

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	2443	Stitzinger Patrick	ADRT Pegasus (Venlo)	0:30:11	0:30:12	1	M30	81	5: 05:29 06:05 06:17 06:10 06:09
2	2077	Solumon Ejob	SG Wenden	0:30:12	0:30:12	1	MU23	93	5: 05:23 06:07 06:11 06:15 06:14
3	2128	Hailu Atey Yohannes	TuS Deuz	0:31:08	0:31:09	1	MHK	91	5: 05:30 06:13 06:28 06:30 06:25
4	2292	Rahn Fabian	Bunert Der Kölner Laufladen	0:32:39	0:32:44	2	MHK	86	5: 06:05 06:32 06:40 06:44 06:37
5	2241	Karsch Dustin	Osnabrücker TB	0:32:48	0:32:50	2	MU23	92	5: 06:00 06:37 06:49 06:46 06:34
6	2259	Meinike Patric	ASV Duisburg	0:32:57	0:33:01	3	MU23	92	5: 05:59 06:28 06:39 06:58 06:51
7	2314	Ernst Simon	*Gerolzhofen	0:34:32	0:34:38	3	MHK	87	5: 06:02 06:56 07:12 07:12 07:08
8	2115	Ganzow Tobias	DLC Aachen	0:34:38	0:34:43	1	M35	79	5: 06:20 06:56 07:03 07:11 07:06
9	1953	Sudowé David	*Erkrath	0:35:00	0:35:06	4	MHK	89	5: 06:24 07:02 07:13 07:15 07:05
10	1194	Dasch Thomas	TSV Schloß Neuhaus	0:35:09	0:35:15	5	MHK	85	5: 06:45 07:03 07:07 07:08 07:04
11	2820	Hardenack Frank	Neuenkleusheim	0:35:20	0:35:22	2	M35	76	5: 06:14 07:04 07:25 07:28 07:07
12	2062	Stalla Dennis	LAZ Saarbrücken	0:35:32	0:35:35	1	MU20	95	5: 06:32 07:13 07:16 07:21 07:09
13	3065	Pandurevic Dragan		0:35:34	0:35:34	6	MHK		5: 06:25 07:15 07:14 07:21 07:17
14	3024	Nikoltschuk Sergej		0:35:40	0:35:46	7	MHK	86	5: 06:29 07:07 07:25 07:23 07:15
15	2347	Almbladh Per	Sapient Global Markets	0:36:10	0:36:14	3	M35	79	5: 06:13 07:05 07:37 07:43 07:30
16	2389	De Haas Freddy	TuS Xanten	0:36:17	0:36:22	1	M45	69	5: 06:44 07:22 07:26 07:25 07:18
17	2258	Haumann Hendrik	TG Konz	0:36:43	0:36:49	2	M30	80	5: 06:38 07:19 07:34 07:39 07:31
18	2238	Hovan Thomas	TSV1860Rosenheim	0:36:43	0:36:50	1	M40	71	5: 06:35 07:16 07:35 07:40 07:35
19	2484	Gschwandtner Rene	Blau-Gelb Neumühl Duisburg	0:36:52	0:36:57	2	M40	70	5: 06:43 07:22 07:27 07:39 07:39
20	1580	Stephan Alexander	Schnelle Alis	0:36:59	0:37:08	8	MHK	86	5: 06:40 07:28 15:27 00:00 07:23
21	2277	Costa Julio	AS Neukirchen-Vluyn	0:37:10	0:37:16	3	M40	74	5: 06:47 07:37 07:35 07:38 07:31
22	2180	Schott David	Rotz Racing	0:37:15	0:37:20	2	M45	67	5: 06:39 07:37 07:44 07:40 07:34
23	1893	Chrobak Simon	Bergische Löwen	0:37:16	0:37:27	9	MHK	89	5: 07:03 07:50 07:36 07:34 07:11
24	2193	Leible Max	TSG 78 Heidelberg	0:37:28	0:37:35	10	MHK	89	5: 07:07 07:39 07:36 07:39 07:25
25	2558	Franz Marten	SFD '75 Düsseldorf	0:37:30	0:37:39	11	MHK	86	5: 06:50 07:33 07:37 07:47 07:41
26	2883	Lange Ralf	Friedberg	0:37:34	0:37:41	3	M45	66	5: 06:55 07:34 07:40 07:44 07:38
27	2855	Claesges Michael	Dropsa Sports Club	0:37:41	0:37:49	1	M50	64	5: 06:58 07:32 07:37 07:46 07:46
28	2297	Jacoby Jochen	LG Himmelgeist	0:37:47	0:37:50	4	M40	74	5: 06:43 07:39 07:52 07:54 07:38
29	2833	Adler Anton	TTF Bönen	0:38:05	0:38:11	4	MU23	94	5: 06:43 07:41 07:45 08:09 07:45
30	1000	Schneider Jonas	*Aachen	0:38:11	0:38:17	12	MHK	87	5: 06:29 07:29 07:55 08:15 08:01
31	2863	Mohr Benjamin	Aachen hat Ausdauer	0:38:16	0:38:27	13	MHK	88	5: 06:53 07:40 07:51 07:55 07:55
32	1332	De Jonge Stefan	TuS Weene e.V.	0:38:18	0:38:26	4	M35	76	5: 06:46 07:37 07:56 08:05 07:52
33	1657	Hartung Martin	SV-Müden	0:38:57	0:39:22	3	M30	83	5: 07:38 07:44 07:58 07:55 07:41
34	3087	Klümper rolf		0:39:06	0:39:07	4	M45	67	5: 07:09 08:01 08:04 08:06 07:44
35	3071	Erdmann Henning	Lokomotive Leipzig	0:39:12	0:39:13	14	MHK	86	5: 06:50 07:49 08:05 08:18 08:09
36	2082	Thomi Oliver	Velorado Racing Team	0:39:22	0:39:29	5	M45	69	5: 07:06 07:52 08:02 08:12 08:08
37	1173	Ignasiak Alexander	Vegan Runners	0:39:23	0:39:32	15	MHK	85	5: 06:55 08:02 08:14 08:15 07:54
38	2307	Plum Jürgen	*Übach-Palenberg	0:39:25	0:39:26	2	M50	63	5: 07:11 08:00 08:06 08:08 07:59
39	1955	Valero Alvar	LC Rapid Dortmund	0:39:25	0:39:29	16	MHK	90	5: 06:16 07:32 08:19 08:37 08:38
40	1421	Graetsch Daniel	*Düsseldorf	0:39:31	0:39:38	4	M30	84	5: 06:49 07:43 08:30 08:23 08:02
41	2362	Michael Laub	LG Donatus Ertstadt	0:39:32	0:39:42	1	M55	59	5: 06:57 07:58 08:11 08:11 08:13
42	2632	Schönlau Dirk	TSV Viktoria Mülheim	0:39:34	0:39:42	6	M45	68	5: 07:23 07:52 08:05 08:04 08:08
43	1176	Bumeder Josef	*Regensburg	0:39:44	0:39:54	5	M35	76	5: 07:14 07:58 08:10 08:15 08:05
44	1770	Leienhecker Matthias	Aachen hat Ausdauer	0:39:44	0:39:55	17	MHK	86	5: 07:09 08:00 08:12 08:16 08:06
45	2607	Carter Chris	Tri Team FS Düsseldorf	0:39:47	0:39:57	7	M45	69	5: 07:23 07:55 08:04 08:07 08:16
46	1316	Schäferhoff Mathias	Team Oettinger Alkoholfrei	0:39:49	0:40:01	6	M35	76	5: 07:33 08:08 08:06 08:02 07:58
47	2208	Strack Sascha	Mercer	0:39:52	0:40:05	7	M35	76	5: 07:30 08:04 08:08 08:11 07:58
48	2668	Schwane Adrien	Aachen hat Ausdauer	0:40:06	0:40:15	18	MHK	87	5: 06:55 07:52 08:22 08:28 08:26
49	1364	Mathieu Patrick	*Düsseldorf	0:40:10	0:40:23	5	M30	82	5: 06:58 07:54 08:27 08:31 08:17
50	1649	Lütke-meier Werner	RP Düsseldorf	0:40:10	0:40:17	8	M45	67	5: 07:05 08:10 08:15 08:17 08:21
51	2893	Schillings Julian	*Köln	0:40:14	0:40:15	2	MU20	95	5: 07:01 07:58 08:15 08:33 08:25
52	2287	Klimm Michael	*Düsseldorf	0:40:18	0:40:18	8	M35	79	5: 07:06 08:05 08:25 08:30 08:10
53	1985	Vierhaus Helge	*bochum	0:40:23	0:40:29	6	M30	80	5: 07:19 08:00 08:17 08:23 08:21
54	1674	Heine Christoph	MRRC	0:40:24	0:40:27	9	M45	67	5: 07:04 08:15 08:25 08:23 08:16
55	2504	Mauter Jörg	Wiehl-LC	0:40:29	0:40:36	10	M45	65	5: 07:06 08:11 08:32 08:22 08:16
56	1718	Tollitt John	Tyne Bridge Harriers	0:40:32	0:40:41	3	M50	63	5: 07:26 08:15 08:22 08:20 08:07
57	1751	Lillot Michael	Triathlon Team Ratingen 08	0:40:38	0:40:38	5	M40	70	5: 07:53 08:27 08:19 08:06 07:52
58	3002	Meyer Ralf	Team Essen 99	0:40:40	0:40:40	9	M35	76	5: 07:15 08:09 08:18 08:24 08:31
59	2912	Präger Norman	*Düsseldorf	0:40:42	0:40:45	7	M30	82	5: 07:01 08:08 08:37 08:39 08:15
60	2848	Manno Roland	*Düsseldorf	0:40:43	0:40:49	6	M40	70	5: 07:10 08:01 08:44 08:27 08:18

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	2842	Seehafer Ingo	TV Refrath	0:40:54	0:40:58	8	M30	84	5: 07:40 08:20 08:23 08:32 07:57
62	2374	Walter Roman	*Krefeld	0:40:57	0:41:05	10	M35	79	5: 07:29 08:03 08:21 08:30 08:33
63	1726	Welling Joerg	*Duesseldorf	0:41:00	0:41:08	7	M40	70	5: 07:09 08:02 08:26 08:38 08:43
64	3052	Reuter Helmut	FV Wallau	0:41:02	0:41:05	1	M60	53	5: 07:29 08:08 08:23 08:32 08:28
65	1607	Nitschke Stefan	*Düsseldorf	0:41:05	0:41:10	11	M35	79	5: 07:52 08:10 08:31 08:27 08:02
66	2525	Simon Max	*Düsseldorf	0:41:12	0:41:25	19	MHK	86	5: 07:17 07:55 08:27 08:57 08:34
67	2006	Mejza Rafael	*mülheim	0:41:13	0:41:24	12	M35	77	5: 07:22 08:28 08:31 08:34 08:16
68	3119	Koca Erdal	Ayyo Team Essen	0:41:17	0:41:17	4	M50	62	5: 07:12 08:11 08:41 08:41 08:30
69	2652	Köster Holger	*Düsseldorf	0:41:22	0:41:35	13	M35	78	5: 07:31 08:22 08:33 08:30 08:24
70	1880	Faehndrich Martin	Hogan Lovells International	0:41:24	0:41:25	11	M45	65	5: 07:11 08:14 08:39 08:50 08:29
71	1825	Uhlendahl Markus	Digitale Stadt Düsseldorf	0:41:25	0:41:26	8	M40	70	5: 07:34 08:27 08:27 08:34 08:21
72	2371	Abele Jan	*Bergisch Gladbach	0:41:25	0:41:34	12	M45	69	5: 07:33 08:12 08:20 08:34 08:44
73	2620	Schmidt Michael	Indie DUS	0:41:26	0:41:30	14	M35	75	5: 07:20 08:16 08:34 08:39 08:34
74	1098	Villumsen Mads	Fritz & Macziol	0:41:30	0:41:40	15	M35	77	5: 07:34 08:21 08:33 08:33 08:28
75	2875	Conradi Oliver	Evonik Industries AG	0:41:32	0:41:34	9	M40	72	5: 07:21 08:17 08:31 08:40 08:41
76	2353	Gormanns Georg	Viersener Turnverein 1848	0:41:36	0:41:39	5	M50	64	5: 07:31 08:24 08:31 08:34 08:33
77	2304	Cirkel Martin	Bäckerei Pass	0:41:38	0:41:39	6	M50	64	5: 07:29 08:20 08:30 08:41 08:35
78	1326	Strohmeier Peter	Team Erdinger Alkoholfrei	0:41:41	0:41:53	13	M45	67	5: 07:19 08:23 08:29 08:41 08:47
79	1625	Vogelsang Peter	*Düsseldorf	0:41:41	0:41:48	16	M35	76	5: 07:45 08:14 08:33 08:38 08:30
80	1181	Roth Robin	*Hilden	0:41:42	0:41:46	20	MHK	90	5: 07:12 08:01 08:33 09:04 08:50
81	2705	Hintzsche Ekkehard	Henkel Sport Team	0:41:45	0:41:47	7	M50	63	5: 07:33 08:28 08:41 08:41 08:19
82	2735	Duo Elmes	*Meerbusch	0:41:45	0:41:46	10	M40	71	5: 07:21 08:27 08:36 08:40 08:39
83	1386	Maibaum Ralf	Riyadh Road Runners	0:41:47	0:41:50	8	M50	63	5: 07:45 08:22 08:30 08:35 08:33
84	2418	Euen Tom	Stadtwerke Düsseldorf	0:41:48	0:41:55	14	M45	67	5: 07:09 08:25 08:41 08:44 08:47
85	2826	Kruse Stephan	TV Refrath	0:41:49	0:41:53	11	M40	71	5: 07:45 08:20 08:30 08:38 08:34
86	2399	Tktosch Olaf	Capio Venenspezialisten	0:42:04	0:42:09	15	M45	69	5: 07:22 08:18 08:42 08:51 08:49
87	1498	Riebold Lars	LT Rennhamster	0:42:05	0:42:17	9	M50	63	5: 08:10 08:37 08:29 08:25 08:22
88	2715	Kerstan Frank	Henkel Sport Team	0:42:10	0:42:28	9	M30	80	5: 07:59 08:28 08:35 08:46 08:21
89	3108	Grimm Jürgen	RSV 2000	0:42:14	0:42:15	16	M45	69	5: 07:37 08:30 08:42 08:47 08:36
90	2416	Streuer Michael	Stadtwerke Düsseldorf	0:42:15	0:42:25	21	MHK	88	5: 07:17 08:31 08:46 08:50 08:48
91	1491	Nigl Helge	*Dortmund	0:42:16	0:42:18	12	M40	73	5: 07:19 08:17 08:53 08:50 08:54
92	2414	Hartmann Marc	Stadtwerke Düsseldorf	0:42:16	0:42:18	13	M40	70	5: 07:50 08:21 08:31 08:48 08:44
93	1989	Dietzgen Holger	Family-Runners	0:42:21	0:42:33	17	M45	66	5: 08:01 08:28 08:34 08:47 08:29
94	1591	Hagemann Udo	TV Witzhelden	0:42:26	0:42:30	14	M40	70	5: 07:40 08:24 08:42 08:52 08:46
95	1225	Yamashita Atsushi	*Derby	0:42:28	0:42:34	18	M45	66	5: 07:36 08:38 08:50 08:49 08:34
96	1614	König Thomas Michael	Tri Team FS Düsseldorf	0:42:30	0:42:31	19	M45	65	5: 07:34 08:28 08:50 08:51 08:44
97	2079	Gerpott Torsten J.	*Mülheim	0:42:31	0:42:33	2	M55	58	5: 07:52 08:42 08:41 08:44 08:30
98	1948	Block Martin	Angermunder Humpelkumpels	0:42:31	0:42:41	10	M50	64	5: 07:48 08:26 08:35 08:53 08:48
99	1838	Lozano José María	*Düsseldorf	0:42:34	0:42:41	17	M35	75	5: 07:59 08:25 08:33 08:49 08:46
100	1427	Prodöhl Dominik	*Düsseldorf	0:42:36	0:42:45	18	M35	77	5: 07:46 08:34 08:41 08:53 08:40
101	2963	Rauschenberger Dirk		0:42:36	0:42:38	20	M45	67	5: 07:17 08:26 08:59 09:01 08:51
102	1697	Krutz Dominic	mimind - Aktiv & Lifestyle	0:42:41	0:42:44	10	M30	83	5: 07:47 08:42 08:46 08:42 08:41
103	2015	Völkel Tobias	*Düsseldorf	0:42:47	0:42:51	22	MHK	85	5: 07:32 08:33 08:44 09:01 08:55
104	2237	Stenhorst Sebastian	*Düsseldorf	0:42:47	0:42:51	23	MHK	86	5: 07:22 08:36 08:48 09:01 08:58
105	2129	Küpper Michael	*Düsseldorf	0:42:48	0:42:49	15	M40	72	5: 07:21 08:18 08:46 09:08 09:13
106	2878	Barratt Stephen	ISD	0:42:49	0:42:52	16	M40	72	5: 07:30 08:30 08:46 09:03 08:59
107	2560	König Niklas	SFD '75 Düsseldorf	0:42:52	0:43:00	24	MHK	85	5: 07:27 08:38 08:45 08:56 09:03
108	1862	Gubesch Joerg	Team Erdinger Alkoholfrei	0:42:55	0:42:59	11	M50	64	5: 07:30 08:39 08:48 09:05 08:52
109	3036	Denkhaus Ulrich		0:43:02	0:43:27	12	M50	60	5: 08:20 08:35 08:38 08:45 08:42
110	2179	Dirschauer Philipp	LG Buntentor Roadrunners	0:43:02	0:43:13	5	MU23	94	5: 07:23 08:37 08:48 08:59 09:14
111	2113	Jäger Yannik	*Düsseldorf	0:43:04	0:43:22	25	MHK	87	5: 08:48 08:31 08:37 08:25 08:42
112	2375	Berthold Nicolas	*Düsseldorf	0:43:05	0:43:31	11	M30	80	5: 08:26 08:38 08:42 08:47 08:30
113	1868	Lofruthe Hendrik	*Düsseldorf	0:43:08	0:43:11	12	M30	84	5: 07:31 08:34 08:57 09:05 08:58
114	1027	Neef Hans-Jürgen	ERGOsports	0:43:15	0:43:19	3	M55	57	5: 07:49 08:38 08:51 09:02 08:54
115	1124	Tups Thomas	TG Neuss	0:43:19	0:43:21	17	M40	71	5: 07:29 08:41 08:55 09:09 09:03
116	1523	Schneider Ben	*Krefeld	0:43:29	0:43:36	19	M35	78	5: 07:59 08:54 09:01 08:50 08:43
117	2309	Hoffmann Alex	*Schwelm	0:43:30	0:43:35	13	M30	83	5: 07:38 08:32 09:06 09:10 09:03
118	1477	Bales Norbert	SV Oberweis	0:43:33	0:43:42	21	M45	66	5: 08:06 08:43 08:47 09:02 08:53
119	2325	Gunsenheimer Uwe	ART Düsseldorf	0:43:34	0:43:38	13	M50	64	5: 07:43 08:46 09:02 09:12 08:48
120	2719	Wrede Stefan	*Krefeld	0:43:37	0:43:38	14	M30	82	5: 07:33 08:46 09:01 09:15 09:01

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	3016	Schreel Louis		0:43:39	0:44:00	26	MHK	87	5: 08:36 08:40 08:42 08:56 08:44
122	1130	Myngheer Samuel	*Düsseldorf	0:43:40	0:43:44	18	M40	70	5: 07:29 08:16 09:15 09:17 09:21
123	2204	Schulte Martin	Mercer	0:43:40	0:43:43	15	M30	83	5: 08:04 08:51 09:01 08:49 08:52
124	1749	Yukawa Tatsuya	Mr	0:43:43	0:43:47	14	M50	60	5: 08:12 08:49 08:59 08:50 08:52
125	3006	Krings Michael		0:43:44	0:43:48	22	M45	68	5: 07:31 08:36 09:02 09:16 09:17
126	1727	Reidelstürz Achim	*Wülfrath	0:43:48	0:44:08	23	M45	65	5: 08:25 08:48 08:50 08:59 08:45
127	2499	Kleinen Ulf	*Düsseldorf	0:43:50	0:44:03	15	M50	63	5: 08:21 08:49 08:59 08:59 08:40
128	2117	Ersultanov Malik	*Düsseldorf	0:43:52	0:44:04	27	MHK	88	5: 08:16 08:32 09:04 09:15 08:42
129	2828	Leiter Michael	TV Refrath	0:43:53	0:43:58	24	M45	69	5: 07:48 08:46 08:59 09:26 08:52
130	1541	Rogala Andrzej	Marathonteam-Ratingen	0:43:56	0:43:59	4	M55	56	5: 07:55 08:47 09:03 09:04 09:04
131	1961	Ripple Norbert	TD07 Lank	0:43:57	0:44:00	19	M40	71	5: 07:39 08:57 09:03 09:11 09:05
132	2048	Faßhauer Andreas	*Düsseldorf	0:43:58	0:44:30	16	M30	83	5: 08:50 08:49 08:49 08:52 08:36
133	2622	Sprenker Michael	SV AXA	0:43:58	0:44:04	5	M55	55	5: 08:14 08:55 09:00 08:59 08:48
134	2019	Hayner Marti	TG Neuss	0:43:59	0:44:06	16	M50	63	5: 08:13 08:55 09:04 09:00 08:44
135	2805	Rodriguez Javier	Escuderia Berberecho	0:44:03	0:44:18	28	MHK	85	5: 07:57 08:43 09:01 09:14 09:06
136	1813	Schinnenburg Hendrik	Team Erdinger Alkoholfrei	0:44:04	0:44:11	20	M40	74	5: 07:48 08:47 09:03 09:20 09:04
137	1483	Van BILSEN TOM	KRONENSCHMIEDE feine	0:44:07	0:44:36	25	M45	65	5: 08:43 08:36 08:49 09:07 08:50
138	2059	Kokkos Konstantin	*Düsseldorf	0:44:10	0:44:10	26	M45	68	5: 07:52 09:02 09:03 09:09 09:02
139	1097	Holbach Dr. Dirk	TV Hösel	0:44:13	0:44:14	21	M40	71	5: 07:42 08:45 09:06 09:22 09:16
140	1599	Pabich Tobias	LG Weidensprinter	0:44:15	0:44:55	29	MHK	90	5: 08:47 08:42 08:50 09:05 08:48
141	2108	Brauers Steffen	*Düsseldorf	0:44:16	0:44:44	17	M30	81	5: 07:58 08:33 09:02 09:24 09:17
142	1624	Presuhn Klaus	LG Weidensprinter	0:44:16	0:44:57	27	M45	65	5: 08:47 08:43 08:50 09:05 08:49
143	2344	Oelze Heiko	*Kaarst	0:44:19	0:45:00	6	M55	58	5: 09:00 08:52 08:48 08:48 08:49
144	2487	Asai Takafumi	Mitsubishi Logistics Europe	0:44:19	0:45:21	20	M35	76	5: 08:32 08:56 09:01 09:02 08:46
145	1296	Kociuba Adam	*Düsseldorf	0:44:19	0:44:27	21	M35	77	5: 08:06 08:50 09:03 09:09 09:09
146	2151	Verfürth Christian	*Düsseldorf	0:44:28	0:44:39	28	M45	68	5: 08:04 08:52 09:03 09:20 09:07
147	1467	Lickfett Heiko	*Düsseldorf	0:44:33	0:44:35	17	M50	61	5: 07:59 08:56 09:07 09:17 09:12
148	1612	Findeisen Michael	*Düsseldorf	0:44:33	0:44:47	18	M30	80	5: 08:30 08:51 09:04 09:14 08:52
149	2920	Van der Linden Roger	*Bocholtz	0:44:34	0:44:36	22	M40	71	5: 08:09 08:56 09:05 09:20 09:03
150	2661	Luckey Oliver	Hahn	0:44:37	0:44:55	22	M35	77	5: 08:18 08:50 09:07 09:17 09:04
151	2995	Kloß Oliver		0:44:40	0:44:58	30	MHK	86	5: 07:58 08:50 09:08 09:30 09:12
152	1357	Ramirez Martinez Juan	*Düsseldorf	0:44:40	0:44:59	23	M35	78	5: 08:29 09:02 09:12 09:16 08:39
153	2339	Dr. Fröhlich Oliver	*Düsseldorf	0:44:41	0:44:48	23	M40	71	5: 07:34 08:41 09:11 09:33 09:40
154	2582	Boes Marvin	Run2 Team Düsseldorf	0:44:41	0:44:48	31	MHK	88	5: 07:50 08:51 09:16 09:29 09:13
155	1611	Matschull Frank	für meine Jungs	0:44:44	0:44:48	29	M45	67	5: 07:50 08:49 09:16 09:23 09:25
156	1146	Twelmeyer Thomas	*Düsseldorf	0:44:46	0:45:21	19	M30	84	5: 08:24 09:08 09:12 09:16 08:43
157	3110	Kitsantas Nikos	Marathoni Kikos	0:44:47	0:45:00	24	M35	77	5: 08:30 08:51 09:04 09:15 09:04
158	2413	Milde Christoph	Stadtwerke Düsseldorf	0:44:48	0:44:59	20	M30	81	5: 08:08 08:49 09:10 09:24 09:14
159	1147	Tenhonsel Dominik	*Düsseldorf	0:44:48	0:44:55	32	MHK	90	5: 08:10 08:43 08:57 09:26 09:30
160	1437	Hennemann Niels-Holger	ERGO sports	0:44:48	0:44:57	30	M45	66	5: 07:50 08:46 09:10 09:32 09:28
161	2161	Mohr Dennis	*Tönisvorst	0:44:49	0:45:10	21	M30	84	5: 08:29 08:48 09:09 09:25 08:56
162	2164	Zeller Burkart	Kieser Training Düsseldorf	0:44:52	0:44:58	24	M40	71	5: 08:05 08:53 09:09 09:31 09:13
163	1221	Buhr Tobias	*Düsseldorf	0:44:53	0:45:14	22	M30	81	5: 08:16 08:55 09:05 09:18 09:17
164	2220	Jauk Alexander	ASV Köln Lauftreff	0:44:53	0:45:05	25	M35	76	5: 08:26 09:11 09:09 09:19 08:46
165	1399	Aleksa Paulus	*Düsseldorf	0:44:54	0:44:59	3	MU20	95	5: 07:24 09:10 09:25 09:37 09:16
165	3003	Florian Matthias	Team Essen 99	0:44:54	0:45:05	33	MHK	86	5: 07:41 09:06 09:33 09:30 09:02
167	2922	Stanski Fanz	Datenmeer	0:44:56	0:44:57	1	M65	47	5: 08:19 09:04 09:15 09:17 08:58
168	1999	Steinmann Markus	*Meerbusch	0:44:57	0:45:19	23	M30	82	5: 08:12 09:06 09:16 09:17 09:04
169	1687	Bremer Christian	*Mönchengladbach	0:45:00	0:45:20	34	MHK	86	5: 08:01 08:56 09:09 09:29 09:22
170	2787	Gerke Peter	Die Hand Gottes	0:45:03	0:45:08	35	MHK	85	5: 07:58 08:53 09:05 09:30 09:36
171	1450	Kuhn Christian	Ewige Talente	0:45:06	0:45:20	24	M30	81	5: 08:32 08:58 09:13 09:26 08:55
172	1022	Schmidt Andreas	*Bonn	0:45:07	0:45:15	25	M40	72	5: 07:50 09:00 09:30 09:24 09:22
173	3066	Magnerat David		0:45:11	0:45:26	26	M35	77	5: 08:06 08:52 09:27 09:41 09:02
174	1988	Riedl Detlef	Fortuna Velbert 09	0:45:12	0:45:16	31	M45	69	5: 07:56 08:47 09:09 09:29 09:50
175	2674	Roßkothen Patrick	*Duisburg	0:45:15	0:45:28	25	M30	80	5: 08:17 09:09 09:16 09:20 09:11
176	2520	Thiede Uwe	*Moers	0:45:18	0:45:20	26	M40	70	5: 07:55 08:44 09:27 09:38 09:33
177	1844	Gebehart Achim	Team Erdinger Alkoholfrei	0:45:23	0:45:34	7	M55	59	5: 08:27 09:12 09:15 09:22 09:06
178	2746	Kerkchofs Yves	Euroforum Deutschland SE	0:45:25	0:46:14	32	M45	66	5: 08:33 09:09 09:14 09:13 09:13
179	2749	Kellner Jürgen	Euroforum Deutschland SE	0:45:26	0:46:14	27	M35	76	5: 08:38 09:06 09:14 09:21 09:05
180	2279	Breidbach Amin	FC Deutsche Post	0:45:27	0:45:29	18	M50	61	5: 08:06 09:04 09:21 09:36 09:18

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	2202	Piecha Dietmar	Fortuna Düsseldorf 1895 e.V.	0:45:27	0:45:35	33	M45	65	5: 08:27 09:05 09:13 09:20 09:20
182	2337	Niemann Christoph	otris runtime e.V.	0:45:29	0:45:38	34	M45	68	5: 08:10 08:56 09:20 09:28 09:32
183	2254	Hünsele Holger	Team Erdinger Alkoholfrei	0:45:29	0:45:44	27	M40	71	5: 08:12 08:49 09:17 09:36 09:33
184	2324	Munoz Javi	*Pamplona	0:45:31	0:45:50	26	M30	80	5: 08:28 08:49 09:07 09:38 09:28
185	2959	Schäfer Martin		0:45:34	0:45:49	28	M40	70	5: 08:11 09:03 09:25 09:31 09:23
186	1051	Stahlmann Frank	TG Neuss	0:45:35	0:45:42	35	M45	65	5: 08:17 08:57 09:16 09:31 09:32
187	2559	Weitekamp Michael	SFD '75 Düsseldorf	0:45:39	0:45:40	19	M50	62	5: 08:13 09:13 09:22 09:32 09:16
188	2433	Kleineidam Benedikt	Zahnarztpraxis Dr. Daryoush	0:45:41	0:46:27	36	MHK	88	5: 09:15 09:06 09:08 09:14 08:56
189	2485	Zimmermann Martin	*Düsseldorf	0:45:42	0:45:46	27	M30	84	5: 08:09 09:06 09:15 09:42 09:27
190	2840	Susing Thorsten	*Duisburg	0:45:42	0:46:14	28	M30	80	5: 08:32 09:03 09:24 09:36 09:05
191	3116	Köppe Felix		0:45:43	0:45:56	37	MHK	86	5: 08:16 09:05 09:26 09:34 09:20
192	2020	Wisocki Dirk	LT Buga Düsseldorf 1999	0:45:44	0:46:00	36	M45	66	5: 08:21 09:08 09:16 09:32 09:25
193	1069	Henn Ciaran	*Moenchengladbach	0:45:51	0:46:06	8	M55	57	5: 08:47 09:03 09:20 09:32 09:07
194	2961	Heider Sebastian	Woyton Roast Inc.	0:45:53	0:46:08	38	MHK	86	5: 08:10 09:02 09:27 09:31 09:41
195	1368	Böhme Ralph	Nowy Styl GmbH	0:45:55	0:45:56	37	M45	65	5: 07:44 09:11 09:38 09:48 09:33
196	2760	Bischur Manfred	*Düsseldorf	0:45:56	0:45:59	2	M65	49	5: 08:28 09:13 09:20 09:32 09:23
197	2101	Grömping Josef	*Nackenheim	0:45:59	0:46:44	38	M45	67	5: 08:45 09:03 09:09 09:14 09:47
198	2065	Geerken Alexander	Rennsocken Strümp	0:46:00	0:46:23	29	M40	71	5: 08:37 08:45 09:08 09:42 09:45
199	2016	Bocarando José Angel	*Düsseldorf	0:46:03	0:46:35	29	M30	83	5: 09:15 09:27 09:22 09:15 08:43
200	2751	Follmann Michael	Euroforum Deutschland SE	0:46:04	0:47:06	28	M35	76	5: 08:41 08:52 09:01 09:32 09:56
201	1648	Stalter Ulrich	Surplex GmbH	0:46:06	0:46:29	39	M45	68	5: 08:51 09:06 09:20 09:29 09:16
202	1072	Reuter Andreas	*Düsseldorf	0:46:06	0:46:11	30	M40	70	5: 07:51 08:56 09:21 09:57 09:58
203	1613	Neuhäuser Thomas	*Düsseldorf	0:46:11	0:46:38	29	M35	79	5: 08:47 09:12 09:19 09:31 09:20
204	1655	Binnering Andreas	Running Team Grafenberg	0:46:17	0:46:57	40	M45	67	5: 09:01 09:11 09:22 09:27 09:14
204	2839	Fuchshuber Achim	TV Refrath	0:46:17	0:46:23	40	M45	69	5: 08:33 09:09 09:09 09:38 09:47
206	2793	Gualtieri Djulio	*Düsseldorf	0:46:18	0:46:28	20	M50	64	5: 08:10 08:59 09:31 09:53 09:42
207	1650	Haack Jürgen	Running Team Grafenberg	0:46:19	0:46:24	9	M55	57	5: 08:31 09:13 09:25 09:36 09:31
208	1792	Von der Fecht Wolf-R.	*Kaarst	0:46:22	0:46:29	42	M45	66	5: 08:24 09:04 09:20 09:37 09:55
209	1721	Milk Andreas	*Kamen	0:46:22	0:46:38	43	M45	66	5: 09:20 09:12 09:08 09:16 09:25
210	1114	Thamm Dominik	*Düsseldorf	0:46:23	0:47:03	39	MHK	89	5: 09:09 09:30 09:22 09:14 09:06
211	2100	Schreiber Simon	Physiogold/Sexy Shorts	0:46:23	0:46:31	30	M30	83	5: 07:48 09:09 09:37 09:58 09:49
212	2199	Ackermann Detlev	Laufen in Köln	0:46:25	0:46:26	31	M40	70	5: 07:56 09:21 09:37 09:43 09:47
213	1318	Kalisch Jörg	*Münster	0:46:26	0:46:36	44	M45	68	5: 08:33 09:14 09:26 09:45 09:25
214	3106	Preuss Dirk	Mönchengladbach	0:46:27	0:46:32	32	M40	73	5: 08:25 09:17 09:37 09:35 09:31
215	2637	Geuken Lars	keiner	0:46:28	0:46:42	30	M35	76	5: 08:38 09:19 09:25 09:24 09:41
216	2148	Beneke Willi	Willi go	0:46:29	0:46:44	33	M40	74	5: 08:28 09:14 09:32 09:43 09:31
217	2225	Berkenkemper Daniel	*Bad Homburg	0:46:35	0:46:40	45	M45	67	5: 08:05 08:53 09:52 09:53 09:50
218	1043	Brouwers Thomas	ilb	0:46:35	0:46:50	34	M40	73	5: 08:14 09:24 09:43 09:53 09:20
219	1928	Schleicher Ralf	SV Brackwede	0:46:36	0:46:55	21	M50	63	5: 08:34 09:21 09:40 09:39 09:20
220	1840	Zawacki Stefan	*Düsseldorf	0:46:37	0:47:08	31	M35	77	5: 08:53 08:55 09:32 09:54 09:19
221	2771	Mee Marius	*Düsseldorf	0:46:41	0:47:09	31	M30	80	5: 09:08 09:19 09:36 09:24 09:12
222	1242	Wagner Hans-Jörg	CoraLindaRunner	0:46:43	0:46:54	46	M45	67	5: 08:31 09:30 09:38 09:31 09:30
223	1501	Streb Holger	TC Rheinstadion	0:46:43	0:46:49	22	M50	60	5: 08:10 09:19 09:43 09:55 09:35
224	1201	Taubenreuther Marc	*Langenfeld	0:46:43	0:46:58	32	M30	84	5: 08:52 09:29 09:32 09:34 09:13
225	2640	Döring Andreas	*Gelsenkirchen	0:46:44	0:46:48	23	M50	60	5: 07:50 09:10 09:46 10:11 09:44
226	2018	Rosskoth Sascha	*Ratingen	0:46:44	0:46:59	33	M30	83	5: 08:35 09:22 09:39 09:46 09:21
227	1237	De jong Bauke	veteranen nederland	0:46:47	0:46:47	3	M65	46	5: 08:26 09:25 09:32 09:46 09:36
228	2167	Michalski Max	200 PRO	0:46:49	0:47:03	40	MHK	88	5: 08:36 09:28 09:33 09:42 09:28
229	2808	Umbach Markus	KOOB	0:46:51	0:47:31	24	M50	60	5: 08:41 09:26 09:36 09:36 09:31
230	1514	Kunte Harald	*Hannover	0:47:00	0:47:22	34	M30	83	5: 08:19 09:04 09:58 10:00 09:36
231	1209	Filipczak Sören	Duesseldorf I	0:47:01	0:47:20	32	M35	77	5: 08:43 09:17 09:36 09:42 09:40
232	1957	Friedrich Marcel	Sportfreunde Vorst/KKL	0:47:02	0:47:59	41	MHK	87	5: 10:29 10:20 09:08 08:30 08:33
233	1486	Lasek Michael	Unternehmensberatung	0:47:02	0:47:04	2	M60	53	5: 08:31 09:15 09:36 09:50 09:49
234	2682	Brandenburg Pascal	*Düsseldorf	0:47:03	0:47:22	6	MU23	93	5: 08:49 09:22 09:30 09:47 09:33
235	1190	Hans-Peter Pohl	*Erkrath	0:47:07	0:47:11	47	M45	67	5: 08:17 09:13 09:31 10:03 10:01
236	1641	Diether Uwe	Running Team Grafenberg	0:47:08	0:47:14	48	M45	68	5: 08:31 09:26 09:43 09:52 09:34
237	2276	Meuche Thomas	*Düsseldorf	0:47:09	0:47:28	35	M40	73	5: 08:49 09:33 09:46 09:48 09:11
238	1578	Müller Klaus	LT Foto Team	0:47:10	0:47:22	25	M50	60	5: 08:38 09:29 09:36 09:43 09:42
239	1466	Groth Sebastian	*Düsseldorf	0:47:11	0:47:56	42	MHK	87	5: 09:29 09:29 09:19 09:33 09:19
240	1035	Assmann Olaf	*Düsseldorf	0:47:12	0:47:28	49	M45	67	5: 08:53 09:23 09:36 09:49 09:29

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
241	1768	Kolev Miroslav	freenet Datenkommunikation	0:47:16	0:48:22	33	M35	77	5:09:27	09:30	09:15	09:51	09:11
242	1049	Graebel Gunther	Crepe & Baguette Duisburg	0:47:20	0:47:30	3	M60	53	5:08:14	09:17	09:51	10:05	09:52
243	1993	Stiridis Mihail	*Wuppertal	0:47:22	0:47:39	34	M35	76	5:08:22	09:21	09:43	10:05	09:49
244	1292	Voß Jens	Iglis evil Hasis	0:47:23	0:47:31	35	M35	79	5:08:09	09:04	09:39	10:07	10:22
245	1058	Czermin Andreas	TEAM RheinLand	0:47:28	0:47:39	50	M45	66	5:08:53	09:35	09:41	09:53	09:23
246	3068	Kranefuss Jan		0:47:30	0:48:08	36	M35	76	5:08:56	09:17	09:38	09:51	09:46
247	2953	Kraft Jannis	Gesundheitszentrum Beyer	0:47:35	0:48:00	43	MHK	91	5:08:52	09:25	09:35	10:01	09:40
248	2106	Odenthal Sebastian	dearsirs-schuhwerk	0:47:36	0:47:59	37	M35	78	5:08:56	08:57	09:36	10:10	09:55
249	1338	Spaethe Johannes	*Düsseldorf	0:47:37	0:48:14	44	MHK	85	5:09:05	09:30	09:32	09:51	09:38
250	3060	Kramme Wolfgang		0:47:39	0:48:07	38	M35	79	5:10:35	10:05	09:37	08:47	08:34
251	2103	Grimm Florian	Clifford Chance	0:47:39	0:48:18	45	MHK	86	5:09:29	09:28	09:42	09:47	09:12
252	3117	Lazzara Mario		0:47:42	0:48:26	51	M45	66	5:09:43	09:39	09:29	09:32	09:18
253	1652	Klein André	DFFC Deutsch Französische	0:47:42	0:48:03	39	M35	76	5:09:04	09:26	09:37	09:48	09:45
254	2269	Wüst Hans Werner	*Köln	0:47:48	0:47:58	4	M60	50	5:08:30	09:31	09:56	10:09	09:41
255	1174	Heering Christian	*Düsseldorf	0:47:51	0:48:18	35	M30	82	5:08:39	09:30	09:47	10:04	09:50
256	1869	Keppeler Jan	*Düsseldorf	0:47:52	0:47:56	40	M35	79	5:07:58	09:30	10:15	10:21	09:45
257	3073	Wilms Martins	Fortuna Düsseldorf	0:47:53	0:47:57	36	M40	70	5:08:10	09:26	09:49	10:12	10:13
258	2737	Schmidt Manfred	VSV Grenzland Wegberg	0:47:54	0:47:57	5	M60	50	5:09:02	09:36	09:43	09:50	09:41
259	2157	Shu Dirk	*düsseldorf	0:47:56	0:48:06	52	M45	69	5:09:06	09:56	09:53	09:55	09:05
260	2042	Trapp Patrick	*Erkrath	0:47:57	0:48:24	36	M30	83	5:09:01	09:34	09:50	10:00	09:29
261	2505	Frey Stefan	*Erkrath	0:47:58	0:48:22	37	M30	82	5:09:09	09:28	09:49	09:51	09:39
262	1499	Geilen Christian	*Düsseldorf	0:47:58	0:48:21	38	M30	81	5:09:16	09:33	09:43	09:51	09:34
263	2755	Von der Linden Klaus	Linklaters LLP	0:48:01	0:48:12	41	M35	78	5:08:53	09:42	09:47	10:03	09:33
264	1711	Von Contzen Bernd	LG Mönchengladbach	0:48:01	0:48:06	53	M45	66	5:08:29	09:35	09:48	10:04	10:02
265	1837	Keime Tom	*Leverkusen	0:48:01	0:48:25	54	M45	68	5:08:53	09:37	09:55	09:54	09:40
266	1885	Djamalpour Darius	Team Erdinger Alkoholfrei	0:48:10	0:48:23	26	M50	64	5:08:33	09:31	09:52	10:07	10:03
267	2642	Dehnert Uwe	*Düsseldorf	0:48:10	0:48:28	55	M45	68	5:08:39	09:35	09:54	10:05	09:55
268	2346	Köhler Johannes	Lümmelmann	0:48:11	0:48:32	46	MHK	88	5:08:56	09:17	09:49	10:23	09:44
269	2685	Maaßen Wolfgang	LT Düsseldorf Süd	0:48:11	0:48:34	10	M55	55	5:09:05	09:32	09:49	09:54	09:49
270	1921	Solak Florian	*Düsseldorf	0:48:15	0:48:53	47	MHK	86	5:09:18	09:23	09:44	10:06	09:42
271	1538	Erich David	Mimind Reisen	0:48:15	0:48:19	39	M30	82	5:07:51	09:05	10:27	11:09	09:41
272	1872	Zimmermann Uwe	Luckauer Läuferbund	0:48:18	0:48:30	40	M30	81	5:08:10	08:58	09:48	10:34	10:46
273	1276	Gottowik Uwe	VdS Nievenheim	0:48:18	0:48:43	56	M45	66	5:09:02	09:31	09:58	10:03	09:42
274	2116	Schrader Michael	Sportfreunde Aligse	0:48:22	0:48:34	57	M45	67	5:08:43	09:32	09:52	10:07	10:06
275	3082	Frank Wolfgang	Lauffeuer Chiemgau	0:48:23	0:49:02	27	M50	60	5:09:02	09:36	09:53	09:55	09:54
276	2214	Schönberger Stefan	Belmonte Runners	0:48:24	0:48:47	37	M40	74	5:08:42	19:48	19:53	00:00	00:00
277	2072	Liu Xiangqian	*Aachen	0:48:25	0:48:41	48	MHK	87	5:09:20	09:35	09:47	10:26	09:15
278	2911	Reich Michael	Unterbach Runners	0:48:26	0:48:39	28	M50	63	5:08:46	09:27	09:48	10:10	10:14
279	2299	Saitta Calogero	Sg.stern düsseldorf	0:48:29	0:48:46	11	M55	56	5:08:24	09:46	10:02	10:15	10:00
280	1331	Moormann Jürgen	*Düsseldorf	0:48:31	0:48:33	38	M40	71	5:08:22	09:43	10:05	10:18	10:01
281	2177	Wassyl Lars	*Düsseldorf	0:48:32	0:49:29	42	M35	75	5:10:00	09:59	09:51	09:40	09:00
282	1972	Sadler Philipp	*Ratingen	0:48:33	0:49:05	49	MHK	89	5:09:46	10:24	10:13	09:32	08:35
283	1870	Fehre Niels	HSBC	0:48:33	0:48:38	41	M30	81	5:08:14	09:42	10:05	10:19	10:11
284	1831	Sachweh Stephan	Digitale Stadt Düsseldorf	0:48:33	0:49:26	58	M45	69	5:08:47	09:37	09:59	10:00	10:08
285	2176	Moll Gerit	*Grenbroich	0:48:33	0:49:30	39	M40	70	5:09:59	10:00	09:51	09:40	09:01
286	2794	Huebner Tim	*Düsseldorf	0:48:34	0:49:19	42	M30	84	5:09:40	09:30	09:39	09:46	09:58
287	1784	Hilge Peter	DOCRELATIONS	0:48:35	0:48:48	43	M35	79	5:08:54	09:53	09:59	09:59	09:48
288	2256	Hoffmann Holger	SCC Berlin	0:48:41	0:49:07	59	M45	69	5:09:10	09:39	09:47	10:07	09:56
289	1818	Schneider Stefan	Digitale Stadt Düsseldorf	0:48:41	0:49:31	60	M45	66	5:09:07	09:41	09:48	10:09	09:56
290	1688	Becker Thomas	Running Team Grafenberg	0:48:43	0:49:02	40	M40	70	5:08:20	09:41	10:09	10:25	10:06
291	2035	Wienands Leonard	KIESER TRAINING	0:48:45	0:49:26	7	MU23	94	5:09:24	09:42	09:56	09:55	09:46
292	2210	Heidenreich Günter	*Düsseldorf	0:48:46	0:49:21	29	M50	61	5:09:37	09:39	09:49	10:00	09:38
293	1046	Polcher Marco	*Kerben	0:48:46	0:49:10	44	M35	77	5:08:52	09:42	09:56	10:19	09:55
294	1589	Gubanski Martin	*Düsseldorf	0:48:47	0:49:16	30	M50	64	5:09:21	09:27	09:51	10:00	10:06
295	2029	Hermann Ralf	KIESER TRAINING	0:48:47	0:49:28	43	M30	81	5:08:45	09:44	10:08	10:18	09:49
296	2581	Siemes Carsten	Run2 Team Düsseldorf	0:48:47	0:49:05	50	MHK	91	5:08:57	09:28	09:49	10:13	10:19
297	1842	Rütten Ingo	NIDU Lauftreff	0:48:48	0:48:50	44	M30	80	5:08:27	09:48	10:14	10:23	09:54
298	1871	Bauer Marcus	*Düsseldorf	0:48:48	0:49:26	45	M30	84	5:09:18	09:57	09:58	09:50	09:44
299	1197	Cavara Zeljko	*Düsseldorf	0:48:49	0:49:01	41	M40	72	5:08:27	09:31	10:17	10:22	10:10
300	1963	Jacobs Arne	*Düsseldorf	0:48:51	0:49:12	51	MHK	90	5:08:11	09:39	10:12	10:27	10:20

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
301	1428	Simons Horst	Tschft.Gefrath	0:48:53	0:48:56	4	M65	49	5:08:51	10:01	10:06	10:06	09:48
302	1680	Gülden Dennis	Running Team Grafenberg	0:48:57	0:49:37	46	M30	81	5:09:02	09:29	10:05	10:16	10:03
303	1987	Habenbacher Andreas	Running Team Grafenberg	0:49:00	0:49:16	47	M30	82	5:08:56	09:21	09:59	10:18	10:24
304	3053	Kreutzer Jürgen	LKD Düsseldorf	0:49:00	0:49:30	31	M50	60	5:09:24	09:57	09:58	09:58	09:41
305	1608	Visser Christian	Pi Pa Po Ri	0:49:00	0:49:42	42	M40	72	5:08:58	10:00	10:06	10:06	09:47
306	1748	Muller Thibaut	*Ratingen	0:49:01	0:49:22	8	MU23	93	5:10:01	10:26	10:05	09:42	08:45
307	1636	Kunze Olli	Running Team Grafenberg	0:49:02	0:49:12	61	M45	66	5:08:57	09:49	10:06	10:12	09:56
308	2257	Hummel Thomas	*Düsseldorf	0:49:03	0:49:15	32	M50	64	5:08:48	09:34	10:06	10:37	09:54
309	1018	Behle Dirk	*Iserlohn	0:49:09	0:49:25	43	M40	70	5:08:59	09:58	10:09	10:22	09:39
310	2986	Wraase Robert Dr.		0:49:09	0:49:34	12	M55	58	5:09:15	10:03	10:06	10:03	09:39
311	1720	Plietsch KLaus	*Düsseldorf	0:49:11	0:49:27	6	M60	52	5:08:58	09:44	09:54	10:15	10:17
312	1210	Steiner Patrick	*Düsseldorf	0:49:13	0:49:33	45	M35	76	5:09:39	10:06	09:58	09:55	09:34
313	1686	Sosnierz Stefan	*Wülfrath	0:49:18	0:49:47	46	M35	78	5:09:32	09:54	10:03	09:59	09:49
314	1812	Weydert Claude	Team Erdinger Alkoholfrei	0:49:19	0:49:32	62	M45	67	5:08:55	09:42	10:15	10:14	10:11
314	2784	Kökel Efe Mert	Linklaters LLP	0:49:19	0:49:29	9	MU23	93	5:08:41	09:50	10:02	10:36	10:08
316	2178	Loh Norbert	*Haan	0:49:21	0:49:55	63	M45	68	5:10:14	09:59	09:47	09:51	09:27
317	1536	Sellmer Ulrich	LG Flensburg	0:49:21	0:49:26	64	M45	68	5:08:52	09:52	10:04	10:19	10:12
318	1835	Russ Holger	*Düsseldorf	0:49:21	0:50:06	33	M50	60	5:09:22	09:40	10:01	10:12	10:04
319	2991	Guerrero Joan		0:49:23	0:50:05	47	M35	76	5:09:01	09:42	10:06	10:16	10:18
320	1814	Faure Heiko	Digitale Stadt Düsseldorf	0:49:25	0:50:20	44	M40	71	5:09:49	09:51	10:00	10:00	09:43
321	2194	Bader Tobias	*Düsseldorf	0:49:27	0:49:48	48	M30	83	5:08:46	09:25	10:16	10:25	10:32
322	2532	Meinderink Mirco	FTV v. 1880 e. V. Düsseldorf	0:49:27	0:49:47	48	M35	76	5:08:56	09:57	10:08	10:21	10:04
323	1272	Kremer Jürgen	Laufftreff Haan-Hilden	0:49:29	0:49:30	5	M65	46	5:08:27	09:48	10:17	10:34	10:20
324	2185	Pelters Hendrik	*Düsseldorf	0:49:29	0:50:03	52	MHK	88	5:10:35	10:33	09:59	09:30	08:49
325	1646	Schumacher Sven	*Düsseldorf	0:49:29	0:49:48	49	M35	77	5:08:35	09:38	10:13	10:31	10:30
326	2209	Kreienkamp Daniel	*Düsseldorf	0:49:30	0:50:16	53	MHK	85	5:09:20	09:23	09:53	10:24	10:29
327	2768	Scholz Thomas	*Düsseldorf	0:49:31	0:49:43	49	M30	84	5:09:00	09:56	10:16	10:20	09:56
328	1505	Garding Stefan	*Düsseldorf	0:49:32	0:49:35	54	MHK	87	5:08:16	09:55	10:22	10:37	10:21
329	1602	Hanf Achim	Running Team Grafenberg	0:49:32	0:49:32	34	M50	63	5:08:45	09:41	10:04	10:29	10:30
330	1367	Raba Ireneus	Nowy Styl GmbH	0:49:32	0:49:33	65	M45	66	5:08:27	09:50	10:06	10:45	10:21
331	2087	Schardt Michael	LSF Münster	0:49:36	0:49:38	7	M60	54	5:09:04	09:49	10:00	10:20	10:21
332	1435	Twent Michael	*Düsseldorf	0:49:36	0:49:46	50	M30	82	5:08:01	09:51	10:10	10:41	10:51
333	1733	Gerhards Markus	Don Promillo Runner	0:49:36	0:49:46	45	M40	71	5:08:53	09:56	10:00	10:17	10:29
334	2192	Bachmann Till	*Wuppertal	0:49:37	0:50:05	46	M40	71	5:09:40	09:42	09:57	10:07	10:09
335	2290	Moll Daniel	*Ratingen	0:49:38	0:49:50	50	M35	75	5:08:48	09:50	10:03	10:29	10:25
336	1084	Reuker David	*Düsseldorf	0:49:39	0:50:10	51	M35	78	5:09:26	09:58	10:03	10:04	10:06
337	1115	De Voss Simon	*Tönisvorst	0:49:41	0:49:49	55	MHK	88	5:09:03	09:55	09:56	10:32	10:13
338	2216	Schwamborn Matthias	*Osnabrück	0:49:42	0:50:11	56	MHK	85	5:09:57	10:13	09:52	09:56	09:43
339	2688	Sarria Peru	*Düsseldorf	0:49:43	0:50:06	57	MHK	89	5:09:28	10:06	10:10	10:04	09:52
340	2001	Lopez Sanchez Xavier	*Düsseldorf	0:49:43	0:50:15	51	M30	84	5:09:03	09:28	10:15	10:27	10:28
341	3014	Przystupa Thomas		0:49:45	0:49:53	52	M30	80	5:08:37	09:52	10:16	10:39	10:18
342	1881	Born Tobias	Hogan Lovells International	0:49:45	0:50:05	53	M30	84	5:08:59	09:42	10:16	10:30	10:16
343	1529	Becker Marco	*Düsseldorf	0:49:45	0:49:56	58	MHK	86	5:08:37	09:46	10:12	10:34	10:34
344	1873	Eichhorn Daniel	*Düsseldorf	0:49:47	0:50:06	59	MHK	86	5:08:04	08:53	09:25	13:12	10:10
345	1874	Eichhorn Andreas	*Wuppertal	0:49:50	0:50:10	54	M30	84	5:08:25	10:05	10:19	10:44	10:15
346	1193	Kula Sebastian	*Düsseldorf	0:49:51	0:49:54	60	MHK	87	5:08:42	09:46	10:11	10:28	10:42
347	1189	Kula Michael	*Schloß Holte	0:49:51	0:49:54	55	M30	83	5:08:42	09:46	10:11	10:28	10:42
348	2998	Schneider Mark		0:49:52	0:50:09	47	M40	72	5:09:23	09:59	10:06	10:15	10:07
349	1746	Koßler Oliver	Düsseldorfer TV	0:49:55	0:50:31	66	M45	68	5:09:08	09:53	10:17	10:27	10:09
350	1940	Ely Ulrich	Privat	0:49:55	0:50:39	8	M60	50	5:09:45	10:03	10:00	10:05	10:00
351	1264	Brockmann Stefan	*Düsseldorf	0:49:55	0:50:49	48	M40	70	5:10:16	09:55	09:48	09:56	09:58
352	2360	Baatz Mattis	*Düsseldorf	0:49:57	0:50:08	10	MU23	92	5:08:36	10:20	10:09	10:36	10:14
353	3091	Ban Alexander		0:49:58	0:50:31	49	M40	73	5:09:34	10:06	10:20	10:15	09:40
354	1567	Maushake Ralf	*Düsseldorf	0:49:59	0:50:17	67	M45	68	5:08:59	09:53	10:18	10:31	10:15
355	2589	Joshi Gaurav	*Düsseldorf	0:49:59	0:50:32	56	M30	82	5:09:50	10:21	10:18	10:09	09:20
356	2234	Strehlke Ernst	Tuspo Rengershausen	0:50:00	0:50:30	68	M45	66	5:10:19	10:14	10:05	09:54	09:26
357	2651	Emmanouilidis Ermis	*Düsseldorf	0:50:04	0:50:05	50	M40	74	5:08:38	09:53	10:29	10:44	10:19
358	3059	Bassel Haddad		0:50:07	0:50:35	52	M35	79	5:10:35	10:06	09:37	10:04	09:44
359	2191	Spieker Michael	Mercer	0:50:08	0:50:31	35	M50	64	5:10:06	09:33	09:47	10:14	10:26
360	2763	Salata Dieter	1969	0:50:08	0:50:28	69	M45	69	5:09:24	09:57	10:10	10:30	10:06

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
361	3020	Luenen Thomas		0:50:09	0:50:37	6	M65	48	5: 10:13	10:10	09:54	09:59	09:51
362	2222	Güttler Axel	FC Straberg	0:50:11	0:50:37	70	M45	69	5: 09:12	09:58	10:18	10:32	10:09
363	2168	Schogalla Herbert	Lauftreff Gruiten-Neandertal	0:50:11	0:50:56	13	M55	58	5: 10:27	09:52	09:57	10:01	09:51
364	3096	Schweins Thomas		0:50:14	0:50:21	71	M45	67	5: 08:33	09:37	10:31	11:02	10:29
365	2944	Bunge Mathias	Team Erdinger Alkoholfrei	0:50:14	0:50:34	57	M30	81	5: 09:30	10:01	10:10	10:19	10:11
366	1576	Klesser Eckhard	Dental-Studio Rolf Hermann	0:50:16	0:50:48	36	M50	63	5: 09:54	09:58	09:56	10:08	10:18
367	1011	Dittmer Jens	*Düsseldorf	0:50:17	0:50:29	72	M45	68	5: 09:48	10:02	10:07	10:10	10:08
368	2438	Daubach Ingo	Zahnarztpraxis Dr. Daryoush	0:50:18	0:51:02	53	M35	79	5: 09:45	10:05	10:19	10:16	09:51
369	2645	Charalabidis Panagiotis	*Leverkusen	0:50:23	0:50:49	58	M30	80	5: 10:21	10:40	10:14	09:57	09:10
370	2593	Brukner Oliver	*Köln	0:50:24	0:50:49	59	M30	82	5: 10:22	10:39	10:15	09:55	09:12
371	2143	Hertelendy Gabor	Steinach-Apotheke Nürtingen	0:50:24	0:50:29	54	M35	75	5: 08:45	09:59	10:31	10:46	10:22
372	1864	Weigend Thorsten	*Düsseldorf	0:50:28	0:51:11	61	MHK	86	5: 09:42	10:14	10:16	10:14	10:00
373	2479	Schwarz Thorsten	Team Erdinger Alkoholfrei	0:50:34	0:51:05	55	M35	76	5: 09:48	09:45	10:08	10:21	10:29
374	1044	Dückerhoff Sven	Kaiserkicker 1986	0:50:35	0:51:30	51	M40	72	5: 10:18	10:19	10:07	10:03	09:47
375	1212	Ramsauer Jürgen	*Düsseldorf	0:50:36	0:51:11	52	M40	72	5: 09:28	10:06	10:18	10:24	10:18
376	2660	Baio Cristian	Hahn	0:50:37	0:50:55	56	M35	75	5: 08:30	10:07	10:41	10:41	10:36
377	1846	Wilde Silvio	Team Erdinger Alkoholfrei	0:50:38	0:50:40	57	M35	76	5: 07:56	09:52	10:47	10:57	11:04
378	2341	Dr. Fröhlich Tobias	*Düsseldorf	0:50:39	0:51:01	73	M45	68	5: 09:39	10:10	10:30	10:32	09:46
379	2937	Mauersberger Joachim	SFD '75 Düsseldorf	0:50:41	0:50:49	37	M50	60	5: 09:08	10:05	10:21	10:35	10:30
380	1100	SALMON ANDREAS	Fotografie & Design Salmon	0:50:44	0:51:32	38	M50	60	5: 09:30	10:16	10:18	10:24	10:15
381	2707	Schevardo Marcus	Henkel Sport Team	0:50:45	0:51:24	53	M40	72	5: 08:58	09:44	10:23	10:48	10:50
382	1401	Heinrich Theo	*Düsseldorf	0:50:45	0:51:20	39	M50	62	5: 09:51	09:42	09:55	10:32	10:44
383	2776	Basch Philipp	Linklaters LLP	0:50:47	0:50:57	58	M35	77	5: 09:11	10:05	10:31	10:36	10:22
384	1009	Paas Christian	*Ratingen	0:50:47	0:51:43	74	M45	66	5: 08:53	10:02	10:26	10:46	10:37
385	1254	Drecker Uwe	*Düsseldorf	0:50:49	0:51:25	40	M50	64	5: 09:17	09:54	10:15	10:41	10:40
386	2109	Loh Florian	*Düsseldorf	0:50:55	0:50:56	60	M30	80	5: 08:02	09:53	10:52	11:07	10:58
387	1593	Ulrich Markus	City Runner 2014	0:50:56	0:51:36	75	M45	66	5: 10:09	10:27	10:14	10:07	09:58
388	1779	Rogall Jan	*Duisburg	0:50:59	0:51:31	62	MHK	91	5: 09:31	09:49	10:10	10:42	10:44
389	2425	Meinert Stefan	Laufschule Dortmund by Bunert	0:51:00	0:51:25	76	M45	65	5: 09:36	09:58	10:32	10:46	10:06
390	2791	Pries Peter	*Meerbusch	0:51:01	0:51:07	77	M45	65	5: 08:38	10:15	10:41	10:49	10:36
391	1803	Schmitz Wolfgang Jürgen	*Düsseldorf	0:51:06	0:51:47	78	M45	68	5: 09:29	09:57	10:10	10:35	10:53
392	2219	Schneider Olaf	*Oberhausen	0:51:09	0:51:38	79	M45	68	5: 10:19	10:15	10:03	10:23	10:06
393	1016	Baxmann Peter	Daimler	0:51:15	0:51:40	80	M45	69	5: 09:52	10:05	10:17	10:21	10:38
394	2014	Geisel Thomas	*Düsseldorf	0:51:17	0:51:23	41	M50	63	5: 08:45	10:08	10:37	10:49	10:56
395	1349	Brockhoff Uwe	Buchholzerjung	0:51:18	0:51:34	42	M50	61	5: 09:12	10:12	10:18	10:50	10:45
396	2142	Hohn Ulrich	FBU	0:51:21	0:51:40	14	M55	55	5: 09:21	10:06	10:28	10:56	10:28
397	2764	Quezada Akamitl	*Bochum	0:51:23	0:51:52	61	M30	83	5: 10:52	10:32	10:08	10:10	09:39
398	2769	Meyer Henning	*Düsseldorf	0:51:24	0:52:25	43	M50	61	5: 09:42	09:56	10:28	10:41	10:35
399	1582	Cox Jan	*Düsseldorf	0:51:26	0:51:48	63	MHK	87	5: 10:22	10:32	10:15	10:07	10:09
400	1788	Bauer Jan	Running Team Grafenberg	0:51:28	0:52:08	54	M40	71	5: 09:41	10:00	10:19	10:40	10:47
401	1867	Martin Thomas	HSBC	0:51:29	0:51:33	62	M30	81	5: 08:13	10:15	10:59	10:57	11:03
402	2644	TOREN Senol	*47166	0:51:31	0:51:40	81	M45	69	5: 09:06	10:31	10:41	10:46	10:24
403	2773	Geilen Lothar	* Düsseldorf	0:51:32	0:51:44	44	M50	61	5: 08:53	09:56	10:39	11:10	10:52
404	2439	Markus Reineke	Zahnarztpraxis Dr. Daryoush	0:51:32	0:52:18	63	M30	81	5: 09:45	10:20	10:25	10:28	10:33
405	2268	Diop Abass	*Brüssel	0:51:32	0:52:09	64	MHK	87	5: 10:38	10:36	10:57	10:00	09:19
406	1117	Kordelas Lambros	*Düsseldorf	0:51:33	0:52:27	82	M45	69	5: 10:49	10:32	09:58	10:08	10:03
407	2623	Pajdzik Mathäus	U-See-Crew	0:51:35	0:52:33	64	M30	82	5: 10:41	09:57	10:12	10:20	10:24
408	1094	Kroner Markus	Running Team Grafenberg	0:51:35	0:51:48	45	M50	63	5: 09:23	10:11	10:26	10:42	10:51
409	1180	Schulz Falk	*Wuppertal	0:51:41	0:52:21	65	MHK	88	5: 10:44	10:27	10:22	10:28	09:38
410	1569	Westphal Kai	KUTYA KORMI Fanclub	0:51:42	0:52:11	65	M30	81	5: 09:29	10:13	10:30	10:43	10:45
411	1213	Corsten Michael	*Düsseldorf	0:51:44	0:52:04	59	M35	76	5: 09:40	10:07	10:25	10:40	10:50
412	1090	Detert Thomas	*Düsseldorf	0:51:44	0:52:20	55	M40	74	5: 09:56	10:31	10:32	10:24	10:20
413	2123	Teles Sergio	Correr Lisboa (Running Lisbon)	0:51:45	0:52:06	11	MU23	94	5: 10:53	12:45	09:48	09:23	08:54
414	1651	Wurda Werner	Diabetes Programm	0:51:46	0:52:53	46	M50	60	5: 10:01	10:32	10:32	10:29	10:10
415	2687	Baade Jörg	*Düsseldorf	0:51:48	0:52:01	83	M45	65	5: 09:21	09:59	10:40	11:08	10:38
416	1236	Dirnberger Robert	*Epsendorf	0:51:49	0:52:28	12	MU23	93	5: 09:57	10:48	10:31	10:24	10:07
417	2174	Wegele Roland	*Krefeld	0:51:49	0:52:10	56	M40	71	5: 09:42	10:35	10:50	10:40	10:00
418	2656	Geröllheimer Barney	*Düsseldorf	0:51:50	0:52:50	60	M35	77	5: 10:54	11:23	10:16	09:55	09:20
419	1581	Janßen Daniel	*Düsseldorf	0:51:50	0:52:19	66	MHK	88	5: 09:39	10:08	10:31	10:42	10:49
420	1877	Ingwersen Malte	Hogan Lovells International	0:51:52	0:52:12	66	M30	83	5: 09:19	09:47	10:40	11:06	10:57

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
421	1108	Bantin Holger	Unser Wasser e.V.	0:51:53	0:52:06	9	M60	53	5:09:29	10:24	10:26	10:43	10:48
422	2122	Blankenstein Simon	*düsseldorf	0:51:53	0:52:26	67	M30	80	5:10:34	10:16	10:29	10:24	10:07
423	1103	Kese Manuel	Fortuna Düsseldorf	0:51:56	0:52:26	57	M40	74	5:09:05	09:53	10:29	11:09	11:18
424	1850	Parmar Dixit	*Aachen	0:51:57	0:52:13	67	MHK	86	5:09:46	10:18	10:59	10:46	10:06
425	2909	Müller Niko	*Remscheid	0:51:59	0:52:45	4	MU20	95	5:10:55	11:11	10:51	10:53	08:08
426	1959	Rausch Ralph	*Korschenbroich	0:52:01	0:52:57	68	MHK	87	5:10:28	10:22	10:24	10:35	10:10
427	2501	Schulz-Bongert Udo	Dr. SchuBos steile Zähne	0:52:01	0:52:11	47	M50	60	5:08:33	10:15	10:45	11:05	11:21
428	1958	Friedrich Marcus	*Düsseldorf	0:52:02	0:52:57	68	M30	84	5:10:29	10:21	10:24	10:35	10:10
429	2509	Kreuz Sebastian	F95	0:52:02	0:52:08	58	M40	71	5:09:16	10:16	10:49	10:45	10:54
430	2603	Rota Pol	Special Olympics Luxemburg	0:52:06	0:52:14	84	M45	68	5:09:26	10:43	10:26	10:30	10:59
431	2606	Gergen Marc	Special Olympics Luxemburg	0:52:06	0:52:14	59	M40	72	5:09:25	10:43	10:27	10:29	10:59
432	2052	Montréal Ralf	proroba	0:52:09	0:52:15	85	M45	69	5:08:50	10:18	10:52	11:23	10:45
433	2127	Tschech Niklas	*Düsseldorf	0:52:10	0:52:55	69	MHK	86	5:10:16	10:24	10:52	10:28	10:07
434	2494	Madalinski Maximilian	*düsseldorf	0:52:12	0:52:50	70	MHK	86	5:09:55	09:57	10:16	10:58	11:04
435	2283	Bluss Adam	*Hilden	0:52:14	0:53:07	48	M50	63	5:10:13	10:08	10:23	10:35	10:53
436	1469	Mattar Christian	*Düsseldorf	0:52:14	0:52:38	69	M30	81	5:09:13	10:07	10:58	11:02	10:52
437	2395	Wienhold Jürgen	Hotel Nikko Düsseldorf	0:52:15	0:52:21	49	M50	61	5:09:35	10:16	10:42	10:59	10:41
438	1789	Ulrich Wolfgang	*Gangelt	0:52:15	0:52:46	86	M45	65	5:09:46	10:23	10:48	10:50	10:26
439	2196	Andree Dirk	IceAliens Velbert	0:52:16	0:52:39	15	M55	59	5:09:45	10:30	10:41	10:42	10:35
440	2195	Lölling Stefan	*Hilden	0:52:19	0:52:50	70	M30	83	5:09:53	10:42	10:43	10:37	10:21
441	2939	Holz Michael	AWISTA Düsseldorf	0:52:24	0:52:56	50	M50	63	5:10:09	10:39	10:40	10:37	10:16
442	2814	Pfeifer Stefan	*Düsseldorf	0:52:26	0:52:42	60	M40	70	5:09:34	10:04	10:41	11:08	10:56
443	1643	Müller Martin	*Leverkusen	0:52:28	0:53:08	61	M40	72	5:10:05	10:32	10:32	10:42	10:35
444	2348	Mellech Ralf	*Tönisvorst	0:52:28	0:53:06	51	M50	63	5:09:58	10:27	10:44	10:50	10:27
445	2666	Friedrich Holger	*Meerbusch	0:52:29	0:52:40	16	M55	58	5:10:05	10:44	10:36	10:39	10:22
446	1829	Marczinek Jörg	Digitale Stadt Düsseldorf	0:52:29	0:53:22	62	M40	71	5:09:54	10:30	10:36	10:50	10:36
447	3092	Brandt Wolfgang	LT Düsseldorf Süd	0:52:29	0:53:02	17	M55	59	5:09:31	09:56	10:18	11:14	11:27
448	2667	Frazao Rui	*Meerbusch	0:52:30	0:52:40	63	M40	70	5:10:06	10:44	10:37	10:39	10:22
449	2313	Bussmann Bernd	*Düsseldorf	0:52:31	0:52:37	61	M35	78	5:09:45	10:31	10:50	10:49	10:33
450	2083	Ripple Martin-Ulrich	*Meerbusch	0:52:33	0:52:35	64	M40	70	5:08:42	10:25	11:23	11:05	10:56
451	1889	Sonnenberg David	*Düsseldorf	0:52:34	0:52:46	71	MHK	86	5:09:23	10:25	10:46	11:12	10:46
452	1819	Görgen Klemens	Digitale Stadt Düsseldorf	0:52:35	0:53:26	52	M50	64	5:09:58	10:26	10:47	10:51	10:31
453	2084	Lahrman Stephan	*Düsseldorf	0:52:38	0:53:20	71	M30	83	5:10:00	10:36	10:48	10:45	10:27
454	1259	Krogmeier Wilhelm	FTV v. 1880 Düsseldorf e.V.	0:52:40	0:53:03	18	M55	57	5:10:10	10:50	10:40	10:42	10:16
455	1395	Zurmühl Kay	Dental-Studio Rolf Hermann	0:52:40	0:53:14	65	M40	71	5:10:10	10:29	10:48	10:41	10:30
456	1696	Hanf Sascha	MAH Zahntechnik	0:52:42	0:52:44	62	M35	77	5:09:01	10:39	11:04	11:08	10:50
457	1335	Hilmes Ralf	*Monheim	0:52:43	0:53:09	19	M55	59	5:09:34	10:24	10:53	11:10	10:40
458	1012	Ademes Jochen	*Düsseldorf	0:52:43	0:53:09	87	M45	69	5:10:13	10:36	10:28	10:38	10:47
459	1245	Hoff Stefan	schnell&schneller	0:52:46	0:53:29	88	M45	69	5:10:20	10:37	10:35	10:37	10:35
460	2364	Banken Volker	*Meerbusch	0:52:48	0:53:32	89	M45	68	5:10:42	10:48	10:34	10:34	10:08
461	2605	Schintgen Frank	Special Olympics Luxemburg	0:52:48	0:52:55	53	M50	64	5:08:52	10:32	11:11	11:09	11:01
462	1363	Rolsing Oleg	*Düsseldorf	0:52:48	0:53:13	66	M40	74	5:09:42	10:13	10:22	10:58	11:31
463	2988	Wrede Andreas		0:52:48	0:53:18	90	M45	65	5:09:42	10:31	10:52	11:00	10:41
464	1828	Wagner Martin	Digitale Stadt Düsseldorf	0:52:50	0:53:12	72	M30	83	5:09:04	10:08	10:56	11:25	11:15
465	2703	Schweffinghaus Andreas	Messe Düsseldorf GmbH	0:52:51	0:53:00	54	M50	60	5:09:50	10:29	10:37	10:56	10:57
466	2859	Wellerdick Christian	*Düsseldorf	0:52:53	0:53:03	91	M45	65	5:08:38	09:46	10:41	11:42	12:04
467	1891	Findt Moritz	RSV St. Hubertus Oertrich	0:52:55	0:53:11	13	MU23	94	5:10:18	10:51	10:48	10:44	10:11
468	1826	Janzen Oliver	Digitale Stadt Düsseldorf	0:52:56	0:53:49	92	M45	69	5:09:45	10:20	10:59	11:12	10:38
469	1050	Hilmes Stephan	*Leverkusen	0:52:56	0:53:23	93	M45	67	5:09:32	10:24	10:54	11:10	10:55
470	1191	Siedler Christian	*Düsseldorf	0:52:56	0:53:23	73	M30	80	5:10:00	10:36	10:56	10:45	10:38
471	1883	Heinen Sebastian	*Düsseldorf	0:52:57	0:53:38	72	MHK	85	5:11:12	11:48	10:47	09:33	09:36
472	1487	Mainz Klaus	*Düsseldorf	0:52:57	0:52:58	1	M70	41	5:09:13	10:36	11:00	11:06	11:01
473	2120	Raphael Ernst	*Bonn	0:52:58	0:53:26	74	M30	84	5:09:57	10:34	10:52	10:47	10:45
474	1512	Kunte Robert	*Düsseldorf	0:52:58	0:53:21	75	M30	80	5:10:01	10:21	10:36	10:37	11:22
475	3049	Thöns Nikolaus	St. Pauli	0:52:59	0:53:38	55	M50	64	5:09:45	10:16	10:48	11:05	11:03
476	1865	Hofstädter Rudolf	*Düsseldorf	0:52:59	0:53:16	73	MHK	88	5:08:57	10:05	10:52	11:25	11:39
477	2026	Kolf Florian	KIESER TRAINING	0:53:03	0:53:45	94	M45	67	5:09:37	10:20	10:56	11:07	11:00
478	3109	Huemsch Thomas	OTV Meerbusch	0:53:05	0:53:23	56	M50	63	5:10:12	10:55	10:46	10:38	10:32
479	2295	Kleinert Manuel	Herr	0:53:06	0:53:59	14	MU23	92	5:10:02	10:19	10:28	10:59	11:16
480	3062	Okamoto Shinichi		0:53:08	0:53:25	10	M60	50	5:09:32	10:09	10:55	11:21	11:08

10km - Gesamt Lauf 6- 8 (ohne DM)

Stadtwerke Kö-Lauf Düsseldorf - 7. September 2014

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
481	2782	Stellwaag Lars	Linklaters LLP	0:53:09	0:53:21	15	MU23	92	5:08:37	10:19	12:00	11:20	10:51	
482	2785	Wappler Bernardo	Linklaters LLP	0:53:11	0:53:21	16	MU23	92	5:08:41	10:18	11:21	11:58	10:52	
483	1149	Lotichius Karsten	*Düsseldorf	0:53:11	0:53:28	95	M45	66	5:09:15	10:34	11:10	11:12	10:57	
484	2420	Stahnke Sirko	Stadtwerke Düsseldorf	0:53:12	0:54:02	96	M45	69	5:10:01	10:33	10:51	10:55	10:51	
485	1786	Jansch Robby	DOCRELATIONS	0:53:16	0:53:50	63	M35	76	5:09:54	10:19	10:52	11:09	11:01	
486	3004	Algenstaedt Claus	OTV Osterath	0:53:16	0:53:17	1	M75	39	5:09:09	10:42	11:02	11:12	11:09	
487	2449	Vey Oliver	Zahnarztpraxis Dr. Daryoush	0:53:19	0:54:03	64	M35	77	5:10:53	11:08	10:33	10:30	10:14	
488	2810	Mustafa Rasim	KOOB	0:53:22	0:54:02	76	M30	82	5:10:31	11:18	10:47	10:31	10:12	
489	2857	Eisermann Frank	*Leverkusen	0:53:22	0:53:34	97	M45	66	5:09:27	10:46	11:05	11:14	10:48	
490	2031	Uekermann Dirk	KIESER TRAINING	0:53:23	0:54:05	67	M40	70	5:10:07	10:44	10:59	10:59	10:33	
491	3111	Geiser Manfred	OTV	0:53:24	0:53:42	20	M55	57	5:10:11	10:55	10:47	10:43	10:45	
492	2792	Theiss Bill	Herr	0:53:25	0:53:29	21	M55	59	5:09:08	10:12	10:59	11:34	11:31	
493	1294	Junkert Michael	*Gießen	0:53:25	0:53:54	65	M35	79	5:10:08	10:36	10:46	11:01	10:53	
494	2441	Bücker Bernd	Zahnarztpraxis Dr. Daryoush	0:53:26	0:54:13	98	M45	69	5:10:52	10:40	10:57	10:55	09:59	
495	3015	Stein Karl-Heinz		0:53:27	0:53:44	99	M45	65	5:09:23	10:20	10:53	11:21	11:27	
496	2523	Chliaropoulos Apostolos	*Düsseldorf	0:53:28	0:53:50	68	M40	71	5:09:31	10:48	11:19	11:06	10:42	
497	3009	Sommerauer Holger	Freie Schwimmer Düsseldorf	0:53:32	0:54:36	69	M40	72	5:10:35	10:56	10:48	10:46	10:26	
498	2916	Lescher Marco	*Düsseldorf	0:53:37	0:54:10	66	M35	75	5:10:33	10:26	10:40	11:00	10:56	
499	2801	Butterwegge Frank	Buttirunners	0:53:44	0:54:40	70	M40	71	5:10:12	10:24	10:48	11:20	11:00	
500	1263	Grelle Wolfgang	*Heiligenhaus	0:53:45	0:54:09	100	M45	66	5:09:59	10:23	10:44	11:29	11:08	
501	2326	Mohrmann Moehre	Der Elf und seine Freunde	0:53:47	0:54:27	71	M40	73	5:10:32	10:58	10:45	10:47	10:42	
502	2718	Wingerter Frank	Henkel Sport Team	0:53:49	0:54:07	67	M35	76	5:10:11	11:02	10:57	10:57	10:39	
503	1979	Drießen Heijo	SG Kaarst	0:53:49	0:53:52	7	M65	46	5:09:41	10:51	10:51	11:17	11:07	
504	2415	Jestadt Thomas	Stadtwerke Düsseldorf	0:53:49	0:54:40	101	M45	69	5:10:19	10:44	10:59	10:57	10:48	
505	1969	Schwitalla Joachim	*Berlin	0:53:53	0:54:32	8	M65	46	5:10:36	10:49	10:52	10:53	10:41	
506	1543	Jäpel Tom	*Düsseldorf	0:53:54	0:54:51	77	M30	83	5:10:47	10:48	10:49	10:53	10:35	
507	1887	Coroly Hans-josef	LG Gummersbach	0:53:55	0:54:43	22	M55	55	5:09:50	10:28	10:58	11:24	11:13	
508	1286	Wachendorf Ansgar	*Meerbusch	0:53:56	0:54:18	57	M50	61	5:10:11	10:37	10:56	11:09	11:01	
509	1790	Soterio Andrć	Running Team Grafenberg	0:53:56	0:54:06	68	M35	75	5:08:57	10:10	10:56	11:52	11:59	
510	3064	Wester Marc	ASV Köln	0:53:57	0:54:08	69	M35	79	5:09:54	10:53	10:58	10:53	11:17	
511	1128	Stachow Peter	*Düsseldorf	0:53:57	0:54:31	74	MHK	88	5:10:36	11:17	11:20	11:28	09:15	
512	1723	Schüler Benedikt	*Kaarst	0:53:58	0:54:04	102	M45	66	5:09:28	10:24	11:06	11:35	11:23	
513	2130	Janssen Volker	*Düsseldorf	0:53:58	0:54:49	72	M40	72	5:10:03	10:07	10:52	11:20	11:35	
514	1560	Schoer Bernd	Willicher Turnverein 1892 eV	0:53:59	0:54:52	70	M35	75	5:10:42	11:10	10:55	10:42	10:28	
515	3055	Giacomo Sevi		0:54:02	0:54:51	78	M30	84	5:09:31	10:34	11:05	11:30	11:19	
516	1473	Löppenberg Michael	Team Gerresheim	0:54:02	0:54:20	75	MHK	85	5:10:23	10:41	10:55	11:03	10:59	
517	2700	Rhinow Guido	*Düsseldorf	0:54:06	0:54:25	73	M40	71	5:09:55	10:50	11:00	11:14	11:04	
518	2030	Beneke Sven	KIESER TRAINING	0:54:06	0:54:49	74	M40	70	5:10:50	10:53	10:53	10:50	10:38	
519	2754	König Mirko	Linklaters LLP	0:54:09	0:54:20	71	M35	77	5:09:52	10:55	11:02	11:05	11:13	
520	2777	Haakon Michling	Linklaters LLP	0:54:09	0:54:21	76	MHK	91	5:09:00	09:50	10:43	12:28	12:06	
521	2102	Vos Martijn	*Remscheid	0:54:12	0:54:57	103	M45	67	5:10:56	11:12	10:50	10:54	10:19	
522	2133	Wedler Martin	Luisen-Gymnasium Düsseldorf	0:54:12	0:54:53	58	M50	63	5:10:10	10:37	10:56	11:31	10:55	
523	2701	Horn Dirk	Henkel Sport Team	0:54:13	0:54:31	72	M35	79	5:10:13	10:34	11:08	11:22	10:54	
524	2822	Gnidowski Kunibert Erwin	*Dormagen	0:54:14	0:54:30	75	M40	72	5:08:56	10:23	11:09	11:56	11:48	
525	1664	Pohl Jochen	*Willich	0:54:14	0:54:48	76	M40	73	5:10:42	10:53	10:48	11:01	10:48	
526	2712	Cabeza Simon	Henkel Sport Team	0:54:17	0:54:34	79	M30	83	5:09:35	11:00	11:04	11:23	11:13	
527	1822	Honl Veit	Digitale Stadt Düsseldorf	0:54:21	0:55:14	104	M45	66	5:09:59	10:44	11:16	11:25	10:55	
528	3056	Gotz Jürgen	Barsbutter Sportverein	0:54:23	0:54:28	11	M60	50	5:10:15	11:04	11:04	11:09	10:48	
529	1344	Sarafin Fabian	*Düsseldorf	0:54:25	0:54:53	77	MHK	86	5:10:39	10:52	10:46	10:57	11:09	
530	1939	Ely Stefan	Privat	0:54:28	0:55:11	23	M55	55	5:09:55	10:45	11:06	11:24	11:16	
531	3019	Franzen Björn		0:54:28	0:55:15	78	MHK	85	5:10:35	10:50	10:51	11:05	11:05	
532	1458	Schürmann Peter	*Düsseldorf	0:54:29	0:55:16	105	M45	69	5:10:51	10:48	10:58	11:03	10:48	
533	2824	Möllendorf Daniel	*Düsseldorf	0:54:30	0:54:41	80	M30	83	5:10:22	10:37	10:53	11:24	11:12	
534	1575	Brizewski Rolf	Dental-Studio Rolf Hermann	0:54:31	0:55:03	24	M55	55	5:10:03	10:32	10:53	11:24	11:37	
535	2345	David Bernd	*Düsseldorf	0:54:38	0:55:01	9	M65	49	5:10:35	11:03	11:01	11:05	10:51	
536	2702	Pfeiffer Karl	FTV v. 1880 e. V. Düsseldorf	0:54:40	0:55:02	106	M45	69	5:10:18	11:04	11:11	11:17	10:48	
537	1511	Forsthövel Andreas	Run and Fun	0:54:45	0:55:15	81	M30	81	5:10:58	11:20	11:00	11:00	10:25	
538	1195	Brosowski Frank	Team Popclub	0:54:47	0:55:31	77	M40	72	5:10:11	10:46	11:02	11:28	11:18	
539	1337	Hesselmann Jan	*Düsseldorf	0:54:50	0:55:26	82	M30	84	5:10:24	11:02	11:05	11:13	11:03	
540	1081	Jung Philipp	BDKJ	0:54:50	0:55:28	83	M30	81	5:10:10	10:36	11:08	11:41	11:14	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
541	1860	Nolde Andreas	Luise läuft	0:54:50	0:55:33	73	M35	77	5: 10:26 10:40 11:10 11:35 10:58
542	1474	Metzgeroth Sven	*Düsseldorf	0:54:52	0:55:07	74	M35	79	5: 10:04 10:57 11:11 11:18 11:20
543	2398	Loschelder Jürgen	Hotel Nikko Düsseldorf	0:54:53	0:55:11	25	M55	59	5: 11:15 12:09 08:52 10:44 11:49
544	3070	Birke Rainer Dr.	Wessing & Partner	0:54:53	0:55:45	78	M40	71	5: 09:18 10:32 11:33 11:57 11:32
545	3028	Zeisler Dirk		0:54:56	0:55:33	75	M35	76	5: 10:58 11:37 11:26 10:48 10:04
546	1736	Stövesand Christian	Düsseldorfer TV 1847	0:54:57	0:55:09	76	M35	75	5: 09:30 10:19 11:25 11:40 12:02
547	2716	Protzek Adam	Henkel Sport Team	0:55:00	0:55:18	84	M30	82	5: 10:11 11:12 11:08 11:23 11:03
548	2429	Taghavi Daryoush	Zahnarztpraxis Dr. Daryoush	0:55:00	0:55:46	79	M40	73	5: 10:53 11:05 10:32 10:59 11:29
549	2067	Walter Ronald	*Düsseldorf	0:55:00	0:55:14	10	M65	49	5: 10:21 11:00 11:02 11:28 11:09
550	2648	Sackmann Thomas	Aldi	0:55:02	0:55:03	79	MHK	91	5: 09:18 11:21 11:30 11:56 10:55
551	2930	Reetz Sascha		0:55:03	0:55:29	77	M35	79	5: 09:19 10:47 12:18 11:50 10:47
552	1878	Leistikow Michael	Hogan Lovells International	0:55:03	0:55:24	26	M55	56	5: 09:18 10:37 11:28 11:54 11:45
553	1573	Thielen Ulrich	Dental-Studio Rolf Hermann	0:55:06	0:55:38	107	M45	66	5: 10:29 10:48 11:01 11:19 11:26
554	2125	Gottschalk Rainer	Kreissparkasse Düsseldorf	0:55:09	0:55:45	59	M50	62	5: 10:29 11:02 11:06 11:16 11:14
555	2488	Schoeneis Thorsten	TSV Eller 04	0:55:09	0:56:06	80	M40	72	5: 09:31 10:56 11:26 11:55 11:19
556	3085	Balsemo Gerardo		0:55:10	0:55:24	12	M60	54	5: 09:44 11:00 11:18 11:32 11:34
557	2378	Röckendorf Jens	Ausdauer Schule Bruns	0:55:10	0:55:48	27	M55	58	5: 10:14 11:09 11:17 11:34 10:54
558	2419	Houben Andre	Stadtwerke Düsseldorf	0:55:14	0:56:04	108	M45	69	5: 10:06 10:42 11:13 11:24 11:46
559	3084	Deisenroth Marc	DJK Agon 08	0:55:14	0:55:36	5	MU20	96	5: 08:44 09:42 16:12 10:31 10:03
560	2841	Hastrich Andreas	TV Refrath	0:55:17	0:55:33	109	M45	66	5: 10:06 11:02 11:31 11:39 10:58
561	2877	Gebhardt Denis	Blotwoosch Galerie	0:55:19	0:55:54	81	M40	71	5: 10:47 11:50 10:51 11:07 10:43
562	1041	Perak Daniel	*Düsseldorf	0:55:20	0:56:06	82	M40	72	5: 10:10 10:48 11:09 11:33 11:37
563	2320	Klaus Tiemann	*Neuss	0:55:21	0:55:50	28	M55	56	5: 10:12 10:51 11:22 11:31 11:23
564	2507	Hecker Andreas	F95	0:55:22	0:55:27	83	M40	70	5: 09:24 11:08 11:28 11:46 11:34
565	2836	Stolla Arnold	prismaxx media	0:55:24	0:55:59	60	M50	62	5: 09:52 10:38 11:33 11:54 11:25
566	2799	Siemes Robert	*Düsseldorf	0:55:26	0:56:12	110	M45	67	5: 10:43 11:19 11:12 11:23 10:47
567	1340	Scholz Detlef	TV Germania Wevelinghoven	0:55:27	0:55:54	29	M55	57	5: 09:42 11:08 11:31 11:44 11:20
568	1737	Kukuk Timo	*Düsseldorf	0:55:27	0:56:00	85	M30	82	5: 09:47 10:24 11:08 12:12 11:54
569	3047	Nowotka Günter		0:55:34	0:56:10	13	M60	52	5: 10:27 10:45 10:54 11:42 11:45
570	1978	De Spirt Michael	*Düsseldorf	0:55:41	0:56:37	84	M40	74	5: 10:45 11:06 11:07 11:16 11:24
571	2294	Kampmann Horst	ohne	0:55:43	0:56:21	14	M60	54	5: 10:46 11:26 11:13 11:10 11:06
572	2382	Stillger Bernhard	SV Oberbilk	0:55:45	0:56:08	85	M40	71	5: 10:04 11:18 11:47 11:35 10:58
573	1251	Catalano Daniele	*Langenfeld	0:55:45	0:56:41	86	M30	83	5: 11:00 11:40 11:56 10:05 11:01
574	2318	Mugica-Garcia Javier	*Meerbusch	0:55:46	0:56:11	111	M45	69	5: 10:59 11:06 10:59 11:12 11:28
575	1255	Feller Andreas	Brassert-Runner	0:55:46	0:56:11	86	M40	70	5: 10:20 11:05 11:14 11:28 11:38
576	2124	Hollmann Jens	Ausdauer Schule Bruns	0:55:50	0:56:28	87	M40	72	5: 10:15 11:08 11:17 11:38 11:30
577	1583	Stipdonk Sebastiaan	*Düsseldorf	0:55:51	0:56:20	87	M30	80	5: 10:31 11:09 11:19 11:29 11:20
578	2205	Lackner Stefan	Mercer	0:55:54	0:56:18	88	M30	80	5: 10:26 11:06 11:33 10:12 12:35
579	1206	Abraham Florian	*Düsseldorf	0:55:59	0:56:31	78	M35	75	5: 10:25 11:08 11:24 11:32 11:27
580	1628	Ruske Dirk	*Düsseldorf	0:56:01	0:56:40	79	M35	78	5: 10:17 10:51 11:21 11:42 11:47
581	1627	Scheer Alexander	*Düsseldorf	0:56:01	0:56:40	80	M35	79	5: 10:18 10:51 11:22 11:43 11:47
582	2074	Serafin Jakub	*Düsseldorf	0:56:03	0:56:17	80	MHK	89	5: 10:08 11:13 11:34 11:49 11:17
583	3223	Theissen Dieter	Der alte weiße Kenianer	0:56:06	0:56:07	11	M65	47	5: 10:05 11:06 11:26 11:47 11:40
584	1076	Zisselmar Ulrich	*Mettmann	0:56:08	0:56:33	81	M35	75	5: 10:22 10:59 11:29 11:43 11:33
585	2756	Gamer Uwe	Stadtwerke Düsseldorf	0:56:19	0:56:26	61	M50	60	5: 10:23 11:25 11:31 11:37 11:21
586	1013	Sztrajt Thomas	Lauftreff Baar 1987 e.V.	0:56:24	0:56:59	82	M35	79	5: 10:30 11:03 11:15 11:30 12:03
587	2942	Steinbach Gert	FC Straberg	0:56:29	0:56:52	2	M75	39	5: 10:48 11:15 11:29 11:30 11:24
588	2960	Gajecki Georg	NRW Bank	0:56:30	0:56:51	15	M60	53	5: 10:31 11:33 11:32 11:37 11:15
589	2941	Neumann Heinz		0:56:30	0:56:52	3	M75	39	5: 10:54 11:12 11:29 11:30 11:24
590	2985	Katzner Alexander		0:56:31	0:57:28	88	M40	70	5: 10:23 11:18 11:31 11:43 11:34
591	2085	Witte Philip	1. FC Köln	0:56:32	0:57:00	89	M30	80	5: 10:13 11:03 11:29 11:59 11:46
592	1767	Rüder Frank	freenet Datenkommunikation	0:56:36	0:57:42	112	M45	66	5: 09:42 10:57 11:43 12:19 11:54
593	1508	Tavaszi Christoph	run and fun	0:56:39	0:57:10	90	M30	80	5: 11:01 11:31 11:44 11:37 10:44
594	2940	Nylander Bryan		0:56:40	0:57:04	113	M45	68	5: 10:12 11:27 11:37 12:01 11:21
595	1738	Strang Michael	SV Bezirksregierung Düsseldorf	0:56:40	0:57:18	62	M50	61	5: 10:48 11:02 11:25 11:33 11:50
596	1701	Fieldler-Panajotopoulos	Running Team Grafenberg	0:56:49	0:57:15	114	M45	66	5: 10:43 11:13 11:14 11:42 11:55
597	1930	Lueken Nils	RGM Holding	0:56:51	0:57:39	89	M40	72	5: 10:48 11:28 11:28 11:28 11:37
598	2890	Hajdu Jürgen	*Haan	0:56:52	0:57:34	30	M55	59	5: 11:15 11:32 11:18 11:30 11:15
599	2738	Lamping Thomas	*Düsseldorf	0:56:53	0:57:35	63	M50	62	5: 11:14 11:34 11:16 11:31 11:16
600	2731	Schraa Stefan	*Düsseldorf	0:56:53	0:57:34	115	M45	65	5: 11:14 11:35 11:16 11:29 11:17

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
601	3007	Berger Max		0:56:54	0:57:29	83	M35	78	5: 10:49	11:31	11:35	11:30	11:26	
602	1370	Schreiber Roland	*Düsseldorf	0:56:55	0:57:13	116	M45	68	5: 10:21	11:15	11:31	11:45	12:00	
603	2114	Czech Thomas	*Düsseldorf	0:57:01	0:57:13	84	M35	76	5: 10:01	11:17	11:36	11:59	12:05	
604	2306	Bürger Robert	jogmap Ruhr	0:57:01	0:57:55	91	M30	83	5: 10:52	11:30	11:31	11:34	11:31	
605	1447	Gehlen Balthasar	Ingenieurbüro Gehlen	0:57:03	0:57:47	64	M50	62	5: 10:53	11:33	11:28	11:50	11:17	
606	1118	Sato Hiroyuki	Hotel Nikko Düsseldorf	0:57:03	0:57:27	117	M45	67	5: 10:52	11:48	11:40	11:46	10:54	
607	2152	Giesen Philipp	NIDU Lauftreff	0:57:04	0:58:01	92	M30	82	5: 10:45	11:42	11:44	11:51	10:59	
608	1182	Manakos Evangelos	E. Manakos Kfz-Meisterbetrieb	0:57:07	0:57:15	31	M55	57	5: 09:25	10:58	11:50	12:19	12:33	
609	2604	Bemtgen Francis	Special Olympics Luxemburg	0:57:08	0:57:17	65	M50	61	5: 09:36	10:33	11:26	12:12	13:20	
610	2629	Prätzel Oliver	*Ratingen	0:57:13	0:57:40	93	M30	80	5: 10:16	11:35	11:26	12:36	11:19	
611	2033	Reese von Ohlen Jochen	KIESER TRAINING	0:57:13	0:57:50	16	M60	54	5: 10:23	11:06	11:37	12:11	11:55	
612	2036	Heitkamp Oliver	KIESER TRAINING	0:57:15	0:57:55	90	M40	70	5: 11:09	11:54	11:31	11:30	11:10	
613	1087	Masubuchi Yoshiaki	Oriental Motor (Europa) GmbH	0:57:18	0:58:20	118	M45	68	5: 11:01	11:28	11:29	11:50	11:28	
614	1279	Alfes Patrick	*düsseldorf	0:57:18	0:58:18	91	M40	72	5: 10:38	11:17	11:31	12:02	11:48	
615	2638	Montag Christian	SSC Hochdahl	0:57:19	0:58:17	92	M40	73	5: 10:38	11:17	11:31	12:02	11:49	
616	1418	Seiderer Daniel	*London	0:57:24	0:58:12	93	M40	74	5: 10:52	11:13	11:33	11:50	11:54	
617	2821	Kolvenbach Felix	*Düsseldorf	0:57:24	0:58:15	81	MHK	88	5: 10:55	11:43	12:03	11:29	11:11	
618	1637	Boelen-Theile Claus	*Rösrath	0:57:25	0:58:17	119	M45	66	5: 11:08	11:31	11:30	11:31	11:44	
619	1986	Kirchhoff Dennis	*Düsseldorf	0:57:29	0:58:01	82	MHK	85	5: 11:08	11:39	11:32	11:43	11:26	
620	2987	Lenk Bernhard		0:57:30	0:58:00	94	M40	73	5: 09:56	11:02	12:03	12:23	12:03	
621	1107	Reinhard Dirk	*Düsseldorf	0:57:30	0:58:00	95	M40	73	5: 09:56	11:05	12:03	12:22	12:03	
622	2482	Hoffmann Thomas	QDEGA Loyalty Solutions	0:57:31	0:58:17	85	M35	78	5: 11:12	11:35	11:37	11:44	11:21	
623	2203	Gierszal Markus	Mercer	0:57:32	0:57:55	120	M45	67	5: 11:06	11:39	11:37	11:45	11:23	
624	2918	Guo Lin	*Aachen	0:57:39	0:57:54	83	MHK	90	5: 09:45	11:04	11:56	12:17	12:34	
625	2917	Holländer Peter	Messe Düsseldorf	0:57:46	0:58:22	121	M45	69	5: 10:58	11:39	11:29	11:44	11:54	
626	2594	Reitz Benoit	Special Olympics Luxemburg	0:57:48	0:57:57	66	M50	60	5: 10:26	11:39	11:47	11:55	11:58	
627	1452	Krings Jan	Ingenieurbüro Gehlen	0:57:55	0:58:38	94	M30	82	5: 11:01	11:58	11:47	11:56	11:10	
628	1509	Schütt Lars	*Düsseldorf	0:57:55	0:58:04	86	M35	78	5: 10:17	11:22	11:40	12:11	12:24	
629	2373	Giteau Jean-Francois	*Dusseldorf	0:57:59	0:58:36	95	M30	80	5: 11:19	11:57	11:48	11:47	11:06	
630	2206	Bilopranych Oleg	Mercer	0:58:00	0:58:25	84	MHK	90	5: 10:26	11:06	11:32	12:25	12:29	
631	1530	Jüdt Burkhard	Ingenieurbüro Gehlen	0:58:02	0:58:48	67	M50	60	5: 11:11	11:46	11:44	11:50	11:29	
632	1489	Niwalema Isaac	*Düsseldorf	0:58:15	0:58:31	122	M45	67	5: 09:13	10:29	11:15	12:00	15:16	
633	2717	De Diego Stefan	Henkel Sport Team	0:58:15	0:58:34	87	M35	77	5: 10:13	11:20	11:51	12:35	12:15	
634	2955	Nedwal Jens	Gesundheitszentrum Beyer	0:58:18	0:58:43	96	M30	81	5: 10:34	11:46	12:03	12:14	11:38	
635	1619	Landwehr Malte	kpunktnull	0:58:21	0:58:40	85	MHK	86	5: 11:00	12:20	12:19	12:04	10:38	
636	2513	Weski Marcel	*Mülheim an der Ruhr	0:58:22	0:58:40	97	M30	81	5: 11:45	12:31	11:20	11:01	11:43	
637	1408	Menzel Ulrich	*Hannover	0:58:22	0:58:50	32	M55	57	5: 10:49	11:30	11:42	12:05	12:14	
638	1036	Schnorrenberg Markus	SC Myhl LA	0:58:27	0:59:14	98	M30	84	5: 11:01	11:46	11:38	12:20	11:41	
639	1563	Grass Ralph	*Düsseldorf	0:58:29	0:58:49	17	M60	52	5: 11:02	11:41	11:37	12:15	11:53	
640	2432	Rastegar Farsam	Zahnarztpraxis Dr. Daryoush	0:58:31	0:59:18	86	MHK	88	5: 10:53	11:37	11:51	12:34	11:35	
641	2711	Kirsten Christian	Henkel Sport Team	0:58:36	0:58:55	96	M40	71	5: 10:12	11:19	11:51	12:37	12:36	
642	1662	Prem Andreas	TSG Maxdorf	0:58:50	0:59:28	123	M45	65	5: 10:41	11:12	12:03	12:36	12:16	
643	1362	Zur Linden Ulli	Running Team Grafenberg	0:58:57	0:59:38	33	M55	56	5: 11:26	11:59	11:59	11:44	11:47	
644	2807	Lubberich Hartmut	www.vitahl.de	0:58:59	0:59:36	34	M55	56	5: 09:43	11:09	13:18	12:22	12:25	
645	1962	Hilmes Jörg	TUS 82 Opladen	0:59:00	0:59:26	68	M50	64	5: 10:28	11:40	12:06	12:26	12:19	
646	2407	Philipp Klaus	Stadtwerke Düsseldorf	0:59:00	0:59:57	18	M60	54	5: 11:39	12:04	12:02	11:57	11:17	
647	2406	Hoydem Andreas	Stadtwerke Düsseldorf	0:59:02	0:59:59	97	M40	70	5: 11:39	12:04	12:01	11:57	11:18	
648	1101	De Graat Albrecht	Running Team Grafenberg	0:59:05	0:59:40	69	M50	62	5: 10:48	11:43	12:00	12:15	12:18	
649	1092	Schönhoff Michael	GWR	0:59:08	0:59:52	124	M45	69	5: 11:30	12:17	12:03	11:47	11:28	
650	2039	Pojer Marc	KIESER TRAINING	0:59:08	1:00:02	125	M45	67	5: 11:13	11:31	11:51	12:27	12:03	
651	2895	Krippner Karsten	*Düsseldorf	0:59:11	1:00:07	88	M35	76	5: 11:41	11:41	11:32	12:05	12:11	
652	1010	Swiatczak Eugen	*Duisburg	0:59:29	0:59:43	12	M65	48	5: 10:32	12:01	12:17	12:32	12:05	
653	2832	Balzer Thorsten	Tri Team FS Düsseldorf	0:59:31	1:00:09	126	M45	68	5: 10:56	11:44	12:03	12:39	12:08	
654	1996	Fingerhut Klaus	Club Sperr Hennef	0:59:33	1:00:07	70	M50	64	5: 11:02	11:45	11:48	12:56	12:00	
655	1454	Ulrich Stefan	*Düsseldorf	0:59:33	1:00:04	98	M40	73	5: 11:06	11:34	11:43	12:34	12:34	
656	1968	Lumma Frank	*Düsseldorf	0:59:36	1:00:10	89	M35	76	5: 11:02	11:45	11:48	12:55	12:04	
657	2596	Feltgen Pierrot	Special Olympics Luxemburg	0:59:48	0:59:56	35	M55	55	5: 09:43	11:23	14:14	12:23	12:04	
658	3033	Dalheimer Jürgen	Düsseldorfer TV	0:59:55	1:00:41	13	M65	48	5: 10:44	11:42	12:15	12:41	12:30	
659	1827	Mühlhaus Ralf	Digitale Stadt Düsseldorf	0:59:56	1:00:49	71	M50	61	5: 10:16	11:28	12:13	12:47	13:10	
660	1642	Van Endert Charly	*Düsseldorf	1:00:01	1:00:42	127	M45	65	5: 11:12	11:48	11:51	12:45	12:25	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
661	1441	Lössner Ralph	*duisburg	1:00:04	1:00:18	99	M40	72	5: 10:39	11:55	12:12	12:37	12:39	
662	2396	Tomida Daisuke	Hotel Nikko Düsseldorf	1:00:05	1:00:29	128	M45	68	5: 11:10	11:50	11:56	12:25	12:42	
663	1535	Leppkes Stefan	*Tönisvorst	1:00:10	1:00:47	99	M30	80	5: 11:03	11:50	11:59	12:35	12:41	
664	2844	Ziems Gunnar	*Duesseldorf	1:00:10	1:00:42	129	M45	67	5: 11:27	11:57	12:13	12:13	12:19	
665	1247	Nauck Andreas	Mettmann Sport	1:00:11	1:00:30	36	M55	57	5: 11:09	12:11	12:04	12:26	12:19	
666	2639	Molwitz Jeorg-Rainer	Team Magenta	1:00:14	1:00:45	130	M45	67	5: 11:04	11:46	12:06	12:42	12:33	
667	2302	Mertens Stefan	ASC Düsseldorf	1:00:17	1:00:55	131	M45	65	5: 10:48	11:50	12:03	12:41	12:53	
668	1715	Sahnen Helmut	*Düsseldorf	1:00:19	1:00:23	72	M50	60	5: 10:19	11:26	11:42	12:37	14:12	
669	2864	Leven Dirk	Elektrotechnik Dirk Leven	1:00:24	1:01:27	90	M35	76	5: 11:08	11:51	13:01	12:04	12:18	
670	2902	Plück Wolfgang	*Bergheim	1:00:25	1:01:01	73	M50	62	5: 10:59	11:36	12:27	12:40	12:41	
671	3114	Golatta Roger		1:00:27	1:01:07	74	M50	62	5: 11:04	11:46	12:17	12:33	12:45	
672	2919	Rosseljong Laurent	Special Olympics Luxemburg	1:00:29	1:00:37	87	MHK	89	5: 09:15	11:07	12:55	14:09	13:02	
673	1724	Bové Johan	*Düsseldorf	1:00:31	1:00:48	100	M30	80	5: 10:32	11:37	12:13	12:55	13:12	
674	2817	Junggeburth Daniel	KOOB	1:00:31	1:01:12	101	M30	83	5: 10:31	11:19	12:15	13:19	13:06	
675	1929	Kretschmer David	RGM Holding	1:00:45	1:01:34	102	M30	84	5: 11:08	11:47	12:14	12:42	12:52	
676	2366	Lahm Andreas	*Krefeld	1:00:49	1:01:06	75	M50	63	5: 11:16	12:19	12:38	12:32	12:01	
677	3086	Odenkirchen Paul		1:00:53	1:01:41	37	M55	58	5: 11:23	12:20	12:26	12:19	12:24	
678	1683	Schwarz Dominic	*Ratingen	1:01:14	1:01:23	103	M30	84	5: 10:38	11:59	12:33	13:09	12:53	
679	1527	Erker Dirk	Ingenieurbüro Gehlen	1:01:16	1:02:00	132	M45	67	5: 11:12	11:54	12:43	12:45	12:41	
680	1055	Schmitz Peter Michael	LGFSUe Düsseldorf	1:01:23	1:02:15	14	M65	46	5: 12:04	12:19	12:10	12:26	12:21	
681	2996	Küttner Maximilian	Linklaters LLP	1:01:25	1:02:15	88	MHK	87	5: 12:11	12:08	12:24	12:17	12:24	
682	1365	Blüthgen Silvio	*Langenfeld	1:01:27	1:01:39	91	M35	79	5: 09:52	11:42	12:38	13:35	13:38	
683	2430	Mokhaberi Babak	Zahnarztpraxis Dr. Daryoush	1:01:31	1:02:18	76	M50	60	5: 12:16	11:50	12:11	12:55	12:17	
684	1984	Gruschka Gregor	*Düsseldorf	1:01:42	1:02:31	38	M55	58	5: 11:21	12:17	12:28	13:00	12:34	
685	1164	Andres Ron	*Düsseldorf	1:01:54	1:02:49	92	M35	77	5: 11:45	12:24	12:25	13:04	12:14	
686	2527	Seidler Ronny	*Düsseldorf	1:02:06	1:02:29	93	M35	77	5: 10:22	11:37	12:34	13:18	14:14	
687	2665	Wessel Ernst	*Meerbusch	1:02:17	1:02:28	77	M50	63	5: 10:06	11:34	12:51	13:12	14:32	
688	1088	Mitsubori Takeshi	Oriental Motor (Europa) GmbH	1:02:21	1:03:22	100	M40	73	5: 12:03	13:03	12:35	12:13	12:25	
689	2481	Bökmann Norbert	TC Rheinstadion	1:02:29	1:03:20	19	M60	53	5: 11:03	11:52	12:18	13:18	13:57	
690	1495	Hartkamp Norbert	ohne	1:02:30	1:02:43	39	M55	58	5: 11:04	12:25	12:50	13:09	13:01	
691	2948	Clauß Manfred		1:02:30	1:02:31	2	M70	40	5: 10:44	12:25	12:42	13:14	13:22	
692	1372	Garratt Louis	St Georges, Duesseldorf	1:02:32	1:03:22	89	MHK	90	5: 11:05	12:51	12:49	13:08	12:37	
693	2800	Droese Frank	*Düsseldorf	1:02:33	1:03:14	40	M55	58	5: 12:16	13:12	13:46	23:17	00:00	
694	2508	Füge Jochen	F95	1:02:33	1:02:38	133	M45	68	5: 09:24	11:33	16:51	12:16	12:27	
695	2659	Brück Gottfried	*Erkrath	1:02:37	1:03:05	1	M80	34	5: 11:40	12:57	12:54	12:48	12:16	
696	1605	Kux Stefan	LG Himmelgeist	1:02:49	1:03:27	94	M35	76	5: 11:32	12:24	12:53	13:05	12:53	
697	1192	Blümel Jens	*Düsseldorf	1:02:52	1:03:46	104	M30	84	5: 10:46	11:46	12:48	13:43	13:47	
698	1562	Mainz Dieter	SV Grün-Weiß-Rot Düsseldorf	1:03:27	1:03:59	4	M75	36	5: 11:59	12:52	13:05	12:56	12:33	
699	1923	Vrba Andreas	*Neuss	1:03:36	1:04:19	78	M50	63	5: 12:21	12:51	12:45	12:11	13:26	
700	2011	Lehnert Niklas	*Düsseldorf	1:03:41	1:03:49	17	MU23	94	5: 10:47	12:36	13:08	13:51	13:15	
701	1975	Schmidt Daniel	*Düsseldorf	1:03:51	1:04:02	90	MHK	87	5: 11:11	12:24	13:18	13:35	13:21	
702	1584	Posingies Heinz	kein	1:04:06	1:05:01	20	M60	52	5: 12:12	13:02	13:01	13:01	12:48	
703	2445	Kuck Andreas	Zahnarztpraxis Dr. Daryoush	1:04:11	1:04:57	95	M35	79	5: 09:52	11:25	13:29	15:09	14:14	
704	2888	Wermke Jari	*Düsseldorf	1:04:14	1:04:23	105	M30	83	5: 11:37	12:51	13:18	13:23	13:02	
705	2041	Wolters Burkhardt	KIESER TRAINING	1:04:14	1:05:19	15	M65	46	5: 11:40	12:07	12:26	13:52	14:08	
706	3112	Martina Gian-Piero	200 Pro	1:04:24	1:04:39	96	M35	75	5: 11:28	12:43	13:11	13:33	13:28	
707	2927	Mertens Sascha		1:04:25	1:05:09	101	M40	70	5: 12:14	12:57	12:55	13:14	13:03	
708	3026	Hertrampf Oliver	Herzlauf-Hilden	1:04:42	1:05:34	102	M40	72	5: 12:08	12:23	12:55	13:38	13:35	
709	1500	Gürseler Deniz	Dental-Studio Rolf Hermann	1:04:43	1:05:17	91	MHK	85	5: 11:26	12:52	12:44	13:41	13:57	
710	3027	Rieke Thomas	Herzlauf-Hilden	1:04:45	1:05:34	103	M40	72	5: 12:12	12:52	12:37	14:00	13:02	
711	2882	Grawinkel Tobias	*Steinhagen	1:04:54	1:05:03	92	MHK	87	5: 10:58	13:28	13:50	13:41	12:55	
712	2887	Turner Christopher	*Stuttgart	1:05:05	1:05:29	104	M40	72	5: 11:01	12:36	13:08	13:25	14:52	
713	2655	Schwaneberg Ernie	KRT - Kienen Raicing Team	1:05:16	1:06:16	97	M35	77	5: 10:54	12:05	14:25	13:20	14:29	
714	1836	Urban Frank	Team Erdinger Alkoholfrei	1:05:18	1:05:46	134	M45	68	5: 11:24	12:47	13:12	13:29	14:24	
715	1811	Löring Florian	Team Erdinger Alkoholfrei	1:05:18	1:05:46	106	M30	84	5: 11:25	12:47	13:11	13:46	14:07	
716	1274	Heiss Derek	*Düsseldorf	1:05:50	1:06:48	93	MHK	86	5: 11:55	13:01	13:32	13:44	13:36	
717	1089	Yoneyama Hideki	Oriental Motor (Europa) GmbH	1:05:53	1:06:57	107	M30	82	5: 12:59	13:14	13:23	13:22	12:53	
718	1222	Fritz Markus	*Neuss	1:06:01	1:06:32	105	M40	71	5: 11:13	12:50	13:41	13:49	14:27	
719	1249	Rost Timm-Christian	*Düsseldorf	1:06:13	1:06:33	98	M35	76	5: 12:05	13:16	13:33	14:13	13:05	
720	1052	Schneider Thorsten	*Düsseldorf	1:06:16	1:06:45	106	M40	73	5: 11:50	13:13	13:25	13:49	13:57	

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
721	1654	Dündar Can	DFFC Deutsch Französische	1:06:17	1:06:37	107	M40	72	5: 11:09	12:45	13:15	13:56	15:09	
722	1808	Baldwin William	*Gangelt	1:06:26	1:07:09	79	M50	61	5: 11:50	13:20	13:34	13:50	13:51	
723	2600	Della Schiava Poli	Special Olympics Luxemburg	1:06:46	1:06:53	135	M45	66	5: 10:27	13:05	14:29	14:06	14:38	
724	1653	Zapf Aljoscha	Derag Livinghotels	1:07:40	1:08:12	94	MHK	90	5: 12:07	14:00	13:55	14:21	13:15	
725	2586	Seifert Bernd	LT Düsseldorf Süd	1:07:41	1:08:16	21	M60	54	5: 10:47	11:49	14:56	15:04	15:03	
726	2957	Schillings Rolf		1:07:44	1:08:05	3	M70	42	5: 11:36	12:47	13:23	14:32	15:23	
727	1413	Wagner Thomas	Fines Birthday run	1:08:01	1:08:52	136	M45	65	5: 12:07	12:59	13:56	15:02	13:55	
728	1416	Röser Christian	Fines Birthday run	1:08:01	1:08:52	18	MU23	93	5: 12:07	12:58	13:54	15:04	13:55	
729	1414	Wagner Markus	Fines Birthday run	1:08:01	1:08:53	108	M40	70	5: 12:07	12:59	13:55	15:03	13:56	
730	1429	Thelen Jürgen	*Düsseldorf	1:08:10	1:08:58	108	M30	81	5: 12:06	12:36	13:04	14:25	15:57	
731	1153	Lahnstein Gert	LGFSUe	1:08:38	1:09:30	4	M70	41	5: 13:18	13:41	13:34	13:51	14:13	
732	2958	Liebeck Burkhard		1:08:48	1:09:48	22	M60	51	5: 11:04	12:39	13:52	15:14	15:57	
733	1502	Schoon Karl-Heinz	ASV-LT Kemperdick	1:09:02	1:09:43	16	M65	48	5: 12:49	13:44	13:56	14:24	14:07	
734	1186	Burchardt Ben	*Düsseldorf	1:09:27	1:10:28	109	M30	82	5: 12:51	14:02	14:06	14:16	14:10	
735	1126	Spitzley Kai	*Rommerskirchen	1:09:44	1:10:13	99	M35	78	5: 12:11	13:12	14:43	14:47	14:48	
736	3025	Naujokat Carsten	Herzlauf-Hilden	1:09:48	1:10:36	109	M40	74	5: 12:12	13:02	14:02	15:02	15:27	
737	1268	Papst Christian	Team Popoclub	1:10:33	1:11:17	100	M35	77	5: 11:42	13:02	14:31	15:33	15:43	
738	2426	Heller Olaf	Laufschule Dortmund by Bunert	1:10:46	1:11:49	80	M50	62	5: 13:25	14:38	14:36	14:32	13:32	
739	1817	Schneider Stefan	Digitale Stadt Düsseldorf	1:10:46	1:11:38	110	M40	70	5: 12:41	13:41	14:10	14:40	15:32	
740	2587	Schickhaus Werner	LT Düsseldorf Süd	1:10:53	1:11:38	5	M75	38	5: 12:42	13:48	14:10	14:40	15:33	
741	3104	Iro Hermann	TV Refrath 1893	1:12:18	1:12:22	23	M60	50	5: 11:38	13:46	14:37	15:55	16:20	
742	1942	Krug Wilfried	*Kreuzau	1:13:45	1:14:30	24	M60	50	5: 13:29	15:10	15:07	15:00	14:57	
743	3044	Flöck Dennis		1:13:56	1:14:50	101	M35	79	5: 12:57	15:33	13:20	16:33	15:32	
744	1083	Zimmermann Heinz-Peter	*Am Wasserwerk 16	1:13:56	1:14:50	41	M55	55	5: 12:57	14:18	14:34	16:33	15:31	
745	1821	Rösing Norbert	Digitale Stadt Düsseldorf	1:15:56	1:16:49	42	M55	56	5: 13:54	15:23	15:40	16:05	14:51	
746	1394	Franzke Thomas	Team DÖMS	1:17:04	1:17:57	110	M30	82	5: 13:42	15:31	15:43	16:06	15:59	
747	1261	Unger Rüdiger	*Düsseldorf	1:19:20	1:19:23	137	M45	68	5: 12:42	16:14	17:01	16:44	16:37	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden					
1	2495	Schnüriger Samira	LC Meilen	0:38:40	0:38:47	1	WU20	95	5:07:07	07:44	07:59	08:00	07:49	
2	2078	Yemane Mealat	SG Wenden	0:39:31	0:39:35	1	WU23	94	5:06:48	08:02	08:06	08:09	08:24	
3	1663	Wozna Monika	Running Team Grafenberg	0:40:55	0:40:57	1	W35	79	5:07:20	08:17	08:21	08:28	08:27	
4	3115	Püthe Tina		0:41:38	0:41:43	2	W35	77	5:07:40	08:22	08:32	08:37	08:25	
5	2789	Laskey Nina	Linklaters LLP	0:41:52	0:42:12	3	W35	77	5:07:45	08:17	08:32	08:43	08:33	
6	2319	Bobinis Jessica	TUSEM Essen	0:43:51	0:43:53	1	WHK	85	5:07:46	08:48	09:04	09:10	09:02	
7	1882	Krause Dr. Marion	TG Neuss	0:43:58	0:44:06	1	W40	71	5:08:02	08:46	09:01	09:14	08:53	
8	1852	Günther Christine	*Mannheim	0:44:16	0:44:21	1	W30	81	5:08:10	08:58	09:02	09:06	08:58	
9	2750	Marquardt Ines	Linklaters LLP	0:44:27	0:44:46	2	WHK	88	5:07:50	08:57	09:15	09:18	09:05	
10	2427	Wilke Belinda	TG Neuss	0:44:42	0:44:44	1	W50	60	5:07:59	08:54	09:09	09:25	09:13	
11	1656	Schönherr Ulrike	*Essen	0:45:06	0:45:10	2	W40	74	5:08:07	09:09	09:16	09:19	09:14	
12	2421	Voß Nadine	Laufschule Dortmund by Bunert	0:45:11	0:45:16	3	WHK	89	5:08:09	08:56	09:19	09:32	09:13	
13	2275	Hufschlag Carla	*Köln	0:45:22	0:45:26	2	WU23	94	5:08:36	09:08	09:13	09:15	09:08	
14	2498	Beulen Sike	ART Düsseldorf	0:46:02	0:46:11	4	W35	76	5:08:37	09:13	09:15	09:22	09:32	
15	1556	Großmann Linda	*Erkath	0:46:12	0:46:33	2	W30	84	5:08:49	09:19	09:21	09:26	09:15	
16	2757	Müller Anja	Laufftreff Lindlar	0:46:21	0:46:31	4	WHK	89	5:08:20	09:17	09:32	09:41	09:29	
17	1004	Detert Tamara	*Düsseldorf	0:46:33	0:46:39	3	W40	74	5:08:13	09:17	09:26	09:55	09:40	
18	2147	Spundflasche Karolin	*düsseldorf	0:46:48	0:47:03	3	W30	82	5:08:36	09:28	09:33	09:41	09:27	
19	2556	Sievert Kriatina	SFD '75 Düsseldorf	0:47:11	0:47:14	5	WHK	91	5:08:22	09:33	09:49	09:51	09:33	
20	2650	Heerlein Kristin	Düsseldorfer SC	0:47:24	0:47:29	4	W30	81	5:08:12	09:16	09:36	10:03	10:14	
21	2305	Berns Marita	jogmap Ruhr	0:47:39	0:48:16	5	W30	84	5:09:23	09:35	09:43	09:37	09:20	
22	2262	Schwitalla Marie	Lümmelmann	0:47:42	0:48:05	6	WHK	87	5:08:56	09:08	09:50	10:05	09:41	
23	1673	Kattner Mareike	Lübbecke Berglöwen	0:47:47	0:47:55	6	W30	81	5:08:35	09:25	09:45	10:01	09:59	
24	1310	Zange Gabi	LSV Porz / Köln	0:47:56	0:48:18	2	W50	60	5:08:57	09:34	09:45	09:57	09:41	
25	1766	El Awir Shaline	LG Mönchengladbach	0:47:59	0:48:05	1	WU18	98	5:08:30	09:32	09:41	10:09	10:05	
26	2229	Dahm Sabine	Spaßläufer	0:48:07	0:48:43	1	W45	68	5:09:01	09:39	09:48	09:58	09:38	
27	2554	Dreyer Alexandra	SFD '75 Düsseldorf	0:48:31	0:48:35	4	W40	71	5:08:54	09:37	09:50	10:06	10:02	
28	2472	Yajima Kimiko	Hotel Nikko Düsseldorf	0:48:56	0:49:09	3	W50	64	5:09:14	09:50	09:56	09:55	09:59	
29	2361	Bielicke Manja	ART Düsseldorf	0:48:58	0:49:38	2	W45	69	5:09:54	09:45	09:46	09:47	09:43	
30	3000	Melsa Michaela	Team Essen 99	0:49:11	0:49:22	7	W30	82	5:09:09	09:57	10:01	10:08	09:54	
31	1615	Korger Sandy	*Wuppertal	0:49:11	0:49:27	7	WHK	86	5:09:20	09:57	09:51	10:06	09:55	
32	1601	Hanf Anja	Running Team Grafenberg	0:49:30	0:49:32	3	W45	65	5:08:43	09:42	10:04	10:29	10:30	
33	2599	Gremling Mireille	Special Olympics Luxemburg	0:49:55	0:50:03	5	W35	75	5:08:34	09:56	10:23	10:39	10:21	
34	1352	Gabrisch Silke	*Düsseldorf	0:49:58	0:50:03	8	W30	82	5:08:59	10:01	10:12	10:19	10:25	
35	1387	Armitage Anna	*Duesseldorf	0:49:58	0:50:01	8	WHK	88	5:09:09	09:53	10:05	10:27	10:22	
36	1550	Arends Nikola	*Düsseldorf	0:49:58	0:50:03	6	W35	79	5:08:59	10:01	10:12	10:19	10:26	
37	3030	Lürig Maren		0:50:13	0:50:39	7	W35	76	5:08:56	09:38	10:05	10:37	10:56	
38	2223	Lukaszewska Ola	FC Straberg	0:50:13	0:50:39	8	W35	79	5:09:13	09:58	10:18	10:33	10:10	
39	1513	Willems Sarah	*Düsseldorf	0:50:13	0:50:36	9	W30	80	5:09:07	10:04	10:10	10:31	10:18	
40	3058	Kamenov Kiril		0:50:20	0:51:10	9	W35	76	5:09:22	09:42	10:40	10:21	10:13	
41	1633	Weitzel Judith	*Düsseldorf	0:50:21	0:50:37	9	WHK	86	5:09:54	10:00	10:12	10:18	09:55	
42	1339	Laux Mira	*Münster	0:50:23	0:50:51	10	WHK	87	5:09:46	10:08	10:20	10:20	09:48	
43	2105	Odenthal Jennifer	dearsirs-schuhwerk	0:50:59	0:51:22	10	W30	82	5:09:36	10:06	10:24	10:35	10:16	
44	1586	Wieners Daniela	City Runner 2014	0:51:02	0:51:42	5	W40	70	5:10:09	10:27	10:13	10:07	10:04	
45	1307	Ebert Nadine	*Dortmund	0:51:23	0:51:23	10	W35	76	5:09:31	10:22	10:35	10:33	10:20	
46	2633	Sehmer Susanne	Rheintornados	0:51:24	0:52:17	6	W40	71	5:10:01	10:28	10:29	10:26	09:58	
47	2486	Hildebrandt Katrin	*Düsseldorf	0:51:26	0:51:50	4	W45	69	5:09:12	09:46	11:00	10:58	10:29	
48	1820	Fajic Nermin	Digitale Stadt Düsseldorf	0:51:27	0:52:16	11	W35	75	5:09:07	09:56	10:35	10:55	10:50	
49	1816	Heitmann Kirsten	Digitale Stadt Düsseldorf	0:51:38	0:52:29	5	W45	65	5:09:47	10:07	10:16	10:42	10:44	
50	1839	Schlüter Steffi	Team Erdinger Alkoholfrei	0:51:43	0:52:03	11	W30	80	5:09:20	10:18	10:41	10:33	10:50	
51	2037	Krempel Vanessa	KIESER TRAINING	0:51:46	0:52:27	11	WHK	87	5:09:56	10:23	10:41	10:35	10:09	
52	2187	Völker Sabrina	*Düsseldorf	0:51:49	0:52:20	12	WHK	85	5:09:20	10:08	10:40	11:00	10:40	
53	1350	Wood Aneira	*Duesseldorf	0:51:56	0:52:08	12	W30	83	5:09:04	10:20	10:49	10:59	10:42	
54	2383	Von Mallinckrodt Sibylle	Gerresheimer Turnverein	0:52:04	0:52:18	6	W45	65	5:09:29	10:31	10:53	10:47	10:22	
55	2066	Geerken Petra	Rennsocken Strümp	0:52:09	0:52:43	7	W40	73	5:09:44	10:17	10:30	10:49	10:48	
56	2135	Ehrkamp Katrin	ASC Ratingen	0:52:12	0:52:32	13	WHK	85	5:09:21	10:20	10:40	10:58	10:52	
57	3107	Vogel Petra		0:52:13	0:52:31	1	W55	57	5:09:40	10:28	10:39	10:43	10:41	
58	2242	Kunzemann Dorothea	*Düsseldorf	0:52:14	0:52:44	12	W35	77	5:10:01	10:32	10:28	10:44	10:27	
59	2197	Ebeling Julia	ASV-Lauftreff	0:52:24	0:52:35	13	W35	77	5:09:36	10:27	10:46	10:51	10:43	
60	2424	Dräger Silke	Laufschule Dortmund by Bunert	0:52:36	0:53:01	14	W35	75	5:09:53	10:31	10:46	10:48	10:36	

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
61	1729	Reidelstürz Cornelia	*Wülfrath	0:52:39	0:52:57	7	W45	65	5:09:46	10:30	10:43	10:50	10:48
62	2288	Ehrlich Isabelle	*Düsseldorf	0:52:40	0:52:46	14	WHK	88	5:09:45	10:31	10:50	10:50	10:41
63	1524	Obermeier-Hartmann Carola	*Düsseldorf	0:52:40	0:53:27	15	WHK	87	5:10:13	10:35	10:39	10:42	10:29
64	2713	Oelze Pia	Henkel Sport Team	0:52:49	0:53:06	16	WHK	86	5:09:49	10:45	10:48	10:49	10:36
65	2118	Liedtke Burghild	Laufschule Düsseldorf	0:52:50	0:53:27	8	W45	65	5:10:37	10:44	10:46	10:24	10:17
66	2663	Maslin Rhonwen	*Meerbusch	0:52:50	0:53:00	8	W40	72	5:09:42	10:42	10:54	10:53	10:39
67	2762	Chammae Nora	*Köln	0:52:53	0:53:03	13	W30	80	5:10:13	10:48	10:43	10:44	10:23
68	1528	Abeck Elisa	RSV St. Hubertus Obrighoven	0:53:03	0:53:19	2	WU20	96	5:10:18	10:51	10:48	10:44	10:19
69	3099	Deloy Doris		0:53:09	0:53:30	9	W40	72	5:09:16	10:15	10:50	11:13	11:34
70	1071	Deiß Martina	Running Team Grafenberg	0:53:20	0:53:59	15	W35	79	5:09:34	10:31	10:56	11:08	11:09
71	2847	Stiller Kathleen	*Düsseldorf	0:53:23	0:53:51	16	W35	75	5:10:04	10:42	10:50	11:04	10:41
72	2669	Ohlert Bärbel	ECG	0:53:25	0:54:02	9	W45	66	5:09:59	10:40	10:46	11:01	10:58
73	1875	Deinwallner Silke	*Düsseldorf	0:53:31	0:54:00	14	W30	80	5:09:59	10:46	10:58	10:58	10:48
74	2591	Solzbach Judith	Allen & Overy	0:53:36	0:54:07	17	WHK	87	5:10:02	10:53	11:04	11:05	10:30
75	1785	Tsang Althea	*Aachen	0:53:36	0:53:51	15	W30	83	5:09:45	10:34	10:55	11:12	11:10
76	2165	Kratz Lisa	*Düsseldorf	0:53:43	0:54:00	18	WHK	89	5:10:32	10:39	10:44	10:55	10:50
77	1807	Van Nahmen Hermine	LG Alpen	0:53:44	0:54:00	4	W50	63	5:10:01	10:36	10:53	11:17	10:55
78	2312	Tussinger Monika	*Düsseldorf	0:53:46	0:54:00	16	W30	84	5:10:17	10:58	11:01	11:03	10:25
79	2327	Mohrmann Follow Hollow	Der Elf und seine Freunde	0:53:46	0:54:27	10	W40	70	5:10:32	10:59	10:44	10:47	10:42
80	2342	Meceanu Eugenia Maria	Selbststaendich	0:53:48	0:54:03	19	WHK	89	5:11:17	13:08	14:28	14:21	00:32
81	1336	Laux Lena	Lola rennt	0:53:51	0:54:19	20	WHK	85	5:10:38	10:53	10:46	10:57	10:36
82	1542	Kuzmina Margarita	*Düsseldorf	0:53:53	0:54:50	21	WHK	88	5:10:48	10:48	10:50	10:53	10:33
83	2868	Lamukhina Olga	*Düsseldorf	0:53:55	0:54:51	22	WHK	85	5:10:48	10:47	10:49	10:52	10:35
84	2901	Hauberg Michaela	*Essen	0:54:04	0:54:26	17	W30	81	5:09:21	10:22	11:06	11:36	11:38
85	1449	Döpp Caroline	*Düsseldorf	0:54:08	0:54:21	23	WHK	85	5:10:41	11:11	11:20	10:51	10:03
86	1991	Rosengardt Silke	*Düsseldorf	0:54:10	0:54:18	11	W40	70	5:09:15	10:46	11:22	11:20	11:25
87	2069	Ehrhardt Claudia	*Düsseldorf	0:54:10	0:54:15	24	WHK	87	5:09:37	10:56	11:14	11:25	10:56
88	2866	Olms Anne-Barbara	*Düsseldorf	0:54:13	0:54:53	18	W30	80	5:10:32	10:52	11:00	11:10	10:37
89	1967	Beth Cline		0:54:16	0:54:46	12	W40		5:10:13	11:00	11:05	11:06	10:50
90	2626	Lasek Agathe	U-See-Crew	0:54:21	0:55:19	25	WHK	87	5:10:42	10:51	10:55	11:05	10:45
91	1457	Brosch Christina	*Düsseldorf	0:54:29	0:55:16	13	W40	71	5:10:50	10:49	10:57	11:03	10:48
92	2363	Kömmling Birgit	*Meerbusch	0:54:35	0:55:19	17	W35	77	5:10:42	10:48	10:42	11:01	11:20
93	2107	Batri Sandra	Ausdauer-schule-Brunns	0:54:40	0:55:17	10	W45	69	5:10:15	11:07	11:10	11:07	10:59
94	2741	Schulte Dagmar	VSV Grenzland Wegberg	0:54:42	0:54:46	11	W45	68	5:09:24	10:38	11:06	11:46	11:47
95	2748	Öncü Canan	Linklaters LLP	0:54:48	0:54:50	18	W35	78	5:10:06	11:15	11:25	11:07	10:53
96	2008	Mendes Julidori Ana Cristina	*Meerbusch	0:54:52	0:55:09	19	W30	84	5:09:27	10:53	11:30	11:40	11:20
97	1478	Dooremans Theresia	Weiberkram	0:54:57	0:55:00	19	W35	78	5:10:02	11:09	11:19	11:21	11:03
98	1159	Baltes Britta	*Düsseldorf	0:55:10	0:55:37	20	W35	79	5:10:34	10:48	11:13	11:18	11:16
99	1823	König Katja	Digitale Stadt Düsseldorf	0:55:11	0:56:04	14	W40	70	5:09:58	10:45	11:16	11:26	11:45
100	1102	De Graat Luisa	Running Team Grafenberg	0:55:11	0:55:46	12	W45	69	5:10:39	11:10	11:12	11:15	10:53
101	1226	Vetter Heidi	*Wuppertal	0:55:12	0:55:25	2	W55	59	5:09:53	10:47	11:12	11:33	11:46
102	1704	Simon Birthe	LT Rennhamster	0:55:15	0:55:48	20	W30	83	5:10:28	10:52	11:10	11:29	11:15
103	2714	Muessigbrodt Ulrike	Henkel Sport Team	0:55:18	0:55:35	15	W40	74	5:09:53	10:44	11:16	11:36	11:47
104	1712	Jakubekova Livia	Running Team Grafenberg	0:55:19	0:55:46	26	WHK	89	5:10:43	11:12	11:14	11:42	10:26
105	2317	Amigo-Macias Begoña	*Meerbusch	0:55:21	0:55:45	16	W40	71	5:10:59	11:06	10:59	11:11	11:03
106	1388	Black Robin Lea	Running Team Grafenberg	0:55:23	0:55:57	5	W50	64	5:10:13	10:58	11:25	11:31	11:14
107	1312	Stephan Katharina	Exilstraubinger	0:55:24	0:55:57	27	WHK	89	5:10:36	11:17	11:20	11:28	10:41
108	1621	Poth-Thadewald Anja	TG Neuss	0:55:25	0:55:37	17	W40	70	5:10:09	10:53	11:14	11:31	11:37
109	2112	Gestefeld Melanie	Laufschule Düsseldorf	0:55:26	0:56:03	21	W30	82	5:09:51	10:30	11:02	12:21	11:41
110	1681	Klose Lisa	TUSA 06	0:55:35	0:56:12	3	WU20	96	5:11:04	11:32	11:17	11:15	10:24
111	2126	Schonvogel Merle	*Düsseldorf	0:55:48	0:56:32	28	WHK	87	5:10:55	11:27	11:22	11:20	10:41
112	2285	Sommer Julia	*Düsseldorf	0:55:57	0:55:57	29	WHK	89	5:09:41	11:12	12:11	11:50	11:02
113	1977	Burghard Corinne	*Düsseldorf	0:56:02	0:56:09	6	W50	61	5:10:36	11:14	11:14	11:24	11:32
114	2993	Gebauer Jana	LGO Dortmund	0:56:04	0:56:29	2	WU18	99	5:09:35	10:32	11:26	12:09	12:20
115	3074	Ullrich Tanja		0:56:05	0:56:34	22	W30	80	5:10:06	10:53	11:27	11:36	12:00
116	3063	Jung Katrin	ASV Köln	0:56:25	0:56:35	23	W30	83	5:09:55	10:53	11:22	12:02	12:11
117	1594	Hoya Vivian Katrin	*Düsseldorf	0:56:30	0:56:35	30	WHK	87	5:09:58	11:31	11:36	11:41	11:42
118	1731	MARILLER Pauline	*Düsseldorf	0:56:33	0:56:54	3	WU23	94	5:10:38	11:17	11:35	11:50	11:11
119	1327	Medawar Carolin	*Düsseldorf	0:56:42	0:57:16	31	WHK	91	5:12:04	12:15	10:54	10:42	10:45
120	2502	Schulz-Bongert Sabine	Dr. SchuBos steile Zähne	0:56:49	0:56:59	7	W50	62	5:10:14	11:18	11:39	11:46	11:50

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	1054	Reinhold Sabine	*Düsseldorf	0:56:52	0:57:00	13	W45	66	5: 10:14 10:51 11:23 12:05 12:17
122	1810	Mecking Betty	Team Erdinger Alkoholfrei	0:56:53	0:57:30	14	W45	67	5: 10:24 11:25 11:33 11:42 11:47
123	2835	Nagl Bianca	Team Physiogold / Sexy Shorts	0:56:59	0:57:06	32	WHK	89	5: 10:07 11:12 11:30 12:01 12:07
124	2336	Tenhaaf Sarah	schnell&schneller	0:57:03	0:57:45	33	WHK	85	5: 11:01 11:27 11:17 11:32 11:43
125	1241	Mittelstädt Karolin	*Düsseldorf	0:57:08	0:57:44	34	WHK	89	5: 10:53 11:18 11:25 11:46 11:44
126	2032	Marburger Yvonne	KIESER TRAINING	0:57:13	0:57:54	24	W30	84	5: 11:08 11:54 11:31 11:29 11:09
127	2111	Knipp Monika	Laufschule Düsseldorf	0:57:15	0:57:54	18	W40	72	5: 10:41 11:16 11:33 11:47 11:56
128	1668	Alfes Lulu	*wuppertal	0:57:17	0:58:16	3	WU18	97	5: 10:38 11:17 11:31 12:02 11:46
129	2149	Trinkl Renate	*Velbert	0:57:17	0:58:07	8	W50	63	5: 11:16 11:36 11:33 11:25 11:25
130	1360	Fieg Ursula	Frau	0:57:17	0:57:28	25	W30	80	5: 10:37 11:36 11:32 12:08 11:21
131	2924	Sahin Ozlem	MAC MARS ATHLETIC CLUB	0:57:19	0:57:25	19	W40	70	5: 10:18 11:19 11:27 11:38 12:34
132	2444	Schneeberger Katja	Zahnarztpraxis Dr. Daryoush	0:57:31	0:58:16	35	WHK	85	5: 11:12 11:34 11:37 11:44 11:21
133	1956	Stevens Karina	*Oberhausen	0:57:36	0:58:15	26	W30	81	5: 10:59 11:31 11:42 11:45 11:36
134	2186	Battermann Anica	*Düsseldorf	0:57:39	0:58:13	36	WHK	89	5: 11:02 11:38 11:38 11:44 11:34
135	2601	Rausch Marie-Josée	Special Olympics Luxemburg	0:57:40	0:58:06	1	W60	52	5: 10:52 10:59 11:25 12:25 11:58
136	2858	O'Mahony Sandra	*Düsseldorf	0:57:45	0:58:43	20	W40	73	5: 11:05 11:41 11:39 11:48 11:30
137	1453	Altemeier Christina	*Düsseldorf	0:57:48	0:58:20	37	WHK	85	5: 10:32 11:14 11:37 12:10 12:14
138	3080	Barekzai Nadja		0:57:50	0:57:59	27	W30	84	5: 11:00 11:48 11:50 12:00 11:11
139	3054	Neuhaus Julia		0:57:53	0:58:13	21	W35	78	5: 11:03 12:42 11:26 11:27 11:13
140	2278	Oelschläger-Rath Therese	Laufschule Brunert	0:57:59	0:58:37	3	W55	59	5: 10:41 11:16 11:57 12:22 11:40
141	1215	Nackmayr Tanja	*Düsseldorf	0:57:59	0:58:34	22	W35	75	5: 10:44 11:33 11:44 11:54 12:02
142	1122	Kersten Christin	*Neuss	0:58:04	0:58:36	9	W50	61	5: 10:52 11:50 11:50 11:48 11:42
143	2255	Crosset Anne	*Düsseldorf	0:58:07	0:58:44	28	W30	81	5: 11:30 11:58 11:34 11:49 11:14
144	1070	Malchow Carmen	*Langenfeld	0:58:08	0:58:27	15	W45	65	5: 10:10 11:15 11:55 12:14 12:31
145	2284	Blödorn Diana	*Düsseldorf	0:58:08	0:58:22	16	W45	68	5: 10:58 11:34 11:47 12:07 11:42
146	2286	Blödorn Cara	*Düsseldorf	0:58:09	0:58:22	38	WHK	91	5: 10:58 11:33 11:50 12:04 11:41
147	2609	Heering Sonja	The Tube	0:58:32	0:58:59	29	W30	84	5: 11:07 11:39 11:47 11:58 12:00
148	2514	Hollmann Laura	*Düsseldorf	0:58:33	0:59:15	39	WHK	89	5: 11:27 11:43 11:44 11:51 11:46
149	1284	Heinemann Kerstin	*Düsseldorf	0:58:35	0:58:53	17	W45	65	5: 10:29 11:20 11:48 12:23 12:34
150	2235	Prahl Ariane	*Düsseldorf	0:58:36	0:59:25	21	W40	70	5: 11:28 11:52 11:57 11:53 11:24
151	1216	Steiner Hardid	*Düsseldorf	0:58:39	0:59:00	23	W35	76	5: 10:57 11:41 11:35 12:13 12:11
152	2038	Nürnberg Ute	KIESER TRAINING	0:58:46	0:59:39	18	W45	66	5: 11:15 11:42 11:39 11:59 12:09
153	1776	Ripple Rosa Klara	*Meerbusch	0:58:49	0:58:51	24	W35	79	5: 10:10 11:37 12:28 12:03 12:29
154	1666	Diehl Yvonne	*Düsseldorf	0:58:51	0:59:28	22	W40	71	5: 10:42 11:11 12:04 12:35 12:16
155	1252	Rejek Meike	*Langenfeld	0:58:51	0:59:47	30	W30	83	5: 11:01 11:40 11:56 12:06 12:06
156	1143	Paul Janine	*Düsseldorf	0:58:59	0:59:26	31	W30	84	5: 10:35 11:40 12:10 12:28 12:03
157	2447	König Anka	Zahnarztpraxis Dr. Daryoush	0:59:01	0:59:46	25	W35	76	5: 11:13 11:40 11:44 12:15 12:07
158	1804	Zapata Kandt Renata	*Düsseldorf	0:59:11	0:59:51	10	W50	64	5: 11:13 11:50 11:47 12:03 12:16
159	1006	Wolff Alexandra	*Düsseldorf	0:59:14	0:59:22	32	W30	81	5: 11:00 11:47 11:50 12:03 12:31
160	1156	Scheßl Esther	*Düsseldorf	0:59:26	0:59:57	23	W40	72	5: 10:45 11:38 12:08 12:19 12:34
161	2181	Kreutzer Diana	LKD Düsseldorf	0:59:28	1:00:16	11	W50	61	5: 10:47 11:39 11:51 12:25 12:44
162	2598	Faber Pascale	Special Olympics Luxemburg	0:59:32	0:59:58	19	W45	69	5: 10:58 11:51 12:02 12:27 12:12
163	1703	Wolff Petra	Running Team Grafenberg	0:59:37	1:00:12	24	W40	70	5: 11:12 12:07 12:12 12:21 11:42
164	1702	Landree Sandra	*Düsseldorf	0:59:38	1:00:27	25	W40	71	5: 11:28 11:53 11:56 12:14 12:05
165	1314	Günzel Claudia	*Düsseldorf	0:59:44	1:00:04	33	W30	84	5: 10:51 12:20 12:21 12:21 11:48
166	1322	Langen Katharina	*Düsseldorf	0:59:44	1:00:11	40	WHK	86	5: 11:50 12:10 12:00 12:02 11:40
167	1184	Pettilos Katja	*Erkrath	0:59:44	1:00:11	20	W45	66	5: 10:32 11:42 12:20 12:49 12:19
168	2264	Siebel Judith	Turtle Club	0:59:47	1:00:31	41	WHK	86	5: 10:47 12:02 12:14 12:32 12:10
169	2291	Schramm Iris	*Duisburg	0:59:47	1:00:03	34	W30	81	5: 10:36 11:45 12:15 12:29 12:40
170	1841	Gabler Sandra	*Bielefeld	0:59:57	1:00:27	26	W35	75	5: 10:48 11:49 11:58 12:30 12:50
171	1998	Lössner Silke	TuS 08 Lintorf	1:00:04	1:00:19	26	W40	71	5: 10:39 11:54 12:12 12:37 12:39
172	1030	Jacobi Jenny	*Düsseldorf	1:00:08	1:00:30	42	WHK	88	5: 11:18 12:00 12:18 12:15 12:15
173	1269	Drummond Nauck Laila	*Mettmann	1:00:11	1:00:30	43	WHK	90	5: 11:08 12:11 12:03 12:30 12:16
174	2490	Römer Ellen	Hotel Nikko Düsseldorf	1:00:12	1:00:27	27	W40	72	5: 11:28 12:08 12:10 12:26 11:57
175	2641	Schäfer Uta	run and fun	1:00:14	1:00:45	21	W45	68	5: 11:04 11:46 12:07 12:41 12:34
176	1716	Diekmann Gaby	*Löhne	1:00:19	1:00:23	28	W40	70	5: 10:30 11:17 11:43 12:36 14:11
177	2553	Lenßen Ruth	SFD '75 Düsseldorf	1:00:19	1:00:58	27	W35	77	5: 10:56 12:09 12:21 12:34 12:17
178	2379	Root Anna	*Düsseldorf	1:00:19	1:00:33	35	W30	84	5: 10:36 12:05 12:26 12:39 12:31
179	2280	Meinhardt Viola	*Ddorf	1:00:22	1:01:09	29	W40	73	5: 11:01 12:11 12:27 12:39 12:02
180	2602	Mack Annick	Special Olympics Luxemburg	1:00:28	1:00:35	30	W40	74	5: 10:17 11:28 11:31 14:09 13:01

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Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1622	Rubarth Annika	*Düsseldorf	1:00:28	1:01:15	36	W30	82	5: 10:14 11:53 12:51 13:12 12:17
182	2595	Splicks Silvia	Special Olympics Luxemburg	1:00:38	1:01:03	44	WHK	85	5: 10:54 11:53 12:04 12:28 13:16
183	2765	Ravelomanantsoa Lilia	Euroforum Deutschland SE	1:00:39	1:01:27	45	WHK	86	5: 11:24 12:09 12:03 12:19 12:42
184	1359	Viek Ursula	*Düsseldorf	1:00:47	1:01:41	28	W35	78	5: 11:17 12:06 12:15 12:35 12:33
185	1577	Erich Alexandra	Mimind Reisen	1:00:49	1:00:53	37	W30	83	5: 10:43 12:21 12:40 12:52 12:11
186	2569	Ritter Beate	SFD '75 Düsseldorf	1:01:00	1:01:35	22	W45	65	5: 10:59 12:04 12:20 12:48 12:45
187	2819	Kolvenbach Kathrin	*Düsseldorf	1:01:00	1:01:51	4	WU23	93	5: 10:55 11:44 12:38 13:13 12:28
188	1943	Zahn Stefanie	*Oberhausen	1:01:04	1:01:46	38	W30	83	5: 11:26 12:17 12:19 12:25 12:34
189	2786	Peisker Sonja	*Leipzig	1:01:07	1:02:02	29	W35	75	5: 11:06 11:51 12:12 12:46 13:10
190	1678	Van Treeck Shari	*Düsseldorf	1:01:09	1:01:17	46	WHK	88	5: 10:38 11:59 12:33 13:09 12:48
191	1382	Weber Kateryna	Mitsubishi International GmbH	1:01:14	1:01:39	39	W30	83	5: 10:31 12:19 12:36 13:05 12:41
192	1465	Beheng Sonja	Ingenieurbüro Gehlen	1:01:16	1:02:01	23	W45	69	5: 11:11 11:53 12:43 12:46 12:41
193	1539	Von Mirbach Gabriele	*Grefrath	1:01:47	1:02:09	24	W45	66	5: 11:11 12:29 12:53 12:49 12:23
194	1730	Ambrose Caroline	*Düsseldorf	1:01:51	1:02:27	40	W30	83	5: 11:25 12:20 12:37 12:49 12:38
195	1966	Stuehrenberg Diana	*Duesseldorf	1:02:09	1:02:39	31	W40	71	5: 10:56 12:22 12:47 13:05 12:57
196	1422	Kokoschka Sonja	*Düsseldorf	1:02:13	1:03:13	32	W40	73	5: 11:32 12:13 12:27 13:06 12:52
197	3118	Wessler Miriam		1:02:13	1:03:13	41	W30	81	5: 11:32 12:14 12:27 13:06 12:52
198	2270	Michalski Michaela	LT Düsseldorf Süd	1:02:16	1:02:59	30	W35	77	5: 11:57 12:48 12:27 12:29 12:32
199	1125	Schürmann Rosita	*Düsseldorf	1:02:16	1:02:51	25	W45	69	5: 11:05 12:06 12:35 13:15 13:13
200	1548	Lohmann Barbara	*Neuss	1:02:17	1:02:32	26	W45	67	5: 11:04 12:11 12:48 13:15 12:56
201	2798	Neuhaus Andrea	*DUESSELDORF	1:02:23	1:03:02	12	W50	64	5: 11:22 12:13 12:46 13:34 12:25
202	1574	Hyza Irena	Dental-Studio Rolf Hermann	1:02:25	1:02:58	13	W50	60	5: 11:18 12:26 12:35 13:01 13:03
203	1109	Schmeink Kristina	*Düsseldorf	1:02:29	1:03:04	5	WU23	93	5: 11:01 11:58 12:23 13:25 13:41
204	1371	Moss Emily	St Georges, Duesseldorf	1:02:33	1:03:22	47	WHK	89	5: 11:06 12:51 12:48 13:08 12:37
205	2664	Schiller Isabel	Hildener AT Triathlon	1:02:37	1:03:06	48	WHK	90	5: 11:39 12:57 12:54 12:47 12:17
206	1330	Fichtner Annika	*Düsseldorf	1:02:38	1:03:12	49	WHK	90	5: 12:03 12:31 12:49 12:50 12:22
207	1606	Schwerwinsky Anja	LG Himmelgeist	1:02:49	1:03:26	31	W35	76	5: 11:33 12:24 12:52 13:06 12:52
208	1183	Hofbauer Kerstin	E. Manakos Kfz-Meisterbetrieb	1:02:49	1:02:56	27	W45	67	5: 11:41 12:15 12:35 13:05 13:10
209	2921	Engelkes Anja	Running Team Grafenberg	1:02:58	1:03:37	14	W50	64	5: 11:44 12:44 12:57 13:09 12:20
210	2704	Drosdek Claudia Maria	Henkel Sport Team	1:02:58	1:03:37	33	W40	71	5: 11:44 12:45 12:57 13:09 12:21
211	1516	Calandrelli Sabine	*Velbert	1:03:03	1:03:33	32	W35	75	5: 11:00 12:32 12:56 13:15 13:19
212	2610	Bonten Sandra	LT BUGA Düsseldorf 1999	1:03:04	1:03:46	28	W45	68	5: 11:29 12:26 12:51 13:11 13:05
213	1178	Jabs Susanne		1:03:05	1:03:17	29	W45	66	5: 11:06 12:21 12:56 13:23 13:17
214	1179	Rölkens Alexandra		1:03:05	1:03:16	50	WHK	85	5: 11:06 12:21 12:56 13:23 13:17
215	1926	Heinsch Anura	RGM Holding	1:03:16	1:04:05	33	W35	79	5: 11:08 11:54 13:05 13:33 13:34
216	2267	Crosset Cécile	*Brüssel	1:03:16	1:03:53	34	W35	79	5: 11:31 12:22 12:46 13:20 13:16
217	1522	Germano Kristi	Team RFF	1:03:18	1:03:42	42	W30	81	5: 11:02 12:38 13:11 13:20 13:06
218	2926	Haugrund Alexandra	*Düsseldorf	1:03:26	1:04:09	35	W35	76	5: 12:12 12:32 12:32 13:17 12:50
219	1299	Bouallegue Jasmina	*Duesseldorf	1:03:31	1:04:13	43	W30	81	5: 12:06 13:00 12:51 13:00 12:32
220	1358	Kronbergs Michelle	*Düsseldorf	1:03:32	1:04:14	36	W35	77	5: 12:05 13:00 12:52 13:01 12:32
221	1927	Lehmkuehler Ursula	RGM Holding	1:03:32	1:04:21	30	W45	67	5: 12:09 12:35 12:52 13:07 12:48
222	1293	Lummerich Ilona	*Duesseldorf	1:03:32	1:04:14	37	W35	78	5: 12:06 13:00 12:52 13:00 12:33
223	1424	Grave Dominika	Running Team Grafenberg	1:03:37	1:04:03	34	W40	74	5: 11:25 12:46 12:54 13:10 13:21
224	1093	Schönhoff Michaela	GWR	1:03:39	1:04:22	31	W45	69	5: 11:31 12:17 12:45 14:09 12:55
225	2010	Nguyen Cindy	*Düsseldorf	1:03:40	1:03:49	6	WU23	94	5: 10:47 12:37 13:09 13:50 13:16
226	1549	Josikat Silvia	*Neuss	1:03:49	1:04:05	35	W40	71	5: 11:03 12:23 13:01 13:40 13:40
227	1974	Ruf Svetlana	*Düsseldorf	1:03:50	1:04:01	51	WHK	87	5: 11:11 12:24 13:18 13:34 13:21
228	1451	Schröder Meike	Ewige Talente	1:03:52	1:04:06	44	W30	82	5: 11:26 12:40 13:16 13:25 13:03
229	1660	Kremmel Füsün	*Düsseldorf	1:04:02	1:04:25	36	W40	70	5: 11:10 12:19 13:07 13:56 13:28
230	1110	Le Vaillant de Folleville Marie	*Düsseldorf	1:04:05	1:05:07	52	WHK	89	5: 12:01 12:47 12:48 13:17 13:10
231	1707	Landree Sandra	*Düsseldorf	1:04:06	1:04:56	37	W40	71	5: 11:59 12:44 12:36 13:31 13:15
232	2517	Witthaut Stefanie	*Düsseldorf	1:04:07	1:04:57	38	W40	72	5: 12:00 12:43 12:36 13:31 13:15
233	1131	Deutscher Manuela	Haus der Ärzteschaft	1:04:12	1:04:17	15	W50	64	5: 10:32 12:30 13:39 14:11 13:19
234	2891	Reinke Ewi	*Düsseldorf	1:04:14	1:04:23	53	WHK	88	5: 11:37 12:51 13:18 13:24 13:02
235	2137	Yildiz Gürses	Firmenpuls.de	1:04:22	1:05:05	39	W40	72	5: 11:41 12:38 13:00 13:46 13:15
236	1848	Fritzsche Carina	TU München	1:04:24	1:04:39	45	W30	83	5: 11:28 12:44 13:10 13:32 13:28
237	1832	Mezis Katja	Digitale Stadt Düsseldorf	1:04:33	1:05:25	54	WHK	87	5: 11:36 12:44 13:42 13:22 13:07
238	1380	Mulcahy-Roth Jayne	ART Düsseldorf	1:04:38	1:05:15	32	W45	68	5: 12:33 13:38 13:38 12:23 12:25
239	2071	Hirschberg Susanne	*Düsseldorf	1:04:42	1:05:13	33	W45	68	5: 11:18 12:47 13:43 13:47 13:06
240	1288	Halbhuber Corinna	Team Alte Rennschnecke(n)	1:05:09	1:05:49	16	W50	62	5: 11:47 12:50 13:07 13:58 13:25

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	2047	Montréal Jennifer	proroba	1:05:13	1:05:19	55	WHK	91	5: 10:57 13:01 13:31 13:36 14:06
242	2555	Hickman Freya	*Cranleigh	1:05:16	1:05:49	56	WHK	91	5: 11:01 12:35 14:49 13:49 12:59
243	2881	Rekel Sarah	*Hückelhoven	1:05:27	1:06:16	57	WHK	86	5: 11:43 12:52 13:20 13:47 13:44
244	2588	Koll Rosey	LT Düsseldorf Süd	1:05:30	1:06:15	1	W65	48	5: 12:14 12:48 13:09 13:37 13:40
245	1971	Gagliardi Romina	*Düsseldorf	1:05:34	1:05:46	58	WHK	88	5: 10:30 12:26 13:43 14:27 14:27
246	1600	Dominicus Sonja	*Korschenbroich	1:05:36	1:06:15	38	W35	78	5: 12:00 12:46 13:25 14:00 13:24
247	2121	Carvalho Celia	Correr Lisboa (Running Lisbon)	1:05:49	1:06:11	34	W45	69	5: 10:52 12:44 14:04 14:00 14:07
248	1045	Nees Richarda	bwl-immobilien, Velbert	1:05:50	1:06:45	4	W55	56	5: 12:16 13:06 13:17 13:28 13:40
249	1273	Heiss Linda	*Düsseldorf	1:05:50	1:06:47	59	WHK	85	5: 11:58 13:00 13:31 13:44 13:35
250	2753	Beitler Anna	Euroforum Deutschland SE	1:05:52	1:06:40	7	WU23	94	5: 11:23 13:07 13:35 13:53 13:52
251	3069	Wolff Stefanie	NIDU Lauftreff	1:05:53	1:06:50	60	WHK	89	5: 11:41 13:07 13:39 14:02 13:22
252	2708	Schevardo Natascha	Henkel Sport Team	1:05:54	1:06:44	39	W35	78	5: 12:19 13:23 13:31 13:27 13:12
253	1091	Kunze Eva	GWR	1:05:55	1:06:38	35	W45	66	5: 11:49 13:04 13:30 13:41 13:49
254	2795	Garner Denise	*Düsseldorf	1:05:55	1:06:11	17	W50	63	5: 11:31 12:38 13:37 14:00 14:07
255	1214	Corsten Julia	*Düsseldorf	1:05:55	1:06:16	40	W35	79	5: 12:05 13:16 13:32 13:32 13:28
256	1410	Zimmermann Uta	PSV-Hannover	1:06:03	1:06:59	36	W45	65	5: 12:00 12:59 13:22 13:50 13:49
257	1425	Iacob Elisa	*Düsseldorf	1:06:24	1:07:12	46	W30	84	5: 12:05 12:43 13:08 14:16 14:08
258	3113	Hettche Barbara	DGFP e.V.	1:06:26	1:06:52	41	W35	78	5: 11:21 12:41 13:33 14:31 14:19
259	1809	Simms-Baldwin Lois	*Gangelt	1:06:26	1:07:09	18	W50	62	5: 11:49 13:20 13:34 13:50 13:52
260	1520	Witthohn Julia	*Düsseldorf	1:06:29	1:07:13	47	W30	82	5: 12:17 13:10 13:29 14:03 13:28
261	2055	Nitz Christin	Running Team Grafenberg	1:06:29	1:07:13	48	W30	84	5: 12:17 13:11 13:28 14:04 13:27
262	2590	Spangenberg Anika	Allen & Overy	1:06:43	1:07:16	61	WHK	86	5: 12:29 13:21 13:36 13:37 13:38
263	2954	Kruschina Doreen	Gesundheitszentrum Beyer	1:06:44	1:07:11	37	W45	66	5: 12:37 13:24 13:39 13:42 13:19
264	2802	Schübeler Anja	*Düsseldorf	1:06:45	1:07:25	38	W45	69	5: 12:08 13:22 13:46 14:10 13:18
265	2253	Brinks Nina	SSV Knittkuhl	1:06:48	1:07:41	42	W35	79	5: 12:09 14:03 13:50 13:48 12:56
266	1200	Dumoulin Katja	*Kaarst	1:07:00	1:07:20	40	W40	74	5: 11:03 12:44 14:10 14:25 14:36
267	2468	Hildebrand Anne	*Düsseldorf	1:07:04	1:07:47	49	W30	80	5: 12:07 13:18 13:46 13:56 13:54
268	2410	Boers Sina	Stadtwerke Düsseldorf	1:07:06	1:07:43	50	W30	82	5: 11:51 13:28 13:43 13:59 14:03
269	1417	Seiderer Melanie	*Bremen	1:07:19	1:08:06	43	W35	77	5: 11:28 13:30 14:02 14:14 14:03
270	1960	Gerson Jessica	*Düsseldorf	1:07:27	1:07:28	62	WHK	87	5: 12:51 14:19 13:34 13:38 13:04
271	1670	Droste Kim	Team RFF	1:07:35	1:07:59	44	W35	78	5: 12:12 13:42 13:53 14:11 13:35
272	1381	Maike Brigitte	*Duisburg	1:07:36	1:08:13	2	W60	53	5: 12:33 13:38 13:38 13:45 14:00
273	2990	Claesges Jill	LT-Gruiten-Neandertal	1:07:43	1:08:25	41	W40	73	5: 12:38 13:32 13:40 14:09 13:42
274	2300	Steiner Heike	*Wuppertal	1:07:59	1:08:53	45	W35	77	5: 12:02 12:57 14:09 14:22 14:26
275	1415	Lee Melissa	Fines Birthday run	1:08:02	1:08:53	4	WU20	96	5: 12:08 12:59 13:56 15:01 13:57
276	1461	Guellier Catherine	*Düsseldorf	1:08:34	1:09:36	39	W45	69	5: 12:00 13:09 14:26 14:32 14:25
277	2293	Ebert Bianca	ArbeiterKind.de	1:08:38	1:09:13	63	WHK	87	5: 11:13 13:28 14:50 14:21 14:43
278	2634	Sträfling Nicole	Arbeiterkind.de	1:08:39	1:09:16	51	W30	80	5: 11:26 13:47 14:17 14:22 14:46
279	1787	Richters Carina	DOCRELATIONS	1:08:57	1:09:30	52	W30	82	5: 12:03 13:29 14:11 14:37 14:35
280	1722	Deritis Vicki	Tyne Bridge Harriers	1:09:08	1:09:40	19	W50	63	5: 11:54 13:34 14:16 14:50 14:31
281	2452	Retzep Damla	Zahnarztpraxis Dr. Daryoush	1:09:33	1:10:22	5	WU20	95	5: 12:51 14:26 15:18 14:19 12:37
282	1127	Lemoine Esther	*Düsseldorf	1:09:44	1:10:13	53	W30	82	5: 12:12 13:12 14:43 14:47 14:48
283	2040	Wolters Annette	KIESER TRAINING	1:10:12	1:11:17	2	W65	48	5: 12:58 14:02 14:25 14:35 14:09
284	2422	Schurkus Susanne	Laufschule Dortmund by Bunert	1:10:18	1:11:21	40	W45	68	5: 13:25 14:40 14:35 14:32 13:04
285	2524	Mortarakou Chrisanthi	*Düsseldorf	1:10:28	1:10:52	46	W35	79	5: 11:51 13:34 14:27 15:08 15:25
286	1270	Dobrzikowski Nicole	*Düsseldorf	1:10:44	1:11:17	64	WHK	90	5: 12:21 13:34 14:41 15:35 14:31
287	2512	Wilczek Eva	BSG Hilden	1:10:50	1:11:16	3	W65	46	5: 12:58 14:15 14:38 15:11 13:45
288	1925	Klaus Gisa	RGM Holding	1:10:50	1:11:39	41	W45	67	5: 12:44 13:59 14:25 14:57 14:43
289	2423	Ladendorf Jasmine	Laufschule Dortmund by Bunert	1:11:06	1:12:09	5	W55	57	5: 13:26 14:39 14:35 14:32 13:52
290	3008	Kannegiesser Brigitte		1:12:08	1:12:38	3	W60	53	5: 12:34 14:50 14:36 15:37 14:29
291	1436	Schlottmann Carolin	*Düsseldorf	1:14:47	1:15:36	54	W30	80	5: 13:42 15:05 15:19 15:21 15:18
292	1354	Baumann Manuela	*Düsseldorf	1:15:36	1:16:02	65	WHK	85	5: 13:02 14:50 15:52 16:28 15:22
293	1356	Kaminskaia Polina	*Düsseldorf	1:15:37	1:16:02	55	W30	83	5: 13:02 14:50 15:52 16:29 15:21
294	2282	Goldenstein Katrin	ArbeiterKind.de	1:15:54	1:16:31	42	W40	71	5: 13:38 15:25 15:22 15:52 15:34
295	1271	Lettini Stefania	Lettinis	1:16:59	1:17:53	47	W35	76	5: 13:58 15:19 15:47 16:03 15:51
296	1393	Tögel Christiane	Team DÖMS	1:17:04	1:17:56	56	W30	80	5: 13:42 15:32 15:43 16:06 15:59
297	1780	Meisen Natalie	Linksjugend [solid] Düsseldorf	1:19:17	1:19:25	8	WU23	92	5: 12:36 15:44 16:32 17:21 17:02
298	2770	Schneider Irene	TV Ransbach	1:19:42	1:20:15	1	W70	44	5: 13:06 14:54 16:20 17:33 17:47
299	1725	Mazza Tais	*Düsseldorf	1:27:18	1:27:35	48	W35	79	5: 15:02 16:53 17:58 18:38 18:45