Duisburg-Buchholz e.V. | 0:51:40 | M35 | 28 | 0:52:48 | 1979 |
| 254 | 1115 | Genter Heipe | LT Turnerbund Frintrop | 0:51:40 | M55 | 24 | 0:52:09 | 1958 |
| 255 | 474 | Vosbeck Christian | *Essen | 0:51:42 | M50 | 48 | 0:52:27 | 1967 |
| 256 | 1957 | Breddehorn Matthias | *Moers | 0:51:43 | M30 | 31 | 0:52:09 | 1987 |
| 257 | 151 | Hache Jens | TV Wanheimerort 1880 e.V. | 0:51:44 | M50 | 49 | 0:52:14 | 1967 |
| 258 | 1120 | Martin Tim | *Essen | 0:51:45 | M20 | 19 | 0:52:25 | 1991 |
| 259 | 1072 | Lorkowski Michael | Die blauen Bengel | 0:51:45 | M55 | 25 | 0:52:12 | 1959 |
| 260 | 896 | Knief Dirk | *Mülheim | 0:51:45 | M55 | 26 | 0:52:13 | 1958 |
| 261 | 960 | Goralski Stefan | DJK Adler Union Frintrop | 0:51:48 | M50 | 50 | 0:52:22 | 1964 |
| 262 | 1724 | Malmedy Frank | REV Gruga/Essen auf Roll | 0:51:49 | M55 | 27 | 0:52:03 | 1959 |
| 263 | 1834 | Bacher Tim | Running Rudel 1 | 0:51:50 | M50 | 51 | 0:52:50 | 1964 |
| 264 | 317 | Schlöß Peter | Die Schlüssis | 0:51:50 | M50 | 52 | 0:52:17 | 1965 |
| 265 | 1376 | Krüger Olaf | *Dortmund | 0:51:51 | M50 | 53 | 0:52:21 | 1966 |
| 266 | 1692 | Tomky Uwe | Butterfly | 0:51:58 | M55 | 28 | 0:52:25 | 1958 |
| 267 | 2190 | Naber Ewald | LG Coesfeld | 0:51:59 | M60 | 9 | 0:52:30 | 1956 |
| 268 | 81 | Bartisch Klaus | Grillen & Chillen e.V. | 0:51:59 | M50 | 54 | 0:52:23 | 1965 |
| 269 | 1463 | Chwalek Gabriel | ASC Mülheim | 0:52:01 | M55 | 29 | 0:52:49 | 1958 |
| 270 | 1113 | Martin Ralf | *Essen | 0:52:01 | M55 | 30 | 0:52:40 | 1961 |
| 271 | 856 | Beckord Dr. Peter | *Duisburg | 0:52:03 | M55 | 31 | 0:52:33 | 1958 |
| 272 | 1979 | Wilke Jens | Duisburger Ruderverein | 0:52:04 | M40 | 30 | 0:52:43 | 1974 |
| 273 | 2953 | Eckert Paul | Team Interrail Klatovy 2007 | 0:52:06 | M50 | 55 | 0:52:36 | 1964 |
| 274 | 662 | Nickel Reiner | *Duisburg | 0:52:07 | M55 | 32 | 0:52:43 | 1959 |
| 275 | 660 | Schulze Sebastian | *Duisburg | 0:52:10 | M30 | 32 | 0:52:50 | 1985 |
| 276 | 1498 | Lagarden Jörg | SV Viktoria Goch | 0:52:12 | M55 | 33 | 0:52:33 | 1960 |
| 277 | 255 | Posth Frank | BSV ThyssenKrupp Stahl | 0:52:14 | M55 | 34 | 0:52:44 | 1961 |
| 278 | 1553 | Hilke Friedel | LG WeKu Essen | 0:52:25 | M60 | 10 | 0:52:46 | 1956 |
| 279 | 1696 | Kürschgen Kai | WSV Schermbeck | 0:52:25 | M50 | 56 | 0:53:00 | 1967 |
| 280 | 1401 | Janssen Rene | *Tönisvorst | 0:52:27 | M30 | 33 | 0:52:43 | 1987 |
| 280 | 1442 | Janssen Horst | *Tönisvorst | 0:52:27 | M60 | 11 | 0:52:43 | 1957 |
| 282 | 1047 | Glaser Marco | *Gladbeck | 0:52:28 | M45 | 42 | 0:52:52 | 1970 |
| 283 | 1665 | Lange Volker | BSV ThyssenKrupp Stahl | 0:52:28 | M60 | 12 | 0:52:48 | 1957 |
| 284 | 1797 | Kehlen Oliver | *Duisburg | 0:52:29 | M35 | 29 | 0:53:11 | 1979 |
| 285 | 1926 | Blasitzke Ralf | ETuS Wedau | 0:52:30 | M45 | 43 | 0:53:23 | 1969 |
| 286 | 618 | Becker Jens-Ulrik | *Duisburg | 0:52:32 | M50 | 57 | 0:53:02 | 1967 |
| 287 | 1297 | Hoche Volker | *Mülheim an der Ruhr | 0:52:39 | M50 | 58 | 0:53:30 | 1965 |
| 288 | 1198 | Brokamp Steffen | Brokamp&Tinnefeld Vers.M | 0:52:41 | M45 | 44 | 0:53:06 | 1968 |
| 289 | 1096 | Schmidt Harald | DJK Altendorf 09 | 0:52:43 | M50 | 59 | 0:54:40 | 1966 |
| 290 | 354 | Walter Sven | *Duisburg | 0:52:44 | M40 | 31 | 0:53:07 | 1977 |
| 291 | 1029 | Hackstein Joachim | *Duisburg | 0:52:46 | M45 | 45 | 0:53:10 | 1971 |
| 292 | 537 | Krause Heribert | LTB am UFO | 0:52:47 | M65 | 5 | 0:53:22 | 1950 |
| 292 | 40 | Conrads Uwe | TC Kray 1892 e. V. | 0:52:47 | M50 | 60 | 0:53:16 | 1965 |
| 294 | 1317 | Bonnen Michael | *Düsseldorf | 0:52:48 | M55 | 35 | 0:53:50 | 1958 |
| 295 | 559 | Schäfer Jürgen | TARGOBANK Lauftreff | 0:52:48 | M60 | 13 | 0:53:03 | 1957 |
| 296 | 243 | Zwiers Christian | Laufen ist ein A... | 0:52:51 | M20 | 20 | 0:53:24 | 1988 |
| 297 | 285 | Wlecklik Andre | *Essen | 0:52:52 | M20 | 21 | 0:53:30 | 1988 |
| 298 | 728 | Butschkus Maik | Elsterland Runners | 0:52:53 | M45 | 46 | 0:54:01 | 1971 |
| 299 | 2299 | Schiefer Markus | Absolute Oberliga | 0:52:59 | M45 | 47 | 0:53:42 | 1969 |
| 300 | 1193 | Kennel Stefan | Die Molles | 0:52:59 | M40 | 32 | 0:53:40 | 1975 |
| 301 | 1217 | Besser Kevin | *Düsseldorf | 0:52:59 | M30 | 34 | 0:53:57 | 1985 |
| 302 | 1332 | Schwickrath Wilhelm | OTV Endurance Team | 0:53:03 | M60 | 14 | 0:53:36 | 1954 |
| 303 | 50 | Plettau Markus | Trimet | 0:53:04 | M35 | 30 | 0:53:27 | 1980 |
| 304 | 868 | Winkler Thomas | *Duisburg | 0:53:07 | M55 | 36 | 0:53:17 | 1962 |
| 305 | 240 | Heymann Stephan | Laufen ist ein A... | 0:53:15 | M45 | 48 | 0:53:47 | 1971 |
| 306 | 3734 | Maaß Ulrich | *Goch | 0:53:16 | M45 | 49 | 0:54:49 | 1970 |
| 307 | 1637 | Pittack Benjamin | TARGOBANK Lauftreff | 0:53:19 | M20 | 22 | 0:53:39 | 1990 |
| 308 | 464 | Dohm Sebastian | *Stuttgart | 0:53:19 | M20 | 23 | 0:53:35 | 1989 |
| 309 | 1741 | Böing Frank | Adler-Langlauf Bottrop | 0:53:20 | M55 | 37 | 0:53:54 | 1962 |
| 310 | 27 | Lemberg Peter | SG Ruhrgas 1929 | 0:53:22 | M60 | 15 | 0:54:11 | 1956 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|---------------------------|---------|------|----------|------------|----------|
| 311 | 894 | Loose Andreas | *Krefeld | 0:53:22 | M60 | 16 | 0:54:05 | 1955 |
| 311 | 1821 | Hafki Andreas | Sleepy Kitten | 0:53:22 | M45 | 50 | 0:54:03 | 1971 |
| 313 | 1213 | Kuzniak Matthias | *Oberhausen | 0:53:23 | M30 | 35 | 0:54:04 | 1983 |
| 314 | 1299 | Leenen Sebastian | SG Borcken | 0:53:25 | M40 | 33 | 0:54:22 | 1974 |
| 315 | 825 | Hampel Marc | ASV Duisburg e.V. | 0:53:26 | MU16 | 7 | 0:53:41 | 2003 |
| 316 | 1058 | Schlüter Markus | Herner Triathlon Team 11 | 0:53:28 | M50 | 61 | 0:53:48 | 1966 |
| 317 | 1652 | Winterfeld Ralf | *Duisburg | 0:53:29 | M50 | 62 | 0:53:59 | 1966 |
| 318 | 1650 | Winterfeld Lars | *Duisburg | 0:53:29 | MU16 | 8 | 0:53:59 | 2003 |
| 319 | 2086 | Tiede Udo | Kenia Reserve | 0:53:29 | M55 | 38 | 0:53:46 | 1960 |
| 320 | 979 | Hausmann Peter | LC Duisburg | 0:53:30 | M50 | 63 | 0:53:58 | 1966 |
| 321 | 643 | Foik Stefan | WAT Läufer | 0:53:32 | M65 | 6 | 0:54:02 | 1949 |
| 322 | 902 | Behr Joshua | *Düsseldorf | 0:53:33 | MU20 | 12 | 0:55:12 | 1999 |
| 323 | 302 | Engler Detlef | BSG Sparkasse Essen | 0:53:34 | M55 | 39 | 0:54:18 | 1960 |
| 324 | 2138 | Kössl Joachim | AS Neukirchen-Vluyn | 0:53:37 | M50 | 64 | 0:55:10 | 1964 |
| 325 | 673 | Evers Christian | Elsterland Runners | 0:53:39 | M45 | 51 | 0:54:47 | 1969 |
| 326 | 1267 | Wüstenfeld Thomas | Marketing Runners | 0:53:41 | M55 | 40 | 0:54:26 | 1962 |
| 327 | 1845 | Gronen Benjamin | Running Rudel 2 | 0:53:43 | MU16 | 9 | 0:54:54 | 2005 |
| 328 | 2043 | Bleich André | *Duisburg | 0:53:44 | M40 | 34 | 0:54:28 | 1976 |
| 329 | 331 | Eckhardt Marc | LC Duisburg | 0:53:46 | M45 | 52 | 0:54:07 | 1972 |
| 330 | 502 | Amerkamp Andreas | *Duisburg | 0:53:50 | M30 | 36 | 0:54:26 | 1985 |
| 331 | 444 | Droese Sigmund | *Mülheim An Der Ruhr | 0:53:52 | M35 | 31 | 0:54:50 | 1978 |
| 332 | 1250 | Scheffer Thorsten | *Oberhausen | 0:53:55 | M45 | 53 | 0:55:00 | 1971 |
| 333 | 1265 | Bremer Andreas | Marketing Runners | 0:53:56 | M55 | 41 | 0:54:41 | 1961 |
| 334 | 1233 | Müskes Stefan | Max Maulwurf Marathonis | 0:54:03 | M30 | 37 | 0:54:45 | 1986 |
| 335 | 1914 | Niski Klaus | TV Jahn Hiesfeld | 0:54:04 | M50 | 65 | 0:54:53 | 1967 |
| 336 | 1231 | Schlottmann Dirk | Max Maulwurf Marathonis | 0:54:06 | M50 | 66 | 0:54:46 | 1967 |
| 337 | 1982 | Bens David | *Mülheim | 0:54:07 | M40 | 35 | 0:54:49 | 1974 |
| 338 | 1136 | Holtschneider Christian | *Duisburg | 0:54:09 | M35 | 32 | 0:55:18 | 1979 |
| 339 | 827 | Wiegleb Sebastian | *Schermbek | 0:54:10 | M35 | 33 | 0:54:34 | 1980 |
| 340 | 1338 | Schwickrath Benedikt | *Oberhausen | 0:54:14 | M30 | 38 | 0:54:47 | 1983 |
| 341 | 2119 | Witkowski Stefan | BSG Sparkasse Oberhause | 0:54:20 | M35 | 34 | 0:55:11 | 1979 |
| 342 | 513 | Falck Gereon | *Bochum | 0:54:27 | M45 | 54 | 0:55:03 | 1968 |
| 343 | 157 | Perepelitza Markus | WfbM | 0:54:32 | M20 | 24 | 0:55:09 | 1997 |
| 344 | 1437 | Sultana Nidal | *Düsseldorf | 0:54:36 | M40 | 36 | 0:55:20 | 1977 |
| 345 | 241 | Angenendt Rolf | Laufen ist ein A... | 0:54:38 | M50 | 67 | 0:55:11 | 1967 |
| 346 | 803 | Sykorra Mirko | LF Serm | 0:54:42 | M35 | 35 | 0:55:07 | 1980 |
| 347 | 162 | Staats Rainer | WfbM | 0:54:43 | M50 | 68 | 0:55:03 | 1967 |
| 348 | 1726 | Lümmer Georg | *Hattingen | 0:54:45 | M55 | 42 | 0:55:44 | 1962 |
| 349 | 299 | Schaak Michael | *Bottrop | 0:54:46 | M45 | 55 | 0:55:20 | 1968 |
| 350 | 460 | Lennerth Frank | *Dinslaken | 0:54:46 | M45 | 56 | 0:55:17 | 1968 |
| 351 | 1239 | Küppers Patrick | Max Maulwurf Marathonis | 0:54:46 | M20 | 25 | 0:55:29 | 1991 |
| 352 | 836 | Rohde Markus | BSG Volksbank Krefeld eG | 0:54:47 | M40 | 37 | 0:55:01 | 1973 |
| 353 | 748 | Ludwig Peter | Elsterland Runners | 0:54:48 | M50 | 69 | 0:55:56 | 1966 |
| 354 | 2246 | Jung Hans | AOK TEAM | 0:54:49 | M55 | 43 | 0:55:17 | 1962 |
| 355 | 1699 | Roggatz Jesper | MSV Duisburg Einradzebras | 0:54:54 | MU18 | 9 | 0:55:27 | 2000 |
| 356 | 351 | Grehl Marc | *Neukirchen-Vluyn | 0:54:56 | M35 | 36 | 0:56:04 | 1980 |
| 357 | 1796 | Elster Ulrich | Ratinger Schachklub 1950 | 0:54:57 | M55 | 44 | 0:55:41 | 1960 |
| 358 | 1611 | Eidens Joachim | *Kamp-Lintfort | 0:54:57 | M60 | 17 | 0:55:45 | 1953 |
| 359 | 1264 | Kremhoff Dieter | Oberhausener TV | 0:54:59 | M60 | 18 | 0:55:26 | 1955 |
| 360 | 1483 | Adler Thomas | Gerscheder SV | 0:54:59 | M55 | 45 | 0:56:01 | 1961 |
| 361 | 446 | Merten Michael | *Essen | 0:55:00 | M45 | 57 | 0:55:31 | 1972 |
| 361 | 205 | Dietz Kalle | WfbM | 0:55:00 | M55 | 46 | 0:55:40 | 1959 |
| 363 | 1404 | Hengstermann Christoph | SV Haldern Lauftreff | 0:55:03 | M55 | 47 | 0:56:10 | 1959 |
| 364 | 1952 | Kühne Ingo | DJK-VFL Willich | 0:55:03 | M60 | 19 | 0:55:32 | 1953 |
| 365 | 292 | Soraruf N. Brian | Team Bratwurst | 0:55:04 | M40 | 38 | 0:56:04 | 1975 |
| 366 | 1851 | Maaßen Heinz | LT Turnerbund Frintrop | 0:55:06 | M60 | 20 | 0:55:35 | 1956 |
| 367 | 547 | Pothmann Rainer | ERGO Sports Düsseldorf | 0:55:06 | M50 | 70 | 0:55:57 | 1967 |
| 368 | 1626 | Roggow Michael | *Wuppertal | 0:55:07 | M55 | 48 | 0:56:19 | 1961 |
| 369 | 822 | Jakobs Manfred | ETuS Wedau | 0:55:08 | M70 | 1 | 0:55:24 | 1945 |
| 370 | 1717 | Korte Andreas | *Essen | 0:55:09 | M35 | 37 | 0:56:19 | 1980 |
| 371 | 145 | Deter Domenik | TV Wanheimerort 1880 e.V. | 0:55:10 | M20 | 26 | 0:55:30 | 1992 |
| 372 | 1840 | Bacher Ben | Running Rudel 2 | 0:55:10 | MU18 | 10 | 0:56:11 | 2000 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|----------------------------|---------|------|----------|------------|----------|
| 373 | 2027 | Wlach Stefan | *Duisburg | 0:55:11 | M50 | 71 | 0:56:12 | 1964 |
| 374 | 837 | Schlappa Christian | *Voerde | 0:55:11 | M35 | 38 | 0:56:46 | 1979 |
| 375 | 1087 | Raschke Dennis | *Krefeld | 0:55:12 | M35 | 39 | 0:55:58 | 1980 |
| 376 | 1559 | Hölterhoff Andre | *Bottrop | 0:55:13 | M35 | 40 | 0:55:58 | 1980 |
| 377 | 2238 | Korstian Peter | *Duisburg | 0:55:15 | M50 | 72 | 0:56:03 | 1964 |
| 378 | 384 | Themann Erwin | Schön Wetter Läufer | 0:55:16 | M55 | 49 | 0:56:06 | 1960 |
| 379 | 385 | Halasz Ludger | Schön Wetter Läufer | 0:55:17 | M55 | 50 | 0:56:07 | 1961 |
| 379 | 911 | Stevens Ralf | *Essen | 0:55:17 | M50 | 73 | 0:56:12 | 1965 |
| 381 | 334 | Krügel Jörg | Team JA | 0:55:18 | M50 | 74 | 0:56:05 | 1965 |
| 382 | 589 | Jordan Gerlach | *Duisburg | 0:55:20 | MU20 | 13 | 0:56:11 | 1998 |
| 383 | 1706 | Wojtek Niklas | *Bottrop | 0:55:20 | M20 | 27 | 0:55:55 | 1992 |
| 384 | 1811 | Zöllmann Marcus | *Dinslaken | 0:55:23 | M50 | 75 | 0:56:23 | 1966 |
| 385 | 1462 | Brux Stefan | MSV Duisburg Einradzebras | 0:55:25 | M50 | 76 | 0:56:00 | 1967 |
| 386 | 483 | Niehs Theo | *Düsseldorf | 0:55:26 | M60 | 21 | 0:56:00 | 1955 |
| 387 | 1605 | Wojsnitsa Christian | *Düsseldorf | 0:55:28 | M35 | 41 | 0:56:34 | 1981 |
| 388 | 1580 | Klein Dieter | FeG Duisburg-Wanheimero | 0:55:31 | M35 | 42 | 0:55:49 | 1979 |
| 389 | 1022 | Deppe Lars | Garantie abgelaufen | 0:55:34 | M45 | 58 | 0:55:53 | 1970 |
| 390 | 571 | Gelbach Michael | *Wuppertal | 0:55:36 | M60 | 22 | 0:56:22 | 1955 |
| 391 | 1753 | Kulose Markus | Triathlon Team Ratingen 08 | 0:55:39 | M50 | 77 | 0:56:47 | 1965 |
| 392 | 2189 | Rüsenberg Heinz | LG Coesfeld | 0:55:40 | M60 | 23 | 0:56:02 | 1957 |
| 393 | 1253 | Köhler Reinhard | *Remscheid | 0:55:41 | M55 | 51 | 0:56:35 | 1962 |
| 394 | 1643 | Kleiner Jan-Calvin | LT Berka Stars | 0:55:42 | MU18 | 11 | 0:56:31 | 2001 |
| 395 | 1749 | Stöckhardt Dirk | LEBAU FIGHTERS | 0:55:42 | M50 | 78 | 0:56:26 | 1967 |
| 396 | 250 | Mayworm Erich | BSG Sparkasse Lüdensche | 0:55:42 | M55 | 52 | 0:56:17 | 1961 |
| 397 | 608 | Leismann Claus | *Essen | 0:55:43 | M55 | 53 | 0:56:29 | 1959 |
| 398 | 1983 | Wehmeier Jens | *Saerbeck | 0:55:44 | M35 | 43 | 0:56:39 | 1979 |
| 399 | 572 | Ring Kim Friedrich | *Grefrath | 0:55:45 | M40 | 39 | 0:56:55 | 1976 |
| 400 | 1009 | Meurer Thorsten | after-work-runners.de | 0:55:46 | M45 | 59 | 0:56:22 | 1970 |
| 401 | 1319 | Schneider Florian | *Duisburg | 0:55:50 | M30 | 39 | 0:56:41 | 1987 |
| 402 | 36 | Wolnik Jürgen | SG Ruhrgas 1929 | 0:55:54 | M60 | 24 | 0:56:44 | 1956 |
| 403 | 858 | Wenz Michael | Lahme Ente! | 0:55:58 | M40 | 40 | 0:56:57 | 1975 |
| 404 | 1303 | Hoffmann Can | *Duisburg | 0:55:58 | M30 | 40 | 0:56:16 | 1986 |
| 405 | 1336 | Schuchardt Dirk | *Moers | 0:55:59 | M45 | 60 | 0:56:42 | 1969 |
| 406 | 21 | Hanich Rudi | SG Ruhrgas 1929 | 0:55:59 | M65 | 7 | 0:56:56 | 1950 |
| 407 | 1603 | Zahren Marcus | *Köln | 0:55:59 | M45 | 61 | 0:56:56 | 1969 |
| 408 | 493 | Pachur Wolfgang | *Duisburg | 0:56:00 | M50 | 79 | 0:56:47 | 1963 |
| 409 | 633 | Stolte Thorsten | *Oberhausen | 0:56:00 | M50 | 80 | 0:57:44 | 1965 |
| 410 | 1411 | Neugebauer Christian | *Bottrop | 0:56:00 | M35 | 44 | 0:56:39 | 1982 |
| 411 | 353 | Justen Lars | run4fun | 0:56:01 | M45 | 62 | 0:56:56 | 1971 |
| 412 | 192 | Spitzer Alexander | Vodafone Runners | 0:56:01 | M45 | 63 | 0:56:33 | 1969 |
| 413 | 768 | Menzel Oliver | *Haan | 0:56:03 | M45 | 64 | 0:57:28 | 1970 |
| 414 | 1364 | Nawrot Markus | *Korschenbroich | 0:56:03 | M35 | 45 | 0:57:14 | 1979 |
| 415 | 1270 | Oversteeg Thomas | Turnerschaft Rahm 1906 e. | 0:56:08 | M40 | 41 | 0:57:18 | 1976 |
| 416 | 666 | Grafen Christian | ALDI süd | 0:56:09 | M40 | 42 | 0:57:18 | 1977 |
| 417 | 1305 | Czech Czeslaw | www.sport-mit-sven.de | 0:56:10 | M45 | 65 | 0:56:55 | 1971 |
| 418 | 1859 | Scheffer Jochen | LT Sonntagsläufer Sonsbec | 0:56:11 | M50 | 81 | 0:57:20 | 1965 |
| 419 | 57 | Laub Joachim | Trimet | 0:56:12 | M65 | 8 | 0:57:47 | 1948 |
| 420 | 194 | Heuser Maik | Vodafone Runners | 0:56:12 | M45 | 66 | 0:57:07 | 1968 |
| 421 | 899 | Büßen Fritz | LT Mismahlshof | 0:56:14 | M55 | 54 | 0:57:03 | 1959 |
| 422 | 260 | Hellrung Jonas | *Essen | 0:56:17 | MU20 | 14 | 0:58:01 | 1998 |
| 423 | 2548 | Hellrung Dirk | *Essen | 0:56:18 | M45 | 67 | 0:58:01 | 1970 |
| 424 | 996 | Gramm Sascha | SV Buderich | 0:56:18 | M40 | 43 | 0:57:22 | 1974 |
| 425 | 325 | Schultz Jens | CDS Running Team | 0:56:18 | M40 | 44 | 0:57:34 | 1974 |
| 426 | 1493 | Gerhards Christoph | *Geldern | 0:56:19 | M45 | 68 | 0:57:01 | 1970 |
| 427 | 1259 | Plaga Edgar | Oberhausener TV | 0:56:23 | M50 | 82 | 0:57:04 | 1963 |
| 428 | 652 | Block Marco | CR Team | 0:56:25 | M50 | 83 | 0:57:57 | 1967 |
| 429 | 1393 | Neppl Peter | MSV Duisburg | 0:56:32 | M50 | 84 | 0:57:06 | 1965 |
| 430 | 1841 | Bacher Ivo | Running Rudel 2 | 0:56:33 | M20 | 28 | 0:57:33 | 1997 |
| 431 | 158 | Fridrich Michel | WfbM | 0:56:33 | M20 | 29 | 0:57:09 | 1995 |
| 432 | 1256 | Antonin Rainer | Oberhausener TV | 0:56:37 | M65 | 9 | 0:57:36 | 1949 |
| 433 | 1255 | Sonntag Detlef | Oberhausener TV | 0:56:38 | M65 | 10 | 0:57:37 | 1952 |
| 434 | 1915 | Zobel Frank | *Oberhausen | 0:56:38 | M45 | 69 | 0:57:52 | 1971 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|----------------------------|---------|------|----------|------------|----------|
| 435 | 654 | Depta Martin | *Duisburg | 0:56:41 | M45 | 70 | 0:58:10 | 1972 |
| 436 | 787 | Büssers Sven | *Moers | 0:56:41 | M35 | 46 | 0:58:01 | 1978 |
| 437 | 1662 | Braun Maximilian | Immeo | 0:56:43 | M20 | 30 | 0:57:52 | 1996 |
| 437 | 1876 | Scherer Robin | *Duisburg | 0:56:43 | M30 | 41 | 0:57:55 | 1987 |
| 439 | 16 | Bollenbach Heiner | SG Ruhrgas 1929 | 0:56:47 | M50 | 85 | 0:57:46 | 1967 |
| 440 | 393 | Bensch Arnold | FC Bayern München | 0:56:49 | M50 | 86 | 0:57:18 | 1967 |
| 441 | 1985 | Ebel Simon | *Essen | 0:56:50 | MU16 | 10 | 0:57:28 | 2003 |
| 442 | 375 | Karcher Gerd | *Duisburg | 0:56:50 | M60 | 25 | 0:57:33 | 1953 |
| 443 | 797 | Engstler Dr. Jörg | Spiridon Frankfurt e.V. | 0:56:51 | M40 | 45 | 0:58:08 | 1973 |
| 444 | 1890 | Konter Hubert | TUS Ickern | 0:56:56 | M65 | 11 | 0:57:59 | 1952 |
| 445 | 934 | Höffken Sven | *Duisburg | 0:56:56 | M40 | 46 | 0:58:04 | 1973 |
| 446 | 626 | Töhning Simon | *Mülheim an der Ruhr | 0:56:57 | M35 | 47 | 0:58:06 | 1980 |
| 446 | 254 | Horrig Volker | Triminators TV Voerde | 0:56:57 | M55 | 55 | 0:57:56 | 1959 |
| 448 | 1513 | Pöhler Dr. Thorsten | TV Jahn Hiesfeld | 0:56:59 | M35 | 48 | 0:57:59 | 1978 |
| 449 | 782 | Koch Alexander | *Essen | 0:57:02 | M20 | 31 | 0:57:34 | 1991 |
| 450 | 1636 | Linde Stefan | *Duisburg | 0:57:03 | M45 | 71 | 0:57:52 | 1971 |
| 451 | 679 | Kok Dirk | *Moers | 0:57:04 | M45 | 72 | 0:57:55 | 1969 |
| 452 | 1251 | Rucktäschel Uwe | *Remscheid | 0:57:05 | M50 | 87 | 0:58:02 | 1964 |
| 453 | 101 | Wolters Lothar | Trimet | 0:57:06 | M50 | 88 | 0:57:40 | 1964 |
| 454 | 1613 | Lockert Gerd | *Mülheim | 0:57:08 | M50 | 89 | 0:58:02 | 1964 |
| 455 | 1496 | Lüdtke Karsten | SV Budberg | 0:57:09 | M50 | 90 | 0:57:20 | 1964 |
| 456 | 5082 | Njunjic Claude | VOLLLAUFEN | 0:57:12 | M40 | 47 | 0:57:54 | 1977 |
| 457 | 993 | Joosten Horst | AS Neukirchen-Vluyn | 0:57:12 | M60 | 26 | 0:58:09 | 1955 |
| 458 | 2146 | Leyendecker Achim | AS Neukirchen-Vluyn | 0:57:13 | M50 | 91 | 0:58:30 | 1963 |
| 459 | 1249 | Stief Peter | Adler-Langlauf Bottrop | 0:57:13 | M60 | 27 | 0:57:49 | 1957 |
| 460 | 1261 | Tzscheppan Wolfgang | Oberhausener TV | 0:57:14 | M65 | 12 | 0:58:12 | 1951 |
| 461 | 233 | Große-Allermann Alfred | Adler-Langlauf Bottrop | 0:57:15 | M70 | 2 | 0:57:53 | 1947 |
| 462 | 865 | Braun Friedhelm | *Duisburg | 0:57:19 | M55 | 56 | 0:58:35 | 1959 |
| 463 | 2050 | Latta Peter | LC Duisburg | 0:57:28 | M55 | 57 | 0:58:28 | 1961 |
| 464 | 564 | Schneider Achim | *Krefeld | 0:57:31 | M55 | 58 | 0:58:00 | 1959 |
| 465 | 2087 | Fischer Kai | *Goch | 0:57:36 | M35 | 49 | 0:58:19 | 1980 |
| 466 | 524 | Kaiser Daniel | Laufftreff R(h)einknaller | 0:57:36 | M35 | 50 | 0:58:32 | 1982 |
| 467 | 1361 | Marcour Wilfried | Lauffreunde HADI Wesel | 0:57:39 | M75 | 1 | 0:58:01 | 1941 |
| 468 | 215 | Winter Martin | Die Eiszapfen | 0:57:40 | M55 | 59 | 0:58:08 | 1959 |
| 469 | 382 | Optenhövel Dietmar | Schön Wetter Läufer | 0:57:41 | M55 | 60 | 0:58:31 | 1960 |
| 470 | 1412 | Gobbers Willi | *Krefeld | 0:57:42 | M60 | 28 | 0:59:01 | 1955 |
| 471 | 1838 | Gronen Christian | Running Rudel 1 | 0:57:42 | M45 | 73 | 0:58:54 | 1970 |
| 472 | 306 | Kunze Michael | Vodastecher TriTeam | 0:57:46 | M45 | 74 | 0:59:17 | 1972 |
| 473 | 2219 | Amann Uli | AOK TEAM | 0:57:47 | M40 | 48 | 0:59:15 | 1975 |
| 474 | 1966 | Klein Wolfgang | *Düsseldorf | 0:57:52 | M50 | 92 | 0:58:39 | 1965 |
| 475 | 1755 | Bruns Hans | FeG Duisburg-Wanheimero | 0:57:57 | M35 | 51 | 0:59:28 | 1982 |
| 476 | 274 | Glaser Dirk | run for fun | 0:57:59 | M55 | 61 | 0:59:15 | 1960 |
| 477 | 1134 | Smikale Dirk | *Duisburg | 0:57:59 | M55 | 62 | 0:59:29 | 1960 |
| 478 | 1803 | Nellen Wolfgang | BSG Sparkasse Duisburg | 0:58:00 | M60 | 29 | 0:59:49 | 1955 |
| 479 | 155 | Winkler Hans-Peter | WfbM | 0:58:03 | M50 | 93 | 0:58:42 | 1967 |
| 480 | 1277 | Döhrmann Martin | PWZ_Essen | 0:58:04 | M35 | 52 | 0:59:05 | 1978 |
| 481 | 1760 | Leik Christian | BSG Wirtschaftsbetriebe Du | 0:58:04 | M45 | 75 | 1:00:04 | 1969 |
| 482 | 1708 | Stammes Roland | Duisburger Ruderverein | 0:58:05 | M30 | 42 | 0:58:44 | 1986 |
| 483 | 688 | Unger Jörg | SV Haldern Laufftreff | 0:58:08 | M55 | 63 | 0:59:20 | 1962 |
| 484 | 1555 | Planner Jörg | Akzente | 0:58:09 | M50 | 94 | 0:58:57 | 1967 |
| 485 | 1921 | Krauskopf Jens | *Duisburg | 0:58:09 | M55 | 64 | 0:59:20 | 1961 |
| 486 | 1551 | Hense Heinz | *Duisburg | 0:58:10 | M65 | 13 | 0:59:22 | 1950 |
| 487 | 166 | Frochte Philipp | WfbM | 0:58:13 | M30 | 43 | 0:58:49 | 1986 |
| 488 | 903 | Spreer Christian | LT Berka Stars | 0:58:13 | M50 | 95 | 0:59:40 | 1964 |
| 489 | 160 | Ziege Tobias | WfbM | 0:58:13 | M20 | 32 | 0:58:49 | 1988 |
| 490 | 134 | Fleige Michael | TV Jahn Hiesfeld | 0:58:15 | M60 | 30 | 0:59:11 | 1956 |
| 491 | 2245 | Leiendecker Thomas | *Heiligenhaus | 0:58:15 | M45 | 76 | 0:59:21 | 1968 |
| 492 | 853 | Wurm Dieter | Funky Runners | 0:58:17 | M45 | 77 | 0:59:22 | 1970 |
| 492 | 1785 | Gockel Norbert | Laufftreff Sterkrade-Nord | 0:58:17 | M55 | 65 | 0:59:09 | 1960 |
| 494 | 271 | Vierhaus Detlev | team-4haus | 0:58:18 | M55 | 66 | 0:59:41 | 1959 |
| 495 | 2000 | Bovermann Klaus | Dümpten Ole | 0:58:20 | M50 | 96 | 0:59:39 | 1965 |
| 496 | 2084 | Scholz Michael | *essen | 0:58:25 | M50 | 97 | 0:59:05 | 1964 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|-----------------------------|---------|------|----------|------------|----------|
| 497 | 847 | Blecker Pascal | Rapid Ramirez | 0:58:31 | M20 | 33 | 0:59:54 | 1992 |
| 498 | 2005 | Wepfer Konrad | *Mannheim | 0:58:32 | M30 | 44 | 0:59:38 | 1985 |
| 499 | 788 | Ruiters Volker | Ausdauerschule by Bunert | 0:58:36 | M50 | 98 | 0:59:42 | 1964 |
| 500 | 19 | Gies Stefan | SG Ruhrgas 1929 | 0:58:38 | M35 | 53 | 0:59:08 | 1980 |
| 501 | 1678 | Kruse Patrick | WSV Schermbeck | 0:58:39 | M20 | 34 | 0:59:48 | 1989 |
| 502 | 1812 | Possin Jörg | LF Serm | 0:58:42 | M35 | 54 | 1:00:06 | 1981 |
| 503 | 177 | Fellhölter Martin | Vodafone Runners | 0:58:42 | M45 | 78 | 0:59:18 | 1970 |
| 504 | 859 | Brinkert Ulrich | Taekwondo Center Oberha | 0:58:44 | M50 | 99 | 0:59:22 | 1963 |
| 505 | 791 | Remenar Willi | BSG-Commerzbank | 0:58:45 | M60 | 31 | 0:59:52 | 1953 |
| 506 | 1484 | Brauer Jürgen | AOK TEAM | 0:58:45 | M55 | 67 | 0:59:30 | 1960 |
| 507 | 2063 | Platte Christian | BSG WAZ Essen | 0:58:45 | M30 | 45 | 0:59:41 | 1984 |
| 508 | 2064 | Helle Marc | BSG WAZ Essen | 0:58:46 | M35 | 55 | 0:59:41 | 1981 |
| 509 | 650 | Koch Johannes | *Rheinberg | 0:58:47 | MU16 | 11 | 0:59:49 | 2005 |
| 510 | 1538 | Preußer Christian | *Oberhausen | 0:58:48 | M20 | 35 | 0:59:57 | 1991 |
| 511 | 2226 | Krüger Tobias | AOK TEAM | 0:58:48 | M20 | 36 | 1:00:12 | 1988 |
| 512 | 627 | Kanelis Dimitrios | *Oberhausen | 0:58:49 | M30 | 46 | 1:00:13 | 1986 |
| 513 | 1617 | Bodynek Harald | TV Jahn Hiesfeld | 0:58:51 | M50 | 100 | 0:59:57 | 1965 |
| 514 | 1762 | Wolko Marc | Moerser TV Triathlon | 0:58:53 | M40 | 49 | 0:59:44 | 1974 |
| 515 | 170 | Anssari Ibrahim | WfbM | 0:58:55 | M30 | 47 | 0:59:31 | 1985 |
| 516 | 1084 | Friese Fabian | DLRG Dinslaken | 0:58:55 | M30 | 48 | 1:00:31 | 1985 |
| 517 | 839 | Pollack Udo | Laufftreff R(h)einknaller | 0:58:58 | M55 | 68 | 1:00:08 | 1961 |
| 518 | 1230 | Küppers Hans-Gerd | Max Maulwurf Marathonis | 0:59:00 | M50 | 101 | 0:59:43 | 1967 |
| 519 | 312 | Busch Hartmut | *Duisburg | 0:59:02 | M55 | 69 | 1:00:01 | 1958 |
| 520 | 1602 | Wittram Nico | TEAM ELG | 0:59:03 | M20 | 37 | 1:00:33 | 1995 |
| 521 | 456 | Esch Mirko | ASF-Runners | 0:59:04 | M40 | 50 | 1:00:54 | 1976 |
| 522 | 457 | Appelt Michael | ASF-Runners | 0:59:07 | M35 | 56 | 1:00:54 | 1980 |
| 523 | 2067 | Wenk Manuel | DKSC / CCC | 0:59:09 | M35 | 57 | 1:00:39 | 1979 |
| 524 | 3700 | Schröer Dirk | VB Laufftreff | 0:59:09 | M40 | 51 | 1:01:07 | 1977 |
| 525 | 686 | Lüdtke-Kottusch Thomas | *Duisburg | 0:59:09 | M55 | 70 | 1:00:36 | 1961 |
| 526 | 726 | Beaujean Ulrich | *Rheinberg | 0:59:13 | M45 | 79 | 1:00:14 | 1969 |
| 527 | 1021 | Schiplage Andreas | *Duisburg | 0:59:16 | M45 | 80 | 1:00:09 | 1968 |
| 528 | 1128 | Henseler Tim | Laufgruppe Ziiiiisch und we | 0:59:18 | M20 | 38 | 1:01:00 | 1990 |
| 529 | 363 | Fretz Bernd | SC Bayer 05 Uerdingen | 0:59:18 | M50 | 102 | 0:59:34 | 1963 |
| 530 | 1698 | Prochorow Andre Christi | Snail Running Team | 0:59:19 | M40 | 52 | 1:00:04 | 1976 |
| 531 | 1715 | Höffken Ulrich | BSG Sparkasse Duisburg | 0:59:27 | M60 | 32 | 1:01:17 | 1957 |
| 532 | 1220 | Holbeck Dirk | *Haan | 0:59:30 | M45 | 81 | 1:01:02 | 1969 |
| 533 | 1657 | Hünicke Thomas | *Krefeld | 0:59:34 | M60 | 33 | 1:00:52 | 1957 |
| 534 | 1046 | Eichwald Ralf | *Bottrop | 0:59:35 | M50 | 103 | 1:00:04 | 1963 |
| 535 | 2039 | Perus Guilian | Tbd Osterfeld 1911 | 0:59:37 | MU18 | 12 | 1:00:33 | 2000 |
| 536 | 1357 | Desinger Dirk | *Mülheim | 0:59:39 | M50 | 104 | 1:01:16 | 1965 |
| 537 | 491 | Metzner Thorsten | Vodastecher TriTeam | 0:59:41 | M45 | 82 | 1:01:12 | 1972 |
| 538 | 3941 | Möller Sven | opta data | 0:59:43 | M35 | 58 | 1:01:28 | 1980 |
| 539 | 609 | Eichler Marcus | Angerland LT Lintorf | 0:59:46 | M55 | 71 | 1:01:48 | 1958 |
| 540 | 1086 | Lissy Reinhold | *Velbert | 0:59:47 | M60 | 34 | 1:00:36 | 1953 |
| 541 | 1722 | Küpper Volker | REV Gruga/Essen auf Roll | 0:59:53 | M50 | 105 | 1:00:51 | 1967 |
| 542 | 1734 | Neumann Christoph | *Mülheim an der Ruhr | 0:59:56 | M50 | 106 | 1:01:14 | 1965 |
| 543 | 171 | Mrzllecki Stefan | WfbM | 0:59:56 | M30 | 49 | 1:00:34 | 1985 |
| 544 | 204 | Spletstößer Stefan | WfbM | 1:00:02 | M20 | 39 | 1:00:33 | 1991 |
| 545 | 32 | Lange Peter | LG Mülheim | 1:00:02 | M60 | 35 | 1:01:04 | 1955 |
| 546 | 1644 | Neven Georg | FWF Duisburg-Süd 1929 | 1:00:04 | M50 | 107 | 1:01:39 | 1966 |
| 547 | 1599 | Peuser Fabian | *Moers | 1:00:08 | M20 | 40 | 1:00:18 | 1997 |
| 548 | 1984 | Tschalener Björn | *Raesfeld | 1:00:08 | M40 | 53 | 1:01:24 | 1976 |
| 549 | 495 | Scholz Dirk | *Moers | 1:00:12 | M45 | 83 | 1:01:52 | 1970 |
| 550 | 496 | Moosbrugger Christian | *Wissen | 1:00:17 | M45 | 84 | 1:01:57 | 1968 |
| 551 | 1082 | Brandl Axel | TV Jahn Hiesfeld | 1:00:18 | M65 | 14 | 1:01:04 | 1951 |
| 552 | 997 | Kuhnke Thorsten | KU-Runners | 1:00:22 | M40 | 54 | 1:01:08 | 1974 |
| 553 | 1548 | Mertins Timo | DSV 98 | 1:00:26 | M50 | 108 | 1:00:47 | 1967 |
| 554 | 438 | Kleinen Torsten | *Duisburg | 1:00:36 | M50 | 109 | 1:02:12 | 1965 |
| 555 | 1337 | Brinker Dieter | *Oberhausen | 1:00:38 | M65 | 15 | 1:01:58 | 1950 |
| 556 | 1125 | Kellermann Matthias | *Dinslaken | 1:00:39 | M50 | 110 | 1:02:19 | 1963 |
| 557 | 35 | Upitz Peter | SG Ruhrgas 1929 | 1:00:42 | M60 | 36 | 1:01:41 | 1957 |
| 558 | 327 | Gerber Cord | *Moers | 1:00:46 | M50 | 111 | 1:02:02 | 1965 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|------|----------|------------|----------|
| 559 | 403 | Krüßmann Frank | Lauftreff Gecksheide | 1:00:46 | M45 | 85 | 1:01:50 | 1971 |
| 560 | 1820 | Tessner Björn | Sleepy Kitten | 1:00:47 | M45 | 86 | 1:02:16 | 1972 |
| 561 | 1053 | Siewers Volker | LC Duisburg | 1:00:48 | M55 | 72 | 1:01:59 | 1960 |
| 562 | 551 | Kreimeier Ronald | *Essen-Kettwig | 1:00:48 | M45 | 87 | 1:01:35 | 1968 |
| 563 | 2127 | Lindemann Wolfgang | Team Voerde | 1:00:50 | M55 | 73 | 1:02:09 | 1958 |
| 564 | 1059 | Niedzwetzki Bernd | Burscheid | 1:00:54 | M55 | 74 | 1:02:19 | 1962 |
| 565 | 1321 | Grelle Wolfgang | Targobank Lauftreff | 1:00:54 | M50 | 112 | 1:01:47 | 1966 |
| 566 | 2058 | Ziehn Rainer | *Wesel | 1:00:55 | M45 | 88 | 1:02:32 | 1969 |
| 567 | 1669 | Plambeck Thomas | *Duisburg | 1:00:56 | M50 | 113 | 1:02:06 | 1963 |
| 568 | 1519 | Roddeck Markus | MSV Duisburg Einradzebras | 1:00:57 | M45 | 89 | 1:01:34 | 1968 |
| 569 | 234 | Seeske Volker | Team Erdinger Alkoholfrei | 1:00:57 | M55 | 75 | 1:02:37 | 1960 |
| 570 | 1227 | Schmidt Christian | Max Maulwurf Marathonis | 1:00:59 | M50 | 114 | 1:02:35 | 1967 |
| 571 | 1176 | Möller Frank | BSG Springorum Bochum | 1:00:59 | M55 | 76 | 1:02:32 | 1960 |
| 572 | 563 | Löbner Peter | *Dinslaken | 1:01:00 | M55 | 77 | 1:01:46 | 1959 |
| 573 | 1620 | Butz Thorsten | *Duisburg | 1:01:03 | M45 | 90 | 1:02:52 | 1969 |
| 574 | 425 | Enners Frank | *Velbert | 1:01:05 | M50 | 115 | 1:01:52 | 1964 |
| 575 | 1304 | Moog Sven | www.sport-mit-sven.de | 1:01:08 | M40 | 55 | 1:01:52 | 1976 |
| 576 | 1928 | Pech Armin | Babiel GmbH | 1:01:09 | M20 | 41 | 1:02:05 | 1991 |
| 577 | 42 | Hoffmann Jens | BWG Running Team | 1:01:15 | M50 | 116 | 1:02:15 | 1963 |
| 578 | 624 | Jacob Rayk | Racing Snails | 1:01:16 | M40 | 56 | 1:02:35 | 1976 |
| 579 | 1938 | Bürger Johannes | TV Jahn Hiesfeld | 1:01:19 | M60 | 37 | 1:02:44 | 1956 |
| 580 | 756 | Waskowski Ralf | *Duisburg | 1:01:26 | M50 | 117 | 1:02:49 | 1965 |
| 581 | 459 | Stuhlmacher Michael | OSC 04 Rheinhausen | 1:01:26 | M55 | 78 | 1:01:53 | 1961 |
| 582 | 1254 | Igelbüscher Maximilian | *Essen | 1:01:29 | M20 | 42 | 1:02:00 | 1988 |
| 583 | 278 | Göllner Carsten | Laufschule Oberhausen | 1:01:30 | M40 | 57 | 1:03:08 | 1975 |
| 584 | 207 | Loth Marcel | WfbM | 1:01:31 | M30 | 50 | 1:02:11 | 1983 |
| 585 | 1786 | Kern Martin | *Köln | 1:01:36 | M40 | 58 | 1:02:45 | 1973 |
| 586 | 1590 | Koschade Ole | *Krefeld | 1:01:37 | MU20 | 15 | 1:03:09 | 1998 |
| 587 | 507 | Teloh Dieter | *Mülheim/Ruhr | 1:01:39 | M65 | 16 | 1:03:08 | 1952 |
| 588 | 110 | Gerlach Winfried | VIVAWEST | 1:01:39 | M50 | 118 | 1:03:45 | 1965 |
| 589 | 815 | Halswick Thomas | SV Büderich | 1:01:42 | M40 | 59 | 1:02:46 | 1973 |
| 590 | 886 | Weicht Michael | *Duisburg | 1:01:44 | M50 | 119 | 1:03:45 | 1965 |
| 591 | 3280 | Wienholt Bernd | *Duisburg | 1:01:46 | M55 | 79 | 1:02:45 | 1961 |
| 592 | 429 | Podubrin Michael | *Oberhausen | 1:01:46 | M50 | 120 | 1:02:11 | 1963 |
| 592 | 905 | Bündgen Hermann | BSG Team EVAG | 1:01:46 | M60 | 38 | 1:03:06 | 1957 |
| 594 | 1219 | Heinen Uwe | *Duisburg | 1:01:47 | M55 | 80 | 1:03:09 | 1960 |
| 595 | 1529 | Lenssen Jost | BSG Sparkasse Mülheim | 1:01:52 | M50 | 121 | 1:03:31 | 1963 |
| 596 | 1824 | Neschen Andreas | *Bottrop | 1:01:53 | M45 | 91 | 1:03:57 | 1970 |
| 597 | 1286 | Köhlitz Werner | LT Sonntagsläufer Sonsbec | 1:01:54 | M55 | 81 | 1:03:28 | 1962 |
| 598 | 1477 | Pauly Klaus | BSG Brabender | 1:01:54 | M55 | 82 | 1:03:21 | 1959 |
| 599 | 184 | Jahnke Alexander | Vodafone Runners | 1:01:56 | M40 | 60 | 1:03:04 | 1977 |
| 600 | 180 | Dohmen Christoph | Vodafone Runners | 1:01:56 | M35 | 59 | 1:03:04 | 1981 |
| 601 | 1865 | Fieber Thomas | hofacker-runner.de.vu | 1:01:59 | M40 | 61 | 1:03:22 | 1973 |
| 602 | 1807 | Kwoczek Ulrich | *Mülheim an der Ruhr | 1:02:04 | M60 | 39 | 1:02:46 | 1955 |
| 603 | 1858 | Schaefer Jens | *Krefeld | 1:02:06 | M40 | 62 | 1:03:27 | 1977 |
| 604 | 669 | Nöldemann Dieter | run for fun | 1:02:07 | M70 | 3 | 1:02:29 | 1943 |
| 605 | 510 | Pohl Volker | SV Budberg | 1:02:10 | M50 | 122 | 1:04:02 | 1967 |
| 606 | 1418 | Matcovich Franco | *dinslaken | 1:02:12 | M55 | 83 | 1:03:36 | 1960 |
| 607 | 1388 | Hennig Christoph | *Düsseldorf | 1:02:20 | M35 | 60 | 1:03:36 | 1978 |
| 608 | 2022 | Richter Rüdiger | Eisbären in Not | 1:02:22 | M55 | 84 | 1:03:25 | 1958 |
| 609 | 919 | Schröder Günther | Lauftreff Sterkrade-Nord | 1:02:22 | M65 | 17 | 1:04:06 | 1948 |
| 610 | 611 | Strerath Dirk | Running Gig | 1:02:23 | M55 | 85 | 1:04:00 | 1962 |
| 611 | 1153 | Kotter Ralf | Hobbyläufer Ruhrpott | 1:02:35 | M50 | 123 | 1:04:05 | 1965 |
| 612 | 484 | Hesse Carsten | *Oberhausen | 1:02:36 | M50 | 124 | 1:04:13 | 1965 |
| 613 | 22 | Hassepass Werner | SG Ruhrgas 1929 | 1:02:37 | M60 | 40 | 1:04:40 | 1957 |
| 614 | 2109 | Wrubbel Peter | BSG Sparkasse Oberhause | 1:02:38 | M50 | 125 | 1:04:05 | 1965 |
| 615 | 1846 | Syren Markus | Elsterland Runners | 1:02:39 | M45 | 92 | 1:04:11 | 1969 |
| 616 | 562 | Dupré Ralph | WSV Schermbeck | 1:02:41 | M45 | 93 | 1:03:43 | 1968 |
| 617 | 1306 | Ternes Helmut | The Running Team | 1:02:44 | M45 | 94 | 1:04:38 | 1971 |
| 618 | 1314 | Tabel Dirk | The Running Team | 1:02:55 | M50 | 126 | 1:04:49 | 1966 |
| 619 | 1373 | Heimeroth Jürgen | *Krefeld | 1:02:56 | M75 | 2 | 1:04:10 | 1941 |
| 620 | 1020 | Frochte Klaus | Eintracht Duisburg 1848 e.V | 1:02:57 | M65 | 18 | 1:03:13 | 1951 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 620 | 115 | Wülbeck Burkhard | VIVAWEST | 1:02:57 | M55 | 86 | 1:05:05 | 1958 |
| 622 | 730 | Lindner-Ergoi Stefan | *Duisburg | 1:02:57 | M35 | 61 | 1:04:58 | 1979 |
| 623 | 379 | Maryniok Manfred | Schön Wetter Läufer | 1:02:59 | M60 | 41 | 1:03:51 | 1956 |
| 624 | 468 | Köhler Christian | *Duisburg | 1:02:59 | M50 | 127 | 1:04:28 | 1967 |
| 625 | 485 | Plickat Thomas | *Oberhausen | 1:03:03 | M45 | 95 | 1:04:46 | 1968 |
| 626 | 972 | Iqbal Nadeem | *Duisburg | 1:03:08 | M35 | 62 | 1:04:37 | 1980 |
| 627 | 1067 | Willersen Kay | Er tut es nur für sich! | 1:03:17 | M40 | 63 | 1:04:48 | 1973 |
| 628 | 137 | Stiens Tim | TV Wanheimerort 1880 e.V. | 1:03:18 | MU16 | 12 | 1:03:41 | 2002 |
| 629 | 1593 | Pilsinger Günter | *Düsseldorf | 1:03:21 | M65 | 19 | 1:05:00 | 1950 |
| 630 | 597 | Laghanke Markus | *Duisburg | 1:03:23 | M30 | 51 | 1:05:00 | 1985 |
| 631 | 771 | Wollhöfer Norbert | BSG Stadtwerke Duisburg | 1:03:26 | M50 | 128 | 1:05:17 | 1966 |
| 632 | 781 | Peiffert Guy | Herner Triathlon Team 11 | 1:03:29 | M50 | 129 | 1:04:39 | 1966 |
| 633 | 1688 | Droste Johannes | *Oberhausen | 1:03:31 | M45 | 96 | 1:04:49 | 1969 |
| 634 | 2933 | Woehrmann Juergen | *Duisburg | 1:03:32 | M60 | 42 | 1:05:08 | 1957 |
| 635 | 409 | Thieken Rainer | Die Siedler | 1:03:36 | M55 | 87 | 1:05:15 | 1962 |
| 636 | 739 | Markgraf Paul | *Essen | 1:03:37 | M60 | 43 | 1:04:49 | 1956 |
| 637 | 751 | Ceglarek Thomas | *Duisburg | 1:03:38 | M40 | 64 | 1:05:03 | 1975 |
| 638 | 252 | Ruhnau Ingo | IPG Roadrunner | 1:03:39 | M40 | 65 | 1:05:21 | 1974 |
| 639 | 2151 | Opitz Werner | AS Neukirchen-Vluyn | 1:03:39 | M80 | 1 | 1:04:33 | 1937 |
| 640 | 372 | Löbber Markus | *Oberhausen | 1:03:42 | M45 | 97 | 1:04:57 | 1972 |
| 641 | 548 | Naumann Dirk | Ausdauerschule by Bunert | 1:03:44 | M45 | 98 | 1:04:47 | 1972 |
| 642 | 2117 | Zimmermann Thomas | BSG Sparkasse Oberhause | 1:03:45 | M50 | 130 | 1:05:08 | 1966 |
| 643 | 2123 | Tauhart Sven | BSG Sparkasse Oberhause | 1:03:46 | M45 | 99 | 1:05:09 | 1968 |
| 644 | 954 | Giebfried Bernhard | Ski-Klub Duisburg | 1:04:00 | M65 | 20 | 1:05:23 | 1952 |
| 645 | 880 | Müller Andreas | Lippejogger | 1:04:03 | M45 | 100 | 1:05:15 | 1971 |
| 646 | 2243 | Mollik Eero | | 1:04:07 | M30 | 52 | 1:05:24 | 1986 |
| 647 | 1508 | Van Rüth Guido | *Krefeld | 1:04:12 | M50 | 131 | 1:05:58 | 1966 |
| 648 | 1670 | Dähmlow Martin | *Gladbeck | 1:04:30 | M45 | 101 | 1:06:28 | 1970 |
| 649 | 1622 | Breuer Mirko | *Duisburg | 1:04:37 | M40 | 66 | 1:06:03 | 1974 |
| 650 | 2094 | Höffken Lars | BSG Wirtschaftsbetriebe Du | 1:04:39 | M40 | 67 | 1:06:37 | 1973 |
| 651 | 1761 | Poll Rainer | BSG Wirtschaftsbetriebe Du | 1:04:40 | M50 | 132 | 1:06:37 | 1963 |
| 652 | 2073 | Schmitter Jörg | BSG Wirtschaftsbetriebe Du | 1:04:40 | M45 | 102 | 1:06:37 | 1971 |
| 653 | 1396 | Te Kate Wolfgang | *Wachtendonk | 1:04:41 | M45 | 103 | 1:06:09 | 1968 |
| 654 | 695 | Sommerey Wolfgang | *Mülheim | 1:04:43 | M65 | 21 | 1:06:35 | 1948 |
| 655 | 2082 | Grigo Milan | *Velbert | 1:04:45 | M20 | 43 | 1:06:33 | 1997 |
| 656 | 61 | Schröder Norbert | *Moers | 1:04:49 | M50 | 133 | 1:06:36 | 1966 |
| 657 | 891 | Kolenbrander Karl-Heinz | *Düsseldorf | 1:04:49 | M65 | 22 | 1:06:29 | 1952 |
| 657 | 1994 | Bleichroth Bernhard | SC Bayer 05 Uerdingen | 1:04:49 | M60 | 44 | 1:06:38 | 1953 |
| 659 | 501 | Kurtel Christian | *Duisburg | 1:04:49 | M35 | 63 | 1:07:13 | 1981 |
| 660 | 1170 | Medina Scholz Daniel | *Düsseldorf | 1:04:53 | M40 | 68 | 1:06:32 | 1975 |
| 661 | 2191 | Plesker Heinz | LG Coesfeld | 1:04:57 | M65 | 23 | 1:06:29 | 1951 |
| 662 | 91 | Grube Wolfgang | DJK VfR Saarn | 1:05:00 | M70 | 4 | 1:06:26 | 1946 |
| 663 | 156 | Falke Dieter | WfbM | 1:05:06 | M60 | 45 | 1:05:44 | 1955 |
| 664 | 432 | Hallermann Stephan | Ausdauerschule by Bunert | 1:05:07 | M55 | 88 | 1:07:10 | 1962 |
| 665 | 2075 | Bilgic Rifki | BSG Sparkasse Duisburg | 1:05:14 | M75 | 3 | 1:05:22 | 1940 |
| 666 | 1273 | Bender Michael | *Krefeld | 1:05:16 | M50 | 134 | 1:06:50 | 1964 |
| 667 | 620 | Guggenberger Jochen | *Mülheim | 1:05:19 | M40 | 69 | 1:07:09 | 1974 |
| 668 | 921 | Ridderskamp Dietmar | *Duisburg | 1:05:23 | M55 | 89 | 1:06:52 | 1961 |
| 669 | 310 | Dreher Uwe | *Gelsenkirchen | 1:05:29 | M50 | 135 | 1:06:21 | 1965 |
| 670 | 2188 | Kröger Jürgen | LG Coesfeld | 1:05:33 | M55 | 90 | 1:07:15 | 1961 |
| 671 | 109 | Brell Karl | VIVAWEST | 1:05:37 | M50 | 136 | 1:07:47 | 1963 |
| 672 | 958 | Liebern Hans-Ulrich | *Mülheim | 1:05:44 | M55 | 91 | 1:07:58 | 1959 |
| 673 | 190 | Paßmann Thomas | Vodafone Runners | 1:05:44 | M45 | 104 | 1:07:20 | 1969 |
| 674 | 644 | Kolenbrander Ulrich | *Oberhausen | 1:05:52 | M45 | 105 | 1:07:30 | 1969 |
| 675 | 161 | Kochanek Jens | WfbM | 1:06:01 | M30 | 53 | 1:06:37 | 1987 |
| 676 | 770 | Kroll Kai | *Radevormwald | 1:06:02 | M45 | 106 | 1:07:52 | 1969 |
| 677 | 1609 | Frauenrath Frank | Team Erdinger Alkoholfrei | 1:06:13 | M50 | 137 | 1:07:36 | 1966 |
| 678 | 1109 | Weyler Thomas | *Duisburg | 1:06:18 | M40 | 70 | 1:07:05 | 1973 |
| 679 | 454 | Van Xanten Andy | ASF-Runners | 1:06:30 | M40 | 71 | 1:08:17 | 1973 |
| 680 | 1262 | Ueberall Dirk | Oberhausener TV | 1:06:32 | M60 | 46 | 1:08:25 | 1957 |
| 681 | 1546 | Hageney Willi | LT Schnecke Sonsbeck | 1:06:37 | M65 | 24 | 1:08:29 | 1952 |
| 682 | 1061 | Glaserapp Michael | *Rheinberg | 1:06:41 | M50 | 138 | 1:08:32 | 1964 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|------|----------|------------|----------|
| 683 | 159 | Upeli Dennis | WfbM | 1:06:55 | M35 | 64 | 1:07:34 | 1979 |
| 684 | 1752 | Czyzewski Leszek | Friedrich Wilhelms-Hütte | 1:06:56 | M55 | 92 | 1:08:20 | 1961 |
| 685 | 1438 | Herrmann Holger | Rumelner TV | 1:06:57 | M55 | 93 | 1:08:52 | 1959 |
| 686 | 527 | Bring Dirk | Rumelner TV | 1:06:57 | M50 | 139 | 1:08:55 | 1967 |
| 687 | 727 | Mohnhaus Jörg | Team Erdinger Alkoholfrei | 1:07:02 | M40 | 72 | 1:08:57 | 1976 |
| 688 | 1525 | Dwornik Rainer | *Duisburg | 1:07:05 | M45 | 107 | 1:09:01 | 1969 |
| 689 | 1941 | Klusmann Heinz-Dieter | *Iserlohn | 1:07:06 | M65 | 25 | 1:08:35 | 1950 |
| 690 | 920 | Grone Wolfgang | Laufftreff Sterkrade-Nord | 1:07:24 | M70 | 5 | 1:09:08 | 1946 |
| 691 | 1381 | Goerke Heinz | opta data | 1:07:27 | M50 | 140 | 1:08:34 | 1967 |
| 692 | 519 | Oedinger Hans Gert | Laufftreff Hülsbruch | 1:07:31 | M65 | 26 | 1:09:26 | 1950 |
| 693 | 690 | Friedrichs Jörg | *Duisburg | 1:07:45 | M45 | 108 | 1:09:33 | 1969 |
| 694 | 1681 | Behrenspöhler Holger | *Mülheim an der Ruhr | 1:07:45 | M40 | 73 | 1:09:30 | 1975 |
| 695 | 1638 | Veiser Nils | *Krefeld | 1:07:47 | M30 | 54 | 1:09:20 | 1985 |
| 696 | 885 | Röper Stefan | HAT Hilden | 1:07:53 | M55 | 94 | 1:09:23 | 1958 |
| 697 | 1886 | Piekarski Carsten | *Duisburg | 1:08:01 | M35 | 65 | 1:09:24 | 1978 |
| 698 | 1026 | Helwig Robert | *Duisburg | 1:08:24 | M80 | 2 | 1:10:04 | 1936 |
| 699 | 1584 | Müller-Tillman Kay | *Duisburg | 1:08:37 | M40 | 74 | 1:09:47 | 1977 |
| 700 | 870 | Niggemann Heinz | Laufgruppe Ziiiiisch und we | 1:08:41 | M60 | 47 | 1:10:43 | 1957 |
| 701 | 1640 | Eckert Andreas | *Wesel | 1:08:45 | M50 | 141 | 1:10:19 | 1966 |
| 702 | 1898 | Keussen Samuel | *Bochum | 1:08:50 | M20 | 44 | 1:11:00 | 1990 |
| 703 | 17 | Eickelmann Franz Josef | SG Ruhrgas 1929 | 1:08:59 | M70 | 6 | 1:11:07 | 1945 |
| 704 | 914 | Frentrup Klaus | Wir bei HKM | 1:09:12 | M65 | 27 | 1:10:47 | 1952 |
| 705 | 1577 | Roßmann Armin | *Rheinberg | 1:09:13 | M50 | 142 | 1:11:14 | 1965 |
| 706 | 1244 | Grans Stephan | *Düsseldorf | 1:09:14 | M45 | 109 | 1:10:40 | 1969 |
| 707 | 1554 | Roth Winfried | *Duisburg | 1:09:17 | M60 | 48 | 1:11:15 | 1954 |
| 708 | 1536 | Heuser Klemens | bfw-running-team | 1:09:52 | M60 | 49 | 1:11:25 | 1957 |
| 709 | 505 | Grieskamp Martin | *Essen | 1:10:12 | M50 | 143 | 1:12:27 | 1963 |
| 710 | 1392 | Hoyer Peter | *Rheurd | 1:10:18 | M45 | 110 | 1:12:23 | 1971 |
| 711 | 253 | Titt Harald | VfL Sportfreunde 07 Essen | 1:10:19 | M50 | 144 | 1:12:29 | 1967 |
| 712 | 1276 | Kestel Thomas | Elsterland Runners | 1:10:24 | M50 | 145 | 1:11:55 | 1965 |
| 713 | 1044 | Glässer Martin | *Gladbeck | 1:10:34 | M50 | 146 | 1:11:03 | 1963 |
| 714 | 557 | Zuther Markus | DJK TuS Rotthausen | 1:11:15 | M40 | 75 | 1:13:25 | 1975 |
| 715 | 1910 | Böhme Sven | opta data | 1:11:16 | M30 | 55 | 1:13:00 | 1984 |
| 716 | 1909 | Klinken Bastian | opta data | 1:11:20 | M35 | 66 | 1:13:04 | 1979 |
| 717 | 344 | Segna Peter | Zebrarenschnecken | 1:11:27 | M50 | 147 | 1:13:41 | 1964 |
| 718 | 1873 | Schwedler Maik | BFW Oberhausen | 1:11:28 | M40 | 76 | 1:13:02 | 1975 |
| 719 | 1014 | Vervölgyi Rainer | 97ER | 1:11:34 | M50 | 148 | 1:13:00 | 1967 |
| 720 | 114 | Rönnebrink Frank | VIVAWEST | 1:11:35 | M50 | 149 | 1:13:37 | 1966 |
| 721 | 111 | Hieke Rüdiger | VIVAWEST | 1:11:36 | M50 | 150 | 1:13:37 | 1966 |
| 722 | 1460 | Sandten Pascal | Wir bei HKM | 1:11:50 | M20 | 45 | 1:13:47 | 1995 |
| 723 | 1263 | Van Löchtern Theo | Oberhausener TV | 1:11:51 | M80 | 3 | 1:12:25 | 1934 |
| 724 | 2200 | Lingen Jürgen | *Willich | 1:11:54 | M55 | 95 | 1:12:57 | 1960 |
| 725 | 575 | Reinartz Jochen | BSG Sparda-Bank West eG | 1:11:59 | M55 | 96 | 1:13:53 | 1961 |
| 726 | 2131 | Schwake Wilfried | FS Rheinkamp | 1:12:23 | M70 | 7 | 1:14:26 | 1945 |
| 727 | 1279 | Schrader Dirk | PWZ_Essen | 1:12:34 | M45 | 111 | 1:14:14 | 1971 |
| 728 | 1226 | Franz Uwe | *Duisburg | 1:12:36 | M50 | 151 | 1:14:44 | 1965 |
| 729 | 2129 | Baas Ralf | FS Rheinkamp | 1:12:43 | M50 | 152 | 1:14:56 | 1963 |
| 730 | 445 | Lorek Ulrich | *Ratingen | 1:12:46 | M55 | 97 | 1:14:41 | 1959 |
| 731 | 1421 | Immig Bodo | Spielmanszug Obrighoven | 1:12:54 | M40 | 77 | 1:14:51 | 1975 |
| 732 | 1974 | Maßmann André | DreivonderFranzstraße | 1:12:57 | M60 | 50 | 1:14:33 | 1957 |
| 733 | 1494 | Luthe Gregor | *Herten | 1:13:01 | M45 | 112 | 1:14:31 | 1968 |
| 734 | 1790 | Scharlowsky Manfred | *Erkrath | 1:13:04 | M55 | 98 | 1:15:00 | 1958 |
| 735 | 722 | Wissing Christian | SV-Haldern Laufftreff | 1:13:10 | M50 | 153 | 1:14:52 | 1966 |
| 736 | 2422 | Beyer Marc | Vodafone Runners | 1:13:26 | M45 | 113 | 1:15:17 | 1972 |
| 737 | 2144 | Drees Frank | AS Neukirchen-Vluyn | 1:13:28 | M45 | 114 | 1:15:41 | 1968 |
| 738 | 849 | Nix Oliver | Shinson Hapkido Schule Ob | 1:13:55 | M40 | 78 | 1:15:05 | 1977 |
| 739 | 957 | Ismer Peter | *Oberhausen | 1:13:56 | M50 | 154 | 1:15:35 | 1966 |
| 740 | 1456 | Rahmacher Tim | Wir bei HKM | 1:14:18 | MU20 | 16 | 1:16:15 | 1998 |
| 741 | 1445 | Lange Alexander | *mülheim an der ruhr | 1:14:35 | M35 | 67 | 1:16:17 | 1982 |
| 742 | 55 | Inglis Graham | Trimet | 1:14:49 | M45 | 115 | 1:16:12 | 1969 |
| 743 | 102 | Flesch Thomas | Trimet | 1:14:50 | M50 | 155 | 1:16:12 | 1967 |
| 744 | 259 | Winter Heinz | STV Hünxe | 1:15:09 | M75 | 4 | 1:16:27 | 1940 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|------------------------|---------|-----|----------|------------|----------|
| 745 | 1932 | Berns Thomas | *Duisburg | 1:15:48 | M45 | 116 | 1:17:19 | 1971 |
| 746 | 1398 | Beckmann Heinz | *Duisburg | 1:15:55 | M65 | 28 | 1:17:15 | 1949 |
| 747 | 212 | Wesels Jamil | WfbM | 1:15:58 | M30 | 56 | 1:16:36 | 1987 |
| 748 | 1224 | Peter Ronald | HLG 98 Wuppertal | 1:15:59 | M55 | 99 | 1:17:45 | 1960 |
| 749 | 512 | Smolinsky Marc | *Oberhausen | 1:16:03 | M45 | 117 | 1:18:00 | 1972 |
| 750 | 261 | Ehlert Robin | Laufstreifen | 1:16:16 | M40 | 79 | 1:18:31 | 1975 |
| 751 | 1829 | Holtermann Heribert | AS Neukirchen-Vluyn | 1:16:17 | M80 | 4 | 1:18:24 | 1936 |
| 752 | 2054 | Schubert Andre | *Düsseldorf | 1:16:40 | M35 | 68 | 1:18:11 | 1981 |
| 753 | 702 | Listmann Ingo | jogmap | 1:16:42 | M50 | 156 | 1:18:31 | 1966 |
| 754 | 267 | Feldmann Thomas | SC Bayer 05 Uerdingen | 1:18:02 | M50 | 157 | 1:20:13 | 1963 |
| 755 | 941 | Hoffmann Axel | *Neukirchen-Vluyn | 1:20:30 | M60 | 51 | 1:22:28 | 1953 |
| 756 | 711 | Strauß Dr. Wolfgang | *Duisburg | 1:22:27 | M65 | 29 | 1:24:00 | 1951 |
| 757 | 1482 | Häuser Rudi | Lauffreunde HADI Wesel | 1:22:28 | M80 | 5 | 1:24:34 | 1934 |
| 758 | 1184 | Poloczek Artur | *Duisburg | 1:22:50 | M35 | 69 | 1:24:52 | 1978 |
| 759 | 210 | Faupel Dominik | WfbM | 1:23:00 | M20 | 46 | 1:23:23 | 1989 |
| 760 | 1891 | Sewing Wolfgang | *Neukirchen-Vluyn | 1:23:21 | M55 | 100 | 1:25:35 | 1959 |
| 761 | 380 | Kogel Rolf | Schön Wetter Läufer | 1:25:00 | M55 | 101 | 1:25:52 | 1958 |
| 762 | 1278 | Wienhold Philipp | PWZ_Essen | 1:25:14 | M40 | 80 | 1:26:56 | 1976 |
| 763 | 1004 | Heck Markus | *Duisburg | 1:27:30 | M45 | 118 | 1:29:36 | 1972 |
| 764 | 1892 | Van der Honing Christoph | *Neukirchen-Vluyn | 1:30:04 | M45 | 119 | 1:32:18 | 1968 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 1 | 6078 | Börner Annika | TLV Germania Überraehr | 0:38:11 | W20 | 1 | 0:38:12 | 1989 |
| 2 | 6117 | Vielhaber Felicitas | Tusem Essen | 0:38:39 | W35 | 1 | 0:38:40 | 1982 |
| 3 | 1 | Wehr Katharina | TV Wanheimerort 1880 e.V. | 0:39:14 | W20 | 2 | 0:39:16 | 1996 |
| 4 | 6121 | Ressing Mareike | LC Adler Bottrop | 0:40:05 | W45 | 1 | 0:40:08 | 1970 |
| 5 | 1066 | Endt Nina | LC Adler Bottrop | 0:40:34 | WU18 | 1 | 0:40:39 | 2000 |
| 6 | 6114 | Leven Leoni | | 0:40:49 | W30 | 1 | 0:40:54 | 1986 |
| 7 | 6093 | Lang Vera | SV Gladbeck 13 | 0:41:40 | W35 | 2 | 0:41:40 | 1980 |
| 8 | 289 | Killisch Lina | TUS Drevenack | 0:43:00 | WU20 | 1 | 0:43:03 | 1998 |
| 9 | 6113 | Jenke Ute | ASC Rosellen | 0:43:08 | W50 | 1 | 0:43:11 | 1964 |
| 10 | 1222 | Bannert Birte | *Wuppertal | 0:43:15 | W40 | 1 | 0:43:21 | 1973 |
| 11 | 1383 | Peiffer Laura | *dinslaken | 0:43:32 | WU18 | 2 | 0:43:34 | 2000 |
| 12 | 1102 | Hofmann Kerstin | TuS Drevenack | 0:44:11 | W40 | 2 | 0:44:16 | 1977 |
| 13 | 793 | Klabunde Sandra | Moerser TV Triathlon | 0:44:15 | W30 | 2 | 0:44:25 | 1986 |
| 14 | 6110 | Schoofs Erika | TSV Weeze | 0:44:43 | W50 | 2 | 0:44:44 | 1966 |
| 15 | 762 | Diesner Wiebke | TVE Burgaltendorf | 0:44:45 | W45 | 2 | 0:44:51 | 1970 |
| 16 | 978 | Amalou Linda | Ausdauerschule by Bunert | 0:44:58 | W35 | 3 | 0:45:10 | 1980 |
| 17 | 2229 | Wilke Belinda | TG Neuss | 0:45:14 | W55 | 1 | 0:45:17 | 1960 |
| 18 | 1931 | Tiefenbach Selina | LC Adler Bottrop | 0:45:39 | W20 | 3 | 0:45:44 | 1997 |
| 19 | 500 | Meier Christina | LGO Bochum | 0:45:42 | W40 | 3 | 0:45:48 | 1974 |
| 20 | 1164 | Löhrich Saskia | *Schermebeck | 0:46:23 | W20 | 4 | 0:46:28 | 1989 |
| 21 | 2192 | Parthe Jona | LG Coesfeld | 0:46:33 | WU18 | 3 | 0:46:41 | 2001 |
| 22 | 1520 | Joeken Anette | VfL Merkur Kleve | 0:46:40 | W50 | 3 | 0:46:44 | 1966 |
| 23 | 1521 | Joeken Carolin | VfL Merkur Kleve | 0:46:41 | W20 | 5 | 0:46:44 | 1996 |
| 24 | 2203 | Haschberger Silke | SV Viktoria Goch | 0:47:02 | W45 | 3 | 0:47:08 | 1971 |
| 25 | 6090 | Musholt Michaela | *Bocholt | 0:47:03 | W45 | 4 | 0:47:30 | 1969 |
| 26 | 412 | Weske Brigitte | Weight Watchers | 0:47:10 | W50 | 4 | 0:47:15 | 1964 |
| 27 | 2195 | Blome Esther | LG Coesfeld | 0:47:11 | W20 | 6 | 0:47:25 | 1989 |
| 28 | 1079 | Kraus Annika | MSV Duisburg Einradzebras | 0:47:12 | WU16 | 1 | 0:47:36 | 2005 |
| 29 | 1587 | Wollweber Lisa | *Essen | 0:47:20 | W30 | 3 | 0:47:39 | 1985 |
| 30 | 148 | Scheuer Isabell | TV Wanheimerort 1880 e.V. | 0:47:24 | W20 | 7 | 0:47:33 | 1990 |
| 31 | 6001 | Minke Angela | ASC Rosellen/Neuss | 0:47:25 | W35 | 4 | 0:47:48 | 1978 |
| 32 | 684 | Canbaz Sabine | LG Läufig | 0:47:27 | W50 | 5 | 0:47:37 | 1966 |
| 33 | 904 | Stern Frauke | TV Goch | 0:47:29 | W20 | 8 | 0:47:49 | 1994 |
| 34 | 131 | Bartels Katrin | Team Polizei Duisburg | 0:47:32 | W35 | 5 | 0:47:51 | 1980 |
| 35 | 2176 | Ninck Maria | BSG WAZ Essen | 0:47:34 | W30 | 4 | 0:47:42 | 1986 |
| 36 | 638 | Bischoff Bettina | *Bottrop | 0:47:39 | W50 | 6 | 0:47:55 | 1966 |
| 37 | 6120 | Tiefenbach Andrea | LC Adler Bottrop | 0:47:41 | W50 | 7 | 0:47:53 | 1966 |
| 38 | 1778 | Pitula Nora | Team Running Adventure D | 0:47:41 | WU20 | 2 | 0:47:48 | 1999 |
| 39 | 6109 | Rudack Julia | PV Triathlon Witten | 0:47:48 | W20 | 9 | 0:48:03 | 1991 |
| 40 | 549 | Roeser Sabine | Lauffreunde HADI Wesel | 0:48:01 | W45 | 5 | 0:48:04 | 1970 |
| 41 | 494 | Schmude Elke | LC Duisburg | 0:48:09 | W55 | 2 | 0:48:17 | 1962 |
| 42 | 2155 | Kraatz Frauke | TUS Breitscheid | 0:48:18 | W35 | 6 | 0:48:43 | 1980 |
| 43 | 1010 | Reschke Michaela | SC Bayer 05 Uerdingen | 0:48:21 | W45 | 6 | 0:48:41 | 1969 |
| 44 | 2154 | Schmidtke Ulrike | TUS Breitscheid | 0:48:21 | W50 | 8 | 0:48:35 | 1965 |
| 45 | 534 | Dallmann Heike | Ausdauerschule by Bunert | 0:48:25 | W50 | 9 | 0:48:40 | 1963 |
| 46 | 718 | Losereit Sandra | *Krefeld | 0:48:26 | W35 | 7 | 0:48:40 | 1979 |
| 47 | 6119 | Fraas Melanie | LC Adler Bottrop | 0:48:29 | W40 | 4 | 0:48:41 | 1975 |
| 48 | 2194 | Blome Lara | SC Preußen Münster | 0:48:36 | W20 | 10 | 0:48:49 | 1992 |
| 49 | 1913 | Niski Slvia | TV Jahn Hiesfeld | 0:48:38 | W45 | 7 | 0:49:07 | 1969 |
| 50 | 1806 | Müller Birthe | *Düsseldorf | 0:48:43 | W30 | 5 | 0:48:54 | 1987 |
| 51 | 2152 | Richter Ilona | TUS Breitscheid | 0:48:43 | W35 | 8 | 0:48:57 | 1978 |
| 52 | 6052 | Pfennig Theresa | Angerland LT Lintorf | 0:48:46 | WU20 | 3 | 0:48:51 | 1998 |
| 53 | 142 | Neppi Victoria | TV Wanheimerort 1880 e.V. | 0:48:54 | W20 | 11 | 0:49:03 | 1996 |
| 54 | 2120 | Koenen Simone | BSG Sparkasse Oberhause | 0:49:03 | W40 | 5 | 0:49:25 | 1976 |
| 55 | 1302 | Hoffmann-Meyer Angelika | TV Jahn Hiesfeld | 0:49:05 | W60 | 1 | 0:49:23 | 1955 |
| 56 | 2193 | Take Nina | LG Coesfeld | 0:49:07 | W20 | 12 | 0:49:25 | 1995 |
| 57 | 631 | Schwirtz Nicole | Ausdauerschule by Bunert | 0:49:20 | W40 | 6 | 0:49:34 | 1976 |
| 58 | 1119 | Janßen Anja | *Duisburg | 0:49:21 | W35 | 9 | 0:49:32 | 1979 |
| 59 | 2164 | Grunenberg Beata | Bunert Du. Afterwork Runne | 0:49:23 | W30 | 6 | 0:49:42 | 1985 |
| 60 | 307 | Hassel Andrea | *Duisburg | 0:49:28 | W35 | 10 | 0:49:50 | 1982 |
| 61 | 1874 | Veltges Judith | Gymnasium in den Filder B | 0:49:36 | WU18 | 4 | 0:49:48 | 2000 |
| 62 | 594 | Neubauer Karin | Ausdauerschule by Bunert | 0:49:43 | W30 | 7 | 0:49:56 | 1985 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|------|----------|------------|----------|
| 63 | 98 | Greco-Czauderna Nicole | Team Polizei Duisburg | 0:49:46 | W45 | 8 | 0:50:05 | 1970 |
| 64 | 752 | Kower Katja | SV Bayer Uerdingen 08 | 0:49:53 | W35 | 11 | 0:50:12 | 1981 |
| 65 | 1949 | Vogelbein Vanessa | Kenia Reserve | 0:50:00 | W20 | 13 | 0:50:15 | 1988 |
| 66 | 1069 | Matter Lisa | *Krefeld | 0:50:00 | W20 | 14 | 0:50:15 | 1989 |
| 67 | 1063 | Neppl Andrea | *Duisburg | 0:50:17 | W50 | 10 | 0:50:28 | 1965 |
| 68 | 1776 | Hommes Claudia | LC Duisburg | 0:50:17 | W45 | 9 | 0:50:28 | 1968 |
| 69 | 1359 | Berkenbusch Gisela | Adler-Langlauf Bottrop | 0:50:24 | W60 | 2 | 0:50:43 | 1957 |
| 70 | 6085 | Schulz Anja | SC Bayer 05 Uerdingen | 0:50:24 | W35 | 12 | 0:50:37 | 1979 |
| 71 | 2162 | Gobrecht Chantal | TUS Breitscheid | 0:50:37 | W20 | 15 | 0:50:51 | 1990 |
| 72 | 2153 | Drenker Conny | TUS Breitscheid | 0:50:44 | W40 | 7 | 0:50:58 | 1975 |
| 73 | 11 | Bahls Galina | SG Ruhrgas 1929 | 0:50:51 | W60 | 3 | 0:50:55 | 1954 |
| 74 | 1854 | Eicheler Eva | gute-beine.de | 0:50:52 | WU20 | 4 | 0:51:19 | 1999 |
| 75 | 1377 | Birkendorf Cornelia | *Recklinghausen | 0:50:57 | W40 | 8 | 0:51:28 | 1973 |
| 76 | 6064 | Rogmann Elke | SV Menzelen | 0:51:02 | W45 | 10 | 0:51:38 | 1971 |
| 77 | 2227 | Rüttgers Petra | AOK TEAM | 0:51:03 | W50 | 11 | 0:51:41 | 1965 |
| 78 | 1296 | Wolf Monika | Laufwerk-Ruhr | 0:51:07 | W45 | 11 | 0:51:20 | 1971 |
| 79 | 70 | Chrobot Elvira | EDIKA | 0:51:12 | W35 | 13 | 0:53:01 | 1982 |
| 80 | 1369 | Richter Petra | *Duisburg | 0:51:13 | W50 | 12 | 0:51:38 | 1964 |
| 81 | 122 | Dahmen Julia | Team Polizei Duisburg | 0:51:14 | W40 | 9 | 0:51:40 | 1976 |
| 82 | 133 | Müller Julia | MSV Duisburg Einradzebras | 0:51:20 | WU16 | 2 | 0:51:45 | 2003 |
| 83 | 1853 | Eicheler Mona | gute-beine.de | 0:51:21 | WU16 | 3 | 0:51:48 | 2002 |
| 84 | 924 | Gochermann Cordula | *Bochum | 0:51:22 | W40 | 10 | 0:51:38 | 1977 |
| 85 | 244 | Linn Kristina | after-work-runners.de | 0:51:32 | W30 | 8 | 0:52:03 | 1987 |
| 86 | 6082 | Böhme Anke | FoKuS Selm | 0:51:35 | W40 | 11 | 0:53:33 | 1975 |
| 87 | 560 | Lomertin Theresa | Crefelder Ruder-Club | 0:51:36 | W20 | 16 | 0:51:58 | 1990 |
| 88 | 341 | Huysmann Bettina | Angerland LT Lintorf | 0:51:41 | W40 | 12 | 0:51:46 | 1977 |
| 89 | 1728 | Szczepanik Maggie | TSV Viktoria Mülheim-Ruhr | 0:51:41 | W55 | 3 | 0:51:58 | 1962 |
| 90 | 1349 | Mehl Monika | Ausdauerschule by Bunert | 0:51:45 | W45 | 12 | 0:51:58 | 1971 |
| 91 | 1005 | Vallboehmer Birgit | *Essen | 0:51:47 | W45 | 13 | 0:52:22 | 1971 |
| 92 | 66 | Heidtmann Natascha | MSV Duisburg Einradzebras | 0:51:50 | WU18 | 5 | 0:52:14 | 2001 |
| 93 | 1663 | Vree Annkathrin | *Leverkusen | 0:51:50 | W30 | 9 | 0:52:38 | 1985 |
| 94 | 1454 | Moll Sabrina | Wir bei HKM | 0:51:57 | W20 | 17 | 0:52:35 | 1990 |
| 95 | 1223 | Jaekel Rebekka | *Köln | 0:51:58 | W30 | 10 | 0:52:35 | 1987 |
| 96 | 613 | Heidenreich Lijuan | *Düsseldorf | 0:52:00 | W40 | 13 | 0:52:38 | 1974 |
| 97 | 1235 | Stracke Julia | Max Maulwurf Marathonis | 0:52:02 | W40 | 14 | 0:52:42 | 1973 |
| 98 | 892 | Gdanitz Marta | *Krefeld | 0:52:02 | W30 | 11 | 0:52:16 | 1987 |
| 99 | 6118 | Leier Sabine | Running Team Grafenberg | 0:52:10 | W50 | 13 | 0:52:37 | 1963 |
| 100 | 1428 | Otter Jana | *Duisburg | 0:52:11 | W20 | 18 | 0:53:14 | 1991 |
| 101 | 6011 | Loose Johannette | Team Erdinger Alkoholfrei | 0:52:13 | W45 | 14 | 0:53:16 | 1970 |
| 102 | 132 | Müller Anna | MSV Duisburg Einradzebras | 0:52:15 | W20 | 19 | 0:52:49 | 1997 |
| 103 | 2198 | Hilgert Ruth | LG Coesfeld | 0:52:17 | W55 | 4 | 0:52:48 | 1961 |
| 104 | 1547 | Roth Kira | *Meerbusch | 0:52:17 | W20 | 20 | 0:53:19 | 1990 |
| 105 | 113 | Lanfermann Jill | VIVAWEST | 0:52:23 | W30 | 12 | 0:52:58 | 1987 |
| 106 | 2042 | Sadrozinski Laura | LT Starlight Team Essen | 0:52:23 | W20 | 21 | 0:53:07 | 1997 |
| 107 | 6053 | Kehlen Mona | *Moers | 0:52:30 | W30 | 13 | 0:53:11 | 1986 |
| 108 | 1285 | Kluth Ines | BSG Commerzbank AG Ru | 0:52:30 | W50 | 14 | 0:53:29 | 1966 |
| 109 | 2236 | Ernst Angela | *Duisburg | 0:52:33 | W40 | 15 | 0:53:00 | 1973 |
| 110 | 2134 | Mühlenbrock Mirjam | Team Polizei Duisburg | 0:52:34 | W20 | 22 | 0:53:07 | 1991 |
| 111 | 888 | Wollbrink Ines | *Düsseldorf | 0:52:41 | W20 | 23 | 0:52:56 | 1991 |
| 112 | 1956 | Benger Mona | *Moers | 0:52:45 | W20 | 24 | 0:53:12 | 1988 |
| 113 | 242 | Plöger Mascha | Laufen ist ein A... | 0:52:51 | W20 | 25 | 0:53:24 | 1988 |
| 114 | 1676 | Gromann Heike | WSV Schermbeck | 0:52:52 | W50 | 15 | 0:53:25 | 1963 |
| 115 | 2029 | Schulz Claudia | Adler-Langlauf Bottrop | 0:53:00 | W45 | 15 | 0:53:27 | 1969 |
| 116 | 386 | Stockebrandt Elke | Erlar-Sportgemeinschaft | 0:53:02 | W55 | 5 | 0:53:18 | 1958 |
| 117 | 1221 | Van Rütth Annette | *Krefeld | 0:53:03 | W50 | 16 | 0:53:54 | 1966 |
| 118 | 2217 | Wehmeier Jasmin | Aktion Canchanabury | 0:53:07 | W40 | 16 | 0:53:42 | 1976 |
| 119 | 290 | Overlack Almut | *Bottrop | 0:53:19 | W45 | 16 | 0:53:51 | 1971 |
| 120 | 1736 | Cäsar Ulrike | *Heiligenhaus | 0:53:20 | W40 | 17 | 0:53:47 | 1976 |
| 121 | 6089 | El-Fakharany Stephanie | *Dortmund | 0:53:26 | W45 | 17 | 0:53:57 | 1972 |
| 122 | 1240 | Doberstein Irina | Max Maulwurf Marathonis | 0:53:30 | W20 | 26 | 0:54:12 | 1988 |
| 123 | 2035 | Hamacher Daniela | *Duisburg | 0:53:30 | W35 | 14 | 0:54:08 | 1981 |
| 124 | 338 | Juchnewski Sandra | *Duisburg | 0:53:33 | W35 | 15 | 0:53:56 | 1978 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|---------------------------|---------|------|----------|------------|----------|
| 125 | 1414 | Walczak Silvia | BSG Sparkasse Duisburg | 0:53:34 | W30 | 14 | 0:53:51 | 1983 |
| 126 | 366 | Schmitz Astrid | *Moers | 0:53:37 | W45 | 18 | 0:55:10 | 1971 |
| 127 | 1866 | Weiß Svenja | Ausdauerschule by Bunert | 0:53:42 | W30 | 15 | 0:54:20 | 1983 |
| 128 | 1703 | Eckhardt Melanie | LC Duisburg | 0:53:46 | W35 | 16 | 0:54:07 | 1978 |
| 129 | 326 | Radojewski Monika | *Moers | 0:53:46 | W50 | 17 | 0:54:16 | 1964 |
| 130 | 1719 | Moser Susanne | LC Duisburg | 0:53:48 | W50 | 18 | 0:53:59 | 1965 |
| 131 | 720 | Düren Stina | *Duisburg | 0:53:49 | WU16 | 4 | 0:54:11 | 2003 |
| 132 | 1024 | Kwasniewska Teresa | *Mülheim | 0:53:51 | W60 | 4 | 0:53:54 | 1956 |
| 133 | 1245 | Lohenkamp Linda | *Düsseldorf | 0:54:01 | W35 | 17 | 0:54:39 | 1980 |
| 134 | 1791 | Schnell Anja | Ausdauerschule by Bunert | 0:54:02 | W45 | 19 | 0:54:49 | 1971 |
| 135 | 368 | Niehs Maike | *Düsseldorf | 0:54:08 | W20 | 27 | 0:54:41 | 1989 |
| 136 | 1140 | Schlicker Sarah | *Essen | 0:54:08 | W30 | 16 | 0:54:37 | 1984 |
| 137 | 123 | Irrgang Petra | Team Polizei Duisburg | 0:54:09 | W40 | 18 | 0:54:36 | 1973 |
| 138 | 2011 | Robel Celine | TV Jahn Hiesfeld | 0:54:15 | WU20 | 5 | 0:55:05 | 1998 |
| 139 | 2092 | Reichel Petra | *Oberhausen | 0:54:19 | W35 | 18 | 0:54:37 | 1982 |
| 140 | 2116 | Neumann Heike | BSG Sparkasse Oberhause | 0:54:21 | W40 | 19 | 0:55:13 | 1975 |
| 141 | 168 | Kruse Lina | WfbM | 0:54:30 | W20 | 28 | 0:55:07 | 1997 |
| 142 | 2025 | Mai Sonja | *Mülheim | 0:54:33 | W45 | 20 | 0:54:51 | 1972 |
| 143 | 1687 | Droste Sonja | *Oberhausen | 0:54:35 | W40 | 20 | 0:54:58 | 1976 |
| 144 | 6104 | Robellier Antoinette | | 0:54:36 | W30 | 17 | 0:54:38 | 1987 |
| 145 | 6098 | Hellmer Ulrike | *Essen | 0:54:37 | W55 | 6 | 0:55:46 | 1958 |
| 146 | 266 | Thelen Anika | *Duisburg | 0:54:43 | W30 | 18 | 0:55:41 | 1983 |
| 147 | 6111 | Janus Birgitt | *Köln | 0:54:49 | W50 | 19 | 0:55:17 | 1964 |
| 148 | 642 | Bremer Monika | Marathon Mülheim | 0:54:51 | W60 | 5 | 0:55:22 | 1957 |
| 149 | 152 | Wiele Birgit | TV Wanheimerort 1880 e.V. | 0:54:52 | W55 | 7 | 0:55:35 | 1962 |
| 150 | 1088 | Kalkowski Andrea | *Duisburg | 0:55:00 | W45 | 21 | 0:55:32 | 1970 |
| 151 | 2020 | Merseburger Daniela | *Düsseldorf | 0:55:01 | W35 | 19 | 0:56:08 | 1978 |
| 152 | 1486 | Bowles Katja | Die Rennschnecken | 0:55:05 | W40 | 21 | 0:55:25 | 1973 |
| 153 | 969 | Kühn Katharina | *Duisburg | 0:55:09 | W20 | 29 | 0:56:01 | 1989 |
| 154 | 6105 | Atasever Claudia | FS Rheinkamp | 0:55:09 | W55 | 8 | 0:55:17 | 1961 |
| 155 | 1739 | Theis-Dorigi Ulrike | Adler-Langlauf Bottrop | 0:55:14 | W65 | 1 | 0:55:47 | 1952 |
| 156 | 1018 | Wilczek Sabine | Garantie abgelaufen | 0:55:16 | W50 | 20 | 0:55:35 | 1965 |
| 157 | 1731 | Püttmann Susanne | *Sprockhövel | 0:55:16 | W35 | 20 | 0:56:05 | 1978 |
| 158 | 335 | Krügel Annette | Team JA | 0:55:18 | W50 | 21 | 0:56:05 | 1966 |
| 159 | 1048 | Dehmel Stefanie | *Gladbeck | 0:55:19 | W20 | 30 | 0:55:44 | 1991 |
| 160 | 185 | Räther Frauke | Vodafone Runners | 0:55:22 | W35 | 21 | 0:55:53 | 1978 |
| 161 | 1927 | Ehler Ulrike | Babiel GmbH | 0:55:24 | W35 | 22 | 0:56:20 | 1978 |
| 162 | 1604 | Hergenröder Chantal | *Düsseldorf | 0:55:29 | W35 | 23 | 0:56:34 | 1980 |
| 163 | 889 | Loose Stefanie | *Duisburg | 0:55:30 | W30 | 19 | 0:56:13 | 1984 |
| 164 | 1043 | Berns Sandra | *Duisburg | 0:55:31 | W45 | 22 | 0:56:25 | 1971 |
| 165 | 6106 | Brühl Andrea | *Köln | 0:55:36 | W35 | 24 | 0:56:41 | 1981 |
| 166 | 369 | Theis Natalie | *Moers | 0:55:37 | W40 | 22 | 0:56:58 | 1974 |
| 167 | 149 | Hache Simone | TV Wanheimerort 1880 e.V. | 0:55:39 | W45 | 23 | 0:56:30 | 1971 |
| 168 | 1152 | Gebauer Jana | LG Olympia Dortmund | 0:55:41 | WU20 | 6 | 0:55:56 | 1999 |
| 169 | 545 | Wever Doris | BSG Sparkasse Lüdensche | 0:55:42 | W45 | 24 | 0:56:17 | 1969 |
| 170 | 350 | Baudisch Beate | *Duisburg | 0:55:43 | W45 | 25 | 0:57:00 | 1968 |
| 171 | 6018 | Hümbs Andrea | KC Die Unentschlossenen | 0:55:45 | W30 | 20 | 0:57:10 | 1985 |
| 172 | 610 | Schröder Jessica | *Duisburg | 0:55:48 | W20 | 31 | 0:56:44 | 1989 |
| 172 | 1168 | Schröder Isabell | *Duisburg | 0:55:48 | W20 | 31 | 0:56:44 | 1991 |
| 174 | 824 | Grasmann Kristina | *Bochum | 0:55:48 | W30 | 21 | 0:56:41 | 1983 |
| 175 | 1502 | Waller Angelika | *Krefeld | 0:55:48 | W50 | 22 | 0:56:49 | 1966 |
| 176 | 543 | Wolke Daniela | LTB am UFO | 0:55:49 | W45 | 26 | 0:56:47 | 1969 |
| 177 | 546 | Horstmann Claudia | Laufftreff Sterkrade-Nord | 0:55:51 | W50 | 23 | 0:56:42 | 1965 |
| 178 | 490 | Lüther Heike | DJK VfR Saarn | 0:55:52 | W45 | 27 | 0:56:22 | 1969 |
| 179 | 1354 | Engler Kirsten | after-work-runners.de | 0:55:53 | W45 | 28 | 0:56:29 | 1971 |
| 180 | 6080 | Delfs Jutta | Adler-Langlauf Bottrop | 0:55:53 | W55 | 9 | 0:56:27 | 1962 |
| 181 | 974 | Ahrens Eveline | *Bocholt | 0:55:54 | W35 | 25 | 0:57:04 | 1979 |
| 182 | 2125 | Mester Susann | Team Voerde | 0:55:55 | W30 | 22 | 0:57:14 | 1983 |
| 183 | 153 | Heidenreich Katrin | TV Wanheimerort 1880 e.V. | 0:55:56 | W20 | 33 | 0:56:16 | 1992 |
| 184 | 570 | Mehlich Pia | *Moers | 0:55:57 | WU18 | 6 | 0:56:56 | 2000 |
| 185 | 851 | Beckord Elke | *Duisburg | 0:55:57 | W50 | 24 | 0:56:46 | 1966 |
| 186 | 1748 | Stöckhardt Angelika | BSG Commerzbank AG Ru | 0:56:01 | W45 | 29 | 0:56:44 | 1968 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|--------------------------|---------|------|----------|------------|----------|
| 187 | 872 | Plettau Silke | *Mülheim an der Ruhr | 0:56:02 | W45 | 30 | 0:56:26 | 1971 |
| 188 | 1729 | Weigelt Cornelia | *Mülheim an der Ruhr | 0:56:04 | W50 | 25 | 0:56:56 | 1965 |
| 189 | 780 | Plum Melanie | *Münster | 0:56:05 | W45 | 31 | 0:57:09 | 1972 |
| 190 | 1248 | Wresch Bianca | *Neuss | 0:56:11 | W50 | 26 | 0:57:02 | 1967 |
| 191 | 1923 | Büchel Michaela | *Duisburg | 0:56:12 | W40 | 23 | 0:57:07 | 1976 |
| 192 | 882 | Kranz Anja | BSV ThyssenKrupp Stahl | 0:56:13 | W45 | 32 | 0:57:03 | 1972 |
| 193 | 96 | Simon Lisa | Team Polizei Duisburg | 0:56:14 | W20 | 34 | 0:56:46 | 1997 |
| 194 | 1902 | Mosert Vanessa | PunkteJäger | 0:56:19 | W30 | 23 | 0:57:34 | 1984 |
| 195 | 6020 | Mühlenkamp Claudia | LC Duisburg | 0:56:21 | W45 | 33 | 0:57:12 | 1968 |
| 196 | 72 | Kocaoglu-Terjung Sevil | WSV Mülheim | 0:56:21 | W50 | 27 | 0:56:51 | 1963 |
| 197 | 272 | Kirschner Barbara | run for fun | 0:56:22 | W45 | 34 | 0:57:38 | 1968 |
| 198 | 73 | Siegmond Katrin | *Mülheim | 0:56:24 | W30 | 24 | 0:57:40 | 1985 |
| 199 | 1969 | Weiler Birte | *Duisburg | 0:56:25 | W30 | 25 | 0:57:34 | 1986 |
| 200 | 1564 | Mölders Andrea | Team Aroma Ahoi | 0:56:25 | W30 | 26 | 0:57:28 | 1987 |
| 201 | 2197 | Hartmer-Blome Lilli | LG Coesfeld | 0:56:27 | W50 | 28 | 0:57:11 | 1963 |
| 202 | 1970 | Schmidt Lisa | Burscheid | 0:56:28 | W20 | 35 | 0:56:54 | 1993 |
| 203 | 419 | Präg Sandra | CrossFit Essen | 0:56:29 | W30 | 27 | 0:57:01 | 1986 |
| 204 | 1257 | Blässe Cordula | Oberhausener TV | 0:56:32 | W50 | 29 | 0:57:35 | 1964 |
| 204 | 1844 | Sperling Rebecca | Running Rudel 2 | 0:56:32 | WU18 | 7 | 0:57:35 | 2001 |
| 206 | 1131 | Machui Diana | *Duisburg | 0:56:33 | W35 | 26 | 0:57:31 | 1981 |
| 207 | 1843 | Steeger Nieke | Running Rudel 2 | 0:56:33 | WU16 | 5 | 0:57:35 | 2002 |
| 208 | 308 | Backes Susanne | *Duisburg | 0:56:34 | W50 | 30 | 0:57:31 | 1967 |
| 209 | 773 | Thissen Fee | Lauftreff Sterkrade-Nord | 0:56:34 | W35 | 27 | 0:57:25 | 1981 |
| 210 | 1000 | Bauer Tina | *Essen | 0:56:35 | W40 | 24 | 0:57:11 | 1976 |
| 211 | 1356 | Wepfer Svenja | *Duisburg | 0:56:36 | W30 | 28 | 0:57:42 | 1987 |
| 212 | 819 | Bokalic Sonja | TV Jahn Hiesfeld | 0:56:38 | W40 | 25 | 0:57:35 | 1976 |
| 213 | 2085 | Faesser Ann-Katrin | *Duisburg | 0:56:41 | W30 | 29 | 0:57:47 | 1987 |
| 214 | 6101 | Folgmann Heike | *Monheim | 0:56:43 | W60 | 6 | 0:57:12 | 1955 |
| 215 | 6050 | Grothe Julia | *Köln | 0:56:44 | W20 | 36 | 0:57:25 | 1993 |
| 216 | 14 | Bollenbach Heike | SG Ruhrgas 1929 | 0:56:46 | W50 | 31 | 0:57:46 | 1965 |
| 217 | 6030 | Butzek Nina | CrossFit Essen | 0:56:47 | W35 | 28 | 0:57:18 | 1980 |
| 218 | 1037 | Herpel Wiebke | Pulheimer SC | 0:56:48 | W45 | 35 | 0:57:31 | 1970 |
| 219 | 356 | Lomertin Birgit | Lauftreff Sterkrade-Nord | 0:56:51 | W55 | 10 | 0:57:42 | 1962 |
| 220 | 1885 | Kolodzinski Myriam | CDS Running Team | 0:56:51 | W45 | 36 | 0:58:07 | 1970 |
| 221 | 396 | Von Horn Andrea | ASC Mülheim | 0:56:53 | W45 | 37 | 0:57:13 | 1970 |
| 222 | 651 | Mols Dagmar | LT R(h)einknaller | 0:56:53 | W50 | 32 | 0:57:48 | 1966 |
| 223 | 288 | Engler Denise | BSG Sparkasse Essen | 0:56:55 | W20 | 37 | 0:57:33 | 1989 |
| 224 | 6115 | Börke Gaby | Homberger TV | 0:56:56 | W50 | 33 | 0:57:36 | 1965 |
| 225 | 2240 | Pohl Bianka | Edeka Neukauf | 0:56:57 | W50 | 34 | 0:58:20 | 1967 |
| 226 | 1680 | Dieckmann Martina | WSV Schermbeck | 0:56:58 | W40 | 26 | 0:57:31 | 1974 |
| 227 | 6096 | Kunde Laura | *Duisburg | 0:57:00 | W20 | 38 | 0:58:42 | 1988 |
| 228 | 1247 | Stief Elke | Adler-Langlauf Bottrop | 0:57:05 | W60 | 7 | 0:57:40 | 1953 |
| 229 | 2019 | Assent Angela | *Duisburg | 0:57:05 | W40 | 27 | 0:58:00 | 1974 |
| 230 | 1287 | Sobolewski Sabine | Adler-Langlauf Bottrop | 0:57:05 | W45 | 38 | 0:57:40 | 1968 |
| 231 | 967 | Marnier-Tepasse Simone | SC Bayer 05 Uerdingen | 0:57:10 | W55 | 11 | 0:57:30 | 1962 |
| 232 | 6079 | Hild Regina | Adler-Langlauf Bottrop | 0:57:11 | W60 | 8 | 0:57:44 | 1956 |
| 233 | 282 | Hess Anja | *Mülheim | 0:57:12 | W40 | 28 | 0:58:02 | 1973 |
| 234 | 956 | Ismer Barbara | *Oberhausen | 0:57:14 | W50 | 35 | 0:58:53 | 1967 |
| 235 | 1099 | Vormbaum Irene | *Oberhausen | 0:57:15 | W55 | 12 | 0:58:26 | 1962 |
| 236 | 202 | Funke Jessica | SG Ruhrgas 1929 | 0:57:20 | W30 | 30 | 0:58:54 | 1987 |
| 237 | 1971 | Gläser Sylvia | Duisburger Ruderverein | 0:57:21 | W45 | 39 | 0:58:15 | 1971 |
| 238 | 540 | Pavlovic Srebranka | LTB am UFO | 0:57:24 | W50 | 36 | 0:57:32 | 1967 |
| 239 | 843 | Buchholz Hannah | *Unna | 0:57:33 | W20 | 39 | 0:58:11 | 1996 |
| 240 | 521 | Kaiser Kerstin | Lauftreff R(h)einknaller | 0:57:36 | W40 | 29 | 0:58:31 | 1977 |
| 241 | 525 | Kaiser Meike | Lauftreff R(h)einknaller | 0:57:36 | W30 | 31 | 0:58:31 | 1987 |
| 242 | 6108 | Bergmann Sylke | welknelke Wesel | 0:57:38 | W55 | 13 | 0:59:25 | 1962 |
| 243 | 1857 | Schramm Iris | *Duisburg | 0:57:39 | W35 | 29 | 0:58:05 | 1981 |
| 244 | 1070 | König Babsi | *Essen | 0:57:45 | W45 | 40 | 0:58:06 | 1970 |
| 245 | 1289 | Horning-Hohl Angelika | Huckinger Marathonis | 0:57:49 | W55 | 14 | 0:58:33 | 1960 |
| 246 | 1712 | Bader Janine | *Duisburg | 0:57:49 | W30 | 32 | 0:59:01 | 1983 |
| 247 | 1711 | Klappach Ivonne | *Duisburg | 0:57:49 | W35 | 30 | 0:59:01 | 1979 |
| 248 | 1756 | Bruns Antje | FeG Duisburg-Wanheimero | 0:57:57 | W20 | 40 | 0:59:28 | 1989 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|--------------------------------|---------|------|----------|------------|----------|
| 249 | 735 | Sauerwald Vasiljka | *Essen | 0:57:57 | W65 | 2 | 0:58:06 | 1948 |
| 250 | 6041 | Bartels Swantje | *Essen | 0:57:58 | W45 | 41 | 0:58:40 | 1971 |
| 251 | 636 | Neubauer Melanie | SC Bayer 05 Uerdingen | 0:57:59 | W40 | 30 | 0:58:33 | 1975 |
| 252 | 1400 | Märkert Miriam | MSV Duisburg Einradzebras | 0:58:00 | W20 | 41 | 0:58:37 | 1994 |
| 253 | 477 | Pfeiffer Andrea | BSG Sparkasse Essen | 0:58:02 | W45 | 42 | 0:58:55 | 1970 |
| 254 | 931 | Fileccia Carina | FAMIGILA | 0:58:03 | W20 | 42 | 0:59:39 | 1996 |
| 255 | 218 | Hübner Christina | VSG Duisburg | 0:58:05 | W60 | 9 | 0:59:50 | 1956 |
| 256 | 1740 | Böing Andrea | Adler-Langlauf Bottrop | 0:58:07 | W50 | 37 | 0:58:41 | 1967 |
| 257 | 1478 | Pauly Anja | BSG Brabender | 0:58:09 | W50 | 38 | 0:59:35 | 1966 |
| 258 | 2249 | Frankenberg Jenny | Tor 5 Architekten | 0:58:10 | W20 | 43 | 0:59:26 | 1989 |
| 259 | 1889 | Glasneck Susanne | *Mülheim | 0:58:10 | W50 | 39 | 0:59:03 | 1966 |
| 260 | 1860 | Scheffer Edith | LT Sonntagsläufer Sonsbec | 0:58:11 | W45 | 43 | 0:59:45 | 1968 |
| 261 | 852 | Manhold Sandra | Funky Runners | 0:58:17 | W40 | 31 | 0:59:22 | 1974 |
| 262 | 38 | Scheding Sandra | Absolute Oberliga | 0:58:17 | W40 | 32 | 0:59:22 | 1975 |
| 263 | 6051 | Cataldo Martina | *Essen | 0:58:17 | W30 | 33 | 0:59:15 | 1986 |
| 264 | 89 | Mandrysch Britta | *Oberhausen | 0:58:25 | W35 | 31 | 0:59:56 | 1980 |
| 265 | 140 | Perlebach Saskia | TV Wanheimerort 1880 e.V. | 0:58:26 | WU20 | 7 | 0:58:56 | 1998 |
| 266 | 1492 | Gerhards Ramona | *Geldern | 0:58:29 | W45 | 44 | 0:59:14 | 1970 |
| 267 | 1815 | Martens Marlies | Adler-Langlauf Bottrop | 0:58:29 | W60 | 10 | 0:59:43 | 1953 |
| 268 | 1129 | Brucherseifer Katharina | *Düsseldorf | 0:58:30 | W50 | 40 | 0:59:44 | 1967 |
| 269 | 1713 | Thiel Marion | LC Duisburg | 0:58:32 | W45 | 45 | 0:59:21 | 1969 |
| 270 | 1783 | Griemsmann Stephanie | *Köln | 0:58:36 | W30 | 34 | 0:59:38 | 1984 |
| 271 | 90 | Mandrysch Yvonne | *Hünxe | 0:58:36 | W40 | 33 | 1:00:06 | 1977 |
| 272 | 197 | Friebe Nicola | Vodafone Runners | 0:58:37 | WU20 | 8 | 0:59:52 | 1999 |
| 273 | 630 | Gichtbrock Heike | SV Gladbeck 13 | 0:58:38 | W35 | 32 | 0:59:53 | 1979 |
| 274 | 2071 | Dernier Susann | Angerland LT Lintorf | 0:58:40 | W45 | 46 | 0:59:21 | 1968 |
| 275 | 2215 | Mense Andrea | Ausdauerschule by Bunert | 0:58:41 | W45 | 47 | 0:59:56 | 1972 |
| 276 | 855 | Ackermann Melanie | 1. MKC Duisburg | 0:58:41 | W40 | 34 | 0:59:56 | 1976 |
| 277 | 1787 | Quabeck Regina | TV Jahn Hiesfeld | 0:58:41 | W50 | 41 | 0:59:45 | 1967 |
| 278 | 188 | Schmid Tanja | Vodafone Runners | 0:58:43 | W40 | 35 | 1:00:06 | 1977 |
| 279 | 1597 | Müller Melanie | *Straelen | 0:58:43 | W40 | 36 | 0:59:52 | 1975 |
| 280 | 1353 | Kolk Miriam | *Mülheim | 0:58:43 | W35 | 33 | 1:00:15 | 1979 |
| 281 | 1174 | Lippold Birgit | BSG Springorum Bochum | 0:58:46 | W45 | 48 | 0:59:47 | 1969 |
| 282 | 2004 | Taubitz Nicola | *Bottrop | 0:58:47 | W35 | 34 | 0:59:53 | 1981 |
| 283 | 6067 | Burda Nicole | *Moers | 0:58:51 | W20 | 44 | 0:59:49 | 1990 |
| 284 | 6066 | Appel Sarah | *Duisburg | 0:58:52 | W20 | 45 | 0:59:49 | 1989 |
| 285 | 1534 | Mehlem Ivana | *Mülheim | 0:58:53 | W50 | 42 | 0:59:47 | 1965 |
| 286 | 1895 | Röös Annika | *Duisburg | 0:58:55 | W30 | 35 | 1:00:10 | 1985 |
| 287 | 1975 | Baumeister Jana | *Duisburg | 0:58:56 | W20 | 46 | 0:59:45 | 1995 |
| 288 | 1568 | Vorm Walde Birgit | TV Jahn Hiesfeld | 0:58:57 | W50 | 43 | 1:00:01 | 1963 |
| 289 | 2167 | Meinhardt Melissa | Ausdauerschule by Bunert | 0:58:59 | W30 | 36 | 0:59:54 | 1986 |
| 290 | 6116 | Schick Jennifer | | 0:59:03 | W30 | 37 | 0:59:32 | 1984 |
| 291 | 1108 | Schlottmann Birgit | Marathon Mülheim | 0:59:04 | W60 | 11 | 0:59:40 | 1954 |
| 292 | 1274 | Hentschel Jennifer | Oberhausener TV | 0:59:04 | W35 | 35 | 1:00:18 | 1978 |
| 293 | 1114 | Fecke Katharina | *Heiligenhaus | 0:59:05 | W20 | 47 | 1:00:03 | 1996 |
| 294 | 121 | Weger Christiane | VIVAWEST | 0:59:05 | W55 | 15 | 1:00:26 | 1960 |
| 295 | 3699 | Schröer Elke | VB Laufftreff | 0:59:08 | W35 | 36 | 1:01:06 | 1980 |
| 296 | 6112 | Hausendorf Manuela | Oberhausener TV | 0:59:08 | W45 | 49 | 1:00:22 | 1971 |
| 297 | 689 | Kottusch Katja | *Duisburg | 0:59:09 | W55 | 16 | 1:00:36 | 1960 |
| 298 | 248 | Hucht Claudia | *Duisburg | 0:59:09 | W40 | 37 | 1:00:08 | 1977 |
| 299 | 1041 | Gerhards Gertrud | *Köln | 0:59:12 | W55 | 17 | 1:00:13 | 1962 |
| 300 | 1887 | Flatow Anne | *Essen | 0:59:13 | W20 | 48 | 1:00:10 | 1995 |
| 301 | 154 | Dopatka Sabine | AOK TEAM | 0:59:14 | W35 | 37 | 1:01:17 | 1980 |
| 302 | 297 | Dreher Christiane | *Gelsenkirchen | 0:59:17 | W50 | 44 | 1:01:00 | 1966 |
| 303 | 2055 | Pott Michaela | *Duisburg | 0:59:18 | W35 | 38 | 1:00:19 | 1980 |
| 304 | 709 | Strauß Petra | *Duisburg | 0:59:19 | W65 | 3 | 0:59:58 | 1952 |
| 305 | 1452 | Becker Roswitha | Wir bei HKM | 0:59:21 | W45 | 50 | 1:00:26 | 1970 |
| 306 | 949 | Gerling-Ruhland Ute | Laufftreff Gruitzen-Neandertal | 0:59:22 | W55 | 18 | 1:00:35 | 1962 |
| 307 | 1169 | Schubert Barbara | SC Bayer 05 Uerdingen | 0:59:26 | W55 | 19 | 0:59:42 | 1961 |
| 308 | 2097 | Redenz Anja | *Bochum | 0:59:26 | W20 | 49 | 1:01:12 | 1988 |
| 309 | 1163 | Maschner Silke | *Moers | 0:59:27 | W40 | 38 | 1:00:34 | 1975 |
| 310 | 1614 | Gauler Ulrike | *Düsseldorf | 0:59:27 | W20 | 50 | 1:01:14 | 1991 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|---------------------------|---------|------|----------|------------|----------|
| 311 | 1867 | Lemme Sarah | SV Blau-Weiß Bochum | 0:59:31 | W30 | 38 | 1:00:42 | 1987 |
| 312 | 1794 | Volkwein Jo Barbara | *Düsseldorf | 0:59:38 | W20 | 51 | 1:01:24 | 1990 |
| 313 | 6070 | Vergin Nicole | *Dortmund | 0:59:38 | W45 | 51 | 1:01:06 | 1971 |
| 314 | 1215 | Levering Gundula | Die Leverings | 0:59:39 | W40 | 39 | 1:00:41 | 1976 |
| 315 | 581 | Kemmesies Anke | Team Arezen | 0:59:40 | W50 | 45 | 1:00:30 | 1963 |
| 316 | 411 | Riemer Nadine | *Moers | 0:59:41 | W35 | 39 | 1:01:27 | 1980 |
| 317 | 1600 | Kretzer Anja | TEAM ELG | 0:59:42 | W45 | 52 | 1:00:05 | 1968 |
| 318 | 832 | Gelbarth Anja | LT Lukas | 0:59:44 | W45 | 53 | 1:00:23 | 1972 |
| 319 | 1090 | Huyßen-Karth Gabriele | *Xanten | 0:59:45 | W55 | 20 | 1:00:30 | 1962 |
| 320 | 1488 | Schatz Silke | Die Rennschnecken | 0:59:46 | W40 | 40 | 1:00:07 | 1973 |
| 321 | 944 | Pötsch Silke | *Hattingen | 0:59:48 | W45 | 54 | 1:00:33 | 1969 |
| 322 | 531 | Hafkesbrink Jutta | Ausdauerschule by Bunert | 0:59:54 | W55 | 21 | 1:00:56 | 1958 |
| 323 | 406 | Loch Birgit | *Duisburg | 0:59:56 | W45 | 55 | 1:01:54 | 1971 |
| 324 | 659 | Engelke Meike | Vodastecher TriTeam | 1:00:00 | W45 | 56 | 1:01:32 | 1969 |
| 325 | 675 | Peyerl Ilona | *Mülheim | 1:00:04 | W40 | 41 | 1:01:12 | 1974 |
| 326 | 1295 | Hoche Andrea | *Mülheim an der Ruhr | 1:00:06 | W45 | 57 | 1:00:58 | 1968 |
| 327 | 1991 | Franke Daniela | *Velen | 1:00:08 | W35 | 40 | 1:01:24 | 1980 |
| 328 | 39 | Landwehr Andrea | Absolute Oberliga | 1:00:11 | W45 | 58 | 1:01:16 | 1969 |
| 329 | 1050 | Eichenauer Petra | Lauffreunde HADI Wesel | 1:00:19 | W55 | 22 | 1:00:30 | 1958 |
| 330 | 1351 | Wittek Beatrix | *Mülheim a.d. Ruhr | 1:00:20 | W55 | 23 | 1:01:37 | 1959 |
| 331 | 1350 | Hannot Martina | *Essen | 1:00:20 | W50 | 46 | 1:01:38 | 1967 |
| 332 | 1485 | Teichmann Christine | Laufftreff Gruiten | 1:00:22 | W55 | 24 | 1:01:36 | 1959 |
| 333 | 536 | Steinzen Gundi | LTB am UFO | 1:00:23 | W65 | 4 | 1:01:22 | 1952 |
| 334 | 1704 | Heilemann Sandra | after-work-runners.de | 1:00:26 | W35 | 41 | 1:02:18 | 1981 |
| 335 | 1539 | Nitschke Natalie | *Oberhausen | 1:00:28 | W20 | 52 | 1:01:36 | 1993 |
| 336 | 2211 | Jöhring Anja | Werdener TB Esse | 1:00:32 | W40 | 42 | 1:01:52 | 1973 |
| 337 | 2248 | Blennemann Franziska | Tor 5 Architekten | 1:00:34 | W20 | 53 | 1:01:50 | 1991 |
| 338 | 1679 | Lütters Nicole | WSV Schermbeck | 1:00:40 | W20 | 54 | 1:01:43 | 1990 |
| 339 | 1737 | Nasser Patricia | *Heiligenhaus | 1:00:40 | W35 | 42 | 1:01:46 | 1981 |
| 340 | 1410 | Krause-Schmieden Andre | *Mülheim/Ruhr | 1:00:44 | W50 | 47 | 1:01:25 | 1965 |
| 341 | 2179 | Zimmermann Susanne | Ausdauerschule by Bunert | 1:00:47 | W40 | 43 | 1:02:22 | 1973 |
| 342 | 1368 | Meussen Andrea | *Haltern am See | 1:00:48 | W50 | 48 | 1:02:02 | 1967 |
| 343 | 733 | Kudritzki Bianca | *Essen | 1:00:53 | W20 | 55 | 1:02:04 | 1989 |
| 344 | 1827 | Osterhage Daniela | *Duisburg | 1:00:53 | W40 | 44 | 1:01:30 | 1977 |
| 345 | 1243 | Lukas Sonja | TARGOBANK Laufftreff | 1:00:54 | W35 | 43 | 1:01:47 | 1982 |
| 346 | 1237 | Tschischka Andrea | TARGOBANK Laufftreff | 1:00:54 | W50 | 49 | 1:01:47 | 1966 |
| 347 | 1757 | Schott Annette | *Krefeld | 1:00:54 | W50 | 50 | 1:01:27 | 1965 |
| 348 | 1848 | Kuhn Anke | TARGOBANK Laufftreff | 1:00:55 | W45 | 59 | 1:01:47 | 1971 |
| 349 | 235 | Scholz Manuela | Laufftreff Sterkrade-Nord | 1:00:55 | W45 | 60 | 1:02:36 | 1971 |
| 350 | 1141 | Stockmann Franziska | AOK TEAM | 1:00:57 | W20 | 56 | 1:01:55 | 1994 |
| 351 | 1137 | Enkemeier Heike | *Duisburg | 1:00:59 | W40 | 45 | 1:01:29 | 1973 |
| 352 | 639 | Foik-Moysidis Isabella | *Bochum | 1:01:02 | W45 | 61 | 1:01:31 | 1971 |
| 353 | 1075 | Friese Petra | LC Duisburg | 1:01:09 | W55 | 25 | 1:02:45 | 1958 |
| 354 | 693 | Wennersheide Kerstin | Team Erdinger Alkoholfrei | 1:01:10 | W20 | 57 | 1:02:23 | 1989 |
| 355 | 1518 | Meinke-Henn Sabine | Homberger TV | 1:01:10 | W50 | 51 | 1:02:19 | 1964 |
| 356 | 1171 | Wehlmann Birgit | Renntiere | 1:01:12 | W55 | 26 | 1:02:52 | 1958 |
| 357 | 1616 | Gurr Isabella | OTV Endurance Team | 1:01:13 | W30 | 39 | 1:02:26 | 1984 |
| 358 | 1916 | Wehran Britta | Laufftreff Sterkrade-Nord | 1:01:13 | W45 | 62 | 1:02:01 | 1970 |
| 359 | 561 | Wiedow-Zillig Christiane | *Duisburg | 1:01:14 | W45 | 63 | 1:02:08 | 1971 |
| 360 | 437 | Enners Birgit | *Velbert | 1:01:18 | W45 | 64 | 1:02:31 | 1968 |
| 361 | 6002 | Piepenbreier Katrin | *Ratingen | 1:01:19 | W45 | 65 | 1:02:32 | 1971 |
| 362 | 6010 | Schornstein Michaela | *Ratingen | 1:01:19 | W40 | 46 | 1:02:32 | 1977 |
| 363 | 1142 | Schenten Silke | Laufen bis der Arzt kommt | 1:01:22 | W50 | 52 | 1:02:15 | 1965 |
| 364 | 1835 | Bacher Ute | Running Rudel 1 | 1:01:24 | W50 | 53 | 1:03:11 | 1967 |
| 365 | 465 | Trutenat Birgit | Marathon Dinslaken | 1:01:26 | W50 | 54 | 1:02:22 | 1967 |
| 366 | 2083 | Stuhlmacher Janine | *Duisburg | 1:01:26 | W20 | 58 | 1:01:54 | 1993 |
| 367 | 539 | Patzke Petra | LTB am UFO | 1:01:27 | W50 | 55 | 1:02:25 | 1963 |
| 368 | 314 | Prussat Angela | LG Mülheim | 1:01:28 | W60 | 12 | 1:01:42 | 1956 |
| 369 | 103 | Wiesmann Lucia | | 1:01:28 | WU18 | 8 | 1:03:30 | 2000 |
| 370 | 1124 | Berndt Elke | LT Turnerbund Frintrop | 1:01:28 | W55 | 27 | 1:02:43 | 1958 |
| 371 | 1260 | Preuß Petra | Oberhausener TV | 1:01:29 | W45 | 66 | 1:03:16 | 1969 |
| 372 | 1582 | Schneider Eva | *Moers | 1:01:31 | W45 | 67 | 1:02:25 | 1971 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|------|----------|------------|----------|
| 373 | 930 | Fileccia Helena | FAMIGILA | 1:01:31 | W20 | 59 | 1:03:07 | 1995 |
| 374 | 1793 | Friedrich Petra | BSG Sparkasse Duisburg | 1:01:36 | W45 | 68 | 1:03:24 | 1971 |
| 375 | 1283 | Gummersbach Marie | *Düsseldorf | 1:01:36 | W20 | 60 | 1:02:53 | 1989 |
| 376 | 1281 | Krischan Johanna | *Düsseldorf | 1:01:36 | W20 | 61 | 1:02:53 | 1988 |
| 377 | 1173 | Welzel Bettina | BSG Springorum Bochum | 1:01:40 | W50 | 56 | 1:02:33 | 1963 |
| 378 | 1055 | Pälmer Susanne | *Düsseldorf | 1:01:44 | W50 | 57 | 1:03:32 | 1964 |
| 379 | 704 | Frauenrath Claudia | Team Erdinger Alkoholfrei | 1:01:44 | W50 | 58 | 1:03:06 | 1963 |
| 380 | 906 | Lüttkenhorst Gertrud | BSG Team EVAG | 1:01:46 | W50 | 59 | 1:03:06 | 1966 |
| 381 | 44 | Hofmann Cathrin | BWG Running Team | 1:01:49 | W50 | 60 | 1:02:49 | 1964 |
| 382 | 1008 | Adams Nina | *Moers | 1:01:58 | W40 | 47 | 1:02:52 | 1977 |
| 383 | 625 | Volmer-Jann Angelika | *Düsseldorf | 1:01:59 | W60 | 13 | 1:03:03 | 1954 |
| 384 | 1191 | Kroon Nicole | SV Viktoria Goch | 1:02:02 | W35 | 44 | 1:03:29 | 1978 |
| 385 | 2052 | Großmann Elke | *Hagen | 1:02:02 | W45 | 69 | 1:03:03 | 1970 |
| 386 | 441 | Braun Tanja | Immeo | 1:02:04 | W50 | 61 | 1:03:13 | 1967 |
| 387 | 76 | Leicher Jacqueline | *Essen | 1:02:05 | W20 | 62 | 1:03:05 | 1990 |
| 388 | 553 | Hildebrand Nicole | DJK TuS Rotthausen | 1:02:07 | W45 | 70 | 1:03:31 | 1972 |
| 389 | 1444 | Rohde Nancy | SG Borken | 1:02:10 | W30 | 40 | 1:04:09 | 1983 |
| 390 | 371 | Odrowski Daniela | *Krefeld | 1:02:15 | W40 | 48 | 1:02:50 | 1977 |
| 391 | 6013 | Mayer Dorothee | *Darmstadt | 1:02:15 | W60 | 14 | 1:02:36 | 1953 |
| 392 | 580 | Isberner Gabi | SC Bayer 05 Uerdingen | 1:02:16 | W55 | 28 | 1:02:50 | 1961 |
| 393 | 614 | Laubach Birte | *Essen | 1:02:20 | W35 | 45 | 1:03:47 | 1978 |
| 394 | 6065 | Leinkenjost Eva | *Velbert | 1:02:21 | W40 | 49 | 1:03:48 | 1977 |
| 395 | 1955 | Grotenhuis Imke | Gocher Lauffamilien | 1:02:24 | WU18 | 9 | 1:03:07 | 2000 |
| 396 | 1030 | Von Rumohr Claudia | *Oberhausen | 1:02:28 | W45 | 71 | 1:02:54 | 1970 |
| 397 | 744 | Südkamp Silke | *Essen | 1:02:28 | W35 | 46 | 1:03:55 | 1978 |
| 398 | 6000 | Nolte-Boleslawsky Anja | *Ratingen | 1:02:31 | W45 | 72 | 1:03:44 | 1971 |
| 399 | 394 | Hillmann Maren | *Kamp-Lintfort | 1:02:32 | WU18 | 10 | 1:04:10 | 2000 |
| 399 | 1399 | Pfeiffer Beatrice | *Ratingen | 1:02:32 | W40 | 50 | 1:03:45 | 1974 |
| 401 | 1677 | Bliß Elara | Willpower Running vegan | 1:02:32 | WU20 | 9 | 1:03:00 | 1999 |
| 402 | 1738 | Wirth Julia | *Essen | 1:02:34 | W30 | 41 | 1:04:27 | 1986 |
| 402 | 6074 | Winter Ulrike | *Düsseldorf | 1:02:34 | W45 | 73 | 1:04:24 | 1972 |
| 404 | 475 | Weller Heike | *Oberhausen | 1:02:35 | W50 | 62 | 1:04:13 | 1964 |
| 405 | 973 | Satzinger Sabine | *Oberhausen | 1:02:36 | W50 | 63 | 1:04:03 | 1967 |
| 406 | 6107 | Heveldop Heike | | 1:02:38 | W50 | 64 | 1:03:45 | 1965 |
| 407 | 232 | Soboczinski Agnetha | *Recklinghausen | 1:02:42 | W30 | 42 | 1:04:03 | 1983 |
| 408 | 1064 | Gerhards Rosemarie | *Bochum | 1:02:42 | W60 | 15 | 1:04:00 | 1956 |
| 409 | 1407 | Polster Tonia | SuS Bertlich | 1:02:46 | W50 | 65 | 1:04:00 | 1963 |
| 410 | 6094 | Vengels Silke | *Duisburg | 1:02:51 | W40 | 51 | 1:04:52 | 1977 |
| 411 | 1062 | Van Nooy Sabine | Fun Sports Goch | 1:02:51 | W50 | 66 | 1:04:24 | 1964 |
| 412 | 1389 | Alekseeva Natalia | *Essen | 1:02:53 | W20 | 63 | 1:03:14 | 1988 |
| 413 | 6056 | Voßenberger Elisabeth | Turnerbund Osterfeld 1911 e | 1:02:54 | W50 | 67 | 1:04:42 | 1963 |
| 414 | 568 | Bonin Sarah | Für NIX zu gebrauchen | 1:02:58 | W30 | 43 | 1:05:07 | 1984 |
| 415 | 1823 | Solle Kornelia | Marathon Dinslaken | 1:02:58 | W55 | 29 | 1:03:19 | 1958 |
| 416 | 219 | Verfürth Janine | *Essen | 1:03:01 | W35 | 47 | 1:04:22 | 1980 |
| 417 | 1544 | Dietzsch Beate | *Duisburg | 1:03:04 | W55 | 30 | 1:04:03 | 1958 |
| 418 | 833 | Wienen Gabriele | *Oberhausen | 1:03:11 | W50 | 68 | 1:03:56 | 1963 |
| 419 | 6015 | Kölsch Birte | *Duisburg | 1:03:15 | W20 | 64 | 1:05:18 | 1995 |
| 420 | 676 | Zeihe Ariane | *Duisburg | 1:03:17 | W40 | 52 | 1:05:00 | 1976 |
| 421 | 1839 | Gronen Antje | Running Rudel 1 | 1:03:18 | W45 | 74 | 1:05:05 | 1970 |
| 422 | 6088 | Schollmeier Simone | *Dortmund | 1:03:19 | W40 | 53 | 1:03:50 | 1975 |
| 423 | 6097 | Küpper Diana | *Dortmund | 1:03:19 | W35 | 48 | 1:03:50 | 1981 |
| 424 | 1920 | Kemper Agnes | *Heiligenhaus | 1:03:21 | W45 | 75 | 1:05:13 | 1971 |
| 425 | 58 | Rosin Silke | Herner Triathlon Team 11 | 1:03:29 | W45 | 76 | 1:04:39 | 1972 |
| 426 | 6091 | Priestley Jennifer | *Duisburg | 1:03:33 | W20 | 65 | 1:05:36 | 1988 |
| 427 | 6072 | Mailand Nina | *Duisburg | 1:03:33 | W30 | 44 | 1:05:36 | 1987 |
| 428 | 595 | Mainka Juliane | *Duisburg | 1:03:34 | W30 | 45 | 1:05:10 | 1986 |
| 429 | 6009 | Major Kathrin | KC Die Unentschlossenen | 1:03:34 | W30 | 46 | 1:04:37 | 1983 |
| 430 | 804 | Lissy Sarah | *Velbert | 1:03:37 | W30 | 47 | 1:04:27 | 1987 |
| 431 | 732 | Fleige Claudia | *Gelsenkirchen | 1:03:37 | W50 | 69 | 1:04:49 | 1967 |
| 432 | 1133 | Ennigkeit Barbara | *Essen | 1:03:40 | W30 | 48 | 1:05:10 | 1984 |
| 433 | 2135 | Jacobs Sarah | Team Polizei Duisburg | 1:03:42 | W20 | 66 | 1:05:07 | 1992 |
| 434 | 6061 | Jonas Daniela | *Oberhausen | 1:03:43 | W40 | 54 | 1:05:04 | 1977 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|---------------------------|---------|------|----------|------------|----------|
| 435 | 225 | Hessing Julie | *Altenberge | 1:03:43 | WU16 | 6 | 1:05:18 | 2004 |
| 436 | 1034 | Licata Astrid | Dudel Runner | 1:03:44 | W45 | 77 | 1:05:20 | 1971 |
| 437 | 1035 | Noack Christiane | Dudel Runner | 1:03:44 | W50 | 70 | 1:05:20 | 1967 |
| 438 | 355 | Schmitz Anna | *Moers | 1:03:44 | WU20 | 10 | 1:05:08 | 1999 |
| 439 | 2098 | Becker Beate | Ausdauerschule by Bunert | 1:03:44 | W20 | 67 | 1:05:25 | 1989 |
| 440 | 2122 | Tauhart Marion | BSG Sparkasse Oberhause | 1:03:45 | W45 | 78 | 1:05:08 | 1969 |
| 441 | 2103 | Jansen Julia | BSG Sparkasse Oberhause | 1:03:46 | W20 | 68 | 1:05:08 | 1988 |
| 442 | 223 | Hessing Sonja | *Altenberge | 1:03:48 | W40 | 55 | 1:05:23 | 1976 |
| 443 | 1847 | Bitters Anja | *Mülheim | 1:03:50 | W50 | 71 | 1:05:27 | 1967 |
| 444 | 1862 | Kahl Kerstin | *Dinslaken | 1:03:52 | W50 | 72 | 1:05:09 | 1965 |
| 445 | 1877 | Hecker Dr. Heike | *Mülheim | 1:03:57 | W45 | 79 | 1:05:15 | 1969 |
| 446 | 1503 | Piekarski Britta | *Duisburg | 1:04:04 | W40 | 56 | 1:05:26 | 1976 |
| 447 | 1327 | Verhufen Sandra | BSG Nispa | 1:04:05 | W20 | 69 | 1:05:56 | 1988 |
| 448 | 1871 | Buchwald Beate | AOK TEAM | 1:04:07 | W40 | 57 | 1:06:06 | 1973 |
| 449 | 97 | Wittig Liv | Team Polizei Duisburg | 1:04:08 | W20 | 70 | 1:05:33 | 1992 |
| 450 | 124 | Blumrich Andrea | Team Polizei Duisburg | 1:04:09 | W35 | 49 | 1:05:34 | 1980 |
| 451 | 6014 | Gahlemann Christina | *Duisburg | 1:04:11 | W30 | 49 | 1:05:14 | 1987 |
| 452 | 1541 | Krause Rosemarie | *Duisburg | 1:04:12 | W50 | 73 | 1:06:00 | 1964 |
| 452 | 1542 | Kannengiesser Monika | *Duisburg | 1:04:12 | W45 | 80 | 1:06:00 | 1972 |
| 454 | 1360 | Hardt Bianca | *Mülheim | 1:04:12 | W45 | 81 | 1:05:09 | 1968 |
| 455 | 1229 | Luft Tatjana | Max Maulwurf Marathonis | 1:04:18 | W20 | 71 | 1:05:32 | 1989 |
| 456 | 603 | Garnjost Petra | *Essen | 1:04:23 | W45 | 82 | 1:05:09 | 1968 |
| 457 | 1880 | Fiedler Doris | *Voerde | 1:04:23 | W50 | 74 | 1:06:03 | 1964 |
| 458 | 2010 | Scholl Conny | VSG Duisburg | 1:04:27 | W50 | 75 | 1:06:11 | 1964 |
| 459 | 2009 | Weber Uschi | VSG Duisburg | 1:04:28 | W60 | 16 | 1:06:11 | 1954 |
| 460 | 427 | Kretzschmar Petra | after-work-runners.de | 1:04:29 | W50 | 76 | 1:06:22 | 1963 |
| 461 | 1065 | Ternieden-Beeke Dr. Sab | after-work-runners.de | 1:04:29 | W45 | 83 | 1:06:22 | 1969 |
| 461 | 6022 | Beumer Christiane | *Duisburg | 1:04:29 | W35 | 50 | 1:06:30 | 1982 |
| 463 | 1200 | Vogt Lisa | Schnelle und Schleicher | 1:04:35 | W20 | 72 | 1:05:32 | 1996 |
| 464 | 2095 | Heissler Jana | *Duisburg | 1:04:36 | W20 | 73 | 1:06:02 | 1990 |
| 464 | 87 | Kapp Brigitte | TV Jahn Hiesfeld | 1:04:36 | W55 | 31 | 1:05:40 | 1961 |
| 466 | 1832 | Noll Ellen | *Moers | 1:04:37 | W60 | 17 | 1:06:25 | 1955 |
| 466 | 1833 | Schnabel Heike | *Rheinberg | 1:04:37 | W60 | 17 | 1:06:25 | 1956 |
| 468 | 1266 | Bremer Cornelia | Marketing Runners | 1:04:38 | W50 | 77 | 1:06:25 | 1965 |
| 469 | 1031 | Schmid Beate | *Schwerte | 1:04:39 | W45 | 84 | 1:06:12 | 1971 |
| 470 | 431 | Rogall Tanja | Ausdauerschule by Bunert | 1:04:39 | W45 | 85 | 1:06:30 | 1970 |
| 471 | 6039 | Kipp Kerstin | *Duisburg | 1:04:41 | W40 | 58 | 1:06:13 | 1977 |
| 472 | 1996 | Döhmen-Siebenmorgen D | *Krefeld | 1:04:42 | W35 | 51 | 1:06:31 | 1978 |
| 473 | 757 | Krahlisch Petra | *Duisburg | 1:04:44 | W45 | 86 | 1:06:19 | 1969 |
| 474 | 1763 | Hofmann Anna Sophie | *Mülheim | 1:04:45 | W35 | 52 | 1:05:51 | 1982 |
| 475 | 361 | Geisdorf Katrin | LT Sonntagsläufer Sonsbec | 1:04:46 | W20 | 74 | 1:06:18 | 1993 |
| 476 | 1182 | Menes Doro | *Moers | 1:04:47 | W40 | 59 | 1:06:58 | 1976 |
| 477 | 458 | Küster Yvonne | Forerunner | 1:04:47 | W30 | 50 | 1:05:38 | 1986 |
| 478 | 6095 | Externbrink Kristin | SV Schermbeck | 1:04:52 | W20 | 75 | 1:05:24 | 1988 |
| 479 | 333 | Geisdorf Heike | LT Sonntagsläufer Sonsbec | 1:04:57 | W50 | 78 | 1:06:30 | 1964 |
| 480 | 1545 | Bodynek Sonja | TV Jahn Hiesfeld | 1:04:57 | W50 | 79 | 1:06:01 | 1967 |
| 481 | 658 | Sestig Dorothe | LT Sonntagsläufer Sonsbec | 1:04:59 | W45 | 87 | 1:06:32 | 1969 |
| 482 | 1943 | Grausam Britta | LGO Bochum | 1:05:04 | W40 | 60 | 1:05:52 | 1973 |
| 483 | 471 | Engelen Silke | *Moers | 1:05:05 | W45 | 88 | 1:06:33 | 1971 |
| 484 | 165 | Hülser Barbara | WfbM | 1:05:05 | W50 | 80 | 1:05:44 | 1964 |
| 485 | 523 | Werner Jessica | *Kamp-Lintfort | 1:05:08 | W30 | 51 | 1:07:03 | 1984 |
| 486 | 520 | Szyszko Monika | *Duisburg | 1:05:09 | W30 | 52 | 1:07:03 | 1987 |
| 487 | 1310 | Koch Heike | The Running Team | 1:05:10 | W50 | 81 | 1:07:03 | 1964 |
| 488 | 1842 | Steeger Jule | Running Rudel 2 | 1:05:13 | WU18 | 11 | 1:07:01 | 2000 |
| 489 | 1385 | Suzuki Kaoru | *Düsseldorf | 1:05:15 | W40 | 61 | 1:06:58 | 1973 |
| 490 | 60 | Moratz Silvia | *Moers | 1:05:16 | W45 | 89 | 1:07:02 | 1971 |
| 491 | 1689 | Muckel Franziska | *Duisburg | 1:05:16 | W30 | 53 | 1:06:33 | 1987 |
| 492 | 617 | Guggenberger Michaela | *Mülheim | 1:05:18 | W40 | 62 | 1:07:09 | 1974 |
| 493 | 1473 | Neumann Petra | *Oberhausen | 1:05:19 | W45 | 90 | 1:07:26 | 1972 |
| 494 | 696 | Quint Melanie | *Hamminkeln | 1:05:19 | W30 | 54 | 1:06:56 | 1985 |
| 495 | 1556 | Gusenda Astrid | Akzente | 1:05:22 | W45 | 91 | 1:06:09 | 1971 |
| 496 | 6060 | Georg Anja | *Essen | 1:05:22 | W45 | 92 | 1:06:05 | 1971 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|--------------------------|---------|------|----------|------------|----------|
| 497 | 1566 | Eickelkamp-Marks Julia | *Oberhausen | 1:05:23 | W30 | 55 | 1:05:52 | 1984 |
| 498 | 311 | Sieweke Christina | *Essen | 1:05:23 | W20 | 76 | 1:05:50 | 1989 |
| 499 | 1675 | Angst Anke | *Duisburg | 1:05:25 | W55 | 32 | 1:07:24 | 1961 |
| 500 | 1953 | Minten Judith | *Duisburg | 1:05:28 | W20 | 77 | 1:07:35 | 1991 |
| 501 | 324 | Kleinen Birgit | *Duisburg | 1:05:28 | W45 | 93 | 1:06:55 | 1968 |
| 502 | 1852 | Dilla-Ryborz Dörte | Lauftreff Sterkrade-Nord | 1:05:31 | W45 | 94 | 1:07:06 | 1972 |
| 503 | 1805 | Baxmann Anke | BSG Sparkasse Duisburg | 1:05:36 | W45 | 95 | 1:07:11 | 1970 |
| 504 | 1716 | Wunsch Stefanie | *Ratingen | 1:05:44 | W30 | 56 | 1:06:17 | 1986 |
| 505 | 2433 | Gabriel Silvia | Vodafone Runners | 1:05:50 | W50 | 82 | 1:06:57 | 1966 |
| 506 | 2470 | Kremp Susanne | Vodafone Runners | 1:05:50 | W50 | 83 | 1:06:57 | 1965 |
| 507 | 1181 | Block Ursula | DJK Teutonia St.Tönis | 1:05:58 | W60 | 19 | 1:06:51 | 1954 |
| 508 | 1076 | Matter Claudia | *Tönisvorst | 1:05:58 | W55 | 33 | 1:06:51 | 1962 |
| 508 | 1236 | Meike Diana | Max Maulwurf Marathonis | 1:05:58 | W45 | 96 | 1:07:13 | 1970 |
| 510 | 2126 | Lindemann Vanessa | Team Voerde | 1:05:59 | W20 | 78 | 1:07:18 | 1990 |
| 511 | 2066 | JONES-DICKERSON DOR | *Duisburg | 1:06:01 | W45 | 97 | 1:08:04 | 1971 |
| 512 | 962 | Vogel Andrea | *Dorsten | 1:06:05 | W50 | 84 | 1:07:43 | 1965 |
| 513 | 1019 | Schiplage Silke | *Duisburg | 1:06:10 | W45 | 98 | 1:07:04 | 1968 |
| 514 | 469 | Köhler Yannika | *Duisburg | 1:06:16 | WU20 | 11 | 1:07:45 | 1998 |
| 515 | 1117 | Weyler Silke | *Duisburg | 1:06:17 | W45 | 99 | 1:07:04 | 1969 |
| 516 | 1179 | Putze Tanja | *Oberhausen | 1:06:20 | W40 | 63 | 1:08:30 | 1974 |
| 517 | 1589 | Zuck Jeannine | *Mülheim an der Ruhr | 1:06:22 | W35 | 53 | 1:07:59 | 1980 |
| 518 | 1092 | Unnebrink Stephannette | Ausdauerschule by Bunert | 1:06:25 | W55 | 34 | 1:08:38 | 1961 |
| 519 | 270 | Kurth Sandra | SV Haldern Lauftreff | 1:06:25 | W45 | 100 | 1:08:09 | 1969 |
| 520 | 1162 | Bernauer Angela | LC Duisburg | 1:06:25 | W55 | 35 | 1:08:07 | 1958 |
| 521 | 1648 | Fiegen Isabel | *Duisburg | 1:06:26 | W40 | 64 | 1:08:20 | 1977 |
| 522 | 687 | Unger Ulrike | SV Haldern Lauftreff | 1:06:26 | W50 | 85 | 1:08:09 | 1964 |
| 523 | 1197 | Rogler Brigitte | *Essen | 1:06:29 | W55 | 36 | 1:06:50 | 1960 |
| 524 | 1150 | Flohberg Martina | Lauffreunde HADI Wesel | 1:06:30 | W50 | 86 | 1:06:41 | 1963 |
| 525 | 455 | Jungmann Nina | ASF-Runners | 1:06:31 | W30 | 57 | 1:08:17 | 1983 |
| 526 | 1366 | Teloo Anni | LT Schnecke Sonsbeck | 1:06:38 | W60 | 20 | 1:08:29 | 1953 |
| 527 | 37 | Wolnik Kathrin | SG Ruhrgas 1929 | 1:06:38 | W55 | 37 | 1:08:06 | 1962 |
| 528 | 1123 | Bültmann Linda | DLRG Dinslaken | 1:06:38 | W20 | 79 | 1:08:14 | 1990 |
| 529 | 697 | Steindor Katrina | Team Schildkröte | 1:06:39 | W30 | 58 | 1:08:37 | 1985 |
| 530 | 2028 | Kleinke Silke | OTV ENDURANCE TEAM | 1:06:39 | W40 | 65 | 1:08:01 | 1976 |
| 531 | 1831 | Schmidt-Biesgen Sandra | *Mülheim an der Ruhr | 1:06:40 | W45 | 101 | 1:08:35 | 1970 |
| 532 | 1861 | Schwinge Erika | ICH - AG | 1:06:43 | W65 | 5 | 1:07:33 | 1949 |
| 533 | 1330 | Grunden Christina | BSG Nispa | 1:06:45 | W30 | 59 | 1:08:36 | 1983 |
| 534 | 1282 | Krischan Dorothea | *Duisburg | 1:06:50 | W55 | 38 | 1:08:31 | 1961 |
| 535 | 2174 | Haferkamp Claudia | Ausdauerschule by Bunert | 1:06:57 | W45 | 102 | 1:08:48 | 1969 |
| 536 | 887 | Pelzer Petra | *Dinslaken | 1:06:58 | W45 | 103 | 1:08:38 | 1970 |
| 537 | 62 | Schröder Marlene | *Moers | 1:06:58 | WU18 | 12 | 1:08:45 | 2000 |
| 538 | 504 | Teloh Johanna | *Essen | 1:06:59 | W20 | 80 | 1:08:27 | 1988 |
| 539 | 68 | Waldhelm Linda | *Mülheim an der Ruhr | 1:07:00 | W40 | 66 | 1:08:57 | 1977 |
| 540 | 1759 | Spangenberg Iris | *Mülheim an der Ruhr | 1:07:01 | W50 | 87 | 1:08:57 | 1965 |
| 541 | 213 | Lindermann Daniela | *Duisburg | 1:07:01 | W40 | 67 | 1:08:58 | 1974 |
| 542 | 1372 | Bothorel Servane | *Koeln | 1:07:01 | W45 | 104 | 1:08:24 | 1968 |
| 543 | 946 | Köhler Nicole | *Oberhausen | 1:07:02 | W35 | 54 | 1:08:57 | 1978 |
| 544 | 913 | Lesaar Petra | LT Berka Stars | 1:07:03 | W40 | 68 | 1:08:55 | 1977 |
| 545 | 2049 | Fontein Brigitte | WSV Mülheim | 1:07:04 | W60 | 21 | 1:08:29 | 1954 |
| 546 | 2142 | Piontek Alexandra | AS Neukirchen-Vluyn | 1:07:06 | W40 | 69 | 1:08:59 | 1973 |
| 547 | 1870 | Brandenburg Birgitt | TVK 1877 Essen Kupferdre | 1:07:12 | W55 | 39 | 1:09:15 | 1961 |
| 548 | 1367 | Van Stephaudt Magret | LT Schnecke Sonsbeck | 1:07:17 | W65 | 6 | 1:09:09 | 1951 |
| 549 | 1190 | Freund Kirsten | *Düsseldorf | 1:07:22 | W45 | 105 | 1:09:17 | 1970 |
| 550 | 1907 | Gartz Vera | *Gelsenkirchen | 1:07:22 | W20 | 81 | 1:09:26 | 1988 |
| 551 | 1742 | Menzer Janina | Mülheimer SV 07 | 1:07:24 | W20 | 82 | 1:09:36 | 1988 |
| 552 | 1747 | Skalare Christina | Mülheimer SV 07 | 1:07:24 | W20 | 83 | 1:09:35 | 1990 |
| 553 | 1745 | Kasprovicz Nina | Mülheimer SV 07 | 1:07:25 | W30 | 60 | 1:09:36 | 1984 |
| 554 | 1940 | Klusmann Ute | *Iserlohn | 1:07:36 | W60 | 22 | 1:09:05 | 1953 |
| 555 | 1992 | Klusmann Katharina | *Düsseldorf | 1:07:36 | W20 | 84 | 1:09:05 | 1989 |
| 556 | 1674 | Nitz Barbara | *Duisburg | 1:07:40 | W20 | 85 | 1:09:39 | 1990 |
| 557 | 1455 | Geers Vanessa | Wir bei HKM | 1:07:40 | W20 | 86 | 1:09:39 | 1991 |
| 558 | 1621 | Baltes Tanja | *Dortmund | 1:07:40 | W45 | 106 | 1:09:39 | 1972 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|--------------------------|---------|------|----------|------------|----------|
| 559 | 1001 | Klein Eva | *Bottrop | 1:07:40 | W50 | 88 | 1:09:29 | 1966 |
| 560 | 789 | Ruiters Heike | *Oberhausen | 1:07:42 | W50 | 89 | 1:09:50 | 1965 |
| 561 | 6027 | Jansen Maike | *Bocholt | 1:07:47 | W20 | 87 | 1:08:36 | 1993 |
| 562 | 6028 | Jansen Lisa | *Bocholt | 1:07:47 | W20 | 88 | 1:08:36 | 1990 |
| 563 | 884 | Krebber Franziska | *Oberhausen | 1:07:49 | W35 | 55 | 1:09:25 | 1981 |
| 564 | 1809 | Bente Antje | *Herten | 1:07:50 | W30 | 61 | 1:09:36 | 1987 |
| 565 | 1837 | Steegeer Petra | Running Rudel 1 | 1:07:51 | W45 | 107 | 1:09:38 | 1972 |
| 566 | 357 | Hein Dana | *Bochum | 1:07:52 | W35 | 56 | 1:10:00 | 1981 |
| 567 | 901 | Behr Michaela | *Düsseldorf | 1:07:53 | W40 | 70 | 1:09:33 | 1973 |
| 568 | 1394 | Lange Gabriele | *Ratingen | 1:08:02 | W50 | 90 | 1:09:17 | 1966 |
| 569 | 6046 | Börger Hiltrud | *Bocholt | 1:08:03 | W55 | 40 | 1:09:22 | 1961 |
| 570 | 763 | Reichards Jana | ASV Duisburg e.V. | 1:08:08 | WU18 | 13 | 1:09:46 | 2000 |
| 571 | 1408 | Polster Kathrin | SuS Bertlich | 1:08:10 | W20 | 89 | 1:09:25 | 1990 |
| 572 | 677 | Setzepfandt Friederike | Marathon Dinslaken | 1:08:12 | W60 | 23 | 1:09:53 | 1956 |
| 573 | 1172 | Münninghoff Barbara | Only women | 1:08:12 | W55 | 41 | 1:09:53 | 1959 |
| 574 | 511 | Kersten Jana | SV Haldern Lauftreff | 1:08:14 | W30 | 62 | 1:09:51 | 1987 |
| 575 | 1775 | Zöllner Lina | *Hünxe | 1:08:14 | W20 | 90 | 1:10:20 | 1990 |
| 576 | 423 | Scholz Dagmar | *Gelsenkirchen | 1:08:17 | W55 | 42 | 1:09:36 | 1960 |
| 577 | 1146 | Burger Jenny | Elfrather Montagsläufer | 1:08:17 | W35 | 57 | 1:10:13 | 1978 |
| 578 | 764 | Roßhoff Sina | ASV Duisburg e.V. | 1:08:22 | WU18 | 14 | 1:09:56 | 2001 |
| 579 | 1849 | Mannsfeld Carmen | *Hagen | 1:08:23 | W50 | 91 | 1:09:55 | 1967 |
| 580 | 1937 | O'Neill Simone | *Essen | 1:08:23 | W45 | 108 | 1:10:09 | 1969 |
| 581 | 237 | Heinzen Christina | *Wesel | 1:08:23 | W35 | 58 | 1:10:28 | 1981 |
| 582 | 503 | Liesen Susanne | Marathon Dinslaken | 1:08:27 | W50 | 92 | 1:10:07 | 1966 |
| 583 | 2107 | Voigt Jutta | BSG Sparkasse Oberhause | 1:08:29 | W55 | 43 | 1:09:54 | 1958 |
| 584 | 1370 | Klein Pia | *Witten | 1:08:30 | W20 | 91 | 1:09:52 | 1993 |
| 585 | 316 | Ruth Dagmar | *Düsseldorf | 1:08:33 | W55 | 44 | 1:10:13 | 1960 |
| 586 | 291 | Guthoff Evelin | *Düsseldorf | 1:08:34 | W55 | 45 | 1:10:13 | 1960 |
| 587 | 698 | Prpitsch Jessica | Team Schildkröte | 1:08:35 | W30 | 63 | 1:08:35 | 1984 |
| 588 | 376 | Bongers Ute | Racing Snails | 1:08:36 | W50 | 93 | 1:09:55 | 1964 |
| 589 | 1192 | Peil Maureen | Die Molles | 1:08:41 | W30 | 64 | 1:10:45 | 1984 |
| 590 | 2204 | Bormann Iris | Tor 5 Architekten | 1:08:43 | W50 | 94 | 1:09:58 | 1963 |
| 591 | 1683 | Heinrich Elaine | *Duisburg | 1:08:43 | W30 | 65 | 1:10:28 | 1986 |
| 592 | 1118 | Martin Nicole | *Essen | 1:08:47 | W30 | 66 | 1:10:28 | 1986 |
| 593 | 1116 | Czymkowiak Daniela | *Essen | 1:08:48 | W20 | 92 | 1:10:28 | 1988 |
| 594 | 1897 | Dörfer Leonie | *Bochum | 1:08:50 | W20 | 93 | 1:11:00 | 1993 |
| 595 | 1972 | Schild Carolin | *Mülheim an der Ruhr | 1:08:52 | W30 | 67 | 1:10:46 | 1983 |
| 596 | 435 | Schmitt Verena | *Mülheim | 1:08:53 | W35 | 59 | 1:10:30 | 1982 |
| 597 | 841 | Niephaus Nicole | *Duisburg | 1:08:56 | W45 | 109 | 1:10:48 | 1971 |
| 598 | 6068 | Günner Petra | *Duisburg | 1:09:04 | W40 | 71 | 1:11:05 | 1974 |
| 599 | 1499 | Michel Ingeborg | TV Voiswinkel | 1:09:05 | W65 | 7 | 1:11:17 | 1948 |
| 600 | 1808 | Fetzer-Kwoczek Ellen | *Mülheim an der Ruhr | 1:09:11 | W55 | 46 | 1:09:52 | 1958 |
| 601 | 2182 | Kossner Mascha | Trimet | 1:09:13 | W40 | 72 | 1:11:17 | 1973 |
| 602 | 1576 | Roßmann Barbara | *Rheinberg | 1:09:15 | W50 | 95 | 1:11:15 | 1966 |
| 603 | 6049 | Grothe Carola | *Moers | 1:09:15 | W50 | 96 | 1:11:14 | 1965 |
| 604 | 304 | Klee Mareike | Ausdauerschule by Bunert | 1:09:24 | W35 | 60 | 1:11:31 | 1981 |
| 605 | 295 | Gajewski Sandra | Ausdauerschule by Bunert | 1:09:25 | W40 | 73 | 1:11:32 | 1973 |
| 606 | 817 | Schaefer Nicole | *Krefeld | 1:09:28 | W45 | 110 | 1:11:32 | 1970 |
| 607 | 309 | Koschade Andrea | ERGO Sports Köln | 1:09:28 | W55 | 47 | 1:11:32 | 1960 |
| 608 | 1727 | Lümmer Maria | *Hattingen | 1:09:37 | W55 | 48 | 1:11:46 | 1962 |
| 609 | 1012 | Heuvel Sylke | *Duisburg | 1:09:39 | W45 | 111 | 1:12:03 | 1972 |
| 610 | 1126 | Adrian Gabi | *Duisburg | 1:09:46 | W50 | 97 | 1:11:38 | 1963 |
| 611 | 1514 | Reschke Sarah-Marie | FeG Duisburg-Wanheimero | 1:09:46 | W20 | 94 | 1:11:53 | 1991 |
| 612 | 279 | Reinhard Vera | Laufschule Oberhausen | 1:10:22 | W40 | 74 | 1:12:09 | 1974 |
| 613 | 566 | Von Dahlen Sarah | Für NIX zu gebrauchen | 1:10:27 | W35 | 61 | 1:12:36 | 1979 |
| 613 | 6037 | Rabenjamalala Xaviera | Gocher Lauffamilien | 1:10:27 | W20 | 95 | 1:12:31 | 1990 |
| 615 | 567 | Unger Kathrin | Für NIX zu gebrauchen | 1:10:27 | W40 | 75 | 1:12:36 | 1977 |
| 616 | 1705 | Wittenbecher Susanne | Die Wittis | 1:10:31 | W40 | 76 | 1:12:42 | 1975 |
| 617 | 1618 | Jaeger Sabrina | VSG Duisburg | 1:10:32 | W30 | 68 | 1:12:17 | 1983 |
| 618 | 2008 | Willkomm Monika | *Duisburg | 1:10:33 | W50 | 98 | 1:12:18 | 1967 |
| 619 | 747 | Astor Birgit | VSG Duisburg | 1:10:34 | W55 | 49 | 1:12:19 | 1958 |
| 620 | 810 | Nawa Jutta | GZBW Runners | 1:10:36 | W60 | 24 | 1:12:17 | 1956 |

| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|------|----------|------------|----------|
| 621 | 1781 | Böttcher Nora | GZBW Runners | 1:10:36 | W30 | 69 | 1:12:18 | 1985 |
| 622 | 71 | Hoffmann Diana | EDIKA | 1:10:45 | W40 | 77 | 1:12:35 | 1977 |
| 623 | 69 | Wissing Kathrin | EDIKA | 1:10:45 | W30 | 70 | 1:12:35 | 1983 |
| 624 | 1098 | Ruske Sabine | *Essen | 1:10:45 | W55 | 50 | 1:12:38 | 1959 |
| 625 | 417 | Gienapp Laura | Die Lopis | 1:10:49 | W20 | 96 | 1:11:56 | 1995 |
| 626 | 716 | Hille Sarah | *Essen | 1:10:49 | W30 | 71 | 1:12:54 | 1987 |
| 627 | 1526 | Burkert Lena | *Duisburg | 1:10:55 | W20 | 97 | 1:13:08 | 1991 |
| 628 | 1313 | Stanaitis Melanie | The Running Team | 1:11:08 | W40 | 78 | 1:13:02 | 1974 |
| 629 | 1312 | Matterne Silke | The Running Team | 1:11:09 | W45 | 112 | 1:13:02 | 1972 |
| 630 | 337 | Van Ommen Cornelia | *Moers | 1:11:10 | W55 | 51 | 1:13:07 | 1962 |
| 631 | 769 | Knechten Gabi | BSG Stadtwerke Duisburg | 1:11:20 | W50 | 99 | 1:13:11 | 1966 |
| 632 | 1633 | Kenski Katharina | *Langenfeld | 1:11:30 | W35 | 62 | 1:13:30 | 1980 |
| 633 | 1655 | Jelen Angelika | *Langenfeld | 1:11:31 | W30 | 72 | 1:13:30 | 1983 |
| 634 | 1013 | Schumann Eva | 97ER | 1:11:34 | W35 | 63 | 1:13:00 | 1980 |
| 635 | 6055 | Klauke Sandra | *Essen | 1:11:54 | W35 | 64 | 1:13:16 | 1979 |
| 635 | 2199 | Carstens Birgit | *Willich | 1:11:54 | W50 | 100 | 1:12:57 | 1963 |
| 637 | 576 | Reinartz Lea | BSG Sparda-Bank West eG | 1:11:58 | WU20 | 12 | 1:13:52 | 1999 |
| 638 | 786 | Stevens Anke | *Essen | 1:11:58 | W45 | 113 | 1:14:02 | 1969 |
| 639 | 2016 | Hoppe Andrea | *Moers | 1:12:08 | W45 | 114 | 1:14:20 | 1969 |
| 640 | 1474 | Moritz Anne | *Duisburg | 1:12:09 | W20 | 98 | 1:14:08 | 1990 |
| 641 | 1671 | Dembek Ulrike | TV Kalkum 1911 Wittlaer e | 1:12:10 | W55 | 52 | 1:14:16 | 1962 |
| 642 | 247 | Mölder Anna | *Oberhausen | 1:12:14 | WU18 | 15 | 1:14:17 | 2001 |
| 643 | 1352 | Engler Andrea | Greased Lightning | 1:12:14 | W45 | 115 | 1:14:16 | 1972 |
| 644 | 875 | Rahmacher Anke | *Duisburg | 1:12:15 | W45 | 116 | 1:13:08 | 1970 |
| 645 | 365 | Engelmann Sandra | *Sprockhövel | 1:12:18 | W40 | 79 | 1:13:52 | 1975 |
| 646 | 1346 | Amendt Anke | *Haltern am See | 1:12:23 | W50 | 101 | 1:14:14 | 1966 |
| 647 | 1307 | Ludwig-Holstein Isabell | The Running Team | 1:12:25 | W50 | 102 | 1:14:17 | 1965 |
| 648 | 1309 | Keller Martina | The Running Team | 1:12:25 | W50 | 103 | 1:14:17 | 1964 |
| 649 | 842 | Wendel Daniela | *Oberhausen | 1:12:26 | W50 | 104 | 1:14:42 | 1964 |
| 650 | 1436 | Marenberg Kathrin | *Duisburg | 1:12:27 | W30 | 73 | 1:14:01 | 1983 |
| 651 | 1908 | Krogull Nadine | BSG Wirtschaftsbetriebe Du | 1:12:28 | W35 | 65 | 1:14:43 | 1978 |
| 652 | 20 | Grabienski Petra | SG Ruhrgas 1929 | 1:12:29 | W60 | 25 | 1:14:04 | 1956 |
| 653 | 198 | Rescher Heike | Vodafone Runners | 1:12:35 | W45 | 117 | 1:14:37 | 1970 |
| 654 | 863 | Schewior Sabine | *Mönchengladbach | 1:12:45 | W45 | 118 | 1:14:19 | 1971 |
| 655 | 811 | Koenen Sabine | *Ratingen | 1:12:46 | W45 | 119 | 1:14:41 | 1968 |
| 656 | 428 | Molitor Ninette | *Ratingen | 1:12:47 | W45 | 120 | 1:14:40 | 1972 |
| 657 | 1006 | Marx Kinga | *Willich | 1:12:47 | W40 | 80 | 1:14:40 | 1975 |
| 658 | 616 | Silbermann Peggy | Ausdauerschule by Bunert | 1:12:51 | W40 | 81 | 1:15:00 | 1977 |
| 659 | 1929 | Benner Swetlana | *Duisburg | 1:12:54 | W30 | 74 | 1:15:03 | 1987 |
| 660 | 1420 | Braun Meggie | Spielmanszug Obrighoven | 1:12:54 | W35 | 66 | 1:14:51 | 1982 |
| 661 | 1419 | Methling Stephanie | Spielmanszug Obrighoven | 1:12:55 | W35 | 67 | 1:14:51 | 1981 |
| 662 | 1495 | Luthe Birgit | *Herten | 1:13:01 | W50 | 105 | 1:14:31 | 1965 |
| 663 | 1471 | Michalopoulos Claudia | OTV1873 | 1:13:05 | W45 | 121 | 1:15:12 | 1971 |
| 664 | 723 | Wissing Heike | SV-Haldern Lauftreff | 1:13:10 | W45 | 122 | 1:14:52 | 1971 |
| 665 | 1121 | Arentz Rebecca | *Duisburg | 1:13:14 | W20 | 99 | 1:15:15 | 1997 |
| 666 | 1951 | Hillig Andrea | *Duisburg | 1:13:24 | W55 | 53 | 1:14:45 | 1960 |
| 667 | 2145 | Drees Claudia | AS Neukirchen-Vluyn | 1:13:27 | W35 | 68 | 1:15:41 | 1978 |
| 668 | 583 | Makolla Brigitte | *Duisburg | 1:13:28 | W40 | 82 | 1:14:48 | 1974 |
| 669 | 322 | Ruthert Carina | *Wesel | 1:13:33 | W30 | 75 | 1:15:37 | 1983 |
| 670 | 821 | Stoick Mela | *Duisburg | 1:13:35 | W40 | 83 | 1:15:40 | 1975 |
| 671 | 715 | Windmann Sonja | *Essen | 1:13:39 | W30 | 76 | 1:15:43 | 1986 |
| 672 | 1391 | Reiterer Gabi | *Rheurdt | 1:13:55 | W45 | 123 | 1:16:01 | 1971 |
| 673 | 1397 | Te Kate Britta | *Wachtendonk | 1:13:55 | W45 | 124 | 1:16:01 | 1971 |
| 674 | 2013 | Heinen Inge | *Duisburg | 1:14:04 | W50 | 106 | 1:15:24 | 1965 |
| 675 | 1308 | Grunert Kirsten | The Running Team | 1:14:11 | W50 | 107 | 1:16:03 | 1967 |
| 676 | 362 | Ernst Sabrina | Sparda-Bank Betriebsspor | 1:14:20 | W45 | 125 | 1:15:00 | 1972 |
| 677 | 1060 | Tremmel-Hensel Elke | Da simma dabei | 1:14:29 | W55 | 54 | 1:14:57 | 1962 |
| 678 | 1447 | Schnitzler Anna Lyn | *mülheim an der ruhr | 1:14:35 | W35 | 69 | 1:16:16 | 1982 |
| 679 | 706 | Van Els Maja | *Neukirchen-Vluyn | 1:14:38 | W40 | 84 | 1:16:32 | 1975 |
| 680 | 826 | Weiß Sabine | *Duisburg | 1:14:40 | W45 | 126 | 1:14:47 | 1968 |
| 681 | 1470 | Klos Beatrix | *Bochum | 1:14:56 | W60 | 26 | 1:16:11 | 1955 |
| 682 | 6102 | Teichrib Lida | *Duisburg | 1:14:58 | W20 | 100 | 1:16:59 | 1988 |

| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-----------------------|--------------------------|---------|------|----------|------------|----------|
| 683 | 1039 | Wilczek Eva | IAC Düren | 1:15:11 | W70 | 1 | 1:16:16 | 1946 |
| 684 | 750 | Arnold Uschi | Ausdauerschule by Bunert | 1:15:16 | W50 | 108 | 1:17:24 | 1965 |
| 685 | 1777 | Kirchner Renate | *Duisburg | 1:15:18 | W50 | 109 | 1:17:05 | 1965 |
| 686 | 1672 | Welzel Barbara | *Essen | 1:15:19 | W55 | 55 | 1:17:00 | 1959 |
| 687 | 933 | Pieper-Stadach Andrea | *Duisburg | 1:15:22 | W50 | 110 | 1:17:32 | 1964 |
| 688 | 1416 | Pielka Brita | SV Haldern Lauftreff | 1:15:22 | W45 | 127 | 1:17:06 | 1971 |
| 689 | 2223 | Giesen Verena | AOK TEAM | 1:15:23 | W40 | 85 | 1:17:06 | 1975 |
| 690 | 1933 | Berns Greta | RMSV Hochheide | 1:15:43 | WU16 | 7 | 1:17:14 | 2004 |
| 691 | 2177 | Krause Christa | Ausdauerschule by Bunert | 1:15:52 | W60 | 27 | 1:17:53 | 1955 |
| 692 | 211 | Wittig Silvia | WfbM | 1:15:58 | W45 | 128 | 1:16:36 | 1968 |
| 693 | 82 | Warnecke Ulla | Marathon Dinslaken | 1:15:59 | W55 | 56 | 1:17:45 | 1959 |
| 694 | 948 | Scherer-Becker Heidi | *Neukirchen-Vluyn | 1:16:11 | W55 | 57 | 1:17:50 | 1960 |
| 695 | 792 | Günther Sabrina | *Duisburg | 1:16:11 | W30 | 77 | 1:17:55 | 1983 |
| 696 | 737 | Holtel Dr. Christiane | *Duisburg | 1:16:12 | W45 | 129 | 1:18:13 | 1970 |
| 697 | 646 | Heuermann Petra | Mettmann Sport | 1:16:14 | W55 | 58 | 1:16:38 | 1960 |
| 698 | 262 | Schroeder Claudia | Laufstreifen | 1:16:17 | W45 | 130 | 1:18:31 | 1968 |
| 699 | 2007 | Pühringer Antje | *Duisburg | 1:16:25 | W45 | 131 | 1:17:22 | 1970 |
| 700 | 995 | Kaiser Sabine | SC Bayer 05 Uerdingen | 1:16:34 | W50 | 111 | 1:18:43 | 1963 |
| 701 | 1939 | Wieczorek Angela | CDS Running Team | 1:16:37 | W35 | 70 | 1:18:37 | 1980 |
| 702 | 556 | Hill Jennifer | DJK TuS Rotthausen | 1:16:38 | W45 | 132 | 1:18:48 | 1969 |
| 703 | 1537 | König Christina | *Duisburg | 1:16:38 | W20 | 101 | 1:18:50 | 1990 |
| 704 | 2053 | El Abrache Nadja | *Düsseldorf | 1:16:39 | W30 | 78 | 1:18:10 | 1983 |
| 705 | 286 | Pelzer Tanja | *Duisburg | 1:16:41 | W35 | 71 | 1:17:39 | 1980 |
| 706 | 555 | Kentrup Silke | DJK TuS Rotthausen | 1:16:47 | W40 | 86 | 1:18:58 | 1976 |
| 707 | 552 | Brosch Rita | DJK TuS Rotthausen | 1:16:48 | W60 | 28 | 1:18:58 | 1956 |
| 708 | 400 | Schmidt Martina | *Moers | 1:16:55 | W35 | 72 | 1:18:42 | 1979 |
| 709 | 6099 | Gajewski Anna | *Duisburg | 1:16:56 | W20 | 102 | 1:18:37 | 1992 |
| 710 | 41 | Küntzer Marlies | TC Kray 1892 e. V. | 1:17:10 | W70 | 2 | 1:18:37 | 1947 |
| 711 | 2150 | Gayk Lisa-Marie | AS Neukirchen-Vluyn | 1:17:35 | WU20 | 13 | 1:19:49 | 1998 |
| 712 | 172 | Franzen Beatrix | WfbM | 1:17:36 | W30 | 79 | 1:18:15 | 1984 |
| 713 | 318 | Schlöß Claudia | Die Schlüssis | 1:17:37 | W50 | 112 | 1:18:16 | 1965 |
| 714 | 2224 | Drögenkamp Nicola | AOK TEAM | 1:17:38 | W40 | 87 | 1:19:02 | 1976 |
| 715 | 1530 | Jungemann Mona | *Duisburg | 1:17:54 | W20 | 103 | 1:20:07 | 1991 |
| 716 | 348 | Beil Silke | ESG | 1:17:58 | W45 | 133 | 1:19:28 | 1972 |
| 717 | 347 | Hirse Betina | ESG | 1:17:59 | W45 | 134 | 1:19:28 | 1969 |
| 718 | 1875 | Korn Julia | *Duisburg | 1:18:03 | W20 | 104 | 1:19:59 | 1990 |
| 719 | 6042 | Teutsch Christina | BSV ThyssenKrupp Stahl | 1:18:09 | W60 | 29 | 1:20:18 | 1957 |
| 720 | 492 | Ebest Franziska | Laufschule Oberhausen | 1:18:42 | W35 | 73 | 1:20:54 | 1980 |
| 721 | 655 | Derpmann Verena | *Moers | 1:18:59 | W35 | 74 | 1:20:47 | 1982 |
| 722 | 1506 | Hahn-Thielk Petra | CDS Running Team | 1:19:02 | W60 | 30 | 1:21:01 | 1954 |
| 723 | 1743 | Siems Bianca | Mülheimer SV 07 | 1:19:37 | W20 | 105 | 1:21:48 | 1989 |
| 724 | 6063 | Kunze Christiane | CDS Running Team | 1:19:38 | W40 | 88 | 1:21:28 | 1976 |
| 725 | 1746 | Müller Anna | Mülheimer SV 07 | 1:19:47 | W20 | 106 | 1:21:58 | 1992 |
| 726 | 945 | Holst Kerstin | *Duisburg | 1:19:57 | W30 | 80 | 1:21:57 | 1986 |
| 727 | 1770 | Gröger Anja | *Hünxe | 1:20:38 | W20 | 107 | 1:22:44 | 1988 |
| 728 | 1772 | Van Limbeck Lena | *Voerde | 1:20:38 | W20 | 108 | 1:22:45 | 1992 |
| 729 | 257 | Muders Jessica | *Wülfrath | 1:20:49 | W30 | 81 | 1:20:49 | 1983 |
| 730 | 258 | Löffler Laura | *Essen | 1:20:49 | W30 | 82 | 1:20:49 | 1986 |
| 731 | 1948 | Spieker Kerstin | *Duisburg | 1:20:51 | W20 | 109 | 1:22:53 | 1988 |
| 732 | 1472 | Esch Dr. Heike | Immeo | 1:21:42 | W50 | 113 | 1:22:54 | 1965 |
| 733 | 1097 | Brockmüller Sabine | DJK Altendorf 09 | 1:22:22 | W45 | 135 | 1:24:20 | 1971 |
| 734 | 952 | Hildebrandt Kristina | *Oberhausen | 1:22:28 | W35 | 75 | 1:24:44 | 1981 |
| 735 | 1532 | Happe Birgit | *Duisburg | 1:22:30 | W45 | 136 | 1:24:20 | 1972 |
| 736 | 700 | Pfefferle Melanie | Laufschule Oberhausen | 1:24:24 | W45 | 137 | 1:26:36 | 1972 |
| 737 | 23 | Heimann Monika | SG Ruhrgas 1929 | 1:24:39 | W65 | 8 | 1:26:15 | 1948 |
| 738 | 577 | Miksch Tanja | *Duisburg | 1:24:44 | W40 | 89 | 1:26:43 | 1977 |
| 739 | 2149 | Gayk Susanne | AS Neukirchen-Vluyn | 1:24:55 | W45 | 138 | 1:27:09 | 1969 |
| 740 | 1583 | Rögner Beate | *Bottrop | 1:25:04 | W35 | 76 | 1:26:15 | 1978 |
| 741 | 881 | Veiser Claudia | *Krefeld | 1:26:37 | W50 | 114 | 1:28:49 | 1965 |
| 742 | 75 | Wülbeck Maren | *Oberhausen | 1:26:39 | W20 | 110 | 1:28:49 | 1995 |
| 743 | 1893 | Heckers Sabrina | *Neukirchen-Vluyn | 1:26:40 | W35 | 77 | 1:28:55 | 1980 |
| 744 | 1149 | Walder Sira | LC Duisburg | 1:27:29 | W35 | 78 | 1:29:35 | 1982 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------|---------------------|---------|-----|----------|------------|----------|
| 745 | 2148 | Spieberg Angela | AS Neukirchen-Vluyn | 1:30:04 | W50 | 115 | 1:32:18 | 1963 |
| 746 | 592 | Middleton Denise | SV Gladbeck 13 | 1:39:11 | W35 | 79 | 1:41:27 | 1981 |