

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	9	Ngeny Frederick	KEN	0:28:13	0:28:13	1	MHK	88	5: 05:27	05:38	05:36	05:41	05:48	
2	4	Loitareng Kadengoi	KEN	0:28:23	0:28:23	2	MHK	83	5: 05:28	05:37	05:39	05:52	05:46	
3	3	Maina Charles	KEN	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	KEN	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	KEN	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	KEN	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	GER	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	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	
39	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	
40	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	
41	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	
42	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	
43	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	
44	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	
45	3541	Sudowe David	*Erkrath	0:35:17	0:35:18	19	MHK	89	5: 06:49	07:04	07:07	07:12	07:02	
46	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	
47	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	
48	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	
49	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	
50	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	
51	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	
52	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	
53	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	
54	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	
55	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	
56	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	
57	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	
58	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	
59	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	
60	1898	Feldhoff Bernd	TSV Solingen	0:35:48	0:35:51	1	M50	62	5: 07:05	07:09	07:12	07:11	07:08	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
61	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	
62	1990	Stüllgens Kai-Uwe		0:35:55	0:35:56	7	M45	65	5:06:51	07:09	07:16	07:19	07:18	
63	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	
64	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	
65	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	
66	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	
67	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	
68	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	
69	1981	Laermann Ralf	VSV Grenzland Wegberg	0:36:20	0:36:22	2	M50	58	5:07:02	07:17	07:22	07:17	07:20	
70	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	
71	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	
72	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	
73	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	
74	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	
75	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	
76	1994	Claefsges Michael	GER	0:36:43	0:36:44	9	M45	64	5:07:03	07:15	07:22	07:26	07:34	
77	1816	Wischnewski Nico	LC Euskirchen	0:36:53	0:36:57	9	MU20	93	5:06:50	07:08	07:43	07:27	07:44	
78	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	
79	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	
80	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	
81	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	
82	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	
83	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	
84	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	
85	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	
86	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	
87	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	
88	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	
89	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	
90	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	
91	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	
92	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	
93	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	
94	2184	Vogel Jürgen	TG Neuss	0:38:21	0:38:25	3	M50	62	5:07:25	07:35	07:43	07:46	07:51	
95	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	
96	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	
97	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	
98	1366	Arand Marcel	*Düsseldorf	0:38:25	0:38:30	9	MU23	91	5:07:04	07:39	07:58	08:09	07:33	
99	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	
100	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	
101	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	
102	2643	Kerim Peter	*Haan	0:38:30	0:38:35	2	M55	56	5:07:25	07:34	07:46	07:52	07:51	
103	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	
104	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	
105	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	
106	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	
107	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	
108	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	
109	3401	Huckschlag Andreas	*Düsseldorf	0:38:46	0:38:50	13	MU20	93	5:07:05	07:47	08:02	08:00	07:50	
110	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	
111	1844	Weise Wolfram	Mönchengladbacher LG	0:38:47	0:38:51	4	M50	60	5:07:25	07:46	07:56	07:54	07:44	
112	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	
113	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	
114	1996	Reuter Patrick	*Brühl	0:38:51	0:38:51	30	MHK	86	5:07:14	07:39	07:48	08:14	07:54	
115	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	
116	3786	Röckrath Torsten	*Düsseldorf	0:38:53	0:38:59	7	M35	75	5:07:31	07:44	07:51	07:59	07:46	
117	1966	Pöhler Frank	TV Refrath	0:38:55	0:39:02	5	M50	62	5:07:38	07:46	07:51	07:58	07:41	
118	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	
119	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	
120	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	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
121	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	
122	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	
123	1943	Hemp Jürgen	Tusem Essen-Margarethenhöhe	0:39:11	0:39:16	6	M50	60	5:07:45	07:52	07:56	07:56	07:40	
124	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	
125	1889	Schütterigkeit Tim	SV Viktoria Goch	0:39:20	0:39:26	8	MU18	96	5:07:00	07:21	07:43	08:47	08:28	
126	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	
127	2037	Gossling Reinhard	*Köln	0:39:22	0:39:30	17	M40	72	5:07:46	07:47	07:53	08:00	07:54	
128	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	
129	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	
130	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	
131	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	
132	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	
133	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	
134	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	
135	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	
136	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	
137	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	
138	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	
139	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	
140	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	
141	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	
142	2260	Hasse Eiko	lauflöwen henkel	0:39:49	0:39:55	7	M50	61	5:07:40	07:57	08:03	08:08	08:00	
143	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	
144	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	
145	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	
146	1801	Heikamp Matthias	LAV Bayer Uerd./Dorm.	0:40:21	0:40:23	12	M30	81	5:07:22	07:56	08:05	08:35	08:22	
147	2294	Emig Thorstem	*Paris	0:40:22	0:40:30	20	M40	69	5:07:35	07:59	08:14	08:19	08:13	
148	1846	Bläsing Norbert	OSC Waldniel	0:40:23	0:40:28	8	M50	62	5:07:54	08:02	08:05	08:08	08:13	
149	3400	Huckschlag Thomas	*Düsseldorf	0:40:25	0:40:34	14	MU23	90	5:08:12	08:05	08:18	08:07	07:42	
150	2226	Schreiweis Karsten	*Düsseldorf	0:40:27	0:40:39	21	M40	71	5:07:50	08:01	08:12	08:18	08:04	
151	2457	Conradi Oliver	*Düsseldorf	0:40:27	0:40:35	22	M40	71	5:07:42	07:59	08:09	08:18	08:18	
152	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	
153	1883	Bongen Ralf	SV Germania Dürwiß	0:40:29	0:40:33	13	M30	82	5:07:31	07:57	08:15	08:22	08:22	
154	1934	Wolscht Herbert	TuS Oedt	0:40:30	0:40:36	9	M50	60	5:07:44	08:03	08:09	08:19	08:15	
155	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	
156	1894	Jans Dr. Paul	TLV Germania Überraehr	0:40:34	0:40:39	10	M50	59	5:07:54	08:03	08:11	08:14	08:09	
157	1797	Ziegler Joachim	Laufgem. Heimerzheim	0:40:40	0:40:50	11	M50	62	5:08:05	08:00	08:08	08:17	08:08	
158	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	
159	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	
160	2334	Saito Takuma	*Wegberg	0:40:46	0:41:02	10	M35	77	5:08:17	08:06	08:07	08:22	07:53	
161	2150	Wortelboer Felix	TuS Breitscheid	0:40:47	0:40:55	12	M50	61	5:08:01	08:06	08:11	08:24	08:03	
162	3644	Wallenfels Martin	*Düsseldorf	0:40:50	0:41:04	1	M70	39	5:07:47	08:02	08:14	08:23	08:21	
163	2984	Biletzki Viktor	*Hilden	0:40:55	0:41:08	26	M40	68	5:08:02	08:09	08:18	08:21	08:03	
164	1459	Simon Max	*Düsseldorf	0:40:56	0:41:04	34	MHK	86	5:07:49	08:03	08:15	08:22	08:25	
165	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	
166	3878	Finmicello Luigi	Dr.Höschel + Kollegen	0:40:57	0:41:05	13	M50	59	5:07:58	08:09	08:17	08:21	08:10	
167	1746	Krampl Marc	Team Teddy	0:40:57	0:41:18	11	M35	77	5:07:54	08:11	08:20	08:19	08:11	
168	1839	Kamps Michael	Mönchengladbacher LG	0:40:57	0:41:00	35	MHK	85	5:07:26	07:57	08:23	08:34	08:36	
169	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	
170	2933	Tegatz Andre	LC Duisburg	0:41:03	0:41:17	12	M35	73	5:08:10	08:08	08:10	08:20	08:13	
171	2112	Gentes Guido	*Düsseldorf	0:41:09	0:41:20	13	M35	77	5:08:03	08:12	08:16	08:21	08:15	
172	2552	Milonas Georg	*Bielefeld	0:41:11	0:41:14	28	M40	71	5:08:07	08:13	08:15	08:24	08:10	
173	3041	Bong Andre	SC Bayer 05 Uerdingen	0:41:19	0:41:50	14	M50	62	5:07:43	08:11	08:24	08:33	08:25	
174	2722	Wazna Holger	Lanxess IPG Marathon-Team	0:41:21	0:41:30	14	M35	73	5:08:09	08:10	08:18	08:18	08:23	
175	3338	Rutkowski David	*Ratingen	0:41:22	0:41:32	36	MHK	88	5:08:26	08:28	08:26	08:23	07:37	
176	2638	Lorenz Frank	LT Gruitzen-Neandertal	0:41:23	0:41:28	29	M40	68	5:08:03	08:12	08:18	08:32	08:15	
177	3618	Röhrich Thomas	*Düsseldorf	0:41:28	0:41:56	30	M40	68	5:07:59	08:14	08:27	08:26	08:20	
178	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	
179	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	
180	2976	Metzger Jens	lrun4fun.de	0:41:33	0:41:49	37	MHK	89	5:08:10	08:14	08:25	08:31	08:11	

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1409	Ostermeier Steffen	*Düsseldorf	0:41:33	0:41:53	15	M35	74	5: 08:36 08:23 08:16 08:17 08:00
182	1928	Klöcker Peter	TuS Oedt	0:41:34	0:41:38	15	M50	62	5: 07:40 08:08 08:32 08:44 08:28
183	839	Schulte-Goebel Axel	*Meerbusch	0:41:34	0:41:48	16	M50	61	5: 08:19 08:24 08:23 08:25 08:02
184	2981	Féaux de Lacroix Dr. Boris	Speedskater Düsseldorf	0:41:39	0:41:52	16	M35	75	5: 07:56 08:08 08:24 08:34 08:34
185	1925	Höfner Thomas	TuS Oedt	0:41:42	0:41:47	20	M45	65	5: 07:55 08:12 08:28 08:33 08:32
186	1383	Jonke Hermann	*Düsseldorf	0:41:44	0:41:50	6	M55	56	5: 07:53 08:10 08:27 08:34 08:37
187	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
188	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
189	2523	Bilir Dr. Vural	HHU-ACII	0:41:49	0:41:55	14	M30	79	5: 07:38 08:00 08:26 08:24 09:20
190	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
191	2068	Yoshizawa Dr. Yoichi	*Düsseldorf	0:42:07	0:42:22	17	M35	77	5: 08:27 08:39 08:31 08:15 08:13
192	1837	Anstöß Sebastian	Mönchengladbacher LG	0:42:11	0:42:14	38	MHK	88	5: 07:43 08:26 08:35 08:55 08:30
193	2328	Kleinen Ulf	*Düsseldorf	0:42:11	0:42:24	21	M45	63	5: 08:17 08:28 08:30 08:33 08:21
194	3550	Melis Eugenio	*Düsseldorf	0:42:19	0:42:25	32	M40	72	5: 07:53 08:20 08:34 08:41 08:49
195	1361	Maltagliati Leonardo	*Düsseldorf	0:42:21	0:42:32	39	MHK	85	5: 07:46 08:14 08:39 08:54 08:46
196	4200	Strecka Daniel	LUX	0:42:21	0:42:27	40	MHK	89	5: 08:00 08:17 08:45 08:50 08:27
197	1708	Meyer Dr. Reinhold	Dr. Höschel	0:42:25	0:42:34	22	M45	66	5: 08:12 08:28 08:38 08:38 08:26
198	3068	Traeger Thorsten	*Haan	0:42:31	0:42:42	23	M45	65	5: 08:25 08:35 08:37 08:36 08:16
199	2910	Wans Alexander	Team Wechselfehler Kempen	0:42:33	0:42:37	15	M30	81	5: 07:32 08:24 08:46 08:56 08:53
200	1988	Gawantka Axel	TSV Solingen	0:42:35	0:42:42	24	M45	64	5: 08:01 08:24 08:38 08:48 08:42
201	1464	Sagatov Daniyar	*Düsseldorf	0:42:41	0:43:02	16	MU23	91	5: 08:11 08:15 08:42 09:01 08:31
202	2479	Franke Bernd	*Iserlohn	0:42:42	0:42:50	17	M50	60	5: 08:06 08:30 08:40 08:47 08:37
203	2066	Sahin Sadik	*Remscheid	0:42:44	0:42:54	18	M35	74	5: 08:48 08:37 08:32 08:33 08:13
204	2065	Caner Osman	*Remscheid	0:42:44	0:42:54	25	M45	64	5: 08:48 08:37 08:32 08:33 08:13
205	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
206	3230	Carter Chris	kein	0:42:46	0:43:00	33	M40	69	5: 08:33 08:31 08:34 08:33 08:34
207	3262	Aktries Andreas	LLG Haan-Hilden	0:42:48	0:43:05	18	M50	62	5: 08:24 08:32 08:37 08:43 08:31
208	2820	OBATA TAKETOSHI	*DUESSELDORF	0:42:48	0:42:51	34	M40	68	5: 08:08 08:13 08:32 08:49 09:05
209	3417	Presuhn Klaus	LG Weidensprinter	0:42:49	0:43:07	26	M45	65	5: 08:24 08:32 08:36 08:43 08:32
210	2927	Sferlazza Cosimo	LT Rennhamster	0:42:49	0:43:03	19	M50	60	5: 08:30 08:32 08:36 08:41 08:29
211	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
212	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
213	4137	Stachowiak Thomas	Hotel Nikko	0:42:57	0:43:07	20	M50	60	5: 08:17 08:35 08:46 08:47 08:30
214	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
215	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
216	1932	Weirich Jörg	TuS Oedt	0:43:00	0:43:07	21	M50	61	5: 08:06 08:36 08:44 08:50 08:43
217	3562	Rafalski Sören	*Düsseldorf	0:43:01	0:43:15	19	M35	74	5: 08:00 08:24 08:56 08:55 08:44
218	3611	Malingriaux Stephan	*Essen	0:43:03	0:43:17	20	M35	76	5: 08:36 08:38 08:42 08:40 08:27
219	1429	Knoblich Felix	*Düsseldorf	0:43:06	0:43:08	41	MHK	84	5: 07:26 08:19 08:48 09:07 09:24
220	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
221	2682	Deuschländer Frank	*Düsseldorf	0:43:06	0:43:13	16	M30	80	5: 07:47 08:26 08:50 09:02 08:59
222	3399	Huckschlag Peter	*Düsseldorf	0:43:06	0:43:17	11	M55	55	5: 08:36 08:35 08:38 08:38 08:37
223	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
224	1942	Gers Norbert	Tusem Essen-Margarethenhöhe	0:43:17	0:43:25	22	M50	60	5: 08:11 08:37 08:53 08:54 08:40
225	4114	Sczepanski Ernst	SFD 75	0:43:19	0:43:30	23	M50	60	5: 08:22 08:35 08:47 08:48 08:46
226	2665	Mews Dirk	Henkel Team	0:43:24	0:43:34	35	M40	68	5: 08:05 08:31 08:51 09:01 08:54
227	3734	Deußen Peter	SFD 75 Düsseldorf	0:43:26	0:43:35	27	M45	67	5: 08:18 08:34 08:43 08:54 08:55
228	1709	Pass Christoph	*Düsseldorf	0:43:27	0:43:36	13	M55	56	5: 08:11 08:26 08:47 09:01 09:01
229	4023	Zwirner Jens	jk running	0:43:29	0:43:43	28	M45	65	5: 08:37 08:41 08:45 08:47 08:37
230	2208	Reidelstürz Achim	*Wülfrath	0:43:30	0:43:38	29	M45	65	5: 08:21 08:29 08:54 08:57 08:47
231	2987	Heinen Basti	*Düsseldorf	0:43:31	0:43:42	42	MHK	85	5: 08:15 08:57 08:55 08:37 08:44
232	2612	Urban Guido	Team Talheim	0:43:34	0:43:46	36	M40	69	5: 08:22 08:41 08:57 08:56 08:36
233	2963	Igel Hanno	Bilker Bilge	0:43:38	0:43:51	24	M50	62	5: 08:28 08:35 08:47 08:57 08:49
234	1999	Deutscher Chrsitian	*Paderborn	0:43:40	0:43:53	17	M30	81	5: 08:22 08:42 08:47 08:58 08:50
235	1475	Vogginger Johannes	KünstlerRaucherTrinker	0:43:43	0:44:04	18	M30	80	5: 08:37 08:39 08:49 09:04 08:31
236	2767	Becker Arno	*Haßloch	0:43:46	0:43:55	37	M40	68	5: 08:31 08:34 08:47 08:57 08:56
237	1814	Spohr Karl-Heinz	LC Euskirchen	0:43:47	0:43:55	14	M55	53	5: 08:34 08:50 08:47 08:55 08:39
238	3346	Fechtner Marcel	*Wuppertal	0:43:48	0:44:03	19	M30	80	5: 08:23 08:40 08:52 09:04 08:47
239	2651	Koch David	Ski-Klub Düsseldorf	0:43:51	0:44:06	20	M30	80	5: 08:47 08:49 08:58 08:55 08:19
240	2965	Majerus Tom	Special Olympics Luxembourg	0:43:58	0:44:09	21	M30	80	5: 08:55 09:02 08:54 08:48 08:17

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	2225	Möller Michael	*Düsseldorf	0:44:01	0:44:19	38	M40	72	5: 08:27 08:53 09:04 08:57 08:38
242	2922	Schröter Karsten	SV 19 Straelen	0:44:03	0:44:10	22	M30	81	5: 08:35 08:42 09:02 08:57 08:45
243	2401	Hupp Ralf	LT Gruitene-Neandertal	0:44:05	0:44:19	25	M50	61	5: 08:34 08:46 08:51 09:01 08:51
244	2151	Dietz Markus	*Düsseldorf	0:44:10	0:44:26	39	M40	69	5: 08:30 08:40 08:54 08:59 09:05
245	3780	Grauke Tobias	SG Stern Düsseldorf	0:44:13	0:44:27	26	M50	60	5: 08:31 08:49 08:55 09:00 08:56
246	2139	Wohlers Peter	Fortuna Düsseldorf Triathlon	0:44:15	0:44:29	30	M45	67	5: 08:21 08:42 08:58 09:09 09:03
247	3597	Keutz Andreas	Tri Team FS Düsseldorf	0:44:21	0:44:33	23	M30	79	5: 08:36 08:54 09:10 08:57 08:41
248	3873	Colajanni Massimo	Dr.Höschel + Kollegen	0:44:25	0:44:34	21	M35	74	5: 08:22 08:57 08:58 09:03 09:04
249	3367	Kriependorf Florian	DSC 99	0:44:26	0:44:30	22	M35	76	5: 08:12 08:38 09:09 09:21 09:05
250	2463	Tiago Victor	RheinLäufer Düsseldorf	0:44:31	0:44:38	23	M35	77	5: 08:06 08:31 09:13 09:22 09:16
251	2995	Erlinghagen Florian	Run_ by RUNNERS POINT	0:44:33	0:44:46	24	M30	82	5: 08:30 08:54 09:11 09:13 08:43
252	3885	Lipski Christoph	Dr.Höschel + Kollegen	0:44:33	0:44:43	40	M40	68	5: 08:35 08:51 08:54 09:18 08:54
253	1812	Maczkiewicz Walter	LC Euskirchen	0:44:39	0:45:05	15	M55	55	5: 08:27 08:46 09:03 09:15 09:07
254	3079	Schwarz Stefan	Linklaters LLP	0:44:40	0:44:54	24	M35	73	5: 08:43 08:41 09:00 09:13 09:01
255	2082	Hartmann Oliver	*Düsseldorf	0:44:43	0:44:52	31	M45	67	5: 08:20 08:43 09:07 09:15 09:17
256	2406	Illian Georg	*Düsseldorf	0:44:47	0:45:02	32	M45	66	5: 08:25 08:49 09:11 09:16 09:04
257	3685	Posch Rolf	dm-drogeriemarkt	0:44:54	0:45:09	25	M35	77	5: 08:42 08:59 09:13 09:08 08:51
258	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
259	3067	Cardeneo Jörk	*Düsseldorf	0:45:13	0:45:30	16	M55	57	5: 08:43 08:59 09:09 09:14 09:05
260	3128	John Pascal	Team Wechselfehler Kempen	0:45:15	0:45:19	43	MHK	83	5: 08:56 08:45 09:00 09:17 09:15
261	3884	Kuklau Uwe	Dr.Höschel + Kollegen	0:45:19	0:45:28	33	M45	66	5: 08:36 09:04 09:20 09:18 08:59
262	2431	Grunwald Norbert	GMRV Düsseldorf	0:45:26	0:45:36	34	M45	66	5: 08:30 08:59 09:13 09:24 09:18
263	3244	Vollmer Christian	LeoClub Düsseldorf	0:45:27	0:45:46	25	M30	82	5: 09:00 09:08 09:26 09:15 08:37
264	1997	Fiegen Wolfgang	*Düsseldorf	0:45:34	0:45:34	27	M50	61	5: 08:37 08:56 09:18 09:21 09:20
265	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
266	2387	Streb Holger	TC Rheinstadion	0:45:46	0:45:58	28	M50	60	5: 08:31 08:58 09:24 09:35 09:17
267	1810	Maczkiewicz Arnold	LC Euskirchen	0:45:47	0:45:52	17	M55	55	5: 08:54 09:09 09:22 09:18 09:02
268	2908	Hädrich Julius	*Düsseldorf	0:45:57	0:46:10	18	MU23	91	5: 08:34 08:45 09:47 09:20 09:30
269	2609	Niewerth Tobias	rotrunner.de #79	0:45:57	0:46:13	26	M30	78	5: 08:51 09:10 09:24 09:23 09:06
270	3696	Orawski Homas	*Neuss	0:46:16	0:46:26	41	M40	70	5: 08:12 09:19 09:36 09:37 09:30
271	2572	Von Wilucki Constantin	Hyatt Regency Düsseldorf	0:46:22	0:46:35	27	M30	80	5: 08:25 08:57 09:37 09:45 09:35
272	2580	Raatz Gerhard	TV Refrath	0:46:37	0:46:47	13	MU18		5: 08:42 09:14 09:29 09:42 09:28
273	2733	Ortmanns Uwe	LT Marathon Runners	0:47:09	0:47:22	26	M35	75	5: 09:00 09:14 09:35 10:11 09:06
274	2672	Jung Philipp	*Düsseldorf	0:48:17	0:48:30	28	M30	81	5: 08:30 09:42 09:58 10:09 09:56
275	3841	Dr. Raben Uwe	Dr.Höschel + Kollegen	0:50:39	0:50:58	18	M55	56	5: 09:09 09:54 10:22 10:40 10:31
276	2128	Kuckhoff Karl	*Düsseldorf	0:50:45	0:50:57	35	M45	63	5: 09:13 09:52 10:36 10:33 10:30
277	2649	Cosentino Sebastiano	*Heiligenhaus	0:51:35	0:51:50	27	M35	75	5: 09:16 10:07 10:32 10:46 10:52

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	52	Maina Mary Wangechi	KEN	0:32:34	0:32:34	1	WU20	93	5: 06:10 06:29 06:35 06:44 06:33
2	51	Macharia Lucy	KEN	0:32:40	0:32:40	1	WHK	87	5: 06:11 06:28 06:36 06:45 06:39
3	55	Liavoga Lucy	KEN	0:32:41	0:32:42	2	WHK	89	5: 06:16 06:32 06:39 06:39 06:34
4	50	Kosgei Cynthia	KEN	0:32:45	0:32:46	2	WU20	93	5: 06:16 06:32 06:38 06:41 06:37
5	53	Yator Jebichi	KEN	0:33:05	0:33:06	3	WHK	88	5: 06:11 06:32 06:43 06:54 06:44
6	54	Chebet Risper	KEN	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	0:35:03	0:35:04	1	W35	76	5: 06:45 06:52 07:01 07:12 07:11
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	0:41:25	0:41:25	2	W45	66	5: 08:11 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	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
39	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
40	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
41	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
42	2894	Terstegen Stefanie	*Düsseldorf	0:42:58	0:43:08	4	W30	81	5: 08:20 08:24 08:39 08:50 08:44
43	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
44	1959	Gebhart Beate	TV Refrath	0:43:08	0:43:18	2	W50	61	5: 08:34 08:40 08:43 08:42 08:28
45	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
46	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
47	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
48	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
49	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
50	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
51	2516	Rößler Finja	TV Refrath	0:44:38	0:44:56	13	WHK	85	5: 08:36 08:52 09:05 09:07 08:56
52	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
53	1977	Fuchs Sandra	VSV Grenzland Wegberg	0:45:21	0:45:30	8	W40	70	5: 08:37 09:01 09:17 09:20 09:04
54	1953	Tempelhoff Anja	Tusem Essen-Margarethenhöhe	0:45:26	0:45:35	9	W40	71	5: 08:51 09:00 09:11 09:15 09:07
55	1948	Nocke Julia	Tusem Essen-Margarethenhöhe	0:45:58	0:46:07	6	WU20	93	5: 08:51 09:00 09:16 09:25 09:23
56	1938	Reynders Jutta	TSV Weeze	0:46:04	0:46:11	14	WHK	87	5: 08:53 09:08 09:17 09:31 09:13
57	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
58	2882	Bobinis Jessica	*Polling	0:50:16	0:50:28	15	WHK	85	5: 08:47 09:14 14:01 09:09 09:03
59	3958	Dr. Ohaninan Denisse	Dr.Höschel + Kollegen	0:57:00	0:57:08	7	W35	76	5: 10:22 11:14 11:42 11:42 11:58