



AOK Winterlaufserie des ASV Duisburg 2018 Grosse Serie - Gesamtwertung

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	5300	Karst Fabian	Laufwerk Ruhr	2:44:11	M20	1	0:34:33	0:53:18	1:16:20
2	2767	Rück Matthias	TG Neuss	2:44:56	M35	1	0:34:34	0:53:26	1:16:55
3	2729	Hesterwerth Kai	LG COESFELD	2:45:41	M20	2	0:34:55	0:53:30	1:17:14
4	5064	Toros Fabian	Triathlon Team Ratingen 08	2:49:57	M20	3	0:35:03	0:54:55	1:19:59
5	2730	Fels Sven	LG COESFELD	2:50:30	M20	4	0:35:17	0:55:33	1:19:40
6	4974	Stroben Patrick	TuS Oedt	2:50:51	M30	1	0:35:12	0:55:56	1:19:41
7	3442	Minke Sebastian	ASC Rosellen/Neuss	2:51:10	M40	1	0:35:28	0:56:19	1:19:23
8	3327	Meyer Lukas	LG Deiringsen	2:51:55	M30	2	0:35:58	0:56:23	1:19:34
9	4703	Akkerman Gregor	LV Marathon Kleve	2:53:01	M35	2	0:37:02	0:56:51	1:19:07
10	3782	Buthe Philipp	*Köln	2:54:37	M30	3	0:36:14	0:56:58	1:21:24
11	5063	Präger Normann	Running Team Grafenberg	2:54:50	M35	3	0:37:39	0:57:03	1:20:07
12	3899	Stirne Thomas	*Leverkusen	2:54:52	M45	1	0:36:46	0:57:09	1:20:56
13	4346	Schmidt Heiko	*Düsseldorf	2:55:14	M45	2	0:36:53	0:57:22	1:20:58
14	2811	Rouhiainen Ristomatti	LGO Bochum	2:55:43	M30	4	0:37:01	0:57:01	1:21:40
15	3984	Kirschbaum Arne	Moerser TV Triathlon	2:56:33	M40	2	0:36:46	0:57:32	1:22:14
16	2533	Morlak Jörg	Vodafone Runners	2:57:47	M50	1	0:37:20	0:57:54	1:22:31
17	2748	Severt Günter	LG COESFELD	2:57:54	M50	2	0:37:21	0:58:17	1:22:15
18	4194	Krost Sebastian	*Mülheim an der Ruhr	2:57:55	M30	5	0:37:24	0:58:13	1:22:16
19	4687	Esser Björn	Willpower vegan	2:58:56	M35	4	0:38:28	0:59:29	1:20:58
20	3390	Röpstorf Uwe	SC Bayer 05 Uerdingen	2:59:36	M55	1	0:37:24	0:59:32	1:22:39
21	4234	Göktas Nihat	Ayyo Team Essen e.V.	3:00:11	M40	3	0:37:27	0:58:28	1:24:15
22	5330	Straßburg Jürgen	TUS Drevenack	3:01:01	M55	2	0:37:55	0:58:51	1:24:14
23	2543	Dieckmann Lukas	Vodafone Runners	3:01:05	M30	6	0:38:08	0:59:31	1:23:25
24	4434	Schult Bastian	WSV Schermbeck	3:02:06	M40	4	0:37:48	0:59:06	1:25:11
25	4474	Ahaus Marcel	*Düsseldorf	3:02:51	M35	5	0:38:47	1:00:10	1:23:52
26	4401	Torke Fred	Team Erdinger Alkoholfrei	3:03:15	M55	3	0:37:54	1:00:56	1:24:23
27	2515	Diallo Samba	Vodafone Runners	3:03:43	M45	3	0:37:52	0:58:58	1:26:52
28	2890	Jungblut Martin	OTV Endurance Team	3:03:50	M40	5	0:38:33	0:59:33	1:25:43
29	5269	Vojvodic Nebojsa	*Düsseldorf	3:04:43	M40	6	0:38:27	1:00:38	1:25:37
30	5334	Rutherford Peter	Itheko Sport Athletic Club	3:04:46	M35	6	0:38:48	0:59:58	1:25:59
31	3875	Neumann Christoph	LT Vynen Xanten	3:04:48	M45	4	0:39:09	1:00:11	1:25:27
32	4111	March Ralf	SG Neukirchen-Hülchrath	3:05:08	M45	5	0:38:44	1:00:39	1:25:44
33	3272	Schnell Werner	LGO Bochum	3:05:49	M45	6	0:39:07	1:00:30	1:26:12
34	2595	Ifang Malte	TUS BREITSCHEID	3:05:52	M35	7	0:38:49	1:01:07	1:25:55
35	3457	Backes Helmut	*Ratingen	3:05:57	M50	3	0:38:44	1:01:02	1:26:10
36	4947	Starrach Carsten	*Essen	3:06:02	M45	7	0:38:38	1:00:38	1:26:45
37	3711	Bullermann Tim	Moerser TV Triathlon	3:06:31	M35	8	0:39:26	1:00:26	1:26:39
38	3008	Wittoesch Daniel	LT Lukas	3:06:49	M35	9	0:39:21	1:01:55	1:25:32
39	3189	van Rens Markus	TriFUN Kleve e.V.	3:07:03	M30	7	0:38:56	0:59:55	1:28:11
40	3381	Brune Gilbert	*Bottrop	3:07:24	M45	8	0:39:40	1:00:31	1:27:12
41	3176	Ringler Peter	*Essen	3:07:28	M40	7	0:38:14	1:02:26	1:26:48
42	3392	Uhlendahl Markus	TUSEM Essen	3:07:34	M45	9	0:39:28	1:01:49	1:26:16
43	3571	Jansen Björn	DJK SF 97/30 Lowick	3:07:40	M35	10	0:39:46	1:01:16	1:26:36
44	5013	Grund Bastian	Herner Triathlon Team 11	3:07:40	M35	11	0:38:51	1:01:07	1:27:41
45	4558	Stork Christoph	*Raesfeld	3:08:06	M20	5	0:41:33	1:01:05	1:25:27
46	2671	Schlimnat Michael	TuS Xanten	3:08:38	M40	8	0:39:25	1:02:19	1:26:53
47	5308	Büssing Marcel	TuB Bocholt	3:08:38	M35	12	0:40:08	1:01:29	1:27:01
48	2665	Bille Christoph	Die Leinwandhelden Cinemax	3:09:23	M30	8	0:39:19	1:00:56	1:29:08
49	3121	Fiekers Stefan	DJK Kleinenbroich	3:09:46	M35	13	0:39:20	1:01:15	1:29:10
50	2535	Caulfield Kieran	Vodafone Runners	3:09:50	M60	1	0:39:21	1:02:15	1:28:13
51	3563	Kock Dr. Boris F.	TV Ratingen	3:10:02	M45	10	0:39:19	1:02:11	1:28:31
52	2531	Hanke Frank	Vodafone Runners	3:10:17	M45	11	0:39:20	1:01:34	1:29:22
53	3865	Breil Sascha	LT Bismarckturm Bochum	3:10:28	M40	9	0:40:34	1:02:35	1:27:18



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	4992	Tempesta Michael	AS Neukirchen-Vluyn	3:10:35	M35	14	0:39:14	1:00:40	1:30:41
55	2551	Gomez Alfonso	Vodafone Runners	3:11:02	M35	15	0:39:12	1:04:43	1:27:06
56	4737	Honscha David	Triovirat	3:11:08	M20	6	0:40:01	1:00:11	1:30:56
57	3715	Lindner Niklas	Adler-Langlauf-Bottrop	3:11:29	M20	7	0:39:41	1:02:01	1:29:47
58	2577	Carter Chris	Vodafone Runners	3:11:39	M45	12	0:38:33	1:04:39	1:28:26
59	2580	Achatz Robert	Vodafone Runners	3:12:21	M40	10	0:39:27	1:02:50	1:30:03
60	4971	Schroeter Wolfgang	*Wuppertal	3:12:26	M45	13	0:39:42	1:01:33	1:31:11
61	4195	Rosenträger Stefan	LGO Bochum	3:12:46	M40	11	0:39:28	1:03:30	1:29:47
62	2745	Woltering Ralf	LG COESFELD	3:12:48	M35	16	0:40:26	1:03:21	1:29:00
63	2603	Welsch Rüdiger	TUS BREITSCHEID	3:12:55	M55	4	0:40:41	1:03:34	1:28:38
64	2519	Gleumes Stephan	Vodafone Runners	3:12:57	M45	14	0:40:17	1:03:00	1:29:39
65	4544	Eversmann Dennis	*Stuttgart	3:13:18	M30	9	0:40:02	1:03:30	1:29:45
66	3418	Töller Mike Stefan	LG Alpen	3:13:26	M45	15	0:40:51	1:03:02	1:29:32
67	3012	Welskopf Peter	Ballettschule Müller Castrop	3:13:34	M55	5	0:41:15	1:02:10	1:30:08
68	4646	Unterberg Tobias	Lauftreff Oberefft	3:13:40	M40	12	0:41:06	1:03:56	1:28:36
69	4462	Meinhardt Björn	Triathlon Mülheim	3:13:58	M40	13	0:41:12	1:04:20	1:28:25
70	2917	Laschet Christian	TRC Essen 84	3:14:28	M40	14	0:39:37	1:04:04	1:30:46
71	5036	Plöger Tobias	TUSEM Essen	3:15:22	M35	17	0:39:41	1:03:03	1:32:38
72	4610	Tuttman Ludger	*Marl	3:15:31	M45	16	0:41:14	1:04:55	1:29:20
73	4010	Sahling Heino	*Essen	3:15:34	M50	4	0:40:03	1:04:17	1:31:13
74	2929	Köhler Dieter	TSV Viktoria Mülheim	3:15:42	M50	5	0:40:53	1:04:47	1:30:00
75	3183	Stolecki Stephan	LC Rapid Dortmund	3:15:46	M50	6	0:42:26	1:04:14	1:29:05
76	2502	Beissel Jens	LT Lukas	3:15:55	M40	15	0:41:00	1:04:11	1:30:43
77	4552	Lange Marius	*Borken	3:15:56	M20	8	0:41:36	1:03:24	1:30:54
78	3035	Schill Sebastian	Duisburger Schwimmverein 1	3:16:00	M30	10	0:40:23	1:04:41	1:30:55
79	2837	Weidenhaupt Alexander	*Düsseldorf	3:16:05	M35	18	0:41:08	1:06:38	1:28:17
80	3240	Wazna Holger	Rumelner TV	3:16:13	M45	17	0:41:00	1:04:28	1:30:45
81	5012	Webelsiep Jan	Westpace Runners	3:16:21	M30	11	0:39:54	1:00:59	1:35:27
82	4676	Boenke Thomas	TriFUN Kleve e.V.	3:16:43	M35	19	0:41:01	1:02:12	1:33:28
83	4586	Tuschinski Lars	Funky Runners	3:16:55	M40	16	0:42:06	1:03:28	1:31:20
84	4644	Michalka Ralph	TUSEM Essen	3:16:56	M45	18	0:41:55	1:04:00	1:31:01
85	3160	Rottstegge Sebastian	Hamminkelter SV	3:17:00	M30	12	0:41:26	1:04:40	1:30:53
86	3603	Hillecke Thomas	BST Running	3:17:11	M45	19	0:41:08	1:02:20	1:33:43
87	4114	Goeke Dr. Martin	Ausdauer Schule by bunert	3:17:23	M35	20	0:38:33	1:01:39	1:37:10
88	4000	Rietmann Stefan	VfL Merkur Kleve	3:17:52	M55	6	0:40:58	1:04:25	1:32:28
89	2735	Brinker Christian	VIVAWEST	3:18:00	M35	21	0:42:23	1:04:04	1:31:32
90	2642	Grabienski Benjamin	SG Ruhrgas 1929	3:18:07	M20	9	0:39:57	1:04:29	1:33:40
91	3059	Storm Sven	Triminators TV Voerde	3:18:13	M35	22	0:40:44	1:03:07	1:34:20
92	5321	Sander Steffen	Blau Weiß Bochum	3:18:24	M30	13	0:39:24	1:05:19	1:33:40
93	3416	Künzel Rüdiger	Lauftreff Uhlenhorst	3:18:40	M55	7	0:40:36	1:03:44	1:34:19
94	2561	Richrath Kay	Vodafone Runners	3:18:42	M45	20	0:44:06	1:03:56	1:30:39
95	5074	Ernsting Christian	*Rees	3:18:55	M35	23	0:41:20	1:02:33	1:35:01
96	5166	Timpe Sebastian	VfL Bochum LA	3:18:56	M30	14	0:41:00	1:03:54	1:34:01
97	2742	Reeker Veit	LG COESFELD	3:19:11	M35	24	0:41:33	1:04:59	1:32:38
98	4614	Pooth Daniel	Weseler TV Triathlon	3:19:43	M30	15	0:41:39	1:05:46	1:32:16
99	4224	Szostak Dieter	*Oberhausen	3:19:45	M55	8	0:41:04	1:05:07	1:33:33
100	3425	Lickfett Heiko	Freie Schwimmer Düsseldorf	3:19:48	M55	9	0:41:43	1:04:42	1:33:22
101	3919	Hetkamp Fabian	Bocholter WSV	3:19:51	M30	16	0:42:35	1:04:28	1:32:47
102	3806	Schilling-Frenk Tiemo	BSG Sparkasse Essen	3:20:08	M45	21	0:41:56	1:04:51	1:33:20
103	4421	Bögershausen Holger	Raketenläufer	3:20:42	M45	22	0:41:18	1:05:19	1:34:05
104	3410	Sender Patrick	TRC Essen 84	3:20:43	M20	10	0:41:16	1:05:53	1:33:33
105	3223	Eming Peter	Sportfreunde Ententeich	3:20:47	M20	11	0:39:41	1:03:37	1:37:27
106	3368	Lutz Christian	DSV 98	3:20:51	M20	12	0:41:39	1:04:31	1:34:40



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4251	Brüchert-Pastor Nils	PV Triathlon Witten	3:21:21	M45	23	0:41:53	1:04:37	1:34:51
108	4777	Eicheler Guido	gute-Beine.de	3:21:23	M50	7	0:42:31	1:05:30	1:33:21
109	3761	Hofmann Marc	*Düsseldorf	3:21:36	M50	8	0:42:25	1:05:52	1:33:17
110	3534	Müller Rainer	*Herne	3:22:03	M45	24	0:42:57	1:05:46	1:33:19
111	5177	Schaub Patrick	SV Gladbeck 13	3:22:24	M45	25	0:42:33	1:05:57	1:33:52
112	4537	Sadowski Tim	*Dortmund	3:22:32	M35	25	0:43:12	1:06:07	1:33:12
113	4078	Nehm Oliver	BSG Nispa	3:22:50	M35	26	0:43:40	1:06:20	1:32:49
114	4310	Jansen Volker	VfL Merkur Kleve	3:22:52	M55	10	0:42:35	1:07:08	1:33:09
115	5261	Laleike Marius	*Düsseldorf	3:23:05	M45	26	0:42:54	1:05:35	1:34:36
116	5038	Stockhoff Gerrit	*Borken	3:23:26	M20	13	0:41:27	1:07:11	1:34:46
117	3384	Höfig Carsten	*Mönchengladbach	3:23:33	M20	14	0:43:38	1:06:44	1:33:10
118	3262	Haane Stefan	SG Borken	3:23:48	M40	17	0:40:50	1:07:05	1:35:52
119	4261	Spillker Marcel	USC Duisburg	3:23:51	M35	27	0:43:33	1:06:15	1:34:02
120	3440	Kloß Michael	Google+ Running/Laufen	3:23:51	M50	9	0:43:25	1:06:25	1:34:01
121	2903	Zumtick Sebastian	VfL Motörhead	3:24:13	M40	18	0:42:10	1:06:25	1:35:37
122	5205	Gora Stefan	*Meerbusch	3:24:15	M40	19	0:43:18	1:06:58	1:33:58
123	2803	Mehtieff Alexander	Krefelder Kanu Klub	3:24:25	M50	10	0:44:08	1:07:14	1:33:03
124	3842	Jany Peter	*Dinslaken	3:24:27	M45	27	0:41:01	1:07:35	1:35:50
125	5368	Süsselbeck Kevin	LC Duisburg	3:24:36	M30	17	0:42:38	1:05:16	1:36:41
126	4906	Beckmann Thomas	Team Rurrunner	3:24:44	M50	11	0:44:10	1:07:11	1:33:22
127	3906	Wink Klaus	Bocholter WSV	3:24:45	M45	28	0:41:39	1:05:34	1:37:31
128	4149	Juckel Dr. Bernd	SG Neukirchen-Hülchrath	3:24:55	M65	1	0:43:08	1:05:52	1:35:54
129	5040	Wloka Martin	Impuls Triathlon Club Bülach	3:25:16	M40	20	0:42:54	1:09:08	1:33:13
130	4654	Grunau Manfred	LEX Bocholt Running Team	3:25:20	M50	12	0:42:22	1:06:37	1:36:20
131	2558	Droege Lukas	Vodafone Runners	3:25:31	M30	18	0:41:59	1:07:07	1:36:24
132	2552	Bravo Javier	Vodafone Runners	3:25:31	M30	19	0:43:36	1:07:32	1:34:22
133	2790	Lüther Markus	Team Polizei Duisburg	3:25:37	M55	11	0:42:05	1:05:23	1:38:08
134	5018	Kühn Christian	Moerser TV Triathlon	3:26:06	M30	20	0:41:49	1:08:48	1:35:27
135	5082	Held Dr. Dirk	*Essen	3:26:07	M45	29	0:41:27	1:05:54	1:38:45
136	3986	Rockenfeld Dirk	*Leverkusen	3:26:10	M50	13	0:42:46	1:08:05	1:35:18
137	3890	Kohlhöfer Udo	Krefelder Kanu Klub	3:26:13	M50	14	0:42:03	1:06:38	1:37:32
138	3269	Grote Stephan	TuS Xanten	3:26:22	M45	30	0:43:24	1:06:06	1:36:51
139	2573	Baader Matthieu	Vodafone Runners	3:26:30	M20	15	0:42:45	1:07:23	1:36:21
140	3731	Busch Harald	LG Rheine-Elite	3:26:32	M50	15	0:43:19	1:06:52	1:36:20
141	3354	Enk Werner	Laufsport 97/30 Lowick	3:26:39	M55	12	0:42:08	1:07:28	1:37:02
142	3099	Bell Ralf	Triathlon Mülheim	3:26:59	M55	13	0:41:22	1:14:04	1:31:33
143	3616	Bützer Peter	Freie Schwimmer Düsseldorf	3:27:00	M40	21	0:42:17	1:06:26	1:38:16
144	5125	Kolberg Sven	TC SW Budberg	3:27:07	MU18	1	0:42:14	1:06:49	1:38:04
145	3308	Kuhnert Waldemar	Triminators TV Voerde	3:27:16	M55	14	0:43:12	1:09:28	1:34:35
146	3912	Schmitz Thilo	Project 63	3:27:18	M20	16	0:42:00	1:06:33	1:38:44
147	3985	Krebs Michael	Tus Quettingen	3:27:22	M50	16	0:43:37	1:08:16	1:35:27
148	4882	Hansen Thomas	*Düsseldorf	3:27:53	M55	15	0:42:42	1:06:55	1:38:15
149	3553	Graf Karl	VfB Alemannia Pfalzdorf	3:28:20	M65	2	0:43:36	1:07:55	1:36:48
150	2809	Kessler Torsten	*Bottrop	3:28:24	M45	31	0:43:52	1:07:13	1:37:19
151	4079	Hinnemann Steffen	BSG Nispa	3:28:33	M35	28	0:43:32	1:08:09	1:36:51
152	4356	van der Venn Jürgen	LV Marathon Kleve	3:28:35	M55	16	0:48:13	1:14:27	1:25:54
153	2746	Volmer Jens	LG COESFELD	3:28:57	M40	22	0:43:56	1:08:33	1:36:28
154	3921	Bosse Manuel	*Düsseldorf	3:29:01	M30	21	0:42:59	1:09:23	1:36:38
155	4067	Fehling Anton	TSV Meerbusch	3:29:10	M20	17	0:47:08	1:07:36	1:34:26
156	4481	Hellwig Christian	Maschinen	3:29:30	M40	23	0:45:37	1:07:20	1:36:32
157	2810	Brandenburg Martin	LC Duisburg	3:29:31	M55	17	0:44:28	1:06:01	1:39:02
158	3505	Krammer Mischa	Styrumer TV	3:29:32	M45	32	0:44:52	1:07:49	1:36:50
159	3212	Migas Florian	*Mülheim	3:30:00	M35	29	0:44:38	1:08:27	1:36:54



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	5195	Martzock David	*Essen	3:30:04	M30	22	0:44:46	1:10:40	1:34:38
161	4119	Klenovsek Sascha	*Rheurdt	3:30:09	M40	24	0:44:26	1:07:34	1:38:07
162	3564	Falk Werner	Bestzeit war gestern	3:30:20	M55	18	0:44:25	1:08:21	1:37:33
163	4571	Schirmmacher Jörg	*Remscheid	3:30:22	M50	17	0:44:39	1:07:54	1:37:48
164	2988	Klenn Hans-Jürgen	LC Duisburg	3:30:26	M50	18	0:46:00	1:14:03	1:30:22
165	2743	Kramer Tobias	LG COESFELD	3:30:27	M35	30	0:44:43	1:08:15	1:37:28
166	3125	Ahles Michael	Team Montag	3:30:27	M35	31	0:43:47	1:09:07	1:37:33
167	3081	Heim Nick	Triminators TV Voerde	3:30:30	M20	18	0:42:49	1:12:27	1:35:13
168	4057	Thomauske Norbert	TuSpo Huckingen	3:30:30	M55	19	0:45:51	1:07:05	1:37:34
169	2766	Przewloka Joachim	TG Neuss	3:30:31	M55	20	0:43:34	1:08:57	1:37:59
170	2768	Halupka-Kuhn Hanjo	TG Neuss	3:30:35	M55	21	0:43:34	1:08:32	1:38:28
171	3657	Gall Jens	ASC Ratingen West	3:30:42	M50	19	0:45:56	1:07:30	1:37:16
172	4442	Bergerhoff Stefan	Ausdauer Schule by bunert	3:30:43	M40	25	0:43:22	1:08:55	1:38:25
173	5071	Wehr Matthias	LC Duisburg	3:31:09	M55	22	0:43:06	1:09:37	1:38:25
174	5026	Uysal Mustafa	*Leverkusen	3:31:10	M40	26	0:45:42	1:08:49	1:36:38
175	3455	Moroder Julien	KA-WEEMS	3:31:12	M30	23	0:44:27	1:09:11	1:37:32
176	4373	Wilhelms zu Bickern Jan	*Bochum	3:31:17	M20	19	0:45:09	1:07:36	1:38:30
177	5080	Kuschel Steffen	*Essen	3:31:22	M40	27	0:44:34	1:08:21	1:38:27
178	4683	Goldau Christopher	*Oberhausen	3:31:33	M20	20	0:43:56	1:09:06	1:38:31
179	5155	Sommer Stephan	*Duisburg	3:31:38	M30	24	0:43:52	1:08:14	1:39:31
180	4503	Börner Felix	*Düsseldorf	3:31:44	M30	25	0:44:00	1:08:13	1:39:30
181	4507	Kostelnik Ingo	Roadrunner	3:31:52	M45	33	0:43:54	1:07:56	1:40:01
182	2639	Werner Sebastian	SG Ruhrgas 1929	3:32:02	M35	32	0:43:44	1:07:53	1:40:25
183	5130	Wortmann Ralf	*Kalkar	3:32:20	M45	34	0:43:34	1:09:07	1:39:38
184	2883	Fels Hubert	Billerbecker Läufer	3:32:24	M55	23	0:44:25	1:09:34	1:38:23
185	3364	Mayer Andreas	TuS Xanten	3:32:27	M45	35	0:42:23	1:03:56	1:46:07
186	4061	Brömme Roland	DAV-Duisburg	3:32:29	M55	24	0:44:16	1:08:06	1:40:06
187	5146	Bläser Frank	*Moers	3:32:37	M50	20	0:44:21	1:09:08	1:39:06
188	4561	Roggatz Malte	MSV Duisburg Einradzebras	3:32:38	M20	21	0:45:22	1:07:33	1:39:42
189	2894	Splittorf Michael	OTV Endurance Team	3:32:40	M55	25	0:45:21	1:10:21	1:36:57
190	4536	Terhorst Klaus	*Geldern	3:32:43	M60	2	0:45:26	1:07:46	1:39:31
191	3235	Rutkiewicz Sebastian	VfL Gladbeck Fun Runner	3:32:44	M35	33	0:45:17	1:10:57	1:36:29
192	3671	Willner Detlef	Mettmann	3:32:53	M60	3	0:43:47	1:09:46	1:39:19
193	3944	Strittmatter Christian	*Mettmann	3:33:03	M50	21	0:44:12	1:11:33	1:37:17
194	3159	Parusel Stefan	Blau-weiß -Bochum	3:33:07	M50	22	0:44:49	1:09:15	1:39:02
195	4860	Dillinger Thomas	ASC Ratingen West	3:33:10	M40	28	0:43:53	1:09:38	1:39:37
196	3435	Trzensiok Martin	Weseler TV Triathlon	3:33:14	M45	36	0:38:16	1:03:28	1:51:28
197	3148	Pesch Thomas	Triathlon Taren Trainiac Tea	3:33:32	M45	37	0:44:43	1:09:25	1:39:23
198	3756	Micus Werner	DSC Preußen	3:34:02	M45	38	0:44:08	1:09:10	1:40:43
199	3649	Gebert Stefan	Feuerwehr Gelsenkirchen	3:34:13	M30	26	0:44:56	1:11:29	1:37:48
200	3916	Kesche Oliver	Freischwimmer Düsseldorf	3:34:29	M35	34	0:44:21	1:11:01	1:39:06
201	3681	Kassner Jürgen	SC Bayer 05 Uerdingen	3:34:30	M50	23	0:47:54	1:09:08	1:37:26
202	3056	Reizer Ralf	Ralf#s Schweissschmiede	3:34:34	M45	39	0:44:25	1:10:00	1:40:09
203	2856	Schürbüscher Markus	TSV Bocholt	3:34:37	M40	29	0:45:39	1:11:34	1:37:24
204	4890	Kasperkowitz Nico	Team Erdinger Alkoholfrei	3:34:39	M30	27	0:45:56	1:08:10	1:40:32
205	4107	Röth Wilfried	VfL Merkur Kleve	3:34:46	M55	26	0:44:55	1:09:40	1:40:10
206	2970	Piegza Sebastian	LSF Münster	3:35:02	M35	35	0:41:05	1:02:36	1:51:20
207	3752	Späth Norbert	Freie Schwimmer Düsseldorf	3:35:09	M45	40	0:44:16	1:09:17	1:41:34
208	3966	Robert Ferdinand	MKW-Läufer	3:35:15	M55	27	0:44:36	1:09:03	1:41:35
209	4424	Gäde Christian	*Düsseldorf	3:35:20	M50	24	0:43:48	1:11:38	1:39:53
210	2559	Akbaba Metin	Vodafone Runners	3:35:25	M40	30	0:44:53	1:09:56	1:40:34
211	4124	Gorelkov Stanislav	LSV-Team	3:35:36	M30	28	0:44:13	1:09:46	1:41:36
212	4298	Orosz Dr. Robert	*Krefeld	3:35:38	M45	41	0:44:38	1:08:37	1:42:23



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	2556	Janetzko Till	Vodafone Runners	3:35:41	M30	29	0:45:38	1:08:29	1:41:33
214	4754	Vollmer Lars	*Krefeld	3:35:44	M45	42	0:43:52	1:11:47	1:40:03
215	4098	Mathia Marcus	*Grevenbroich	3:35:45	M45	43	0:42:45	1:11:21	1:41:38
216	2904	Beuth Christian	*Dinslaken	3:35:49	M40	31	0:45:08	1:11:43	1:38:56
217	3127	Oelschläger Klaus	*Düsseldorf	3:35:53	M55	28	0:44:42	1:09:36	1:41:34
218	3869	Laufs Stephan	LT Metzkausen	3:36:29	M50	25	0:44:45	1:09:20	1:42:24
219	4377	Kriependorf Florian	TEAM ELG	3:36:35	M40	32	0:43:09	1:08:31	1:44:54
220	5133	Bohlen Felix	FF Hamminkeln	3:36:38	M20	22	0:45:43	1:10:10	1:40:44
221	4829	Schroer Tim	*Wesel	3:36:41	M20	23	0:45:44	1:10:11	1:40:45
222	4155	Debecker Christian	*Grefrath	3:36:51	M35	36	0:46:19	1:10:40	1:39:52
223	4267	Wiefels Jan	*Düsseldorf	3:36:52	M35	37	0:42:53	1:09:37	1:44:22
224	3536	Kisyne Kevin	Essen	3:36:59	M30	30	0:44:18	1:09:08	1:43:32
225	3385	Gebauer Bernd	LG Olympia Dortmund	3:37:06	M50	26	0:45:38	1:10:00	1:41:27
226	4236	Arslan Zeynelabidin	NAVAHOO	3:37:19	M55	29	0:44:11	1:08:38	1:44:29
227	3337	Fangmeier Dirk	Die Höhenläufer	3:37:22	M45	44	0:43:21	1:11:39	1:42:21
228	3197	Pauls Viktor	*Düsseldorf	3:37:28	M45	45	0:45:02	1:10:33	1:41:52
229	4643	Edeler Tim	*Essen	3:38:03	M20	24	0:43:10	1:05:59	1:48:53
230	2572	Ponto Stefan	Vodafone Runners	3:38:11	M50	27	0:41:38	1:11:03	1:45:28
231	2855	Kleinen Ulf	*Düsseldorf	3:38:12	M55	30	0:45:48	1:10:51	1:41:31
232	4003	Terörde Lars	Triathlon Team Ratingen 08	3:38:23	M45	46	0:44:55	1:10:55	1:42:32
233	4227	Färber Dr. Andreas	*Duisburg	3:38:31	M50	28	0:45:33	1:09:53	1:43:04
234	2676	Dixkens Jörg	TV Wanheimerort	3:38:43	M55	31	0:45:59	1:12:09	1:40:34
235	2571	Bauer Pascal	Vodafone Runners	3:38:50	M50	29	0:44:29	1:11:50	1:42:30
236	4208	Schnatmann Christian	*Hünxe	3:38:52	M55	32	0:45:35	1:11:34	1:41:42
237	4491	Vrenegor Andre	Westfalia Gemen	3:38:54	M45	47	0:45:59	1:11:02	1:41:52
238	3688	Schwass David	Die Oberkämpf(er)	3:39:07	M45	48	0:46:08	1:11:58	1:41:00
239	3484	Koch Carsten	Triathlon TEAM TG Witten	3:39:12	M45	49	0:45:26	1:10:19	1:43:26
240	3945	Koch Christian	TriTeam TSG Sprockhövel	3:39:15	M50	30	0:44:32	1:09:28	1:45:14
241	4833	Hopermann Udo	Hamminkelter SV	3:39:19	M65	3	0:45:10	1:13:35	1:40:33
242	2759	Hamza Ali Mohamed	LG Pater Tobias	3:39:22	MU18	2	0:44:17	1:10:39	1:44:25
243	3686	Becker Wolfgang	*Essen	3:40:17	M65	4	0:46:22	1:11:55	1:41:59
244	4678	Gaida Norbert	SV Gladbeck 13	3:40:37	M45	50	0:42:58	1:09:10	1:48:28
245	3097	Hetterscheidt Mattes	*Essen	3:40:38	M50	31	0:45:42	1:13:27	1:41:28
246	4834	Wüster Mirko	Bluffing Monkeys	3:40:53	M35	38	0:45:28	1:11:59	1:43:24
247	2634	Torkhani Imad	TC Kray 1892 e.V.	3:40:59	M40	33	0:45:07	1:11:45	1:44:06
248	4617	Meier-Krause Stephan	*Moers	3:41:01	M30	31	0:46:17	1:10:38	1:44:04
249	4115	Radstaak Marco	Bocholter WSV	3:41:01	M45	51	0:46:31	1:12:20	1:42:09
250	5033	Thielking Pascal	Tv Dessau 92	3:41:10	M35	39	0:49:12	1:07:36	1:44:21
251	2827	Wicht Thomas	*Korschenbroich	3:41:15	M45	52	0:46:16	1:11:35	1:43:24
252	4008	Kuppe Alexander	Triathlon Team Ratingen 08	3:41:35	M45	53	0:45:09	1:12:49	1:43:36
253	3274	Traurig Michael	SV 19 Straelen	3:41:38	M50	32	0:45:33	1:10:17	1:45:46
254	5104	Wojtek Niklas	PhysioAktiv Bottrop	3:41:46	M20	25	0:49:12	1:13:58	1:38:36
255	3296	Eming Frank	Sportfreunde Ententeich	3:42:04	M20	26	0:44:05	1:12:43	1:45:15
256	3114	Gochermann Christian	BSG Springorum Bochum	3:42:20	M40	34	0:43:40	1:10:54	1:47:45
257	4033	Aben Markus	*Kevelaer	3:42:32	M35	40	0:44:42	1:10:32	1:47:18
258	4811	Wentzel Stefan	Sportpark Stadtwald	3:42:33	M40	35	0:47:17	1:11:27	1:43:48
259	3341	Guffler Frank	ASC Ratingen West	3:42:47	M50	33	0:45:42	1:12:33	1:44:31
260	4831	Üvey Erhan	Aratos Journal	3:42:53	M45	54	0:46:06	1:13:28	1:43:18
261	4091	Bruckhoff Daniel	Classic Boat Club	3:43:03	M30	32	0:46:32	1:13:09	1:43:20
262	2545	Räck Rainer	Vodafone Runners	3:43:08	M50	34	0:45:35	1:11:48	1:45:44
263	2699	Nendzig Robert	LAUFTEAM-CASINO DU.	3:43:10	M30	33	0:45:07	1:12:26	1:45:35
264	4419	Böing Christian	*Düsseldorf	3:43:11	M40	36	0:46:39	1:11:32	1:44:59
265	5107	Winkelhausen Nikolaus	*Düsseldorf	3:43:12	M20	27	0:43:58	1:07:34	1:51:38



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4885	Niekamp Jens	*Duisburg	3:43:15	M45	55	0:44:43	1:10:50	1:47:41
267	4788	Höning André	Wir bei HKM	3:43:15	M40	37	0:45:55	1:12:08	1:45:11
268	3863	Schmidt Joachim	*Essen	3:43:16	M60	4	0:47:13	1:12:19	1:43:44
269	5221	Hemmers Tobias	*Rheinberg	3:43:21	M20	28	0:46:55	1:12:12	1:44:13
270	3234	Piorr Sascha	VfL Gladbeck Fun Runner	3:43:26	M35	41	0:45:18	1:10:58	1:47:10
271	2818	Klein Christian	Angerland LT Lintorf	3:43:33	M50	35	0:47:00	1:12:09	1:44:22
272	2880	Ehrlich Dirk	Team EhrBec	3:43:42	M50	36	0:46:09	1:11:29	1:46:03
273	3877	Daugart Dr. Jan	*Düsseldorf	3:43:59	M40	38	0:46:20	1:12:25	1:45:13
274	2782	Henning Rainer	Team Polizei Duisburg	3:44:00	M55	33	0:48:29	1:14:36	1:40:54
275	5327	Neier Dietmar	*Hamminkeln	3:44:04	M50	37	0:46:40	1:12:31	1:44:51
276	3976	Birkenfeld Bastian	*Oberhausen	3:44:08	M35	42	0:44:57	1:14:43	1:44:26
277	2765	Götz Volker	TG Neuss	3:44:26	M55	34	0:47:18	1:12:02	1:45:04
278	3225	Sonnen Stephan	*Essen	3:44:27	M45	56	0:46:25	1:13:18	1:44:43
279	3135	Rzyla Adrian	Bocholter WSV	3:44:28	M45	57	0:47:52	1:12:15	1:44:20
280	2708	Gatzki Dr. Christian	200PRO GmbH	3:44:41	M40	39	0:46:37	1:14:01	1:44:02
281	3095	Rütter Ralf	Hamminkelter SV	3:44:48	M45	58	0:45:55	1:13:29	1:45:23
282	4307	Jurczyk Sven	Team Erdinger Alkoholfrei	3:44:53	M35	43	0:44:00	1:11:51	1:49:01
283	4609	Kraus Thorsten	MSV Duisburg Einradzebras	3:45:05	M45	59	0:45:56	1:09:33	1:49:35
284	4099	Gudd Andreas	*Essen	3:45:09	M45	60	0:47:37	1:13:47	1:43:45
285	3722	van Hall Karl-Heinz	Dragonboatclub Borken	3:45:45	M55	35	0:49:03	1:17:33	1:39:08
286	3073	Pfeiffer Thomas	Frühschicht	3:45:47	M45	61	0:46:55	1:15:13	1:43:39
287	4877	Korloo Djahanrad	*Mülheim	3:45:49	M45	62	0:48:18	1:12:51	1:44:39
288	3785	Hoffmann Michael	LC Duisburg	3:45:51	M55	36	0:47:14	1:13:27	1:45:09
289	3866	Breil David	LT Bismarckturm Bochum	3:46:03	M40	40	0:47:14	1:12:16	1:46:32
290	3396	Kühnreich Mathias	*Essen	3:46:13	M50	38	0:48:08	1:13:27	1:44:37
291	4284	Nendza Mirko	*Duisburg	3:46:14	M30	34	0:49:14	1:13:48	1:43:11
292	2964	Heitkamp Patrick	TSV Bocholt	3:46:18	M35	44	0:47:27	1:12:23	1:46:26
293	3124	Gerritsma Carsten	Team Montag	3:46:31	M35	45	0:45:24	1:12:03	1:49:03
294	5079	Siedler Christian	*Düsseldorf	3:46:32	M35	46	0:47:48	1:14:24	1:44:20
295	4746	Geerken Alexander	DKV Runners	3:46:36	M45	63	0:40:54	1:13:58	1:51:43
296	3407	Klefisch Dietmar	*Mülheim	3:46:38	M55	37	0:46:32	1:13:36	1:46:28
297	3328	Twelmeyer Thomas	*Düsseldorf	3:46:41	M30	35	0:47:02	1:13:12	1:46:26
298	3351	Hoffmann Michael	*Neuss	3:46:54	M40	41	0:47:00	1:13:25	1:46:29
299	3644	Radziejewski Jörg	*Moers	3:46:59	M50	39	0:44:58	1:17:52	1:44:08
300	2853	Heitkötter Kalle	*Mettmann	3:47:00	M40	42	0:48:32	1:12:23	1:46:05
301	3629	Rüther Martin	*Wesel	3:47:05	M50	40	0:46:42	1:16:46	1:43:35
302	3253	Lange Michael	*Duisburg	3:47:08	M45	64	0:47:29	1:13:38	1:46:00
303	2928	Urbanowski Jens	*Moers	3:47:12	M45	65	0:46:44	1:14:52	1:45:36
304	3415	Schifferdecker Diethelm	Ausdauererschule by bunert	3:47:13	M50	41	0:46:09	1:15:02	1:46:01
305	4747	Sperling Simon	*Duisburg	3:47:27	M20	29	0:47:28	1:14:15	1:45:43
306	2744	Hünteler Jan Hendrik	LG COESFELD	3:47:28	M35	47	0:47:16	1:12:00	1:48:11
307	3414	Hornickel Stephan	*Neuss	3:47:36	M35	48	0:43:23	1:07:19	1:56:53
308	4985	Grauke Tobias	TuS 08 Lintorf	3:47:39	M55	38	0:47:29	1:12:22	1:47:47
309	5115	Lenders Axel	Allround Triathlon Team Klev	3:47:43	M50	42	0:45:48	1:09:31	1:52:22
310	4968	Schmink Patrick	Allround Triathlon Team Klev	3:47:46	M30	36	0:48:00	1:14:43	1:45:02
311	3781	Kazmierczak Michael	*Dinslaken	3:47:48	M30	37	0:47:47	1:13:26	1:46:34
312	4801	Schaefer Reiner	BSG Sparkasse Bochum	3:47:53	M45	66	0:47:58	1:15:51	1:44:03
313	4054	Yates Stewart	Kildahl Biology Running Grou	3:47:57	M40	43	0:48:07	1:13:39	1:46:10
314	2508	Mielke Sebastian	EDEKA Buchholz	3:48:04	M35	49	0:45:19	1:14:21	1:48:23
315	4147	Krügenger Philipp	*Kleve	3:48:07	M40	44	0:49:20	1:14:27	1:44:20
316	4275	Bruno Manuel	Anchor Running Crew Duisb	3:48:08	M40	45	0:46:06	1:15:33	1:46:29
317	2597	Köster Christof	TUS BREITSCHEID	3:48:11	M45	67	0:47:55	1:16:41	1:43:35
318	3092	Janik Marco	Ausdauererschule by bunert	3:48:21	M30	38	0:46:10	1:14:50	1:47:21



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3645	Jann Horst	*Düsseldorf	3:48:22	M60	5	0:47:48	1:15:39	1:44:53
320	4323	Kennedy Dr. Marcus	CR Runners	3:48:28	M45	68	0:47:04	1:14:01	1:47:23
321	4404	Schreiber Bernd	*Moers	3:48:33	M45	69	0:47:39	1:13:37	1:47:17
322	5000	Musialak Thomas	*Bochum	3:48:39	M20	30	0:44:38	1:24:36	1:39:24
323	5283	Siegmund Marco	Amermund Runners	3:48:42	M45	70	0:47:11	1:14:07	1:47:23
324	5110	Reinke Hans	LG Einbronx	3:48:59	M45	71	0:45:09	1:13:50	1:50:00
325	4482	Kammann Johannes	Allround Triathlon Team Klev	3:49:02	M45	72	0:45:00	1:09:37	1:54:24
326	3226	Schmengler Steohan	BSG Stadtwerke Duisburg	3:49:11	M50	43	0:46:56	1:14:12	1:48:02
327	4581	Wolfsdorf Jörn	Tus08 Lintorf	3:49:24	M40	46	0:49:14	1:14:33	1:45:36
328	3602	von der Heyden Ralf	TV Aldekerk	3:49:32	M40	47	0:47:46	1:17:15	1:44:30
329	4752	Biermann Jörg	Rennfietse Bocholt	3:49:33	M45	73	0:46:36	1:15:38	1:47:18
330	4211	Overbeck Bastian	Laufen in Kaarst	3:49:47	M35	50	0:44:40	1:13:23	1:51:43
331	62	Kennedy Kieron	SG Ruhrgas 1929	3:49:59	M45	74	0:47:15	1:15:05	1:47:38
332	4094	Essler Florian	*Essen	3:50:01	M35	51	0:46:01	1:12:02	1:51:57
333	2596	Gnau Peter	TUS BREITSCHEID	3:50:04	M50	44	0:55:19	1:28:12	1:26:33
334	4887	Foitzik Marco	Un Fug Pendas	3:50:07	M40	48	0:50:18	1:13:49	1:45:59
335	4034	Aben Leo	*Geldern	3:50:08	M60	6	0:48:06	1:14:52	1:47:10
336	3431	Karatas Michael	SV Concordia	3:50:09	M45	75	0:47:05	1:16:11	1:46:52
337	3630	Henke Christian	*Wesel	3:50:18	M45	76	0:47:35	1:16:48	1:45:54
338	3965	Siry Martin	TV Wanheimerort	3:50:20	M45	77	0:43:15	1:14:03	1:53:01
339	4022	Gehrmann Michael	Bocholt	3:50:27	M50	45	0:48:08	1:13:36	1:48:42
340	2562	Schneider Markus	Vodafone Runners	3:50:32	M30	39	0:45:17	1:13:41	1:51:33
341	2709	May Ulrich	TRIMET	3:50:37	M50	46	0:48:18	1:14:59	1:47:19
342	2605	Nedballa Michael	Max Maulwurf Marathonis	3:50:43	M35	52	0:46:36	1:15:14	1:48:52
343	5313	Pamotat Ralf	LT Bittermark Dortmund	3:50:49	M55	39	0:45:10	1:14:33	1:51:05
344	4701	Hegemann Andreas	LT Haumannplatz Essen	3:50:56	M40	49	0:54:02	1:13:32	1:43:22
345	4736	Krause Ralf	Kaarst	3:50:56	M45	78	0:46:42	1:12:53	1:51:21
346	2546	Hund Markus	Vodafone Runners	3:50:57	M45	79	0:47:37	1:14:19	1:49:00
347	5351	Beick Uwe	BSG Springorum Bochum	3:51:00	M50	47	0:47:39	1:17:25	1:45:55
348	4975	Risse Levin	*Duisburg	3:51:02	M30	40	0:46:30	1:12:36	1:51:55
349	3502	Ott Marcus	*Duisburg	3:51:24	M35	53	0:47:16	1:15:00	1:49:07
350	5284	Amerkamp Andreas	Amermund Runners	3:51:29	M45	80	0:48:19	1:15:47	1:47:23
351	4526	Grafelmann Simon	*Oberhausen	3:51:41	M35	54	0:47:40	1:14:53	1:49:07
352	4095	Hohl Detlev	Allround Triathlon Team Klev	3:51:42	M50	48	0:51:10	1:16:48	1:43:43
353	3989	Rumpel Florian	Artistic Jumpers	3:51:55	M20	31	0:47:32	1:13:42	1:50:40
354	4451	Strehlke Ernst	Tuspo Rengershausen	3:51:56	M50	49	0:48:15	1:17:12	1:46:28
355	4395	Maaßen Manuel	*Krefeld	3:52:01	M35	55	0:48:52	1:16:05	1:47:03
356	2877	Schreiber Thomas	Die Elfrather Montagsläufer	3:52:01	M40	50	0:47:53	1:16:01	1:48:05
357	4997	Razowski Damian	*Mülheim an der Ruhr	3:52:06	M30	41	0:49:02	1:17:22	1:45:41
358	4690	Tischler Jörg	*Düsseldorf	3:52:18	M45	81	0:47:24	1:15:16	1:49:36
359	3232	Kubitza Marco	Triathlon Mülheim	3:52:21	M45	82	0:48:29	1:18:59	1:44:52
360	4416	Asel Andreas	Team Erdinger Alkoholfrei	3:52:24	M50	50	0:48:32	1:15:16	1:48:35
361	4805	Nischan Robert	DKV Runners	3:52:26	M35	56	0:46:43	1:13:57	1:51:44
362	2755	Pater Tobias	LG Pater Tobias	3:52:29	M55	40	0:48:20	1:16:26	1:47:41
363	3978	Waschkowitz Norman	Adler-Langlauf Bottrop	3:52:29	M40	51	0:49:23	1:14:43	1:48:22
364	2712	Müller Dirk	SV Siemens	3:52:33	M50	51	0:49:44	1:15:07	1:47:42
365	3864	Babski Stefan	BSG Sparkasse Essen	3:52:54	M40	52	0:47:09	1:15:43	1:50:01
366	5143	Dehne Stephan	*Langenfeld	3:53:02	M40	53	0:48:20	1:12:51	1:51:50
367	2919	Edeler Thorsten	LC Duisburg	3:53:10	M50	52	0:45:34	1:10:17	1:57:18
368	3343	Longerich Max	*Krefeld	3:53:16	M20	32	0:50:12	1:18:00	1:45:03
369	4460	König Jürgen	Klingenwetzler	3:53:18	M55	41	0:47:26	1:14:41	1:51:10
370	5158	Kohlmann Oliver	gute-Beine.de	3:53:31	M50	53	0:47:19	1:14:12	1:51:58
371	3153	Müller Peter	LC Duisburg	3:53:40	M70	1	0:48:51	1:14:34	1:50:14



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4903	Fichna Jörg	*Bottrop	3:53:42	M50	54	0:49:35	1:14:50	1:49:16
373	3021	Kunaratana Yogi	jobo Running	3:53:46	M45	83	0:50:00	1:18:03	1:45:42
374	2979	Beinersdorf Ralf	YoBO Running Remscheid	3:53:46	M45	84	0:49:59	1:18:04	1:45:42
375	3931	Langer Dr. Marcel	*Oberhausen	3:53:48	M35	57	0:48:54	1:16:13	1:48:40
376	5202	Beier Oliver	*Düsseldorf	3:53:50	M50	55	0:48:28	1:14:02	1:51:18
377	3656	Nowak Dominik	*Essen	3:53:52	M35	58	0:47:42	1:16:51	1:49:18
378	4779	Döring Andreas	*Gelsenkirchen	3:53:53	M55	42	0:48:56	1:14:12	1:50:44
379	5353	Mayer Martin	*Remscheid	3:53:59	M45	85	0:47:05	1:13:30	1:53:24
380	3949	Pöter Martin	Renntiere	3:54:00	M50	56	0:47:22	1:20:55	1:45:42
381	3847	Laubenthal Lars	K. Bellwon Elektrotechnik Gm	3:54:05	M45	86	0:48:43	1:19:51	1:45:30
382	4948	Killius Klaus	Marathon Mülheim	3:54:06	M55	43	0:47:40	1:16:21	1:50:05
383	3083	Königstein Remo	Viermärker Dortmund	3:54:18	M55	44	0:50:22	1:16:56	1:46:59
384	4983	Narberhaus Bernd	*Köln	3:54:24	M45	87	0:49:09	1:17:43	1:47:31
385	4551	Wünsche Clemens	*Meerbusch	3:54:32	M45	88	0:49:41	1:16:45	1:48:04
386	3491	Dick Viktor	*Neukirchen-Vluyn	3:54:40	M50	57	0:46:27	1:17:06	1:51:06
387	3276	Peters Andreas	*Oberhausen	3:54:44	M55	45	0:47:37	1:15:19	1:51:47
388	3896	Vogel Lars	Laufwerk Ruhr	3:54:44	M40	54	0:48:36	1:17:13	1:48:55
389	3572	Aulich Jürgen	*Duisburg	3:54:45	M55	46	0:49:15	1:15:07	1:50:23
390	2900	Becker Martin	Team EhrBec	3:54:48	M50	58	0:47:52	1:16:28	1:50:27
391	3215	Hüssen Ralf	*Essen	3:55:00	M30	42	0:41:33	1:07:05	2:06:21
392	5358	Hansen Rodger	*Düsseldorf	3:55:11	M50	59	0:49:44	1:17:58	1:47:28
393	3449	Elting Manfred	Bocholter WSV	3:55:13	M50	60	0:48:40	1:16:36	1:49:56
394	4762	Gajewski Ullrich	*Duisburg	3:55:23	M50	61	0:49:33	1:16:27	1:49:22
395	3658	Herrmann Stefan	*Essen	3:55:41	M35	59	0:49:25	1:17:16	1:48:59
396	4986	Glitz Peter	AS Neukirchen-Vluyn	3:55:48	M50	62	0:46:51	1:16:48	1:52:08
397	5253	Klewen Mike	*Neukirchen-vluyn	3:55:49	M20	33	0:47:24	1:16:01	1:52:23
398	3161	Fischer Günter	Lauftreff Sterkrade-Nord	3:56:02	M45	89	0:48:28	1:16:14	1:51:19
399	3486	Schultz Patrick	*Essen	3:56:20	M20	34	0:48:10	1:15:16	1:52:54
400	3881	Goretzki Michael	Aktion Canchanabury	3:56:24	M30	43	0:48:17	1:17:50	1:50:16
401	4088	Schroeder Georg	BSV Delphi Wuppertal	3:56:27	M65	5	0:48:49	1:16:04	1:51:33
402	2813	Kretschmer Marc	*Krefeld	3:56:34	M35	60	0:48:54	1:17:51	1:49:47
403	5068	Toepsch Matthias	*Wuppertal	3:56:40	M30	44	0:46:54	1:14:57	1:54:48
404	2520	Holtmanns Thomas	Vodafone Runners	3:56:43	M50	63	0:47:18	1:16:36	1:52:49
405	3813	Schneider Jürgen	LT Turnerbund Frintrop	3:56:52	M55	47	0:47:49	1:15:56	1:53:07
406	4799	Kyewski Niels	Triminators TV Voerde	3:57:06	M45	90	0:49:33	1:17:16	1:50:17
407	2609	Phasue Chatchawin	Max Maulwurf Marathonis	3:57:14	M35	61	0:50:53	1:14:24	1:51:57
408	3131	Kuse Oliver	TuS Xanten	3:57:21	M45	91	0:49:16	1:17:31	1:50:33
409	3654	Eiteneuer Bernd	Rapid Ramirez	3:57:21	M60	7	0:49:48	1:17:32	1:50:00
410	3663	Lichtenberger Frank	Styrumer TV	3:57:37	M55	48	0:48:45	1:18:09	1:50:42
411	3280	Hillig Harald	wiesnasen-mara-tonis	3:57:41	M55	49	0:47:41	1:17:45	1:52:14
412	4313	Schreiber Frank	*Duisburg	3:57:42	M50	64	0:49:05	1:16:59	1:51:37
413	2950	Ehrentraut Heinz-Udo	Born to Run	3:57:43	M55	50	0:49:21	1:16:28	1:51:53
414	3743	Pichler Manuel	LGO Bochum	3:57:44	M40	55	0:49:37	1:18:25	1:49:41
415	4316	Jakubzik Frank	LT Vynen Xanten	3:57:59	M50	65	0:46:36	1:23:52	1:47:31
416	3500	Ptassek Rainer	Sporting-Mülheim	3:58:02	M55	51	0:49:43	1:16:20	1:51:58
417	4196	Stadel Joachim	*Mülheim	3:58:07	M30	45	0:48:07	1:17:17	1:52:42
418	3997	Kreuzenbeck Volker	LC Ruhrpott America	3:58:08	M55	52	0:49:15	1:16:31	1:52:21
419	3898	Brix Dennis	Laufwerk Ruhr	3:58:14	M40	56	0:49:38	1:17:19	1:51:16
420	3493	Fastner Christian	OTV Endurance Team	3:58:28	M50	66	0:48:20	1:14:30	1:55:37
421	4270	Pilaski Moritz	Duisburger Ruderverein	3:58:30	M30	46	0:49:16	1:15:11	1:54:02
422	3789	Thanner Markus	Giasinga Ledahosn	3:58:42	M45	92	0:49:24	1:16:55	1:52:22
423	3772	Köhnen Dirk	LEMKEN Lauftreff	3:58:44	M55	53	0:50:09	1:12:44	1:55:50
424	4391	Tiggelbeck Daniel	*Dinslaken	3:58:46	M30	47	0:49:02	1:14:35	1:55:08



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	3475	Küperkoch Thomas	*Duisburg	3:58:54	M35	62	0:49:44	1:19:08	1:50:00
426	4621	Brüger Jann	*Mülheima an der Ruhr	3:58:54	M30	48	0:42:07	1:24:06	1:52:40
427	4727	Unger Wolfgang	*Krefeld	3:58:56	M50	67	0:48:11	1:17:59	1:52:44
428	3100	Zupp Christian	*Duisburg	3:59:02	M45	93	0:48:24	1:14:28	1:56:08
429	3120	Rohrmeyer Michael	*Lüdenscheid	3:59:02	M50	68	0:48:33	1:17:48	1:52:40
430	3167	Itjeshorst Christian	Lauftreff Sterkrade-Nord	3:59:25	M50	69	0:51:11	1:23:13	1:45:00
431	4197	Marissen Oliver	*Kempen	3:59:26	M50	70	0:49:11	1:18:34	1:51:40
432	4724	Wuellner Ueli	*Zürich	3:59:35	M40	57	0:50:09	1:16:16	1:53:09
433	3700	Hoppe Ralf	Running Dinslaken	4:00:01	M50	71	0:49:39	1:18:47	1:51:34
434	5007	Wellermann Jens	Futsalicious Essen e.V.	4:00:03	M20	35	0:47:03	1:19:19	1:53:41
435	5014	Bücken Leonardo	SG Borken	4:00:07	M50	72	0:49:48	1:17:41	1:52:37
436	4672	Schulz-Bongert Dr. Udo	Running Team Grafenberg	4:00:08	M55	54	0:49:42	1:17:05	1:53:20
437	3946	Schumann Frank	RC77 Bocholt	4:00:13	M45	94	0:48:27	1:19:15	1:52:30
438	5151	Mazzoli Miko	GREND-Runner	4:00:15	M45	95	0:47:02	1:17:54	1:55:18
439	3559	Klimas Stefan	*Moers	4:00:20	M45	96	0:49:47	1:17:15	1:53:17
440	2867	Reimer Theo	Allround Triathlon Team Klev	4:00:25	M60	8	0:49:20	1:17:56	1:53:08
441	3504	Hurtz-Ludwig Markus	Haaner Knaller	4:00:25	M50	73	0:50:04	1:17:54	1:52:26
442	2951	Ülger Serdar	*Dorsten	4:00:28	M20	36	0:47:54	1:16:48	1:55:44
443	4454	Watta Robert	*Dinslaken	4:00:41	M35	63	0:49:05	1:18:43	1:52:52
444	4530	Hardt Lutz	Zulu Runners	4:00:47	M50	74	0:52:14	1:19:53	1:48:40
445	2553	Estruch Ramon	Vodafone Runners	4:01:00	M30	49	0:47:52	1:15:00	1:58:07
446	2549	Fenske Claus	Vodafone Runners	4:01:01	M45	97	0:52:03	1:20:11	1:48:46
447	3726	Graml Stefan	*Duisburg	4:01:20	M45	98	0:49:46	1:17:17	1:54:16
448	2936	Dombrowsky Detlef	VfL Gladbeck Fun Runner	4:01:20	M55	55	0:47:46	1:20:56	1:52:38
449	3393	Plitt Carsten	Laufen gegen Leiden e.V.	4:01:25	M50	75	0:42:55	1:24:58	1:53:32
450	5293	Di Serio Mario	GRUPPO SPORTIVO	4:01:26	M45	99	0:46:05	1:22:37	1:52:43
451	4691	Knospe Max	*Mülheim an der Ruhr	4:01:29	M20	37	0:48:44	1:16:53	1:55:50
452	5322	Künzel Jörg	Forsit Team	4:01:29	M40	58	0:48:51	1:15:45	1:56:52
453	4534	May Achim	TV Witzhelden	4:01:29	M50	76	0:49:13	1:18:21	1:53:54
454	5056	Gurny Rüdiger	Reeser SC Triathlon	4:01:32	M50	77	0:47:21	1:24:17	1:49:53
455	3447	Huysmann Carsten	Angerland LT Lintorf	4:01:43	M45	100	0:49:24	1:18:29	1:53:49
456	3304	Lawrey Andrew	*Essen	4:02:02	M40	59	0:49:33	1:19:56	1:52:32
457	3434	Kesselhut Frank	*Duisburg	4:02:09	M50	78	0:51:14	1:19:11	1:51:43
458	4810	Zimny Andreas	*Herne	4:02:22	M35	64	0:49:33	1:19:37	1:53:10
459	3724	Katzenberger Oliver	*Schermebeck	4:02:40	M50	79	0:48:38	1:22:25	1:51:36
460	4417	Ulbrich Dennys	FC Bayern München	4:02:40	M40	60	0:50:01	1:19:06	1:53:32
461	3821	Dörner Josef	Gelato Donnelli	4:02:40	M50	80	0:49:54	1:19:20	1:53:25
462	4604	Spoden Migo	LC Duisburg	4:02:42	M55	56	0:51:56	1:17:24	1:53:21
463	4444	Spennhoff Andreas	Aus LUST am LEBEN	4:02:45	M50	81	0:50:23	1:18:34	1:53:47
464	4704	Grundmann Holger	*Rhede	4:02:47	M40	61	0:49:19	1:19:43	1:53:44
465	4282	Kempkes Rene	TSV Bocholt	4:02:53	M35	65	0:52:33	1:17:37	1:52:42
466	4525	Mittasch Markus	Langsam läuft am längsten	4:03:00	M50	82	0:49:09	1:21:43	1:52:06
467	3708	Conrad Thomas	*Essen	4:03:01	M50	83	0:47:45	1:15:09	2:00:07
468	5248	Dröscher Björn	TVD 1870 Velbert	4:03:02	M45	101	0:50:25	1:23:25	1:49:11
469	3007	Malcus Burkhard	SunRunner	4:03:14	M55	57	0:52:47	1:19:05	1:51:21
470	5303	Kleinschnitz Robin	*Hilden	4:03:23	M20	38	0:49:24	1:18:39	1:55:18
471	3794	Heinrich Peter	LC Duisburg	4:03:23	M55	58	0:49:11	1:17:35	1:56:36
472	3882	Schmidt Rene	Aktion Canchanabury	4:03:29	M30	50	0:49:55	1:17:51	1:55:42
473	4791	Kleinschmidt Axel	LGS Hilden	4:03:33	M50	84	0:50:57	1:20:18	1:52:17
474	4994	Wagner Robert	CDS Running Team	4:03:36	M35	66	0:50:54	1:17:51	1:54:50
475	3014	Dickes Michael	Ballettschule Müller Castrop	4:03:45	M45	102	0:50:56	1:19:04	1:53:44
476	4174	Cellar Andreas	Marathon Mülheim	4:03:49	M55	59	0:50:54	1:18:45	1:54:09
477	4590	Brendler Klaus	Prummelüöper	4:03:52	M45	103	0:47:37	1:22:42	1:53:31



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	4771	Hoffjann Christof	*Schermbbeck	4:03:54	M50	85	0:49:52	1:22:26	1:51:35
479	3546	Raback Uwe	LT Weitmarer Holz	4:04:02	M50	86	0:49:21	1:17:41	1:57:00
480	4321	Müller Christof	Angerland LT Lintorf	4:04:17	M35	67	0:49:26	1:18:26	1:56:24
481	4560	Odenthal Danny	*Leverkusen	4:04:40	M40	62	0:49:32	1:19:22	1:55:46
482	4414	Zachan Michael	Solinger LC	4:04:44	M55	60	0:45:22	1:15:38	2:03:44
483	3824	Buske Sebastian	Ausdauerhschule by bunert	4:04:46	M35	68	0:51:34	1:19:09	1:54:02
484	2600	Kraatz Norman	TUS BREITSCHEID	4:04:46	M35	69	0:48:28	1:17:14	1:59:03
485	4740	Boldt Jörg	Wir bei HKM	4:04:51	M45	104	0:48:22	1:17:39	1:58:49
486	4763	Rommerswinkel Stephan	*Mülheim an der Ruhr	4:04:51	M30	51	0:49:11	1:17:52	1:57:48
487	3294	Jussen Alexander	RSV Düren	4:04:53	M30	52	0:46:41	1:19:42	1:58:28
488	4767	Werner Andre	*Düsseldorf	4:05:20	M45	105	0:51:13	1:19:59	1:54:08
489	4020	Bartels Guido	*Duisburg	4:05:21	M40	63	0:50:03	1:21:56	1:53:21
490	2574	Abraham Florian	Vodafone Runners	4:05:34	M40	64	0:50:39	1:23:56	1:50:57
491	2812	Rzepczyk Michael	*Dinslaken	4:05:40	M50	87	0:49:09	1:19:17	1:57:13
492	3062	Rommen Markus	Neudorf-Runners	4:05:50	M40	65	0:52:02	1:20:33	1:53:13
493	3063	Schmitz Gerd	Neudorf-Runners	4:05:51	M55	61	0:52:02	1:20:35	1:53:13
494	3735	Lange Roland	Fortuna Düsseldorf 1895 e.V.	4:05:56	M50	88	0:51:09	1:19:03	1:55:43
495	4869	Beyer Harald	DSG Essen	4:05:58	M55	62	0:47:19	1:13:51	2:04:47
496	3990	Bidenham Dr. Frank	Www.dr.bidenham.org	4:06:01	M55	63	0:52:28	1:20:51	1:52:40
497	5121	Franz Wolfgang	Schwarz-Rot Hügel	4:06:15	M45	106	0:51:40	1:20:20	1:54:14
498	4927	Diersch Ralph	LT Uhlenhorst Mülheim	4:06:19	M60	9	0:57:22	1:16:51	1:52:04
499	2564	Celik Veli	Vodafone Runners	4:06:25	M45	107	0:48:13	1:19:38	1:58:33
500	2869	Franke Edgar	SC Bayer 05 Uerdingen	4:06:34	M55	64	0:52:22	1:20:14	1:53:56
501	4490	Traversari Mario	*Duisburg	4:06:35	M20	39	0:51:42	1:17:52	1:57:01
502	2884	Hesper Bernhard	Billerbecker Läufer	4:06:38	M55	65	0:48:01	1:20:13	1:58:22
503	4170	Wesslén Philipp	*Moers	4:06:42	M20	40	0:47:21	1:19:36	1:59:45
504	5152	Kohnke Benjamin	*Rheinberg	4:06:44	M30	53	0:50:07	1:19:51	1:56:45
505	3353	Skiba Martin	Laufen gegen Leiden e.V.	4:06:45	M45	108	0:48:18	1:24:54	1:53:32
506	3375	Ridder Ingbert	LT Lukas	4:06:46	M55	66	0:52:13	1:18:40	1:55:52
507	3313	Busch Markus	Angerland LT Lintorf	4:06:47	M40	66	0:49:41	1:20:41	1:56:25
508	3892	Falter Hubertus	SV Siemens	4:06:51	M55	67	0:52:51	1:18:41	1:55:18
509	3779	Hemmelberg Udo	Team Polizei Duisburg	4:06:52	M50	89	0:52:51	1:16:54	1:57:06
510	3031	Seidel Hagen	*Düsseldorf	4:07:03	M50	90	0:50:54	1:20:38	1:55:30
511	4729	Blümel Andreas	*Düsseldorf	4:07:04	M30	54	0:50:27	1:20:02	1:56:34
512	5156	Vogel Felix	*Essen	4:07:14	M20	41	0:51:51	1:19:19	1:56:03
513	4136	Postertz Peter	Benzin im Blut	4:07:30	M45	109	0:54:34	1:19:15	1:53:40
514	3573	Aulich Frederik	*Duisburg	4:07:45	M20	42	0:48:41	1:15:01	2:04:02
515	3660	Burs David	*Duisburg	4:07:48	M30	55	0:50:38	1:19:22	1:57:47
516	5265	Haßelberg Sebastian	*Duisburg	4:07:49	M35	70	0:48:30	1:20:27	1:58:51
517	5299	Loszinski Alexander	*Bochum	4:08:00	M30	56	0:50:54	1:22:30	1:54:35
518	3979	Schumann Joachim	Marathon Mülheim	4:08:15	M45	110	0:53:10	1:20:51	1:54:13
519	3701	Gottlieb Malte	BSG Deutsche Bank Düsse	4:08:32	M50	91	0:50:10	1:19:32	1:58:50
520	5169	Rej dak Hauke	*Düsseldorf	4:08:34	M45	111	0:50:09	1:20:17	1:58:07
521	3699	Lieske Magnus	*Düsseldorf	4:08:47	M35	71	0:55:57	1:17:19	1:55:30
522	2648	Pohl Hans-Jürgen	SG Ruhrgas 1929	4:08:49	M50	92	0:51:30	1:21:40	1:55:38
523	5057	Wolff Peter	*Mülheim	4:08:51	M50	93	0:51:40	1:22:31	1:54:39
524	3673	Ehrlich Carsten	*Duisburg	4:08:56	M50	94	0:53:37	1:20:37	1:54:42
525	3611	Rosche Johannes	*Oberhausen	4:08:56	M45	112	0:51:58	1:22:23	1:54:34
526	4031	Baumert Peter	Team Erdinger Alkoholfrei	4:09:09	M40	67	0:52:22	1:22:36	1:54:10
527	4030	Krobok Marc	Team Erdinger Alkoholfrei	4:09:09	M45	113	0:52:22	1:22:36	1:54:10
528	4597	Ehlert Stephan	*Meerbusch	4:09:12	M55	68	0:51:15	1:21:19	1:56:37
529	3850	Lachnit Andreas	VfL Niederwenigern 1963 e. V	4:09:16	M50	95	0:51:35	1:19:56	1:57:43
530	3679	Fischer Sebastian	*Düsseldorf	4:09:21	M35	72	0:50:59	1:23:32	1:54:49



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	3744	Klug Andreas	Running Dinslaken	4:09:22	M50	96	0:48:17	1:21:30	1:59:34
532	5017	Kube Marco	Ausdauerschule by bunert	4:09:27	M30	57	0:45:16	1:39:36	1:44:33
533	4648	Obieglo Thomas	TV Wanheimerort	4:09:33	M45	114	0:50:07	1:19:15	2:00:10
534	2901	Richter Herbert	Marathonis on tour	4:09:38	M50	97	0:49:55	1:19:19	2:00:22
535	4856	Kempmann Stefan	TV Bruckhausen	4:09:40	M35	73	0:50:31	1:22:44	1:56:25
536	4922	Paul Thomas	SV Budberg Lauffreunde	4:09:44	M50	98	0:49:31	1:22:17	1:57:55
537	4352	Huk Benjamin	*Düsseldorf	4:09:45	M30	58	0:49:19	1:20:06	2:00:19
538	3557	Brand Gunnar	*Duisburg	4:09:48	M45	115	0:50:43	1:21:17	1:57:47
539	5264	Köksalan Tim	*Duisburg	4:09:50	M35	74	0:50:32	1:20:26	1:58:51
540	4850	Groß-Heynck Dirk	Rennfietse Bocholt	4:09:54	M45	116	0:49:58	1:19:54	2:00:00
541	4792	Neuhoff Stephan	LGS Hilden	4:10:19	M60	10	0:52:09	1:21:18	1:56:50
542	4909	Keiser Christoph	*Duisburg	4:10:21	M40	68	0:50:40	1:23:26	1:56:14
543	3157	Bock Michael	Ruhrrunner Essen	4:10:22	M50	99	0:49:11	1:16:54	2:04:16
544	4427	Ihling Michael	Bocholter WSV	4:10:25	M20	43	0:49:08	1:19:21	2:01:55
545	4357	Razeng Thomas	*Gelsenkirchen	4:10:30	M35	75	0:53:19	1:21:51	1:55:19
546	2921	Weimer Julian	Die 4 Winde	4:10:38	M30	59	0:52:53	1:22:26	1:55:17
547	2727	Adamczuk David	AOK TEAM	4:10:42	M45	117	0:52:42	1:19:45	1:58:15
548	4522	Adamczuk Vincent	Kamikaze-Runners	4:10:43	M20	44	0:52:42	1:19:45	1:58:15
549	4514	Ottner Peter	Team Erdinger Alkoholfrei	4:10:44	M50	100	0:49:08	1:21:35	2:00:01
550	5098	Göbel Karsten	Helios Iron Team Wuppertal	4:10:45	M55	69	0:53:50	1:15:20	2:01:33
551	4023	Mäteling Alex	SV Haldern Laufftreff	4:10:49	M60	11	0:53:46	1:18:33	1:58:29
552	3519	Kords Christian	*Krefeld	4:10:53	M65	6	0:51:57	1:19:31	1:59:24
553	4126	Fritz Patrick	BSG Sparkasse Mülheim	4:10:55	M35	76	0:51:41	1:21:06	1:58:07
554	2629	Kahls Markus	Max Maulwurf Marathonis	4:10:58	M50	101	0:50:45	1:21:20	1:58:52
555	4991	Schieder Mike	AS Neukirchen-Vluyn	4:11:00	M45	118	0:43:51	1:08:04	2:19:05
556	4996	Schweer Jean-Marie	*Bochum	4:11:02	M30	60	0:46:38	1:14:13	2:10:09
557	4239	Naßmacher Heiner	SG Borken	4:11:17	M55	70	0:52:44	1:23:46	1:54:46
558	2764	Schlautmann Rene	LC Duisburg	4:11:31	M30	61	0:52:18	1:22:25	1:56:48
559	3521	Schmidt Detlev	Edeka	4:11:42	M55	71	0:51:38	1:19:23	2:00:40
560	3510	Mohr Markus	*Issum	4:11:53	M50	102	0:50:51	1:21:00	2:00:02
561	3528	Vohl Stefan	Beeckerwerther Kanuverein e	4:11:55	M45	119	0:52:06	1:21:32	1:58:15
562	5178	Schwittek Michael	Die Fruchtzwerg	4:12:07	M40	69	0:42:07	1:03:22	2:26:37
563	3980	Kuschel Florian	*Krefeld	4:12:23	MU20	1	0:48:13	1:23:12	2:00:57
564	3429	Leonhards Carl	L-Runners Krefeld	4:12:23	M20	45	0:48:13	1:23:12	2:00:57
565	3181	Kolberg Dieter	DJK TuS Rotthausen	4:12:36	M55	72	0:52:09	1:21:56	1:58:30
566	4345	Mandel Wolfgang	LC Duisburg	4:12:42	M65	7	0:53:51	1:22:24	1:56:26
567	3060	Schleich Martin	SV Spellen	4:12:44	M35	77	0:51:55	1:23:19	1:57:28
568	3647	Meinrich Dirk	*Essen	4:12:46	M50	103	0:52:09	1:24:44	1:55:51
569	3646	Wiegand Axel	*Essen	4:12:46	M45	120	0:52:10	1:24:45	1:55:51
570	4681	Kroll Ingmar	*Wuppertal	4:13:04	M35	78	0:52:34	1:22:38	1:57:50
571	5052	Schübel Timo	LC Duisburg	4:13:15	M35	79	0:55:18	1:19:36	1:58:21
572	3925	Ammann Olaf	*Mülheim	4:13:22	M55	73	1:03:17	1:14:14	1:55:50
573	4540	Kleinohl Sascha	*Duisburg	4:13:22	M40	70	0:55:21	1:21:51	1:56:09
574	3689	Schlatt Dominik	*Bocholt	4:13:45	M20	46	0:51:46	1:24:55	1:57:02
575	5072	Sotor Björn	#BurgerNerds	4:13:49	M40	71	0:50:27	1:22:05	2:01:15
576	5073	Lindner Tobias	#BurgerNerds	4:13:50	M35	80	0:50:28	1:22:06	2:01:15
577	2662	Kleinfeld Uli	BWG Running Team	4:13:59	M55	74	0:48:30	1:22:29	2:02:59
578	4182	Hunhoff Frank	SG Kupferdreh-Byfang	4:14:05	M45	121	0:50:49	1:23:27	1:59:49
579	4027	Werding Arndt	SG Kupferdreh-Byfang	4:14:05	M45	122	0:50:49	1:23:27	1:59:48
580	4403	Frericks Matthias	TV Rhede	4:14:18	M45	123	0:52:39	1:23:06	1:58:32
581	4005	Kill Ludger	Porsche Club of America	4:14:19	M55	75	0:52:28	1:26:56	1:54:54
582	4774	Rohleder Markus	Auslaufmodelle Xanten	4:14:35	M55	76	0:51:02	1:24:49	1:58:44
583	4884	Stenkamp Dr. Dirk	*Bocholt	4:14:44	M55	77	0:51:35	1:22:19	2:00:49



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	4148	Eßler Felix	*Essen	4:14:52	M35	81	0:51:55	1:23:45	1:59:12
585	3101	Plicht Wolfgang	OSC Dinslaken-Averbruch	4:14:54	M60	12	0:51:37	1:22:38	2:00:38
586	5219	Heidenreich Günter	SG Stern Werk Düsseldorf	4:14:57	M55	78	0:52:12	1:20:56	2:01:48
587	3562	Eßing Frank	Bocholter WSV	4:15:23	M50	104	0:53:24	1:09:59	2:12:00
588	4797	vom Ende Max	*Mülheim an der Ruhr	4:15:28	M30	62	0:52:23	1:23:37	1:59:26
589	3430	Budde Stephan	Sportpark Stadtwald	4:15:39	M50	105	0:53:06	1:23:55	1:58:37
590	2512	Nguyen Quang	Vodafone Runners	4:15:53	M40	72	0:50:43	1:33:17	1:51:53
591	2579	Stolle Jörg	Vodafone Runners	4:15:54	M45	124	0:47:15	1:28:45	1:59:53
592	4137	Pörtner- Pieper Theo	Benzin im Blut	4:16:00	M50	106	0:55:31	1:22:23	1:58:06
593	4804	Kürpig Jürgen	*Langenfeld	4:16:26	M50	107	0:54:16	1:21:17	2:00:52
594	3635	Hülder Dr. Malte	*Essen	4:16:37	M40	73	0:48:44	1:19:40	2:08:12
595	5307	Holtschneider Christian	*Duisburg	4:16:47	M35	82	0:52:02	1:22:18	2:02:26
596	3186	Klausen Marco	Borussia Fohlenpower	4:17:06	M45	125	0:52:42	1:20:42	2:03:41
597	2598	Presser Christian	TUS BREITSCHEID	4:17:36	M55	79	0:51:54	1:26:06	1:59:35
598	4106	Höppner Kay	*Eschborn	4:17:54	M40	74	0:54:53	1:28:50	1:54:10
599	4450	Schaup Ralph	*Wetter	4:18:04	M55	80	0:54:07	1:24:42	1:59:13
600	3568	Kronenberg Friedrich	Marathonteam Ratingen	4:18:05	M65	8	0:51:10	1:20:46	2:06:08
601	3853	Gerits Oliver	*Bochum	4:18:05	M35	83	0:51:26	1:22:40	2:03:58
602	3621	Elvermann Jan	*Bottrop	4:18:11	M40	75	0:54:06	1:24:57	1:59:06
603	2589	Tuncel Turhan	VIVAWEST	4:18:18	M50	108	0:53:57	1:20:57	2:03:23
604	5344	Roch Karl	LC Duisburg/laufbuchruhr.de	4:18:27	M55	81	0:54:05	1:15:26	2:08:55
605	4138	Bredt Peter	*Schwelm	4:18:30	M60	13	1:12:43	1:16:02	1:49:45
606	4102	Richter Volker	*Duisburg	4:18:41	M60	14	0:53:43	1:25:48	1:59:09
607	2918	Thies Stefan	*Kaarst	4:18:53	M45	126	0:51:19	1:23:00	2:04:33
608	2522	Gettler Frank	Vodafone Runners	4:18:57	M45	127	0:53:05	1:25:56	1:59:55
609	3796	Zopi Özgür	TK and sriends	4:19:04	M35	84	0:46:54	1:26:45	2:05:24
610	4428	Ihling Johnny	TSV Bocholt	4:19:07	M55	82	0:54:40	1:22:31	2:01:55
611	3300	Graebel Gunther	Crepe & Baguette Duisburg	4:19:13	M65	9	0:49:44	1:23:09	2:06:19
612	3834	Huber Christian	*Hattingen	4:19:18	M50	109	0:53:02	1:23:18	2:02:57
613	3659	Förster Ralf	*Essen	4:19:26	M55	83	0:51:28	1:21:02	2:06:55
614	3545	Burkard Stefan	SV Wattenscheid 1930	4:19:27	M50	110	0:57:21	1:30:31	1:51:34
615	3817	Bolender Werner	TV Jahn Hiesfeld	4:19:44	M50	111	0:53:49	1:24:30	2:01:23
616	3025	Rudolph Uwe	CTS	4:19:45	M55	84	0:53:25	1:24:58	2:01:22
617	5224	Hafenrichter Erwin	*Ratingen	4:19:46	M50	112	0:48:27	1:16:58	2:14:20
618	2829	Tintrop Christian	OTV Endurance Team	4:19:57	M40	76	0:51:41	1:28:59	1:59:16
619	2947	Wendicke Dennis	*Mülheim an der Ruhr	4:20:06	M35	85	0:54:49	1:25:48	1:59:28
620	2640	Ducke Dennis	SG Ruhrgas 1929	4:20:08	M35	86	0:54:49	1:25:49	1:59:28
621	5318	Hagenbücher Christopher	*Duisburg	4:20:08	M30	63	0:52:14	1:21:06	2:06:47
622	3217	Steinmann Peter	TSG Sprockhövel	4:20:10	M65	10	0:55:00	1:22:09	2:03:00
623	4981	Stubenrauch Jens	Team Erdinger Alkoholfrei	4:20:23	M35	87	0:51:04	1:24:36	2:04:43
624	5228	Aydin Ismail	*Duisburg	4:20:24	M55	85	0:54:09	1:25:20	2:00:54
625	3257	Schulz Georg	Tri-Team TV Schiefbahn	4:20:30	M55	86	0:54:41	1:25:11	2:00:37
626	4868	Klinge Dr. Marcus	DSG Essen	4:20:45	M50	113	0:53:42	1:22:14	2:04:48
627	5252	Schemken Markus	*Velbert	4:20:51	M50	114	0:53:48	1:32:58	1:54:04
628	3539	Schmitz Andreas	Die Deichläufer	4:21:08	M50	115	0:51:49	1:22:18	2:07:00
629	3109	Schulte Jochen	*Köln	4:21:19	M45	128	0:53:26	1:25:04	2:02:48
630	3188	Storms Hubert	TuS Baerl e.V.	4:21:29	M65	11	0:54:35	1:26:21	2:00:32
631	3057	Bönnighausen Burkhard	*Ratingen	4:21:29	M55	87	0:52:44	1:22:33	2:06:11
632	4007	Möllhoff Udo	*Mül6	4:22:22	M60	15	0:53:28	1:27:31	2:01:22
633	5369	Milicevic Igor	LC Duisburg	4:22:23	M45	129	0:53:28	1:29:07	1:59:47
634	2937	Thimm Frank	*Düsseldorf	4:22:28	M45	130	0:52:46	1:26:26	2:03:15
635	3399	Bantin Holger	Ausdauerchule by bunert	4:22:33	M65	12	0:53:12	1:26:40	2:02:40
636	3202	Borchardt Michael	*Mülheim an der Ruhr	4:22:38	M50	116	0:49:51	1:22:23	2:10:23



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	4081	Krause Christian	Tandem Stiftung Zülów	4:22:43	M45	131	0:54:04	1:26:02	2:02:36
638	5229	Lim Michael	*Essen	4:23:07	M20	47	1:05:31	1:18:38	1:58:56
639	4666	Haase Thomas	*Düsseldorf	4:23:13	M50	117	0:53:37	1:22:58	2:06:36
640	4566	Käbe Uwe	LC Duisburg	4:23:17	M55	88	0:58:40	1:24:19	2:00:17
641	3797	Heymann Stephan	TK and friends	4:23:20	M45	132	0:51:09	1:26:45	2:05:25
642	3277	Michels Kevin	*Moers	4:23:29	M30	64	0:53:18	1:25:06	2:05:04
643	4735	von Gruchalla Stefan	*Bottrop	4:23:34	M30	65	0:55:57	1:24:35	2:03:01
644	4867	Hellwig-Meller Jürgen	DSG Essen	4:23:40	M50	118	0:53:43	1:22:14	2:07:41
645	4624	Grafen Dirk Barnabas	Schalke 04	4:23:41	M40	77	0:56:12	1:26:29	2:00:58
646	5176	Wilms Sascha	TuS Xanten	4:23:41	M45	133	0:52:29	1:23:00	2:08:12
647	5273	Lappe Rolf	AS Neukirchen-Vluyn	4:23:45	M55	89	0:56:23	1:28:00	1:59:21
648	3134	Gerlach Dr. Thomas	die 3 von der Franzstrasse	4:23:54	M65	13	0:53:22	1:27:44	2:02:47
649	4939	Schlottbom Markus	*Hünxe	4:23:55	M40	78	0:54:06	1:25:26	2:04:22
650	3054	Schiefer Markus	Absolute Oberliga	4:24:19	M45	134	0:56:47	1:22:58	2:04:33
651	4907	Laszczyk Ralf	*Duisburg	4:24:22	M55	90	0:56:25	1:25:13	2:02:43
652	4288	Ihrig Daniel	Verstege&Lux	4:24:34	M30	66	0:52:35	1:25:53	2:06:04
653	3908	Hossfeld Mark	SunRunner	4:24:38	M35	88	0:54:23	1:24:27	2:05:47
654	4121	Duesmann Dierk	*Oberhausen	4:24:47	M50	119	0:55:11	1:28:02	2:01:32
655	5075	Hagemann Udo	TG-Hörste	4:25:05	M50	120	0:57:18	1:26:19	2:01:26
656	4246	Lemke Lars	TV 1900 Wanheim	4:25:25	M45	135	0:51:47	1:21:06	2:12:31
657	2976	Baumgarten Horst	Adler-Langlauf Bottrop	4:25:27	M60	16	0:48:11	1:31:36	2:05:40
658	3397	Fritschen Heiko	*Velbert	4:25:29	M45	136	0:54:15	1:25:18	2:05:55
659	2635	Müller Ulrich	TC Kray 1892 e.V.	4:25:33	M60	17	0:57:34	1:19:58	2:08:00
660	2978	Hajek Prof. Dirk	Adler-Langlauf Bottrop	4:25:40	M45	137	0:48:57	1:31:08	2:05:35
661	2616	Catikkas Mehmet	Max Maulwurf Marathonis	4:25:46	M45	138	0:51:58	1:27:57	2:05:50
662	4205	Vogt Holger	*Essen	4:25:55	M55	91	0:52:16	1:24:38	2:09:00
663	5237	Schütze Holger	Reeser SC Triathlon	4:26:00	M55	92	0:54:00	1:24:17	2:07:42
664	3422	Stoller Wolfgang	nein	4:26:27	M55	93	0:55:25	1:26:38	2:04:23
665	3463	Ropers Stefan	*Moers	4:26:29	M50	121	0:51:50	1:23:54	2:10:44
666	2683	Gröber Rüdiger	200PRO GmbH	4:26:30	M60	18	0:54:52	1:26:03	2:05:34
667	3783	Brockof Peter	SC Bayer 05 Uerdingen	4:26:30	M50	122	0:51:35	1:20:57	2:13:57
668	5218	Scheiermann Martin	SV 13 Gladbeck Triathlon	4:27:16	M50	123	0:55:09	1:26:13	2:05:53
669	3306	Damen Wolfgang	Bataver Laufftreff Emmerich	4:27:17	M55	94	0:53:18	1:24:54	2:09:05
670	3876	Porzig Rüdiger	*Kaarst	4:27:19	M55	95	0:56:53	1:25:55	2:04:30
671	4720	Baumann Marc	Polizei duisburg	4:27:29	M45	139	0:55:46	1:28:13	2:03:30
672	4198	Jägers Johannes	*Herne	4:27:30	M30	67	0:51:46	1:26:07	2:09:36
673	3934	Fiedler Ernst-Oskar	LT Gruitzen-Neandertal	4:27:40	M65	14	0:54:35	1:25:33	2:07:30
674	4982	Piel Sebastian	*Essen	4:28:07	M30	68	0:49:15	1:43:32	1:55:20
675	2509	Albrecht Rainer	TUS BREITSCHEID	4:28:38	M55	96	0:54:23	1:22:15	2:12:00
676	4218	Friebel Lars	*Alpen	4:28:43	M40	79	0:58:55	1:25:12	2:04:34
677	3843	Spolders Tillmann	*Alpen	4:28:43	M40	80	0:58:55	1:25:13	2:04:35
678	4920	Ruske Jan	*Düsseldorf	4:29:00	M30	69	0:57:06	1:28:23	2:03:29
679	3133	Pohl Gerhard	Wir bei HKM	4:29:00	M55	97	0:54:36	1:25:24	2:08:59
680	4337	Fröschl Jan	*Mülheim	4:29:09	M40	81	0:54:32	1:24:44	2:09:52
681	2643	Grabienski Wolfgang	SG Ruhrgas 1929	4:29:13	M65	15	0:56:38	1:27:54	2:04:41
682	4432	Kollár Philip	*Düsseldorf	4:29:13	M35	89	0:53:37	1:27:31	2:08:04
683	4917	Kroß Sebastian	*Dinslaken	4:29:19	M30	70	0:57:01	1:28:14	2:04:02
684	4200	Nikta Michael	*Oberhausen	4:29:57	M30	71	0:51:45	1:28:34	2:09:36
685	2607	Bittner Jörg	Max Maulwurf Marathonis	4:30:05	M45	140	0:50:10	1:21:56	2:17:58
686	3459	Dicke Ralf	LC Duisburg	4:30:21	M60	19	0:54:58	1:34:26	2:00:57
687	5135	Krause Dr. Uwe	*Meerbusch	4:30:24	M55	98	0:54:40	1:25:05	2:10:37
688	4486	Denis Nick	MoGru-Runners	4:30:40	M35	90	0:56:03	1:26:51	2:07:44
689	3174	Hippler Jan	*Duisburg	4:30:43	M40	82	0:53:58	1:28:13	2:08:31



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	5366	Wilmsen Henry	Marathonkurs 2018	4:30:54	M60	20	0:55:58	1:30:13	2:04:42
691	4800	Kedras Achilleas	BSG Sparkasse Bochum	4:30:57	M40	83	0:54:05	1:29:51	2:06:59
692	4857	Zatzkowski Michael	RSG Herne	4:31:01	M55	99	0:55:55	1:26:02	2:09:03
693	4092	Stockhausen Andreas	RT Backfieldrunners Bocholt	4:31:07	M45	141	0:52:52	1:24:07	2:14:08
694	3612	Müller Günter	Marathonteam Ratingen	4:31:27	M75	1	0:56:59	1:28:18	2:06:08
695	4817	Siepmann Christoph	*Rheinberg	4:31:47	M45	142	0:56:28	1:26:37	2:08:42
696	2686	Löwen Alexander	200PRO GmbH	4:31:59	M30	72	0:55:30	1:28:49	2:07:38
697	5217	Niehues Frank	*Essen	4:32:17	M35	91	0:54:19	1:24:46	2:13:11
698	4631	Oppelt Manni	Renntiere	4:32:19	M50	124	0:54:43	1:24:16	2:13:19
699	2925	Uebbing Klaus	Laufsport 97/30 Lowick	4:32:29	M50	125	0:53:45	1:26:55	2:11:49
700	2702	Wilinski Michael	LAUFTEAM-CASINO DU.	4:32:52	M35	92	0:48:59	1:32:25	2:11:28
701	4718	Blum Wolfgang	*Duisburg	4:33:28	M55	100	0:58:04	1:31:07	2:04:16
702	3213	Stumpe Fabian	Kaffeeklatsch	4:33:36	M20	48	0:48:37	1:23:27	2:21:31
703	5304	Kleinschnitz Martin	*Bocholt	4:33:50	M60	21	0:49:24	1:32:18	2:12:06
704	3030	Vormbrock Jörg	Steele 11	4:34:17	M50	126	0:54:35	1:30:59	2:08:42
705	2775	Nowacki Maren	TuS Breitscheid	4:34:26	M20	49	0:56:27	1:25:59	2:12:00
706	4362	Maaßen Heinz	LT Turnerbund Frintrop	4:34:30	M60	22	0:57:54	1:30:35	2:06:01
707	4732	van Eik Rolf	*Wetter	4:35:28	M55	101	0:54:05	1:26:23	2:14:59
708	3983	Heuer Torsten	*Essen	4:35:53	M40	84	0:55:29	1:29:29	2:10:55
709	2511	Janssen Edgar	Vodafone Runners	4:36:13	M45	143	0:50:43	1:33:17	2:12:12
710	4191	Seipp Enrico	*Duisburg	4:36:19	M35	93	0:54:51	1:30:45	2:10:43
711	3975	Fischbach Andreas	TH Köln	4:36:23	M35	94	0:45:54	1:13:11	2:37:16
712	4812	Lux Sebastian	*Krefeld	4:36:49	M35	95	0:58:03	1:29:47	2:08:59
713	3383	Fischer Rolf M	*Wesel	4:37:00	M50	127	1:01:48	1:34:25	2:00:45
714	3476	Eisenkopf Oliver	*Mülheim	4:37:38	M45	144	0:52:31	1:20:10	2:24:55
715	3254	Socher Michael	LC Duisburg	4:37:43	M55	102	0:57:15	1:29:52	2:10:35
716	3839	Nest Michael	LG.Roadrunner	4:38:07	M50	128	0:56:29	1:32:14	2:09:23
717	2619	Rätzel Nicolle	Max Maulwurf Marathonis	4:38:22	M40	85	0:57:59	1:30:34	2:09:48
718	3529	Brackmann Stefan	*Dinslaken	4:38:49	M55	103	0:57:26	1:29:37	2:11:46
719	4900	Vehreschild Karl-Heinz	TSV Weeze	4:39:07	M65	16	0:56:30	1:29:39	2:12:56
720	3221	Berg Wolfgang	*Duisburg	4:40:50	M65	17	0:53:55	1:35:02	2:11:51
721	2864	Ernst Matthias	*Dinslaken	4:41:07	M50	129	0:53:24	1:38:15	2:09:27
722	5184	Menke Klaus	AS Neukirchen-Vluyn	4:41:09	M65	18	0:58:53	1:31:20	2:10:54
723	3678	Schilling Stefan	*Duisburg - Walsum	4:41:09	M40	86	0:58:12	1:34:46	2:08:10
724	4553	Fischer Patrick	*Mülheim an der Ruhr	4:41:31	M30	73	0:57:16	1:34:23	2:09:51
725	3278	Schoch Guido	LC Duisburg	4:41:34	M40	87	0:53:56	1:26:16	2:21:22
726	4262	Kostbahn Dr. Wilfried	*Ratingen	4:41:48	M45	145	0:59:28	1:28:22	2:13:57
727	3558	Brockhaus Helmut	SPCA Duisburg	4:41:56	M55	104	0:54:00	1:31:07	2:16:47
728	4838	Kilic Hakan	*Ergolding	4:42:03	M45	146	0:59:22	1:31:07	2:11:33
729	4407	Preuss Thomas-Peter	*Duisburg	4:42:22	M40	88	0:53:24	1:36:35	2:12:23
730	4769	Friedrich Jörg	BSV Delphi	4:43:09	M55	105	0:57:05	1:27:55	2:18:07
731	3576	Zangen Markus	*Düsseldorf	4:43:57	M45	147	0:56:21	1:28:00	2:19:34
732	3956	Müller Frank	Emscher-Igels	4:43:59	M50	130	0:57:17	1:32:31	2:14:10
733	3036	Berger Andreas	Fun Runner VfL Gladbeck	4:44:08	M50	131	1:04:41	1:30:20	2:09:06
734	3522	Hühner Michael	*Bochum	4:44:33	M45	148	0:56:36	1:33:11	2:14:45
735	3723	Wachsmann Georg	*Gladbeck	4:46:03	M50	132	0:57:48	1:31:08	2:17:07
736	2857	Wins Jürgen	LAUFTREFF XANTEN	4:46:10	M55	106	1:00:09	1:30:21	2:15:40
737	4921	Hebinck Franz	Lifefit Dinslaken	4:46:16	M50	133	0:57:12	1:27:48	2:21:15
738	2646	Langenhorst Peter	SG Ruhrgas 1929	4:47:13	M55	107	0:54:10	1:28:46	2:24:16
739	5310	Hammesfahr Knut	Eggenweg-Crew	4:47:13	M40	89	0:53:48	1:31:27	2:21:57
740	3149	Swiatczak Eugen	*Duisburg	4:48:31	M70	2	1:01:17	1:36:30	2:10:44
741	3018	Dwornik Rainer	*Duisburg	4:48:45	M45	149	0:57:23	1:30:44	2:20:37
742	2719	Haupt Christian	AOK TEAM	4:49:48	M30	74	0:57:46	1:30:37	2:21:24



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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	5004	Mura Mike	*Oberhausen	4:50:11	M20	50	0:58:24	1:36:47	2:14:59
744	4506	Peters Markus	Roadrunner	4:50:12	M45	150	0:59:41	1:33:08	2:17:22
745	2620	Rudolf Joachim	Max Maulwurf Marathonis	4:50:13	M65	19	0:55:10	1:26:52	2:28:10
746	2968	Grafen Christian	Nur der MSV	4:50:14	M40	90	0:56:23	1:34:21	2:19:29
747	3380	Winkelmann Markus	*Dorsten	4:50:26	M50	134	0:57:03	1:29:45	2:23:37
748	5078	Merker Timo	*Aachen	4:50:42	M20	51	1:01:37	1:34:11	2:14:53
749	2909	Menzel Andreas	*Oberhausen	4:50:48	M50	135	0:56:25	1:32:33	2:21:49
750	3939	Abraham Ivan	*Duisburg	4:50:59	M45	151	0:59:08	1:34:55	2:16:54
751	4386	Kruse Patrick	WSV Schermbeck	4:52:23	M20	52	0:58:40	1:34:18	2:19:25
752	5280	Melech Torgen	*Oberhausen	4:52:30	M40	91	0:56:32	1:36:18	2:19:38
753	4891	Ising Oliver	*Duisburg	4:52:35	M45	152	1:02:03	1:31:07	2:19:24
754	4447	Vormdohre Dieter	*Ratingen	4:53:15	M60	23	1:00:36	1:37:04	2:15:35
755	3227	Ernst Uwe	BSG Stadtwerke Duisburg	4:53:56	M55	108	0:56:14	1:33:29	2:24:12
756	4954	Nouera Stephan	SG Monheim	4:54:20	M40	92	1:01:41	1:36:25	2:16:13
757	4408	Neumann Klaus	SG Monheim	4:54:21	M60	24	1:01:42	1:36:26	2:16:13
758	2697	Märker Michael	LAUFTEAM-CASINO DU.	4:54:38	M50	136	1:00:01	1:29:27	2:25:09
759	3427	Leonhards André	L-Runners Krefeld	4:54:42	M50	137	1:00:47	1:36:08	2:17:46
760	2704	Buhlmann Rolf	LAUFTEAM-CASINO DU.	4:54:47	M45	153	0:58:35	1:39:25	2:16:45
761	4717	Vos Andreas	Adler Essen	4:54:50	M40	93	1:01:22	1:34:05	2:19:21
762	4398	Gehnen Frank	*Wachtendonk	4:54:52	M45	154	1:00:57	1:35:27	2:18:27
763	5242	Mertins Dr. Kai	Veerter Vlitzer	4:55:08	M45	155	0:59:14	1:35:33	2:20:21
764	5243	Osterberg Frank	Veerter Vlitzer	4:55:11	M55	109	0:59:14	1:35:34	2:20:22
765	3730	Sprink Thomas	LT Stoppenberg	4:55:19	M55	110	1:03:50	1:34:14	2:17:14
766	5279	Fiß Peter	KHTC Mülheim	4:55:56	M45	156	0:59:28	1:35:26	2:21:01
767	4051	Kendziorra Thomas	FH Dortmund	4:56:01	M50	138	0:58:32	1:34:47	2:22:41
768	3409	Spickernagel Marc	*Duisburg	4:57:04	M50	139	1:02:16	1:21:56	2:32:50
769	4988	Fischer Helmuth	AS Neukirchen-Vluyn	4:57:29	M70	3	1:02:36	1:35:47	2:19:04
770	4815	Kowalczyk Klaus	*Hagen	4:57:41	M60	25	1:01:44	1:37:06	2:18:50
771	4786	Baumbach Johannes	*Essen	4:57:51	M30	75	0:54:26	1:27:12	2:36:12
772	4181	Kohl Matthias	*Düsseldorf	4:58:21	M50	140	1:01:27	1:36:37	2:20:16
773	4293	Heinrich Uwe	TuS Hamborn-Neumühl	4:58:26	M75	2	1:03:15	1:34:39	2:20:32
774	2703	Hermanns Christoph	LAUFTEAM-CASINO DU.	4:58:38	M30	76	0:59:30	1:19:35	2:39:32
775	4942	Mueller Josef	*Ratingen	4:58:50	M60	26	1:00:05	1:33:21	2:25:23
776	5223	Rohkemper Sven	*Bottrop	4:59:02	M40	94	1:00:24	1:34:00	2:24:37
777	3995	Kels Florian	*Düsseldorf	5:00:05	M30	77	1:02:11	1:38:45	2:19:07
778	2908	zur Linden Ulli	Running Team Grafenberg	5:00:09	M60	27	1:04:03	1:35:04	2:21:01
779	3024	Gresens Andreas	*Düsseldorf	5:00:14	M50	141	1:00:58	1:34:44	2:24:31
780	5109	Böse Thomas	Turnerbund Essen-Frintrop	5:00:32	M40	95	0:58:26	1:42:38	2:19:27
781	2706	Vermeesch Marco	LAUFTEAM-CASINO DU.	5:00:46	M50	142	0:59:48	1:29:54	2:31:04
782	3852	Stocker Helmut	PS	5:01:05	M50	143	0:56:38	1:38:20	2:26:06
783	3357	Schlieter Joerg	LT Mismahlshof	5:01:28	M60	28	1:00:00	1:40:39	2:20:48
784	3404	Pompe Markus	OTV Endurance Team	5:01:37	M45	157	1:01:17	1:35:22	2:24:57
785	2830	Matzke Christian	*Krefeld - Fischeln	5:02:33	M35	96	0:57:49	1:39:46	2:24:57
786	5175	Leymann Helmut	*Duisburg	5:03:40	M65	20	1:01:55	1:40:51	2:20:54
787	3228	Roth Holger	BSG Stadtwerke Duisburg	5:06:14	M50	144	0:58:38	1:33:30	2:34:05
788	4837	Ün Birol	*Wuppertal	5:09:16	M45	158	1:02:11	1:35:06	2:31:58
789	3406	Müller Martin	*Bottrop	5:09:25	M30	78	0:56:35	1:51:18	2:21:31
790	4682	Döhne Lars	Bergziegen	5:10:56	M40	96	1:01:08	1:41:26	2:28:21
791	3696	Nacken Georg	*Erkelenz	5:11:26	M40	97	0:59:51	1:42:14	2:29:20
792	4206	Hennig Christoph	*Düsseldorf	5:12:22	M40	98	1:01:53	1:41:47	2:28:41
793	4594	Helmes Robert	*Kamp-Lintfort	5:13:15	M50	145	1:00:33	1:47:23	2:25:18
794	3720	Müller Daniel	LC Duisburg	5:15:30	M50	146	1:04:26	1:41:06	2:29:57
795	2835	Wolf Thomas	*Krefeld	5:16:54	M55	111	1:03:46	1:36:09	2:36:58



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Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	4343	Ewertz Karl-Heinz	Turbo-Schnecken Lüdensche	5:17:45	M65	21	1:03:55	1:49:40	2:24:09
797	5100	Bovenschen Dietger	*Krefeld	5:19:48	M40	99	1:03:36	1:40:36	2:35:35
798	2989	Zeperreck Martin	Parkinson	5:24:19	M55	112	1:06:04	1:43:58	2:34:15
799	4278	Wolf Horst	Team Flow	5:24:42	M65	22	1:05:06	1:40:15	2:39:20
800	3199	Schellscheidt Roland	AS Neukirchen-Vluyn	5:27:31	M70	4	1:08:16	1:46:00	2:33:14
801	2625	Nottebaum Berthold	Max Maulwurf Marathonis	5:27:48	M60	29	1:08:45	1:37:21	2:41:41
802	4458	Kolenbrander Peter	LG Bilfinger Engineering	5:28:08	M60	30	1:09:39	1:50:55	2:27:33
803	3623	Jockenhöfer Heinrich	*Olfen	5:34:20	M70	5	1:08:41	1:47:28	2:38:09
804	3377	Kolenbrander Ulrich	*Oberhausen	5:34:48	M45	159	1:07:47	1:48:32	2:38:29
805	4980	Illner Rolf	SuS Bertlich	5:36:49	M60	31	1:02:47	1:57:42	2:36:19
806	3281	Kemper Klaus	TV Vennikel	5:53:11	M60	32	1:16:44	1:50:14	2:46:12



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	2749	Fels Anika	LG COESFELD	2:58:28	W20	1	0:37:22	0:58:33	1:22:32
2	5338	Moesch Angela	LG Deiringsen	3:02:04	W45	1	0:38:09	0:59:30	1:24:24
3	4949	Devits Lise	Triathlon Mülheim	3:06:00	W20	2	0:38:40	1:01:20	1:25:58
4	2501	Fierek Carina	TuS Xanten	3:06:39	W35	1	0:39:25	1:00:24	1:26:49
5	3628	Buß Cornelia	SG Borken	3:15:00	W45	2	0:42:22	1:03:47	1:28:50
6	3093	Stollenwerk Lisa	LGO Bochum	3:15:57	W20	3	0:41:26	1:04:13	1:30:17
7	4669	Pfützenreuter Johanna	Angerland LT Lintorf	3:17:27	W20	4	0:41:32	1:04:12	1:31:42
8	4645	Michalka Silvia	TUSEM Essen	3:24:14	W50	1	0:41:55	1:06:09	1:36:09
9	4973	Bartsch Vanessa	USC Bochum	3:25:35	W40	1	0:42:03	1:05:37	1:37:54
10	2956	Mangler Sarah	Running Team Grafenberg	3:25:40	W35	2	0:43:14	1:06:23	1:36:03
11	3154	Bürger Marita	DJK Kleinenbroich	3:28:49	W30	1	0:42:46	1:06:37	1:39:25
12	4402	Falkenstein Britta	SV Gladbeck 13	3:30:28	W50	2	0:44:05	1:08:51	1:37:31
13	4989	Casimir Sabine	AS Neukirchen-Vluyn	3:30:34	W50	3	0:43:50	1:08:03	1:38:40
14	2895	Bietenbeck Franziska	LT Starlight Team Essen	3:31:13	W30	2	0:42:40	1:09:11	1:39:21
15	5241	Brautmeier Eva	BSG Sparkasse Wuppertal	3:31:36	W30	3	0:43:37	1:08:39	1:39:19
16	3417	Kollenberg Kristin	LT Starlight Team Essen	3:31:44	W30	4	0:44:16	1:09:11	1:38:16
17	3085	Willemsen Helga	DJK SF 97/30 Lowick	3:32:14	W45	3	0:44:21	1:09:43	1:38:09
18	3790	Adam Andrea	Angerland LT Lintorf	3:32:18	W50	4	0:45:02	1:08:13	1:39:02
19	3674	Thimm Gitti	TV Goch	3:32:33	W50	5	0:45:21	1:09:46	1:37:25
20	3770	Kass Gudrun	SG Borken	3:32:37	W50	6	0:44:00	1:09:39	1:38:56
21	2685	Kömen Barbara	200PRO GmbH	3:33:52	W45	4	0:45:47	1:10:31	1:37:33
22	5354	Evers Sophie	SG Borken	3:34:25	W30	5	0:44:52	1:10:09	1:39:23
23	3917	Niggemann Marinja	Ausdauer Schule by bunert	3:34:50	W30	6	0:43:39	1:09:40	1:41:30
24	3321	Hinz Charlotte	Maschischnitten	3:36:38	W20	5	0:45:39	1:10:57	1:40:01
25	3537	Mohr Christina	Essen	3:36:59	W30	7	0:44:17	1:09:08	1:43:32
26	2751	Claeßen Petra	LG COESFELD	3:37:33	W45	5	0:44:44	1:10:52	1:41:55
27	3768	Döring Karin	Projekt 21	3:37:41	W30	8	0:46:11	1:12:39	1:38:50
28	4215	Börmann Jutta	TSG Kirchhellen	3:39:28	W50	7	0:46:08	1:12:20	1:40:59
29	5292	Hübner Britta	LC Duisburg	3:41:38	W50	8	0:44:44	1:14:56	1:41:57
30	4235	Mayrlechner Lea	*Duisburg	3:43:51	W20	6	0:46:20	1:11:44	1:45:46
31	4960	Kachholz Lena	USC Bochum	3:44:24	W30	9	0:44:49	1:10:15	1:49:19
32	3495	Bruns Klaudia	Borbecker Raketen Essen	3:44:30	W55	1	0:46:26	1:12:42	1:45:21
33	3070	Lindekamp Caroline	*Düsseldorf	3:44:40	W30	10	0:47:36	1:13:30	1:43:33
34	5290	Tooten Judith	*Xanten	3:44:55	W30	11	0:46:49	1:13:46	1:44:19
35	5118	van Hüüt Annika	LG Alpen	3:45:01	W20	7	0:45:03	1:05:43	1:54:14
36	5046	Janschulte Rita	LT Uhlenhorst Mülheim	3:45:42	W40	2	0:48:19	1:14:14	1:43:08
37	2949	Binsfeld Birgit	LG Alpen	3:46:40	W40	3	0:45:56	1:13:48	1:46:55
38	2923	Uebbing Sylvia	Laufsport 97/30 Lowick	3:46:43	W50	9	0:46:24	1:13:06	1:47:12
39	3163	Oberhagemann Nicole	SV Gladbeck 13	3:46:56	W45	6	0:47:24	1:14:15	1:45:16
40	5077	Telaar Judith	Ice Breaker	3:47:08	W30	12	0:46:51	1:15:19	1:44:57
41	4504	Flintz Anne	*Düsseldorf	3:47:10	W20	8	0:44:01	1:08:14	1:54:55
42	3874	Dincklage Melanie	Triminators TV Voerde	3:47:28	W45	7	0:46:52	1:13:19	1:47:16
43	5045	Isensee Tina	LEX Bocholt Running Team	3:48:51	W35	3	0:46:34	1:15:28	1:46:48
44	3387	Rahe Michaela	Fun Runner VfL Gladbeck	3:48:53	W30	13	0:47:58	1:15:38	1:45:16
45	5123	Hahn Paula	ultraleicht	3:49:39	W50	10	0:46:25	1:15:51	1:47:22
46	3734	Bergkemper Marie-Luise	*Essen	3:49:49	W30	14	0:47:29	1:15:15	1:47:04
47	3301	Bevers Wiebke	Ruhrrunner Essen	3:49:56	W50	11	0:48:24	1:16:04	1:45:26
48	2633	Wolff Iris	TC Kray 1892 e.V.	3:50:08	W60	1	0:49:00	1:15:04	1:46:03
49	3130	Kuse Nicole	TuS Xanten	3:50:14	W45	8	0:48:27	1:14:56	1:46:50
50	4459	Bremer Kerstin	*Bedburg-Hau	3:51:17	W30	15	0:48:34	1:14:25	1:48:16
51	3911	Rumpel Joana	Project 63	3:51:39	W20	9	0:47:33	1:13:26	1:50:40
52	3389	Schmidt Silke	Allround Triathlon Team Klev	3:52:35	W40	4	0:49:20	1:14:46	1:48:27
53	4016	Sander Ingrid	LGO Bochum	3:53:09	W55	2	0:47:16	1:17:41	1:48:11

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	5084	Elting Desiree	Bocholter WSV	3:54:56	W20	10	0:50:24	1:18:44	1:45:48
55	4151	Fellner-Rothert Sylvie	Tri Ducks Dorsten	3:56:05	W45	9	0:49:20	1:17:33	1:49:12
56	4011	Heise Sara	*Krefeld	3:56:07	W20	11	0:52:15	1:16:00	1:47:51
57	4146	Schreven Severine	CrossFit Goch	3:56:09	W35	4	0:49:33	1:17:08	1:49:26
58	3074	Drusenheimer Nadja	*Düsseldorf	3:56:49	W35	5	0:48:15	1:15:59	1:52:34
59	5148	Henseler Janine	*Duisburg	3:56:55	W20	12	0:49:31	1:17:28	1:49:55
60	2851	Mück Heike	*Düsseldorf	3:57:14	W30	16	0:50:37	1:18:55	1:47:41
61	4667	Haase Patricia	*Düsseldorf	3:57:35	WU20	1	0:47:09	1:15:44	1:54:40
62	4374	Orlova Galina	TEAM ELG	3:57:42	W45	10	0:49:05	1:16:59	1:51:37
63	2990	Lippke Elke	RSC Essen-Kettwig	3:57:45	W55	3	0:47:18	1:14:09	1:56:17
64	4411	Wittig Sarah	*Duisburg	3:57:50	W30	17	0:48:48	1:18:29	1:50:33
65	5049	Norenkemper Linda	*Essen	3:59:01	W35	6	0:48:32	1:17:47	1:52:40
66	4341	Garcia Garcia Sandra	Rasehasen Düsseldorf	3:59:04	W40	5	0:49:11	1:14:56	1:54:56
67	4150	Breit Ann-Christin	TSG Kirchhellen	3:59:14	W20	13	0:50:39	1:19:11	1:49:23
68	4772	Belenguer Nicole	Tri-Club Wuppertal	3:59:31	W30	18	0:49:22	1:19:06	1:51:02
69	4360	Cepok Claudia	Alles aus Liebe	3:59:37	W20	14	0:50:20	1:17:06	1:52:10
70	4266	Hohl Jana	Allround Triathlon Team Klev	4:01:01	W20	15	0:49:20	1:20:36	1:51:05
71	3640	Stepken Sina	SC Bayer 05 Uerdingen	4:01:14	W20	16	0:52:23	1:19:12	1:49:38
72	3322	Tepaße Nadine	Sportfreunde Ententeich	4:01:21	W20	17	0:55:16	1:16:33	1:49:30
73	5233	Kleine-Nathland Linda	*Duisburg	4:01:24	W20	18	0:49:55	1:18:42	1:52:47
74	4700	Habich Sylvia	LT Haumannplatz Essen	4:01:28	W40	6	0:48:51	1:15:45	1:56:52
75	5213	van Hüüt Christina	LG Alpen	4:02:04	W30	19	0:48:59	1:18:49	1:54:14
76	2661	Hoppe Julia Laura	Marathonkurs 2018	4:02:31	W30	20	0:50:05	1:20:25	1:52:00
77	5180	Ahlborn Lisa	*Düsseldorf	4:03:06	W20	19	0:49:34	1:21:46	1:51:45
78	2632	Sult Barbara	TC Kray 1892 e.V.	4:03:41	W65	1	0:50:31	1:19:07	1:54:02
79	2725	Bergermann Nicole	AOK TEAM	4:03:45	W40	7	0:50:13	1:17:54	1:55:37
80	3818	Schlüter-Michels Marion	SG Borken	4:03:49	W45	11	0:49:57	1:19:05	1:54:46
81	3250	Halfmeier Rhea	*Duisburg	4:03:50	WU20	2	0:52:39	1:23:20	1:47:50
82	4423	Weber Annemarie	*Krefeld	4:04:13	W30	21	0:48:41	1:18:57	1:56:34
83	3339	Klomfas Kerry	*Duisburg	4:04:33	W30	22	0:50:37	1:20:30	1:53:25
84	4708	Hensberg Heike	Rade rennt	4:04:43	W50	12	0:51:06	1:18:46	1:54:50
85	4533	Kruse Daniela	SV Gladbeck 13	4:05:51	W40	8	0:51:09	1:20:39	1:54:02
86	5105	Schmauder Angelika	*Bochum	4:05:57	W20	20	0:52:22	1:19:24	1:54:10
87	3857	Oberhäuser Angelika	Solinger LC	4:06:19	W65	2	0:51:15	1:20:56	1:54:08
88	4756	Mertmann Monika	TuS Sythen	4:06:21	W45	12	0:50:58	1:21:05	1:54:17
89	3141	Stinjek Heike	Bocholter WSV	4:07:18	W45	13	0:57:15	1:19:47	1:50:15
90	3318	Baumgart Paula	*Düsseldorf	4:07:36	W30	23	0:51:44	1:21:46	1:54:05
91	2902	Henrich Kara	Runnerlicious Essen	4:07:40	W30	24	0:52:05	1:20:04	1:55:30
92	3172	Opitz Maike	Wolf-Gang	4:07:45	W20	21	0:54:00	1:19:25	1:54:19
93	4322	Delihsen Friederike	*Köln	4:08:03	W30	25	0:50:49	1:19:48	1:57:25
94	4545	Eversmann Sylvia	*Krefeld	4:08:08	W30	26	0:50:49	1:21:19	1:56:00
95	2833	Kamienski Anna	*Oberhausen	4:08:49	W30	27	0:51:17	1:22:17	1:55:14
96	2750	Kemper Christina	LG COESFELD	4:08:51	W20	22	0:50:15	1:20:13	1:58:22
97	4309	Schürmann Ariane	*Essen	4:09:49	W50	13	0:54:34	1:21:38	1:53:37
98	5023	Völzke Sabrina	*Radevormwald	4:09:50	W50	14	0:51:10	1:20:53	1:57:47
99	3932	Schwering Agnes	SG Borken	4:10:03	W60	2	0:51:48	1:21:13	1:57:01
100	2513	Olms Anne-Barbara	Vodafone Runners	4:10:28	W35	7	0:53:59	1:20:31	1:55:57
101	5201	Geßner Sarah	*Bochum	4:10:46	W20	23	0:54:30	1:18:33	1:57:42
102	2945	Markhoff Karin	TSV Viktoria Mülheim	4:11:07	W55	4	0:52:12	1:23:29	1:55:25
103	3015	Uhrmacher Eva	Ballettschule Müller Castrop	4:11:26	W55	5	0:51:39	1:23:05	1:56:40
104	3261	Hillebrand Petra	Viermärker Dortmund	4:11:31	W55	6	0:52:36	1:20:16	1:58:37
105	4214	Henniger Kirsten	Solinger LC	4:11:35	W45	14	0:50:01	1:17:50	2:03:43
106	4342	Schmunkamp Mira	Rasehasen Düsseldorf	4:11:51	W45	15	0:52:04	1:22:21	1:57:25



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4375	Gawlik-Kuzera Eva	TEAM ELG	4:12:22	W55	7	0:53:15	1:21:31	1:57:36
108	4539	Kleinohl Meike	*Duisburg	4:13:21	W40	9	0:55:21	1:21:51	1:56:08
109	3690	Thomas Sandra	*Duisburg	4:13:45	W35	8	0:51:45	1:24:56	1:57:03
110	2783	Herrmann Susanne	Team Polizei Duisburg	4:13:47	W50	15	0:53:53	1:25:54	1:53:59
111	3938	Putke Kathrin	SV Gladbeck 13	4:14:15	W35	9	0:53:29	1:21:57	1:58:49
112	4256	Bovenschen Birgit	*Duisburg	4:14:19	W50	16	0:51:53	1:21:22	2:01:03
113	3832	Günter Nicola	*Essen	4:14:34	W40	10	0:55:28	1:23:17	1:55:49
114	5220	Heidenreich Lijuan	SG Stern Werk Düsseldorf	4:14:46	W40	11	0:52:12	1:20:55	2:01:38
115	3751	Späth Bianca	Freie Schwimmer Düsseldorf	4:14:47	W45	16	0:53:25	1:23:18	1:58:02
116	4741	Reinholz Sarah	*Gelsenkirchen	4:14:56	W35	10	0:55:16	1:21:48	1:57:51
117	3766	Wansing Monika	*Hamminkeln	4:15:52	W30	28	0:54:07	1:24:17	1:57:27
118	4945	Deelmann Maike	*Borken	4:16:01	W20	24	0:55:06	1:22:23	1:58:31
119	2585	Janduda Jana	VIVAWEST	4:16:02	W20	25	0:54:49	1:13:38	2:07:35
120	5225	Wortmann Eva	*Krefeld	4:17:03	W35	11	0:52:29	1:22:23	2:02:11
121	2807	Brauns Elisabeth	LT Dterkrade- Nord	4:17:14	W50	17	0:53:38	1:23:08	2:00:27
122	2675	Reck Sandra	TRIMET	4:17:15	W40	12	0:53:55	1:24:36	1:58:43
123	3910	Morrissey Marianne	*Dusseldorf	4:17:17	W40	13	0:54:05	1:23:42	1:59:29
124	4069	Brück Svea	*Bochum	4:17:34	W20	26	0:56:19	1:18:57	2:02:17
125	3721	Kipker Dina	Helios Iron Team Wuppertal	4:17:40	W50	18	0:53:32	1:23:05	2:01:01
126	2721	Spanier Claudia	AOK TEAM	4:17:41	W45	17	0:54:47	1:24:34	1:58:18
127	2631	Frieben Nicole	TC Kray 1892 e.V.	4:17:45	W45	18	0:53:04	1:23:16	2:01:24
128	2738	Martzock Yvonne	AOK TEAM	4:17:46	W35	12	0:53:45	1:24:48	1:59:12
129	4169	Pereira-Foerster Andreia	*Wanheimerort	4:17:48	W45	19	0:54:29	1:25:43	1:57:36
130	4103	Klappach Ivonne	*Duisburg	4:18:40	W35	13	0:53:43	1:25:48	1:59:09
131	4104	Bader Janine	*Duisburg	4:18:41	W35	14	0:53:44	1:25:48	1:59:09
132	3461	Morgenschweis Dagmar	LC Duisburg	4:18:42	W55	8	0:53:22	1:26:47	1:58:32
132	4783	Deniz Susi	Laufftreff Haumannplatz	4:18:42	W40	14	0:54:01	1:22:59	2:01:41
134	4340	Leue-Peltzer Vivien	Rasehasen Düsseldorf	4:18:48	W35	15	0:53:32	1:23:22	2:01:52
135	4339	Requena Patricia	Rasehasen Düsseldorf	4:18:49	W40	15	0:53:33	1:23:23	2:01:53
136	2824	Britz Kirsten	KNIPPI-PÜPPIES	4:19:01	W55	9	0:50:07	1:25:14	2:03:40
137	3515	Bley Bianca	Die Waldgazellen	4:19:07	W45	20	0:53:44	1:26:01	1:59:21
138	5094	Presch Katharina	*Duisburg	4:19:10	W20	27	0:54:31	1:24:40	1:59:58
139	2817	Kirchner Sabrina	*Leichlingen	4:19:14	W30	29	0:53:03	1:21:36	2:04:34
140	3460	Makus Jennifer	PSV Velbert	4:19:46	W30	30	0:55:07	1:25:27	1:59:11
141	3991	Vesper Deborah	*Herne	4:20:06	W30	31	0:54:48	1:25:49	1:59:28
142	5309	Behrens Dajana	*Düsseldorf	4:20:08	W20	28	0:52:14	1:21:06	2:06:47
143	2878	Daubenspeck Monika	*Krefeld	4:21:09	W50	19	0:53:07	1:23:48	2:04:13
144	4965	Seyfferth Maria	*Düsseldorf	4:21:10	W30	32	0:53:51	1:24:23	2:02:55
145	4166	Babiel Anja	TuS Xanten	4:21:12	W50	20	0:54:13	1:24:59	2:01:59
146	3971	Weidemann Ulrike	LC Duisburg	4:21:50	W55	10	0:54:14	1:24:38	2:02:57
147	2828	Winking Kirsten	Fun Runner VfL Gladbeck	4:21:58	W45	21	0:55:43	1:26:35	1:59:39
148	4336	Seidler Kristina	Rasehasen Düsseldorf	4:22:10	W30	33	0:53:33	1:26:43	2:01:53
149	3052	Catikkas Elvira	VdK	4:22:20	W40	16	0:55:53	1:21:55	2:04:31
150	3692	Nacken Maria	*Erkelenz	4:22:25	W40	17	0:54:32	1:25:20	2:02:33
151	4585	Grönert Karin	*Düsseldorf	4:22:38	W55	11	0:55:08	1:25:14	2:02:15
152	2846	Schraven Silke	*Duisburg	4:22:40	W45	22	0:54:35	1:23:59	2:04:05
153	4160	Witt Heidrun	Turbo-Schnecken Lüdensche	4:22:50	W60	3	0:54:54	1:26:20	2:01:35
154	4656	Cegla Sabrina	*Duisburg	4:23:37	W20	29	0:55:01	1:28:22	2:00:12
155	2724	Yurtseven Damla	AOK TEAM	4:23:51	W20	30	0:54:41	1:25:40	2:03:29
156	4032	Moseke Sabine	Solinger LC	4:24:13	W60	4	0:55:10	1:25:18	2:03:43
157	4287	Lux Anna-Sophia	Verstege&Lux	4:24:34	W30	34	0:52:35	1:25:54	2:06:04
158	2858	Steinvoort Nadine	*Emmerich am Rhein	4:24:44	W30	35	0:56:29	1:26:38	2:01:35
159	4673	Schulz-Bongert Sabine	Running Team Grafenberg	4:25:19	W55	12	0:53:39	1:27:20	2:04:19



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	4443	Hubertz Claudia	Aus LUST am LEBEN	4:25:49	W50	21	0:57:47	1:27:06	2:00:55
161	4895	Ruske Joana	*Essen	4:25:49	W20	31	0:56:17	1:28:23	2:01:08
162	5326	Müller Katharina	*Krefeld	4:26:08	W35	16	0:55:28	1:25:54	2:04:45
163	5153	Mrozek Angelina	*Oer-Erkenschwick	4:26:54	W20	32	0:54:42	1:27:51	2:04:21
164	4995	Kuhlmann Melanie	CDS Running Team	4:27:02	W35	17	0:56:14	1:24:08	2:06:39
165	4820	Bartrow Sandra	Sportpark Stadtwald	4:27:16	W40	18	0:55:08	1:26:14	2:05:53
166	4742	Moseler Christina	*Dinslaken	4:27:27	W45	23	0:54:27	1:25:49	2:07:10
167	3579	Riemer Nadine	*Moers	4:27:29	W35	18	0:58:35	1:28:12	2:00:42
168	2882	Fels Lisa	Billerbecker Läufer	4:27:36	W50	22	0:55:17	1:26:58	2:05:20
169	4555	Mauritz Isabel	Juna Runners	4:27:51	W40	19	0:54:41	1:26:58	2:06:11
170	3655	van Wieren Sietske	Rapid Ramirez	4:28:42	W35	19	0:55:18	1:27:12	2:06:11
171	3216	Schmidt Saskia	*Essen	4:28:46	W30	36	0:57:37	1:23:58	2:07:10
172	4972	Patkowski Steffi	LT Gruitzen-Neandertal	4:28:52	W40	20	0:55:50	1:28:24	2:04:36
173	5345	Roch Petra	LC Duisburg/laufbuchruhr.de	4:29:04	W50	23	0:54:05	1:26:03	2:08:56
174	4192	Förster Janine	Babel GmbH	4:29:52	W40	21	0:54:15	1:27:31	2:08:04
175	3142	Voigt-Lehmann Petra	*Mülheim	4:29:58	W50	24	0:56:13	1:28:37	2:05:06
176	2823	Kleefisch Angelika	KNIPPI-PÜPPIES	4:30:02	W45	24	0:55:21	1:30:17	2:04:22
177	2567	Braune Karin	Vodafone Runners	4:30:27	W45	25	0:54:28	1:28:10	2:07:48
178	4498	Berndt Elke	LT Turnerbund Frintrop	4:31:12	W60	5	0:58:07	1:31:45	2:01:19
179	4636	Schankweiler Martina	SV Viktoria Goch	4:31:17	W55	13	0:53:54	1:27:52	2:09:31
180	5198	Sauerland Lena	Rennhamster Süd-Ost	4:31:31	W30	37	0:58:02	1:28:17	2:05:12
181	3041	Ratajczak Katharina	*Essen	4:31:46	W20	33	0:57:19	1:27:11	2:07:15
182	4818	Siepmann Nicole	*Rheinberg	4:32:09	W45	26	0:56:33	1:26:54	2:08:42
183	3929	Mötter Birte	*Oberhausen	4:32:17	W50	25	0:55:46	1:29:37	2:06:53
184	4080	Kupke Vanessa	BSG Nispa	4:32:30	W35	20	0:56:11	1:25:47	2:10:31
185	4415	Seifert-Preuß Beate	Solinger LC	4:33:44	W55	14	0:55:42	1:27:36	2:10:25
186	4531	Thol Katharina	*Mülheim	4:33:49	W30	38	0:56:29	1:27:28	2:09:50
187	4489	van Eimern Anne	*Duisburg	4:33:52	W55	15	0:59:17	1:30:11	2:04:23
188	5113	Meinhard Evelyn	Angerland LT Lintorf	4:33:53	W55	16	0:56:11	1:26:59	2:10:43
189	3565	Eßing Jana	*Bocholt	4:34:38	W20	34	0:53:24	1:29:14	2:12:00
190	5289	Kühne Katharina	*Hagen	4:34:39	W30	39	0:57:18	1:25:31	2:11:50
191	4768	Friedrich Ute	BSV Delphi	4:35:50	W55	17	0:56:22	1:28:06	2:11:21
192	3466	Linden Carolin	*Wuppertal	4:36:26	W30	40	1:01:11	1:31:10	2:04:04
193	5343	Klockgießer Susanne	*Düsseldorf	4:36:45	W40	22	0:56:38	1:30:34	2:09:32
194	4813	Wimmers Marion	*Krefeld	4:36:50	W35	21	0:58:03	1:29:48	2:08:58
195	2678	Heidenreich Kathrin	TV Wanheimerort	4:37:07	W20	35	0:55:38	1:30:24	2:11:04
196	4844	Dominguez Nerea	*Düsseldorf	4:37:34	W30	41	0:55:46	1:31:58	2:09:49
197	3433	Becker Christa	*Wuppertal	4:37:43	W50	26	0:57:46	1:30:38	2:09:18
198	4019	Macken-Reinirkens Cath	Irland	4:38:29	W55	18	0:59:46	1:29:52	2:08:50
199	4565	Koopmann Sarah	*Bocholt	4:38:33	W20	36	1:01:23	1:33:26	2:03:43
200	2802	Beenen Carina	*Hamminkeln	4:38:40	W40	23	0:57:06	1:29:50	2:11:43
201	3256	Schulz Kerstin	TV Schiefbahn Tri-Team	4:38:40	W20	37	0:57:09	1:32:26	2:09:04
202	4334	Liu Daniela	Rasehasen Düsseldorf	4:39:07	W40	24	0:53:31	1:30:21	2:15:13
203	5259	Zemmrich Georgina	Piraten WG	4:39:35	W30	42	1:01:32	1:28:43	2:09:19
204	4518	Köhne Birgit	LT Haumannplatz Essen	4:39:51	W50	27	0:57:43	1:31:31	2:10:35
205	3905	Boeckem Ulrike	Sunrunner	4:40:32	W60	6	0:57:17	1:31:05	2:12:08
206	4406	Preuss Jeanette	*Duisburg	4:42:23	W35	22	0:53:24	1:36:35	2:12:23
207	3286	Roßbach Simone	*Oberhausen	4:42:29	W40	25	0:56:01	1:41:03	2:05:23
208	3312	Herpel Wiebke	Pulheimer SC	4:44:05	W45	27	0:57:34	1:32:12	2:14:18
209	4635	Spelleken Nadine	*Dinslaken	4:44:37	W30	43	1:00:20	1:30:31	2:13:45
210	4899	Hünger Katrin	*Düsseldorf	4:44:44	W40	26	0:58:43	1:32:27	2:13:34
211	2888	Bock Silvia	Angerland LT Lintorf	4:46:27	W55	19	0:59:47	1:33:37	2:13:03
212	3179	Loch Birgit	*Duisburg	4:48:18	W45	28	0:59:00	1:34:05	2:15:12



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Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3022	Dietrich Elke	LC Duisburg	4:49:06	W55	20	0:56:15	1:36:39	2:16:11
214	5047	Weisgerber Stephanie	*Duisburg	4:49:40	W50	28	0:58:45	1:32:11	2:18:43
215	5083	Wolf Linda	*Aachen	4:50:42	W20	38	1:01:37	1:34:11	2:14:53
216	5127	Koster Inga	True Fruits	4:50:59	W40	27	0:59:08	1:34:55	2:16:55
217	4861	Entrup Judith	*Dinslaken	4:51:03	W40	28	0:57:05	1:26:19	2:27:38
218	3888	Goldammer Dr. Nadine	*Muelheim	4:51:05	W45	29	0:57:27	1:37:50	2:15:48
219	5185	Menke Mirjam	AS Neukirchen-Vluyn	4:51:33	W20	39	0:59:56	1:32:34	2:19:03
220	4494	Meussen Andrea	*Haltern am See	4:51:37	W50	29	0:59:02	1:35:41	2:16:53
221	4385	Kruse Nicole	WSV Schermbeck	4:51:40	W20	40	0:58:28	1:38:36	2:14:36
222	4272	Evening Sandra	*Düsseldorf	4:52:09	W20	41	0:59:20	1:35:00	2:17:48
223	4273	Kater Sabrina	*Düsseldorf	4:52:10	W20	42	0:59:20	1:35:00	2:17:48
224	4567	Grah Annika	Triminators TV Voerde	4:53:00	W30	44	0:56:50	1:35:10	2:20:59
225	5019	Lambauer Andrea	*Voerde	4:53:50	W40	29	1:01:09	1:35:43	2:16:57
226	3428	Lenné Claudia	L-Runners Krefeld	4:54:41	W50	30	1:00:47	1:36:07	2:17:46
227	3729	Sprink Karin	LT Stoppenberg	4:55:20	W50	31	1:03:50	1:34:14	2:17:15
228	4105	Kendziorra Jennifer	Papas Tochter	4:56:01	W20	43	0:58:32	1:34:46	2:22:42
229	5275	Ruthmann Birgit	AS Neukirchen-Vluyn	4:57:29	W50	32	1:02:36	1:35:47	2:19:05
230	5096	Schlüter Elisa	*Dortmund	4:57:53	W30	45	1:06:45	1:34:23	2:16:44
231	2912	Uphaus Regine	*Wülfrath	4:58:10	W55	21	0:58:43	1:32:33	2:26:52
232	2705	Zeyeleanu Elena Antigona	LAUFTEAM-CASINO DU.	4:59:01	W30	46	1:03:38	1:39:25	2:15:57
233	3594	Rode-Merkel Stephanie	GZBW Runners	5:00:13	W45	30	1:00:58	1:37:00	2:22:14
234	2578	Schäfer Christine	Vodafone Runners	5:00:15	W40	30	1:00:58	1:34:45	2:24:31
235	4785	Engelmeier Lena	LSV-Team	5:00:54	W30	47	1:03:35	1:38:36	2:18:42
236	3259	Waltenberg Grit	*Herdecke	5:01:38	W40	31	0:59:53	1:37:06	2:24:38
237	3567	Falk Irene	Bestzeit war gestern	5:03:38	W55	22	1:02:57	1:37:12	2:23:28
238	4599	Kutscher Sandra	*Duisburg	5:03:47	W40	32	1:01:35	1:38:37	2:23:34
239	3642	Brock Lena	*Essen	5:04:48	W35	23	1:05:23	1:37:50	2:21:34
240	3233	Neuhaus Birgit	Triathlon Mülheim	5:04:52	W45	31	1:01:08	1:35:57	2:27:45
241	3801	Zweers Bernadette	*Kaarst	5:05:05	W35	24	1:01:45	1:41:38	2:21:41
242	4153	Kayser Annemarie	Turbo-Schnecken Lüdensche	5:05:12	W55	23	1:01:45	1:39:04	2:24:22
243	4021	Schmidt Gabriele	*Halver	5:05:15	W50	33	1:01:46	1:39:04	2:24:24
244	3516	Prost Anna Maria	*Voerde	5:07:11	W40	33	1:03:50	1:35:55	2:27:25
245	4618	Amin Samira	NASA02	5:07:15	W40	34	1:00:52	1:42:12	2:24:09
246	5316	Gestmann-Schneider Hei	*Duisburg	5:07:26	W50	34	1:03:56	1:40:00	2:23:29
247	3822	Fiegen Isabel	*Duisburg	5:09:34	W40	35	1:03:36	1:38:23	2:27:33
248	3285	Hartung Ines	SC Bayer 05 Uerdingen	5:10:24	W45	32	1:02:52	1:42:37	2:24:55
249	3423	Stoller Magdalena	nein	5:11:47	W50	35	1:06:07	1:42:10	2:23:30
250	3710	Maloczyk Anna	*Essen	5:11:49	W30	48	1:04:59	1:41:56	2:24:54
251	4600	Hayen Laura	*Hilden	5:12:04	W30	49	1:05:27	1:40:37	2:26:00
252	4879	Bersch Vanessa	Ausdauerschule by bunert	5:12:50	W35	25	1:04:29	1:39:13	2:29:06
253	4420	Steinhoff Caroline	*Recklinghausen	5:13:35	W30	50	1:03:22	1:41:47	2:28:25
254	5167	Völkel Ulrike	*Herne	5:14:10	W55	24	1:07:02	1:41:31	2:25:36
255	4162	Pohl Barbara	LGO / TVEinigkeit Barop e.V.	5:14:20	W45	33	0:50:27	1:46:57	2:36:55
256	4379	Maschner Silke	*Moers	5:14:33	W40	36	1:04:31	1:41:02	2:28:59
257	3195	Knorr Sonja	GREND-Runner	5:17:28	W40	37	1:01:14	1:40:37	2:35:35
258	5081	Nocun Dr. Margarete	*Essen	5:17:35	W35	26	1:07:48	1:43:32	2:26:14
259	4931	Hauck Lea	*Bocholt	5:18:17	WU18	1	1:06:30	1:42:45	2:29:00
260	3922	Rösner Andrea	*Hattingen	5:18:42	W45	34	1:05:26	1:39:23	2:33:52
261	5282	Jochems Pia	Sportpark Stadtwald Bottrop	5:19:46	W45	35	1:05:14	1:43:02	2:31:29
262	3473	Vossen Dagmar	*Köln	5:20:00	W55	25	1:06:48	1:43:13	2:29:58
263	5297	Lange Anne	GREND-Runner	5:20:29	W55	26	1:03:52	1:41:00	2:35:36
264	5136	Henke Julia	*Bochum	5:20:45	W40	38	1:04:45	1:41:08	2:34:51
265	2700	Nitu Gabriela Joana	LAUFTEAM-CASINO DU.	5:28:55	W30	51	1:10:08	1:35:25	2:43:21



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4173	Schael Ines	Ausdauerschule by bunert	5:30:22	W40	39	1:05:17	1:46:55	2:38:09
267	3039	Imping Diana	*Mülheim	5:30:44	W55	27	1:08:27	1:47:08	2:35:08
268	5179	Unnebrink Stephannette	Ausdauerschule by bunert	5:32:24	W55	28	1:06:01	1:54:27	2:31:54
269	4548	Große Beate	Helios Iron Team Wuppertal	5:33:49	W55	29	1:17:39	1:55:54	2:20:15
270	5271	Syska Angelika	LSF Münster	5:37:57	W60	7	1:07:25	1:50:02	2:40:29
271	4132	Bachran Christina	Walsum Ole	5:42:15	W20	44	1:07:24	1:50:38	2:44:12