

**Nike Winterlaufserie  
des ASV Duisburg 2009  
Kleine Serie - Mannschaften**

**Männer**

| Total.    | Nr. | Name Vorname               | Verein/*Ort         | Endzeit                    | AK  | 5km     | 5km     | 10km    |
|-----------|-----|----------------------------|---------------------|----------------------------|-----|---------|---------|---------|
| <b>1</b>  |     | <b>LG COESFELD</b>         |                     | <b>Gesamtzeit: 3:54:06</b> |     |         |         |         |
|           | 3   | 1005 Kemmerling Roman      | LG COESFELD         | 1:10:29                    | M18 | 0:17:27 | 0:17:14 | 0:35:47 |
|           | 23  | 1003 Wies Daniel           | LG COESFELD         | 1:20:02                    | M18 | 0:20:07 | 0:19:13 | 0:40:41 |
|           | 40  | 1015 Lammers Stephan       | LG COESFELD         | 1:23:35                    | M40 | 0:20:10 | 0:20:16 | 0:43:08 |
| <b>2</b>  |     | <b>TV Wattenscheid 01</b>  |                     | <b>Gesamtzeit: 3:57:05</b> |     |         |         |         |
|           | 1   | 2 Zimmermann Timo          | TV Wattenscheid 01  | 1:06:34                    | M19 | 0:16:27 | 0:16:21 | 0:33:45 |
|           | 2   | 817 Wöhler Thomas          | TV Wattenscheid 01  | 1:08:17                    | M19 | 0:17:07 | 0:16:38 | 0:34:31 |
|           | 169 | 425 Schlüter Markus        | TV Wattenscheid 01  | 1:42:13                    | M40 | 0:25:23 | 0:24:35 | 0:52:15 |
| <b>3</b>  |     | <b>LC Duisburg</b>         |                     | <b>Gesamtzeit: 3:57:49</b> |     |         |         |         |
|           | 6   | 48 Schubbert Michael       | LC Duisburg         | 1:13:28                    | M40 | 0:18:23 | 0:17:55 | 0:37:09 |
|           | 14  | 796 Schmude Philipp        | LC Duisburg         | 1:18:17                    | M15 | 0:19:43 | 0:19:00 | 0:39:34 |
|           | 58  | 163 Wittich Jan            | LC Duisburg         | 1:26:04                    | M18 | 0:25:56 | 0:19:31 | 0:40:35 |
| <b>4</b>  |     | <b>TUS BREITSCHEID</b>     |                     | <b>Gesamtzeit: 4:03:16</b> |     |         |         |         |
|           | 9   | 995 Runte Meinolf          | TUS BREITSCHEID     | 1:15:20                    | M45 | 0:18:38 | 0:18:21 | 0:38:20 |
|           | 38  | 993 Protze Stefan          | TUS BREITSCHEID     | 1:22:36                    | M40 | 0:20:38 | 0:20:27 | 0:41:30 |
|           | 53  | 992 Kraye Bernd            | TUS BREITSCHEID     | 1:25:20                    | M45 | 0:20:58 | 0:20:49 | 0:43:31 |
| <b>5</b>  |     | <b>AS Neukirchen-Vluyn</b> |                     | <b>Gesamtzeit: 4:15:18</b> |     |         |         |         |
|           | 19  | 896 Schmidders Ralph       | AS Neukirchen-Vluyn | 1:19:33                    | M50 | 0:19:57 | 0:19:31 | 0:40:04 |
|           | 49  | 877 Herholz Volkmar        | AS Neukirchen-Vluyn | 1:25:04                    | M40 | 0:21:19 | 0:20:55 | 0:42:49 |
|           | 88  | 906 Zwanzig Dieter         | AS Neukirchen-Vluyn | 1:30:41                    | M65 | 0:21:39 | 0:22:09 | 0:46:52 |
| <b>6</b>  |     | <b>TV 1900 Wanheim</b>     |                     | <b>Gesamtzeit: 4:16:35</b> |     |         |         |         |
|           | 51  | 511 Ortberg Andreas        | TV 1900 Wanheim     | 1:25:18                    | M40 | 0:21:04 | 0:20:21 | 0:43:53 |
|           | 52  | 569 Hinjos Sanchez Felix   | TV 1900 Wanheim     | 1:25:19                    | M45 | 0:19:00 | 0:18:41 | 0:47:37 |
|           | 56  | 714 Hülser Thomas          | TV 1900 Wanheim     | 1:25:57                    | M45 | 0:21:08 | 0:20:53 | 0:43:55 |
| <b>7</b>  |     | <b>FC Schalke 04</b>       |                     | <b>Gesamtzeit: 4:18:24</b> |     |         |         |         |
|           | 8   | 961 Baumdick Christian     | FC Schalke 04       | 1:15:02                    | M18 | 0:18:53 | 0:18:11 | 0:37:57 |
|           | 93  | 963 Lindemann Martin       | FC Schalke 04       | 1:31:32                    | M30 | 0:23:11 | 0:21:40 | 0:46:40 |
|           | 94  | 962 Altmüller Markus       | FC Schalke 04       | 1:31:50                    | M18 | 0:22:35 | 0:21:51 | 0:47:22 |
| <b>8</b>  |     | <b>LG Hünxe</b>            |                     | <b>Gesamtzeit: 4:29:49</b> |     |         |         |         |
|           | 44  | 945 Sanders Torsten        | LG Hünxe            | 1:24:32                    | M15 | 0:21:15 | 0:19:58 | 0:43:17 |
|           | 76  | 948 Bromby Yannis          | LG Hünxe            | 1:28:48                    | M15 | 0:21:42 | 0:21:31 | 0:45:34 |
|           | 125 | 949 Ernst Martin           | LG Hünxe            | 1:36:29                    | M15 | 0:25:25 | 0:21:40 | 0:49:24 |
| <b>9</b>  |     | <b>Vodafone Runners</b>    |                     | <b>Gesamtzeit: 4:31:26</b> |     |         |         |         |
|           | 11  | 1106 Künsler Stefan        | Vodafone Runners    | 1:16:20                    | M40 | 0:18:38 | 0:18:31 | 0:39:11 |
|           | 104 | 1114 Preuß Stefan          | Vodafone Runners    | 1:33:28                    | M40 | 0:23:31 | 0:22:31 | 0:47:25 |
|           | 165 | 1110 Paßmann Thomas        | Vodafone Runners    | 1:41:38                    | M40 | 0:24:37 | 0:24:27 | 0:52:33 |
| <b>10</b> |     | <b>Marathon Dinslaken</b>  |                     | <b>Gesamtzeit: 4:40:33</b> |     |         |         |         |
|           | 13  | 65 Strack Sascha           | Marathon Dinslaken  | 1:17:53                    | M30 | 0:18:49 | 0:18:30 | 0:40:33 |
|           | 139 | 528 Hettmer Michael        | Marathon Dinslaken  | 1:38:21                    | M15 | 0:23:45 | 0:23:56 | 0:50:39 |
|           | 193 | 512 Strack Egon            | Marathon Dinslaken  | 1:44:19                    | M70 | 0:26:04 | 0:25:45 | 0:52:29 |
| <b>11</b> |     | <b>Spalter Rhede</b>       |                     | <b>Gesamtzeit: 4:42:28</b> |     |         |         |         |
|           | 45  | 725 Schilling-Frenk Tiemo  | Spalter Rhede       | 1:24:39                    | M35 | 0:21:19 | 0:20:52 | 0:42:27 |
|           | 91  | 726 Schilling-Frenk Peter  | Spalter Rhede       | 1:31:26                    | M30 | 0:23:11 | 0:22:07 | 0:46:07 |
|           | 209 | 761 Knoch Jörg             | Spalter Rhede       | 1:46:23                    | M35 | 0:26:52 | 0:25:00 | 0:54:30 |

**Nike Winterlaufserie  
des ASV Duisburg 2009  
Kleine Serie - Mannschaften**

**Männer**

| Total.    | Nr. | Name Vorname                       | Verein/*Ort              | Endzeit                    | AK  | 5km     | 5km     | 10km    |
|-----------|-----|------------------------------------|--------------------------|----------------------------|-----|---------|---------|---------|
| <b>12</b> |     | <b>Lauffreunde HADI Wesel</b>      |                          | <b>Gesamtzeit: 4:43:31</b> |     |         |         |         |
|           | 27  | 191 Franke Ron                     | Lauffreunde HADI Wesel   | 1:20:28                    | M45 | 0:19:05 | 0:19:48 | 0:41:33 |
|           | 142 | 736 Gabriel Georg                  | Lauffreunde HADI Wesel   | 1:38:33                    | M30 | 0:24:13 | 0:23:53 | 0:50:26 |
|           | 198 | 122 Jeromin Andreas                | Lauffreunde HADI Wesel   | 1:44:30                    | M40 | 0:25:04 | 0:25:26 | 0:53:59 |
| <b>13</b> |     | <b>BSG Stadtwerke Duisburg</b>     |                          | <b>Gesamtzeit: 4:44:50</b> |     |         |         |         |
|           | 72  | 1077 Kannengiesser Dirk            | BSG Stadtwerke Duisbur   | 1:27:57                    | M35 | 0:21:56 | 0:21:19 | 0:44:41 |
|           | 138 | 1073 Siepmann Rolf                 | BSG Stadtwerke Duisbur   | 1:38:14                    | M55 | 0:24:05 | 0:24:25 | 0:49:43 |
|           | 143 | 1078 Ernst Uwe                     | BSG Stadtwerke Duisbur   | 1:38:39                    | M45 | 0:23:52 | 0:23:40 | 0:51:06 |
| <b>14</b> |     | <b>LG COESFELD</b>                 |                          | <b>Gesamtzeit: 4:48:19</b> |     |         |         |         |
|           | 67  | 1010 Bäumer Carsten                | LG COESFELD              | 1:26:59                    | M35 | 0:22:06 | 0:21:06 | 0:43:47 |
|           | 153 | 1017 Wude Michael                  | LG COESFELD              | 1:40:08                    | M45 | 0:24:10 | 0:24:11 | 0:51:46 |
|           | 161 | 1020 Deppe Klaus                   | LG COESFELD              | 1:41:12                    | M50 | 0:24:31 | 0:24:28 | 0:52:12 |
| <b>15</b> |     | <b>Haniel &amp; Cie. GmbH</b>      |                          | <b>Gesamtzeit: 4:49:21</b> |     |         |         |         |
|           | 65  | 968 Kwasniok Sascha                | Haniel & Cie. GmbH       | 1:26:41                    | M35 | 0:21:26 | 0:21:54 | 0:43:20 |
|           | 124 | 969 Becker Björn-Friedrich         | Haniel & Cie. GmbH       | 1:36:09                    | M35 | 0:22:17 | 0:21:37 | 0:52:13 |
|           | 211 | 967 Gros Axel                      | Haniel & Cie. GmbH       | 1:46:31                    | M35 | 0:26:24 | 0:25:19 | 0:54:48 |
| <b>16</b> |     | <b>RT Backfieldrunners Bocholt</b> |                          | <b>Gesamtzeit: 4:55:13</b> |     |         |         |         |
|           | 113 | 912 Hemmelberg Udo                 | RT Backfieldrunners Boch | 1:34:41                    | M40 | 0:20:02 | 0:19:20 | 0:55:18 |
|           | 148 | 911 Menk Thomas                    | RT Backfieldrunners Boch | 1:39:12                    | M40 | 0:21:18 | 0:22:35 | 0:55:18 |
|           | 162 | 914 Valera Antonio                 | RT Backfieldrunners Boch | 1:41:20                    | M40 | 0:23:24 | 0:22:36 | 0:55:19 |
| <b>17</b> |     | <b>LG Hünxe</b>                    |                          | <b>Gesamtzeit: 4:56:22</b> |     |         |         |         |
|           | 126 | 954 Giesbers Berthold              | LG Hünxe                 | 1:36:30                    | M50 | 0:25:24 | 0:23:03 | 0:48:02 |
|           | 144 | 944 Hagemeister Jan                | LG Hünxe                 | 1:38:46                    | M15 | 0:23:57 | 0:24:40 | 0:50:08 |
|           | 158 | 812 Winter-van Laak Wolfgang       | LG Hünxe                 | 1:41:06                    | M60 | 0:25:39 | 0:24:34 | 0:50:52 |
| <b>18</b> |     | <b>SV Viktoria Goch</b>            |                          | <b>Gesamtzeit: 4:57:05</b> |     |         |         |         |
|           | 118 | 101 Thimm Norman                   | SV Viktoria Goch         | 1:34:53                    | M15 | 0:23:39 | 0:22:55 | 0:48:18 |
|           | 152 | 118 Müller Marcel                  | SV Viktoria Goch         | 1:40:07                    | M35 | 0:24:16 | 0:23:52 | 0:51:57 |
|           | 168 | 265 Nagel Till                     | SV Viktoria Goch         | 1:42:05                    | M15 | 0:25:03 | 0:23:33 | 0:53:28 |
| <b>19</b> |     | <b>AS Neukirchen-Vluyn</b>         |                          | <b>Gesamtzeit: 4:59:25</b> |     |         |         |         |
|           | 108 | 870 Darda Tobias                   | AS Neukirchen-Vluyn      | 1:34:06                    | M18 | 0:22:46 | 0:22:45 | 0:48:34 |
|           | 157 | 198 Heßeler Ulrich                 | AS Neukirchen-Vluyn      | 1:40:58                    | M50 | 0:25:12 | 0:24:25 | 0:51:19 |
|           | 194 | 893 Plüm Hartmut                   | AS Neukirchen-Vluyn      | 1:44:21                    | M60 | 0:25:53 | 0:25:09 | 0:53:18 |
| <b>20</b> |     | <b>E.ON Ruhrgas SG</b>             |                          | <b>Gesamtzeit: 4:59:56</b> |     |         |         |         |
|           | 57  | 1089 Maus Stefan                   | E.ON Ruhrgas SG          | 1:26:00                    | M45 | 0:21:24 | 0:21:08 | 0:43:27 |
|           | 110 | 1088 Othmer Manfred                | E.ON Ruhrgas SG          | 1:34:15                    | M60 | 0:23:40 | 0:22:54 | 0:47:41 |
|           | 320 | 1082 Kadic Rasim                   | E.ON Ruhrgas SG          | 1:59:41                    | M50 | 0:30:29 | 0:29:29 | 0:59:42 |
| <b>21</b> |     | <b>BSG Stadtwerke Duisburg</b>     |                          | <b>Gesamtzeit: 5:07:46</b> |     |         |         |         |
|           | 167 | 1063 Rafalski Karl                 | BSG Stadtwerke Duisbur   | 1:41:55                    | M55 | 0:25:13 | 0:24:36 | 0:52:05 |
|           | 176 | 1069 Weinkath Markus               | BSG Stadtwerke Duisbur   | 1:42:44                    | M35 | 0:25:13 | 0:24:11 | 0:53:20 |
|           | 180 | 1066 Hölzken Oliver                | BSG Stadtwerke Duisbur   | 1:43:07                    | M35 | 0:27:42 | 0:24:17 | 0:51:07 |
| <b>22</b> |     | <b>FDP Duisburg-Mitte</b>          |                          | <b>Gesamtzeit: 5:10:14</b> |     |         |         |         |
|           | 149 | 653 Albrecht Frank                 | FDP Duisburg-Mitte       | 1:39:18                    | M40 | 0:25:30 | 0:23:03 | 0:50:45 |
|           | 160 | 659 Sindelar Peter                 | FDP Duisburg-Mitte       | 1:41:10                    | M40 | 0:25:35 | 0:23:28 | 0:52:06 |
|           | 241 | 656 Kehl Andreas                   | FDP Duisburg-Mitte       | 1:49:46                    | M30 | 0:27:46 | 0:26:38 | 0:55:20 |

**Nike Winterlaufserie  
des ASV Duisburg 2009  
Kleine Serie - Mannschaften**

**Männer**

| Total.    | Nr.  | Name Vorname                    | Verein/*Ort            | Endzeit                    | AK  | 5km     | 5km     | 10km    |
|-----------|------|---------------------------------|------------------------|----------------------------|-----|---------|---------|---------|
| <b>23</b> |      | <b>DJK-VFL Willich</b>          |                        | <b>Gesamtzeit: 5:10:38</b> |     |         |         |         |
| 164       | 433  | Kühne Ingo                      | DJK-VFL Willich        | 1:41:29                    | M55 | 0:24:35 | 0:24:41 | 0:52:12 |
| 170       | 514  | Kreuels Thomas                  | DJK-VFL Willich        | 1:42:22                    | M40 | 0:24:38 | 0:24:35 | 0:53:08 |
| 213       | 455  | Bayer Wolfgang                  | DJK-VFL Willich        | 1:46:47                    | M45 | 0:26:54 | 0:25:39 | 0:54:13 |
| <b>24</b> |      | <b>LC Duisburg</b>              |                        | <b>Gesamtzeit: 5:12:47</b> |     |         |         |         |
| 171       | 148  | Hintze Harald                   | LC Duisburg            | 1:42:26                    | M60 | 0:25:14 | 0:24:21 | 0:52:50 |
| 199       | 306  | Kirchberg Peter                 | LC Duisburg            | 1:44:40                    | M45 | 0:27:02 | 0:25:37 | 0:52:00 |
| 203       | 21   | Urbach Ralf                     | LC Duisburg            | 1:45:41                    | M45 | 0:26:51 | 0:25:09 | 0:53:40 |
| <b>25</b> |      | <b>Vodafone Runners</b>         |                        | <b>Gesamtzeit: 5:14:19</b> |     |         |         |         |
| 183       | 1119 | Weyer Klaus                     | Vodafone Runners       | 1:43:09                    | M40 | 0:24:21 | 0:24:57 | 0:53:51 |
| 187       | 1121 | Schmidt Liborius                | Vodafone Runners       | 1:43:44                    | M50 | 0:25:37 | 0:24:56 | 0:53:10 |
| 219       | 1090 | Wortmann Martin                 | Vodafone Runners       | 1:47:26                    | M35 | 0:26:27 | 0:21:23 | 0:59:35 |
| <b>26</b> |      | <b>LG COESFELD</b>              |                        | <b>Gesamtzeit: 5:16:00</b> |     |         |         |         |
| 181       | 1018 | Wolter Martin                   | LG COESFELD            | 1:43:07                    | M50 | 0:25:36 | 0:24:43 | 0:52:47 |
| 208       | 1016 | Thier Alfred                    | LG COESFELD            | 1:46:08                    | M45 | 0:25:46 | 0:27:33 | 0:52:48 |
| 212       | 1009 | Bockemühl Thomas Martin         | LG COESFELD            | 1:46:45                    | M30 | 0:24:44 | 0:25:20 | 0:56:39 |
| <b>27</b> |      | <b>Team Brabender</b>           |                        | <b>Gesamtzeit: 5:17:29</b> |     |         |         |         |
| 68        | 804  | Hoffmann Martin                 | Team Brabender         | 1:27:18                    | M45 | 0:21:14 | 0:21:00 | 0:45:03 |
| 228       | 809  | Jonischkeit Günter              | Team Brabender         | 1:48:12                    | M50 | 0:26:42 | 0:26:05 | 0:55:25 |
| 329       | 806  | Lippe Frank                     | Team Brabender         | 2:01:59                    | M40 | 0:28:33 | 0:28:31 | 1:04:54 |
| <b>28</b> |      | <b>AS Neukirchen-Vluyn</b>      |                        | <b>Gesamtzeit: 5:22:08</b> |     |         |         |         |
| 207       | 902  | Temp Detlef                     | AS Neukirchen-Vluyn    | 1:46:04                    | M40 | 0:25:33 | 0:24:32 | 0:55:58 |
| 217       | 889  | Opitz Werner                    | AS Neukirchen-Vluyn    | 1:47:22                    | M70 | 0:26:46 | 0:26:04 | 0:54:31 |
| 231       | 894  | Ruthmann Jens                   | AS Neukirchen-Vluyn    | 1:48:42                    | M45 | 0:27:58 | 0:25:59 | 0:54:44 |
| <b>29</b> |      | <b>BSG Commerzbank Duisburg</b> |                        | <b>Gesamtzeit: 5:24:50</b> |     |         |         |         |
| 177       | 1166 | Bürgel Christian                | BSG Commerzbank Duis   | 1:42:47                    | M40 | 0:25:51 | 0:25:04 | 0:51:51 |
| 240       | 1165 | Jeitner Peter                   | BSG Commerzbank Duis   | 1:49:36                    | M55 | 0:26:53 | 0:26:45 | 0:55:57 |
| 253       | 1164 | Lehnen Tobias                   | BSG Commerzbank Duis   | 1:52:27                    | M35 | 0:27:29 | 0:26:19 | 0:58:38 |
| <b>30</b> |      | <b>TRIMET</b>                   |                        | <b>Gesamtzeit: 5:28:43</b> |     |         |         |         |
| 155       | 1157 | Inglis Graham                   | TRIMET                 | 1:40:35                    | M40 | 0:25:49 | 0:26:54 | 0:47:51 |
| 265       | 1156 | Laub Joachim                    | TRIMET                 | 1:53:32                    | M60 | 0:27:41 | 0:27:11 | 0:58:39 |
| 272       | 1141 | Böckhorst Georg                 | TRIMET                 | 1:54:36                    | M45 | 0:29:15 | 0:27:27 | 0:57:54 |
| <b>31</b> |      | <b>BSG Stadtwerke Duisburg</b>  |                        | <b>Gesamtzeit: 5:31:09</b> |     |         |         |         |
| 189       | 1080 | Siepmann Michael                | BSG Stadtwerke Duisbur | 1:43:55                    | M45 | 0:27:36 | 0:24:16 | 0:52:02 |
| 251       | 1079 | Garcia Esteban                  | BSG Stadtwerke Duisbur | 1:52:18                    | M40 | 0:26:55 | 0:26:16 | 0:59:06 |
| 276       | 1071 | Schwarz Bernd                   | BSG Stadtwerke Duisbur | 1:54:56                    | M50 | 0:28:22 | 0:28:01 | 0:58:32 |
| <b>32</b> |      | <b>LG COESFELD</b>              |                        | <b>Gesamtzeit: 5:33:47</b> |     |         |         |         |
| 223       | 1019 | Kemmerling Martin               | LG COESFELD            | 1:47:45                    | M50 | 0:25:22 | 0:26:08 | 0:56:15 |
| 245       | 1012 | Segbert Jochen                  | LG COESFELD            | 1:50:49                    | M35 | 0:27:21 | 0:26:20 | 0:57:08 |
| 277       | 1022 | Hemkemeyer Horst                | LG COESFELD            | 1:55:13                    | M50 | 0:28:02 | 0:28:02 | 0:59:08 |
| <b>33</b> |      | <b>LC Duisburg</b>              |                        | <b>Gesamtzeit: 5:34:29</b> |     |         |         |         |
| 221       | 185  | Wittich Wilhelm                 | LC Duisburg            | 1:47:31                    | M45 | 0:26:54 | 0:25:59 | 0:54:38 |
| 263       | 400  | Steinke Jörg                    | LC Duisburg            | 1:53:29                    | M40 | 0:27:55 | 0:26:26 | 0:59:07 |
| 264       | 401  | Steinke Marten                  | LC Duisburg            | 1:53:29                    | M15 | 0:27:55 | 0:26:27 | 0:59:06 |

**Nike Winterlaufserie  
des ASV Duisburg 2009  
Kleine Serie - Mannschaften**

**Frauen**

| Total.    | Nr.                           | Name Vorname             | Verein/*Ort                | Endzeit | AK  | 5km     | 5km     | 10km    |
|-----------|-------------------------------|--------------------------|----------------------------|---------|-----|---------|---------|---------|
| <b>1</b>  | <b>LG COESFELD</b>            |                          | <b>Gesamtzeit: 4:09:59</b> |         |     |         |         |         |
|           | 1                             | 1031 Aehling Carolin     | LG COESFELD                | 1:10:09 | W19 | 0:17:14 | 0:16:39 | 0:36:15 |
|           | 8                             | 1026 Hömemann Nathalie   | LG COESFELD                | 1:28:27 | W15 | 0:21:38 | 0:21:30 | 0:45:18 |
|           | 13                            | 1030 Laukamp Jasmin      | LG COESFELD                | 1:31:23 | W18 | 0:22:44 | 0:21:52 | 0:46:46 |
| <b>2</b>  | <b>Adler-Langlauf Bottrop</b> |                          | <b>Gesamtzeit: 4:31:23</b> |         |     |         |         |         |
|           | 2                             | 593 Kordel Bernardina    | Adler-Langlauf Bottrop     | 1:20:26 | W50 | 0:19:56 | 0:19:28 | 0:41:01 |
|           | 16                            | 699 Nizeyimana Christine | Adler-Langlauf Bottrop     | 1:32:50 | W22 | 0:22:40 | 0:22:36 | 0:47:33 |
|           | 43                            | 836 Berkenbusch Gisela   | Adler-Langlauf Bottrop     | 1:38:07 | W50 | 0:24:14 | 0:23:52 | 0:50:00 |
| <b>3</b>  | <b>TV Wanheimerort</b>        |                          | <b>Gesamtzeit: 4:41:35</b> |         |     |         |         |         |
|           | 11                            | 427 Wehr Katharina       | TV Wanheimerort            | 1:30:56 | W15 | 0:22:58 | 0:22:08 | 0:45:48 |
|           | 12                            | 457 Neppi Victoria       | TV Wanheimerort            | 1:30:56 | W15 | 0:22:58 | 0:22:08 | 0:45:49 |
|           | 46                            | 1187 Moews Stephanie     | TV Wanheimerort            | 1:39:43 | W19 | 0:23:44 | 0:24:13 | 0:51:45 |
| <b>4</b>  | <b>LG COESFELD</b>            |                          | <b>Gesamtzeit: 4:46:09</b> |         |     |         |         |         |
|           | 19                            | 1034 Lanfer Daniela      | LG COESFELD                | 1:33:52 | W30 | 0:23:20 | 0:22:44 | 0:47:47 |
|           | 27                            | 1043 Hilgert Ruth        | LG COESFELD                | 1:36:04 | W45 | 0:23:32 | 0:23:15 | 0:49:15 |
|           | 28                            | 1032 Blome Esther        | LG COESFELD                | 1:36:13 | W19 | 0:23:30 | 0:23:03 | 0:49:39 |
| <b>5</b>  | <b>LG Hünxe</b>               |                          | <b>Gesamtzeit: 4:48:30</b> |         |     |         |         |         |
|           | 17                            | 952 Giesbers Ann-Kristin | LG Hünxe                   | 1:33:12 | W15 | 0:22:54 | 0:22:22 | 0:47:55 |
|           | 39                            | 947 Sadlo Nele           | LG Hünxe                   | 1:37:38 | W15 | 0:24:47 | 0:24:15 | 0:48:35 |
|           | 40                            | 814 Van Laak Mareike     | LG Hünxe                   | 1:37:40 | W22 | 0:24:00 | 0:23:49 | 0:49:50 |
| <b>6</b>  | <b>LG COESFELD</b>            |                          | <b>Gesamtzeit: 4:52:17</b> |         |     |         |         |         |
|           | 34                            | 1037 Rentemeister Karin  | LG COESFELD                | 1:37:00 | W40 | 0:25:03 | 0:23:11 | 0:48:45 |
|           | 38                            | 1027 Thier Alexandra     | LG COESFELD                | 1:37:29 | W15 | 0:23:11 | 0:23:00 | 0:51:18 |
|           | 41                            | 1025 Buning Theresa      | LG COESFELD                | 1:37:48 | W15 | 0:24:27 | 0:23:44 | 0:49:36 |
| <b>7</b>  | <b>SV Viktoria Goch</b>       |                          | <b>Gesamtzeit: 4:56:52</b> |         |     |         |         |         |
|           | 33                            | 119 Müller Maxine        | SV Viktoria Goch           | 1:36:44 | W15 | 0:24:04 | 0:23:25 | 0:49:14 |
|           | 44                            | 102 Thimm Gitti          | SV Viktoria Goch           | 1:38:27 | W40 | 0:24:08 | 0:23:33 | 0:50:46 |
|           | 58                            | 68 Lensing Gesa          | SV Viktoria Goch           | 1:41:41 | W15 | 0:24:18 | 0:23:26 | 0:53:56 |
| <b>8</b>  | <b>AS Neukirchen-Vluyn</b>    |                          | <b>Gesamtzeit: 4:59:42</b> |         |     |         |         |         |
|           | 35                            | 878 Hilgers Birgit       | AS Neukirchen-Vluyn        | 1:37:01 | W40 | 0:24:32 | 0:23:45 | 0:48:43 |
|           | 37                            | 879 Hümbs Marie          | AS Neukirchen-Vluyn        | 1:37:25 | W15 | 0:23:39 | 0:25:13 | 0:48:32 |
|           | 74                            | 876 Herden Ingrid        | AS Neukirchen-Vluyn        | 1:45:16 | W55 | 0:25:59 | 0:25:39 | 0:53:36 |
| <b>9</b>  | <b>TV Wanheimerort</b>        |                          | <b>Gesamtzeit: 5:06:13</b> |         |     |         |         |         |
|           | 47                            | 1185 Protze Wiebke       | TV Wanheimerort            | 1:39:48 | W18 | 0:24:22 | 0:24:23 | 0:51:02 |
|           | 59                            | 1186 Protze Maike        | TV Wanheimerort            | 1:41:46 | W19 | 0:24:15 | 0:24:16 | 0:53:14 |
|           | 72                            | 1195 Feller Marita       | TV Wanheimerort            | 1:44:39 | W45 | 0:24:42 | 0:25:24 | 0:54:31 |
| <b>10</b> | <b>LC Duisburg</b>            |                          | <b>Gesamtzeit: 5:14:13</b> |         |     |         |         |         |
|           | 31                            | 167 Steinke Karoline     | LC Duisburg                | 1:36:23 | W15 | 0:23:18 | 0:23:57 | 0:49:07 |
|           | 70                            | 171 Canbaz Sabine        | LC Duisburg                | 1:43:47 | W40 | 0:26:38 | 0:24:53 | 0:52:14 |
|           | 135                           | 127 Rother Anja          | LC Duisburg                | 1:54:03 | W40 | 0:27:41 | 0:27:08 | 0:59:13 |
| <b>11</b> | <b>LG COESFELD</b>            |                          | <b>Gesamtzeit: 5:14:58</b> |         |     |         |         |         |
|           | 60                            | 1042 Hartmer-Blome Lilli | LG COESFELD                | 1:41:52 | W45 | 0:25:33 | 0:24:34 | 0:51:44 |
|           | 77                            | 1033 Hilgert Theresa     | LG COESFELD                | 1:45:38 | W19 | 0:24:55 | 0:25:55 | 0:54:46 |
|           | 90                            | 1040 Thier Anne          | LG COESFELD                | 1:47:28 | W40 | 0:27:07 | 0:26:18 | 0:54:02 |

**Nike Winterlaufserie  
des ASV Duisburg 2009  
Kleine Serie - Mannschaften**

**Frauen**

| Total.    | Nr. | Name Vorname                   | Verein/*Ort            | Endzeit                    | AK  | 5km     | 5km     | 10km    |
|-----------|-----|--------------------------------|------------------------|----------------------------|-----|---------|---------|---------|
| <b>12</b> |     | <b>LT Schnecke SV Sonsbeck</b> |                        | <b>Gesamtzeit: 5:18:48</b> |     |         |         |         |
|           | 18  | 942 Weibel Luise               | LT Schnecke SV Sonsbec | 1:33:36                    | W45 | 0:22:38 | 0:22:24 | 0:48:33 |
|           | 55  | 934 Borgarts Andrea            | LT Schnecke SV Sonsbec | 1:41:12                    | W35 | 0:26:01 | 0:21:14 | 0:53:56 |
|           | 215 | 937 Schönauer Bärbel           | LT Schnecke SV Sonsbec | 2:04:00                    | W50 | 0:30:47 | 0:29:55 | 1:03:16 |
| <b>13</b> |     | <b>LG COESFELD</b>             |                        | <b>Gesamtzeit: 5:28:28</b> |     |         |         |         |
|           | 98  | 4 Konert Doris                 | LG COESFELD            | 1:48:52                    | W55 | 0:26:15 | 0:26:32 | 0:56:04 |
|           | 102 | 1028 Wilmer Carolyn            | LG COESFELD            | 1:49:46                    | W18 | 0:25:26 | 0:23:00 | 1:01:19 |
|           | 103 | 1036 Gövert Ute                | LG COESFELD            | 1:49:50                    | W40 | 0:26:42 | 0:26:00 | 0:57:08 |
| <b>14</b> |     | <b>BSG Team EVAG</b>           |                        | <b>Gesamtzeit: 5:34:07</b> |     |         |         |         |
|           | 45  | 637 Vogt Margita               | BSG Team EVAG          | 1:39:42                    | W45 | 0:24:12 | 0:24:37 | 0:50:52 |
|           | 149 | 23 Natrop Monika               | BSG Team EVAG          | 1:55:35                    | W45 | 0:28:56 | 0:27:47 | 0:58:51 |
|           | 177 | 438 Enke Sandra                | BSG Team EVAG          | 1:58:50                    | W35 | 0:29:41 | 0:29:08 | 1:00:01 |
| <b>15</b> |     | <b>AS Neukirchen-Vluyn</b>     |                        | <b>Gesamtzeit: 5:35:53</b> |     |         |         |         |
|           | 107 | 886 Lütke-meier Ellen          | AS Neukirchen-Vluyn    | 1:50:27                    | W45 | 0:27:20 | 0:26:40 | 0:56:26 |
|           | 119 | 875 Fretschén Nicole           | AS Neukirchen-Vluyn    | 1:52:03                    | W35 | 0:28:28 | 0:27:16 | 0:56:17 |
|           | 130 | 891 Pause Martina              | AS Neukirchen-Vluyn    | 1:53:23                    | W45 | 0:28:20 | 0:27:42 | 0:57:20 |
| <b>16</b> |     | <b>VSG Duisburg</b>            |                        | <b>Gesamtzeit: 5:42:12</b> |     |         |         |         |
|           | 42  | 146 Serfort Inga               | VSG Duisburg           | 1:37:53                    | W22 | 0:24:34 | 0:23:32 | 0:49:47 |
|           | 89  | 515 Hübner Christina           | VSG Duisburg           | 1:47:23                    | W50 | 0:26:53 | 0:26:22 | 0:54:08 |
|           | 281 | 388 Willkomm Monika            | VSG Duisburg           | 2:16:56                    | W40 | 0:34:03 | 0:32:28 | 1:10:24 |
| <b>17</b> |     | <b>Marathon Dinslaken</b>      |                        | <b>Gesamtzeit: 5:45:10</b> |     |         |         |         |
|           | 67  | 692 Schürings-Buschmann Ul     | Marathon Dinslaken     | 1:43:22                    | W40 | 0:26:04 | 0:25:06 | 0:52:12 |
|           | 164 | 982 Lonny Andrea               | Marathon Dinslaken     | 1:56:52                    | W45 | 0:29:35 | 0:28:51 | 0:58:25 |
|           | 220 | 983 Setzepfand Friederike      | Marathon Dinslaken     | 2:04:56                    | W50 | 0:32:55 | 0:31:55 | 1:00:05 |
| <b>18</b> |     | <b>TV Wanheimerort</b>         |                        | <b>Gesamtzeit: 5:45:28</b> |     |         |         |         |
|           | 73  | 1182 Scheuer Christina         | TV Wanheimerort        | 1:44:52                    | W15 | 0:24:52 | 0:24:38 | 0:55:21 |
|           | 132 | 833 Pohl Bianka                | TV Wanheimerort        | 1:53:41                    | W40 | 0:28:21 | 0:26:57 | 0:58:21 |
|           | 229 | 241 Wolff Angelika             | TV Wanheimerort        | 2:06:55                    | W55 | 0:30:13 | 0:30:14 | 1:06:28 |
| <b>19</b> |     | <b>LC Duisburg</b>             |                        | <b>Gesamtzeit: 5:47:23</b> |     |         |         |         |
|           | 136 | 159 Philipp-Hock Erika         | LC Duisburg            | 1:54:06                    | W55 | 0:27:41 | 0:27:10 | 0:59:14 |
|           | 157 | 610 Tünnermann Laura           | LC Duisburg            | 1:56:19                    | W15 | 0:30:37 | 0:27:55 | 0:57:47 |
|           | 165 | 162 Wittich Birgit             | LC Duisburg            | 1:56:58                    | W40 | 0:28:46 | 0:28:52 | 0:59:19 |
| <b>20</b> |     | <b>SV Viktoria Goch</b>        |                        | <b>Gesamtzeit: 5:48:19</b> |     |         |         |         |
|           | 122 | 67 Lensing Monika              | SV Viktoria Goch       | 1:52:39                    | W40 | 0:29:09 | 0:27:14 | 0:56:16 |
|           | 140 | 266 Nagel Marina               | SV Viktoria Goch       | 1:54:45                    | W35 | 0:31:11 | 0:28:56 | 0:54:37 |
|           | 193 | 505 Schreurs Marlies           | SV Viktoria Goch       | 2:00:55                    | W60 | 0:30:24 | 0:29:13 | 1:01:17 |
| <b>21</b> |     | <b>BSG Sparkasse Duisburg</b>  |                        | <b>Gesamtzeit: 5:48:52</b> |     |         |         |         |
|           | 53  | 701 Lehmkuhl Heike             | BSG Sparkasse Duisburg | 1:40:57                    | W35 | 0:25:38 | 0:23:26 | 0:51:52 |
|           | 81  | 747 Passmann Sabine            | BSG Sparkasse Duisburg | 1:46:25                    | W35 | 0:25:32 | 0:24:56 | 0:55:56 |
|           | 294 | 702 Adams Elisabeth            | BSG Sparkasse Duisburg | 2:21:30                    | W40 | 0:34:39 | 0:32:27 | 1:14:24 |
| <b>22</b> |     | <b>LG COESFELD</b>             |                        | <b>Gesamtzeit: 5:49:54</b> |     |         |         |         |
|           | 108 | 1038 Growe Beate               | LG COESFELD            | 1:50:29                    | W40 | 0:26:49 | 0:26:32 | 0:57:07 |
|           | 180 | 752 Hörmemann Claudia          | LG COESFELD            | 1:59:05                    | W40 | 0:29:17 | 0:28:46 | 1:01:01 |
|           | 186 | 1044 Willers Renate            | LG COESFELD            | 2:00:20                    | W45 | 0:29:08 | 0:29:20 | 1:01:51 |

**Nike Winterlaufserie  
des ASV Duisburg 2009  
Kleine Serie - Mannschaften**

**Frauen**

| Total.    | Nr. | Name Vorname               | Verein/*Ort         | Endzeit                    | AK  | 5km     | 5km     | 10km    |
|-----------|-----|----------------------------|---------------------|----------------------------|-----|---------|---------|---------|
| <b>23</b> |     | <b>LG Hünxe</b>            |                     | <b>Gesamtzeit: 5:51:53</b> |     |         |         |         |
|           | 49  | 710 Klinger Susanne        | LG Hünxe            | 1:40:00                    | W40 | 0:24:52 | 0:24:20 | 0:50:47 |
|           | 211 | 1062 Dahlhaus Inge         | LG Hünxe            | 2:03:06                    | W65 | 0:30:25 | 0:31:13 | 1:01:27 |
|           | 243 | 813 Van Laak Beate         | LG Hünxe            | 2:08:47                    | W55 | 0:30:45 | 0:31:24 | 1:06:36 |
| <b>24</b> |     | <b>AS Neukirchen-Vluyn</b> |                     | <b>Gesamtzeit: 5:52:35</b> |     |         |         |         |
|           | 145 | 872 Exner Birgit           | AS Neukirchen-Vluyn | 1:55:21                    | W50 | 0:28:36 | 0:28:27 | 0:58:17 |
|           | 173 | 868 Besau Susanne          | AS Neukirchen-Vluyn | 1:58:30                    | W40 | 0:28:59 | 0:28:55 | 1:00:34 |
|           | 175 | 880 Jack Melanie           | AS Neukirchen-Vluyn | 1:58:44                    | W30 | 0:28:36 | 0:29:44 | 1:00:23 |
| <b>25</b> |     | <b>Vodafone Runners</b>    |                     | <b>Gesamtzeit: 5:56:35</b> |     |         |         |         |
|           | 69  | 1113 Buchwald Susanne      | Vodafone Runners    | 1:43:42                    | W40 | 0:25:25 | 0:25:19 | 0:52:57 |
|           | 197 | 1101 Schmid Tanja          | Vodafone Runners    | 2:01:25                    | W30 | 0:30:29 | 0:29:34 | 1:01:22 |
|           | 256 | 1124 Steil Melissa         | Vodafone Runners    | 2:11:28                    | W22 | 0:33:21 | 0:31:13 | 1:06:53 |
| <b>26</b> |     | <b>MSV Duisburg LT</b>     |                     | <b>Gesamtzeit: 5:56:43</b> |     |         |         |         |
|           | 134 | 43 Risch Bettina           | MSV Duisburg LT     | 1:53:55                    | W45 | 0:28:00 | 0:26:50 | 0:59:03 |
|           | 174 | 592 Scholten Stephanie     | MSV Duisburg LT     | 1:58:40                    | W30 | 0:29:15 | 0:28:48 | 1:00:35 |
|           | 216 | 582 Stammer Sabine         | MSV Duisburg LT     | 2:04:08                    | W40 | 0:30:39 | 0:29:30 | 1:03:58 |
| <b>27</b> |     | <b>LC Duisburg</b>         |                     | <b>Gesamtzeit: 6:18:53</b> |     |         |         |         |
|           | 166 | 166 Steinke Ines           | LC Duisburg         | 1:56:58                    | W40 | 0:28:46 | 0:28:52 | 0:59:19 |
|           | 227 | 175 Probst Karina          | LC Duisburg         | 2:06:14                    | W35 | 0:31:05 | 0:30:08 | 1:05:01 |
|           | 279 | 179 Boixader-Buch Jessica  | LC Duisburg         | 2:15:41                    | W30 | 0:32:53 | 0:33:17 | 1:09:30 |
| <b>28</b> |     | <b>AS Neukirchen-Vluyn</b> |                     | <b>Gesamtzeit: 6:19:11</b> |     |         |         |         |
|           | 194 | 899 Schütz Britta          | AS Neukirchen-Vluyn | 2:01:08                    | W30 | 0:29:24 | 0:29:46 | 1:01:57 |
|           | 242 | 892 Petzke Nadine          | AS Neukirchen-Vluyn | 2:08:43                    | W30 | 0:31:32 | 0:31:21 | 1:05:49 |
|           | 244 | 869 Brüggemann Kathrin     | AS Neukirchen-Vluyn | 2:09:20                    | W45 | 0:32:59 | 0:31:38 | 1:04:42 |
| <b>29</b> |     | <b>LG COESFELD</b>         |                     | <b>Gesamtzeit: 6:21:43</b> |     |         |         |         |
|           | 191 | 865 Spiegeler Ingrid       | LG COESFELD         | 2:00:39                    | W40 | 0:29:20 | 0:29:27 | 1:01:51 |
|           | 245 | 1046 Naber Anneliese       | LG COESFELD         | 2:09:44                    | W50 | 0:30:53 | 0:31:20 | 1:07:30 |
|           | 254 | 1045 Effkemann Sigrid      | LG COESFELD         | 2:11:20                    | W50 | 0:32:30 | 0:31:20 | 1:07:30 |
| <b>30</b> |     | <b>AS Neukirchen-Vluyn</b> |                     | <b>Gesamtzeit: 6:34:52</b> |     |         |         |         |
|           | 248 | 874 Frantzki Ute           | AS Neukirchen-Vluyn | 2:10:27                    | W65 | 0:32:24 | 0:32:10 | 1:05:52 |
|           | 252 | 890 Palnau Renate          | AS Neukirchen-Vluyn | 2:10:58                    | W55 | 0:32:24 | 0:31:53 | 1:06:40 |
|           | 268 | 873 Fischer Roswitha       | AS Neukirchen-Vluyn | 2:13:27                    | W60 | 0:34:12 | 0:33:14 | 1:05:59 |
| <b>31</b> |     | <b>MSV Duisburg LT</b>     |                     | <b>Gesamtzeit: 6:47:50</b> |     |         |         |         |
|           | 273 | 635 Pühringer Antje        | MSV Duisburg LT     | 2:14:00                    | W35 | 0:32:54 | 0:31:04 | 1:10:01 |
|           | 275 | 73 Duber Angela            | MSV Duisburg LT     | 2:14:59                    | W45 | 0:33:05 | 0:31:47 | 1:10:06 |
|           | 287 | 140 Spiegelhoff Elke       | MSV Duisburg LT     | 2:18:51                    | W45 | 0:34:10 | 0:32:31 | 1:12:10 |
| <b>32</b> |     | <b>AS Neukirchen-Vluyn</b> |                     | <b>Gesamtzeit: 7:14:48</b> |     |         |         |         |
|           | 297 | 897 Schmitt Heide          | AS Neukirchen-Vluyn | 2:22:43                    | W60 | 0:33:48 | 0:33:56 | 1:14:58 |
|           | 302 | 882 Kerlen Marlies         | AS Neukirchen-Vluyn | 2:24:49                    | W40 | 0:35:01 | 0:34:43 | 1:15:04 |
|           | 304 | 866 Ache Ursula            | AS Neukirchen-Vluyn | 2:27:16                    | W65 | 0:36:01 | 0:36:09 | 1:15:04 |