

**Nike Winterlaufserie  
des ASV Duisburg 2014  
Grosse Serie - Gesamtwertung**

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	1900	Meyer Manuel	TV Wattenscheid	2:38:12	M30	1	0:32:06	0:51:37	1:14:27
2	3544	Schleuter Christian	Bocholter WSV	2:45:58	M30	2	0:36:57	0:53:24	1:15:36
3	2361	Nowack Matthias	LSF Münster	2:47:04	M30	3	0:35:07	0:53:44	1:18:12
4	2283	Wilke Richard	Aachener TG	2:47:19	M19	1	0:33:45	0:53:50	1:19:43
5	2237	Holthoff Michael	LG COESFELD	2:47:57	M40	1	0:35:47	0:54:32	1:17:37
6	3461	Concha Fernando	LG Alpen	2:47:57	M30	4	0:35:27	0:53:58	1:18:31
7	2885	Funke Martin	Homberger TV	2:48:11	M35	1	0:35:44	0:54:18	1:18:07
8	2906	Moldenhauer Kai	DLC Aachen	2:48:50	M30	5	0:36:23	0:54:37	1:17:49
9	2835	Minke Sebastian	ASC Rosellen/Neuss	2:50:21	M35	2	0:35:03	0:54:16	1:21:01
10	2287	Jegodtka Matthias	TG Neuss	2:51:34	M40	2	0:36:14	0:56:18	1:19:01
11	3874	Diekmann Bernd	Lauffreunde HADI Wesel	2:54:21	M40	3	0:37:28	0:55:50	1:21:02
12	2007	Voll Ulrich	Krefelder Kanu Klub	2:55:09	M50	1	0:38:04	0:55:00	1:22:03
13	2523	Stolecki Stephan	Triathlon Team TG Witten	2:55:10	M45	1	0:37:24	0:56:24	1:21:21
14	3099	Breuer Dennis	*Duisburg	2:55:21	M22	1	0:37:01	0:56:41	1:21:38
15	3558	Lawrenz Leif	ESV Meiderich	2:55:45	M30	6	0:35:09	1:00:01	1:20:34
16	4675	Grund Bastian	Hemer Triathlon Team 11	2:56:59	M30	7	0:35:47	0:55:43	1:25:29
17	5408	Moldenhauer Kai	Tri Team TG Witten	2:57:06	M40	4	0:37:15	0:56:38	1:23:11
18	2783	Heßling Michael	Tri Ducks Dorsten	2:57:14	M45	2	0:36:54	0:57:37	1:22:42
19	3305	Krause Frank	Wir bei HKM	2:57:49	M50	2	0:37:15	0:57:00	1:23:33
20	534	Peter Detlev	Krefelder Kanu Klub	2:59:02	M45	3	0:37:56	0:57:17	1:23:47
21	4423	Göttlinger Tobias	Tri Team FS Düsseldorf	2:59:11	M30	8	0:37:08	0:57:02	1:25:01
22	2274	Bergstein Stefan	TG Neuss	2:59:28	M45	4	0:38:07	0:57:53	1:23:28
23	3699	Bauer Martin	Pottracer Bochum	3:00:11	M40	5	0:37:21	0:57:44	1:25:05
24	4307	Lampert Sascha	LT Kettwig 2000	3:00:47	M35	3	0:39:19	0:58:36	1:22:51
25	3175	Dülks Roman	Krefelder Kanu Klub	3:02:39	M50	3	0:38:53	0:58:59	1:24:46
26	3662	Spanier Michael	Team-Erdinger-Alkoholfrei	3:03:00	M45	5	0:38:24	0:58:45	1:25:50
27	2334	Knauff Matthias	RWE Starlight Team Essen	3:03:08	M45	6	0:38:46	0:59:12	1:25:09
28	2863	Stahl Sebastian	Jogmap Ruhr	3:03:09	M30	9	0:38:28	0:59:12	1:25:28
29	3676	Grimme Thomas	immergrün triathlon team	3:03:27	M35	4	0:37:42	0:59:19	1:26:25
30	2387	Brune Gilbert	*Bottrop-Kirchellen	3:03:28	M40	6	0:38:44	0:59:38	1:25:05
31	5163	Karst Fabian	FC Schalke 04	3:03:37	M22	2	0:39:58	0:59:06	1:24:32
32	2118	Rodriguez-Baena Rafael	TC Kray 1892 e.V	3:04:49	M45	7	0:38:50	1:00:20	1:25:38
33	5120	Frank Karsten	Sportfreunde Weizenbier	3:04:53	M40	7	0:39:08	0:59:24	1:26:19
34	3477	Klören Thomas	frau-koenig.de	3:04:58	M50	4	0:37:52	0:59:14	1:27:50
35	2241	Severt Günter	LG COESFELD	3:05:29	M45	8	0:38:23	0:59:02	1:28:03
36	4936	Seuchter Rainer	DSSC 09/20	3:05:34	M45	9	0:38:49	0:59:40	1:27:04
37	3912	Ketelaer Tom	TSV Bocholt	3:05:43	M45	10	0:38:36	0:59:30	1:27:36
38	3733	Nitschke Thorsten	*Duisburg	3:05:57	M45	11	0:39:10	0:59:39	1:27:07
39	2468	Juckel Dr. Bernd	SG Neukirchen-Hülchrath	3:06:04	M60	1	0:39:22	1:00:15	1:26:27
40	2963	Reinecke Dominik	Moerser TV Triathlon	3:06:05	M30	10	0:38:36	0:59:39	1:27:49
41	2413	Hoffmann Jörg	Bocholter WSV	3:06:16	M40	8	0:38:59	0:59:36	1:27:40
42	2278	Przewloka Joachim	TG Neuss	3:06:21	M50	5	0:39:32	1:00:13	1:26:35
43	2737	Niederberghaus Andre	DJK Coesfeld VBRS	3:06:30	M40	9	0:38:50	0:58:58	1:28:40
44	3241	Taschner Dirk	ASC Rosellen/Neuss	3:06:47	M30	11	0:39:35	1:00:26	1:26:45
45	4281	Starrach Carsten	*Essen	3:07:04	M40	10	0:40:15	1:00:14	1:26:35
46	2728	Himpler Ralf	Bocholter WSV	3:07:21	M45	12	0:37:44	0:58:41	1:30:55
47	4477	Kluge Sebastian	Lauf Team Unna	3:07:22	M22	3	0:38:30	0:59:49	1:29:02
48	2682	Michalka Ralph	ART Düsseldorf	3:07:23	M45	13	0:39:28	1:00:13	1:27:42
49	2557	Gargerakis Konstantinos	Ausdauerchule by Bunert	3:07:41	M40	11	0:39:05	1:01:49	1:26:46
50	4319	Schmidt Burkhard	Triathlon Team Ratingen 08	3:07:52	M50	6	0:39:40	1:00:23	1:27:48
51	2989	Osesek Holger	Tri Team FS Düsseldorf	3:08:02	M50	7	0:39:21	0:59:27	1:29:13
52	4175	Zilian Lars	Werdener Turnerbund	3:08:09	M40	12	0:38:10	1:01:13	1:28:46
53	4174	Oberwinster Ulrich	Angerland LT Lintorf	3:08:21	M55	1	0:39:34	0:59:58	1:28:48

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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	4598	Backes Helmut	*Ratingen	3:09:24	M45	14	0:40:43	1:01:14	1:27:26
55	3113	Nienhaus Hammer Micha	Team Erdinger Alkoholfrei	3:09:28	M40	13	0:40:19	1:01:48	1:27:19
56	5049	Schult Ingo	ASV-LT Kemperdick	3:09:32	M50	8	0:39:31	1:01:10	1:28:50
57	5696	Kotseronis Peter	TUS Breitscheid	3:10:00	M45	15	0:39:26	1:01:57	1:28:36
58	3940	Gerke Marco	run VGN	3:10:04	M35	5	0:39:41	1:01:02	1:29:21
59	2594	Töller Mike Stefan	LG Alpen	3:10:23	M45	16	0:38:43	1:01:01	1:30:38
60	2555	Mehtieff Alexander	Krefelder Kanu Klub	3:10:31	M45	17	0:40:54	1:01:29	1:28:07
61	2610	Hasse Eiko	laufflöwen henkel	3:10:32	M50	9	0:40:36	1:01:14	1:28:40
62	2383	Dorobeck Burkhard	Angerland LT Lintorf	3:10:40	M50	10	0:39:46	1:01:26	1:29:27
63	2170	Grönke Steffen	200PROTEAM	3:10:48	M35	6	0:37:48	1:02:01	1:30:59
64	3482	March Ralf	SG Neukirchen-Hülchrath	3:10:56	M45	18	0:39:51	1:01:36	1:29:29
65	4524	Werba Dr. Ulf	Risk Runners	3:11:07	M40	14	0:41:20	1:01:44	1:28:02
66	3839	Orosz Dr. Robert	*Krefeld	3:11:20	M40	15	0:40:28	1:02:11	1:28:40
67	2502	Schaefer Peter	Kaarst	3:11:22	M40	16	0:38:49	1:00:11	1:32:21
68	4111	Habekorn Dr. Niko	TriDucks Dorsten	3:11:31	M30	12	0:40:31	0:59:50	1:31:08
69	4415	Hochheim Martin	ASV Köln Triathlon	3:12:03	M22	4	0:38:06	0:59:06	1:34:50
70	1975	Hansmann Johannes	Vodafone Runners	3:12:17	M50	11	0:40:40	1:02:21	1:29:15
71	5426	Dolfen Stefan	LT Kettwig 2000	3:12:23	M55	2	0:41:04	1:01:46	1:29:32
72	2971	Köhler Dieter	TSV Viktoria Mülheim	3:12:27	M45	19	0:40:09	1:02:13	1:30:03
73	2165	Friedrich Martin	200PROTEAM	3:12:40	M30	13	0:39:10	1:02:05	1:31:24
74	3246	Drieschner Thomas	Rapid Ramirez	3:12:54	M40	17	0:40:01	1:02:51	1:30:01
75	3272	Kleemann Normen	SV Siemens Mülheim	3:13:15	M40	18	0:39:49	1:03:16	1:30:09
76	3290	Wazna Holger	Rumelner TV	3:13:21	M40	19	0:42:34	1:01:44	1:29:02
77	4482	Katschinski David	*Remscheid	3:13:47	M22	5	0:38:27	1:00:57	1:34:22
78	3465	Glaubitz Simon	*Mülheim an der Ruhr	3:14:07	M35	7	0:41:05	1:01:52	1:31:08
79	2970	Pesch Guido	Krefelder Kanu Klub	3:14:14	M45	20	0:39:40	1:02:25	1:32:08
80	3149	Woinowski Benjamin	SC Bayer 05 Uerdingen	3:14:27	M22	6	0:40:55	1:02:52	1:30:39
81	5709	Witeczek Marcel	AOK Rheinland/Hamburg	3:14:35	M45	21	0:40:37	1:03:05	1:30:52
82	2648	Schäpers Stefan	Bocholter WSV	3:14:45	M50	12	0:42:04	1:03:01	1:29:39
83	2829	Natschke Jörg	Doppelrunde	3:14:47	M50	13	0:39:28	1:02:17	1:33:02
84	5244	Kraeft Marcus	Team Polizei	3:14:49	M40	20	0:39:41	1:01:51	1:33:16
85	5228	Schürings Armin	Max Maulwurf Marathonis	3:14:50	M45	22	0:40:19	1:03:47	1:30:42
86	2623	Künzel Rüdiger	Laufftreff Uhlenhorst	3:14:54	M55	3	0:41:07	1:02:24	1:31:22
87	3010	Klaas Jens	*Mülheim an der Ruhr	3:15:08	M40	21	0:40:28	1:01:18	1:33:21
88	3086	Kriegel René	Nordtriathleten Oberhausen	3:15:19	M22	7	0:41:24	1:03:38	1:30:16
89	2429	Metzger Cristian	Krefelder Kanu Klub	3:15:27	M30	14	0:40:18	1:01:16	1:33:52
90	5404	Roszinsky Simon	ASC Rosellen/Neuss	3:15:36	M30	15	0:42:04	1:02:50	1:30:41
91	5210	Dirkes Sebastian	LG Presto	3:15:39	M40	22	0:40:13	1:02:09	1:33:16
92	2573	Hahn Hendrik	Seidenraupen Krefeld	3:15:42	M22	8	0:36:51	0:57:47	1:41:04
93	4627	Quabeck Guido	SF Ennepetal	3:15:45	M45	23	0:40:36	1:02:10	1:32:58
94	4356	Thomauke Norbert	TuSpo Huckingen	3:15:57	M55	4	0:41:37	1:03:04	1:31:16
95	2236	Kemmerling Patrick	LG COESFELD	3:15:59	M22	9	0:39:46	1:03:28	1:32:45
96	4284	Spilker Oli	SV Blau-Weiß Bochum	3:16:08	M40	23	0:41:42	1:03:25	1:31:00
97	4707	Franz Marten	SDF 75	3:16:25	M22	10	0:38:39	1:00:49	1:36:56
98	3440	Martschink Till	*Neuss	3:16:29	M35	8	0:41:45	1:03:32	1:31:10
99	4029	Rietmann Stefan	*Kleve	3:16:37	M50	14	0:41:06	1:03:41	1:31:48
100	3019	Lorenz Frank	LT Gruitzen-Neandertal	3:16:53	M45	24	0:39:09	0:59:51	1:37:53
101	2912	Kiehn Uwe	SF Ennepetal	3:17:08	M45	25	0:38:34	1:01:24	1:37:09
102	2277	Erlenkötter Dirk	TG Neuss	3:17:18	M40	24	0:41:54	1:00:58	1:34:26
103	3370	von der Heyden Ralf	TV Aldekerk	3:17:19	M35	9	0:40:42	1:03:39	1:32:57
104	1996	Ponto Stefan	Vodafone Runners	3:17:27	M45	26	0:41:32	1:03:29	1:32:24
105	4972	Fernholz Jürgen	LAV Oberhausen	3:17:42	M65	1	0:41:48	1:03:59	1:31:54
106	5692	Fink Markus	TUS Breitscheid	3:17:44	M45	27	0:42:02	1:02:46	1:32:56

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	2282	Möllenhoff Klaus	TG Neuss	3:17:58	M30	16	0:44:43	1:01:39	1:31:35
108	3646	Geiger Klaus-Michael	LC Duisburg	3:18:06	M60	2	0:41:09	1:03:51	1:33:06
109	3546	Nowak Niels	*Düsseldorf	3:18:08	M40	25	0:41:53	1:02:51	1:33:23
110	1970	Richrath Kay	Vodafone Runners	3:18:12	M40	26	0:41:36	1:03:15	1:33:20
111	3215	Nonn Michael	SC Bayer 05 Uerdingen	3:18:19	M55	5	0:40:40	1:02:58	1:34:40
112	4105	Peters Andreas	TuS Xanten	3:18:41	M40	27	0:41:18	1:03:55	1:33:27
113	4282	Wolff Ralf	PV-Triathlon Witten	3:18:48	M50	15	0:41:19	1:04:01	1:33:26
114	2220	Zywietz Eike	200PROTEAM	3:18:48	M30	17	0:39:37	1:07:00	1:32:10
115	4199	Hoeren Christoph	LT Alt-Erkrath	3:18:56	M40	28	0:41:27	1:05:04	1:32:24
116	5062	Höfling Michael	TSV 1863 Herdecke	3:18:56	M40	29	0:41:46	1:03:16	1:33:54
117	5486	Szostak Dieter	*Oberhausen	3:19:02	M50	16	0:41:19	1:06:30	1:31:12
118	3121	Preissner Thomas	Team Pirate	3:19:13	M50	17	0:40:41	1:01:50	1:36:41
119	2363	van Rens Markus	FC Roadrunners Düffelward 0	3:19:15	M22	11	0:39:23	1:05:39	1:34:13
120	4629	Nowakowski Marc	*Wuppertal	3:19:36	M45	28	0:40:31	1:02:54	1:36:10
121	4885	Pens Heiko	*Oberhausen	3:19:57	M40	30	0:43:50	1:03:56	1:32:11
122	5093	Wessel Lukas	SC Bayer 05 Uerdingen	3:20:03	M18	1	0:40:54	1:02:58	1:36:10
123	4806	te Baay Stefan	LT SV Haldern	3:20:06	M40	31	0:42:19	1:05:53	1:31:53
124	2588	Orthey Michael	LT Bittermark	3:20:18	M45	29	0:40:57	1:03:49	1:35:31
125	2544	Bücher Marco	Erler-Sportgemeinschaft	3:20:33	M35	10	0:41:03	1:06:01	1:33:28
126	2365	Ehrlich Dirk	Team EhrBec	3:20:34	M45	30	0:42:43	1:03:57	1:33:53
127	5237	Marquardt Dirk	LC Duisburg	3:20:36	M45	31	0:41:05	1:06:54	1:32:36
128	2203	Schulte-Lingemann Frank	200PROTEAM	3:20:55	M40	32	0:41:20	1:05:25	1:34:09
129	3524	Armendariz Pedro	Triathlon FS Düsseldorf	3:21:12	M40	33	0:42:13	1:05:25	1:33:34
130	4285	Gilbert Karl	*Wittlaer	3:21:16	M40	34	0:42:43	1:04:42	1:33:50
131	2661	Wischniewski Markus	*Neuss	3:21:17	M40	35	0:43:09	1:04:40	1:33:28
132	3343	Bücker Ralf	*Dorsten	3:21:30	M40	36	0:43:06	1:04:28	1:33:55
133	3680	Große Dieter	LC Duisburg	3:21:34	M45	32	0:41:17	1:04:26	1:35:50
134	5444	Gmirrek Andreas	LT Kemperdick	3:21:41	M50	18	0:41:46	1:04:11	1:35:44
135	4400	Rödiger Volker	Blau Weiß Bochum	3:21:43	M40	37	0:42:29	1:04:44	1:34:29
136	3730	Reese Stefan	Ratingen	3:22:05	M50	19	0:43:46	1:05:42	1:32:36
137	2482	Püll Stephan	*Neuss	3:22:06	M35	11	0:43:35	1:04:25	1:34:05
138	3635	Eißmann Jens	RWE Starlight Team Essen	3:22:07	M30	18	0:40:42	1:05:04	1:36:20
139	2281	Hebmüller Jörg	TG Neuss	3:22:08	M45	33	0:39:49	1:05:50	1:36:29
140	5078	Eikerling Frank	Cool Runnings Beelen	3:22:12	M35	12	0:43:10	1:04:32	1:34:29
141	5308	Czernik Martin	LG Wuppertal	3:22:19	M45	34	0:41:03	1:05:00	1:36:15
142	4181	König Philipp	Bayer Dormagen	3:22:25	M18	2	0:40:53	1:04:54	1:36:37
143	2671	Uhlendahl Markus	TUSEM Essen	3:22:31	M40	38	0:42:41	1:05:25	1:34:25
144	2083	Christoph Stefan	Vodafone Runners	3:22:33	M35	13	0:42:10	1:05:28	1:34:54
145	4480	Hilbers Christof	*Radevormwald	3:22:50	M40	39	0:40:14	1:04:55	1:37:40
146	5394	Buschmaas Michael	*Krefeld	3:22:55	M50	20	0:44:26	1:09:53	1:28:35
147	2673	Busmann Ingo	*Essen	3:23:05	M35	14	0:41:36	1:03:47	1:37:41
148	4665	Kohlhöfer Udo	Krefelder Kanu Klub	3:23:21	M45	35	0:41:50	1:04:01	1:37:29
149	2465	Möllmann Udo	TSV Bocholt	3:23:22	M45	36	0:42:43	1:05:41	1:34:57
150	3051	Mescher Stefan	*Essen	3:23:23	M40	40	0:42:53	1:05:19	1:35:11
151	4106	Rosin Andreas	LT Wischlingen Dortmund	3:23:23	M50	21	0:43:55	1:06:05	1:33:22
152	3142	Wisocki-menzen Dirk Pet	LT BUGA Düsseldorf 1999	3:23:27	M45	37	0:47:59	0:59:35	1:35:53
153	1978	Hanke Frank	Vodafone Runners	3:23:30	M40	41	0:42:19	1:04:46	1:36:25
154	2243	Thentje Michael	LG COESFELD	3:23:37	M45	38	0:42:02	1:06:02	1:35:32
155	5433	Jany Peter	*Dinslaken	3:23:49	M40	42	0:42:34	1:04:59	1:36:15
156	4995	Zimmermann Rene	NUTRIXION Triathlon	3:23:54	M40	43	0:40:50	1:06:57	1:36:07
157	4934	Kempin Dietmar	DSSC 09/20	3:23:55	M45	39	0:42:11	1:05:10	1:36:33
158	4194	Skoerys Michael	Triathlon Team Ratingen 08	3:24:02	M50	22	0:42:08	1:05:10	1:36:43
159	3044	Düren Andreas	Running Team Hochschule B	3:24:21	M45	40	0:43:24	1:05:32	1:35:25

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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	3397	Seggewiss Frank	Knötterpötte	3:24:26	M40	44	0:41:18	1:06:05	1:37:02
161	3647	Keller Markus	Team Erdinger Alkoholfrei	3:24:33	M40	45	0:39:34	1:02:49	1:42:09
162	3933	Ruda Christian	TFA Team Düsseldorf	3:24:43	M35	15	0:43:45	1:07:38	1:33:19
163	4915	Gaida Norbert	Köln Triathlon	3:24:47	M40	46	0:42:07	1:05:25	1:37:14
164	2040	Burggraf Axel	Marathonkurs LC-Duisburg	3:24:48	M35	16	0:42:07	1:02:19	1:40:21
165	2641	Müller Sebastian	TRC Essen 84	3:24:51	M22	12	0:40:29	1:01:57	1:42:24
166	4189	Schott Martin	LC Duisburg	3:25:14	M50	23	0:42:24	1:05:52	1:36:58
167	3707	Schultz Klaus	*Ratingen-Lintorf	3:25:14	M45	41	0:41:44	1:04:13	1:39:16
168	4233	Catchpole Ben	Team GfB	3:25:19	M19	2	0:43:27	1:04:50	1:37:02
169	2717	Maciejewski Adam	LC Duisburg	3:25:32	M45	42	0:43:34	1:05:39	1:36:18
170	2266	Koervers Arnd	Ausdauer Schule by Bunert	3:25:36	M45	43	0:41:15	1:04:05	1:40:15
171	4929	Block Sven	Team TG Witten	3:25:42	M40	47	0:42:23	1:06:25	1:36:52
172	4435	Kronenberg Edmund	*Krefeld	3:25:42	M55	6	0:42:50	1:07:19	1:35:32
173	4275	Gietmann Lukas Leander	TSV Weeze 1910/19	3:25:43	M18	3	0:41:10	1:05:06	1:39:26
174	2357	Barral Farto Ramon	Team Pirate	3:25:47	M40	48	0:42:52	1:06:12	1:36:42
175	3520	Helmbert Volker	Saarner Kämpfer	3:25:51	M45	44	0:41:57	1:05:48	1:38:05
176	4366	Böckle Bernhard	*Düsseldorf	3:26:02	M30	19	0:42:44	1:06:16	1:37:01
177	3769	Hornickel Stephan	*Neuss	3:26:28	M30	20	0:42:22	1:11:56	1:32:10
178	2789	Bauhaus Frank	Krefelder Kanu Klub	3:26:42	M55	7	0:43:02	1:05:51	1:37:47
179	3226	Simon Dr. Dieter	LG Mülheim	3:26:47	M55	8	0:43:53	1:07:22	1:35:31
180	5628	Bärens Ulrich	SV Langendreer 04	3:26:50	M50	24	0:43:28	1:06:27	1:36:54
181	5239	Neumann Guido	*Viersen	3:27:02	M40	49	0:42:49	1:07:17	1:36:55
182	4636	Ziemons André	Rapid Ramirez	3:27:10	M55	9	0:43:54	1:07:19	1:35:57
183	5159	Laumann Jörg	*Düsseldorf	3:27:12	M45	45	0:42:26	1:07:14	1:37:31
184	5162	Karst Michael	FC Schalke 04	3:27:18	M50	25	0:39:58	1:01:46	1:45:33
185	4077	Lammerding Alfons	Running Wöller	3:27:21	M50	26	0:43:37	1:06:59	1:36:44
186	3930	Cziommer Jürgen	FC Straberg	3:27:21	M35	17	0:40:35	1:04:45	1:42:00
187	3559	Röthling Axel	ESV Meiderich	3:27:30	M55	10	0:43:26	1:06:14	1:37:48
188	3364	Bogasch Lutz	TuS 08 Lintorf	3:27:38	M50	27	0:42:21	1:06:47	1:38:29
189	5315	Bachmann Günter	LG Alpen	3:27:38	M55	11	0:42:26	1:07:46	1:37:25
190	3727	Jonke Hermann	Henkel Läufer	3:27:43	M55	12	0:44:33	1:07:11	1:35:58
191	4243	Steins Christian	Team Erdinger Alkoholfrei	3:27:44	M50	28	0:41:57	1:07:52	1:37:54
192	4510	Brömme Roland	DAV Duisburg	3:27:44	M50	29	0:42:47	1:06:25	1:38:32
193	5454	Bienert Patrick	*Velbert	3:27:52	M30	21	0:43:51	1:06:11	1:37:49
194	3375	Buhrmann Ulrich	Tri Team FS Düsseldorf	3:27:55	M45	46	0:44:06	1:06:40	1:37:08
195	4882	Spillker Marcel	USC Duisburg	3:27:55	M30	22	0:43:38	1:05:53	1:38:23
196	2459	Gleumes Stephan	Expertenrunde	3:28:00	M40	50	0:42:12	1:06:06	1:39:41
197	5366	Giersch Andreas	BSG Stadtwerke Duisburg A	3:28:01	M40	51	0:44:05	1:06:57	1:36:58
198	4985	Matrose Arne	*Münster	3:28:02	M30	23	0:41:39	1:07:42	1:38:40
199	2810	Miksche Ronald	*Düsseldorf	3:28:30	M45	47	0:43:03	1:05:53	1:39:33
200	4611	Zupan Achim	RWE Starlight Team Essen	3:28:34	M50	30	0:43:48	1:06:32	1:38:13
201	5233	Kahls Markus	Max Maulwurf Marathonis	3:28:34	M45	48	0:43:21	1:07:43	1:37:29
202	2120	Torkhani Imad	TC Kray 1892 e.V	3:28:36	M40	52	0:41:13	1:05:06	1:42:15
203	1988	Verfürth Christian	Vodafone Runners	3:28:37	M45	49	0:42:46	1:08:05	1:37:45
204	4421	Dünninger Helmut	*Ratingen	3:28:49	M50	31	0:44:04	1:07:51	1:36:54
205	3650	Motzkus Martin	BSG Ev. Krankenhaus MH	3:28:54	M35	18	0:44:43	1:05:10	1:39:00
206	5588	Heimann David	SG Borken	3:28:58	M35	19	0:42:26	1:00:51	1:45:41
207	2567	Schilling-Frenk Tiemo	BSG Sparkasse Essen	3:29:03	M40	53	0:42:16	1:05:58	1:40:48
208	2410	Oelschläger Klaus	*Düsseldorf	3:29:05	M50	32	0:42:48	1:05:45	1:40:32
209	5529	Boschheidgen Jan	Moerser TV Triathlon	3:29:12	M19	3	0:39:44	1:11:20	1:38:07
210	4371	Neef Hans-Jürgen	ERGO Sports	3:29:13	M55	13	0:44:09	1:07:38	1:37:25
211	3829	Gebauer Bernd	LGO Dortmund	3:29:14	M45	50	0:43:28	1:08:14	1:37:31
212	3109	Unflath Pekka	TV Hasperbach 1898 e.V.	3:29:24	M45	51	0:42:37	1:06:56	1:39:50

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	4040	Sobolewski Markus	Adler-Langlauf Bottrop	3:29:26	M45	52	0:42:53	1:08:58	1:37:34
214	3349	Schwass David	Die Oberkämpf(er)	3:29:38	M40	54	0:45:45	1:09:31	1:34:21
215	2127	Dixkens Jörg	TV Wanheimerort	3:29:40	M50	33	0:46:37	1:08:27	1:34:35
216	4601	Schumann Frank	RC 77 Bocholt	3:29:44	M40	55	0:44:05	1:08:10	1:37:28
217	4449	Alst Klaus	*Mülheim an der Ruhr	3:29:46	M50	34	0:42:35	1:09:13	1:37:57
218	2279	Lohmann Frank	TG Neuss	3:29:50	M50	35	0:41:20	1:08:36	1:39:52
219	3687	Kersting Manfred	*Grevenbroich	3:29:58	M50	36	0:43:50	1:06:48	1:39:19
220	3475	Gebel Dietmar	frau-koenig.de	3:30:01	M55	14	0:43:16	1:08:53	1:37:51
221	3759	Rogala Andrzej	Marathonteam Ratingen	3:30:05	M55	15	0:44:44	1:06:26	1:38:54
222	4202	Driller Werner	SV Blau-Weiß Bochum	3:30:06	M45	53	0:42:32	1:08:20	1:39:13
223	3522	Njunjic Claude	Volllaufen	3:30:15	M35	20	0:56:18	1:01:04	1:32:51
224	3629	Schroeder Georg	BSV DELPHI WUPPERTAL	3:30:19	M65	2	0:43:20	1:06:49	1:40:09
225	3791	Hinzmann Mathias	Kahlenberger HTC	3:30:34	M30	24	0:42:12	1:09:12	1:39:10
226	2097	Markus Dr. Christian	Vodafone Runners	3:30:34	M50	37	0:44:09	1:06:58	1:39:27
227	2590	Fiedler Michael	*Voerde	3:30:37	M50	38	0:45:51	1:06:45	1:37:59
228	3917	Hahlweg Gerald	*Düsseldorf	3:30:41	M55	16	0:44:55	1:07:54	1:37:51
229	4846	Kazmierczak Michael	FJgRgt 2	3:30:45	M30	25	0:44:49	1:07:14	1:38:41
230	4863	Krebs Michael	TUS 05 Quettingen	3:30:50	M45	54	0:45:49	1:07:30	1:37:30
231	5535	Puzicha André	*Essen	3:30:55	M40	56	0:43:44	1:08:29	1:38:42
232	3139	Pötschke Maik	Die Flinken Gazellen	3:31:08	M30	26	0:43:29	1:08:00	1:39:39
233	5369	Nietiet Ralf	TUS Breitscheid	3:31:15	M45	55	0:44:20	1:08:33	1:38:21
234	2096	Konst Theodor	Vodafone Runners	3:31:16	M45	56	0:39:46	1:06:09	1:45:20
235	2479	Brandenburg Martin	Angerland LT Lintorf	3:31:17	M50	39	0:42:09	1:07:33	1:41:35
236	3920	Föhring Lars	*Bochum	3:31:20	M22	13	0:44:04	1:08:01	1:39:15
237	2078	Savillif Rüdiger	TRIMET ESSEN	3:31:22	M60	3	0:45:22	1:07:27	1:38:33
238	2672	Köhler Sven	SV Viktoria Goch	3:31:29	M30	27	0:42:05	1:07:25	1:41:58
239	2446	Ritthoff Michael	*Duisburg	3:31:35	M45	57	0:44:51	1:09:32	1:37:11
240	2534	Grauke Tobias	Tus Lintorf 08	3:31:41	M50	40	0:43:50	1:07:51	1:39:59
241	2163	Fey Marvin	200PROTEAM	3:31:50	M22	14	0:43:41	1:08:50	1:39:17
242	2085	Fischer Christoph	Vodafone Runners	3:31:51	M40	57	0:43:59	1:07:28	1:40:23
243	3815	Wagner Burkhard	Die Stolperer	3:31:59	M50	41	0:45:15	1:07:30	1:39:13
244	5521	Schulten Lasse	SF Klein-Reken	3:32:00	M18	4	0:48:02	1:07:22	1:36:36
245	2551	Lewerenz Karsten	DIN-Team	3:32:06	M45	58	0:45:19	1:09:00	1:37:46
246	5091	Neuheuser Markus	Adler-Langlauf Bottrop	3:32:12	M45	59	0:44:33	1:07:31	1:40:07
247	2898	Knepper Michael	*Mülheim	3:32:17	M50	42	0:45:32	1:07:52	1:38:52
248	2591	Möllmann Norbert	Bocholt	3:32:21	M55	17	0:42:36	1:07:55	1:41:49
249	3623	Hupp Ralf	LT Gruitzen-Neandertal	3:32:26	M50	43	0:44:09	1:07:35	1:40:42
250	3240	Zimmermann Frank	LC Duisburg	3:32:37	M45	60	0:43:15	1:07:34	1:41:46
251	4353	Birkendorf Klaus	Tri-Geckos Dortmund	3:32:42	M40	58	0:44:02	1:08:08	1:40:31
252	3052	Gereke Carsten	Die Waldgazellen	3:32:46	M45	61	0:44:28	1:05:06	1:43:12
253	4854	Grundt Dirk	Triminators TV Voerde	3:32:58	M45	62	0:43:16	1:06:55	1:42:45
254	5691	Bohris Oliver	TUS Breitscheid	3:32:59	M45	63	0:45:53	1:09:47	1:37:18
255	4956	Zachan Michael	Solinger LC	3:33:00	M55	18	0:44:42	1:08:19	1:39:58
256	2688	Beckmann Micha	Palma Runners	3:33:08	M45	64	0:44:08	1:08:33	1:40:26
257	3817	Wagner Sebastian	Kahlenberger HTC	3:33:09	M30	28	0:45:14	1:06:22	1:41:33
258	4054	Zachcial Dr. Andreas	Fluktuation 8	3:33:11	M40	59	0:45:33	1:09:23	1:38:14
259	3198	Müller Dr. Holger	sie inkrädibäl holg	3:33:15	M40	60	0:44:11	1:09:50	1:39:14
260	2466	Brahm im Carsten	TRC Essen 84	3:33:16	M40	61	0:43:19	1:07:53	1:42:02
261	2637	Daemen Oliver	*Duisburg	3:33:32	M45	65	0:44:21	1:07:39	1:41:32
262	2533	Schülpen Gregor	LT Vynen	3:33:35	M50	44	0:46:50	1:08:58	1:37:45
263	5402	Bongers Jörn	LT Krefeld-Oppum	3:33:58	M45	66	0:46:05	1:08:43	1:39:09
264	5100	Flaßkamp Michael	Cool Runnings Beelen	3:34:07	M35	21	0:43:43	1:10:21	1:40:03
265	5055	Küsel Tim	*Ratingen	3:34:11	M22	15	0:43:59	1:08:34	1:41:37

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	2373	Blicke Chris	Barfuss Bethlehem	3:34:19	M30	29	0:43:03	1:10:59	1:40:16
267	3127	Butterweck Dr. Ulf	TRC Essen 84	3:34:20	M35	22	0:46:03	1:09:41	1:38:35
268	5133	Brings Jürgen	DJK VfR Saarn	3:34:21	M50	45	0:45:50	1:08:39	1:39:51
269	3760	Buckow Kevin	Kahlenberger HTC	3:34:31	M30	30	0:44:36	1:08:41	1:41:13
270	2230	Hamann Matthias	200PROTEAM	3:34:34	M35	23	0:44:50	1:07:46	1:41:57
271	2166	Gathmann Marcel	200PROTEAM	3:34:41	M30	31	0:44:47	1:08:31	1:41:22
272	3483	Buchholz Gerrit	*Ratingen	3:34:47	M40	62	0:44:01	1:09:48	1:40:58
273	4649	Bludau Michael	*Duisburg	3:34:48	M55	19	0:45:18	1:08:33	1:40:56
274	5050	Andreas Dirk	*Kaarst	3:34:55	M35	24	0:44:28	1:09:31	1:40:54
275	3602	Willner Detlef	Mettmann	3:35:08	M55	20	0:45:42	1:09:15	1:40:10
276	5635	Brutscheidt Erik	*Ratingen	3:35:10	M45	67	0:44:18	1:08:36	1:42:14
277	3785	Schilling Jürgen	SpVgg Sterkrade-Nord	3:35:17	M50	46	0:45:34	1:10:30	1:39:12
278	4733	Wilk Lucas	*Neuss	3:35:21	M30	32	0:46:39	1:08:03	1:40:38
279	2315	Hemmerling Daniel	RMD Laufcamp 2014	3:35:21	M35	25	0:45:47	1:07:22	1:42:11
280	4390	Schmulke Jürgen	LT Krefeld-Oppum	3:35:24	M50	47	0:45:37	1:09:55	1:39:52
281	5772	Krummel Jürgen	BSG Stadtwerke Duisburg A	3:35:29	M45	68	0:43:44	1:07:13	1:44:32
282	4609	Beckmann Dr. Björn	*Duisburg	3:35:31	M35	26	0:44:38	1:07:07	1:43:45
283	3773	Werner Frank	VSG Duisburg	3:35:33	M50	48	0:44:21	1:07:23	1:43:48
284	2517	van der Bij Daniel	Triathlon Team Rheinberg	3:35:39	M22	16	0:42:50	1:07:25	1:45:24
285	4856	Gromann Ralf	SV Schermbeck	3:35:40	M50	49	0:46:37	1:09:45	1:39:17
286	5144	Sturm Martin	*Grevenbroich	3:35:46	M45	69	0:43:25	1:11:00	1:41:20
287	2372	Koch Benni	Barfuss Bethlehem	3:35:47	M22	17	0:41:43	1:13:20	1:40:43
288	3997	Gräfe Sascha	BSG Stadtwerke Duisburg A	3:35:48	M30	33	0:44:01	1:08:51	1:42:56
289	2273	Abel Klaus	LC Duisburg	3:35:51	M60	4	0:46:24	1:08:23	1:41:02
290	4942	Geldmacher Achim	*Krefeld	3:35:59	M50	50	0:46:29	1:09:21	1:40:08
291	5552	Platzen Jens	*Essen	3:36:08	M30	34	0:44:24	1:09:45	1:41:59
292	2904	Kipp Stefan	*Münster	3:36:11	M35	27	0:46:35	1:08:15	1:41:20
293	4835	Reininghaus Frank	SV Gladbeck 13	3:36:17	M45	70	0:45:20	1:10:26	1:40:30
294	4916	Kaiser Gero	BSG Commerzbank Duisbu	3:36:18	M50	51	0:45:57	1:11:00	1:39:20
295	4966	Rütter Ralf	SV Brünen	3:36:20	M40	63	0:45:35	1:10:35	1:40:08
296	3204	Ziegler Sven	Angerland LT Lintorf	3:36:23	M35	28	0:44:45	1:07:35	1:44:02
297	5359	Schmengler Stephan	BSG Stadtwerke Duisburg A	3:36:27	M50	52	0:44:23	1:08:44	1:43:19
298	2223	Muth Karsten	Ruhrgas SG 1929	3:36:29	M45	71	0:46:49	1:12:54	1:36:45
299	2798	Böttcher Marc	Die Gazellen	3:36:33	M30	35	0:48:54	1:08:55	1:38:43
300	3881	Serek Juergen	*Mülheim a.d. R	3:36:46	M50	53	0:45:36	1:09:33	1:41:36
301	3654	Vüllings Andre	Bocholter WSV	3:36:52	M45	72	0:45:39	1:09:52	1:41:20
302	2398	Stalter Ulrich	*Düsseldorf	3:36:58	M45	73	0:45:50	1:10:02	1:41:05
303	2816	Holstein Dirk	LGO Bochum	3:37:00	M50	54	0:44:52	1:10:12	1:41:54
304	4843	Müller Dr. Marc-Oliver	*Mettmann	3:37:04	M45	74	0:48:19	1:15:30	1:33:15
305	3254	Müller Jörg	Lauffreunde Röttgersbach	3:37:07	M45	75	0:46:54	1:10:31	1:39:41
306	3615	Mintrop Johannes	TVE Burgaltendorf	3:37:10	M50	55	0:44:44	1:11:14	1:41:10
307	3480	Peerenboom Klaus	Doppelkopf Schlicherum	3:37:22	M50	56	0:45:24	1:08:04	1:43:53
308	3506	Pasdziernik Markus	LT Wischlingen Dortmund	3:37:22	M30	36	0:49:58	1:19:52	1:27:31
309	2657	Schmitz Ulrich	TC Grün-Weiß Hochdahl e.V.	3:37:43	M50	57	0:45:47	1:10:25	1:41:30
310	2621	Rzyla Adrian	Bocholter WSV	3:37:47	M40	64	0:46:02	1:09:51	1:41:54
311	2062	Tollnick Stefan	VIVAWEST	3:37:52	M35	29	0:45:56	1:09:26	1:42:29
312	4638	Goischke Manuel	*Moers	3:37:57	M35	30	0:47:36	1:06:47	1:43:33
313	2837	Böker Christian	LG 1947 Viersen	3:38:04	M40	65	0:44:37	1:09:07	1:44:19
314	4289	Lichtenstein Klaus	*Gelsenkirchen	3:38:15	M50	58	0:46:12	1:10:17	1:41:45
315	3025	Pilz Thorsten	LSG Meygner Busch	3:38:18	M35	31	0:42:16	1:14:29	1:41:32
316	3879	Siry Martin	TV Wanheimerort	3:38:23	M40	66	0:43:18	1:10:45	1:44:20
317	4306	Ischinsky Ludger	Lauffreunde Bottrop	3:38:25	M60	5	0:47:03	1:10:24	1:40:57
318	4739	Laufs Stephan	LT Metzkausen	3:38:25	M45	76	0:44:40	1:08:32	1:45:12

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	4144	Mittasch Markus	Langsam läuft am Längsten	3:38:26	M45	77	0:45:24	1:10:06	1:42:55
320	3061	Geltenpoth Guido	Lauftreff Kettwig 2000	3:38:30	M45	78	0:46:19	1:10:44	1:41:27
321	3196	Terörde Lars	Triathlon Team Ratingen 08	3:38:46	M45	79	0:44:11	1:10:38	1:43:57
322	2057	Latermann Jens	VIVAWEST	3:39:02	M40	67	0:47:08	1:09:53	1:42:00
323	3100	Huhn Oliver	Advanx English for Runaway	3:39:12	M45	80	0:46:14	1:10:14	1:42:43
324	4964	Lünendonk Lothar	Team Crazyluenis Korschen	3:39:21	M60	6	0:46:59	1:09:41	1:42:39
325	3697	Krämer Michael	Roadrunner	3:39:21	M55	21	0:45:08	1:11:40	1:42:33
326	5656	Skupch Simon	*Duisburg	3:39:31	M22	18	0:48:04	1:07:04	1:44:23
327	2601	Roddeck Markus	LC Duisburg	3:39:34	M45	81	0:44:01	1:10:31	1:45:00
328	5515	Muck Stephan	*Essen	3:39:39	M35	32	0:42:52	1:09:14	1:47:32
329	5609	Diedrich Mike	Espressivo	3:39:43	M40	68	0:48:11	1:10:41	1:40:50
330	3543	Kraemer Kurt	LT Gruitene-Neandertal	3:39:44	M40	69	0:45:54	1:11:13	1:42:36
331	5270	Scheiler Oliver	*Wülfrath	3:39:46	M30	37	0:45:05	1:09:25	1:45:14
332	4493	Visser Jens	*Bocholt	3:39:47	M22	19	0:45:21	1:11:23	1:43:02
333	3102	Kubitza Marco	Triathlon Mülheim	3:39:50	M40	70	0:43:55	1:12:44	1:43:10
334	2507	Mohn Thorsten	team-slow-motion	3:39:53	M40	71	0:45:33	1:10:48	1:43:31
335	3220	Nebe Philipp		3:39:56	M22	20	0:45:06	1:12:18	1:42:32
336	4996	Pfeiffer Thomas	Frühschicht	3:39:58	M40	72	0:45:43	1:11:47	1:42:26
337	4817	Faßbender Mirco	*Essen	3:39:58	M30	38	0:44:03	1:10:21	1:45:33
338	4063	Peplau Ingo	Triminators TV Voerde	3:40:01	M35	33	0:42:59	1:12:01	1:45:00
339	5317	Freitag Dirk	*Neuss	3:40:29	M40	73	0:45:26	1:11:23	1:43:39
340	3908	Kopal Wolfgang	*Ratingen	3:40:32	M45	82	0:46:19	1:10:12	1:44:00
341	5430	Koschlitzi Norbert	Eintracht Duisburg 1848 e.V.	3:40:35	M50	59	0:45:37	1:11:17	1:43:40
342	3606	Brucks Ingo	Lauftreff Sterkrade-Nord	3:40:38	M40	74	0:44:44	1:11:09	1:44:43
343	5447	Wiefels Jan	*Düsseldorf	3:40:40	M30	39	0:47:35	1:11:45	1:41:18
344	3422	Müller Bernd	Mönchengladbacher LG	3:40:42	M22	21	0:44:27	1:10:50	1:45:24
345	2035	Susing Thorsten	Volksbank Rhein-Ruhr eG	3:40:43	M30	40	0:47:32	1:11:29	1:41:40
346	3389	van den Dolder Ralf	*Neukirchen-Vluyn	3:40:43	M50	60	0:46:07	1:11:28	1:43:07
347	5101	Evers Andreas	*Bottrop	3:40:44	M35	34	0:45:33	1:11:49	1:43:21
348	3124	Aben Markus	*Kevelaer	3:40:49	M30	41	0:47:21	1:10:48	1:42:38
349	4597	Kühnreich Mathias	*Essen	3:40:53	M45	83	0:46:04	1:11:06	1:43:43
350	2595	Siegmund Marco	Amermund Runners	3:40:55	M40	75	0:44:49	1:10:21	1:45:43
351	2662	Heinemann Dr. Oliver	Adler-Langlauf Bottrop	3:40:58	M45	84	0:52:00	1:09:52	1:39:05
352	3743	Dahlhaus Karsten	Rennfietse Bocholt	3:41:06	M35	35	0:44:52	1:12:03	1:44:10
353	4957	Schmidt Alexander	*Essen	3:41:08	M30	42	0:44:55	1:08:42	1:47:30
354	5506	Pauls Viktor	Expertenrunde	3:41:13	M40	76	0:46:44	1:10:18	1:44:10
355	4811	Althoff Markus	Adler-Langlauf Bottrop	3:41:13	M45	85	0:48:24	1:11:40	1:41:08
356	4564	Risse Levin	*Duisburg	3:41:14	M22	22	0:43:58	1:11:53	1:45:22
357	4311	Kaiser André	TuS Baerl	3:41:20	M35	36	0:45:48	1:11:39	1:43:52
358	4659	Mohr Markus	*Issum	3:41:26	M45	86	0:45:10	1:10:57	1:45:18
359	5636	Jotzo Daniel	SUS Stadtlohn	3:41:29	M35	37	0:45:39	1:10:08	1:45:40
360	2319	Koch David	RMD Laufcamp 2014	3:41:35	M30	43	0:46:06	1:13:12	1:42:15
361	3627	Hütten Volker	*Moers	3:41:36	M50	61	0:46:09	1:10:17	1:45:09
362	5107	Pokoyski Guido	Renntiere	3:41:36	M45	87	0:45:49	1:08:57	1:46:50
363	4067	Ankel Markus	RWE Starlight Team Essen	3:41:44	M45	88	0:44:57	1:11:12	1:45:35
364	4447	Poswig Arndt	*Ratingen	3:41:47	M45	89	0:43:52	1:11:59	1:45:54
365	2275	Götz Volker	TG Neuss	3:41:48	M55	22	0:46:29	1:10:46	1:44:32
366	2090	Grabowski Robert	Vodafone Runners	3:41:53	M40	77	0:46:58	1:09:54	1:45:01
367	5406	Fox Robert	*Dinslaken	3:41:54	M22	23	0:45:11	1:13:07	1:43:35
368	4767	Dinnendahl Andreas	*Duisburg	3:41:55	M40	78	0:46:52	1:08:23	1:46:40
369	4537	Jansen Markus	23 Uhr Theke	3:41:58	M22	24	0:44:53	1:11:57	1:45:06
370	2014	Malkowsky Andre	Vodafone Runners	3:41:59	M45	90	0:44:56	1:10:41	1:46:21
371	2322	Graw Joachim	*Sprockhövel	3:42:02	M45	91	0:46:48	1:11:28	1:43:46

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	5396	Bussing Dirk	*Wesel	3:42:06	M45	92	0:43:46	1:09:20	1:48:59
373	3922	Koglin Kevin	Crazy Monkeys	3:42:09	M30	44	0:44:22	1:11:08	1:46:38
374	3036	Maurer Markus	Immeo Wohnen Running Te	3:42:10	M45	93	0:46:02	1:11:37	1:44:30
375	3630	Schacht Andreas	LGO Bochum	3:42:24	M45	94	0:43:09	1:07:56	1:51:18
376	5563	Küssner Bernd	Angerland LT Lintorf	3:42:31	M60	7	0:47:26	1:11:50	1:43:14
377	4549	Eiteneuer Bernd	Rapid Ramirez	3:42:33	M55	23	0:46:05	1:11:40	1:44:48
378	2018	Voss Dirk	Vodafone Runners	3:42:42	M40	79	0:45:06	1:14:29	1:43:06
379	2642	Störmer David	Fast-Twitch	3:42:43	M30	45	0:44:00	1:12:04	1:46:38
380	2598	Boleslawsky Stephan	*Ratingen	3:42:44	M40	80	0:45:46	1:10:41	1:46:16
381	3171	Erbrich Waldemar	Zeh-Kader	3:42:49	M40	81	0:47:43	1:10:34	1:44:31
382	3366	Edeler Thorsten	LC Marathon-Kurs	3:42:50	M45	95	0:46:22	1:11:02	1:45:26
383	3125	Aben Leo	*Geldern	3:42:54	M60	8	0:47:38	1:10:35	1:44:40
384	3529	Wied Timo	Ausdauerschule by Bunert	3:43:02	M30	46	0:45:47	1:11:46	1:45:28
385	5339	Winter Norbert	ERGO Sports Köln	3:43:03	M45	96	0:45:32	1:13:17	1:44:13
386	2726	Brockmann Martin	TTC Wuppertal	3:43:05	M45	97	0:46:07	1:12:20	1:44:38
387	4408	Daniels Andre	St. Hubertus Uedemerbruch	3:43:24	M22	25	0:45:28	1:11:27	1:46:28
388	2873	Späth Norbert	*Düsseldorf	3:43:25	M40	82	0:47:42	1:12:24	1:43:18
389	2766	Rudnik Jens	*Dinslaken	3:43:28	M40	83	0:44:05	1:10:55	1:48:27
390	3490	Mainka Oliver	*Oberhausen	3:43:34	M40	84	0:44:18	1:11:44	1:47:31
391	2939	Köller Peter	Marathon Mülheim	3:43:41	M45	98	0:46:28	1:10:33	1:46:39
392	3536	Koch Detlef	*Rheinberg	3:43:43	M45	99	0:46:51	1:13:32	1:43:19
393	3013	Dietrich Torben	Freie Schwimmer Düsseldorf	3:43:44	M22	26	0:48:52	1:12:18	1:42:34
394	2614	Stockmar Christian	Fortuna Düsseldorf Triathlon	3:43:47	M40	85	0:44:04	1:12:56	1:46:46
395	2068	Kriependorf Florian	TEAM ELG	3:43:53	M35	38	0:44:59	1:13:04	1:45:49
396	3900	Beckmanns Ralf	LT Krefeld-Oppum	3:43:58	M50	62	0:45:32	1:12:02	1:46:23
397	2968	Plank Peter	*Wesel	3:44:04	M45	100	0:48:11	1:11:28	1:44:24
398	4249	Glowig Daniel	KC LUMNDA	3:44:07	M22	27	0:49:36	1:14:01	1:40:29
399	4274	Gietmann Michael	TSV Weeze 1910/19	3:44:15	M45	101	0:46:31	1:11:58	1:45:45
400	3350	Dohmes Oliver	Die Oberkämpf(er)	3:44:17	M45	102	0:45:45	1:09:31	1:49:01
401	4838	Götz Wolfgang	DJK VFL Willich	3:44:19	M50	63	0:45:52	1:09:56	1:48:29
402	5686	Krayer Bernd	TUS Breitscheid	3:44:19	M50	64	0:45:46	1:10:38	1:47:54
403	2611	Friedrich Dr. David	Triathlon Team Ratingen 08	3:44:22	M40	86	0:46:31	1:11:52	1:45:59
404	2293	Bartels Carsten	Team Polizei	3:44:28	M45	103	0:46:41	1:12:57	1:44:49
405	2242	Stöhler Martin	LG COESFELD	3:44:29	M45	104	0:46:16	1:09:00	1:49:13
406	4346	Sonnen Stephan	Die Roadrunners	3:44:32	M45	105	0:45:39	1:12:31	1:46:22
407	5687	Tischer Norman	TUS Breitscheid	3:44:32	M30	47	0:47:23	1:11:54	1:45:15
408	2381	Hümb's Marvin	*Duisburg	3:44:33	M22	28	0:44:32	1:16:21	1:43:39
409	2006	Weishaupt Friedrich	Vodafone Runners	3:44:34	M60	9	0:47:42	1:13:03	1:43:48
410	3755	Lagarden Jörg	SV Viktoria Goch	3:44:43	M50	65	0:45:45	1:10:04	1:48:52
411	4948	Komes Max Paul	*Oberhausen	3:44:43	M18	5	0:45:25	1:13:28	1:45:50
412	2056	Tuncel Turhan	VIVAWEST	3:44:48	M45	106	0:48:07	1:10:15	1:46:24
413	2727	Krause Ralf	*Kaarst	3:44:51	M40	87	0:46:22	1:12:10	1:46:18
414	2137	Schlechter Marcus	AS Neukirchen-Vluyn	3:44:54	M40	88	0:41:58	1:11:23	1:51:32
415	4913	Hajek Dirk	BSG Sparkasse Bottrop	3:44:58	M40	89	0:47:21	1:12:38	1:44:58
416	2871	Pfannkuche Olaf	*Essen	3:45:02	M45	107	0:45:32	1:11:03	1:48:26
417	5047	Stendal Dirk	SOS Kinderdörfer	3:45:02	M45	108	0:42:48	1:10:45	1:51:28
418	3710	Jendrian Rainer	DjK Altendorf 09 Essen	3:45:05	M50	66	0:46:14	1:12:19	1:46:30
419	2480	Simons Hans W.	Düsseldorf	3:45:08	M55	24	0:47:36	1:12:54	1:44:37
420	4673	Franz Ingo	*Schoningen	3:45:10	M50	67	0:47:44	1:11:57	1:45:27
421	3084	Bögel Frank	*Bochum	3:45:11	M40	90	0:48:30	1:12:55	1:43:44
422	4765	Heinze Tobias	SuS Hochmoor 1958 e.V.	3:45:11	M22	29	0:45:25	1:13:59	1:45:45
423	5675	Wrobbel Marcel	*Moers	3:45:13	M35	39	0:45:49	1:13:51	1:45:32
424	3840	Kerstiens Norbert	LT Wischlingen Dortmund	3:45:15	M50	68	0:49:10	1:11:13	1:44:52



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	2677	Koschnick Andreas	OTV Endurance Team	3:45:31	M35	40	0:43:20	1:07:59	1:54:12
426	4257	Paul Thomas	SV Budberg Lauffreunde	3:45:33	M45	109	0:46:25	1:11:29	1:47:38
427	2992	Dillig Mark	*Duisburg	3:45:33	M35	41	0:46:08	1:10:43	1:48:42
428	3689	Ludwig Frank	*Essen	3:45:38	M35	42	0:46:43	1:11:07	1:47:48
429	4071	Leonhard Wilfried	PV-Triathlon Witten	3:45:42	M55	25	0:47:47	1:12:58	1:44:55
430	3161	Schmandt Jan	ART Düsseldorf	3:45:42	M35	43	0:43:04	1:26:53	1:35:45
431	5497	Martin Wolfgang	*Duisburg	3:45:46	M30	48	0:48:54	1:12:19	1:44:32
432	4301	Peters Andreas	*Oberhausen	3:45:52	M50	69	0:47:44	1:11:37	1:46:30
433	2625	Swantusch Marco	ART Düsseldorf	3:46:00	M30	49	0:44:31	1:16:52	1:44:37
434	3883	Wassink Andreas	LC Duisburg	3:46:03	M40	91	0:46:59	1:12:37	1:46:26
435	1941	Wendicke Dennis	Ruhrgas SG 1929	3:46:04	M30	50	0:46:44	1:09:54	1:49:25
436	2763	Conrad Thomas	*Essen	3:46:13	M50	70	0:46:09	1:12:09	1:47:54
437	4055	Micus Werner	DSC Preußen Duisburg	3:46:13	M45	110	0:39:07	1:17:15	1:49:50
438	2003	Knocke Andreas	Vodafone Runners	3:46:20	M50	71	0:48:53	1:12:54	1:44:32
439	2631	Weisser Dieter	Wekeln Runners	3:46:26	M45	111	0:48:04	1:13:14	1:45:07
440	5002	Bierschbach Rainer	Turnerbund Osterfeld 1911 e	3:46:27	M55	26	0:45:34	1:07:02	1:53:50
441	3984	Hackenbroich Guido	*Krefeld	3:46:28	M50	72	0:46:52	1:11:02	1:48:34
442	3274	Mäteling Alex	SV Haldern Laufftreff	3:46:28	M55	27	0:47:14	1:11:52	1:47:22
443	4705	Schütte Matthias	*Bochum	3:46:31	M30	51	0:42:50	1:07:14	1:56:26
444	2862	Kyewski Niels	Triminators TV Voerde	3:46:33	M40	92	0:48:02	1:13:49	1:44:40
445	5419	Krings Stephan	*Mülheim an der Ruhr	3:46:44	M45	112	0:45:29	1:14:39	1:46:35
446	3399	Schöpfkens Marcus	*Willich	3:46:47	M40	93	0:48:23	1:13:10	1:45:13
447	2886	Marquardt Stefan	SF Ennepetal	3:46:51	M45	113	0:45:06	1:17:51	1:43:53
448	4023	Ensfelder Norbert	*Mülheim/Ruhr	3:46:52	M40	94	0:47:28	1:12:45	1:46:38
449	5487	Klingen Thomas	FC St. Pauli Marathon	3:46:52	M30	52	0:46:17	1:12:17	1:48:17
450	2814	Markowsky Günter	Rumelner TV	3:46:54	M60	10	0:48:16	1:15:13	1:43:24
451	4600	Hinzer Martin	Adler-Langlauf Bottrop	3:46:54	M40	95	0:48:29	1:11:47	1:46:38
452	1965	Bauer Pascal	Vodafone Runners	3:46:58	M45	114	0:46:39	1:13:28	1:46:50
453	3258	Jochem Armin	Team Magic	3:47:00	M45	115	0:49:32	1:17:59	1:39:27
454	3681	Rosenschild Christoph	running4charity	3:47:01	M45	116	0:48:13	1:13:11	1:45:36
455	3021	Akbaba Metin	*Ratingen	3:47:02	M40	96	0:46:08	1:14:29	1:46:24
456	4918	Giebel Carsten	Sparkasse Wuppertal	3:47:06	M50	73	0:49:41	1:14:50	1:42:34
457	2602	Hugo Christian	Christian Bochum	3:47:07	M35	44	0:47:54	1:13:45	1:45:27
458	5041	Eichler Uwe	*Kaarst	3:47:11	M45	117	0:47:48	1:11:56	1:47:26
459	4526	Muehlenkamp Markus	*Nottuln	3:47:15	M40	97	0:45:27	1:12:51	1:48:56
460	2836	Wickermann Jörg	MSV Dorsten	3:47:18	M40	98	0:47:43	1:09:25	1:50:08
461	4833	Sonnenschein Chris	BSG Commerzbank Duisbu	3:47:27	M35	45	0:45:38	1:14:53	1:46:55
462	3093	Knurr Ludger	Schwarz-Gold Wersten	3:47:29	M45	118	0:46:06	1:14:57	1:46:25
463	2316	Soterio Andre	Ski-Klub Düsseldorf	3:47:43	M35	46	0:47:42	1:13:08	1:46:53
464	5035	Traut Christian	Ausdauererschule by Bunert	3:47:50	M22	30	0:47:54	1:12:40	1:47:15
465	3191	Mertens Michael	Judofreunde 73	3:47:53	M50	74	0:47:16	1:12:02	1:48:34
466	5311	Schulten Michael	Sturmvogel Essen	3:47:54	M45	119	0:46:31	1:12:01	1:49:20
467	4560	Odenthal Danny	FI Sport e.V.	3:47:56	M35	47	0:48:28	1:11:56	1:47:32
468	4645	Schlinkert Guido	flash-u	3:47:59	M45	120	0:47:51	1:12:19	1:47:48
469	4484	Janka Thomas	*Gelsenkirchen	3:47:59	M30	53	0:47:06	1:12:51	1:48:02
470	3185	Ammernick Malte	FSV Düsseldorf	3:48:00	M22	31	0:47:15	1:13:39	1:47:05
471	3184	Groß Daniel	FSV Düsseldorf	3:48:02	M35	48	0:47:17	1:13:39	1:47:05
472	4701	Schmidt Bernd	SV Blau-Weiß Bochum	3:48:02	M50	75	0:49:34	1:13:21	1:45:06
473	4982	Agte Jochen	WSV Mülheim an der Ruhr	3:48:07	M40	99	0:47:25	1:10:57	1:49:44
474	4992	Orelia Frank	LT Gruitzen-Neandertal	3:48:12	M50	76	0:47:20	1:14:20	1:46:30
475	3137	Klotz Sven	*Wesel	3:48:13	M45	121	0:47:34	1:12:39	1:47:59
476	2577	Mutz Andreas	*Duisburg	3:48:13	M40	100	0:46:44	1:13:43	1:47:45
477	3005	Schmitz Willi	LT Krefeld-Oppum	3:48:16	M50	77	0:48:30	1:14:37	1:45:08

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	3607	Nauermann Sven	*Duisburg	3:48:23	M35	49	0:45:14	1:13:21	1:49:47
479	2658	Rosin Marc	Herner Triathlon Team 11	3:48:24	M35	50	0:43:49	1:14:27	1:50:08
480	3488	Schrooten Marc	*Duisburg	3:48:25	M45	122	0:47:00	1:13:30	1:47:54
481	3571	Janßen Andreas	SV Viktoria Goch	3:48:26	M40	101	0:48:18	1:11:07	1:49:00
482	2408	Schinnenburg Hendrik	Ausdauer Schule by Bunert	3:48:31	M40	102	0:44:31	1:11:58	1:52:01
483	2924	Schepanowski Thomas	*Dortmund	3:48:33	M30	54	0:48:42	1:14:02	1:45:48
484	4842	Löw Dennis	HopperCycling	3:48:33	M50	78	0:48:03	1:13:54	1:46:36
485	5435	Jansen Detlef	Gnadental Road Runners	3:48:38	M50	79	0:47:31	1:15:39	1:45:26
486	5273	Leonhardt Rainer	DJK VfR Saarn	3:48:39	M55	28	0:46:42	1:12:10	1:49:46
487	4308	Damm Stefan	*Oberhausen	3:48:40	M35	51	0:48:16	1:13:36	1:46:48
488	4813	Linke Christian	*Duisburg	3:48:45	M50	80	0:47:48	1:13:27	1:47:29
489	5525	Braun Dr. Markus	*Ennepetal	3:48:50	M30	55	0:47:56	1:12:21	1:48:32
490	4793	Böse Gerhard	Rasende Hasen Düsseldorf	3:48:55	M40	103	0:49:18	1:11:35	1:48:01
491	5053	Held Dr. Thomas	*Duisburg	3:49:00	M22	32	0:47:39	1:12:54	1:48:27
492	2690	Mauritz Christian	*Ratingen	3:49:03	M40	104	0:45:29	1:13:51	1:49:43
493	1913	Deruelle Francois	Ruhrgas SG 1929	3:49:06	M35	52	0:43:24	1:06:56	1:58:45
494	2291	Feirer Alexander	Team Polizei	3:49:09	M22	33	0:48:08	1:13:20	1:47:41
495	4440	Bühne Stan	*Düsseldorf	3:49:13	M40	105	0:45:37	1:09:57	1:53:39
496	5108	Schumann Eckart	*Mülheim	3:49:20	M50	81	0:48:21	1:04:08	1:56:49
497	3717	Schmidt Ralf	Laufen	3:49:23	M50	82	0:48:15	1:13:20	1:47:47
498	5343	Hüwe Rainer	*Steinfurt	3:49:29	M50	83	0:46:30	1:14:05	1:48:53
499	3851	Kischel Markus	*Mülheim an der Ruhr	3:49:29	M30	56	0:45:32	1:15:24	1:48:33
500	3249	Fileccia Marco	*Oberhausen	3:49:30	M50	84	0:48:25	1:14:53	1:46:11
501	5077	Tillmanns Frank	Volllaufen	3:49:35	M35	53	0:49:15	1:12:17	1:48:02
502	2117	Jahnke Siegfried	TC Kray 1892 e.V	3:49:50	M65	3	0:48:39	1:14:23	1:46:47
503	2500	Schmidtchen Klaus	Triathlon Team Ratingen 08	3:49:53	M50	85	0:52:04	1:14:52	1:42:56
504	3135	Fiedler Ernst-Oskar	LT Gruitzen-Neandertal	3:49:53	M60	11	0:47:00	1:14:09	1:48:43
505	5357	Bickmann Ludger	Wacker Kapellen	3:50:02	M50	86	0:47:29	1:13:56	1:48:36
506	3325	Kindermann Andreas	*Oer-Erkenschwick	3:50:05	M35	54	0:47:38	1:13:10	1:49:17
507	2438	Froelich Armin	TV Attendorn	3:50:08	M35	55	0:48:42	1:12:49	1:48:37
508	5660	Rother Philip	TVE Lauffreunde Gladbeck	3:50:10	M22	34	0:47:50	1:12:29	1:49:51
509	2441	Brozy Frederic	Guapos	3:50:17	M30	57	0:47:51	1:11:34	1:50:51
510	5595	Kath Thorsten	LT SV Westum	3:50:17	M45	123	0:47:05	1:13:00	1:50:11
511	5666	Pillenkamp Carsten	*Duisburg	3:50:21	M35	56	0:45:47	1:11:04	1:53:30
512	2455	Heldt Fabian	*Duisburg	3:50:22	M30	58	0:46:46	1:13:22	1:50:13
513	3974	Hillen Tobias	Tri Team FS Düsseldorf	3:50:24	M30	59	0:45:55	1:12:53	1:51:35
514	2771	Rexforth Oliver	TV Jahn Hiesfeld	3:50:29	M45	124	0:51:01	1:13:35	1:45:52
515	2576	Fieber Thomas	hofacker-runner.de.vu	3:50:31	M40	106	0:48:21	1:12:16	1:49:53
516	3831	Hoppe Ralf	Running Dinslaken	3:50:32	M45	125	0:47:06	1:15:08	1:48:16
517	4713	Baumann Norbert	*Duisburg	3:50:41	M45	126	0:49:36	1:13:36	1:47:27
518	3805	Vicente Lorenzo Juan	*Düsseldorf	3:50:41	M40	107	0:48:05	1:14:01	1:48:34
519	4002	Hennemann Heribert	BSG DRV Rheinland	3:50:42	M65	4	0:48:56	1:14:17	1:47:29
520	2928	Ehrentraut Heinz-Udo	Rumelner TV	3:50:43	M50	87	0:48:21	1:14:40	1:47:40
521	1934	Pohl Hans-Jürgen	Ruhrgas SG 1929	3:50:44	M45	127	0:47:28	1:15:52	1:47:23
522	3476	Föllmer Bernhard	frau-koenig.de	3:50:45	M50	88	0:43:17	1:16:59	1:50:28
523	3935	Wagener Dennis	*Mülheim	3:50:53	M35	57	0:47:17	1:12:09	1:51:25
524	3268	Braukmann Lutz	*Mülheim an der Ruhr	3:50:55	M45	128	0:49:32	1:18:21	1:43:01
525	3378	Albrecht Jörg	Apotheke Mattenklotz Duisbu	3:51:03	M45	129	0:46:25	1:13:09	1:51:28
526	2369	Stolzenburg Klaus	Wesel Obrighoven	3:51:04	M60	12	0:48:44	1:14:20	1:47:59
527	2106	Vißers Ralf	Vodafone Runners	3:51:07	M45	130	0:48:07	1:14:06	1:48:53
528	1942	Werner Tobias	Ruhrgas SG 1929	3:51:09	M30	60	0:48:10	1:13:15	1:49:44
529	2866	Menkinoski Sasho	*Duisburg	3:51:09	M35	58	0:49:21	1:13:53	1:47:54
530	4643	Struck Lars	*Moers	3:51:11	M35	59	0:47:36	1:13:37	1:49:57

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	4438	von Wilucki Albrecht	*Düsseldorf	3:51:13	M30	61	0:49:24	1:16:27	1:45:20
532	2867	Bertels Jürgen	rexbo Team	3:51:16	M50	89	0:50:47	1:14:09	1:46:20
533	4080	Hallen Jörg	Team Erdinger Alkoholfrei	3:51:16	M45	131	0:48:01	1:15:15	1:47:59
534	3495	Richter Frank	Ausdauerschule by Bunert	3:51:16	M45	132	0:46:07	1:12:24	1:52:45
535	3382	Abraham Jan	*Oberhausen	3:51:17	M35	60	0:44:35	1:06:27	2:00:14
536	3554	Guddat Martin	Ausdauerschule by Bunert	3:51:18	M40	108	0:48:16	1:15:38	1:47:24
537	2385	Stollenwerk Daniel	*Neuss	3:51:23	M30	62	0:44:01	1:14:08	1:53:13
538	5504	Borgards Carsten	*Duisburg	3:51:26	M35	61	0:48:02	1:12:20	1:51:03
539	5581	Palinkas Lajos	*Oberhausen	3:51:30	M55	29	0:47:38	1:11:15	1:52:37
540	4962	Plietsch Klaus	*Düsseldorf	3:51:32	M60	13	0:48:22	1:17:03	1:46:05
541	5060	Annen Wolfgang	LC Duisburg	3:51:36	M40	109	0:48:26	1:16:14	1:46:54
542	2539	Baumgarten Horst	Attas Laufcamp	3:51:43	M55	30	0:48:16	1:14:02	1:49:23
543	3638	Nowak Dominik	*Essen	3:51:49	M30	63	0:45:16	1:13:02	1:53:29
544	4384	Vogt Josef	TV Frisch auf Lennep eV	3:51:49	M60	14	0:46:12	1:12:18	1:53:18
545	3436	Schröer Dirk	VB-Lauftreff	3:51:52	M35	62	0:48:04	1:14:05	1:49:41
546	2064	Orlov Pavel	TEAM ELG	3:52:05	M40	110	0:47:36	1:12:47	1:51:40
547	3311	Todt Elmar	*Elsdorf	3:52:05	M40	111	0:49:44	1:14:29	1:47:51
548	4186	Weiß Julian	*Düsseldorf	3:52:06	M22	35	0:47:36	1:14:19	1:50:10
549	5632	Grote Harald	LT Gruiten-Neandertal	3:52:09	M55	31	0:43:43	1:09:27	1:58:59
550	5252	Kohlscheen Sandro	*Dinslaken	3:52:10	M22	36	0:46:55	1:14:06	1:51:08
551	5707	Presser Christian	TUS Breitscheid	3:52:21	M50	90	0:49:53	1:13:47	1:48:40
552	2607	Niklas Klaus	SV Budberg	3:52:27	M45	133	0:47:57	1:15:17	1:49:13
553	3493	Borgards Torsten	LT Schnecke Sonsbeck	3:52:28	M45	134	0:47:20	1:13:49	1:51:17
554	5155	Michalski Rainer	Dorsten	3:52:28	M50	91	0:49:39	1:15:15	1:47:33
555	4771	Moschner Holger	*Duisburg	3:52:32	M50	92	0:48:04	1:15:00	1:49:27
556	3409	Reyering Frank	RUHR-TECHNIK	3:52:33	M40	112	0:43:53	1:10:57	1:57:43
557	4407	Binkowski Stefan	Die Bininis	3:52:43	M35	63	0:48:29	1:13:50	1:50:24
558	5443	Büchel Jörn	*Duisburg	3:52:49	M45	135	0:49:37	1:13:47	1:49:23
559	5582	Pfister Wilfried	LT MG-Volksgarten	3:52:53	M60	15	0:47:58	1:14:46	1:50:08
560	2125	Wittoesch Daniel	TC Kray 1892 e.V	3:52:54	M30	64	0:47:43	0:59:47	2:05:23
561	4195	Filipov Robert	LGO Bochum	3:52:55	M40	113	0:47:08	1:13:50	1:51:56
562	4572	Otto Christian	*Ratingen	3:52:57	M55	32	0:48:41	1:12:47	1:51:28
563	2900	Alipaß Michael	BSG Sparkasse HRV	3:53:00	M40	114	0:47:33	1:18:39	1:46:47
564	2930	Kösseler Karlheinz	LC Duisburg	3:53:06	M50	93	0:47:26	1:15:47	1:49:52
565	5474	Eloo Christopher	*Duisburg	3:53:10	M19	4	0:47:32	1:14:02	1:51:35
566	2692	Weyer Jens	*Düsseldorf	3:53:15	M35	64	0:49:41	1:14:33	1:49:01
567	4816	Böminghaus René	*Oberhausen	3:53:20	M40	115	0:48:18	1:13:20	1:51:40
568	2302	Willwerth Arndt	heljens hyenas	3:53:22	M50	94	0:48:15	1:14:35	1:50:30
569	4392	Spätling Klaus	Sport AG Duisburg 1974	3:53:23	M55	33	0:50:06	1:14:38	1:48:38
570	3357	Lickes Heinz-Theo	LT Krefeld-Oppum	3:53:26	M55	34	0:48:19	1:14:41	1:50:25
571	3035	Hillbig Volker	Renntiere	3:53:27	M55	35	0:47:17	1:13:22	1:52:47
572	2458	Gehrmann Michael	Bocholt	3:53:29	M50	95	0:47:19	1:14:59	1:51:10
573	4891	Wißmann Markus	Bocholt	3:53:32	M50	96	0:49:39	1:16:11	1:47:42
574	3418	Flügge Thomas	Meiderich 06/95	3:53:33	M45	136	0:48:20	1:13:34	1:51:38
575	5063	Cellar Andreas	Marathon Mülheim	3:53:35	M50	97	0:47:17	1:12:33	1:53:44
576	5028	Fatum Klaus	*Essen	3:53:36	M45	137	0:49:10	1:16:06	1:48:20
577	5439	Ptassek Rainer	*Mülheim	3:53:41	M50	98	0:47:53	1:14:59	1:50:47
578	3861	Kolberg Dieter	DJK TuS Rotthausen	3:53:52	M50	99	0:49:09	1:14:22	1:50:20
579	3048	Riemenschneider Ralf	TUS Ickern	3:53:52	M50	100	0:48:37	1:15:56	1:49:18
580	2004	Weissbrich Guido	Vodafone Runners	3:53:56	M40	116	0:48:31	1:15:47	1:49:37
581	2370	Wiechers Andre	Angerland LT Lintorf	3:54:03	M45	138	0:47:03	1:18:27	1:48:32
582	5657	Sliepen Volker	*Düsseldorf	3:54:07	M30	65	0:47:58	1:15:57	1:50:10
583	5601	Lange Bodo	SV Beeckerwerth	3:54:08	M70	1	0:48:23	1:14:42	1:51:02

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	3726	Graf Klaus	*Esslingen	3:54:11	M45	139	0:47:49	1:12:51	1:53:30
585	3905	Welzel Wolfgang	BSG Springorum	3:54:11	M45	140	0:49:15	1:15:09	1:49:46
586	3742	Kinnauer Michael	LC Duisburg	3:54:20	M40	117	0:47:15	1:14:06	1:52:58
587	4256	Uebbing Holger	SV Budberg Lauffreunde	3:54:27	M45	141	0:51:57	1:13:50	1:48:39
588	4797	Reimann Günter	*Duisburg	3:54:31	M40	118	0:45:20	1:13:07	1:56:03
589	3014	Hasenbeck Arnd	Marathon Mülheim	3:54:33	M40	119	0:48:54	1:14:47	1:50:50
590	3721	Walter Dr. Philippe	*Düsseldorf	3:54:34	M35	65	0:49:05	1:15:52	1:49:37
591	5335	Bongert Stephan	TSV Bocholt	3:54:35	M55	36	0:49:18	1:14:50	1:50:26
592	2374	Knoppik Uwe	Barfuss Bethlehem	3:54:41	M55	37	0:47:27	1:14:58	1:52:16
593	5192	Ellerbrok Dirk	DJK VfR Saarn	3:54:45	M55	38	0:44:22	1:15:19	1:55:02
594	4794	Fieseler Andreas	Helios Iron Team	3:54:47	M50	101	0:49:18	1:26:47	1:38:41
595	3666	Gutowski Andre	*Duisburg	3:54:47	M22	37	0:48:15	1:16:34	1:49:57
596	5086	Lunau Steffen	Wedauherde	3:54:49	M30	66	0:44:23	1:19:38	1:50:47
597	4409	Wehren Mario	St. Hubertus Uedemerbruch	3:54:53	M40	120	0:47:48	1:16:39	1:50:25
598	3244	Rupprich Andre	*Duisburg	3:54:53	M40	121	0:48:03	1:15:20	1:51:29
599	4382	Reichelt Herbert	Die blauen Bengel	3:54:54	M55	39	0:47:08	1:12:05	1:55:40
600	2967	Sanader Dean	Adler Weseke Radsport	3:54:58	M40	122	0:51:03	1:14:42	1:49:12
601	3767	Kriewald Markus	Rumelner TV	3:55:03	M35	66	0:48:09	1:14:25	1:52:27
602	2311	Haack Jürgen	RMD Laufcamp 2014	3:55:05	M55	40	0:51:07	1:14:29	1:49:29
603	2833	Neuhaus Volker	*Duisburg	3:55:18	M45	142	0:46:56	1:18:51	1:49:29
603	3561	Lichtenberger Frank	Styrumer TV	3:55:18	M50	102	0:47:33	1:14:39	1:53:05
605	3696	Aalbers Ralf	*Dinslaken	3:55:20	M50	103	0:47:18	1:14:52	1:53:09
606	3310	Joeken Ludger	*Kleve	3:55:23	M50	104	0:48:32	1:12:38	1:54:12
607	3708	Eidens Jo	*Kamp-Lintfort	3:55:27	M60	16	0:49:50	1:15:29	1:50:07
608	5358	Brandt Klaus	*Grevenbroich	3:55:31	M55	41	0:48:01	1:16:45	1:50:44
609	2111	Maaßen Patrick	BSG Haniel	3:55:37	M40	123	0:48:03	1:14:22	1:53:11
610	3233	Holtmann Andreas	Triathlon Team Rheinberg	3:55:39	M45	143	0:47:42	1:13:20	1:54:35
611	4639	König Jürgen	Klingenwetzter Solingen	3:55:42	M50	105	0:49:23	1:15:53	1:50:25
612	3091	Tönshoff Thomas	Triple T	3:55:42	M50	106	0:49:30	1:15:10	1:51:02
613	5020	Plehnert Michael	LC Duisburg	3:55:46	M55	42	0:49:22	1:15:56	1:50:27
614	3210	Espelage Florian	TSV Quakenbrück	3:55:49	M30	67	0:47:56	1:14:27	1:53:24
615	4617	Franz Wolfgang	Schwarz-Rot Hügel	3:55:50	M45	144	0:50:56	1:17:08	1:47:45
616	3913	Aufmuth Alexander	*Duisburg	3:55:53	M22	38	0:52:25	1:21:19	1:42:07
617	2386	Binias Jürgen	LC Duisburg	3:55:55	M50	107	0:48:51	1:14:39	1:52:24
618	2454	Klötgen Jörg	*Essen	3:55:55	M40	124	0:46:22	1:12:07	1:57:25
619	4718	Kiefaber Wolfgang	TV Steinforth- Rubbelrath	3:56:00	M55	43	0:47:36	1:17:04	1:51:19
620	2208	Spiering Frank	200PROTEAM	3:56:03	M35	67	0:49:47	1:13:17	1:52:58
621	3432	Zaunbrecher Michael	Renntiere	3:56:03	M55	44	0:49:36	1:14:25	1:52:01
622	3765	Steinrötter Hermann	LG Feuerwehr Dorsten Glad	3:56:04	M45	145	0:47:27	1:12:36	1:56:00
623	5356	Nitsch Sven	*Wesel	3:56:04	M30	68	0:52:13	1:19:53	1:43:57
624	3660	Corbach Ulrich	RMD Laufcamp 2014	3:56:07	M55	45	0:50:07	1:16:26	1:49:33
625	2255	Heise Jonas	Ausdauerschule by Bunert	3:56:09	M18	6	0:46:11	1:11:33	1:58:24
626	3991	Hoffmann Harald	*Duisburg	3:56:11	M50	108	0:49:08	1:15:45	1:51:17
627	4374	Kreienkamp Daniel	*Düsseldorf	3:56:13	M22	39	0:44:39	1:12:19	1:59:14
628	4076	Engel Olaf	Die3E	3:56:16	M45	146	0:46:58	1:15:40	1:53:37
629	3671	Bongartz Peter	LC Duisburg	3:56:19	M55	46	0:46:32	1:13:52	1:55:55
630	1987	Preuß Stefan	Vodafone Runners	3:56:30	M45	147	0:48:58	1:14:27	1:53:05
631	3670	Bischof Michael	*Duisburg	3:56:34	M50	109	0:48:26	1:16:27	1:51:40
632	2142	Wagner Norbert	AS Neukirchen-Vluyn	3:56:34	M60	17	0:48:37	1:15:13	1:52:44
633	3713	Otto Hans-Peter	PV-Triathlon Witten	3:56:37	M55	47	0:49:10	1:14:22	1:53:04
634	3250	Jordan Dr. Frank	*Erkrath	3:56:39	M45	148	0:50:54	1:15:43	1:50:01
635	5151	Krause Rainer	ERGO Sports	3:56:50	M55	48	0:48:59	1:16:42	1:51:08
636	3863	Zuther Markus	DJK TuS Rotthausen	3:56:50	M35	68	0:48:22	1:18:36	1:49:51

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	3799	Liepe-Linde Alexander	ME-Sport	3:56:50	M22	40	0:50:34	1:12:24	1:53:51
638	4315	Spogahn Georg	Bocholter WSV	3:56:54	M60	18	0:50:41	1:15:51	1:50:20
639	2995	Franke Edgar	SC Bayer 05 Uerdingen	3:57:00	M50	110	0:48:56	1:15:31	1:52:32
640	4213	Schäffler Daniel	Rapid Ramirez	3:57:06	M40	125	0:44:08	1:21:04	1:51:54
641	5469	Gartmann Daniel	*Kaarst	3:57:07	M40	126	0:53:48	1:20:09	1:43:09
642	4303	Groos Reiner	TV Jahn Hiesfeld	3:57:08	M55	49	0:48:15	1:17:49	1:51:03
643	5434	Musche Jürgen	Marathon Dinslaken	3:57:15	M50	111	0:48:46	1:15:29	1:53:00
644	1910	Naujoks Stefan	opta data	3:57:22	M40	127	0:48:16	1:17:51	1:51:13
645	2222	Bittner Oliver	Ruhrgas SG 1929	3:57:22	M35	69	0:47:02	1:15:46	1:54:34
646	2676	Seggewiß Hendrik	Kaenguruhs 96	3:57:28	M35	70	0:45:12	1:18:57	1:53:19
647	2583	Roling Julian	SV Gladbeck 13	3:57:28	M22	41	0:42:35	1:21:42	1:53:11
648	3603	Lemke Lars	TV 1900 Wanheim	3:57:29	M40	128	0:54:06	1:14:06	1:49:16
649	2515	Assigal Dirk	*Moers	3:57:31	M45	149	0:49:02	1:17:08	1:51:19
650	3085	Amerkamp Andreas	Amermund Runners	3:57:31	M45	150	0:45:31	1:14:08	1:57:51
651	5693	Brosch Reinhard	TUS Breitscheid	3:57:33	M50	112	0:49:11	1:15:53	1:52:28
652	3595	Dahlhaus Holger	*Wuppertal	3:57:34	M40	129	0:47:40	1:16:31	1:53:23
653	3600	Franzen Michael	*Voerde	3:57:35	M55	50	0:47:28	1:17:58	1:52:08
654	4204	Heinrich Peter	LC Duisburg	3:57:38	M50	113	0:47:07	1:16:00	1:54:30
655	2540	Laskowski Andreas	Attas Laufcamp	3:57:39	M50	114	0:49:11	1:18:17	1:50:10
656	2107	Vogel Dietrich	Vodafone Runners	3:57:42	M35	71	0:48:47	1:16:15	1:52:39
657	2129	Fischer Helmuth	AS Neukirchen-Vluyn	3:57:42	M65	5	0:51:28	1:14:41	1:51:32
658	4635	Pause Björn	Wir bei HKM	3:57:45	M35	72	0:49:45	1:16:03	1:51:56
659	3593	Hanke Frank	TSV Bocholt	3:57:51	M50	115	0:51:36	1:19:17	1:46:57
660	2346	Gettwert Klaus	*Mülheim	3:57:52	M40	130	0:50:52	1:17:33	1:49:26
661	4825	Schmidt Slim	*Oberhausen	3:57:57	M35	73	0:50:50	1:16:57	1:50:10
662	2849	Gesser Michael	Ausdauerschule by Bunert	3:58:05	M40	131	0:50:12	1:14:53	1:53:00
663	5710	Palm Marcel		3:58:07	M45	151	0:48:17	1:16:03	1:53:46
664	5166	Schneider Thorsten	TuS Oberbrügge	3:58:08	M50	116	0:49:36	1:16:16	1:52:15
665	5502	Schmock Uwe	*Krefeld	3:58:09	M55	51	0:48:40	1:16:35	1:52:53
666	5416	Radunski Jörn	Running Men Bochum	3:58:10	M35	74	0:48:05	1:16:49	1:53:16
667	4350	Killisch Uwe	Weseler TV Triathlon	3:58:11	M50	117	0:48:49	1:13:41	1:55:40
668	5204	Florack Albert	Tri Team FS Düsseldorf	3:58:13	M55	52	0:50:14	1:15:01	1:52:57
669	4605	Roschanski Marc	*Bochum	3:58:13	M40	132	0:53:35	1:15:21	1:49:17
670	2887	Godesar Achim	Immeo Wohnen Running Te	3:58:15	M50	118	0:51:43	1:16:12	1:50:19
671	4999	Böhler Christian	*Erkrath	3:58:16	M50	119	0:48:30	1:15:49	1:53:56
672	4543	Mandel Wolfgang	LC Duisburg	3:58:16	M60	19	0:50:37	1:16:46	1:50:52
673	2815	Winterfeld Ralf	*Duisburg	3:58:17	M45	152	0:46:58	1:16:44	1:54:35
674	2765	Kronenberg Friedrich	Marathonteam Ratingen	3:58:20	M60	20	0:47:54	1:11:20	1:59:05
675	5485	Höhnen Thorsten	LT Berka Stars	3:58:33	M45	153	0:46:59	1:14:39	1:56:54
676	3347	Ruhnke Oliver	BSG Springorum	3:58:33	M50	120	0:49:24	1:16:05	1:53:03
677	2133	Jännert Erich	AS Neukirchen-Vluyn	3:58:37	M65	6	0:50:46	1:17:23	1:50:26
678	2514	Willma Björn	Pottracer Bochum	3:58:39	M40	133	0:44:07	1:12:11	2:02:21
679	4748	Löhr Peter	P&G	3:58:44	M50	121	0:47:47	1:21:55	1:49:02
680	2504	Peitsch Michael	*Düsseldorf	3:58:46	M55	53	0:49:44	1:17:34	1:51:27
681	5153	Mammen Ralph	*Ratingen	3:58:46	M55	54	0:50:23	1:17:05	1:51:18
682	3060	Huysmann Carsten	*Mülheim an der Ruhr	3:58:53	M40	134	0:49:30	1:14:56	1:54:25
683	2464	Götz Oliver	Lauftreff BNO	3:58:59	M45	154	0:43:44	1:20:48	1:54:26
684	5109	Ohrmann Dr. Christoph	*Düsseldorf	3:59:00	M30	69	0:50:27	1:16:31	1:52:01
685	3128	Sonntag Detlef	Oberhausener TV	3:59:03	M60	21	0:52:29	1:16:39	1:49:55
686	5306	Jakhoefer Thomas	FC Schalke 04	3:59:09	M55	55	0:48:43	1:16:02	1:54:23
687	5082	Pötschke Rainer	Marathon Mülheim	3:59:29	M45	155	0:46:29	1:19:16	1:53:44
688	4640	Kancer Dennis	*Duisburg	3:59:30	M35	75	0:49:39	1:17:37	1:52:13
689	4709	Schwesig Dominik	*Mülheim An der Ruhr	3:59:33	M35	76	0:50:06	1:17:25	1:52:01

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	2513	Köster Martin	*Moers	3:59:37	M40	135	0:49:51	1:18:26	1:51:19
691	2245	Teuber Heinz	LG COESFELD	3:59:43	M55	56	0:47:26	1:17:17	1:54:59
692	2191	Palme Horst	200PROTEAM	3:59:43	M55	57	0:49:27	1:16:17	1:53:59
693	4531	Hohl Jürgen	Huckinger Marathonis	3:59:49	M50	122	0:47:24	1:11:14	2:01:10
694	3978	Kulke Reinhard	Adler-Langlauf Bottrop	3:59:52	M50	123	0:50:06	1:17:02	1:52:43
695	3816	Kowalski Fred	ASV Ratingen	3:59:55	M40	136	0:47:25	1:15:53	1:56:37
696	2065	Bohle Mark	TEAM ELG	3:59:56	M22	42	0:50:05	1:18:26	1:51:24
697	3684	Böttger Klaus-Peter	BSG Team EVAG	3:59:59	M60	22	0:51:17	1:17:46	1:50:55
698	5003	Peters Mike	TSV Bocholt	3:59:59	M40	137	0:49:53	1:14:26	1:55:39
699	5134	Hegemann Ralf	*Duisburg	4:00:00	M35	77	0:49:29	1:16:58	1:53:33
700	4341	Grave Christian	*Essen	4:00:00	M35	78	0:49:47	1:16:21	1:53:51
701	2753	Ley Michael	BSG Sparkasse Essen	4:00:13	M30	70	0:46:12	1:15:47	1:58:14
702	3166	Lefringhausen Christoph	*Mettmann	4:00:17	M50	124	0:48:00	1:18:20	1:53:56
703	5448	Mämecke Gero	WAT Läufer	4:00:18	M55	58	0:50:32	1:14:24	1:55:21
704	2580	Latzelsberger Jan	*Bonn	4:00:19	M40	138	0:57:24	1:15:53	1:47:00
705	3080	Nyenhaus Michael	*Willich	4:00:22	M55	59	0:50:58	1:16:50	1:52:33
706	4486	Geuting Thomas	Washington Huskies	4:00:29	M35	79	0:49:39	1:17:26	1:53:23
707	3173	Gröber Rüdiger	200PROTEAM	4:00:37	M55	60	0:50:59	1:18:12	1:51:24
708	5391	Schmidt Kristian	Arminia Klosterhardt	4:00:37	M35	80	0:50:52	1:17:05	1:52:39
709	2612	Kunze Oliver	LT Düsseldorf-Süd	4:00:43	M45	156	0:48:41	1:16:44	1:55:16
710	2109	Linder Sebastian	BSG Haniel	4:00:50	M30	71	0:49:52	1:15:06	1:55:51
711	5279	Hinrichs Friedrich	LG RWE Power	4:00:50	M45	157	0:48:24	1:14:56	1:57:30
712	4515	Donner Michael	*Wuppertal	4:00:54	M50	125	0:49:04	1:15:39	1:56:10
713	3066	Falk Werner	*Wuppertal	4:00:55	M55	61	0:43:59	1:28:25	1:48:30
714	4173	Caffier André	*Duisburg	4:01:00	M35	81	0:48:35	1:16:56	1:55:28
715	4112	Scheider Michael	*Duisburg	4:01:02	M45	158	0:48:34	1:16:56	1:55:30
716	4804	Grabowsky Ulrich	*Dülmen	4:01:06	M50	126	0:47:29	1:19:17	1:54:20
717	3812	Jäger Stefan	*Duisburg	4:01:08	M30	72	0:49:15	1:16:49	1:55:04
718	2130	Hedfeld Thorsten	AS Neukirchen-Vluyn	4:01:13	M45	159	0:50:58	1:16:57	1:53:18
719	4606	Keussen Marius	*Duisburg	4:01:14	M55	62	0:45:00	1:25:20	1:50:53
720	3549	Emmerich Dr. Markus	*Bochum	4:01:17	M45	160	0:48:25	1:19:35	1:53:16
721	2736	Kords Christian	*Krefeld	4:01:22	M65	7	0:50:53	1:16:31	1:53:57
722	5470	Gilbrich Karsten	Cool Runnings	4:01:23	M40	139	0:47:55	1:20:35	1:52:52
723	5038	Trauth Harald	*Kaarst	4:01:34	M50	127	0:50:43	1:18:31	1:52:20
724	5471	Hoyer Markus	Cool Runnings	4:01:35	M19	5	0:48:06	1:20:36	1:52:52
725	2957	Plöger Markus	LT Krefeld-Oppum	4:01:39	M50	128	0:48:32	1:14:36	1:58:31
726	3550	Höffken Willi	*Mülheim	4:01:42	M65	8	0:51:06	1:18:31	1:52:04
727	2675	Wübling Torsten	Kaenguruhs 96	4:01:51	M35	82	0:45:27	1:18:57	1:57:26
728	3573	Opitz Raphael	DUC Düsseldorf	4:01:52	M22	43	0:49:39	1:16:23	1:55:50
729	2923	Schnisa Thorsten	LT Wischlingen Dortmund	4:01:56	M40	140	0:49:05	1:18:34	1:54:16
730	5551	Happe Jens	*Bottrop	4:02:06	M45	161	0:50:41	1:18:06	1:53:18
731	3020	Bidenharn Dr. Frank	TVH	4:02:08	M50	129	0:53:02	1:16:13	1:52:52
732	5103	Franzen Nils	*Voerde	4:02:13	M22	44	0:47:21	1:22:45	1:52:07
733	3470	Krüger Hajo	Team Magic	4:02:18	M50	130	0:50:12	1:17:31	1:54:35
734	5154	Szlompek Zbigniew	*Oberhausen	4:02:21	M50	131	0:47:02	1:16:31	1:58:47
735	2091	Grunendahl Michael	Vodafone Runners	4:02:23	M40	141	0:49:44	1:17:12	1:55:26
736	3239	Liesen Markus	*Dinslaken	4:02:26	M40	142	0:52:39	1:18:28	1:51:18
737	3691	Schrafen Thomas	TRC Essen 84	4:02:34	M50	132	0:52:35	1:16:42	1:53:16
738	2498	Lange Michael	*Duisburg	4:02:40	M40	143	0:50:54	1:13:22	1:58:24
739	4684	Cremer Michael	BSV Kokerei Schwelgern e.	4:02:44	M45	162	0:47:23	1:11:09	2:04:11
740	4387	Richta Torsten	*Recklinghausen	4:02:51	M35	83	0:50:55	1:19:51	1:52:05
741	3022	Wirth Peter	Team Erdinger Alkoholfrei	4:02:53	M45	163	0:49:26	1:17:02	1:56:23
742	3081	Lange Hans-Dieter	*Mülheim an der Ruhr	4:02:53	M50	133	0:49:58	1:16:36	1:56:18

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	4729	Kohn Stefan	*Duisburg	4:02:55	M50	134	0:50:23	1:18:15	1:54:16
744	3686	Altan Abdul	BSG Team EVAG	4:02:55	M45	164	0:53:07	1:20:13	1:49:34
745	3868	Franz Jürgen	Ausdauerhschule Bruns	4:02:55	M45	165	0:52:20	1:12:01	1:58:33
746	3876	Vanselow Ralf	Cargill Deutschland GmbH	4:02:57	M50	135	0:52:26	1:21:58	1:48:32
747	3406	Rottstegge Karsten	RUHR-TECHNIK	4:02:58	M40	144	0:49:36	1:17:21	1:56:01
748	4726	Knoßalla Thomas	BSV ThyssenKrupp Stahl	4:02:59	M45	166	0:49:41	1:17:38	1:55:40
749	3709	Schmidt Harald	DjK Altendorf 09 Essen	4:02:59	M45	167	0:50:43	1:15:58	1:56:17
750	4508	Klöcker Dr. André	*Düsseldorf	4:03:00	M35	84	0:46:57	1:29:32	1:46:30
751	4056	Böger Benny	*Mülheim an der Ruhr	4:03:04	M35	85	0:47:42	1:16:21	1:59:01
752	4568	Krüger Torsten	*Remscheid	4:03:09	M40	145	0:49:12	1:16:33	1:57:22
753	3083	Harbsmeier Jens	*Kaarst	4:03:11	M45	168	0:49:28	1:18:07	1:55:35
754	5625	Schellenberger Dr. Oliver	*Düsseldorf	4:03:17	M30	73	0:46:58	1:30:00	1:46:18
755	3797	Winzen Dominik	*Düsseldorf	4:03:26	M30	74	0:47:27	1:18:48	1:57:10
756	3428	Haferkamp Jörg	*Duisburg	4:03:34	M35	86	0:48:28	1:15:19	1:59:46
757	3089	Brennig Jürgen	*Steinhagen	4:03:35	M50	136	0:48:38	1:20:00	1:54:55
758	4727	Pottbäcker Tim	*Duisburg	4:03:36	M30	75	0:46:32	1:15:59	2:01:04
759	2126	Conrads Uwe	TC Kray 1892 e.V	4:03:40	M45	169	0:49:25	1:16:20	1:57:54
760	4451	Beckord Jürgen	RWW Running Team	4:03:43	M50	137	0:52:59	1:18:40	1:52:03
761	4326	Schürmann Klaus	*Coesfeld	4:03:56	M40	146	0:53:00	1:18:29	1:52:26
762	5597	Becker Mario	*Neuss	4:03:57	M40	147	0:52:51	1:17:41	1:53:24
763	3960	Küpper Thomas	Duisburger Ruderverein	4:03:59	M45	170	0:48:15	1:15:01	2:00:41
764	4354	Weiler Markus	Tri-Ganten	4:04:01	M45	171	0:48:47	1:19:24	1:55:50
765	5368	Schoofs Helmut	BSG Stadtwerke Duisburg A	4:04:07	M60	23	0:50:56	1:19:54	1:53:16
766	2854	Kaline Maik	Dorsten	4:04:08	M40	148	0:51:04	1:18:04	1:54:59
767	4038	Meurer Sascha	Stanley Dewalt	4:04:10	M40	149	0:49:07	1:16:34	1:58:28
768	3107	Grothe Michael	Beverlaufftreff	4:04:10	M40	150	0:49:45	1:16:42	1:57:43
769	3339	Wrobel Arndt	*Essen	4:04:20	M45	172	0:50:03	1:17:25	1:56:50
770	3132	Buhren Wolfgang	LT Issumer Turboschnecken	4:04:20	M50	138	0:53:35	1:19:40	1:51:04
771	1924	Kellner Jürgen	Ruhgas SG 1929	4:04:27	M40	151	0:49:06	1:18:16	1:57:04
772	4558	Dicke Marcel	4M! - 4life!	4:04:32	M30	76	0:49:08	1:15:59	1:59:25
773	2182	Kruell Ulrich	200PROTEAM	4:04:38	M50	139	0:49:56	1:17:17	1:57:24
774	4575	Plümel Ingo	*Duisburg	4:04:39	M35	87	0:48:59	1:19:12	1:56:27
775	5603	Rudolph Uwe	*Duisburg	4:04:41	M50	140	0:51:40	1:18:19	1:54:42
776	3094	Flintrop Thorsten	Weseler TV Triathlon	4:04:41	M45	173	0:47:56	1:16:09	2:00:35
777	2184	Lohberg Thorsten	200PROTEAM	4:04:47	M30	77	0:50:47	1:18:45	1:55:13
778	2916	Hühner Michael	*Bochum	4:05:04	M45	174	0:50:43	1:18:11	1:56:09
779	4883	Schomburg Michael	Erlar-Sportgemeinschaft	4:05:06	M50	141	0:50:36	1:18:43	1:55:46
780	3500	Götzl Peter	*Bottrop	4:05:16	M45	175	0:51:29	1:20:05	1:53:42
781	2519	Hilse Markus	project2704	4:05:19	M50	142	0:51:37	1:18:51	1:54:51
782	4046	Grönheit Frank	CSV Marathon	4:05:20	M55	63	0:53:01	1:19:15	1:53:03
783	2703	Blach Andreas	BSG Volksbank Rhein-Lippe	4:05:25	M40	152	0:49:06	1:21:38	1:54:40
784	5004	Streukens Dr. Guido	*Wuppertal	4:05:35	M30	78	0:45:10	1:31:27	1:48:57
785	2206	Sheridan Joseph	200PROTEAM	4:05:36	M50	143	0:50:48	1:17:18	1:57:29
786	4074	Schmid Thomas	*Oberhausen	4:05:37	M40	153	0:48:22	1:18:44	1:58:30
787	3580	Koerner Stefan	*Ratingen	4:05:39	M50	144	0:52:06	1:19:28	1:54:04
788	3362	Weymann Andreas	*Mülheim an der Ruhr	4:05:40	M45	176	0:48:53	1:18:08	1:58:37
789	4786	Gatzke Ralf	ART Düsseldorf	4:05:41	M50	145	0:49:11	1:18:17	1:58:13
790	5393	Reich Sebastian	*Waltrop	4:05:42	M22	45	0:50:55	1:19:10	1:55:36
791	1947	Kaiser Dieter	BWG Running Team	4:05:46	M45	177	0:50:59	1:18:01	1:56:45
792	5576	Gerritsma Carsten	*Krefeld	4:05:47	M30	79	0:50:54	1:18:23	1:56:29
793	2424	Schikora Viktor	Ausdauerhschule by Bunert	4:05:49	M60	24	0:51:56	1:19:39	1:54:12
794	5354	Schulte Dominic	*Düsseldorf	4:05:54	M45	178	0:50:18	1:18:57	1:56:37
795	3202	Stapperfenne Dr. Uwe	*Wülfrath	4:05:58	M55	64	0:52:27	1:18:54	1:54:37

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	5176	Mast Hans-Jürgen	CDS Running Team	4:06:01	M55	65	0:52:54	1:20:18	1:52:48
797	3694	Elbers Heinz	SV Viktoria Goch	4:06:04	M55	66	0:52:02	1:16:20	1:57:41
798	2554	Winterfeld Jens	*Duisburg	4:06:06	M45	179	0:52:13	1:22:35	1:51:16
799	4467	Seelig Tim	*Mülheim an der Ruhr	4:06:08	M22	46	0:46:22	1:20:43	1:59:01
800	2092	Hecker Marcel	Vodafone Runners	4:06:09	M40	154	0:51:30	1:16:56	1:57:43
801	3564	van Remmen Roman	Haus Freudenberg GmbH	4:06:11	M30	80	0:49:38	1:18:32	1:57:59
802	3639	Hülder Dr. Malte	*Essen	4:06:11	M35	88	0:55:17	1:17:42	1:53:11
803	2473	Puy Michl Franz Xaver	*Duisburg	4:06:17	M45	180	0:49:24	1:19:45	1:57:06
804	2257	Fichna Jörg	Ausdauerchule by Bunert	4:06:21	M22	47	0:52:44	1:16:17	1:57:20
805	3180	Schuchardt Thomas	Lauftreff Kettwig	4:06:22	M50	146	0:48:52	1:15:48	2:01:42
806	3969	Gruner Jürgen	Krefelder Kanu Klub	4:06:29	M60	25	0:52:02	1:16:24	1:58:01
807	4509	Pflipsen Klaus	*Duisburg	4:06:34	M50	147	0:44:56	1:23:39	1:57:58
808	3599	Kipper Thomas	*Mülheim	4:06:35	M45	181	0:50:05	1:18:41	1:57:48
809	2239	Beekmans Uwe	LG COESFELD	4:06:38	M50	148	0:50:51	1:17:55	1:57:52
810	3260	Prass Andreas	TLV Germania Überruhr	4:06:38	M50	149	0:49:29	1:21:36	1:55:33
811	5602	Velte-Andree Michael	Triminators TV Voerde	4:06:48	M50	150	0:53:59	1:16:09	1:56:38
812	3101	Köller-Timm Thorsten	*Wuppertal	4:06:50	M45	182	0:49:16	1:16:59	2:00:34
813	2801	Hockert Mike	SV Haldern Lauftreff	4:06:53	M40	155	0:53:26	1:19:15	1:54:11
814	2086	Fleuth Ulrich	Vodafone Runners	4:06:57	M50	151	0:51:50	1:19:26	1:55:40
815	4043	Hermes Viktor	LC Duisburg	4:07:03	M35	89	0:52:12	1:22:27	1:52:23
816	2718	Kreuzenbeck Volker	LC Ruhrpott America	4:07:07	M50	152	0:51:31	1:17:45	1:57:50
817	4147	Aplienz Malte	*Dortmund	4:07:07	M22	48	0:50:05	1:17:07	1:59:54
818	4853	Köster Christof	Marathonteam Ratingen	4:07:16	M45	183	0:54:10	1:21:28	1:51:37
819	4869	Möller Karsten	*Ennepetal	4:07:23	M30	81	0:54:16	1:19:24	1:53:42
820	3516	Neuhaus Oliver	*Gelsenkirchen	4:07:31	M40	156	0:49:33	1:20:36	1:57:21
821	4987	Bade Daniel	SV 19 Straelen	4:07:33	M40	157	0:49:53	1:23:18	1:54:21
822	5262	Gladly Stefan	Ruhrpottläufing	4:07:34	M45	184	0:50:15	1:22:00	1:55:18
823	5637	Malcus Burkhard	Turbo-Schnecken-Lüdenschke	4:07:36	M50	153	0:53:01	1:20:46	1:53:49
824	3474	Kiveris Joerg	Arthrose-Laufclub-Wuppertal	4:07:36	M45	185	0:50:40	1:18:06	1:58:50
825	4694	Erdmann Wolfgang	*Düsseldorf	4:07:39	M50	154	0:51:44	1:21:34	1:54:20
826	2962	Buchholz Peter	*Unna	4:07:41	M50	155	0:48:12	1:14:58	2:04:30
827	2996	Raschewski Dr. Frank	Wir bei HKM	4:07:42	M45	186	0:53:25	1:16:43	1:57:33
828	2777	von Czarnowski Christian	*Rheinberg	4:07:43	M45	187	0:49:18	1:19:03	1:59:21
829	5619	Hartung Alexander	LT Lippehasen	4:07:44	M22	49	0:50:59	1:19:17	1:57:27
830	4760	Littfin Thomas	LT Krefeld-Oppum	4:07:48	M45	188	0:51:00	1:19:07	1:57:40
831	2474	Garmatsch Ralf	Cool Runnings	4:08:08	M45	189	0:52:18	1:18:19	1:57:31
832	2268	Koblitz Andreas	Ausdauerchule by Bunert	4:08:09	M45	190	0:49:58	1:20:21	1:57:49
833	4230	Reim Henrik	Team GfB	4:08:12	M18	7	0:51:40	1:18:02	1:58:29
834	3336	Ewert Stephan	*Wesel	4:08:25	M45	191	0:53:37	1:20:56	1:53:50
835	3849	Klein Dr. Karl	Siemens Turbo	4:08:26	M45	192	0:48:08	1:17:04	2:03:14
836	2762	Bönnighausen Burkhard	*Ratingen	4:08:27	M50	156	0:49:54	1:19:37	1:58:55
837	4744	Friebe Dr. Mathias	*Mönchengladbach	4:08:27	M50	157	0:51:14	1:19:29	1:57:43
838	4492	Busemann Michael	Weseler TV Triathlon	4:08:31	M45	193	0:48:31	1:19:22	2:00:37
839	3947	Vohl Stefan	*Duisburg	4:08:41	M40	158	0:51:14	1:20:16	1:57:09
840	4681	Seidel Hagen	A Team Düsseldorf	4:08:46	M50	158	0:53:14	1:19:44	1:55:47
841	1946	Boldt Peter	Ruhrgas SG 1929	4:08:48	M35	90	0:48:30	1:22:07	1:58:10
842	3070	Achterholt Rainer	Ballettschule Müller Castrop	4:08:49	M50	159	0:51:58	1:19:04	1:57:45
843	3208	Kloß Uwe	RTB Remscheid Marathont	4:08:50	M50	160	0:51:49	1:19:00	1:58:00
843	3460	Grunwald Klaus	Rapid Ramirez	4:08:50	M50	160	0:49:39	1:19:36	1:59:33
845	5175	Modrow Detlef	Moerser TV Triathlon	4:08:54	M60	26	0:51:04	1:19:07	1:58:41
846	2067	Johannsen Ulrik	TEAM ELG	4:09:00	M35	91	0:48:35	1:33:21	1:47:02
847	3288	Riemer Alexander	SSC Hochdahl	4:09:03	M45	194	0:51:51	1:18:28	1:58:42
848	3625	Winbeck Volker	*Oberhausen	4:09:14	M50	162	0:53:08	1:19:18	1:56:47



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	4499	Walter Gregor	AC Rückwaerts Stratum	4:09:18	M45	195	0:48:04	1:21:07	2:00:06
850	4011	Janik Marco	*Essen	4:09:30	M22	50	0:50:31	1:17:43	2:01:16
851	3784	Kröger Magnus	Ausdauerschule by Bunert	4:09:30	M35	92	0:50:05	1:20:06	1:59:19
852	4844	Klein Holger	Rennbaeren	4:09:35	M40	159	0:53:44	1:19:19	1:56:32
853	4355	Kullik Oliver	*Recklinghausen	4:09:38	M40	160	0:47:02	1:26:52	1:55:42
854	2520	Markowitz Martin	project2704	4:09:38	M45	196	0:51:36	1:19:07	1:58:54
855	4754	Amado Frank	*Herne	4:09:43	M45	197	0:53:02	1:19:43	1:56:57
856	5251	Bioly Matthias	TV Hasslinghausen	4:09:50	M55	67	0:51:01	1:19:54	1:58:54
857	3663	Hanke Uwe	Ausdauerschule by Bunert	4:09:56	M45	198	0:53:37	1:22:00	1:54:18
858	4586	Arndt Frank	*Ratingen	4:09:56	M50	163	0:49:46	1:19:39	2:00:31
859	2980	Göbel Karsten	Helios Iron Team	4:10:03	M50	164	0:49:45	1:20:59	1:59:19
860	4652	Schulz Frank	*Duisburg	4:10:07	M45	199	0:49:55	1:21:58	1:58:13
861	4582	Metzner Detlef	TVE Burgaltendorf	4:10:07	M55	68	0:51:43	1:18:28	1:59:55
862	4324	Krieger Dr. Christoph	*Moers	4:10:14	M45	200	0:50:56	1:20:45	1:58:33
863	4379	Kibbert Dirk	*Gelsenkirchen	4:10:17	M45	201	0:49:00	1:17:54	2:03:22
864	4734	Sonnwald Dr. Andreas	Team Aroma Ahoi	4:10:18	M30	82	0:51:25	1:19:37	1:59:15
865	2998	Riege Tobias	Dick & Durstig	4:10:37	M35	93	0:49:24	1:18:05	2:03:07
866	4562	Müller Günter	Marathonteam Ratingen	4:10:42	M70	2	0:52:38	1:21:04	1:57:00
867	5638	Pilz Jürgen	Baerl	4:10:43	M55	69	0:52:33	1:19:30	1:58:39
868	5045	Retz Holger	MSV Duisburg	4:10:45	M50	165	0:53:37	1:21:00	1:56:07
869	4980	Papalexandrou Georg	*Kamp-Lintfort	4:10:46	M45	202	0:49:55	1:23:06	1:57:44
870	3896	Lo Curto Felice	*Alpen	4:10:48	M45	203	0:50:10	1:17:53	2:02:44
871	3519	Kupke Uwe	TV Jahn Hiesfeld	4:10:57	M55	70	0:50:40	1:17:55	2:02:20
872	4859	Gillwald Dr. Volker	*Mönchengladbach	4:11:00	M45	204	0:51:35	1:20:37	1:58:47
873	5676	Ulrich Rafael	*Moers	4:11:01	M35	94	0:51:00	1:20:59	1:59:01
874	3958	Schmitz Andreas	Die Deichläufer	4:11:06	M50	166	0:50:13	1:15:02	2:05:50
875	3996	Alt Rudi	Tri-Ducks-Dorsten	4:11:07	M65	9	0:56:08	1:19:08	1:55:50
876	3365	Dörfer Frank	SV Budberg	4:11:08	M45	205	0:55:39	1:18:48	1:56:40
877	2041	Milicevic Igor	LC Duisburg	4:11:09	M45	206	0:52:41	1:20:19	1:58:08
878	4647	Heilos Andreas	*Mülheim	4:11:16	M45	207	0:48:20	1:19:54	2:03:00
879	3576	Schneiderat Andreas	LT Gruiten-Neandertal	4:11:25	M45	208	0:53:19	1:23:13	1:54:52
880	5114	Antosch Norman	*Heusenstamm	4:11:41	M40	161	0:48:26	1:25:03	1:58:11
881	5699	Drießen Walter	TUS Breitscheid	4:11:45	M65	10	0:50:20	1:16:52	2:04:32
882	2335	Kock Heinz-Jürgen	*Oberhausen	4:11:48	M55	71	0:50:33	1:21:18	1:59:56
883	5688	Albrecht Rainer	TUS Breitscheid	4:11:50	M50	167	0:45:55	1:20:26	2:05:28
884	3491	Scheffer Thorsten	*Oberhausen	4:11:50	M40	162	0:51:55	1:21:50	1:58:04
885	4594	Möllhoff Udo	*Mülheim	4:11:53	M55	72	0:52:25	1:20:49	1:58:38
886	3164	Spickermann Bernhard	Schnaufgruppe	4:11:54	M60	27	0:53:00	1:20:41	1:58:13
887	2039	Plötz Andreas	SV Wanheim 1900	4:11:59	M60	28	0:50:36	1:22:49	1:58:33
888	2740	Seitz Frank	LT Vynen	4:12:08	M45	209	0:51:47	1:21:00	1:59:20
889	5540	Leichenring Andre	*Tönisvorst	4:12:10	M35	95	0:51:26	1:20:45	1:59:58
890	2735	Rosenstengel Jörg	*Duisburg	4:12:13	M50	168	0:53:16	1:21:32	1:57:24
891	3747	Kinnauer Johannes	LC Duisburg	4:12:13	M65	11	0:53:46	1:22:08	1:56:18
892	3952	Pielka Marcus	Lauffreunde HADI Wesel	4:12:17	M45	210	0:48:56	1:23:33	1:59:47
893	4241	Caspers Frank	zum Twee Ührken	4:12:17	M45	211	0:52:23	1:20:08	1:59:45
894	4207	Stönnner Lars	*Düsseldorf	4:12:17	M22	51	0:48:38	1:27:12	1:56:26
895	4542	Brucks Norbert	*Oberhausen	4:12:19	M50	169	0:52:20	1:23:05	1:56:53
896	3738	Knies Thorsten	*Duisburg	4:12:20	M45	212	0:45:09	1:27:28	1:59:41
897	3235	van Loon Lutz	Triathlon Team Rheinberg	4:12:25	M22	52	0:53:17	1:20:17	1:58:50
898	3661	Genter Heipe	LT Turnerbund Frintrop	4:12:42	M55	73	0:51:16	1:25:43	1:55:41
899	5392	Zupp Christian	*Duisburg	4:12:47	M40	163	0:48:44	1:20:16	2:03:47
900	5334	Krings Robert	Sportfreunde Uevекoven	4:12:51	M50	170	0:50:18	1:20:59	2:01:33
901	4254	Stuers Rainer	SV Budberg Lauffreunde	4:13:02	M55	74	0:52:41	1:21:12	1:59:08

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	4799	Hilberger Christian	ERGO Sports	4:13:06	M45	213	0:53:17	1:20:12	1:59:36
903	5488	Pinell Karl-Heinz	*Willich	4:13:08	M50	171	0:51:36	1:21:44	1:59:47
904	3888	Böhnke Dietmar	Die Deichläufer	4:13:09	M50	172	0:51:25	1:19:40	2:02:03
905	5627	Keyser Christian	*Oberhausen	4:13:21	M30	83	0:52:33	1:22:12	1:58:34
906	2347	Beckmann Tim	Stilfser Joch	4:13:24	M45	214	0:49:59	1:19:01	2:04:22
907	2453	Haase Michael	*Duisburg	4:13:27	M35	96	0:52:07	1:19:55	2:01:24
908	2069	Kresse Kevin	TRIMET ESSEN	4:13:37	M30	84	0:53:24	1:21:14	1:58:58
909	3400	Amin Nabil	*Hagen	4:13:39	M35	97	0:53:25	1:20:55	1:59:18
910	3328	Gommers Martin	*Oberhausen	4:13:39	M50	173	0:55:17	1:21:51	1:56:30
911	3229	Schoch Guido	Marathonkurs LC-Duisburg	4:13:40	M35	98	0:52:11	1:18:45	2:02:43
912	2352	Bonnemann Detlef	*Mülheim	4:13:42	M45	215	0:49:59	1:21:13	2:02:29
913	4245	Plicht Werner	wider dem Schweinehund	4:13:44	M45	216	0:50:05	1:20:58	2:02:40
914	3616	Reimann Christopher	TVE Burgaltendorf	4:13:46	M50	174	0:50:38	1:20:13	2:02:54
915	5182	Kendziorra Thomas	Hochschule für Gesundheit	4:13:47	M45	217	0:58:28	1:19:16	1:56:03
916	2542	Custic Muharem	*Düsseldorf	4:13:52	M55	75	0:54:00	1:23:50	1:56:01
917	4418	Jakobs Norbert	*Düsseldorf	4:13:54	M50	175	0:55:16	1:24:58	1:53:39
918	4006	Lingen Jürgen	LSD	4:13:58	M50	176	0:51:40	1:22:18	1:59:59
919	4019	Thanner Markus	Giasinga Ledahosn	4:13:59	M45	218	0:49:37	1:21:48	2:02:33
920	3278	Lehmann Jörg	*Mülheim	4:14:00	M50	177	0:53:29	1:21:31	1:58:58
921	3322	Haase Thomas	*Düsseldorf	4:14:08	M45	219	0:49:49	1:18:17	2:06:01
922	4567	Glunz Hans-Werner	Die Deichläufer	4:14:08	M50	178	0:53:48	1:19:37	2:00:43
923	5639	Heukemes Sven	Rheinfire Strümp	4:14:12	M40	164	0:50:57	1:19:37	2:03:36
924	3610	Spengler Georg	TVE Burgaltendorf	4:14:12	M50	179	0:49:58	1:18:22	2:05:51
925	3165	Kels Florian	*Düsseldorf	4:14:12	M30	85	0:52:30	1:22:20	1:59:22
926	2070	Inglis Graham	TRIMET ESSEN	4:14:16	M45	220	0:51:37	1:21:24	2:01:14
927	3112	Michalopoulos Georgios	*Oberhausen	4:14:21	M45	221	0:50:34	1:24:18	1:59:27
928	2568	Gerlach Thomas	Die 3 von der Franzstraße	4:14:24	M60	29	0:50:22	1:20:14	2:03:47
929	3572	Droste Andreas	Ausdauer Schule by Bunert	4:14:39	M50	180	0:58:26	1:28:37	1:47:34
930	3071	Herbe Frank	Ballettschule Müller Castrop	4:14:45	M45	222	0:53:45	1:23:16	1:57:44
931	3614	Säckel Philip	TVE Burgaltendorf	4:14:52	M22	53	0:51:04	1:19:21	2:04:26
932	4983	Orths Clemens	*Duisburg	4:14:52	M50	181	0:51:40	1:18:56	2:04:15
933	4989	Pärschke Klaus	*Oberhausen	4:14:55	M55	76	0:51:23	1:24:41	1:58:50
934	3280	Kesselhut Frank	*Duisburg	4:14:56	M50	182	0:54:45	1:22:54	1:57:16
935	5241	Dix Ralf	PV-Triathlon Witten	4:15:04	M50	183	0:49:01	1:23:49	2:02:13
936	2686	Siekmann Michael	LT Kettwig 2000	4:15:06	M40	165	0:51:05	1:23:38	2:00:23
937	4521	Müller Frank	Emscher-Igels	4:15:08	M45	223	0:50:50	1:23:31	2:00:47
938	4062	Freynik Manuel	*Bottrop	4:15:13	M22	54	0:54:51	1:21:28	1:58:53
939	3213	van Zanten Carsten	TriRebels Düsseldorf	4:15:16	M40	166	0:50:54	1:16:10	2:08:11
940	5456	Kurze Hartmut	*Willich	4:15:19	M55	77	0:50:57	1:30:00	1:54:20
941	4977	Kempmann Stefan	*Hünxe	4:15:21	M30	86	0:48:40	1:21:51	2:04:49
942	2659	Schreiber Thomas	Bayer Uerdingen	4:15:23	M35	99	0:52:05	1:23:26	1:59:51
943	4653	Gruchot Dieter	BSG Springorum	4:15:25	M50	184	0:56:44	1:22:52	1:55:47
944	4389	Arnholdt Bastian	*Münster	4:15:35	M22	55	0:48:10	1:09:56	2:17:28
945	3665	Wiemann Richard	LT Wischlingen Dortmund	4:15:40	M30	87	0:55:04	1:21:46	1:58:50
946	2997	Heger Thorsten	Cool Runnings	4:15:41	M40	167	0:48:17	1:35:05	1:52:19
947	2844	Klausen Marco	Borussia Fohlenpower	4:15:59	M45	224	0:52:25	1:22:07	2:01:26
948	5539	Brangers Thomas	*Düsseldorf	4:16:10	M35	100	0:53:41	1:21:12	2:01:15
949	5094	Jahnke Nikolaus	*Düsseldorf	4:16:25	M45	225	0:52:09	1:22:57	2:01:18
950	2331	Eming Peter	Sportfreunde Ententeich	4:16:25	M22	56	0:52:36	1:22:18	2:01:31
951	5217	Kostbahn Dr. Wilfried	*Ratingen	4:16:28	M40	168	0:55:38	1:20:29	2:00:20
952	2788	Wachsmann Georg	*Gladbeck	4:16:28	M45	226	0:56:23	1:21:31	1:58:33
953	2965	Ehringfeld Theo	*Isselburg	4:16:36	M50	185	0:46:52	1:12:08	2:17:35
954	4949	Krause Markus	*Meerbusch	4:16:37	M40	169	0:50:36	1:26:22	1:59:37

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	5246	Akkus Mevlana	*Krefeld	4:16:40	M50	186	0:51:40	1:28:27	1:56:32
956	4969	Fenske Andreas	Waltroper LC 06	4:16:43	M50	187	0:55:19	1:21:58	1:59:25
957	5146	Babiel Georg	Babiel	4:16:49	M55	78	0:54:31	1:23:35	1:58:41
958	5333	Bollmann Axel	Volllaufen	4:17:02	M30	88	0:56:18	1:20:26	2:00:17
959	3133	Sobczak Martin	Adler-Langlauf Bottrop	4:17:08	M50	188	0:56:23	1:23:58	1:56:46
960	4464	Brauer Jürgen	Oberhausener TV	4:17:14	M50	189	0:54:21	1:22:44	2:00:08
961	3231	Krüsmann Tobias	*Voerde	4:17:24	M30	89	0:54:26	1:24:46	1:58:12
962	4658	Frank Torsten	*Meerbusch	4:17:27	M40	170	0:51:19	1:18:30	2:07:37
963	5009	Linnemann Andreas	*Neukirchen Vluyn	4:17:27	M45	227	0:53:26	1:21:25	2:02:36
964	5098	Klötters Simon	*Rheinberg	4:17:30	M22	57	0:53:31	1:23:35	2:00:23
965	4167	Lukas Mathias	*DUisburg	4:17:44	M22	58	0:54:26	1:25:06	1:58:12
966	2396	Kersten Stephan	SV Haldern Lauftreff	4:17:51	M30	90	1:11:37	1:15:40	1:50:32
967	5629	Thülig Bernhard	VfL Bergheide Oberhausen	4:18:04	M75	1	0:51:41	1:20:36	2:05:46
968	5374	Wilkens Rolf	*Bochum	4:18:08	M50	190	0:53:56	1:22:51	2:01:19
969	5545	Muth Josef	*Duisburg	4:18:15	M50	191	0:51:57	1:22:39	2:03:38
970	4689	Schmitz Torsten	BSV Kokerei Schwelgern e.	4:18:16	M40	171	0:51:01	1:23:24	2:03:50
971	2691	Senger Daniel	*Duisburg	4:18:28	M35	101	0:55:08	1:22:21	2:00:58
972	2832	Wilhelm Andreas	BSG Sparkasse HRV	4:18:31	M35	102	0:51:26	1:18:25	2:08:39
973	3560	Panzog Stefan	*Duisburg	4:18:31	M45	228	0:51:25	1:23:57	2:03:07
974	4900	Escher Alexander	*Issum	4:18:34	M40	172	0:56:08	1:10:03	2:12:22
975	3531	Teggars Michael	*Duisburg	4:18:36	M60	30	0:56:04	1:23:48	1:58:44
976	2616	Niski Klaus	TV Jahn Hiesfeld	4:18:40	M45	229	0:53:33	1:22:27	2:02:38
977	3358	Hörnemann Jens	*Duisburg	4:18:40	M45	230	0:52:53	1:17:10	2:08:35
978	3664	Bartels Jürgen	*Düsseldorf	4:18:41	M55	79	0:51:15	1:20:44	2:06:41
979	5324	Schröder Berthold	*Bocholt	4:18:47	M55	80	0:52:25	1:22:03	2:04:18
980	3973	Sommerfeld Martin	Immeo Wohnen Running Te	4:19:01	M40	173	0:52:47	1:23:30	2:02:42
981	5557	Aydin Ismail	*Duisburg	4:19:05	M50	192	0:53:28	1:25:23	2:00:13
982	3902	Dernier Andreas	*Ratingen	4:19:13	M45	231	0:51:58	1:24:36	2:02:37
983	2941	Naber Sven	*Duisburg	4:19:13	M35	103	0:51:45	1:24:22	2:03:05
984	2685	Rickelt Christian	*Duisburg	4:19:17	M35	104	0:54:10	1:25:57	1:59:09
985	5673	Gudd Andreas	*Dortmund	4:19:27	M22	59	0:55:02	1:20:54	2:03:30
986	5509	Bier Günther	*Velbert	4:19:35	M55	81	0:52:00	1:23:49	2:03:45
987	3808	Baumann Jens	*Moers	4:19:38	M45	232	0:52:42	1:23:18	2:03:37
988	2313	Brockmann Lars	*Duisburg	4:19:39	M35	105	0:56:09	1:18:46	2:04:43
989	2752	Frauenrath Frank	Team Erdinger Alkoholfrei	4:19:46	M45	233	0:56:43	1:22:48	2:00:13
990	5578	Koziorowski Michael	*Essen	4:19:50	M55	82	0:50:34	1:18:42	2:10:33
991	1949	Almeida Antonio Paulo	Vodafone Runners	4:19:57	M45	234	0:53:56	1:25:43	2:00:17
992	1992	Holtmanns Thomas	Vodafone Runners	4:20:07	M45	235	0:51:28	1:22:33	2:06:05
993	5197	Ertekin Erhan	BSV ThyssenKrupp Stahl	4:20:13	M40	174	0:55:27	1:22:47	2:01:59
994	4723	Aulich Frederik	*Duisburg	4:20:16	M22	60	0:51:32	1:29:43	1:59:01
995	5614	Langenbach Ole	*Duisburg	4:20:18	M22	61	0:55:16	1:23:13	2:01:49
996	3565	Schmitz Thomas	Lauftreff Sterkrade-Nord	4:20:20	M45	236	0:50:32	1:22:41	2:07:06
997	4100	Goemans Karsten	Team Robertstraße	4:20:22	M40	175	0:56:08	1:19:27	2:04:46
998	5461	Zobel Michael	TriTeam TSG Sprockhövel	4:20:27	M55	83	0:55:17	1:29:21	1:55:48
999	5230	Schorn Walter	Max Maulwurf Marathonis	4:20:29	M55	84	0:54:28	1:24:28	2:01:32
1000	5708	Bock Rainer	Marathonkurs LC-Duisburg	4:20:31	M50	193	0:51:48	1:24:21	2:04:22
1001	5167	Brall Michael	*Langenfeld	4:20:37	M35	106	0:56:37	1:21:40	2:02:20
1002	4404	Schmitz Thomas	*Moers	4:20:51	M40	176	0:52:23	1:23:43	2:04:44
1003	5517	Schneider Gregor	*Mönchengladbach	4:20:51	M30	91	0:52:00	1:25:07	2:03:43
1004	4364	Eichhorn Rüdiger	Tri-Ganten	4:20:53	M50	194	0:52:24	1:23:09	2:05:19
1005	4780	Gwozdz Michael	*Voerde	4:21:05	M45	237	0:53:30	1:26:38	2:00:55
1006	4879	Laue Carsten	LauePower	4:21:25	M50	195	0:48:44	1:17:22	2:15:19
1007	5648	Urbanek Ernst	*Iserlohn	4:21:25	M55	85	0:45:00	1:11:23	2:25:02

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	3552	Kollakowski Klaus	LT Gruiten-Neandertal	4:21:35	M65	12	0:51:45	1:24:49	2:05:00
1009	4318	Görke Andreas	*Wuppertal	4:21:35	M45	238	0:53:32	1:25:30	2:02:32
1010	4763	Strzalla Robert	Die Seitenstecher	4:21:38	M30	92	0:53:10	1:26:05	2:02:22
1011	4183	Dabrowski Thomas	Just for Fun	4:21:53	M40	177	0:55:04	1:24:49	2:01:59
1012	3130	Gebhardt Heinz	Oberhausener TV	4:21:53	M55	86	0:53:47	1:24:20	2:03:45
1013	4383	Bonnen Michael	*Düsseldorf	4:21:54	M55	87	0:53:10	1:22:36	2:06:07
1014	3949	Heider Maik	VVoldtarenn	4:22:00	M40	178	0:52:29	1:22:21	2:07:09
1015	5565	Körber Sören	*Duisburg	4:22:03	M50	196	0:49:53	1:21:24	2:10:45
1016	3570	Timm Dr. Haiko	Lauftreff Uhlenhorst	4:22:17	M55	88	0:56:06	1:26:45	1:59:25
1017	3587	Kolenbrander Peter	LG Bilfinger Piping	4:22:19	M55	89	1:01:22	1:37:45	1:43:11
1018	4588	Bosman Jürgen	Hemdener Sportverein 1972 E	4:22:20	M35	107	0:53:38	1:23:30	2:05:11
1019	3636	Bramigk Udo	Tri-Club Wuppertal	4:22:25	M50	197	0:54:12	1:24:41	2:03:32
1020	4138	Ketzscher David	Helios Iron Team	4:22:27	M35	108	0:52:04	1:20:02	2:10:21
1021	4479	Metz Kai-Oliver	Team Erdinger Alkoholfrei	4:22:29	M45	239	0:54:13	1:25:33	2:02:41
1022	2795	Gelbach Michael	Fagel	4:22:31	M55	90	0:58:00	1:24:51	1:59:39
1023	2169	Görtz Thomas	200PROTEAM	4:22:31	M30	93	0:52:54	1:27:55	2:01:41
1024	3819	Nehrig Uwe	*Mülheim an der Ruhr	4:22:31	M45	240	0:49:32	1:24:39	2:08:19
1025	3887	Sondermann Axel	It-run4fun	4:22:40	M50	198	0:53:05	1:28:40	2:00:54
1026	3946	Karadeniz Savas	Total Mineralöl	4:22:42	M35	109	0:56:24	1:26:34	1:59:43
1027	5587	Bockmühl Bernd	*Essen	4:22:45	M40	179	0:57:21	1:23:04	2:02:19
1028	2860	Weineck Dr. Peter	SV Büderich	4:22:47	M55	91	0:52:35	1:23:59	2:06:12
1029	2301	zur Linden Ulli	LT Massagepraxis zur Linden	4:22:58	M55	92	0:55:29	1:27:19	2:00:09
1030	3376	Diesing Karl-Heinz	*Herne	4:23:06	M55	93	0:51:47	1:23:44	2:07:35
1031	2951	Arend Detlef	*Duisburg	4:23:13	M50	199	0:54:39	1:23:08	2:05:25
1032	3326	Stein Michael	*Aachen	4:23:13	M45	241	0:54:47	1:24:49	2:03:36
1033	4671	Podsada Michael	Adler Nierst	4:23:14	M50	200	0:50:53	1:25:19	2:07:00
1034	4267	Berns Michael	*Neuss	4:23:14	M45	242	0:52:42	1:28:14	2:02:17
1035	2880	Kühnen Thomas	BSG Sparkasse Duisburg	4:23:25	M45	243	0:41:31	1:26:23	2:15:30
1036	4330	Kleusberg Martin	BSG Barmenia Versicheru	4:23:30	M45	244	0:54:46	1:27:52	2:00:51
1037	5429	Beutner Jochem	FinCon GmbH	4:23:32	M45	245	0:53:34	1:23:13	2:06:43
1038	4724	Aulich Jürgen	*Duisburg	4:23:34	M50	201	0:53:11	1:24:55	2:05:26
1039	3195	Kessler Oliver	*Duisburg	4:23:41	M45	246	0:53:00	1:24:56	2:05:45
1040	2774	Licata Antonio	Dudel Runner	4:23:41	M45	247	0:51:46	1:22:59	2:08:56
1041	2750	Garbatsch Sebastian	Triathlon Team Rheinberg	4:23:52	M22	62	0:49:38	1:23:05	2:11:09
1042	3945	Neumann Klaus	Total Mineralöl	4:23:56	M55	94	0:56:24	1:26:33	2:00:58
1043	3267	Töhning Simon	*Mülheim an der Ruhr	4:23:58	M30	94	0:51:24	1:26:07	2:06:26
1044	5546	Sedlmayer Karl-Heinz	*Essen	4:24:10	M45	248	0:51:33	1:18:17	2:14:19
1045	2861	Geisdorf Klaus	LT Sonntagsläufer Sonsbeck	4:24:12	M50	202	0:51:51	1:22:08	2:10:12
1046	2919	Hinsken Franz-Josef	Barfuss Kalamitsi	4:24:17	M55	95	0:53:01	1:22:20	2:08:55
1047	3865	Beuting Ulrich	DJK TuS Rotthausen	4:24:26	M55	96	0:52:12	1:24:33	2:07:40
1048	4276	Loos Andreas	*Oberhausen	4:24:31	M50	203	0:52:23	1:26:03	2:06:04
1049	3384	Frauenrath Axel	Düsseldorfer Panther	4:24:32	M22	63	0:56:44	1:27:35	2:00:13
1050	3698	Schulze Peter	*Duisburg	4:24:35	M55	97	0:55:31	1:25:01	2:04:01
1051	3597	Lorkowski Michael	Die blauen Bengel	4:24:59	M55	98	0:58:09	1:22:04	2:04:45
1052	4589	Visser Karl-Heinz	Hemdener Sportverein 1972 E	4:25:03	M50	204	0:55:25	1:26:06	2:03:31
1053	5347	Pach Wolfgang	*Krefeld	4:25:11	M60	31	0:54:08	1:26:30	2:04:32
1054	2135	Machill Manfred	AS Neukirchen-Vluyn	4:25:23	M45	249	0:58:18	1:32:41	1:54:24
1055	4541	Scholz Tim	*Voerde	4:25:29	M22	64	0:51:44	1:25:57	2:07:47
1056	4317	Vogt Holger	*Essen	4:25:31	M50	205	0:52:09	1:20:14	2:13:07
1057	4295	Rzeczycy Michael	*Dinslaken	4:25:34	M45	250	0:56:55	1:25:52	2:02:46
1058	3456	Breuer Wolfgang	Sportfreunde Neersbroich	4:25:42	M55	99	0:55:02	1:24:46	2:05:53
1059	5520	Helfferich Karl	SF Klein-Reken	4:25:53	M50	206	0:53:20	1:28:19	2:04:14
1060	3732	Nöldemann Dieter	Run for Fun	4:25:54	M70	3	0:54:56	1:22:59	2:07:57

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	4933	Lihs Thomas	*Essen	4:25:58	M30	95	0:50:43	1:20:48	2:14:26
1062	3846	Rudolf Joachim	*Bergisch Gladbach	4:26:00	M60	32	0:52:16	1:25:45	2:07:57
1063	3990	Hornscheidt Frieder	Adler-Langlauf Bottrop	4:26:03	M60	33	0:56:24	1:26:52	2:02:46
1064	5527	Loos Georg	*Bochum	4:26:07	M40	180	0:56:44	1:25:08	2:04:15
1065	2569	Bantin Holger	Unser Wasser e.V.	4:26:10	M60	34	0:56:54	1:22:37	2:06:38
1066	4009	Lohaus Jürgen	SG Borken	4:26:12	M40	181	0:54:50	1:28:25	2:02:56
1067	5421	Kulmer Daniel	*Gelsenkirchen	4:26:23	M40	182	0:54:55	1:25:09	2:06:18
1068	3466	Schlott Frank	SV Siemens Mülheim	4:26:31	M45	251	0:53:27	1:24:46	2:08:17
1069	2769	Krause Ralf	*Kamp-Lintfort	4:26:34	M45	252	0:52:39	1:26:16	2:07:38
1070	2050	Mertens Jürgen	VIVAWEST	4:26:36	M50	207	0:53:28	1:25:48	2:07:19
1071	4801	Scholz Marko	rank und schlank	4:26:49	M45	253	0:53:01	1:23:26	2:10:22
1072	5611	Wünsche Clemens	*Meerbusch	4:26:51	M40	183	0:55:28	1:26:23	2:04:58
1073	4121	Etterich Dieter	*Duisburg	4:26:56	M50	208	0:54:19	1:24:17	2:08:19
1074	4386	Vormdohre Dieter	*Ratingen	4:26:58	M55	100	0:55:14	1:27:16	2:04:27
1075	4153	Jalowy Markus	*Ratingen	4:27:00	M50	209	0:55:14	1:27:17	2:04:28
1076	3380	Reckert Thomas	*Willich	4:27:23	M45	254	0:54:41	1:26:44	2:05:58
1077	3814	Schönherr Roland	*Ratingen	4:27:23	M45	255	0:55:22	1:25:42	2:06:19
1078	2121	Müller Ulrich	TC Kray 1892 e.V	4:27:25	M55	101	0:56:17	1:30:29	2:00:38
1079	4388	Storms Hubert	TuS Baerl	4:27:30	M60	35	0:57:35	1:27:11	2:02:43
1080	5116	Wermke Klaus-Peter	*Moers	4:27:33	M45	256	0:55:31	1:23:01	2:09:00
1081	3090	Klug Andreas	Running Dinslaken	4:27:34	M45	257	0:49:47	1:21:10	2:16:36
1082	4965	Lünendonk Patrick	Team Crazyluenis Korschen	4:27:36	M22	65	0:52:37	1:25:09	2:09:48
1083	3033	Ernst Matthias	NIKE+	4:27:38	M45	258	0:54:49	1:27:22	2:05:26
1084	3098	Nordhoff Michael	LT Wischlingen Dortmund	4:27:47	M50	210	0:55:21	1:26:20	2:06:05
1085	4211	Polenz Axel	*Oberhausen	4:27:54	M45	259	0:53:59	1:25:25	2:08:29
1086	5536	Axmann Thomas	*Ratingen	4:28:14	M35	110	0:56:40	1:27:18	2:04:16
1087	5438	Bergter Uwe	TuS Hamborn Neumühl	4:28:17	M50	211	0:56:42	1:25:53	2:05:41
1088	4641	Hengstenberg Dr. Rolf	*Attendorn	4:28:23	M60	36	0:57:33	1:24:25	2:06:24
1089	2451	Kielmann Roland	Run4fun	4:28:24	M45	260	0:53:07	1:23:53	2:11:24
1090	3953	Niehues Frank	*Essen	4:28:25	M35	111	0:54:30	1:23:07	2:10:47
1091	2738	Brockhaus Helmut	SPCA Duisburg	4:28:39	M50	212	0:54:46	1:23:48	2:10:04
1092	4255	Friemond Jens	SV Budberg Lauffreunde	4:28:44	M30	96	0:52:40	1:21:28	2:14:35
1093	5650	Mohr Heinz Axel	*Essen	4:28:45	M55	102	0:55:59	1:24:41	2:08:04
1094	3296	Remenar Willi	BSG Commerzbank	4:28:55	M60	37	0:55:47	1:25:28	2:07:39
1095	3424	Gierden Adrian	*Duisburg	4:28:57	M30	97	0:53:01	1:18:45	2:17:11
1096	1945	Berger Dieter	Ruhrgas SG 1929	4:29:03	M55	103	0:55:47	1:24:13	2:09:02
1097	5272	Herrmann Patrik	*Duisburg	4:29:12	M30	98	0:54:04	1:21:13	2:13:55
1098	3585	Banna Andreas	FI Sport e.V.	4:29:18	M35	112	0:55:46	1:25:20	2:08:11
1099	4037	Pohl Volker	SV Budberg	4:29:20	M45	261	0:57:23	1:25:44	2:06:12
1100	5043	Friese Volker	LT Wischlingen Dortmund	4:29:22	M45	262	0:55:25	1:26:48	2:07:08
1101	3245	Vogt Michael	TV 1900 Wanheim	4:29:27	M50	213	0:56:17	1:25:57	2:07:12
1102	2512	Burkard Stefan	SV Wattenscheid	4:30:13	M50	214	0:57:24	1:26:10	2:06:38
1103	3381	Willersen Kay	Er tut es nur für sich!	4:30:25	M40	184	0:54:35	1:28:38	2:07:11
1104	3092	Küppers Hans-Gerd	Max Maulwurf Marathonis	4:30:35	M55	104	0:53:40	1:26:29	2:10:25
1105	4224	Denizer Ahmet	Adler-Langlauf Bottrop	4:30:38	M40	185	0:58:11	1:29:40	2:02:47
1106	3712	Börskens Jörg	DjK Altendorf 09 Essen	4:30:40	M45	263	0:52:55	1:25:33	2:12:11
1107	3448	Pollack Udo	Laufftreff R(h)einknaller	4:30:42	M50	215	0:54:21	1:29:18	2:07:02
1108	5307	Mumcu Eray	*Düsseldorf	4:30:47	M45	264	0:57:18	1:24:36	2:08:52
1109	4525	Meyer André	Triminators TV Voerde	4:30:47	M40	186	0:51:32	1:23:18	2:15:56
1110	2805	Böttcher Frank	*Essen	4:30:57	M45	265	0:55:38	1:25:12	2:10:06
1111	4485	Reichards Ronald	*Duisburg	4:31:02	M45	266	0:55:58	1:27:43	2:07:19
1112	3649	Reitz Helmut	LT Wischlingen Dortmund	4:31:07	M55	105	0:55:22	1:26:53	2:08:51
1113	3823	Bolender Werner	TV Jahn Hiesfeld	4:31:10	M45	267	0:56:19	1:25:51	2:08:59

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1114	5363	Kattelans Dieter	BSG Stadtwerke Duisburg A	4:31:10	M45	268	0:54:43	1:23:18	2:13:07
1115	5672	Nühlen Markus	*Münster	4:31:13	M50	216	0:53:26	1:27:18	2:10:28
1116	3985	Möller Norbert	LC Duisburg	4:31:19	M55	106	0:56:51	1:21:12	2:13:14
1117	5376	Clabbers Horst	Laufen in Oberkassel	4:31:19	M45	269	0:55:00	1:23:16	2:13:03
1118	4686	Dobberke Frank	BSV Kokerei Schwelgern e.	4:31:24	M45	270	0:56:04	1:26:51	2:08:28
1119	5700	Wesemann Gerd	TUS Breitscheid	4:31:26	M65	13	0:57:01	1:28:13	2:06:11
1120	4088	Lange Gerd	LA SpVgg Herten	4:31:28	M60	38	0:56:45	1:24:57	2:09:45
1121	2566	Mehlig Bernd	*Neuss	4:31:29	M45	271	0:53:23	1:26:05	2:12:00
1122	3371	Tramp Ralf	SV Viktoria Goch	4:31:32	M55	107	0:51:17	1:30:54	2:09:19
1123	3792	Dumoulin René	IBC DIMB Racing Team	4:32:04	M45	272	0:54:47	1:25:26	2:11:50
1124	4657	Nemeth Frank	*Krefeld	4:32:16	M50	217	0:44:19	1:30:32	2:17:24
1125	5323	Hopfer Marco	*Aachen	4:32:23	M30	99	0:51:44	1:25:25	2:15:14
1126	5157	Bengel Gerd	*Mülheim an der Ruhr	4:32:36	M40	187	0:56:25	1:29:18	2:06:51
1127	1959	Brack Maximilian	Team Polizei	4:32:46	M18	8	0:55:14	1:26:00	2:11:30
1128	2306	Conrad Willi	FS RHEINKAMP	4:33:10	M60	39	0:58:25	1:27:44	2:06:59
1129	2828	Szpogan Rainer	Immeo Wohnen Running Te	4:33:13	M55	108	0:56:32	1:29:46	2:06:54
1130	2202	Schmitz Thomas	200PROTEAM	4:33:24	M40	188	0:53:32	1:28:27	2:11:24
1131	3786	Kamphoff Tim	*Neuss	4:33:26	M40	189	0:57:58	1:28:15	2:07:13
1132	4563	Obermanns Kevin	*Ratingen	4:33:32	M19	6	0:55:26	1:27:55	2:10:10
1133	2022	Brack Günter	Team Polizei	4:33:38	M45	273	0:56:06	1:26:00	2:11:31
1134	2389	Mühlhoff Jürgen	OSC Dinslaken Averbuch	4:33:41	M55	109	0:57:35	1:29:13	2:06:53
1135	3423	Hackstein Tobias	LC Duisburg	4:33:49	M30	100	0:54:45	1:26:05	2:12:58
1136	5360	Ernst Uwe	BSG Stadtwerke Duisburg A	4:33:58	M50	218	0:54:37	1:27:33	2:11:48
1137	3000	Bovelet Carsten	*Duisburg	4:34:03	M45	274	0:57:57	1:31:41	2:04:24
1138	3451	Linneweber René	*Hilden	4:34:06	M45	275	0:55:50	1:24:28	2:13:48
1139	2049	Blotenberg Markus	VIVAWEST	4:34:12	M40	190	0:54:12	1:22:53	2:17:07
1140	2426	Theis Dr. Christian	*Sprockhövel	4:34:19	M35	113	0:54:01	1:27:43	2:12:34
1141	2920	Socher Michael	LC Duisburg	4:34:20	M50	219	0:53:30	1:29:46	2:11:02
1142	4234	van den Berg Eric	Team GfB	4:34:22	M18	9	0:55:02	1:25:32	2:13:48
1143	3193	Schipper Tobias	*Hilden	4:34:25	M35	114	0:52:16	1:28:03	2:14:05
1144	2793	Porzig Rüdiger	City Runner 2013	4:34:26	M50	220	0:55:14	1:29:03	2:10:09
1145	4462	Hasley Christian	Oberhausener TV	4:34:27	M40	191	0:53:33	1:29:34	2:11:19
1146	4698	Beckmann Heinz	*Duisburg	4:34:38	M65	14	0:56:09	1:27:32	2:10:55
1147	3285	Lorkowski Peter	Die blauen Bengel	4:34:42	M50	221	0:58:09	1:27:28	2:09:03
1148	5303	Wiegner Sven	*Oberhausen	4:34:43	M30	101	0:52:37	1:28:47	2:13:19
1149	3301	Danowski Werner	LC Duisburg	4:34:43	M45	276	0:52:41	1:22:26	2:19:36
1150	2155	Buchner Jan	200PROTEAM	4:34:45	M35	115	0:55:14	1:27:48	2:11:42
1151	2776	Fuchs Ilja	*Moers	4:34:48	M35	116	0:54:30	1:23:04	2:17:14
1152	4469	Tenrahm Thomas	*Dinslaken	4:34:56	M45	277	0:56:26	1:29:27	2:09:02
1153	3787	Latta Peter	LC Duisburg	4:35:00	M50	222	0:54:25	1:28:32	2:12:02
1154	3584	Pohlhaus Frank	*Bottrop	4:35:06	M35	117	1:00:50	1:34:18	1:59:57
1155	3405	Wehrmann Jörg	RUHR-TECHNIK	4:35:07	M45	278	1:04:09	1:37:23	1:53:34
1156	4124	Herbst Lutz	PP Wuppertal	4:35:18	M45	279	0:58:00	1:29:47	2:07:30
1157	5534	Achterath Joachim	*Rheinberg	4:35:25	M50	223	0:56:21	1:27:31	2:11:32
1158	2140	Tersteegen Torben	AS Neukirchen-Vluyn	4:35:29	M15	1	0:52:33	1:33:35	2:09:20
1159	4993	Hax Dr. Peter-Michael	*Duisburg	4:35:33	M60	40	0:55:42	1:23:44	2:16:06
1160	2503	Rasmus Hauke	*Essen	4:35:59	M45	280	0:50:32	1:23:50	2:21:36
1161	2521	Baldeau Günter	*Duisburg	4:36:20	M55	110	0:58:30	1:26:40	2:11:09
1162	3189	Müller Daniel	*Moers	4:36:22	M50	224	0:55:52	1:28:35	2:11:53
1163	5236	Hardt Dagobert	Max Maulwurf Marathonis	4:36:22	M65	15	0:55:53	1:29:06	2:11:21
1164	4217	Maaßen Heinz	LT Turnerbund Frintrop	4:36:23	M55	111	0:55:22	1:25:17	2:15:42
1165	4377	Böcker Bernd	*Essen	4:36:26	M55	112	0:56:18	1:26:41	2:13:26
1166	3723	Joeken Michael	*Duisburg	4:36:33	M55	113	0:55:00	1:28:40	2:12:52

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	3469	Pojer Marc	Die Römers	4:36:34	M45	281	0:57:19	1:28:44	2:10:30
1168	4180	Steinhoff Holger	SG Du-Süd	4:36:40	M55	114	0:56:29	1:28:15	2:11:55
1169	4119	Stork Andre	SG Borken	4:36:41	M35	118	0:54:17	1:33:39	2:08:45
1170	3001	Lorek Ulrich	*Ratingen	4:36:46	M55	115	0:59:24	1:29:01	2:08:20
1171	1935	Rothe Andreas	Ruhrgas SG 1929	4:36:50	M65	16	0:57:45	1:27:09	2:11:55
1172	5398	Laskowski Daniel	*Bochum	4:37:12	M35	119	0:59:59	1:28:57	2:08:15
1173	4815	Linus Hermann	*Gelsenkirchen	4:37:13	M18	10	0:54:02	1:30:32	2:12:39
1174	4345	Kowalski Christian	Die Roadrunners	4:37:14	M45	282	0:57:55	1:26:07	2:13:12
1175	1918	Grabienski Wolfgang	Ruhrgas SG 1929	4:37:15	M60	41	1:05:02	1:26:33	2:05:39
1176	3753	Plicht Wolfgang	OSC Dinslaken Averbruch	4:37:25	M60	42	0:57:58	1:31:50	2:07:36
1177	2955	Peitz Wolfgang	BSG Sparda Bank West eG	4:37:26	M45	283	0:55:58	1:30:42	2:10:44
1178	2196	Rosendahl Ulf	200PROTEAM	4:37:29	M40	192	0:56:37	1:29:10	2:11:41
1179	3047	Bachon Ulrich	Die Fortunisten	4:37:34	M40	193	0:57:54	1:28:14	2:11:25
1180	2856	Heider Thomas	SV Langenfeld	4:37:42	M45	284	0:55:26	1:35:25	2:06:50
1181	4901	Blum Uwe	*Issum	4:37:46	M50	225	0:56:08	1:27:54	2:13:44
1182	5195	Laturell Gerhard	BSV	4:38:00	M50	226	0:51:29	1:21:29	2:25:01
1183	4368	Bliesner Friedhelm	Apotheke Mattenklotz Duisbu	4:38:04	M65	17	0:58:20	1:29:13	2:10:30
1184	4973	Jenner Hartmut	BSG Team EVAG	4:38:18	M60	43	0:55:21	1:30:30	2:12:25
1185	2890	Brockof Peter	Blueliner Duisburg	4:38:26	M50	227	0:56:49	1:29:35	2:12:01
1186	5259	Brunnabend Boris	*Meerbusch	4:38:26	M45	285	0:58:34	1:29:45	2:10:05
1187	3359	Sagud Kristijan	*Duisburg	4:38:29	M30	102	0:56:15	1:25:41	2:16:33
1188	4260	Badura Janusz	*Hückelhoven	4:38:48	M50	228	0:58:01	1:28:21	2:12:26
1189	3407	Schüring Norbert	RUHR-TECHNIK	4:38:49	M50	229	0:57:06	1:28:53	2:12:49
1190	4690	Kremkus Matthias	*Duisburg	4:38:49	M35	120	0:56:27	1:28:02	2:14:19
1191	4750	Luensmann Marco	*Moers	4:38:53	M35	121	0:57:32	1:27:43	2:13:38
1192	4728	Kleinen Torsten	*Duisburg	4:38:54	M45	286	0:59:24	1:29:37	2:09:52
1193	3169	Esch Matthias	*Düsseldorf	4:39:02	M22	66	0:54:31	1:28:28	2:16:02
1194	3510	Kapp Joachim	*Duisburg	4:39:04	M60	44	0:57:43	1:31:11	2:10:09
1195	3976	Feldmann Jens	*Duisburg	4:39:04	M35	122	0:58:28	1:29:33	2:11:03
1196	3404	Lindner Christian	RUHR-TECHNIK	4:39:15	M50	230	1:04:10	1:37:22	1:57:42
1197	3415	Czikuß Andreas	*Duisburg	4:39:17	M45	287	0:54:47	1:26:11	2:18:18
1198	4137	Werning Christian	Kahlenberger HTC	4:39:18	M30	103	0:55:10	1:28:42	2:15:25
1199	2723	Richter Mario	PSV Bonn Triathlon	4:39:26	M40	194	0:57:38	1:35:21	2:06:26
1200	4028	Fiege Andreas	LC Duisburg	4:39:35	M50	231	0:56:23	1:28:48	2:14:23
1201	4293	Horchler Tim	*Göttingen	4:39:41	M22	67	0:57:24	1:29:01	2:13:15
1202	5349	Pollack Bernd	*Essen	4:39:46	M35	123	0:56:24	1:26:38	2:16:43
1203	2589	Brendt Jörg	*Mülheim	4:39:55	M45	288	0:58:09	1:26:49	2:14:56
1204	4894	Krössin Claus	*Dorsten	4:40:02	M40	195	0:56:30	1:30:16	2:13:15
1205	3758	Giesen Uwe	SpVgg Sterkrade-Nord	4:40:07	M55	116	0:53:54	1:30:50	2:15:21
1206	4722	Hagemann Udo	*Halle/Westf.	4:40:21	M50	232	0:59:37	1:29:25	2:11:18
1207	3154	Kubat Helmuth	TV Frisch auf Lennepe eV	4:40:31	M70	4	1:01:16	1:30:38	2:08:36
1208	5187	Kranz Detlef	LC Tantra	4:40:41	M60	45	0:58:15	1:30:30	2:11:55
1209	4743	Pawlowski Rainer	TuS 82 Opladen	4:40:43	M50	233	0:57:32	1:29:43	2:13:27
1210	3342	Fleitz Mario	*Duisburg	4:40:59	M50	234	0:55:29	1:27:23	2:18:06
1211	4291	Schneider Dominik	*Oberhausen	4:41:01	M30	104	0:58:30	1:29:22	2:13:09
1212	4128	Voss Burkhard	*Dorsten	4:41:12	M50	235	0:57:55	1:30:05	2:13:11
1213	4790	Henrich Dr. Frank	*Krefeld	4:41:20	M40	196	0:59:53	1:29:44	2:11:43
1214	5304	Frimmersdorf Stefan	*Neuss	4:41:52	M45	289	0:58:36	1:29:46	2:13:29
1215	4044	Louis Aljoscha	*Moers	4:42:01	M19	7	0:55:52	1:25:17	2:20:51
1216	5268	Menner Hans-Günter	*Dinslaken	4:42:04	M50	236	0:53:54	1:35:00	2:13:08
1217	4305	Vos Andreas	*Essen	4:42:17	M40	197	0:56:41	1:27:55	2:17:40
1218	5630	Leymann Helmut	PSV Duisburg	4:42:24	M65	18	0:58:03	1:30:18	2:14:02
1219	2403	Peters Udo	*Mülheim	4:42:45	M50	237	0:57:37	1:29:37	2:15:30

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1220	5494	Wintermeyer Laurentius	*Ratingen	4:42:46	M50	238	0:58:21	1:31:44	2:12:40
1221	5698	Jansen Burkhard	TUS Breitscheid	4:43:02	M60	46	1:01:16	1:41:55	1:59:51
1222	5386	Schäfers Axel M.	Tri-As	4:43:46	M60	47	1:01:54	1:32:01	2:09:51
1223	4428	Baran Christoph	*Rheinberg	4:43:53	M45	290	1:04:47	1:33:31	2:05:33
1224	4429	Oels Oliver	*Rheinberg	4:43:53	M55	117	1:04:48	1:33:32	2:05:33
1225	2936	Feik Matthias	Team Bürgermeister Lindem	4:43:57	M40	198	0:55:24	1:25:38	2:22:54
1226	4096	Toebe Volker	*Duisburg	4:44:07	M45	291	0:58:57	1:30:53	2:14:16
1227	4134	May Jörg	Running Dinslaken	4:44:21	M50	239	0:54:04	1:33:37	2:16:39
1228	2276	Wunder Andreas	TG Neuss	4:44:40	M50	240	0:56:44	1:32:19	2:15:37
1229	3079	Strelzyk Holger	LC Duisburg	4:44:45	M45	292	0:56:43	1:34:06	2:13:55
1230	5253	Röckendorf Jens	Ausdauererschule Bruns	4:44:46	M55	118	0:55:14	1:28:01	2:21:30
1231	3177	Hanemann Uli	textwerk swim&run bochum	4:44:52	M50	241	0:59:07	1:30:38	2:15:07
1232	2321	Krebs Christian	*Oberhausne	4:45:33	M35	124	0:56:22	1:27:29	2:21:42
1233	5596	Winzen Benedikt	*Krefeld	4:45:43	M22	68	1:02:18	1:28:35	2:14:50
1234	3332	Bök Dennis-Christopher	*Oer-Erkenschwicj	4:45:55	M22	69	0:53:06	1:33:54	2:18:54
1235	5056	Pralle Lueder	*Bochum	4:45:58	M45	293	0:56:26	1:30:34	2:18:57
1236	5382	Rucktäschel Uwe	Rennschnecken Deluxe	4:46:10	M50	242	1:00:24	1:32:27	2:13:18
1237	4761	Schmidt Enrico	Die Seitenstecher	4:46:34	M30	105	0:55:24	1:38:17	2:12:51
1238	3002	Holtel Matthias	Die Claudicatios	4:46:45	M45	294	0:52:33	1:34:09	2:20:02
1239	5681	Fiedler-Panajotopoulos Mi	RMD Laufcamp 2014	4:46:47	M45	295	1:01:24	1:34:41	2:10:40
1240	5070	Loibl André	Adler-Langlauf Bottrop	4:46:53	M22	70	0:55:18	1:34:48	2:16:46
1241	5069	Heumann Sebastian	Adler-Langlauf Bottrop	4:46:54	M22	71	0:55:19	1:34:49	2:16:46
1242	2650	Jockel Gerd	*Mülheim	4:47:14	M40	199	0:55:24	1:36:28	2:15:21
1243	3763	Gewehr Kai	*Bochum	4:47:32	M45	296	0:58:27	1:32:03	2:17:01
1244	2304	Mühlmann Christian	Tri Team FS Düsseldorf	4:47:39	M40	200	0:56:22	1:31:19	2:19:57
1245	4157	Heinrich Uwe	TuS Hamborn Neumühl	4:47:57	M70	5	1:00:04	1:27:35	2:20:17
1246	4997	Neven Georg	Albertha Runners	4:48:09	M45	297	0:59:22	1:28:28	2:20:18
1247	4944	Kleinen Uli	*Duisburg	4:48:33	M45	298	0:55:45	1:39:30	2:13:17
1248	2225	Wolbring Lothar	Ruhgas SG 1929	4:48:35	M60	48	0:58:43	1:30:00	2:19:51
1249	3608	Maßmann André	Die 3 von der Franzstraße	4:48:38	M55	119	0:57:33	1:31:39	2:19:26
1250	3221	Zobel Tobias	Die Nachbarn	4:48:47	M22	72	0:55:09	1:34:07	2:19:30
1251	4292	Litzbarski Roman	*Wülfrath	4:49:15	M60	49	0:58:23	1:32:33	2:18:17
1252	3312	Biegel Dirk	Lauftiger	4:50:02	M45	299	0:56:40	1:36:32	2:16:49
1253	3728	Winkelmann Ulrich	Turnerbund Osterfeld 1911 e	4:50:18	M60	50	0:57:16	1:28:49	2:24:13
1254	5112	Verspohl Dr. Felix	*Moers	4:50:24	M60	51	0:54:37	1:32:14	2:23:32
1255	2541	Fuhlrott Jürgen	*Hünxe	4:50:38	M50	243	0:58:52	1:31:21	2:20:25
1256	2530	Tristram Uwe	Marientreff	4:50:42	M50	244	0:58:30	1:31:38	2:20:33
1257	3216	Zellmer Detlef	*Neukirchen-Vluyn	4:51:03	M50	245	0:57:24	1:33:09	2:20:29
1258	4116	Lewerentz Christian	*Bottrop	4:51:17	M30	106	1:01:25	1:32:04	2:17:47
1259	2029	Krutwage Guido	Vodafone Runners	4:51:17	M40	201	0:55:43	1:28:34	2:26:59
1260	5549	Grätz Ulrich	Kumpels Dorsten	4:51:28	M50	246	0:57:46	1:29:42	2:23:59
1261	2556	Schroers Guenter	*Tönisvorst	4:51:55	M75	2	0:58:29	1:40:19	2:13:05
1262	4751	Meinert Rolf	FA Duisburg-West	4:52:26	M55	120	1:06:25	1:27:28	2:18:32
1263	2510	Grothoff Markus	*Solingen	4:52:45	M50	247	0:56:25	1:33:46	2:22:33
1264	5458	Ceglarek Thomas	*Duisburg	4:52:52	M35	125	0:57:39	1:32:30	2:22:42
1265	3605	Bünsow Günter	GEFA Running Team	4:53:02	M50	248	0:59:08	1:33:02	2:20:51
1266	4104	Kurs Stefan	*Duisburg	4:53:12	M35	126	0:57:57	1:30:06	2:25:08
1267	2128	Gaertner Marc-Andre	TRIMET ESSEN	4:53:43	M30	107	0:53:23	1:39:11	2:21:07
1268	5445	Werner Stefan	Die Werners	4:54:03	M30	108	0:59:51	1:33:49	2:20:21
1269	3873	Lenhart Bernd	*Duisburg	4:54:14	M50	249	1:00:13	1:32:03	2:21:58
1270	5558	Lim Michael	OSC Rheinhausen	4:54:32	M22	73	0:58:04	1:34:53	2:21:34
1271	2329	Klimas Stefan	*Moers	4:54:37	M40	202	0:55:47	1:33:20	2:25:30
1272	5331	Bayer Bernhard	DLRG Rheurdt	4:55:17	M45	300	1:00:51	1:35:00	2:19:25



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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1273	4034	Gehlen Timo	*Duisburg	4:55:19	M22	74	0:59:35	1:33:18	2:22:25
1274	2668	Mertins Dr. Kai	Veerter Vlitzer	4:55:19	M45	301	0:56:50	1:33:29	2:25:00
1275	2669	Osterberg Frank	Veerter Vlitzer	4:55:20	M55	121	0:56:50	1:33:28	2:25:00
1276	5170	Gruschka Gregor	*Düsseldorf	4:56:27	M55	122	1:02:22	1:38:17	2:15:47
1277	4520	Jussen Alexander	FC LeXXi Speedbike e.V.	4:56:55	M22	75	0:59:16	1:36:37	2:21:01
1278	4899	Böddeker Christof	*Hünxe	4:56:57	M45	302	1:00:24	1:31:42	2:24:50
1279	268	Ache Horst	AS Neukirchen-Vluyn	4:57:45	M75	3	1:02:27	1:31:56	2:23:22
1280	4683	Baars Ralf	BSV Kokerei Schwelgern e.	4:58:59	M50	250	0:59:19	1:37:17	2:22:22
1281	4259	Jaeger Friedhelm	*Mülheim	4:59:16	M50	251	0:58:27	1:38:28	2:22:20
1282	4433	Klaudat Gerhard	LT Gruitzen-Neandertal	4:59:31	M55	123	1:02:02	1:33:21	2:24:07
1283	5254	Firsching Christian	*Duisburg	5:00:01	M45	303	1:03:51	1:36:47	2:19:22
1284	4473	Plückelmann Willi	TuS Hamborn Neumühl	5:00:02	M65	19	1:01:13	1:33:17	2:25:31
1285	2066	Florian Reinhold	TEAM ELG	5:00:21	M65	20	0:59:08	1:37:20	2:23:52
1286	3072	Vielhauer Bernd	Schnaufgruppe	5:00:38	M50	252	0:58:00	1:37:49	2:24:48
1287	5538	Schmidt Tobias	*Mülheim an der Ruhr	5:00:56	M30	109	1:00:22	1:38:29	2:22:03
1288	3718	Niggemann Andreas	Laufgruppe ziiiisch und weg	5:02:18	M55	124	0:58:38	1:39:31	2:24:08
1289	5059	Swatek Jan	*Duisburg	5:02:27	M35	127	1:01:57	1:35:59	2:24:30
1290	5644	Hoeffner Norbert	*Duisburg	5:02:54	M55	125	1:01:24	1:37:54	2:23:35
1291	5224	Unkhoff Joerg	*Duisburg	5:03:43	M45	304	0:57:48	1:32:45	2:33:08
1292	4453	Dahlmann Alfred	*Bochum	5:04:08	M35	128	1:01:17	1:33:28	2:29:21
1293	5652	Schmitz Peter Michael	LG FSUe	5:04:14	M65	21	1:04:34	1:37:30	2:22:09
1294	2585	Lorenz Peter	SV Wanheim 1900	5:05:04	M45	305	1:00:53	1:33:31	2:30:39
1295	3915	Müller Andreas	Lippejogger	5:05:33	M40	203	1:00:20	1:39:42	2:25:30
1296	2743	Fürchtenicht Klaus-Dieter	TV Jahn Hiesfeld	5:05:45	M60	52	1:01:28	1:35:21	2:28:55
1297	2874	Gocke Dr. Peter	Team USS Enterprise	5:05:47	M50	253	1:04:40	1:27:50	2:33:17
1298	5405	Konwiarz Thomas	*Duisburg	5:05:52	M45	306	1:00:07	1:37:25	2:28:19
1299	5097	Langner Andre	*Moers	5:06:13	M45	307	0:59:15	1:36:18	2:30:39
1300	4917	Schröter Thorsten	*Krefeld	5:06:15	M45	308	1:04:36	1:39:13	2:22:25
1301	4049	Wagner August	SV Viktoria Goch	5:06:30	M50	254	1:01:13	1:39:30	2:25:47
1302	4873	Hagner Gunther	*Duisburg	5:07:04	M50	255	1:01:51	1:35:28	2:29:44
1303	2359	Quade Thomas	*Neukirchen-Vluyn	5:07:27	M45	309	0:58:07	1:31:33	2:37:46
1304	3462	Rösch Georg	*Neuss Uedesheim	5:07:51	M50	256	0:58:10	1:48:41	2:20:58
1305	2747	Waschkowski Holger	*Borken	5:08:21	M40	204	1:00:08	1:39:15	2:28:56
1306	2164	Miethke Norbert		5:08:24	M55	126	1:05:02	1:39:11	2:24:10
1307	4470	Lauderbach Benjamin	*Duisburg	5:08:54	M30	110	1:05:26	1:38:30	2:24:57
1308	4385	Treichel Ulrich	*Hamburg	5:09:56	M50	257	1:01:38	1:39:13	2:29:05
1309	3119	Witt Christian	*Oberhausen	5:10:38	M45	310	0:58:55	1:39:51	2:31:51
1310	4059	Börries Dieter	*Kempfen	5:11:05	M50	258	1:00:05	1:43:24	2:27:35
1311	4081	von Cyron Manfred	*Mülheim an der Ruhr	5:12:20	M65	22	1:06:23	1:40:02	2:25:54
1312	3923	Seck Stefan	LT Bittermark Dortmund	5:12:47	M45	311	1:02:16	1:39:00	2:31:31
1313	5121	Krah Markus	VfL Gladbeck	5:13:32	M45	312	1:00:46	1:38:42	2:34:03
1314	1938	Seidler Bernd	Ruhrgas SG 1929	5:13:54	M40	205	1:03:34	1:41:18	2:29:01
1315	4309	Schu Klaus	Angerland LT Lintorf	5:14:16	M45	313	1:02:11	1:34:02	2:38:02
1316	3438	Retkowski Lutz	VB-Lauftreff	5:14:47	M35	129	0:58:40	1:44:31	2:31:36
1317	4851	Träbert Lutz	CEMEX	5:17:16	M40	206	1:01:48	1:38:51	2:36:37
1318	3431	Weichert Holger	*Oberhausen	5:17:38	M40	207	1:04:22	1:40:04	2:33:12
1319	4880	Rebacz Christoph	*königswinter	5:18:09	M50	259	1:03:32	1:41:07	2:33:29
1320	5226	Wind Torsten	*Engelskirchen	5:18:30	M50	260	0:59:28	1:29:33	2:49:29
1321	4735	Richter Reinhard	*Mönchengladbach	5:19:28	M45	314	1:05:14	1:47:53	2:26:20
1322	5327	Deichmann Julien	*Aachen	5:20:13	M30	111	1:01:56	1:51:35	2:26:41
1323	1962	Correia Fernandes Antoni	Vodafone Runners	5:20:51	M35	130	1:01:30	1:48:11	2:31:09
1324	5571	Zilz Dirk	*Niederkrüchten	5:24:29	M40	208	1:02:44	1:47:30	2:34:14
1325	3911	de Cillia Sebastian	SW Eppendorf	5:24:36	M22	76	1:02:20	1:45:44	2:36:32

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**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1326	3836	Wittgen Alex	*Krefeld	5:26:09	M45	315	1:05:37	1:42:53	2:37:38
1327	4959	Kulik Ralph	*Essen	5:26:18	M50	261	1:06:31	1:39:29	2:40:17
1328	4401	Welsing Winfried	SV Biemenhorst	5:29:02	M60	53	1:06:24	1:46:07	2:36:31
1329	4166	Schmidt Thomas	*Essen	5:29:27	M50	262	1:03:22	1:47:27	2:38:37
1330	5238	Wittkämper Jens-Arno	rank und schlank	5:29:33	M50	263	1:04:09	1:38:42	2:46:41
1331	2366	Kemper Klaus	TV Vennikel	5:32:08	M60	54	1:09:24	1:43:23	2:39:21
1332	3749	Matzat Michael	laufender Taucher	5:33:43	M50	264	1:10:06	1:43:01	2:40:34
1333	2907	Kühne Michael	BSG Hattingen	5:42:57	M45	316	1:08:39	1:48:54	2:45:24
1334	4887	Claus Detlef	*Mülheim an der Ruhr	5:50:53	M45	317	1:05:51	1:51:35	2:53:26
1335	2599	Bock Dietmar	Von 0 auf 42	5:53:28	M60	55	1:13:14	1:54:01	2:46:12
1336	2947	Rödde Pascal	*Bochum	6:14:38	M22	77	1:16:46	1:50:58	3:06:53
1337	4895	Enning Leonhard	*Dorsten	6:15:05	M40	209	1:09:42	1:58:02	3:07:20

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	2834	Minke Angela	ASC Rosellen/Neuss	3:10:24	W35	1	0:38:48	1:00:39	1:30:56
2	2509	Just Gladys	Angerland LT Lintorf	3:13:29	W40	1	0:40:53	1:03:08	1:29:27
3	3057	Krämer Sabrina	LC Duisburg	3:14:55	W30	1	0:39:34	1:01:56	1:33:25
4	2269	Schellöh Birgit	Ausdauerchule by Bunert	3:17:06	W50	1	0:41:18	1:03:37	1:32:09
5	2227	Lehmann Anke	TUS Drevenack	3:18:10	W40	2	0:43:08	1:03:08	1:31:53
6	3981	Feldmann Marlene	Bocholter WSV	3:18:30	W22	1	0:39:48	1:02:53	1:35:48
7	4834	Bartsch Vanessa	USC Bochum	3:22:59	W35	2	0:40:54	1:05:22	1:36:42
8	2681	Michalka Silvia	ART Düsseldorf	3:25:58	W45	1	0:42:53	1:06:19	1:36:45
9	4507	Dettmar Sabine	Triathlon Team TG Witten	3:26:08	W22	2	0:42:41	1:04:23	1:39:03
10	2635	Stephan Anja	LC Duisburg	3:26:19	W45	2	0:43:18	1:06:56	1:36:04
11	2430	Lindekamp Caroline	*Dortmund	3:27:07	W22	3	0:43:40	1:06:01	1:37:26
12	4205	Abratis Anja	SC Bayer 05 Uerdingen	3:27:50	W40	3	0:43:26	1:06:38	1:37:46
13	4642	Quincke Anja	Marathon-Club Menden	3:28:01	W35	3	0:42:54	1:07:38	1:37:28
14	2011	Müller Susanne	Vodafone Runners	3:30:18	W40	4	0:45:06	1:07:25	1:37:46
15	3740	Hegger Ruth	LT Schnecke Sonsbeck	3:30:44	W45	3	0:44:21	1:07:52	1:38:30
16	5019	Hübner Britta	LC Duisburg	3:32:23	W50	2	0:45:06	1:09:29	1:37:47
17	4402	Ischinsky Carolin	Lauffreunde Bottrop	3:32:39	W40	5	0:44:19	1:09:01	1:39:18
18	4359	Gevers-Lohkamp Petra	Adler-Langlauf Bottrop	3:32:50	W45	4	0:49:03	1:06:05	1:37:41
19	2375	Selbach Dr. Isabel	Tri-Team FS Düsseldorf	3:34:36	W35	4	0:44:05	1:10:41	1:39:50
20	4302	Bartschat Anita	*Düsseldorf	3:34:47	W45	5	0:45:21	1:09:41	1:39:44
21	4706	Medici Francesca	SDF 75	3:34:57	W22	4	0:45:31	1:07:32	1:41:52
22	5594	Kath Petra	LT SV Westum	3:35:48	W45	6	0:45:11	1:08:38	1:41:58
23	9909	Weber Katharina		3:36:21	W30	2	0:43:24	1:09:14	1:43:42
24	3612	Diesner Wiebke	TVE Burgaltendorf	3:36:26	W40	6	0:45:30	1:09:08	1:41:46
25	4922	Wiethoff Conny	Renntiere	3:36:32	W45	7	0:43:15	1:06:26	1:46:49
26	4126	Börmann Jutta	TSG Kirchhellen	3:36:41	W45	8	0:45:48	1:09:47	1:41:05
27	2378	Schober-Kestel Julia	*Düsseldorf	3:36:44	W30	3	0:44:51	1:09:55	1:41:58
28	3745	Balschuweit Dorothee	SuS Bertlich	3:37:57	W30	4	0:46:26	1:09:37	1:41:53
29	2139	Tempesta Angela	AS Neukirchen-Vluyn	3:38:33	W30	5	0:48:59	1:15:12	1:34:21
30	3835	Kohrs Silke	ASC Ratingen West	3:39:32	W35	5	0:46:14	1:10:41	1:42:37
31	2247	Holthoff Nina	LG COESFELD	3:39:37	W40	7	0:48:57	1:10:27	1:40:12
32	4113	Gedig-Küpper Silke	LC Duisburg	3:40:07	W45	9	0:46:26	1:10:26	1:43:14
33	5684	Kaiser Dörte	TUS Breitscheid	3:40:10	W40	8	0:45:36	1:11:08	1:43:26
34	2392	Bitthöfer Tatjana	Dortmund	3:41:02	W35	6	0:46:50	1:11:14	1:42:58
35	3633	Eißmann Dr. Mareike	RWE Starlight Team Essen	3:41:26	W30	6	0:44:48	1:10:48	1:45:50
36	3131	Hölter Agnes	SG Borken	3:41:47	W55	1	0:47:35	1:10:55	1:43:16
37	2318	Kahlbau Nora	RMD Laufcamp 2014	3:41:54	W22	5	0:46:06	1:13:30	1:42:16
38	3779	Köster Diana	SV Viktoria Goch	3:42:12	W40	9	0:46:34	1:10:30	1:45:07
39	2405	Merten Nadine	LT Bittermark Dortmund	3:42:20	W30	7	0:46:24	1:13:15	1:42:41
40	2824	Amalou Linda	LC Ruhrpott America	3:42:20	W30	8	0:45:48	1:11:41	1:44:50
41	2290	Lippert Theresa	TG Neuss	3:43:43	W22	6	0:46:07	1:11:34	1:46:02
42	2493	Lenhart Anke	TTC Wuppertal	3:43:47	W35	7	0:44:59	1:15:23	1:43:25
43	2782	Freywald-Bricelj Ulrike	*Falkensee	3:44:06	W45	10	0:48:11	1:11:29	1:44:25
44	3588	Kolenbrander Stefanie	LG Bilfinger Piping	3:44:11	W22	7	0:47:30	1:12:48	1:43:52
45	2988	Raschewski Sonja	*Mülheim an der Ruhr	3:44:27	W45	11	0:46:41	1:11:32	1:46:12
46	5364	Krummel Michaela	BSG Stadtwerke Duisburg A	3:45:34	W45	12	0:48:18	1:12:43	1:44:32
47	4030	Blondin Juliane	SC Bayer 05 Uerdingen	3:45:39	W55	2	0:45:45	1:12:36	1:47:18
48	2285	Kerkmann Kathrin	TG Neuss	3:45:50	W22	8	0:44:43	1:11:41	1:49:24
49	2689	Metternich Melanie	Palma Runners	3:45:51	W35	8	0:46:47	1:12:05	1:46:58
50	3532	Wied Andrea	Ausdauerchule by Bunert	3:46:02	W30	9	0:48:00	1:13:07	1:44:54
51	4670	Gamette Melissa		3:46:16	W35	9	0:48:45	1:11:24	1:46:05
52	3518	Menciotti Christiane	*Dormagen	3:46:49	W45	13	0:52:48	1:11:57	1:42:03
53	4152	Hahn-Gebhardt Paula	Die abgelauenen Kekse	3:46:59	W45	14	0:48:02	1:11:45	1:47:10

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	5388	Hommrich Ellen	DTV Düsseldorf	3:46:59	W50	3	0:47:51	1:15:05	1:44:02
55	2741	Schmitz Andrea	DMSG	3:47:05	W45	15	0:44:52	1:12:59	1:49:13
56	2667	Schmude Elke	LC Duisburg	3:47:26	W50	4	0:46:55	1:12:37	1:47:53
57	3314	Niggemann Marinja	Ausdauer Schule by Bunert	3:47:32	W22	9	0:45:38	1:12:44	1:49:10
58	5532	Niehüser Anne	*Oberhausen	3:47:39	W19	1	0:48:44	1:13:27	1:45:26
59	4003	Hülsmann Anja	WAT Läufer	3:47:49	W35	10	0:46:20	1:14:51	1:46:37
60	2895	Arnold Katrin	LC Duisburg	3:48:13	W40	10	0:46:52	1:11:45	1:49:35
61	4075	Jäger Christiane	Angerland LT Lintorf	3:48:35	W22	10	0:47:32	1:14:40	1:46:21
62	3441	Brix Silke	*Neuss	3:48:37	W35	11	0:47:20	1:13:52	1:47:24
63	4826	Hildebrandt Katrin	*Düsseldorf	3:48:43	W45	16	0:48:49	1:13:27	1:46:26
64	3152	Poschmann Heike	WAT Läufer	3:48:57	W45	17	0:48:07	1:14:11	1:46:38
65	2979	Göbel Carina	Helios Iron Team	3:49:14	W45	18	0:47:35	1:12:55	1:48:44
66	4710	Roskamp Franziska	*Düsseldorf	3:50:58	W22	11	0:47:57	1:15:34	1:47:26
67	4227	Waszkowski Eva	Team GfB	3:51:25	W18	1	0:45:15	1:15:20	1:50:49
68	2431	Möllmann Rita	Bocholt	3:51:39	W45	19	0:49:04	1:14:37	1:47:56
69	4414	Antfang Jennifer	ASV Köln Triathlon	3:51:54	W22	12	0:47:57	1:15:36	1:48:20
70	2114	Stützer Kerstin	TC Kray 1892 e.V	3:51:55	W40	11	0:48:09	1:15:20	1:48:25
71	4758	Drusenheimer Nadja	*Düsseldorf	3:52:35	W35	12	0:48:39	1:12:31	1:51:25
72	4776	Weske Brigitte	*Duisburg	3:52:37	W50	5	0:49:28	1:14:47	1:48:20
73	4314	Sondermann-Vetter Esth	LGO Bochum	3:52:52	W40	12	0:45:58	1:11:48	1:55:06
74	5161	Sürth Anja	*Essen	3:53:00	W40	13	0:49:15	1:15:07	1:48:37
75	1997	Manikowski Susanne	Vodafone Runners	3:53:07	W22	13	0:50:01	1:15:43	1:47:22
76	5342	Opdenhövel Marion	FC Straberg	3:53:26	W50	6	0:48:57	1:15:29	1:48:59
77	3368	Willemsen Helga	Bocholter Frauenpower	3:54:07	W45	20	0:49:08	1:15:44	1:49:15
78	3394	Cyrener Anja	SV Haldern Lauftreff	3:54:15	W40	14	0:50:35	1:15:42	1:47:57
79	4190	Dahm Sabine	Spaßläufer	3:54:30	W45	21	0:48:06	1:15:59	1:50:24
80	2945	Serfort Inga	VSG Duisburg	3:54:40	W30	10	0:49:12	1:16:32	1:48:55
81	2113	Sult Barbara	TC Kray 1892 e.V	3:54:42	W60	1	0:49:55	1:15:43	1:49:02
82	4250	Fleischer Christina	TriTeam TSG Sprockhövel	3:54:43	W35	13	0:48:25	1:14:32	1:51:45
83	4902	Scholten Jutta	SV Uedem	3:54:54	W35	14	0:47:56	1:15:54	1:51:03
84	5683	Gobrecht Chantal	TUS Breitscheid	3:55:08	W22	14	0:48:09	1:16:02	1:50:56
85	4740	Reimet Verena	LT Metzkausen	3:55:16	W35	15	0:49:50	1:16:08	1:49:18
86	3804	Garcia Lago Gracinda	*Düsseldorf	3:55:16	W35	16	0:49:35	1:15:04	1:50:37
87	3826	Matten Vanessa	*Oberhausen	3:55:18	W22	15	0:49:03	1:15:23	1:50:51
88	5568	Makein-Hoenselaar Esthe	SV Viktoria Goch	3:55:36	W55	3	0:48:45	1:17:50	1:49:01
89	4909	Oberhäuser Angelika	Solinger LC	3:55:39	W60	2	0:49:10	1:14:12	1:52:16
90	2633	Flade Natalie	Wekeln Runners	3:55:57	W35	17	0:49:10	1:15:28	1:51:18
91	2651	Smeets Ursula	Mönchengladbacher LG	3:56:08	W45	22	0:49:02	1:13:02	1:54:03
92	3388	Dincklage Melanie	Triminators TV Voerde	3:56:26	W40	15	0:50:40	1:18:01	1:47:44
93	4921	Gunia Birgit	Renntiere	3:56:32	W45	23	0:48:28	1:14:25	1:53:38
94	2401	Philipps Lena	*Duisburg	3:56:33	W19	2	0:50:22	1:16:26	1:49:44
95	4300	Beulen Silke	ART Düsseldorf	3:56:49	W35	18	0:48:53	1:17:27	1:50:28
96	2639	Bevers Wiebke	Ruhrrunner Essen	3:57:01	W45	24	0:49:20	1:17:24	1:50:17
97	3810	Brinkmann Stephanie	PV-Triathlon Witten	3:57:19	W40	16	0:49:11	1:16:24	1:51:44
98	4651	Brandt Silke	Cool Runnings	3:57:24	W35	19	0:49:32	1:16:09	1:51:42
99	2339	Hartge Tabea	*Düsseldorf	3:57:52	W30	11	0:50:52	1:17:33	1:49:26
100	4852	Kipker Dina	Helios Iron Team	3:57:58	W50	7	0:45:57	1:18:39	1:53:21
101	4898	Andres Barbara	Marathon-Club Menden	3:58:02	W55	4	0:47:14	1:17:12	1:53:35
102	5165	Chmura Anna	Turbo-Schnecken-Lüdensche	3:58:09	W40	17	0:49:36	1:16:16	1:52:16
103	2806	Grüe Anna	*Frechen	3:58:47	W22	16	0:48:40	1:17:08	1:52:58
104	2853	Berger Clara	Triminators TV Voerde	3:58:48	W22	17	0:47:14	1:19:20	1:52:13
105	4064	Nemitz Meike	*Duisburg	3:59:23	W35	20	0:51:14	1:16:28	1:51:40
106	3907	Schremmer Isabell	*Bochum	3:59:43	W22	18	0:48:58	1:19:37	1:51:07

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4419	Sommer-Dünninger Heidi	*Ratingen	3:59:47	W40	18	0:50:09	1:15:59	1:53:38
108	4417	Jakobs Claudia	*Düsseldorf	3:59:48	W50	8	0:50:09	1:16:00	1:53:39
109	2649	De Florio Lucilla	*Duisburg	3:59:53	W40	19	0:50:10	1:18:16	1:51:26
110	5278	König Lisa	*Duisburg	4:00:02	W35	21	0:55:39	1:16:11	1:48:11
111	4865	Aders Karola	*Düsseldorf	4:00:59	W19	3	0:49:41	1:18:47	1:52:30
112	5455	Gonzalez-Bienert Vaness	*Velbert	4:01:17	W35	22	0:49:47	1:17:00	1:54:29
113	3425	Neubauer Karin	Team Erdinger Alkoholfrei	4:01:29	W22	19	0:49:55	1:18:14	1:53:20
114	3677	Schmieschek Beata	*Oberhausen	4:01:39	W40	20	0:50:11	1:19:01	1:52:26
115	5528	Diedrich Nadine	*Essen	4:01:41	W22	20	0:51:05	1:17:20	1:53:15
116	2258	Danes Nicole	Ausdauerschule by Bunert	4:01:48	W30	12	0:48:50	1:15:44	1:57:13
117	3155	Diekmann Tatjana	Helios Iron Team	4:01:53	W45	25	0:49:58	1:21:11	1:50:43
118	5202	Wirth Mariele	WSV Mülheim an der Ruhr	4:02:09	W45	26	0:49:16	1:18:32	1:54:20
119	5127	Buschmann Stefanie	*Dortmund	4:03:00	W45	27	0:52:54	1:16:35	1:53:31
120	4669	Ernst Angela	*Duisburg	4:03:14	W40	21	0:49:37	1:17:03	1:56:34
121	3705	Thißen Viviane	LT Schnecke Sonsbeck	4:03:53	W30	13	0:52:30	1:11:49	1:59:33
122	3373	Meuer Simone	*Essen	4:04:19	W30	14	0:49:55	1:20:19	1:54:05
123	2785	Axning Marion	SV Viktoria Goch	4:04:54	W40	22	0:50:28	1:18:35	1:55:50
124	4365	Ploeger Vera	Tri-Ganten	4:05:24	W45	28	0:50:26	1:19:39	1:55:19
125	2420	Hergenröder Chantal	*Düsseldorf	4:05:24	W30	15	0:54:13	1:18:34	1:52:36
126	2436	Rothert Sylvie	TSG 68 Kirchhellen	4:05:50	W45	29	0:52:21	1:19:57	1:53:30
127	2608	Cosack Annette	*Essen	4:06:01	W45	30	0:50:33	1:15:57	1:59:30
128	3263	Czycholl Sandra	*Düsseldorf	4:06:01	W30	16	0:52:42	1:21:42	1:51:36
129	2758	Lesaar Petra	LT Berka Stars	4:06:17	W35	23	0:48:38	1:19:50	1:57:47
130	4297	Skorupa Heike	Adler-Langlauf Bottrop	4:06:23	W50	9	0:51:38	1:19:55	1:54:48
131	2248	Beekmans Petra	LG COESFELD	4:06:39	W50	10	0:50:51	1:17:55	1:57:52
132	3284	Riemer Karin	LG Stadtwerke Hilden	4:06:53	W45	31	0:51:55	1:18:31	1:56:26
133	2123	Jahn Birgit	TC Kray 1892 e.V	4:06:53	W40	23	0:51:58	1:20:47	1:54:08
134	2759	Reichow Frauke	TV Jahn Hiesfeld	4:07:14	W45	32	0:50:05	1:18:55	1:58:13
135	5203	Macken-Reinirkens Cath	Irland	4:07:27	W55	5	0:52:41	1:18:57	1:55:49
136	1915	Ewens Dr. Susanne	Ruhrgas SG 1929	4:07:39	W45	33	0:52:23	1:19:34	1:55:41
137	3895	Balzani Nadine	*Duisburg	4:07:43	W30	17	0:52:56	1:23:42	1:51:04
138	2694	Opitz Dorothea	LT TBH Hassels	4:08:00	W50	11	0:51:04	1:17:33	1:59:22
139	5006	Lopez Diana	*Burscheid	4:08:01	W40	24	0:51:41	1:18:58	1:57:20
140	4828	Müller Madita	*Duisburg	4:08:27	W22	21	0:55:17	1:22:44	1:50:25
141	3761	Albers Angelika	*Bochum	4:09:13	W55	6	0:51:39	1:20:04	1:57:29
142	4644	Müller Kerstin	Laufftreff R(h)einknaller	4:09:33	W35	24	0:47:08	1:15:23	2:07:02
143	2042	Grave Christiane	VIVAWEST	4:09:50	W35	25	0:50:41	1:22:31	1:56:37
144	5620	Küssner Ruth	Angerland LT Lintorf	4:10:03	W55	7	0:52:34	1:20:40	1:56:48
145	3513	Strubel Birte	KSV Duisburg-Wedau	4:10:03	W22	22	0:52:10	1:18:04	1:59:48
146	2547	Flohr Sonja	*Oberhausen	4:10:19	W40	25	0:53:07	1:19:54	1:57:17
147	5466	Klein Vanessa	BSG Sparkasse Dinslaken	4:10:20	W30	18	0:51:22	1:21:23	1:57:34
148	2472	Wissing Carola	TUB Bocholt	4:10:38	W45	34	0:55:07	1:24:10	1:51:20
149	4866	Vogel Brigitte	*Essen	4:10:56	W40	26	0:53:05	1:20:53	1:56:57
150	4650	Hötte Isabelle	*Essen	4:11:06	W35	26	0:51:54	1:20:58	1:58:13
151	5384	Sudhoff Nicole	*essen	4:11:14	W45	35	0:55:43	1:25:56	1:49:33
152	3590	Moddenborg Petra	*Bocholt	4:11:46	W40	27	0:54:51	1:20:58	1:55:55
153	3232	Kalweit Heike	TRC Essen 84	4:12:11	W45	36	0:50:52	1:22:18	1:58:59
154	2734	Hillen Corinna	*Oberhausen	4:12:15	W40	28	0:53:16	1:21:33	1:57:25
155	4396	Hayn Birgit	Skate Team Goch-Kleve	4:12:26	W35	27	0:53:11	1:23:17	1:55:58
156	3867	Kirstein Stefanie	Ausdauerschule Bruns	4:12:28	W40	29	0:52:07	1:21:45	1:58:35
157	5185	Brune Katharina	*Düsseldorf	4:12:36	W30	19	0:52:51	1:21:43	1:58:01
158	5537	Santos Sara	*Düsseldorf	4:12:41	W30	20	0:51:46	1:19:37	2:01:16
159	3937	Schweda Petra	*Düsseldorf	4:12:43	W30	21	0:53:47	1:18:11	2:00:44

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	4021	Giesbers Christine	TUS Drevenack	4:13:00	W50	12	0:51:32	1:29:07	1:52:21
161	5424	Fox Therese	*Dinslaken	4:13:17	W55	8	0:52:51	1:21:36	1:58:49
162	5330	Friese Petra	LC Duisburg	4:13:21	W55	9	0:52:55	1:21:05	1:59:20
163	2813	Klose Beate	Rote Erde Schwelm	4:13:35	W45	37	0:51:33	1:22:06	1:59:54
164	5209	Morrissey Marianne	*Duesseldorf	4:14:09	W40	30	0:50:25	1:20:57	2:02:47
165	2337	Schumacher Corinna	*Krefeld	4:14:13	W45	38	0:53:31	1:22:12	1:58:28
166	4924	Deutscher Claudia	Renntiere	4:14:28	W45	39	0:48:32	1:34:55	1:51:01
167	2027	Harmßen Sandra	Vodafone Runners	4:14:40	W45	40	0:55:33	1:26:09	1:52:56
168	5083	van Rienen Ulrike	Marathon Mülheim	4:14:44	W50	13	0:52:58	1:21:40	2:00:04
169	3642	Hemmecke Ulrike	Wupperläufer	4:14:45	W50	14	0:54:12	1:21:58	1:58:34
170	5085	Winter Susanne	*Duisburg	4:15:04	W45	41	0:51:33	1:20:39	2:02:51
171	2141	Tersteegen Gudrun	AS Neukirchen-Vluyn	4:15:08	W45	42	0:50:44	1:23:48	2:00:35
172	3756	Schankweiler Martina	SV Viktoria Goch	4:15:30	W50	15	0:53:43	1:21:26	2:00:20
173	3271	Sauer Jennifer	*Ratingen	4:15:33	W30	22	0:54:07	1:21:31	1:59:53
174	5048	Kopka Manuela	Ruhrrunner Essen	4:15:43	W50	16	0:54:40	1:22:10	1:58:53
175	3618	Maßmann Marlene	Die 3 von der Franzstraße	4:15:45	W18	2	0:52:56	1:21:06	2:01:42
176	4532	Horning-Hohl Angelika	Huckinger Marathonis	4:15:52	W50	17	0:52:37	1:22:03	2:01:11
177	4927	Müller Petra	LT Wischlingen Dortmund	4:16:02	W50	18	0:54:09	1:21:17	2:00:36
178	5414	Gloerfeld Christina	*Dortmund	4:16:15	W30	23	0:53:08	1:21:38	2:01:28
179	5313	Daubenspeck Monika	*Krefeld	4:16:29	W45	43	0:53:12	1:20:59	2:02:17
180	2176	Kempf Anna-Katharina	200PROTEAM	4:16:39	W22	23	0:53:00	1:24:31	1:59:07
181	4940	Woelm Annette	Hösel Hunters	4:17:01	W45	44	0:51:38	1:27:04	1:58:18
182	4332	Breit Ann-Christin	TSG Kirchhellen	4:17:29	W22	24	0:54:06	1:21:41	2:01:41
183	3562	Hoffmann-Meyer Angelika	TV Jahn Hiesfeld	4:17:31	W55	10	0:51:32	1:22:06	2:03:52
184	2721	Prpitsch Jessica	*Dinslaken	4:18:01	W30	24	0:52:58	1:23:22	2:01:40
185	3355	Joyce Sara	*Düsseldorf	4:18:07	W45	45	0:52:14	1:21:02	2:04:49
186	5375	Bartz Dorothee	*Bochum	4:18:07	W45	46	0:53:56	1:22:51	2:01:19
187	3492	Borgards Andrea	LT Schnecke Sonsbeck	4:18:12	W40	31	0:58:09	1:28:34	1:51:29
188	4286	Bradering Anja	Adler-Langlauf Bottrop	4:18:20	W45	47	0:55:56	1:21:19	2:01:05
189	2617	Niski Sylvia	TV Jahn Hiesfeld	4:18:39	W45	48	0:53:32	1:22:27	2:02:38
190	3959	Maus Stephanie	*Duisburg	4:18:44	W45	49	0:52:59	1:22:22	2:03:22
191	2425	Schikora Kathi	Ausdauererschule by Bunert	4:18:48	W30	25	0:52:18	1:29:14	1:57:16
192	4420	Neumann Katja	LT TUS Iserlohn	4:18:48	W45	50	0:52:51	1:23:03	2:02:52
193	5674	Stang Julia	*Wuppertal	4:19:28	W22	25	0:55:03	1:20:54	2:03:31
194	3150	Gorselink Rosa -Maria	TV Frisch auf Lennepe eV	4:19:30	W45	51	0:51:55	1:23:17	2:04:17
195	4395	Hajesch Sandra	HSV	4:19:30	W40	32	0:52:41	1:23:49	2:02:59
196	5556	Dietrich Sabine	SV Delphin Dorsten e.V.	4:19:40	W45	52	0:53:28	1:23:23	2:02:47
197	5425	Fox Laura Milena	*Dinslaken	4:19:50	W19	4	0:55:45	1:25:15	1:58:49
198	4367	Voll Susanne	Krefelder Kanu Klub	4:20:01	W45	53	0:52:26	1:24:34	2:03:01
199	3281	Voigt-Lehmann Petra	*Mülheim	4:20:05	W45	54	0:55:18	1:22:51	2:01:55
200	4955	Seifert-Preuß Beate	Solinger LC	4:20:29	W50	19	0:55:33	1:24:52	2:00:03
201	5422	Kellers Petra	*Göttingen	4:21:01	W35	28	0:53:08	1:24:58	2:02:55
202	4782	Schütten-Jansen Petra	*Voerde	4:21:02	W45	55	0:53:28	1:26:39	2:00:55
203	5283	Eckert Katrin	*Duisburg	4:21:10	W35	29	0:55:43	1:22:30	2:02:56
204	4240	Orant Doris	*Duisburg	4:21:14	W45	56	0:54:59	1:22:18	2:03:56
205	3230	Zöhrer Katrin	Triathlon Team Rheinberg	4:21:39	W30	26	0:54:31	1:24:02	2:03:05
206	4623	Ebbert Judith	LG Wanderhoden	4:21:51	W22	26	0:53:15	1:23:55	2:04:40
207	2317	Grahammer Karina	Ski-Klub Düsseldorf	4:22:21	W35	30	0:52:28	1:21:37	2:08:15
208	4352	Kaiser Petra	TV Jahn Hiesfeld	4:22:24	W55	11	0:54:57	1:25:03	2:02:23
209	3619	Doss Silke	*Duisburg	4:22:26	W40	33	0:56:06	1:25:09	2:01:09
210	4139	Kappler Anja	Helios Iron Team	4:22:27	W40	34	0:50:30	1:21:35	2:10:21
211	4607	Fleischmann Wencke	Herner Triathlon Team 11	4:22:42	W40	35	1:01:05	1:21:06	2:00:30
212	1991	Picard Anja	Vodafone Runners	4:22:53	W40	36	0:53:39	1:25:40	2:03:33

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3967	Drecker Jacqueline	lt-run4fun	4:22:57	W45	57	0:53:22	1:28:40	2:00:54
214	3174	Mecking Dr. Betty	Ute Mückel Triathlon Team e	4:22:59	W45	58	0:54:55	1:25:41	2:02:22
215	2314	Reulecke Jana	Ski-Klub Düsseldorf	4:23:08	W22	27	0:51:44	1:26:00	2:05:23
216	2746	Ignaszak Sabine	Bocholter Frauenpower	4:23:22	W45	59	0:54:23	1:24:38	2:04:20
217	4329	Kleusberg Claudia	BSG Barmenia Versicheru	4:23:30	W40	37	0:54:46	1:27:52	2:00:51
218	2687	Weihofen Kirsten	*Moers	4:23:30	W30	27	0:54:36	1:25:13	2:03:40
219	4363	Weiler Sabine	Tri-Ganten	4:23:35	W40	38	0:52:54	1:26:05	2:04:35
220	3309	Mehl Joanna	*Duisburg	4:23:41	W55	12	0:54:36	1:24:40	2:04:25
221	4540	Pierzina Aline	*Voerde	4:23:45	W22	28	0:51:06	1:24:51	2:07:47
222	4631	Blask Susanne	*Duisburg	4:24:00	W35	31	0:55:45	1:25:15	2:02:59
223	2948	Klemm Ulrike	*Velbert	4:24:07	W60	3	0:53:35	1:25:48	2:04:44
224	4068	Michel Karin	TLV Germania Essen Überr	4:24:12	W50	20	0:51:39	1:24:19	2:08:13
225	2972	Teloo Britta	LT Schnecke Sonsbeck	4:24:21	W30	28	0:52:29	1:28:34	2:03:17
226	4592	Feldberg Gabi	Hemdener Sportverein 1972 E	4:24:28	W40	39	0:54:56	1:26:01	2:03:30
227	4591	Terhart Claudia	Hemdener Sportverein 1972 E	4:24:29	W40	40	0:54:56	1:26:01	2:03:30
228	4502	Glander Johanna	*Korschenbroich	4:24:42	W22	29	0:54:17	1:20:25	2:09:59
229	5496	Nieke Claudia	*Duisburg	4:24:55	W45	60	0:55:46	1:24:56	2:04:12
230	3056	Dömer Barbara	*Düsseldorf	4:25:01	W40	41	0:55:05	1:24:03	2:05:52
231	3327	Mayer Effi	*Essen	4:25:04	W22	30	0:52:02	1:26:35	2:06:27
232	3205	Pflug Gina	Angerland LT Lintorf	4:25:06	W30	29	0:55:00	1:23:59	2:06:06
233	5068	Zwingmann Jill	Adler-Langlauf Bottrop	4:25:24	W22	31	0:52:17	1:24:36	2:08:31
234	5122	Krah Bettina	VfL Fun Runners	4:25:27	W35	32	0:55:21	1:25:15	2:04:51
235	2910	Backes Susanne	*Duisburg	4:25:30	W45	61	0:58:21	1:27:27	1:59:42
236	4550	van Wieren Sietske	Rapid Ramirez	4:25:34	W30	30	0:54:45	1:24:10	2:06:38
237	4142	Rätzel Nicolle	LC Duisburg	4:25:35	W35	33	0:56:11	1:25:23	2:04:00
238	3211	Hendricksen Anika	TSV Quakenbrück	4:25:42	W30	31	0:53:46	1:28:53	2:03:01
239	3655	Rase Sigrun	*Duisburg	4:25:47	W40	42	0:55:58	1:26:11	2:03:37
240	3828	Radojewski Monika	*Moers	4:25:50	W50	21	0:53:06	1:21:46	2:10:57
241	3446	Jeß Heike	*Köln	4:25:52	W35	34	0:56:35	1:28:11	2:01:06
242	3450	Schmitz Sandra	*Köln	4:25:54	W35	35	0:56:34	1:28:12	2:01:07
243	4013	Lohaus Silvia	SG Borken	4:26:13	W40	43	0:54:50	1:28:25	2:02:57
244	2450	Düsenberg Susanne	Run4fun	4:26:30	W45	62	0:55:53	1:22:31	2:08:06
245	5589	Mölders Andrea	Team Aroma Ahoi	4:26:34	W22	32	0:55:15	1:25:56	2:05:22
246	2781	Fuchs Andrea	BSG Sparkasse am Nieder	4:26:36	W30	32	0:55:37	1:25:24	2:05:34
247	5200	Stegewerth Sabine	Rapid Ramirez	4:26:39	W30	33	0:56:12	1:25:23	2:05:02
248	2305	Sauerbach Florentina	*Hamminkeln	4:26:39	W40	44	0:55:06	1:26:53	2:04:40
249	2102	Dreibholz Astrid	Marathonkurs LC-Duisburg	4:26:47	W40	45	0:50:40	1:27:50	2:08:16
250	3777	Schlossarek Nadine	*Bottrop	4:26:58	W35	36	0:58:40	1:29:51	1:58:26
251	4579	Atorf Anke	BSG Springorum	4:27:13	W45	63	0:56:45	1:24:51	2:05:36
252	4590	Leo- Zimmermann Jasmin	*Leichlingen	4:27:40	W45	64	0:54:44	1:25:20	2:07:35
253	2663	von Krosigk-Engel Christ	Cool Runnings	4:27:45	W35	37	0:56:17	1:35:05	1:56:23
254	3986	Weist Sina	LT TUS Iserlohn	4:27:55	W30	34	0:51:42	1:21:41	2:14:31
255	2415	Nickolay Andrea	200PROTEAM	4:28:11	W22	33	0:51:55	1:24:22	2:11:52
256	2488	Wolf Sabine	WAT Läufer	4:28:20	W50	22	0:51:51	1:21:35	2:14:54
257	2925	Modrow Pia	Moerser TV Triathlon	4:28:23	W22	34	0:56:30	1:19:07	2:12:45
258	4487	Thies Margot	*Monheim	4:28:23	W50	23	0:55:27	1:26:21	2:06:35
259	3449	Rotthaus Monika	Laufenten	4:28:51	W40	46	0:55:40	1:27:31	2:05:40
260	4784	König Barbara	*Essen	4:28:59	W40	47	0:54:41	1:15:25	2:18:53
261	5512	Breznik Sabine	*Oberhausen	4:29:53	W50	24	1:01:03	1:26:03	2:02:45
262	5542	Thaller Tanja	*Neuss	4:30:33	W40	48	0:55:36	1:27:10	2:07:47
263	2116	Steeg Claudia	TC Kray 1892 e.V	4:30:50	W45	65	0:51:47	1:25:20	2:13:42
264	2679	Michel Miriam	*Mülheim	4:30:50	W35	38	0:54:51	1:25:56	2:10:03
265	2409	Stokvis-Rudolph Petra	*Moers	4:31:00	W35	39	0:56:37	1:24:58	2:09:24

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4069	Wittke Anja	*Dortmund	4:31:15	W30	35	1:02:15	1:24:43	2:04:16
267	3087	Flintrop Stephanie	Weseler TV Triathlon	4:31:23	W45	66	0:55:16	1:25:21	2:10:45
268	2656	Welzel Bettina	BSG Springorum	4:31:34	W50	25	0:54:19	1:26:42	2:10:32
269	5518	Baylis Samantha	Chez.baylis@btinternet.com	4:31:45	W40	49	0:52:33	1:27:02	2:12:09
270	5328	Fienhold-Pape Edelgard	200PROTEAM	4:31:48	W60	4	0:56:36	1:27:31	2:07:40
271	4832	Benz Silke	Ausdauerschule by Bunert	4:31:54	W50	26	0:58:35	1:24:55	2:08:23
272	3941	Dahlmann Susanne	LT Wischlingen Dortmund	4:32:38	W45	67	0:55:05	1:27:53	2:09:39
273	2943	Giesbers Ann Kristin	TUS Drevenack	4:32:55	W18	3	0:51:32	1:29:07	2:12:15
274	2770	Joosten Renate	SV Viktoria Goch	4:33:05	W50	27	0:54:59	1:24:45	2:13:20
275	4947	Vormbaum Irene	*Oberhausen	4:33:19	W50	28	0:56:35	1:25:01	2:11:42
276	4581	Gaßner Simone	TVE Burgaltendorf	4:33:43	W45	68	0:54:37	1:29:38	2:09:28
277	5216	Kocaoglu-Terjung Sevil	WSV Mülheim an der Ruhr	4:33:44	W50	29	0:55:22	1:28:30	2:09:51
278	2872	Späth Bianca	*Düsseldorf	4:33:54	W45	69	0:59:38	1:26:56	2:07:19
279	3458	Schramm Eva	Ausdauerschule by Bunert	4:33:59	W55	13	0:54:25	1:28:44	2:10:49
280	3750	Wolf Kerstin	*Duisburg	4:34:05	W30	36	0:54:24	1:28:20	2:11:20
281	3484	Hendricks Diane	*Duesseldorf	4:34:43	W35	40	0:55:59	1:29:51	2:08:52
282	2572	Nied Constanze	*Duisburg	4:34:50	W45	70	0:57:19	1:27:45	2:09:44
283	3737	Lapinski Johanna	*Wuppertal	4:35:08	W22	35	0:55:08	1:28:41	2:11:18
284	3058	Falk Irene	*Wuppertal	4:35:18	W55	14	0:55:55	1:28:25	2:10:57
285	5196	Pankewicz Eva	*Marl	4:35:18	W22	36	0:54:51	1:29:11	2:11:15
286	3076	Geltenpoth Alexandra	Kettwig	4:35:25	W45	71	0:55:26	1:28:44	2:11:15
287	3269	Mols Dagmar	Lauftreff R(h)einknaller	4:35:30	W45	72	0:59:09	1:29:18	2:07:02
288	4061	Sauerwald Vasiljka	... läuft noch!	4:35:49	W65	1	0:56:54	1:28:42	2:10:12
289	5477	Südholt Elke	Dragonboatclub Borken	4:36:27	W40	50	0:55:10	1:26:39	2:14:38
290	3468	Nürnberg Ute	Die Römers	4:36:34	W45	73	0:57:20	1:28:47	2:10:27
291	2790	Ingenbleek Andrea	SV Viktoria Goch	4:36:37	W45	74	0:56:14	1:28:08	2:12:14
292	5711	Genser Nina	*Düsseldorf	4:36:40	W40	51	0:55:52	1:28:37	2:12:11
293	3134	Buchkremer Eva	Weseler TV Triathlon	4:37:16	W45	75	0:53:30	1:28:47	2:14:59
294	4235	Pütz Julia	*Gevelsberg	4:37:22	W35	41	1:01:40	1:20:22	2:15:19
295	2197	Hartmann Alyona	200PROTEAM	4:37:28	W35	42	0:56:37	1:29:10	2:11:40
296	3938	Blömeke Christiane	*Mülheim an der Ruhr	4:37:37	W45	76	0:55:05	1:28:40	2:13:51
297	3537	Conzen Gerda	ETB Essen	4:37:39	W55	15	0:57:34	1:28:38	2:11:26
298	3374	Tramp Andrea	SV Viktoria Goch	4:37:46	W45	77	0:57:32	1:30:54	2:09:19
299	2827	Szpogán Susanne	Immeo Wohnen Running Te	4:37:47	W50	30	1:01:05	1:29:46	2:06:55
300	5659	Müller Ines	*Erkelenz	4:37:52	W55	16	0:56:28	1:28:19	2:13:03
301	3711	Börskens Moni	DjK Altendorf 09 Essen	4:38:16	W40	52	0:57:00	1:28:14	2:13:01
302	4283	Wandt Renate	LT-TUS Iserlohn	4:38:25	W55	17	0:56:54	1:28:18	2:13:12
303	2115	Jansen Dorothea	TC Kray 1892 e.V	4:38:33	W55	18	0:57:30	1:30:32	2:10:30
304	5412	Klugmann Maike	Ruhrpottläufer	4:38:39	W45	78	1:10:52	1:32:27	1:55:18
305	3790	Heimbold Claudia	WAT Läufer	4:38:45	W50	31	0:58:23	1:26:52	2:13:30
306	2205	Schütte Kerstin	200PROTEAM	4:38:46	W50	32	0:57:04	1:30:14	2:11:27
307	4721	Weinzierl Jasmin	*Mülheim	4:39:00	W22	37	0:57:13	1:30:28	2:11:19
308	3975	Hagemeister Kathrin	*Duisburg	4:39:04	W30	37	0:58:28	1:29:33	2:11:03
309	3939	Mehlig Tina	TG Neuss	4:39:42	W45	79	0:59:16	1:29:41	2:10:43
310	4294	Harthun Mona	*Düsseldorf	4:39:42	W30	38	0:57:25	1:29:01	2:13:15
311	4277	Mau-Klees Gaby	*Wuppertal	4:39:48	W45	80	0:57:49	1:30:53	2:11:05
312	3574	Rodriguez Droste Maria L	Ausdauerschule by Bunert	4:39:55	W40	53	0:58:25	1:28:37	2:12:51
313	3360	Berndt Elke	LT Turnerbund Frintrop	4:39:55	W55	19	0:55:19	1:25:06	2:19:29
314	2404	Laschet Katrin	TRC Essen 84	4:39:59	W35	43	0:57:31	1:30:15	2:12:12
315	2216	Blondin Aldona	200PROTEAM	4:40:06	W45	81	0:56:43	1:27:49	2:15:33
316	3103	Neuhaus Birgit	Triathlon Mülheim	4:41:04	W45	82	0:51:59	1:33:34	2:15:30
317	4072	Diehl Christina	*Wuppertal	4:41:06	W30	39	0:48:42	1:31:27	2:20:56
318	3053	Michel Simone	Immeo Wohnen Running Te	4:41:09	W45	83	0:59:18	1:29:17	2:12:33



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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	4757	Kim Sonja	*Düsseldorf	4:41:10	W35	44	1:00:16	1:29:22	2:11:31
320	3626	Treutler Christina	*Düsseldorf	4:41:11	W30	40	0:59:40	1:29:54	2:11:36
321	5322	Weber Karolin	*Aachen	4:41:49	W22	38	0:57:33	1:29:02	2:15:13
322	2935	Goltz Dr. Susanne	*Dortmund	4:42:20	W55	20	0:59:08	1:31:38	2:11:34
323	3008	Töller Nicole	Ausdauerschule by Bunert	4:42:21	W35	45	0:55:07	1:28:52	2:18:21
324	2435	Hildebrand Simone	*Duisburg	4:42:22	W35	46	0:57:30	1:30:44	2:14:06
325	3455	Philippsen Tina	*Erpel	4:42:24	W22	39	0:55:44	1:28:44	2:17:55
326	3652	Maciejewski Alice	LC Duisburg	4:42:44	W40	54	0:57:13	1:29:41	2:15:49
327	4393	Mühlenkamp Claudia	*Duisburg	4:43:03	W45	84	0:57:30	1:31:03	2:14:30
328	5186	Risse Kirsten	*Duisburg	4:43:04	W30	41	0:57:02	1:29:28	2:16:33
329	2188	Kosubek Cornelia	200PROTEAM	4:43:05	W60	5	0:56:39	1:32:34	2:13:50
330	2477	Huhn Dr. Kirsten	*Duisburg	4:43:08	W30	42	0:56:02	1:32:50	2:14:15
331	4079	Eloo Renée	*Münster	4:43:21	W19	5	0:56:20	1:33:21	2:13:40
332	2231	Haeseker Julia	200PROTEAM	4:43:30	W30	43	0:57:01	1:30:12	2:16:16
333	2839	Thöne Kirsten	*Duisburg	4:43:51	W40	55	0:56:45	1:32:50	2:14:15
334	4094	Wurzel Johanna	*Duisburg	4:44:07	W30	44	0:58:58	1:30:53	2:14:15
335	4238	Schneemann Vera	*Essen	4:44:08	W40	56	1:00:18	1:30:56	2:12:53
336	4261	Fleischer Heidemarie	Skiclub Gevelsberg	4:44:09	W60	6	0:57:48	1:29:10	2:17:10
337	4201	Kasch Stefanie	LC Duisburg	4:44:18	W45	85	0:57:30	1:30:14	2:16:34
338	3178	Hanemann Lena	textwerk swim&run bochum	4:44:34	W18	4	0:58:49	1:30:38	2:15:07
339	2195	Ratka Petra	200PROTEAM	4:45:22	W45	86	0:56:23	1:37:17	2:11:41
340	2751	Frauenrath Claudia	Team Erdinger Alkoholfrei	4:45:29	W50	33	0:58:41	1:29:33	2:17:14
341	4066	Becker Christa	*Wuppertal	4:46:29	W45	87	0:59:34	1:34:39	2:12:14
342	3855	Hildebrand Nicole	DJK TuS Rotthausen	4:46:30	W40	57	0:59:48	1:34:04	2:12:36
343	3553	Paulner Ulrike	DJK Preussen 1911 Bochum	4:46:37	W50	34	0:59:30	1:32:37	2:14:29
344	2917	Kösseler Petra	LC Duisburg	4:46:47	W45	88	0:57:51	1:33:02	2:15:53
345	4001	Pschant Silke	*Dortmund	4:46:51	W30	45	1:01:10	1:26:57	2:18:42
346	5294	Clauß-Klaßen Petra	*Duisburg	4:47:07	W55	21	0:58:43	1:33:50	2:14:33
347	3909	Keiten-Schmitz Gerda	Bocholter Wassersportverein	4:47:13	W50	35	0:56:41	1:35:24	2:15:08
348	3720	Maletz Christine	*Ratingen	4:47:18	W22	40	0:57:57	1:32:40	2:16:41
349	4737	Köpcke Bärbel	*Dortmund	4:47:42	W45	89	1:02:03	1:31:31	2:14:07
350	2605	Luecking Gudrun	*Duisburg	4:47:44	W45	90	1:00:21	1:31:19	2:16:03
351	5574	Bouslim Jamila	*Essen	4:48:03	W30	46	0:55:42	1:26:28	2:25:52
352	2709	Demant Jutta	Ausdauerschule by Bunert	4:48:12	W40	58	0:59:21	1:32:37	2:16:14
353	4288	Kowalski Magdalene	TV Jahn Hiesfeld	4:48:27	W55	22	0:59:11	1:29:40	2:19:35
354	4125	Wewers Nicola	SG Borken	4:48:41	W30	47	0:59:38	1:29:42	2:19:20
355	3222	Molderings Melissa	Die Nachbarn	4:48:50	W30	48	0:55:09	1:34:10	2:19:30
356	2660	Langenfeld Caro	TV Aldekerk	4:49:39	W45	91	0:58:25	1:33:58	2:17:15
357	4747	Jasiczak Thekla	Hemdener Sportverein 1972 E	4:49:52	W22	41	0:58:45	1:36:36	2:14:30
358	2678	Göke Gundel	*Wülfrath	4:49:54	W55	23	1:02:03	1:33:02	2:14:48
359	2489	Stoffel Heike	TTC Wuppertal	4:50:37	W40	59	0:59:30	1:36:05	2:15:01
360	5218	Möller Lena	*Bochum	4:50:40	W22	42	0:59:21	1:38:31	2:12:47
361	5219	Möller Hanna	*Bochum	4:50:41	W22	43	0:59:21	1:38:32	2:12:47
362	5440	Babiel Anja	TUS Sythen	4:51:00	W45	92	0:54:32	1:23:38	2:32:49
363	3024	Rioboo Sara	*Düsseldorf	4:51:02	W35	47	1:01:23	1:31:42	2:17:56
364	3928	Feuser Christiane	*Düsseldorf	4:51:15	W30	49	1:15:31	1:19:48	2:15:55
365	3435	Schröer Elke	VB-Lauftreff	4:51:40	W30	50	0:56:14	1:29:04	2:26:21
366	2698	Diericks Susanne	*Dorsten	4:51:41	W50	36	1:01:58	1:32:37	2:17:06
367	3270	Wiechern Gabi	DJK Preussen 1911 Bochum	4:51:49	W55	24	0:59:40	1:33:56	2:18:12
368	5138	Gödecke Larissa	*Remscheid	4:52:11	W22	44	1:01:17	1:29:46	2:21:07
369	4720	Weinzierl Sybille	Marathon Mülheim	4:52:30	W55	25	0:59:37	1:35:07	2:17:45
370	5501	Böhm Tanja	*Duisburg	4:52:32	W30	51	0:56:39	1:31:41	2:24:11
371	5131	Kirchner Sabrina	fanfeuerwerk.de	4:52:37	W30	52	0:58:36	1:35:34	2:18:27

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4431	Bielan Simone	*Essen	4:52:56	W40	60	1:12:09	1:41:02	1:59:44
373	4050	Wagner Vera	SV Viktoria Goch	4:53:08	W22	45	0:57:28	1:38:12	2:17:27
374	5460	Bartels Swantje	*Essen	4:53:41	W40	61	0:58:48	1:32:35	2:22:17
375	2379	Bastians Petra	*Duisburg	4:53:56	W35	48	1:00:01	1:34:37	2:19:16
376	5446	Werner Brigitte	Die Werners	4:54:04	W30	53	0:59:52	1:33:51	2:20:21
377	3858	Vies Svenja	DJK TuS Rotthausen	4:54:22	W19	6	1:05:03	1:34:53	2:14:25
378	5074	Tepel Irina	LT Wischlingen Dortmund	4:54:29	W50	37	0:59:14	1:32:24	2:22:49
379	2933	Weidemann Ulrike	LC Duisburg	4:54:35	W50	38	0:57:22	1:36:32	2:20:40
380	5560	Aydin Nuriye	*Duisburg	4:54:35	W22	46	0:58:05	1:34:55	2:21:35
381	3762	Jansen Sabine	DJK Preussen 1911 Bochum	4:54:48	W45	93	1:02:39	1:32:37	2:19:32
382	3982	Stammer-Jankowski Sabi	TV Jahn Hiesfeld	4:54:51	W45	94	1:02:54	1:33:31	2:18:24
383	1929	Nickl Isabella	Ruhrgas SG 1929	4:55:02	W35	49	1:00:30	1:31:57	2:22:33
384	4225	Denizer Andrea	Adler-Langlauf Bottrop	4:55:08	W45	95	1:00:44	1:33:09	2:21:15
385	4187	Schott Annette	*Krefeld	4:55:50	W45	96	0:59:24	1:34:44	2:21:41
386	5164	Kemmerich Barbara	Wuppertaler Running Girls	4:56:09	W50	39	1:01:37	1:34:19	2:20:12
387	3147	Walther-Frütel Nicole	Ausdauerschule by Bunert	4:56:45	W40	62	1:00:25	1:34:54	2:21:25
388	4132	Schulz Kerstin	TV Schiefbahn Tri-Team	4:56:57	W19	7	0:59:18	1:36:36	2:21:02
389	4745	Reznitschek Heike	Wuppertaler Running Girls	4:57:01	W50	40	0:58:35	1:33:30	2:24:54
390	2280	Lohmann Barbara	TG Neuss	4:58:02	W45	97	1:00:02	1:35:15	2:22:44
391	3176	Hanemann Julia	textwerk swim&run bochum	4:58:43	W45	98	0:59:07	1:39:21	2:20:15
392	3591	Möller Ute	BSG Sparkasse Essen	4:58:44	W50	41	1:02:27	1:36:00	2:20:17
393	5346	Kamps Annekatriin	*Essen	4:59:07	W30	54	1:10:52	1:52:26	1:55:48
394	3964	Weller Heike	*Oberhausen	4:59:09	W50	42	1:00:45	1:37:03	2:21:20
395	4893	Covelli Bärbel	*Dorsten	4:59:27	W40	63	0:57:54	1:33:09	2:28:24
396	3029	Blank Petra	LT Wischlingen Dortmund	4:59:30	W55	26	0:59:53	1:39:11	2:20:26
397	3503	Demiroglu Nese	*Duisburg	4:59:57	W30	55	0:59:14	1:37:00	2:23:42
398	2246	Hullerum Sylvia	LG COESFELD	5:00:05	W45	99	0:59:49	1:35:16	2:24:59
399	4731	Bertsch Carina	*Duisburg	5:00:17	W22	47	1:01:15	1:40:18	2:18:42
400	2739	Hafkesbrink Jutta	Ausdauerschule by Bunert	5:02:07	W55	27	0:59:14	1:37:21	2:25:31
401	3082	Boderius Sabine	LT Wischlingen Dortmund	5:02:07	W45	100	0:57:46	1:31:01	2:33:20
402	3354	Landree Sandra	*Düsseldorf	5:02:19	W40	64	0:59:44	1:39:55	2:22:39
403	5645	Hoeffner Martina	*Duisburg	5:02:54	W22	48	1:01:24	1:37:53	2:23:35
404	5624	ter Steeg Katja	*Essen	5:02:59	W35	50	0:59:16	1:37:24	2:26:18
405	4432	Hakenberg Judith	LT Gruiten-Neandertal	5:03:13	W50	43	1:02:03	1:38:35	2:22:34
406	4820	Franke-Braier Madlain	*Duisburg	5:03:48	W50	44	1:00:35	1:36:53	2:26:18
407	5516	Suttmeyer Britta	RUHR-TECHNIK	5:04:52	W22	49	1:01:25	1:37:18	2:26:08
408	3926	Schneider Sissi-Elise	*Düsseldorf	5:05:07	W30	56	1:15:32	1:33:40	2:15:55
409	2756	Fürchtenicht Marianne	TV Jahn Hiesfeld	5:05:45	W55	28	1:01:29	1:35:21	2:28:54
410	4968	Fenske Dagmar	Waltroper LC 06	5:06:36	W50	45	1:05:36	1:39:57	2:21:01
411	4874	Hagner Iris	*Duisburg	5:07:39	W45	101	1:02:18	1:35:36	2:29:44
412	5647	Bleja Christiane	*Iserlohn	5:08:37	W50	46	1:03:43	1:39:52	2:25:01
413	4646	Venus Kerstin	flash-u	5:09:46	W35	51	1:02:30	1:35:42	2:31:33
414	3904	Bottke-Prummer Mama S	ROLVO-TEAM BOCHOLT	5:09:48	W40	65	1:02:30	1:35:44	2:31:33
415	3004	Schmalenberg Natalie	*Korschenbroich	5:09:51	W35	52	1:03:59	1:37:22	2:28:29
416	3439	Irmer Ina	VB-Lauftreff	5:12:31	W30	57	0:58:40	1:42:15	2:31:36
417	3589	Sommerfeld Birgit	*Krefeld	5:14:13	W40	66	1:13:29	1:41:23	2:19:20
418	3894	Köster Ingelore	PV-Triathlon Witten	5:14:16	W65	2	1:05:05	1:42:53	2:26:17
419	3300	Mertens Heike	*Krefeld	5:15:15	W50	47	1:06:36	1:39:29	2:29:08
420	3412	Wolfmeier Sabine	*Duisburg	5:16:09	W40	67	1:04:26	1:42:42	2:29:01
421	3884	Hausmann Ines	SV Viktoria Goch	5:16:20	W35	53	1:00:40	1:45:03	2:30:36
422	4963	Pohl Barbara	LGO / TV Einigkeit Barop e.	5:16:34	W40	68	1:01:36	1:41:23	2:33:35
423	3961	Stehr Nicole	LT Schnecke Sonsbeck	5:16:40	W45	102	1:07:18	1:40:35	2:28:46
424	3030	Kohl Sarah	LT Schnecke Sonsbeck	5:16:40	W30	58	1:07:18	1:40:35	2:28:46

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**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	4850	Albers Sabine	CEMEX	5:17:17	W40	69	1:01:48	1:38:51	2:36:37
426	2211	van Belmont Svenja	200PROTEAM	5:17:30	W30	59	1:04:58	1:43:35	2:28:56
427	2875	Gocke Dr. Carola	Team USS Enterprise	5:18:43	W50	48	1:04:41	1:40:44	2:33:17
428	3063	Ihme Nicole	*Moers	5:19:09	W40	70	1:02:20	1:43:03	2:33:45
429	3579	Schneiderat Birgit	LT Gruitzen-Neandertal	5:19:25	W45	103	1:05:46	1:41:06	2:32:32
430	2529	Böhnke Rita	Spassticker	5:19:31	W50	49	1:07:07	1:37:49	2:34:34
431	2775	Licata Astrid	Dudel Runner	5:19:47	W40	71	0:59:29	1:49:14	2:31:04
432	2535	Hürland Heike	*Dorsten	5:20:51	W55	29	1:05:38	1:42:38	2:32:34
433	3827	Steven Regina	*Duisburg	5:20:54	W45	104	1:03:43	1:40:50	2:36:21
434	3156	Hübner Ute	TV Frisch auf Lennep eV	5:22:29	W45	105	0:59:45	1:41:13	2:41:30
435	3157	Engelmann Jacqueline	TV Frisch auf Lennep eV	5:22:45	W45	106	1:00:01	1:41:13	2:41:30
436	4010	Dönni Nicole	SC Bayer 05 Uerdingen	5:23:12	W45	107	1:05:36	1:40:05	2:37:29
437	4026	Lueg Barbara	LT TUS Iserlohn	5:23:24	W60	7	1:05:48	1:40:35	2:37:00
438	3988	Weist Petra	LT TUS Iserlohn	5:23:24	W50	50	1:05:48	1:40:35	2:36:59
439	4702	Burdeßa Catharina	Ausdauerschule by Bunert	5:23:43	W30	60	0:59:25	1:40:38	2:43:39
440	2922	Schnisa Patricia	LT Wischlingen Dortmund	5:23:50	W45	108	1:04:58	1:42:12	2:36:39
441	3485	Imping Diana	*Mülheim an der Ruhr	5:24:51	W50	51	1:11:04	1:42:34	2:31:13
442	3200	Werner Sandra	*Duisburg	5:25:06	W30	61	1:08:43	1:43:16	2:33:06
443	3199	Weßling Julia	*Duisburg	5:25:07	W30	62	1:08:43	1:43:16	2:33:07
444	4602	Möllhoff Ute	*Mülheim	5:25:23	W55	30	1:06:43	1:45:17	2:33:21
445	4331	Kappmeier Jenny	BSG Barmenia Versicheru	5:26:20	W40	72	1:09:54	1:50:12	2:26:13
446	5350	Ceraldi Angelika	LC Duisburg	5:31:53	W60	8	1:08:18	1:46:30	2:37:03
447	3472	Hagemann Anja	Fun Runner VfL Gladbeck	5:32:25	W35	54	1:06:20	1:48:47	2:37:17
448	3123	Tommek Monika	*Duisburg	5:35:37	W50	52	1:09:59	1:49:47	2:35:50
449	5459	Georg Anja	*Essen	5:37:29	W40	73	1:06:34	1:47:48	2:43:06
450	2469	Thieken Ursula	ABT GmbH	5:37:32	W50	53	1:05:39	1:49:10	2:42:43
451	5633	Grote Manuela Elke	LT Gruitzen-Neandertal	5:38:53	W55	31	1:12:32	1:45:38	2:40:42
452	5555	Dietrich Denise	*Düsseldorf	5:39:56	W22	50	1:06:10	1:52:17	2:41:28
453	4109	Schael Ines	Ausdauerschule by Bunert	5:40:21	W35	55	1:10:12	1:46:00	2:44:07
454	3282	Tolzmann Jutta	*Mülheim/Ruhr	5:40:43	W50	54	1:11:03	1:48:55	2:40:44
455	2908	Kühne Kornelia	BSG Hattingen	5:42:59	W50	55	1:08:39	1:48:54	2:45:25
456	3329	Heibel Nadine	*Oer-Erkenschwick	5:48:05	W30	63	1:10:13	1:49:42	2:48:10
457	2219	Zimmerer Marcia	200PROTEAM	5:56:34	W55	32	1:13:23	1:50:58	2:52:12
458	1921	Heimann Monika	Ruhrgas SG 1929	6:01:30	W65	3	1:14:11	1:56:22	2:50:56
459	3183	Schuchardt Eva Marie	Laufftreff Kettwig	6:03:57	W22	51	1:06:05	1:50:58	3:06:53
460	2792	Lachs Dagmar	*Dorsten	6:05:03	W50	56	1:17:42	1:55:57	2:51:23