

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

Stadtwerke Kö-Lauf Düsseldorf - 2. September 2012

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	9	Ngeny Frederick		0:28:13	0:28:13	1	MHK	88	5: 05:27	05:38	05:36	05:41	05:48	
2	4	Loitareng Kadengi		0:28:23	0:28:23	2	MHK	83	5: 05:28	05:37	05:39	05:52	05:46	
3	3	Maina Charles		0:28:54	0:28:54	1	M30	82	5: 05:27	05:40	05:51	05:56	05:57	
4	5	Kimeli Patrick	USC Heidelberg	0:29:16	0:29:16	3	MHK	89	5: 05:28	05:50	05:55	06:01	05:59	
5	8	Kimeli Charles		0:29:48	0:29:48	1	MU23	91	5: 05:30	05:49	05:58	06:27	06:03	
6	7	Cheruiyot Bethuel Kipyego		0:30:02	0:30:02	2	M30	82	5: 05:30	05:58	06:07	06:14	06:12	
7	10	Brosius Hagen	SCC Berlin	0:30:03	0:30:04	4	MHK	88	5: 06:00	06:01	06:02	06:04	05:55	
8	6	Koech Julius		0:30:14	0:30:14	5	MHK	86	5: 05:27	05:48	06:14	06:14	06:28	
9	1774	Grunenberg Karol	ASV Duisburg	0:30:53	0:30:53	6	MHK	87	5: 06:10	06:08	06:11	06:16	06:06	
10	1987	Winterholler Andreas	TV Refrath	0:32:05	0:32:05	7	MHK	83	5: 06:30	06:26	06:23	06:25	06:19	
11	1766	Schnorr Stefan	Aachener TG	0:32:05	0:32:27	8	MHK	85	5: 06:14	06:29	06:30	06:35	06:15	
12	1769	Hadamus Sebastian D.	ART Düsseldorf	0:32:11	0:32:11	1	M35	74	5: 06:18	06:27	06:30	06:31	06:24	
13	1775	Kruck Karsten	ASV Duisburg	0:32:24	0:32:24	3	M30	78	5: 06:17	06:26	06:31	06:38	06:30	
14	1817	Tholen Achim	LC Phönix Geilenkirchen	0:32:29	0:32:29	2	M35	77	5: 06:25	06:38	06:33	06:33	06:19	
15	1798	Verhalen Christoph	Laufgemeinschaft Alpen	0:33:00	0:33:02	4	M30	82	5: 06:21	06:34	06:39	06:44	06:40	
16	3439	Talbi Zaharia		0:33:16	0:33:18	9	MHK	83	5: 06:29	06:34	06:50	06:48	06:33	
17	1782	Yilmaz Muharrem	Ayyo-Team Essen	0:33:22	0:33:23	1	M40	71	5: 06:33	06:41	06:42	06:46	06:38	
18	3626	Wiese Stefan	HSP Münster Laufteam	0:33:29	0:33:30	10	MHK	84	5: 06:29	06:39	06:47	06:50	06:40	
19	3587	Goltsch Tillmann	LG Olympia Dortmund	0:33:31	0:33:32	5	M30	78	5: 06:32	06:40	06:45	06:49	06:43	
20	1893	Boddenberg Felix	TLV Germania Überraehr	0:33:32	0:33:32	1	MU18	96	5: 06:34	06:44	06:49	06:45	06:38	
21	2209	Johnstone Nikki	*Neuss	0:33:36	0:33:37	11	MHK	84	5: 06:29	06:41	06:46	06:52	06:45	
22	1750	Tarekegine Jonas	PSV Grün-Weiss Kassel	0:33:49	0:34:05	12	MHK	86	5: 06:20	06:36	06:51	06:57	07:02	
23	4074	MOLITOR Christian	Special Olympics Luxembourg	0:33:49	0:33:51	13	MHK	88	5: 06:23	06:47	06:55	06:58	06:44	
24	1809	Küpper Timo	LC Euskirchen	0:33:50	0:33:51	1	MU20	94	5: 06:39	06:52	06:50	06:51	06:36	
25	3495	Meurer Sebastian	LC Euskirchen	0:33:52	0:33:54	14	MHK	86	5: 06:28	06:27	06:48	07:03	07:05	
26	1819	Trompetter Marius	Leicht.-Gem. Leichlingen	0:33:58	0:34:01	2	MU23	91	5: 06:40	06:54	06:55	06:54	06:33	
27	1858	Weyers Kai	OSC Waldniel	0:34:00	0:34:00	2	MU20	94	5: 06:32	06:44	06:50	07:17	06:34	
28	1967	Ralenovsky Arthur	TV Refrath	0:34:03	0:34:03	3	MU20	93	5: 06:34	06:43	06:56	07:03	06:44	
29	1828	Hesselmann Jürgen	LG Hünxe	0:34:10	0:34:10	1	M45	65	5: 06:40	06:56	06:55	06:56	06:41	
30	1851	Gisbertz Sebastian	OSC Waldniel	0:34:15	0:34:17	4	MU20	93	5: 06:31	06:44	06:50	06:59	07:09	
31	1960	Heuschen Dirk	TV Refrath	0:34:18	0:34:21	2	M45	64	5: 06:40	06:53	06:57	06:56	06:51	
32	1970	Wagner Sebastian	TV Refrath	0:34:19	0:34:20	15	MHK	88	5: 06:32	06:44	06:56	07:03	07:02	
33	2781	Laudage Jens	LG Neustadt/Weinstraße	0:34:23	0:34:24	2	M40	71	5: 06:45	06:51	13:52	06:54	00:00	
34	3070	Franke Sebastian	Run_ by Runners Point	0:34:28	0:34:31	3	MU23	91	5: 06:43	06:51	06:55	06:56	07:01	
35	1923	Wienecke Thorsten	TuS Köln rrh.	0:34:30	0:34:32	3	M40	71	5: 06:42	06:55	06:59	06:59	06:52	
36	1813	Müller Marco	LC Euskirchen	0:34:31	0:34:33	5	MU20	93	5: 06:46	06:49	06:57	07:07	06:49	
37	3412	Gräber Stephan	DLC Aachen	0:34:38	0:34:42	16	MHK	84	5: 06:29	06:51	07:00	07:13	07:02	
38	2804	Schöne Franz-Josef	Hogan Lovells Int. LLP	0:34:39	0:35:01	1	M50	58	5: 09:02	00:00	00:00	00:00	08:28	
39	1835	Rosenberg Sebastian	Moerser TV	0:34:42	0:34:43	4	MU23	90	5: 06:33	06:53	07:06	07:10	06:59	
40	1971	Warkentin Jens	TV Refrath	0:34:45	0:34:47	3	M45	66	5: 06:55	06:56	06:59	07:01	06:52	
41	1950	Ockl Alexander	Tusem Essen-Margarethenhöhe	0:34:46	0:34:46	3	M35	73	5: 06:56	06:58	07:04	07:01	06:45	
42	1761	Pelzer Martin	Aachener TG	0:34:48	0:35:06	17	MHK	88	5: 06:43	07:08	07:09	07:01	06:46	
43	1874	Thorwirth Maximilian	SFD'75 Düsseldorf	0:35:00	0:35:01	2	MU18	95	5: 06:51	07:14	07:12	07:02	06:40	
44	1857	Sieben Philip	OSC Waldniel	0:35:07	0:35:09	18	MHK	84	5: 06:51	07:02	07:06	07:05	07:01	
45	1845	Tertünte Björn	MTG Horst Essen	0:35:11	0:35:12	4	M35	73	5: 06:55	07:07	07:10	07:04	06:53	
46	3541	Sudowe David	*Erkrath	0:35:17	0:35:18	19	MHK	89	5: 06:49	07:04	07:07	07:12	07:02	
47	3373	Koll David	Tri Club Wuppertal	0:35:17	0:35:19	20	MHK	86	5: 06:34	07:02	07:17	07:19	07:04	
48	1776	Schramm Michael	ASV Duisburg	0:35:18	0:35:19	6	M30	80	5: 06:34	06:55	07:13	07:22	07:12	
49	1963	Lieth Udo	TV Refrath	0:35:18	0:35:21	4	M45	63	5: 06:54	06:58	07:07	07:13	07:05	
50	1908	Heitmüller Frederik	TSV Viktoria Mülheim	0:35:20	0:35:22	6	MU20	93	5: 06:41	06:56	07:09	07:18	07:14	
51	2293	Stephan Alexander	DLC Aachen	0:35:21	0:35:23	21	MHK	86	5: 06:49	07:09	07:11	07:12	06:58	
52	2291	Moldenhauer Kai	DLC Aachen	0:35:25	0:35:27	22	MHK	83	5: 06:48	07:11	07:11	07:12	07:02	
53	1850	Giesen Rene	OSC Waldniel	0:35:30	0:35:34	7	MU20	93	5: 06:45	07:06	07:04	07:16	07:17	
54	1952	Steinmann Dr. med. Jörg	Tusem Essen-Margarethenhöhe	0:35:31	0:35:32	7	M30	78	5: 06:55	07:07	07:09	07:11	07:06	
55	1834	Nöh Burkhard	Moerser TV	0:35:37	0:35:39	23	MHK	88	5: 06:50	07:07	07:15	07:15	07:08	
56	1945	Losch Stefan	Tusem Essen-Margarethenhöhe	0:35:37	0:35:40	4	M40	68	5: 07:02	07:06	07:08	07:13	07:05	
57	1922	Lorbach Heinz	TuS Köln rrh.	0:35:38	0:35:38	1	M60	50	5: 06:46	07:05	07:13	07:19	07:12	
58	1843	Stefes Hermann Josef	Mönchengladbacher LG	0:35:39	0:35:41	24	MHK	85	5: 06:46	07:13	07:19	07:18	07:02	
59	1962	Koller Martin	TV Refrath	0:35:42	0:35:44	5	M45	66	5: 07:05	07:09	07:13	07:11	07:02	
60	1965	Perisic Sascha	TV Refrath	0:35:46	0:35:49	6	M45	67	5: 06:54	07:03	07:13	07:22	07:12	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1898	Feldhoff Bernd	TSV Solingen	0:35:48	0:35:51	2	M50	62	5: 07:05 07:09 07:12 07:11 07:08
62	1866	Habel Spencer	SFD`75 Düsseldorf	0:35:51	0:35:52	8	M30	81	5: 06:48 07:18 07:25 07:20 06:58
63	1990	Stüllgens Kai-Uwe	LG Mülheim	0:35:55	0:35:56	7	M45	65	5: 06:51 07:09 07:16 07:19 07:18
64	1904	Voigt-Krämer Dirk	TSV Solingen	0:36:00	0:36:03	5	M40	68	5: 06:49 07:08 07:17 07:20 07:24
65	1955	Abdolazizi Dana	TV Refrath	0:36:04	0:36:07	8	MU20	94	5: 06:56 07:07 07:17 07:19 07:22
66	1838	Bexiga José	Mönchengladbacher LG	0:36:06	0:36:08	6	M40	68	5: 07:02 07:16 07:19 07:21 07:05
67	1805	Schmude Philipp	LC Duisburg	0:36:13	0:36:17	3	MU18	95	5: 07:02 07:15 07:20 07:25 07:09
68	1867	Knipping Andreas	SFD`75 Düsseldorf	0:36:14	0:36:16	5	MU23	90	5: 07:05 07:18 07:18 07:21 07:09
69	1836	Temmler Björn	Moerser TV	0:36:16	0:36:18	9	M30	78	5: 06:52 07:14 07:23 07:26 07:20
70	1981	Laermann Ralf	VSV Grenzland Wegberg	0:36:20	0:36:22	3	M50	58	5: 07:02 07:17 07:22 07:17 07:20
71	1751	Camminady Thomas	Aachener TG	0:36:22	0:36:28	25	MHK	89	5: 07:14 07:18 07:15 07:20 07:13
72	1881	Wyrwoll Lothar	SSG Königswinter	0:36:26	0:36:30	6	MU23	92	5: 07:15 07:18 07:19 07:24 07:08
73	1842	Nowakowski Michael	Mönchengladbacher LG	0:36:27	0:36:28	7	M40	68	5: 07:04 07:17 07:21 07:28 07:15
74	2932	Bergstein Stefan	TG Neuss	0:36:31	0:36:32	8	M45	67	5: 07:03 07:16 07:22 07:25 07:24
75	463	Risse Jeroen	Honolulu Allstars	0:36:32	0:36:43	26	MHK	83	5: 06:56 07:14 07:21 07:27 07:33
76	1762	Pietsch Gero	Aachener TG	0:36:34	0:36:38	7	MU23	92	5: 06:56 07:17 07:25 07:28 07:26
77	1994	Claefsges Michael		0:36:43	0:36:44	9	M45	64	5: 07:03 07:15 07:22 07:26 07:34
78	1816	Wischniewski Nico	LC Euskirchen	0:36:53	0:36:57	9	MU20	93	5: 06:50 07:08 07:43 07:27 07:44
79	1824	Niemann Christoph	LG Gummersbach	0:37:01	0:37:02	8	M40	68	5: 07:06 07:22 07:27 07:31 07:33
80	2019	Rothe Carsten	jk running	0:37:15	0:37:19	10	M45	65	5: 07:12 07:34 07:34 07:31 07:23
81	1795	Schmidt Kai	Kevelaerer SV	0:37:17	0:37:18	4	MU18	96	5: 06:59 07:27 07:38 07:46 07:26
82	3475	Becker Jan-Ole	Run2 Düsseldorf	0:37:24	0:37:26	10	MU20	94	5: 06:43 07:07 07:47 08:01 07:44
83	4033	Buddenberg Thomas	LT Bittermark Dortmund	0:37:27	0:37:31	9	M40	70	5: 07:01 07:21 07:35 07:48 07:39
84	1973	Zentner Markus	TV Refrath	0:37:32	0:37:36	10	M30	82	5: 07:29 07:27 07:29 07:36 07:29
85	1917	Schönlau Dirk	TSV Viktoria Mülheim	0:37:35	0:37:42	10	M40	68	5: 07:30 07:27 07:29 07:34 07:32
86	2451	Sander Mike	KORDA RUNNING TEAM	0:37:37	0:37:41	11	M45	67	5: 07:30 07:34 07:33 07:37 07:21
87	2883	Franke Dominik	SG Diepholz	0:37:38	0:37:44	8	MU23	90	5: 07:11 07:32 07:45 07:50 07:18
88	1868	König Niklas	SFD`75 Düsseldorf	0:37:40	0:37:46	27	MHK	85	5: 07:25 07:34 07:39 07:46 07:13
89	1794	Nickel Stephan	Dürener TV	0:37:53	0:37:55	12	M45	67	5: 07:24 07:41 07:40 07:41 07:24
90	1760	Nenno Lars	Aachener TG	0:37:54	0:37:58	11	MU20	94	5: 07:01 07:22 07:48 07:57 07:44
91	1826	Timme Volker	LG Gummersbach	0:38:11	0:38:16	11	M40	69	5: 07:24 07:38 07:40 07:44 07:42
92	2228	Lange Christof	www.news42.de	0:38:11	0:38:12	12	M40	72	5: 07:10 07:38 07:47 07:50 07:42
93	1957	Bayer Gerrit	TV Refrath	0:38:12	0:38:16	12	MU20	94	5: 07:16 07:38 07:44 07:54 07:39
94	1920	Schneider Christoph	Turnerbund Hassels	0:38:16	0:38:20	1	M55	57	5: 07:28 07:45 07:42 07:47 07:33
95	2184	Vogel Jürgen	TG Neuss	0:38:21	0:38:25	4	M50	62	5: 07:25 07:35 07:43 07:46 07:51
96	1861	Burkert Ilja	SFD`75 Düsseldorf	0:38:22	0:38:29	28	MHK	85	5: 07:25 07:35 07:39 07:57 07:45
97	1875	Von Danwitz Lars	SFD`75 Düsseldorf	0:38:23	0:38:26	5	MU18	96	5: 07:29 07:46 07:50 07:46 07:30
98	1986	Krämer Dieter	Wiehltaler LC	0:38:24	0:38:29	2	M60	49	5: 07:30 07:36 07:41 07:52 07:43
99	1366	Arand Marcel	*Düsseldorf	0:38:25	0:38:30	9	MU23	91	5: 07:04 07:39 07:58 08:09 07:33
100	3307	Krannich Ingmar	ART Düsseldorf	0:38:28	0:38:32	5	M35	77	5: 07:21 07:35 07:44 07:59 07:47
101	1823	Keloudis Georgios	LG Gummersbach	0:38:30	0:38:35	13	M40	69	5: 07:34 07:40 07:48 07:46 07:40
102	1754	Hall Henry	Aachener TG	0:38:30	0:38:37	29	MHK	89	5: 07:32 07:41 07:48 07:46 07:41
103	2643	Kerim Peter	*Haan	0:38:30	0:38:35	2	M55	56	5: 07:25 07:34 07:46 07:52 07:51
104	1786	Veith David	DJK Elmar Kohlscheid	0:38:31	0:38:37	6	MU18	96	5: 07:24 07:41 07:49 07:53 07:43
105	1756	Isaac Dirk	Aachener TG	0:38:32	0:38:39	14	M40	69	5: 07:24 07:42 07:49 07:55 07:40
106	1895	Ballweg Jörg	TSV Solingen	0:38:32	0:38:35	15	M40	70	5: 07:20 07:44 07:53 07:55 07:38
107	1796	Zwiener Lukas	Kevelaerer SV	0:38:35	0:38:36	7	MU18	96	5: 07:01 07:35 08:13 08:03 07:42
108	3619	Drenker Ditmar	Triathlon Team Ratingen 08	0:38:40	0:38:44	13	M45	67	5: 07:11 07:23 07:53 08:18 07:52
109	2610	Klappert Andreas	TV-Büschergrund	0:38:45	0:38:52	16	M40	70	5: 07:26 07:41 07:51 07:59 07:46
110	3401	Huckschlag Andreas	*Düsseldorf	0:38:46	0:38:50	13	MU20	93	5: 07:05 07:47 08:02 08:00 07:50
111	3097	Köster Sven-Axel	*Düsseldorf	0:38:47	0:38:56	14	M45	67	5: 07:28 07:42 07:49 07:52 07:54
112	1844	Weise Wolfram	Mönchengladbacher LG	0:38:47	0:38:51	5	M50	60	5: 07:25 07:46 07:56 07:54 07:44
113	1954	Witt Christoph	Tusem Essen-Margarethenhöhe	0:38:50	0:38:56	6	M35	76	5: 07:28 07:39 07:47 07:58 07:57
114	1940	Beßling Markus	Tusem Essen-Margarethenhöhe	0:38:50	0:38:55	10	MU23	92	5: 06:54 08:14 07:47 08:25 07:29
115	1996	Reuter Patrick	*Brühl	0:38:51	0:38:51	30	MHK	86	5: 07:14 07:39 07:48 08:14 07:54
116	1899	Grob Jochen	TSV Solingen	0:38:52	0:38:55	3	M55	53	5: 07:27 07:40 07:52 07:57 07:53
117	3786	Röckrath Torsten	*Düsseldorf	0:38:53	0:38:59	7	M35	75	5: 07:31 07:44 07:51 07:59 07:46
118	1966	Pöhler Frank	TV Refrath	0:38:55	0:39:02	6	M50	62	5: 07:38 07:46 07:51 07:58 07:41
119	1791	Jansen Sascha	DJK Jung Siegf. Herzogenrath	0:38:56	0:39:01	8	M35	73	5: 07:51 07:51 07:49 07:48 07:35
120	2691	RISKO SEBASTIAN	TEAM ERDINGER	0:38:59	0:39:01	11	MU23	91	5: 07:11 07:50 08:06 08:10 07:40

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	3503	Kiefer Michael	TV Angermund	0:39:01	0:39:08	9	M35	75	5: 07:29 07:41 07:50 08:04 07:54
122	1833	Jungwirth Rudi	Moerser TV	0:39:02	0:39:06	15	M45	65	5: 07:13 07:35 07:59 08:09 08:03
123	1740	Simon Benedikt	HSP Münster Laufteam	0:39:05	0:39:16	31	MHK	88	5: 07:40 07:49 07:59 08:01 07:35
124	1943	Hemp Jürgen	Tusem Essen-Margarethenhöhe	0:39:11	0:39:16	7	M50	60	5: 07:45 07:52 07:56 07:56 07:40
125	1877	Zill Pierre	SFD`75 Düsseldorf	0:39:12	0:39:15	14	MU20	94	5: 07:14 07:46 08:12 08:11 07:48
126	1889	Schüttrigkeit Tim	SV Viktoria Goch	0:39:20	0:39:26	8	MU18	96	5: 07:00 07:21 07:43 08:47 08:28
127	1388	Scharfenberg Robin	DJK Novesia Neuss	0:39:21	0:39:23	15	MU20	93	5: 07:04 07:53 08:11 08:14 07:57
128	2037	Gossling Reinhard	*Köln	0:39:22	0:39:30	17	M40	72	5: 07:46 07:47 07:53 08:00 07:54
129	2464	Rademacher Peter	Honolulu Allstars	0:39:24	0:39:37	32	MHK	83	5: 07:33 07:44 08:04 08:09 07:52
130	2920	Bögershausen Holger	LG DocRock Berlin	0:39:25	0:39:35	18	M40	72	5: 07:28 07:54 08:01 08:05 07:56
131	1758	Liebsch Conrad	Aachener TG	0:39:28	0:39:36	12	MU23	90	5: 08:02 07:47 08:01 07:56 07:39
132	2602	Klein Holger	:Anlauf Siegen	0:39:32	0:39:39	19	M40	72	5: 07:40 07:56 07:57 08:02 07:56
133	1862	Deja Matthias	SFD`75 Düsseldorf	0:39:32	0:39:36	9	MU18	95	5: 07:25 07:50 08:06 08:20 07:49
134	1785	Maaß André	DJK Elmar Kohlscheid	0:39:33	0:39:39	16	M45	67	5: 07:50 07:56 07:55 08:01 07:50
135	1865	Fabian Max	SFD`75 Düsseldorf	0:39:36	0:39:40	16	MU20	94	5: 07:29 07:46 07:54 08:23 08:02
136	1933	Wenzel Bernd	TuS Oedt	0:39:39	0:39:44	17	M45	64	5: 07:39 07:58 08:00 08:04 07:55
137	1951	Pilgrim Kevin	Tusem Essen-Margarethenhöhe	0:39:41	0:39:46	17	MU20	93	5: 07:28 07:41 08:08 08:08 08:14
138	3291	König Thomas Michael	TriteamFS DUS	0:39:43	0:39:48	18	M45	65	5: 07:25 07:56 08:08 08:09 08:03
139	1778	Michaelis Fabian	ASV Wessling	0:39:44	0:39:49	18	MU20	94	5: 07:37 07:42 07:54 08:11 08:20
140	1807	Hartmann Rolf	LC Euskirchen	0:39:45	0:39:50	10	MU18	96	5: 07:37 08:00 08:04 08:03 07:59
141	3737	Thivissen Jan	hotel nikko düsseldorf	0:39:47	0:39:58	11	M30	80	5: 08:09 08:08 08:06 08:01 07:21
142	1763	Ries Benjamin	Aachener TG	0:39:47	0:39:52	33	MHK	84	5: 07:22 07:45 08:04 08:19 08:15
143	2260	Hasse Eiko	lauflöwen henkel	0:39:49	0:39:55	8	M50	61	5: 07:40 07:57 08:03 08:08 08:00
144	1368	Hollmann Rolf	*Köln	0:39:50	0:40:08	10	M35	75	5: 08:12 07:54 08:01 08:00 07:40
145	3139	Ostertag Egbert	KSG Gerlingen	0:39:54	0:39:59	9	M50	60	5: 07:44 08:00 08:11 07:59 07:58
146	1757	Knörzer Matthias	Aachener TG	0:40:02	0:40:07	13	MU23	92	5: 07:25 07:44 08:22 08:18 08:09
147	4038	Doi Dr. Shinichi	*Düsseldorf	0:40:09	0:40:21	19	M45	67	5: 07:58 08:01 08:04 08:07 07:56
148	3018	Weiß Ben	*Düsseldorf	0:40:12	0:40:17	12	M30	79	5: 07:45 08:03 08:14 08:16 07:52
149	1767	Thess Rainer	Aachener TG	0:40:14	0:40:24	4	M55	53	5: 07:51 08:02 08:04 08:10 08:06
150	1801	Heikamp Matthias	LAV Bayer Uerd./Dorm.	0:40:21	0:40:23	13	M30	81	5: 07:22 07:56 08:05 08:35 08:22
151	2294	Emig Thorstem	*Paris	0:40:22	0:40:30	20	M40	69	5: 07:35 07:59 08:14 08:19 08:13
152	1846	Bläsing Norbert	OSC Waldniel	0:40:23	0:40:28	10	M50	62	5: 07:54 08:02 08:05 08:08 08:13
153	3400	Huckschlag Thomas	*Düsseldorf	0:40:25	0:40:34	14	MU23	90	5: 08:12 08:05 08:18 08:07 07:42
154	2226	Schreiweis Karsten	*Düsseldorf	0:40:27	0:40:39	21	M40	71	5: 07:50 08:01 08:12 08:18 08:04
155	2457	Conradi Oliver	*Düsseldorf	0:40:27	0:40:35	22	M40	71	5: 07:42 07:59 08:09 08:18 08:18
156	3025	Schaller Laurent-Xavier	*Düsseldorf	0:40:28	0:40:30	15	MU23	91	5: 07:14 08:03 08:24 08:38 08:08
157	1883	Bongen Ralf	SV Germania Dürwiß	0:40:29	0:40:33	14	M30	82	5: 07:31 07:57 08:15 08:22 08:22
158	1934	Wolscht Herbert	TuS Oedt	0:40:30	0:40:36	11	M50	60	5: 07:44 08:03 08:09 08:19 08:15
159	2456	Erdmann Henning	Lokomotive Leipzig	0:40:30	0:40:36	34	MHK	86	5: 07:43 07:45 08:15 08:25 08:20
160	1829	Bexkens Willy	LG Stadtwerke Hilden	0:40:33	0:40:37	23	M40	68	5: 07:39 08:16 08:15 08:19 08:03
161	1894	Jans Dr. Paul	TLV Germania Überrauch	0:40:34	0:40:39	12	M50	59	5: 07:54 08:03 08:11 08:14 08:09
162	1797	Ziegler Joachim	Laufgem. Heimerzheim	0:40:40	0:40:50	13	M50	62	5: 08:05 08:00 08:08 08:17 08:08
163	1806	Becker Tobias	LC Euskirchen	0:40:44	0:40:51	24	M40	71	5: 07:58 08:04 08:12 08:20 08:09
164	4113	Kirsch Peter	SFD 75	0:40:45	0:40:57	25	M40	71	5: 08:00 08:09 08:11 08:21 08:01
165	2334	Saito Takuma	*Wegberg	0:40:46	0:41:02	11	M35	77	5: 08:17 08:06 08:07 08:22 07:53
166	2150	Wortelboer Felix	TuS Breitscheid	0:40:47	0:40:55	14	M50	61	5: 08:01 08:06 08:11 08:24 08:03
167	3644	Wallenfels Martin	*Düsseldorf	0:40:50	0:41:04	1	M70	39	5: 07:47 08:02 08:14 08:23 08:21
168	2984	Biletzki Viktor	*Hilden	0:40:55	0:41:08	26	M40	68	5: 08:02 08:09 08:18 08:21 08:03
169	1459	Simon Max	*Düsseldorf	0:40:56	0:41:04	35	MHK	86	5: 07:49 08:03 08:15 08:22 08:25
170	1369	Freitag Finn Jannis	*Bramsche	0:40:56	0:40:59	19	MU20	94	5: 07:27 08:00 08:22 08:45 08:21
171	3609	Szczesny Thomas	*Düsseldorf	0:40:57	0:41:31	20	M45	66	5: 08:08 08:04 08:12 08:23 08:08
172	3878	Finmicello Luigi	Dr.Höschel + Kollegen	0:40:57	0:41:05	15	M50	59	5: 07:58 08:09 08:17 08:21 08:10
173	1746	Krampl Marc	Team Teddy	0:40:57	0:41:18	12	M35	77	5: 07:54 08:11 08:20 08:19 08:11
174	1839	Kamps Michael	Mönchengladbacher LG	0:40:57	0:41:00	36	MHK	85	5: 07:26 07:57 08:23 08:34 08:36
175	4110	Neumann Matthias	SFD 75	0:40:58	0:41:08	27	M40	68	5: 07:55 08:10 08:15 08:20 08:15
176	2933	Tegatz Andre	LC Duisburg	0:41:03	0:41:17	13	M35	73	5: 08:10 08:08 08:10 08:20 08:13
177	2249	Baio Sergio	*Bergisch Gladbach	0:41:04	0:41:15	15	M30	82	5: 08:13 08:04 08:16 08:15 08:14
178	2112	Gentes Guido	*Düsseldorf	0:41:09	0:41:20	14	M35	77	5: 08:03 08:12 08:16 08:21 08:15
179	2552	Milonas Georg	*Bielefeld	0:41:11	0:41:14	28	M40	71	5: 08:07 08:13 08:15 08:24 08:10
180	2660	Gdanitz Peten	LT-MG-Volksgarten	0:41:12	0:41:22	21	M45	67	5: 08:07 08:07 08:13 08:24 08:19

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	3041	Bong Andre	SC Bayer 05 Uerdingen	0:41:19	0:41:50	16	M50	62	5: 07:43 08:11 08:24 08:33 08:25
182	2722	Wazna Holger	Lanxess IPG Marathon-Team	0:41:21	0:41:30	15	M35	73	5: 08:09 08:10 08:18 08:18 08:23
183	3338	Rutkowski David	*Ratingen	0:41:22	0:41:32	37	MHK	88	5: 08:26 08:28 08:26 08:23 07:37
184	2638	Lorenz Frank	LT Gruiten-Neandertal	0:41:23	0:41:28	29	M40	68	5: 08:03 08:12 08:18 08:32 08:15
185	3459	Kiesner Jens	*Kaarst	0:41:25	0:41:29	16	M35	75	5: 08:00 08:12 08:10 08:03 08:59
186	3618	Röhrich Thomas	*Düsseldorf	0:41:28	0:41:56	30	M40	68	5: 07:59 08:14 08:27 08:26 08:20
187	3011	Grimm Jürgen	RSV 2000	0:41:29	0:41:36	31	M40	69	5: 07:49 08:16 08:22 08:35 08:25
188	1907	Hahn Klaus-Peter	TSV Viktoria Mülheim	0:41:33	0:41:40	5	M55	54	5: 08:00 08:13 08:27 08:29 08:23
189	2976	Metzger Jens	lrun4fun.de	0:41:33	0:41:49	38	MHK	89	5: 08:10 08:14 08:25 08:31 08:11
190	1409	Ostermeier Steffen	*Düsseldorf	0:41:33	0:41:53	17	M35	74	5: 08:36 08:23 08:16 08:17 08:00
191	1928	Klöcker Peter	TuS Oedt	0:41:34	0:41:38	17	M50	62	5: 07:40 08:08 08:32 08:44 08:28
192	839	Schulte-Goebel Axel	*Meerbusch	0:41:34	0:41:48	18	M50	61	5: 08:19 08:24 08:23 08:25 08:02
193	2981	Féaux de Lacroix Dr. Boris	Speedskater Düsseldorf	0:41:39	0:41:52	18	M35	75	5: 07:56 08:08 08:24 08:34 08:34
194	1925	Höfner Thomas	TuS Oedt	0:41:42	0:41:47	22	M45	65	5: 07:55 08:12 08:28 08:33 08:32
195	1383	Jonke Hermann	*Düsseldorf	0:41:44	0:41:50	6	M55	56	5: 07:53 08:10 08:27 08:34 08:37
196	1900	Hetmann Hubertus	TSV Solingen	0:41:45	0:41:52	3	M60	50	5: 08:02 08:17 08:25 08:34 08:24
197	2595	Risse Reinhard	*Engelskirchen	0:41:47	0:42:07	23	M45	67	5: 07:43 08:10 08:31 08:46 08:35
198	1944	Knoth Günter	Tusem Essen-Margarethenhöhe	0:41:48	0:41:57	7	M55	57	5: 08:05 08:19 08:23 08:31 08:28
199	2523	Bilir Dr. Vural	HHU-ACII	0:41:49	0:41:55	16	M30	79	5: 07:38 08:00 08:26 08:24 09:20
200	2779	Fähndrich Dr. Martin	Hogan Lovells International LL	0:41:57	0:42:05	24	M45	65	5: 07:48 08:21 08:32 08:45 08:29
201	2549	Hahlweg Gerald	*Düsseldorf	0:41:59	0:42:01	19	M50	59	5: 07:51 08:19 08:25 08:45 08:37
202	2693	Zabel Christian	team erdinger alkoholfrei	0:42:03	0:42:09	19	M35	75	5: 08:00 08:25 08:36 08:31 08:30
203	3790	Lüpertz Stephan	DJK Novesia Neuss	0:42:04	0:42:09	17	M30	82	5: 08:23 08:38 08:36 08:24 08:01
204	1818	Gronemeyer Hans-Hermann	LC Wuppertal	0:42:04	0:42:10	4	M60	48	5: 08:05 08:17 08:26 08:33 08:42
205	2068	Yoshizawa Dr. Yoichi	*Düsseldorf	0:42:07	0:42:22	20	M35	77	5: 08:27 08:39 08:31 08:15 08:13
206	1837	Anstöß Sebastian	Mönchengladbacher LG	0:42:11	0:42:14	39	MHK	88	5: 07:43 08:26 08:35 08:55 08:30
207	2328	Kleinen Ulf	*Düsseldorf	0:42:11	0:42:24	25	M45	63	5: 08:17 08:28 08:30 08:33 08:21
208	3550	Melis Eugenio	*Düsseldorf	0:42:19	0:42:25	32	M40	72	5: 07:53 08:20 08:34 08:41 08:49
209	1361	Maltagliati Leonardo	*Düsseldorf	0:42:21	0:42:32	40	MHK	85	5: 07:46 08:14 08:39 08:54 08:46
210	4200	Strecka Daniel		0:42:21	0:42:27	41	MHK	89	5: 08:00 08:17 08:45 08:50 08:27
211	3053	Van Bilsen Prof. Dr. Tom	kronenschmiede	0:42:24	0:42:39	26	M45	65	5: 08:33 08:20 08:36 08:38 08:15
212	1708	Meyer Dr. Reinhold	Dr. Höschel	0:42:25	0:42:34	27	M45	66	5: 08:12 08:28 08:38 08:38 08:26
213	3051	Alhäuser Jochen	LC Duisburg	0:42:29	0:42:37	28	M45	67	5: 08:05 08:25 08:38 08:41 08:38
214	3068	Traeger Thorsten	*Haan	0:42:31	0:42:42	29	M45	65	5: 08:25 08:35 08:37 08:36 08:16
215	2439	Gleumes Stephan	Expertenrunde	0:42:32	0:42:35	33	M40	71	5: 08:05 08:31 08:38 08:45 08:31
216	2910	Wans Alexander	Team Wechselfehler Kempen	0:42:33	0:42:37	18	M30	81	5: 07:32 08:24 08:46 08:56 08:53
217	4157	Schellscheidt Florian	*Düsseldorf	0:42:34	0:42:47	42	MHK	85	5: 08:40 08:27 08:33 08:37 08:16
218	1988	Gawantka Axel	TSV Solingen	0:42:35	0:42:42	30	M45	64	5: 08:01 08:24 08:38 08:48 08:42
219	3984	Mross Steffen	Linklaters LLP	0:42:40	0:42:49	34	M40	72	5: 08:49 08:38 08:35 08:30 08:06
220	1464	Sagatov Daniyar	*Düsseldorf	0:42:41	0:43:02	16	MU23	91	5: 08:11 08:15 08:42 09:01 08:31
221	3410	Johannsen Michael	BSC Buderich	0:42:42	0:42:50	21	M35	76	5: 08:50 08:38 08:35 08:30 08:08
222	3150	Szylak Sebastian	Sukhothai-Gym	0:42:42	0:42:45	19	M30	78	5: 07:51 08:24 08:40 08:51 08:55
223	2479	Franke Bernd	*Iserlohn	0:42:42	0:42:50	20	M50	60	5: 08:06 08:30 08:40 08:47 08:37
224	2860	Kamenov Kiril	*Krefeld	0:42:44	0:42:45	22	M35	76	5: 07:48 08:22 09:00 08:45 08:48
225	2066	Sahin Sadik	*Remscheid	0:42:44	0:42:54	23	M35	74	5: 08:48 08:37 08:32 08:33 08:13
226	2065	Caner Osman	*Remscheid	0:42:44	0:42:54	31	M45	64	5: 08:48 08:37 08:32 08:33 08:13
227	1956	Anger Hendrik	TV Refrath	0:42:46	0:42:56	11	MU18	95	5: 08:21 08:32 08:42 08:43 08:26
228	3230	Carter Chris	kein	0:42:46	0:43:00	35	M40	69	5: 08:33 08:31 08:34 08:33 08:34
229	3262	Aktries Andreas	LLG Haan-Hilden	0:42:48	0:43:05	21	M50	62	5: 08:24 08:32 08:37 08:43 08:31
230	3812	Nolte Claus	Kieser Training Düsseldorf	0:42:48	0:42:55	22	M50	59	5: 08:26 08:30 08:42 08:38 08:29
231	2820	OBATA TAKETOSHI	*DUESSELDORF	0:42:48	0:42:51	36	M40	68	5: 08:08 08:13 08:32 08:49 09:05
232	3417	Presuhn Klaus	LG Weidensprinter	0:42:49	0:43:07	32	M45	65	5: 08:24 08:32 08:36 08:43 08:32
233	2927	Sferlazza Cosimo	LT Rennhamster	0:42:49	0:43:03	23	M50	60	5: 08:30 08:32 08:36 08:41 08:29
234	2403	Friedrichs Manfred	ART Düsseldorf	0:42:53	0:43:02	8	M55	53	5: 08:23 08:27 08:39 08:42 08:41
235	3149	Schrader Markus		0:42:54	0:43:18	24	M35	74	5: 08:00 08:24 08:56 08:53 08:40
236	1389	Fritz Jonas	DJK Novesia Neuss	0:42:56	0:42:58	20	MU20	94	5: 07:45 08:22 08:54 09:03 08:49
237	3209	Kohnen Thorsten	Holmes Place	0:42:56	0:43:02	25	M35	75	5: 08:11 08:31 08:56 08:46 08:31
238	4137	Stachowiak Thomas	Hotel Nikko	0:42:57	0:43:07	24	M50	60	5: 08:17 08:35 08:46 08:47 08:30
239	1902	Ritz Arnold	TSV Solingen	0:42:57	0:43:11	9	M55	55	5: 08:16 08:30 08:42 08:49 08:38
240	2253	Thamm Hilmar	*Bergisch Gladbach	0:42:58	0:43:09	26	M35	73	5: 08:26 08:49 08:42 08:37 08:22

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	1916	Schönlau Dieter	TSV Viktoria Mülheim	0:42:58	0:43:06	2	M70	40	5: 08:15 08:32 08:39 08:50 08:40
242	1932	Weirich Jörg	TuS Oedt	0:43:00	0:43:07	25	M50	61	5: 08:06 08:36 08:44 08:50 08:43
243	3562	Rafalski Sören	*Düsseldorf	0:43:01	0:43:15	27	M35	74	5: 08:00 08:24 08:56 08:55 08:44
244	2635	Schulte-Herbrüggen	Leichtfüßige Schwermetaller	0:43:02	0:43:06	20	M30	78	5: 07:59 08:34 08:45 08:57 08:44
245	3611	Malingriaux Stephan	*Essen	0:43:03	0:43:17	28	M35	76	5: 08:36 08:38 08:42 08:40 08:27
246	1429	Knoblich Felix	*Düsseldorf	0:43:06	0:43:08	43	MHK	84	5: 07:26 08:19 08:48 09:07 09:24
247	2284	Neef Hans-Jürgen	ERGOsports	0:43:06	0:43:20	10	M55	57	5: 08:26 08:36 08:42 08:41 08:39
248	2682	Deuschländer Frank	*Düsseldorf	0:43:06	0:43:13	21	M30	80	5: 07:47 08:26 08:50 09:02 08:59
249	3399	Huckschlag Peter	*Düsseldorf	0:43:06	0:43:17	11	M55	55	5: 08:36 08:35 08:38 08:38 08:37
250	3015	Rogala Andrzej	Marathonteam-Ratingen	0:43:09	0:43:19	12	M55	56	5: 08:05 08:32 08:48 09:01 08:41
251	2991	Krause Guido	Rennhamster	0:43:12	0:43:31	29	M35	73	5: 08:32 08:13 08:40 08:47 08:58
252	1831	Kauls Hans-Joachim		0:43:15	0:43:19	33	M45	66	5: 07:58 08:25 08:51 09:12 08:46
253	1942	Gers Norbert	Tusem Essen-Margarethenhöhe	0:43:17	0:43:25	26	M50	60	5: 08:11 08:37 08:53 08:54 08:40
254	2242	Trimborn Eric	*Bergisch Gladbach	0:43:19	0:43:46	44	MHK	84	5: 08:17 08:42 08:44 08:49 08:46
255	4114	Sczepanski Ernst	SFD 75	0:43:19	0:43:30	27	M50	60	5: 08:22 08:35 08:47 08:48 08:46
256	3949	Strzoda Daniel	Messe Düsseldorf GmbH	0:43:23	0:43:39	45	MHK	85	5: 08:22 08:31 08:43 08:59 08:46
257	2665	Mews Dirk	Henkel Team	0:43:24	0:43:34	37	M40	68	5: 08:05 08:31 08:51 09:01 08:54
258	3438	Vahsen Alexander	*Mönchengladbach	0:43:25	0:43:31	22	M30	80	5: 08:07 08:40 09:00 08:46 08:50
259	3734	Deußen Peter	SFD 75 Düsseldorf	0:43:26	0:43:35	34	M45	67	5: 08:18 08:34 08:43 08:54 08:55
260	3490	Vogler Yannick	Feuerwehr Radevormwald	0:43:26	0:43:26	21	MU20	93	5: 08:01 08:49 08:54 08:49 08:51
261	1709	Pass Christoph	*Düsseldorf	0:43:27	0:43:36	13	M55	56	5: 08:11 08:26 08:47 09:01 09:01
262	4023	Zwirner Jens	jk running	0:43:29	0:43:43	35	M45	65	5: 08:37 08:41 08:45 08:47 08:37
263	2208	Reidelstürz Achim	*Wülfrath	0:43:30	0:43:38	36	M45	65	5: 08:21 08:29 08:54 08:57 08:47
264	2987	Heinen Basti	*Düsseldorf	0:43:31	0:43:42	46	MHK	85	5: 08:15 08:57 08:55 08:37 08:44
265	2612	Urban Guido	Team Talheim	0:43:34	0:43:46	38	M40	69	5: 08:22 08:41 08:57 08:56 08:36
266	3114	Lee Hann	HPP Architekten	0:43:36	0:43:59	23	M30	80	5: 09:14 09:11 09:42 07:46 07:40
267	2729	Alexander Brian	*Düsseldorf	0:43:36	0:44:01	39	M40	71	5: 08:35 08:38 08:41 08:49 08:51
268	2963	Igel Hanno	Bilker Bilge	0:43:38	0:43:51	28	M50	62	5: 08:28 08:35 08:47 08:57 08:49
269	1999	Deutscher Chrsitian	*Paderborn	0:43:40	0:43:53	24	M30	81	5: 08:22 08:42 08:47 08:58 08:50
270	3585	Bales Norbert	SV Oberweis	0:43:41	0:43:57	37	M45	66	5: 08:48 08:40 08:49 08:52 08:30
271	1475	Vogginger Johannes	KünstlerRaucherTrinker	0:43:43	0:44:04	25	M30	80	5: 08:37 08:39 08:49 09:04 08:31
272	2554	Krockenberger Ulrich	Boxrung Düsseldorf e.V.	0:43:43	0:43:47	40	M40	70	5: 08:39 08:53 08:44 08:49 08:36
273	811	Wietzke Thilo	*Düsseldorf	0:43:46	0:43:52	26	M30	82	5: 08:08 08:33 08:51 09:07 09:04
274	2767	Becker Arno	*Haßloch	0:43:46	0:43:55	41	M40	68	5: 08:31 08:34 08:47 08:57 08:56
275	1814	Spoehr Karl-Heinz	LC Euskirchen	0:43:47	0:43:55	14	M55	53	5: 08:34 08:50 08:47 08:55 08:39
276	464	Clasing Thomas		0:43:47	0:43:48	15	M55	57	5: 08:13 08:36 08:57 09:00 08:58
277	3038	Klatt Anselm	ASC Düsseldorf	0:43:47	0:44:07	38	M45	63	5: 08:58 08:30 08:40 08:47 08:51
278	3346	Fechtnr Marcel	*Wuppertal	0:43:48	0:44:03	27	M30	80	5: 08:23 08:40 08:52 09:04 08:47
279	2701	Hillebrand Stefan	*Düsseldorf	0:43:50	0:43:56	47	MHK	86	5: 08:17 08:49 08:55 08:55 08:51
280	2651	Koch David	Ski-Klub Düsseldorf	0:43:51	0:44:06	28	M30	80	5: 08:47 08:49 08:58 08:55 08:19
281	3653	Nahmen van Heinrich	*Alpen	0:43:56	0:44:02	5	M60	50	5: 08:39 08:48 08:51 08:52 08:44
282	4028	Beyer Heinrich	Mirkos Running-Team	0:43:56	0:44:00	16	M55	56	5: 08:44 08:47 08:56 08:53 08:34
283	2965	Majerus Tom	Special Olympics Luxembourg	0:43:58	0:44:09	29	M30	80	5: 08:55 09:02 08:54 08:48 08:17
284	2225	Möller Michael	*Düsseldorf	0:44:01	0:44:19	42	M40	72	5: 08:27 08:53 09:04 08:57 08:38
285	1800	Kliebe Bernd		0:44:02	0:44:14	30	M35	75	5: 08:26 08:46 08:50 09:00 08:57
286	2922	Schröter Karsten	SV 19 Straelen	0:44:03	0:44:10	30	M30	81	5: 08:35 08:42 09:02 08:57 08:45
287	2553	INAGAKI Fumihiko	*Düsseldorf	0:44:03	0:44:08	48	MHK	86	5: 08:36 08:49 08:50 09:00 08:46
288	2401	Hupp Ralf	LT Gruitzen-Neandertal	0:44:05	0:44:19	29	M50	61	5: 08:34 08:46 08:51 09:01 08:51
289	2151	Dietz Markus	*Düsseldorf	0:44:10	0:44:26	43	M40	69	5: 08:30 08:40 08:54 08:59 09:05
290	3237	Bulatovic Dejan	*Rheinberg	0:44:13	0:44:24	31	M30	78	5: 08:34 08:31 08:54 09:20 08:52
291	3780	Grauke Tobias	SG Stern Düsseldorf	0:44:13	0:44:27	30	M50	60	5: 08:31 08:49 08:55 09:00 08:56
292	2139	Wohlers Peter	Fortuna Düsseldorf Triathlon	0:44:15	0:44:29	39	M45	67	5: 08:21 08:42 08:58 09:09 09:03
293	1771	Winkler Benno		0:44:16	0:44:19	6	M60	50	5: 08:14 08:49 08:59 09:08 09:04
294	1423	Döscher Philipp	*Düsseldorf	0:44:21	0:44:40	32	M30	82	5: 08:55 08:41 08:47 08:56 08:59
295	3597	Keutz Andreas	Tri Team FS Düsseldorf	0:44:21	0:44:33	33	M30	79	5: 08:36 08:54 09:10 08:57 08:41
296	2888	Zimmermann Uwe	Luckauer Läuferbund	0:44:22	0:44:24	34	M30	81	5: 08:22 08:51 08:59 09:07 09:01
297	2271	Wisocki Dirk	LT Buga Düsseldorf 1999	0:44:22	0:44:35	40	M45	66	5: 08:43 08:56 08:58 08:57 08:46
298	3873	Colajanni Massimo	Dr.Höschel + Kollegen	0:44:25	0:44:34	31	M35	74	5: 08:22 08:57 08:58 09:03 09:04
299	2252	Kölling Lars	*Bergisch Gladbach	0:44:25	0:44:37	32	M35	74	5: 08:25 08:49 08:57 09:13 08:59
300	3367	Kriependorf Florian	DSC 99	0:44:26	0:44:30	33	M35	76	5: 08:12 08:38 09:09 09:21 09:05

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
301	2007	Reuter Andreas	*Düsseldorf	0:44:27	0:44:31	44	M40	70	5: 07:50 08:45 09:06 09:19 09:25
302	2394	Stiridis Mihail	*Wuppertal	0:44:28	0:44:53	34	M35	76	5: 08:49 08:42 08:47 09:02 09:06
303	2372	Schönhoff Dirk	*Köln	0:44:29	0:44:49	41	M45	64	5: 09:00 08:34 08:50 08:58 09:06
304	2463	Tiago Victor	RheinLäufer Düsseldorf	0:44:31	0:44:38	35	M35	77	5: 08:06 08:31 09:13 09:22 09:16
305	1499	Hauch Richard		0:44:32	0:44:32	35	M30	82	5: 07:54 08:55 09:20 09:27 08:54
306	3027	Heitger Oliver	Lauf Löwen Lichtenbroich	0:44:33	0:44:53	42	M45	67	5: 08:56 08:50 08:55 09:02 08:49
307	2995	Erlinghagen Florian	Run_ by RUNNERS POINT	0:44:33	0:44:46	36	M30	82	5: 08:30 08:54 09:11 09:13 08:43
308	3885	Lipski Christoph	Dr.Höschel + Kollegen	0:44:33	0:44:43	45	M40	68	5: 08:35 08:51 08:54 09:18 08:54
309	3385	BENDRICH WERNER	*DUESSELDORF	0:44:37	0:44:47	31	M50	62	5: 08:45 08:54 08:56 08:58 09:02
310	2603	Krep Ralf	*Köln	0:44:38	0:45:06	36	M35	74	5: 09:06 09:02 09:06 08:57 08:25
310	3768	Wattenberg Christian	RSM Germany	0:44:38	0:44:40	49	MHK		5: 08:26 08:52 09:08 09:10 09:01
312	1812	Maczkiewicz Walter	LC Euskirchen	0:44:39	0:45:05	17	M55	55	5: 08:27 08:46 09:03 09:15 09:07
313	3079	Schwarz Stefan	Linklaters LLP	0:44:40	0:44:54	37	M35	73	5: 08:43 08:41 09:00 09:13 09:01
314	2715	Zimmermann Frank	FC Deutsche Post	0:44:42	0:44:56	46	M40	68	5: 08:38 08:47 09:01 09:15 09:00
315	2082	Hartmann Oliver	*Düsseldorf	0:44:43	0:44:52	43	M45	67	5: 08:20 08:43 09:07 09:15 09:17
316	3094	Junghänel Michael	INTOCAST AG	0:44:46	0:45:05	38	M35	73	5: 08:56 08:36 08:55 09:16 09:01
317	2406	Illian Georg	*Düsseldorf	0:44:47	0:45:02	44	M45	66	5: 08:25 08:49 09:11 09:16 09:04
318	3559	Brauers Steffen	*Düsseldorf	0:44:48	0:45:17	37	M30	81	5: 08:59 08:55 09:05 09:06 08:42
319	4022	Jürgen Graeber	DJK Sparta Langenhagen	0:44:53	0:44:57	1	M65	47	5: 08:44 08:57 08:53 09:17 08:59
320	831	Limmer Thomas		0:44:53	0:44:54	45	M45	64	5: 08:06 08:51 09:25 09:31 08:58
321	2606	Kohlhof Karl	*Bergisch Gladbach	0:44:53	0:44:56	18	M55	57	5: 08:30 09:00 09:07 09:13 09:01
322	1882	Bongen Gerd	SV Germania Dürwiß	0:44:54	0:45:06	39	M35	75	5: 08:30 08:57 09:15 09:22 08:48
323	3685	Posch Rolf	dm-drogeriemarkt	0:44:54	0:45:09	40	M35	77	5: 08:42 08:59 09:13 09:08 08:51
324	2714	Eversberg Eckard	FC Deutsche Post	0:44:56	0:45:09	47	M40	69	5: 08:38 08:49 09:09 09:16 09:02
325	2351	Schäfer Maximilian	UKD	0:44:56	0:45:17	50	MHK	84	5: 08:48 08:46 09:03 09:22 08:55
326	2849	Stövesand Christian	Düsseldorfer TV 1847	0:45:00	0:45:08	41	M35	75	5: 08:56 08:59 08:55 09:03 09:05
327	2679	Grahl Waldemar	*Düsseldorf	0:45:02	0:45:14	46	M45	67	5: 09:14 08:50 09:00 09:09 08:47
328	3348	Koci Durim	Team Sukhothai	0:45:02	0:45:04	42	M35	74	5: 07:52 08:39 09:25 09:33 09:32
329	2010	Emonds Reiner	*Düsseldorf	0:45:03	0:45:08	43	M35	74	5: 08:29 08:58 09:11 09:23 09:00
330	2655	Brandenburg Martin	Angerland LT Lintorf	0:45:03	0:45:07	47	M45	63	5: 08:48 09:03 09:10 09:05 08:56
331	2558	Lass Hartmut	Ericsson Runners	0:45:04	0:45:30	48	M45	65	5: 08:53 08:56 09:02 09:15 08:57
332	3759	Streuer Stefan	*Grevenbroich	0:45:07	0:45:19	48	M40	72	5: 08:42 09:03 09:18 09:05 08:57
333	3353	Székessy Stefan	Stefan SV	0:45:11	0:45:20	17	MU23	91	5: 08:25 08:42 08:54 09:26 09:42
334	3067	Cardeneo Jörk	*Düsseldorf	0:45:13	0:45:30	19	M55	57	5: 08:43 08:59 09:09 09:14 09:05
335	3128	John Pascal	Team Wechselfehler Kempen	0:45:15	0:45:19	51	MHK	83	5: 08:56 08:45 09:00 09:17 09:15
336	3551	Willner Detlef	*Mettmann	0:45:15	0:45:17	32	M50	58	5: 08:50 09:04 09:09 09:13 08:58
337	2245	Luckey Oliver	*Bergisch Gladbach	0:45:15	0:45:44	44	M35	77	5: 08:37 08:44 09:21 09:31 09:01
338	3884	Kuklau Uwe	Dr.Höschel + Kollegen	0:45:19	0:45:28	49	M45	66	5: 08:36 09:04 09:20 09:18 08:59
339	3236	Kappenhagen Christian	*Grefrath	0:45:19	0:45:27	38	M30	79	5: 09:33 09:08 08:57 08:56 08:44
340	3907	Baumbach Daniel	ISS Facility Services GmbH	0:45:19	0:45:28	52	MHK	84	5: 08:57 09:07 09:05 09:09 09:00
341	2670	Cych Marco	*Rüdesheim	0:45:21	0:45:54	39	M30	81	5: 09:19 09:00 08:58 09:04 08:58
342	2762	Karrenberg Holger	Provinzial Schutzensel Team	0:45:24	0:45:39	49	M40	70	5: 09:24 09:06 09:07 09:03 08:42
343	3001	Oelze Heiko	*Kaarst	0:45:25	0:45:40	33	M50	58	5: 09:18 08:55 09:01 09:02 09:07
344	2431	Grunwald Norbert	GMRV Düsseldorf	0:45:26	0:45:36	50	M45	66	5: 08:30 08:59 09:13 09:24 09:18
345	3244	Vollmer Christian	LeoClub Düsseldorf	0:45:27	0:45:46	40	M30	82	5: 09:00 09:08 09:26 09:15 08:37
346	2204	Stieghorst Arne	Boys from the Hill	0:45:29	0:45:39	41	M30	80	5: 09:20 08:50 09:00 09:07 09:11
347	3573	Himmes Thomas	*Düsseldorf	0:45:34	0:45:55	45	M35	77	5: 09:00 09:08 09:11 09:14 08:58
348	1997	Fiegen Wolfgang	*Düsseldorf	0:45:34	0:45:34	34	M50	61	5: 08:37 08:56 09:18 09:21 09:20
349	1876	Ziaja Jonas	SFD`75 Düsseldorf	0:45:35	0:45:43	12	MU18	96	5: 08:22 08:43 09:10 09:50 09:28
350	3811	Pleß Volker	Kieser Training Düsseldorf	0:45:36	0:45:59	51	M45	63	5: 09:12 08:59 09:13 09:13 08:57
351	2654	Scheidler Uwe	Solorunners	0:45:37	0:45:42	52	M45	63	5: 08:31 09:12 09:19 09:21 09:12
352	3769	Schoberth Joerg	RSM Germany	0:45:39	0:45:40	53	MHK		5: 08:44 09:05 09:09 09:25 09:14
353	2247	Baio Cristian	*Bergisch Gladbach	0:45:42	0:46:08	46	M35	75	5: 08:29 08:50 09:24 09:33 09:23
354	2222	Mertens Michael	Judofreunde 73 Düsseldorf	0:45:43	0:46:01	53	M45	64	5: 09:06 09:15 09:11 09:20 08:50
355	1930	Muntert Lothar	TuS Oedt	0:45:46	0:45:49	20	M55	55	5: 08:34 08:57 09:22 09:35 09:16
356	2387	Streb Holger	TC Rheinstadion	0:45:46	0:45:58	35	M50	60	5: 08:31 08:58 09:24 09:35 09:17
357	1810	Maczkiewicz Arnold	LC Euskirchen	0:45:47	0:45:52	21	M55	55	5: 08:54 09:09 09:22 09:18 09:02
358	1991	Teer Toni		0:45:47	0:45:50	50	M40	69	5: 08:57 09:12 09:19 09:18 08:59
359	2251	Kliem Martin	*Bergisch Gladbach	0:45:50	0:46:17	54	MHK	86	5: 08:07 09:04 09:29 09:35 09:33
360	2257	Schindel Marco		0:45:55	0:46:11	51	M40	70	5: 09:03 08:58 09:18 09:28 09:07

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
361	3783	Kuiper Volker	*Düsseldorf	0:45:56	0:46:24	52	M40	71	5: 09:00 09:07 09:18 09:29 09:00
362	2908	Hädrich Julius	*Düsseldorf	0:45:57	0:46:10	18	MU23	91	5: 08:34 08:45 09:47 09:20 09:30
363	2609	Niewerth Tobias	rotrunner.de #79	0:45:57	0:46:13	42	M30	78	5: 08:51 09:10 09:24 09:23 09:06
364	3311	Fuhrmann Dr. Axel	*Düsseldorf	0:46:00	0:46:15	36	M50	61	5: 09:06 09:12 09:20 09:20 09:00
365	4015	Slimane Haitthem	EGRIMA BUSINESS CENTER	0:46:08	0:46:45	43	M30	78	5: 09:12 09:08 09:07 09:21 09:18
366	4034	Colling Jörn	Lt. Dauerlauf Köln	0:46:09	0:46:29	54	M45	65	5: 09:04 09:12 09:18 09:28 09:05
367	4156	Götz Volker	*Ratingen	0:46:09	0:46:19	55	M45	63	5: 08:52 09:12 09:19 09:27 09:17
368	3608	Budde André	Team Epo Toms	0:46:11	0:46:49	47	M35	73	5: 09:51 09:29 09:19 09:00 08:30
369	3816	Schramm Tobias	Kieser Training Düsseldorf	0:46:12	0:46:16	44	M30	79	5: 09:02 09:16 09:38 09:37 08:37
370	2120	Prinz Moritz	*München	0:46:13	0:46:38	45	M30	82	5: 09:18 09:07 09:14 09:19 09:14
371	2628	Riedl Detlef	Fortuna Velbert 09	0:46:14	0:46:31	53	M40	69	5: 09:12 08:45 08:56 09:26 09:53
372	465	Uhe Klaus		0:46:15	0:46:19	56	M45	63	5: 09:08 09:25 09:32 09:15 08:54
373	3696	Orawski Thomas	*Neuss	0:46:16	0:46:26	54	M40	70	5: 08:12 09:19 09:36 09:37 09:30
374	2336	Kramer Rene	Ericsson Runners	0:46:16	0:46:42	48	M35	74	5: 08:53 09:08 09:15 09:29 09:29
375	3220	Breunung Detlef		0:46:17	0:46:35	22	M55	57	5: 08:56 09:00 09:28 09:36 09:15
376	3248	Scheßl Thomas	*Düsseldorf	0:46:17	0:46:36	57	M45	64	5: 08:56 08:59 09:19 09:30 09:32
377	2946	Schneider Reiner	Lauflöwe 65	0:46:19	0:46:21	58	M45	65	5: 08:54 09:17 09:27 09:25 09:14
378	3021	Konermann Thomas	*Düsseldorf	0:46:19	0:46:30	59	M45	63	5: 09:09 09:24 09:31 09:16 08:57
379	2901	Coles Steve	*Düsseldorf	0:46:20	0:46:25	49	M35	77	5: 09:05 09:19 09:23 09:24 09:07
380	3468	Lindermann Andreas	*Duisburg	0:46:20	0:46:28	55	M40	72	5: 08:33 09:08 09:33 09:45 09:19
381	3048	Kocerba Paul	*Duesseldorf	0:46:21	0:46:27	55	MHK	84	5: 08:25 18:14 10:06 09:35 00:00
382	3342	Niedereder Philipp	*Leverkusen	0:46:21	0:46:48	46	M30	81	5: 08:55 09:06 09:19 09:33 09:27
383	2572	Von Wilucki Constantin	Hyatt Regency Düsseldorf	0:46:22	0:46:35	47	M30	80	5: 08:25 08:57 09:37 09:45 09:35
384	2623	Redecker Stefan	*Düsseldorf	0:46:23	0:46:36	56	MHK	85	5: 09:09 08:55 09:20 09:24 09:32
385	3920	Reher Stefan	Sonnen-Herzog KG	0:46:25	0:46:26	60	M45	66	5: 08:58 09:09 09:28 09:32 09:16
386	2863	Graw Niklas	LG FSUe	0:46:26	0:47:07	50	M35	73	5: 09:27 09:25 09:21 09:13 08:58
387	4160	Grawitter Rene	*Wuppertal	0:46:30	0:46:46	48	M30	81	5: 08:56 09:17 09:25 09:32 09:19
388	2685	Köhler Harald		0:46:31	0:46:37	56	M40	72	5: 09:15 09:13 09:24 09:34 09:03
389	2450	Flommersfeld Torsten	*Düsseldorf	0:46:31	0:47:05	61	M45	67	5: 09:51 09:18 09:11 09:10 08:59
390	3287	Yukawa Tatsuya	Fuji-Runners	0:46:31	0:46:53	37	M50	60	5: 09:49 09:10 09:14 09:12 09:04
391	3201	Beyer Rüdiger	ASC Düsseldorf	0:46:34	0:46:34	62	M45	64	5: 08:56 09:05 09:29 09:33 09:28
392	2278	De Werth Oliver	*Düsseldorf	0:46:35	0:46:42	38	M50	61	5: 09:02 09:15 09:26 09:34 09:15
393	3356	Sato Yoshihiro	*Aachen	0:46:35	0:46:57	51	M35	74	5: 09:05 09:06 09:29 09:29 09:23
394	2948	Diether Uwe	SSV Düsseldorf-Knittkuhl 1972	0:46:37	0:46:40	57	M40	68	5: 08:36 09:13 09:26 09:49 09:31
395	2580	Raatz Gerhard	TV Refrath	0:46:37	0:46:47	13	MU18		5: 08:42 09:14 09:29 09:42 09:28
396	3566	Blüml Manfred	*Düsseldorf	0:46:39	0:47:00	39	M50	62	5: 08:56 09:07 09:28 09:34 09:32
397	2718	Heinrich Björn	*Berlin	0:46:41	0:46:59	58	M40	71	5: 09:04 09:15 09:32 09:30 09:19
398	4104	Schmitz Andre	SFD 75	0:46:44	0:47:15	57	MHK	83	5: 09:39 09:21 09:12 09:29 09:02
399	4018	Wessel Thomas	EGRIMA BUSINESS CENTER	0:46:46	0:47:24	52	M35	77	5: 09:09 08:58 09:17 09:47 09:34
400	4115	Gutierrez Jordan	SFD 75	0:46:51	0:47:08	49	M30	81	5: 09:02 09:08 09:32 09:39 09:28
401	3082	Kreutzer Jürgen	LKD Düsseldorf	0:46:52	0:47:06	40	M50	60	5: 09:25 09:24 09:26 09:26 09:10
402	2964	Channing Dickon	*Korschenbroich	0:46:53	0:46:56	59	M40	69	5: 08:54 09:23 09:27 09:33 09:34
403	2887	von Schwech Gregor	Rakete Rheinpark 04 e.V.	0:46:54	0:47:11	53	M35	74	5: 09:18 09:19 09:25 09:30 09:20
404	1437	Peltzer Justus	Tus Frisia Goldenstedt	0:46:54	0:47:04	50	M30	78	5: 09:02 09:21 09:35 09:43 09:11
405	2507	Maier Rolf	Wing-Tsun	0:46:54	0:47:33	63	M45	66	5: 09:34 09:20 09:18 09:22 09:19
406	3507	Assmann Olaf	no name	0:46:54	0:46:58	64	M45	67	5: 09:12 09:23 09:31 09:35 09:12
407	2537	Miksche Ronald	*Düsseldorf	0:46:57	0:47:21	65	M45	66	5: 09:15 09:16 09:32 09:36 09:16
408	2511	Aust Niko	*Düsseldorf	0:46:57	0:47:22	51	M30	82	5: 09:18 09:18 09:34 09:31 09:13
409	3138	Hanf Achim	UBS-Team	0:46:58	0:47:03	66	M45	63	5: 08:53 09:17 09:29 09:36 09:40
410	3806	Wienands Leonard	Kieser Training Düsseldorf	0:47:00	0:47:18	22	MU20	94	5: 09:38 09:32 09:13 09:30 09:06
411	2571	Kötting Markus	Hyatt Regency Düsseldorf	0:47:03	0:47:10	60	M40	70	5: 08:57 09:36 09:17 09:45 09:26
412	3045	Fauseweh Heiko	*Alpen	0:47:04	0:47:15	52	M30	79	5: 08:58 09:19 09:34 09:42 09:31
413	3636	Jeromin Stefan	IVS GmbH / Jerocom GmbH	0:47:05	0:47:06	53	M30	79	5: 08:57 09:19 09:32 09:45 09:30
414	3951	Pfanner Gernot	Dr.Höschel + Kollegen	0:47:06	0:47:49	54	M30	80	5: 09:03 09:29 09:33 09:31 09:29
415	3556	Dobersch André	*Wetter (Ruhr)	0:47:07	0:47:44	54	M35	76	5: 09:20 09:15 09:37 09:37 09:17
416	2725	Gonzalez Martin Jose	*Essen	0:47:08	0:47:16	61	M40	72	5: 08:50 09:17 09:38 09:40 09:40
417	2301	Steiner Daniel	*Essen	0:47:09	0:47:38	58	MHK	84	5: 09:20 09:20 09:32 09:36 09:19
418	2733	Ortmanns Uwe	LT Marathon Runners	0:47:09	0:47:22	55	M35	75	5: 09:00 09:14 09:35 10:11 09:06
419	1892	Boecken Daniel		0:47:09	0:47:13	56	M35	76	5: 09:04 09:22 09:32 09:36 09:35
420	2326	Dausend Oliver	*Hilden	0:47:09	0:47:35	55	M30	80	5: 10:11 09:21 09:32 09:17 08:45

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
421	3606	Schulze Daniel	*Düsseldorf	0:47:10	0:47:40	56	M30	82	5: 09:59 09:32 09:25 09:23 08:49
422	2484	Behrens Joe	Team Erdinger Alkoholfrei	0:47:10	0:47:26	57	M30	80	5: 09:24 09:37 09:41 09:30 08:57
423	2723	Frömgén Marko	DAV Düsseldorf	0:47:13	0:47:19	58	M30	81	5: 09:01 09:15 09:34 09:52 09:28
424	2421	Büker Klaus-Peter	*Neuss	0:47:13	0:47:39	41	M50	59	5: 09:37 09:15 09:23 09:44 09:11
425	2345	Steinmann Markus	*Meerbusch	0:47:14	0:47:23	59	M30	82	5: 09:17 18:59 09:36 09:22 00:00
426	2522	Ruhe Thomas	*düsseldorf	0:47:14	0:47:54	42	M50	59	5: 09:56 09:25 09:22 09:15 09:14
427	3189	Withöft Jonas	ASC Düsseldorf	0:47:17	0:47:48	14	MU18	01	5: 09:44 09:31 09:28 09:27 09:04
428	1451	Rensmann Nico	Haaner TV	0:47:17	0:47:47	15	MU18	96	5: 09:10 09:16 09:31 09:57 09:21
429	2640	Dizdarevic Arnel	*Düsseldorf	0:47:17	0:47:20	57	M35	77	5: 08:38 09:04 09:29 10:07 09:57
430	2215	Stein Jona	Boys from the Hill	0:47:17	0:47:27	60	M30	79	5: 09:30 09:27 09:26 09:33 09:19
431	1496	Laws Kai	Henkel Team	0:47:21	0:47:50	59	MHK	84	5: 09:49 09:32 09:32 09:28 08:58
432	1777	Michaelis Bernd	ASV Wessling	0:47:21	0:47:25	23	M55	57	5: 08:47 09:34 09:45 09:46 09:26
433	3516	Konsemüller Sven	*Hilden	0:47:23	0:47:54	62	M40	70	5: 09:52 09:33 09:21 09:21 09:13
434	4195	Prescher Joachim	SFD 75	0:47:24	0:47:35	43	M50	59	5: 09:24 09:29 09:36 09:36 09:16
435	2442	Beckers Maik	KORDA Running Team	0:47:24	0:47:32	58	M35	76	5: 09:08 09:20 09:39 09:56 09:20
436	3364	Kuhfeldt Heinz	BMW Hans Brandenburg	0:47:26	0:47:36	24	M55	56	5: 09:43 09:37 09:23 09:22 09:18
437	3530	Sommerauer Holger	*Düsseldorf	0:47:27	0:48:12	63	M40	72	5: 09:28 09:23 09:35 09:36 09:22
438	4142	Kurihara Masanao	Hotel Nikko	0:47:27	0:47:49	61	M30	81	5: 09:14 09:18 09:43 09:55 09:15
439	2543	Römer Johannes	*Düsseldorf	0:47:28	0:47:30	59	M35	77	5: 08:31 09:21 09:47 09:59 09:48
440	2871	Hoffmann Mark	*Duisburg	0:47:29	0:47:50	60	M35	76	5: 09:54 09:11 09:18 09:39 09:27
441	2246	Weidemann Marc	*Bergisch Gladbach	0:47:30	0:47:58	62	M30	78	5: 08:44 09:07 09:47 09:59 09:52
442	2630	Hildebrand Gregor	*Düsseldorf	0:47:30	0:47:41	19	MU23	90	5: 09:08 09:29 09:43 09:45 09:24
443	4099	Krömer Jens	SFD 75	0:47:32	0:47:43	64	M40	69	5: 08:58 09:32 09:46 09:45 09:30
444	2631	Meyer Jan Niklas	*Düsseldorf	0:47:32	0:47:41	60	MHK	89	5: 09:08 09:30 09:42 09:46 09:23
445	2681	Kreienfeld Michael	GWR-Tennis	0:47:33	0:47:38	44	M50	61	5: 09:06 09:24 09:42 09:55 09:25
446	3526	Völkner Burkhard	*Bad Honnef	0:47:34	0:48:01	65	M40	70	5: 09:18 09:27 09:37 09:43 09:26
447	2119	Stutzinger Thomas	*Neuss	0:47:35	0:47:41	67	M45	64	5: 08:55 09:13 09:38 10:02 09:45
448	2641	Piotrowski Peter	LT TBH Düsseldorf Hassels	0:47:36	0:47:54	7	M60	48	5: 09:27 09:32 09:34 09:37 09:23
449	3441	Dorendorf Philipp	*Düsseldorf	0:47:37	0:48:01	61	M35	74	5: 09:45 09:30 09:20 09:42 09:18
450	2233	Graebel Gunther	Crepe & Baguette Duisburg	0:47:37	0:47:46	25	M55	53	5: 08:50 09:21 09:46 09:51 09:47
451	3915	Goß Mike	Sonnen-Herzog KG	0:47:39	0:47:43	66	M40	71	5: 09:25 09:22 09:50 09:41 09:19
452	2042	Hasenbeck Arnd	Marathon Mülheim	0:47:41	0:47:55	62	M35	73	5: 09:15 09:25 09:35 09:49 09:34
453	2063	Krauthäuser Detlef	*Hilden	0:47:43	0:48:06	68	M45	63	5: 09:46 09:25 09:25 09:29 09:36
454	2749	Wirtz Harald	*Düssedorf	0:47:45	0:47:56	45	M50	61	5: 09:11 09:26 09:40 09:48 09:38
455	2054	Heiles Frank	*Mülheim/Ruhr	0:47:46	0:47:59	69	M45	66	5: 09:19 09:28 09:44 09:44 09:29
456	2726	Smits Michael	*Düsseldorf	0:47:46	0:48:05	67	M40	68	5: 09:30 09:35 09:36 09:46 09:18
457	1741	Dellit Marcus	*Düsseldorf	0:47:47	0:48:07	61	MHK	88	5: 08:53 09:24 09:44 09:55 09:48
458	1770	Kitsantas Nikolaos		0:47:47	0:48:19	63	M35	77	5: 09:14 09:17 09:45 09:49 09:40
459	3617	Holm Ristov	*Ettelbruck	0:47:47	0:48:07	68	M40	68	5: 09:13 09:00 09:53 09:52 09:48
460	2418	Evangelidis Avgoustinos	*Düsseldorf	0:47:47	0:48:45	63	M30	81	5: 08:42 09:17 09:39 10:05 10:02
461	2713	Breidbach Armin	FC Deutsche Post	0:47:49	0:48:02	46	M50	61	5: 09:07 09:30 09:41 09:54 09:35
462	2533	Simons Mirco	Lauftreff 3-Bein Grefrath	0:47:49	0:47:55	64	M30	78	5: 09:21 09:22 09:41 09:51 09:32
463	2940	Hessmann Thomas	*Düsseldorf	0:47:50	0:48:08	65	M30	81	5: 09:46 09:39 09:39 09:29 09:15
464	2842	Bade Matthias	*Düsseldorf	0:47:51	0:48:03	64	M35	75	5: 08:56 09:27 09:48 09:51 09:46
465	4117	Sommer Axel	SFD 75	0:47:52	0:48:02	62	MHK	86	5: 09:06 09:29 09:41 09:51 09:43
466	2470	Berns Michael	FC Kalter Kaffee	0:47:53	0:48:14	70	M45	65	5: 09:01 09:23 09:42 09:52 09:54
467	2949	Simons Horst	Tschft.Grefrath	0:47:53	0:47:59	8	M60	49	5: 09:05 09:35 09:44 09:50 09:37
468	3084	Ohringer Gustav	*Düsseldorf	0:47:54	0:48:10	1	MU10		5: 09:30 09:19 09:25 09:44 09:54
469	4105	Schmitz Christian	SFD 75	0:47:56	0:48:26	65	M35	77	5: 09:40 09:21 09:23 09:55 09:35
470	2576	Michael Nave	ich	0:47:56	0:48:09	71	M45	63	5: 09:24 09:15 09:36 09:56 09:43
471	2611	Ingenhoven Kai	by my self	0:47:56	0:48:22	72	M45	64	5: 09:25 09:31 09:38 09:41 09:40
472	3480	Kemmerling Manfred	LG RWE Power	0:47:57	0:48:04	47	M50	62	5: 09:09 09:28 09:42 09:50 09:46
473	2261	Nauerth Jörg	*Düsseldorf	0:47:57	0:47:59	66	M30	78	5: 09:35 09:49 09:51 09:43 08:58
474	3692	Kawano Takashi	*Düsseldorf	0:47:58	0:48:12	66	M35	75	5: 09:41 09:24 09:28 09:45 09:38
475	4106	Rodriguez-Rivera Javier	SFD 75	0:47:59	0:48:16	63	MHK	85	5: 09:02 09:08 09:32 10:14 10:00
476	3113	Scherer Dennis	HPP Architekten	0:48:00	0:48:22	67	M30	81	5: 09:14 09:12 09:42 10:08 09:42
477	2738	Fischer Björn	FIBEPA	0:48:00	0:48:06	68	M30	79	5: 09:10 09:48 09:40 09:51 09:29
478	3781	Brück Oliver	*Düsseldorf	0:48:02	0:48:33	69	M40	68	5: 09:31 09:33 09:37 09:46 09:33
479	3914	Eckert Steffen	Sonnen-Herzog KG	0:48:03	0:48:07	48	M50	62	5: 09:25 09:22 09:51 09:45 09:38
480	2149	Domanski Marcin	*Düsseldorf	0:48:04	0:48:12	67	M35	75	5: 09:33 09:43 09:50 09:41 09:16

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
481	3518	Schwade Kai	*Düsseldorf	0:48:06	0:48:11	23	MU20	93	5: 07:57 09:28 10:38 11:03 08:58
482	3388	Born Tobias	*Düsseldorf	0:48:07	0:48:31	64	MHK	84	5: 09:02 09:27 09:54 10:00 09:42
483	2502	Schellhorn Georg	Elektro Chrissi	0:48:07	0:48:25	26	M55	57	5: 09:32 09:23 09:39 09:49 09:43
484	2967	Beck Benjamin	*Schwelm	0:48:08	0:48:22	65	MHK	86	5: 09:17 09:27 09:43 09:55 09:44
485	3825	Bäumer Ludger	Kieser Training Düsseldorf	0:48:11	0:48:34	70	M40	72	5: 09:12 09:00 09:34 09:59 10:23
486	3928	Exner Frank	Stadtsparkasse Düsseldorf	0:48:13	0:48:37	71	M40	69	5: 09:52 09:41 09:34 09:35 09:29
487	2178	Manthey Michael	*Bergisch Gladbach	0:48:13	0:48:17	73	M45	67	5: 09:03 09:32 09:51 09:59 09:47
488	3489	Strauch Dr. Joachim	*Düsseldorf	0:48:15	0:48:28	72	M40	71	5: 09:14 09:43 09:47 09:58 09:31
489	2672	Jung Philipp	*Düsseldorf	0:48:17	0:48:30	69	M30	81	5: 08:30 09:42 09:58 10:09 09:56
490	2501	Brockmeyer Dirk	*Düsseldorf	0:48:17	0:48:46	73	M40	72	5: 09:26 09:19 09:40 09:57 09:53
491	2495	Simon Mark	*Düsseldorf	0:48:18	0:48:46	70	M30	79	5: 09:27 09:19 09:41 09:55 09:54
492	3762	Kastenholz Frank	*Düsseldorf	0:48:19	0:48:27	74	M40	72	5: 09:17 09:37 09:50 09:52 09:42
493	2412	Sikora Lukas	Novotel Düsseldorf	0:48:19	0:48:23	71	M30	81	5: 08:35 09:31 10:00 10:10 10:01
494	3777	Wortelkamp Wolf	*Düsseldorf	0:48:20	0:48:40	27	M55	56	5: 09:15 09:35 09:41 09:57 09:51
495	2360	Strehlke Ernst	*Düsseldorf	0:48:23	0:48:57	74	M45	66	5: 09:52 09:37 09:41 09:48 09:23
496	2448	Brünell André	TGIF	0:48:24	0:48:45	66	MHK	85	5: 09:11 09:34 09:50 10:00 09:47
497	2582	Baumann Martin	*Hattingen	0:48:25	0:48:43	67	MHK	88	5: 10:47 09:38 09:20 09:32 09:06
498	2953	Neufeld Stefan	Speed Partner	0:48:25	0:48:27	72	M30	79	5: 08:55 09:27 09:56 10:11 09:54
499	2891	Wilczek Michael	*Wuppertal	0:48:25	0:48:32	68	M35	76	5: 09:07 09:24 09:47 10:08 09:57
500	2589	Nolte Sven	W+F Münster	0:48:25	0:48:38	68	MHK	84	5: 09:13 09:35 09:54 10:04 09:38
501	2346	Priebs Carsten	*Oberhausen	0:48:28	0:48:37	75	M40	72	5: 09:16 09:26 09:55 09:57 09:51
502	2838	Martino Giovanni	Feudi Di San Gregorio	0:48:30	0:48:31	49	M50	60	5: 09:06 09:31 09:57 10:01 09:54
503	2320	Kohlweg Patrick	*Köln	0:48:32	0:48:51	69	M35	77	5: 09:18 09:25 09:56 10:04 09:49
504	3586	Brouwers Thomas	*Düsseldorf	0:48:33	0:48:38	70	M35	73	5: 08:45 09:36 10:03 10:16 09:52
505	3850	Rick Tim		0:48:33	0:49:11	20	MU23	91	5: 09:56 09:53 09:50 09:43 09:10
506	3137	Russ Holger	*Düsseldorf	0:48:34	0:49:04	50	M50	60	5: 09:24 09:33 09:46 10:01 09:47
507	2732	Rademaker Marko	Rennhamster	0:48:36	0:48:54	76	M40	70	5: 09:37 09:37 09:48 09:50 09:41
508	2975	Mrowinski Kai	Deutsche Sporthochschule Köln	0:48:38	0:48:40	21	MU23	91	5: 08:39 09:15 10:22 11:10 09:11
509	3813	Fischer Frank	Kieser Training Düsseldorf	0:48:39	0:49:08	77	M40	69	5: 10:24 09:32 09:37 09:33 09:31
510	2906	Walter Dr. Philippe	*Düsseldorf	0:48:40	0:49:16	71	M35	77	5: 10:00 09:44 10:06 09:38 09:10
510	3224	Ruda Christian	Feuerwehr Düsseldorf	0:48:40	0:49:09	73	M30	79	5: 09:43 09:31 09:43 09:56 09:46
512	3767	Walterscheidt-Müller	RSM Germany	0:48:40	0:48:43	78	M40	72	5: 08:32 09:29 10:07 10:13 10:17
513	2113	Wuth Tobias	*Düsseldorf	0:48:41	0:48:46	72	M35	75	5: 08:55 09:48 09:55 10:03 10:00
514	3525	Gageik Max	*Aachen	0:48:46	0:49:18	69	MHK	84	5: 09:50 09:33 09:51 09:51 09:39
515	2266	Kuhn Christian	*Düsseldorf	0:48:51	0:49:29	74	M30	81	5: 09:49 09:50 09:53 09:49 09:28
516	2256	Schroers Ralf	Nettetal	0:48:52	0:49:32	75	M45	63	5: 09:47 09:49 09:54 09:51 09:29
517	3229	Joyce Richard	*Düsseldorf	0:48:53	0:49:28	76	M45	66	5: 09:50 09:39 09:47 09:51 09:44
518	3383	Klug Marcus	*Düsseldorf	0:48:54	0:49:22	75	M30	78	5: 09:32 09:34 09:48 09:59 09:58
519	3906	Fahr Boris	ISS Facility Services GmbH	0:48:56	0:49:05	73	M35	73	5: 09:12 09:29 10:00 10:23 09:51
520	3615	Von Contzen Bernd	LG Mönchengladbach	0:48:58	0:49:00	77	M45	66	5: 08:56 09:32 09:58 10:13 10:17
521	1993	Brehm Sebastian		0:48:58	0:49:16	70	MHK	87	5: 10:44 10:02 09:59 09:42 08:30
522	1303	unbekannt		0:48:59	0:49:01	71	MHK		5: 08:56 09:31 09:58 10:14 10:17
523	2969	Boßhammer Uwe	*Radevormwald	0:49:02	0:49:19	78	M45	65	5: 09:40 09:42 09:45 09:57 09:55
524	2443	Meyr Henning	*Düsseldorf	0:49:06	0:49:22	51	M50	61	5: 09:16 09:39 09:59 10:10 10:00
525	1768	Ehlers Wilhelm	Alfterer Sportclub	0:49:07	0:49:10	1	M75	35	5: 09:19 09:31 10:00 10:15 10:00
526	3554	Pommerenke Rolf	LT Duesseldorf-Sued e.V.	0:49:08	0:49:11	79	M45	64	5: 09:30 09:47 09:48 10:00 10:01
527	3206	Kegel Niels	*Düsseldorf	0:49:08	0:49:28	80	M45	67	5: 09:33 09:44 09:58 10:10 09:42
528	3706	Bühl Justus	ISS Facility Services GmbH	0:49:09	0:49:44	24	MU20	93	5: 10:25 10:05 09:53 09:51 08:53
529	3305	Turzinski Jürgen	Laufschule Dortmund	0:49:09	0:49:29	81	M45	67	5: 09:43 09:41 09:46 10:05 09:52
530	2776	Mischker Markus	Freie Schwimmer Düsseldorf	0:49:10	0:49:19	76	M30	80	5: 09:01 09:52 10:08 10:14 09:53
531	3288	Döhning Jan	Fuji-Runners	0:49:11	0:49:14	72	MHK	83	5: 09:08 09:44 10:00 10:08 10:09
532	2653	Dawwas Yousef	*Düsseldorf	0:49:12	0:49:27	79	M40	72	5: 09:17 09:29 09:57 10:07 10:20
533	2624	Breulmann Jan-Hendrik	*Düsseldorf	0:49:16	0:49:29	73	MHK	84	5: 09:42 09:38 09:52 10:16 09:45
534	2469	Bakker Bert	*Neuss	0:49:17	0:49:28	52	M50	60	5: 09:35 09:49 10:01 10:06 09:43
535	833	Baszczok Andreas	*Düsseldorf	0:49:17	0:49:43	74	M35	73	5: 10:02 10:04 10:03 09:57 09:10
536	2515	Braun Achim	*Schwalmtal	0:49:19	0:49:24	80	M40	70	5: 09:36 10:03 10:24 09:43 09:31
537	3985	Von der Linden Klaus	Linklaters LLP	0:49:19	0:49:45	77	M30	78	5: 10:13 10:02 09:53 09:50 09:19
538	3599	Klappert Nils	*Erkrath	0:49:19	0:49:57	74	MHK	84	5: 10:02 09:56 09:55 10:08 09:16
539	3691	Kawano Yukako	*Düsseldorf	0:49:20	0:49:33	75	M35	75	5: 09:55 09:53 09:49 09:56 09:46
540	2539	Plietsch Klaus	*Düsseldorf	0:49:20	0:49:57	9	M60	52	5: 09:45 09:45 09:54 09:58 09:56

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Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
541	3486	Schulze Stefan	*Düsseldorf	0:49:28	0:50:05	75	MHK	83	5: 11:13 10:09 09:30 09:31 09:03
542	4013	Huhn Michael	EGRIMA BUSINESS CENTER	0:49:28	0:50:05	76	M35	73	5: 09:40 09:34 09:51 10:19 10:02
543	1979	Kramer Marc	VSV Grenzland Wegberg	0:49:30	0:49:38	77	M35	76	5: 09:35 09:58 10:00 10:09 09:47
544	2509	Birch Marc-André	*Düsseldorf	0:49:30	0:49:49	78	M30	81	5: 09:58 10:00 10:07 10:09 09:15
545	4027	Urban Peter	Turbine Keyenberg-Himmelgeist	0:49:33	0:49:44	78	M35	74	5: 09:38 09:38 09:51 10:07 10:17
546	2551	Klabun Imo	*Düsseldorf	0:49:34	0:49:53	79	M30	79	5: 09:55 09:57 10:05 10:09 09:26
547	2988	Müller Danny-Rene	*Düsseldorf	0:49:34	0:49:50	80	M30	79	5: 09:42 09:44 10:02 10:08 09:56
548	2945	Ripp Florian	VfL 1861 e.V. Traben-Trarbach	0:49:36	0:50:00	81	M30	81	5: 09:55 09:47 09:52 09:56 10:03
549	2414	Pellerito Benedetto	*Schermbeck	0:49:36	0:49:55	82	M30	81	5: 09:54 09:58 10:04 10:09 09:28
550	3395	Gutzke Jens Arne	*Düsseldorf	0:49:40	0:49:41	81	M40	72	5: 08:47 09:58 10:32 10:18 10:03
551	2508	Steinmeier Bernd	*Essen	0:49:41	0:50:07	82	M40	71	5: 09:24 09:28 10:07 10:21 10:19
552	2748	Moormann Jürgen	*Düsseldorf	0:49:42	0:50:24	83	M40	71	5: 09:19 09:59 10:18 10:17 09:47
553	3787	Faber Frank	*Neuss	0:49:42	0:49:52	82	M45	64	5: 09:46 10:07 10:11 10:07 09:29
554	2893	Sternemann Heinrich	*Meerbusch	0:49:43	0:49:53	83	M45	67	5: 09:45 10:08 10:11 10:07 09:30
555	2775	Ockel Thomas	BüDS 06 Leverkusen e.V.	0:49:43	0:49:59	79	M35	77	5: 09:14 09:48 10:01 10:24 10:14
556	2432	Kock Andreas	-/-	0:49:44	0:49:49	84	M40	68	5: 09:00 09:24 09:52 10:41 10:45
557	4097	Zodrow Gregor	SFD 75	0:49:44	0:50:17	84	M45	67	5: 10:07 10:06 10:06 09:56 09:26
558	4120	Bornemann Timm	SFD 75	0:49:44	0:50:26	22	MU23	91	5: 11:03 09:44 09:34 09:40 09:41
559	2734	Jessop Mark Frederick	*Düsseldorf	0:49:44	0:50:10	80	M35	73	5: 09:46 09:52 10:05 10:09 09:50
560	3725	unbekannt		0:49:45	0:50:07	76	MHK		5: 09:56 09:51 09:59 10:05 09:51
561	1830	Dohr Christian		0:49:48	0:49:52	85	M40	69	5: 08:55 09:57 10:19 10:32 10:02
562	1479	Thomesse Stephan	SJT Eugin	0:49:50	0:50:12	53	M50	60	5: 09:57 10:01 10:04 10:00 09:46
563	2564	Tkotsch Olaf	Capio Klinik im Park	0:49:50	0:49:59	86	M40	69	5: 09:53 10:06 10:09 10:06 09:34
564	2911	Scheidemann Patrick	*Düsseldorf	0:49:51	0:50:15	77	MHK	88	5: 09:27 09:52 10:06 10:31 09:53
565	2180	Schlegel Ilja	S Direkt Runners	0:49:52	0:50:22	87	M40	70	5: 09:44 09:44 10:01 10:18 10:03
566	1461	Witt Christian	*Oberhausen	0:49:52	0:50:26	85	M45	66	5: 09:46 09:43 09:57 10:15 10:10
567	3485	Dreier Bernd	*Düsseldorf	0:49:53	0:50:30	83	M30	82	5: 10:52 10:14 09:45 09:38 09:22
568	3140	Janssen Volker	*Düsseldorf	0:49:55	0:50:24	88	M40	72	5: 09:56 09:45 09:57 10:13 10:02
569	2666	Krause Karsten	Team SportsManCo	0:49:55	0:50:00	89	M40	72	5: 09:03 09:42 10:23 10:28 10:18
570	3005	Satorius Marco	SGL Langenfeld	0:49:58	0:50:08	86	M45	64	5: 09:56 09:56 09:57 10:09 09:58
571	2422	Müller Markus	*Düsseldorf	0:49:59	0:50:24	90	M40	70	5: 09:54 09:55 10:08 10:11 09:49
572	3995	Tiffin-Richards Malcolm	Linklaters LLP	0:50:00	0:50:16	78	MHK	86	5: 09:43 09:53 10:14 10:14 09:54
573	3425	Kaiser Stephan-Niklas	*Düsseldorf	0:50:04	0:50:24	81	M35	77	5: 10:18 09:36 10:01 10:17 09:51
574	3940	Wisniewski Marcus	Stadtsparkasse Düsseldorf	0:50:05	0:50:32	84	M30	80	5: 10:22 09:44 10:05 10:04 09:47
575	2798	Görtz Reinhard J.	Hogan Lovells Int. LLP	0:50:05	0:50:08	85	M30	81	5: 09:12 10:04 10:32 10:31 09:44
576	1457	Schneider Maik	*Düsseldorf	0:50:06	0:50:30	91	M40	72	5: 09:48 09:43 10:07 10:20 10:06
577	2022	Drengwitz Andreas	*Hamburg	0:50:06	0:50:39	54	M50	62	5: 10:01 09:57 10:01 10:10 09:55
578	2243	Heese Lars	*Bergisch Gladbach	0:50:07	0:50:35	87	M45	66	5: 09:44 09:55 10:17 10:18 09:51
579	1730	Siebel Andreas	*Düsseldorf	0:50:08	0:50:18	92	M40	68	5: 10:13 10:15 10:12 10:03 09:24
580	3711	Flabb Jürgen	ISS Facility Services GmbH	0:50:08	0:50:45	55	M50	58	5: 10:28 10:08 09:59 09:56 09:35
581	2307	Manderscheidt Ben		0:50:09	0:50:40	79	MHK	89	5: 09:51 10:16 10:12 10:03 09:44
582	3511	Edler Thomas		0:50:09	0:50:13	56	M50	61	5: 09:44 10:08 10:08 10:14 09:52
583	2809	Förster Matthias	*düsseldorf	0:50:10	0:50:51	80	MHK	84	5: 11:37 10:13 09:53 09:47 08:39
584	1430	Richter Thomas	*Meerbusch	0:50:13	0:50:21	86	M30	81	5: 10:24 10:20 10:17 09:52 09:19
585	3845	Von Roda Ekkehart	Dr.Höschel + Kollegen	0:50:13	0:50:28	93	M40	69	5: 09:49 09:53 10:32 10:34 09:24
586	3381	Kleinert Manuel	*Düsseldorf	0:50:14	0:50:31	23	MU23	92	5: 09:09 09:53 10:06 10:29 10:35
587	1469	Dabrowski Thomas	*Düsseldorf	0:50:16	0:50:46	94	M40	70	5: 09:57 10:03 10:14 10:12 09:49
588	824	Schulze Stefan	*Düsseldorf	0:50:16	0:50:48	82	M35	75	5: 09:56 09:58 10:08 10:13 09:59
589	2662	Heinrich Theo	NRW.BANK	0:50:20	0:50:37	57	M50	62	5: 10:01 09:25 09:39 10:13 11:00
590	2777	Dietel Guido	*Düsseldorf	0:50:20	0:51:17	88	M45	63	5: 10:15 09:50 10:04 10:10 09:58
591	2488	Ritter Johannes	*Düsseldorf	0:50:20	0:50:55	81	MHK	83	5: 10:00 09:54 10:04 10:15 10:05
592	2794	Schäfer Jan Mirko	Hogan Lovells Int. LLP	0:50:21	0:50:42	87	M30	80	5: 09:16 09:41 10:33 10:31 10:18
593	2594	Siebertz Ludger	*Krefeld	0:50:25	0:50:33	89	M45	65	5: 09:31 10:04 10:13 10:22 10:13
594	2015	Strohbach Dirk	*Berlin	0:50:26	0:50:59	95	M40	72	5: 10:01 09:57 10:01 10:12 10:12
595	3962	Mehske Peter	Dr.Höschel + Kollegen	0:50:27	0:50:42	28	M55	53	5: 09:50 09:53 10:14 10:29 10:00
596	2784	Spratte Nico	*Bergisch Gladbach	0:50:29	0:50:55	83	M35	75	5: 08:34 09:32 10:20 11:10 10:52
597	4072	DECROOS Lieven-Georges	Special Olympics Luxembourg	0:50:31	0:51:02	58	M50	60	5: 10:05 10:08 10:13 10:15 09:49
598	2465	Simson Helmut	*Düsseldorf	0:50:31	0:50:50	59	M50	58	5: 09:52 09:54 10:08 10:18 10:17
599	2269	Petit Dany	*Erpelbange	0:50:33	0:51:05	82	MHK	87	5: 09:51 10:16 10:12 10:09 10:03
600	2799	Bhatti Atif W.	Hogan Lovells Int. LLP	0:50:38	0:50:41	88	M30	80	5: 09:12 10:04 10:33 10:32 10:16

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
601	3151	Voigt Jürgen		0:50:39	0:50:48	96	M40	68	5:09:17	10:12	10:23	10:37	10:07
602	3841	Dr. Raben Uwe	Dr.Höschel + Kollegen	0:50:39	0:50:58	29	M55	56	5:09:09	09:54	10:22	10:40	10:31
603	3945	Schweflinghaus Andreas	Messe Düsseldorf GmbH	0:50:41	0:50:44	60	M50	60	5:09:41	09:50	10:02	10:27	10:40
604	2744	Herzmann Christoph	*Duisburg	0:50:41	0:51:19	97	M40	68	5:10:19	10:22	10:09	10:11	09:39
605	2027	Radau Stephan	*Meerbusch	0:50:42	0:51:16	98	M40	71	5:09:37	09:56	10:17	10:33	10:17
606	2105	Milbradt Stefan	*Düsseldorf	0:50:43	0:50:54	90	M45	65	5:09:54	10:08	10:11	10:23	10:06
607	2174	Lasek Michael	SC MICHALOWICE	0:50:44	0:51:03	30	M55	53	5:09:48	10:02	10:07	10:24	10:22
608	3129	Nigl Helge	*Dortmund	0:50:45	0:51:02	84	M35	73	5:09:42	10:01	10:21	10:51	09:48
609	2128	Kuckhoff Karl	*Düsseldorf	0:50:45	0:50:57	91	M45	63	5:09:13	09:52	10:36	10:33	10:30
610	2896	Herx Simon	*Kaarst	0:50:47	0:51:03	83	MHK	86	5:10:05	10:16	10:18	10:21	09:45
611	3223	Raatz Volker	*Düsseldorf	0:50:50	0:51:12	99	M40	69	5:09:53	09:56	10:10	10:25	10:23
612	2966	Gruber Jonas	*Düsseldorf	0:50:50	0:51:12	85	M35	77	5:09:53	09:56	10:10	10:26	10:23
613	2829	Armborst Thorsten	*Düsseldorf	0:50:53	0:51:05	86	M35	74	5:09:42	10:00	10:19	10:28	10:22
614	3942	Jochum Alexander	Stadtsparkasse Düsseldorf	0:50:53	0:51:34	100	M40	72	5:10:18	10:01	10:30	10:11	09:52
615	2185	Hemme Johannes	S Direkt Runners	0:50:54	0:51:24	24	MU23	92	5:09:53	10:10	10:29	10:36	09:44
616	2327	BruX Jochen	Die 4 Solinger	0:50:55	0:51:14	92	M45	65	5:09:59	09:55	10:50	10:07	10:03
617	3513	Bremer Christian	*mönchengladbach	0:50:57	0:51:13	84	MHK	86	5:09:30	10:10	10:21	10:27	10:26
618	3361	Hebel Thomas	Team Erdinger Alkoholfrei	0:50:57	0:51:36	93	M45	67	5:10:34	10:12	10:10	10:08	09:52
619	2357	Amft Fabian	ESPRIT	0:51:01	0:51:42	87	M35	77	5:10:21	10:18	10:09	10:14	09:57
620	2808	Förster Leon	*düsseldorf	0:51:03	0:51:43	16	MU18	96	5:11:38	10:11	09:54	09:47	09:31
621	4048	Reineke Markus	Dr.Höschel + Kollegen	0:51:04	0:51:11	89	M30	81	5:09:40	10:12	10:20	10:28	10:22
622	1912	Litfin Harri	TSV Viktoria Mülheim	0:51:05	0:51:18	3	M70	42	5:10:00	10:19	10:19	10:21	10:03
623	2474	Pöschel Lutz	LG Schellbrand	0:51:06	0:51:24	31	M55	55	5:09:59	10:02	10:14	10:27	10:22
624	1998	Nölting Pascal	*Düsseldorf	0:51:07	0:51:48	25	MU20	94	5:10:21	10:09	10:13	10:32	09:50
625	2756	Krogmeier Wilhelm	FTV von 1880	0:51:08	0:51:19	32	M55	57	5:10:00	10:21	10:13	10:21	10:11
626	3494	Balsamo Gerardo	*Düsseldorf	0:51:09	0:51:24	61	M50	59	5:09:43	10:10	10:19	10:29	10:26
627	2821	Oppenberg Klaus	Saloon Runners Willich	0:51:12	0:51:51	62	M50	61	5:10:34	10:18	10:19	10:08	09:50
628	3384	Wurda Werner	Diabetes Programm	0:51:15	0:51:59	63	M50	60	5:10:01	10:05	10:16	10:39	10:12
629	3077	Holz Michael	AWISTA GmbH	0:51:18	0:51:18	94	M45	63	5:10:29	10:09	10:13	20:26	00:00
630	2525	Hanefl Dirk	LT Fersengold	0:51:19	0:51:32	95	M45	63	5:10:02	10:18	10:24	10:25	10:08
631	2658	Mischke Frank-Norbert	AS-Neukirchen-Vluyn	0:51:20	0:51:29	64	M50	58	5:10:36	10:16	10:17	10:22	09:46
632	3699	Altmann Peter	*Mallis	0:51:22	0:51:28	96	M45	63	5:10:11	10:14	10:13	10:26	10:15
633	2186	Klein Stephan	*Monheim	0:51:24	0:52:04	65	M50	61	5:10:10	10:08	10:20	10:29	10:15
634	1752	Schäfer Wolfgang		0:51:25	0:51:33	66	M50	58	5:09:31	10:01	10:13	10:44	10:55
635	1914	Münstermann Jörg	TSV Viktoria Mülheim	0:51:25	0:51:35	2	M65	44	5:10:03	10:20	10:28	10:23	10:09
636	3697	Naujokat Carsten		0:51:26	0:51:40	88	M35	74	5:10:08	10:12	10:21	10:25	10:17
637	1351	Müller Kai	DM-Drogeriemarkt	0:51:27	0:51:41	89	M35	77	5:09:30	10:17	10:25	10:38	10:35
638	2785	Müller Björn	TuS 95 Düsseldorf Rugby	0:51:28	0:52:05	90	M35	76	5:11:06	10:53	10:23	10:05	08:59
639	3302	Glodde TOM	Laufschule Dortmund	0:51:29	0:52:04	97	M45	67	5:10:15	10:16	10:24	10:29	10:03
640	3458	Koch Markus	*Düsseldorf	0:51:31	0:51:54	91	M35	74	5:10:27	10:33	10:27	10:17	09:45
641	2254	Riemenschneider Markus	*Bergisch Gladbach	0:51:33	0:52:00	98	M45	67	5:09:36	10:03	10:31	10:44	10:38
642	2649	Cosentino Sebastiano	*Heiligenhaus	0:51:35	0:51:50	92	M35	75	5:09:16	10:07	10:32	10:46	10:52
643	2861	Pfeifer Stefan	*Düsseldorf	0:51:36	0:52:13	101	M40	70	5:10:01	09:56	10:14	10:52	10:31
644	2000	Ademes Jochen	*Heiligenhaus	0:51:37	0:51:54	102	M40	69	5:10:21	10:18	10:19	10:25	10:12
645	2527	Okamoto Shinichi	*Lünen	0:51:38	0:51:52	10	M60	50	5:10:06	10:00	10:23	10:42	10:26
646	1462	Bendig Stefan	*Düsseldorf	0:51:38	0:51:48	103	M40	68	5:10:30	10:15	10:26	10:14	10:11
647	4100	Stumpe Stefan	SFD 75	0:51:39	0:51:51	99	M45	66	5:09:30	10:02	10:37	10:57	10:31
648	2223	Schreiber Frank	*Düsseldorf	0:51:42	0:51:53	104	M40	72	5:10:16	10:20	10:29	10:35	10:00
649	1357	Hof Daniel	DM-Drogeriemarkt	0:51:42	0:51:56	93	M35	76	5:10:33	10:37	10:39	09:53	09:59
650	2212	Amoruso Francesco	*Düsseldorf	0:51:42	0:51:54	105	M40	69	5:10:16	10:21	10:29	10:35	10:00
651	2650	Kremer Jüregn	Lauftreff Haan-Hilden	0:51:45	0:51:46	3	M65	46	5:08:53	09:54	10:34	11:12	11:10
652	1995	Kunze Oliver	*Düsseldorf	0:51:46	0:52:28	100	M45	66	5:10:22	10:12	10:20	10:34	10:15
653	3986	Fervers Matthias	Linklaters LLP	0:51:48	0:52:05	85	MHK	86	5:09:08	10:02	10:41	11:00	10:55
654	3024	Schaller Dr. Christian	*Düsseldorf	0:51:51	0:52:13	33	M55	55	5:09:52	10:12	10:29	10:44	10:31
655	1401	Rachid Mascri	*Düsseldorf	0:51:52	0:52:40	86	MHK	84	5:10:37	09:47	10:46	10:16	10:24
656	3532	Riederer Philipp	*Düsseldorf	0:51:52	0:52:38	106	M40	72	5:11:01	10:40	10:29	10:11	09:29
657	2642	Hohn Ulrich	FBU Solingen	0:51:52	0:52:03	34	M55	55	5:09:37	09:52	10:36	11:06	10:40
658	2851	Birke Dr. Rainer	*Düsseldorf	0:51:53	0:51:56	107	M40	71	5:10:10	10:38	10:40	10:17	10:06
659	3993	Buchmüller Manuel	Linklaters LLP	0:51:54	0:52:11	87	MHK	88	5:10:15	10:10	10:23	10:43	10:21
660	3325	Tümpel Mark	*Düsseldorf	0:51:54	0:52:30	108	M40	72	5:10:10	10:26	10:24	10:29	10:23

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
661	1919	Hoever		0:51:54	0:53:41	101	M45	65	5: 09:52	10:31	10:23	10:47	10:19	
662	3847	Wenzel Daniel	Dr.Höschel + Kollegen	0:51:55	0:52:10	88	MHK	84	5: 09:49	09:53	10:31	10:41	10:58	
663	2235	Overkämping Bernhard	*Düsseldorf	0:51:58	0:52:32	102	M45	64	5: 09:57	10:11	10:19	10:42	10:47	
664	2759	Czermin Andreas	*Düsseldorf	0:51:59	0:52:08	103	M45	66	5: 09:57	10:18	10:31	10:52	10:18	
665	2148	Mainz Klaus	*Düsseldorf	0:52:01	0:52:01	4	M70	41	5: 09:43	10:26	10:37	10:39	10:33	
666	2850	Fiedler Jörg	*Düsseldorf	0:52:01	0:52:20	104	M45	67	5: 10:41	10:36	10:46	10:25	09:32	
667	2280	Kunte Robert	*Düsseldorf	0:52:01	0:52:33	90	M30	80	5: 09:57	09:57	10:19	10:45	11:02	
668	3312	Hück Nobert	*Düsseldorf	0:52:05	0:52:19	35	M55	57	5: 09:35	10:28	10:41	10:49	10:31	
669	2942	Krippner Karsten	*Düsseldorf	0:52:05	0:52:41	94	M35	76	5: 10:26	10:19	10:28	10:27	10:23	
670	3382	Momir Kurobasa	Team Sukhothai	0:52:07	0:52:13	91	M30	81	5: 09:53	10:14	10:54	10:46	10:18	
671	3092	unbekannt	*Düsseldorf	0:52:09	0:52:47	89	MHK		5: 11:19	11:23	10:03	09:54	09:27	
672	2408	Trenks Alexander	Novotel Düsseldorf	0:52:09	0:52:13	90	MHK	89	5: 09:12	10:11	10:45	11:09	10:50	
673	2240	Strang Michael		0:52:14	0:52:56	67	M50	61	5: 10:31	10:11	10:28	10:35	10:28	
674	2737	Kraiger Markus	*Düsseldorf	0:52:16	0:52:19	91	MHK	83	5: 10:00	10:17	10:36	10:51	10:30	
675	2399	John Norbert	*Willich	0:52:16	0:52:46	105	M45	64	5: 10:50	10:08	10:30	10:27	10:19	
676	2592	Sauer Andreas	*Düsseldorf	0:52:17	0:52:31	92	M30	80	5: 10:46	11:03	10:44	10:24	09:18	
677	2167	Lasek Martin	*Düsseldorf	0:52:18	0:52:59	93	M30	81	5: 10:34	10:23	10:32	10:43	10:05	
678	4020	Dillickrath Markus	EGRIMA BUSINESS CENTER	0:52:19	0:52:44	92	MHK	84	5: 10:59	10:23	10:20	10:22	10:15	
679	2807	Förster Ingo	*düsseldorf	0:52:20	0:53:02	106	M45	67	5: 11:37	10:18	10:07	10:15	10:01	
680	3610	Paeth Karsten	*Düsseldorf	0:52:21	0:52:33	95	M35	73	5: 10:58	10:35	10:37	10:20	09:49	
681	2169	Höhn Alexander	*Düsseldorf	0:52:21	0:53:03	94	M30	82	5: 10:44	10:24	10:29	10:27	10:14	
682	2375	Wieser Roland	*Wetter	0:52:21	0:52:38	68	M50	62	5: 09:50	10:27	10:42	10:50	10:30	
683	2803	Betz Max	Hogan Lovells Int. LLP	0:52:22	0:52:46	93	MHK	85	5: 11:06	10:27	10:37	10:27	09:43	
684	2607	Lange Adrian	*Heiligenhaus	0:52:23	0:52:35	96	M35	75	5: 10:14	10:21	10:37	10:46	10:22	
685	1804	Goldmann		0:52:24	0:52:36	109	M40	68	5: 10:13	10:22	10:37	10:47	10:23	
686	2425	Hartel Karl Winfried	TV Hösel 1901 e.V.	0:52:25	0:53:06	110	M40	69	5: 10:12	10:24	10:40	10:40	10:27	
687	2771	Thoens Nikolaus	FC St. Pauli	0:52:27	0:52:39	107	M45	64	5: 09:57	10:24	10:43	10:41	10:40	
688	3693	Ackermann Detlev	www.laufen-in-koeln.de	0:52:27	0:52:28	111	M40	70	5: 09:26	10:39	10:41	10:57	10:42	
689	2201	Höflich Oliver	*Düsseldorf	0:52:32	0:52:41	112	M40	71	5: 10:54	10:37	10:26	10:29	10:03	
690	1985	Wahi Christian		0:52:33	0:52:42	95	M30	81	5: 09:39	10:49	10:36	10:55	10:31	
691	3095	Rider Damian	INTOCAST AG	0:52:33	0:52:54	113	M40	71	5: 09:59	10:15	10:36	11:00	10:40	
692	3912	Jörg Thomas	ISS Facility Services GmbH	0:52:36	0:53:12	108	M45	65	5: 10:28	10:15	10:26	10:29	10:56	
693	3963	Daubach Ingo	Dr.Höschel + Kollegen	0:52:40	0:52:47	96	M30	79	5: 10:42	10:43	10:44	10:43	09:47	
694	3243	Münch Dieter	Marathon Soest	0:52:40	0:52:43	4	M65	47	5: 10:32	10:24	10:28	10:37	10:37	
695	2202	Perak Daniel	*Düsseldorf	0:52:43	0:52:52	114	M40	72	5: 10:55	10:37	10:26	10:30	10:14	
696	1436	Smith Alan		0:52:43	0:53:14	36	M55	54	5: 10:23	10:51	11:54	11:46	07:46	
697	3989	Fiekers Victor	Linklaters LLP	0:52:43	0:53:00	25	MU23	91	5: 09:02	09:49	11:00	11:52	10:57	
698	2944	Kerkman Bart	*Viersen	0:52:44	0:52:52	115	M40	72	5: 10:26	10:40	10:38	10:41	10:17	
699	3472	Augstein Holger	Sparta Bilk	0:52:45	0:53:25	109	M45	65	5: 11:19	10:18	10:12	10:19	10:35	
700	3631	Abel Jens	*Hilden	0:52:46	0:53:31	116	M40	70	5: 10:43	09:54	10:21	11:16	10:31	
701	3147	Götze Christian	*Langerwehe	0:52:47	0:52:52	94	MHK	83	5: 10:25	10:27	10:33	10:37	10:42	
702	3987	König Mirko	Linklaters LLP	0:52:49	0:53:15	97	M35	77	5: 10:26	10:23	10:29	10:42	10:46	
703	2026	Bantin Holger	Unser Wasser e.V.	0:52:51	0:53:13	37	M55	53	5: 10:16	10:23	10:37	10:47	10:47	
704	3904	Merry Frank	ISS Facility Services GmbH	0:52:52	0:53:27	110	M45	65	5: 10:39	10:29	10:42	10:46	10:14	
705	3023	Hammer Dr. Michael	Himmelgeist 1100 e.V.	0:52:52	0:53:01	5	M70	41	5: 10:44	10:44	10:44	10:26	10:11	
706	3784	Luenen Thomas	*Düsseldorf	0:52:53	0:53:31	11	M60	48	5: 10:48	10:29	10:29	10:40	10:25	
707	2297	Michel Christoph	*Düsseldorf	0:52:59	0:53:50	117	M40	68	5: 10:53	10:16	10:36	10:39	10:34	
708	1799	Pakalnischkis Dennis		0:53:00	0:53:16	26	MU20	93	5: 11:15	10:41	10:28	10:15	10:18	
709	2853	Andree Dirk	Bergisch Land Runner	0:53:01	0:53:30	69	M50	59	5: 11:02	10:31	10:29	10:31	10:25	
710	2171	Cwik Roland	*Leverkusen	0:53:06	0:53:47	97	M30	79	5: 10:41	10:27	10:49	10:42	10:26	
711	2876	Tiemann Klaus	*Neuss	0:53:07	0:53:34	38	M55	56	5: 10:10	10:25	10:59	10:55	10:35	
712	3143	Pletschen Andreas	*Schwalmtal	0:53:08	0:53:32	98	M30	80	5: 10:12	10:31	10:42	10:51	10:49	
713	2468	Terabe Masashi	*Düsseldorf	0:53:12	0:53:33	95	MHK	83	5: 10:12	10:31	10:53	11:00	10:34	
714	2420	Doebke Ingo	*Wedemark	0:53:13	0:53:49	111	M45	63	5: 10:40	10:31	10:51	10:52	10:17	
715	2454	Böse Michael	*Essen	0:53:16	0:53:42	118	M40	68	5: 10:05	10:22	10:58	11:03	10:47	
716	4079	Braems Bernhard	Dr.Höschel + Kollegen	0:53:17	0:53:21	98	M35	75	5: 10:04	10:33	10:44	10:56	10:57	
717	3965	Hoffmann Thomas	Dr.Höschel + Kollegen	0:53:17	0:53:23	99	M30	78	5: 10:42	10:43	10:43	10:44	10:23	
718	3966	Höffer Michael	Dr.Höschel + Kollegen	0:53:17	0:53:24	99	M35	77	5: 10:20	10:25	10:49	11:10	10:30	
719	2583	Dreker Severin	*Meerbusch	0:53:18	0:53:38	100	M35	73	5: 10:51	10:32	10:36	10:40	10:37	
720	4021	Hammen Michael	EGRIMA BUSINESS CENTER	0:53:18	0:53:43	119	M40	69	5: 10:56	10:40	10:37	10:41	10:22	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
721	2364	Fiechtl Falko	BSG Nokia Siemens Networks	0:53:19	0:53:44	100	M30	80	5: 10:52	10:53	10:45	10:42	10:03	
722	2895	Herx Christian	*Kaarst	0:53:19	0:53:35	96	MHK	87	5: 09:34	10:10	11:01	11:22	11:11	
723	4036	Ravalli Dr. Paolo	Tri Team FS Düsseldorf	0:53:22	0:53:57	101	M35	73	5: 10:29	10:41	10:48	10:48	10:34	
724	3222	Korloo Djahanrad	*Mülheim an der Ruhr	0:53:25	0:54:05	102	M35	73	5: 10:22	10:30	10:39	10:57	10:55	
725	2598	Hörich René	*Düsseldorf	0:53:26	0:53:42	97	MHK	84	5: 10:53	10:17	10:30	10:45	10:59	
726	3574	Dorr Daniel	*Düsseldorf	0:53:26	0:53:56	98	MHK	83	5: 09:40	10:16	11:24	11:21	10:42	
727	4108	Höpfner Harald	SFD 75	0:53:30	0:54:10	70	M50	60	5: 11:01	10:41	10:41	10:40	10:25	
728	1405	Deppe Markus	*Düsseldorf	0:53:32	0:54:11	120	M40	72	5: 11:23	10:46	10:48	10:36	09:57	
729	2783	Schwenken Martin	*Münster	0:53:33	0:53:37	103	M35	75	5: 09:59	10:48	10:56	10:59	10:49	
729	3300	Chlosta Peter	Laufschule Dortmund	0:53:33	0:54:08	39	M55	57	5: 10:17	10:37	10:52	10:57	10:48	
729	3319	Hesselich Uwe		0:53:33	0:53:41	71	M50	62	5: 10:06	10:37	10:53	11:08	10:47	
732	2183	Stricker Achim	S Direkt Runners	0:53:36	0:54:09	40	M55	54	5: 10:42	10:35	10:44	10:46	10:47	
733	3363	Krumm Alexander	*Erkrath	0:53:36	0:53:58	99	MHK	87	5: 09:38	10:10	10:46	11:16	11:43	
734	4017	Arenz Dirk	EGRIMA BUSINESS CENTER	0:53:36	0:54:15	121	M40	68	5: 10:18	10:35	10:52	10:56	10:53	
735	4067	BEMTGEN Francis	Special Olympics Luxembourg	0:53:37	0:54:07	72	M50	61	5: 10:55	10:24	10:23	10:51	11:02	
736	4069	ROTA Pol	Special Olympics Luxembourg	0:53:38	0:54:07	122	M40	68	5: 10:57	10:24	10:23	10:51	11:02	
737	2588	Dückerhoff Sven	Kaiserkicker 1986	0:53:39	0:54:03	123	M40	72	5: 11:29	10:41	10:41	10:30	10:15	
738	2163	Uebel Lars	*40625	0:53:42	0:54:10	100	MHK	86	5: 10:14	10:29	10:52	11:17	10:48	
739	3445	Kaczich Yannick	*Düsseldorf	0:53:43	0:53:48	26	MU23	91	5: 08:44	10:18	12:51	10:59	10:49	
740	1439	Schellenberg Charly	*Meerbusch	0:53:44	0:54:00	101	MHK	88	5: 10:16	10:52	11:07	11:08	10:18	
741	3590	Greifenberg Heiko	*Ratingen	0:53:45	0:54:17	104	M35	75	5: 10:07	10:20	10:51	11:14	11:11	
742	3779	Erbler Richard	*Düsseldorf	0:53:46	0:53:55	124	M40	71	5: 09:45	10:32	11:18	11:24	10:45	
743	3408	Hollmig Bernd	*Alfter	0:53:47	0:53:58	125	M40	72	5: 10:07	10:36	11:00	11:20	10:42	
744	2937	Noack Johannes	*Düsseldorf	0:53:48	0:54:07	102	MHK	88	5: 10:13	10:35	10:54	11:04	11:00	
745	3824	Müller-Gehl Wolfram	Kieser Training Düsseldorf	0:53:53	0:53:58	5	M65	47	5: 10:38	10:46	10:48	10:57	10:43	
746	2389	Goffil Hanio		0:53:54	0:53:56	73	M50	59	5: 10:13	10:35	10:54	11:12	10:58	
747	3810	Umbeck Joachim	Kieser Training Düsseldorf	0:53:55	0:54:18	112	M45	64	5: 09:14	10:05	11:13	11:57	11:24	
748	2400	Oster Jürgen	*Meerbusch	0:53:55	0:54:06	41	M55	56	5: 10:17	10:38	10:57	11:01	11:00	
749	1442	Walberg Joachim	*Düsseldorf	0:53:57	0:54:19	74	M50	58	5: 10:32	11:00	11:01	10:33	10:50	
750	2492	Cornelissen Christoph	S Direkt Runners	0:53:58	0:54:30	101	M30	82	5: 09:56	10:08	10:48	11:35	11:31	
751	1733	Dalheimer Jürgen	Düsseldorer TV	0:54:01	0:54:34	12	M60	48	5: 10:16	10:36	11:00	10:58	11:08	
752	3909	Veronese Dennis	ISS Facility Services GmbH	0:54:01	0:54:10	103	MHK	88	5: 09:22	10:24	11:14	11:28	11:31	
753	3854	Krause Bernd	Dr.Höschel + Kollegen	0:54:02	0:54:05	75	M50	62	5: 10:09	10:59	11:05	11:17	10:30	
754	3826	Beneke Sven	Kieser Training Düsseldorf	0:54:03	0:54:21	126	M40	70	5: 10:59	10:43	10:59	11:01	10:20	
755	3930	Yilmaz Inan	Stadtsparkasse Düsseldorf	0:54:03	0:54:43	102	M30	80	5: 10:51	10:50	10:45	10:56	10:40	
756	3298	Oelckers Stefan	*Düsseldorf	0:54:05	0:54:55	104	MHK	86	5: 12:32	11:29	10:38	09:57	09:27	
757	3355	Roth Reinhold	Team Erdinger Alkoholfrei	0:54:05	0:54:09	105	M35	73	5: 11:08	11:01	11:00	10:51	10:04	
758	2855	Jungheim Dominik	*Grevenbroich	0:54:08	0:54:17	105	MHK	88	5: 11:10	10:53	10:55	10:47	10:21	
759	3579	Wagner Claus	Albrecht-Dürer-Schule Ddorf	0:54:08	0:54:48	76	M50	58	5: 10:43	10:59	10:53	11:01	10:29	
760	3056	Frey Stefan	*Düsseldorf	0:54:08	0:54:50	103	M30	82	5: 10:54	10:26	10:38	10:59	11:09	
761	2830	Petersen Ingo	*Wuppetal	0:54:10	0:54:30	104	M30	80	5: 09:59	10:17	10:41	11:47	11:25	
762	2690	Kaska Venio	*Düsseldorf	0:54:10	0:54:25	113	M45	67	5: 10:43	10:36	10:52	11:16	10:42	
763	3406	Schulz Konrad	DTV	0:54:11	0:54:31	114	M45	66	5: 11:12	10:46	10:49	10:55	10:27	
764	2341	Schnitzler Sven	*Düsseldorf	0:54:13	0:54:56	105	M30	80	5: 10:41	10:33	10:52	11:22	10:43	
765	2072	Bergmann Thomas	*Ratingen	0:54:15	0:54:33	127	M40	71	5: 11:25	10:45	10:44	10:42	10:36	
766	2835	Roettig Jan	SSV Knittkuhl 1972 e.V.	0:54:15	0:54:52	106	MHK	88	5: 11:40	11:00	11:01	10:48	09:44	
767	2273	Lueneberg Ullrich		0:54:18	0:54:51	77	M50	62	5: 12:46	09:37	10:31	10:48	10:34	
768	1702	zur Linden Ulli	LT Praxis zur Linden	0:54:21	0:54:39	42	M55	56	5: 11:10	11:05	10:55	10:45	10:24	
769	2646	Büsselberg Dr. Hans	ONE FIRM	0:54:22	0:55:10	115	M45	65	5: 11:39	10:55	10:46	10:42	10:19	
770	2075	Hayashi Kazuhiko	*Duesseldorf	0:54:22	0:54:27	78	M50	58	5: 10:44	10:53	10:52	10:57	10:55	
771	1414	Franzen Björn	*Düsseldorf	0:54:26	0:54:40	107	MHK	85	5: 10:29	10:23	10:32	11:37	11:24	
772	3219	Fladda Michael	www.laufen-in-dortmund.de	0:54:31	0:54:43	106	M30	79	5: 10:42	10:46	11:06	11:26	10:30	
773	3947	Franken Thomas	Messe Düsseldorf GmbH	0:54:31	0:54:44	108	MHK	85	5: 10:38	10:43	10:50	11:13	11:05	
774	2919	Senger Martin	*Solingen	0:54:32	0:54:54	107	M30	82	5: 10:12	10:36	11:08	11:25	11:09	
775	2786	Scholz Detlef	TV Germania Wevelinghoven	0:54:32	0:54:46	43	M55	57	5: 09:52	10:44	11:10	11:23	11:21	
776	3211	Heyd Vincent	*Hilden	0:54:34	0:54:58	109	MHK	87	5: 09:53	10:28	11:04	11:41	11:26	
777	3923	Sonnen Stephan	Sonnen-Herzog KG	0:54:34	0:54:43	116	M45	66	5: 11:09	10:56	10:57	11:00	10:30	
778	3142	Eichholz Bernhard	schanasi forever	0:54:40	0:55:04	79	M50	58	5: 10:08	10:50	11:09	11:18	11:13	
779	2475	Hillebrand Michael	LG Schellbrand	0:54:40	0:54:51	13	M60	52	5: 10:29	10:44	11:06	11:23	10:57	
780	3827	Körber Bernhard	Kieser Training Düsseldorf	0:54:41	0:55:00	44	M55	56	5: 11:21	11:39	10:51	10:27	10:21	

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
781	3807	Reese von Ohlen Jochen	Kieser Training Düsseldorf	0:54:45	0:55:14	45	M55	54	5: 10:19 10:39 11:10 11:25 11:10
782	3876	Peters Dennis	Dr.Höschel + Kollegen	0:54:47	0:54:53	27	MU23	90	5: 10:04 10:35 11:08 11:29 11:29
783	3016	Dragon Andre-Robert	*Sprockhövel	0:54:51	0:55:10	110	MHK	87	5: 10:45 10:43 11:04 11:06 11:11
784	3075	Ouba Ibrahim	Fujitsu-General (Euro) GmbH	0:54:54	0:55:21	46	M55	57	5: 11:04 10:32 10:39 11:04 11:32
785	2496	Steiners Stefan	*Krefeld	0:54:54	0:55:23	128	M40	68	5: 11:17 10:57 10:48 11:01 10:49
786	3983	Mross Oliver	Linklaters LLP	0:54:59	0:55:26	106	M35	75	5: 10:26 10:33 11:06 11:11 11:42
787	3927	Hintermayr Thomas	Stadtsparkasse Düsseldorf	0:55:00	0:55:23	0	M20		5: 10:13 10:57 11:22 11:23 11:03
788	2030	Gensheimer Jochen	*Flonheim	0:55:02	0:55:32	6	M65	46	5: 10:41 10:58 11:15 11:16 10:50
789	2834	Klöhn Christian	SSV Knittkuhl 1972 e.V.	0:55:02	0:55:38	108	M30	78	5: 11:41 10:59 11:01 10:48 10:31
790	3578	Hüsch Ralf	Albrecht-Dürer-Schule Ddorf	0:55:03	0:55:42	7	M65	47	5: 10:56 10:53 11:04 11:02 11:06
791	2848	Walter Ronald	*Düsseldorf	0:55:04	0:55:31	14	M60	49	5: 11:31 11:01 10:54 10:54 10:41
792	3600	Stefen Walter	*Neuss	0:55:05	0:55:28	80	M50	61	5: 11:36 11:31 11:16 10:23 10:18
793	3720	Hämmerling Jochen	*Düsseldorf	0:55:10	0:55:32	129	M40	70	5: 11:08 11:02 10:56 11:03 11:00
794	2870	Cavegn Ronny	*Düsseldorf	0:55:11	0:55:33	107	M35	73	5: 11:08 11:01 10:56 11:03 11:01
795	2872	Scheer Alexander	*Düsseldorf	0:55:12	0:55:33	109	M30	79	5: 11:08 11:02 10:56 11:03 11:01
796	3527	Arand Gregor	*Düsseldorf	0:55:18	0:55:29	15	M60	48	5: 10:53 11:05 11:16 11:10 10:52
797	2968	Blass Frank	*Wuppertal	0:55:22	0:55:40	117	M45	67	5: 10:27 10:55 11:29 11:36 10:54
798	3547	Patock Marco	*düsseldorf	0:55:24	0:55:47	110	M30	79	5: 09:58 10:31 11:25 11:54 11:33
799	2567	Quincke Florian	Hyatt Regency Düsseldorf	0:55:26	0:56:00	130	M40	71	5: 10:28 11:06 11:13 11:33 11:03
800	3264	Krämer Alexander	*Düsseldorf	0:55:26	0:56:02	111	M30	82	5: 12:41 11:09 10:27 10:32 10:35
801	2244	Burghardt Jörn	*Bergisch Gladbach	0:55:27	0:55:54	131	M40	69	5: 10:07 10:49 11:20 11:25 11:44
802	2071	Reinecke Dirk	*Düsseldorf	0:55:29	0:56:15	132	M40	70	5: 12:50 11:11 10:42 10:27 10:17
803	2528	Tintemann Thomas	*Mettmann	0:55:37	0:56:14	47	M55	57	5: 11:27 10:54 11:01 11:11 11:03
804	2700	Feller Andreas	Bassert-Runner	0:55:37	0:56:12	133	M40	70	5: 10:45 11:00 11:18 11:20 11:13
805	3924	Röckendorf Jens	Sonnen-Herzog KG	0:55:37	0:55:47	111	MHK		5: 10:42 10:56 11:10 11:33 11:14
806	3117	Münks Bernhard	HPP Architekten	0:55:43	0:56:20	112	MHK	84	5: 11:45 11:03 10:56 11:16 10:42
807	4122	Wingartz Patrick	SFD 75	0:55:48	0:56:21	28	MU23	90	5: 10:22 10:20 11:22 11:59 11:43
808	4125	Wienhold Jürgen	Hotel Nikko	0:55:48	0:56:16	81	M50	61	5: 10:40 11:01 11:31 11:36 10:58
809	4130	Klomfass Ekhard	Hotel Nikko	0:55:49	0:56:12	48	M55	56	5: 09:47 11:15 11:53 11:27 11:25
810	3208	Patzov Rossen	*Brüssel	0:55:50	0:56:37	134	M40	68	5: 11:22 11:01 11:11 11:19 10:55
811	2349	Sawallisch Frank	Lt Düsseldorf-Süd	0:55:50	0:56:37	82	M50	59	5: 10:49 10:45 11:04 11:30 11:40
812	2859	Katzner Alexander	*Düsseldorf	0:55:50	0:56:12	135	M40	70	5: 11:16 11:21 11:17 11:11 10:44
813	2990	Schmitz Ulrich	*Hilden	0:55:53	0:56:30	83	M50	62	5: 11:12 11:03 11:11 11:22 11:02
814	2177	Suckau Torsten	*Düsseldorf	0:55:53	0:56:27	112	M30	79	5: 11:41 11:08 11:12 11:18 10:34
815	3919	Patten Stephan	Sonnen-Herzog KG	0:55:54	0:56:04	108	M35	76	5: 11:06 10:38 10:59 11:25 11:45
816	3549	Lieb Arne	*Düsseldorf	0:55:56	0:56:32	113	M30	80	5: 11:23 11:30 11:33 11:13 10:15
817	4026	Detert Thomas	Turbine Keyenberg-Himmelgeist	0:55:57	0:56:10	109	M35	74	5: 10:39 10:49 11:02 11:33 11:53
818	3809	König Alexander	Kieser Training Düsseldorf	0:55:58	0:56:24	113	MHK	84	5: 10:33 11:03 11:17 11:41 11:22
819	4126	Tomida Daisuke	Hotel Nikko	0:56:03	0:56:03	136	M40	68	5: 10:50 10:37 11:08 11:36 11:51
820	2796	Rösner Tobias	Hogan Lovells Int. LLP	0:56:11	0:56:36	110	M35	77	5: 11:18 11:28 11:29 11:31 10:22
821	4109	Ruhl Volker	SFD 75	0:56:12	0:56:53	118	M45	64	5: 11:17 10:29 11:00 11:15 12:09
822	2791	Bomhard Roland	Hogan Lovells Int. LLP	0:56:16	0:56:39	84	M50	60	5: 11:00 11:00 11:29 11:30 11:14
823	4135	Niinuma Hidetoshi	Hotel Nikko	0:56:17	0:56:37	137	M40	68	5: 11:09 10:57 11:27 11:23 11:18
824	2047	Basten Christian	*Hilden	0:56:21	0:56:40	114	M30	82	5: 11:37 11:22 11:04 11:16 11:00
825	3937	Beese Michael	Stadtsparkasse Düsseldorf	0:56:24	0:56:51	138	M40	71	5: 11:04 11:05 11:22 11:24 11:28
826	3397	Strzoda Pascal	*Hilden	0:56:25	0:56:41	27	MU20	94	5: 09:41 10:33 11:30 11:59 12:40
827	3081	Baumanns Martin	*Düsseldorf	0:56:25	0:56:33	114	MHK	85	5: 10:35 10:57 11:24 11:47 11:39
828	3320	Meichsner Dennis	*Düsseldorf	0:56:27	0:56:35	115	M30	81	5: 10:35 10:57 11:25 11:47 11:42
829	3910	Kuhn Tom	ISS Facility Services GmbH	0:56:28	0:57:04	119	M45	65	5: 10:57 11:21 11:22 11:36 11:11
830	3046	Kaufmann Florian	*Düsseldorf	0:56:35	0:56:35	28	MU20	94	5: 23:33 10:37 11:21 11:04 00:00
831	2154	Pattberg Torsten	*Düsseldorf	0:56:37	0:57:16	111	M35	73	5: 12:08 11:14 11:04 11:08 11:01
832	1679	Ulbrich		0:56:38	0:56:51	115	MHK	84	5: 10:45 11:13 11:55 11:55 10:48
833	3709	Großmann Daniel	ISS Facility Services GmbH	0:56:39	0:57:16	116	M30	80	5: 10:58 11:18 11:22 11:36 11:23
834	3462	Franz Hendrik	Die Flitzpiepen	0:56:40	0:57:30	112	M35	77	5: 11:32 11:17 11:18 11:23 11:07
835	2482	Thill Ingo	*Willich	0:56:43	0:56:52	113	M35	74	5: 11:19 11:17 11:22 11:38 11:06
836	3372	Rollinger Günther	ASV LT Kemperdick	0:56:46	0:56:52	16	M60	50	5: 10:23 11:12 11:34 11:54 11:41
837	2986	Engel Uwe	Krokodile	0:56:50	0:56:58	85	M50	62	5: 11:10 11:10 11:21 11:32 11:34
838	1445	Herbst Eduard	GTV Gerresheim	0:56:53	0:57:35	17	M60	48	5: 11:45 11:10 11:27 11:23 11:07
839	3726	unbekannt		0:56:53	0:57:15	116	MHK		5: 10:41 11:08 11:39 11:53 11:31
840	3772	Mandel Richardq	*Mülheim	0:56:53	0:57:08	86	M50	60	5: 10:52 11:11 11:37 11:44 11:28

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
841	2335	Groß Holger	*Düsseldorf	0:56:54	0:56:57	117	M30	80	5: 10:02	10:55	12:05	12:05	11:45	
842	1350	Rumpel Heiko	DM-Drogeriemarkt	0:56:56	0:57:09	114	M35	76	5: 11:13	11:02	11:23	11:26	11:49	
843	3493	Balsamo Torrent	*Düsseldorf	0:56:56	0:57:28	17	MU18	96	5: 11:35	11:21	11:24	11:38	10:56	
844	1392	Sonnenberg David		0:56:58	0:57:18	117	MHK	86	5: 09:56	11:39	11:59	11:52	11:30	
845	2500	Mayer-Wegelin Jesko	*Köln	0:57:02	0:57:26	115	M35	77	5: 11:11	11:35	11:30	11:39	11:06	
846	2274	Hentz Gerd		0:57:04	0:57:05	8	M65	44	5: 10:28	10:54	11:23	11:57	12:20	
847	1860	Lauterbach Hans		0:57:04	0:57:08	49	M55	57	5: 10:53	11:16	11:29	11:43	11:40	
848	3427	Lukosz Lukas	*Düsseldorf	0:57:07	0:57:25	118	M30	79	5: 11:35	11:19	11:22	11:31	11:17	
849	3332	Kreienbaum Bernhard	*Ratingen	0:57:07	0:57:10	6	M70	42	5: 10:55	11:21	11:43	11:47	11:19	
850	2376	Kunze Stefan	Ericsson Runners	0:57:09	0:57:37	119	M30	79	5: 11:16	10:41	11:02	11:33	12:35	
851	3621	Pieper Andreas	*Mettmann	0:57:12	0:57:44	139	M40	70	5: 11:02	11:11	11:35	11:52	11:30	
852	4111	Sezer Hakan	SFD 75	0:57:12	0:57:14	120	M45	67	5: 09:25	10:48	11:49	12:26	12:42	
853	2740	Becker Willi	*Kleve	0:57:13	0:57:51	9	M65	44	5: 11:20	11:28	11:21	11:28	11:34	
854	2957	Schulte Klaus	*Düsseldorf	0:57:13	0:57:53	121	M45	67	5: 11:42	11:31	11:35	11:29	10:55	
855	3572	Pohlmann Benjamin	*Düsseldorf	0:57:19	0:57:56	116	M35	77	5: 11:23	11:30	11:39	11:39	11:07	
856	2200	Fulton Alexander	S Direkt Runners	0:57:22	0:57:56	118	MHK	85	5: 11:10	10:34	11:27	12:07	12:02	
857	2913	Bruland Robert	DJK Novesia Neuss	0:57:27	0:57:42	117	M35	73	5: 10:40	11:12	11:30	11:56	12:08	
858	2692	Hofer Heribert	*Düsseldorf	0:57:29	0:57:44	50	M55	54	5: 12:03	11:29	11:38	11:22	10:56	
859	3501	Zimmerer Xaver	*Meerbusch	0:57:31	0:58:00	51	M55	57	5: 11:17	11:33	11:22	11:38	11:38	
860	2347	Landree Sandra	*Düsseldorf	0:57:31	0:57:58	140	M40	71	5: 11:25	11:04	11:31	11:53	11:36	
861	2909	Focht Benjamin	*Düsseldorf	0:57:36	0:57:50	119	MHK	83	5: 10:34	11:11	11:49	12:16	11:44	
862	3074	Thie Stefan	Fujitsu-General (Euro) GmbH	0:57:36	0:58:05	87	M50	62	5: 11:34	11:21	11:37	11:50	11:11	
863	2144	Weide Waldemar	*Mönchengladbach	0:57:36	0:57:58	122	M45	66	5: 11:19	11:22	11:37	11:41	11:35	
864	2626	Medina Cardona Daniel	*Düsseldorf	0:57:36	0:58:10	120	M30	82	5: 12:16	11:33	11:14	11:26	11:05	
865	4096	Becker Hagen	SFD 75	0:57:36	0:58:17	121	M30	79	5: 11:25	11:26	11:29	11:49	11:25	
866	3891	Plutta Matthias	Dr.Höschel + Kollegen	0:57:37	0:57:43	29	MU23	91	5: 11:55	11:23	11:23	11:28	11:26	
867	2514	Schmitz-Weiss Philip	*Düsseldorf	0:57:37	0:58:20	120	MHK	84	5: 12:17	11:18	11:21	11:37	11:01	
868	3988	Von Brevern Daniel	Linklaters LLP	0:57:37	0:57:55	141	M40	72	5: 11:31	11:59	11:56	11:12	10:58	
869	3414	Schild Mauritz	Team Retail Excellence	0:57:38	0:57:46	29	MU20	94	5: 10:51	10:52	11:13	11:54	12:47	
870	2512	Steinbüchel Felix	*Düsseldorf	0:57:39	0:58:22	122	M30	82	5: 12:17	11:18	11:21	11:37	11:04	
871	2736	Trotz Martin	*Düsseldorf	0:57:42	0:57:45	121	MHK	86	5: 11:36	11:54	11:49	11:33	10:47	
872	2840	Koß Karlheinz	*Düsseldorf	0:57:45	0:58:01	88	M50	61	5: 10:56	11:14	11:58	11:51	11:45	
873	2513	Schönkes David	*Düsseldorf	0:57:47	0:58:30	123	M30	81	5: 12:17	11:18	11:21	11:37	11:12	
874	3808	Claes Franz	Kieser Training Düsseldorf	0:57:49	0:58:14	10	M65	47	5: 10:56	11:46	11:41	11:48	11:35	
875	3712	Strake Franz	ISS Facility Services GmbH	0:57:49	0:58:26	89	M50	58	5: 11:21	11:29	11:38	11:33	11:47	
876	3256	De Voss Simon	*Krefeld	0:57:52	0:58:36	122	MHK	88	5: 11:52	11:13	12:07	12:00	10:39	
877	4101	Leinung Andre	SFD 75	0:57:53	0:58:23	90	M50	62	5: 10:43	10:43	11:17	12:44	12:23	
878	2780	Stephan Wester	kein Verein	0:57:55	0:58:24	91	M50	59	5: 11:25	11:15	11:38	11:54	11:41	
879	2210	Müller Ralf	S Direkt Runners	0:57:55	0:58:30	123	MHK	83	5: 12:07	11:44	11:52	11:41	10:30	
880	2097	Becker Harald		0:58:02	0:58:19	52	M55	53	5: 11:25	11:37	11:43	11:44	11:30	
881	2881	Stolla Arnold	*Düsseldorf	0:58:09	0:58:12	92	M50	62	5: 10:41	11:32	11:54	12:08	11:51	
882	2727	Spans Sebastian	*Düsseldorf	0:58:13	0:58:33	124	M30	81	5: 11:27	11:24	12:01	12:00	11:19	
883	3887	Thome Jens	Dr.Höschel + Kollegen	0:58:14	0:58:26	125	M30	79	5: 11:32	11:44	11:51	11:51	11:15	
884	4044	Barlau Jens	Dr.Höschel + Kollegen	0:58:14	0:58:55	118	M35	73	5: 11:57	11:24	11:45	11:46	11:21	
885	3788	Kelly Peter	*Luxembourg	0:58:16	0:58:27	142	M40	71	5: 11:46	11:57	12:02	11:30	11:00	
886	2350	Schreier Frank	*Düsseldorf	0:58:20	0:58:32	119	M35	76	5: 11:23	11:39	11:44	11:54	11:38	
887	3785	Friemelt Jana	TuS Bösinghoven	0:58:22	0:58:58	53	M55	56	5: 11:43	11:34	11:48	11:46	11:30	
888	2760	Wandelt Lorenz	*Neuss	0:58:28	0:58:59	54	M55	56	5: 11:47	11:25	11:41	12:05	11:28	
889	2637	Schlingloff Andre		0:58:29	0:58:44	143	M40	72	5: 12:09	12:02	11:59	11:33	10:44	
890	2295	Lapp Achim		0:58:30	0:58:45	120	M35	74	5: 12:09	12:03	11:59	11:34	10:44	
891	2312	Beckmann Frank		0:58:30	0:58:45	144	M40	72	5: 12:10	12:03	11:58	11:33	10:45	
892	4121	Wingartz Claudius	SFD 75	0:58:30	0:59:04	124	MHK	83	5: 10:22	11:01	12:08	12:35	12:22	
893	2292	Eckhardt Felix	*Düsseldorf	0:58:31	0:58:58	18	MU18	96	5: 11:49	11:11	12:09	11:04	12:15	
894	3911	Schmitz Robert	ISS Facility Services GmbH	0:58:37	0:59:15	123	M45	64	5: 10:57	11:32	11:55	12:05	12:06	
895	3710	Contzen Jens	ISS Facility Services GmbH	0:58:38	0:59:15	124	M45	66	5: 10:59	11:32	11:55	12:05	12:06	
896	3708	Jambor Ernst	ISS Facility Services GmbH	0:58:38	0:59:15	55	M55	56	5: 10:58	11:32	11:55	12:05	12:06	
897	1460	Schneider Olaf	*Oberhausen	0:58:39	0:59:23	145	M40	68	5: 12:31	11:44	11:22	11:24	11:35	
898	2472	Kroner Markus	*Düsseldorf	0:58:48	0:59:09	125	M45	63	5: 12:12	11:49	11:41	11:42	11:21	
899	2046	Schmitz Peter Michael	LGFSUe Düsseldorf	0:58:48	0:59:29	11	M65	46	5: 11:17	11:44	11:48	11:54	12:03	
900	2706	Ehrich Markus	*Duesseldorf	0:58:52	0:59:09	146	M40	70	5: 11:40	11:48	12:05	12:03	11:15	

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

Stadtwerke Kö-Lauf Düsseldorf - 2. September 2012

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
901	2941	Massenberg Nico	*Düsseldorf	0:58:56	0:59:15	125	MHK	87	5: 11:31 11:34 11:39 12:01 12:08
902	2098	Bey Jürgen	*Köln	0:58:59	0:59:28	126	M45	67	5: 11:59 11:48 11:47 11:52 11:31
903	3640	Schrack Tommy	IVS GmbH / Jerocom GmbH	0:59:00	0:59:30	126	M30	81	5: 12:04 11:52 11:57 11:44 11:21
904	2164	Reiske Frank	*Essen	0:59:00	0:59:42	127	M45	66	5: 12:30 11:40 11:42 11:44 11:21
905	3284	Beckermann Mario	Fuji-Runners	0:59:01	0:59:24	56	M55	57	5: 11:37 11:35 11:48 12:00 11:59
906	2121	Grömping Josef	*Nackenheim	0:59:02	0:59:25	128	M45	67	5: 12:16 11:49 11:50 11:53 11:12
907	2857	Scholz Jürgen	Kath. Kirche	0:59:03	0:59:29	129	M45	63	5: 11:19 11:05 11:45 12:19 12:34
908	3880	Rieck Ralf	Dr.Höschel + Kollegen	0:59:09	0:59:48	93	M50	60	5: 11:29 11:52 11:52 12:07 11:47
909	2094	Bohardien Maruwaan	*Düsseldorf	0:59:11	0:59:49	126	MHK	84	5: 12:20 12:10 11:20 11:34 11:44
910	2035	Wirsching Manuel	*Düsseldorf	0:59:12	0:59:40	127	M30	81	5: 12:17 11:59 11:49 11:50 11:15
911	2195	Gisselmann Sven	S Direkt Versicherung	0:59:12	0:59:46	121	M35	76	5: 12:07 11:47 11:49 11:48 11:39
912	2994	Gruschka Gregor	*Duesseldorf	0:59:14	0:59:31	94	M50	58	5: 11:30 11:32 11:56 12:17 11:57
913	3935	Gossens Thomas	Stadtsparkasse Düsseldorf	0:59:18	0:59:37	147	M40	72	5: 11:37 11:39 11:46 12:03 12:11
914	2541	Haußer Jürgen	*Düsseldorf	0:59:20	0:59:42	95	M50	59	5: 11:21 11:17 11:38 12:12 12:50
915	3225	Van der Griend Marcello	ONE FIRM	0:59:22	1:00:10	96	M50	59	5: 12:33 11:56 11:40 11:46 11:25
916	4150	Hoydem Andreas	*Düsseldorf	0:59:26	1:00:12	148	M40	70	5: 12:08 11:43 11:43 12:02 11:48
917	2792	Ernicke Maximilian	Hogan Lovells Int. LLP	0:59:29	0:59:29	128	M30	79	5: 12:41 12:36 11:24 11:29 11:17
918	3992	Gänswein Olivier	Linklaters LLP	0:59:30	0:59:47	129	M30	80	5: 11:32 11:59 12:08 12:25 11:24
919	4148	Taghavi Dr. Daryoush	Dr.Höschel + Kollegen	0:59:32	0:59:38	122	M35	73	5: 10:33 10:56 11:55 12:56 13:11
920	3553	Van Schrick Gerhard	VGS Düsseldorf/Ratingen	0:59:35	1:00:25	57	M55	54	5: 11:55 11:48 11:59 12:05 11:45
921	3277	Kraus Claudia	Dortmunder Motorsportclub	0:59:35	1:00:22	149	M40	69	5: 12:37 11:51 11:49 11:45 11:32
922	2411	Koyikkara Jenns	Novotel Düsseldorf	0:59:41	0:59:44	130	M30	80	5: 10:15 11:56 12:19 12:54 12:15
923	1732	Seelbach Michael	*Düsseldorf	0:59:45	1:00:20	130	M45	66	5: 12:54 11:55 11:50 11:49 11:16
924	1478	Windszus Frank	Busshodo	0:59:49	1:00:40	97	M50	58	5: 12:32 11:53 11:56 11:58 11:29
925	2393	Hartmann Markus	*Düsseldorf	0:59:51	1:00:37	123	M35	76	5: 11:29 11:47 12:11 12:11 12:11
926	3326	Liebeck Burkhard	*Düsseldorf	0:59:53	0:59:57	18	M60	51	5: 10:17 11:36 12:07 12:43 13:08
927	3327	Balikci Ertan	*Düsseldorf	0:59:54	1:00:41	150	M40	71	5: 12:26 11:33 11:46 12:15 11:52
928	3374	Gellner Peter	*Düsseldorf	0:59:55	1:00:08	98	M50	58	5: 11:33 11:49 11:59 12:18 12:13
929	2176	Bovelet Mirko	*Düsseldorf	0:59:58	0:59:58	124	M35	75	5: 12:25 11:46 11:47 12:03 11:54
930	3232	Engel Christian	*Düsseldorf	1:00:22	1:00:32	127	MHK	84	5: 11:29 11:46 12:15 12:24 12:26
931	3926	Helms Andre	Stadtsparkasse Düsseldorf	1:00:24	1:01:05	151	M40	70	5: 11:54 11:49 12:07 12:20 12:12
932	4070	FELTGEN Pierrat	Special Olympics Luxembourg	1:00:32	1:00:58	58	M55	55	5: 11:10 11:45 12:27 12:42 12:27
933	3853	Kaster Gabriel	Dr.Höschel + Kollegen	1:00:34	1:00:40	19	MU18	97	5: 11:26 12:06 12:40 12:25 11:56
934	3820	Seidl Bernd	Kieser Training Düsseldorf	1:00:37	1:01:08	19	M60	52	5: 12:27 12:27 12:15 12:02 11:23
935	2362	Rempp Peter	*Düsseldorf	1:00:38	1:01:14	128	MHK	85	5: 12:59 13:18 13:24 11:37 09:19
936	1435	Raschen Thomas	*Düsseldorf	1:00:49	1:01:01	131	M45	67	5: 11:37 11:47 12:21 12:34 12:27
937	3505	Hartkamp Dr. Norbert	*Düsseldorf	1:00:56	1:01:04	99	M50	58	5: 11:32 12:07 12:24 12:42 12:10
938	2925	Rybicki Jason	*Essen	1:01:04	1:01:26	129	MHK	83	5: 11:58 11:53 12:27 12:29 12:16
939	2645	Tasche Maik	*Köln	1:01:06	1:01:34	125	M35	76	5: 11:09 11:33 12:05 12:59 13:19
940	2802	Gemmel Heiko	Hogan Lovells Int. LLP	1:01:15	1:01:37	126	M35	74	5: 11:44 12:10 12:31 12:36 12:11
941	2677	Imbusch Sebastian	*Düsseldorf	1:01:22	1:02:11	131	M30	81	5: 12:41 11:46 12:07 12:33 12:13
942	2051	Theis Olaf	*Köln	1:01:23	1:02:04	132	M45	65	5: 12:55 12:45 12:39 12:01 11:02
943	2078	Schiffarth Michael	*Düsseldorf	1:01:23	1:01:46	127	M35	76	5: 12:20 11:41 11:55 12:25 13:00
944	1398	Pempelfort Klaus	*Düsseldorf	1:01:25	1:02:10	152	M40	71	5: 13:14 12:26 12:01 12:10 11:33
945	838	Openkirchen Paul		1:01:29	1:01:53	100	M50	58	5: 12:30 12:28 12:26 12:18 11:44
946	1431	Flormann Michael	*Erkrath	1:01:32	1:02:05	101	M50	60	5: 12:51 12:08 12:07 12:25 12:00
947	3096	Von Cloudt Jens	INTOCAST AG	1:01:34	1:02:16	128	M35	77	5: 12:33 12:03 11:59 12:17 12:39
948	3076	Zimmermann Norbert	Fujitsu-General (Euro) GmbH	1:01:36	1:02:03	102	M50	59	5: 12:21 12:14 12:17 12:36 12:06
949	2379	Mainz Dieter	SV Grün-Weiss-Rot Düsseldorf	1:01:39	1:01:59	2	M75	36	5: 12:16 12:27 12:29 12:24 12:01
950	2557	Van der Porten Kai	*Hilden	1:01:41	1:02:14	153	M40	69	5: 12:19 12:01 12:24 12:38 12:17
951	2428	Becker Miroslav	PSV düsseldorf	1:01:44	1:02:30	133	M45	67	5: 13:14 12:26 12:00 12:10 11:53
952	4037	Hinsch Michael	*Düsseldorf	1:01:47	1:02:02	59	M55	53	5: 11:58 12:02 12:26 12:43 12:35
953	1759	Meyer Franz-Ludwig		1:01:48	1:02:38	7	M70	41	5: 12:34 12:07 12:15 12:25 12:25
954	2317	Preußing Klaus		1:01:48	1:02:02	132	M30	80	5: 12:26 12:07 12:12 12:38 12:25
955	2604	Hansen Detlef	*Mülheim an der Ruhr	1:02:00	1:02:29	134	M45	67	5: 12:13 11:47 12:13 12:41 13:04
956	3263	Kanda Daisuke	*Duesseldorf	1:02:08	1:02:36	129	M35	73	5: 12:00 11:52 12:24 12:49 13:02
957	2367	Gebel Andreas	*Langenfeld	1:02:14	1:02:19	130	M35	74	5: 11:11 12:18 13:02 13:15 12:26
958	2752	Schulze Hans-Werner	*Düsseldorf	1:02:21	1:03:05	20	M60	48	5: 13:19 12:33 12:47 12:17 11:24
959	2398	Bröcker Jörg	*Düsseldorf	1:02:24	1:02:52	154	M40	69	5: 11:45 12:03 13:06 13:28 12:00
960	3724	Adrian Köring	*Essen	1:02:29	1:03:03	30	MU20	94	5: 13:01 12:46 12:30 12:05 12:05

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
961	3456	Becker Doris	*Düsseldorf	1:02:31	1:02:33	131	M35	75	5: 10:51 12:35 14:28 12:38 11:56
962	2322	Wanders Andreas	*Düsseldorf	1:02:34	1:03:27	60	M55	57	5: 13:34 12:39 12:09 24:11 00:00
963	1400	Maukesch Markus	*Düsseldorf	1:02:40	1:03:28	155	M40	72	5: 13:12 12:27 12:26 12:30 12:04
964	2823	Hoezen Johannes	*Nieuwegein	1:02:54	1:03:10	135	M45	66	5: 11:27 12:13 12:45 13:22 13:05
965	2321	Griesbach Anna-Mirjam	*Düsseldorf	1:02:55	1:03:48	156	M40	69	5: 13:34 12:38 12:42 11:51 12:09
966	2140	Meyer Lars	*Düsseldorf	1:03:00	1:03:16	133	M30	79	5: 11:34 11:42 13:07 13:48 12:46
967	3818	Vietzke Horst	Kieser Training Düsseldorf	1:03:02	1:03:22	136	M45	64	5: 12:07 12:22 12:43 12:57 12:51
968	1412	Sensen Franke	*Mettmann	1:03:03	1:03:33	137	M45	63	5: 11:26 11:42 12:22 13:08 14:23
969	2817	Weiß Stephan	*Düsseldorf	1:03:05	1:03:37	132	M35	77	5: 13:20 12:46 12:39 12:36 11:42
970	2152	Schwenen Thomas	*Düsseldorf	1:03:11	1:03:50	20	MU18	96	5: 12:21 12:11 12:32 13:12 12:54
971	3455	Brede Hans-Jürgen	*Düsseldorf	1:03:20	1:03:58	12	M65	47	5: 12:59 12:44 12:38 12:36 12:20
972	3286	Hörnle Dirk	Fuji-Runners	1:03:22	1:03:45	138	M45	67	5: 12:16 11:48 12:01 13:32 13:43
973	2407	Illian Georg	*Düsseldorf	1:03:22	1:03:48	139	M45	66	5: 13:01 12:55 12:38 12:37 12:09
974	3285	Lentz Dr. Dominik	Fuji-Runners	1:03:23	1:03:45	140	M45	66	5: 11:29 11:59 12:38 13:31 13:43
975	2545	Lemke Christian	-	1:03:29	1:04:10	134	M30	80	5: 12:13 12:28 12:54 13:13 12:38
976	3789	Stöver Bernd	*Meerbusch	1:03:34	1:04:23	130	MHK	83	5: 12:37 12:13 12:39 13:01 13:03
977	1402	Wottke Michael	*Düsseldorf	1:03:44	1:04:32	135	M30	78	5: 13:13 12:27 12:25 12:48 12:50
978	4140	Kaletta Xaver	Hotel Nikko	1:03:53	1:04:15	136	M30	80	5: 13:08 12:47 12:32 13:04 12:19
979	2790	Plathen Klaus	*Krefeld	1:04:16	1:04:31	103	M50	58	5: 11:29 12:28 13:12 13:43 13:22
980	2485	Linen von den Berg Daniel	-	1:04:18	1:04:54	131	MHK	83	5: 13:00 13:17 13:23 11:42 12:54
981	3403	Howle Greig	*Düsseldorf	1:04:23	1:05:08	132	MHK	83	5: 12:35 12:10 12:36 13:19 13:42
982	3538	Stakemeier Jens	*Düsseldorf	1:04:35	1:05:19	137	M30	80	5: 12:34 12:58 12:55 13:05 13:00
983	2224	Zeit Dr. Martin Alexander	*Düsseldorf	1:04:45	1:05:30	133	M35	73	5: 12:19 12:42 12:58 13:18 13:25
984	3119	Feldmeyer Gerhard	HPP Architekten	1:04:48	1:05:24	61	M55	56	5: 12:38 12:35 12:47 13:10 13:35
985	1448	Feldmeyer Gerhard	HPP Architekten	1:04:48	1:05:24	62	M55	56	5: 12:38 12:35 12:47 13:11 13:34
986	2831	Petschke Sascha	*Düsseldorf	1:04:59	1:05:27	157	M40	68	5: 12:49 13:07 13:13 13:18 12:29
987	3851	Kowsky Joachim	Dr.Höschel + Kollegen	1:05:06	1:05:17	141	M45	66	5: 11:24 12:16 13:33 14:05 13:46
988	2025	Abend Günter	Stadtwerke Düsseldorf	1:05:11	1:05:42	13	M65	43	5: 12:56 13:02 13:12 13:09 12:51
989	2449	Dufke Sebastian	*Düsseldorf	1:05:11	1:05:26	138	M30	81	5: 12:54 12:54 13:09 13:21 12:52
990	3727	Naujokat Carsten		1:05:21	1:06:07	134	M35	74	5: 12:36 11:52 13:12 13:28 14:11
991	816	Koch Michael	*Düsseldorf	1:05:25	1:05:38	133	MHK	87	5: 14:22 13:07 12:30 12:47 12:36
992	2587	Posingies Dr. Heinz	*Düsseldorf	1:05:27	1:06:14	21	M60	52	5: 12:59 13:14 13:18 12:57 12:57
993	2673	Schickhaus Werner	LT Düsseldorf Süd	1:05:33	1:06:22	8	M70	38	5: 13:34 12:55 12:52 13:00 13:10
994	2122	Serong Dirk	*Solingen	1:05:55	1:06:38	139	M30	81	5: 13:54 13:56 13:27 13:27 11:09
995	1680	Schmehlik Mendoza Carolina		1:05:58	1:06:33	135	M35	74	5: 13:01 12:58 13:10 13:38 13:09
996	3817	Ueckermann Dirk	Kieser Training Düsseldorf	1:06:16	1:07:01	158	M40	70	5: 13:21 13:11 13:12 13:30 13:02
997	2535	Wulff Carsten	*Aachen	1:06:19	1:07:08	30	MU23	92	5: 13:06 12:45 12:45 13:37 14:03
998	3635	Schmeis Timo	IVS GmbH / Jerocom GmbH	1:06:19	1:06:48	140	M30	80	5: 13:42 13:00 13:05 13:29 13:01
999	2170	Vukovic Ante	*Düsseldorf	1:06:20	1:06:59	31	MU23	90	5: 11:08 12:27 14:03 14:08 14:32
1000	3022	Georgiadis Stavros	*Frankfurt am Main	1:06:38	1:06:44	141	M30	80	5: 12:20 13:41 13:36 13:25 13:34
1001	2168	Haller Marcus	*Neuss	1:06:51	1:07:33	136	M35	75	5: 12:48 13:00 13:39 13:56 13:27
1002	2801	Leistikow Michael	Hogan Lovells Int. LLP	1:06:54	1:07:19	63	M55	56	5: 12:37 13:17 13:35 13:55 13:28
1003	2584	Arnold Matthias	*Heidelberg	1:06:55	1:07:33	137	M35	76	5: 13:46 12:47 13:08 13:46 13:27
1004	3764	Klöber Christian	*Düsseldorf	1:06:58	1:07:14	159	M40	71	5: 13:00 13:04 14:02 14:05 12:46
1005	2544	Schipke Prof. Dr. Jochen D	DUC Düsseldorf	1:07:06	1:07:17	9	M70	39	5: 12:49 13:23 13:37 13:49 13:26
1006	3948	Holländer Peter	Messe Düsseldorf GmbH	1:07:08	1:07:21	160	M40	69	5: 12:03 13:16 13:37 13:59 14:11
1007	2674	Reusch Karl Heinz	LT Düsseldorf Süd	1:07:15	1:08:05	1	M80	32	5: 13:34 12:55 13:27 13:29 13:47
1008	1832	Schilling Rolf		1:07:36	1:08:07	10	M70	42	5: 13:40 13:03 13:10 13:46 13:55
1009	3204	Hennes Horst	LTD Köln-Dellbrück	1:07:44	1:08:27	22	M60	49	5: 13:19 13:11 13:15 13:43 14:14
1010	3690	Erlar Achim		1:07:46	1:08:10	104	M50	58	5: 12:15 12:57 13:44 14:17 14:30
1011	1355	Reineberg Daniel	DM-Drogeriemarkt	1:07:50	1:08:02	142	M30	80	5: 11:23 12:41 14:02 14:33 15:09
1012	2774	Suzuki Akihiro	*Duesseldorf	1:08:07	1:08:31	134	MHK	83	5: 12:40 13:22 14:00 14:10 13:53
1013	2006	Yilmaz Cengiz	*Essen	1:08:35	1:08:42	161	M40	72	5: 12:16 13:14 14:11 14:30 14:23
1014	2106	Austin Mitchell	*Dusseldorf	1:09:01	1:09:27	162	M40	72	5: 13:09 13:07 13:48 14:18 14:37
1015	3124	Karrenberg Torsten	HWPG Heimbürger + Partner	1:09:02	1:09:39	142	M45	65	5: 13:05 13:21 13:55 14:20 14:19
1016	3270	Rotzoll Andreas	*Düsseldorf	1:09:29	1:09:46	163	M40	69	5: 12:24 12:35 13:44 15:29 15:15
1017	2165	Manderscheid Bjoern	DLRG Leichlingen	1:09:30	1:10:04	143	M30	80	5: 14:03 14:00 14:01 14:02 13:22
1018	3055	Otto Harald	*Dortmund	1:09:41	1:10:29	105	M50	61	5: 13:31 13:26 13:54 14:24 14:23
1019	2091	Krause Udo	LT Zweihorn	1:09:42	1:10:20	164	M40	68	5: 13:46 13:47 14:13 14:23 13:30
1020	3583	Gairing Gerhard	Albrecht-Dürer-Schule Ddorf	1:10:05	1:10:35	23	M60	48	5: 14:16 13:51 14:10 14:16 13:29

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1021	3743	Descombes Michel	Michel-on-tour	1:11:28	1:12:20	11	M70		5:	13:19	13:28	14:07	14:35	15:57
1022	3557	Lohmeyer Rudolf	*Tönisforst	1:11:32	1:12:23	14	M65	43	5:	14:31	14:40	14:17	14:11	13:52
1023	4056	Hartmann Ralph	Dr.Höschel + Kollegen	1:11:32	1:11:39	64	M55	55	5:	12:34	14:43	15:09	14:52	14:12
1024	2478	Zimmermann Heinz-Peter	*Kaarst	1:11:49	1:12:25	65	M55	55	5:	13:43	14:12	14:42	15:04	14:05
1025	2983	Flöck Dennis	*Düsseldorf	1:11:50	1:12:25	144	M30	79	5:	13:43	14:13	14:42	15:01	14:08
1026	2282	Schoeneis Thorsten	TSV Eller 04	1:11:51	1:12:29	165	M40	72	5:	13:57	14:12	14:41	14:44	14:16
1027	4054	Hartmann Nils	Dr.Höschel + Kollegen	1:12:00	1:12:07	32	MU23	90	5:	12:24	14:55	15:39	15:04	13:56
1028	2751	Zell Hartmut	TAnzschule FERN	1:13:55	1:14:42	24	M60	49	5:	13:37	14:27	14:34	15:15	16:01
1029	2934	Peters Jörg	Commerzbank AG	1:14:31	1:15:08	25	M60	49	5:	12:06	14:22	15:52	16:00	16:09
1030	3508	Gergs Jürgen	*Düsseldorf	1:14:38	1:15:00	143	M45	65	5:	13:51	14:27	15:09	15:52	15:16
1031	3913	Haverkemper Andreas	Sonnen-Herzog KG	1:44:17	1:44:17	135	MHK		5:	59:49	18:16	08:14	08:51	09:05
1032	3918	Ockel Philipp	Sonnen-Herzog KG	1:46:14	1:46:14	136	MHK	85	5:	00:11	18:17	09:09	09:14	09:21

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

Stadtwerke Kö-Lauf Düsseldorf - 2. September 2012

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	52	Maina Mary Wangechi		0:32:34	0:32:34	1	WU20	93	5:06:10	06:29	06:35	06:44	06:33	
2	51	Macharia Lucy		0:32:40	0:32:40	1	WHK	87	5:06:11	06:28	06:36	06:45	06:39	
3	55	Liavoga Lucy		0:32:41	0:32:42	2	WHK	89	5:06:16	06:32	06:39	06:39	06:34	
4	50	Kosgei Cynthia		0:32:45	0:32:46	2	WU20	93	5:06:16	06:32	06:38	06:41	06:37	
5	53	Yator Jebichi		0:33:05	0:33:06	3	WHK	88	5:06:11	06:32	06:43	06:54	06:44	
6	54	Chebet Risper		0:33:13	0:33:14	1	WU23	92	5:06:15	06:32	06:38	06:52	06:54	
7	57	Heinig Katharina	LG Eintracht Frankfurt	0:34:06	0:34:06	4	WHK	89	5:06:40	06:57	06:56	06:55	06:36	
8	56	Pohl Veronica	TSV Bayer Leverkusen	0:34:11	0:34:11	5	WHK	85	5:06:34	06:51	06:58	07:00	06:46	
9	60	Viebahn Christl	LAZ PUMA Rhein-Sieg	0:34:52	0:34:53	1	W35	76	5:06:45	06:52	07:01	07:12	07:00	
10	3269	Schulze Susanne	Sportlich-Team-Bornheim	0:36:37	0:36:41	2	W35	75	5:07:05	07:22	07:24	07:28	07:17	
11	1755	Heinrichs Sandra	Aachener TG	0:37:16	0:37:22	3	W35	73	5:07:22	07:27	07:27	07:31	07:27	
12	1793	Offermann Eva	DJK Jung Siegf. Herzogenrath	0:37:55	0:37:59	6	WHK	83	5:07:16	07:30	07:40	07:45	07:42	
13	1968	Schäpers Silke	TV Refrath	0:38:39	0:38:45	1	W40	70	5:07:33	07:41	07:47	07:51	07:45	
14	1878	Hundeborn Inga	Solinger LC	0:38:39	0:38:40	1	WU18	96	5:07:12	07:47	07:55	07:57	07:46	
15	1863	Deußen Bettina	SFD'75 Düsseldorf	0:38:46	0:38:52	1	W45	67	5:07:25	07:35	07:39	07:45	08:19	
16	1847	Bommers Silke	OSC Waldniel	0:38:58	0:39:01	4	W35	74	5:07:42	07:43	07:48	07:55	07:48	
17	1947	Niehues Silke	Tusem Essen-Margarethenhöhe	0:39:03	0:39:06	2	W40	72	5:07:33	07:51	07:52	07:57	07:49	
18	2531	Floß Doreen	TG Neuss	0:39:16	0:39:20	1	W30	79	5:07:32	07:52	08:00	07:58	07:53	
19	1841	Laermann Laura	Mönchengladbacher LG	0:39:21	0:39:24	3	WU20	93	5:07:24	07:54	08:04	08:07	07:51	
20	2839	Salzwedel Sophia	HSP Münster Laufteam	0:39:35	0:39:38	7	WHK	87	5:07:39	07:56	08:01	08:00	07:58	
21	1792	Offermann Anne	DJK Jung Siegf. Herzogenrath	0:39:41	0:39:45	8	WHK	88	5:07:55	07:58	08:02	07:57	07:48	
22	1855	Schmitz Anna	OSC Waldniel	0:39:49	0:39:52	4	WU20	93	5:07:42	07:51	08:01	08:11	08:01	
23	1961	Kaufmann Anja	TV Refrath	0:39:53	0:39:59	3	W40	69	5:07:50	07:56	08:01	08:07	07:57	
24	1854	Rohbeck Elisabeth	OSC Waldniel	0:40:05	0:40:08	2	WU18	95	5:07:56	08:02	08:01	08:08	07:56	
25	1773	Wimmer Nina	ASC Rosellen/Neuss	0:40:08	0:40:15	2	W30	79	5:07:39	07:55	08:09	08:20	08:03	
26	1753	Wozna Monika	Aachener TG	0:40:35	0:40:41	3	W30	79	5:07:39	08:02	08:14	08:19	08:18	
27	1789	Herma Heike	DJK Jung Siegf. Herzogenrath	0:40:40	0:40:46	4	W40	71	5:07:59	08:03	08:15	08:15	08:06	
28	1891	Spicker Ute	Team Essen '99	0:40:44	0:40:51	1	W50	61	5:07:51	08:01	08:14	08:20	08:16	
29	1853	Orths Nicola	OSC Waldniel	0:40:53	0:40:57	3	WU18	95	5:07:55	08:02	08:10	08:34	08:10	
30	1849	Fanslau Ute	OSC Waldniel	0:40:54	0:40:59	9	WHK	89	5:07:55	08:02	08:12	08:25	08:18	
31	1852	Kanditt Katja	OSC Waldniel	0:40:59	0:41:03	5	W35	77	5:07:42	07:59	08:25	08:24	08:27	
32	1869	Körschkes Nadine	SFD'75 Düsseldorf	0:41:05	0:41:12	10	WHK	87	5:07:54	08:11	08:22	08:29	08:06	
33	1964	Meuser Karin	TV Refrath	0:41:18	0:41:25	2	W45	66	5:08:04	08:12	08:13	08:22	08:24	
34	1787	Hellenbrand Lilo	DJK Gillrath	0:41:40	0:41:47	1	W55	56	5:08:07	08:18	08:28	08:27	08:18	
35	1941	Dannehl Nina	Tusem Essen-Margarethenhöhe	0:41:42	0:41:50	5	WU20	93	5:08:05	08:20	08:24	08:29	08:23	
36	1879	Krämer Tanja	Solinger LC	0:41:53	0:41:58	5	W40	68	5:08:01	08:17	08:24	08:37	08:33	
37	1946	Mordas Claudia	Tusem Essen-Margarethenhöhe	0:42:01	0:42:04	3	W45	66	5:08:00	08:24	08:32	08:39	08:24	
38	3152	Zunker Sandra		0:42:33	0:42:38	6	WU20	93	5:08:37	08:38	08:32	08:30	08:14	
39	1772	Püthe Tina	ASC Rosellen/Neuss	0:42:35	0:42:45	6	W35	77	5:08:17	08:34	08:42	08:44	08:17	
40	1974	Hoffmann Jana	TV Wanheimerort	0:42:46	0:42:46	4	WU18	96	5:08:06	08:22	08:48	08:57	08:32	
41	1915	Schimanski Martina	TSV Viktoria Mülheim	0:42:49	0:42:58	6	W40	69	5:08:21	08:37	08:38	08:45	08:27	
42	1972	Wietscher Antje	TV Refrath	0:42:53	0:43:03	2	W55	56	5:08:21	08:32	08:42	08:43	08:33	
43	2894	Terstegen Stefanie	*Düsseldorf	0:42:58	0:43:08	4	W30	81	5:08:20	08:24	08:39	08:50	08:44	
44	2313	Paul Lea	*Düsseldorf	0:43:03	0:43:08	2	WU23	91	5:08:00	08:25	08:37	08:59	09:00	
45	1939	Schoofs Erika	TSV Weeze	0:43:05	0:43:10	4	W45	66	5:08:31	08:57	08:47	08:37	08:12	
46	1959	Gebehart Beate	TV Refrath	0:43:08	0:43:18	2	W50	61	5:08:34	08:40	08:43	08:42	08:28	
47	1815	Völk Silke	LC Euskirchen	0:43:16	0:43:23	11	WHK	88	5:08:28	08:40	08:41	08:47	08:38	
48	1880	Mumot Karina	Solinger LC	0:43:18	0:43:27	12	WHK	84	5:08:03	08:42	08:58	08:56	08:37	
49	3991	Laskey Nina	Linklaters LLP	0:43:23	0:43:36	7	W35	77	5:08:21	08:29	08:49	09:01	08:40	
50	3627	Höfeler Freya	HSP Münster Laufteam	0:43:23	0:43:38	3	WU23	91	5:08:27	08:37	08:42	08:54	08:41	
51	1871	Richter Angela	SFD'75 Düsseldorf	0:43:59	0:44:05	5	W45	64	5:08:06	08:21	08:46	08:59	09:45	
52	1890	Spronk Marianne	SV Viktoria Goch	0:44:04	0:44:11	1	W60	48	5:08:38	08:48	08:54	08:57	08:45	
53	1856	Scholzen Vi	OSC Waldniel	0:44:05	0:44:11	5	W30	78	5:08:05	08:43	09:02	09:07	09:06	
54	4064	Bittner Janina	FSD Düsseldorf	0:44:18	0:44:26	13	WHK	83	5:08:18	08:47	09:02	09:09	09:00	
55	3637	Selbach Dr. Isabel	IVS GmbH / Jerocom GmbH	0:44:28	0:44:29	6	W30	78	5:08:35	08:56	09:00	09:10	08:45	
56	1887	Braun Marion	SV Germania Eicherscheid	0:44:31	0:44:36	3	W55	57	5:08:10	08:36	09:09	09:18	09:17	
57	1927	Klöcker Anita	TuS Oedt	0:44:33	0:44:35	6	W45	63	5:08:38	08:56	09:01	09:04	08:52	
58	2516	Rößler Finja	TV Refrath	0:44:38	0:44:56	14	WHK	85	5:08:36	08:52	09:05	09:07	08:56	
59	3628	Heymann Wiebke	HSP Münster Laufteam	0:45:02	0:45:17	15	WHK	88	5:08:33	08:52	09:14	09:27	08:55	
60	1911	Kokozinski Susanne	TSV Viktoria Mülheim	0:45:09	0:45:11	7	W45	64	5:08:40	09:03	09:12	09:15	08:57	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1872	Stürtz Marie-Luise	SFD 75 Düsseldorf	0:45:12	0:45:12	2	W60	50	5: 09:04 09:11 09:00 08:55 09:00
62	2131	Hahn-Gebhardt Paula	*Leverkusen	0:45:13	0:45:26	7	W40	68	5: 08:27 08:53 09:17 09:26 09:07
63	2636	Hume Anja	*Erkrath	0:45:15	0:45:17	8	W40	68	5: 08:28 09:08 09:14 09:17 09:05
64	1977	Fuchs Sandra	VSV Grenzland Wegberg	0:45:21	0:45:30	9	W40	70	5: 08:37 09:01 09:17 09:20 09:04
65	1783	Kemper Elisabeth	DJK Elmar Kohlscheid	0:45:25	0:45:27	8	W45	66	5: 08:35 08:59 09:13 09:21 09:15
66	1953	Tempelhoff Anja	Tusem Essen-Margarethenhöhe	0:45:26	0:45:35	10	W40	71	5: 08:51 09:00 09:11 09:15 09:07
67	1910	Kels Petra	TSV Viktoria Mülheim	0:45:32	0:45:33	3	W50	62	5: 08:44 09:06 09:15 09:14 09:10
68	1886	Kohlen Helene	SV Germania Dürwiß	0:45:42	0:45:45	4	W55	55	5: 08:55 09:05 09:12 09:17 09:11
69	3379	Zielke Julia	*Sprockhövel	0:45:55	0:46:07	16	WHK	85	5: 09:04 09:15 09:15 09:18 09:02
70	1948	Nocke Julia	Tusem Essen-Margarethenhöhe	0:45:58	0:46:07	7	WU20	93	5: 08:51 09:00 09:16 09:25 09:23
71	1938	Reynders Jutta	TSV Weeze	0:46:04	0:46:11	17	WHK	87	5: 08:53 09:08 09:17 09:31 09:13
72	3577	Altschmidt Natalie	Albrecht-Dürer-Schule Ddorf	0:46:20	0:47:00	8	W35	74	5: 09:47 09:10 09:07 09:08 09:07
73	1949	Nocke Sarah	Tusem Essen-Margarethenhöhe	0:46:38	0:46:47	5	WU18	96	5: 08:52 09:10 09:25 09:31 09:38
74	1926	Kappenhagen Angelika	TuS Oedt	0:46:54	0:46:56	5	W55	57	5: 08:57 09:19 09:30 09:35 09:31
75	3203	Hanf Anja	UBS-Team	0:46:58	0:47:03	9	W45	65	5: 08:53 09:18 09:29 09:37 09:39
76	1391	Schoettke Lea	DJK Novesia Neuss	0:46:59	0:47:09	6	WU18	96	5: 08:47 09:20 09:31 09:40 09:39
77	3250	Kina Heidi	Viermärker Dortmund	0:47:01	0:47:01	4	W50	60	5: 08:55 09:19 09:33 09:35 09:37
78	3548	Schweikert Stefanie	DJK JS Herzogenrath	0:47:03	0:47:18	7	W30	82	5: 09:17 09:23 09:29 09:36 09:16
79	2444	Reh Julia	*Köln	0:47:12	0:47:29	18	WHK	89	5: 09:42 09:23 09:31 09:28 09:06
80	3132	Löwen Ludmilla	Marathonteam-Ratingen	0:47:16	0:47:22	8	W30	79	5: 08:49 09:15 09:37 09:49 09:44
81	3651	Eyenga Hermine	*Alpen	0:47:28	0:47:52	10	W45	63	5: 09:25 09:13 09:25 09:42 09:41
82	1978	Honold-Jansen Sigrid	VSV Grenzland Wegberg	0:47:39	0:47:44	6	W55	55	5: 09:24 09:23 09:50 09:41 09:19
83	1376	Hommrich Ellen	*Düsseldorf	0:47:40	0:47:43	5	W50	60	5: 09:00 09:25 09:44 09:45 09:44
84	3616	Von Contzen Laura	LG Mönchengladbach	0:47:44	0:47:46	7	WU18	98	5: 08:51 09:27 09:47 09:59 09:38
85	3481	Kemmerling Susanne	LG RWE Power	0:47:55	0:48:03	11	W40	70	5: 09:07 09:29 09:42 09:50 09:45
86	1909	Kalweit Heike	TSV Viktoria Mülheim	0:47:56	0:47:57	12	W40	68	5: 09:13 09:31 09:42 09:49 09:39
87	4143	Stuckenburger Anke	Hotel Nikko	0:47:57	0:48:26	19	WHK	86	5: 09:41 09:30 09:34 09:38 09:34
88	2735	Murre Liisel	*Düsseldorf	0:47:58	0:48:08	9	W30	81	5: 09:23 09:23 09:43 09:49 09:38
89	1885	Haarmann Kerstin	SV Germania Dürwiß	0:48:05	0:48:08	4	WU23	92	5: 08:55 09:05 09:49 10:21 09:54
90	2276	Franke Kristin	LT Rennhamster	0:48:35	0:48:53	10	W30	78	5: 09:37 09:38 09:48 09:50 09:40
91	3343	Edinger Anke	*Leverkusen	0:48:36	0:49:03	11	W30	81	5: 09:52 09:43 09:39 09:47 09:33
92	2361	Streckbein Dorothea	*Düsseldorf	0:48:41	0:49:10	9	W35	77	5: 09:42 09:31 09:43 09:56 09:47
93	1935	Wolscht Rita	TuS Oedt	0:48:42	0:48:45	6	W50	62	5: 09:22 09:32 09:57 10:01 09:48
94	4024	Detert Tamara	Turbine Keyenberg-Himmelgeist	0:48:43	0:48:54	10	W35	74	5: 09:37 09:37 09:46 10:01 09:39
95	1924	Bauer Martina	TuS Oedt	0:48:46	0:48:49	7	W50	61	5: 09:06 09:48 09:57 10:03 09:51
96	1936	Wolters Silke	TuS Oedt	0:48:51	0:48:54	13	W40	70	5: 09:23 09:44 09:55 10:01 09:47
97	2048	Weitzel Judith	*Düsseldorf	0:49:09	0:49:25	20	WHK	86	5: 09:55 09:34 09:44 10:05 09:49
98	2384	Damm Sandra	*Solingen	0:49:13	0:49:22	14	W40	71	5: 09:07 09:46 10:15 10:21 09:42
99	3008	Katz Susanne	*Haßloch	0:49:17	0:49:29	15	W40	69	5: 09:51 09:42 09:46 10:05 09:52
100	2864	Dahm Sabine	Spaßläufer	0:49:20	0:50:01	16	W40	68	5: 09:45 09:45 09:57 10:05 09:46
101	2844	Beyer Katrin	*Düsseldorf	0:49:21	0:49:41	21	WHK	83	5: 09:39 09:47 09:53 10:08 09:52
102	2622	Wrede Sabrina	*Ratingen	0:49:29	0:49:42	22	WHK	87	5: 10:03 09:54 09:57 10:04 09:29
103	1918	Schütte Drita	TSV Viktoria Mülheim	0:49:30	0:49:31	11	W45	63	5: 09:43 10:04 09:58 10:00 09:42
104	1931	Thiel Silvia	TuS Oedt	0:49:32	0:49:40	8	W50	60	5: 09:14 09:37 10:01 10:16 10:22
105	1811	Maczkiewicz Monika	LC Euskirchen	0:49:34	0:49:40	7	W55	54	5: 10:15 09:52 09:54 09:56 09:36
106	1984	Perschke Dr. Astrid	TSV Viktoria Mülheim	0:49:36	0:49:37	9	W50	62	5: 09:45 09:54 10:08 10:11 09:35
107	2742	Kaku Yuji	*Düsseldorf	0:49:36	0:49:56	23	WHK	85	5: 09:31 09:32 09:53 10:32 10:07
108	3814	Drusenheimer Nadja	Kieser Training Düsseldorf	0:49:36	0:50:01	12	W30	79	5: 10:05 10:03 10:01 09:58 09:26
109	2869	Winter Karen	LT Rennhamster Düsseldorf	0:49:38	0:50:15	17	W40	72	5: 10:06 09:52 09:58 09:55 09:46
110	4136	Nagasawa Hitomi	Hotel Nikko	0:49:40	0:50:00	0	W20		5: 09:45 09:45 10:00 10:07 10:01
111	3145	Gregorius Alice	*Düsseldorf	0:49:49	0:50:01	24	WHK	87	5: 09:47 09:49 10:06 10:06 09:59
112	2473	Pöschel Gudrun	LG Schellbrand	0:49:51	0:50:16	8	W55	55	5: 09:53 09:47 09:59 10:10 10:01
113	1929	Maaßen Susanne	TuS Oedt	0:49:57	0:50:03	18	W40	68	5: 09:42 09:51 09:58 10:07 10:17
114	3054	Schmauder-cyba Dr. Birgitt	*Heiligenhaus	0:49:58	0:50:05	12	W45	64	5: 10:05 09:56 10:09 10:05 09:42
115	2659	Scherwaß Ursula	*Düsseldorf	0:49:59	0:50:28	10	W50	58	5: 09:55 09:59 10:04 10:08 09:51
116	2625	Honus Katharina	laufftreff düsseldorf süd	0:50:10	0:50:16	25	WHK	84	5: 09:39 09:20 10:09 10:28 10:32
117	3228	Joyce Sara	*Düsseldorf	0:50:11	0:50:46	13	W45	67	5: 09:51 09:53 10:08 10:15 10:02
118	1822	Dillmann Claudia	LG Gummersbach	0:50:12	0:50:43	9	W55	56	5: 09:48 09:45 10:06 10:20 10:11
119	2385	Ebert Jana	*Düsseldorf	0:50:13	0:50:25	26	WHK	87	5: 09:47 09:59 10:13 10:09 10:03
120	3733	Dillmann Astrid	SFD 75 Düsseldorf	0:50:14	0:50:25	27	WHK	89	5: 09:51 09:57 10:04 10:12 10:07

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
121	1937	Külkens Stefhanie	TSV Weeze	0:50:15	0:50:26	28	WHK	85	5:09:29	09:52	10:06	10:24	10:22	
122	1864	Dreyer Alexandra	SFD 75 Düsseldorf	0:50:15	0:50:26	19	W40	71	5:09:50	09:58	10:09	10:15	10:00	
123	2882	Bobinis Jessica	*Polling	0:50:16	0:50:28	29	WHK	85	5:08:47	09:14	14:01	09:09	09:03	
124	2684	Valentin Jana	*Düsseldorf	0:50:25	0:50:32	11	W35	77	5:09:31	10:04	10:13	10:23	10:12	
125	2746	Kaulitzky Annette	marathonteam-online	0:50:27	0:50:39	11	W50	62	5:09:29	09:52	10:11	10:34	10:19	
126	2591	Fröhlich Anna	*Düsseldorf	0:50:28	0:50:39	13	W30	82	5:10:03	10:19	10:15	10:06	09:43	
127	1913	Markhoff Karin	TSV Viktoria Mülheim	0:50:32	0:50:33	12	W50	59	5:09:46	10:08	10:12	10:13	10:11	
128	2062	Freund Evelyne		0:50:33	0:50:39	8	WU20	93	5:10:48	10:32	10:03	09:37	09:30	
129	4073	SCHMOETTEN Pascale	Special Olympics Luxembourg	0:50:33	0:51:04	20	W40	68	5:10:05	10:08	10:13	10:15	09:50	
130	2126	De Bona Jenny	*Erkrath	0:50:34	0:50:42	30	WHK	86	5:09:57	10:05	10:12	10:24	09:54	
131	2828	Brey Anika	*Düsseldorf	0:50:51	0:51:04	12	W35	73	5:09:42	10:00	10:18	10:28	10:21	
132	3872	De Graat Albrecht	Dr.Höschel + Kollegen	0:50:59	0:51:31	21	W40	69	5:10:02	10:06	10:16	10:17	10:16	
133	2281	Willems Sarah	*Düsseldorf	0:51:08	0:51:39	14	W30	80	5:10:00	09:57	10:16	10:45	10:07	
134	1980	Kullnick Ulrike	VSV Grenzland Wegberg	0:51:10	0:51:33	10	W55	56	5:10:21	10:14	10:15	10:12	10:07	
135	2724	Koech Rose Jepngetich	*Düsseldorf	0:51:15	0:51:40	5	WU23	90	5:10:12	09:22	10:16	10:44	10:39	
136	3036	Martin-Rosin Sabine	Marathon Soest	0:51:17	0:51:21	14	W45	66	5:09:47	10:06	10:17	10:36	10:30	
137	2298	Munkert Angela	*Düsseldorf	0:51:20	0:51:40	15	W30	80	5:09:45	10:15	10:27	10:31	10:20	
138	3705	Altmann Bea	*Mallis	0:51:22	0:51:29	13	W50	61	5:10:11	10:14	10:13	10:25	10:17	
139	3301	Dräger Silke	Laufschule Dortmund	0:51:23	0:51:58	13	W35	75	5:10:05	10:12	10:29	10:27	10:07	
140	2402	Ebert Nadina	*Dortmund	0:51:25	0:51:42	14	W35	76	5:09:42	10:01	10:21	10:50	10:29	
141	3035	Großmann Linda	*Erkrath	0:51:34	0:52:15	31	WHK	84	5:10:52	10:23	10:22	10:15	09:40	
142	1390	Hartmann Anne	DJK Novesia Neuss	0:51:48	0:51:57	8	WU18	95	5:09:03	10:10	10:44	11:07	10:43	
143	1367	Weyer Szilvia	*Düsseldorf	0:51:48	0:52:05	16	W30	82	5:09:57	10:30	10:37	10:55	09:47	
144	2712	Jacob Katharina	*Düsseldorf	0:52:07	0:52:14	32	WHK	84	5:09:53	10:10	10:51	10:39	10:32	
145	3499	Azizmohammadi Monika	*Erkrath	0:52:15	0:52:48	15	W35	76	5:10:00	10:16	10:31	10:57	10:29	
146	2810	Wendt Sandra	*Düsseldorf	0:52:21	0:52:41	33	WHK	86	5:09:59	10:17	10:41	10:45	10:38	
147	3492	Hergenroeder Chantal	*Düsseldorf	0:52:24	0:52:32	17	W30	80	5:10:22	10:07	10:30	10:43	10:38	
148	2277	Lange Dagmar	*Düsseldorf	0:52:26	0:52:42	22	W40	71	5:10:45	10:24	10:22	10:33	10:20	
149	1808	Küpper Heike	LC Euskirchen	0:52:28	0:52:34	15	W45	67	5:09:56	10:26	10:24	10:46	10:54	
150	3552	Schramm Iris	*Duisburg	0:52:29	0:52:49	18	W30	81	5:09:56	10:21	10:38	10:49	10:43	
151	2573	Becker Diana	Hyatt Regency Düsseldorf	0:52:30	0:52:35	34	WHK	87	5:09:13	10:31	10:55	11:05	10:44	
152	2575	Oberkinkhaus Kerstin	*Köln	0:52:42	0:52:50	23	W40	70	5:09:43	10:33	10:52	10:57	10:35	
153	2699	Sadowski Miriam	*Düsseldorf	0:52:43	0:52:49	9	WU20	93	5:09:38	10:25	10:59	10:58	10:41	
154	4098	Schäuble Kathrin	SFD 75	0:52:44	0:53:22	19	W30	78	5:11:12	10:34	10:22	10:31	10:03	
155	2943	Link Nicole	*Mönchengladbach	0:52:44	0:52:53	16	W35	74	5:10:26	10:40	10:38	10:41	10:17	
156	2221	Seidel Heike	*Düsseldorf	0:52:48	0:53:00	20	W30	78	5:10:20	10:29	10:50	10:36	10:30	
157	1821	Coroly Sabine	LG Gummersbach	0:52:51	0:53:21	11	W55	56	5:10:17	10:37	10:37	10:48	10:31	
158	3683	Hartmann Christiane	Görres Gymnasium	0:52:52	0:52:55	17	W35	76	5:09:47	10:25	10:48	11:03	10:47	
159	2013	Claßen Simone	*Krefeld	0:52:53	0:52:54	21	W30	81	5:09:49	10:25	10:48	11:02	10:46	
160	3881	Friebe-Emantz Susanne	Dr.Höschel + Kollegen	0:52:55	0:53:34	16	W45	65	5:10:17	10:31	10:44	10:53	10:28	
161	2918	Gabrish Silke	*Düsseldorf	0:53:02	0:53:32	22	W30	82	5:10:09	10:22	10:56	11:00	10:34	
162	2272	Mörschel Britta Ilonka	LT Buga Düsseldorf 1999	0:53:10	0:53:41	24	W40	69	5:10:57	10:19	10:23	10:36	10:53	
163	3135	König Katja	*Düsseldorf	0:53:21	0:53:26	25	W40	70	5:10:03	10:30	10:45	11:03	10:57	
164	3932	Stradiath Sabrina	Stadtsparkasse Düsseldorf	0:53:28	0:53:56	6	WU23	90	5:10:54	10:37	10:39	10:42	10:35	
165	3347	Temme Prof. Dr. Muriel	TSV Viktoria Mülheim	0:53:40	0:54:14	10	WU20	93	5:10:50	11:04	12:12	10:02	09:30	
166	3044	Frost Angelika	*Düsseldorf	0:53:40	0:54:17	26	W40	72	5:10:10	10:24	10:59	22:07	00:00	
167	3778	Erbler Amelia	*Düsseldorf	0:53:45	0:53:55	18	W35	74	5:09:44	10:32	11:18	11:24	10:45	
168	2161	Deiß Martina	*Düsseldorf	0:53:55	0:54:06	23	W30	79	5:10:21	10:20	11:05	11:03	11:05	
169	2996	Mitchem Wiebke	*Düsseldorf	0:53:55	0:54:13	24	W30	79	5:10:15	10:38	10:58	11:06	10:56	
170	2532	Gleumes Simone	Expertenrunde	0:54:00	0:54:04	27	W40	71	5:10:33	10:54	10:45	11:02	10:45	
171	3889	Deußen Anja	Dr.Höschel + Kollegen	0:54:03	0:54:16	17	W45	67	5:11:01	10:41	10:46	10:51	10:42	
172	3589	Greifenberg Martina	*Ratingen	0:54:09	0:54:41	25	W30	79	5:10:15	10:24	10:58	11:16	11:15	
173	2542	Bosch Carina	*Düsseldorf	0:54:22	0:54:58	35	WHK	89	5:10:40	10:49	11:07	11:06	10:39	
174	3242	Münch Marlene	Marathon Soest	0:54:25	0:54:29	3	W60	49	5:10:41	10:56	10:54	11:00	10:52	
175	3322	Dreyer-Pawlak Andrea	*Düsseldorf	0:54:25	0:54:56	28	W40	72	5:10:12	11:19	10:53	11:00	10:59	
176	2811	Armitage Anna	*Düsseldorf	0:54:25	0:54:35	36	WHK	88	5:11:10	10:53	10:54	10:48	10:38	
177	2782	Giese-Salau Ute	*Langenfeld	0:54:26	0:54:33	14	W50	61	5:09:57	10:41	11:07	11:20	11:19	
178	4004	Uphoff Viola	EGRIMA BUSINESS CENTER	0:54:32	0:54:36	29	W40	69	5:10:54	10:44	10:56	11:04	10:52	
179	2483	Lorscheidt Tina	Ski-Klub Düsseldorf	0:54:38	0:54:51	15	W50	58	5:10:51	10:44	11:01	11:05	10:56	
180	2067	Lückerath Evelin	*Düsseldorf	0:54:51	0:55:03	19	W35	75	5:10:32	10:51	11:06	11:13	11:07	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	4102	Sundermeier Uta	SFD 75	0:54:55	0:55:34	20	W35	75	5: 11:12 10:45 10:57 11:11 10:49
182	3252	Puls Isabelle	*Duesseldorf	0:54:57	0:55:15	26	W30	80	5: 12:03 10:20 10:19 10:59 11:14
183	1784	Malchow Carmen		0:55:01	0:55:32	18	W45	65	5: 11:05 10:46 10:48 11:07 11:12
184	3004	Drews Kathrin	Marathon Soest	0:55:05	0:55:10	30	W40	69	5: 10:40 10:57 11:14 11:21 10:51
185	2300	Wolff Alexandra	*Düsseldorf	0:55:14	0:55:35	27	W30	81	5: 10:55 10:58 11:20 11:12 10:47
186	2620	Lewandowski Sabine	*Düsseldorf	0:55:17	0:55:40	28	W30	79	5: 10:54 11:04 11:10 11:02 11:05
187	3040	Liffers Andrea	*Düsseldorf	0:55:20	0:55:53	31	W40	69	5: 10:58 10:52 11:07 11:12 11:09
188	2020	Rothe Andrea	*Berlin	0:55:22	0:55:27	19	W45	67	5: 11:06 11:01 11:07 11:21 10:45
189	1734	Arndt Judith	*Düsseldorf	0:55:24	0:56:04	20	W45	66	5: 11:19 10:33 10:59 11:17 11:14
190	4025	Urban Ruth Elisabeth	Turbine Keyenberg-Himmelgeist	0:55:31	0:55:43	32	W40	72	5: 10:44 10:52 11:11 11:21 11:21
191	2795	Frantza Katharina	Hogan Lovells Int. LLP	0:55:39	0:56:02	37	WHK	84	5: 11:02 10:57 11:28 11:24 10:46
192	2355	Dupon Susanne	*Düsseldorf	0:55:42	0:56:08	21	W45	67	5: 11:14 11:03 11:10 11:14 10:59
193	2540	Haußer Sabine	*Düsseldorf	0:55:43	0:56:07	22	W45	66	5: 11:11 10:56 11:12 11:20 11:02
194	2279	Peters Anne		0:55:59	0:56:30	9	WU18	95	5: 10:41 10:52 11:45 11:18 11:21
195	2359	Prahl Ariane	*Düsseldorf	0:56:07	0:56:34	33	W40	70	5: 11:26 11:04 11:25 11:09 11:01
196	4043	Nguyen Thi-Ngoc	Dr.Höschel + Kollegen	0:56:12	0:57:05	21	W35	75	5: 11:15 11:02 11:06 11:25 11:23
197	2262	Honrath Inga	*Düsseldorf	0:56:14	0:56:16	29	W30	82	5: 10:34 11:28 11:37 11:31 11:01
198	3463	Weill Kirsten	*Düsseldorf	0:56:18	0:56:26	23	W45	64	5: 10:49 10:58 11:13 11:38 11:39
199	3146	Brittling Claudia	*Düsseldorf	0:56:20	0:56:32	38	WHK	84	5: 09:56 11:30 11:33 11:39 11:40
200	2014	Walther Jana	*Berlin	0:56:23	0:56:29	22	W35	74	5: 11:06 11:00 11:07 11:21 11:47
201	1825	Schulte Christina	LG Gummersbach	0:56:31	0:57:02	12	W55	53	5: 10:54 11:15 11:28 11:27 11:25
202	2805	Konnertz Anne	*Düsseldorf	0:56:35	0:56:46	34	W40	69	5: 10:53 11:24 11:31 11:33 11:11
203	2415	Holzhausen Astrid	*Düsseldorf	0:56:36	0:57:02	35	W40	69	5: 10:50 11:12 11:28 11:38 11:27
204	2755	Byner-Bendig Andrea	METRO RUNNERS	0:56:38	0:56:48	24	W45	67	5: 10:36 11:00 11:24 11:45 11:51
205	2721	Schomacher Simone	*Düsseldorf	0:56:41	0:57:15	30	W30	80	5: 12:42 11:13 11:08 11:11 10:25
206	2985	Engel Brigitte	*Düsseldorf	0:56:49	0:56:57	25	W45	64	5: 11:10 11:10 11:20 11:33 11:33
207	2884	Schüppenhauer Kathrin	*Düsseldorf	0:56:50	0:57:08	39	WHK	85	5: 11:33 11:33 11:37 11:15 10:50
208	2458	Hellmann Daniela	*Düsseldorf	0:56:51	0:57:08	40	WHK	89	5: 10:35 10:54 11:31 11:52 11:58
209	1454	Gestefeld Melanie	*Düsseldorf	0:56:51	0:57:17	31	W30	82	5: 11:40 11:24 11:22 11:19 11:04
210	3069	Matrusch Dunja	*Düsseldorf	0:56:51	0:56:58	41	WHK	85	5: 11:15 11:19 11:29 11:40 11:05
211	2125	Gerdemann Uta	*Düsseldorf	0:56:51	0:57:06	42	WHK	84	5: 11:28 11:19 11:23 11:27 11:13
212	2340	Hellendahl Julia	*Düsseldorf	0:56:52	0:57:09	43	WHK	86	5: 11:03 11:00 11:43 11:17 11:48
213	2365	Böser Henrike	*Düsseldorf	0:56:52	0:57:33	44	WHK	84	5: 11:14 11:15 11:21 11:38 11:22
214	2218	Hentzschel Ingrid	*Düsseldorf	0:56:53	0:56:59	16	W50	61	5: 10:34 11:22 11:42 11:44 11:29
215	2526	Hanefl Nicole	LT Fersengold	0:56:58	0:57:10	36	W40	68	5: 10:47 11:21 11:32 11:40 11:35
216	3958	Dr. Ohaninan Denisse	Dr.Höschel + Kollegen	0:57:00	0:57:08	23	W35	76	5: 10:22 11:14 11:42 11:42 11:58
217	2689	Sikora Bianca	*Willich	0:57:01	0:57:04	45	WHK	89	5: 10:12 11:06 11:42 11:54 12:06
218	3304	Lindemann Martina	Laufschule Dortmund	0:57:04	0:57:51	32	W30	80	5: 12:16 11:33 11:06 11:07 11:00
219	1701	Hacker Diana	*Krefeld	0:57:06	0:57:25	37	W40	71	5: 10:26 11:07 11:49 11:56 11:46
220	4078	Holzmann-Schicke Judith	Dr.Höschel + Kollegen	0:57:06	0:57:13	17	W50	61	5: 10:24 11:05 11:35 11:59 12:02
221	2868	Mos Liane	*Düsseldorf	0:57:12	0:57:31	46	WHK	88	5: 11:06 11:13 11:30 11:41 11:39
222	4127	Asako Miyuki	Hotel Nikko	0:57:13	0:57:34	38	W40	68	5: 11:37 11:30 11:21 11:24 11:20
223	2378	Yabe Yuki	*Düsseldorf	0:57:14	0:57:35	33	W30	81	5: 10:21 10:53 11:49 12:10 11:59
224	2536	Stache Christina	*Düsseldorf	0:57:18	0:57:42	24	W35	76	5: 11:04 11:35 11:42 11:40 11:15
225	2435	Knobbe Steffi	Die Verstrahlten	0:57:20	0:57:34	47	WHK	84	5: 11:34 11:35 11:30 11:12 11:28
226	2979	Schulte Christiane	*Düsseldorf	0:57:25	0:57:59	48	WHK	84	5: 12:39 11:16 11:08 11:11 11:08
227	2434	Thiel Sarah	Die Verstrahlten	0:57:35	0:57:48	49	WHK	87	5: 11:29 11:39 11:31 11:33 11:21
228	2057	Schauwecker Regina	*Düsseldord	0:57:36	0:57:40	39	W40	70	5: 11:08 11:22 11:33 11:41 11:51
229	2366	Grosch Karolin	*Düsseldorf	0:57:36	0:58:17	34	W30	81	5: 10:54 10:47 11:43 12:05 12:05
230	3450	Walla Eva	FWF Düsseldorf	0:57:36	0:57:44	18	W50	61	5: 10:48 11:27 11:39 11:49 11:51
231	4153	Krings Claudia	SWD Düsseldorf	0:57:38	0:58:19	26	W45	63	5: 10:04 11:15 11:54 12:14 12:09
232	2371	Zapata Kandt Renata	*Düsseldorf	0:57:39	0:57:54	27	W45	64	5: 12:02 11:31 11:37 11:22 11:05
233	2550	Nussbauer Claudia	LT Rennhamster	0:57:44	0:58:16	40	W40	68	5: 11:22 11:23 11:30 11:47 11:40
234	2747	Suzuki Kaoru	*Düsseldorf	0:57:46	0:57:58	25	W35	73	5: 10:30 11:38 11:51 11:56 11:49
235	2680	Erkan-Küppers Nalân	*Neuss	0:57:58	0:58:26	13	W55	57	5: 11:37 11:16 11:29 11:46 11:48
236	2743	Beyer Brigitta	Lt Rennhamster Düsseldorf	0:58:00	0:58:33	19	W50	61	5: 11:24 11:22 11:33 11:49 11:51
237	3473	Noben Simone	*Köln	0:58:09	0:58:15	20	W50	59	5: 11:25 11:27 11:45 11:50 11:42
238	3360	Mense Sabine	Team Erdinger Alkoholfrei	0:58:14	0:58:53	41	W40	68	5: 11:14 11:37 11:52 11:57 11:32
239	4095	Titel Anja	SFD 75	0:58:14	0:58:54	35	W30	78	5: 11:24 11:26 11:33 11:42 12:08
240	2647	Stenger Birgit	ONE FIRM	0:58:16	0:59:03	42	W40	69	5: 11:38 11:07 11:55 12:33 11:00

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	2160	Duttlinger Jasmin	*Düsseldorf	0:58:18	0:58:51	36	W30	78	5: 11:48 11:31 11:46 11:45 11:27
242	2159	Poesch Julia	*Düsseldorf	0:58:19	0:58:51	37	W30	80	5: 11:49 11:31 11:46 11:45 11:27
243	2397	Bieker Stephanie	*Düsseldorf	0:58:24	0:58:47	50	WHK	87	5: 10:52 11:01 11:38 12:13 12:39
244	2761	Kersten Christin	*Neuss	0:58:26	0:58:58	21	W50	61	5: 11:45 11:27 11:42 12:05 11:26
245	3366	Trendafilovski Christina	*Düsseldorf	0:58:29	0:59:02	11	WU20	93	5: 10:52 11:03 12:12 11:54 12:25
246	2570	Kosic Sandra	Hyatt Regency Düsseldorf	0:58:30	0:58:59	38	W30	80	5: 10:41 11:13 11:47 12:18 12:28
247	2711	Schick Olga	*Düsseldorf	0:58:30	0:58:44	39	W30	79	5: 11:12 11:32 11:52 12:04 11:48
248	4068	SPLICKS Silvia	Special Olympics Luxembourg	0:58:30	0:58:56	51	WHK	85	5: 11:09 11:14 11:49 11:57 12:20
249	4131	Tsang Pei- Sheng	Hotel Nikko	0:58:30	0:58:51	43	W40	72	5: 12:04 11:46 11:37 11:42 11:19
250	3416	Averdieck Marita	*Düsseldorf	0:58:42	0:58:51	22	W50	59	5: 11:47 11:51 12:03 11:56 11:03
251	3591	Belka Claudia	*Düsseldorf	0:58:46	0:59:25	28	W45	66	5: 11:46 11:38 11:45 11:59 11:35
252	2471	Kroner Barbara	*Düsseldorf	0:58:47	0:59:09	23	W50	60	5: 12:12 11:49 11:41 11:42 11:21
253	3391	Nicolai Sonja	*Düsseldorf	0:58:54	0:59:10	44	W40	70	5: 12:05 11:22 11:48 11:55 11:42
254	3822	Feige Simone	Kieser Training Düsseldorf	0:58:54	0:59:13	52	WHK	83	5: 11:21 11:40 11:53 12:03 11:56
255	3604	Torres Daniela	*Duisburg	0:59:00	0:59:12	26	W35	77	5: 11:40 11:26 11:45 12:07 12:00
256	2789	Androcec Irena	*Düsseldorf	0:59:02	0:59:31	45	W40	69	5: 11:54 11:28 11:36 11:52 12:10
257	3886	Zamek Claudia	Dr.Höschel + Kollegen	0:59:05	0:59:17	40	W30	80	5: 11:31 11:45 11:51 11:51 12:05
258	3474	Noben Sarah	*Köln	0:59:05	0:59:11	53	WHK	87	5: 11:24 11:28 11:45 12:19 12:08
259	3308	Iacob Elisa	*Düsseldorf	0:59:07	0:59:22	54	WHK	84	5: 12:06 11:37 11:38 12:02 11:42
260	2688	Burghard Corinne	*Düsseldorf	0:59:07	0:59:19	24	W50	61	5: 12:04 11:48 11:47 11:46 11:41
261	3535	Gallina Maria-Silvana	*Köln	0:59:08	0:59:14	27	W35	77	5: 11:16 11:37 12:04 12:02 12:08
262	1742	Rueben Beate	*Düsseldorf	0:59:10	0:59:35	4	W60	52	5: 11:28 11:45 11:56 12:05 11:53
263	2155	Abels Denise	*Düsseldorf	0:59:11	0:59:50	46	W40	68	5: 12:00 11:39 11:47 11:54 11:50
264	2034	Ruttman Carolin	*Düsseldorf	0:59:13	0:59:41	55	WHK	84	5: 12:17 11:58 11:50 11:48 11:18
265	3856	Kaster Ursula	Dr.Höschel + Kollegen	0:59:13	0:59:17	25	W50	60	5: 11:19 11:57 11:50 12:01 12:04
266	2329	Schulte-Kemper Tina	*Dorsten	0:59:15	0:59:36	41	W30	80	5: 11:30 11:41 11:57 12:06 11:59
267	2687	Lohnes Patricia	*Düsseldorf	0:59:22	0:59:34	47	W40	70	5: 12:04 11:47 11:48 11:45 11:57
268	2562	Hambloch Tina	*Neuss	0:59:23	0:59:52	42	W30	82	5: 12:04 11:39 11:57 11:54 11:48
269	2021	Konrad Birgit	jk running	0:59:24	0:59:29	48	W40	68	5: 11:42 11:49 11:58 12:01 11:53
270	2947	Lee Laura	Ericsson Runners	0:59:25	0:59:49	56	WHK	83	5: 11:35 11:36 12:00 12:01 12:12
271	3943	Haase Andrea	Stadtsparkasse Düsseldorf	0:59:30	0:59:57	49	W40	68	5: 11:41 11:43 11:52 12:10 12:01
272	3888	Poletti Patrizia	Dr.Höschel + Kollegen	0:59:31	0:59:44	29	W45	67	5: 11:21 11:46 12:02 12:10 12:10
273	3504	Kreidel Sabine	*Düsseldorf	0:59:49	1:00:30	26	W50	61	5: 11:30 11:49 11:53 12:14 12:22
274	1921	Henze Beatrice		0:59:50	1:00:24	10	WU18	96	5: 12:39 11:17 11:08 12:09 12:36
275	3964	Hoffmann Katharina	Dr.Höschel + Kollegen	0:59:53	1:00:16	43	W30	81	5: 11:59 11:46 11:57 12:14 11:54
276	2903	Reiß Isabell	*Haiger	0:59:57	1:00:01	50	W40	71	5: 10:51 11:51 12:16 12:29 12:28
277	4062	Linderer Anne	Dr.Höschel + Kollegen	0:59:57	1:00:21	44	W30	80	5: 11:58 11:47 11:57 12:14 11:59
278	3280	Nacke Bernadette	*Düsseldorf	1:00:00	1:00:14	57	WHK	87	5: 11:34 11:35 12:06 12:25 12:17
279	3950	Gerats Kathrin	Dr.Höschel + Kollegen	1:00:05	1:00:18	45	W30	78	5: 12:02 11:53 11:54 12:16 11:57
280	2033	Wienke Annika	*Duisburg	1:00:06	1:00:08	58	WHK	85	5: 11:18 12:10 12:27 12:20 11:49
281	2032	Kammel Verena	*Düsseldorf	1:00:06	1:00:08	59	WHK	85	5: 11:18 12:10 12:28 12:19 11:50
282	2852	Trinkl Renate	Losenburger Runner	1:00:08	1:00:39	30	W45	63	5: 12:39 12:01 11:53 11:54 11:40
283	2258	Klünens Sylvia	*Krefeld	1:00:09	1:00:53	28	W35	73	5: 11:58 11:41 12:04 12:05 12:19
284	3002	Preuß Rosemarie	SVG Neuss-Weissenberg 1910	1:00:12	1:00:32	1	W65	43	5: 11:39 11:27 12:08 12:19 12:37
285	2390	Kottmann Constanze	*Düsseldorf	1:00:16	1:00:58	31	W45	66	5: 12:23 12:01 12:00 12:13 11:36
286	2132	Jakob Manuela	*Schmallenberg	1:00:17	1:00:56	60	WHK	87	5: 12:35 11:45 11:55 12:07 11:53
287	1992	Johannsen Karin		1:00:24	1:00:45	51	W40	71	5: 12:13 11:53 12:03 12:14 11:58
288	3351	Von Blohn Monika	*Düsseldorf	1:00:24	1:00:39	5	W60	50	5: 12:11 12:02 12:08 12:06 11:56
289	3014	Krebber Carmen	*Düsseldorf	1:00:25	1:00:39	27	W50	58	5: 12:11 12:02 12:09 12:06 11:55
290	2136	Piskulic Jasmina	*Düsseldorf	1:00:25	1:00:53	29	W35	77	5: 12:09 11:48 12:00 12:09 12:17
291	2992	Polzer Judith		1:00:36	1:00:50	46	W30	79	5: 12:26 12:07 12:11 12:36 11:15
292	2993	Rioboo Sara	*Düsseldorf	1:00:39	1:01:13	30	W35	77	5: 12:06 11:57 12:28 12:12 11:54
293	2213	Weberbauer Marion		1:00:46	1:01:18	47	W30	81	5: 12:41 11:58 11:54 12:17 11:54
294	1471	Postulat Sindi	*Düsseldorf	1:00:51	1:01:40	52	W40	72	5: 12:23 11:57 12:07 12:21 12:02
295	3917	Michalski Michaela	Sonnen-Herzog KG	1:00:53	1:01:03	31	W35	77	5: 11:51 11:48 12:13 12:55 12:04
296	2826	Yukie Yukie	*Düsseldorf	1:01:02	1:01:25	32	W45	65	5: 11:42 12:06 12:26 12:31 12:15
297	2459	Clausing Anja	*Mülheim	1:01:05	1:01:22	61	WHK	85	5: 11:45 12:14 12:35 12:23 12:06
298	2214	Birkholz Michael	LT Rennhamster	1:01:13	1:01:45	53	W40	70	5: 12:41 11:58 12:09 12:19 12:05
299	3032	Seidenstücker Dr. Katrin	*Düsseldorf	1:01:20	1:01:53	32	W35	76	5: 12:12 12:22 12:33 12:23 11:48
300	1983	Wirths Sieglinde	VSV Grenzland Wegberg	1:01:21	1:01:46	1	W70	41	5: 11:44 12:11 12:27 12:26 12:30

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
301	1500	Riehl Ingrid	*Ratingen	1:01:22	1:01:59	33	W45	67	5: 12:20 12:19 12:19 12:35 11:47
302	2077	Schiffarth Alexandra	*Düsseldorf	1:01:22	1:01:45	33	W35	76	5: 12:21 11:43 12:02 12:36 12:38
303	4118	Börger Nicole	*Essen	1:01:22	1:01:59	54	W40	69	5: 12:20 12:17 12:17 12:38 11:49
304	2084	Lummerich Ilona	*Duesseldorf	1:01:24	1:01:31	48	W30	78	5: 11:52 12:17 12:20 12:22 12:31
305	2085	Bouallegue Jasmina	*Duesseldorf	1:01:25	1:01:33	49	W30	81	5: 11:51 12:17 12:20 12:22 12:33
306	3003	Ritter Beate	*Monheim - Baumberg	1:01:29	1:01:57	34	W45	65	5: 12:05 12:01 12:22 12:33 12:26
307	2862	Stork Stephanie	*Korschenbroich	1:01:38	1:02:12	62	WHK	85	5: 12:19 12:02 12:24 12:38 12:15
308	2538	Lambertz Claudia	*Düsseldorf	1:01:45	1:01:49	35	W45	67	5: 11:16 11:59 12:35 13:10 12:42
309	1737	Zlikens Claudia	LT Düsseldorf-Süd	1:01:50	1:02:39	55	W40	68	5: 13:33 12:42 12:23 11:59 11:11
310	2797	Boettcher Friederike	Hogan Lovells Int. LLP	1:01:52	1:02:16	50	W30	81	5: 12:17 12:41 12:19 12:47 11:46
311	2179	Manthey Nicole	*Bergisch Gladbach	1:01:54	1:02:12	34	W35	76	5: 11:53 12:04 12:39 12:45 12:30
312	3043	Linden Renate	*Düsseldorf	1:02:00	1:02:41	56	W40	71	5: 12:42 12:26 12:53 12:06 11:52
313	3908	Marek Marie	ISS Facility Services GmbH	1:02:02	1:02:38	63	WHK	85	5: 11:39 12:05 12:38 13:08 12:30
314	3231	Kleinmanns Anita	*Hilden	1:02:02	1:02:49	35	W35	75	5: 12:12 12:14 12:22 12:46 12:26
315	3278	Groß Carola	*Düsseldorf	1:02:07	1:02:39	57	W40	70	5: 12:47 12:27 12:31 12:12 12:08
316	2836	Brinks Nina	SSV Knittkuhl 1972 e.V.	1:02:08	1:02:44	51	W30	79	5: 11:41 11:54 12:37 13:03 12:52
317	2720	Sammek Jana	*Düsseldorf	1:02:29	1:03:02	58	W40	71	5: 12:12 12:22 12:33 12:37 12:42
318	3426	Roy Constanze	*Düsseldorf	1:02:32	1:02:34	64	WHK	86	5: 10:51 12:37 14:27 12:39 11:57
319	2566	Heim Sandra	Hyatt Regency Düsseldorf	1:02:37	1:03:06	36	W35	74	5: 10:55 12:14 13:04 13:35 12:46
320	1449	Nawrot Iwona	*Katowice	1:02:38	1:02:41	65	WHK	85	5: 11:20 12:08 12:37 13:16 13:15
321	2866	Dahle Heike	*Düsseldorf	1:02:42	1:03:12	36	W45	63	5: 11:40 12:12 12:44 13:08 12:56
322	2220	Brouer Astrid	*Düsseldorf	1:02:43	1:02:54	52	W30	81	5: 11:21 12:01 12:56 13:30 12:53
323	1413	Sensen Juliane	*Mettmann	1:02:44	1:03:13	11	WU18	96	5: 12:50 12:49 13:13 13:03 10:47
324	2788	Becker Anja	*Düsseldorf	1:02:46	1:03:16	37	W45	66	5: 12:41 12:05 12:25 12:47 12:46
325	1729	Panting Gabriela	*Düsseldorf	1:03:00	1:03:14	38	W45	66	5: 12:12 12:10 12:49 13:04 12:42
326	3047	Black Robin Lea	*Düsseldorf	1:03:00	1:03:46	39	W45	64	5: 12:45 12:44 12:50 12:40 11:59
327	2095	Schwenen Pia	*Düsseldorf	1:03:01	1:03:39	66	WHK	88	5: 12:36 12:11 12:16 12:47 13:09
328	2818	Weiß Birgit	*Düsseldorf	1:03:04	1:03:37	37	W35	74	5: 13:19 12:46 12:40 12:36 11:42
329	2555	Mandt Angelika	Mrs. Sporty	1:03:18	1:03:45	28	W50	60	5: 12:36 12:16 12:35 13:03 12:46
330	2599	Ludwig Carla	*Düsseldorf	1:03:22	1:03:40	67	WHK	85	5: 12:50 12:31 12:46 12:45 12:28
331	2138	Bendels Kathrin	*Düsseldorf	1:03:22	1:03:47	12	WU20	93	5: 13:01 12:55 12:38 12:37 12:09
332	3994	Hecker Ronja	Linklaters LLP	1:03:23	1:03:32	68	WHK	88	5: 12:28 13:08 12:12 12:51 12:41
333	2093	Bohardien Lisa	*Düsseldorf	1:03:26	1:04:06	69	WHK	86	5: 12:20 12:10 12:33 13:12 13:10
334	2352	Witthaut Stefanie	*Düsseldorf	1:03:34	1:03:47	59	W40	72	5: 11:58 12:21 13:01 13:02 13:11
335	3314	Caspers-Sabel Angelika	*Düsseldorf	1:03:37	1:03:44	14	W55	55	5: 11:47 12:20 12:50 13:24 13:13
336	3531	Mayer Karin	*Düsseldorf	1:03:46	1:04:35	60	W40	72	5: 12:36 12:54 12:38 12:43 12:53
337	3321	Meichsner Sabine	*Düsseldorf	1:03:46	1:03:53	70	WHK	89	5: 12:13 12:29 12:54 13:07 13:01
338	3592	Möcklinghoff Nina	LT Alt-Erkrath	1:03:53	1:04:16	38	W35	75	5: 13:03 12:45 12:53 12:50 12:20
339	3639	Neft Petra	IVS GmbH / Jerocom GmbH	1:03:57	1:04:27	61	W40	68	5: 13:41 12:49 12:28 12:22 12:35
340	2916	Heß Renate	LT Düsseldorf Süd	1:04:00	1:04:49	2	W70	40	5: 13:33 12:55 12:51 12:53 11:46
341	2815	Engler Beate	*Düsseldorf	1:04:02	1:04:31	62	W40	72	5: 13:31 13:19 12:33 12:37 12:01
342	2107	Jackie Mitchell	*Düsseldorf	1:04:17	1:04:42	40	W45	66	5: 13:09 12:51 12:49 12:43 12:42
343	3512	Schuermann Rosita	*Duesseldorf	1:04:20	1:04:50	63	W40	69	5: 11:57 12:30 13:06 13:09 13:36
344	3402	Freiin von Saß Christiane	*Düsseldorf	1:04:24	1:05:08	71	WHK	84	5: 12:35 12:09 12:35 13:20 13:43
345	3031	Dominicus Sonja	*Korschenbroich	1:04:25	1:04:57	53	W30	78	5: 12:52 12:13 12:39 13:23 13:15
346	3227	Beresa Anna	*Düsseldorf	1:04:34	1:04:57	72	WHK	84	5: 12:58 13:04 13:11 13:01 12:18
347	3588	Stakemeier Deidre	*Dortmund	1:04:34	1:05:19	54	W30	78	5: 12:34 12:58 12:55 13:05 13:00
348	4019	Blömeke Michaela	EGRIMA BUSINESS CENTER	1:04:45	1:05:10	64	W40	68	5: 11:59 11:53 13:06 13:48 13:57
349	2793	Voogd Janina	Hogan Lovells Int. LLP	1:04:48	1:05:12	55	W30	82	5: 12:16 13:34 12:10 13:15 13:30
350	2806	Reda Martina	*München	1:05:04	1:05:56	29	W50	61	5: 13:33 13:06 12:56 13:03 12:24
351	4139	Förster Melanie	Hotel Nikko	1:05:11	1:05:31	0	W20		5: 13:41 13:07 13:16 12:37 12:29
352	2259	Von Mirbach Gabriele	*Grefrath - Vinkrath	1:05:23	1:06:06	41	W45	66	5: 12:49 12:51 13:31 13:15 12:55
353	2621	Kubenz Monika	*Bochum	1:05:24	1:05:39	56	W30	81	5: 12:53 12:54 13:09 13:21 13:05
354	2952	Nees Richarda	*Velbert	1:05:26	1:05:51	15	W55	56	5: 12:34 12:41 13:02 13:20 13:46
355	817	Hujber Angela	*Düsseldorf	1:05:26	1:05:38	73	WHK	83	5: 14:23 13:07 12:30 12:47 12:36
356	2675	Jateschmann Daniela	*Essen	1:05:27	1:06:02	30	W50	58	5: 12:22 12:21 12:56 13:38 14:08
357	2841	Meyer-Ludwig Ulla	*Düsseldorf	1:05:35	1:05:54	16	W55	57	5: 13:23 13:01 13:03 13:03 13:03
358	4071	OLSEM Marianne	Special Olympics Luxembourg	1:05:40	1:06:06	17	W55	55	5: 12:43 13:15 13:16 13:27 12:57
359	2337	Nicolay Vera	S Direkt Runners	1:05:51	1:06:26	42	W45	67	5: 13:19 13:05 13:17 13:15 12:53
360	2753	Guerreiro Patricia	*Düsseldorf	1:05:52	1:06:01	74	WHK	87	5: 13:02 13:15 13:16 13:26 12:52

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
361	2275	Mackeben Sylvia	*Willich	1:05:53	1:06:42	31	W50	62	5: 13:36 13:05 12:56 13:03 13:10
362	2173	Peixeiro Cidalia	*Neuss	1:05:58	1:06:06	43	W45	63	5: 13:02 13:13 13:16 13:28 12:57
363	3638	Würfel Regine	IVS GmbH / Jerocom GmbH	1:05:59	1:06:29	57	W30	82	5: 13:41 13:10 13:11 13:10 12:45
364	2332	Malz Dr. Ulrike	*Düsseldorf	1:06:03	1:06:27	65	W40	70	5: 12:50 13:13 13:25 13:26 13:08
365	2023	Drengwitz-Heithoff Susanne	*Hamburg	1:06:16	1:06:21	32	W50	61	5: 12:43 13:11 13:36 13:37 13:07
366	3528	Arand Christel	*Düsseldorf	1:06:19	1:06:31	6	W60	51	5: 13:10 13:10 13:18 13:25 13:14
367	2534	Lieske Miriam	*Düsseldorf	1:06:19	1:07:08	75	WHK	84	5: 13:06 12:45 12:45 13:37 14:04
368	3313	Goertz Stefanie	*Düsseldorf	1:06:28	1:06:35	76	WHK	86	5: 12:20 12:55 13:44 13:50 13:38
369	3763	Bolten Ulrike	*Schwalmtal	1:06:34	1:06:51	33	W50	60	5: 12:54 13:09 13:23 13:30 13:36
370	3080	Meichsner Saskia	*Düsseldorf	1:06:37	1:06:45	77	WHK	87	5: 11:52 12:49 13:41 14:05 14:08
371	4123	Truong Ellie	Hotel Nikko	1:06:49	1:07:09	78	WHK	83	5: 13:41 13:06 13:17 13:46 12:57
372	2374	Hermann Silke	*Köln	1:06:50	1:07:25	58	W30	78	5: 13:02 13:19 13:27 13:39 13:20
373	2585	Hayashi Midori	*Düsseldorf	1:06:55	1:07:34	79	WHK	83	5: 13:46 12:47 13:07 13:46 13:27
374	3072	Hald Frauke	Fujitsu-General (Euro) GmbH	1:06:58	1:07:26	39	W35	75	5: 12:33 12:50 13:56 13:52 13:46
375	2363	Feldhaus Julia	*Düsseldorf	1:07:03	1:07:39	80	WHK	86	5: 13:01 13:19 13:27 13:40 13:34
376	3452	Koch Katharina	*Düsseldorf	1:07:07	1:07:24	59	W30	82	5: 13:12 13:06 13:48 14:05 12:55
377	2396	Irene Schneider	TV Ransbach	1:07:26	1:07:41	2	W65	44	5: 12:32 12:34 13:10 14:16 14:52
378	2627	Möllers Anna	*Frankfurt	1:07:35	1:07:46	60	W30	80	5: 11:29 11:35 11:57 13:04 19:29
379	2843	Schüler Anne	*Düsseldorf	1:07:46	1:08:05	18	W55	57	5: 13:22 13:02 14:03 13:53 13:24
380	1379	Bergauer Ann-Christin	*Frankfurt	1:07:46	1:08:04	40	W35	77	5: 12:27 13:06 14:06 14:22 13:43
381	2123	Serong Kathrin	*Solingen	1:08:00	1:08:43	81	WHK	88	5: 13:54 13:56 13:27 13:28 13:15
382	2392	Folkerts Waltraud	*Schiffdorf	1:08:28	1:08:54	19	W55	54	5: 13:17 13:35 13:45 14:16 13:34
383	2005	Yilmaz Serpil	*Essen	1:08:35	1:08:43	41	W35	76	5: 12:16 13:15 14:12 14:30 14:20
384	3922	Wallerath Alexandra	Sonnen-Herzog KG	1:08:36	1:08:46	42	W35	74	5: 13:03 13:17 13:20 14:21 14:32
385	3765	Sturado Donatella	*Düsseldorf	1:08:39	1:08:57	34	W50	61	5: 12:54 13:09 14:03 14:28 14:03
386	3267	Hoerster Anne	*duesseldorf	1:08:41	1:08:58	44	W45	66	5: 13:12 13:05 13:50 14:29 14:03
387	3852	Kowsky Katharina	Dr.Höschel + Kollegen	1:08:45	1:08:53	13	WU20	93	5: 11:55 13:36 14:01 14:51 14:20
388	3855	Kaster Valerie	Dr.Höschel + Kollegen	1:08:46	1:08:53	7	WU23	90	5: 11:55 12:50 13:42 14:40 15:37
389	2561	Waßmuth Christina	*Düsseldorf	1:09:16	1:09:58	61	W30	80	5: 12:47 13:19 14:03 14:21 14:44
390	2563	Potempa Pauline	*Düsseldorf	1:09:17	1:09:59	82	WHK	88	5: 12:47 13:19 14:03 14:21 14:44
391	2491	Prahl Venera	*Düsseldorf	1:09:20	1:09:46	43	W35	75	5: 12:18 13:38 14:16 14:32 14:34
392	2593	Suß Sarah	*Düsseldorf	1:09:31	1:09:47	83	WHK	89	5: 12:35 13:50 13:59 14:26 14:39
393	3306	Wezstein Sabine	Laufschule Dortmund	1:09:41	1:10:30	66	W40	68	5: 13:31 13:26 13:55 14:24 14:23
394	2766	Fuhr Inge	TG 1881 Düsseldorf	1:09:53	1:10:02	1	W80	32	5: 13:11 13:45 14:05 14:29 14:21
395	3582	Kugler Nadine	Albrecht-Dürer-Schule Ddorf	1:10:05	1:10:34	62	W30	82	5: 14:16 13:51 14:11 14:17 13:29
396	2339	Ruman Kamila	*Düsseldorf	1:10:22	1:10:39	63	W30	81	5: 12:31 13:34 14:56 14:46 14:33
397	2090	Krause Andrea	LT Zweihorn	1:10:23	1:11:01	67	W40	69	5: 13:47 13:47 14:14 14:23 14:11
398	2089	Schneider Nina	LT Zweihorn	1:10:26	1:11:04	64	W30	79	5: 13:46 13:48 14:13 14:23 14:14
399	3996	Dölle Tanja	Linklaters LLP	1:10:31	1:10:41	84	WHK	89	5: 12:28 13:30 15:04 14:42 14:45
400	2404	Frangenberg Barbara	LT Düsseldorf Süd	1:10:35	1:11:22	35	W50	61	5: 13:40 13:25 14:02 14:22 15:05
401	4119	Klinge Kim	SFD 75	1:10:52	1:11:34	8	WU23	92	5: 13:50 13:45 14:19 14:46 14:10
402	4031	Claesges Jill	ASV LT Kemperdick	1:10:57	1:11:47	44	W35	73	5: 12:41 13:33 14:52 14:59 14:50
403	3879	Peters Heike	Dr.Höschel + Kollegen	1:10:57	1:11:08	45	W45	63	5: 14:10 14:15 14:15 14:08 14:07
404	4055	Hartmann Eva	Dr.Höschel + Kollegen	1:10:58	1:11:08	36	W50	58	5: 14:10 14:16 14:15 14:09 14:07
405	2974	Liß Ramona	*Essen	1:11:09	1:11:49	65	W30	80	5: 13:50 13:38 14:12 14:53 14:35
406	2973	Liß Jennifer	*Düsseldorf	1:11:10	1:11:50	85	WHK	87	5: 13:50 13:38 14:12 14:53 14:36
407	2073	Bergmann Ursula	*Ratingen	1:11:13	1:11:32	68	W40	69	5: 14:37 14:18 14:15 14:16 13:46
408	2265	Patten Gabriele	*Düsseldorf	1:11:47	1:12:23	45	W35	73	5: 13:30 14:28 14:47 14:40 14:21
409	2283	Reising Simone	TSV Eller 04	1:11:53	1:12:30	86	WHK	85	5: 13:58 14:12 14:40 14:44 14:17
410	2011	Havemann Birgit	*Dormagen	1:12:15	1:12:41	69	W40	71	5: 14:04 14:11 14:34 14:56 14:27
411	2824	Morsy Susanne	*Nieuwegein	1:12:21	1:12:37	66	W30	78	5: 12:43 14:22 14:42 15:20 15:12
412	3296	Emonds Margot	Tanzschule FERN	1:13:56	1:14:42	20	W55	56	5: 13:38 14:28 14:33 15:14 16:00
413	3315	Bartusch Monika	*Düsseldorf	1:13:58	1:14:03	37	W50	61	5: 13:13 14:22 15:21 15:50 15:10
414	2391	Gross Sabine	*Düsseldorf	1:14:07	1:14:50	21	W55	57	5: 14:29 14:39 14:35 15:01 15:21
415	2652	Elfauri Maram	*Düsseldorf	1:16:32	1:17:23	46	W35	76	5: 14:25 15:02 15:17 15:59 15:47
416	4124	Schrader Melanie	Hotel Nikko	1:50:14	1:50:34	70	W40	68	5: 09:40 09:55 03:07 13:30 14:00