

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	3001	Kruck Karsten	LC Duisburg	2:35:14	M30	1	0:32:32	0:50:46	1:11:55
2	3448	Velten Sascha	Lüttringhauser TV	2:38:37	M35	1	0:33:21	0:52:26	1:12:50
3	4042	Eickel Klaus	LGO Bochum	2:42:48	M22	1	0:34:39	0:53:08	1:15:01
4	3002	Schultz-Borgmann Sven	LC Duisburg	2:43:35	M30	2	0:34:44	0:53:37	1:15:13
5	3315	Gottheil Ralf	LG COESFELD	2:43:39	M30	3	0:34:53	0:53:21	1:15:25
6	3375	Monster Daniel	AS Neukirchen-Vluyn	2:45:47	M35	2	0:34:50	0:53:41	1:17:14
7	2032	Kwekkeboom Thorsten	LG Alpen	2:46:20	M35	3	0:35:37	0:54:45	1:15:56
8	3445	Hunke Christian	Ten Club Coesfeld	2:47:37	M40	1	0:35:25	0:54:38	1:17:33
9	3437	Wendt Steffen	TuS Breitscheid	2:48:20	M30	4	0:34:50	0:54:56	1:18:33
10	3323	Bohmert Bernd	LG COESFELD	2:50:40	M45	1	0:38:20	0:55:31	1:16:48
11	1737	Tertünte Björn	MTG Horst Essen	2:50:58	M35	4	0:35:54	0:55:39	1:19:24
12	3004	Werner Stefan	Team Roseversand Bochol	2:51:23	M35	5	0:37:25	0:56:00	1:17:57
13	1766	Minke Sebastian	ASC Rosellen/Neuss	2:51:51	M30	5	0:36:11	0:55:06	1:20:33
14	3271	Voll Ulrich	Vodafone Runners	2:51:55	M45	2	0:37:44	0:55:46	1:18:24
15	5268	Schmidt Heiko	*Düsseldorf	2:52:10	M35	6	0:36:18	0:56:15	1:19:36
16	3237	Künsler Stefan	Vodafone Runners	2:52:26	M40	2	0:36:36	0:56:09	1:19:39
17	3338	Ritzmann Sebastian	*Duisburg	2:53:13	M22	2	0:36:29	0:57:14	1:19:29
18	4855	Steffen Uwe	SF Ennepetal	2:54:10	M40	3	0:36:44	0:56:22	1:21:03
19	4203	Moldenhauer Kai	Triathlon TEAM TG Witten	2:54:44	M40	4	0:37:30	0:57:11	1:20:02
20	4237	Glahn Florian	LG Mülheim	2:54:50	M35	7	0:37:55	0:57:01	1:19:53
21	1839	Aengenheister Volker	LT Kettwig 2000	2:54:55	M30	6	0:36:43	0:56:30	1:21:40
22	4490	Straßburg Jürgen	LG Hünxe	2:55:10	M45	3	0:37:47	0:57:02	1:20:20
23	3341	Jegodtka Matthias	ASC Rosellen/Neuss	2:55:17	M35	8	0:34:40	0:54:46	1:25:50
24	1837	Mehtieff Alexander	Krefelder Kanu Klub	2:55:49	M45	4	0:38:09	0:56:25	1:21:14
25	5342	Ahl Thorsten	Nordtriathleten	2:56:18	M35	9	0:38:07	0:57:06	1:21:05
26	3749	Radtke Mathias	DJK Vierlinden 28 e.V.	2:56:44	M45	5	0:37:07	0:56:57	1:22:39
27	4539	Biermann Philipp	TSV 1863 Herdecke	2:56:56	M19	1	0:37:26	0:57:52	1:21:38
28	4951	Oberwinster Ulrich	Angerland LT Lintorf	2:57:01	M50	1	0:38:10	0:56:44	1:22:06
29	5308	Vogt Constantin	TV Frisch Auf Lennep	2:57:59	M19	2	0:39:42	0:56:55	1:21:22
30	3176	Schmidt-Fehre Volker	Vodafone Runners	2:58:00	M50	2	0:37:59	0:57:25	1:22:35
31	4004	Peter Detlev	Krefelder Kanu Klub	2:58:07	M45	6	0:37:57	0:57:17	1:22:51
32	3123	Kerim Peter	HAANER TV	2:58:15	M55	1	0:37:54	0:58:24	1:21:56
33	2636	Dülks Roman	Krefelder Kanu Klub	2:59:18	M45	7	0:38:17	0:57:51	1:23:10
34	3439	Welsch Rüdiger	TuS Breitscheid	2:59:26	M45	8	0:36:57	0:58:30	1:23:58
35	2317	Diekmann Bernd	*Wesel	2:59:26	M35	10	0:38:00	0:57:54	1:23:32
36	3415	Hanna Mike	TG Neuss	2:59:39	M40	5	0:38:09	0:58:41	1:22:48
37	2504	Gosebrink Jens	Triminators TV Voerde	3:00:20	M22	3	0:38:08	0:58:28	1:23:43
38	5338	Lohe Matthias	RockStore-Wuppertal	3:00:27	M45	9	0:37:51	0:58:49	1:23:45
39	5371	Grönke Steffen	activefirst	3:00:28	M30	7	0:38:38	0:58:12	1:23:37
40	3914	Willuweit Tobias	TG Neuss	3:00:57	M30	8	0:37:02	0:57:41	1:26:13
41	1573	Gast Klaus	*Duisburg	3:01:04	M45	10	0:38:06	0:57:54	1:25:03
42	3028	Bullermann Tim	SC Bayer 05 Uerdingen	3:01:05	M22	4	0:38:43	0:59:24	1:22:56
43	2375	Jäger Daniel	*Düsseldorf	3:01:11	M30	9	0:38:58	0:58:19	1:23:54
44	4540	Zöllner Johannes	TSV 1863 Herdecke	3:01:14	M22	5	0:38:05	0:58:16	1:24:53
45	3033	Backes Helmut	*Ratingen	3:01:48	M40	6	0:38:36	0:59:46	1:23:25
46	2549	Klappert Andreas	TV-Büschergrund	3:01:59	M40	7	0:38:51	0:59:05	1:24:03
47	1535	Lampert Sascha	Ausdauererschule by Bunert	3:02:09	M35	11	0:39:02	0:58:29	1:24:37
48	1574	Evermann Mark	Ausdauererschule by Bunert	3:02:14	M30	10	0:38:20	0:58:54	1:24:59
49	4303	Tiemann Thorsten	TV Voerde	3:02:15	M40	8	0:39:12	0:59:02	1:24:01
50	3222	Hansmann Johannes	Vodafone Runners	3:02:49	M50	3	0:38:57	0:59:24	1:24:27
51	2037	Hoffmann Jörg	*Bocholt	3:02:50	M35	12	0:39:10	0:59:41	1:23:58
52	1801	Holitzka Patrick	Tri Club Wuppertal	3:03:13	M40	9	0:38:56	0:59:46	1:24:31
53	4356	Storm Sven	Triminators TV Voerde	3:03:15	M30	11	0:39:48	0:59:38	1:23:48

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	2626	Witt Christoph	Tusem Essen	3:03:20	M35	13	0:39:33	1:00:17	1:23:29
55	3129	Czibor Michael	TriTeam TSG Sprockhövel	3:03:39	M45	11	0:39:48	0:59:47	1:24:03
56	2822	Helmich Klaus	Rumelner TV	3:03:44	M40	10	0:39:20	0:59:32	1:24:51
57	3407	Przewloka Joachim	TG Neuss	3:03:51	M45	12	0:39:59	1:00:08	1:23:43
58	2942	Lüther Markus	DJK-VFR Saarn	3:03:58	M45	13	0:39:24	0:59:18	1:25:15
59	1775	Klaas Jens	*Mülheim an der Ruhr	3:04:11	M40	11	0:38:20	0:59:47	1:26:03
60	3500	Schubbert Michael	BSG Stadtwerke Duisburg A	3:04:15	M40	12	0:38:20	0:58:46	1:27:08
61	4372	Knappe Jörg	DJK-VFR Saarn	3:04:19	M45	14	0:39:07	0:59:27	1:25:44
62	2432	Dirkes Sebastian	LG Presto	3:04:26	M35	14	0:37:26	0:58:28	1:28:31
63	2986	Grimme Thomas	immergrün Triathlon Team	3:04:29	M35	15	0:39:11	0:59:48	1:25:29
64	2081	Mandel Marcel	SC Bayer 05 Uerdingen	3:04:39	M30	12	0:38:44	0:59:07	1:26:46
65	3535	Coenen Andreas	ART Düsseldorf	3:04:41	M50	4	0:39:05	0:59:54	1:25:41
66	4803	Hirst David	*Mülheim an der Ruhr	3:04:52	M45	15	0:39:38	1:00:23	1:24:50
67	4001	Künzel Rüdiger	Lauftreff Uhlenhorst	3:05:26	M50	5	0:38:56	0:58:46	1:27:43
68	2422	Haaser Matthias	TV Witzhelden	3:05:32	M45	16	0:38:54	1:01:24	1:25:13
69	2712	Damm Harald	LT Gruitene-Neandertal	3:05:45	M50	6	0:38:33	1:01:34	1:25:38
70	2616	Van der Pluijm Cornelis	LC Duisburg	3:05:57	M45	17	0:39:20	1:00:13	1:26:23
71	2161	Kinzig Stefan	*Wachtendonk	3:06:10	M35	16	0:38:53	0:59:53	1:27:23
72	1880	Neuhaus Baptist	LT Lukas	3:06:12	M30	13	0:39:26	1:01:41	1:25:04
73	2724	Oppenberg Jörg	SC Bayer 05 Uerdingen	3:06:16	M40	13	0:38:20	0:57:42	1:30:14
74	4110	Rödig Volker	SV Blau-Weiß Bochum	3:06:59	M40	14	0:39:15	1:00:18	1:27:25
75	5163	Franzen Jannis	*Duisburg	3:07:04	M22	6	0:40:21	0:59:53	1:26:48
76	4666	Dunkel Frank	TV Hasslinghausen 1862	3:07:11	M45	18	0:39:14	1:00:34	1:27:22
77	2597	Abels Rolf	DJK Preussen 1911 Bochum	3:07:12	M55	2	0:39:38	1:00:19	1:27:13
78	1577	Himpler Ralf	Bocholter Flitzpiepen	3:07:12	M45	19	0:38:47	1:01:03	1:27:21
79	1740	Benatzky Joachim	ETUF, Essen	3:07:25	M35	17	0:39:29	1:00:31	1:27:24
80	3644	Fritsch Franz	TV Ufört-Eick	3:07:26	M55	3	0:39:45	1:01:54	1:25:45
81	3149	Schürings Armin	Max Maulwurf Marathonis	3:07:27	M40	15	0:39:38	1:01:15	1:26:33
82	3446	Losch Stefan	Tusem Essen	3:07:38	M40	16	0:39:19	0:59:49	1:28:29
83	3068	Lubjuhn Stefan	VFL 08 Repelen	3:07:42	M45	20	0:39:41	1:01:13	1:26:48
84	2401	Fischer Gerd	LTH-Essen	3:08:00	M45	21	0:39:43	1:01:55	1:26:21
85	2277	Wirtz Dirk	Team Aroma Ahoi	3:08:05	M35	18	0:38:10	1:06:16	1:23:39
86	4282	Becker Patrick	BSG Sparkasse Dinslaken	3:08:32	M30	14	0:40:27	1:01:36	1:26:28
87	1953	Nonn Michael	SC Bayer 05 Uerdingen	3:08:34	M50	7	0:39:18	1:01:22	1:27:53
88	5073	Schult Ingo	TSV Hochdahl	3:08:37	M45	22	0:40:36	1:00:31	1:27:29
89	2563	Dolfen Stefan	LT Kettwig	3:09:00	M50	8	0:39:41	1:01:43	1:27:35
90	4665	Lorenz Frank	LT Gruitene-Neandertal	3:09:18	M40	17	0:41:41	1:01:25	1:26:11
91	4352	Eckert Kai	Triminators TV Voerde	3:09:21	M45	23	0:37:42	0:58:51	1:32:47
92	4450	Schmidt Rainer	LG Alpen	3:09:29	M40	18	0:38:42	1:06:14	1:24:32
93	2279	Gleim Michael	LC Duisburg	3:09:38	M30	15	0:39:44	1:01:33	1:28:20
94	4410	Goeke Meinolf	LT Wischlingen Dortmund	3:09:46	M50	9	0:40:43	1:01:40	1:27:22
95	3850	Grass Ralph Werner	Triathlon Team TG Witten	3:10:03	M45	24	0:39:45	1:01:43	1:28:34
96	5208	Heßling Michael	Tri Ducks Dorsten	3:10:05	M40	19	0:41:08	1:02:31	1:26:25
97	2220	Dombrowski Leon	Evonik-Team Dortmund	3:10:13	M50	10	0:40:15	1:02:18	1:27:39
98	5044	Boenke Thomas	Kenias letzte Reserve	3:10:18	M22	7	0:41:23	1:02:00	1:26:55
99	2925	Bonnen Florian	*Kaarst	3:10:21	M22	8	0:35:39	1:06:43	1:27:57
100	2941	Preissner Thomas	MC PIRATE TRIATHLON-TE	3:10:24	M45	25	0:40:25	1:01:57	1:28:01
101	3510	Le Roux Alain	Lokibeach	3:10:30	M45	26	0:40:37	1:01:18	1:28:34
102	4446	Holstein Dirk	LGO Bochum	3:10:35	M45	27	0:41:28	1:02:27	1:26:38
103	4409	Thomauske Norbert	TuSpo Huckingen	3:10:40	M50	11	0:40:12	1:02:23	1:28:04
104	1521	Schaefer Peter	Kaarst	3:10:54	M40	20	0:38:54	1:02:21	1:29:38
105	1966	Von Rhein Christoph	Freie Schwimmer Düsseldorf	3:11:11	M22	9	0:39:28	1:02:49	1:28:53
106	1903	Hauffe Chris	Team Polizei Oberhausen	3:11:17	M40	21	0:39:09	1:00:55	1:31:13

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	1625	Röttger Joachim	*Mülheim	3:11:24	M50	12	0:40:28	1:02:40	1:28:15
108	4467	Lassak Ingo	Triathlon Team FS Düsseldor	3:11:24	M35	19	0:40:19	1:02:57	1:28:07
109	4686	Zilian Lars	LAV Essen/Werdener TB	3:11:25	M35	20	0:39:52	1:01:25	1:30:08
110	4155	Stendal Dirk	*Langenfeld	3:11:35	M40	22	0:40:58	1:02:30	1:28:06
111	3313	Engels Thomas	Marathon Dinslaken	3:11:43	M45	28	0:40:40	1:02:22	1:28:39
112	4173	Theisen Volker	SV Bayer 08 Uerdingen	3:12:29	M45	29	0:40:43	1:02:47	1:28:58
113	2518	Butzer Martin	ATV Altenessen	3:12:44	M40	23	0:40:30	1:02:46	1:29:26
114	4488	Michallek Marcus	Ruhrverband	3:12:47	M30	16	0:40:13	1:01:59	1:30:34
115	2090	Stahlmann Frank	TG Neuss	3:13:11	M45	30	0:43:09	1:02:57	1:27:05
116	2943	Szostak Dieter	*Oberhausen	3:13:17	M45	31	0:41:00	1:03:20	1:28:55
117	3413	Ferling Frank	TG Neuss	3:13:22	M45	32	0:40:33	1:05:07	1:27:42
118	4624	Schumacher Peter	Ausdauerschule by Bunert	3:13:27	M45	33	0:43:49	1:02:36	1:27:00
119	4416	Handwerk Matthias	TuS Breitscheid	3:13:38	M30	17	0:41:04	1:04:47	1:27:46
120	4618	Dietze Joachim	TSV 1863 Herdecke	3:13:45	M45	34	0:40:35	1:01:38	1:31:31
121	3580	Peters Andreas	*Xanten	3:13:53	M35	21	0:40:36	1:02:38	1:30:38
122	2140	Stachowiak Thomas	LT Bittermark	3:14:01	M50	13	0:40:47	1:03:31	1:29:41
123	5238	Vogt André	LC Duisburg	3:14:01	M40	24	0:41:40	1:03:09	1:29:11
124	1732	Fileccia Marco	*Oberhausen	3:14:10	M45	35	0:41:19	1:03:24	1:29:26
125	3869	Scheele Michael	RSV Blau-Gelb 1928 Oberha	3:14:11	M35	22	0:40:54	1:05:32	1:27:44
126	4249	Holtmeier Jürgen	Nina-Sport	3:14:13	M45	36	0:41:02	1:04:06	1:29:04
127	2579	Geiger Klaus-Michael	LC Duisburg	3:14:13	M55	4	0:41:21	1:03:21	1:29:30
128	1789	Brutscheidt Erik	*Ratingen	3:14:24	M45	37	0:39:56	1:01:06	1:33:21
129	1964	March Ralf	SG Neukirchen-Hülchrath	3:14:28	M40	25	0:39:46	1:02:28	1:32:13
130	2309	Lenk Steffen	Ausdauerschule by Bunert	3:14:30	M40	26	0:40:58	1:04:33	1:28:58
131	2516	Oberhagemann Armin	Adler-Langlauf Bottrop	3:14:34	M40	27	0:41:28	1:03:50	1:29:15
132	3211	Große Dieter	LC Duisburg	3:14:35	M40	28	0:41:05	1:03:46	1:29:43
133	4486	Kestel Thomas	*Düsseldorf	3:14:40	M35	23	0:40:25	1:05:07	1:29:08
134	3255	Richrath Kay	Vodafone Runners	3:14:44	M40	29	0:41:06	1:04:44	1:28:53
135	2089	Ucka Matthias	*Castrop-Rauxel	3:14:52	M35	24	0:42:00	1:03:13	1:29:38
136	2611	Hilbers Christof	*Radevormwald	3:14:57	M40	30	0:39:48	1:06:29	1:28:39
137	5310	Bachmann Matthias	LG Alpen	3:15:01	M22	10	0:39:46	1:06:15	1:28:58
138	3879	Görtz Frank	Triathlon Team Ratingen 08 e	3:15:05	M50	14	0:41:48	1:03:27	1:29:49
139	4277	Glietz Thorsten	*Krefeld	3:15:20	M40	31	0:42:50	1:03:10	1:29:19
140	1959	Michalka Ralph	LT Alt-Erkrath	3:15:20	M40	32	0:41:12	1:03:47	1:30:20
141	3554	Dorobeck Burkhard	Angerland LT Lintorf	3:15:21	M50	15	0:41:49	1:03:53	1:29:38
142	2566	Garweg Stefan	*Duisburg	3:15:21	M30	18	0:42:45	1:04:06	1:28:29
143	1702	Kiedel André	SV Gladbeck 13	3:15:29	M35	25	0:41:53	1:03:48	1:29:47
144	5349	Ebel Christoph	TV Frisch Auf Lennep	3:15:31	M18	1	0:40:44	1:01:40	1:33:06
145	3956	Marquardt Dirk	LC Duisburg	3:15:32	M40	33	0:41:35	1:02:55	1:31:00
146	4143	Fuchs André	Rennschnecken 2000	3:15:40	M45	38	0:42:27	1:03:32	1:29:40
147	3272	Winzig Guido	Vodafone Runners	3:15:50	M40	34	0:40:40	1:03:14	1:31:56
148	3654	Schwerkolt Torsten	Marathon Mülheim	3:16:15	M35	26	0:41:19	1:03:40	1:31:15
149	3610	Kersting Manfred	*Jüchen	3:16:27	M50	16	0:42:06	1:04:28	1:29:53
150	3121	Dietrich Eckhardt	TuS Breitscheid	3:16:29	M60	1	0:40:24	1:03:39	1:32:25
151	3917	Frese Wilfried	LC Rapid Dortmund	3:16:34	M65	1	0:41:31	1:03:23	1:31:39
152	5119	Köhler Dieter	TSV Viktoria Mülheim	3:16:41	M40	35	0:40:51	1:01:13	1:34:37
153	2991	Panknin Alexander	*Neukirchen-Vluyn	3:16:44	M40	36	0:41:34	1:04:37	1:30:33
154	2132	Stempel Thomas	DSD Düsseldorf	3:16:48	M55	5	0:41:27	1:03:18	1:32:03
155	5084	Schott Martin	LC Duisburg	3:16:51	M45	39	0:42:22	1:04:30	1:29:58
156	2920	Stolz Jürgen	vereinslos	3:16:57	M35	27	0:41:19	1:03:58	1:31:39
157	5313	Stepanow Viktor	*Moers	3:17:03	M50	17	0:42:59	1:05:07	1:28:56
158	4859	Wacker Michael	SF Ennepetal	3:17:04	M50	18	0:42:04	1:02:22	1:32:37
159	3406	Erlenkötter Dirk	TG Neuss	3:17:09	M35	28	0:41:25	1:04:25	1:31:18

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160	4514	Wolff Ralf	PV Triathlon Witten	3:17:11	M45	40	0:41:30	1:04:13	1:31:27
161	3361	Herholz Volkmar	AS Neukirchen-Vluyn	3:17:23	M40	37	0:42:09	1:03:46	1:31:27
162	2792	Stiebig André-Johannes	SC Bayer 05 Uerdingen	3:17:23	M30	19	0:43:05	1:03:49	1:30:28
163	2605	Ahlrichs Frank	-	3:17:26	M50	19	0:41:50	1:04:38	1:30:57
164	1559	Kranauge Thomas	BSG Barmenia Versicheru	3:17:31	M40	38	0:42:22	1:04:22	1:30:45
165	1743	Störmer David	Fast-Twitch.de	3:17:31	M30	20	0:39:50	1:02:31	1:35:09
166	4636	Schmandt Jan	*Düsseldorf	3:17:31	M35	29	0:42:27	1:04:03	1:31:00
167	4926	Rehbach Christoph	Triathlon Team FS Düsseldor	3:17:33	M35	30	0:42:01	1:03:02	1:32:30
168	3426	Ifang Malte	TuS Breitscheid	3:17:34	M22	11	0:37:53	0:57:16	1:42:25
169	3925	Skuballa Stefan	*Dortmund	3:17:38	M45	41	0:41:21	1:03:31	1:32:45
170	2266	Hertog Dietmar	Rapid Ramirez	3:17:44	M40	39	0:42:20	1:04:53	1:30:31
171	3362	Hilgers Uwe	AS Neukirchen-Vluyn	3:17:48	M40	40	0:41:58	1:04:08	1:31:41
172	5287	Kadach Christian	*Haan	3:17:51	M35	31	0:42:28	1:04:23	1:30:59
173	5685	Kittel Norbert	Eintracht Duisburg 1848	3:18:18	M45	42	0:42:28	1:04:05	1:31:44
174	3075	Blötner-Schle Uwe	E.ON Ruhrgas SG	3:18:26	M50	20	0:42:31	1:05:10	1:30:45
175	4335	Gmirrek Andreas	ASV-LT Kemperdick	3:18:30	M45	43	0:42:55	1:06:05	1:29:30
176	2423	Mainka Dirk	CommerzBank FFM	3:18:47	M40	41	0:41:23	1:03:58	1:33:25
177	4627	Schroeder Georg	BSG DELPHI Draka Wupper	3:18:54	M60	2	0:42:07	1:04:30	1:32:17
178	3998	Propach Andreas	DJK Dudweiler	3:18:59	M40	42	0:41:40	1:06:46	1:30:32
179	4309	Aepfelbach Tim	Triathlon TEAM TG Witten	3:19:06	M35	32	0:39:26	1:04:33	1:35:07
180	4689	Fiedler Michael	*Voerde	3:19:14	M45	44	0:41:44	1:05:07	1:32:22
181	4113	Werner-Hofstetter Andrea	*Mülheim	3:19:20	M45	45	0:41:37	1:04:48	1:32:55
182	4939	Szamlewski Peter	*Duisburg	3:19:23	M45	46	0:43:28	1:05:31	1:30:23
183	3251	Ponto Stefan	Vodafone Runners	3:19:24	M40	43	0:42:51	1:05:45	1:30:46
184	2652	Petry Andreas	Rapid Ramirez	3:19:29	M45	47	0:41:52	1:07:13	1:30:23
185	5684	Werner Frank	VSG-Duisburg	3:19:30	M50	21	0:42:52	1:05:12	1:31:25
186	3760	Emden Karl	*Düsseldorf	3:19:37	M45	48	0:42:08	1:05:29	1:31:59
187	1615	Schlimnat Michael	*Duisburg	3:19:50	M35	33	0:42:51	1:06:24	1:30:34
188	4100	Mroß Michael	*Duisburg	3:19:51	M50	22	0:42:23	1:05:22	1:32:05
189	3394	Stork Christoph	AS Neukirchen-Vluyn	3:20:01	M45	49	0:42:52	1:05:11	1:31:57
190	1543	Metker Thomas	LG FSUe	3:20:05	M30	21	0:41:35	1:03:47	1:34:42
191	2683	Hüllen Ludger	BSG Team EVAG	3:20:11	M45	50	0:40:07	1:03:01	1:37:03
192	4090	Winkelmann Dirk	*Mülheim	3:20:14	M55	6	0:41:40	1:04:41	1:33:52
193	4284	Tittmann Andre	LG Alpen	3:20:17	M40	44	0:42:41	1:06:14	1:31:21
194	3745	Ackermann Frank	Turbo-Schnecken Lüdensche	3:20:20	M45	51	0:43:04	1:04:58	1:32:16
195	4222	Siska Georg	SV Schermbeck	3:20:22	M45	52	0:42:13	1:04:42	1:33:26
196	2186	Van Treeck Andreas	LC Duisburg	3:20:28	M45	53	0:41:15	1:05:18	1:33:53
197	3039	Bachmann Günter	Viktoria Alpen	3:20:30	M50	23	0:41:48	1:04:00	1:34:41
198	3317	Laukamp Thomas	LG COESFELD	3:20:37	M30	22	0:42:10	1:03:02	1:35:24
199	4047	Bell Ralf	Marathon Mülheim	3:20:40	M45	54	0:42:09	1:04:43	1:33:47
200	4321	Becker Achim	SV Schermbeck	3:20:48	M45	55	0:42:53	1:04:19	1:33:35
201	3138	Savilif Rüdiger	Trimet	3:20:59	M60	3	0:42:36	1:04:56	1:33:26
202	3320	Wieskus Michael	LG COESFELD	3:21:01	M40	45	0:42:16	1:04:50	1:33:55
203	2417	Danisch Eugen	Laufend älter	3:21:16	M50	24	0:43:41	1:04:54	1:32:40
204	2682	Praefke Frank	BSG Team EVAG	3:21:23	M45	56	0:42:27	1:05:22	1:33:33
205	3263	Stockmar Christian	Vodafone Runners	3:21:24	M40	46	0:42:31	1:05:36	1:33:16
206	1661	Jonke Hermann	Henkel Laufgruppe	3:21:24	M55	7	0:42:32	1:06:12	1:32:39
207	5679	Rous Christian	LG Hans-Sachs	3:21:31	M40	47	0:41:39	1:04:51	1:35:00
208	2755	Nieken Michael	Makrolon Runners Uerdingen	3:21:36	M45	57	0:42:53	1:05:54	1:32:48
209	4633	Brömme Roland	DAV-Duisburg	3:21:40	M50	25	0:42:09	1:05:25	1:34:05
210	5334	Meyer Karl	*Wuppertal	3:21:43	M45	58	0:41:53	1:04:01	1:35:47
211	3303	Lizak Björn	FS Rheinkamp	3:21:45	M30	23	0:42:48	1:05:23	1:33:33
212	1793	Düren Andreas	Running Team Hochschule B	3:21:47	M45	59	0:43:21	1:05:33	1:32:52

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	4853	Kiehn Uwe	SF Ennepetal	3:21:49	M45	60	0:42:03	1:01:27	1:38:18
214	2612	Rex Frank	*Duisburg	3:21:54	M40	48	0:42:18	1:05:43	1:33:52
215	5212	Krüger Walter	Nordtriathleten	3:21:59	M50	26	0:41:48	1:06:01	1:34:09
216	2238	Gensior Dr. Matthias	Krefelder Kanu Klub	3:22:09	M45	61	0:39:22	0:59:51	1:42:55
217	3331	Meyer Hans-Peter	LG COESFELD	3:22:13	M55	8	0:42:21	1:05:54	1:33:57
218	3321	Thentie Michael	LG COESFELD	3:22:21	M45	62	0:41:19	1:05:32	1:35:30
219	1779	Boruta Peter	*köln	3:22:28	M50	27	0:43:37	1:05:16	1:33:34
220	3015	Kopal Wolfgang	*Ratingen	3:22:37	M40	49	0:41:57	1:06:13	1:34:26
221	3363	Hoersch Heiner	AS Neukirchen-Vluyn	3:22:38	M45	63	0:43:35	1:06:14	1:32:48
222	4314	Niklass Kai	FC Hübi	3:22:50	M22	12	0:39:39	1:09:25	1:33:46
223	4491	Zellmer Andreas	*Duisburg	3:23:03	M45	64	0:43:17	1:05:36	1:34:09
224	3266	Verfürth Christian	Vodafone Runners	3:23:03	M40	50	0:42:28	1:06:29	1:34:06
225	1851	Paur Jürgen	hofacker-runner.de.vu	3:23:06	M40	51	0:43:12	1:06:51	1:33:02
226	5694	Marcus Holger	LT Rennhamster	3:23:06	M45	65	0:42:29	1:08:15	1:32:22
227	1672	Fröde Volker	TuS Hamborn-Neumühl	3:23:13	M65	2	0:43:13	1:06:12	1:33:47
228	3262	Stackmann Carsten	Vodafone Runners	3:23:24	M40	52	0:44:08	1:05:58	1:33:17
229	2540	Fackiner Moritz	LTV Tri Force Remscheid	3:23:29	M22	13	0:43:04	1:06:41	1:33:43
230	3328	Böckers Winfried	LG COESFELD	3:23:29	M50	28	0:42:03	1:05:06	1:36:19
231	2049	Janssen Carlos	Gocher Lauffamilien	3:23:35	M35	34	0:41:55	1:04:18	1:37:21
232	3584	Kleinen Ulf	*Düsseldorf	3:23:38	M45	66	0:43:07	1:06:05	1:34:26
233	4218	Helmburg Volker	Saarner Kämpfer	3:23:44	M45	67	0:43:03	1:06:25	1:34:14
234	2324	Oelschläger Klaus	*Düsseldorf	3:23:47	M45	68	0:42:18	1:07:35	1:33:53
235	4947	Vogl Norbert	Angerland LT Lintorf	3:23:52	M45	69	0:43:36	1:06:18	1:33:56
236	4320	Micus Werner	*Duisburg	3:24:07	M40	53	0:41:37	1:07:52	1:34:38
237	1650	Brandenburg Martin	Angerland LT Lintorf	3:24:18	M45	70	0:43:08	1:06:45	1:34:25
238	3312	Soltau Carsten	Volksbank Rhein-Ruhr eG	3:24:31	M40	54	0:42:16	1:07:10	1:35:05
239	3981	Bühne Stan	*Düsseldorf	3:24:37	M35	35	0:43:11	1:06:28	1:34:57
240	4073	Blasey Frank	PV Triathlon Witten	3:24:37	M40	55	0:43:51	1:06:24	1:34:21
241	4280	Schulz Michael	TRlandertaler Mettmann-Spor	3:24:46	M45	71	0:40:56	1:09:11	1:34:37
242	3688	Hupp Ralf	LT Gruiten-Neandertal	3:24:51	M50	29	0:43:33	1:05:59	1:35:18
243	2498	Daemen Oliver	OSC Rheinhausen	3:24:52	M45	72	0:43:06	1:06:01	1:35:44
244	2562	Mindthoff Frank	*Wesel	3:24:52	M45	73	0:41:46	1:05:43	1:37:23
245	1598	Kintzel Marcus	LC Duisburg	3:25:04	M40	56	0:41:55	1:05:01	1:38:07
246	3276	Gronemeyer Hans-Hermer	SG Stern Wupp.Sol.Re	3:25:07	M60	4	0:42:38	1:07:27	1:35:02
247	2629	Hohgräfe Bernd	Nina-Sport	3:25:15	M50	30	0:49:36	1:04:06	1:31:33
247	4558	Wagner Sebastian	Kahlenberger HTC	3:25:15	M30	24	0:42:18	1:04:49	1:38:06
249	1628	Hasse Eiko	Lauflöwen Henkel	3:25:19	M50	31	0:42:16	1:06:54	1:36:07
250	4019	Doliwa Thorsten	LGO Bochum	3:25:25	M30	25	0:42:49	1:07:13	1:35:22
251	4030	Koschitzki Norbert	Eintracht Duisburg 1848	3:25:32	M45	74	0:43:20	1:07:30	1:34:41
252	1564	Reeker Veit	*Düsseldorf	3:25:36	M30	26	0:43:35	1:08:19	1:33:41
253	2136	Niemann Detlev	*Herne	3:25:42	M45	75	0:44:06	1:07:28	1:34:07
254	5250	Hilgenpahl Roland	TV Goch	3:25:45	M50	32	0:43:57	1:05:51	1:35:56
255	5497	Dziura Carsten	LC Duisburg-Marathonkurs	3:25:50	M45	76	0:43:47	1:06:23	1:35:39
256	5033	Pfaff Hans-Werner	TSV Krofdorf-Gleiberg	3:25:59	M40	57	0:43:21	1:06:42	1:35:55
257	4168	Ewald Karsten	AOK Düsseldorf	3:26:01	M30	27	0:43:03	1:07:42	1:35:15
258	1509	Jann Horst	LC Duisburg	3:26:05	M55	9	0:43:53	1:07:10	1:35:00
259	4357	Welskopf Peter	Ballettschule Müller	3:26:05	M50	33	0:43:44	1:07:17	1:35:03
260	3944	Hücking David	*Duisburg	3:26:06	M35	36	0:43:28	1:06:49	1:35:48
261	4308	Mintrop Johannes	TVE Burgaltendorf	3:26:10	M50	34	0:44:12	1:06:57	1:35:00
262	2449	Kuklik Peter	*Haan	3:26:14	M40	58	0:44:19	1:07:04	1:34:50
263	2111	Müller Rolf	*Oberhausen	3:26:19	M50	35	0:43:05	1:06:09	1:37:05
264	3204	Castaneda Manuel	Vodafone Runners	3:26:28	M50	36	0:42:52	1:07:32	1:36:04
265	3179	Schneider Peter	Vodafone Runners	3:26:31	M45	77	0:42:21	1:07:01	1:37:09

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	3136	Kaiser Gero	BSG Commerzbank Duisbu	3:26:50	M50	37	0:43:51	1:07:56	1:35:02
267	4810	Bischof Martin	TSV 1863 Herdecke	3:26:57	M45	78	0:43:04	1:07:13	1:36:39
268	1771	Leck Markus	*Essen	3:26:57	M45	79	0:44:01	1:09:21	1:33:34
269	1644	Cord Stephan	*Essen	3:26:58	M45	80	0:43:43	1:07:05	1:36:09
270	3608	Bückmann Stefan	LT SV Haldern	3:26:59	M40	59	0:45:19	1:07:03	1:34:36
271	5100	Diesner Frank	TVE Burgaltendorf	3:26:59	M40	60	0:43:19	1:08:41	1:34:58
272	4724	Pötschke Rainer	Marathon Mülheim	3:27:04	M40	61	0:44:39	1:06:42	1:35:42
273	4740	Cellar Andreas	Marathon Mülheim	3:27:04	M45	81	0:44:39	1:06:42	1:35:42
274	1864	Happe Jens	G&m Huckingen	3:27:04	M45	82	0:44:14	1:07:05	1:35:44
275	2150	Schultz Klaus	*Ratingen	3:27:05	M45	83	0:44:40	1:07:55	1:34:30
276	2114	Kirsch Friedbert	VfR Unterbruch LG	3:27:09	M40	62	0:45:11	1:07:54	1:34:03
277	1602	Poetschki Thomas	LC Duisburg	3:27:25	M40	63	0:39:47	1:08:42	1:38:55
278	3178	Rottmann Lars	Vodafone Runners	3:27:28	M35	37	0:44:09	1:07:04	1:36:14
279	1605	Piecha Dietmar	SG Stern Düsseldorf	3:27:31	M45	84	0:42:14	1:08:31	1:36:45
280	1593	Kuchem Michael	Krefelder Kanu Klub	3:27:32	M40	64	0:42:54	1:06:46	1:37:51
281	3107	Schülke Frank	E.ON Ruhrgas SG	3:27:42	M45	85	0:44:01	1:08:18	1:35:23
282	3515	Emmerich Markus	*Bochum	3:27:46	M45	86	0:44:26	1:08:14	1:35:05
283	1878	Rommen Markus	*Duisburg	3:27:48	M30	28	0:45:02	1:07:06	1:35:38
284	5064	Tilgner Andreas	VfL Kommern	3:27:49	M45	87	0:43:22	1:05:53	1:38:32
285	4601	Dieckmann Jörn	SV Schermbeck	3:27:57	M40	65	0:46:57	1:03:23	1:37:36
286	4673	Krokowski Rolf	TSV 1863 Herdecke	3:28:02	M50	38	0:43:47	1:07:00	1:37:14
287	2134	Gohr Michael	hofacker-runner.de.vu	3:28:05	M35	38	0:44:47	1:07:46	1:35:31
288	5276	Wagner Burkhard	Die Stolperer	3:28:06	M50	39	0:43:32	1:07:08	1:37:25
289	1550	Schepers Joachim	Erler-Sportgemeinschaft	3:28:07	M50	40	0:45:02	1:07:37	1:35:27
290	2202	Hagemann Carsten	*Herne	3:28:11	M45	88	0:42:42	1:06:21	1:39:07
291	2437	Frings Andreas	TV Witzhelden	3:28:14	M45	89	0:43:34	1:07:42	1:36:57
292	5193	Nickel Volker	*Duisburg	3:28:14	M35	39	0:43:52	1:09:53	1:34:28
293	2901	Friemel Thomas	BSG Stadtwerke Duisburg A	3:28:15	M40	66	0:41:21	1:14:02	1:32:51
294	4092	Linke Marcus	*Hattingen	3:28:16	M35	40	0:45:17	1:07:53	1:35:05
295	2645	Böhmer Axel	*Krefeld	3:28:16	M45	90	0:43:14	1:06:28	1:38:34
296	1931	Holzappel Thomas	*Langenfeld	3:28:18	M40	67	0:43:36	1:08:27	1:36:14
297	1722	Jöhring Harald	*Duisburg	3:28:23	M50	41	0:43:20	1:07:44	1:37:18
298	3159	Stitz Rene	optadata-gruppe	3:28:27	M22	14	0:44:30	1:08:28	1:35:28
299	2054	Woltering Ralf	*Erkrath	3:28:28	M30	29	0:44:40	1:09:30	1:34:17
300	3858	Treccarichi Salvatore	*Bochum	3:28:31	M40	68	0:43:59	1:07:39	1:36:51
301	2133	Zimmermann Frank	LC Duisburg	3:28:32	M40	69	0:44:31	1:07:46	1:36:14
302	2270	Kühnen Thomas	BSG Sparkasse Duisburg	3:28:33	M40	70	0:44:20	1:08:14	1:35:58
303	3325	Stöhler Bernd	LG COESFELD	3:28:42	M45	91	0:44:37	1:07:22	1:36:42
304	4603	Natschke Jörg	Doppelrunde	3:28:45	M50	42	0:44:40	1:07:10	1:36:53
305	5053	Mörsch Sascha	LT Haumannplatz Essen	3:28:45	M40	71	0:43:28	1:07:58	1:37:18
306	2802	Handschumacher Sven	LG adesso Dortmund	3:28:45	M35	41	0:42:50	1:07:31	1:38:23
307	2906	Maurer Markus	Immeo Wohnen Service Gmb	3:28:47	M45	92	0:43:50	1:07:09	1:37:46
308	1660	Kodjayan Patrick	hofacker-runner.de.vu	3:28:53	M35	42	0:43:03	1:08:11	1:37:38
309	5442	Buddenkotte Alwin	SF Bertha 08	3:28:58	M50	43	0:43:40	1:06:41	1:38:36
310	2715	Ombeck Thomas	*Oberhausen	3:28:59	M45	93	0:43:01	1:06:59	1:38:58
311	4660	Spennhoff Andreas	BSG Ev. Krankenhaus Mülh	3:29:04	M45	94	0:42:34	1:09:22	1:37:07
312	2557	Lenski Norbert	:anlauf Marathonteam	3:29:04	M45	95	0:44:17	1:07:51	1:36:55
313	4245	Rehkämper Klaus	ERGO Sports Düsseldorf	3:29:12	M50	44	0:43:08	1:07:45	1:38:19
314	4538	Kontny Thomas	TSV 1863 Herdecke	3:29:20	M45	96	0:45:22	1:07:13	1:36:45
315	3388	Schieder Mike	AS Neukirchen-Vluyn	3:29:21	M40	72	0:43:54	1:08:35	1:36:50
316	3279	Huhn Oliver	English for runaways	3:29:21	M40	73	0:43:58	1:10:01	1:35:21
317	4797	Hahn Hendrik	*Krefeld	3:29:22	M22	15	0:43:29	1:10:23	1:35:29
318	3695	Prangen Michael	Bachstrasse	3:29:27	M40	74	0:44:26	1:08:34	1:36:26

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	2348	Struttmann Dietmar	LC Duisburg	3:29:34	M45	97	0:43:49	1:06:07	1:39:37
320	2969	Bender Jochen	*Mülheim/Ruhr	3:29:36	M45	98	0:44:37	1:07:37	1:37:20
321	3833	Gehrke Thomas	*Rheinberg	3:29:46	M40	75	0:44:06	1:08:33	1:37:06
322	2750	Brodowski Gregor	Lauftreff Waldesrand	3:29:51	M45	99	0:43:47	1:08:19	1:37:45
323	3924	Nüsse-Maas Ludger	TuS Mündelheim	3:29:52	M45	100	0:44:34	1:08:01	1:37:16
324	5237	Elting Ralf	Bocholter WSV	3:30:00	M40	76	0:44:06	1:09:14	1:36:38
325	3866	Léger Sacha	*Wuppertal	3:30:02	M40	77	0:46:21	1:08:56	1:34:44
326	5285	Mlyneck Thorsten	SV Kupferdreh	3:30:05	M35	43	0:46:54	1:08:34	1:34:36
327	2223	Bickmann Ludger	Wacker Kapellen	3:30:05	M45	101	0:44:21	1:07:30	1:38:13
328	4723	Wennmann Marcus	*Mülheim	3:30:16	M35	44	0:44:38	1:07:36	1:38:01
329	2923	Lass Hartmut	*Meerbusch	3:30:18	M45	102	0:44:33	1:08:15	1:37:30
330	4854	Schmidt Axel	SF Ennepetal	3:30:19	M45	103	0:44:25	1:07:35	1:38:18
331	4970	Schilling Jürgen	Spvgg Sterkrade-Nord	3:30:21	M50	45	0:45:01	1:08:46	1:36:33
332	3414	Willms Joachim	TG Neuss	3:30:24	M40	78	0:40:58	1:04:34	1:44:50
333	3377	Müller Andreas	AS Neukirchen-Vluyn	3:30:28	M45	104	0:43:54	1:08:40	1:37:53
334	1701	Müller Lothar	SC Gelsenkirchen 04	3:30:30	M50	46	0:41:45	1:06:07	1:42:37
335	4111	Hofstetter Max	*Mülheim	3:30:30	M18	2	0:42:53	1:07:53	1:39:43
336	1674	Künsken Carsten	SV Hullern 68	3:30:32	M40	79	0:44:21	1:08:57	1:37:13
337	2043	Koch David	Ski-Klub Düsseldorf	3:30:36	M30	30	0:44:13	1:07:13	1:39:09
338	3676	Bruns Andi	Laufschule Düsseldorf	3:30:38	M30	31	0:43:26	1:08:26	1:38:46
339	4063	Beermann Werner	*Gelsenkirchen	3:30:40	M50	47	0:43:51	1:08:28	1:38:19
340	5001	Hansen Jörg	*Duisburg	3:30:43	M45	105	0:44:48	1:08:03	1:37:51
341	2184	Dick Viktor	*Neukirchen-Vluyn	3:30:50	M45	106	0:43:20	1:08:15	1:39:14
342	3241	Macke Dirk	Vodafone Runners	3:30:55	M40	80	0:42:37	1:07:23	1:40:54
343	3163	Haardt Daniel	optadata-gruppe	3:30:55	M30	32	0:44:22	1:08:22	1:38:10
344	1685	Kral Jan	*Düsseldorf	3:31:00	M35	45	0:44:40	1:08:36	1:37:43
345	2773	Koch Thomas	Rösige Dötz	3:31:08	M35	46	0:44:38	1:09:05	1:37:24
346	5030	Terporten Niklas	feuerwehr düsseldorf	3:31:08	M35	47	0:44:20	1:09:14	1:37:33
347	4950	Sperlich Egbert	Ecki-Man	3:31:11	M45	107	0:44:45	1:07:57	1:38:28
348	3660	Schroeder Dr. Peter	Marathon Mülheim	3:31:12	M45	108	0:45:40	1:08:56	1:36:36
349	1630	Schitkowski Torsten	*Essen	3:31:15	M35	48	0:44:58	1:07:13	1:39:03
350	1802	Sanders Joachim	*Essen	3:31:15	M60	5	0:45:28	1:08:22	1:37:24
351	4175	Szpogán Rainer	Immeo Wohnen Running Te	3:31:18	M50	48	0:44:57	1:07:58	1:38:23
352	2747	Helmes Robert	Team Sport Palast	3:31:19	M40	81	0:44:51	1:06:54	1:39:33
353	1708	Robert Ferdinand	*Bocholt	3:31:22	M45	109	0:45:39	1:08:36	1:37:06
354	3311	Bohnenkamp Hermann	TG Neuss	3:31:25	M35	49	0:44:35	1:08:22	1:38:28
355	3873	Robering André	*Oer-Erkenschwick	3:31:34	M35	50	0:43:01	1:08:15	1:40:17
356	2112	Klein Christian M.	Angerland LT Lintorf	3:31:40	M45	110	0:45:19	1:08:30	1:37:50
357	5336	Dohmen Jörg	*Müleim	3:31:41	M45	111	0:44:28	1:08:07	1:39:06
358	1904	Gleumes Stephan	*Düsseldorf	3:31:42	M40	82	0:45:19	1:08:42	1:37:39
359	2828	Götz Wolfgang	DJK VfL Willich	3:31:42	M45	112	0:44:48	1:08:47	1:38:06
360	4536	Biermann Thomas	TSV 1863 Herdecke	3:31:47	M45	113	0:43:54	1:09:48	1:38:04
361	3611	Michalski Rainer	Dorsten	3:31:57	M50	49	0:45:48	1:09:18	1:36:50
362	3906	Wiele Ingo	TV Wanheimerort 1880 e.V.	3:31:59	M45	114	0:45:15	1:09:47	1:36:56
363	4291	Dillig Mark	*Duisburg	3:32:07	M35	51	0:43:45	1:08:39	1:39:42
364	3657	Jamsek Peter	TC Kray 1892 e.V.	3:32:09	M50	50	0:43:35	1:08:59	1:39:34
365	2131	Meier Wolfgang	Angerland LT Lintorf	3:32:10	M50	51	0:44:10	1:09:33	1:38:26
366	2693	Enke Andreas	BSG Team EVAG	3:32:10	M35	52	0:43:37	1:06:54	1:41:38
367	3128	Bahls Wolfgang	E.ON Ruhrgas SG	3:32:10	M60	6	0:44:32	1:10:06	1:37:32
368	1532	Smethurst Miles	*Ratingen	3:32:13	M45	115	0:44:09	1:10:21	1:37:42
369	4829	Von Platen Felix	Liebfrauenschule Ratingen	3:32:19	M45	116	0:43:22	1:09:33	1:39:22
370	2416	Kronenberg Friedrich	Marathonteam-Ratingen	3:32:24	M55	10	0:45:32	1:09:19	1:37:32
371	3340	Medina Gerardo	www.triguru.de	3:32:26	M45	117	0:43:43	1:09:44	1:38:58

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4480	Presuhn Klaus	Weidensprinter	3:32:35	M45	118	0:43:30	1:09:30	1:39:34
373	2815	Lagarden Jörg	SV Viktoria Goch	3:32:42	M50	52	0:44:44	1:08:47	1:39:10
374	3600	Heinz Peter	Vfl Bergheide	3:32:50	M50	53	0:46:30	1:08:54	1:37:25
375	2978	Hoffmann Ralf	Byk Chemie	3:32:52	M45	119	0:44:27	1:10:40	1:37:44
376	2952	Dörkes Markus	BSG Sparkasse Krefeld	3:32:53	M45	120	0:46:23	1:09:01	1:37:28
377	2059	Kux Stefan	Ski-Klub Düsseldorf	3:32:55	M35	53	0:45:01	1:08:29	1:39:23
378	3326	Ahrens Rüdiger	LG COESFELD	3:33:04	M45	121	0:45:01	1:08:21	1:39:40
379	1684	Herzberg Mike	LT-Do-Westrich	3:33:07	M35	54	0:44:26	1:09:24	1:39:16
380	4347	Kühn Dirk	*duisburg	3:33:07	M40	83	0:44:39	1:09:12	1:39:14
381	5452	Marx Werner	*Oberhausen	3:33:07	M45	122	0:45:12	1:08:47	1:39:08
382	2045	Beckmann Micha	Palma Runners	3:33:08	M45	123	0:44:15	1:08:23	1:40:29
383	2190	Krieger Uwe	City Fitness Essen	3:33:09	M45	124	0:44:38	1:08:25	1:40:05
384	2328	Beupoil Thomas	SV Viktoria Goch	3:33:09	M50	54	0:44:52	1:08:57	1:39:19
385	1974	Wagner Kai	Die schwarzen Heiden	3:33:11	M45	125	0:44:53	1:09:32	1:38:45
386	4798	Bussmann Volker	LT Cloversoft	3:33:19	M50	55	0:44:22	1:10:51	1:38:05
387	4852	Rekittke Fritz	*Düsseldorf	3:33:21	M45	126	0:45:17	1:09:00	1:39:04
388	1548	Wolczyk Damian	*Düsseldorf	3:33:23	M35	55	0:44:37	1:09:26	1:39:19
389	2585	Von der Heyden Ralf	TV Aldekerk	3:33:31	M35	56	0:46:13	1:10:05	1:37:13
390	1563	Dmytriyeu Yakiv	Deichmann SE	3:33:38	M40	84	0:42:20	1:09:51	1:41:26
391	3574	Probst Thorsten	TV Ufort-Eick	3:33:43	M45	127	0:44:54	1:08:08	1:40:40
392	5501	Glässer Roberto	LC Duisburg-Marathonkurs	3:33:46	M45	128	0:42:50	1:11:56	1:39:00
393	4612	Fuchs Volker	TC Kray 1892 e.V.	3:33:48	M50	56	0:44:05	1:08:58	1:40:44
394	2325	Böttcher Christian	BSG WAZ Essen	3:33:52	M40	85	0:46:09	1:08:57	1:38:45
395	5233	Elting Manfred	Bocholter WSV	3:33:53	M45	129	0:44:57	1:09:49	1:39:06
396	4427	Krämer Michael	Roadrunner	3:34:00	M50	57	0:45:01	1:10:11	1:38:47
397	3319	Thewes Norbert	LG COESFELD	3:34:00	M40	86	0:44:46	1:10:20	1:38:53
398	2548	Ehringfeld Theo	LT-SV Haldern	3:34:01	M45	130	0:44:32	1:13:05	1:36:23
399	4007	Ehrlich Dirk	Team EhrBec	3:34:04	M45	131	0:46:11	1:09:19	1:38:34
400	3771	Kerstiens Norbert	LT Wischlingen Dortmund	3:34:07	M50	58	0:45:34	1:09:50	1:38:42
401	1631	Stein Christian	LCK Ronsdorf	3:34:10	M40	87	0:43:10	1:09:54	1:41:04
402	2337	Ischinsky Ludger	Lauffreunde Bottrop	3:34:11	M55	11	0:45:57	1:10:32	1:37:41
403	1940	Reinders Detlef	Bocholter Flitzpiepen	3:34:11	M45	132	0:44:37	1:09:20	1:40:13
404	4858	Quabeck Guido	SF Ennepetal	3:34:12	M45	133	0:45:03	1:10:01	1:39:06
405	4846	Rogala Andrzej	Marathonteam-Ratingen	3:34:14	M55	12	0:46:09	1:08:57	1:39:07
406	4295	Beyer Rüdiger	ASC Düsseldorf	3:34:14	M45	134	0:45:10	1:10:36	1:38:27
407	3871	Richter Herbert	BV Hiltrop	3:34:15	M45	135	0:46:30	1:09:29	1:38:15
408	2874	Kilian Harald	VHS-Wesel	3:34:19	M50	59	0:44:24	1:09:59	1:39:55
409	4890	Unsenos Helge	Lauffreunde HADI Wesel	3:34:40	M55	13	0:44:18	1:09:44	1:40:37
410	3875	Cziommer Jürgen	FC Straberg	3:34:41	M35	57	0:40:05	1:07:07	1:47:28
411	4351	Franke Philipp	*Meerbusch	3:34:42	M22	16	0:44:09	1:09:33	1:40:59
412	3590	Dietzfelbinger Stefan	IHK	3:34:43	M45	136	0:44:24	1:08:05	1:42:13
413	1948	Tillmann Horst	TSC Velbert	3:34:52	M45	137	0:45:54	1:10:09	1:38:48
414	2670	Sobolewski Markus	Adler-Langlauf Bottrop	3:34:54	M40	88	0:45:38	1:10:36	1:38:38
415	4512	Neuenfeld Walter	activefirst	3:34:55	M45	138	0:45:27	1:10:22	1:39:04
416	4518	Lüdtke-Kottusch Thomas	vereinslos	3:34:58	M50	60	0:44:17	1:08:49	1:41:50
417	2552	Grotenhuis Karl	Gocher Lauffamilien	3:35:00	M45	139	0:46:09	1:09:32	1:39:18
418	5166	Bendrat Daniel	*Essen	3:35:04	M35	58	0:46:08	1:10:13	1:38:41
419	2718	Holtmann Andreas	Triathlon Team Rheinberg	3:35:05	M45	140	0:45:52	1:07:39	1:41:34
420	4225	Brabender Klaus Jürgen	Werricher Lauftreff	3:35:05	M50	61	0:45:29	1:07:55	1:41:39
421	4473	Grzeskiewicz Patrick	Jugendheimstätten e.V.	3:35:13	M18	3	0:46:18	1:09:29	1:39:26
422	3839	Terörde Lars	*Düsseldorf	3:35:15	M40	89	0:44:34	1:09:53	1:40:47
423	2470	Möllmann Norbert	Bocholt	3:35:16	M50	62	0:43:01	1:08:30	1:43:44
424	1665	Reinders Thomas	Bocholter Flitzpiepen	3:35:18	M45	141	0:44:23	1:09:19	1:41:34

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	1929	Lensing Reinhold	Bocholter WSV	3:35:26	M50	63	0:45:40	1:09:58	1:39:47
426	4897	Kemmann Frank	Weidensprinter	3:35:30	M45	142	0:43:29	1:10:14	1:41:46
427	1582	Wortmann Thorsten	LG adesso Dortmund	3:35:30	M30	33	0:43:51	1:10:26	1:41:12
428	2350	Kättnis Daniel	da simma dabei	3:35:37	M22	17	0:46:16	1:09:34	1:39:45
429	2086	Süselbeck André	Tischtennis SV Orsoy	3:35:38	M35	59	0:44:33	1:09:25	1:41:38
430	2034	Daecke Nils	Henkel	3:35:47	M35	60	0:43:49	1:08:35	1:43:21
431	2033	Schmidt Thomas	*Xanten	3:35:52	M45	143	0:44:25	1:09:29	1:41:58
432	2052	Gaudenz Thomas	*Bochum	3:35:55	M35	61	0:46:30	1:09:49	1:39:35
433	2858	Niehaves Christian	SG Borken	3:36:02	M45	144	0:44:09	1:12:24	1:39:29
434	3748	Wingenbach Thomas	OneUnitRemscheidRunning	3:36:03	M35	62	0:45:59	1:09:37	1:40:26
435	4108	Gerard Klaus	BSG Sparkasse Essen	3:36:04	M50	64	0:44:45	1:09:13	1:42:04
436	2852	Hater Andreas	SG Borken	3:36:08	M45	145	0:45:27	1:09:57	1:40:43
437	2459	Winbeck Volker	*Oberhausen	3:36:12	M50	65	0:45:10	1:11:07	1:39:53
438	4105	Bittner Jürgen	Sparkasse HRV	3:36:15	M45	146	0:44:33	1:12:58	1:38:43
439	1673	Mainka Oliver	SM Schienen	3:36:17	M40	90	0:45:23	1:09:48	1:41:05
440	4362	Hammer Bernd	*Krefeld	3:36:18	M60	7	0:44:55	1:11:15	1:40:08
441	3433	Niemeyer Jens	TuS Breitscheid	3:36:20	M30	34	0:46:41	1:09:35	1:40:03
442	264	Berger Christian	Lauftreff R(h)einknaller	3:36:32	M40	91	0:39:21	1:27:20	1:29:51
443	1653	Siry Martin	TV Wanheimerort 1880 e.V.	3:36:34	M40	92	0:41:49	1:14:02	1:40:42
444	1712	Welzel Wolfgang	BSG Springorum Bochum	3:36:36	M45	147	0:44:40	1:09:20	1:42:35
445	3604	Hartmann Ralf	LC Duisburg	3:36:38	M50	66	0:46:02	1:10:32	1:40:04
446	3281	Dixkens Jörg	TV Wanheimerort 1880 e.V.	3:36:39	M45	148	0:48:31	1:09:47	1:38:20
447	2452	Schwarz Rainer	Strongmanhelden	3:36:40	M50	67	0:45:56	1:11:01	1:39:42
448	4707	Franzen Michael	*voerde	3:36:42	M50	68	0:45:06	1:11:10	1:40:25
449	2299	Schnabel Thomas	TuRa Remscheid-Süd	3:36:44	M45	149	0:45:51	1:13:07	1:37:45
450	4594	Uhlendahl Markus	*Essen	3:36:56	M40	93	0:45:46	1:10:25	1:40:44
451	1987	Berekoven Martin	Triabolos Hamburg eV	3:37:03	M40	94	0:46:13	1:12:53	1:37:56
452	2804	Tramp Ralf	SV Viktoria Goch	3:37:07	M50	69	0:46:07	1:11:51	1:39:09
453	4216	Scheitza Falko	DJK Preussen 1911 Bochum	3:37:11	M50	70	0:45:05	1:09:57	1:42:08
454	1626	Köhler Peter	Adler-Langlauf Bottrop	3:37:11	M40	95	0:45:11	1:11:01	1:40:58
455	5135	Dietrich Christoph	Blueliner and friends	3:37:15	M30	35	0:45:58	1:10:05	1:41:12
456	1641	Heimann Peter	*Oberhausen	3:37:16	M45	150	0:45:59	1:10:26	1:40:49
457	1898	Kremer Werner	Ausdauer Schule by Bunert	3:37:18	M50	71	0:45:23	1:10:33	1:41:22
458	2120	Grauke Tobias	SG Stern Düsseldorf	3:37:39	M50	72	0:46:53	1:12:10	1:38:36
459	2445	Pfannkuche Olaf	*Essen	3:37:41	M40	96	0:44:16	1:12:16	1:41:08
460	2014	Custic Muharem	*Düsseldorf	3:37:45	M50	73	0:46:02	1:09:30	1:42:12
461	2499	Stuhlmacher Michael	OSC 04	3:37:53	M50	74	0:47:05	1:11:05	1:39:43
462	4551	Heisel Wolfgang	Doppelrunde	3:37:58	M40	97	0:47:42	1:13:23	1:36:53
463	4021	Bischof Michael	-	3:38:03	M45	151	0:44:05	1:11:52	1:42:05
464	3269	Wieneke Andreas	Vodafone Runners	3:38:03	M50	75	0:45:56	1:10:56	1:41:10
465	4851	Wittig Helge	*Oberhausen	3:38:04	M45	152	0:45:48	1:11:13	1:41:02
466	4735	Ludwig Frank	*Essen	3:38:05	M35	63	0:46:15	1:13:41	1:38:08
467	1849	Hartmann Volker	Ausdauer Schule by Bunert	3:38:08	M45	153	0:48:41	1:10:43	1:38:43
468	2274	Kleiner Lars	LT Berka Stars	3:38:08	M35	64	0:45:47	1:11:20	1:41:00
469	5384	König Nico	activefirst	3:38:10	M30	36	0:48:00	1:05:45	1:44:24
470	1848	Wortmann Jörg	Makrolon Runners Uerdingen	3:38:10	M40	98	0:45:56	1:11:33	1:40:40
471	2833	Franz Ingo	*Schonungen	3:38:20	M45	154	0:48:16	1:11:28	1:38:35
472	4716	Bädorf Ralf	Rennmäuse Heiderhof	3:38:22	M45	155	0:46:09	1:11:03	1:41:09
473	3257	Schlimme Mario	Vodafone Runners	3:38:24	M40	99	0:46:24	1:11:05	1:40:53
474	4848	Thies Heinrich-Otto	*Krefeld	3:38:26	M55	14	0:45:18	1:11:14	1:41:53
475	5311	Schils Dr. Rüdiger	*Düsseldorf	3:38:28	M40	100	0:47:36	1:12:04	1:38:47
476	1510	Krüger Hans-J.	Amico Alpha	3:38:40	M50	76	0:46:36	1:12:02	1:40:01
477	4991	Miksche Ronald	*Düsseldorf	3:38:44	M45	156	0:49:31	1:10:18	1:38:54

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	4857	Püttmann Thomas	SF Ennepetal	3:38:44	M35	65	0:46:15	1:11:11	1:41:18
479	2448	Hübinger Peter	*Dinslaken	3:38:54	M45	157	0:44:40	1:11:29	1:42:44
480	1859	Feldhoff Maximilian	*Radevormwald	3:38:57	M45	158	0:46:51	1:11:19	1:40:46
481	2583	Klein Hans-Jürgen	LTH-Essen	3:39:10	M55	15	0:44:18	1:13:56	1:40:55
482	2164	Treis Adrian	BSG EG/LV	3:39:10	M40	101	0:44:56	1:08:23	1:45:51
483	2083	Rosenschild Christoph	*Oberhausen	3:39:14	M45	159	0:48:09	1:11:17	1:39:47
484	2022	Golding Thomas	*Dinslaken	3:39:18	M50	77	0:46:05	1:09:20	1:43:53
485	5235	Heinrich Peter	LC Duisburg	3:39:18	M45	160	0:45:41	1:12:13	1:41:23
486	2468	Hennes Jandrik	*Erkrath	3:39:21	M18	4	0:47:00	1:12:13	1:40:07
487	3582	Kowanda Stefan	kein	3:39:22	M45	161	0:45:35	1:09:51	1:43:55
488	1506	Rochlitz Dr. Karl-Heinz	Lauftreff Bundesnetzagentur	3:39:26	M50	78	0:46:49	1:11:32	1:41:04
489	4741	Brokmann Michael	SV Wanheim 1900	3:39:30	M40	102	0:44:09	1:14:04	1:41:17
490	2545	Raback Uwe	Lauftreff Weitmarer Holz	3:39:35	M45	162	0:45:53	1:10:22	1:43:18
491	4614	Jahnke Siegfried	TC Kray 1892 e.V.	3:39:41	M60	8	0:45:20	1:07:53	1:46:27
492	2345	Kühnel Markus	*Velbert	3:39:44	M40	103	0:49:07	1:09:46	1:40:50
493	2714	Stürmer Christian	SG Borken	3:39:46	M45	163	0:45:49	1:11:56	1:42:00
494	5303	Steinert Frank	*Mülheim	3:39:56	M40	104	0:48:38	1:12:12	1:39:05
495	4659	Funke Dr. Hans-Christoph	LAC THG Kettwig	3:39:57	M55	16	0:48:18	1:11:26	1:40:12
496	3322	Stöhler Martin	LG COESFELD	3:40:00	M45	164	0:45:43	1:11:31	1:42:45
497	3893	Vollmer Martin	*Wuppertal	3:40:00	M45	165	0:45:22	1:10:51	1:43:46
498	2349	Schmitz Ulrich	TC GW Hochdahl e.V.	3:40:07	M50	79	0:47:42	1:12:15	1:40:08
499	2145	Markmann Josef	Gerresheim	3:40:07	M45	166	0:46:47	1:12:49	1:40:30
500	1883	Krügel Jörg Michael	*Bergkamen	3:40:09	M45	167	0:45:42	1:12:12	1:42:14
501	4668	Graute Sebastian	AWG	3:40:09	M19	3	0:45:49	1:08:20	1:45:59
502	4588	Kuhlmann Norbert	Spvgg Sterkrade-Nord	3:40:19	M40	105	0:46:37	1:10:14	1:43:26
503	4672	Jakhoefer Thomas	FC Schalke 04	3:40:22	M50	80	0:46:01	1:10:56	1:43:24
504	1989	Müller Bernd	nasty invalids	3:40:25	M22	18	0:47:46	1:14:26	1:38:12
505	2305	Peters Andreas	*Mülheim	3:40:36	M45	168	0:46:11	1:11:57	1:42:27
506	5065	Schwaak Werner	*Alpen	3:40:40	M40	106	0:48:23	1:11:17	1:40:59
507	2162	Polster Thomas	SuS Bertlich	3:40:41	M45	169	0:46:09	1:13:21	1:41:10
508	5217	Lillo Christian	*Duisburg	3:40:44	M40	107	0:47:11	1:13:11	1:40:21
509	2326	Albrecht Jörg	*Duisburg	3:40:45	M40	108	0:46:59	1:12:17	1:41:27
510	4720	Leonhardt Rainer	*Mülheim	3:40:52	M55	17	0:45:35	1:13:16	1:42:00
511	1663	Richter René	*Duisburg	3:40:52	M30	37	0:47:31	1:11:54	1:41:26
512	2811	Meyer André	Triminators TV Voerde	3:40:54	M40	109	0:47:28	1:07:53	1:45:31
513	2119	Fiedler Ernst-Oskar	LT Gruitene-Neandertal	3:40:56	M55	18	0:46:16	1:11:36	1:43:03
514	2455	Bienen Hermann	Marathon Dinslaken	3:41:00	M55	19	0:46:24	1:10:45	1:43:50
515	2294	Götz Volker	TG Neuss	3:41:02	M50	81	0:47:39	1:13:20	1:40:02
516	3718	Wilhelm Harald	*Köln	3:41:03	M50	82	0:46:49	1:12:33	1:41:39
517	2918	Schneider Mathias	*Duisburg	3:41:09	M22	19	0:47:56	1:12:44	1:40:28
518	2784	Bludau Michael	*Duisburg	3:41:10	M50	83	0:46:10	1:10:11	1:44:48
519	2030	Blank Heinz Gerd	Tura Brügggen	3:41:12	M55	20	0:45:22	1:13:31	1:42:18
520	1558	Graf Klaus	*Esslingen	3:41:27	M40	110	0:46:13	1:11:20	1:43:53
521	1997	Ehrentraut Heinz-Udo	Rumelner TV	3:41:31	M50	84	0:46:20	1:12:40	1:42:30
522	4151	Gehrmann Michael	Bocholt	3:41:33	M45	170	0:46:19	1:11:25	1:43:49
523	3920	Böttcher Marc	Die 2 lustigen 3	3:41:34	M30	38	0:46:14	1:11:39	1:43:40
524	5249	Kutz Patrick	*Wuppertal	3:41:40	M22	20	0:48:07	1:12:30	1:41:03
525	3352	Deriks Andreas	AS Neukirchen-Vluyn	3:41:45	M40	111	0:47:10	1:12:35	1:41:59
526	1814	Kipp Stefan	*Münster	3:41:53	M35	66	0:46:32	1:12:34	1:42:46
527	4675	Meves Oliver	Borussia Mönchengladbach	3:41:54	M40	112	0:45:53	1:11:24	1:44:36
528	5410	Schröter Jörg	activefirst	3:41:56	M40	113	0:45:48	1:12:42	1:43:25
529	3051	Becker Ulli	Triabolos Triathlon	3:41:57	M45	171	0:47:03	1:12:54	1:41:59
530	5018	Hennig Jürgen	*Duisburg	3:41:58	M40	114	0:45:17	1:12:50	1:43:50

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	4671	Böhme Michael	*Gevelsberg	3:41:59	M45	172	0:47:01	1:12:04	1:42:53
532	1594	Iwanowsky Thomas	*Dorsten	3:42:05	M35	67	0:47:04	1:12:58	1:42:02
533	1815	Van Gemmern Stefan	*Essen	3:42:06	M40	115	0:46:19	1:12:44	1:43:02
534	3078	Geisel Thomas	E.ON Ruhrgas SG	3:42:07	M45	173	0:47:21	1:13:43	1:41:03
535	2320	Spilker Michael	LT Wischlingen Dortmund	3:42:08	M50	85	0:46:19	1:12:17	1:43:32
536	3797	Böttcher Axel	FI Sport	3:42:24	M40	116	0:44:57	1:13:17	1:44:09
537	4039	Uhling Thomas	TuS Bösinghoven	3:42:24	M50	86	0:47:59	1:12:32	1:41:53
538	4639	Malcus Burkhard	Turbo-Schnecken Lüdensche	3:42:25	M45	174	0:45:37	1:12:15	1:44:32
539	2698	Bosmanns-Grigoleit Thom	BSG Team EVAG	3:42:26	M40	117	0:47:05	1:12:52	1:42:27
540	2201	Graebel Gunther	Crepe & Baguette Duisburg	3:42:26	M55	21	0:46:39	1:12:35	1:43:11
541	4297	Klingelhöller Benjamin	Novell Runners	3:42:27	M22	21	0:46:53	1:12:04	1:43:29
542	4263	Pütz Matthias	*Sprockhövel	3:42:32	M35	68	0:46:06	1:11:43	1:44:42
543	3772	Schorn Ralf	ASC Düsseldorf	3:42:36	M45	175	0:47:42	1:11:14	1:43:39
544	3504	John Dennis	Team Erdinger Alkoholfrei	3:42:41	M22	22	0:43:54	1:21:33	1:37:14
545	2323	Orelia Frank	LT Gruitzen-Neandertal	3:42:44	M50	87	0:53:04	1:11:03	1:38:37
546	3683	Canidr Kemal	*Duisburg	3:42:58	M40	118	0:47:29	1:13:11	1:42:17
547	2757	Beumeler Holger	SV Vikoria Goch	3:42:59	M30	39	0:47:36	1:10:49	1:44:34
548	3037	Walbrunn Christian	Lauftreff TuRa Brügggen	3:43:01	M45	176	0:47:11	1:13:31	1:42:18
549	2465	Wellesen Dirk	*Moers	3:43:04	M40	119	0:47:06	1:11:02	1:44:55
550	4596	Schmalt Peter	Immeo Wohnen Service Gmb	3:43:11	M45	177	0:48:11	1:12:36	1:42:23
551	4700	Tomuseit Frank	TEAM ATZE	3:43:16	M35	69	0:45:52	1:11:25	1:45:59
552	2126	Uebbing Holger	SV Budberg Lauffreunde	3:43:18	M40	120	0:47:33	1:12:58	1:42:47
553	4533	Paleit Christof	TSV 1863 Herdecke	3:43:19	M45	178	0:39:56	1:14:11	1:49:11
554	3431	Ludwig Johannes	TuS Breitscheid	3:43:22	M50	88	0:46:08	1:11:54	1:45:20
555	2489	Thiel Oliver	*Mülheim	3:43:26	M40	121	0:46:38	1:11:00	1:45:47
556	2227	Buchholz Peter	*Unna	3:43:31	M50	89	0:46:14	1:12:19	1:44:56
557	3142	Friedrich Reno	Trimet	3:43:35	M45	179	0:49:10	1:12:54	1:41:30
558	3156	Büns Karl-Heinz	TVK 1877 Essen	3:43:37	M55	22	0:47:15	1:11:56	1:44:25
559	3940	Jakobs Harald	*Oberhausen	3:43:39	M40	122	0:46:02	1:11:18	1:46:19
560	2985	Reyering Frank	RUHR-TECHNIK	3:43:40	M35	70	0:45:50	1:12:11	1:45:38
561	4670	Pospiech Klaus	LAV Essen/Werdener TB	3:43:40	M50	90	0:46:34	1:13:06	1:43:58
562	2886	Reessing Jan	City Fitness Essen	3:43:40	M35	71	0:46:29	1:11:16	1:45:54
563	4442	Kuhland Oliver	EDEKAGROUP	3:43:41	M45	180	0:47:01	1:11:21	1:45:18
564	3383	Ruthmann Kai	AS Neukirchen-Vluyn	3:43:54	M50	91	0:48:03	1:12:18	1:43:32
565	3239	Levy Thomas	Vodafone Runners	3:43:56	M35	72	0:45:50	1:13:46	1:44:19
566	4008	Becker Martin	Team EhrBec	3:43:59	M45	181	0:48:47	1:11:34	1:43:36
567	4296	Erler Maik	Novell Runners	3:44:00	M30	40	0:47:33	1:12:04	1:44:22
568	2346	Heinze Mario	BSG Sparkasse Essen	3:44:05	M30	41	0:47:23	1:12:41	1:44:01
569	4836	Schwalbach Peter	BSG-DVG	3:44:06	M45	182	0:44:32	1:10:31	1:49:02
570	2967	Serek Jürgen	*Mülheim adR	3:44:09	M50	92	0:45:12	1:15:12	1:43:44
571	1635	Bertels Jürgen	DJK Coesfeld	3:44:10	M45	183	0:48:44	1:12:40	1:42:45
572	2999	Risse Levin	*duisburg	3:44:11	M22	23	0:47:57	1:12:09	1:44:04
573	3232	Killius Klaus	Vodafone Runners	3:44:11	M50	93	0:46:40	1:15:05	1:42:25
574	1721	Schroten Achim	SC Bayer 05 Uerdingen	3:44:12	M55	23	0:47:03	1:12:57	1:44:10
575	5077	Kunst Hans-Peter	ERGOsports	3:44:14	M55	24	0:49:15	1:11:40	1:43:19
576	2919	Antweiler Norbert	LC Duisburg	3:44:16	M45	184	0:46:35	1:11:57	1:45:43
577	4318	Witulski Martin	Wuppertal	3:44:18	M40	123	0:45:27	1:15:49	1:43:02
578	5330	Baumgarten Horst	*Oberhausen	3:44:21	M55	25	0:48:18	1:13:14	1:42:47
579	3982	Guffler Frank	*Ratingen	3:44:24	M45	185	0:45:58	1:12:53	1:45:32
580	4476	Klefisch Dietmar	*Mülheim/Ruhr	3:44:25	M45	186	0:47:41	1:11:16	1:45:27
581	4815	Asseburg Jörg	TUS 48 Ehringhausen	3:44:26	M35	73	0:46:18	1:13:54	1:44:13
582	3763	Krebs Michael	226 1/2 2011	3:44:28	M45	187	0:47:50	1:12:32	1:44:05
583	1913	Emiliadis Istefo	*Duisburg	3:44:29	M40	124	0:47:09	1:13:34	1:43:45

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	4943	Pauls Viktor	*Düsseldorf	3:44:29	M35	74	0:46:58	1:12:21	1:45:09
585	2407	Wiartalla Frank	TTC Union Düsseldorf	3:44:34	M45	188	0:46:46	1:13:47	1:44:00
586	4353	Stein Timo	*Gelsenkirchen	3:44:36	M30	42	0:48:20	1:11:14	1:45:01
587	4581	Laskowski Prof. Andreas	TC 69 Sterkrade	3:44:40	M50	94	0:49:33	1:12:59	1:42:07
588	4083	Turnsek Jens	*Korschenbroich	3:44:41	M45	189	0:47:53	1:13:00	1:43:47
589	4955	Skalix Stefan	*Mülheim	3:44:44	M40	125	0:48:58	1:12:37	1:43:08
590	2510	Butterweck Dr. Ulf	The burning fist of pain	3:44:45	M30	43	0:48:01	1:13:59	1:42:44
591	3200	Beer Christoph	Vodafone Runners	3:44:49	M35	75	0:46:19	1:17:02	1:41:27
592	2172	Jansen Josef	SV Viktoria Goch	3:44:51	M60	9	0:49:30	1:12:50	1:42:29
593	2736	Jansen Peter	TSG Kirchhellen	3:44:57	M40	126	0:43:42	1:10:13	1:51:00
594	2879	Kullik Oliver	*Recklinghausen	3:44:58	M40	127	0:46:11	1:14:55	1:43:51
595	2872	Kabelitz Tobias	Laufteam Kloese	3:45:00	M40	128	0:47:04	1:13:12	1:44:43
596	4373	Knurr Ludger	*Korschenbroich	3:45:01	M45	190	0:47:12	1:13:47	1:44:01
597	1639	Fieber Thomas	hofacker-runner.de.vu	3:45:03	M35	76	0:48:37	1:12:36	1:43:49
598	1693	Berns Michael	*Neuss	3:45:07	M45	191	0:46:29	1:14:28	1:44:09
599	4968	Henkel Torsten	after-work-runners.de	3:45:07	M35	77	0:46:55	1:13:29	1:44:42
600	4148	Haack Jürgen	Ski-Klub Düsseldorf	3:45:08	M50	95	0:46:58	1:12:43	1:45:25
601	3988	Hürtgen Frank	*Krefeld	3:45:09	M35	78	0:48:20	1:13:20	1:43:28
602	1691	Mohn Thorsten	*Essen	3:45:09	M40	129	0:46:37	1:10:54	1:47:38
603	4680	Haefs Werner	Eisbären Krefeld	3:45:13	M50	96	0:46:08	1:12:27	1:46:38
604	2056	Schmitt Andreas	Ausdauerschule by Bunert	3:45:17	M50	97	0:46:14	1:11:24	1:47:38
605	4937	Koc Ali Haydar	*Wermelskirchen	3:45:21	M40	130	0:47:50	1:14:40	1:42:50
606	4235	Schikora Viktor	Ausdauerschule by Bunert	3:45:21	M55	26	0:47:56	1:14:41	1:42:43
607	2824	Lutzer Andreas	*Duisburg	3:45:26	M40	131	0:48:22	1:13:46	1:43:17
608	3356	Fischer Helmuth	AS Neukirchen-Vluyn	3:45:30	M65	3	0:48:00	1:14:17	1:43:12
609	5125	Hoppe Arnold	*Essen	3:45:31	M45	192	0:48:23	1:12:33	1:44:34
610	3122	Altmann Thomas	*Essen	3:45:32	M50	98	0:47:12	1:13:13	1:45:06
611	4561	Dreßen Christian	Schnege	3:45:35	M30	44	0:48:20	1:13:07	1:44:06
612	1734	Schäfer Jürgen	SV 1919 Sonsbeck	3:45:37	M50	99	0:47:43	1:12:59	1:44:54
613	3090	Kellner Jürgen	E.ON Ruhrgas SG	3:45:38	M35	79	0:47:24	1:14:28	1:43:44
614	2582	Barral Farto Ramon Jose	Jogmap Ruhr	3:45:38	M40	132	0:42:35	1:12:22	1:50:40
615	4405	Gunetsreiner Matthias	*Essen	3:45:39	M22	24	0:48:22	1:12:13	1:45:03
616	1872	Büchel Johannes	LT Uhlenhorst	3:45:50	M22	25	0:46:51	1:14:31	1:44:27
617	4915	Schulten Michael	LG Plettenberg-Herscheid	3:45:52	M40	133	0:47:49	1:13:26	1:44:35
618	2525	Schneider Michael	LT Wischlingen	3:45:52	M45	193	0:50:21	1:12:14	1:43:16
619	1604	Schultz Jens	CDS Running Team	3:45:53	M35	80	0:46:44	1:12:12	1:46:56
620	1785	Kubitza Marco	Ruhr BOB Runner	3:45:54	M40	134	0:48:15	1:13:04	1:44:34
621	2117	Baumgarten Steffen	*Düsseldorf	3:46:03	M35	81	0:46:44	1:14:09	1:45:10
622	4266	Marcour Wilfried	BSV Grün-Weiß Wesel-Flü	3:46:03	M70	1	0:47:44	1:13:16	1:45:01
623	3329	Teuber Heinz	LG COESFELD	3:46:11	M50	100	0:45:23	1:14:38	1:46:08
624	4545	Buckow Kevin	*Mülheim an der Ruhr	3:46:11	M30	45	0:42:33	1:08:03	1:55:34
625	2965	Azadi Morteza	Adler Nierst	3:46:11	M50	101	0:48:00	1:13:57	1:44:13
626	1846	Himmel Andreas	*Essen	3:46:11	M45	194	0:47:32	1:12:42	1:45:56
627	4806	Gensrich Jörg	der vollendete	3:46:11	M45	195	0:47:01	1:13:51	1:45:19
628	2029	Eidens Jo	*Kamp-Lintfort	3:46:15	M55	27	0:48:38	1:13:23	1:44:12
629	5048	Mayer Martin	*Remscheid	3:46:18	M40	135	0:45:34	1:11:14	1:49:30
630	2702	Hillig Harald	Wiesnasen-mara-tonis	3:46:21	M45	196	0:47:11	1:12:11	1:46:58
631	2677	Bachmann Ralf	BSG Team EVAG	3:46:22	M45	197	0:47:30	1:15:36	1:43:15
632	1882	Raschewski Dr. Frank	MRG	3:46:25	M45	198	0:47:12	1:14:57	1:44:15
633	3936	Dauvemann Oliver	*Herne	3:46:32	M30	46	0:48:00	1:14:11	1:44:20
634	2395	Höffken Willi	*Mülheim	3:46:35	M60	10	0:47:35	1:13:39	1:45:20
635	5144	Ewertz Dirk	*Dinslaken	3:46:35	M45	199	0:47:40	1:14:07	1:44:47
636	1600	Gettwert Klaus	Saarner Kuppenläufer	3:46:36	M40	136	0:45:38	1:10:28	1:50:29

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	2078	Glockner Wolf	*Düsseldorf	3:46:39	M50	102	0:47:05	1:12:49	1:46:44
638	3120	Kleinfeld Ulrich	BWG-Team Duisburg	3:46:39	M45	200	0:47:29	1:14:02	1:45:07
639	5191	Kolberg Dieter	DJK Tus Rotthausen	3:46:41	M50	103	0:47:48	1:13:43	1:45:09
640	4738	Kuhr Martin	LC Duisburg	3:46:41	M50	104	0:48:44	1:13:40	1:44:16
641	3168	Markus Christian	Vodafone Runners	3:46:41	M45	201	0:43:07	1:07:30	1:56:03
642	3825	Chakif Hassan	BSG Sparkasse Essen	3:46:45	M30	47	0:46:35	1:15:41	1:44:27
643	2319	Rohde Markus	BSG Volksbank Rhein-Lippe	3:46:45	M35	82	0:47:49	1:13:09	1:45:47
644	4432	Baade Jörg	*Düsseldorf	3:46:52	M45	202	0:47:57	1:14:32	1:44:22
645	2063	Tilkes Harald	Rakete Hüls	3:46:52	M40	137	0:46:13	1:14:56	1:45:42
646	2870	Saubier Stephan	dumbo und ozzy	3:46:54	M50	105	0:46:37	1:13:06	1:47:10
647	1819	Stegger Ulrich	SG Borken	3:46:57	M45	203	0:46:49	1:12:10	1:47:57
648	2786	Ader Lutz	BSG Aon Jauch & Hübener	3:46:58	M50	106	0:48:11	1:15:02	1:43:45
649	4069	Sowinski Andreas	*Duisburg	3:46:59	M22	26	0:46:15	1:11:53	1:48:50
650	3419	Albrecht Rainer	TuS Breitscheid	3:47:02	M50	107	0:47:05	1:15:04	1:44:52
651	4712	Böning Henning	*Bochum	3:47:08	M40	138	0:46:23	1:14:18	1:46:26
652	5185	Boschuk Stefan	*Dinslaken	3:47:11	M35	83	0:49:58	1:14:24	1:42:48
653	4532	Ahlert-de Graat Jörg	TSV 1863 Herdecke	3:47:12	M45	204	0:50:50	1:12:53	1:43:28
654	2291	Spindler Bernd	Spektakel Rheinberg	3:47:16	M50	108	0:47:47	1:13:59	1:45:29
655	2258	Böminghaus René	*Oberhausen	3:47:17	M35	84	0:48:24	1:14:12	1:44:41
656	2300	Kleemann Normen	SV Siemens	3:47:21	M40	139	0:48:53	1:15:00	1:43:27
657	4842	Muziol Michael	*Duisburg	3:47:26	M19	4	0:44:28	1:11:33	1:51:25
658	3330	Stippel Jürgen	LG COESFELD	3:47:27	M55	28	0:50:02	1:14:39	1:42:45
659	2012	Overdick Stefan	*Leverkusen	3:47:27	M40	140	0:50:13	1:13:40	1:43:33
660	1781	Frye Werner	Jogmap Ruhr	3:47:29	M50	109	0:49:02	1:13:52	1:44:34
661	1862	Rexforth Oliver	Triminators Voerde	3:47:31	M45	205	0:47:43	1:14:52	1:44:55
662	3990	Wörsdörfer Klaus	*Ratingen	3:47:32	M50	110	0:46:29	1:12:42	1:48:20
663	1905	Schäpers Stefan	Bocholter Flitzpiepen	3:47:36	M45	206	0:42:11	1:21:40	1:43:44
664	2244	Lichtenberger Frank	*Mülheim	3:47:40	M45	207	0:48:21	1:13:22	1:45:56
665	3101	Pohl Hans-Jürgen	E.ON Ruhrgas SG	3:47:40	M45	208	0:48:37	1:14:44	1:44:17
666	4298	Müller Dr. Holger	Lt Schaephuysen	3:47:42	M40	141	0:50:57	1:14:16	1:42:28
667	3899	Ben Mansour Hassen	*Düsseldorf	3:47:43	M30	48	0:47:11	1:09:19	1:51:11
668	2123	Schmengler Stephan	SV Budberg Lauffreunde	3:47:46	M45	209	0:45:59	1:13:13	1:48:32
669	1965	Plietsch Klaus	*Düsseldorf	3:47:53	M55	29	0:48:52	1:14:25	1:44:35
670	1613	Barbera Pino	hofacker-runner.de.vu	3:47:53	M35	85	0:45:56	1:13:34	1:48:22
671	5258	Laufs Stephan	LT Metzkausen	3:47:55	M45	210	0:46:43	1:13:55	1:47:15
672	4620	Ullein Rolf	Moerser TV	3:47:55	M55	30	0:48:22	1:13:45	1:45:48
673	4355	Müschen Axel	Tax Dragons	3:47:58	M40	142	0:52:03	1:13:02	1:42:53
674	1632	Pape Peter	Die Kanalratten SGZ Essen	3:47:59	M45	211	0:48:06	1:14:27	1:45:25
675	3581	Wübling Torsten	Jogmap Ruhr	3:47:59	M35	86	0:47:53	1:14:54	1:45:11
676	3365	Jännert Erich	AS Neukirchen-Vluyn	3:48:06	M60	11	0:48:12	1:14:33	1:45:21
677	1609	Hanisch Jörg	LC Wuppertal	3:48:07	M35	87	0:46:09	1:11:02	1:50:55
678	3126	Sprünken Oliver	TuS Breitscheid	3:48:15	M40	143	0:45:23	1:12:19	1:50:32
679	2856	Müller Andreas	BUMMELBOB	3:48:16	M30	49	0:49:23	1:15:19	1:43:33
680	4329	Klemm Rüdiger	*Duisburg	3:48:21	M50	111	0:48:40	1:14:23	1:45:18
681	2519	Stadtmann Matthias	Kommando Andi Sassen	3:48:24	M40	144	0:47:46	1:13:50	1:46:47
682	3615	Nowak Carsten	Elsterland Runners	3:48:28	M40	145	0:47:57	1:15:01	1:45:29
683	2522	Hinzelmann Uli	Sp.Sch.Raesfeld	3:48:29	M45	212	0:49:15	1:13:07	1:46:06
684	3976	Mäteling Alex	A.Isselburg	3:48:33	M55	31	0:47:18	1:13:46	1:47:28
684	5126	Gleißner Jörg	*Moers	3:48:33	M45	213	0:48:30	1:15:18	1:44:44
686	2635	Karabulut Erol	LT Lukas	3:48:36	M45	214	0:49:12	1:15:18	1:44:04
687	3699	Abel Klaus	LC Duisburg	3:48:36	M60	12	0:47:41	1:14:00	1:46:54
688	2268	De Brouwer Georg	RP Marathon Team	3:48:38	M50	112	0:47:17	1:14:16	1:47:04
689	2871	Körber Sören	dumbo und ozzy	3:48:39	M50	113	0:48:32	1:14:51	1:45:15

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	3098	Othmer Manfred	E.ON Ruhrgas SG	3:48:41	M60	13	0:49:08	1:14:29	1:45:02
691	5003	Smentoch Michael	*Neukirchen-Vluyn	3:48:42	M45	215	0:49:02	1:14:12	1:45:26
692	2308	Koerner Stefan	*Ratingen	3:48:48	M45	216	0:48:25	1:15:03	1:45:19
693	2249	Schmitt Lars	LT Cloversoft	3:48:53	M40	146	0:45:27	1:11:11	1:52:14
694	1678	Franz Werner	LT Wischlingen Dortmund	3:49:01	M60	14	0:47:28	1:15:37	1:45:55
695	4137	Hornickel Stephan	*Neuss	3:49:02	M30	50	0:45:53	1:14:05	1:49:04
696	4839	Annen Wolfgang	LC Duisburg-Marathonkurs	3:49:06	M40	147	0:48:52	1:14:56	1:45:18
697	1943	Spogahn Hans-Michael	Bocholter WSV	3:49:10	M55	32	0:48:06	1:12:43	1:48:20
698	3919	Breuer Dr. Wolfgang	Sportfreunde Neersbroich	3:49:11	M50	114	0:46:39	1:14:38	1:47:53
699	3167	Grabowski Robert	Vodafone Runners	3:49:14	M40	148	0:49:03	1:14:20	1:45:50
700	5041	Mura Gregor	e.V.n.e.V.	3:49:15	M22	27	0:49:08	1:07:05	1:53:00
701	4605	Richter Volker	LC Duisburg	3:49:16	M50	115	0:48:22	1:13:34	1:47:19
702	4206	Schikora Rainer	SV Schermbeck	3:49:22	M50	116	0:47:43	1:16:39	1:44:59
703	2949	Chalupka Martin	FI Sport e.V.	3:49:27	M40	149	0:51:51	1:13:26	1:44:10
704	3295	Schoofs Helmut	BSG Stadtwerke Duisburg A	3:49:33	M55	33	0:47:56	1:13:35	1:48:01
705	1926	Lange Volker	MTSV	3:49:41	M50	117	0:49:40	1:14:43	1:45:17
706	3381	Rheims Stefan	AS Neukirchen-Vluyn	3:49:45	M40	150	0:47:16	1:14:03	1:48:25
707	2002	Block Dr. Klaus	*Castrop-Rauxel	3:49:50	M35	88	0:47:41	1:15:07	1:47:01
708	2476	Eling Jörg	*Essen	3:49:51	M60	15	0:47:24	1:13:46	1:48:40
709	3694	Reismann Frank	Renntiere	3:49:54	M40	151	0:44:33	1:17:31	1:47:49
710	2463	Strobel Kai	*Solingen	3:49:56	M35	89	0:46:42	1:18:49	1:44:23
711	2073	Spreer Christian	LT Berka Stars	3:49:59	M45	217	0:48:56	1:14:54	1:46:08
712	3199	Bäumer Daniel	Vodafone Runners	3:50:02	M40	152	0:48:28	1:14:40	1:46:53
713	2975	Gajdzis Heinrich	*Remscheid	3:50:03	M50	118	0:46:26	1:13:05	1:50:31
714	4109	Fischer Bernd	ASC Düsseldorf	3:50:03	M55	34	0:48:16	1:14:22	1:47:25
715	2820	Gruner Jürgen	Krefelder Kanu Klub	3:50:05	M60	16	0:47:11	1:15:07	1:47:46
716	3293	Meisenzahl Marius	BSG Stadtwerke Duisburg A	3:50:09	M19	5	0:45:36	1:16:54	1:47:39
717	4319	Kemmesies Rainer	*Ratingen	3:50:10	M50	119	0:47:32	1:16:14	1:46:23
718	2287	Skowronek Jürgen	Adler-Langlauf Bottrop	3:50:11	M65	4	0:48:25	1:13:49	1:47:56
719	4123	Detti Manuel	team rodetti	3:50:20	M35	90	0:51:24	1:14:31	1:44:24
720	4474	Mühle Patrick	Jugendheimstätten e.V.	3:50:23	M30	51	0:47:07	1:14:54	1:48:21
721	2940	Sykorra Mirko	Zigarrenfreunde Ruhrgebiet	3:50:27	M30	52	0:47:06	1:12:31	1:50:48
722	5690	Zimmermann Uwe	LT Rennhamster	3:50:28	M30	53	0:47:59	1:16:10	1:46:19
723	4790	Otten Thomas	TC Kray 1892 e.V.	3:50:30	M50	120	0:51:12	1:13:32	1:45:45
724	2189	Jendral Holger	*Herten	3:50:32	M45	218	0:48:19	1:15:44	1:46:28
725	3193	Yildiz Hamit	Vodafone Runners	3:50:34	M35	91	0:48:46	1:13:27	1:48:20
726	3732	Krstinc Joachim	*Dinslaken	3:50:34	M45	219	0:48:16	1:15:09	1:47:09
727	2021	Nienz Stefan	*Gladbeck	3:50:37	M22	28	0:46:31	1:14:59	1:49:06
728	4590	Lieske Frank	*Essen	3:50:39	M40	153	0:48:10	1:15:07	1:47:21
729	2035	Braukmann Lutz	*Mülheim	3:50:46	M45	220	0:47:30	1:16:49	1:46:25
730	4570	Zieschang Christian	*Mülheim an der Ruhr	3:50:47	M22	29	0:49:22	1:11:43	1:49:41
731	4783	Wehren Ludger	BG Sparkasse am Niederrh	3:50:54	M30	54	0:48:58	1:15:09	1:46:47
732	3052	Kryniewiecki Michael	*Duisburg	3:50:59	M40	154	0:46:06	1:13:39	1:51:13
733	2295	Allermann Stephan	Adler-Langlauf Bottrop	3:51:01	M50	121	0:48:22	1:15:10	1:47:29
734	4187	Pärschke Klaus	*Oberhausen	3:51:01	M55	35	0:48:49	1:14:43	1:47:28
735	4078	Beckmanns Ralf	LT Krefeld-Oppum	3:51:02	M45	221	0:49:07	1:16:07	1:45:46
736	4637	Möller Bernd	*Oberhausen	3:51:03	M50	122	0:49:23	1:16:02	1:45:36
737	2863	Lüdtke Karsten	SV Budberg	3:51:04	M45	222	0:47:42	1:14:16	1:49:05
738	1774	Krause Ralf	*Kaarst	3:51:17	M35	92	0:48:20	1:14:12	1:48:44
739	2307	Miskiw Alexander	*Velbert	3:51:18	M45	223	0:49:41	1:15:21	1:46:15
740	4871	Manz-Bothe Achim	Hobbyläufer	3:51:19	M50	123	0:48:25	1:14:32	1:48:21
741	3393	Stach Gerald	AS Neukirchen-Vluyn	3:51:20	M45	224	0:48:21	1:15:15	1:47:44
742	4147	Schwan Reimund	*Moers	3:51:23	M45	225	0:46:41	1:17:43	1:46:58

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	3736	Rohr Claus	Marathon Mülheim	3:51:24	M45	226	0:47:06	1:10:11	1:54:06
744	3063	Hentschel Bruno	*Langenfeld	3:51:25	M45	227	0:48:17	1:15:59	1:47:08
745	4599	Neukäter Dr. Winfried	*Wesel	3:51:25	M45	228	0:49:25	1:16:41	1:45:18
746	3585	Piel Andreas	*Burscheid	3:51:27	M35	93	0:47:16	1:17:38	1:46:31
747	4982	Stuke Gereon	*Essen	3:51:34	M30	55	0:47:26	1:12:56	1:51:11
748	4358	Röschke Jörg	Ballettschule Müller	3:51:42	M40	155	0:48:27	1:15:39	1:47:35
749	4777	Krueger Oleg	*Krefeld	3:51:45	M40	156	0:49:05	1:16:30	1:46:09
750	4380	Kesselhut Frank	vereinslos	3:51:45	M45	229	0:49:29	1:14:00	1:48:14
751	1811	Timm Dr. Haiko	Lauftreff Uhlenhorst	3:51:47	M50	124	0:49:24	1:14:50	1:47:32
752	4250	Puy Michl Franz Xaver	Eintracht Duisburg 1848	3:51:49	M40	157	0:48:08	1:16:16	1:47:23
753	3747	Marczinek Jörg	OneUnitRemscheidRunning	3:51:51	M40	158	0:49:57	1:14:21	1:47:32
754	1891	Billmann Karsten	Vohwinkeler STV	3:51:52	M40	159	0:49:31	1:14:38	1:47:42
755	1884	Keldenich Dr. Jörg	*Wuppertal	3:51:54	M55	36	0:49:27	1:14:50	1:47:35
756	3268	Weishaupt Friedrich	Vodafone Runners	3:51:55	M55	37	0:58:19	1:13:38	1:39:57
757	4343	Lemke Lars	TV 1900 Wanheim	3:51:56	M40	160	0:48:37	1:13:58	1:49:20
758	4238	Giesen Heinz	LG Mülheim	3:51:58	M60	17	0:49:38	1:14:45	1:47:34
759	5022	Otto Hans-Peter	PV Triathlon Witten	3:51:58	M50	125	0:48:30	1:14:22	1:49:05
760	1726	Backes Stefan	*Essen	3:51:59	M40	161	0:48:36	1:14:38	1:48:45
761	4310	Fromont Bernard	*Ratingen	3:52:00	M50	126	0:49:06	1:15:38	1:47:15
762	4774	Gabriel Georg	Lauffreunde HADI Wesel	3:52:09	M35	94	0:48:02	1:13:19	1:50:47
763	1949	Friedrich Jürgen	*Mülheim-Saarn	3:52:10	M50	127	0:47:19	1:13:59	1:50:51
764	2669	Alt Rudi	TRJ Ducks Dorsten	3:52:12	M60	18	0:50:14	1:15:47	1:46:11
765	5178	Meyer Erich	TSV 1863 Herdecke	3:52:16	M45	230	0:50:30	1:16:21	1:45:24
766	2212	Thies Stefan	*Kaarst	3:52:17	M40	162	0:47:49	1:13:36	1:50:51
767	2939	Göbel Karsten	HELIOS IRON TEAM Wuppe	3:52:18	M45	231	0:47:52	1:15:56	1:48:29
768	1975	Kuhlmann Gregor	Die schwarzen Heiden	3:52:19	M50	128	0:48:43	1:17:09	1:46:27
769	2048	Oberpichler Heiko	*Düsseldorf	3:52:20	M35	95	0:48:45	1:17:23	1:46:12
770	4376	Köller-Timm Thorsten	*Wuppertal	3:52:21	M45	232	0:50:07	1:16:53	1:45:20
771	3753	Bier Günther	*Velbert	3:52:21	M55	38	0:48:32	1:16:01	1:47:48
772	3974	Reichelt Herbert	Die blauen Bengel	3:52:25	M50	129	0:49:31	1:15:48	1:47:04
773	2491	Marasopoulos Thomas	*Mülheim an der Ruhr	3:52:26	M40	163	0:48:34	1:11:57	1:51:54
774	5307	Vogt Josef	TV Frisch Auf Lennep	3:52:33	M55	39	0:41:48	1:22:16	1:48:28
775	2224	Moschner Holger	Haubenbär	3:52:35	M45	233	0:49:49	1:17:11	1:45:34
776	4389	Nowak Frank	*hünxe	3:52:38	M40	164	0:46:45	1:17:33	1:48:19
777	2297	Biegel Dirk	Lauftiger	3:52:42	M45	234	0:48:14	1:17:21	1:47:06
778	3587	Nieskens Wolfgang	LC Duisburg-Marathonkurs	3:52:43	M50	130	0:48:03	1:13:11	1:51:28
779	5357	Bernhard Björn	activefirst	3:52:45	M30	56	0:48:00	1:13:52	1:50:52
780	2836	Bullermann Alex	Feuerwehr SV Düsseldorf	3:52:48	M19	6	0:44:10	1:05:53	2:02:44
781	2676	Natrop Hans-Peter	BSG Team EVAG	3:53:00	M50	131	0:48:51	1:17:06	1:47:01
782	5415	Strube Ralf	activefirst	3:53:01	M45	235	0:49:30	1:16:55	1:46:35
783	4759	Weeske Günter	LT Lustige Schleicher Essen	3:53:03	M45	236	0:47:19	1:15:15	1:50:28
784	3049	Tuncel Turhan	Evonik Wohnen	3:53:05	M40	165	0:49:28	1:13:18	1:50:18
785	4094	Zydek Arthur	*Mülheim	3:53:16	M35	96	0:45:48	1:13:13	1:54:14
786	4517	Halfmeier Frank	*Duisburg	3:53:26	M40	166	0:45:09	1:13:53	1:54:23
787	2138	Schaffrath Henry	*Dormagen	3:53:28	M35	97	0:47:32	1:16:05	1:49:50
788	2772	Schrader Michael	*Mülheim an der Ruhr	3:53:30	M45	237	0:49:29	1:16:13	1:47:47
789	4553	Schwan Roland	*Moers	3:53:31	M40	167	0:48:51	1:17:44	1:46:55
790	3642	Gumz Ingo	Rumelner TV	3:53:33	M45	238	0:50:10	1:14:49	1:48:33
791	2023	Schäfer Wolfgang	LV Marathon Kleve	3:53:34	M50	132	0:48:13	1:15:23	1:49:56
792	3541	Unger Armin	*Oberhausen	3:53:36	M45	239	0:49:50	1:15:08	1:48:38
793	2571	Gaertner Björn	mmergrün triathlon team	3:53:40	M22	30	0:46:18	1:16:40	1:50:42
794	1614	Otto Andreas	*Düsseldorf	3:53:46	M30	57	0:50:42	1:14:44	1:48:19
795	3147	Kietzmann Uwe	Max Maulwurf Marathonis	3:53:47	M40	168	0:47:56	1:16:15	1:49:35

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	2936	Centler Martin	*Schwerte	3:53:50	M50	133	0:49:15	1:16:40	1:47:55
797	2993	Vogel Dirk	*Duisburg	3:53:53	M50	134	0:49:34	1:13:38	1:50:40
798	4818	Kollenberg Frank	*Oberhausen	3:54:00	M45	240	0:48:22	1:16:12	1:49:25
799	4260	Dernier Andreas	Mittwochslauftreff Ratingen	3:54:01	M40	169	0:48:53	1:16:23	1:48:44
800	1610	Wortelkamp Wolf	*Düsseldorf	3:54:02	M55	40	0:50:15	1:15:09	1:48:37
801	5115	Kulke Reinhard	Adler-Langlauf Bottrop	3:54:06	M45	241	0:48:39	1:17:05	1:48:22
802	4805	Boleslawsky Stephan	*Ratingen	3:54:08	M35	98	0:49:40	1:17:19	1:47:08
803	4043	Esser Volker	LC Duisburg	3:54:10	M40	170	0:46:28	1:16:37	1:51:05
804	4496	Aßhauer Michael	LT BAMP Herne	3:54:14	M45	242	0:49:08	1:16:40	1:48:25
805	4870	Schubert René	*Ratingen	3:54:17	M35	99	0:48:29	1:15:53	1:49:55
806	3557	Börmann Andreas Josef	Immeo Wohnen Service Gmb	3:54:20	M45	243	0:48:32	1:17:01	1:48:46
807	3264	Trautmann Stefan	Vodafone Runners	3:54:20	M45	244	0:48:59	1:18:57	1:46:23
808	4198	Thiel Markus	DSSC 09/20	3:54:21	M40	171	0:49:13	1:16:12	1:48:56
809	3304	Nentwich Norbert	FS Rheinkamp	3:54:26	M50	135	0:50:48	1:10:15	1:53:22
810	3880	Meisner Jan	*Krefeld	3:54:27	M40	172	0:49:51	1:15:03	1:49:32
811	3397	Thöne Klaus	AS Neukirchen-Vluyn	3:54:33	M50	136	0:49:22	1:14:50	1:50:20
812	5271	Hirseman Thorsten	MTBvD	3:54:36	M30	58	0:52:20	1:20:11	1:42:04
813	4129	Adamczuk David	Kamikaze-Runners	3:54:41	M40	173	0:47:37	1:22:11	1:44:52
814	2240	Grunwald Andy	No Limits	3:54:48	M22	31	0:48:13	1:14:47	1:51:47
815	3691	Escher Alexander	*Bottrop	3:54:51	M35	100	0:49:43	1:14:09	1:50:57
816	4461	Kessenbrock Jan	*Wuppertal	3:54:51	M22	32	0:48:33	1:17:05	1:49:13
817	5103	Nagel Christian	TVE Burgaltendorf	3:54:58	M45	245	0:48:53	1:14:46	1:51:19
818	4662	Hinzmann Mathias	Kahlenberger HTC	3:54:59	M30	59	0:46:05	1:28:19	1:40:34
819	3441	Jekubczik Maik	LC Duisburg-Marathonkurs	3:55:00	M40	174	0:48:46	1:12:38	1:53:35
820	1885	Meller Jens	www.radiergummiliga.de	3:55:04	M45	246	0:50:32	1:16:42	1:47:50
821	3132	Bendixen Thomas	*Duisburg	3:55:05	M45	247	0:48:45	1:18:13	1:48:07
822	1584	Ringelstein Dr. Jörg	Zornige Ameisen	3:55:06	M40	175	0:48:46	1:12:49	1:53:31
823	2178	Mierswa Thomas	RWW-Running-Team	3:55:07	M45	248	0:51:57	1:14:46	1:48:23
824	2633	Dikici Cevdet	LT Lukas	3:55:11	M45	249	0:50:10	1:19:23	1:45:37
825	4257	Gall Jens	Triathlon Team Ratingen 08 e	3:55:13	M45	250	0:50:39	1:18:06	1:46:28
826	1556	Fritzsch Harald	LT Cloversoft	3:55:19	M50	137	0:48:10	1:14:15	1:52:53
827	5114	Hamm Dieter	LT Kettwig 2000	3:55:20	M50	138	0:51:09	1:14:37	1:49:33
828	2387	Grönheit Frank	CSV Marathon	3:55:23	M50	139	0:50:37	1:17:57	1:46:48
829	2198	Blazejak Matthias	Immeo Wohnen Service Gmb	3:55:24	M40	176	0:48:00	1:16:52	1:50:31
830	2413	Gang Walter	Turbo-Schnecken Lüdensche	3:55:25	M50	140	0:47:44	1:17:33	1:50:07
831	3856	Sibben Jan	TSV Nieukerk	3:55:25	M22	33	0:46:57	1:12:49	1:55:38
832	2581	Schüürmann Tim	*Mülheim an der Ruhr	3:55:25	M30	60	0:50:21	1:14:59	1:50:04
833	3558	Nyehaus Michael	*Willich	3:55:30	M50	141	0:48:28	1:15:22	1:51:39
834	4507	Hansen Ingo	*Düsseldorf	3:55:31	M40	177	0:46:34	1:18:10	1:50:45
835	4493	Neuwirth Frank	LT BAMP Herne	3:55:36	M45	251	0:50:17	1:16:52	1:48:26
836	3186	Rosso Andrea	Vodafone Runners	3:55:36	M45	252	0:49:01	1:17:41	1:48:53
837	1873	Rudolph Uwe	*Duisburg	3:55:36	M50	142	0:48:43	1:16:40	1:50:12
838	5359	Brockmann Stefan	activefirst	3:55:37	M40	178	0:47:49	1:19:08	1:48:39
839	4869	Kowalski Fred	*Ratingen	3:55:38	M40	179	0:49:02	1:21:13	1:45:22
840	2008	Kraus Reiner	*Meerbusch	3:55:40	M45	253	0:49:19	1:13:33	1:52:47
841	3685	Krüger Andreas	SG Deutsche Bank Düsseld	3:55:42	M45	254	0:49:53	1:17:04	1:48:45
842	3296	Grube Wolfgang	BSG Stadtwerke Duisburg A	3:55:45	M65	5	0:51:01	1:16:41	1:48:01
843	3706	Kiosses Georios	Marathonteam-Ratingen	3:55:45	M50	143	0:49:51	1:17:00	1:48:53
844	4136	Krämer Thorsten	-	3:55:49	M35	101	0:49:00	1:13:23	1:53:25
845	5381	Kammann Christian	activefirst	3:55:50	M30	61	0:51:35	1:14:02	1:50:12
846	3324	Beekmans Uwe	LG COESFELD	3:55:52	M45	255	0:47:58	1:18:53	1:48:59
847	3787	Strate Andreas	Triathlon TEAM TG Witten	3:55:56	M45	256	0:50:05	1:13:03	1:52:47
848	3438	Weiner Thomas	TuS Breitscheid	3:55:59	M45	257	0:45:59	1:11:34	1:58:25

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	3996	Köngeter Hans	SCB Horrem	3:56:00	M55	41	0:49:03	1:17:08	1:49:48
850	3248	Knappmann Hubertus	*Essen	3:56:05	M50	144	0:49:28	1:19:16	1:47:20
851	2561	Beckord Dr. Peter	*Duisburg	3:56:10	M50	145	0:47:32	1:18:50	1:49:46
852	3148	Humberg Patrick	Max Maulwurf Marathonis	3:56:12	M40	180	0:48:10	1:17:51	1:50:11
853	2887	Tissarek Karl-Heinz	TC Kray 1892 e.V.	3:56:15	M50	146	0:48:43	1:21:04	1:46:28
854	2157	Kulke Bernd	Team Big 25 Herne	3:56:21	M35	102	0:49:46	1:16:33	1:50:01
855	4996	Von Hagen Andreas	DJK Tus Rotthausen	3:56:26	M45	258	0:49:45	1:17:17	1:49:23
856	4009	Brandl Axel	MSV Duisburg LT	3:56:27	M60	19	0:49:34	1:17:11	1:49:41
857	5433	Epke Andreas	activefirst	3:56:28	M55	42	0:49:44	1:16:19	1:50:24
858	4414	Höner Christian	Running Bad Homberg	3:56:30	M45	259	0:49:13	1:16:35	1:50:40
859	2862	Krämer Marcus	TCR	3:56:34	M40	181	0:49:03	1:17:34	1:49:56
860	2514	Hüsken Dirk	Die Kanalratten SGZ Essen	3:56:38	M45	260	0:55:29	1:13:48	1:47:21
861	4278	Krüger Christian	kg-Essen	3:56:45	M50	147	0:47:33	1:27:54	1:41:17
862	5341	Kohn Stefan	*Duisburg	3:56:46	M45	261	0:50:00	1:18:08	1:48:38
863	5347	Dobinski Gunnar	MTV	3:56:52	M40	182	0:48:29	1:14:44	1:53:38
864	3368	Kuhnen Reiner	AS Neukirchen-Vluyn	3:56:52	M50	148	0:49:03	1:16:57	1:50:51
865	3174	Tischer Norman	Vodafone Runners	3:56:53	M30	62	0:50:10	1:18:37	1:48:06
866	4072	Nemeth Prof. Dr. Peter	Trinksportfreunde Dortmund	3:56:53	M45	262	0:47:54	1:14:59	1:53:59
867	2680	Böttger Mattis	BSG Team EVAG	3:56:53	M15	1	0:47:53	1:16:00	1:52:59
868	5411	Sheridan Joseph	activefirst	3:56:56	M50	149	0:47:48	1:22:07	1:46:59
869	3042	Van Remmen Roman	Haus Freudenberg GmbH	3:56:57	M22	34	0:49:11	1:17:07	1:50:37
870	2641	Schuster Maik	Krefelder Kanu Klub	3:56:57	M40	183	0:49:08	1:16:35	1:51:14
871	3405	Seegers Andreas	TG Neuss	3:57:03	M35	103	0:54:46	1:23:26	1:38:50
872	3125	Plicht Werner	wider dem Schweinehund	3:57:06	M45	263	0:48:37	1:18:44	1:49:44
873	5326	Van Lochem Gorg	OSM Runners	3:57:07	M45	264	0:48:33	1:19:37	1:48:55
874	1928	Büßen FRITZ	LT Mismahlshof	3:57:07	M50	150	0:48:46	1:15:39	1:52:41
875	2576	Rothe Andreas	*Mülheim an der Ruhr	3:57:08	M40	184	0:40:47	1:22:49	1:53:30
876	1794	Busch Michael	LG Alpen	3:57:09	M40	185	0:45:40	1:20:18	1:51:10
877	3088	Jöster Klaus	E.ON Ruhrgas SG	3:57:10	M55	43	0:50:49	1:16:58	1:49:22
878	1820	Günner Carsten	*Moers	3:57:12	M40	186	0:47:24	1:17:00	1:52:47
879	3805	Volk Frank	*Duisburg	3:57:14	M40	187	0:49:12	1:14:46	1:53:15
880	4845	Weever Martin	Bocholter WSV	3:57:14	M50	151	0:49:34	1:16:38	1:51:00
881	4130	Felske Jürgen	*Oberhausen	3:57:14	M50	152	0:47:27	1:23:41	1:46:05
882	4654	Janßen David	LT Schnecke Sonsbeck	3:57:20	M22	35	0:44:33	1:16:24	1:56:21
883	3954	Pachura Frank	BSG Sparkasse Duisburg	3:57:21	M45	265	0:49:29	1:15:50	1:52:02
884	1529	Niewerth Tobias	rotrunner.de Radkurier no. 79	3:57:25	M30	63	0:47:20	1:15:09	1:54:54
885	2849	Bogodukhov Evgeny	*Düsseldorf	3:57:28	M40	188	0:49:58	1:19:04	1:48:25
886	3048	Mehlmann Marcus	Evonik Wohnen	3:57:29	M35	104	0:48:52	1:13:45	1:54:51
887	3183	Vißers Ralf	Vodafone Runners	3:57:32	M40	189	0:50:56	1:17:01	1:49:33
888	3639	Lohmann Dirk	*Oberhausen	3:57:35	M45	266	0:50:19	1:15:46	1:51:29
889	3659	Wochna Marcin	TuS Bösinghoven	3:57:37	M35	105	0:49:16	1:17:03	1:51:17
890	3892	Binias Jürgen	LC Duisburg	3:57:42	M50	153	0:51:26	1:18:00	1:48:16
891	3435	Schmidtke Norbert	TuS Breitscheid	3:57:42	M50	154	0:47:26	1:16:11	1:54:05
892	1710	Prochotta Prof. Dr. Joach	*Meerbusch	3:57:43	M50	155	0:50:30	1:19:01	1:48:11
893	4761	Stalter Uli	*Düsseldorf	3:57:46	M40	190	0:50:21	1:16:11	1:51:13
894	5039	Schmidt Friedhelm	Burscheid	3:57:48	M50	156	0:48:26	1:19:55	1:49:26
895	5153	Berger Peter	Qualtours	3:57:56	M45	267	0:51:12	1:19:38	1:47:05
896	3989	Donner Michael	*Wuppertal	3:57:57	M50	157	0:49:45	1:17:03	1:51:09
897	4630	Zuck Thomas	Bauenmitzuck	3:57:58	M40	191	0:49:45	1:17:01	1:51:11
898	5686	Gerlach Thomas	LG Die 3 von der Franzstraße	3:57:58	M55	44	0:50:31	1:17:16	1:50:10
899	5418	Tosch Frank	activefirst	3:58:00	M45	268	0:51:33	1:16:39	1:49:46
900	3727	Heume Matthias	*Krefeld	3:58:03	M50	158	0:48:53	1:14:16	1:54:53
901	1689	Kretschmann Guido	Fun Runner VfL Gladbeck	3:58:04	M45	269	0:48:08	1:22:05	1:47:50

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	3628	Licata Antonio	Dudel-Runner	3:58:08	M45	270	0:50:50	1:17:18	1:49:59
903	4742	Schuh Christian	Team Stromberg	3:58:11	M30	64	0:50:04	1:16:05	1:52:01
904	1783	Dornseifer Michael	*Essen	3:58:12	M35	106	0:49:49	1:20:04	1:48:18
905	5101	Lelgemann Thomas	TVE Burgaltendorf	3:58:14	M55	45	0:49:43	1:17:49	1:50:40
906	3931	Heinrichs Torsten	*Neuss	3:58:15	M35	107	0:49:23	1:18:06	1:50:46
907	2679	Böttger Klaus-Peter	BSG Team EVAG	3:58:16	M55	46	0:49:17	1:16:00	1:52:59
908	2911	Michalski Jürgen	SV Delphin Dorsten	3:58:20	M50	159	0:52:11	1:15:15	1:50:54
909	4652	Maaßen Heinz	LT Turnerbund Frintrop	3:58:22	M55	47	0:50:11	1:18:39	1:49:30
910	2673	Althoff Markus	Adler-Langlauf Bottrop	3:58:22	M40	192	0:50:38	1:18:40	1:49:03
911	4743	Rausch Oliver	Team Stromberg	3:58:22	M30	65	0:50:01	1:16:24	1:51:56
912	3762	Bredol Peter	226 1/2 2011	3:58:30	M22	36	0:50:21	1:20:18	1:47:50
913	3960	Trede Volker	www.dinmedic.de	3:58:35	M45	271	0:51:18	1:14:38	1:52:38
914	2992	Puy Alexander	*Duisburg	3:58:36	M40	193	0:49:32	1:16:47	1:52:16
915	5040	Jammer Stefan	TRlandertaler Mettmann-Spor	3:58:38	M45	272	0:47:24	1:17:55	1:53:17
916	2795	Peitsch Michael	*Düsseldorf	3:58:43	M55	48	0:52:00	1:16:34	1:50:08
917	1828	Gebhardt Dirk	Ausdauererschule by Bunert	3:58:44	M50	160	0:48:54	1:17:19	1:52:30
918	2284	Fischer Dirk	BSG Sparkasse Duisburg	3:58:49	M35	108	0:52:48	1:17:33	1:48:28
919	3299	Kietzmann Detlef	Max Maulwurf Marathonis	3:58:50	M50	161	0:49:37	1:16:38	1:52:35
920	5204	Schlüssel Peter	*Rheinberg	3:58:54	M45	273	0:45:59	1:23:44	1:49:10
921	1941	Marißen Klaus-D.	Die Stolperer	3:58:57	M60	20	0:49:57	1:19:04	1:49:55
922	2107	Stawinoga Christian	*Krefeld	3:59:02	M19	7	0:43:54	1:09:33	2:05:33
923	5021	Priebel Siegfried	Team Erdinger	3:59:04	M50	162	0:56:41	1:13:20	1:49:02
924	1912	Tönshoff Jan	TripleT	3:59:04	M18	5	0:49:20	1:18:18	1:51:26
925	2876	Rölleke Knud	Ausdauererschule by Bunert	3:59:05	M40	194	0:48:41	1:16:56	1:53:27
926	4745	Kleusberg Martin	BSG Barmenia Versicheru	3:59:05	M40	195	0:49:04	1:20:02	1:49:58
927	1886	Kautz Günter	SV Viktoria Goch	3:59:12	M60	21	0:51:52	1:16:47	1:50:31
928	2721	Grunwald Klaus	Rapid Ramirez	3:59:13	M45	274	0:48:59	1:17:26	1:52:47
929	2329	Schoofs Holger	Obrighoven	3:59:13	M45	275	0:48:42	1:19:40	1:50:50
930	2790	Mölls Oliver	*Mülheim an der Ruhr	3:59:13	M35	109	0:48:33	1:18:44	1:51:56
931	5370	Goodall Steven	activefirst	3:59:14	M30	66	0:50:56	1:17:32	1:50:45
932	1981	Bangert Thomas	SG DORMA	3:59:24	M45	276	0:50:40	1:18:23	1:50:21
933	3997	Leitloff Carsten	*Hattingen	3:59:24	M40	196	0:45:34	1:12:29	2:01:20
934	4863	Kokoras Lazaros	*Düsseldorf	3:59:25	M45	277	0:53:04	1:18:30	1:47:51
935	5108	Ingenpaß Andre	*Dinslaken	3:59:32	M35	110	0:46:32	1:19:44	1:53:15
936	2494	Spogahn Georg	Bocholter WSV	3:59:34	M60	22	0:48:43	1:19:20	1:51:30
937	2931	Ketzscher David	HIT-Team	3:59:40	M30	67	0:56:57	1:17:14	1:45:28
938	3374	Mischke Dr. Frank-Norber	AS Neukirchen-Vluyn	3:59:45	M50	163	0:47:01	1:16:53	1:55:50
939	1988	Huttny Dieter	ELE Sport	3:59:46	M50	164	0:48:11	1:17:01	1:54:33
940	2296	Oberdörfer Stefan	*Remscheid	3:59:47	M50	165	0:46:58	1:20:28	1:52:20
941	3823	Braumann Ulrich	DJK Tus Rotthausen	3:59:47	M45	278	0:49:39	1:17:54	1:52:13
942	1621	Lange Olav	*Bottrop	3:59:53	M40	197	0:49:32	1:18:38	1:51:42
943	2620	Paßgang Ralf	Gothaer Runners Mülheim	3:59:53	M55	49	0:50:07	1:17:06	1:52:39
944	4275	Franzen Jörg	*Kerken	3:59:55	M40	198	0:50:53	1:18:04	1:50:57
945	4649	Hohl Jürgen	Huckinger Marathonis	4:00:01	M45	279	0:55:23	1:13:09	1:51:28
946	2730	Schulz Claus-Peter	*Moers	4:00:04	M50	166	0:50:44	1:16:58	1:52:20
947	2194	Klug Andreas	Running Dinslaken	4:00:12	M45	280	0:48:20	1:15:41	1:56:10
948	2077	Speh Oliver	Jogmap Ruhr	4:00:15	M45	281	0:49:04	1:18:28	1:52:43
949	3870	Komor Jean-Paul	LC Duisburg	4:00:18	M45	282	0:51:15	1:19:10	1:49:52
950	5104	Reimann Christopher	TVE Burgaltendorf	4:00:19	M45	283	0:49:58	1:18:55	1:51:25
951	5405	Schäfer Torsten	activefirst	4:00:23	M35	111	0:50:25	1:16:37	1:53:20
952	2761	Härig Wilfried	*Duisburg	4:00:31	M50	167	0:50:44	1:19:19	1:50:27
953	2524	Birkner Oliver	*Monheim	4:00:32	M50	168	0:50:32	1:20:14	1:49:45
954	2261	Hellwig-Meller Jürgen	Dreckschüppengesichter Ess	4:00:32	M45	284	0:49:50	1:23:52	1:46:49

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	1751	Vohl Stefan	*Duisburg	4:00:33	M40	199	0:49:57	1:19:23	1:51:12
956	1514	Krayer Bernd	TuS Breitscheid	4:00:38	M45	285	0:47:53	1:18:39	1:54:06
957	3844	Ingenhoven Kai	Die Neuzeit hat begonnen	4:00:40	M45	286	0:47:46	1:26:17	1:46:36
958	4028	Dietzsch Andreas	Haus Freudenberg GmbH	4:00:41	M40	200	0:49:42	1:17:40	1:53:19
959	3155	Tiede Gisbert	TVK 1877 Essen	4:00:43	M55	50	0:49:32	1:17:26	1:53:43
960	2827	Krüger Ingo	Marathonteam-Ratingen	4:00:49	M40	201	0:49:01	1:18:43	1:53:03
961	4784	Wehren Mario	St.Hubertus-Uedemerbruch	4:00:50	M35	112	0:48:57	1:16:42	1:55:11
962	2055	Janssen Thomas	Team Erdinger Alkoholfrei	4:00:53	M40	202	0:51:20	1:19:20	1:50:12
963	3032	Sobczak Martin	Adler-Langlauf Bottrop	4:00:53	M45	287	0:51:28	1:19:34	1:49:51
964	4293	Schmulke Jürgen	LT Krefeld-Oppum	4:00:57	M50	169	1:01:22	1:16:48	1:42:46
965	1887	Kohrsmeier Dirk	*Wuppertal	4:00:57	M50	170	0:49:35	1:16:07	1:55:14
966	2823	Thomaschewski Dr. Frank	*Duisburg	4:00:57	M45	288	0:50:05	1:18:17	1:52:34
967	3384	Ruthmann Jens	AS Neukirchen-Vluyn	4:00:59	M45	289	0:50:34	1:17:11	1:53:13
968	3984	Ullrich Tino	Team Snakebite	4:01:00	M35	113	0:51:17	1:17:04	1:52:38
969	3973	Wulfekotte Thorsten	*Duisburg	4:01:02	M40	203	0:51:17	1:17:05	1:52:38
970	5169	Hafemeister Klaus	Coburger Turnerschaft	4:01:03	M55	51	0:48:37	1:26:01	1:46:24
971	3767	Thanner Markus	Giasinga Ledahosn	4:01:04	M40	204	0:49:48	1:17:41	1:53:33
972	4292	Severin Tobias	*Düsseldorf	4:01:05	M22	37	0:49:23	1:15:51	1:55:49
973	1748	Thomann Bastian	Fressnapf Allstars	4:01:10	M30	68	0:52:58	1:19:07	1:49:04
974	3911	Koslowsky Andreas	Grün Weiss Ratingen	4:01:12	M45	290	0:53:06	1:17:24	1:50:42
975	2756	Seifert Martin	*Ratingen	4:01:15	M45	291	0:49:36	1:17:57	1:53:40
976	5099	Spengler Georg	TVE Burgaltendorf	4:01:18	M45	292	0:50:58	1:19:04	1:51:14
977	2592	Duisberg Olaf	*Wuppertal	4:01:19	M40	205	0:51:41	1:19:44	1:49:53
978	2637	Schmitt Achim	LT Wischlingen Dortmund	4:01:23	M45	293	0:54:56	1:25:20	1:41:07
979	4392	Zöller Christian	*Duisburg	4:01:25	M30	69	0:48:36	1:18:43	1:54:05
980	5182	Van Holt Ludger	Die Holdies	4:01:25	M45	294	0:48:30	1:23:44	1:49:11
981	2678	Jenner Hartmut	BSG Team EVAG	4:01:27	M55	52	0:51:07	1:17:38	1:52:41
982	4785	Liesenfeld Joachim	*Duisburg	4:01:28	M50	171	0:50:17	1:17:11	1:54:00
983	4779	Bosse Paul	Lauffreunde HADI Wesel	4:01:29	M45	295	0:51:29	1:18:09	1:51:50
984	4979	Doert-Brexel Gerd	BSV ThyssenKrupp Stahl	4:01:30	M55	53	0:52:34	1:19:37	1:49:18
985	2511	Schilling Dirk	KC Santa Monica	4:01:31	M40	206	0:49:31	1:18:50	1:53:08
986	1686	Glasenapp Micha	Berkastars Rheinberg	4:01:33	M45	296	0:49:25	1:18:30	1:53:37
987	4543	Kopp Hans-Juergen	*Duisburg	4:01:39	M45	297	0:49:10	1:18:59	1:53:29
988	2151	Hack Markus	*Düsseldorf	4:01:49	M40	207	0:49:58	1:17:39	1:54:11
989	4896	Heiles Frank	*Mülheim / Ruhr	4:01:56	M45	298	0:50:38	1:17:01	1:54:17
990	1561	Kreuzenbeck Volker	*Essen	4:01:57	M45	299	0:50:11	1:17:57	1:53:48
991	2706	Pilgermann Kai	*Dinslaken	4:01:57	M35	114	0:49:19	1:19:43	1:52:54
992	4703	Dreker Severin Michael	FAST FOOT Düsseldorf	4:02:00	M35	115	0:49:46	1:20:35	1:51:37
993	4508	Späth Norbert	*Düsseldorf	4:02:07	M40	208	0:50:18	1:17:52	1:53:56
994	5304	Orths Clemens	*Duisburg	4:02:08	M45	300	0:52:13	1:18:27	1:51:27
995	4983	Plötz Andreas	SV Wanheim 1900	4:02:11	M60	23	0:49:17	1:16:37	1:56:16
996	1833	Maiwald Karl-Heinz	LT TB Hassels Düsseldorf	4:02:11	M60	24	0:54:48	1:19:19	1:48:03
997	3923	Löw Dennis	*Düsseldorf	4:02:13	M45	301	0:49:32	1:20:29	1:52:11
998	1958	Krebber Norbert	Bocholter WSV	4:02:14	M50	172	0:51:10	1:26:42	1:44:22
999	2719	Coban Artur	TriClub Wuppertal	4:02:22	M45	302	0:41:30	1:21:35	1:59:16
1000	4781	Banik Stefan	*Langerwehe	4:02:29	M45	303	0:47:57	1:16:36	1:57:55
1001	4031	Heinig Peter	*Duisburg	4:02:30	M50	173	0:49:44	1:18:00	1:54:45
1002	1942	Kaiser Daniel	Laufftreff R(h)einknaller	4:02:32	M22	38	0:43:47	1:10:15	2:08:29
1003	2218	Renzel Wolfgang	*Ratingen	4:02:34	M50	174	0:50:47	1:19:08	1:52:38
1004	2242	Hölterhoff Andre	*Oberhausen	4:02:38	M30	70	0:51:06	1:17:31	1:53:59
1005	2933	Denizer Ahmet	Adler-LAnglauf Bottrop	4:02:38	M40	209	0:51:44	1:19:11	1:51:42
1006	5275	Bruns Bernd	UTC	4:02:49	M50	175	0:48:24	1:22:23	1:52:01
1007	2630	Birnbach Frank	LT Berka Stars	4:02:49	M40	210	0:48:22	1:16:27	1:57:59

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	2176	Beckord Jürgen	RWW-Running-Team	4:02:50	M45	304	0:51:09	1:19:17	1:52:22
1009	3505	Grosse Karl-Heinz	Team Erdinger Alkoholfrei	4:02:56	M55	54	0:46:13	1:23:15	1:53:26
1010	2404	Elbers Heinz	SV Viktoria Goch	4:02:56	M50	176	0:51:15	1:18:56	1:52:44
1011	5393	Meier Holger	activefirst	4:03:01	M35	116	0:52:25	1:18:20	1:52:15
1012	2158	Niehs Theo	Sonntagsläufer Angermund	4:03:03	M55	55	0:52:25	1:19:03	1:51:35
1013	4323	Becker Dr. Markus	LG Mülheim	4:03:04	M50	177	0:51:03	1:17:15	1:54:46
1014	3794	Born Dirk	*Krefeld	4:03:11	M35	117	0:56:06	1:25:13	1:41:52
1015	2408	Gröber Rüdiger	*Düsseldorf	4:03:11	M55	56	0:51:09	1:19:17	1:52:44
1016	2638	Suckau Jürgen	BSG Barmenia Versicheru	4:03:12	M45	305	0:50:39	1:18:28	1:54:03
1017	4395	Bertels Peter	*Krefeld	4:03:12	M45	306	0:56:06	1:25:14	1:41:52
1018	4579	Nierfeld Marco	TC 69 Sterkrade	4:03:12	M40	211	0:51:54	1:18:34	1:52:43
1019	2813	Kaczmarek Christian	*Recklinghausen	4:03:14	M45	307	0:51:41	1:20:09	1:51:23
1020	1935	Engberg Holger	*Wuppertal	4:03:25	M22	39	1:00:00	1:33:34	1:29:50
1021	4646	Brandt Sebastian	*Essen	4:03:32	M22	40	0:55:19	1:20:31	1:47:41
1022	2263	Klinge Markus	Dreckschüppengesichter Ess	4:03:42	M40	212	0:52:29	1:23:36	1:47:36
1023	3707	Stamatopoulos Leonidas	Marathonteam-Ratingen	4:03:48	M55	57	0:52:47	1:18:17	1:52:44
1024	4005	Florin Wilhelm	Homberger TV	4:03:48	M55	58	0:54:55	1:18:43	1:50:10
1025	1770	Eckhardt Marc	*Duisburg	4:03:49	M35	118	0:49:02	1:15:41	1:59:04
1026	3980	Rissel Martin	*Duisburg	4:03:49	M35	119	0:51:52	1:19:54	1:52:02
1027	2304	Rudnik Jens	*Dinslaken	4:03:50	M40	213	0:50:23	1:18:38	1:54:48
1028	2278	Große-Wilde Wolfgang	Lauffreunde Bottrop	4:03:53	M55	59	0:52:37	1:19:52	1:51:23
1029	2707	Kniest Marco	*Wesel	4:03:54	M30	71	0:51:15	1:19:43	1:52:54
1030	1733	Goldschmidt Thorsten	*Essen	4:03:56	M30	72	0:55:10	1:19:59	1:48:46
1031	4232	Jakobs Daniel	*Oberhausen	4:04:00	M45	308	0:47:19	1:22:41	1:53:58
1032	4611	Twiehaus Christopher	TC Kray 1892 e.V.	4:04:03	M22	41	0:51:21	1:22:49	1:49:53
1033	3522	Müller Oliver	*Essen	4:04:05	M35	120	0:47:52	1:23:15	1:52:56
1034	4549	Höhnen Thorsten	LT Berka Stars	4:04:12	M45	309	0:50:40	1:19:43	1:53:48
1035	2663	Wiesner Michael	DJK-VfL Willich	4:04:15	M55	60	0:50:49	1:19:25	1:54:00
1036	1927	Cornelißen Volker	LC Duisburg	4:04:21	M40	214	0:49:56	1:18:02	1:56:22
1037	4988	Freymuth Jens	*Oberhausen	4:04:26	M40	215	0:50:57	1:17:55	1:55:33
1038	3847	Lickes Heinz-Theo	LT Krefeld-Oppum	4:04:33	M55	61	0:48:45	1:18:52	1:56:55
1039	5218	Redmann Kai	*Düsseldorf	4:04:39	M40	216	0:50:41	1:20:51	1:53:05
1040	4727	Zimmermann Harry	LG Alpen	4:04:41	M50	178	0:54:49	1:17:57	1:51:55
1041	3283	Roth Holger	BSG Stadtwerke Duisburg A	4:04:47	M45	310	0:49:35	1:18:12	1:57:00
1042	4025	Alava-Pons Angel	Bewegtes Zentrum Duisurg e	4:04:48	M40	217	0:49:27	1:18:12	1:57:08
1043	4832	Dahlhaus Holger	*Wuppertal	4:04:48	M40	218	0:52:52	1:18:30	1:53:25
1044	3380	Pirman Frank	AS Neukirchen-Vluyn	4:04:56	M50	179	0:49:39	1:17:07	1:58:08
1045	3575	Hinsken Franz-Josef	Barfuss Kalamitsi	4:04:58	M55	62	0:52:45	1:19:17	1:52:54
1046	2313	Palm Klaus-Dieter	Laufftreff TBH Düsseldorf-Has	4:05:05	M65	6	0:52:15	1:24:45	1:48:03
1047	2759	Radig Manuel	*Oberhausen	4:05:06	M30	73	0:49:14	1:17:47	1:58:05
1048	4326	Collenburg Ralf	*Mülheim	4:05:07	M45	311	0:49:21	1:19:32	1:56:12
1049	2440	Juschka Axel	*Duisburg	4:05:10	M45	312	0:52:02	1:19:39	1:53:28
1050	3562	Goddinger Jürgen	Deichmann SE	4:05:11	M40	219	0:52:46	1:20:07	1:52:17
1051	3423	Ditzer Lothar	TuS Breitscheid	4:05:15	M55	63	0:50:27	1:21:44	1:53:03
1052	2593	Barck Andreas	*Wuppertal	4:05:19	M40	220	0:52:02	1:19:48	1:53:27
1053	1823	Steinborn Ivo	Ausdauerchule by Bunert	4:05:24	M40	221	0:48:47	1:23:16	1:53:20
1054	4336	Bobzin Pierre	*Essen	4:05:26	M45	313	0:52:01	1:19:41	1:53:44
1055	4115	Heim Nick	*Dinslaken	4:05:28	M15	2	0:51:13	1:20:39	1:53:35
1055	5027	Wünsche Dr. Clemens	*meerbusch	4:05:28	M35	121	0:49:18	1:17:27	1:58:42
1057	4306	Eikemper Stephan	Fun Runner VfL Gladbeck	4:05:32	M35	122	0:41:59	1:23:48	1:59:43
1058	4430	Eckert Paul	Team Interrail Klatovy	4:05:33	M45	314	0:51:32	1:18:11	1:55:49
1059	1918	Siegmund Michael	Die Kanalratten SGZ Essen	4:05:45	M45	315	0:51:07	1:29:12	1:45:25
1060	5058	Böhle Frank	Die mit der Weste	4:05:50	M40	222	0:50:24	1:18:13	1:57:12

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	4995	Schlinkmann Volker	*Duisburg	4:05:53	M45	316	0:49:51	1:15:27	2:00:34
1062	3273	Wischnewski Peter	Vodafone Runners	4:06:04	M50	180	0:50:55	1:21:33	1:53:35
1063	1560	Burkhardt Marcel	BSG RSGV Düsseldorf	4:06:09	M30	74	0:48:26	1:21:10	1:56:33
1064	2441	Dwars Thomas	Schwimmvereinigung Krefeld	4:06:11	M40	223	0:48:45	1:23:16	1:54:09
1065	1731	Van Zanten Carsten	*Düsseldorf	4:06:12	M35	123	0:50:09	1:19:41	1:56:22
1066	3799	Tinnefeld Holger	BSG Haniel	4:06:17	M40	224	0:54:31	1:24:25	1:47:20
1067	2471	Wiegand Axel	Borbecker TC	4:06:18	M35	124	0:50:52	1:21:12	1:54:14
1068	1590	Schauf Cleif	*Oberhausen	4:06:22	M40	225	0:50:05	1:18:51	1:57:25
1069	3634	Wenda Andreas	Scholz	4:06:23	M40	226	0:49:28	1:21:54	1:55:00
1070	2535	Bauersachs Sven	*Mülheim	4:06:31	M35	125	0:49:38	1:20:57	1:55:55
1071	4481	Kremer Dirk	*Essen	4:06:40	M40	227	0:47:21	1:15:15	2:04:04
1072	4259	Best Volker	*Duisburg	4:06:42	M60	25	0:52:31	1:20:00	1:54:10
1073	2374	Billen Thomas	*Duisburg	4:06:45	M45	317	0:46:20	1:21:25	1:58:59
1074	2507	Hornscheidt Frieder	Adler-Langlauf Bottrop	4:06:45	M55	64	0:52:08	1:21:15	1:53:21
1075	4116	Heim Stefan	*Oberhausen	4:06:49	M30	75	0:51:49	1:21:00	1:53:59
1076	2502	Hermkens Fred	*Krefeld	4:06:50	M60	26	0:52:30	1:19:35	1:54:44
1077	5266	Happ Thomas	*Bottrop	4:06:52	M50	181	0:52:28	1:22:23	1:52:00
1078	2362	Spielmann Uwe	LG Dorsten	4:06:58	M50	182	0:50:10	1:21:43	1:55:04
1079	4525	Böhnke Frank	Lauftreff TBH	4:06:59	M60	27	0:58:50	1:19:16	1:48:52
1080	3180	Ermini Marco	Vodafone Runners	4:06:59	M35	126	0:52:00	1:22:15	1:52:43
1081	4434	Berenbrinker Torsten	LT Kettwig 2000	4:07:02	M55	65	0:52:58	1:20:11	1:53:52
1082	3704	Feldmann Jens	*Duisburg	4:07:06	M30	76	0:48:09	1:15:29	2:03:27
1083	3937	Reisch Axel	Laufschule Oberhausen	4:07:10	M55	66	0:54:58	1:20:54	1:51:17
1084	1752	Wendel Haiko	team slow motion	4:07:10	M40	228	0:49:52	1:16:39	2:00:38
1085	4607	Müller Ulrich	TC Kray 1892 e.V.	4:07:16	M55	67	0:51:15	1:17:44	1:58:16
1086	2170	Neumann Wolfram	Adler-Langlauf Bottrop	4:07:17	M60	28	0:53:54	1:19:33	1:53:49
1087	1860	Franz Hendrik	Die Flitzpiepen	4:07:19	M30	77	0:50:34	1:19:07	1:57:37
1088	4360	Bahls Markus	Ballettschule Müller	4:07:21	M40	229	0:52:17	1:21:20	1:53:44
1089	1579	Brockhausen Christian	Triabolos Triathlon Hamburg	4:07:23	M45	318	0:53:32	1:20:01	1:53:49
1090	4559	Olschok Hartmut	BSC Emmerich	4:07:24	M45	319	0:51:52	1:20:54	1:54:38
1091	3750	Wolski Christian	-	4:07:26	M35	127	0:45:44	1:18:24	2:03:16
1092	2039	Roosen Sven	*Alpen	4:07:28	M35	128	0:49:05	1:19:25	1:58:57
1093	3137	Inglis Graham	Trimet	4:07:31	M40	230	0:52:31	1:19:41	1:55:18
1094	5083	Heming Reinhold	Ausdauer Schule by Bunert	4:07:35	M45	320	0:52:43	1:18:30	1:56:21
1095	3226	Holtmanns Thomas	Vodafone Runners	4:07:37	M45	321	0:49:54	1:20:11	1:57:31
1096	4692	Berger Uwe	Triathlon TEAM TG Witten	4:07:38	M45	322	0:50:21	1:20:29	1:56:47
1097	5205	Boos Edgar	Homberger TV	4:07:40	M50	183	0:49:34	1:21:03	1:57:02
1098	3769	Wilkens Rolf	*Bochum	4:07:44	M45	323	0:52:34	1:19:28	1:55:41
1099	2765	Haase Heinz	LC Duisburg	4:07:45	M60	29	0:51:01	1:19:29	1:57:14
1100	1671	Niedballa Peter	GSV Moers	4:07:45	M50	184	0:51:43	1:19:48	1:56:13
1101	4322	Marzinzik Frank	TVG Steele 1863	4:07:47	M40	231	0:52:04	1:18:54	1:56:48
1102	2760	Reichel Volker	*Neuss	4:07:50	M30	78	0:52:25	1:22:02	1:53:23
1103	4505	Wucherpennig Jan	Freie Schwimmer Düsseldorf	4:07:52	M45	324	0:51:22	1:18:35	1:57:55
1104	3969	Niczewitz Benjamin	*Duisburg	4:07:54	M30	79	0:51:53	1:20:00	1:56:00
1105	3400	Wolters Jörg	AS Neukirchen-Vluyn	4:07:56	M45	325	0:52:56	1:20:44	1:54:15
1106	2569	Klitzsch Thomas	Silbermöve	4:07:59	M55	68	0:54:00	1:20:55	1:53:02
1107	2331	Stolzenburg Klaus	Obrighoven	4:08:04	M55	69	0:51:27	1:19:47	1:56:49
1108	3267	Weidner Martin	Vodafone Runners	4:08:04	M40	232	0:52:42	1:20:46	1:54:35
1109	1531	Kueppers Anton	*Krefeld	4:08:08	M45	326	0:53:15	1:18:25	1:56:28
1110	1652	Heider Thomas	*LANGENFELD	4:08:11	M45	327	0:52:24	1:20:17	1:55:28
1111	5107	Dietrich Markus	TVE Burgaltendorf	4:08:12	M40	233	0:49:43	1:22:23	1:56:05
1112	4830	Jaloway Markus	*Ratingen	4:08:19	M50	185	0:52:25	1:20:52	1:55:01
1113	3992	Nöldemann Dieter	*Essen	4:08:20	M65	7	0:52:27	1:20:54	1:54:58

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1114	4794	Gonzalez Miguel	*Duisburg	4:08:23	M35	129	0:51:59	1:18:34	1:57:48
1115	4264	Lorkowski Michael	Die blauen Bengel	4:08:23	M50	186	0:49:06	1:19:40	1:59:37
1116	4764	Wilms Peter	*Duisburg	4:08:24	M45	328	0:52:00	1:18:35	1:57:49
1117	3567	Scheibenzuber Werner	Team 62 Runners	4:08:25	M45	329	0:51:34	1:20:07	1:56:43
1118	5447	Gille-Maas Andreas	Ausdauerhschule by Bunert	4:08:25	M40	234	0:49:04	1:19:35	1:59:45
1119	3035	Schlingemann Christian	GV Waltrop	4:08:25	M45	330	0:51:22	1:22:34	1:54:28
1120	4211	Mumcu Eray	*Düsseldorf	4:08:28	M40	235	0:53:46	1:19:19	1:55:23
1121	2058	Taczowski Jochen	BSG Sparkasse am Nieder	4:08:29	M40	236	0:49:03	1:22:20	1:57:05
1122	5437	Utz Andreas	Holding Pro Homine	4:08:30	M40	237	0:51:03	1:19:42	1:57:44
1123	2019	Gach Peter	*Mülheim	4:08:31	M50	187	0:50:30	1:22:00	1:55:59
1124	4452	Schilling Stefan	*Duisburg	4:08:35	M35	130	0:52:06	1:18:21	1:58:07
1125	1993	Stych Christof	*Duisburg	4:08:35	M22	42	0:48:44	1:27:20	1:52:30
1126	4220	Eibl Collin	Marathonteam-Ratingen	4:08:40	M50	188	0:50:10	1:21:14	1:57:15
1127	4901	Vormddohre Dieter	*Ratingen	4:08:45	M55	70	0:52:26	1:21:17	1:55:02
1128	3118	Balzen Christian	BWG-Team Duisburg	4:08:53	M35	131	0:52:27	1:19:31	1:56:54
1129	1999	Dudek Dirk A.	*Duisburg	4:08:58	M30	80	0:56:08	1:18:43	1:54:06
1130	4632	Häde Matthias	*Essen	4:08:59	M35	132	0:53:09	1:20:04	1:55:45
1131	3712	Wenz Michael	Bayer 08	4:09:03	M35	133	0:50:05	1:18:02	2:00:56
1132	3951	Liepe-Linde Alexander	ME-Sport	4:09:08	M22	43	0:51:50	1:19:59	1:57:18
1133	1688	Tlatlik Markus	*Odenthal	4:09:15	M40	238	0:53:43	1:20:01	1:55:31
1134	5312	Hoffbauer Reinhold	*Düsseldorf	4:09:17	M45	331	0:52:53	1:23:28	1:52:55
1135	4615	Höpfner Otto	LT Gruitzen-Neandertal	4:09:28	M60	30	0:52:06	1:19:29	1:57:52
1136	1922	Reckert Thomas	*Willich	4:09:31	M45	332	0:51:40	1:20:20	1:57:30
1137	4217	Kollakowski Klaus	LT Gruitzen-Neandertal	4:09:32	M60	31	0:52:58	1:19:00	1:57:32
1138	3774	Friesen Gerd	SG Hart am Limit	4:09:33	M45	333	0:51:59	1:20:09	1:57:24
1139	2899	Bonkowski Roland	Triathlon TEAM TG Witten	4:09:34	M55	71	0:50:51	1:21:50	1:56:51
1139	4912	Kaffsach Peter	Billmann Brothers	4:09:34	M45	334	0:50:54	1:26:19	1:52:20
1141	2232	Becker Jürgen	One Man Show	4:09:41	M50	189	0:52:05	1:20:33	1:57:02
1142	3904	Lauritsch Wilhelm-Hendrik	Makrolon Runners Uerdingen	4:09:45	M40	239	0:50:58	1:14:45	2:04:01
1143	4944	KLOPSTEIN RUDOLF	*ESSEN	4:09:49	M50	190	0:52:15	1:21:18	1:56:15
1144	3796	Schlette Marc	LC Duisburg	4:09:50	M40	240	0:54:09	1:22:44	1:52:56
1145	3536	Baumann Marc	*Duisburg	4:09:51	M40	241	0:52:12	1:21:52	1:55:46
1146	4333	Bröker Lothar	BSG-DVG	4:09:51	M40	242	0:52:24	1:22:33	1:54:54
1147	5095	Janik Marco	*Essen	4:09:53	M22	44	0:51:18	1:19:07	1:59:27
1148	4056	Bleich Frank	*Düsseldorf	4:09:57	M45	335	0:53:01	1:21:18	1:55:38
1149	3961	Obermanns Markus	*Mülheim	4:09:58	M50	191	0:50:03	1:16:20	2:03:34
1150	3999	Steffens Dirk	ASC Düsseldorf	4:10:02	M45	336	0:53:07	1:21:46	1:55:08
1151	1747	Wolf Peter	*Straelen - Herongen	4:10:05	M50	192	0:51:09	1:19:59	1:58:56
1152	3673	Schoch Guido	*Oberhausen	4:10:06	M35	134	0:53:15	1:22:24	1:54:26
1153	3665	Delhaes Dr. Carsten	*Issum	4:10:17	M45	337	0:52:33	1:20:54	1:56:50
1154	4721	Riege Tobi	Dick & Durstig	4:10:22	M30	81	0:49:18	1:22:11	1:58:52
1155	4574	Spichalsky Kai	*Willich	4:10:25	M45	338	0:51:40	1:19:21	1:59:23
1156	4882	Lesina Peter	*Wuppertal	4:10:31	M50	193	0:49:19	1:16:22	2:04:49
1157	1645	Wilmers Frank	*Bocholt	4:10:34	M35	135	0:55:49	1:20:50	1:53:54
1158	1978	Schmitz Frank	*Meerbusch	4:10:36	M40	243	0:52:05	1:18:51	1:59:39
1159	3531	Köster Sven	*Düsseldorf	4:10:36	M30	82	0:52:52	1:19:53	1:57:50
1160	5074	Joeken Michael	*Duisburg	4:10:39	M50	194	0:52:16	1:21:11	1:57:12
1161	3945	Potthoff Uwe	TEAM TG Witten	4:10:39	M50	195	0:53:12	1:20:39	1:56:48
1162	2365	Weinhold Jörg	Gocher Lauffamilien	4:10:41	M22	45	0:50:28	1:23:48	1:56:24
1163	3519	Gunia Michael	Renntiere	4:10:49	M45	339	0:53:16	1:20:04	1:57:27
1164	3987	Stobinski Ralf	LC Duisburg	4:10:51	M45	340	1:00:57	1:23:45	1:46:07
1165	4981	Seemann Ulf	*Duisburg	4:10:55	M45	341	0:51:16	1:19:24	2:00:13
1166	2013	Schulze Norbert	LG Alpen	4:10:59	M50	196	0:51:40	1:25:24	1:53:54

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	4317	Seyring Jan	ART Düsseldorf	4:11:05	M35	136	0:53:02	1:22:02	1:56:00
1168	5110	Werning Christian	*Mülheim	4:11:09	M22	46	0:52:41	1:17:56	2:00:30
1169	4696	Pletziger Marc	*Duisburg	4:11:17	M40	244	0:52:52	1:21:02	1:57:22
1170	4731	Reinhardt Armin	SV Bezirksregierung Düsseld	4:11:19	M50	197	0:54:45	1:22:32	1:54:00
1171	3327	Kröger Jürgen	LG COESFELD	4:11:25	M50	198	0:54:45	1:24:04	1:52:36
1172	4492	Dieckmeyer Torsten	*Kempfen	4:11:32	M45	342	0:51:48	1:21:23	1:58:20
1173	2038	Störbrauck Markus	RC VELO 85 Castrop-Rauxel	4:11:33	M30	83	0:51:33	1:20:18	1:59:41
1174	4316	Achsel Thomas	Team InterRail Klatovy 2007	4:11:39	M45	343	0:53:03	1:20:22	1:58:13
1175	3843	Mielke Heinrich	*Essen	4:11:42	M55	72	0:53:48	1:22:37	1:55:15
1176	3285	Laube Holger	BSG Stadtwerke Duisburg A	4:11:43	M40	245	0:52:15	1:20:24	1:59:03
1177	2564	Vortmeier Martin	Jogmap Ruhr	4:11:45	M50	199	0:53:02	1:23:09	1:55:33
1178	4697	Bramorski Wolfgang	*Mülheim an der Ruhr	4:11:48	M45	344	0:53:22	1:21:03	1:57:22
1179	2609	Witt-Lock Manfred	SV Bayer 08 Uerdingen	4:11:56	M45	345	0:52:04	1:20:43	1:59:09
1180	4003	Pohle Stefan	*Duisburg	4:12:00	M35	137	0:51:35	1:24:25	1:55:59
1181	5069	Haase Thomas	*Düsseldorf	4:12:02	M45	346	0:51:07	1:20:47	2:00:07
1182	2211	Holtschneider Bruno	*Düsseldorf	4:12:14	M60	32	0:52:30	1:22:28	1:57:15
1183	3637	Wolf Tobias	Team Wolf	4:12:17	M22	47	0:54:24	1:23:19	1:54:33
1184	5387	Krüger Matthias	activefirst	4:12:18	M40	246	0:53:03	1:25:28	1:53:46
1185	3725	Miskiw Georg	Marathonteam-Ratingen	4:12:21	M50	200	0:54:59	1:21:08	1:56:14
1186	5296	Büxenstein Manuel	BSG Sparkasse Lüdenscheid	4:12:21	M35	138	0:53:22	1:20:41	1:58:17
1187	5190	Ibrahim Erich	*Duisburg	4:12:29	M45	347	0:51:28	1:24:14	1:56:46
1188	3614	Mertens Frank	Rumelner TV	4:12:35	M35	139	0:51:23	1:21:49	1:59:21
1189	4182	Wassink Michael	*Oberhausen	4:12:41	M40	247	0:53:41	1:21:42	1:57:17
1190	5171	Neumann Thomas	*Duisburg	4:12:42	M40	248	0:52:25	1:20:35	1:59:40
1191	2742	Lenz Uwe	*Recklinghausen	4:12:43	M50	201	0:52:56	1:22:25	1:57:20
1192	3292	Ernst Uwe	BSG Stadtwerke Duisburg A	4:12:43	M50	202	0:49:43	1:24:38	1:58:22
1193	4889	Fieseler Andreas	*Wuppertal	4:12:47	M45	348	0:52:53	1:25:24	1:54:28
1194	2165	Schuldenzucker Horst	Sontagsläufer Angermund	4:12:47	M60	33	0:52:25	1:22:37	1:57:44
1195	5279	David Fabian	*Dortmund	4:12:51	M45	349	0:52:02	1:22:47	1:58:02
1196	4433	Caniglia Sebastiano	LT Kettwig 2000	4:13:01	M55	73	0:52:57	1:21:57	1:58:05
1197	3566	Kleibrink Martin	Team 62 Runners	4:13:08	M30	84	0:51:34	1:20:06	2:01:27
1198	5198	Fuhrmanneck Dirk	*Bochum	4:13:08	M40	249	0:48:23	1:23:42	2:01:02
1199	3034	Storms Hubert	Tus Baerl	4:13:13	M55	74	0:53:17	1:22:25	1:57:29
1200	2245	Raschke Dennis	*Moers	4:13:21	M30	85	0:49:24	1:18:49	2:05:07
1201	2970	Schmidt Michael	*Düsseldorf	4:13:22	M65	8	0:51:26	1:24:44	1:57:11
1202	2247	Ostertag Dr. Heinz	LC Duisburg	4:13:23	M55	75	0:52:37	1:22:47	1:57:59
1203	4359	Stegmann Ralph	Ballettschule Müller	4:13:28	M45	350	0:52:16	1:20:56	2:00:15
1204	2393	Müller Thomas	privat	4:13:31	M45	351	0:54:10	1:25:39	1:53:42
1205	5047	Wesslén Philipp	*Moers	4:13:35	M19	8	0:56:53	1:20:51	1:55:50
1206	5157	Rademaker Klaus	Concordia Ossenberg	4:13:40	M50	203	0:54:34	1:22:13	1:56:52
1207	2508	Müller Ulrich	LT Turnerbund Frintrop	4:13:43	M50	204	0:48:20	1:12:00	2:13:21
1208	4584	Mertins Kai	Veerter Vlitzer	4:13:43	M40	250	0:59:04	1:20:40	1:53:58
1209	4513	Wiesemann Udo	vvholzwickedede	4:13:47	M50	205	0:52:56	1:24:20	1:56:31
1210	3543	Preilowski Peter	FC Schalke 04	4:13:52	M45	352	0:53:32	1:21:39	1:58:39
1211	2996	Staats Ulrich	Fluktuation 8	4:13:52	M40	251	0:50:56	1:23:27	1:59:28
1212	3134	Remenar Willi	BSG Commerzbank Duisbu	4:13:56	M55	76	0:52:50	1:22:17	1:58:48
1213	3702	Wittkowski Franz-Josef	LT Krefeld-Oppum	4:13:57	M50	206	0:55:00	1:20:34	1:58:22
1214	5224	Denker Jochen	Bocholter WSV	4:14:04	M40	252	0:52:16	1:22:35	1:59:12
1215	5072	Johnen Simon	*Dortmund	4:14:08	M30	86	0:55:30	1:22:40	1:55:57
1216	2521	Veljovic Radoslav	*Wuppertal	4:14:10	M60	34	0:53:17	1:21:36	1:59:16
1217	3735	Stöffler Ulrich	BSG Emschergenossensch	4:14:12	M35	140	0:55:59	1:23:19	1:54:53
1218	4348	Dorow Ulrich	Only For Me	4:14:13	M45	353	0:52:25	1:25:26	1:56:21
1219	2412	Mehl Fritz	LS Bunert	4:14:15	M55	77	0:51:19	1:26:12	1:56:43

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1220	2705	Heitzer Wolfgang	*Oberhausen	4:14:16	M55	78	0:50:46	1:26:19	1:57:11
1221	4064	Garding Daniel	*Kaarst	4:14:17	M30	87	0:47:22	1:21:15	2:05:39
1222	1930	Schlieter Jörg	LT Mismahlshof	4:14:18	M55	79	0:52:45	1:22:42	1:58:50
1223	2769	Höwing Ralf	LT Uhlenhorst	4:14:21	M50	207	0:55:21	1:27:52	1:51:06
1224	2262	Meyhoff Peter	Dreckschüppengesichter Ess	4:14:30	M50	208	0:53:01	1:23:33	1:57:54
1225	2889	Arend Detlef	*duisburg	4:14:30	M45	354	0:53:24	1:24:28	1:56:37
1226	2929	Stapperfenne Dr. Uwe	*Wülfrath	4:14:31	M55	80	0:54:43	1:24:12	1:55:36
1227	4613	Orlowski Jörg	TC Kray 1892 e.V.	4:14:31	M40	253	0:49:01	1:23:23	2:02:07
1228	5075	Eichholz Bernhard	Schanasi forever	4:14:32	M50	209	0:52:25	1:23:36	1:58:30
1229	2586	Heinrich Uwe	TuS Hamborn-Neumühl	4:14:39	M65	9	0:55:07	1:24:26	1:55:05
1230	2257	Sörgel Hans - Joachim	Grubenwehr Ruhrkohle	4:14:40	M55	81	0:52:20	1:24:08	1:58:11
1231	2656	Klingspor Frank	ERG Iserlohn	4:14:43	M45	355	0:54:11	1:24:01	1:56:30
1232	4929	Heldt Fabian	*Duisburg	4:14:45	M22	48	0:51:24	1:23:37	1:59:44
1233	2926	Ruhland Alois	*Wülfrath	4:14:48	M45	356	0:54:47	1:24:26	1:55:34
1234	1897	Schlüter Markus	RBG Dortmund	4:14:53	M45	357	0:53:54	1:21:38	1:59:21
1235	4472	Erben Markus	ART Düsseldorf	4:14:57	M45	358	0:52:42	1:23:16	1:58:58
1236	1700	Frericks Matthias	Lauffreunde Rhede	4:15:06	M40	254	0:53:53	1:20:40	2:00:31
1237	3742	Gatz Norbert	Konfetti 97	4:15:07	M50	210	0:52:42	1:23:50	1:58:34
1238	4016	Münstermann Jörg	TSV Viktoria Mülheim	4:15:08	M65	10	0:54:36	1:23:16	1:57:14
1239	1768	Peters Udo	*Mülheim	4:15:09	M45	359	0:52:11	1:25:28	1:57:30
1240	4087	Molitor Ralf	*Oberhausen	4:15:11	M45	360	0:58:08	1:29:23	1:47:39
1241	4883	Jockenhöfer Heinrich	Comfort Coaching	4:15:13	M65	11	0:53:02	1:22:26	1:59:44
1242	4529	Koopmann Lothar	MSV Duisburg LT	4:15:14	M55	82	0:54:16	1:22:23	1:58:34
1243	2217	Wichelhaus Hans-Jürgen	AJAX AMSTERDAM	4:15:14	M45	361	0:52:03	1:22:07	2:01:04
1244	3985	Brunngraber Uwe	LauffreundeGladbeck	4:15:17	M50	211	0:54:46	1:23:46	1:56:44
1245	2264	Wimschulte Dirk	Dreckschüppengesichter Ess	4:15:45	M45	362	0:54:16	1:23:34	1:57:54
1246	1524	Dietrich Jörg	*Moers	4:15:52	M40	255	0:54:03	1:22:20	1:59:28
1247	2801	Schilling Ernst	*Hünxe	4:15:52	M50	212	0:52:32	1:22:49	2:00:29
1248	3105	Schmah Andreas	E.ON Ruhrgas SG	4:15:57	M45	363	0:58:15	1:22:09	1:55:33
1249	3220	Grund Norbert	Vodafone Runners	4:16:03	M40	256	0:52:40	1:23:11	2:00:11
1250	2789	Tebroke Stephan	Bocholter WSV	4:16:04	M50	213	0:54:16	1:21:06	2:00:40
1251	5214	Schoske Sven	*Essen	4:16:09	M19	9	0:54:52	1:25:18	1:55:59
1252	2425	Ludwig Peter	Elsterland Runners	4:16:20	M45	364	0:52:44	1:22:00	2:01:35
1253	1640	Wachsmann Georg	*Gladbeck	4:16:23	M45	365	0:51:55	1:25:06	1:59:21
1254	2617	Spiekermann Andreas	SuS Bertlich	4:16:23	M45	366	0:53:09	1:25:32	1:57:41
1255	2364	Nacke Thomas	LT Krefeld-Oppum	4:16:32	M40	257	0:52:08	1:22:18	2:02:05
1256	2696	Floß Martin	BSG Team EVAG	4:16:33	M40	258	0:51:12	1:22:20	2:03:00
1257	2125	Stuers Rainer	SV Budberg Lauffreunde	4:16:34	M50	214	0:53:54	1:22:35	2:00:04
1258	2128	Tomberg Gerhard	SV Budberg Lauffreunde	4:16:34	M50	215	0:53:54	1:22:35	2:00:04
1259	2560	Anuszewski Marian	*Duisburg	4:16:37	M50	216	0:53:37	1:24:27	1:58:33
1260	4233	Optenhövel Dietmar	*Dinslaken	4:16:42	M50	217	0:53:45	1:23:07	1:59:50
1261	3679	Paffendorf Uwe	LC Duisburg	4:16:45	M45	367	0:53:24	1:22:16	2:01:04
1262	4096	Berg Andree	*gelsenkirchen	4:16:47	M50	218	0:51:58	1:23:47	2:01:01
1263	2066	Heimbach Bernd	*Mülheim an der Ruhr	4:16:49	M40	259	0:52:17	1:24:20	2:00:10
1264	4207	Melchert Frank	HTC Uhlenhorst	4:16:58	M50	219	0:54:33	1:22:20	2:00:04
1265	2302	Themann Erwin	Schön Wetter Läufer	4:17:02	M50	220	0:52:30	1:23:07	2:01:24
1266	5071	Kroker Thomas	OBO Bettermann GmbH	4:17:11	M35	141	0:55:37	1:23:31	1:58:02
1267	2356	Diersch Ralph	Laufftreff Uhlenhorst Mülheim	4:17:16	M50	221	0:52:30	1:27:53	1:56:52
1268	2187	Godesar Achim	Immeo Wohnen Service Gmb	4:17:16	M45	368	0:52:08	1:18:57	2:06:10
1269	2481	Kurth Matthias	Casino Duisburg	4:17:24	M40	260	0:54:50	1:07:01	2:15:31
1270	2316	Krause Dirk	*Neukirchen Vluyn	4:17:30	M40	261	0:51:55	1:22:57	2:02:37
1271	2061	Heymig Michael	Arthrosen-Lauf-Club Wuppert	4:17:30	M45	369	0:53:39	1:25:51	1:58:00
1272	5319	Schill Christoph	Team Erdinger Alkoholfrei	4:17:31	M45	370	0:53:34	1:25:31	1:58:25

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1273	2388	Bonnen Michael	*Düsseldorf	4:17:32	M50	222	0:52:03	1:27:17	1:58:11
1274	5278	Pimingstorfer Andre		4:17:36	M35	142	0:54:47	1:26:04	1:56:45
1275	2122	Grothoff Markus	*Solingen	4:17:40	M50	223	0:53:37	1:23:44	2:00:19
1276	2060	Schlicker Götz	Rakete Hüls	4:17:42	M35	143	0:53:31	1:24:13	1:59:56
1277	2699	Türkoglu Veysel	BSG Team EVAG	4:17:42	M45	371	0:55:30	1:26:18	1:55:54
1278	2426	Schnitzler Chris	Düsseldorf Panther	4:17:49	M45	372	0:56:55	1:23:11	1:57:42
1279	3972	Lorkowski Peter	Die blauen Bengel	4:17:56	M45	373	0:52:36	1:25:22	1:59:57
1280	4905	Elvert Sven	*Duisburg	4:17:57	M30	88	0:51:37	1:23:54	2:02:25
1281	4928	Hiss Dr. Florian	*Mülheim	4:18:06	M45	374	0:51:32	1:23:12	2:03:21
1282	4419	Severin Andreas	*Duisburg	4:18:13	M50	224	0:54:59	1:26:10	1:57:02
1283	3613	Bantin Holger	Unser Wasser	4:18:13	M55	83	0:55:24	1:23:27	1:59:20
1284	2254	Stark Peter	TG Rote Erde Schwelm	4:18:15	M50	225	0:52:10	1:22:15	2:03:49
1285	4641	Zmaritz Christian	TARGOBANK	4:18:17	M35	144	0:53:37	1:25:28	1:59:11
1286	2343	Graw Joachim	*Sprockhövel	4:18:18	M45	375	0:53:34	1:24:43	2:00:01
1287	2020	Nienhaus Detlef	Laufteam-Elsinghorst-Bochol	4:18:24	M60	35	0:57:22	1:28:54	1:52:07
1288	4196	Frenzel Richard	*Düsseldorf	4:18:27	M40	262	0:52:20	1:21:18	2:04:48
1289	5277	Voigt Dr. Michael	*Hilden	4:18:43	M45	376	0:54:47	1:25:52	1:58:03
1290	2831	Born Michael	Angerrunner	4:18:43	M50	226	0:55:10	1:23:48	1:59:45
1291	3440	Zeller Robert	TuS Breitscheid	4:18:47	M70	2	0:53:30	1:24:05	2:01:11
1292	1962	Laudy Thorsten	immergrün Triathlon Team	4:19:10	M35	145	1:01:33	1:18:39	1:58:57
1293	4397	Schäfer Christian	BSG WAZ Essen	4:19:10	M40	263	0:54:07	1:24:47	2:00:14
1294	3444	Hinterberger Peter	LC Duisburg-Marathonkurs	4:19:10	M50	227	0:52:35	1:24:09	2:02:25
1295	4366	Ellbracht Stefan	*Grevenbroich	4:19:20	M40	264	0:52:27	1:28:50	1:58:02
1296	3071	Kasielke Jürgen	Evonik Wohnen	4:19:26	M55	84	0:55:49	1:24:41	1:58:55
1297	5120	Strack Rene	TV Hasslinghausen	4:19:43	M35	146	0:52:08	1:23:12	2:04:22
1298	5417	Tichelkamp Josef	activefirst	4:19:51	M55	85	0:56:50	1:25:31	1:57:30
1299	2121	Winkel Stefan	*Duisburg	4:20:12	M40	265	0:52:22	1:24:26	2:03:23
1300	4453	Sinell Jörg	*Monheim am Rhein	4:20:17	M45	377	0:54:43	1:27:00	1:58:33
1301	1996	Christofzik Till Jan	*Rheurd	4:20:18	M19	10	0:52:58	1:21:55	2:05:24
1302	2944	Schardt Hans	*mülheim-ruhr	4:20:22	M65	12	0:54:41	1:23:40	2:02:00
1303	3294	Kannegieter Andreas	BSG Stadtwerke Duisburg A	4:20:26	M45	378	0:53:34	1:25:00	2:01:51
1304	4770	Ridderskamp Dietmar	*Duisburg	4:20:28	M50	228	0:55:35	1:25:14	1:59:37
1305	2881	Reckert Holger	Triathlon-TEAM TG Witten	4:20:28	M35	147	0:54:46	1:24:21	2:01:20
1306	2764	Kattner Ingolf	KvN	4:20:33	M55	86	0:53:54	1:23:40	2:02:58
1307	2352	Reese Frank	Moerser TV	4:20:42	M45	379	0:56:10	1:25:52	1:58:39
1308	2447	Pfannkuche Daniel	*Essen	4:20:50	M22	49	0:53:37	1:22:05	2:05:06
1309	3865	Kreienbrink Ingmar	*Duisburg	4:20:53	M35	148	0:52:42	1:29:36	1:58:34
1310	3530	Nieland Kalle	*Mülheim an der Ruhr	4:20:55	M40	266	0:52:36	1:22:46	2:05:32
1311	3761	Ruiters Volker	TuS Hamborn-Neumühl	4:20:55	M45	380	0:54:07	1:24:01	2:02:46
1312	2687	Angenendt Addie	*Duisburg	4:21:08	M40	267	0:57:24	1:21:30	2:02:14
1313	1542	Cyrol Josef	LC Duisburg	4:21:09	M45	381	0:54:22	1:24:21	2:02:25
1314	4825	Lehmann Jörg	*Mülheim-Ruhr	4:21:12	M45	382	0:53:43	1:28:54	1:58:33
1315	4162	Komes Uwe	*Oberhausen	4:21:13	M50	229	0:55:05	1:25:00	2:01:07
1316	3018	Bohnen Günter	MSV 09	4:21:16	M40	268	0:50:24	1:15:54	2:14:57
1317	2062	Süßenbach Siegfried	LG RWE Power	4:21:29	M45	383	0:53:42	1:23:35	2:04:12
1318	5195	Gronski-Schaefer Uwe	Laufende Geometer	4:21:29	M45	384	0:50:37	1:33:48	1:57:03
1319	3103	Rothe Andreas	E.ON Ruhrgas SG	4:21:30	M65	13	0:55:42	1:25:11	2:00:36
1320	3577	Meinert Fabian	Team Rheinberg	4:21:31	M19	11	0:51:13	1:23:41	2:06:36
1321	3347	Birkholz Wolfgang	AS Neukirchen-Vluyn	4:21:38	M55	87	0:56:48	1:26:30	1:58:19
1322	3110	Siedlaczek Gerald	E.ON Ruhrgas SG	4:21:39	M45	385	0:55:35	1:25:51	2:00:12
1323	2917	Stephan Gerhard	LT Metzkausen	4:21:40	M65	14	0:56:58	1:31:48	1:52:53
1324	3275	Simon Frank	SG Stern Wupp.Sol.Re	4:21:55	M45	386	0:53:20	1:23:32	2:05:01
1325	3124	Müller Rüdiger	Marathon Mülheim	4:22:13	M70	3	0:56:41	1:26:25	1:59:05

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1326	4843	Zur Linden Ulrich	Ski-Klub Düsseldorf	4:22:14	M55	88	0:59:28	1:25:18	1:57:27
1327	3878	Schatt Olaf	Die Stolperer	4:22:17	M50	230	0:54:44	1:28:15	1:59:17
1328	3280	Plettau Markus	Trimet	4:22:22	M30	89	0:57:08	1:26:15	1:58:57
1329	5273	Bronder Sascha	IchbinDuisburger	4:22:27	M35	149	0:52:49	1:25:41	2:03:56
1330	3779	Dum Michael	*Düsseldorf	4:22:31	M40	269	0:57:38	1:26:01	1:58:52
1331	1764	Heuvens Rainer	Team ERDINGER Alkoholfrei	4:22:39	M50	231	0:56:38	1:24:36	2:01:25
1332	4780	Petry Michael	BW Lünen-Alstedde	4:22:46	M40	270	0:55:23	1:27:43	1:59:39
1333	2169	Specht Bruno	*Krefeld	4:22:46	M45	387	0:51:00	1:26:10	2:05:36
1334	2607	Schwarzer Dirk	immergrün Triathlon Team	4:22:56	M40	271	0:55:11	1:25:59	2:01:45
1335	1969	Seeske Volker	Team Erdinger Alkoholfrei	4:22:57	M50	232	0:54:21	1:26:16	2:02:19
1336	4974	Clever Klaus	Freiläufer	4:22:59	M45	388	0:57:46	1:23:30	2:01:42
1337	2984	Faber Hendrik	RUHR-TECHNIK	4:23:07	M30	90	0:54:58	1:26:48	2:01:21
1338	2644	Kiveris Joerg	Arthrosen-Lauf-Club Wuppert	4:23:12	M45	389	0:57:37	1:26:44	1:58:50
1339	2850	Kettelhake Rainer	TV Eintracht Essen-Frohnhau	4:23:23	M55	89	0:54:40	1:22:17	2:06:25
1340	1580	Rottsieper Achim	Ronsdorftigers	4:23:39	M50	233	0:55:18	1:25:28	2:02:52
1341	3203	Burggraf Bernd	Vodafone Runners	4:23:45	M40	272	0:49:30	1:18:57	2:15:16
1342	5162	Schönemann Marco	SV Concordia Ossenberg	4:23:48	M35	150	0:57:11	1:25:13	2:01:23
1343	1759	Döpke Christoph	*Essen	4:23:51	M30	91	0:52:36	1:22:27	2:08:47
1344	3867	Malanowski Norbert	LC Duisburg	4:23:59	M50	234	1:02:53	1:38:07	1:42:58
1345	1516	Termath Thomas	BSG Stadt Dinslaken	4:24:17	M50	235	0:54:43	1:24:32	2:05:01
1346	2728	Brand Hubert	TV 1910 Hemmerden	4:24:17	M50	236	0:54:05	1:27:01	2:03:09
1347	3957	Schröder Günther	Lauftreff Sterkrade-Nord	4:24:17	M60	36	0:56:08	1:25:53	2:02:15
1348	2084	Fischer Heinz-Georg	Ruhrknappen Bottrop	4:24:21	M60	37	0:54:52	1:29:14	2:00:15
1349	4984	Strunk Holger	*Essen	4:24:41	M45	390	0:54:49	1:23:09	2:06:42
1350	4922	Broschk Jürgen	*Gelsenkirchen	4:24:44	M45	391	0:52:03	1:28:50	2:03:49
1351	5199	Buhrmester Timo	*Bochum	4:24:45	M40	273	0:54:55	1:25:35	2:04:14
1352	5439	Diek Martin	Holding Pro Homine	4:24:49	M45	392	0:57:27	1:25:42	2:01:39
1353	2604	Lehnen Ingo	OSC Rheinhausen	4:24:51	M45	393	0:56:24	1:26:10	2:02:16
1354	4363	Flade Frank	*Willich	4:24:55	M35	151	0:54:11	1:26:25	2:04:18
1355	3286	Brands Martin	BSG Stadtwerke Duisburg A	4:25:07	M45	394	0:56:53	1:25:07	2:03:05
1356	2009	Bartsch Martin	Angerland LT Lintorf	4:25:08	M55	90	0:55:16	1:28:17	2:01:35
1357	3502	Krusenbaum Jürgen	*Mülheim an der Ruhr	4:25:10	M60	38	0:55:13	1:25:55	2:04:01
1358	3576	Meinert Rolf	Team Rheinberg	4:25:19	M50	237	0:52:13	1:23:41	2:09:24
1359	4904	Daniel Ralf	Masters Gym	4:25:29	M45	395	0:52:04	1:25:11	2:08:13
1360	2854	Kossmann Andre	BUMMELBOB	4:25:30	M35	152	0:55:30	1:24:15	2:05:43
1361	5035	Imkamp Hans-Peter	*Kaarst	4:25:34	M40	274	0:49:48	1:28:20	2:07:25
1362	3057	Marenberg Jürgen	*Duisburg	4:25:45	M55	91	0:54:59	1:27:29	2:03:16
1363	4066	Borgerhoff Frank	*Toenisvorst	4:25:47	M40	275	0:51:30	1:19:00	2:15:17
1364	3353	Drees Frank	AS Neukirchen-Vluyn	4:26:00	M40	276	0:53:54	1:28:28	2:03:37
1365	4957	Fiege Dirk	*Wülfrath	4:26:08	M40	277	0:53:21	1:27:10	2:05:36
1366	2953	Toebe Volker	*Duisburg	4:26:19	M45	396	0:54:14	1:27:10	2:04:54
1367	3754	Hupe Stefan	Triathlon TEAM TG Witten	4:26:21	M35	153	0:57:04	1:28:38	2:00:38
1368	4823	Jung Michael	*Duisburg	4:26:33	M45	397	0:53:48	1:23:40	2:09:03
1369	2210	Hengst Ralph	*Mülheim Ruhr	4:26:34	M45	398	0:53:29	1:25:24	2:07:40
1370	3038	Braun Friedhelm	*Duisburg	4:26:34	M50	238	0:56:06	1:27:08	2:03:20
1371	4065	Rheydt Christian	*Kaarst	4:26:34	M30	92	0:53:16	1:27:39	2:05:39
1372	3058	Rennert Volker	*Dinslaken	4:26:34	M55	92	0:57:39	1:25:55	2:02:59
1373	1973	Werner Gerhard	Medisport Dortmund	4:26:35	M60	39	0:54:10	1:28:33	2:03:50
1374	2619	Holtel Matthias	*Duisburg	4:26:39	M40	278	1:00:38	1:36:57	1:49:03
1375	3076	Ebus Stefan	E.ON Ruhrgas SG	4:26:45	M35	154	0:51:36	1:31:24	2:03:43
1376	4887	Hartung Harry	BTS	4:26:46	M45	399	0:58:05	1:29:23	1:59:17
1377	4595	Plicht Wolfgang	OSC Dinslaken-Averbruch	4:26:59	M55	93	0:56:29	1:27:16	2:03:13
1378	2855	Krisp Arno	BUMMELBOB	4:27:02	M35	155	0:57:20	1:23:58	2:05:44

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1379	5141	Hüggenberg Detlef	SV Concordia Ossenberg	4:27:08	M45	400	0:53:59	1:24:18	2:08:50
1380	3288	Rafalski Karl	BSG Stadtwerke Duisburg A	4:27:08	M55	94	0:55:54	1:27:11	2:04:02
1381	4885	Hahn Guido	*Kürten	4:27:10	M50	239	0:58:33	1:25:11	2:03:25
1382	2216	Baran Christoph	*Rheinberg	4:27:14	M40	279	0:53:03	1:23:48	2:10:22
1383	3840	Steinbrink Bjoern	*Wuppertal	4:27:17	M35	156	0:55:26	1:26:46	2:05:04
1384	2924	Bonnen Hans-Peter	*Kaarst	4:27:24	M55	95	0:57:43	1:27:53	2:01:46
1385	4149	Golletz Joachim	*Ratingen	4:27:29	M50	240	0:49:50	1:27:34	2:10:04
1386	2625	Kern Werner	*Mülheim Ruhr	4:27:30	M55	96	0:54:15	1:26:11	2:07:03
1387	1569	Schilling-Frenk Tiemo	Spalter Rhede	4:27:42	M35	157	0:54:42	1:27:22	2:05:37
1388	2253	Hühner Michael	*Bochum	4:27:46	M40	280	0:57:39	1:29:21	2:00:46
1389	2816	Schuhmacher Volker	*Duisburg	4:27:49	M45	401	0:53:52	1:29:05	2:04:50
1390	3100	Pietsch Helmut	E.ON Ruhrgas SG	4:27:58	M60	40	0:56:24	1:24:18	2:07:15
1391	2903	Paap Thomas	*Moers	4:28:09	M55	97	0:55:47	1:24:57	2:07:25
1392	3354	Fabri Markus	AS Neukirchen-Vluyn	4:28:23	M45	402	0:58:11	1:30:27	1:59:45
1393	3398	Wildner Klaus	AS Neukirchen-Vluyn	4:28:30	M55	98	0:57:00	1:28:13	2:03:16
1394	2108	Abraham Ivan	Bauen + Leben	4:28:36	M35	158	0:58:28	1:24:53	2:05:15
1395	4497	Stenzel Gerhard	LT BAMP Herne	4:28:48	M65	15	0:55:05	1:31:57	2:01:44
1396	2204	Wilmkes Michael	*Mülheim	4:28:50	M30	93	0:55:09	1:28:43	2:04:58
1397	5689	Buchloh Holger	Team SBS	4:28:53	M40	281	0:57:00	1:27:49	2:04:03
1398	4371	Fink Sebastian Matthias	*Mülheim an der Ruhr	4:28:54	M40	282	0:57:00	1:27:49	2:04:03
1399	1581	Middelkamp Klaus	Spalter Rhede	4:28:55	M40	283	0:55:54	1:27:23	2:05:37
1400	2980	Wehrmann Jörg	RUHR-TECHNIK	4:28:57	M45	403	0:53:47	1:26:41	2:08:28
1401	4600	Krisch Holger	*Dortmund	4:29:08	M40	284	0:52:36	1:21:10	2:15:21
1402	3082	Hanich Rudi	E.ON Ruhrgas SG	4:29:21	M60	41	0:55:13	1:25:55	2:08:11
1403	3146	Hardt Dagobert	Max Maulwurf Marathonis	4:29:24	M60	42	0:58:36	1:28:32	2:02:15
1404	4567	Schulze Peter	*Duisburg	4:29:29	M50	241	0:59:07	1:26:11	2:04:10
1405	3351	Christofzik Jan	AS Neukirchen-Vluyn	4:29:31	M50	242	0:55:23	1:26:49	2:07:18
1406	1863	Risch Gunnar	MSV Duisburg	4:29:35	M50	243	0:55:24	1:30:04	2:04:07
1407	3768	Gerhards Georg	*Sonsbeck	4:29:39	M40	285	0:56:16	1:23:38	2:09:44
1408	2205	Elsner Stefan	TKD Duisburg	4:29:44	M35	159	0:58:57	1:17:23	2:13:22
1409	2905	Wold Karl	Angerrunner	4:29:46	M60	43	0:54:40	1:28:40	2:06:25
1410	1983	Danowski Werner	Die Hobbyköche	4:29:47	M40	286	0:51:53	1:31:14	2:06:39
1411	1896	Schlienz Markus	*Düsseldorf	4:29:48	M40	287	0:58:35	1:28:47	2:02:25
1412	4375	Woelz Rudolf	BSG Sparkasse Duisburg	4:30:21	M40	288	0:55:08	1:32:52	2:02:20
1413	1798	Dähmlow Andreas	*Gladbeck	4:30:22	M40	289	0:57:46	1:27:34	2:05:01
1414	2414	Stoy Eckard	*Mettmann	4:30:35	M55	99	0:57:37	1:29:23	2:03:34
1415	2971	Klausen Marco	Die Törchen Jungs	4:30:36	M40	290	0:54:39	1:27:59	2:07:56
1416	2334	Vogel Gerd	*Neukirchen-Vluyn	4:30:44	M55	100	0:53:31	1:23:29	2:13:43
1417	1571	Böckmann Carsten	*Mülheim	4:31:05	M40	291	0:51:53	1:24:14	2:14:57
1418	3306	Hampel Andreas	Volksbank Rhein-Ruhr eG	4:31:08	M40	292	0:57:15	1:28:48	2:05:05
1419	4826	Hamm Thorsten	*Bottrop	4:31:11	M40	293	1:00:19	1:28:54	2:01:58
1420	2542	Schmieschek Christoph	*Oberhausen	4:31:15	M40	294	0:55:05	1:22:05	2:14:04
1421	1585	Peter Ronald	HLG 98 Wuppertal	4:31:17	M50	244	0:53:40	1:27:12	2:10:24
1422	1525	Frauenrath Frank	Team Erdinger Alkoholfrei	4:31:28	M45	404	0:57:04	1:29:29	2:04:54
1423	3968	Jahnke Udo	*Mettmann	4:31:34	M45	405	0:54:45	1:30:40	2:06:09
1424	2018	Neugärtner Oliver	*Moers	4:31:38	M45	406	0:59:24	1:29:06	2:03:07
1425	5142	Van Ryn Andre	*Bottrop	4:31:44	M35	160	0:55:37	1:26:32	2:09:34
1426	2301	Maryniok Manfred	Schön Wetter Läufer	4:31:49	M55	101	0:56:38	1:27:42	2:07:28
1427	2994	Legemann Dirk	*Duisburg	4:31:51	M30	94	0:53:46	1:26:23	2:11:41
1428	2235	Zachcial Dr. Andreas	Fluktuation 8	4:32:06	M35	161	0:58:49	1:28:10	2:05:07
1429	4438	Escher Christoph	Marathonteam-Ratingen	4:32:17	M45	407	0:54:31	1:26:48	2:10:57
1430	3926	Gies Andreas	Running Gag	4:32:24	M35	162	0:58:25	1:26:39	2:07:20
1431	4315	Becks Rolf	LG Hünxe	4:32:34	M65	16	0:57:00	1:29:06	2:06:27

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1432	2241	Blaskowitz Stephan	*Frankfurt am Main	4:32:38	M40	295	0:53:09	1:24:55	2:14:33
1433	4194	Pätzelt Guido	*Essen	4:32:51	M40	296	0:52:36	1:26:18	2:13:55
1434	4812	Giebfried Bastian	*Duisburg	4:33:00	M19	12	0:56:11	1:28:37	2:08:12
1435	5203	Ertl David	VFLovers Rheinhausen	4:33:05	M30	95	0:52:07	1:34:35	2:06:22
1436	2961	Rohde Dieter	*Duisburg	4:33:06	M55	102	0:53:08	1:26:43	2:13:14
1437	3387	Schellscheidt Roland	AS Neukirchen-Vluyn	4:33:09	M60	44	0:58:14	1:29:10	2:05:43
1438	3692	Monreal Rolf	*Duisburg	4:33:09	M55	103	0:55:10	1:29:20	2:08:38
1439	5698	Hafenrichter York	Evonik Wohnen	4:33:09	M35	163	0:55:10	1:29:21	2:08:38
1440	4188	Gierden Adrian	*Duisburg	4:33:27	M22	50	0:53:53	1:27:58	2:11:34
1441	3700	Hageney Willi	LT Schnecke Sonsbeck	4:33:29	M55	104	0:43:53	1:29:38	2:19:58
1442	4391	Epding Axel	*Duisburg	4:33:51	M45	408	0:55:14	1:29:13	2:09:22
1443	2857	Pilske Claus-Dieter	*Bochum	4:34:10	M65	17	0:56:07	1:29:56	2:08:06
1444	1758	Eggert Wolfgang	*Haan	4:34:23	M45	409	0:55:59	1:31:21	2:07:02
1445	3851	Lindemann Wolfgang	*Voerde	4:34:31	M50	245	0:56:02	1:34:56	2:03:32
1446	5050	Speh Michael	*Duisburg	4:34:34	M40	297	0:56:22	1:30:49	2:07:22
1447	5015	Mehlig Bernd	Die Mehligs	4:34:40	M45	410	0:55:41	1:29:18	2:09:40
1448	2716	Schramm Dietmar	*Recklinghausen	4:34:56	M55	105	0:58:11	1:29:19	2:07:25
1449	3529	Cornelius Hans-Gerhard	LC Duisburg	4:34:56	M50	246	0:57:50	1:25:09	2:11:56
1450	4385	Koprivsek Rainer	*Oberhausen	4:35:07	M55	106	0:58:44	1:28:45	2:07:38
1451	5128	Geyer Carsten	Stommelhopper	4:35:12	M40	298	0:54:40	1:29:15	2:11:16
1452	2894	Eggemann Dirk	*Gelsenkirchen	4:35:19	M45	411	0:56:18	1:29:14	2:09:47
1453	2700	Tenbrink Michael	*Bocholt	4:35:21	M45	412	0:57:10	1:27:51	2:10:19
1454	1867	Leuker Günther	*Meerbusch	4:35:35	M50	247	1:03:10	1:36:05	1:56:19
1455	3158	Soldanski Christoph	optadata-gruppe	4:35:36	M40	299	1:00:59	1:31:58	2:02:38
1456	1901	Tristram Uwe	Marientreff	4:35:42	M45	413	0:58:46	1:29:05	2:07:50
1457	2962	Erich Thorsten	LiVe, Vermold	4:35:44	M45	414	0:52:43	1:30:22	2:12:37
1458	3678	Berger Georg	Team absetzbar	4:35:52	M55	107	0:56:26	1:21:46	2:17:39
1459	5192	Winkelmann Ulrich	Turnerbund Osterfeld 1911	4:36:23	M55	108	0:59:08	1:29:12	2:08:01
1460	2155	Kolenbrander Peter	LG BHR Oberhausen	4:36:37	M55	109	0:58:20	1:29:39	2:08:37
1461	3508	Listmann Ingo	*Düsseldorf	4:36:37	M45	415	0:56:15	1:29:01	2:11:20
1462	2333	Bünsow Günter	GEFA Running Team	4:36:38	M45	416	0:54:22	1:29:02	2:13:13
1463	4969	Krah Markus	Fun Runners	4:36:58	M40	300	0:55:42	1:30:07	2:11:08
1464	5485	Kohn Ulrich	SV Beeckerwerth	4:37:01	M50	248	0:57:11	1:25:43	2:14:07
1465	1761	Baumgarten Stephan	*Duisburg	4:37:10	M45	417	0:58:57	1:26:22	2:11:50
1466	4945	Renn Holger	LG Hünxe	4:37:11	M45	418	0:59:22	1:32:47	2:05:01
1467	3512	Kröger Magnus	*Düsseldorf	4:37:13	M35	164	0:57:38	1:27:17	2:12:16
1468	1741	Mösch Andreas	*Duisburg	4:37:23	M35	165	0:59:40	1:30:38	2:07:04
1469	3729	Schultz Ingo	*rheurd	4:37:35	M45	419	0:57:09	1:31:08	2:09:17
1470	2979	Lindner Christian	RUHR-TECHNIK	4:37:46	M50	249	0:58:27	1:28:10	2:11:08
1471	4384	Junker Christian	*Xanten	4:37:48	M22	51	0:56:24	1:29:51	2:11:33
1472	4933	Krause Ralf	*Kamp-Lintfort	4:37:48	M45	420	0:58:41	1:30:14	2:08:52
1473	4479	Hahner Stefan	*Wuppertal	4:37:53	M45	421	0:55:44	1:29:33	2:12:35
1474	2727	Matschulat Jürgen	*Duisburg	4:38:03	M45	422	1:01:20	1:31:50	2:04:53
1475	4786	Schmitz Thomas	*Kaarst	4:38:16	M35	166	0:59:00	1:31:03	2:08:12
1476	4728	Meters Norbert	Triminators TV Voerde	4:38:21	M55	110	0:56:06	1:28:34	2:13:40
1477	1623	Reichelt Harald	Immeo Wohnen Running Te	4:38:35	M50	250	0:58:18	1:28:44	2:11:32
1478	2533	Pojer Marc	Die Römers	4:38:46	M40	301	0:57:12	1:33:58	2:07:35
1479	3514	Bobrzik Dirk	Die Stolperer	4:38:46	M35	167	0:52:56	1:25:40	2:20:09
1480	3962	Bachon Ulrich	*Kaarst	4:38:52	M40	302	0:59:28	1:31:03	2:08:21
1481	5420	Van Neijenhoff Robin	activefirst	4:38:53	M30	96	0:57:47	1:40:42	2:00:22
1482	5382	Kittler Christian	activefirst	4:39:22	M30	97	0:56:31	1:27:56	2:14:55
1483	4186	Waclawczyk Heinrich	*Kamp-Lintfort	4:39:25	M45	423	1:00:35	1:29:34	2:09:15
1484	4449	Neugrodda Carsten	*Bochum	4:39:51	M40	303	0:57:17	1:26:55	2:15:38

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1485	1984	Reichards Ronald	Die Hobbyköche	4:40:08	M40	304	0:56:31	1:29:17	2:14:19
1486	2674	Hüfner Manfred	BSG Team EVAG	4:40:23	M55	111	0:59:13	1:30:31	2:10:38
1487	4128	Börries Dieter	*Kempen	4:40:26	M45	424	0:56:35	1:29:46	2:14:04
1488	2627	Nienhaus Stefan	Bocholt läuft	4:40:27	M45	425	0:58:14	1:29:58	2:12:14
1489	2701	Weger Frank	*Kaarst	4:40:35	M45	426	0:46:28	1:35:22	2:18:44
1490	4152	Hackstein Tobias	LC Duisburg	4:40:50	M22	52	0:57:13	1:32:02	2:11:34
1491	4941	Verspohl Dr. Felix	*Moers	4:40:54	M55	112	0:59:26	1:27:40	2:13:47
1492	5136	Brockof Peter	Blueliner and friends	4:40:58	M45	427	0:55:53	1:31:00	2:14:04
1493	1566	Rucktäschel Uwe	Rennschnecken Delux	4:41:03	M45	428	0:53:49	1:36:13	2:11:01
1494	4862	Huth Thorsten	LC Duisburg	4:41:32	M45	429	0:57:51	1:31:44	2:11:56
1495	3687	Neven Georg	AlBerthA Runners	4:41:36	M45	430	0:58:12	1:33:46	2:09:37
1496	2213	Handke Wolf	*Duisburg	4:41:45	M45	431	0:56:42	1:29:25	2:15:37
1497	2036	Buchloh Klaus	SV Siemens	4:41:49	M40	305	1:01:19	1:40:58	1:59:31
1498	4099	Rapp Patrik	*Willich	4:41:50	M30	98	0:56:37	1:29:36	2:15:36
1499	1778	Kolenbrander Karl-Heinz	TV Angermund	4:41:51	M55	113	0:58:41	1:31:41	2:11:29
1500	3113	Wolbring Lothar	E.ON Ruhrgas SG	4:42:15	M55	114	0:58:14	1:33:51	2:10:09
1501	2983	Henrich Uwe-Martin	RUHR-TECHNIK	4:42:21	M35	168	0:58:16	1:30:46	2:13:18
1502	1977	Roll Dr. Günther	*Rheinberg	4:42:22	M45	432	0:57:23	1:32:03	2:12:55
1503	2937	Droste Peter	*Gelsenkirchen	4:42:38	M35	169	1:04:03	1:33:07	2:05:27
1504	2779	Dudenbostel Friedhelm	DJK-VfR Saarn	4:43:05	M65	18	0:57:54	1:27:30	2:17:40
1505	2024	Schenk Wilhelm	*Oberhausen	4:43:07	M55	115	1:01:44	1:32:45	2:08:37
1506	2143	Urbatsch Dr. Peter	*Mülheim	4:43:48	M65	19	0:59:16	1:30:51	2:13:39
1507	2475	Danisch Gregor	*Köln	4:44:09	M35	170	1:05:09	1:40:39	1:58:21
1508	2809	Mayer Christian	nasty invalids	4:44:31	M35	171	1:02:14	1:33:40	2:08:36
1509	3019	Braun Gregor	MSV 09	4:44:43	M45	433	0:58:51	1:30:54	2:14:57
1510	4814	Judt Thomas	BSG Stadtverwaltung Remsc	4:44:55	M50	251	1:00:54	1:32:40	2:11:19
1511	4495	Samatin Volker	LT BAMP Herne	4:45:00	M50	252	0:56:01	1:31:19	2:17:39
1512	1578	Schürmann Achim	PV Triathlon Witten	4:45:12	M50	253	0:56:45	1:34:19	2:14:07
1513	5188	Bau Andy	KTG	4:45:13	M45	434	0:59:54	1:30:02	2:15:17
1514	3079	Grabienki Benjamin	E.ON Ruhrgas SG	4:45:26	M19	13	0:55:02	1:28:21	2:22:02
1515	3710	Szarvas Markus	LT Schnecke Sonsbeck	4:45:28	M40	306	0:53:20	1:30:09	2:21:59
1516	2684	Frei Thomas	SV Derne 49	4:45:39	M45	435	0:59:40	1:33:03	2:12:54
1517	3106	Schnaubelt Peter	E.ON Ruhrgas SG	4:45:41	M65	20	0:59:24	1:32:32	2:13:44
1518	1718	Hintze Dieter	*Düsseldorf	4:45:42	M45	436	0:59:40	1:32:48	2:13:14
1519	3072	Arlt Peter	E.ON Ruhrgas SG	4:45:46	M45	437	1:02:54	1:29:12	2:13:39
1520	2534	Hermes Rainer	*Geldern	4:45:46	M45	438	0:58:45	1:33:10	2:13:49
1521	5356	Becker Dieter	activefirst	4:45:48	M50	254	0:58:48	1:35:59	2:11:00
1522	5059	Gabrisch Günter	Die mit der Weste	4:45:52	M45	439	0:53:06	1:31:28	2:21:17
1523	5081	Klawitter Björn	Lauf-Schnecken AG & Co. K	4:46:01	M35	172	1:03:58	1:45:16	1:56:45
1524	1868	Brunnabend Boris	*Meerbusch	4:46:05	M45	440	1:02:04	1:33:01	2:11:00
1525	4546	Fritz Joachim	*Duisburg	4:46:06	M55	116	0:58:12	1:30:01	2:17:52
1526	2203	Bliesner Friedhelm	LT walk the line	4:46:10	M60	45	0:59:18	1:32:57	2:13:55
1527	4032	Strerath Dirk	Running Gig	4:46:38	M45	441	0:57:51	1:37:31	2:11:15
1528	4642	Materowicz Wieslaw	Team KLS	4:46:38	M50	255	0:57:58	1:31:32	2:17:07
1529	3083	Haßpass Werner	E.ON Ruhrgas SG	4:46:42	M50	256	1:00:29	1:32:39	2:13:33
1530	2047	Fischer Rolf-Martin	BSV Grün-Weiß Wesel-Flü	4:47:31	M40	307	0:59:28	1:32:51	2:15:12
1531	4159	Fabisch Christian	*Essen	4:48:12	M45	442	1:00:28	1:34:03	2:13:40
1532	2026	Tenbrink Dirk	DJK Tackenberg	4:48:16	M45	443	1:00:45	1:33:02	2:14:29
1533	5269	Kleinen Torsten	*Duisburg	4:48:41	M45	444	1:02:47	1:34:00	2:11:53
1534	4487	Vonnemann Bernd	VfL Gladbeck	4:48:43	M45	445	0:57:44	1:27:21	2:23:38
1535	2065	Szameit Holger	*Düsseldorf	4:49:12	M40	308	1:00:12	1:33:29	2:15:30
1536	1706	Herkendell Ralf	*Ratingen	4:49:19	M55	117	0:59:14	1:35:49	2:14:15
1537	3596	Mellin Michael	*Essen	4:49:25	M35	173	1:01:20	1:32:34	2:15:29

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1538	2351	Hensel Florian	da simma dabei	4:49:33	M18	6	0:57:12	1:30:30	2:21:51
1539	5282	Becker Rainer	*Kaarst	4:50:00	M40	309	1:01:01	1:32:45	2:16:13
1540	4368	Egerland Wilfried	TV Frisch Auf Lennep	4:50:09	M65	21	1:01:53	1:32:37	2:15:37
1541	3524	Ewers Frank	*Essen	4:50:09	M30	99	0:58:56	1:37:29	2:13:43
1542	3085	Heimann Klaus	E.ON Ruhrgas SG	4:50:20	M70	4	0:58:17	1:29:30	2:22:32
1543	3081	Grabienki Wolfgang	E.ON Ruhrgas SG	4:51:02	M55	118	0:58:30	1:30:51	2:21:40
1544	4699	Skorupa Herbert	*Bochum	4:51:21	M55	119	0:57:00	1:32:38	2:21:41
1545	2472	Langhanki Ulrich	Lauftreff Willich	4:51:30	M55	120	1:01:47	1:37:22	2:12:21
1546	2479	Schwarz Stephan	Casino Duisburg	4:51:38	M50	257	0:58:20	1:32:00	2:21:17
1547	3552	Opfermann Klaus	Running Dinslaken	4:51:53	M50	258	0:58:15	1:38:24	2:15:13
1548	5194	Roderigo Thomas	*Oberhausen	4:52:00	M35	174	1:02:24	1:34:10	2:15:26
1549	1538	May Jörg	Running Dinslaken	4:52:15	M45	446	1:01:09	1:37:01	2:14:04
1550	3392	Sewing Wolfgang	AS Neukirchen-Vluyn	4:52:50	M50	259	1:01:34	1:34:35	2:16:40
1551	4091	Kulhanek Hans	slowrunners	4:53:00	M45	447	1:02:37	1:34:42	2:15:40
1552	4057	Weitzel Martin	slowrunners	4:53:45	M35	175	1:03:22	1:34:42	2:15:40
1553	4575	Görke Thomas	Lauftreff Uhlenhorst	4:54:11	M50	260	1:00:12	1:35:31	2:18:27
1554	2148	Hester Gunther	Diakonie Duisburg	4:54:11	M60	46	1:00:25	1:40:04	2:13:41
1555	4172	Kasperkowitz Kay	*Duisburg	4:54:49	M22	53	1:01:19	1:34:20	2:19:09
1556	3810	Ebhardt Gerhard	*Duisburg	4:54:54	M60	47	1:01:21	1:35:52	2:17:40
1557	3666	Delhaes Luca	*Issum	4:56:09	M19	14	0:52:29	1:37:29	2:26:10
1558	2255	Redlin Dr. Stefan	*Leichlingen	4:57:31	M45	448	0:55:56	1:35:19	2:26:15
1559	2478	Märker Michael	Casino Duisburg	4:57:32	M45	449	1:00:27	1:35:04	2:22:00
1560	3605	Kemper Klaus	TV Vennikel	4:58:09	M55	121	0:58:57	1:36:58	2:22:13
1561	5327	Geldsetzer Stephan	OSM Runners	4:58:11	M45	450	1:01:24	1:38:28	2:18:18
1562	5057	Carstensen Andreas	Die mit der Weste	4:59:56	M40	310	1:07:11	1:31:27	2:21:17
1563	4628	Dittrich Detlef	TuSpo Huckingen	5:00:44	M45	451	0:54:01	1:38:40	2:28:02
1564	5677	Steeg Wolfgang	TC Kray 1892 e.V.	5:01:18	M45	452	1:07:58	1:47:04	2:06:15
1565	5006	Bade Gerd	LT Vynen	5:01:26	M65	22	1:03:14	1:39:30	2:18:40
1566	1627	Von Minden Kai	*Gelsenkirchen	5:02:03	M45	453	0:58:33	1:27:41	2:35:48
1567	2269	Herings Ulrich	*Krefeld	5:03:23	M55	122	1:04:37	1:39:23	2:19:21
1568	1806	Pollack Udo	Lauftreff R(h)einknaller	5:06:07	M50	261	1:03:49	1:40:33	2:21:44
1569	4071	Klein-Vehne Prof. Dr. Mark	Trinksportfreunde Dortmund	5:06:27	M45	454	1:02:52	1:39:34	2:24:00
1570	4980	Rueben Andy	TEAM HERBALIFE	5:07:28	M30	100	0:59:54	1:35:23	2:32:11
1571	2578	Merckens Christian	LT Gruitene-Neandertal	5:08:15	M55	123	1:01:45	1:42:20	2:24:09
1572	1572	Nespithal Holger	Ausdauerchule by Bunert	5:08:20	M40	311	1:00:28	1:38:18	2:29:33
1573	2603	Schu Klaus	*Gelsenkirchen	5:08:26	M45	455	1:01:48	1:33:11	2:33:27
1574	3952	Hebisch Ole	Running Gig	5:08:48	M40	312	0:58:35	1:45:25	2:24:46
1575	3757	Richter Mario	226 1/2 2011	5:10:02	M40	313	1:00:26	1:38:13	2:31:22
1576	4248	Golz Gerd	Laufschule Düsseldorf	5:10:18	M50	262	1:03:35	1:41:39	2:25:03
1577	4520	Schwill Frank	LT Kettwig 2000	5:10:31	M45	456	1:03:55	1:39:38	2:26:57
1578	1869	Newman Michael	*Alpen	5:11:34	M35	176	1:00:36	1:41:02	2:29:54
1579	5248	Nest Wolfgang	LC Duisburg	5:14:34	M45	457	1:07:33	1:41:05	2:25:56
1580	4796	Stärke Manfred	Angerland LT Lintorf	5:20:14	M50	263	1:01:57	1:44:20	2:33:57
1581	1570	Ising Oliver	*Duisburg	5:22:24	M40	314	0:57:47	1:39:28	2:45:07
1582	5051	Matzat Michael	ERGOsports Düsseldorf	5:22:39	M50	264	1:06:58	1:44:17	2:31:23
1583	5148	Michalczyk Dr. Volker	*Essen	5:23:06	M50	265	0:59:12	1:45:28	2:38:25
1584	1834	Klein Holger	GC Schloss Horst	5:23:08	M40	315	1:02:43	1:43:51	2:36:34
1585	5449	Kniest Hans-Heinrich	Ausdauerchule by Bunert	5:25:01	M50	266	1:02:42	1:49:21	2:32:57
1586	2749	Kuehn Reinhardt	-	5:27:47	M70	5	1:09:31	1:45:47	2:32:27
1587	4895	Bremicker Stefan	*Wuppertal	5:45:18	M45	458	1:13:48	1:53:54	2:37:35
1588	2649	Treske Karl-Heinz	Borbecker Raketen Essen	5:54:28	M65	23	1:12:54	1:54:50	2:46:43
1589	3776	Weidenmüller Werner	LC Duisburg	5:57:40	M55	124	1:15:32	1:57:58	2:44:09
1590	2995	Lenzen Werner	LT Krefeld-Oppum	6:11:29	M70	6	1:11:52	1:57:47	3:01:49

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
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**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	3449	Müller Angela	ASC Rosellen/Neuss	3:06:09	W30	1	0:39:51	1:00:28	1:25:49
2	1720	Muschert Madlen	ART Düsseldorf	3:07:14	W22	1	0:40:17	1:00:52	1:26:04
3	2777	Niehues Silke	Tusem Essen	3:07:36	W35	1	0:39:18	0:59:48	1:28:29
4	2403	Just Gladys	Angerland LT Lintorf	3:15:21	W35	2	0:41:49	1:03:54	1:29:37
5	3451	Kraft Esther	Karacho Girls	3:16:22	W35	3	0:41:25	1:04:42	1:30:14
6	3513	Klobus Carmen	*Essen	3:18:42	W35	4	0:41:10	1:03:24	1:34:07
7	3339	Werner Kerstin	*Duisburg	3:19:16	W22	2	0:41:58	1:04:29	1:32:48
8	3450	Halfmann Bärbel	*Düsseldorf	3:20:09	W55	1	0:41:26	1:04:22	1:34:19
9	2409	Bröer Renate	ASC Düsseldorf	3:20:23	W45	1	0:42:18	1:04:21	1:33:43
10	1985	Bielicke Manja	ART Düsseldorf	3:23:36	W40	1	0:43:50	1:05:26	1:34:19
11	2735	Jansen Gabriele	TSG Kirchhellen	3:24:03	W40	2	0:41:56	1:05:01	1:37:05
12	3948	Rosenblatt Lisa	Triandertaler Mettmann	3:24:09	W45	2	0:43:18	1:06:07	1:34:44
13	4804	Dörfers Judith	ART Düsseldorf	3:24:12	W30	2	0:43:28	1:06:04	1:34:40
14	3436	Schmidtke Ulrike	TuS Breitscheid	3:25:08	W45	3	0:43:44	1:07:11	1:34:12
15	3882	Schellöh Birgit	*Duisburg	3:25:11	W45	4	0:43:49	1:07:23	1:33:59
16	2895	Schlegelmilch Martina	*Essen	3:25:15	W22	3	0:43:33	1:06:41	1:35:00
17	2573	Quincke Anja	Marathon-Club Menden	3:26:02	W35	5	0:42:24	1:07:46	1:35:50
18	2379	Kays Linda	SV Langendreer 04	3:26:11	W30	3	0:44:55	1:06:17	1:34:59
19	1960	Hein Silvia	LT Alt-Erkrath	3:26:12	W40	3	0:43:59	1:07:24	1:34:47
20	5324	Püthe Dr. Tina	ASC Rosellen/Neuss	3:26:52	W30	4	0:43:47	1:07:49	1:35:15
21	1824	Breuer Sabine	Karacho Girls	3:28:46	W45	5	0:44:30	1:07:55	1:36:21
22	5693	Durry Simone	TG Neuss	3:29:48	W35	6	0:44:08	1:07:45	1:37:54
23	2118	Hollinger Andrea	ART Düsseldorf	3:29:52	W22	4	0:44:26	1:08:52	1:36:33
24	3066	Pilgram Bettina	*Oberhausen	3:30:41	W55	2	0:45:05	1:08:37	1:36:58
25	2293	Shala Daniela	Karacho Girls	3:30:47	W45	6	0:43:07	1:10:41	1:36:57
26	2105	Haschke Melanie	Triathlon Team Ratingen 08 e	3:31:20	W35	7	0:44:03	1:08:25	1:38:51
27	2191	Krämer Jeanette	City Fitness Essen	3:32:10	W30	5	0:44:38	1:07:27	1:40:04
28	1944	Schlüter-Michels Marion	SG Borken	3:33:51	W40	4	0:44:22	1:12:29	1:36:59
29	2835	Stephan Anja	LC Duisburg	3:33:54	W40	5	0:45:33	1:09:17	1:39:04
30	3832	Hausmann Annette	ETuS Wedau	3:34:25	W40	6	0:46:22	1:09:52	1:38:10
31	3636	Hünchen Heike	*Düsseldorf	3:35:40	W40	7	0:44:29	1:11:10	1:40:01
32	1676	Franz Ute	LT Bittermark Dortmund	3:36:31	W50	1	0:47:09	1:10:42	1:38:39
33	3949	Hamacher Silke	Triandertaler Mettmann	3:36:36	W40	8	0:52:01	1:07:43	1:36:51
34	2731	Börmann Jutta	TSG Kirchhellen	3:37:04	W40	9	0:45:45	1:10:51	1:40:27
35	5251	Wanjek Anne	DJK VFR Saarn	3:37:23	W50	2	0:45:33	1:13:15	1:38:33
36	4144	Hegger Ruth	LT Schnecke SV Sonsbeck	3:37:35	W40	10	0:45:39	1:08:48	1:43:07
37	3409	Kellendonk Heike	TG Neuss	3:38:15	W30	6	0:47:18	1:11:26	1:39:30
38	2830	Blondin Juliane	SC Bayer 05 Uerdingen Tri	3:38:27	W50	3	0:44:33	1:12:33	1:41:20
39	1830	Sander Ingrid	BG-RCI IPA LGO Bochum	3:39:34	W45	7	0:46:23	1:11:30	1:41:39
40	4240	Schmücker Jasmin	LG Mülheim	3:39:34	W50	4	0:46:06	1:11:21	1:42:07
41	3720	Kollenberg Kristin	RWE Starlight Team Essen	3:39:41	W22	5	0:46:37	1:10:18	1:42:45
42	4956	Gregus Christine	Hückeswagen	3:39:41	W40	11	0:46:12	1:11:42	1:41:46
43	3291	Bohmann Sonja	BSG Stadtwerke Duisburg A	3:40:12	W35	8	0:46:10	1:13:58	1:40:03
44	5167	Hennies Uta	*Essen	3:40:35	W35	9	0:48:05	1:11:30	1:40:59
45	1507	Lippke Elke	RSC Essen-Kettwig	3:40:47	W50	5	0:48:06	1:11:25	1:41:14
46	2819	Mönning Ulrike	*Köln	3:41:41	W45	8	0:46:23	1:11:57	1:43:20
47	2446	Kaune Claudia	LC Duisburg	3:41:52	W22	6	0:46:38	1:11:32	1:43:40
48	3646	Wiethoff Conny	Renntiere	3:41:55	W40	12	0:43:31	1:20:46	1:37:37
49	4557	Schillings Stefanie	TRC Essen 84	3:42:01	W30	7	0:46:02	1:12:52	1:43:06
50	2938	Göbel Carina	HELIOS IRON TEAM Wuppe	3:42:09	W45	9	0:46:13	1:11:55	1:44:00
51	3332	Holthoff Nina	LG COESFELD	3:42:10	W40	13	0:48:05	1:12:09	1:41:56
52	1658	Zacharias Anina	*Essen	3:42:17	W30	8	0:45:28	1:13:04	1:43:44
53	2753	Mottlau Christina	Makrolon Runners Uerdingen	3:42:31	W30	9	0:46:41	1:13:04	1:42:45

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	1629	Falkenstein Britta	LT Sun Planet Dorsten	3:42:39	W40	14	0:50:18	1:11:28	1:40:53
55	3693	Haesser Lena	LT Schnecke Sonsbeck	3:42:55	W22	7	0:46:29	1:11:53	1:44:33
56	2691	Meister Barbara	BSG Team EVAG	3:43:01	W40	15	0:47:41	1:12:32	1:42:47
57	3578	Weier Katrin	Hase&Igel Schmachtendorf	3:43:36	W45	10	0:47:55	1:13:21	1:42:19
58	4460	Schünemann Christiane	Eintracht Duisburg 1848	3:43:42	W40	16	0:46:32	1:13:37	1:43:33
59	1979	Kopka Manuela	Ruhrrunner Essen	3:44:00	W45	11	0:47:56	1:13:28	1:42:35
60	4623	Kmieciak Ute	Ausdauerschule by Bunert	3:44:01	W45	12	0:48:24	1:13:56	1:41:40
61	1591	Ringelstein Astrid	Zornige Ameisen	3:44:36	W40	17	0:48:46	1:12:49	1:43:00
62	2968	Sistenich Sandra	*Essen	3:44:36	W22	8	0:47:53	1:13:00	1:43:42
63	2517	Oberhagemann Nicole	Adler-Langlauf Bottrop	3:44:49	W40	18	0:46:47	1:15:20	1:42:42
64	4035	Grubing Mechthild	LC Duisburg	3:45:18	W55	3	0:48:20	1:12:57	1:44:00
65	2922	Harnisch Katja	Ski-Klub Düsseldorf	3:45:24	W30	10	0:47:13	1:12:45	1:45:25
66	5243	Tüller Corinna	*Velbert	3:45:29	W40	19	0:47:56	1:13:03	1:44:29
67	5219	Zapal Anke	activefirst	3:45:34	W40	20	0:47:59	1:13:10	1:44:24
68	4118	Schmidt Carola	LG Plettenberg-Herscheid	3:45:49	W35	10	0:47:49	1:13:25	1:44:34
69	2396	Tarrach Michaela	LTH-Essen	3:47:05	W35	11	0:48:10	1:18:00	1:40:55
70	1536	Cosack Annette	*Essen	3:47:07	W45	13	0:48:05	1:13:04	1:45:57
71	2733	Breit Ann-Christin	TSG Kirchhellen	3:47:21	W19	1	0:48:00	1:13:50	1:45:31
72	2817	Steiner Beate	SC Bayer 05 Uerdingen	3:47:26	W40	21	0:46:59	1:12:57	1:47:29
73	3912	Deutzmann Katharina	LT Cloversoft	3:47:28	W19	2	0:47:58	1:13:47	1:45:42
74	4962	Weber Birgit	-	3:47:30	W45	14	0:47:16	1:12:41	1:47:31
75	2236	Düren Christiane	*Duisburg	3:47:36	W35	12	0:49:47	1:14:05	1:43:43
76	1967	Pingen Bini	LC Duisburg	3:47:36	W40	22	0:49:29	1:13:02	1:45:04
77	1664	Kenneweg Sonja	Freie Schwimmer Düsseldorf	3:47:55	W35	13	0:47:57	1:14:17	1:45:40
78	5206	Schmitz Claudia	Ponyhof	3:47:55	W30	11	0:47:08	1:14:44	1:46:02
79	4606	Sult Barbara	TC Kray 1892 e.V.	3:48:00	W55	4	0:49:15	1:14:13	1:44:31
80	4060	Grass Sandra	Triathlon TEAM TG Witten	3:48:34	W40	23	0:50:05	1:14:27	1:44:01
81	2547	Schulz Claudia	Adler-Langlauf Bottrop	3:48:49	W40	24	0:48:03	1:14:25	1:46:20
82	3534	Boruta Julia	*köln	3:49:04	W22	9	0:48:34	1:16:39	1:43:51
83	4242	Van Loosen Daniela	LG Mülheim	3:49:12	W45	15	0:49:47	1:15:11	1:44:13
84	4840	Oberhäuser Angelika	Solinger LC	3:49:19	W60	1	0:49:36	1:14:26	1:45:16
85	4739	Schiweck Kerstin	*Gelsenkirchen	3:49:31	W45	16	0:49:23	1:14:50	1:45:17
86	4084	Tepel Heike	ASC Düsseldorf	3:50:00	W45	17	0:48:11	1:14:17	1:47:32
87	4055	Verheyen Laya	laya&netti	3:50:08	W18	1	0:48:57	1:14:04	1:47:06
88	2725	Mölders Ulrike	Team Aroma Ahoi	3:50:12	W30	12	0:47:55	1:17:17	1:44:58
89	2785	Köster-Heck Barbara	BSG Aon Jauch & Hübener	3:50:34	W40	25	0:48:10	1:15:02	1:47:21
90	1892	Köster Diana	SV Viktoria Goch	3:50:54	W40	26	0:49:12	1:14:24	1:47:17
91	3333	Beekmans Petra	LG COESFELD	3:51:23	W45	18	0:49:30	1:14:40	1:47:13
92	4813	Switala Tanja	*Waltrop	3:51:39	W35	14	0:49:46	1:17:01	1:44:51
93	5682	Offergeld Simone	Eintracht Duisburg 1848	3:51:56	W40	27	0:49:44	1:15:12	1:46:59
94	1914	Roes Sandra	BSG pro homine	3:51:57	W40	28	0:48:03	1:13:11	1:50:42
95	2280	Maaß Ulrike	*Essen	3:52:12	W45	19	0:49:46	1:15:04	1:47:21
96	2998	Kohrs Silke	ASC Ratingen	3:52:23	W30	13	0:48:49	1:16:21	1:47:12
97	2654	Petry Sabine	Rapid Ramirez	3:52:42	W40	29	0:50:17	1:15:57	1:46:27
98	4645	Neubauer Katja	stadtwerke Duisburg ag	3:52:47	W50	6	0:49:09	1:15:16	1:48:21
99	3040	Krywalsky Petra	ASC Düsseldorf	3:52:53	W45	20	0:49:04	1:15:31	1:48:18
100	3591	Kruse Daniela	SV13 Gladbeck	3:52:55	W30	14	0:46:24	1:29:07	1:37:23
101	3282	Moews Steffi	TV Wanheimerort 1880 e.V.	3:53:13	W22	10	0:48:35	1:16:08	1:48:29
102	3202	Buchwald Susanne	Vodafone Runners	3:53:14	W45	21	0:53:26	1:22:39	1:37:09
103	5090	Kessels Kathrin	*Bottrop	3:53:17	W22	11	0:46:51	1:24:33	1:41:52
104	2267	Winter Susanne	*Duisburg	3:53:26	W45	22	0:49:17	1:15:36	1:48:31
105	3916	Hartmann Susanne	LC Duisburg	3:53:30	W40	30	0:50:22	1:20:10	1:42:58
106	4610	Todzi-Winkler Angela	*Gelsenkirchen	3:54:24	W40	31	0:51:44	1:17:14	1:45:24

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4580	Stüker Maria	TC 69 Sterkrade	3:54:26	W30	15	0:48:42	1:15:12	1:50:32
108	2400	Birkendorf Cornelia	Tri-Geckos Dortmund	3:54:33	W35	15	0:47:50	1:17:59	1:48:42
109	2199	Biermann Claudia	LT Wischlingen Dortmund	3:54:59	W45	23	0:50:19	1:16:47	1:47:51
110	2898	Schwering Agnes	SG Borken	3:55:07	W55	5	0:49:28	1:16:27	1:49:11
111	2657	Macken-Reinirkens Cath	*Mülheim an der ruhr	3:55:30	W50	7	0:49:11	1:15:06	1:51:11
112	1511	Piwonski Sandra	LC Duisburg	3:55:34	W35	16	0:49:13	1:17:21	1:48:59
113	2464	Fleischer Sylvia	Adler-Langlauf Bottrop	3:55:42	W40	32	0:50:35	1:15:51	1:49:15
114	3633	Fladda Marion	BSG Sparkasse Duisburg	3:56:37	W22	12	0:49:29	1:15:24	1:51:44
115	4023	Bley Bianca	LC Mittwochabend Ratingen	3:56:37	W40	33	0:50:31	1:17:20	1:48:46
116	1924	Müller Kerstin	Lauftreff R(h)einknaller	3:57:12	W35	17	0:48:10	1:14:47	1:54:14
117	4906	Weimer Dr. Maud	*Düsseldorf	3:57:41	W50	8	0:48:40	1:16:48	1:52:12
118	2427	Sust Elke	TUS Ickern	3:57:47	W45	24	0:48:48	1:18:46	1:50:13
119	2556	Hörmann Karin	Freie Schwimmer Düsseldorf	3:57:48	W35	18	0:49:32	1:17:36	1:50:39
120	1826	Keiten-Schmitz Gerda	Bocholter WSV	3:57:52	W45	25	0:49:52	1:18:48	1:49:11
121	2590	Hillermann Kirsten	*Düsseldorf	3:57:58	W45	26	0:49:52	1:17:24	1:50:41
122	1934	Hillen Corinna	*Oberhausen	3:58:01	W40	34	0:50:18	1:17:54	1:49:48
123	4789	Lymann Jessica	TC Kray 1892 e.V.	3:58:02	W30	16	0:51:21	1:16:47	1:49:53
124	3641	Cyrener Anja	SV Haldern Lauftreff	3:58:09	W40	35	0:50:01	1:17:05	1:51:03
125	3003	Fieker Sabine	Homberger TV	3:58:21	W35	19	0:49:19	1:17:23	1:51:39
126	5290	Ocklenburg Angela	*Mülheim	3:58:21	W40	36	0:50:34	1:17:46	1:50:00
127	4821	Borch Corinna	*Düsseldorf	3:58:31	W35	20	0:50:18	1:16:30	1:51:42
128	2726	Lesaar Petra	LT Berka Stars	3:58:34	W30	17	0:51:45	1:17:30	1:49:19
129	2046	Metternich Melanie	Palma Runners	3:58:39	W35	21	0:51:53	1:17:05	1:49:40
129	5010	Daubenspeck Monika	*Krefeld	3:58:39	W40	37	0:49:30	1:18:18	1:50:50
131	4602	Schankweiler Martina	SV Viktoria Goch	3:58:55	W45	27	0:51:34	1:16:49	1:50:31
132	1760	Amalou Linda	*Essen	3:59:14	W30	18	0:50:32	1:18:25	1:50:15
133	3743	Köhler Maria	TVK 1877 Essen	3:59:17	W30	19	0:49:52	1:17:27	1:51:57
134	1739	Blum Birgit	ALLES AUS Liebe	3:59:19	W45	28	0:50:50	1:16:24	1:52:04
135	5056	Hörig Anke	LT Haumannplatz Essen	3:59:28	W40	38	0:49:31	1:17:25	1:52:31
136	1936	Lüdorf Melanie	*Wuppertal	3:59:41	W22	13	0:51:23	1:18:15	1:50:02
137	2321	Wienforth Silke	PV Triathlon Witten	3:59:53	W40	39	0:50:12	1:20:17	1:49:23
138	2094	Siepe Gaby	TBH Düsseldorf-Hassels	3:59:54	W40	40	0:51:42	1:19:19	1:48:52
139	2543	Schmieschek Beata	*Oberhausen	4:00:00	W40	41	0:50:22	1:18:22	1:51:16
140	4787	Stützer Kerstin	TC Kray 1892 e.V.	4:00:19	W35	22	0:49:49	1:18:51	1:51:38
141	4075	Blumenberg Ulrike	*Duisburg	4:00:27	W40	42	0:49:11	1:19:15	1:52:00
142	2097	Löhr Daniela	TBH Düsseldorf-Hassels	4:00:31	W40	43	0:51:48	1:19:18	1:49:24
143	5017	Lorentz Stefanie	*Duisburg	4:00:40	W35	23	0:50:35	1:19:02	1:51:03
144	3788	Strate Antje Simone	Triathlon TEAM TG Witten	4:01:02	W45	29	0:50:06	1:18:08	1:52:47
145	2505	Berger Clara	Triminators TV Voerde	4:01:17	W22	14	0:50:32	1:18:03	1:52:40
146	2506	Hornscheidt Ulla	Adler-Langlauf Bottrop	4:01:29	W55	6	0:51:27	1:19:41	1:50:20
147	1502	Greitzke Mignon	LT Cloversoft	4:01:53	W45	30	0:51:17	1:18:21	1:52:15
148	4210	Möllmann Rita	*Bocholt	4:02:03	W40	44	0:50:00	1:19:35	1:52:27
149	5106	Diesner Wiebke	TVE Burgaltendorf	4:02:08	W40	45	0:50:59	1:19:33	1:51:35
150	4526	Wegmann Sabine	LT Lukas	4:02:19	W45	31	0:51:12	1:19:01	1:52:06
151	5284	Mlyneck Anke	SV Kupferdreh	4:02:52	W30	20	0:52:23	1:18:46	1:51:42
152	2271	Kühnen Claudia	BSG Sparkasse Duisburg	4:02:56	W40	46	0:51:55	1:17:46	1:53:14
153	5105	Spengler Beate	TVE Burgaltendorf	4:03:06	W45	32	0:53:19	1:18:33	1:51:13
154	3918	Moers Angelika	Sportfreunde Neersbroich	4:03:08	W40	47	0:51:48	1:21:16	1:50:03
155	3206	Conrad Claudia	Vodafone Runners	4:03:14	W30	21	0:52:23	1:19:02	1:51:49
156	5133	Berndt Elke	LT Turnerbund Frintrop	4:03:28	W50	9	0:51:46	1:19:33	1:52:09
157	2344	Junghanns Tina	SiTi84	4:03:34	W22	15	0:52:14	1:19:28	1:51:52
158	3350	Hilgers Birgit	AS Neukirchen-Vluyn	4:03:47	W40	48	0:51:39	1:19:08	1:53:00
159	4547	Goletz Monika	LT Vynen	4:03:50	W40	49	0:53:41	1:18:52	1:51:17

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3334	Hille Annette	LG COESFELD	4:03:53	W45	33	0:52:41	1:19:11	1:52:00
161	1697	Müller Gabi	*Gelsenkirchen	4:04:04	W50	10	0:50:51	1:16:28	1:56:43
162	4074	Diekmann Tatjana	HELIOS IRON TEAM Wuppe	4:04:15	W40	50	0:52:53	1:16:53	1:54:28
163	3429	Kraatz Frauke	TuS Breitscheid	4:04:54	W30	22	0:52:08	1:18:39	1:54:06
164	5317	Hoffbauer Angela	*Düsseldorf	4:05:11	W45	34	0:52:58	1:22:03	1:50:09
165	5424	Schiffner Marion	*Korschenbroich	4:05:48	W40	51	0:50:01	1:21:40	1:54:05
166	1607	Bellwinkel Inga	LC Duisburg	4:05:52	W40	52	0:52:12	1:19:57	1:53:42
167	5061	Vom Ort Nicole	Die mit der Weste	4:05:55	W35	24	0:50:24	1:18:19	1:57:12
168	2000	Grundmann Carmen	*Rheinberg	4:05:57	W45	35	0:53:22	1:23:55	1:48:38
169	4565	Stienen Ortrud	*Duisburg	4:06:28	W22	16	0:49:27	1:19:02	1:57:58
170	3609	Helten Andrea	LT SV Haldern	4:06:32	W30	23	0:58:46	1:19:53	1:47:52
171	3738	Desinger Betty	Health Life Business	4:06:32	W45	36	0:52:46	1:19:20	1:54:25
172	2215	Kauffmann Inga	*Essen	4:06:36	W35	25	0:50:35	1:21:08	1:54:52
173	1991	Rechmann Regina	Triabolos Hamburg eV	4:06:38	W40	53	0:49:14	1:24:27	1:52:57
174	2330	Telgenbrok Sigrid	Ausdauererschule by Bunert	4:06:42	W50	11	0:50:08	1:23:22	1:53:11
175	2283	Klemm Ulrike	kein	4:06:56	W55	7	0:51:24	1:18:29	1:57:02
176	3674	Detampel Heike	TV Einigkeit Lauffreunde	4:07:01	W50	12	0:53:44	1:20:27	1:52:49
177	3901	Hartmann Melanie	*Bochum	4:07:23	W35	26	0:50:37	1:19:47	1:56:57
178	3900	Trant Dr. Stefanie	*Bochum	4:07:23	W35	27	0:50:37	1:19:48	1:56:57
179	4722	Van Rienen Ulrike	Marathon Mülheim	4:07:29	W45	37	0:52:23	1:21:15	1:53:51
180	4524	Baur Sonja	Lauftreff TBH	4:07:31	W50	13	0:58:49	1:19:18	1:49:24
181	2780	Christ Carola	LG Alpen	4:07:36	W45	38	0:52:01	1:20:17	1:55:17
182	3770	Bartz Dorothee	*Bochum	4:07:42	W45	39	0:52:34	1:19:24	1:55:43
183	3346	Biesen Jutta	AS Neukirchen-Vluyn	4:07:56	W40	54	0:52:56	1:20:44	1:54:15
184	2685	Schaake Birgit	SV Derne 49	4:08:07	W40	55	0:52:00	1:19:28	1:56:38
185	1648	HEIDER MONIKA	*LANGENFELD	4:08:11	W45	40	0:52:25	1:20:18	1:55:28
186	2743	Schulte Elisabeth	*Recklinghausen	4:08:17	W50	14	0:52:52	1:20:56	1:54:28
187	2643	Scheffler Simone	*Mülheim/Ruhr	4:08:20	W45	41	0:50:58	1:21:29	1:55:52
188	2732	Rothert Sylvie	TSG Kirchhellen	4:08:23	W40	56	0:51:59	1:20:44	1:55:40
189	1181	Neuhaus Katja	Triathlon TEAM TG Witten	4:08:27	W40	57	0:50:38	1:20:46	1:57:03
190	3624	Kaleja Steffi	Renntiere	4:08:41	W30	24	0:51:53	1:20:46	1:56:00
191	2915	Eick Monique	*Mettmann	4:08:46	W40	58	0:52:42	1:23:09	1:52:53
192	1555	Britz Kirsten	LT Cloversoft	4:08:51	W45	42	0:53:01	1:22:55	1:52:54
193	2741	Wolf Sabine	*Bochum	4:08:52	W45	43	0:52:48	1:20:48	1:55:15
194	3359	Heinze Irmilind	AS Neukirchen-Vluyn	4:09:02	W55	8	0:53:02	1:20:08	1:55:51
195	4749	Plohmann Magda	LT Lukas	4:09:05	W50	15	0:52:59	1:19:56	1:56:09
196	4898	Hemmerling Dr. Arnica	*Düsseldorf	4:09:09	W45	44	0:53:24	1:21:44	1:54:00
197	5315	Holland Hanni	LT Vynen	4:09:12	W60	2	0:53:11	1:21:21	1:54:39
198	4174	Szpogán Susanne	Immeo Wohnen Running Te	4:09:13	W50	16	0:52:40	1:20:49	1:55:42
199	3822	Wach Manuela	DJK Tus Rotthausen	4:09:25	W45	45	0:52:47	1:20:56	1:55:40
200	2932	Kappler Anja	HIT-Team	4:09:29	W40	59	0:56:56	1:20:48	1:51:45
201	2972	Demmer Tanja	TV Aldekerk	4:10:00	W30	25	0:50:00	1:20:44	1:59:16
202	4482	Moule Petra	LT Wischlingen Dortmund	4:10:03	W50	17	0:53:25	1:21:46	1:54:50
203	3625	Lerch Petra	*Essen	4:10:04	W40	60	0:52:51	1:21:34	1:55:38
204	5200	Moser Susanne	LC Duisburg	4:10:08	W45	46	0:51:55	1:20:04	1:58:08
205	3157	Seidel Sabine	TVK 1877 Essen	4:10:10	W45	47	0:51:17	1:21:15	1:57:38
206	1972	Dübbert Anke	*Duisburg	4:10:13	W45	48	0:52:13	1:21:17	1:56:42
207	2990	Gräf Martina	*Velbert	4:10:16	W45	49	0:50:31	1:19:21	2:00:23
208	4791	Steege Claudia	TC Kray 1892 e.V.	4:10:26	W45	50	0:51:13	1:21:03	1:58:09
209	1780	Hanemann Julia	SV Blau-Weiss Bochum e.V.	4:10:28	W40	61	0:53:02	1:23:15	1:54:11
210	2788	Dreyer Alex	LT Düsseldorf Süd	4:10:45	W40	62	0:53:54	1:21:31	1:55:19
211	3790	Arnold Cordula	*Duisburg	4:10:56	W35	28	0:54:26	1:20:52	1:55:37
212	3095	Nickl Isabella	E.ON Ruhrgas SG	4:11:11	W30	26	0:51:06	1:24:58	1:55:06

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3503	John Svenja	Team Erdinger Alkoholfrei	4:11:18	W22	17	0:52:54	1:21:34	1:56:48
214	3087	Pfefferkorn Paula	E.ON Ruhrgas SG	4:11:33	W35	29	0:53:51	1:22:09	1:55:32
215	2568	Geub Claudia	*Langenfeld	4:11:35	W35	30	0:52:53	1:23:03	1:55:39
216	5295	Schauties Melanie	BSG Sparkasse Lüdenscheid	4:12:21	W35	31	0:53:22	1:20:41	1:58:17
217	4164	Welzel Bettina	BSG-Springorum	4:12:37	W45	51	0:52:48	1:22:21	1:57:27
218	2672	Sobolewski Sabine	Adler-Langlauf Bottrop	4:12:41	W40	63	0:54:07	1:21:27	1:57:06
219	2768	Stief Elke	Adler-Langlauf Bottrop	4:12:42	W55	9	0:54:07	1:21:28	1:57:06
220	5491	Lamwersiek Sandra	AOK Düsseldorf	4:12:47	W22	18	0:53:07	1:22:51	1:56:48
221	4972	Petrasch Manuela	Freiläufer	4:12:47	W45	52	0:56:14	1:29:32	1:47:00
222	4617	Bücken Alexandra	*Monheim	4:12:49	W40	64	0:52:56	1:22:43	1:57:09
223	3719	Wehling Christina	*Düsseldorf	4:12:53	W35	32	0:54:13	1:23:03	1:55:36
224	4304	Lupp Monika	*Mülheim an der Ruhr	4:13:06	W55	10	0:54:05	1:23:02	1:55:57
225	4424	Ganter Beate	*Monheim	4:13:13	W40	65	0:53:47	1:22:18	1:57:07
226	5012	Schachner Andrea	BFW-Running-Team	4:13:19	W45	53	0:54:00	1:20:22	1:58:56
227	4378	Kuhland Katja	*Ratingen	4:13:25	W45	54	0:53:51	1:23:20	1:56:13
228	4095	Bitterlich Andrea	*gelsenkirchen	4:13:37	W50	18	0:50:54	1:23:46	1:58:56
229	3403	Von Wangenheim Dania	TG Neuss	4:13:42	W35	33	0:51:33	1:23:09	1:58:58
230	2959	Mecking Dr. Bettina	Marathon Dinslaken	4:13:48	W40	66	0:53:08	1:21:44	1:58:55
231	2361	Spielmann Sylvia	LG Dorsten	4:13:52	W45	55	0:53:52	1:23:31	1:56:27
232	3713	Gerhards Gertrud	*Köln	4:13:52	W45	56	0:53:00	1:22:26	1:58:26
233	1787	Klein Eva	Ruhr BOB Runner	4:14:03	W45	57	0:58:56	1:30:11	1:44:56
234	2810	Schilling Anke	*Hünxe	4:14:33	W22	19	0:53:12	1:22:49	1:58:31
235	5211	Krüger Elisabeth	Nordtriathleten	4:14:34	W45	58	0:53:10	1:21:15	2:00:08
236	2443	Friedrich Kerstin	Schwimmvereinigung Krefeld	4:14:38	W35	34	0:57:10	1:23:16	1:54:11
237	4236	Schikora Kathi	Ausdauerschule by Bunert	4:14:44	W22	20	0:53:27	1:23:56	1:57:20
238	2376	Möller Tanja	*Duisburg	4:14:50	W22	21	0:54:26	1:21:25	1:58:58
239	5696	Schulz Barbara	LT Rennhamster	4:14:52	W50	19	0:53:18	1:22:37	1:58:56
240	4644	Reisenberger Ellen	LC Duisburg	4:14:57	W45	59	0:53:03	1:20:18	2:01:36
241	5506	Hübner Britta	LC Duisburg-Marathonkurs	4:15:07	W45	60	0:52:25	1:23:17	1:59:23
242	3112	Wilke Sigrid	E.ON Ruhrgas SG	4:15:11	W45	61	0:53:21	1:23:17	1:58:32
243	4050	Lutz Karen	*Herne	4:15:13	W22	22	0:55:12	1:21:38	1:58:23
244	5019	Klose Beate	Rote ErdeSchwelm	4:15:22	W45	62	0:55:29	1:22:50	1:57:02
245	4564	Pilipovic Sandra	Tus Baerl	4:15:44	W30	27	0:54:09	1:21:41	1:59:53
246	4258	Misia Uta	TVe Lauffreunde Gladbeck	4:16:07	W45	63	0:54:08	1:22:39	1:59:18
247	5174	GROSS HELGA	PV Triathlon Witten	4:16:13	W70	1	0:54:39	1:23:58	1:57:35
248	4477	Schmittmann Nicole	TV Rhede	4:16:17	W30	28	0:54:50	1:22:40	1:58:46
249	4142	Walbaum Ute	LT Lustige Schleicher Essen	4:16:18	W45	64	0:52:52	1:23:06	2:00:20
250	2659	Koths Steffi	*Kamp-Lintfort	4:16:45	W40	67	0:55:02	1:25:46	1:55:56
251	2807	Tramp Andrea	SV Viktoria Goch	4:16:45	W45	65	0:55:53	1:25:57	1:54:54
252	4647	Fenske Dagmar	Waltroper LC 06	4:16:59	W45	66	0:53:45	1:24:22	1:58:51
253	3043	Wigger Claudia	*Ratingen	4:17:04	W45	67	0:52:18	1:23:18	2:01:27
254	4379	Lüdorf Iris	*Ratingen	4:17:06	W45	68	0:53:27	1:23:21	2:00:17
255	5692	Heinen Nicole	TG Neuss	4:17:30	W40	68	0:55:09	1:23:18	1:59:02
256	3240	Lind Catrin	Vodafone Runners	4:17:32	W35	35	0:54:13	1:24:46	1:58:32
257	1728	Fligg Anke	Ausdauerschule by Bunert	4:17:40	W40	69	0:54:27	1:23:27	1:59:44
258	4394	Strauß Petra	LC Duisburg	4:17:55	W55	11	0:53:53	1:24:16	1:59:45
259	2436	Juschka Bettina	*Duisburg	4:18:02	W45	69	0:55:50	1:19:38	2:02:33
260	4054	Friedrich Annette	laya&netti	4:18:16	W45	70	0:55:04	1:23:48	1:59:23
261	3265	Lenk Susanne	Vodafone Runners	4:18:30	W45	71	0:55:37	1:24:07	1:58:45
262	4755	Rudolph Lisa	*Düsseldorf	4:19:03	W22	23	0:54:14	1:24:09	2:00:38
263	4631	Zuck Cerstin	Bauenmitzuck	4:19:03	W30	29	0:54:15	1:24:09	2:00:38
264	5492	Jargon Marion	AOK Düsseldorf	4:19:09	W45	72	0:56:07	1:25:40	1:57:21
265	4426	Kranz Gaby	Renntiere	4:19:18	W45	73	0:55:50	1:26:14	1:57:12

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	5246	Weisner Carletta	TUS 09 Erkenschwick	4:19:27	W35	36	0:55:17	1:24:31	1:59:38
267	3671	Eller Désirée	Wassersportverein Mülheim e	4:19:30	W22	24	0:54:20	1:22:54	2:02:16
268	2796	Brüninghaus Antje	ASC Düsseldorf	4:19:33	W45	74	0:54:23	1:26:30	1:58:39
269	4754	Weiß Svenja	*Duisburg	4:19:51	W22	25	0:53:34	1:25:16	2:01:00
270	2286	Fischer Anke	BSG Sparkasse Duisburg	4:20:14	W35	37	0:53:46	1:27:22	1:59:05
271	3259	Dietzgen Astrid	Vodafone Runners	4:20:19	W40	70	0:55:38	1:25:30	1:59:10
272	4973	Pitz-Clever Natascha	Freiläufer	4:20:30	W45	75	0:55:36	1:23:31	2:01:22
273	4161	Vormbaum Irene	*Oberhausen	4:20:34	W45	76	0:55:03	1:24:23	2:01:07
274	1587	Falk Irene	*Wuppertal	4:20:35	W50	20	0:55:36	1:24:50	2:00:08
275	4195	Probst Karina	*Neuss	4:20:48	W35	38	0:53:35	1:24:14	2:02:58
276	4364	Flade Natalie	*Willich	4:20:49	W35	39	0:54:09	1:25:53	2:00:46
277	2391	Wichmann Jutta	RTB Remscheid Marathon-	4:20:51	W45	77	0:55:48	1:23:46	2:01:16
278	4328	Hanna Beate	Renntiere	4:20:53	W50	21	0:54:28	1:30:05	1:56:18
279	5011	Kerschbaumer Dunja	BFW-Running-Team	4:21:06	W40	71	0:54:01	1:27:11	1:59:53
280	2360	Levering Angelika	LG Dorsten	4:21:18	W50	22	0:56:02	1:26:47	1:58:28
281	2282	Focks Martina	LC Duisburg	4:21:19	W50	23	0:55:07	1:23:02	2:03:09
282	2109	Grabowski Sonja	*Velbert	4:21:21	W35	40	0:52:29	1:23:43	2:05:09
283	3442	Jekubczik Christa	LC Duisburg-Marathonkurs	4:21:28	W55	12	0:55:35	1:24:16	2:01:36
284	3417	Dilger Marion	TG Neuss	4:21:36	W45	78	0:55:51	1:24:47	2:00:57
285	4967	Krah Bettina	Fun Runners	4:21:45	W35	41	0:55:59	1:26:17	1:59:29
286	5386	Kosubek Cornelia	activefirst	4:21:54	W55	13	0:53:48	1:26:31	2:01:33
287	2873	Schmitz Ute	LT Krefeld-Oppum	4:22:04	W45	79	0:55:18	1:26:48	1:59:57
288	5067	Apaydin Suna	*Herne	4:23:24	W30	30	0:54:27	1:25:31	2:03:25
289	5158	Moddenborg Petra	*Bocholt	4:23:42	W35	42	0:57:04	1:27:11	1:59:26
290	3370	Lütke-meier Ellen	AS Neukirchen-Vluyn	4:23:44	W45	80	0:55:47	1:27:05	2:00:51
291	2154	Kolenbrander Stefanie	LG BHR Oberhausen	4:23:50	W22	26	0:54:06	1:25:10	2:04:33
292	5093	Wüsten Tanja	*Krefeld	4:24:04	W19	3	0:51:36	1:24:58	2:07:29
293	3009	Sauerwald Vasiljka	*Essen	4:24:05	W60	3	0:58:35	1:26:38	1:58:51
294	2272	Dietrich Elke	LC Duisburg	4:24:38	W50	24	0:52:54	1:28:34	2:03:10
295	4012	De Florio Lucilla	*Duisburg	4:25:08	W40	72	0:53:48	1:27:23	2:03:55
296	2332	Joosten Renate	SV Viktoria Goch	4:25:31	W50	25	0:52:26	1:20:30	2:12:34
297	1690	Teichmann Christin	Fun Runner VfL Gladbeckk	4:25:35	W35	43	0:58:18	1:23:51	2:03:25
298	2523	Hentschel Sabine	*Langenfeld	4:25:45	W45	81	0:56:09	1:28:40	2:00:55
299	3274	Simon Kirsten	SG Stern Wupp.Sol.Re	4:26:07	W40	73	0:53:59	1:27:09	2:04:59
300	2531	Blank Petra	LT Wischlingen	4:26:19	W50	26	0:55:10	1:26:39	2:04:29
301	2487	Wurzel Johanna	*Duisburg	4:26:19	W22	27	0:54:14	1:27:10	2:04:54
302	1513	Frauenrath Claudia	Team Erdinger Alkoholfrei	4:26:22	W45	82	0:55:14	1:26:13	2:04:54
303	3783	Vogt Andrea	Ausdauerschule by Bunert	4:26:30	W35	44	1:00:06	1:26:15	2:00:08
304	4076	Bruns Petra	*Mülheim	4:26:32	W50	27	0:55:44	1:29:21	2:01:26
305	5260	ClaußKlaßen Petra	*Duisburg	4:26:35	W50	28	0:57:42	1:25:14	2:03:38
306	4530	Koopmann Christa	MSV Duisburg LT	4:26:37	W55	14	0:55:54	1:26:25	2:04:17
307	1870	Teichner Fabienne	*Alpen	4:26:39	W22	28	0:54:25	1:26:39	2:05:34
308	1786	Neuhaus Birgit	Ruhr BOB Runner	4:26:50	W40	74	0:55:54	1:26:12	2:04:44
309	2113	Schramm Eva	*Essen	4:26:50	W50	29	0:57:23	1:27:37	2:01:49
310	5496	Borghoff Bianca	LC Duisburg-Marathonkurs	4:27:01	W30	31	0:58:03	1:26:01	2:02:56
311	3287	Rafalski Melanie	BSG Stadtwerke Duisburg A	4:27:09	W30	32	0:55:54	1:27:12	2:04:03
312	1643	Friese Petra	LC Duisburg	4:27:12	W50	30	0:57:23	1:25:44	2:04:04
313	3396	Tempesta Angela	AS Neukirchen-Vluyn	4:27:22	W22	29	0:55:47	1:27:13	2:04:21
314	3868	Roll Martina	*Wuppertal	4:27:23	W40	75	0:58:08	1:25:52	2:03:22
315	3864	Léger Anja	*Wuppertal	4:27:24	W40	76	0:58:08	1:25:52	2:03:23
316	1915	Zuschlag Dr. Daniela	*Dortmund	4:27:27	W35	45	0:56:49	1:27:54	2:02:42
317	1911	Meyerratken Beate	*Gladbeck	4:27:27	W45	83	0:56:49	1:27:54	2:02:43
318	2695	Lüttkenhorst Gertrud	BSG Team EVAG	4:27:48	W45	84	0:59:48	1:29:26	1:58:33

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	1588	Schürmann Marion	PV Triathlon Witten	4:27:54	W50	31	0:56:44	1:27:12	2:03:57
320	2239	Heilmann Sina	*Wuppertal	4:28:23	W30	33	0:58:11	1:30:27	1:59:44
321	2532	Nürnberg Ute	Die Römers	4:28:32	W45	85	0:57:12	1:28:44	2:02:35
322	4949	Adam Susanne	*Schwelm	4:28:33	W45	86	0:57:55	1:27:52	2:02:45
323	4114	Hofstetter Anne	*Mülheim	4:28:40	W45	87	0:55:55	1:27:59	2:04:44
324	1575	Nied Constanze	*Duisburg	4:28:41	W40	77	0:56:29	1:29:07	2:03:05
325	2787	Voß Gertrud	SV Viktoria Goch	4:28:49	W60	4	0:56:22	1:26:51	2:05:35
326	4635	Weinzierl Sybille	*Mülheim	4:29:14	W50	32	0:57:02	1:27:22	2:04:49
327	2529	Goischke Astrid	*Moers	4:29:22	W30	34	0:55:40	1:29:36	2:04:05
328	4377	Emmerich Anja	*Ratingen	4:29:30	W40	78	0:53:50	1:27:41	2:07:58
329	4827	Voigt-Lehmann Petra	*Mülheim-Ruhr	4:29:37	W45	88	0:59:30	1:27:04	2:03:02
330	3701	Körner Beate	*Sprockhövel	4:29:40	W45	89	0:56:49	1:26:55	2:05:55
331	4528	Hardt Ulrike	*Duisburg	4:29:42	W50	33	0:55:45	1:25:13	2:08:43
332	4985	Ehrkamp Anja	*Münster	4:29:59	W22	30	0:53:28	1:30:42	2:05:49
333	4684	Kirchhof Janine	*Solingen	4:30:10	W22	31	0:57:32	1:28:43	2:03:54
334	4831	Quabius Friederike	*Düsseldorf	4:30:18	W40	79	0:54:44	1:25:58	2:09:35
335	3219	Hecker Heike	*Mülheim	4:30:28	W40	80	0:55:57	1:27:58	2:06:32
336	3731	Ananaba Vicky	MVAD	4:30:40	W35	46	0:55:39	1:29:49	2:05:10
337	3806	Griesbach-Schmitz Heide	*Neuss	4:30:46	W50	34	0:56:58	1:28:05	2:05:42
338	3705	Kemppens Doris	Marathonteam-Ratingen	4:30:59	W50	35	0:59:14	1:23:18	2:08:26
339	5165	Jansen Dorothea	TC Kray 1892 e.V.	4:31:22	W50	36	0:57:03	1:28:03	2:06:15
340	3301	Emrich Susanne	FS Rheinkamp	4:31:54	W45	90	0:56:49	1:29:53	2:05:12
341	4966	Rätzel Nicolle	LC Duisburg	4:32:01	W30	35	0:59:31	1:28:15	2:04:15
342	2209	Bütefür Britta	*Mülheim	4:32:02	W40	81	0:59:26	1:33:03	1:59:32
343	3645	Spin Barbara	Renntiere	4:32:06	W45	91	0:54:28	1:30:05	2:07:32
344	4566	Schulze Anja	LC Duisburg	4:32:32	W45	92	0:59:54	1:28:18	2:04:19
345	3348	Brückner Claudia	AS Neukirchen-Vluyn	4:32:33	W40	82	0:58:48	1:28:23	2:05:21
346	4117	Poungias Martina	*Oberhausen	4:32:41	W40	83	0:57:28	1:29:05	2:06:07
347	3261	Litz Hildegard	Die Stolperer	4:33:00	W55	15	0:57:01	1:31:49	2:04:09
348	2766	Braemer Miriam	Bezirksregierung Düsseldorf	4:33:13	W30	36	0:54:43	1:28:53	2:09:36
349	4230	Holländer Sylvia	activefirst	4:33:14	W50	37	0:56:08	1:26:53	2:10:12
350	3888	Noack Christiane	*Duisburg	4:33:19	W40	84	0:56:27	1:30:32	2:06:19
351	2622	Kernebeck Birgit	*Essen	4:33:48	W35	47	0:59:31	1:32:15	2:02:01
352	3116	Kasperek-Rasche Barbar	Ausdauerchule by Bunert	4:33:51	W45	93	0:58:20	1:29:35	2:05:55
353	5267	Krause-Schmieden Andre	*Mülheim/Ruhr	4:34:04	W45	94	0:57:06	1:30:30	2:06:27
354	4190	Möller Ute	BSG Sparkasse Essen	4:34:07	W50	38	0:57:45	1:29:10	2:07:11
355	4760	Weeske Kerstin	LT Lustige Schleicher Essen	4:34:10	W40	85	0:55:36	1:29:00	2:09:33
356	3345	Bergmann Cornelia	AS Neukirchen-Vluyn	4:34:20	W40	86	0:56:51	1:27:11	2:10:17
357	3817	Thöne Kirsten	*Duisburg	4:34:25	W35	48	0:55:22	1:26:23	2:12:39
358	1709	Herkendell Sabine	*Ratingen	4:34:35	W45	95	0:56:57	1:27:23	2:10:14
359	5145	Marx Birgit	*Oberhausen	4:34:52	W45	96	0:58:07	1:30:10	2:06:34
360	5379	Ivezic Silke	activefirst	4:34:58	W40	87	0:58:35	1:30:19	2:06:03
361	4386	Niehüser Lydia	*Oberhausen	4:35:09	W45	97	0:58:44	1:28:45	2:07:39
362	5129	Püschel Marlis	Stommelhopper	4:35:12	W30	37	0:54:40	1:29:15	2:11:16
363	5130	Geyer Jana	Stommelhopper	4:35:13	W18	2	0:54:40	1:29:16	2:11:16
364	2748	Widrinna Sabine	*Bochum	4:35:43	W45	98	0:57:28	1:29:01	2:09:14
365	2758	Verpoort Maria	SV Viktoria Goch	4:35:47	W55	16	0:56:23	1:26:51	2:12:32
366	4229	Jehnert Ricarda	*Stolberg	4:35:56	W30	38	0:57:51	1:26:23	2:11:42
367	5375	Hermann Carolina	activefirst	4:36:20	W22	32	0:54:33	1:40:42	2:01:04
368	3766	Etterich-Hoffmeister Susar	*Düsseldorf	4:36:25	W50	39	0:59:55	1:26:58	2:09:31
369	2551	Brückner Bionda	*Duisburg	4:36:35	W35	49	0:53:59	1:30:16	2:12:20
370	4421	Wildhagen Beate	-	4:36:39	W45	99	1:01:03	1:30:29	2:05:07
371	5000	Bückmann Liane	*Dinslaken	4:37:11	W45	100	0:59:22	1:32:47	2:05:01

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4884	Lesina Angela	*Wuppertal	4:37:18	W45	101	1:00:07	1:32:20	2:04:49
373	2492	Strenger Manuela	Styrumer TV	4:37:19	W45	102	0:59:02	1:30:02	2:08:15
374	4795	Stärke Marisita	Angerland LT Lintorf	4:37:22	W50	40	0:57:36	1:31:49	2:07:56
375	2477	Meuter Claudia	*Oberhausen	4:37:28	W45	103	0:59:35	1:27:07	2:10:45
376	3544	Preilowski Beate	FC Schalke 04	4:37:39	W40	88	0:59:48	1:29:42	2:08:08
377	1618	Schorn Maren	*Ratingen	4:38:11	W40	89	1:05:12	1:28:59	2:03:59
378	3842	Otta Ilona	TVE Lauffreunde Gladbeck	4:38:25	W50	41	0:58:05	1:31:38	2:08:41
379	2744	Schäper Jacqueline	*Bocholt	4:38:48	W45	104	0:57:42	1:28:53	2:12:12
380	2880	Peters Monika	LT Krefeld-Oppum	4:39:04	W45	105	0:56:03	1:24:39	2:18:20
381	4439	Hübner Ute	TV Frisch Auf Lennep	4:39:41	W40	90	0:58:02	1:31:01	2:10:37
382	2628	Nienhaus Kim	Bocholt läuft	4:39:45	W18	3	0:58:06	1:30:00	2:11:37
383	4913	Kim Soya	*Duisburg	4:39:56	W35	50	0:57:40	1:27:13	2:15:01
384	4691	Stenzel Elisabeth	*Rhede	4:40:14	W45	106	0:58:17	1:29:44	2:12:12
385	5014	Mehlig Tina	Die Mehligs	4:40:35	W45	107	0:56:22	1:29:16	2:14:55
386	4865	Huth Johanna	LC Duisburg	4:41:04	W18	4	0:57:25	1:31:45	2:11:54
387	5392	Meier Susanne	activefirst	4:41:05	W22	33	0:55:47	1:34:37	2:10:41
388	5223	Van Holt Jana	LT Vynen	4:41:29	W15	1	0:57:25	1:31:48	2:12:16
389	4051	Lackmann Uta	TRlandertaler Mettmann-Spor	4:41:30	W35	51	0:55:33	1:30:39	2:15:17
390	4864	Huth Petra	LC Duisburg	4:41:30	W45	108	0:57:51	1:31:44	2:11:54
391	5441	Teloo Britta	LT Schnecke SV Sonsbeck	4:41:50	W22	34	0:55:53	1:30:18	2:15:39
392	4975	Heilemann Sandra	after-work-runners.de	4:41:55	W30	39	0:58:38	1:30:50	2:12:26
393	3932	Heinrichs Hedwig	*Neuss	4:42:40	W30	40	0:57:01	1:30:58	2:14:40
394	3979	Börger Annegret	TV Walsum-Aldenrade	4:42:40	W55	17	0:58:03	1:32:45	2:11:51
395	3714	Gerhards Rosemarie	*Bochum	4:42:52	W55	18	0:58:23	1:30:17	2:14:11
396	4819	Zang Ariane	BSG Springorum Bochum	4:42:53	W40	91	0:57:42	1:29:50	2:15:19
397	2776	Dudenbostel Anne	DJK-VfR Saarn	4:43:12	W60	5	0:58:05	1:32:21	2:12:46
398	2406	Meteling Silke	DJK Lowick	4:43:18	W35	52	0:59:09	1:37:14	2:06:53
399	3655	Brodowsky Sylvia	Team erdinger alkoholfrei	4:43:20	W60	6	0:59:47	1:32:16	2:11:15
400	5274	Köster Ingelore	PV Triathlon Witten	4:43:29	W65	1	0:58:26	1:35:06	2:09:56
401	2050	Möllenbeck Diana	Lauffreunde Rhede	4:43:29	W45	109	0:57:44	1:32:14	2:13:30
402	3181	Carnuccio Vittoria	Vodafone Runners	4:43:31	W35	53	1:01:26	1:30:25	2:11:40
403	3357	Guimaraes Paula	AS Neukirchen-Vluyn	4:43:46	W40	92	1:01:41	1:31:36	2:10:29
404	5138	Foege Kathrin	*Duisburg	4:44:27	W40	93	0:57:05	1:32:50	2:14:30
405	5697	Fitzner Nicole	LT Rennhamster	4:44:42	W35	54	1:00:11	1:30:55	2:13:36
406	4643	Börger Corina	*Düsseldorf	4:44:42	W35	55	0:57:21	1:32:51	2:14:30
407	4029	Weidenmüller Gudrun	*Duisburg	4:45:07	W50	42	1:00:23	1:33:19	2:11:24
408	3897	Krause-Holtz Angelika	Triathlon TEAM TG Witten	4:45:35	W30	41	1:01:16	1:32:54	2:11:24
409	3978	Frei Uta	SV Derne 49	4:45:37	W40	94	0:59:39	1:33:03	2:12:54
410	2554	Kassens Sonja	*Haan	4:45:41	W22	35	1:00:19	1:33:28	2:11:54
411	3728	Schultz Karin	*rheurd	4:45:53	W40	95	0:57:08	1:32:02	2:16:42
412	3895	Bolling Annette	BSG Sparkasse Duisburg	4:45:54	W30	42	0:50:08	1:36:01	2:19:44
413	1835	Klesse Renate	TuS Hamborn-Neumühl	4:45:55	W55	19	1:01:37	1:31:56	2:12:21
414	4930	Schäfer Kristin	Tri Club Wuppertal	4:46:14	W35	56	1:05:47	1:34:55	2:05:31
415	1971	Di Nisio Iris	*Duisburg	4:46:48	W40	96	0:58:52	1:29:24	2:18:32
416	2509	Müller Beate	LT Turnerbund Frintrop	4:47:06	W45	110	1:00:57	1:32:47	2:13:21
417	3963	Gosebrink Sabrina	*Duisburg	4:47:13	W22	36	1:05:53	1:34:49	2:06:30
418	5082	Schott Annette	*Krefeld	4:47:19	W45	111	1:00:00	1:34:22	2:12:57
419	3721	Thißen Viviane	*Sonsbeck	4:47:26	W22	37	0:57:51	1:29:37	2:19:57
420	4454	Thiem Susanne	Friseur Queens	4:47:42	W45	112	1:00:04	1:33:05	2:14:33
421	4455	Weise Nicole	Auto Schwenke	4:47:42	W40	97	1:00:04	1:33:05	2:14:33
422	3196	Armbrust Ilka	Vodafone Runners	4:47:44	W35	57	0:56:15	1:29:19	2:22:08
423	4701	Tomuseit Silke	TEAM ATZE	4:47:59	W40	98	1:01:22	1:31:07	2:15:29
424	2027	Tenbrink Heidrun	DJK Tackenberg	4:48:18	W40	99	1:00:45	1:33:02	2:14:30

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	5440	Van Stephaudt Margret	LT Schnecke SV Sonsbeck	4:48:25	W60	7	1:03:10	1:32:04	2:13:10
426	2530	Hirsch-Fausten Gudrun	Angerrunner	4:48:33	W50	43	0:57:53	1:32:46	2:17:53
427	2689	Sokoll Miriam	*Gelsenkirchen	4:48:34	W35	58	0:58:16	1:31:56	2:18:21
428	2160	Luecking Gudrun	*Duisburg	4:48:49	W45	113	1:00:06	1:32:54	2:15:48
429	1854	Kluthe Gabriele	Marathonteam-Ratingen	4:49:14	W50	44	1:00:58	1:33:20	2:14:54
430	3236	Kowalski Petra	Vodafone Runners	4:49:37	W35	59	0:59:40	1:32:38	2:17:17
431	1769	Boy Ulrike	TSV Viktoria Mülheim	4:49:39	W50	45	0:59:49	1:32:11	2:17:37
432	4470	Holtwick Andrea	LT Schnecke SV Sonsbeck	4:50:13	W22	38	0:57:51	1:32:24	2:19:57
433	1659	Kodjayan Kirsten	hofacker-runner.de.vu	4:50:41	W35	60	0:58:20	1:33:06	2:19:14
434	4349	Rösler Andrea	*Duisburg	4:51:06	W40	100	0:59:04	1:31:22	2:20:39
435	4569	Urban Silke	SV Concordia Ossenberg	4:51:17	W35	61	1:03:15	1:33:04	2:14:57
436	4011	Lingen Katrin	TRC Essen 84	4:51:24	W30	43	1:00:57	1:34:27	2:15:59
437	2147	Niehs Maike	*Düsseldorf	4:51:25	W19	4	0:58:01	1:35:11	2:18:11
438	5159	Alt Elke	*Bocholt	4:51:28	W50	46	0:58:22	1:34:01	2:19:04
439	2429	Klötzel Erika	*Krefeld	4:51:46	W45	114	1:00:18	1:35:02	2:16:26
440	4990	Stache Christina	*Düsseldorf	4:51:51	W35	62	1:03:24	1:34:08	2:14:18
441	1539	Reselski Birgit	Running Dinslaken	4:52:14	W45	115	1:01:09	1:37:00	2:14:05
442	3077	Eling Hildegard	E.ON Ruhrgas SG	4:52:15	W50	47	1:02:54	1:32:02	2:17:18
443	4946	Dehning Petra	*Wuppertal	4:52:26	W50	48	1:00:08	1:37:11	2:15:07
444	2675	Gramadies Elke	BSG Team EVAG	4:52:36	W55	20	1:01:34	1:34:10	2:16:52
445	4634	Sikora Heike	*Düsseldorf	4:52:49	W30	44	1:02:58	1:32:50	2:17:01
446	3697	Prangen Ute	SV Budberg	4:52:50	W40	101	1:02:33	1:34:18	2:15:58
447	3213	Fasbender Manuela	Vodafone Runners	4:53:20	W35	63	0:58:20	1:32:51	2:22:08
448	5025	Bergmann Sylke	welknelke wesel	4:53:41	W45	116	0:58:46	1:33:34	2:21:20
449	4058	Jakubzick Bettina	slowrunners	4:53:46	W30	45	1:03:23	1:34:42	2:15:40
450	3652	Ehrenbeck Viola	*Essen	4:54:05	W40	102	0:59:48	1:34:14	2:20:02
451	4891	Bremicker Barbara	*Wuppertal	4:54:24	W45	117	1:00:09	1:39:20	2:14:53
452	5062	Hafemann Sabrina	Die mit der Weste	4:54:34	W35	64	1:01:54	1:31:27	2:21:11
453	5187	Sabbagh Carola	*Düsseldorf	4:54:37	W35	65	1:01:31	1:36:26	2:16:39
454	4456	Kasperkowitz Kim Bea	*Duisburg	4:54:48	W22	39	1:01:19	1:34:20	2:19:08
455	2460	Hausmann Ines	SV Viktoria Goch	4:55:02	W35	66	0:58:26	1:34:16	2:22:19
456	3703	Hey Alexandra	LT Krefeld-Oppum	4:55:07	W40	103	1:05:14	1:35:54	2:13:58
457	4788	Backhaus-Müller Ulrike	TC Kray 1892 e.V.	4:55:19	W50	49	1:00:00	1:34:25	2:20:53
458	4556	Maulshagen Almut	Laufschule Düsseldorf	4:55:29	W35	67	1:02:06	1:35:36	2:17:46
459	5348	Kim Sera	*Düsseldorf	4:55:57	W30	46	0:58:53	1:36:57	2:20:06
460	3080	Grabienski Petra	E.ON Ruhrgas SG	4:56:02	W55	21	1:03:08	1:35:14	2:17:39
461	2527	Gottschalk Andrea	*Meerbusch	4:56:03	W45	118	1:04:37	1:37:30	2:13:55
462	4199	McHugh Isabel	Laufschule Düsseldorf	4:56:30	W22	40	1:02:20	1:36:07	2:18:01
463	5036	Spona Dr. Dagmar	*Kaarst	4:56:45	W40	104	1:01:22	1:38:41	2:16:41
464	3386	Sandmann Karin	AS Neukirchen-Vluyn	4:56:58	W50	50	1:01:53	1:38:21	2:16:43
465	4892	Gottschall Gabriele	*Wuppertal	4:57:03	W50	51	1:02:07	1:39:20	2:15:34
466	2010	Brockschmidt Anja	LC Duisburg	4:58:48	W35	68	1:00:12	1:38:13	2:20:22
467	5060	Kezerle Tanja	Die mit der Weste	4:59:56	W30	47	1:07:11	1:31:28	2:21:16
468	3629	Licata Astrid	Dudel-Runner	5:00:16	W40	105	1:00:22	1:39:14	2:20:39
469	4150	Hegger Marlene	LT Schnecke SV Sonsbeck	5:00:29	W45	119	1:02:02	1:37:30	2:20:56
470	1906	Loose Johannette	Team-Erdinger-Alkoholfrei	5:01:53	W40	106	1:00:50	1:37:11	2:23:51
471	3070	Kellermann Sabine	TSG Sprockhövel	5:02:48	W40	107	1:02:14	1:37:34	2:22:59
472	5008	Bade Petra	LT Vynen	5:03:00	W55	22	1:04:48	1:39:30	2:18:41
473	4383	Junker Melanie	*Xanten	5:03:18	W30	48	0:58:04	1:36:22	2:28:51
474	4382	Van Bentum-Terhorst Mar	*Xanten	5:03:19	W40	108	0:58:04	1:36:23	2:28:51
475	1899	Blumenau Regina	*Düsseldorf	5:04:35	W45	120	1:05:02	1:35:18	2:24:14
476	5345	Czernik Heike	LT Vynen	5:05:35	W45	121	1:05:16	1:36:58	2:23:20
477	2783	Bendzulla Maike	Laufftreff R(h)einknaller	5:06:08	W40	109	1:03:50	1:40:33	2:21:44

**Nike Winterlaufserie
des ASV Duisburg 2011
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	2146	Belghaus Dr. Viola	*Essen	5:06:14	W40	110	1:03:22	1:39:15	2:23:36
479	4415	Paßens Elfriede	LT Schnecke SV Sonsbeck	5:06:17	W55	23	1:06:39	1:39:15	2:20:22
480	4459	Herda Anette	*Düsseldorf	5:06:24	W50	52	1:02:05	1:39:15	2:25:03
481	2907	Zimmermann Corinna	*Radevormwald	5:07:49	W40	111	1:03:01	1:38:14	2:26:33
481	4255	Langer Sandra	Laufschule Düsseldorf	5:07:49	W40	111	1:04:00	1:39:41	2:24:07
483	5150	Schunk Katrin	*Essen	5:08:13	W40	113	1:00:27	1:35:53	2:31:52
484	3953	Hebisch Nina	Running Gig	5:08:48	W30	49	0:58:36	1:45:25	2:24:47
485	4158	Rueben Beate	*Düsseldorf	5:09:13	W55	24	1:10:15	1:40:19	2:18:37
486	4509	Späth Bianca	*Düsseldorf	5:09:48	W40	114	1:04:47	1:39:37	2:25:22
487	1545	Karim Melanie	LC Duisburg	5:09:53	W35	69	1:03:16	1:40:01	2:26:35
488	4717	Bädorf Kordela	Rennmäuse Heiderhof	5:11:34	W50	53	1:07:36	1:42:22	2:21:35
489	4223	Vogt-Humberg Ilona	*Solingen	5:12:29	W40	115	1:07:17	1:42:41	2:22:29
490	3036	Dohm Beate	GV Waltrop	5:13:28	W50	54	1:04:50	1:40:10	2:28:27
491	1963	Biermann Daniela	immergrün Triathlon Team	5:14:08	W22	41	1:01:33	1:42:45	2:29:50
492	3041	Danisch Dr. Yvonne	*Köln	5:14:17	W40	116	1:05:06	1:40:27	2:28:42
493	4082	Grewe Antje	Laufschule Düsseldorf	5:14:21	W30	50	1:03:21	1:45:56	2:25:03
494	2754	Batzke Kerstin	LC Duisburg	5:14:34	W45	122	1:05:07	1:40:21	2:29:05
495	2570	Kubik Julia	immergrün Triathlon Team	5:15:26	W22	42	1:02:51	1:42:45	2:29:49
496	4733	Diercks Barbara	*Krefeld	5:15:30	W55	25	1:06:06	1:45:06	2:24:17
497	4231	Imping Diana	*Mülheim	5:15:35	W50	55	1:06:54	1:40:22	2:28:18
498	1541	Heber Uta	*Langenfeld	5:15:51	W30	51	1:07:19	1:45:55	2:22:36
499	5335	Rösch Gerlind	*Duisburg	5:18:13	W50	56	1:14:04	1:50:54	2:13:14
500	4876	Van Ommen Cornelia	*Moers	5:18:36	W45	123	1:07:52	1:44:55	2:25:47
501	1832	Simon Yvonn	Radiergummiliga.de	5:20:17	W45	124	0:59:50	1:43:53	2:36:33
502	4521	Möllhoff Ute	*Mülheim	5:20:20	W50	57	1:06:18	1:43:29	2:30:32
503	5146	Wenzel Sabine	SV Concordia Ossenberg	5:21:46	W45	125	1:03:04	1:42:57	2:35:44
504	5076	Ostwald Stefanie	*Merzenich	5:23:57	W22	43	1:02:10	1:42:52	2:38:54
505	4907	Bransch Julia	*Krefeld	5:26:04	W22	44	1:06:31	1:41:22	2:38:10
506	3086	Heimann Monika	E.ON Ruhrgas SG	5:26:44	W60	8	1:05:52	1:45:44	2:35:07
507	3792	Stahnke Christel	*Hilden	5:28:57	W45	126	1:06:36	1:46:11	2:36:09
508	4494	Neuwirth Kerstin	LT BAMP Herne	5:30:20	W45	127	1:07:58	1:45:17	2:37:03
509	4499	Wagner Claudia	LT BAMP Herne	5:30:22	W40	117	1:07:58	1:45:18	2:37:05
510	4177	Brück Susanne	*Niederzier	5:31:41	W35	70	1:08:45	1:47:13	2:35:42
511	3793	Sabban Birgit	*Hilden	5:31:43	W45	128	1:06:36	1:48:57	2:36:10
512	2821	Cichocki Joanna	*Duisburg	5:33:27	W18	5	1:07:05	1:45:48	2:40:33
513	4445	Hanitzsch Jana	*Essen	5:33:28	W35	71	1:07:27	1:45:49	2:40:11
514	1679	Rätscher Cristina	*Duisburg	5:33:28	W18	6	1:07:06	1:45:48	2:40:33
515	2074	Sebbesse Ulrike	*Eschweiler	5:39:27	W50	58	1:11:02	1:48:57	2:39:27
516	4577	Jerzynski Ute	Eschweiler TV 1867 e.V.	5:39:28	W45	129	1:11:03	1:48:57	2:39:27
517	3764	Junge Isabel	226 1/2 2011	5:40:46	W35	72	1:10:03	1:53:32	2:37:09
518	3828	Benning Nicole	*Oberhausen	5:43:50	W40	118	1:13:32	1:51:56	2:38:22
519	3270	El Fauri Maram	Fechtclub Düsseldorf	5:51:25	W35	73	1:12:50	1:55:03	2:43:32
520	3391	Sewing Hildegard	AS Neukirchen-Vluyn	5:55:03	W50	59	1:11:39	1:49:49	2:53:34