

10km - Gesamtwertung (Lauf 7,8,9)

Stadtwerke Kö-Lauf Düsseldorf - 4. September 2011

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	8	Kemboi Shadrack		0:28:43	0:28:45	1	M20	86	5:05:25	05:53	05:53	05:47	05:43	
2	3	Loitareng Gadengoi		0:28:47	0:28:50	2	M20	83	5:05:25	05:54	05:53	05:47	05:47	
3	5	Maina Charles		0:29:20	0:29:22	3	M20	82	5:05:24	05:56	05:55	06:01	06:03	
4	7	Chelimo Stephen		0:29:31	0:29:33	4	M20	85	5:05:25	05:53	05:54	06:07	06:09	
5	15	Ereng Patrick		0:29:44	0:29:46	5	M20	87	5:05:23	05:55	05:54	06:17	06:12	
6	11	Weidlinger Günther		0:29:45	0:29:47	1	M30	78	5:05:49	06:00	06:02	06:04	05:48	
7	10	Pollmächer André	rhein marathon düsseldorf e.V.	0:29:45	0:29:48	6	M20	83	5:05:52	06:00	05:59	06:04	05:49	
8	18	Nesero Kadi		0:30:12	0:30:15	7	M20	86	5:05:36	06:01	06:14	06:04	06:15	
9	2	Saliil Stanley		0:30:19	0:30:21	8	M20	86	5:05:25	05:53	06:05	06:24	06:31	
10	19	Tolossa Chengera		0:31:25	0:31:28	9	M20	83	5:05:31	06:11	06:31	06:35	06:35	
11	2899	Winterholler Andreas	TV Refrath	0:32:11	0:32:14	10	M20	83	5:06:27	06:22	06:26	06:27	06:27	
12	2860	Dahl Simon	TV Refrath	0:32:11	0:32:14	11	M20	87	5:06:10	06:23	06:28	06:35	06:33	
13	16	Dreier Tobias	SG Wenden	0:32:21	0:32:24	12	M20	83	5:06:01	06:26	06:39	06:42	06:31	
14	4	Chepkwony Johnstone		0:33:03	0:33:05	13	M20	84	5:05:36	06:01	06:29	07:14	07:40	
15	1411	Molitor Christian	Special Olympic Luxemburg	0:33:12	0:33:16	14	M20	88	5:06:27	06:41	06:51	06:45	06:26	
16	2983	Gröne Michael	*Aachen	0:34:56	0:35:00	15	M20	87	5:06:51	06:58	07:01	07:04	07:01	
17	1376	Paulitschke Wilfried	ASICS Fronrunner	0:34:59	0:35:03	1	M50	57	5:06:51	07:00	07:03	07:04	06:59	
18	3220	Schramm Michael	ASV Duisburg	0:35:08	0:35:12	2	M30	80	5:06:52	06:57	07:07	07:09	07:01	
19	2482	Koll David	Tri Club Wuppertal	0:35:12	0:35:15	16	M20	86	5:06:42	07:06	07:13	07:09	07:00	
20	2327	Wiesen Christoph	SSF Bonn Triathlon	0:35:27	0:35:30	17	M20	83	5:06:43	07:06	07:12	07:09	07:14	
21	3431	Franke Sebastian	OTB Osnabrück	0:35:38	0:35:42	18	M20	91	5:06:55	07:07	07:04	07:18	07:12	
22	1445	König Niklas	SFD 75	0:35:47	0:35:50	19	M20	85	5:06:56	07:07	07:20	07:14	07:08	
23	2782	Jegodtka Matthias	ASC Rosellen/Neuss	0:35:51	0:35:55	1	M35	74	5:06:55	07:01	07:12	07:24	07:18	
24	3449	Nikoltschuk Sergej		0:36:05	0:36:08	20	M20	86	5:06:38	07:13	07:21	07:30	07:21	
25	3201	Martin Oliver	Team DOLORGIET St.Augustin	0:36:17	0:36:20	2	M35	74	5:06:54	07:05	07:21	07:28	07:27	
26	1443	Habel Spencer	SFD 75	0:36:22	0:36:26	21	M20		5:06:56	07:16	07:29	07:26	07:13	
27	2864	Laudage Jens	LG Neustadt/Weinstrasse	0:36:45	0:36:45	1	M40	71	5:00:00	00:00	07:30	07:04	08:02	
28	1448	Linder Sascha	SFD 75	0:36:45	0:36:47	2	M40	67	5:07:11	07:16	07:28	07:26	07:21	
29	3448	Schill Holger	SFD 75 Düsseldorf	0:36:50	0:36:54	3	M35	73	5:07:08	07:18	07:28	07:26	07:28	
30	1409	Schiltz Sven	Special Olympic Luxemburg	0:36:55	0:36:59	22	M20	91	5:07:18	07:28	07:29	07:24	07:14	
31	1626	Fassen Niels		0:37:05	0:37:09	23	M20	84	5:06:58	07:16	07:32	07:41	07:36	
32	1790	Moldenhauer Kai	DLC Aachen	0:37:12	0:37:15	24	M20	83	5:07:07	07:30	07:31	07:38	07:24	
33	2087	Sambale Thomas	LAZ Puma Troisdorf/Siegburg	0:37:15	0:37:19	1	M45	65	5:07:18	07:27	07:29	07:34	07:26	
34	2329	Holweck Andreas	Grojos LTF Elversberg	0:37:20	0:37:24	3	M30	77	5:07:06	07:24	07:34	07:44	07:30	
35	2609	Claesges Michael	dm-Drogeriemarkt	0:37:20	0:37:25	2	M45	64	5:07:18	07:26	07:29	07:34	07:32	
36	2776	Dickebohm Ralf	*Düsseldorf	0:37:23	0:37:26	4	M30	77	5:07:08	07:23	07:32	07:43	07:36	
37	3042	Zimmermann Timo	TV Wattenscheid 01	0:37:24	0:37:27	25	M20	87	5:06:55	07:19	07:41	07:49	07:39	
38	1323	Kutermann Frank	LG Wuppertal	0:37:29	0:37:32	3	M40	68	5:07:03	07:25	07:38	07:43	07:37	
39	3138	Reifenberg Felix	SSF Bonn Triathlon	0:37:33	0:37:36	1	MJB	95	5:06:56	07:35	07:44	07:48	07:27	
40	1447	Dee Sascha	SFD 75	0:37:35	0:37:40	5	M30	78	5:07:21	07:36	07:32	07:40	07:25	
41	2256	Ruhnke Robert	Bewegungsfelder	0:37:41	0:37:46	2	M50	58	5:07:04	07:34	07:40	07:45	07:37	
42	2237	Henning Otmar	*Düsseldorf	0:37:45	0:37:50	26	M20	86	5:07:08	07:26	07:42	07:45	07:41	
43	2208	Kroh Jens	*Düsseldorf	0:37:54	0:38:01	6	M30	77	5:07:24	07:43	07:43	07:35	07:28	
44	1816	Hisashi Tashiro	*Meerbusch	0:38:09	0:38:13	4	M40	67	5:07:19	07:40	07:41	07:44	07:43	
45	2239	Brinkmeier Ulf	ERGO Sports	0:38:11	0:38:16	5	M40	70	5:06:54	07:17	07:31	07:38	08:49	
46	2313	Zander Malte	*Lübeck	0:38:28	0:38:30	7	M30	80	5:07:26	07:41	07:32	07:41	08:05	
47	2269	Reuter Patrick	Brühler TV 1879	0:38:33	0:38:36	27	M20	86	5:07:19	07:39	07:48	08:01	07:44	
48	2321	Jäger Daniel	*Düsseldorf	0:38:34	0:38:40	8	M30	78	5:07:30	07:44	07:51	07:56	07:30	
49	3021	Dobos Ivo	Albrecht-Dürer-Schule Ddorf	0:38:41	0:38:47	28	M20	86	5:07:30	07:43	07:53	07:55	07:38	
50	3129	Wozny Stefan	TG Holzwickede Laufftreff	0:38:44	0:38:47	9	M30	81	5:07:14	07:39	07:55	08:03	07:51	
51	3342	Schirmer Rüdiger	ART Düsseldorf	0:38:44	0:38:49	3	M45	65	5:07:06	07:34	08:04	08:05	07:53	
52	3443	Ries Benjamin	Aachener TG	0:39:03	0:39:07	29	M20	89	5:07:21	07:44	07:58	08:02	07:56	
53	1849	Harnau Georg	Osterather TV	0:39:09	0:39:15	6	M40	67	5:07:30	07:43	07:55	08:03	07:56	
54	2012	Pakmohr Andreas	Lg Wuppertal	0:39:11	0:39:14	3	M50	60	5:07:23	07:50	07:56	08:00	08:00	
55	2252	Mörth Sascha	Team Erdinger Alkoholfrei	0:39:12	0:39:18	7	M40	70	5:07:38	07:49	07:54	07:57	07:53	
56	1449	Schade Reiner	SFD 75	0:39:20	0:39:24	8	M40	67	5:07:23	07:46	07:59	08:07	08:04	
57	2592	Lovrencic Sascha	*Leverkusen	0:39:24	0:39:28	10	M30	77	5:07:09	07:37	07:58	08:14	08:25	
58	1444	Knipping Andreas	SFD 75	0:39:25	0:39:30	30	M20	90	5:07:20	07:38	07:57	08:17	08:12	
59	2236	Ishizuka Masaki	*Duesseldorf	0:39:29	0:39:35	4	M35	74	5:07:25	07:48	08:00	08:15	07:59	
60	3019	Möhle Benjamin	Jeromin & Vester RUN ING	0:39:35	0:39:40	5	M35	75	5:07:26	07:30	07:42	08:23	08:31	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	2325	Irnich Christopher	*Düren	0:39:40	0:39:50	31	M20	87	5: 07:46 07:53 08:04 08:06 07:49
62	1749	Reichmann Alexander	Reeser SC	0:39:46	0:39:50	32	M20	83	5: 07:24 08:04 07:58 08:02 08:16
63	2080	Frenzel Justin	*dusseldorf	0:39:51	0:39:55	11	M30	80	5: 07:10 07:58 08:10 08:22 08:09
64	1299	Evermann Mark		0:39:51	0:39:53	12	M30	79	5: 07:37 07:57 08:07 08:12 07:55
65	3053	Bounesmer Abdelilah	Henkel Team	0:39:54	0:40:01	9	M40	71	5: 07:37 07:48 07:57 08:35 07:54
66	3462	Althammer Maximilian	RV Staubwolke 09	0:39:55	0:39:59	1	MJA	92	5: 07:34 08:04 08:06 08:03 08:05
67	3264	Schneider Jonas Philip		0:40:01	0:40:07	33	M20	87	5: 07:47 08:02 08:11 08:09 07:49
68	3466	Kerim Peter		0:40:03	0:40:07	1	M55	56	5: 07:27 07:49 08:15 08:20 08:10
69	3072	Altena Matrin	Henkel Team	0:40:03	0:40:07	10	M40	69	5: 07:31 07:56 08:06 08:21 08:08
70	1697	Hohn Matthias	VSV Grenzland Wegberg	0:40:07	0:40:13	6	M35	72	5: 07:35 08:00 08:09 08:17 08:04
71	1823	Lorenz Frank	LT Gruitzen-Neandertal	0:40:08	0:40:13	11	M40	68	5: 07:50 08:02 08:04 08:07 08:03
72	3458	Lorbach Heinz	TuS Köln rrh.	0:40:11	0:40:16	1	M60	50	5: 07:49 08:02 08:04 08:12 08:03
73	2481	Buschmaas Julian	KKK Krefelder Kanu Klub	0:40:12	0:40:15	2	MJA	93	5: 07:23 07:58 08:09 08:23 08:17
74	3135	Bexkens Willy	LG Hilden	0:40:18	0:40:20	12	M40	68	5: 07:46 08:08 08:10 08:18 07:55
75	1789	Colak Alper	ERGO Sports	0:40:22	0:40:27	34	M20	87	5: 07:18 07:59 08:22 08:29 08:12
76	3288	Krätsch Marco		0:40:25	0:40:29	7	M35	76	5: 07:39 07:55 08:07 08:21 08:22
77	2536	Krumbholz Dr. Marcus	LG Hilden	0:40:34	0:40:37	4	M45	63	5: 07:46 08:08 08:09 08:18 08:11
78	3186	Haschke Markus	Triathlon Team Ratingen 08	0:40:49	0:40:55	13	M40	70	5: 07:49 08:04 08:10 08:23 08:21
79	2838	Buhlz Fabian	InterContinental Düsseldorf	0:40:54	0:41:12	35	M20	84	5: 07:43 07:53 08:24 08:36 08:16
80	2725	Kamenov Kiril	Dr. Höschel + Kollegen	0:41:03	0:41:08	8	M35	76	5: 07:09 07:59 08:42 08:06 09:05
81	2836	Koch Martin	Messe Düsseldorf GmbH	0:41:13	0:41:16	14	M40	71	5: 07:55 08:11 08:24 08:26 08:15
82	1951	Penning Raphael	ASV Duisburg	0:41:13	0:41:18	36	M20	88	5: 07:33 08:07 08:22 08:36 08:33
83	1952	David Dirk	ASV Duisburg	0:41:15	0:41:19	15	M40	67	5: 07:07 07:30 08:26 08:58 09:12
84	2290	Ostertag Egbert	KSG Gerlingen	0:41:20	0:41:27	4	M50	60	5: 07:42 08:10 08:31 08:34 08:21
85	1950	Kunst Marco	ASV Duisburg	0:41:23	0:41:28	37	M20	88	5: 07:07 07:30 08:25 09:00 09:19
86	2060	Golinski Philipp	BSG GoSigno	0:41:24	0:41:28	38	M20	83	5: 07:28 08:15 08:46 08:41 08:12
87	2203	Lippelt Tobias	SG Stern Düsseldorf	0:41:24	0:41:30	13	M30	78	5: 07:47 08:12 08:31 08:31 08:21
88	1514	Reuter Andreas	*Düsseldorf	0:41:25	0:41:37	16	M40	70	5: 07:56 08:07 08:24 08:28 08:28
89	1685	Kleinen Ulf	*Düsseldorf	0:41:26	0:41:41	5	M45	63	5: 08:06 08:14 08:21 08:29 08:14
90	1481	Klimek Krystian	Stadtwerke Düsseldorf	0:41:26	0:41:35	39	M20	85	5: 08:10 08:08 08:10 08:24 08:32
91	2270	Paniczek Markus	TSV Bayer 04 Leverkusen	0:41:26	0:41:31	40	M20	83	5: 07:40 07:44 08:09 09:05 08:46
92	2853	Hauffe Chris	Team Polizei Oberhausen	0:41:28	0:41:32	17	M40	70	5: 07:55 08:10 08:15 08:33 08:33
93	2030	Huchthausen Christian	*Kassel	0:41:29	0:41:32	14	M30	79	5: 07:57 08:28 08:22 08:31 08:08
94	2279	Strack Sascha	Marathon Dinslaken	0:41:38	0:41:41	9	M35	76	5: 08:14 08:19 08:21 08:27 08:15
95	1860	Grimm Dr. Jürgen	RSV2000	0:41:41	0:41:47	18	M40	69	5: 07:52 08:15 08:26 08:34 08:33
96	3025	Junggebauer Tobias	KV Bad Oeynhausen	0:41:43	0:41:59	19	M40	70	5: 08:37 08:35 08:20 08:17 07:51
97	2511	Schneider Haymo	HSBC Trinkaus	0:41:50	0:42:01	15	M30	79	5: 07:31 07:55 08:35 09:03 08:45
98	3440	Schmidt Michael		0:41:52	0:41:58	10	M35	75	5: 07:52 08:19 08:32 08:32 08:36
99	1598	Herbold Stephan	SM-Club-Annabelle	0:41:54	0:42:00	6	M45	64	5: 07:59 08:20 08:27 08:42 08:25
100	3453	Katzenberger Ole		0:42:01	0:42:41	3	MJA	92	5: 08:08 08:24 08:36 08:48 08:03
101	2457	Bilaney Gareth	*Düsseldorf	0:42:08	0:42:31	41	M20	90	5: 07:41 08:31 08:54 08:36 08:24
102	2975	Verfürth Christian	Vodafone Runners	0:42:09	0:42:13	20	M40	68	5: 08:01 08:25 08:37 08:36 08:28
103	1242	Urbanowski Frank		0:42:13	0:42:17	21	M40	68	5: 07:52 08:09 08:33 08:54 08:44
104	1743	Färber Dr. Andreas	*Erkrath	0:42:15	0:42:20	22	M40	68	5: 07:43 08:16 08:35 08:49 08:50
105	3452	Dworak Jürgen	TSG Blau-Weiß	0:42:15	0:42:20	23	M40	67	5: 07:51 08:21 08:37 08:52 08:33
106	2271	Maniatis Arion	*Düsseldorf	0:42:19	0:42:34	11	M35	75	5: 08:44 08:35 08:38 08:28 07:53
107	2868	Huckschlag Andreas	*Düsseldorf	0:42:20	0:42:26	4	MJA	93	5: 08:15 08:21 08:42 08:52 08:09
108	2867	Huckschlag Thomas	*Düsseldorf	0:42:20	0:42:26	42	M20	90	5: 08:12 08:18 08:43 08:57 08:08
109	1362	Jonal Andreas	Die Spaßvögel	0:42:26	0:42:36	12	M35	72	5: 08:01 08:25 08:44 08:46 08:28
110	3430	Weiß Ben	Leichtfüßige Schwermetaller	0:42:26	0:42:28	16	M30	79	5: 07:59 08:27 08:39 08:42 08:36
111	3040	Kost Thomas	*Wuppertal	0:42:29	0:42:38	17	M30	80	5: 08:24 08:28 08:46 08:44 08:05
112	2779	Raicu Catalin	*Krefeld	0:42:33	0:42:51	13	M35	75	5: 07:50 08:24 08:35 08:58 08:45
113	3252	Thiel Björn	*Düsseldorf	0:42:35	0:42:39	18	M30	77	5: 07:56 08:25 08:39 08:47 08:47
114	3030	Wischniewski Markus	*Neuss	0:42:37	0:42:43	24	M40	70	5: 07:50 08:20 08:44 08:53 08:48
115	1475	Denkhaus Ulrich	Stadtwerke Düsseldorf	0:42:37	0:42:43	5	M50	60	5: 08:03 08:20 08:38 08:46 08:48
116	1814	Riebold Lars	LT Rennhamster	0:42:38	0:42:46	7	M45	63	5: 08:11 08:21 08:39 08:50 08:35
117	2784	Burmester Daniel	*Düsseldorf	0:42:39	0:42:53	19	M30	81	5: 08:13 08:37 08:53 09:05 07:49
118	3151	Krampl Marc	Team Teddy	0:42:41	0:43:02	20	M30	77	5: 08:31 08:24 08:37 08:41 08:25
119	1667	Howe Karsten	Polizei Düsseldorf	0:42:46	0:42:55	6	M50	59	5: 08:20 08:33 08:40 08:47 08:25
120	3491	Werner Andre	SV AXA Cologne	0:42:47	0:42:53	14	M35	73	5: 07:51 08:19 08:44 08:55 08:57

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	3141	Kleinau Jens	Triathlon Team FS duesseldorf	0:42:49	0:42:52	7	M50	61	5: 07:44 08:20 08:43 09:02 08:58
122	3477	Nutz Reinke		0:42:52	0:42:55	21	M30	80	5: 08:00 08:30 08:49 08:52 08:38
123	3150	Doi Dr. Shinichi	*Duesseldorf	0:42:52	0:43:07	25	M40	67	5: 08:34 08:41 08:43 08:34 08:20
124	1961	Hupp Ralf	LT Gruiten-Neandertal.de	0:42:54	0:43:01	8	M50	61	5: 08:14 08:31 08:41 08:47 08:39
125	2903	Oelze Heiko	*Kaarst	0:42:55	0:43:22	9	M50	58	5: 08:47 08:16 08:24 08:42 08:45
126	3203	Risiko Sebastian	*Mönchenladbach	0:43:01	0:43:04	43	M20	91	5: 07:38 08:06 08:41 09:41 08:53
127	2017	Tiago Victor	TuS Iserlohn	0:43:01	0:43:04	22	M30	77	5: 07:59 08:20 08:54 09:15 08:30
128	1369	Feaux de Lacroix Boris	Speedskater Düsseldorf	0:43:02	0:43:07	15	M35	75	5: 08:09 08:26 08:45 08:53 08:46
129	2552	Hedderich Christian	*Düsseldorf	0:43:03	0:43:12	23	M30	81	5: 08:07 08:37 08:45 08:52 08:41
130	1550	Gentes Guido	*Düsseldorf	0:43:04	0:43:09	24	M30	77	5: 08:12 08:39 08:43 08:50 08:38
131	2602	Gmirrek Andreas	dm-Drogeriemarkt	0:43:05	0:43:12	8	M45	64	5: 08:04 08:27 08:41 08:58 08:54
132	3272	Pfützinger Hermann	Power-Team SV Lauffen	0:43:08	0:43:12	1	M65	45	5: 07:59 08:26 08:45 08:59 08:57
133	3454	Stempel Thomas	DSD Düsseldorf	0:43:08	0:43:16	2	M55	56	5: 08:25 08:34 08:42 08:50 08:36
134	2884	Harazin Peter	GLC Laufburschen	0:43:09	0:43:16	26	M40	69	5: 08:08 08:39 08:52 08:48 08:39
135	3441	Conradi Oliver	3M	0:43:09	0:43:15	16	M35	72	5: 08:07 08:23 08:46 08:59 08:52
136	1247	Spiczak von Jochen	HSP Münster	0:43:12	0:43:19	25	M30	79	5: 07:35 07:55 08:26 10:53 08:22
137	3059	Matz Carsten	Henkel Team	0:43:13	0:43:26	9	M45	66	5: 08:10 08:30 08:43 08:58 08:50
138	3023	Wittek Hans-Joachim	*Düsseldorf	0:43:14	0:43:27	44	M20	84	5: 08:45 08:41 08:39 08:40 08:27
139	1842	Franzke Martin	*Duesseldorf	0:43:20	0:43:28	45	M20	83	5: 08:09 08:34 08:43 09:01 08:50
140	1502	Borgs Thorsten	*Eschweiler	0:43:21	0:43:25	46	M20	84	5: 07:54 08:44 08:50 08:51 09:00
141	3340	Germes Damien		0:43:22	0:43:25	27	M40	71	5: 08:21 08:44 08:47 08:50 08:38
142	1383	Bischur Manfred		0:43:22	0:43:26	2	M60	49	5: 08:22 08:35 08:48 08:54 08:42
143	1239	Pelzer Frank	TG Neuss	0:43:23	0:43:30	10	M50	61	5: 08:23 08:38 08:45 08:51 08:44
144	2243	Köhr Ulli	*Duisburg	0:43:24	0:43:33	3	M55	56	5: 08:09 08:35 08:51 09:00 08:48
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147	1324	Bendrich Werner		0:43:28	0:43:34	10	M45	62	5: 08:19 08:35 08:42 08:57 08:54
148	3481	Goertz Hubert	Buggyclub-Rheinland	0:43:34	0:43:46	11	M45	66	5: 08:33 08:38 08:46 08:56 08:40
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152	2409	Parschos Nikolas	Linklaters LLP	0:43:43	0:44:10	30	M40	67	5: 08:37 08:32 08:54 08:46 08:52
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157	3054	Mews Dirk	Henkel Sport Team	0:43:51	0:43:56	32	M40	68	5: 08:06 08:33 08:54 09:05 09:11
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159	2930	Franke Ron	Lauffreunde HADI Wesel	0:43:54	0:44:07	14	M45	64	5: 08:21 08:42 09:01 09:02 08:45
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167	2337	Nolte Klaus	Kieser Training	0:44:06	0:44:16	11	M50	59	5: 08:31 08:31 09:11 08:52 08:59
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171	1762	Stieghorst Arne	Boys from the hill	0:44:13	0:44:32	28	M30	80	5: 08:52 08:43 08:57 08:59 08:40
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175	3324	Kizilates Angelo		0:44:18	0:44:21	53	M20	91	5: 07:47 08:42 08:58 09:14 09:35
176	2283	Dietz Markus	*Düsseldorf	0:44:19	0:44:41	34	M40	69	5: 08:22 08:44 08:59 09:10 09:03
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178	1932	Bühne Stan	*Düsseldorf	0:44:20	0:44:26	20	M35	74	5: 08:09 08:37 09:09 09:18 09:05
179	3259	Richardson Alexander	*Düsseldorf	0:44:20	0:44:46	31	M30	81	5: 09:04 08:42 08:46 09:04 08:44
180	2992	Stachowiak Thomas	Hotel Nikko Düsseldorf	0:44:22	0:44:27	12	M50	60	5: 07:56 08:25 08:39 09:56 09:26

10km - Gesamtwertung (Lauf 7,8,9)

Stadtwerke Kö-Lauf Düsseldorf - 4. September 2011

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	2551	Stüben Georg	Osterather TV	0:44:25	0:44:30	4	M55	55	5: 07:44 08:31 11:51 08:22 07:55
182	1541	Spaethe Johannes	*Düsseldorf	0:44:26	0:44:35	54	M20	85	5: 08:41 08:55 08:58 09:07 08:42
183	2484	Deutscher Christian	TV Grafenberg	0:44:27	0:44:42	32	M30	81	5: 08:45 08:59 09:04 09:08 08:29
184	3469	Vohl Thomas		0:44:28	0:44:33	19	M45	66	5: 08:15 08:42 09:03 09:16 09:10
185	2821	König Thomas	TRI-Team Fs Dus	0:44:28	0:44:49	20	M45	65	5: 08:35 08:54 09:06 08:59 08:53
186	2546	Plath Christian	*Solingen	0:44:28	0:44:51	6	MJA	93	5: 08:40 08:55 08:56 09:01 08:55
187	2866	Huckschlag Peter	*Düsseldorf	0:44:29	0:44:35	5	M55	55	5: 08:51 08:53 08:51 08:55 08:56
188	1946	Neikes Stefan	*Kempfen	0:44:32	0:44:46	55	M20	82	5: 08:44 08:52 09:05 09:04 08:45
189	2089	Gleumes Stephan	Expertenrunde	0:44:33	0:44:46	35	M40	71	5: 08:33 08:53 09:09 09:05 08:51
190	3473	Förster Martin	Haaner TV	0:44:34	0:44:45	7	MJA	92	5: 08:19 09:20 09:16 09:08 08:29
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200	1568	YOSHIZAWA Dr. YOICHI	*Düsseldorf	0:44:54	0:45:06	33	M30	77	5: 09:08 09:06 09:18 08:55 08:26
201	1703	Drockenmüller Roberto	*Düsseldorf	0:44:57	0:45:17	23	M45	62	5: 09:25 09:03 08:54 08:56 08:37
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214	3287	Kreutzer Jürgen	LKD Düsseldorf	0:45:40	0:46:02	14	M50	60	5: 09:20 09:09 09:05 09:08 08:55
215	3168	Haberstock Tim	*Düsseldorf	0:45:40	0:45:59	61	M20	86	5: 08:44 09:13 09:20 09:22 09:00
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218	2166	Lattermann Carsten	*Neuss	0:45:46	0:45:59	44	M40	69	5: 08:43 08:59 09:19 09:26 09:16
219	1262	Zachan Michael	Solinger LC	0:45:46	0:45:51	15	M50	59	5: 08:43 08:55 09:11 09:29 09:26
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227	2616	Rudnick Thorsten	SEGRO Germany GmbH	0:45:59	0:46:18	35	M30	79	5: 09:26 09:13 09:22 09:11 08:45
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235	2305	Roettig Felix	SSV Düsseldorf-Knittkuhl 1972	0:46:12	0:46:35	67	M20	90	5: 09:18 09:14 09:22 08:52 09:24
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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
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243	2434	Kemper Christoph	NRW.Bank	0:46:23	0:47:06	70	M20	89	5: 09:29 09:10 09:17 09:18 09:06
244	2358	Stühmke Torsten	Kieser Training	0:46:25	0:46:49	50	M40	69	5: 09:23 09:11 09:17 09:25 09:07
245	2339	Schramm Tobias	Kieser Training	0:46:25	0:46:29	38	M30	79	5: 08:43 09:16 09:41 09:57 08:47
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247	3460	Buß Dr. Carsten	LT Isola Düren	0:46:28	0:46:46	29	M45	66	5: 09:22 09:21 09:28 09:19 08:56
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249	3148	Hoeck Oliver	*Düsseldorf	0:46:30	0:46:41	52	M40	67	5: 09:02 09:27 09:26 09:25 09:07
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263	2376	Böing Christian	Linklaters LLP	0:46:52	0:47:09	26	M35	76	5: 08:54 09:20 09:34 09:45 09:17
264	2583	Hesper Andre	*Marl	0:46:55	0:47:05	55	M40	69	5: 09:06 09:21 09:33 09:35 09:17
265	2528	Lorentzen Jörn	HSBC Trinkaus	0:46:57	0:47:09	32	M45	64	5: 08:57 09:14 09:34 09:48 09:23
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267	2757	Streb Holger	TC Rheinstadion	0:47:01	0:47:06	20	M50	60	5: 08:27 09:16 09:51 10:04 09:21
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271	2940	Janßen Ingo	*Bottrop	0:47:12	0:47:31	43	M30	81	5: 08:45 09:15 09:38 10:14 09:17
272	2128	Kemmann Frank	LG Weidensprinter	0:47:12	0:47:41	34	M45	64	5: 08:49 09:50 09:27 09:49 09:17
273	2010	Kitsantas Nikolaos	*Neuss	0:47:12	0:47:34	44	M30	77	5: 09:15 09:12 09:26 09:41 09:37
274	2177	Seidel Hagen	A-Team Düsseldorf	0:47:13	0:47:38	35	M45	64	5: 09:21 09:20 09:28 09:37 09:25
275	1868	Wochna Marcin	TuS Bösinghoven	0:47:13	0:47:34	27	M35	76	5: 09:08 09:18 09:35 09:36 09:35
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278	1886	Divisi Jacomo	DROPSA SPORT CLUB	0:47:16	0:47:24	28	M35	75	5: 08:53 09:19 09:38 09:54 09:30
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282	3360	Saur Ralph		0:47:22	0:47:47	29	M35	75	5: 09:25 09:32 09:39 09:41 09:03
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287	2619	Rose Helmut	FUJI Runners	0:47:25	0:47:43	38	M45	62	5: 09:14 09:26 09:36 09:44 09:23
288	2061	Mura Gregor	e.V.n.e.V.	0:47:26	0:48:08	75	M20	83	5: 09:19 09:12 09:28 09:51 09:34
289	1928	Muff Jürgen	CLAG Runners	0:47:26	0:47:51	39	M45	64	5: 09:22 09:16 09:30 09:44 09:33
290	1865	Fath Adrian	*Düsseldorf	0:47:27	0:47:42	76	M20	83	5: 09:20 09:36 09:37 09:41 09:11
291	1292	Seyffert Pina	LG Wuppertal	0:47:28	0:47:37	2	MJB	96	5: 08:59 09:37 09:43 09:40 09:26
292	2164	Holler Alexander	*Meerbusch	0:47:29	0:47:51	10	MJA	92	5: 09:14 09:36 09:40 09:53 09:04
293	3067	Laws Kai	Henkel Team	0:47:31	0:47:40	77	M20	84	5: 00:00 00:00 09:48 10:02 10:15
294	2185	Simons Horst	Tschft.Grefrath	0:47:32	0:47:37	4	M60	49	5: 09:16 09:46 09:41 09:33 09:14
295	1929	Richter Daniel	CLAG Runners	0:47:32	0:47:55	30	M35	75	5: 09:02 09:25 09:42 09:50 09:32
296	2335	Brandt Klaus	Kieser Training	0:47:33	0:48:03	8	M55	55	5: 09:05 09:15 09:41 09:54 09:35
297	1907	Neitzke Daniel	*Aachen	0:47:33	0:48:17	78	M20	86	5: 10:59 09:12 09:14 09:23 08:43
298	2149	Hensgens Bernd	LT ALSDORF-OST	0:47:35	0:47:51	5	M60	50	5: 09:15 09:28 09:40 09:39 09:32
299	1903	Channing Dickon	Ricoh International	0:47:37	0:47:44	60	M40	69	5: 08:40 09:36 09:55 09:50 09:35
300	1270	Köhler Harald		0:47:37	0:47:43	31	M35	72	5: 09:39 09:30 09:33 09:32 09:22

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
301	2311	Amason Dr. Gardar	*Düsseldorf	0:47:38	0:48:01	61	M40	70	5: 09:23 09:20 09:41 09:47 09:25
302	1244	Barry Sebastian		0:47:39	0:47:54	79	M20	82	5: 09:17 09:43 09:41 09:34 09:22
303	3490	Muendler Alexander		0:47:39	0:47:43	62	M40	70	5: 09:02 09:34 09:39 09:46 09:36
304	1401	Albrecht Jörg	Do it - The ISS WAY	0:47:41	0:47:53	63	M40	67	5: 09:11 09:17 09:36 09:48 09:48
305	1367	Pauls Viktor		0:47:42	0:48:04	32	M35	72	5: 09:35 09:38 09:36 09:40 09:10
306	1245	Evangelidis Argoustinos		0:47:42	0:49:08	45	M30	81	5: 09:16 09:17 09:36 09:53 09:39
307	1875	Kremer Jürgen	Laufftreff Haan-Hilden	0:47:44	0:47:47	2	M65	46	5: 08:31 09:13 09:48 10:09 10:01
308	1473	Götz Volker	Stadtwerke Düsseldorf	0:47:45	0:47:54	40	M45	63	5: 08:47 09:31 09:49 09:55 09:40
309	2006	Friese Michael	Germania Helmstedt	0:47:47	0:48:11	23	M50	60	5: 09:17 09:17 09:40 09:45 09:46
310	1315	Borgschulte Stephan		0:47:48	0:48:17	33	M35	75	5: 09:36 09:31 09:36 09:46 09:19
311	1396	Fahr Boris	Do it - The ISS WAY	0:47:49	0:48:00	34	M35	73	5: 09:12 09:20 09:48 10:00 09:27
312	1963	Gutmann Alexander	AWISTA	0:47:49	0:47:55	80	M20	86	5: 08:58 09:17 09:50 10:03 09:39
313	3376	Beyer Rüdiger	ASC Düsseldorf	0:47:49	0:47:58	41	M45	64	5: 09:08 09:14 09:55 09:59 09:32
314	1807	Dorendorf Philipp	*Düsseldorf	0:47:50	0:48:01	35	M35	74	5: 08:43 09:11 09:39 10:01 10:15
315	1785	Potratz Christian	Ski-Klub Düsseldorf	0:47:51	0:48:02	42	M45	65	5: 09:24 09:26 09:44 09:54 09:21
316	2889	Trimborn Eric	*Bergisch-Gladbach	0:47:53	0:48:21	81	M20	84	5: 09:16 09:32 09:33 09:41 09:49
317	2471	Weickert Uwe	*Bad Rappenau	0:47:53	0:48:05	43	M45	66	5: 08:52 09:32 09:47 10:01 09:40
318	1320	Stutzinger Thomas	*Neuss	0:47:54	0:48:01	44	M45	64	5: 08:39 09:10 09:49 10:16 09:59
319	3467	Grote Harald	LT Gruiten-Neandertal	0:48:01	0:48:16	24	M50	59	5: 09:26 09:22 10:03 09:38 09:31
320	2898	Freymann Michael	*mettmann	0:48:03	0:48:27	45	M45	63	5: 09:22 09:14 09:38 09:53 09:54
321	2507	Witrock Thomas	HSBC Trinkaus	0:48:04	0:48:15	46	M45	62	5: 09:07 09:27 09:49 09:59 09:40
322	1922	Levy Thomas	*Moers	0:48:05	0:48:18	36	M35	74	5: 08:46 09:22 09:52 10:04 09:59
323	1558	Graebel Gunther	Crepe & Baguette Duisburg	0:48:05	0:48:17	9	M55	53	5: 08:42 09:26 09:56 10:04 09:55
324	3479	Mueller-Maning Klaus	SSG Königswinter	0:48:06	0:48:10	3	M65	44	5: 08:57 09:39 09:58 09:58 09:32
325	1756	Hollmeyer Stephan	*Düsseldorf	0:48:07	0:48:30	64	M40	67	5: 09:29 09:32 09:40 09:52 09:33
326	2952	Böhme Maximilian	*Düsseldorf	0:48:08	0:49:21	82	M20	85	5: 09:48 09:28 09:41 09:52 09:17
327	2547	Rodriguez Javier	*Düsseldorf	0:48:11	0:48:31	83	M20	85	5: 09:05 09:18 09:44 10:00 10:03
328	3330	Kolodziej Sebastian		0:48:12	0:48:17	84	M20	88	5: 08:25 09:14 10:01 10:30 10:01
329	2345	Pleß Volker	Kieser Training	0:48:12	0:49:06	85	M20	83	5: 10:16 09:22 09:28 09:34 09:30
330	2234	Regul Clemens	*Haan	0:48:15	0:48:33	65	M40	70	5: 09:47 09:35 09:52 09:50 09:08
331	2088	Zimmermann Uwe	Luckauer Läuferbund	0:48:17	0:48:36	46	M30	81	5: 09:13 09:19 09:50 10:04 09:48
332	2722	Lipski Christoph	Dr. Höschel + Kollegen	0:48:17	0:48:22	66	M40	68	5: 09:06 09:37 09:51 10:01 09:40
333	1822	Lietz Gerrit	*Münster	0:48:17	0:48:27	86	M20	84	5: 09:06 09:33 09:58 10:02 09:37
334	3152	Mellech Ralf	*Tönisvorst	0:48:18	0:48:27	47	M45	63	5: 09:00 09:29 09:54 10:03 09:50
335	2427	Menne Sven	NRW.Bank	0:48:18	0:48:57	47	M30	81	5: 10:02 09:43 09:35 09:46 09:10
336	1813	Wortelkamp Wolf	*Düsseldorf	0:48:18	0:48:46	10	M55	56	5: 09:28 09:33 09:40 09:56 09:40
337	2051	Müller Frank	die durchblicker	0:48:19	0:48:37	48	M45	64	5: 08:54 09:30 09:52 10:05 09:56
338	3437	Smits Michael		0:48:20	0:48:41	67	M40	68	5: 09:28 09:28 09:42 10:05 09:34
339	2606	Breunung Detlef	dm-Drogeriemarkt	0:48:21	0:48:54	25	M50	57	5: 08:53 09:24 09:56 10:14 09:52
340	2428	El-Khechen Ali	NRW.Bank	0:48:21	0:49:03	87	M20	83	5: 10:00 09:46 09:40 09:47 09:07
341	2768	Graw Niklas	LG FSUe	0:48:22	0:49:03	37	M35	73	5: 10:00 09:39 09:46 09:35 09:20
342	2665	Gröbke Günter	*Düsseldorf	0:48:23	0:48:40	11	M55	54	5: 09:40 09:55 09:56 09:36 09:14
343	1571	Mertens Michael	Judofreunde 73	0:48:23	0:48:52	49	M45	64	5: 09:20 09:33 09:46 10:04 09:39
344	3450	Berning Peter		0:48:23	0:48:37	38	M35	73	5: 09:08 09:32 09:50 10:02 09:49
345	3219	Klein Mark	*Düsseldorf	0:48:23	0:48:46	68	M40	71	5: 09:29 09:32 09:40 09:52 09:48
346	1525	Hasenbeck Arnd	Marathon Mülheim	0:48:24	0:48:49	39	M35	73	5: 09:17 09:39 09:51 09:56 09:39
347	3096	Wingartz Patrick	Henkel Team	0:48:24	0:48:37	88	M20	90	5: 09:40 09:17 09:39 10:17 09:30
348	2116	Pohl Hans-Peter	*Erkrath	0:48:25	0:48:34	69	M40	67	5: 08:53 09:22 09:51 10:17 10:01
349	2832	Schindler Thomas	Messe Düsseldorf GmbH	0:48:27	0:48:46	70	M40	67	5: 09:28 09:37 09:49 09:50 09:42
350	1781	Haack Jürgen	Ski-Klub Düsseldorf	0:48:27	0:48:39	26	M50	57	5: 09:24 09:26 09:44 09:57 09:56
351	3254	Kantel Pierre	Rennschnecken 2000	0:48:28	0:48:57	71	M40	67	5: 09:20 09:32 09:50 10:00 09:43
352	2184	Staufenbiel Matthias	*anrede	0:48:29	0:48:41	48	M30	80	5: 09:10 09:45 10:01 10:03 09:28
353	1956	Niemczyk Alexander	*Düsseldorf	0:48:31	0:48:47	72	M40	70	5: 09:54 09:50 09:52 09:44 09:10
354	1321	Wittek Gregor	Osterather TV	0:48:31	0:48:44	6	M60	50	5: 09:30 09:42 09:41 09:52 09:45
355	1296	Brockmeyer Dirk		0:48:32	0:48:41	40	M35	72	5: 09:23 09:26 09:49 09:55 09:57
356	3465	Weber Andy		0:48:33	0:48:55	89	M20	87	5: 09:05 09:34 10:00 10:02 09:49
357	2495	Medler-Ulff Jochen	HSBC Trinkaus	0:48:34	0:49:07	73	M40	71	5: 09:47 09:50 09:44 09:51 09:19
358	2829	Weber Frank	*Ratingen	0:48:34	0:48:44	74	M40	68	5: 09:12 09:27 09:48 10:10 09:54
359	2233	Schellhorn Georg	*Langenfeld	0:48:34	0:48:45	27	M50	57	5: 09:09 09:23 09:44 10:12 10:04
360	3289	Koczmarczyk Adam	MARATHONTEAM-RATINGEN	0:48:35	0:48:45	41	M35	72	5: 09:12 09:27 09:52 10:07 09:55

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
361	1701	Wachtler Dr. Peter	*Krefeld	0:48:37	0:49:06	12	M55	55	5: 09:11 09:25 09:54 10:02 10:04
362	2245	Steller Nic	*Essen	0:48:38	0:48:52	90	M20	83	5: 09:15 09:36 09:54 10:03 09:48
363	2351	Wienands Leonard	Kieser Training	0:48:39	0:48:58	3	MJB	94	5: 09:37 09:29 09:46 10:09 09:36
364	1691	Nolte Sven	*Münster	0:48:40	0:48:51	91	M20	84	5: 09:05 09:33 10:13 10:07 09:40
365	2538	Schmitz Wolfgang	keiner	0:48:40	0:48:45	75	M40	68	5: 08:43 09:22 09:52 10:17 10:24
366	2617	Schmelz Sebastian	SEGRO Germany GmbH	0:48:40	0:48:59	49	M30	78	5: 09:37 09:28 09:42 10:00 09:52
367	1246	Alberty Gordon	ASV Duisburg	0:48:41	0:49:04	92	M20	88	5: 09:32 09:46 10:01 09:59 09:22
368	1344	Bark Alexander	KVL 08 Luttringhausen	0:48:43	0:48:59	50	M30	80	5: 09:33 09:54 10:08 09:46 09:21
369	1863	Kopp Tobias	*Düsseldorf	0:48:46	0:48:59	93	M20	86	5: 09:04 09:28 09:58 10:10 10:04
369	2109	Just Michael	*Düsseldorf	0:48:46	0:49:06	42	M35	74	5: 09:21 09:42 10:00 10:02 09:39
371	2820	Wagner Johannes	SC-Myhl LA	0:48:46	0:49:00	7	M60	50	5: 09:16 09:20 09:35 10:44 09:49
372	2334	Bäumer Ludger	Kieser Training	0:48:46	0:49:39	43	M35	72	5: 10:17 09:22 09:28 09:39 09:57
373	3474	Janz Alexander		0:48:47	0:48:55	44	M35	73	5: 09:05 09:24 09:59 10:12 10:06
374	1483	Vorbeck Andreas	Stadtwerke Düsseldorf	0:48:50	0:49:02	50	M45	65	5: 10:12 09:44 09:46 09:45 09:21
375	2310	Walter Roman	*Krefeld	0:48:52	0:49:24	51	M30	79	5: 10:50 11:33 09:20 08:46 08:20
376	3472	Schulze Sindern Stefan		0:48:53	0:49:28	45	M35	75	5: 09:40 09:49 09:57 09:53 09:33
377	1249	Kehren Klaus-Peter		0:48:53	0:49:09	52	M30	80	5: 09:17 09:42 09:42 10:11 09:59
378	2183	Wrobel Alexander	Stadtmission Düsseldorf	0:48:54	0:48:57	76	M40	70	5: 08:20 09:05 09:54 10:41 10:53
379	1763	Stein Jona	*Hürth	0:48:57	0:49:16	53	M30	79	5: 09:10 09:23 09:55 10:23 10:03
380	2871	Schulze Daniel	*Düsseldorf	0:48:59	0:49:31	94	M20	82	5: 10:09 10:04 09:54 09:34 09:17
381	1358	Twellmeyer Thomas		0:48:59	0:49:27	95	M20	84	5: 09:37 09:47 10:01 10:04 09:28
382	1370	Mattheis Andreas		0:48:59	0:49:27	51	M45	66	5: 09:29 09:28 09:46 10:08 10:07
383	1611	Bieker Manuel	*Düsseldorf	0:49:03	0:49:24	54	M30	80	5: 00:00 00:00 00:00 10:11 09:59
384	2021	Braun Achim	Schwalmtaler	0:49:03	0:49:11	77	M40	70	5: 09:31 09:25 09:50 10:24 09:51
385	3161	Krüger Steffen	TuS Erkrath	0:49:06	0:49:39	55	M30	77	5: 09:33 09:49 10:02 09:56 09:44
386	2038	Walter Tobias	AWISTA	0:49:09	0:49:15	56	M30	80	5: 09:18 09:50 10:02 10:10 09:46
387	1601	Döbler Andreas	*Wermelskirchen	0:49:09	0:49:14	28	M50	58	5: 09:02 09:47 10:14 10:12 09:52
388	2444	Gleiß Marcel	NRW.Bank	0:49:10	0:50:11	96	M20	90	5: 09:41 09:46 09:43 10:03 09:56
389	1782	Bröker Sebastian	Ski-Klub Düsseldorf	0:49:12	0:49:23	97	M20	84	5: 09:25 09:40 09:59 10:18 09:47
390	1745	Krembel Stefan	*Mettmann	0:49:12	0:49:33	78	M40	71	5: 09:16 09:49 10:01 10:07 09:57
391	2582	Budde Carsten	Die Neanderläufer	0:49:13	0:49:29	79	M40	69	5: 09:14 09:34 09:59 10:17 10:07
392	1681	Maier Günther	SV Kicklingen	0:49:14	0:50:13	98	M20	82	5: 10:34 09:55 09:42 09:39 09:23
393	2023	Lidzba Frank	*Haan	0:49:16	0:49:34	46	M35	73	5: 09:47 09:35 09:52 09:56 10:04
394	2320	Krüger Jens	LG POWER-SCHNECKEN KIEL	0:49:17	0:49:22	52	M45	63	5: 08:54 09:27 09:57 10:23 10:35
395	1564	Froemgen Marko	DAV Düsseldorf	0:49:18	0:49:36	57	M30	81	5: 09:44 09:31 09:44 10:07 10:10
396	2510	Mayer Clemens	HSBC Trinkaus	0:49:18	0:49:31	58	M30	81	5: 09:41 09:52 09:56 10:04 09:43
397	2573	Lay Peter	sg.stern düsseldorf	0:49:18	0:49:47	29	M50	57	5: 09:14 09:52 10:12 10:05 09:53
398	1325	Michael Martin		0:49:19	0:49:35	99	M20	82	5: 10:41 10:02 09:15 09:50 09:29
399	3145	Zessel Holger	Die Waldgazellen	0:49:19	0:49:47	53	M45	64	5: 09:25 09:33 10:00 10:14 10:06
400	2560	Kawano Takashi	*Duesseldorf	0:49:20	0:49:31	47	M35	75	5: 09:41 09:23 09:46 10:05 10:23
401	3281	Brück Oliver		0:49:21	0:49:44	80	M40	68	5: 09:38 09:42 10:00 10:03 09:56
402	2261	Johannknecht Claus	*Düsseldorf	0:49:21	0:49:40	13	M55	54	5: 09:53 09:49 09:54 09:50 09:53
403	2835	Schweflinghaus Andreas	Messe Düsseldorf GmbH	0:49:23	0:49:43	30	M50	60	5: 09:43 09:44 09:53 10:01 10:00
404	1913	Meyer Ulf	*Kaarst	0:49:24	0:49:31	48	M35	74	5: 09:14 09:42 10:07 10:20 09:59
405	2608	Rothhausen Michael	dm-Drogeriemarkt	0:49:24	0:49:50	31	M50	57	5: 09:31 09:48 10:06 10:06 09:50
406	2618	Fixemer Thomas	FUJI Runners	0:49:25	0:49:49	54	M45	63	5: 09:53 09:57 09:54 09:59 09:40
407	1505	Ademes Jochen	*Heiligenhaus	0:49:27	0:49:52	81	M40	69	5: 09:27 09:37 10:02 10:06 10:12
408	2967	Darmstadt Harald	Albrecht-Dürer-Schule Ddorf	0:49:27	0:49:38	8	M60	50	5: 10:06 10:14 10:01 09:47 09:17
409	3039	Sommerauer Holger	*Düsseldorf	0:49:27	0:50:41	49	M35	72	5: 10:09 09:42 09:49 09:57 09:49
410	1332	Kleeberg Norbert	*Düsseldorf	0:49:30	0:49:57	55	M45	64	5: 10:06 09:51 09:56 09:58 09:35
411	2567	Saitta Calogero	sg.stern düsseldorf	0:49:30	0:49:59	14	M55	56	5: 09:12 09:41 10:15 10:17 10:03
412	3010	Katelaan Johannes	*Velbert	0:49:30	0:50:02	32	M50	60	5: 09:16 09:19 09:46 10:32 10:35
413	2302	Blaesing Lars	SSV Düsseldorf-Knittkuhl 1972	0:49:31	0:50:35	50	M35	76	5: 09:59 09:31 09:55 10:17 09:49
414	2487	Waluga Gregor	HSBC Trinkaus	0:49:35	0:50:07	51	M35	76	5: 10:23 09:41 09:55 10:17 09:17
415	2136	Wendel Thomas	*Wuppertal	0:49:36	0:49:52	52	M35	75	5: 09:17 09:29 09:54 10:23 10:31
416	1818	Fulton Alexander	Sparkassen Direktversicherung	0:49:37	0:49:54	100	M20	85	5: 08:36 09:26 10:25 10:50 10:19
417	3260	Brzeske Bjorn	*Erkrath	0:49:38	0:49:50	101	M20	82	5: 09:22 09:45 10:06 10:16 10:08
418	3202	Martin Jürgen	LT Legia-Express Koblenz-Lay	0:49:38	0:49:42	4	M65	44	5: 09:09 09:42 10:15 10:20 10:10
419	1750	Corbishley Michael	*Solingen	0:49:39	0:49:44	59	M30	80	5: 09:40 09:50 10:05 10:18 09:45
420	3207	Römer Johannes	*Düsseldorf	0:49:40	0:49:45	60	M30	77	5: 08:52 09:50 10:10 10:18 10:28

10km - Gesamtwertung (Lauf 7,8,9)

Stadtwerke Kö-Lauf Düsseldorf - 4. September 2011

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
421	3329	Martino Giovanni	Guado al Tasso	0:49:40	0:50:28	33	M50	60	5: 10:02 09:48 09:58 10:05 09:45
422	3018	Rosenberg Sven	Schüßler Plan RUN-ING	0:49:40	0:49:59	82	M40	69	5: 09:43 09:51 10:05 10:12 09:48
423	1696	Wolf Peter	*Düsseldorf	0:49:41	0:49:48	34	M50	59	5: 08:57 10:09 10:17 10:34 09:41
424	3082	Roth Axel	Henkel Team	0:49:43	0:50:06	83	M40	69	5: 10:04 09:37 09:50 10:08 10:03
425	3020	Elbasan Gökhan	*Neuss	0:49:44	0:49:55	61	M30	80	5: 09:48 09:47 10:09 10:19 09:38
426	1711	Bachmann Till	*Wuppertal	0:49:45	0:50:07	84	M40	71	5: 09:50 09:49 10:00 10:10 09:54
427	3143	Foit Markus	*Langenfeld	0:49:45	0:49:58	56	M45	63	5: 09:23 09:52 10:14 10:18 09:57
428	1791	Ros Joachim	*Aachen	0:49:46	0:49:50	102	M20	82	5: 09:41 10:10 10:10 10:09 09:34
429	1478	Kufferrath Klaus	Stadtwerke Düsseldorf	0:49:49	0:50:22	35	M50	60	5: 10:16 09:59 09:57 10:01 09:35
430	3493	Koch Andreas		0:49:49	0:50:13	85	M40	68	5: 09:49 09:19 09:42 10:16 10:41
431	2137	Nave Michael	Ergosports	0:49:50	0:50:01	57	M45	63	5: 09:36 09:35 10:05 10:20 10:10
432	2743	Aderhold Dirk	SSV Düsseldorf-Knittkuhl	0:49:51	0:50:04	86	M40	68	5: 09:24 09:51 10:22 10:32 09:39
433	1758	Seebass Simon	*Düsseldorf	0:49:51	0:50:58	58	M45	65	5: 10:40 09:49 09:45 09:58 09:37
434	1958	Lesche Thomas	KVL 08 Lüttringhausen	0:49:52	0:50:07	62	M30	80	5: 09:34 09:53 10:08 10:20 09:54
435	1953	Amft Fabian	*Düsseldorf	0:49:52	0:50:08	63	M30	77	5: 09:55 09:50 09:53 10:08 10:04
436	1898	Wutzke Dirk	Ricoh International	0:49:53	0:50:03	59	M45	65	5: 09:45 09:53 10:08 10:11 09:54
437	3290	Staczan Dennis		0:49:55	0:50:16	64	M30	80	5: 10:40 10:14 09:54 09:50 09:15
438	3069	Fischermann Marco	Henkel Team	0:49:56	0:50:22	53	M35	72	5: 09:47 09:59 10:09 10:10 09:48
439	2174	Engels Rainer	Marienburger SC	0:49:56	0:50:25	60	M45	65	5: 09:46 09:49 10:07 10:11 10:02
440	3120	Arand Mário	*Düsseldorf	0:49:59	0:50:19	65	M30	79	5: 09:49 09:36 10:08 10:16 10:07
441	1254	Kresse Martin		0:50:00	0:50:16	66	M30	77	5: 08:50 09:45 10:17 10:33 10:34
442	1883	Schnell Lukas	*Düsseldorf	0:50:01	0:50:48	4	MJB	94	5: 10:49 10:10 09:58 09:51 09:11
443	1978	Goss Mike	Sonnen-Herzog KG	0:50:01	0:50:07	87	M40	71	5: 09:02 09:53 10:07 10:27 10:31
444	3112	Zander Timo	Dr. Höschel + Kollegen	0:50:03	0:50:18	67	M30	80	5: 10:10 09:38 10:05 10:16 09:52
445	1238	Schneider Reiner	Lauflöwe 65	0:50:03	0:50:10	61	M45	65	5: 09:27 09:58 10:31 10:23 09:41
446	1259	Berger Stefan	LLC Marathon Regensburg	0:50:04	0:50:10	62	M45	62	5: 09:37 09:50 10:07 10:12 10:16
447	3365	Mühlhaus Nils		0:50:06	0:50:32	103	M20	89	5: 09:55 09:51 10:01 10:33 09:44
448	1241	Simons Amadeu	Lowricker	0:50:07	0:50:15	88	M40	67	5: 09:20 09:48 10:10 10:15 10:33
449	1920	Stövesand Christian	Düsseldorfer TV 1847	0:50:08	0:50:14	54	M35	75	5: 08:48 10:00 10:15 10:56 10:06
450	3004	Morimoto Mitsuaki	*Düsseldorf	0:50:08	0:50:13	63	M45	62	5: 09:31 09:54 10:26 10:23 09:52
451	2301	Meyer Andre	*Düsseldorf	0:50:09	0:50:19	68	M30	80	5: 08:54 09:40 10:15 10:37 10:41
452	2512	Koch David	Ski-Klub Düsseldorf	0:50:12	0:50:22	69	M30	80	5: 09:15 09:32 10:13 11:03 10:06
453	1799	Brinkmann Reiner	BGU Duisburg Gesund in Aktion	0:50:13	0:50:34	36	M50	61	5: 09:19 09:51 10:18 10:31 10:11
454	2241	Plietsch Klaus	*Düsseldorf	0:50:14	0:50:30	15	M55	52	5: 09:19 09:42 10:10 10:31 10:29
455	1488	Holz Michael	Stadtwerke Düsseldorf	0:50:14	0:50:23	64	M45	63	5: 09:35 09:51 10:08 10:24 10:15
456	1353	Baszczok Andreas		0:50:14	0:50:22	55	M35	73	5: 09:30 10:01 10:35 10:26 09:40
457	2210	Wöhrmann Jürgen	*Duisburg	0:50:15	0:51:09	37	M50	57	5: 10:24 09:55 09:47 10:03 10:04
458	1769	Sablotny Roman	Rennschnecken2000 e.V.	0:50:15	0:50:46	56	M35	72	5: 09:31 09:53 10:15 10:24 10:12
459	2280	Schwinge Marius	Roxy	0:50:16	0:50:20	57	M35	75	5: 09:57 09:44 10:08 10:20 10:05
460	2873	Brinkmeier Niklas	*Neuss	0:50:18	0:50:50	70	M30	78	5: 10:09 10:07 10:11 10:05 09:44
461	2415	Bayer Marius	*Neuss	0:50:20	0:50:37	104	M20	90	5: 10:08 10:08 10:13 10:09 09:40
462	3031	Deppe Markus	TSV Eller 04	0:50:21	0:50:58	58	M35	72	5: 10:46 10:10 10:07 09:54 09:22
463	1826	Nauck Andreas	Mettmann Sport	0:50:25	0:50:44	38	M50	57	5: 09:42 10:02 10:19 10:22 09:57
464	2309	Kang In-Ku	*Düsseldorf	0:50:27	0:50:33	89	M40	68	5: 09:28 10:06 10:22 10:31 09:59
465	2595	Horn Sven	*Düsseldorf	0:50:27	0:50:38	59	M35	76	5: 09:39 09:54 10:26 10:25 10:01
466	1341	Lachmann Holger		0:50:29	0:50:42	60	M35	74	5: 09:13 09:38 10:22 10:35 10:38
467	1491	Kleeblatt Armin	Stadtwerke Düsseldorf	0:50:30	0:50:44	39	M50	59	5: 09:39 10:01 10:27 10:21 09:59
468	1700	Gores Thomas	marathonteam-online	0:50:30	0:50:36	65	M45	65	5: 09:29 09:59 10:21 10:29 10:10
469	2412	Koch Raimund	*Düsseldorf	0:50:32	0:50:39	61	M35	73	5: 08:58 09:38 10:14 10:58 10:42
470	1268	Tsukane Yamamoto		0:50:32	0:51:38	71	M30	79	5: 10:43 10:06 09:55 09:54 09:52
471	3006	Kuckhoff Karl	*Düsseldorf	0:50:33	0:50:51	66	M45	63	5: 09:40 09:44 10:13 10:37 10:17
472	1857	Rütten Gerd	SNR e.V.	0:50:35	0:50:39	40	M50	59	5: 09:11 10:00 10:27 10:39 10:17
473	1303	Loschelder Jürgen	Hotel Nikko Düsseldorf	0:50:36	0:51:00	41	M50	59	5: 10:18 10:09 10:18 10:07 09:41
474	3085	Schmitz Christian	Henkel Team	0:50:36	0:51:02	72	M30	77	5: 09:50 09:33 10:18 10:33 10:20
475	2000	Wählen Dieter	Sonnen-Herzog KG	0:50:36	0:51:16	90	M40	71	5: 10:15 09:54 10:05 10:19 10:02
476	2951	Waldbrühl Thomas	*Düsseldorf	0:50:37	0:51:24	67	M45	63	5: 09:56 09:25 10:06 10:39 10:30
477	1261	Hafmann Wolfgang		0:50:39	0:51:03	5	M65	43	5: 10:24 10:06 10:03 10:05 09:58
478	1397	Monstersteg Carsten	Do it - The ISS WAY	0:50:43	0:50:54	62	M35	72	5: 09:20 09:58 10:34 10:35 10:15
479	1866	Wicke Martin	*Düsseldorf	0:50:43	0:50:52	63	M35	74	5: 10:24 09:58 10:09 10:05 10:05
480	1559	Pellerito Benedetto	*Duesseldorf	0:50:46	0:51:31	73	M30	81	5: 10:44 09:54 10:05 10:11 09:50

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
481	2458	Albers Peter	TC77 Wersten	0:50:47	0:51:02	68	M45	63	5: 09:48 09:57 10:17 10:23 10:20
482	1874	Kraiger Markus	*Düsseldorf	0:50:47	0:50:53	105	M20	83	5: 09:44 09:54 10:18 10:35 10:15
483	2024	Satorius Marco	SGL Langenfeld	0:50:48	0:51:12	69	M45	64	5: 09:58 09:57 10:12 10:24 10:14
484	2308	Baatz Mattis	*Düsseldorf	0:50:49	0:51:08	11	MJA	92	5: 09:35 09:54 10:09 10:50 10:19
485	2154	Brauer Thorsten	SNR e.V.	0:50:50	0:50:54	91	M40	69	5: 09:08 10:16 10:20 10:50 10:13
486	3000	Klomfass Ekhard	Hotel Nikko Düsseldorf	0:50:51	0:51:15	16	M55	56	5: 10:19 10:08 10:09 10:07 10:07
487	2990	Knuff Marc	Stadtwerke Düsseldorf AG	0:50:54	0:51:02	64	M35	73	5: 10:32 10:14 10:09 10:13 09:45
488	3248	Kerkhoff Matthias	*Düsseldorf	0:50:54	0:51:12	74	M30	79	5: 11:10 10:10 09:52 09:56 09:43
489	1773	Löhr Peter		0:50:56	0:51:26	70	M45	62	5: 09:33 09:52 10:21 10:39 10:29
490	2168	Mnich André	Running in Frohnau	0:50:57	0:51:55	71	M45	66	5: 10:04 09:49 10:09 10:18 10:35
491	2887	Baio Cristian	*Bergisch-Gladbach	0:51:00	0:51:29	65	M35	75	5: 09:16 09:43 10:29 10:51 10:39
492	2863	Schogalla Herbert	LT Gruitene-Neandertal	0:51:00	0:51:22	42	M50	58	5: 09:55 10:10 10:05 09:52 10:57
493	2505	Busshoff Gregor	HSBC Trinkaus	0:51:01	0:51:08	75	M30	78	5: 10:03 10:05 10:03 10:32 10:16
494	2265	Kutz Raphael	DJK Unitas Haan	0:51:04	0:51:13	92	M40	69	5: 09:05 10:00 10:44 10:46 10:27
495	2004	Müller Thomas	*Leverkusen	0:51:06	0:51:22	72	M45	63	5: 09:17 09:43 10:27 10:52 10:45
496	2422	Wandres Benjamin	NRW.Bank	0:51:06	0:51:40	106	M20	91	5: 11:36 10:24 09:45 09:54 09:25
497	2077	Schulze Stefan	Allen & Overy LLP	0:51:07	0:51:55	107	M20	84	5: 10:56 10:26 10:18 10:05 09:19
498	3476	Kolbe Klaus	ATBAS West	0:51:08	0:51:15	93	M40	68	5: 09:16 09:54 10:33 10:41 10:42
499	2359	Backhaus Martin	Kieser Training	0:51:08	0:51:18	43	M50	58	5: 10:01 10:15 10:16 10:15 10:20
500	2347	Fischer Frank	Kieser Training	0:51:09	0:51:44	73	M45	64	5: 10:36 09:59 10:06 10:14 10:11
501	1925	Kaselow Markus	*Düsseldorf	0:51:16	0:51:31	76	M30	79	5: 09:39 10:04 10:09 10:45 10:37
502	2818	Schardin Markus	Haaner TV	0:51:19	0:51:42	74	M45	66	5: 09:47 10:13 10:15 10:27 10:35
503	3167	Ravens Andreas	*Düsseldorf	0:51:19	0:51:37	108	M20	85	5: 09:15 10:05 10:49 10:44 10:25
504	2344	Gassner Djahan	Kieser Training	0:51:21	0:51:53	94	M40	67	5: 09:36 10:00 10:37 10:54 10:12
505	1871	Krawczyk Jörg	*Herne	0:51:21	0:51:31	66	M35	74	5: 09:25 09:56 10:28 10:51 10:41
506	2018	Kux Robert	Ski-Klub Düsseldorf	0:51:22	0:51:34	67	M35	76	5: 09:33 10:13 10:32 10:38 10:25
507	1742	Fernandez Jimenez Juan	*Düsseldorf	0:51:25	0:51:30	77	M30	80	5: 10:14 10:06 10:38 10:30 09:56
508	1263	Hermann Volker	Rennschnecken 2000	0:51:31	0:52:19	95	M40	69	5: 10:23 10:09 10:14 10:27 10:16
509	2931	Syring Harald	ART Düsseldorf	0:51:31	0:51:48	17	M55	55	5: 09:38 10:06 10:24 10:44 10:38
510	3032	Schoeneis Thorsten	TSV Eller 04	0:51:33	0:52:10	68	M35	72	5: 11:04 10:24 10:11 10:08 09:44
511	2597	Rumpel Heiko	dm-Drogeriemarkt	0:51:34	0:51:51	69	M35	76	5: 11:03 09:59 10:08 10:08 10:14
512	2086	Pfeifer Stefan	*Düsseldorf	0:51:34	0:51:41	96	M40	70	5: 09:43 09:59 10:24 10:43 10:43
513	2729	Abs Linus	Dr. Höschel + Kollegen	0:51:39	0:51:53	5	MJB	95	5: 09:09 10:04 10:49 11:21 10:15
514	1988	Müller Burkhard	Sonnen-Herzog KG	0:51:41	0:51:58	75	M45	63	5: 10:12 10:14 10:19 10:48 10:07
515	2667	Vörckel Kai	*Meerbusch	0:51:43	0:51:57	70	M35	76	5: 09:19 10:19 10:51 10:55 10:17
516	3123	Hohn Ulrich	FBU	0:51:44	0:51:59	18	M55	55	5: 09:09 09:52 10:44 11:10 10:47
517	1440	Merry Frank	Do it - The ISS WAY	0:51:45	0:51:58	76	M45	65	5: 10:07 10:09 10:28 10:38 10:21
518	2131	Zeisig Peter	*Düsseldorf	0:51:50	0:52:00	97	M40	71	5: 10:08 10:15 10:24 10:36 10:24
519	3097	Cerny Peter	Henkel Team	0:51:55	0:52:08	109	M20	82	5: 09:41 11:09 10:25 10:19 10:19
520	3064	Hoepfner Harald	Henkel Team	0:51:57	0:52:08	44	M50	60	5: 10:07 10:03 10:17 10:48 10:41
521	2041	Lasek Michael	SC MICHALOWICE	0:51:59	0:52:03	19	M55	53	5: 09:39 10:19 10:32 10:50 10:37
522	3078	Baldo Walter	Henkel Team	0:51:59	0:52:15	9	M60	49	5: 10:07 10:21 10:31 10:32 10:26
523	3353	Okamoto Shinichi		0:52:00	0:52:37	10	M60	50	5: 10:13 09:49 10:19 10:43 10:54
524	2414	Röder Matthias	*Dormagen	0:52:02	0:52:18	98	M40	71	5: 10:08 09:51 10:41 10:42 10:38
525	2735	Beckers Stephan	Dr. Höschel + Kollegen	0:52:03	0:52:15	77	M45	66	5: 10:27 10:24 10:22 10:31 10:17
526	3038	Blin Ludovic	*Düsseldorf	0:52:12	0:52:42	78	M30	81	5: 10:41 10:03 10:16 10:33 10:38
527	2479	Theissen Dieter	Der weiße Kenianer	0:52:15	0:52:21	11	M60	47	5: 09:50 10:16 10:31 10:53 10:42
528	1408	Birchen Pol	Special Olympic Luxemburg	0:52:17	0:52:25	99	M40	70	5: 09:52 10:11 10:23 10:40 11:09
529	1512	Himmes Thomas	*Düsseldorf	0:52:18	0:53:21	79	M30	77	5: 10:24 09:55 10:38 10:49 10:31
530	3464	Schneider Mark		0:52:20	0:52:54	71	M35	72	5: 10:25 10:00 10:32 10:43 10:38
531	1595	Sebastian Jens	*heiligenhaus	0:52:21	0:53:01	100	M40	69	5: 10:03 10:18 10:38 10:48 10:32
532	2950	Marseille Martin	TV-Witzhelden	0:52:22	0:52:40	20	M55	53	5: 09:48 09:58 10:39 11:06 10:50
533	2019	Engel Hans-Joachim	Ski-Klub Düsseldorf	0:52:23	0:52:31	101	M40	69	5: 09:30 09:57 10:45 11:17 10:53
534	2851	Schlick Dr. Stephan	*Düsseldorf	0:52:26	0:52:30	80	M30	78	5: 09:00 09:54 10:43 11:26 11:20
535	3017	Wiedbrauk Dennis	Schüßler Plan RUN-ING	0:52:26	0:52:45	110	M20	85	5: 09:43 09:58 10:52 11:01 10:50
536	1484	Schafhausen Hans-Peter	Stadtwerke Düsseldorf	0:52:26	0:52:46	45	M50	59	5: 10:21 10:17 10:25 10:39 10:42
537	1255	Kops Samir	HSBC	0:52:27	0:52:40	72	M35	75	5: 09:27 10:20 10:50 10:54 10:54
538	3500	Brandt Horst	TG holzwickede	0:52:29	0:52:39	21	M55	55	5: 10:08 10:20 10:39 10:48 10:32
539	3276	Danner Christian		0:52:30	0:52:52	102	M40	69	5: 09:53 10:20 10:27 10:48 11:00
540	2028	Witte Matthias	*Düsseldorf	0:52:33	0:52:57	103	M40	69	5: 10:16 10:14 10:38 10:49 10:34

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
541	2770	Miksa Richard	*Düsseldorf	0:52:36	0:53:04	104	M40	67	5: 09:38 10:09 10:52 11:07 10:48
542	2727	Raicevic Dusko	Dr. Höschel + Kollegen	0:52:36	0:52:44	105	M40	69	5: 09:22 09:53 10:30 11:12 11:37
543	2079	Kiveris Joerg	Arthrose-Lauf-Club Wuppertal	0:52:38	0:53:08	78	M45	65	5: 09:46 10:23 10:36 10:56 10:54
544	2285	Rozeck Erik	*Ratingen	0:52:38	0:53:47	111	M20	89	5: 10:55 10:37 10:38 10:40 09:47
545	3171	Tiemann Klaus	*Neuss	0:52:41	0:53:11	22	M55	56	5: 10:01 10:37 10:51 10:49 10:21
546	1544	Vos Dr. Martijn	*Düsseldorf	0:52:41	0:53:00	106	M40	67	5: 09:54 10:02 10:18 11:07 11:18
547	2052	Friese Andre	*Bonn	0:52:41	0:53:05	112	M20	85	5: 09:41 10:06 10:46 10:58 11:09
548	1357	Knuppertz Thilo		0:52:43	0:53:30	79	M45	64	5: 11:00 10:32 10:29 10:30 10:09
549	3478	Gholamahzadah Bita Dr.	Kackbratze	0:52:44	0:52:53	73	M35	73	5: 10:17 10:30 10:35 10:44 10:35
550	2731	Mehske Peter	Dr. Höschel + Kollegen	0:52:45	0:53:30	23	M55	53	5: 10:50 10:32 10:36 10:33 10:11
551	2470	Teichner Max	*Düsseldorf	0:52:49	0:53:33	107	M40	71	5: 10:39 10:23 10:29 10:39 10:36
552	1524	Bantin Holger	Unser Wasser e.V.	0:52:50	0:53:16	24	M55	53	5: 10:00 10:23 10:42 10:56 10:47
553	2304	Roettig Jan	SSV Düsseldorf-Knittkuhl 1972	0:52:51	0:53:55	113	M20	88	5: 11:12 10:25 10:29 10:44 09:59
554	1585	Aust Thomas	*Dachau	0:52:51	0:53:50	25	M55	52	5: 10:59 10:00 10:17 10:36 10:58
555	3470	Engel Gisbert		0:52:52	0:53:16	46	M50	60	5: 09:35 10:13 10:56 11:03 11:04
556	1736	Ester Dr. Patrick	*Düsseldorf	0:52:53	0:53:27	81	M30	79	5: 10:36 10:27 10:37 10:38 10:33
557	1692	Mainz Klaus	*Düsseldorf	0:52:53	0:52:56	1	M70	41	5: 09:40 10:32 10:46 10:57 10:56
558	1233	Deisenroth Marc	DJK Agon 08	0:52:54	0:52:57	6	MJB	95	5: 08:27 09:14 10:28 12:28 12:16
559	1243	Hillesbrand Kim		0:52:58	0:53:14	82	M30	80	5: 10:18 10:31 10:37 10:45 10:46
560	2580	Duerholt Udo	Expertenrunde	0:53:00	0:53:22	108	M40	69	5: 10:41 10:40 10:44 10:41 10:13
561	1480	Link Philipp	Stadtwerke Düsseldorf	0:53:02	0:53:18	83	M30	80	5: 09:30 10:21 10:56 11:04 11:09
562	1881	Emonds Reiner	*Düsseldorf	0:53:02	0:54:07	74	M35	74	5: 11:13 10:42 10:37 10:48 09:41
563	2915	Westphal Kai	T+K+K Fanclub	0:53:04	0:53:34	84	M30	81	5: 10:30 10:30 10:34 10:27 11:01
564	2460	Kroner Markus	Laufen in Oberkassel	0:53:07	0:53:28	80	M45	63	5: 10:14 10:22 10:40 10:54 10:55
565	3357	Wischer Winfried Dr.		0:53:12	0:54:10	47	M50	57	5: 11:22 10:54 10:36 10:24 09:54
566	1415	Bemtgen Francis	Special Olympic Luxemburg	0:53:14	0:53:28	48	M50	61	5: 09:32 10:08 10:46 11:17 11:28
567	3315	Franzen Björn		0:53:16	0:53:40	114	M20	85	5: 10:38 10:21 10:31 10:43 11:02
568	3131	Kirschstein Dr. Stefan	*Köln	0:53:16	0:53:33	75	M35	72	5: 10:33 10:18 10:38 11:03 10:43
569	1289	Georgios Kiosses	Marathonteam Ratingen	0:53:17	0:53:58	49	M50	58	5: 10:09 10:32 10:40 10:59 10:54
570	1381	Lode Karl-Heinz	VfL Waldkraiburg	0:53:20	0:54:26	7	MJB	94	5: 12:14 10:53 10:16 10:12 09:43
571	3415	Hagedorn Simon	NRW Bank	0:53:23	0:54:24	115	M20	91	5: 11:16 10:36 10:58 10:40 09:50
572	2404	Grafunder René	Linklaters LLP	0:53:24	0:54:02	85	M30	77	5: 10:21 10:35 10:58 11:17 10:11
573	3280	Balsamo Gerado		0:53:25	0:53:41	50	M50	59	5: 09:58 10:16 10:42 11:03 11:23
574	1269	Theil Roland		0:53:25	0:54:33	109	M40	67	5: 11:32 10:37 10:37 10:33 10:05
575	1610	Kulka Marco	*Erkrath	0:53:28	0:53:48	76	M35	75	5: 09:43 10:31 11:00 11:11 11:00
576	1964	Jahn Nico	AWISTA	0:53:30	0:53:36	86	M30	78	5: 09:46 10:32 10:53 11:17 11:00
577	2405	König Mirko	Linklaters LLP	0:53:30	0:54:04	87	M30	77	5: 10:23 10:19 10:51 11:05 10:49
578	2120	Milz Thomas	SV Hilden-Ost	0:53:30	0:53:52	81	M45	64	5: 10:30 10:31 10:45 10:58 10:44
579	1250	Winschermann Jan		0:53:30	0:53:57	110	M40	67	5: 10:21 10:21 10:38 11:01 11:08
580	1392	Thomas Jörg	Do it - The ISS WAY	0:53:36	0:53:49	82	M45	65	5: 10:29 10:32 10:47 10:58 10:48
581	1837	Bergmann Thomas	*Ratingen	0:53:36	0:54:27	111	M40	71	5: 11:26 10:36 10:33 10:37 10:22
582	1608	Höflich Oliver	*Düsseldorf	0:53:38	0:53:59	112	M40	71	5: 11:15 10:36 10:38 10:47 10:20
583	3246	Patalong Matthias	*Leichlingen	0:53:38	0:54:01	116	M20	88	5: 09:58 10:19 10:45 11:23 11:12
584	2741	Sullo Lukas	ohne	0:53:40	0:53:54	113	M40	67	5: 10:00 10:20 10:34 10:57 11:47
585	2728	Puller Kristof	Dr. Höschel + Kollegen	0:53:45	0:53:58	117	M20	86	5: 10:29 10:36 10:48 10:58 10:52
586	3132	Schwarz Jürgen	*Düsseldorf	0:53:47	0:53:51	83	M45	62	5: 09:57 10:50 10:56 11:13 10:50
587	1290	Butler Niall		0:53:48	0:54:37	77	M35	72	5: 10:11 10:24 10:52 11:04 11:14
588	1334	Dirxen Wilhelm	Stora Enso	0:53:49	0:54:30	26	M55	53	5: 10:47 10:39 10:59 10:52 10:30
589	1229	Haase Bernd	LT Düsseldorf-Süd	0:53:51	0:54:54	114	M40	68	5: 11:46 10:42 10:23 10:30 10:28
590	2878	Klein Stephan	LT Düsseldorf-Süd	0:53:52	0:54:54	51	M50	61	5: 11:46 10:42 10:24 10:29 10:28
591	2442	Börtz Simon	NRW.Bank	0:53:53	0:54:29	118	M20	91	5: 11:35 10:45 10:59 10:46 09:46
592	1835	Weiler Dietmar	*Düsseldorf	0:53:53	0:54:14	84	M45	62	5: 11:03 10:53 10:55 10:39 10:22
593	1966	Albers Björn	Sonnen-Herzog KG	0:53:53	0:54:38	88	M30	78	5: 10:38 10:39 10:52 10:55 10:47
594	2343	Körber Bernhard	Kieser Training	0:53:55	0:54:47	27	M55	56	5: 10:38 10:46 10:57 11:02 10:31
595	2042	Kristo Dario	*Duesseldorf	0:53:56	0:53:58	78	M35	75	5: 09:24 10:58 11:07 11:08 11:16
596	1230	Tuchscher Rainer	Hochdahl	0:53:56	0:55:04	28	M55	52	5: 10:55 10:45 10:50 10:51 10:33
597	2857	Von Eynern Udo	IVS, Hilden	0:54:04	0:54:29	89	M30	78	5: 10:16 10:49 11:17 11:10 10:29
598	2410	Von Brevern Daniel	Linklaters LLP	0:54:05	0:54:41	79	M35	72	5: 10:22 10:35 10:58 11:17 10:51
599	2750	Heinemann Roman	*Düsseldorf	0:54:06	0:54:25	119	M20	83	5: 10:50 10:42 10:50 11:00 10:42
600	3095	Döring Norbert	Henkel Team	0:54:06	0:54:36	52	M50	57	5: 10:37 10:22 10:44 11:12 11:09

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
601	2888	Pankok Markus	*Leverkusen	0:54:06	0:54:28	80	M35	75	5: 10:40 10:38 11:04 11:15 10:28
602	2306	Klöhn Christian	SSV Düsseldorf-Knittkuhl 1972	0:54:08	0:55:12	90	M30	78	5: 11:12 10:25 10:31 11:01 10:57
603	2059	Meyer Henning	Yippie Yah Yei Schweinebacke	0:54:08	0:54:17	53	M50	61	5: 10:21 10:37 10:57 11:18 10:53
604	3183	Hoffmann Thomas	*Düsseldorf	0:54:09	0:54:18	91	M30	78	5: 10:44 10:42 11:22 11:09 10:10
605	1493	Drosdatis Roger	Stadtwerke Düsseldorf	0:54:10	0:54:25	29	M55	52	5: 09:40 10:35 11:05 11:27 11:21
606	3080	Leinung Andre	Henkel Team	0:54:11	0:54:23	85	M45	62	5: 10:00 10:03 10:33 11:32 12:01
607	2331	Kieffer Michael	Kieser Training	0:54:11	0:55:06	120	M20	82	5: 11:12 10:55 10:47 10:49 10:26
608	1338	Eichholz Bernhard	Schonasi forever	0:54:14	0:55:04	54	M50	58	5: 10:35 10:22 10:55 11:17 11:02
609	1618	Spaethe Ulrich	*Düsseldorf	0:54:21	0:54:27	55	M50	59	5: 10:26 10:55 11:02 11:11 10:45
610	1943	Etterich Dieter	*Duisburg	0:54:23	0:55:19	86	M45	62	5: 10:58 10:46 10:49 10:56 10:52
611	3200	Danladi Oumarou	*Düsseldorf	0:54:32	0:55:18	87	M45	63	5: 10:40 10:22 10:55 11:16 11:17
612	1939	Bube Alexander	Team Klubkasse.de	0:54:33	0:54:55	92	M30	79	5: 12:03 11:33 11:06 10:24 09:25
613	3346	Pohlmann Benjamin		0:54:35	0:54:54	93	M30	77	5: 10:16 10:49 11:14 11:22 10:52
614	2092	Cramer Dr. Jürgen	Sparkassen Direktversicherung	0:54:36	0:54:56	88	M45	62	5: 10:38 10:47 11:01 11:13 10:55
615	1562	Kreutz Tobias	*Aachen	0:54:36	0:55:47	8	MJB	95	5: 11:33 11:01 11:02 11:02 09:56
616	2037	Mertens Daniel	*Grevenbroich	0:54:36	0:55:02	94	M30	80	5: 11:03 10:47 10:53 11:05 10:47
617	1788	Manolitsas Joakim	*Ratingen	0:54:42	0:55:07	81	M35	73	5: 10:26 10:32 10:58 11:35 11:10
618	3239	Förster Ingo	*düsseldorf	0:54:44	0:55:40	115	M40	67	5: 11:41 11:05 11:01 10:43 10:13
619	2048	Brock Gunnar	LSG Lichtstraße	0:54:45	0:55:34	82	M35	72	5: 10:44 10:58 11:09 11:12 10:40
620	2350	Reese von Ohlen Jochen	Kieser Training	0:54:46	0:54:58	30	M55	54	5: 10:18 10:37 11:05 11:23 11:20
621	2388	Hillebrand Michael	LG Schellbrand	0:54:46	0:55:42	31	M55	52	5: 11:36 10:45 10:33 11:05 10:45
622	2971	Gairing Gerhard	Albrecht-Dürer-Schule Ddorf	0:54:46	0:55:39	12	M60	48	5: 11:35 10:55 10:53 10:44 10:37
623	3015	Hulbert Guido	Schüler Plan RUN-ING	0:54:50	0:55:09	95	M30	78	5: 08:18 08:05 08:47 18:54 10:44
624	2452	Metzig Silvio	Team Klubkasse.de	0:54:51	0:55:13	96	M30	77	5: 12:03 11:34 11:05 10:25 09:43
625	3461	Böckmann Carsten		0:54:53	0:55:44	116	M40	70	5: 10:46 10:30 11:02 11:16 11:17
626	2298	Walter Ronald	*Düsseldorf	0:54:55	0:56:02	13	M60	49	5: 11:24 10:50 10:42 11:04 10:52
627	1609	Peters Dennis	*Münster	0:54:57	0:55:43	121	M20	90	5: 11:22 10:52 10:59 11:11 10:31
628	1836	Konietzka Sandor	*Gelsenkirchen	0:54:57	0:55:22	83	M35	72	5: 10:26 10:31 10:58 11:35 11:25
629	1787	Sascha Antvogel	*Mettmann	0:54:57	0:55:22	122	M20	83	5: 10:24 10:33 10:59 11:30 11:29
630	1902	Hashizume Keita	Ricoh International	0:54:59	0:55:08	84	M35	73	5: 09:31 10:11 11:25 12:16 11:34
631	2407	Ohrendorf Marc	Linklaters LLP	0:55:01	0:55:38	123	M20	87	5: 10:30 10:35 11:10 11:14 11:30
632	3027	Theisen-Lindemann Jürgen	*Düsseldorf	0:55:01	0:55:17	89	M45	64	5: 09:53 10:22 11:02 12:33 11:10
633	2367	Demary Peter	AOK Rheinland / Hamburg	0:55:02	0:56:10	90	M45	62	5: 12:33 11:24 10:42 10:20 10:01
634	2362	Langer Herbert	AOK Rheinland / Hamburg	0:55:02	0:56:10	85	M35	72	5: 12:34 11:23 10:41 10:20 10:01
635	2890	Wojsnitza Christian	-	0:55:04	0:55:46	97	M30	81	5: 11:36 10:42 10:57 11:07 10:41
636	1546	Skiera Jan	JUH Düsseldorf	0:55:05	0:55:46	124	M20	84	5: 10:43 10:37 10:48 11:06 11:48
637	1716	Piossek Heiko	*Düsseldorf	0:55:06	0:55:25	32	M55	55	5: 11:06 10:56 11:09 11:04 10:49
638	2178	Wellerdick Christian	*Düsseldorf	0:55:07	0:55:56	91	M45	65	5: 10:22 10:12 11:09 11:43 11:39
639	1998	Van den Höfel Tobias	Sonnen-Herzog KG	0:55:08	0:55:53	98	M30	80	5: 11:01 10:44 10:54 11:27 11:00
640	2620	Beckermann Mario	FUJI Runners	0:55:08	0:55:25	56	M50	57	5: 10:06 11:03 11:13 11:30 11:15
641	1584	Aust Niko	*Meerbusch	0:55:08	0:56:07	125	M20	82	5: 11:39 11:18 11:13 10:56 10:02
642	2282	Tappeser Stephan	Roxy	0:55:10	0:55:13	86	M35	74	5: 09:58 10:58 11:29 11:40 11:02
643	3122	Mirabile Fausto	*Düsseldorf	0:55:10	0:55:43	126	M20	82	5: 10:38 10:03 10:36 11:28 12:23
644	2553	Cheveau Cedric	*Duesseldorf	0:55:12	0:56:01	87	M35	72	5: 11:16 11:06 10:47 11:02 11:00
645	2845	Krogmeier Wilhelm	FTV von 1880	0:55:16	0:55:34	57	M50	57	5: 10:53 10:54 11:15 11:14 10:58
646	3299	Zanders Bernd		0:55:18	0:55:23	14	M60	47	5: 10:26 10:56 11:05 11:21 11:27
647	2096	Schuster Gabriel	HPP Hentrich-Petschnigg	0:55:19	0:56:06	99	M30	81	5: 10:53 10:39 11:00 11:21 11:23
648	2031	Scholz Detlef	TV Germania Wevelinghoven	0:55:24	0:55:51	58	M50	57	5: 10:11 10:50 11:12 11:35 11:34
649	3328	Richter Thomas		0:55:29	0:56:27	100	M30	81	5: 11:35 11:22 11:12 10:56 10:22
650	3229	Linnenbrink Benedikt	*Düsseldorf	0:55:30	0:56:01	127	M20	83	5: 10:31 11:04 11:16 11:23 11:15
651	2141	Ackermann Ulrich	Team Erdinger Alkoholfrei	0:55:31	0:56:21	92	M45	64	5: 11:30 11:15 11:06 11:08 10:30
652	2402	Epping Michael	Linklaters LLP	0:55:31	0:56:09	128	M20	87	5: 10:30 10:35 11:10 11:40 11:35
653	2403	Evertz Moritz	Linklaters LLP	0:55:32	0:56:09	129	M20	88	5: 10:31 10:34 11:11 11:39 11:35
654	1563	Pelzer Bernd	DZ Bank runners	0:55:33	0:56:43	117	M40	70	5: 11:33 11:00 11:03 11:02 10:53
655	2461	Windhövel Markus	*Meerbusch	0:55:34	0:55:48	130	M20	86	5: 09:55 11:12 11:47 11:56 10:42
656	1965	Albers Thorsten	Sonnen-Herzog KG	0:55:35	0:56:18	88	M35	75	5: 11:07 10:47 11:00 11:24 11:15
657	2777	Köhler Johannes	Vorwärts Suttrup	0:55:36	0:56:29	131	M20	88	5: 11:23 10:23 11:06 11:31 11:12
658	3338	Wuth Tobias		0:55:37	0:56:16	89	M35	75	5: 12:03 11:27 11:08 10:52 10:05
659	2214	Shirai Akimasa	Fujitsu-General (Euro) GmbH	0:55:37	0:56:31	90	M35	75	5: 11:23 10:45 10:54 11:22 11:12
660	1607	Perak Daniel	*Düsseldorf	0:55:38	0:55:59	91	M35	72	5: 11:15 10:36 11:02 11:23 11:21

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
661	3247	Gierow Norman	*Düsseldorf	0:55:38	0:56:51	101	M30	78	5:	11:53	11:03	11:01	11:01	10:40
662	1578	Müller Dr. Gregor	Albert-Schweitzer Apotheke	0:55:39	0:56:30	93	M45	65	5:	12:13	11:11	10:38	10:48	10:47
663	2607	Thomas Jürgen	dm-Drogeriemarkt	0:55:40	0:56:00	33	M55	55	5:	10:44	10:51	11:09	11:32	11:22
664	2036	Quellhorst Michael	*Düsseldorf	0:55:44	0:56:12	118	M40	68	5:	11:17	10:39	11:12	11:25	11:09
665	1869	Balkenhoff Bernd	*Düsseldorf	0:55:45	0:56:42	94	M45	66	5:	12:01	11:38	11:07	10:49	10:09
666	3107	Jablonowski Peter		0:55:46	0:56:08	119	M40	68	5:	10:46	10:56	11:18	11:19	11:25
667	1877	Feld Wolfram	*Neuss	0:55:49	0:56:17	120	M40	71	5:	11:42	10:57	11:17	11:05	10:46
668	2846	Lincke Fred	*Düsseldorf	0:55:51	0:56:26	15	M60	50	5:	11:03	11:01	11:09	11:16	11:19
669	2341	Gerritzen Edgar	*Düsseldorf	0:55:51	0:56:12	34	M55	55	5:	11:17	11:11	11:13	11:21	10:47
670	1256	Brede Hans-Jürgen		0:55:55	0:57:10	132	M20		5:	11:49	10:51	10:58	11:09	11:05
671	1766	Schmitz Peter Michael	LG FSUe	0:55:57	0:56:19	6	M65	46	5:	10:34	11:15	11:10	11:20	11:36
672	1980	Hermanns Dirk	Sonnen-Herzog KG	0:55:58	0:56:41	95	M45	62	5:	10:39	10:39	11:18	11:09	12:10
673	3284	Reykers Olaf	LT AM KEULENKOPP	0:55:59	0:57:07	121	M40	71	5:	11:35	11:31	11:21	11:16	10:14
674	1402	Veljovic Radoslav		0:56:03	0:56:46	16	M60	48	5:	11:10	11:02	11:04	11:21	11:24
675	3110	Barlau Jens	Dr. Höschel + Kollegen	0:56:03	0:56:15	92	M35	73	5:	10:18	10:25	10:57	12:15	12:07
676	2875	Sawallisch Frank	LT Düsseldorf-Süd	0:56:06	0:57:07	59	M50	59	5:	11:44	10:47	10:48	11:32	11:14
677	1394	Collé Pascal	Do it - The ISS WAY	0:56:06	0:56:20	93	M35	74	5:	10:55	10:52	11:20	11:36	11:20
678	2732	Höschel Mathias	Dr. Höschel + Kollegen	0:56:09	0:56:19	122	M40	67	5:	10:43	10:52	11:12	11:41	11:39
679	1970	Burchartz Jürgen	Sonnen-Herzog KG	0:56:10	0:56:26	60	M50	59	5:	10:46	11:06	11:29	11:28	11:21
680	3494	Steffens Dirk	ASC Düsseldorf	0:56:12	0:56:48	96	M45	62	5:	10:54	11:05	11:14	11:31	11:26
681	2957	Spruytenburg Thorsten	Copeo	0:56:15	0:56:55	102	M30	79	5:	11:03	10:35	11:09	11:41	11:45
682	2974	Wagner Claus	Albrecht-Dürer-Schule Ddorf	0:56:16	0:57:09	61	M50	58	5:	11:07	10:39	11:14	11:40	11:33
683	2287	Roß Alexander	*Ratingen	0:56:16	0:57:25	133	M20	89	5:	12:00	11:13	11:41	10:52	10:28
684	3258	Tscholl Christian	*Düsseldorf	0:56:16	0:57:04	103	M30	79	5:	11:41	11:30	11:14	11:18	10:31
685	1227	Hesselich Uwe		0:56:18	0:56:58	97	M45	62	5:	11:05	11:05	11:08	11:33	11:24
686	3189	Marton Zsolt	*Düsseldorf	0:56:21	0:57:15	123	M40	70	5:	11:38	11:08	11:11	11:26	10:57
687	3312	Averdieck Wolfgang		0:56:23	0:57:21	62	M50	57	5:	11:56	11:25	11:07	11:02	10:51
688	1293	Ciaban Power		0:56:24	0:57:14	94	M35	72	5:	11:25	11:18	11:26	11:26	10:46
689	1821	Bodenberger Torsten	Urdenbach	0:56:28	0:57:13	98	M45	64	5:	11:14	11:11	11:27	11:29	11:05
690	2259	Schorn Dieter	keiner	0:56:29	0:57:19	63	M50	59	5:	10:59	11:08	11:32	11:38	11:10
691	1872	Sigloch Dr. Michael	*Düsseldorf	0:56:36	0:57:39	95	M35	74	5:	11:18	11:08	11:30	11:27	11:11
692	2401	Bode Johannes	Linklaters LLP	0:56:39	0:57:20	134	M20	88	5:	11:10	10:45	11:20	11:37	11:45
693	2406	Mross Oliver	Linklaters LLP	0:56:40	0:57:21	96	M35	75	5:	11:11	10:45	11:20	11:37	11:46
694	1733	Suckau Torsten	*Düsseldorf	0:56:40	0:57:04	104	M30	79	5:	11:19	11:42	11:46	11:29	10:22
695	2082	Runzheimer Joachim	LT Cafe Elmar	0:56:40	0:57:46	64	M50	59	5:	11:22	11:09	11:26	11:35	11:06
696	1923	Bruх Jochen	Bruхis	0:56:41	0:57:00	99	M45	65	5:	10:58	11:28	11:27	11:27	11:18
697	2095	Hennemann Björn	HPP Hentrich-Petschnigg	0:56:41	0:57:28	124	M40	71	5:	11:03	11:08	11:31	11:40	11:17
698	3014	Marks Detlef	Schüler Plan RUN-ING	0:56:46	0:57:31	100	M45	64	5:	11:34	11:37	11:20	11:45	10:28
699	2354	Philipp Wolfgang	Kieser Training	0:56:46	0:57:35	65	M50	57	5:	11:34	11:20	11:23	11:29	10:58
700	2772	Baumeister Dirk	*Neuss	0:56:47	0:57:25	125	M40	67	5:	11:37	11:21	11:27	11:32	10:49
701	2286	Hiesgen Philipp	*Ratingen	0:56:53	0:58:02	135	M20	90	5:	11:59	11:25	10:50	11:20	11:16
702	2132	Drießen Heijo	SG Kaarst	0:56:54	0:56:59	7	M65	46	5:	10:03	11:08	11:41	11:59	12:01
703	2565	Pilger Marcel	HSBC Trinkaus	0:56:58	0:57:45	136	M20	84	5:	11:46	11:10	11:40	11:39	10:41
704	2413	Schäfers Heiko	*Neuss	0:57:00	0:58:01	105	M30	81	5:	10:29	10:41	11:44	12:08	11:55
705	3445	Novacek Helmut		0:57:02	0:58:06	66	M50	60	5:	11:51	10:51	11:16	11:30	11:31
706	2399	Becker Rainer	*Düsseldorf	0:57:02	0:57:35	101	M45	62	5:	11:30	11:16	11:25	11:33	11:16
707	1294	Kawasaki Rui		0:57:02	0:58:07	126	M40	68	5:	12:19	11:32	11:19	11:09	10:41
708	3367	Dietel Guido		0:57:08	0:57:47	102	M45	63	5:	11:18	11:33	11:38	11:35	11:03
709	2476	Rola Harald	Eller	0:57:08	0:57:30	103	M45	62	5:	11:03	10:53	11:41	12:09	11:20
710	1990	Patten Stephan	Sonnen-Herzog KG	0:57:12	0:57:56	97	M35	76	5:	11:22	10:56	11:12	11:41	11:58
711	3121	Arand Gregor	*Düsseldorf	0:57:13	0:57:34	17	M60	48	5:	10:58	11:27	11:35	11:49	11:23
712	2040	Köhler Florian	*Düsseldorf	0:57:14	0:57:28	106	M30	80	5:	09:27	10:22	12:07	12:35	12:41
713	2475	Wilkesmann Sascha	eFactory GmbH & Co. KG	0:57:14	0:58:05	137	M20	83	5:	12:11	10:49	11:04	11:35	11:34
714	1705	Friese Volker	LT Wischlingen	0:57:15	0:57:42	104	M45	65	5:	11:27	11:23	11:39	11:23	11:21
715	2474	Romowicz Patrick	eFactory GmbH & Co. KG	0:57:15	0:58:05	138	M20	84	5:	12:12	10:50	11:03	11:35	11:34
716	2169	Hilchenbach Stefan	*Düsseldorf	0:57:16	0:57:21	127	M40	68	5:	10:13	10:55	11:50	12:11	12:04
717	3089	Mews Darius	Henkel Team	0:57:16	0:57:19	9	MJB	95	5:	08:33	10:37	12:24	13:33	12:08
718	2808	Kosberg Oliver	*Frechen	0:57:19	0:57:45	128	M40	67	5:	11:19	11:39	11:44	11:57	10:38
719	2807	Christoph Thomas	*Düsseldorf	0:57:22	0:57:48	107	M30	78	5:	11:19	11:38	11:45	11:57	10:41
720	2213	Prigge Tomas	Fujitsu-General (Euro) GmbH	0:57:23	0:58:15	129	M40	70	5:	11:32	11:17	11:28	11:40	11:24

10km - Gesamtwertung (Lauf 7,8,9)

Stadtwerke Kö-Lauf Düsseldorf - 4. September 2011

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
721	2186	Steinberg Andreas	Budosport-Duesseldorf	0:57:24	0:57:44	98	M35	75	5: 10:07 11:05 12:13 12:29 11:29
722	1867	Schubert Torsten	*Ratzeburg	0:57:32	0:57:41	99	M35	75	5: 10:26 10:49 11:47 12:19 12:09
723	2349	Maas Oliver	Kieser Training	0:57:32	0:58:01	105	M45	66	5: 10:59 11:11 11:29 11:51 12:00
724	1271	Schott Ferdinand	Langenfeld Runner	0:57:32	0:58:47	106	M45	63	5: 11:12 10:48 11:30 12:02 11:58
725	2385	Schmid Oliver	*Düsseldorf	0:57:33	0:58:40	130	M40	70	5: 12:08 11:11 11:27 11:24 11:21
726	1985	Löffeler Günter	Sonnen-Herzog KG	0:57:34	0:58:20	107	M45	65	5: 11:29 11:15 11:33 11:46 11:29
727	1862	Dellwisch Alexander	*Düsseldorf	0:57:34	0:58:35	139	M20	85	5: 11:40 11:33 11:48 11:52 10:40
728	1861	Schlingensief Eike	*Düsseldorf	0:57:35	0:58:36	140	M20	85	5: 11:40 11:33 11:48 11:54 10:39
729	2353	Wiesner Frank	Kieser Training	0:57:36	0:57:57	131	M40	71	5: 10:48 11:27 11:25 11:54 12:01
730	1226	Faller Bruno		0:57:44	0:58:10	35	M55	52	5: 10:29 11:17 11:53 12:21 11:42
731	3253	Baumann Jens	*Düsseldorf	0:57:44	0:58:35	108	M45	65	5: 11:20 11:17 11:40 11:48 11:38
732	3088	Wingartz Claudius	Henkel Team	0:57:46	0:58:00	141	M20	83	5: 09:40 11:11 12:25 12:35 11:55
733	1613	Hayashi Kazuhiko	*Duesseldorf	0:57:48	0:57:54	67	M50	58	5: 10:33 11:05 11:34 12:33 12:02
734	1288	Lahmer Stephan		0:57:49	0:58:18	142	M20	84	5: 11:41 11:24 11:47 11:53 11:01
735	1287	Wagenführer Lutz		0:57:49	0:58:19	143	M20	85	5: 12:03 11:40 11:33 11:33 10:58
736	3180	Görlitz Axel	*Düsseldorf	0:57:50	0:58:42	132	M40	68	5: 10:45 10:55 11:35 12:18 12:15
737	2847	Darius Hauke	RGM Holding GmbH	0:57:51	0:58:32	108	M30	79	5: 10:28 10:48 11:22 12:14 12:57
738	1710	Langer Heiko	*Düsseldorf	0:57:55	0:59:02	133	M40	68	5: 11:59 11:41 11:35 11:31 11:07
739	3098	Franke Raphael	Henkel Team	0:57:57	0:58:20	144	M20	86	5: 11:15 11:27 11:47 11:50 11:35
740	1572	Wolfgang Sebastian	Teleffekt.de	0:57:57	0:58:28	109	M30	81	5: 11:46 12:00 10:56 11:34 11:38
741	2763	Szczesny Reinhard	*Kaarst	0:57:59	0:59:06	134	M40	68	5: 12:11 11:28 11:41 12:21 10:16
742	3090	Boadas Didac	Henkel Team	0:58:00	0:58:55	110	M30	81	5: 11:15 11:01 11:17 12:20 12:05
743	2765	Schneider Frank	*Moers	0:58:01	0:59:08	111	M30	80	5: 12:11 11:29 11:41 12:20 10:18
744	3277	Schilling Robert		0:58:03	0:58:37	145	M20	88	5: 11:06 11:08 11:39 12:11 11:57
745	1380	Wildhagen Jens		0:58:04	0:59:10	135	M40	71	5: 12:14 11:14 11:09 11:39 11:47
746	2816	Büker Klaus-Peter	Athletik Paderborn	0:58:08	0:59:17	68	M50	59	5: 12:14 11:38 11:42 11:35 10:58
747	2117	Kobayashi Mitsuyuki	Firmenmannschaft Ricoh Intern.	0:58:08	0:58:18	109	M45	66	5: 09:51 10:39 11:46 12:38 13:12
748	2465	Hofer Heribert	keiner	0:58:10	0:58:36	36	M55	54	5: 11:38 11:29 11:36 11:41 11:46
749	1375	Schlingloff Andre		0:58:12	0:58:43	100	M35	72	5: 11:20 11:11 11:40 12:02 11:57
750	1374	Beckmann Frank		0:58:12	0:58:42	101	M35	72	5: 11:20 11:12 11:39 12:03 11:57
751	2758	Prühs Stefan	LgFSÜ	0:58:14	0:58:56	102	M35	76	5: 11:02 11:29 12:04 12:04 11:33
752	3195	Herbst Eduard	GTV	0:58:15	0:59:19	18	M60	48	5: 12:02 11:28 11:30 11:41 11:31
753	2462	Gruschka Gregor	*Düsseldorf	0:58:16	0:59:25	69	M50	58	5: 11:52 11:32 11:30 11:56 11:23
754	2955	Werth Marcel	Copeo	0:58:17	0:58:57	146	M20	83	5: 11:39 11:34 12:02 11:41 11:18
755	1617	Klinkosch Tim	*Düsseldorf	0:58:18	0:59:25	136	M40	68	5: 12:09 11:05 11:21 11:39 12:02
756	3149	Brockhausen Jörg	*Düsseldorf	0:58:20	0:59:11	137	M40	68	5: 11:01 11:34 11:55 12:06 11:42
757	1318	Fukada Kohei	*Düsseldorf	0:58:20	0:58:32	103	M35	76	5: 10:43 10:02 10:03 13:57 13:35
758	2068	Gossens Thomas	-	0:58:24	0:59:23	104	M35	72	5: 11:44 11:33 11:37 11:50 11:37
759	1372	Rehwal Uli	Rennschecken 2009	0:58:29	0:59:22	37	M55	55	5: 11:19 10:49 11:34 12:42 12:03
760	1933	Wiesner Andreas	*Ratingen	0:58:35	0:58:49	138	M40	68	5: 11:27 11:44 11:45 12:01 11:36
761	3002	Tsang Pei-Sheng	Hotel Nikko Düsseldorf	0:58:41	0:59:20	105	M35	72	5: 12:16 12:00 11:53 11:42 10:49
762	2973	Kühn Hans-Joachim	Albrecht-Dürer-Schule Ddorf	0:58:41	0:59:35	38	M55	54	5: 11:34 11:03 11:39 12:09 12:13
763	2724	Cayci Furkau	Dr. Höschel + Kollegen	0:58:44	0:59:02	147	M20	91	5: 09:11 10:43 12:16 13:18 13:14
764	3209	Dawwas Yousef	*Düsseldorf	0:58:44	0:59:14	106	M35	72	5: 10:07 11:01 12:01 12:42 12:51
765	3279	Baier Alexander		0:58:44	0:59:20	148	M20	87	5: 11:12 11:41 12:16 12:18 11:16
766	1900	Saiki Kazunobu	Ricoh International	0:58:45	0:58:54	110	M45	62	5: 09:42 10:33 11:50 12:50 13:48
767	1400	Simon Benjamin	Do it - The ISS WAY	0:58:48	0:59:03	112	M30	78	5: 10:52 10:59 11:51 12:24 12:41
768	2883	Persch Andreas	*Ratingen	0:58:51	0:59:45	70	M50	58	5: 12:26 11:37 11:26 11:52 11:29
769	1235	Wagner Uwe		0:58:53	1:00:07	71	M50	60	5: 11:34 11:42 11:46 11:53 11:56
770	2416	Häsler Thorsten	*Duisburg	0:58:55	0:59:57	113	M30	80	5: 10:57 11:03 11:38 12:30 12:46
771	1969	Beber Werner	Sonnen-Herzog KG	0:58:57	0:59:41	72	M50	59	5: 12:15 11:58 11:49 11:48 11:04
772	2220	Thie Stefan	Fujitsu-General (Euro) GmbH	0:58:57	0:59:49	111	M45	62	5: 11:45 11:29 11:56 12:12 11:32
773	1864	Kopp Andre	*Düsseldorf	0:59:00	0:59:11	149	M20	83	5: 09:55 12:29 12:02 12:16 12:16
774	2781	Cafolla Alfonso	*Duesseldorf	0:59:00	0:59:23	107	M35	73	5: 12:05 11:45 11:32 11:59 11:37
775	1240	Kaller Georg	SKD	0:59:01	0:59:12	19	M60	47	5: 11:18 11:36 11:53 12:00 12:13
776	2400	Bettien Nicolas	Linklaters LLP	0:59:02	0:59:30	150	M20	85	5: 10:43 10:53 11:59 12:49 12:35
777	1283	Nagaosa Yuki		0:59:04	1:00:08	112	M45	65	5: 11:40 11:38 11:57 12:03 11:44
778	2532	Puplinkhuisen Oliver	HSBC Trinkaus	0:59:06	0:59:38	139	M40	70	5: 11:47 11:19 11:39 11:48 12:31
779	2917	Bruland Robert	DJK Novesia Neuss	0:59:07	1:00:18	108	M35	73	5: 12:18 11:30 11:24 11:53 11:59
780	2804	Bürger Markus	Team Pro Markt	0:59:12	0:59:51	140	M40	71	5: 11:00 11:10 11:55 12:26 12:39

10km - Gesamtwertung (Lauf 7,8,9)

Stadtwerke Kö-Lauf Düsseldorf - 4. September 2011

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
781	1995	Sonnen Stephan	Sonnen-Herzog KG	0:59:12	0:59:56	113	M45	66	5: 12:34 11:57 11:49 11:41 11:10
782	1388	Strake Franz	Do it - The ISS WAY	0:59:12	0:59:25	73	M50	59	5: 11:31 11:58 12:01 12:12 11:28
783	1234	Bogner Hendrik		0:59:13	0:59:59	141	M40	70	5: 10:51 10:39 11:33 11:19 14:49
784	2491	Hofer Stefan	HSBC Trinkaus	0:59:16	0:59:47	142	M40	67	5: 12:26 11:37 11:30 11:55 11:45
785	2126	Wanders Andreas	*Düsseldorf	0:59:16	1:00:12	74	M50	57	5: 11:36 11:38 11:52 12:09 11:59
786	1413	Feltgen Pierrot	Special Olympic Luxemburg	0:59:23	0:59:55	39	M55	55	5: 10:50 11:15 12:24 12:37 12:15
787	2454	Womelsdorf Torsten	*Neuss	0:59:24	0:59:52	109	M35	74	5: 12:27 12:10 11:52 11:39 11:13
788	2218	Zimmermann Norbert	Fujitsu-General (Euro) GmbH	0:59:29	1:00:24	75	M50	59	5: 11:36 11:32 11:51 12:19 12:08
789	2222	Ouba Ibrahim	Fujitsu-General (Euro) GmbH	0:59:30	1:00:24	76	M50	57	5: 11:26 11:17 11:50 12:14 12:40
790	3041	Mallmann Herbert	*Hilden	0:59:31	1:00:08	20	M60	49	5: 10:45 11:34 12:13 12:32 12:25
791	1576	Komanns Niklas	Albert-Schweitzer Apotheke	0:59:34	1:00:26	151	M20	83	5: 12:15 11:44 11:59 11:59 11:35
792	2806	König Thomas	It-run4fun.de	0:59:34	0:59:53	40	M55	56	5: 11:25 11:36 12:17 12:25 11:50
793	3243	Schulte Klaus	ohne	0:59:35	1:00:09	21	M60	50	5: 10:26 11:20 12:16 12:40 12:50
794	3049	Ingenillem Josef	*Düsseldorf	0:59:38	1:00:01	114	M45	66	5: 11:51 11:51 11:50 12:11 11:53
795	2267	Guttmann Dirk	*Velbert	0:59:43	1:00:34	143	M40	67	5: 11:09 11:22 12:16 12:44 12:11
796	2719	Lorenzen Lars	*Düsseldorf	0:59:43	0:59:52	115	M45	66	5: 09:31 11:49 12:20 12:46 13:16
797	2294	Urban Peter	Turbine Keyenberg-Himmelgeist	0:59:45	1:00:00	110	M35	74	5: 11:23 11:44 12:03 12:23 12:11
798	2303	Roettig Andreas	SSV Düsseldorf-Knittkuhl 1972	0:59:46	1:00:50	77	M50	58	5: 11:58 11:20 11:45 11:59 12:43
799	1476	Wagner Christoph	Stadtwerke Düsseldorf	0:59:48	1:01:02	78	M50	59	5: 11:48 11:21 11:48 12:33 12:15
800	1540	Kleist Alexander	*Düsseldorf	0:59:50	1:00:44	116	M45	64	5: 12:14 11:43 11:46 12:16 11:49
800	2764	Deisenroth Frank	*Düsseldorf	0:59:50	1:00:56	116	M45	62	5: 12:12 11:28 11:41 12:20 12:06
802	3313	Kohl Oliver	Schubertianer	0:59:51	1:00:44	118	M45	66	5: 12:51 12:35 12:13 11:33 10:36
803	3153	Voss Martin	*Leverkusen	0:59:52	1:01:01	144	M40	70	5: 12:06 11:30 11:46 12:20 12:09
804	3354	Müther Gerhard Dr.		0:59:56	1:00:30	8	M65	46	5: 11:28 11:49 12:09 12:17 12:10
805	2356	Berendes Sebastian	Kieser Training	0:59:57	1:00:45	114	M30	79	5: 10:56 11:23 12:18 12:38 12:39
806	2046	Schmahl Michael	LSG Lichtstraße	1:00:00	1:00:49	145	M40	71	5: 10:47 11:18 12:24 13:03 12:26
807	2956	Lukosz Lukas	Copeo	1:00:02	1:00:43	115	M30	79	5: 11:44 12:16 12:10 12:00 11:50
808	2842	Hentz Gerd	.-.	1:00:09	1:00:16	9	M65	44	5: 10:54 11:15 11:49 12:49 13:20
809	2799	Wolters Kevin	Spielfreunde Uerdingen	1:00:11	1:00:45	10	MJB	95	5: 12:25 11:21 12:48 12:17 11:18
810	1999	Vogler Tobias	Sonnen-Herzog KG	1:00:16	1:01:01	152	M20	87	5: 12:08 11:38 11:57 12:21 12:09
811	2783	Pempelfort Klaus	*Düsseldorf	1:00:19	1:01:23	146	M40	71	5: 12:37 11:40 11:53 12:19 11:47
812	3405	Fischer Dirk	Null Null Classic 69	1:00:20	1:00:40	147	M40	69	5: 12:28 11:58 11:54 12:23 11:35
813	2296	Detert Thomas Georg	Turbine Keyenberg-Himmelgeist	1:00:39	1:00:57	111	M35	74	5: 12:09 12:17 12:25 12:06 11:40
814	2778	Mainz Dieter	SV GWR Düsseldorf	1:00:48	1:01:16	1	M75	36	5: 12:21 12:18 12:12 12:08 11:47
815	1498	Meister Martin	Stadtwerke Düsseldorf	1:00:54	1:02:08	119	M45	63	5: 12:17 12:01 12:15 12:20 11:58
816	1390	Contzen Jens	Do it - The ISS WAY	1:00:55	1:01:08	120	M45	66	5: 11:27 12:00 12:31 12:36 12:20
817	2455	Evert Karsten	Fortuna 95	1:01:06	1:02:14	148	M40	69	5: 12:16 12:12 12:12 12:18 12:06
818	1993	Röckendorf Jens	Sonnen-Herzog KG	1:01:11	1:01:57	79	M50	58	5: 11:48 12:06 12:18 12:50 12:07
819	1882	Schnell Willi	*Düsseldorf	1:01:17	1:02:04	41	M55	56	5: 11:51 12:07 12:27 12:32 12:18
820	2874	Van Schrick Gerhard	*Düsseldorf	1:01:25	1:02:31	42	M55	54	5: 12:31 11:57 12:16 12:32 12:08
821	1282	Kaku Yuji		1:01:25	1:02:29	153	M20	85	5: 11:58 11:03 11:34 12:40 14:09
822	1717	Schulz Uwe	*Düsseldorf	1:01:32	1:02:38	121	M45	65	5: 12:36 12:11 12:09 12:21 12:13
823	2435	Gajecki Georg	NRW.Bank	1:01:40	1:02:15	43	M55	53	5: 11:21 12:01 12:21 12:51 13:03
824	2795	Reingen Andre	Spielfreunde Uerdingen	1:01:40	1:02:13	154	M20	89	5: 12:28 12:21 12:36 12:17 11:57
825	2893	Feller Andreas	SCHUBERTIANER	1:01:45	1:02:39	149	M40	70	5: 12:51 12:35 12:14 11:43 12:20
826	2238	Camizzi Vincenzo	*Düsseldorf	1:01:47	1:02:45	80	M50	58	5: 12:00 12:02 12:32 12:46 12:24
827	1651	Klees Philipp	*Düsseldorf	1:01:50	1:02:53	116	M30	78	5: 12:39 12:31 12:08 12:14 12:16
828	1573	Minklei Dominik	*Düsseldorf	1:01:51	1:02:23	112	M35	76	5: 11:46 12:00 12:21 12:54 12:48
829	1574	Wolfgarten Jens	*Düsseldorf	1:01:52	1:02:23	113	M35	75	5: 11:47 12:01 12:21 12:53 12:49
830	2333	Wolters Burkhardt	Kieser Training	1:01:56	1:03:08	10	M65	46	5: 11:51 11:42 13:09 12:27 12:45
831	2478	Süme Tanja	*düsseldorf	1:02:04	1:02:12	114	M35	76	5: 10:54 11:58 12:40 13:20 13:10
832	2947	Slamal Urban	*Düsseldorf	1:02:05	1:02:17	150	M40	71	5: 10:54 12:02 13:09 13:10 12:48
833	1670	Schulze Hans-Werner	*Düsseldorf	1:02:11	1:02:55	22	M60	48	5: 13:04 12:36 12:24 12:18 11:48
834	2501	Schulz Dirk	HSBC Trinkaus	1:02:15	1:02:45	122	M45	62	5: 11:54 12:13 12:49 12:53 12:25
835	2584	Mersch Andreas	*Bochum	1:02:17	1:02:27	115	M35	72	5: 11:52 12:41 12:46 12:47 12:08
836	1264	Jahnke Udo		1:02:21	1:03:02	123	M45	63	5: 10:10 10:51 14:34 13:26 13:18
837	3244	Kollath Carsten	National-Bank AG	1:02:24	1:02:40	151	M40	69	5: 11:27 12:15 12:33 13:06 13:01
838	1286	Kels Florian		1:02:27	1:02:44	155	M20	84	5: 12:01 11:59 12:28 12:46 13:11
839	3234	Zinzius Michael	*wuppertal	1:02:29	1:02:49	152	M40	68	5: 13:14 13:08 13:15 12:58 09:52
840	2217	Abiru Katsuya	Fujitsu-General (Euro) GmbH	1:02:36	1:03:31	117	M30	80	5: 11:33 11:30 12:44 13:13 13:33

10km - Gesamtwertung (Lauf 7,8,9)

Stadtwerke Kö-Lauf Düsseldorf - 4. September 2011

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
841	2219	Knorrn Dieter	Fujitsu-General (Euro) GmbH	1:02:39	1:03:34	81	M50	59	5: 11:58 12:05 12:35 12:47 13:12
842	2145	Dufke Sebastian	*Düsseldorf	1:02:40	1:03:20	118	M30	81	5: 12:00 12:05 12:45 12:59 12:49
843	1492	Hoydem Andreas	Stadtwerke Düsseldorf	1:02:46	1:04:00	153	M40	70	5: 12:07 12:08 13:33 12:47 12:09
844	3343	Jensen Thomas		1:02:47	1:03:51	82	M50	57	5: 12:06 11:55 12:33 13:01 13:10
845	2316	Madalinski Maximilian	*Düsseldorf	1:02:47	1:03:40	156	M20	86	5: 11:36 11:21 12:03 13:28 14:17
846	3235	AchKentana Ali	*wuppertal	1:02:50	1:03:11	119	M30	77	5: 13:14 13:08 13:15 12:58 10:13
847	2500	Steinbrücker Michael	HSBC Trinkaus	1:03:04	1:03:41	120	M30	81	5: 11:33 12:06 12:50 13:03 13:29
848	2221	Kalischewski Uwe	Fujitsu-General (Euro) GmbH	1:03:06	1:04:01	124	M45	62	5: 11:55 12:10 12:30 13:18 13:10
849	2215	Katsuragawa Takaki	Fujitsu-General (Euro) GmbH	1:03:08	1:04:01	116	M35	72	5: 11:33 11:38 12:39 13:22 13:54
850	3297	Clauß Manfred		1:03:15	1:03:19	2	M70	40	5: 11:21 12:31 12:43 13:03 13:36
851	2065	Münchow Frank	*Düsseldorf	1:03:18	1:04:10	121	M30	80	5: 12:00 12:37 13:04 12:57 12:39
852	1992	Radmer Andreas	Sonnen-Herzog KG	1:03:26	1:03:43	125	M45	63	5: 11:10 11:59 12:47 13:20 14:08
853	2797	Michalla Matthias	Spielfreunde Uerdingen	1:03:29	1:03:59	157	M20	85	5: 13:06 13:13 13:10 12:23 11:35
854	3456	Bertel Ludger		1:03:43	1:04:16	154	M40	68	5: 11:02 10:58 13:00 13:58 14:42
855	1938	Merten Oliver	*Hilden	1:03:54	1:04:49	155	M40	69	5: 12:51 12:36 12:44 12:57 12:44
856	2348	Prill Florian	Kieser Training	1:04:15	1:04:42	122	M30	78	5: 11:26 12:37 13:31 14:00 12:40
857	1737	Klein Stephan	TSV Hochdahl	1:04:15	1:04:58	44	M55	55	5: 12:47 12:33 12:58 13:04 12:51
858	3213	Dollberg Alexander	LT Hängende Zunge	1:04:24	1:05:16	117	M35	73	5: 12:30 12:39 13:08 13:08 12:57
859	3238	Plathen Klaus	*Krefeld	1:04:36	1:05:01	83	M50	58	5: 12:03 12:29 13:05 13:25 13:32
860	1588	Thiele Torsten	tanzschule fern absoluttanzbar	1:04:49	1:05:53	118	M35	72	5: 12:36 12:28 13:05 13:15 13:23
861	2216	Gabor Frank	Fujitsu-General (Euro) GmbH	1:04:56	1:05:48	123	M30	79	5: 11:32 11:35 13:31 14:39 13:36
862	3295	Schipke Jochen D	DUC	1:05:00	1:05:13	3	M70	39	5: 12:03 12:29 12:45 13:29 14:13
863	2876	Reusch Karl-Heinz	LT Düsseldorf-Süd	1:05:30	1:06:32	2	M75	32	5: 13:12 13:15 13:06 13:07 12:48
864	2877	Schickhaus Werner	LT Düsseldorf-Süd	1:05:41	1:06:42	4	M70	38	5: 13:10 13:05 13:08 13:14 13:02
865	2856	Schmeis Timo	IVS, Hilden	1:05:52	1:06:17	124	M30	80	5: 13:07 13:16 13:30 13:33 12:24
866	2790	Schleiken Andreas	Spielfreunde Uerdingen	1:06:04	1:06:37	119	M35	75	5: 13:29 13:14 13:54 13:21 12:03
867	2094	Feldmeyer Gerhard G.	HPP Hentrich-Petschnigg	1:06:10	1:06:57	45	M55	56	5: 11:42 12:11 13:22 14:18 14:36
868	1794	Basak Dr. Onur	*Neu-Isenburg	1:06:13	1:07:04	125	M30	81	5: 13:05 13:01 13:29 13:41 12:55
869	1531	Abend Günter	*Düsseldorf	1:06:22	1:06:49	11	M65	43	5: 12:50 13:01 13:12 13:47 13:30
870	3005	Vetten Alexander	*Düsseldorf	1:06:30	1:06:36	126	M30	81	5: 12:07 12:56 13:20 14:04 14:00
871	2146	Solleder Uwe	*Dormagen	1:06:31	1:07:07	126	M45	62	5: 11:52 12:24 13:19 14:16 14:38
872	2794	Horn Sebastian	Spielfreunde Uerdingen	1:06:32	1:07:06	158	M20	86	5: 13:03 13:12 13:26 14:16 12:33
873	2424	Reinke Sascha	NRW.Bank	1:06:52	1:08:08	120	M35	72	5: 13:01 13:05 13:13 13:46 13:45
874	2822	Scherbaum Ralph	1/2 Marathon Köln rrh.	1:07:46	1:08:21	127	M45	64	5: 11:51 12:03 13:04 15:09 15:38
875	1843	Imbusch Sebastian	*Wülfrath	1:07:51	1:08:48	127	M30	81	5: 12:53 12:50 13:00 13:55 15:12
876	1351	Preußing Klaus		1:07:58	1:08:37	128	M30	80	5: 13:10 13:04 13:33 14:05 14:05
877	3026	Platzek Rainer	*Meerbusch	1:07:59	1:08:55	46	M55	53	5: 13:50 13:43 13:52 13:38 12:54
878	1575	Gewies Daniel	*Düsseldorf	1:08:12	1:09:08	129	M30	77	5: 13:07 13:46 13:46 13:53 13:38
879	2125	Römer Stefan	*Düsseldorf	1:08:36	1:09:46	128	M45	66	5: 13:36 13:42 14:01 14:09 13:06
880	3471	Schillings Rolf		1:08:41	1:09:02	12	M65	42	5: 12:53 12:50 13:23 14:11 15:23
881	1298	Polzer Herr		1:08:46	1:09:24	130	M30	81	5: 13:10 13:04 13:34 14:04 14:51
882	1398	Schulsenken Ulrich	Do it - The ISS WAY	1:08:54	1:09:06	84	M50	60	5: 12:04 14:00 13:55 14:14 14:38
883	2798	Beckers Stefan	Spielfreunde Uerdingen	1:09:09	1:09:41	156	M40	68	5: 13:29 13:41 13:51 14:22 13:44
884	3434	Neu Ralf		1:09:10	1:10:04	157	M40	70	5: 14:30 14:29 14:08 13:37 12:24
885	2936	Kropp Felix	*Düsseldorf	1:09:29	1:10:37	121	M35	74	5: 11:52 13:11 14:48 15:05 14:31
886	2355	Uekermann Dirk	Kieser Training	1:09:41	1:10:21	158	M40	70	5: 12:43 13:45 14:10 15:15 13:46
887	3003	Weißbach Oliver	Hotel Nikko Düsseldorf	1:10:01	1:10:41	131	M30	80	5: 12:23 14:15 14:37 14:32 14:12
888	2774	Flöck Dennis	*Düsseldorf	1:10:57	1:11:34	132	M30	79	5: 13:08 14:04 14:22 14:51 14:29
889	2775	Zimmermann Heinz-Peter	*Kaarst	1:10:57	1:11:34	47	M55	55	5: 13:09 14:04 14:22 14:51 14:30
890	1251	Grigo Lars	Working Day Werbeagentur	1:11:04	1:11:27	122	M35	75	5: 13:45 14:08 14:14 14:25 14:29
891	1910	Yilmaz Cengiz	*Essen	1:11:32	1:11:49	123	M35	72	5: 13:00 13:57 14:37 14:50 15:05
892	1347	Lohmeyer Rudolf		1:11:56	1:13:02	13	M65	43	5: 13:55 14:48 14:46 14:21 14:04
893	2942	Watson Karl	*Düsseldorf	1:13:25	1:13:48	129	M45	63	5: 12:21 14:19 15:16 16:10 15:18
894	1236	Mader Lars	TuS Erkrath	1:13:33	1:13:42	133	M30	77	5: 12:06 15:17 15:38 16:23 14:07
895	2473	Stengel Wolfgang	eFactory GmbH & Co. KG	1:15:47	1:16:39	134	M30	77	5: 12:36 15:09 16:06 16:35 15:19
896	2050	Gergs Jürgen	*Düsseldorf	1:16:53	1:17:49	130	M45	65	5: 13:42 15:02 15:44 16:34 15:49
897	1847	Graw Peter	*Düsseldorf	1:17:29	1:18:11	14	M65	46	5: 13:51 14:49 15:26 16:24 16:57
898	1748	Kirstein Mark	*Duisburg	1:17:52	1:18:21	124	M35	72	5: 15:08 15:20 15:33 15:58 15:51
899	1602	Zell Hartmut	Tanzschule FERN	1:21:52	1:22:57	23	M60	49	5: 13:36 15:25 16:24 17:28 18:57
900	1658	Bertram Andreas	Team Sheldon	1:22:28	1:23:05	159	M40	67	5: 15:11 16:12 16:44 16:59 17:20

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
901	3444	Markowski Matti		0:25:26	0:25:28	159	M20	88	4: 06:03	06:16	06:31	06:33	00:00	
902	2022	Lässig Robert	*Düsseldorf	0:29:07	0:29:07	160	M20	84	4: 06:59	07:15	07:25	07:26	00:00	
903	1668	Hammer Bernd	*Krefeld	0:37:04	0:37:17	24	M60	48	4: 09:07	09:04	09:17	09:35	00:00	
904	2723	Kuklan Uwe	Dr. Höschel + Kollegen	0:38:39	0:38:44	131	M45	66	4: 09:06	09:37	09:52	10:02	00:00	
905	2417	Iken Theodor	*Neuss	0:39:40	0:39:40	85	M50	60	4: 10:10	09:41	09:52	09:55	00:00	
906	2209	Schreiber Thomas	*Leverkusen	0:44:21	0:45:04	125	M35	72	4: 11:40	11:10	11:02	10:27	00:00	
907	1899	Takada Yutaka	Ricoh International	0:48:37	0:48:48	126	M35	74	4: 09:38	12:01	13:14	13:43	00:00	
908	2066	Bullinger Patrick	*Düsseldorf	0:49:36	0:49:36	135	M30	79	4: 18:26	10:02	11:00	10:08	00:00	
909	2055	Maldener Dr. Joachim	*Maintal	0:51:54	0:52:54	160	M40	68	4: 12:22	12:35	13:08	13:47	00:00	
910	3185	Giannakis Dr. Anastasios	*Düsseldorf	0:53:44	0:53:50	86	M50	59	4: 12:25	13:35	14:05	13:37	00:00	
911	2380	Lampert Bastian	Linklaters LLP	0:55:10	0:55:44	161	M20	86	4: 12:01	13:21	14:34	15:13	00:00	
912	2780	Kandora Gottfried	LG Hünxe	0:58:21	0:58:44	3	M75	33	4: 13:42	14:44	14:54	15:00	00:00	
913	1987	Morabito Guiseppa	Sonnen-Herzog KG	0:59:11	0:59:16	162	M20	90	4: 09:24	18:49	15:55	15:02	00:00	
914	2421	Bienefeld Detlef	NRW.Bank	1:03:34	1:04:21	132	M45	62	4: 11:57	23:53	12:15	15:28	00:00	
915	17	Niewald Kai	ART Düsseldorf	0:22:25	0:22:28	12	MJA	93	3: 06:56	07:28	07:59	00:00	00:00	
916	3197	Nielsen Jens	*Düsseldorf	0:23:57	0:23:59	161	M40	68	3: 07:21	08:09	08:26	00:00	00:00	
917	2519	Schütz Christopher	HSBC Trinkaus	0:24:54	0:25:01	163	M20	85	3: 07:50	08:16	08:47	00:00	00:00	
918	1530	Wolczyk Damian	*Düsseldorf	0:26:18	0:26:23	127	M35	75	3: 08:29	08:45	09:03	00:00	00:00	
919	1960	Tauffenbach Ralf	*Düsseldorf	0:26:49	0:27:00	133	M45	66	3: 08:28	08:52	09:28	00:00	00:00	
920	1406	Schultze Mathias	Dr. Höschel + Partner	0:33:19	0:33:30	136	M30	81	3: 09:59	10:32	12:48	00:00	00:00	
921	2721	Bennai Belkacem	Dr. Höschel + Kollegen	0:34:21	0:34:32	134	M45	62	3: 10:16	11:13	12:51	00:00	00:00	
922	1570	Hillebrand Andreas	Lauffreff Düsseldorf Süd	0:36:41	0:37:41	162	M40	68	3: 11:58	11:56	12:46	00:00	00:00	
923	1265	Rybicki Jason		0:37:02	0:38:07	164	M20	83	3: 12:26	12:32	12:02	00:00	00:00	
924	2906	Weber Benjamin	Busekist Winter & Partner	0:37:03	0:37:28	165	M20	83	3: 18:04	09:30	09:27	00:00	00:00	
925	2905	Hirschfeld Henning	Busekist Winter & Partner	0:40:07	0:40:32	137	M30	79	3: 18:49	10:41	10:36	00:00	00:00	
926	1627	Descombes Michel		1:04:36	1:05:46	1	M80	31	3: 29:03	18:09	17:23	00:00	00:00	
927	2762	Czarnietzki Martin	TSV Bayer 04 Leverkusen	0:13:36	0:13:39	138	M30	80	2: 06:35	07:01	00:00	00:00	00:00	
928	1915	Döring Andreas	IDAA	0:16:23	0:16:31	87	M50	60	2: 07:54	08:29	00:00	00:00	00:00	
929	2456	Pigou Daniel	*Düsseldorf	0:16:47	0:17:08	139	M30	78	2: 08:12	08:34	00:00	00:00	00:00	
930	2144	Melis Eugenio	*Düsseldorf	0:16:48	0:16:54	128	M35	72	2: 08:10	08:37	00:00	00:00	00:00	
931	3316	Seedorf Uwe	DJK Novesia Neuss	0:17:23	0:17:40	163	M40	70	2: 08:39	08:44	00:00	00:00	00:00	
932	2383	Von den Linden Klaus	Linklaters LLP	0:17:33	0:17:49	140	M30	78	2: 08:46	08:47	00:00	00:00	00:00	
933	2115	Kreienkamp Daniel	*Velbert	0:18:13	0:18:27	166	M20	85	2: 08:41	09:31	00:00	00:00	00:00	
934	3163	Dresp Simon	TG Holzwickede Lauffreff	0:19:50	0:20:10	167	M20	82	2: 09:40	10:09	00:00	00:00	00:00	
935	1257	Martin Thomas	HSBC	0:20:12	0:20:12	141	M30	81	2: 10:11	10:01	00:00	00:00	00:00	
936	1906	Neitzke Dieter	*Haan	0:21:51	0:22:35	135	M45	65	2: 11:00	10:51	00:00	00:00	00:00	
937	1751	Klimmek Rafael	*Düsseldorf	0:22:24	0:22:57	142	M30	77	2: 10:51	11:33	00:00	00:00	00:00	
938	3345	Verdugo Antonio		0:22:53	0:23:32	129	M35	72	2: 11:37	11:16	00:00	00:00	00:00	
939	3322	Cobbers Christian		0:22:55	0:23:54	130	M35	72	2: 11:30	11:24	00:00	00:00	00:00	
940	1389	Flabb Jürgen	Do it - The ISS WAY	0:23:50	0:24:03	88	M50	58	2: 11:27	12:23	00:00	00:00	00:00	
941	2916	Hermanns Rolf	DJK Novesia Neuss	0:24:09	0:25:21	15	M65	45	2: 12:17	11:51	00:00	00:00	00:00	
942	6	Tuei Hosea		0:05:31	0:05:34	168	M20	87	1: 05:31	00:00	00:00	00:00	00:00	
943	2395	Zur Linden Vincent	Ski-Klub Düsseldorf	0:08:40	0:08:48	11	MJB	94	1: 08:40	00:00	00:00	00:00	00:00	
944	2129	Kemmann Nils	LG Weidensprinter	0:08:41	0:09:10	12	MJB	94	1: 08:41	00:00	00:00	00:00	00:00	
945	1297	Peek Markus		0:09:42	0:09:50	164	M40	71	1: 09:42	00:00	00:00	00:00	00:00	
946	1285	Winkler Uwe	SV09/35 Wermelskirchen	0:09:57	0:10:28	136	M45	65	1: 09:57	00:00	00:00	00:00	00:00	
947	3499	Becker Carsten		0:10:03	0:10:29	165	M40	70	1: 10:03	00:00	00:00	00:00	00:00	
948	3485	Erdal Ümit		0:10:19	0:10:37	143	M30	78	1: 10:19	00:00	00:00	00:00	00:00	
949	2991	Schüler Rainer	Stadtwerke Düsseldorf AG	0:10:32	0:10:40	131	M35	74	1: 10:32	00:00	00:00	00:00	00:00	
950	3463	UNLESBAR Marc		0:10:38	0:10:56	166	M40	70	1: 10:38	00:00	00:00	00:00	00:00	
951	1848	Stolla Arnold	*Düsseldorf	0:11:07	0:11:40	137	M45	62	1: 11:07	00:00	00:00	00:00	00:00	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	F12	Hayato Zeineba		0:33:15	0:33:18	1	W20	85	5: 06:35 06:43 06:46 06:41 06:28
2	F16	Kiprotich Gladys		0:33:16	0:33:19	2	W20	90	5: 06:35 06:43 06:46 06:41 06:29
3	F4	Jepkoech Monica		0:33:16	0:33:20	3	W20	85	5: 06:35 06:43 06:46 06:41 06:30
4	F6	Kigen Peninah		0:33:28	0:33:31	4	W20	86	5: 06:35 06:43 06:46 06:41 06:41
5	F3	Gichia Tabitha		0:33:55	0:33:57	5	W20	83	5: 06:36 06:43 06:46 06:48 07:01
6	3492	Rötger Steffi		0:35:56	0:35:58	1	W35	72	5: 06:58 07:12 07:15 07:15 07:14
7	F15	Dreier Verena	SG Wenden	0:36:20	0:36:23	6	W20	85	5: 06:57 07:16 07:25 07:25 07:16
8	F9	Migadde Caroline		0:37:19	0:37:21	7	W20	84	5: 06:41 07:18 07:36 07:48 07:54
9	1412	Schmoetten Pascale	Special Olympic Luxemburg	0:39:18	0:39:23	1	W40	68	5: 00:00 00:00 00:00 08:02 07:50
10	F10	Oberem Sonja		0:39:36	0:39:38	2	W35	73	5: 07:41 07:52 07:54 08:02 08:05
11	2555	Floß Doreen	*Neuss	0:40:14	0:40:18	1	W30	79	5: 07:55 08:05 08:19 08:09 07:43
12	3309	Allgeier Jana		0:41:01	0:41:06	8	W20	91	5: 08:07 08:12 08:12 08:19 08:08
13	3488	Körtgen Anne-Therese	TSV Alemannia Aachen	0:41:44	0:41:49	2	W30	81	5: 08:09 08:12 08:24 08:33 08:24
14	1800	Terstegen Stefanie	*Düsseldorf	0:42:01	0:42:09	3	W30	81	5: 08:15 08:16 08:26 08:34 08:29
15	3489	Servas Andrea	DJK JS Herzogenrath	0:43:14	0:43:20	4	W30	78	5: 08:19 08:33 08:45 08:49 08:45
16	2381	Laskey Nina	Linklaters LLP	0:43:57	0:44:13	5	W30	77	5: 08:44 08:30 08:58 09:02 08:40
17	1804	Wimmer Julia	*meerbusch	0:44:10	0:44:12	1	WJA	92	5: 08:31 08:49 09:08 09:01 08:39
18	1305	Stuckenburger Anke	Hotel Nikko Düsseldorf	0:44:12	0:44:21	3	W35	73	5: 08:41 08:51 09:02 08:53 08:43
19	1707	Richter Angela	Sportpark Hilden	0:44:21	0:44:29	1	W45	64	5: 08:40 08:53 09:01 09:01 08:44
20	3321	Wienke Dagmar	Fortuna Düsseldorf 1895	0:44:34	0:44:39	2	W45	65	5: 08:05 08:38 09:02 09:20 09:27
21	2377	Bollmann Annabelle	Linklaters LLP	0:45:05	0:45:20	9	W20	84	5: 08:47 08:44 09:00 09:21 09:11
22	2493	Zielke Julia	*Sprockhövel	0:45:51	0:45:56	10	W20	85	5: 08:20 09:05 09:27 09:41 09:17
23	2792	Piske Christina	*Münster	0:46:01	0:46:04	11	W20	89	5: 08:29 08:58 09:26 09:39 09:28
24	3311	Kenneweg Sonja	TriTeam FS Düsseldorf	0:46:40	0:46:46	4	W35	75	5: 09:09 09:21 09:30 09:35 09:02
25	2870	Stürtz Marie-Luise	LT Düsseldorf-Süd	0:46:43	0:46:48	1	W60	50	5: 09:11 09:23 09:24 09:24 09:20
26	1820	Borucki Melanie	Tri Team FS Düsseldorf	0:46:48	0:46:54	6	W30	81	5: 09:09 09:21 09:31 09:35 09:10
27	1859	Hume Anja	SNR e.V.	0:47:15	0:47:18	2	W40	68	5: 08:34 09:40 09:44 09:48 09:27
28	2559	Senijc Nadine	HSBC Trinkaus	0:47:18	0:47:50	7	W30	81	5: 09:34 09:05 09:23 09:28 09:47
29	3071	März Leonie	Henkel Team	0:47:20	0:47:27	12	W20	82	5: 08:51 09:30 09:40 09:44 09:33
30	2062	Weiß Susanne	e.V.n.e.V.	0:47:26	0:48:08	13	W20	86	5: 09:19 09:11 09:29 09:50 09:34
31	2800	Breier Katja	*Düsseldorf	0:47:28	0:47:50	14	W20	91	5: 09:22 09:22 09:32 09:35 09:35
32	3482	Diekamp Irmgard	SSG Königswinter	0:48:21	0:48:24	1	W50	61	5: 08:57 09:40 09:57 09:59 09:46
33	2769	Slamal Katrin	*Duesseldorf	0:48:28	0:48:31	8	W30	81	5: 08:34 09:42 09:53 10:14 10:03
34	1704	Nilsson Anna	*Duesseldorf	0:48:32	0:48:58	15	W20	83	5: 09:43 09:54 09:58 09:57 08:58
35	1767	Zange Gabi	GSV Porz Köln	0:48:39	0:49:03	2	W50	60	5: 09:18 09:38 09:51 09:59 09:51
36	2317	Knapinski Simone	*Düsseldorf	0:48:45	0:49:40	16	W20	82	5: 10:02 09:12 09:39 09:47 10:03
37	2766	Schäfers Daniela	*Neuss	0:48:56	0:49:57	17	W20	82	5: 10:28 09:38 09:41 09:41 09:25
38	3339	Junghans Tina	Harter Schuss	0:48:57	0:49:23	18	W20	84	5: 09:38 09:37 09:52 10:04 09:44
39	3100	Gahlmann Sandra	Henkel Team	0:49:12	0:49:36	19	W20	88	5: 09:16 09:45 09:59 10:10 10:01
40	1919	Defilippo-Wenzel Pia	ASV-LT Kemperdick	0:49:22	0:49:48	3	W45	66	5: 09:32 09:48 10:07 10:06 09:48
41	1515	Ebert Nadina	*Dortmund	0:49:26	0:49:29	5	W35	76	5: 09:25 09:53 10:03 10:11 09:52
42	1569	Yoshizawa Hisako	*Düsseldorf	0:49:28	0:49:39	6	W35	75	5: 09:29 10:02 10:17 10:03 09:35
43	1439	Heitmann Kirsten	SFD 75	0:49:33	0:49:39	4	W45	66	5: 08:51 09:36 10:09 10:30 10:26
44	3468	Heid Nicole	Agues-Spon	0:49:37	0:49:42	3	W40	70	5: 09:12 09:55 10:12 10:14 10:03
45	2100	Gimpel Ekaterina	HPP Hentrich-Petschnigg	0:49:40	0:49:50	9	W30	79	5: 09:56 09:57 09:56 10:08 09:41
46	2760	Nowodvorski Paula	*Mettmann	0:49:56	0:50:08	20	W20	84	5: 10:30 10:23 10:39 09:21 09:01
47	1258	Studzinski Taika	TG Neuss	0:50:04	0:50:10	7	W35	75	5: 09:37 09:50 10:07 10:12 10:16
48	2562	Kawano Yukako	*Duesseldorf	0:50:06	0:50:17	8	W35	75	5: 09:56 09:46 10:05 10:15 10:01
49	1747	Günther Christine	*düsseldorf	0:50:08	0:50:22	5	W45	63	5: 10:28 10:08 09:59 09:48 09:42
50	2730	Landmesser Beate	Dr. Höschel + Kollegen	0:50:25	0:50:36	6	W45	63	5: 09:57 09:55 09:56 10:15 10:21
51	2581	Hoffmann Carmen	Die Neanderläufer	0:50:31	0:50:48	10	W30	77	5: 10:04 10:00 10:13 10:17 09:55
52	3130	Grathwohl Kirsten	TG Holzwickede Laufftreff	0:50:39	0:50:48	21	W20	83	5: 10:10 10:14 10:12 10:08 09:52
53	1410	Huppertz Jacky	Special Olympic Luxemburg	0:50:39	0:50:54	3	W50	58	5: 09:46 10:00 10:22 10:21 10:09
54	1319	Kremer Andrea-Anne	Osterather TV	0:50:45	0:50:58	7	W45	64	5: 09:30 09:48 10:16 10:42 10:27
55	1252	Maras Marina		0:50:47	0:51:01	9	W35	73	5: 09:24 09:53 10:42 10:29 10:16
56	1694	Wachtler Silke	SC Bayer 05 Uerdingen	0:51:01	0:51:23	8	W45	64	5: 10:05 09:50 10:12 10:29 10:24
57	2173	Wilhelmi-Engels Katja	Marienburger SC	0:51:06	0:51:36	9	W45	66	5: 09:45 10:02 10:20 10:30 10:28
58	3008	Schulz Christina	*Düsseldorf	0:51:08	0:51:26	4	W40	70	5: 10:08 09:47 10:40 10:18 10:12
59	2578	Wellmeyer Stephanie	*Kaarst	0:51:11	0:51:18	11	W30	79	5: 10:26 10:17 10:10 10:12 10:04
60	2436	Möllhausen Wiebke	NRW.Bank	0:51:16	0:51:56	10	W35	73	5: 10:14 10:04 10:13 10:35 10:08

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
61	2858	Lamberts Jenny	IVS, Hilden	0:51:16	0:51:22	12	W30	79	5:09:54	10:11	10:17	10:28	10:24
62	1565	Bräuer Jasmin	*Düsseldorf	0:51:18	0:51:43	11	W35	74	5:09:34	10:04	10:29	10:47	10:22
63	3296	Oppawsuy Jessica		0:51:19	0:51:37	22	W20	83	5:10:08	10:06	10:28	10:32	10:03
64	1741	Kaschitza Anna	*Düsseldorf	0:51:27	0:51:32	13	W30	79	5:10:02	10:18	10:38	10:30	09:58
65	2432	Eiersbrock Esther	NRW.Bank	0:51:35	0:52:18	23	W20	89	5:10:28	10:00	10:08	10:24	10:35
66	2161	Reimet Verena	LT Metzkausen	0:51:42	0:52:12	14	W30	79	5:09:41	10:16	10:32	10:41	10:32
67	3113	Kaulitzky Annette	marathonteam-online	0:51:50	0:51:56	10	W45	62	5:09:29	10:00	10:33	10:58	10:47
68	2872	Daniels Caroline	*Neuss	0:51:55	0:52:27	24	W20	83	5:10:08	10:05	10:26	10:58	10:16
69	2492	Adams Priscilla	HSBC Trinkaus	0:51:57	0:52:46	25	W20	84	5:10:05	10:13	10:25	10:41	10:32
70	2751	Hoffbauer Angela	Marathonteam Ratingen	0:52:03	0:53:03	11	W45	65	5:10:43	10:23	10:36	10:32	09:46
71	2085	Gabrish Silke	*Düsseldorf	0:52:09	0:52:34	26	W20	82	5:09:47	10:21	10:46	10:50	10:22
72	2954	Köhler Claudia	BonnerRG	0:52:13	0:52:23	27	W20	85	5:10:22	10:26	10:33	10:29	10:21
73	1596	Dauster Katja	*stuttgart	0:52:20	0:53:00	12	W35	72	5:10:03	10:18	10:38	10:48	10:31
74	1329	Tepel Heike	ASC Düsseldorf	0:52:23	0:52:32	12	W45	64	5:09:29	10:11	11:53	10:27	10:20
75	1520	Fuchs Melanie	Rennschnecken 2000 e.V.	0:52:25	0:53:13	13	W35	76	5:10:14	10:27	10:40	10:50	10:13
76	2170	Kaltbeitzel Corinna	*Mettmann	0:52:31	0:52:48	13	W45	63	5:10:10	10:15	10:37	10:45	10:42
77	2171	Beyer Bettina	*Harthausen	0:52:32	0:52:49	4	W50	59	5:10:04	10:16	10:32	10:56	10:43
78	2771	Miksa Beate	*Düsseldorf	0:52:35	0:53:04	5	W40	67	5:09:38	10:09	10:52	11:06	10:49
79	2943	Lenhart Anke	*Neuss	0:52:40	0:52:47	14	W35	76	5:09:39	10:13	10:54	11:09	10:44
80	1231	Elten Christina		0:52:42	0:52:51	15	W30	81	5:10:24	10:33	10:47	10:36	10:20
81	2749	Seidel Daniela	*Düsseldorf	0:52:45	0:53:04	28	W20	84	5:10:48	10:42	10:39	10:27	10:08
82	1295	Filiri Elke	BSG Kreissparkasse Köln	0:52:47	0:53:01	6	W40	69	5:10:22	10:23	10:35	10:55	10:31
83	2988	Kossmann Lisa	*Aachen	0:52:49	0:53:06	29	W20	88	5:09:51	10:19	10:50	10:49	10:58
84	2314	Bartels Jeanette	*Düsseldorf	0:52:49	0:52:57	30	W20	83	5:10:26	10:39	10:49	10:59	09:55
85	1760	Dunkel Nicole	*Düsseldorf	0:53:06	0:53:34	15	W35	74	5:10:15	10:15	10:44	11:18	10:32
86	2172	Brüsseler Claudia	Medaix Aachen	0:53:08	0:53:15	7	W40	71	5:10:06	10:31	10:43	10:56	10:50
87	1566	Zimmermann Andrea	*Honerath	0:53:09	0:53:14	8	W40	69	5:10:00	10:50	10:59	10:59	10:19
88	1266	Fischer Dira		0:53:10	0:53:31	9	W40	70	5:10:26	10:20	10:38	10:45	11:00
89	2984	Dirxen Anna	*Düsseldorf	0:53:20	0:54:02	31	W20	82	5:10:47	10:39	10:59	10:52	10:02
90	2289	Schmidt Ulrike	*Neuss	0:53:25	0:53:29	16	W35	74	5:09:55	10:33	10:49	11:01	11:05
91	2558	Mörschel Britta	LT Buga Düsseldorf 1999	0:53:33	0:54:21	10	W40	69	5:11:24	10:23	10:21	10:35	10:48
92	1654	Katzfuss Noemi	*Mettmann	0:53:38	0:53:50	17	W35	75	5:10:30	10:23	10:40	11:01	11:01
93	2035	Grün Julia	*Meerbusch	0:53:39	0:54:03	16	W30	77	5:09:58	10:24	10:54	11:14	11:06
94	3146	Obels Sinja	*Hilden	0:53:40	0:53:48	32	W20	90	5:10:52	12:17	12:45	10:31	07:14
95	2441	Schirmeister Miriam	NRW.Bank	0:53:41	0:54:24	33	W20	88	5:10:15	10:02	10:41	11:26	11:15
96	2431	Weber Annemarie	NRW.Bank	0:53:48	0:54:24	34	W20	87	5:10:29	10:49	10:51	11:03	10:35
97	3016	Mickalik Alexandra	Schüßler Plan RUN-ING	0:54:01	0:54:46	35	W20	86	5:11:10	10:46	10:47	10:56	10:20
98	3495	Viardt-Helmer Astrid		0:54:04	0:54:42	18	W35	76	5:10:22	10:20	10:48	11:18	11:13
99	2745	Mitchem Wiebke	*Düsseldorf	0:54:14	0:54:48	17	W30	79	5:10:40	10:49	11:04	11:11	10:28
100	1503	Gerbracht Julia	*Wuppertal	0:54:16	0:54:48	36	W20	86	5:10:18	10:25	10:56	11:21	11:14
101	3102	Berkes Susanne	Henkel Team	0:54:17	0:54:40	5	W50	60	5:10:39	10:27	10:52	11:17	11:00
102	3359	Ruck Julia		0:54:20	0:54:35	18	W30	77	5:10:21	10:33	10:57	11:23	11:04
103	3013	Strotmann Carolin	Schüßler Plan RUN-ING	0:54:24	0:55:09	19	W30	80	5:11:10	10:47	10:47	10:56	10:43
104	2938	Simon Antje	*Düsseldorf	0:54:29	0:55:04	20	W30	77	5:10:43	11:00	10:58	11:05	10:41
105	2299	Pfeiffer Sabine	*Düsseldorf	0:54:30	0:54:53	21	W30	81	5:11:05	10:50	10:56	10:56	10:41
106	1385	Nagasawa Hitomi		0:54:30	0:54:50	6	W50	57	5:10:28	10:38	11:25	11:31	10:27
107	2284	Treu Sabrina	*Kaarst	0:54:35	0:54:39	22	W30	80	5:10:01	10:50	11:20	11:13	11:08
108	2027	Winkler Verena	TV Anrath	0:54:37	0:55:02	37	W20	83	5:11:03	10:47	10:53	11:04	10:47
109	1384	Nagasawa Eriko		0:54:40	0:55:00	38	W20	91	5:10:28	10:37	11:24	11:31	10:37
110	2029	Todt Elena	*Wülfrath	0:54:41	0:54:57	19	W35	76	5:10:57	11:01	11:02	11:05	10:34
111	2387	Pöschel Gudrun	LG Schellbrand	0:54:45	0:55:42	1	W55	55	5:11:36	10:49	10:39	10:55	10:45
112	1274	Müller Ines		0:54:47	0:55:03	7	W50	58	5:10:23	10:44	10:58	11:25	11:16
113	1712	Brix Claudia	*Wuppertal	0:54:47	0:56:01	23	W30	80	5:12:09	11:16	11:02	10:25	09:54
114	3215	Erben Stephanie	*Dortmund	0:54:49	0:55:03	39	W20	84	5:09:53	10:54	11:20	11:31	11:09
115	2596	Hergenröder Chantal	*Düsseldorf	0:55:04	0:55:46	24	W30	80	5:11:36	10:41	10:58	11:07	10:40
116	1930	Liebscher-Trapp Silke	*Ratingen	0:55:11	0:55:32	11	W40	68	5:10:54	10:44	11:00	11:26	11:05
117	2342	Feige Simone	Kieser Training	0:55:16	0:55:33	40	W20	83	5:10:43	10:50	11:12	11:22	11:07
118	3484	Buchwald Susanne		0:55:24	0:55:28	14	W45	65	5:10:05	11:00	11:15	11:39	11:23
119	1803	Wimmer Sabine	*meerbusch	0:55:24	0:55:28	2	W55	55	5:10:53	11:11	11:11	11:13	10:54
120	3231	Wienströer Britta	*Düsseldorf	0:55:30	0:56:01	41	W20	83	5:10:31	11:04	11:16	11:23	11:15

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	1260	Seifert-Preuß Beate	Solinger LC	0:55:33	0:55:39	15	W45	62	5: 10:35 10:50 11:18 11:36 11:12
122	2554	Nathalie Cheveau	*Duesseldorf	0:55:34	0:56:23	25	W30	78	5: 11:14 10:50 11:03 11:04 11:21
123	3081	Titel Anita	Henkel Team	0:55:41	0:55:52	26	W30	78	5: 10:47 10:53 11:17 11:26 11:16
124	2338	Lambert Christina	Kieser Training	0:55:53	0:56:54	16	W45	64	5: 11:36 11:27 11:21 11:14 10:13
125	1232	Malchow Carmen		0:55:54	0:56:06	17	W45	65	5: 10:32 10:48 11:11 11:35 11:47
126	1724	Lorenz Katy	*Mönchengladbach	0:55:59	0:56:13	2	W60	47	5: 10:59 11:02 11:13 11:22 11:21
127	3188	Spatschek Julia	*Düsseldorf	0:56:00	0:56:27	27	W30	77	5: 11:31 11:20 11:10 11:15 10:41
128	3111	Nguyen Thi-Ngoc	Dr. Höschel + Kollegen	0:56:05	0:56:16	20	W35	75	5: 10:30 11:04 11:37 11:45 11:07
129	1579	Butz Sarah	Albert-Schweitzer Apotheke	0:56:06	0:56:50	42	W20	84	5: 11:13 11:13 11:24 11:23 10:52
130	2032	Habakuck Dr. Mareke	*Düsseldorf	0:56:18	0:56:56	28	W30	77	5: 10:34 10:52 11:21 11:42 11:47
131	2020	Haußer Sabine	*Düsseldorf	0:56:20	0:56:34	18	W45	66	5: 10:45 11:16 11:24 11:28 11:25
132	2761	Cuenca Fernandez Laura	*Mettmann	0:56:22	0:56:34	43	W20	83	5: 11:09 11:24 11:21 11:26 11:00
133	3218	Czech Christiane	*Düsseldorf	0:56:22	0:57:08	19	W45	64	5: 11:04 11:05 11:17 11:28 11:26
134	3199	Padberg Anke	TG Holzwickede Laufftreff	0:56:25	0:56:34	21	W35	76	5: 11:12 11:09 11:20 11:35 11:08
135	2787	Kolvenbach Kathrin	*Düsseldorf	0:56:28	0:57:26	2	WJA	93	5: 11:36 11:29 11:22 11:15 10:45
136	3411	Okon Helga		0:56:29	0:56:32	8	W50	60	5: 10:36 11:21 11:30 11:43 11:17
137	2258	Hofmann Dr. Anke	keiner	0:56:30	0:57:19	20	W45	65	5: 11:00 11:08 11:32 11:40 11:08
138	2357	Hitzbleck Ursulla	Kieser Training	0:56:34	0:56:50	3	W55	56	5: 10:52 11:10 11:19 11:34 11:37
139	3118	Grosch Karolin	*Düsseldorf	0:56:37	0:56:45	29	W30	81	5: 10:07 11:12 11:59 11:54 11:24
140	1477	Richter Jana	Stadtwerke Düsseldorf	0:56:39	0:56:49	44	W20	91	5: 10:10 10:47 11:34 12:11 11:56
141	3190	Schönbein Manuela	Team Aachener Engel	0:56:40	0:57:07	21	W45	65	5: 10:59 11:05 11:19 11:45 11:30
142	3159	Faerber Dr. Karin	*Erkrath	0:56:42	0:57:05	12	W40	68	5: 10:44 11:14 11:32 11:42 11:29
143	2212	Voß Navina	*Willich	0:56:47	0:57:01	30	W30	79	5: 10:55 11:09 11:29 11:47 11:25
144	1522	Claßen Simone	*Krefeld	0:56:57	0:58:02	31	W30	81	5: 12:09 11:15 11:10 11:22 10:59
145	1949	Voets Christina	*Münster	0:57:03	0:57:13	45	W20	85	5: 09:36 10:28 11:07 11:01 14:48
146	2508	Lenssen Melissa	HSBC Trinkaus	0:57:08	0:57:55	46	W20	88	5: 11:45 11:10 11:40 11:40 10:51
147	3486	Mee Karola		0:57:09	0:57:33	47	W20	85	5: 11:02 10:45 11:15 11:34 12:32
148	1828	Lorscheidt Tina	Ski-Klub Düsseldorf	0:57:13	0:57:23	9	W50	58	5: 11:07 11:25 11:33 11:42 11:24
149	3327	Welling Regina		0:57:18	0:57:33	48	W20	85	5: 11:12 11:23 11:53 12:00 10:48
150	2843	Krogmeier Rebekka	FTV von 1880	0:57:21	0:57:41	3	WJA	93	5: 11:03 11:10 11:33 12:03 11:31
151	2734	Winner Jörg	Dr. Höschel + Kollegen	0:57:26	0:58:23	13	W40	71	5: 10:35 11:31 11:30 11:58 11:51
152	2726	Krebs Fenja	Dr. Höschel + Kollegen	0:57:28	0:57:42	32	W30	81	5: 10:11 11:04 11:53 12:22 11:56
153	3158	Kock An	*dus	0:57:33	0:57:42	22	W45	65	5: 10:22 11:26 12:05 12:21 11:17
154	2140	Quabius Friederike	*Düsseldorf	0:57:42	0:58:42	14	W40	67	5: 12:14 11:26 11:20 11:22 11:17
155	1908	Stolz Elke	*Ratingen	0:57:43	0:58:04	15	W40	70	5: 11:01 11:29 11:54 12:01 11:16
156	3012	Wolf Nicole	*Bonn	0:57:44	0:57:54	49	W20	85	5: 10:31 11:35 11:57 12:09 11:29
157	2466	Zapata Kandt Renata	keiner	0:57:45	0:58:10	23	W45	64	5: 11:37 11:28 11:35 11:43 11:20
158	1735	Ester Johanna	*Düsseldorf	0:57:48	0:58:22	33	W30	77	5: 11:25 11:11 11:35 11:53 11:42
159	1982	Ingenhoff Katrin	Sonnen-Herzog KG	0:57:49	0:58:34	50	W20	88	5: 12:09 11:37 11:57 12:10 09:53
160	2039	Heidler Kerstin	*korschenbroich	0:57:50	0:58:12	10	W50	61	5: 11:35 11:25 11:38 11:41 11:29
161	3451	Dworak Susanne	TSG Blau-Weiß	0:57:50	0:58:13	16	W40	69	5: 11:14 11:29 11:46 11:48 11:31
162	2543	Garlin Martina	*Düsseldorf	0:57:56	0:58:55	34	W30	77	5: 12:17 11:40 11:41 11:25 10:51
163	2544	Olms Anne-Barbara	*Düsseldorf	0:57:56	0:58:55	35	W30	80	5: 12:17 11:41 11:40 11:26 10:51
164	1567	Roll Martina	*Wuppertal	0:58:00	0:58:50	17	W40	67	5: 11:30 11:21 11:37 11:56 11:35
165	3083	Alvarez Beatriz	Henkel Team	0:58:00	0:58:55	51	W20	82	5: 11:15 11:01 11:18 12:19 12:05
166	3326	Bott Daniela		0:58:00	0:58:16	36	W30	78	5: 11:11 11:24 11:52 12:01 11:29
167	3105	Sundermeier Uta	Henkel Team	0:58:01	0:58:28	22	W35	75	5: 11:17 11:14 11:36 11:58 11:53
168	1561	Bohne Jeannette	*Düsseldorf	0:58:14	0:59:14	23	W35	72	5: 12:15 11:26 11:21 11:41 11:30
169	2746	Reineke Sibylle	*Düsseldorf	0:58:23	0:58:55	18	W40	67	5: 11:17 11:26 11:42 11:59 11:56
170	2570	Mockel Nadine	HSBC Trinkaus	0:58:34	0:59:20	52	W20	84	5: 12:24 11:15 11:40 11:50 11:24
171	1934	Wiesner Simone	*Ratingen	0:58:36	0:58:49	24	W35	76	5: 11:28 11:44 11:45 12:01 11:36
172	2307	Freiin von Saß Christiane	*Düsseldorf	0:58:41	0:59:39	53	W20	84	5: 11:23 11:19 11:45 12:24 11:49
173	3001	Schrader Melanie	Hotel Nikko Düsseldorf	0:58:42	0:59:22	19	W40	68	5: 12:16 12:00 11:52 11:42 10:50
174	2953	OMahony Sandra	*Düsseldorf	0:58:49	1:00:00	25	W35	73	5: 12:11 11:51 11:43 11:40 11:22
175	2882	Sauerborn Elke	*Alpen	0:58:51	0:59:45	20	W40	69	5: 12:26 11:37 11:26 11:51 11:28
176	1405	Nguyen Thi-Huong	Dr. Höschel + Partner	0:58:51	0:59:02	26	W35	73	5: 11:00 11:36 11:57 12:14 12:02
177	2736	Poletti Patrizia	Dr. Höschel + Kollegen	0:58:54	0:59:05	21	W40	67	5: 10:49 11:48 12:05 12:11 12:00
178	2472	Krebber Carmen	*Düsseldorf	0:58:59	0:59:15	11	W50	58	5: 11:25 11:46 11:52 12:02 11:53
179	2932	Bergmann Sylke	Welknelke Wesel	0:58:59	1:00:04	24	W45	62	5: 11:41 11:42 11:50 12:01 11:43
180	1967	Albers Kerstin	Sonnen-Herzog KG	0:59:01	0:59:46	37	W30	79	5: 11:11 11:30 11:58 12:07 12:13

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	2319	Wolter Swetlana	*Lohfelden	0:59:02	0:59:13	38	W30	80	5: 11:13 12:15 12:19 12:25 10:48
182	1948	Hülsmann Lydia	*Münster	0:59:05	0:59:16	54	W20	85	5: 10:50 11:34 12:03 12:21 12:15
183	1509	Friemelt Jana	*Düsseldorf	0:59:12	1:00:16	4	W55	55	5: 12:03 11:52 11:51 11:52 11:32
184	2425	Flintz Anne	NRW.Bank	0:59:13	0:59:57	55	W20	91	5: 11:47 11:49 12:03 12:03 11:29
185	2163	Alaze Verena	Sparkassen Direktversicherung	0:59:15	0:59:35	56	W20	84	5: 11:14 11:34 12:02 12:10 12:12
186	2426	Schröder Alina	NRW.Bank	0:59:16	0:59:59	57	W20	90	5: 11:48 11:49 12:02 12:03 11:32
187	1796	Hacker Elke	Lola rennt	0:59:18	0:59:50	3	W60	49	5: 10:50 11:14 11:52 12:32 12:48
188	1876	Greven Christel	*Mülheim/Ruhr	0:59:24	1:00:28	12	W50	60	5: 11:48 11:40 11:46 12:09 11:59
189	2805	Gottwald Bettina	lt-run4fun.de	0:59:35	0:59:54	25	W45	63	5: 11:25 11:36 12:17 12:25 11:50
190	1536	Léger Anja	*Wuppertal	0:59:41	1:00:30	22	W40	69	5: 11:30 11:22 11:47 12:14 12:46
191	2363	Hahn Sebastian	AOK Rheinland / Hamburg	0:59:44	1:00:53	27	W35	76	5: 12:38 12:48 11:39 11:30 11:08
192	1740	Belka Claudia	*Düsseldorf	0:59:45	1:00:43	26	W45	66	5: 12:05 11:59 11:55 12:01 11:43
193	2788	Hildebrandt Lena	-	0:59:45	1:00:11	39	W30	77	5: 11:59 11:54 12:00 12:09 11:41
194	3162	Von der Heyde Daniela	TG Holzwickede Laufftreff	0:59:45	0:59:55	58	W20	85	5: 11:21 11:37 11:59 12:32 12:14
195	3196	Von der Heyde Diana	TG Holzwickede Laufftreff	0:59:45	0:59:55	59	W20	87	5: 11:21 11:37 11:58 12:32 12:14
196	2490	Bangert Angela	HSBC Trinkaus	0:59:51	1:00:55	28	W35	72	5: 11:31 12:01 12:12 12:18 11:48
197	2157	Spirer Olga	*Lohfelden	0:59:53	1:00:04	40	W30	81	5: 11:12 12:15 12:20 12:25 11:39
198	2057	Ana Maria Souza	*Düsseldorf	1:00:01	1:00:06	23	W40	69	5: 10:42 12:03 12:14 12:30 12:30
199	2576	Gleumes Simone	Expertenrunde	1:00:01	1:00:23	24	W40	71	5: 11:31 11:41 12:00 12:25 12:23
200	1284	Ota Rika		1:00:01	1:01:04	25	W40	67	5: 12:17 12:28 12:19 11:46 11:11
201	1581	Yazici Aynur	Albert-Schweitzer Apotheke	1:00:12	1:01:02	41	W30	81	5: 12:14 11:36 12:07 12:21 11:52
202	1778	Rioboo Sara	*Düsseldorf	1:00:13	1:01:21	42	W30	77	5: 11:37 11:36 11:59 12:36 12:24
203	2295	Detert Tamara	Turbine Keyenberg-Himmelgeist	1:00:14	1:00:31	29	W35	74	5: 12:10 12:18 12:24 12:07 11:13
204	1972	Ebner Sabine	Sonnen-Herzog KG	1:00:16	1:01:01	60	W20	88	5: 12:09 11:38 11:57 12:21 12:09
205	2945	Kawasaki Yoko	*Meerbusch	1:00:24	1:01:29	26	W40	71	5: 12:20 12:02 12:13 12:14 11:33
206	2361	Pehe Christina	AOK Rheinland / Hamburg	1:00:24	1:01:32	30	W35	76	5: 12:33 12:15 12:26 12:05 11:02
207	1593	Wienke Annika	*Duisburg	1:00:25	1:00:55	61	W20	85	5: 12:06 12:10 12:20 12:07 11:40
208	1591	Kammel Verena	*Düsseldorf	1:00:25	1:00:55	62	W20	85	5: 12:05 12:10 12:20 12:07 11:40
209	2081	Dorfman Margarita	*Düsseldorf	1:00:33	1:00:40	63	W20	87	5: 10:25 11:15 12:20 13:00 13:32
210	2110	Burghard Corinne	*Düsseldorf	1:00:39	1:01:30	13	W50	61	5: 12:56 12:26 12:05 11:54 11:17
211	3117	Böser Henrike	*Düsseldorf	1:00:51	1:00:59	64	W20	84	5: 10:53 11:43 12:24 12:57 12:52
212	1605	Lückerath Evelin	*Düsseldorf	1:00:52	1:01:10	31	W35	75	5: 11:43 11:54 12:14 12:34 12:24
213	1371	Lohnes Patricia		1:01:04	1:01:54	27	W40	70	5: 12:56 12:25 12:05 11:54 11:42
214	3282	Erkan-Küppers Nalan		1:01:06	1:02:09	14	W50	57	5: 11:45 11:46 12:21 12:35 12:38
215	2297	Urban Ruth Elisabeth	Turbine Keyenberg-Himmelgeist	1:01:20	1:01:36	32	W35	72	5: 12:36 11:56 12:01 12:23 12:22
216	2143	Lohmann Ulla	LT Gruitene-Neandertal	1:01:21	1:01:29	27	W45	65	5: 12:23 12:01 12:27 12:27 12:01
217	2211	Gottwald Steffanie	*Düsseldorf	1:01:22	1:01:37	33	W35	75	5: 11:48 11:51 12:24 12:56 12:21
218	1538	Schöneck Sandra	*Essen	1:01:25	1:01:51	43	W30	79	5: 11:55 11:44 12:18 13:10 12:16
219	2451	Black Robin Lea	*Düsseldorf	1:01:26	1:02:12	28	W45	64	5: 12:14 12:00 12:30 12:36 12:04
220	2759	Prühs Katrin	LgFSÜ	1:01:27	1:02:08	34	W35	73	5: 12:05 12:05 12:15 12:31 12:30
221	1616	Reinhardt Margrit	*Düsseldorf	1:01:42	1:02:26	44	W30	80	5: 11:55 12:02 12:19 12:57 12:27
222	1682	Lohkamp Heike	LT Rennhamster	1:01:46	1:02:44	15	W50	59	5: 12:00 12:02 12:32 12:46 12:24
223	1827	Kreidel Sabine	*Düsseldorf	1:01:48	1:02:15	16	W50	61	5: 11:51 11:59 12:37 12:44 12:35
224	2254	Klemm Dr. Christina	*Köln	1:02:04	1:02:09	45	W30	79	5: 12:59 12:33 12:47 12:16 11:26
225	3011	Fietz Nina	*Aachen	1:02:10	1:02:36	65	W20	84	5: 11:48 12:06 12:40 12:49 12:45
226	3170	Mallmann Ingrid	Sportmühle Hilden	1:02:10	1:02:47	5	W55	56	5: 12:05 12:14 12:31 12:51 12:27
227	2047	Brock Nicole	LSG Lichtstraße	1:02:17	1:03:06	35	W35	72	5: 12:01 12:15 12:35 12:49 12:37
228	3245	Fritzemeier-Kollath Janine	National-Bank AG	1:02:24	1:02:40	28	W40	70	5: 11:27 12:15 12:33 13:06 13:01
229	1744	Kasperek Barbara	*Düsseldorf	1:02:27	1:02:45	66	W20	86	5: 12:01 12:00 12:28 12:47 13:10
230	2389	Steck Petra	*Düsseldorf	1:02:33	1:03:38	29	W45	64	5: 13:08 12:30 12:30 12:24 11:58
231	2390	Schonhoff Michaela	*Düsseldorf	1:02:34	1:03:39	29	W40	69	5: 13:08 12:30 12:31 12:24 11:59
232	2600	Thomas Cornelia	dm-Drogeriemarkt	1:02:36	1:03:44	6	W55	52	5: 12:37 12:24 12:32 12:31 12:30
233	1333	Kennedy Anne		1:02:47	1:03:51	17	W50	57	5: 12:05 11:55 12:33 13:01 13:11
234	2850	Preuss Romy	SVG Neuss-Weissenberg	1:02:55	1:03:10	1	W65	43	5: 11:29 12:08 12:52 13:12 13:12
235	2518	Müller Catrin	HSBC Trinkaus	1:02:56	1:03:51	36	W35	76	5: 12:51 12:36 12:44 12:57 11:46
236	1731	Witke Sarah	*Rommeskirchen	1:02:59	1:03:24	67	W20	84	5: 11:43 12:17 13:07 13:07 12:43
237	1671	Voosen Jaqueline	LT Gruitene-Neandertal	1:03:02	1:03:09	68	W20	91	5: 12:22 12:02 12:43 12:56 12:57
238	3291	Hoffmann Tatjana		1:03:02	1:03:30	37	W35	75	5: 12:46 12:22 12:33 12:57 12:21
239	3293	Hoffmann Natalia		1:03:03	1:03:32	46	W30	79	5: 12:46 12:22 12:33 12:58 12:22
240	2587	Kerstan Eva-Katharina	*Erkrath	1:03:05	1:03:55	69	W20	82	5: 12:06 12:01 12:39 13:22 12:55

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	2438	Pantring Gabriela	NRW.Bank	1:03:23	1:04:04	30	W45	66	5: 12:06 12:21 12:51 13:13 12:49
242	2529	Bölling Silke	HSBC Trinkaus	1:03:27	1:04:13	70	W20	82	5: 12:24 12:07 12:54 13:17 12:43
243	1730	Mos Liane	*Düsseldorf	1:03:34	1:04:00	71	W20	88	5: 12:31 12:55 12:53 12:46 12:27
244	3115	Hykes Daniela	*Düsseldorf	1:03:35	1:04:32	47	W30	79	5: 13:07 12:50 12:42 12:40 12:14
245	2364	Klünens Sylvia	AOK Rheinland / Hamburg	1:03:37	1:04:44	38	W35	73	5: 12:33 12:17 12:27 12:56 13:22
246	1346	Wagner Astrid	SG Deutsche Bank	1:03:51	1:04:54	31	W45	65	5: 11:46 11:51 12:54 13:37 13:40
247	1761	Theis Natalie	*duisburg	1:04:03	1:04:32	39	W35	74	5: 12:17 12:07 12:40 13:32 13:24
248	1556	Rohwasser Maria	*Düsseldorf	1:04:07	1:04:13	40	W35	74	5: 11:43 12:34 13:01 13:16 13:32
249	1693	Kühnen Inge	Johann-Heidsiek- Schule	1:04:14	1:05:00	18	W50	57	5: 12:21 12:34 12:51 13:06 13:19
250	1931	Nees Richarda	*Velbert	1:04:14	1:04:57	7	W55	56	5: 12:37 12:42 13:02 12:51 13:01
251	1839	Duenwald Franziska	*Duesseldorf	1:04:15	1:04:43	72	W20	85	5: 12:37 12:42 13:03 12:55 12:57
252	3024	Riehl Ingrid	*Ratingen	1:04:17	1:04:48	30	W40	67	5: 12:43 12:48 13:10 13:20 12:14
253	3212	Dollberg Andrea	LT Hängende Zunge	1:04:24	1:05:15	31	W40	71	5: 12:30 12:39 13:08 13:08 12:56
254	2111	Bauer Adina	*Düsseldorf	1:04:27	1:04:36	48	W30	77	5: 13:15 12:50 12:32 13:07 12:42
255	1715	Bierfeld Martina	*Düsseldorf	1:04:33	1:04:53	32	W40	70	5: 12:21 12:59 12:46 13:59 12:26
256	3249	Thiele Angela	*Düsseldorf	1:04:38	1:04:55	49	W30	78	5: 12:13 12:43 13:14 13:36 12:49
257	1603	Emonds Margot	Tanzschule FERN	1:04:49	1:05:53	8	W55	56	5: 13:07 12:39 12:32 13:05 13:23
258	3355	Blömecke Michaela		1:04:50	1:05:48	33	W40	68	5: 12:45 13:00 12:56 13:11 12:55
259	2969	Heß Renate	LT Düsseldorf-Süd	1:05:08	1:06:10	1	W70	40	5: 13:10 13:05 13:08 13:14 12:31
260	3093	Lay Monika	Henkel Team	1:05:09	1:05:33	34	W40	71	5: 12:34 12:47 12:58 13:28 13:20
261	3104	Laskewitz Ulrike	Henkel Team	1:05:10	1:05:33	41	W35	73	5: 12:35 12:47 12:58 13:28 13:20
262	1416	Splicks Sylvia	Special Olympic Luxemburg	1:05:10	1:05:55	73	W20	85	5: 11:57 12:14 13:01 13:43 14:14
263	1774	Kallweit Annette	LT Düsseldorf-Süd	1:05:12	1:06:12	32	W45	64	5: 13:12 13:04 13:08 13:14 12:33
264	1545	Veverka Ilona	*Düsseldorf	1:05:18	1:05:48	19	W50	61	5: 12:13 12:29 13:10 13:42 13:42
265	2056	Maldener Sabine	*Maintal	1:05:19	1:06:20	35	W40	70	5: 12:23 12:35 13:08 13:47 13:25
266	1779	Vorholt Anne	*Düsseldorf	1:05:25	1:06:24	74	W20	83	5: 13:08 13:22 13:05 13:06 12:43
267	2488	Pösch Julia	*Düsseldorf	1:05:26	1:06:24	50	W30	80	5: 13:08 13:23 13:04 13:06 12:43
268	2812	Fischer Astrid	SV Windhagen	1:05:27	1:05:55	36	W40	68	5: 11:59 11:54 13:19 14:27 13:46
269	3230	Dahle Heike	*Düsseldorf	1:05:31	1:06:02	33	W45	63	5: 12:24 12:53 13:16 13:37 13:19
270	1499	Fürstner Sina	Stadtwerke Düsseldorf	1:05:40	1:05:59	75	W20	82	5: 11:57 12:29 13:26 14:09 13:38
271	2819	Kalkuhl Anne	*Düsseldorf	1:05:45	1:06:24	42	W35	76	5: 11:53 12:40 14:04 13:54 13:13
272	2058	Weniger Heike	*Düsseldorf	1:05:48	1:07:00	34	W45	65	5: 13:23 13:00 12:57 13:28 12:58
273	1377	Lickfett Vanessa		1:06:01	1:06:58	76	W20	85	5: 13:15 13:23 13:18 13:34 12:29
274	2063	Müller Verena	*Düsseldorf	1:06:06	1:06:53	77	W20	84	5: 12:11 12:54 13:31 13:53 13:35
275	1971	Buchartz Tabea	Sonnen-Herzog KG	1:06:08	1:06:43	78	W20	87	5: 12:01 12:38 13:42 13:47 13:57
276	1793	Sämman Dr. Julia	*Neu-Isenburg	1:06:14	1:07:05	51	W30	78	5: 13:06 13:00 13:29 13:42 12:55
277	3116	Kemper Alexandra	SuS Legden	1:06:35	1:06:50	79	W20	88	5: 12:30 12:56 13:18 14:00 13:48
278	1851	Sammek Jana	*Düsseldorf	1:06:45	1:07:42	37	W40	71	5: 12:56 13:10 13:30 13:40 13:28
279	1854	Hagemeister Julia	*Düsseldorf	1:06:46	1:07:42	52	W30	78	5: 12:57 13:09 13:30 13:40 13:28
280	2268	Von Harder Iris	*Velbert	1:06:54	1:07:46	38	W40	67	5: 12:45 13:07 13:36 13:59 13:26
281	2861	Dargel Claudia	*Düsseldorf	1:07:01	1:08:01	35	W45	66	5: 12:40 13:22 13:35 14:06 13:16
282	2859	Neft Petra	IVS, Hilden	1:07:03	1:07:29	39	W40	68	5: 13:06 13:16 13:30 13:33 13:36
283	1831	Engler Beate	*Düsseldorf	1:07:05	1:08:05	43	W35	72	5: 13:19 12:55 13:19 14:11 13:19
284	1738	Peiper Dorothea	*Köln	1:07:25	1:08:28	36	W45	63	5: 12:26 12:53 13:32 14:09 14:23
285	1580	Raiber Anna	Albert-Schweitzer Apotheke	1:07:26	1:08:16	80	W20	83	5: 13:05 13:14 13:42 13:52 13:31
286	1739	Abels Denise	*Düsseldorf	1:07:30	1:08:29	40	W40	68	5: 12:29 12:53 13:32 14:07 14:27
287	2463	Gruschka Alina	*Düsseldorf	1:07:31	1:08:40	4	WJA	93	5: 12:33 12:41 13:47 14:10 14:18
288	2477	Schneider Irene	TV Ransbach	1:07:42	1:08:24	2	W65	44	5: 13:06 13:04 13:28 13:58 14:04
289	1577	Steinhoff Judith	Albert-Schweitzer Apotheke	1:07:59	1:08:51	53	W30	77	5: 13:03 13:15 13:42 13:52 14:05
290	1672	Voosen Kirsten	LT Gruitzen-Neandertal	1:08:15	1:08:23	37	W45	65	5: 13:19 13:47 14:04 13:53 13:11
291	2078	Spangenberg Anika	Allen & Overy LLP	1:08:19	1:09:07	81	W20	86	5: 13:12 13:42 13:46 13:51 13:45
292	1340	Yap Mee Mee	HSBC Trinkaus	1:08:22	1:09:25	41	W40	71	5: 12:28 13:33 13:57 14:17 14:05
293	1830	Mailänder Manuela	*Düsseldorf	1:08:22	1:09:22	20	W50	61	5: 12:41 12:45 14:10 14:35 14:09
294	3119	Arand Christel	*Düsseldorf	1:08:23	1:08:45	4	W60	51	5: 13:14 13:33 13:51 13:59 13:44
295	1600	Von Koczian Amelie	*Düsseldorf	1:08:33	1:08:52	82	W20	85	5: 11:58 14:04 14:15 14:14 14:00
296	1330	Pöll Nina	*Düsseldorf	1:08:36	1:08:54	83	W20	83	5: 11:58 14:04 14:15 14:14 14:03
297	1352	Polzer Judith		1:08:45	1:09:24	54	W30	79	5: 13:10 13:04 13:34 14:04 14:52
298	1884	Stahnke Christel	Sparkassen Direktversicherung	1:08:45	1:09:05	38	W45	65	5: 12:51 13:46 14:11 14:09 13:47
299	2262	Link Dr. Alexandra	*Bonn	1:08:51	1:08:57	55	W30	80	5: 13:10 13:29 13:46 13:55 14:29
300	2045	Hallmann Cordula	LSG Lichtstraße	1:09:04	1:09:53	42	W40	71	5: 13:27 13:42 14:04 14:22 13:27

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
301	2365	May Melanie	AOK Rheinland / Hamburg	1:09:18	1:10:25	84	W20	84	5: 12:41	13:17	14:04	14:51	14:23	
302	2944	Stoffel Heike	*Wuppertal	1:09:20	1:09:27	43	W40	70	5: 12:40	14:06	14:28	14:18	13:47	
303	2153	Gregor Lisa-Marie	*Solingen	1:09:26	1:09:50	5	WJA	93	5: 13:47	13:54	13:48	14:08	13:47	
304	2242	Hielscher Sarah	*Solingen	1:09:27	1:09:52	85	W20	88	5: 13:47	13:54	13:48	14:09	13:48	
305	2897	Klinke Simone	*Neuss	1:09:28	1:10:35	86	W20	86	5: 11:52	13:11	14:48	15:05	14:30	
306	1905	Sabban Birgit	*Hilden	1:09:30	1:09:49	39	W45	65	5: 12:57	13:41	14:11	14:24	14:15	
307	1727	Fuhr INge	TG1881	1:09:42	1:10:00	1	W75	32	5: 12:55	13:33	14:16	14:39	14:17	
308	3214	Stichnoth Jutta	LT Gruiten-Neandertal	1:09:48	1:09:56	44	W35	73	5: 13:19	13:46	14:04	14:23	14:14	
309	1555	Bertram Alice Regina	*Düsseldorf	1:10:13	1:11:12	87	W20	91	5: 11:33	13:45	15:09	15:17	14:28	
310	1838	Bergmann Ursula	*Ratingen	1:10:19	1:11:14	44	W40	69	5: 14:15	14:11	14:06	14:07	13:38	
311	2069	Riecke Janna	*Düsseldorf	1:10:24	1:11:23	6	WJA	93	5: 13:08	13:33	14:02	15:21	14:18	
312	1765	Riecke Lisa	*Düsseldorf	1:10:24	1:11:23	56	W30	79	5: 13:08	13:33	14:02	15:20	14:19	
313	3114	Zurawski Alexandra	*Düsseldorf	1:10:50	1:11:04	57	W30	80	5: 15:22	15:02	14:09	13:44	12:32	
314	2167	Monika Efferz	Marathonteam Ratingen	1:10:53	1:11:39	21	W50	57	5: 13:15	13:45	14:18	14:46	14:47	
315	2569	Urban Linda	HSBC Trinkaus	1:11:18	1:12:24	88	W20	85	5: 14:14	14:20	14:21	14:41	13:40	
316	1275	Krieger Andrea		1:11:28	1:11:42	45	W35		5: 15:22	15:02	14:09	13:48	13:05	
317	1911	Yilmaz Serpil	*Essen	1:11:31	1:11:48	46	W35	76	5: 13:00	13:57	14:38	14:50	15:04	
318	1690	Wendler Caroline	*Münster	1:13:33	1:13:44	89	W20	83	5: 12:30	16:50	14:38	14:42	14:52	
319	2394	Giemsa Bettina	*Meerbusch	1:18:36	1:19:01	45	W40	71	5: 14:43	15:08	16:14	16:34	15:54	
320	1981	Hilgenberg Nina	Sonnen-Herzog KG	1:19:09	1:19:53	90	W20	88	5: 13:00	16:34	17:29	17:03	15:02	
321	1974	Esgen Anja	Sonnen-Herzog KG	1:21:22	1:22:06	46	W40	70	5: 13:22	16:12	17:31	18:06	16:10	
322	3208	Elfauri Maram	*Düsseldorf	1:21:28	1:22:43	47	W35	76	5: 14:41	15:56	17:01	17:22	16:26	
323	1657	Seemann Miriam	Team Sheldon	1:22:27	1:23:04	58	W30	80	5: 15:12	16:14	16:44	17:13	17:04	
324	2959	Ströhle Christina	*Witten	1:25:17	1:26:11	59	W30	81	5: 15:24	17:24	17:41	18:04	16:43	
325	2958	Bublitz Mareike	*Gevelsberg	1:25:18	1:26:11	60	W30	81	5: 15:24	17:24	17:41	18:03	16:43	
326	F2	Jarzynska Karolina		0:27:16	0:27:16	61	W30	81	4: 00:00	00:00	06:55	06:55	00:00	
327	3205	Münch Melanie	Johann-Heidsiek-Schule	0:59:53	1:00:57	48	W35	76	4: 14:45	15:03	15:08	14:56	00:00	
328	3191	Rey Claudia	LAZ Puma Troisdorf / Siegburg	0:25:33	0:25:36	47	W40	70	3: 08:08	08:29	08:55	00:00	00:00	
329	3187	Haschke Melanie	Triathlon Team Ratingen 08	0:26:59	0:27:06	49	W35	74	3: 08:54	08:58	09:07	00:00	00:00	
330	1829	Lohmar Christin	Ski-Klub Düsseldorf	0:38:54	0:39:51	62	W30	81	3: 13:00	12:59	12:54	00:00	00:00	
331	3385	Freund Evelyne		0:51:33	0:51:52	7	WJA	93	3: 09:46	09:40	32:06	00:00	00:00	
332	3475	Borch Corinna	Alpinclub Berlin	0:18:29	0:18:37	50	W35	75	2: 09:08	09:21	00:00	00:00	00:00	
333	3182	Schmauder-Cyba Dr. Birgitt	*Heiligenhaus	0:18:41	0:18:45	40	W45	64	2: 08:59	09:42	00:00	00:00	00:00	
334	1783	Teichert Yvonne	Ski-Klub Düsseldorf	0:19:18	0:19:28	48	W40	70	2: 09:25	09:52	00:00	00:00	00:00	
335	3055	Laub Anja	Henkel Team	0:19:24	0:19:47	91	W20	82	2: 09:26	09:57	00:00	00:00	00:00	
336	3228	Hinrichs Maureen	TV-Witzhelden	0:22:38	0:22:57	49	W40	67	2: 10:55	11:42	00:00	00:00	00:00	
337	2204	Börger Corina	*Düsseldorf	0:24:09	0:25:09	51	W35	76	2: 12:14	11:54	00:00	00:00	00:00	
338	2605	Claesges Jill	dm-Drogeriemarkt	0:26:39	0:27:42	52	W35	73	2: 13:04	13:35	00:00	00:00	00:00	
339	3337	Hastings Patricia		0:26:44	0:27:42	22	W50	58	2: 13:06	13:37	00:00	00:00	00:00	
340	1395	Wilhelm Claudia	Do it - The ISS WAY	0:28:07	0:28:22	63	W30	77	2: 12:40	15:27	00:00	00:00	00:00	
341	1921	Uphoff Viola	*Düsseldorf	0:32:36	0:32:46	50	W40	69	2: 21:22	11:14	00:00	00:00	00:00	
342	2520	Schröllkamp Katharina	HSBC Trinkaus	0:09:13	0:09:13	92	W20	86	1: 09:13	00:00	00:00	00:00	00:00	
343	1548	Schauwecker Regina	*Düsseldorf	0:09:54	0:09:58	51	W40	70	1: 09:54	00:00	00:00	00:00	00:00	