



Nike Winterlaufserie des ASV Duisburg

Männer

1. Lauf der kleinen Serie - 5 km

8. Februar 2014

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|-----|----------|------------|----------|
| 1 | 658 | Kagermeier Lukas | Styrumer TV | 0:16:05 | M19 | 1 | 0:16:06 | 1993 |
| 2 | 9 | Schulte-Zurhausen Roma | Ausdauerschule by Bunert | 0:16:13 | M30 | 1 | 0:16:13 | 1984 |
| 3 | 8 | Rosenberg Sebastian | Moerser TV | 0:16:14 | M22 | 1 | 0:16:15 | 1990 |
| 4 | 739 | Fröhling Luca | SV Sonsbeck | 0:16:23 | M15 | 1 | 0:16:23 | 1999 |
| 5 | 608 | Tertünte Björn | MTG Horst Essen | 0:16:41 | M40 | 1 | 0:16:42 | 1973 |
| 6 | 1813 | Bornemann Dominic | TV-Hasslinghausen | 0:16:56 | M35 | 1 | 0:16:56 | 1977 |
| 7 | 754 | Severin Tobias | LGO Bochum | 0:16:58 | M35 | 2 | 0:16:59 | 1975 |
| 8 | 1607 | Müller Christoph | TRC Essen 84 | 0:17:01 | M30 | 2 | 0:17:01 | 1981 |
| 9 | 1162 | Jung Philipp | Styrumer TV | 0:17:02 | M18 | 1 | 0:17:03 | 1997 |
| 10 | 1241 | Steinmetz Roland | Triathlon Team TG Witten | 0:17:04 | M35 | 3 | 0:17:05 | 1976 |
| 11 | 275 | Klinger Florian | TUS Drevenack | 0:17:14 | M19 | 2 | 0:17:16 | 1994 |
| 12 | 409 | Gast Klaus | Rumelner TV | 0:17:30 | M45 | 1 | 0:17:31 | 1965 |
| 13 | 1282 | Ammenwerth Jan | RWE Starlight Team Essen | 0:17:42 | M40 | 2 | 0:17:44 | 1973 |
| 14 | 1172 | Ninck Christian | TRC Essen 84 | 0:17:47 | M30 | 3 | 0:17:48 | 1984 |
| 15 | 323 | Presser Lysander | TUS Breitscheid | 0:17:58 | M18 | 2 | 0:18:00 | 1997 |
| 16 | 701 | Thimm Norman | Goch | 0:18:18 | M15 | 2 | 0:18:19 | 1999 |
| 16 | 1755 | Schönegger Thomas | Ausdauerschule by Bunert | 0:18:18 | M45 | 2 | 0:18:20 | 1968 |
| 18 | 280 | Schneider Klaus | TUS Drevenack | 0:18:28 | M35 | 4 | 0:18:31 | 1977 |
| 19 | 290 | Fels Sven | LG COESFELD | 0:18:29 | M22 | 2 | 0:18:35 | 1990 |
| 20 | 1283 | Ammenwerth Dr. Wim | RWE Starlight Team Essen | 0:18:30 | M40 | 3 | 0:18:32 | 1973 |
| 21 | 854 | Strack Sascha | Marathon Dinslaken | 0:18:34 | M35 | 5 | 0:18:35 | 1976 |
| 22 | 87 | Künsler Stefan | Vodafone Runners | 0:18:41 | M45 | 3 | 0:18:43 | 1968 |
| 23 | 1645 | Schaus Michel | TRC Essen 84 | 0:18:49 | M19 | 3 | 0:18:50 | 1992 |
| 24 | 86 | Caulfield Kieran | Vodafone Runners | 0:18:49 | M55 | 1 | 0:18:51 | 1958 |
| 25 | 1117 | Neuhaus Baptist | LT Lukas | 0:18:51 | M35 | 6 | 0:18:54 | 1979 |
| 26 | 1846 | Kower Oliver | *Duisburg | 0:18:57 | M30 | 4 | 0:18:59 | 1980 |
| 27 | 1126 | Gelbarth Markus | LT Lukas | 0:18:59 | M40 | 4 | 0:19:03 | 1971 |
| 28 | 1599 | Kuhnert Waldemar | Triminators TV Voerde | 0:18:59 | M50 | 1 | 0:19:02 | 1963 |
| 29 | 751 | Müller Marvin | WSV Schermbeck | 0:19:02 | M22 | 3 | 0:19:05 | 1991 |
| 30 | 983 | Scherkenbeck Timo | Ausdauerschule by Bunert | 0:19:03 | M35 | 7 | 0:19:07 | 1979 |
| 31 | 1035 | Becker Patrick | BSG Sparkasse Dinslaken | 0:19:04 | M30 | 5 | 0:19:06 | 1980 |
| 32 | 906 | Grünler Daniel | Eintracht Duisburg 1848 e.V | 0:19:06 | M18 | 3 | 0:19:07 | 1997 |
| 33 | 1683 | Treichel Richard | *Mülheim an der Ruhr | 0:19:07 | M22 | 4 | 0:19:13 | 1990 |
| 34 | 474 | Franzen Jannis | *Duisburg | 0:19:08 | M22 | 5 | 0:19:11 | 1985 |
| 35 | 432 | Laschet Christian | TRC Essen 84 | 0:19:12 | M35 | 8 | 0:19:15 | 1977 |
| 36 | 644 | Loggen Benedikt | Lauftreff R(h)einknaller | 0:19:13 | M30 | 6 | 0:19:18 | 1980 |
| 37 | 836 | Hüser Dirk | LT Lukas | 0:19:14 | M45 | 4 | 0:19:16 | 1965 |
| 38 | 62 | Hinjos-Sanchez Felix | GrünHausEnergie | 0:19:18 | M50 | 2 | 0:19:21 | 1963 |
| 39 | 621 | Berger Christian | Lauftreff R(h)einknaller | 0:19:18 | M40 | 5 | 0:19:23 | 1971 |
| 40 | 702 | Thimm Aron | Goch | 0:19:20 | M15 | 3 | 0:19:21 | 2003 |
| 41 | 1700 | Jans Paul | TLV Germania Überruhr | 0:19:20 | M55 | 2 | 0:19:22 | 1959 |
| 42 | 1265 | Gaudenz Thomas | WAT Läufer | 0:19:21 | M35 | 9 | 0:19:27 | 1975 |
| 43 | 612 | Radtke Mathias | DJK Vierlinden 28 e.v. | 0:19:25 | M45 | 5 | 0:19:28 | 1966 |
| 44 | 324 | Pulla Friedemann | TUS Breitscheid | 0:19:25 | M22 | 6 | 0:19:28 | 1987 |
| 45 | 266 | Schmidlers Ralph | AS Neukirchen-Vluyn | 0:19:26 | M55 | 3 | 0:19:28 | 1959 |
| 46 | 434 | Seils Thilo | Willy-Brandt-Schule | 0:19:26 | M18 | 4 | 0:19:30 | 1995 |
| 47 | 537 | Guerndt Horst | Triminators TV Voerde | 0:19:28 | M50 | 3 | 0:19:30 | 1964 |
| 48 | 770 | Hirst David | DJK VfR Saarn | 0:19:36 | M50 | 4 | 0:19:43 | 1962 |
| 49 | 422 | Pruss Stefan | Team NGW | 0:19:37 | M45 | 6 | 0:19:42 | 1968 |
| 50 | 335 | Runte Meinolf | TUS Breitscheid | 0:19:44 | M50 | 5 | 0:19:45 | 1961 |
| 51 | 1667 | Juhas Marcel | PSV Duisburg | 0:19:45 | M22 | 7 | 0:19:47 | 1990 |
| 52 | 1151 | Peek Holger | *Essen | 0:19:45 | M35 | 10 | 0:19:56 | 1976 |
| 53 | 1219 | Prpitsch Christian | Rumelner TV | 0:19:47 | M30 | 7 | 0:19:51 | 1980 |
| 54 | 1527 | Banneke Nicholas | Styrumer TV | 0:19:51 | M18 | 5 | 0:19:52 | 1997 |
| 55 | 837 | Greilich Florian | TuSpo Huckingen | 0:19:52 | M35 | 11 | 0:19:54 | 1979 |
| 56 | 293 | Evers Frank | LG COESFELD | 0:19:53 | M35 | 12 | 0:20:03 | 1977 |
| 57 | 641 | Koebbel Michael | LG Alpen | 0:19:57 | M40 | 6 | 0:20:12 | 1972 |
| 58 | 334 | Lutze Matthias | TUS Breitscheid | 0:20:00 | M50 | 6 | 0:20:03 | 1963 |
| 59 | 203 | Bader Jan | TV Wanheimerort | 0:20:06 | M18 | 6 | 0:20:09 | 1995 |
| 60 | 678 | Wozniak Sebastian | Kanale Grande | 0:20:10 | M35 | 13 | 0:20:17 | 1976 |
| 61 | 1448 | Michallek Marcus | *Essen | 0:20:10 | M35 | 14 | 0:20:24 | 1979 |
| 62 | 668 | Güthaus Marco | Moerser TV Triathlon | 0:20:12 | M30 | 8 | 0:20:14 | 1981 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|------------------------------|---------|-----|----------|------------|----------|
| 63 | 633 | Bexkens Willy | IG Stadtwerke Hilden | 0:20:14 | M45 | 7 | 0:20:15 | 1968 |
| 64 | 152 | Tenten Arnold | Vodafone Runners | 0:20:14 | M50 | 7 | 0:20:18 | 1963 |
| 65 | 481 | Böder Bernd | MSV Duisburg Einradzebras | 0:20:14 | M45 | 8 | 0:20:25 | 1967 |
| 66 | 568 | Kaiser Daniel | Laufftreff R(h)einknaller | 0:20:15 | M30 | 9 | 0:20:21 | 1982 |
| 67 | 840 | Hauffe Chris | Team Polizei Oberhausen | 0:20:16 | M40 | 7 | 0:20:19 | 1970 |
| 68 | 331 | Worteboer Felix | TUS Breitscheid | 0:20:21 | M50 | 8 | 0:20:25 | 1961 |
| 69 | 370 | Schiffer Frank | Vodafone Runners | 0:20:21 | M40 | 8 | 0:20:23 | 1970 |
| 70 | 698 | Hillmann Dr. Carsten | *Kamp-Lintfort | 0:20:25 | M45 | 9 | 0:20:38 | 1967 |
| 71 | 738 | Fröhling Peter | Fortuna Düsseldorf Triathlon | 0:20:25 | M50 | 9 | 0:20:27 | 1964 |
| 72 | 749 | Obel Bernd | *Essen | 0:20:25 | M55 | 4 | 0:20:34 | 1956 |
| 73 | 791 | Kemmesies Rainer | Team Arezen | 0:20:29 | M50 | 10 | 0:20:36 | 1961 |
| 74 | 729 | Metker Thomas | HSBC | 0:20:32 | M35 | 15 | 0:20:42 | 1978 |
| 75 | 330 | Kaiser Michael | TUS Breitscheid | 0:20:33 | M45 | 10 | 0:20:38 | 1968 |
| 76 | 379 | Dietrich Eckhardt | Ratingen | 0:20:35 | M60 | 1 | 0:20:54 | 1950 |
| 77 | 1858 | Schleuter Stephan | Rapid Ramirez | 0:20:35 | M40 | 9 | 0:20:41 | 1972 |
| 78 | 1202 | Thomale Ulrich | *Dortmund | 0:20:35 | M40 | 10 | 0:20:53 | 1973 |
| 79 | 1297 | Zielony Martin | laufende Geometer | 0:20:37 | M45 | 11 | 0:20:54 | 1966 |
| 80 | 1170 | Theisen Dr. Oliver | Eintracht Duisburg 1848 e.V | 0:20:39 | M40 | 11 | 0:20:41 | 1971 |
| 81 | 1438 | Freiberg Karsten | *Neuss | 0:20:41 | M40 | 12 | 0:20:47 | 1971 |
| 82 | 205 | Wiechert Marius | TV Wanheimerort | 0:20:42 | M18 | 7 | 0:20:47 | 1995 |
| 83 | 1017 | Schütze Daniel | Rumeln Runners | 0:20:44 | M35 | 16 | 0:20:51 | 1975 |
| 84 | 576 | Spinger Peter | ART Düsseldorf | 0:20:46 | M60 | 2 | 0:20:50 | 1953 |
| 85 | 1590 | Kohlof Thorsten | Elseyer Turnverein 1881 e.V | 0:20:46 | M35 | 17 | 0:20:56 | 1979 |
| 86 | 209 | Sommer Martin | TV Wanheimerort | 0:20:48 | M45 | 12 | 0:20:53 | 1968 |
| 87 | 151 | Schneider Peter | Vodafone Runners | 0:20:52 | M45 | 13 | 0:20:57 | 1965 |
| 88 | 1298 | Lüther Markus | DJK VfR Saarn | 0:20:54 | M50 | 11 | 0:22:17 | 1963 |
| 89 | 777 | Rutekolk Rainer | Ausdauerschule by Bunert | 0:20:54 | M35 | 18 | 0:20:59 | 1977 |
| 90 | 336 | Müßgen Gerd | TUS Breitscheid | 0:20:55 | M60 | 3 | 0:20:57 | 1954 |
| 91 | 410 | Harder Jens | Eintracht Duisburg 1848 e.V | 0:20:56 | M45 | 14 | 0:20:58 | 1968 |
| 92 | 109 | Wesling Olaf | BSG Stadtwerke Duisburg A | 0:21:00 | M45 | 15 | 0:21:07 | 1968 |
| 93 | 60 | Hülser Thomas | GrünHausEnergie | 0:21:01 | M50 | 12 | 0:21:10 | 1962 |
| 94 | 849 | Weiß Christoph | MTG Horst Essen | 0:21:01 | M45 | 16 | 0:21:10 | 1969 |
| 95 | 915 | Rölleke Knud | Ausdauerschule by Bunert | 0:21:02 | M40 | 13 | 0:21:06 | 1970 |
| 96 | 1425 | Wienhofen Martín Carlos | Eintracht Duisburg 1848 e.V | 0:21:02 | M15 | 4 | 0:21:04 | 1999 |
| 97 | 291 | Wude Steve | LG COESFELD | 0:21:03 | M22 | 8 | 0:21:19 | 1987 |
| 98 | 392 | Hennig Lukas | ASV Duisburg e.V. | 0:21:07 | M18 | 8 | 0:21:30 | 1996 |
| 99 | 988 | Jansen Jan | Ausdauerschule by Bunert | 0:21:07 | M35 | 19 | 0:21:18 | 1976 |
| 100 | 204 | Beckord Jan | TV Wanheimerort | 0:21:08 | M18 | 9 | 0:21:14 | 1995 |
| 101 | 1136 | Neukäter Bastian | Lauffreunde HADI Wesel | 0:21:08 | M18 | 10 | 0:21:22 | 1996 |
| 102 | 1135 | Neukäter Dr. Winfried | Lauffreunde HADI Wesel | 0:21:09 | M50 | 13 | 0:21:23 | 1964 |
| 103 | 938 | Edeler Tim | *Essen | 0:21:17 | M18 | 11 | 0:21:24 | 1998 |
| 104 | 1418 | Dustmann Ralf | | 0:21:18 | M45 | 17 | 0:21:37 | 1967 |
| 105 | 1153 | Beier Dominik | *Herne | 0:21:19 | M18 | 12 | 0:21:38 | 1995 |
| 106 | 599 | Stempel Thomas | DSD Düsseldorf | 0:21:23 | M55 | 5 | 0:21:30 | 1956 |
| 107 | 202 | Kunst Dario | TV Wanheimerort | 0:21:26 | M18 | 13 | 0:21:31 | 1997 |
| 108 | 1825 | Hinckers Stephan | KC Lattenknaller | 0:21:26 | M30 | 10 | 0:21:46 | 1981 |
| 109 | 61 | Ortberg Andreas | GrünHausEnergie | 0:21:27 | M45 | 18 | 0:21:31 | 1966 |
| 110 | 667 | Vogt André | LC Duisburg | 0:21:27 | M40 | 14 | 0:21:39 | 1971 |
| 111 | 744 | Verhoeven Tim | VfB Alemannia Pfalzdorf | 0:21:29 | M22 | 9 | 0:21:33 | 1989 |
| 112 | 296 | Bohmert Bernd | LG COESFELD | 0:21:30 | M45 | 19 | 0:21:39 | 1965 |
| 113 | 1186 | Mann Klaus | Billerbecker Läufer | 0:21:31 | M50 | 14 | 0:21:40 | 1961 |
| 114 | 923 | Luge Jens | *Duisburg | 0:21:31 | M55 | 6 | 0:21:39 | 1959 |
| 115 | 774 | Niehaves Christian | SG Borcken | 0:21:31 | M50 | 15 | 0:22:02 | 1964 |
| 116 | 647 | Dohm Markus | DJK Teutonia St.Tönis | 0:21:32 | M50 | 16 | 0:21:54 | 1960 |
| 117 | 1315 | Franzen Tobias | *Düsseldorf | 0:21:33 | M22 | 10 | 0:21:48 | 1987 |
| 118 | 429 | Waschkowitz Aaron | Adler-Langlauf Bottrop | 0:21:34 | M15 | 5 | 0:21:41 | 2001 |
| 119 | 427 | Waschkowitz Norman | Adler-Langlauf Bottrop | 0:21:34 | M40 | 15 | 0:21:41 | 1974 |
| 120 | 1257 | Gertz Hubert | Adler-Langlauf Bottrop | 0:21:35 | M55 | 7 | 0:21:48 | 1956 |
| 121 | 1182 | Fels Hubert | Billerbecker Läufer | 0:21:35 | M50 | 17 | 0:21:45 | 1960 |
| 122 | 566 | Friedrichs Manfred | ART Düsseldorf | 0:21:36 | M60 | 4 | 0:21:42 | 1953 |
| 123 | 942 | Lindemann Ralf | Ausdauerschule by Bunert | 0:21:37 | M40 | 16 | 0:21:46 | 1970 |
| 124 | 239 | Miguel Carlos | Berufsförderungswerk Oberh | 0:21:38 | M50 | 18 | 0:21:46 | 1964 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------|---------------------------|---------|-----|----------|------------|----------|
| 125 | 1021 | Riepenhausen Ralf | LT Lukas | 0:21:39 | M50 | 19 | 0:21:42 | 1961 |
| 126 | 615 | Conrad Jan | *Essen | 0:21:39 | M18 | 14 | 0:22:10 | 1997 |
| 127 | 454 | Fischer Martin | Wittlaer Runners | 0:21:45 | M50 | 20 | 0:21:57 | 1961 |
| 128 | 138 | Ehrke Dirk | TRIMET ESSEN | 0:21:47 | M30 | 11 | 0:22:03 | 1981 |
| 129 | 1509 | Hüser Torsten | Lauffreunde HADI Wesel | 0:21:50 | M40 | 17 | 0:22:10 | 1974 |
| 130 | 1694 | Hoffmann Martin | *Duisburg | 0:21:53 | M50 | 21 | 0:22:06 | 1963 |
| 131 | 972 | Teuber Michael | MTG Horst Essen | 0:21:55 | M45 | 20 | 0:22:04 | 1967 |
| 132 | 898 | Marx Werner | Laufftreff Sterkrade-Nord | 0:21:57 | M50 | 22 | 0:22:09 | 1964 |
| 133 | 1462 | Hilke Friedel | LG WeKu Essen | 0:21:57 | M55 | 8 | 0:22:07 | 1956 |
| 134 | 150 | Pieper Dirk | Vodafone Runners | 0:21:59 | M55 | 9 | 0:22:01 | 1958 |
| 135 | 1625 | Scharrenberg Uli | ASV-LT Kemperdick | 0:22:00 | M65 | 1 | 0:22:03 | 1948 |
| 136 | 1038 | Evers Jens | BSG Sparkasse Dinslaken | 0:22:01 | M30 | 12 | 0:22:30 | 1980 |
| 137 | 418 | Müller Werner | LT Heisingen | 0:22:02 | M55 | 10 | 0:22:07 | 1957 |
| 138 | 1708 | Herberg Jürgen | BSG Sparkasse Lüdensche | 0:22:05 | M45 | 21 | 0:22:31 | 1965 |
| 139 | 821 | Bock Michael | Ruhrrunner Essen | 0:22:10 | M45 | 22 | 0:22:23 | 1965 |
| 140 | 1101 | Böhme Gerd | *Essen | 0:22:11 | M55 | 11 | 0:22:47 | 1958 |
| 141 | 283 | Diker Uwe | TUS Drevenack | 0:22:11 | M55 | 12 | 0:22:17 | 1955 |
| 142 | 1040 | Hinnemann Steffen | BSG Sparkasse Dinslaken | 0:22:12 | M30 | 13 | 0:22:43 | 1982 |
| 143 | 648 | Dohm Sebastian | DJK Teutonia St.Tönis | 0:22:14 | M22 | 11 | 0:22:36 | 1989 |
| 144 | 212 | Schroer Tim | WTV | 0:22:14 | M18 | 15 | 0:22:18 | 1998 |
| 145 | 318 | Holdmann Tim | *Duisburg | 0:22:15 | M40 | 18 | 0:22:27 | 1970 |
| 146 | 1671 | Bruckhoff Björn | *Mülheim an der Ruhr | 0:22:15 | M35 | 20 | 0:22:21 | 1979 |
| 147 | 1392 | Noel Paul | YCW | 0:22:16 | M22 | 12 | 0:22:36 | 1985 |
| 148 | 642 | Gers Norbert | TUSEM Essen | 0:22:18 | M50 | 23 | 0:22:47 | 1960 |
| 149 | 1573 | Henkel Torsten | after-work-runners.de | 0:22:19 | M40 | 19 | 0:22:26 | 1972 |
| 150 | 292 | Konert Christian | LG COESFELD | 0:22:19 | M35 | 21 | 0:22:28 | 1979 |
| 151 | 1682 | Schmidt Friedhelm | ERGO Sports | 0:22:19 | M55 | 13 | 0:22:24 | 1956 |
| 152 | 1381 | Ropertz Rudi | *Borken | 0:22:19 | M18 | 16 | 0:22:50 | 1996 |
| 153 | 1345 | Sammerl Jörg | *Essen | 0:22:19 | M50 | 24 | 0:22:47 | 1963 |
| 154 | 1492 | Kühn Dirk | *Duisburg | 0:22:20 | M40 | 20 | 0:22:52 | 1971 |
| 155 | 582 | Schmidt Axel | SF Ennepetal | 0:22:20 | M45 | 23 | 0:22:33 | 1966 |
| 156 | 583 | Schmidt Tom | SF Ennepetal | 0:22:20 | M15 | 6 | 0:22:33 | 2000 |
| 157 | 819 | Schaefer Juergen | *Sonsbeck | 0:22:22 | M55 | 14 | 0:22:40 | 1957 |
| 158 | 1647 | Milenk Sebastian | Fantastic Four | 0:22:22 | M30 | 14 | 0:22:44 | 1984 |
| 159 | 1310 | Kraus Thorsten | *Duisburg | 0:22:23 | M40 | 21 | 0:22:43 | 1971 |
| 160 | 222 | Kersbaum Sandro | AS Neukirchen-Vluyn | 0:22:26 | M35 | 22 | 0:22:37 | 1976 |
| 161 | 1660 | Schmidt Markus | Team Aroma Ahoi | 0:22:30 | M45 | 24 | 0:22:47 | 1968 |
| 162 | 346 | Willemsen Paul | ASV Duisburg e.V. | 0:22:31 | M15 | 7 | 0:22:51 | 2001 |
| 163 | 383 | Spanaus Benjamin | ASV Duisburg e.V. | 0:22:32 | M15 | 8 | 0:22:52 | 2001 |
| 164 | 408 | Heß Ingo | LG Alpen | 0:22:32 | M35 | 23 | 0:22:54 | 1976 |
| 165 | 1601 | Kuhnert Rene | Triminators TV Voerde | 0:22:34 | M19 | 4 | 0:22:36 | 1994 |
| 166 | 825 | Plicht Gerd | LG Mülheim | 0:22:34 | M55 | 15 | 0:22:40 | 1959 |
| 167 | 531 | Schulz Ilja | *Ratingen | 0:22:38 | M22 | 13 | 0:23:36 | 1991 |
| 167 | 787 | Oberdörster Marc | *Mülheim | 0:22:38 | M40 | 22 | 0:22:49 | 1970 |
| 169 | 72 | Dawwas Yousef | Vodafone Runners | 0:22:41 | M40 | 23 | 0:22:46 | 1972 |
| 170 | 1680 | Wuth Kim | *Velbert | 0:22:42 | M22 | 14 | 0:22:58 | 1990 |
| 171 | 1775 | Mueller Thomas | MSV Duisburg Einradzebras | 0:22:43 | M45 | 25 | 0:23:07 | 1966 |
| 172 | 450 | Greuel Thomas | Wittlaer Runners | 0:22:43 | M40 | 24 | 0:22:55 | 1972 |
| 173 | 303 | Naber Ewald | LG COESFELD | 0:22:44 | M55 | 16 | 0:22:54 | 1956 |
| 174 | 839 | Huber Ralf | *Castrop-Rauxel | 0:22:45 | M50 | 25 | 0:23:00 | 1964 |
| 175 | 843 | Kättnis Daniel | Da simma dabei | 0:22:46 | M30 | 15 | 0:23:20 | 1983 |
| 176 | 815 | Nickel Volker | *Duisburg | 0:22:47 | M40 | 25 | 0:23:03 | 1972 |
| 177 | 1338 | Schwoll Detlev | Styrumer TV Mülheim | 0:22:48 | M55 | 17 | 0:23:08 | 1958 |
| 178 | 51 | Hoffmann Philipp | BWG Running Team | 0:22:49 | M18 | 17 | 0:23:06 | 1997 |
| 179 | 513 | Ruberg Lutz | Laufftreff R(h)einknaller | 0:22:50 | M40 | 26 | 0:23:18 | 1974 |
| 180 | 36 | Maus Stefan | Ruhrgas SG 1929 | 0:22:50 | M50 | 26 | 0:23:07 | 1964 |
| 181 | 110 | Roth Holger | BSG Stadtwerke Duisburg A | 0:22:50 | M45 | 26 | 0:23:17 | 1966 |
| 182 | 1706 | Wolschke Thomas | Adler-Langlauf Bottrop | 0:22:51 | M45 | 27 | 0:23:18 | 1968 |
| 183 | 211 | Bothe Nils | *Duisburg | 0:22:52 | M30 | 16 | 0:23:27 | 1984 |
| 184 | 939 | Potthoff Marcel | | 0:22:58 | M22 | 15 | 0:23:24 | 1991 |
| 185 | 879 | Krammer Mischa | *Mülheim an der Ruhr | 0:22:59 | M40 | 27 | 0:23:21 | 1971 |
| 186 | 553 | Rescher Dr. Ronald | *Kempen | 0:23:00 | M45 | 28 | 0:23:20 | 1969 |



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|--------|------|------------------------|------------------------------|---------|-----|----------|------------|----------|
| 187 | 413 | Kurth Sascha | *Oberhausen | 0:23:00 | M35 | 24 | 0:23:19 | 1975 |
| 188 | 424 | Wunden Harald | *Krefeld | 0:23:00 | M45 | 29 | 0:23:23 | 1968 |
| 189 | 1229 | Bormann Hartmut | *Duisburg | 0:23:00 | M50 | 27 | 0:23:18 | 1963 |
| 190 | 26 | Bahls Wolfgang | Ruhrgas SG 1929 | 0:23:01 | M60 | 5 | 0:23:16 | 1950 |
| 191 | 1640 | Bollenberg Markus | Jakobi Routerunner | 0:23:01 | M40 | 28 | 0:23:22 | 1970 |
| 192 | 1840 | Tischner Tim | *Xanten | 0:23:02 | M22 | 16 | 0:23:22 | 1985 |
| 193 | 1529 | Hüsken Stephan | TVK 1877 Essen | 0:23:02 | M50 | 28 | 0:23:09 | 1963 |
| 194 | 1734 | Liebig Christian | Schnullerbacke n.e.V. | 0:23:02 | M35 | 25 | 0:30:54 | 1977 |
| 195 | 742 | Wilmsen Ulrich | Laufftreff Haumannplatz Esse | 0:23:02 | M55 | 18 | 0:23:14 | 1956 |
| 196 | 1461 | Gutt Maurice | LG WeKu Essen | 0:23:03 | M18 | 18 | 0:23:24 | 1996 |
| 197 | 1485 | Richter Juergen | *Duisburg | 0:23:05 | M60 | 6 | 0:23:34 | 1954 |
| 198 | 1015 | Otter Martin | *Duisburg | 0:23:06 | M30 | 17 | 0:23:34 | 1982 |
| 199 | 371 | van der Beck Michael | LG Mülheim | 0:23:06 | M55 | 19 | 0:23:10 | 1959 |
| 200 | 957 | Zimmermann Jörg | Ausdauerschule by Bunert | 0:23:06 | M35 | 26 | 0:23:25 | 1977 |
| 201 | 1550 | Hölterhoff Carsten | SG-Stern W-tal, SG, RS | 0:23:06 | M22 | 17 | 0:23:39 | 1985 |
| 202 | 991 | Eckhardt Marc | LC Duisburg | 0:23:08 | M40 | 29 | 0:23:32 | 1972 |
| 203 | 820 | Hein André | *Duisburg | 0:23:09 | M30 | 18 | 0:23:27 | 1981 |
| 204 | 1727 | Eversmann Dennis | *Duisburg | 0:23:10 | M22 | 18 | 0:23:22 | 1985 |
| 205 | 156 | Becker Björn-Friedrich | BSG Haniel | 0:23:11 | M40 | 30 | 0:23:33 | 1970 |
| 206 | 321 | Hahn Carsten | TUS Breitscheid | 0:23:11 | M35 | 27 | 0:23:22 | 1975 |
| 207 | 1116 | Bandmann Uwe | PV-Triathlon Witten | 0:23:11 | M45 | 30 | 0:23:24 | 1967 |
| 208 | 1198 | Schwanekamp Prof. Chri | Team NGW | 0:23:12 | M35 | 28 | 0:23:35 | 1975 |
| 209 | 859 | Lissy Reinhold | die Drei aus Velbert | 0:23:12 | M60 | 7 | 0:23:59 | 1953 |
| 210 | 378 | Alt Udo | Die Zugvögel | 0:23:16 | M55 | 20 | 0:23:27 | 1957 |
| 211 | 556 | Döhrmann Martin | *Essen | 0:23:17 | M35 | 29 | 0:23:50 | 1978 |
| 212 | 1252 | Vierhaus Udo | Team 4haus | 0:23:18 | M55 | 21 | 0:23:30 | 1956 |
| 213 | 1576 | Große-Wilde Tim | Lauffreunde Bottrop | 0:23:21 | M30 | 19 | 0:23:36 | 1983 |
| 214 | 493 | Roggatz Malte | MSV Duisburg Einradzebras | 0:23:24 | M18 | 19 | 0:23:47 | 1998 |
| 215 | 616 | Schilke Norbert | TRC Essen 84 | 0:23:24 | M55 | 22 | 0:23:52 | 1956 |
| 216 | 746 | Kattwinkel Andreas | BSG Sparkasse Lüdensche | 0:23:25 | M30 | 20 | 0:24:01 | 1980 |
| 217 | 645 | Weidenbach Jens | *Essen | 0:23:25 | M40 | 31 | 0:23:56 | 1974 |
| 218 | 299 | Althoff Martin | LG COESFELD | 0:23:27 | M50 | 29 | 0:23:40 | 1962 |
| 219 | 120 | van den Boom Bastian | VIVAWEST | 0:23:27 | M22 | 19 | 0:23:54 | 1986 |
| 220 | 1250 | Hagemeister Patrick | Ausdauerschule by Bunert | 0:23:28 | M35 | 30 | 0:23:46 | 1979 |
| 221 | 1220 | Tammer Jens | *Wesel | 0:23:30 | M45 | 31 | 0:23:57 | 1965 |
| 222 | 890 | Bürgers Martin | *Oberhausen | 0:23:33 | M45 | 32 | 0:24:15 | 1967 |
| 223 | 672 | Zwiernik Jochen | *Oberhausen | 0:23:33 | M30 | 21 | 0:24:15 | 1980 |
| 224 | 483 | Schulz-Bongert Udo | MSV Duisburg Einradzebras | 0:23:34 | M50 | 30 | 0:23:45 | 1960 |
| 225 | 618 | Zeppenfeld Michael | *Oberhausen | 0:23:34 | M45 | 33 | 0:24:45 | 1969 |
| 226 | 1367 | Ellbracht Stefan | TV Jahn Kapellen/Erft | 0:23:36 | M40 | 32 | 0:23:53 | 1970 |
| 227 | 348 | Stiller Stefan | *Oberhausen | 0:23:37 | M45 | 34 | 0:24:11 | 1966 |
| 228 | 144 | Delmich Markus | Vodafone Runners | 0:23:37 | M45 | 35 | 0:24:00 | 1969 |
| 229 | 1741 | Bartsch Peter | *Bergisch Gladbach | 0:23:37 | M35 | 31 | 0:24:15 | 1976 |
| 230 | 1176 | Peter Ronald | HLG 98 Wuppertal | 0:23:38 | M50 | 31 | 0:23:51 | 1960 |
| 231 | 113 | Grabowski Alexander | BSG Stadtwerke Duisburg A | 0:23:38 | M22 | 20 | 0:24:08 | 1988 |
| 232 | 405 | Schlemmer Christian | *Düsseldorf | 0:23:42 | M40 | 33 | 0:24:04 | 1974 |
| 233 | 287 | Hövel Michael | 200PROTEAM | 0:23:43 | M45 | 36 | 0:24:17 | 1968 |
| 234 | 99 | Fettes Wolfgang | Vodafone Runners | 0:23:43 | M40 | 34 | 0:24:13 | 1970 |
| 235 | 118 | Heuser Pascal | VIVAWEST | 0:23:43 | M19 | 5 | 0:24:10 | 1992 |
| 236 | 1356 | Asselborn Nils | *Wesel | 0:23:48 | M22 | 21 | 0:24:51 | 1991 |
| 237 | 937 | Pothmann Rainer | ERGO Sports Düsseldorf | 0:23:48 | M45 | 37 | 0:24:15 | 1967 |
| 238 | 750 | Langs Stefan | BSG Sparkasse Lüdensche | 0:23:48 | M45 | 38 | 0:24:25 | 1968 |
| 239 | 614 | Richter Volker | LC Duisburg | 0:23:49 | M55 | 23 | 0:24:08 | 1958 |
| 240 | 1404 | Hanzen Michael | Homberger TV | 0:23:49 | M60 | 8 | 0:24:02 | 1954 |
| 241 | 533 | Peifer Lothar | *Duisburg | 0:23:52 | M60 | 9 | 0:23:59 | 1950 |
| 242 | 1027 | Hackstein Joachim | *Duisburg | 0:23:53 | M40 | 35 | 0:24:17 | 1971 |
| 243 | 893 | Schubert Jochen | Erdinger Alkoholfrei | 0:23:55 | M55 | 24 | 0:24:03 | 1958 |
| 244 | 54 | Bend Olaf | BWG Running Team | 0:23:56 | M40 | 36 | 0:24:44 | 1970 |
| 245 | 1118 | Brinkmann Reiner | PSV Duisburg | 0:23:56 | M50 | 32 | 0:24:08 | 1961 |
| 246 | 1187 | Piegza Sebastian | Billerbecker Läufer | 0:23:57 | M35 | 32 | 0:24:41 | 1979 |
| 247 | 1158 | Küwen Christian | *Mülheim an der Ruhr | 0:23:58 | M22 | 22 | 0:24:39 | 1987 |
| 248 | 1395 | Merseburger André | *Düsseldorf | 0:23:58 | M35 | 33 | 0:24:35 | 1979 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|------------------------------|---------|-----|----------|------------|----------|
| 249 | 1137 | Just Kai | Lauffreunde HADI Wesel | 0:24:00 | M45 | 39 | 0:24:36 | 1969 |
| 250 | 39 | Monse Julius | Ruhrgas SG 1929 | 0:24:01 | M18 | 20 | 0:25:21 | 1998 |
| 251 | 548 | Krahl Michael | *Duisburg | 0:24:03 | M40 | 37 | 0:24:45 | 1971 |
| 252 | 1174 | Perus Andreas | Tbd Osterfeld 1911 | 0:24:04 | M50 | 33 | 0:24:32 | 1964 |
| 253 | 706 | Weiß Christian | Ausdauerschule by Bunert | 0:24:04 | M45 | 40 | 0:24:14 | 1965 |
| 254 | 1619 | Vogel Andreas | *Düsseldorf | 0:24:08 | M30 | 22 | 0:24:52 | 1983 |
| 255 | 1823 | Schleumer Herbert | *Willich | 0:24:10 | M45 | 41 | 0:24:47 | 1965 |
| 256 | 1613 | Brinkmann Lars | *Rheurdt | 0:24:12 | M40 | 38 | 0:24:31 | 1971 |
| 257 | 865 | Lachnit Andreas | VfL Niederwenigern 1963 e. ' | 0:24:12 | M45 | 42 | 0:24:51 | 1966 |
| 258 | 182 | Denis Benjamin | *Bochum | 0:24:15 | M30 | 23 | 0:26:04 | 1981 |
| 259 | 328 | Lerch Siegfried | TUS Breitscheid | 0:24:16 | M55 | 25 | 0:24:46 | 1957 |
| 260 | 1455 | Breucker Georg | Rotbachjogger | 0:24:17 | M45 | 43 | 0:25:09 | 1968 |
| 261 | 446 | Heinrich Dr. Jens | Wittlaer Runners | 0:24:18 | M50 | 34 | 0:24:29 | 1962 |
| 262 | 1847 | Timm Jörg | TV Jahn Hiesfeld | 0:24:18 | M45 | 44 | 0:24:36 | 1965 |
| 263 | 776 | Becker Jens-Ulrik | *Duisburg | 0:24:18 | M45 | 45 | 0:25:02 | 1967 |
| 264 | 664 | Schmidtke Carsten | Moerser TV Triathlon | 0:24:19 | M30 | 24 | 0:24:23 | 1982 |
| 265 | 358 | Biczmann Marius | Ausdauerschule by Bunert | 0:24:19 | M35 | 34 | 0:24:46 | 1975 |
| 266 | 199 | Jakobs Manfred | ETUS Wedau | 0:24:19 | M65 | 2 | 0:24:30 | 1945 |
| 267 | 1797 | Lockert Gerd | *Mülheim | 0:24:20 | M50 | 35 | 0:25:01 | 1964 |
| 268 | 603 | Bremer Andreas | Marketing Runners | 0:24:21 | M50 | 36 | 0:24:55 | 1961 |
| 269 | 1046 | Weyers Ulrich | BSG Team EVAG | 0:24:22 | M60 | 10 | 0:24:47 | 1952 |
| 270 | 2609 | Meyer Bernhard | TSV Weeze 1910/19 | 0:24:22 | M45 | 46 | 0:24:56 | 1967 |
| 271 | 1075 | Cornelißen Volker | Hardtseemafia Triathlon | 0:24:27 | M45 | 47 | 0:25:38 | 1967 |
| 272 | 526 | Enge Jürgen | *Duisburg | 0:24:27 | M45 | 48 | 0:24:39 | 1968 |
| 273 | 997 | Eichler Marcus | Angerland LT Lintorf | 0:24:29 | M55 | 26 | 0:24:49 | 1958 |
| 274 | 317 | Land Tobias | *Münster | 0:24:30 | M22 | 23 | 0:25:29 | 1985 |
| 275 | 1852 | Bartels Guido | *Duisburg | 0:24:31 | M40 | 39 | 0:25:35 | 1974 |
| 276 | 1582 | Kames Garrit | *Essen | 0:24:31 | M30 | 25 | 0:25:03 | 1984 |
| 277 | 1054 | Peters Björn | *Essen | 0:24:32 | M30 | 26 | 0:25:30 | 1980 |
| 278 | 679 | Blaschke Mathias | Ausdauerschule by Bunert | 0:24:34 | M30 | 27 | 0:24:45 | 1984 |
| 279 | 1028 | Biegert Dieter | VfL Bergheide | 0:24:35 | M70 | 1 | 0:24:38 | 1942 |
| 280 | 1073 | Luscher Michael | | 0:24:35 | M40 | 40 | 0:24:42 | 1970 |
| 281 | 1095 | Turowski Michael | *Neukirchen-Vluyn | 0:24:36 | M40 | 41 | 0:25:25 | 1973 |
| 282 | 691 | Lüdtke Karsten | SV Budberg | 0:24:37 | M50 | 37 | 0:24:45 | 1964 |
| 283 | 881 | Reinhold Volker | Eintracht Duisburg 1848 e.V | 0:24:37 | M60 | 11 | 0:24:53 | 1954 |
| 284 | 1815 | Hartmann Gottfried | *Krefeld | 0:24:39 | M55 | 27 | 0:25:18 | 1956 |
| 285 | 1768 | Lange Michael | *Krefeld | 0:24:39 | M45 | 49 | 0:25:17 | 1966 |
| 286 | 1240 | Teröde Dr. Jürgen | *Kamp-Lintfort | 0:24:40 | M35 | 35 | 0:24:57 | 1975 |
| 287 | 711 | Grabenkamp Sigggi | *Essen | 0:24:41 | M50 | 38 | 0:24:55 | 1961 |
| 288 | 478 | Schoof-Dulak Carsten | *Mülheim/Ruhr | 0:24:41 | M40 | 42 | 0:25:02 | 1970 |
| 289 | 190 | Stracke Rainer | Max Maulwurf Marathonis | 0:24:42 | M40 | 43 | 0:25:18 | 1972 |
| 290 | 848 | Lui Jürgen | *Dorsten | 0:24:42 | M55 | 28 | 0:25:09 | 1958 |
| 291 | 170 | Arenz Michael | *Duisburg | 0:24:43 | M45 | 50 | 0:24:52 | 1967 |
| 292 | 1231 | Nowack Carsten | *Essen | 0:24:44 | M40 | 44 | 0:25:15 | 1972 |
| 293 | 1060 | Schauf Cleif | *Oberhausen | 0:24:44 | M40 | 45 | 0:24:57 | 1970 |
| 294 | 1679 | Giebfried Bastian | *Duisburg | 0:24:45 | M22 | 24 | 0:25:35 | 1991 |
| 295 | 666 | Geuer Fabian | *Krefeld | 0:24:45 | M19 | 6 | 0:25:50 | 1994 |
| 296 | 279 | Beer Klaus | TUS Drevenack | 0:24:45 | M40 | 46 | 0:25:10 | 1973 |
| 297 | 149 | Molnar John | Vodafone Runners | 0:24:45 | M40 | 47 | 0:25:04 | 1972 |
| 298 | 1213 | Albrecht Wolfgang | Ausdauerschule by Bunert | 0:24:46 | M50 | 39 | 0:25:04 | 1961 |
| 299 | 1183 | Hesper Bernhard | Billerbecker Läufer | 0:24:46 | M55 | 29 | 0:25:26 | 1959 |
| 300 | 1305 | Mölls Oliver | *Mühlheim Ruhr | 0:24:49 | M40 | 48 | 0:25:35 | 1972 |
| 301 | 1348 | Schildt Dirk | *Duisburg | 0:24:49 | M45 | 51 | 0:25:52 | 1968 |
| 302 | 1482 | Nigbur Stephan | TV Voerde e.V. | 0:24:50 | M50 | 40 | 0:25:24 | 1963 |
| 303 | 1833 | Ilsanker Manfred | *Krefeld | 0:24:53 | M55 | 30 | 0:25:31 | 1959 |
| 304 | 1746 | Schrinski Björn | *Duisburg | 0:24:53 | M22 | 25 | 0:25:16 | 1989 |
| 305 | 1681 | Enkemeier Erwin | *Duisburg | 0:24:53 | M45 | 52 | 0:25:03 | 1969 |
| 306 | 1388 | Müller Lars | *Moers | 0:24:53 | M45 | 53 | 0:26:27 | 1966 |
| 307 | 1786 | Brehm Dr. Oliver | *Krefeld | 0:24:54 | M40 | 49 | 0:26:00 | 1970 |
| 308 | 129 | Becker Rainer | TEAM ELG | 0:24:54 | M50 | 41 | 0:25:00 | 1961 |
| 309 | 1696 | Opp Lars | *Ratingen | 0:24:54 | M35 | 36 | 0:25:39 | 1977 |
| 310 | 295 | Rexing Manfred | LG COESFELD | 0:24:55 | M45 | 54 | 0:25:09 | 1969 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|----------------------------|---------|-----|----------|------------|----------|
| 311 | 162 | Blös Alexander | *Emmerich-Praest | 0:24:57 | M15 | 9 | 0:25:26 | 2002 |
| 312 | 1277 | Sass Markus | *Krefeld | 0:24:58 | M30 | 28 | 0:26:16 | 1982 |
| 313 | 887 | Korstian Peter | *Duisburg | 0:24:58 | M50 | 42 | 0:25:13 | 1964 |
| 314 | 867 | Kroll Thorsten | Kinderkiste Ratingen | 0:25:00 | M35 | 37 | 0:25:46 | 1978 |
| 315 | 800 | Kremhoff Dieter | Oberhausener TV | 0:25:01 | M55 | 31 | 0:25:46 | 1955 |
| 316 | 1843 | Leyerer Frank | MTG Horst Essen | 0:25:01 | M50 | 43 | 0:25:11 | 1964 |
| 317 | 565 | Schaak Michael | *Bottrop | 0:25:03 | M45 | 55 | 0:26:01 | 1968 |
| 318 | 88 | Blümlein Torben | Vodafone Runners | 0:25:03 | M40 | 50 | 0:25:19 | 1973 |
| 319 | 1423 | Schmitz Manuel | *Duisburg | 0:25:04 | M22 | 26 | 0:26:23 | 1988 |
| 320 | 70 | Weichert Michael | Vodafone Runners | 0:25:07 | M40 | 51 | 0:26:08 | 1970 |
| 321 | 1129 | Milbradt Stefan | *Düsseldorf | 0:25:07 | M45 | 56 | 0:25:35 | 1965 |
| 322 | 773 | Huhn Calvin Marc | Advanx English for Runaway | 0:25:08 | M18 | 21 | 0:25:41 | 1997 |
| 323 | 508 | Müller Norbert | MSV Duisburg Einradzebras | 0:25:09 | M50 | 44 | 0:25:53 | 1964 |
| 324 | 515 | Röithmeier Markus | *Düsseldorf | 0:25:10 | M45 | 57 | 0:26:15 | 1965 |
| 325 | 490 | Bönigk Olaf | MSV Duisburg Einradzebras | 0:25:10 | M18 | 22 | 0:25:54 | 1997 |
| 326 | 695 | Winter-van Laak Wolfgang | Adler-Langlauf Bottrop | 0:25:10 | M65 | 3 | 0:25:23 | 1946 |
| 327 | 1304 | Stickdorn Klaus | OV | 0:25:13 | M55 | 32 | 0:25:27 | 1959 |
| 328 | 1810 | Kraus Raimund | It-run4fun | 0:25:13 | M55 | 33 | 0:26:21 | 1956 |
| 329 | 931 | Kollnig Dr. Henner | Saamer Ruhrauenläufer | 0:25:13 | M45 | 58 | 0:25:22 | 1966 |
| 330 | 1791 | Cassens Daniel | ProBier | 0:25:16 | M22 | 27 | 0:26:12 | 1985 |
| 331 | 274 | Sanders Gerald | *Essen | 0:25:17 | M35 | 38 | 0:27:06 | 1978 |
| 332 | 694 | Horrig Volker | Triminators TV Voerde | 0:25:20 | M55 | 34 | 0:25:51 | 1959 |
| 333 | 435 | Gebhardt Fabian | *Duisburg | 0:25:21 | M40 | 52 | 0:25:29 | 1970 |
| 334 | 543 | Juretzki Stefan | Kinderkiste e.V. | 0:25:21 | M40 | 53 | 0:26:09 | 1971 |
| 335 | 1726 | Eversmann Gerhard | *Duisburg | 0:25:22 | M50 | 45 | 0:26:00 | 1961 |
| 336 | 670 | Braun Jörn | *Düsseldorf | 0:25:22 | M45 | 59 | 0:26:28 | 1968 |
| 337 | 10 | Kruck Leo | Tusem Essen | 0:25:24 | M60 | 12 | 0:25:34 | 1950 |
| 338 | 925 | Kühne Ingo | DJK VFL Willich | 0:25:25 | M60 | 13 | 0:26:01 | 1953 |
| 339 | 1684 | Marschall Michael | Lauffreunde Kettwig Wupper | 0:25:25 | M45 | 60 | 0:26:07 | 1966 |
| 340 | 1064 | Dwars Hendrick | Skinfit Team Krefeld | 0:25:27 | M15 | 10 | 0:25:55 | 2000 |
| 341 | 15 | Koitek Alexander | opta data | 0:25:28 | M22 | 28 | 0:25:57 | 1989 |
| 342 | 1603 | Tiltmann Jan | *Duisburg | 0:25:28 | M35 | 39 | 0:26:12 | 1975 |
| 343 | 1844 | Tziavaras Ilias | *Velbert | 0:25:28 | M60 | 14 | 0:25:34 | 1951 |
| 344 | 1845 | Tziavaras Niko | *Essen | 0:25:28 | M35 | 40 | 0:25:34 | 1976 |
| 345 | 1194 | Gobbers Willi | Lauffreunde | 0:25:30 | M55 | 35 | 0:26:32 | 1955 |
| 346 | 1784 | König Dr. Thomas | It-run4fun | 0:25:31 | M55 | 36 | 0:25:55 | 1956 |
| 347 | 439 | Steuck Siegbert | Tri Team FS Düsseldorf | 0:25:31 | M70 | 2 | 0:26:20 | 1944 |
| 348 | 1171 | Scheffler Pascal | Team NGW | 0:25:32 | M22 | 29 | 0:26:03 | 1990 |
| 349 | 592 | Sobetzko Sebastian | Bands of Brothers | 0:25:33 | M22 | 30 | 0:26:07 | 1985 |
| 350 | 717 | Fuchs Andreas | LC Duisburg | 0:25:33 | M45 | 61 | 0:26:23 | 1966 |
| 351 | 601 | Sobetzko Tobias | Bands of Brothers | 0:25:34 | M22 | 31 | 0:26:09 | 1990 |
| 352 | 1516 | Liehr Ralf | *Oberhausen | 0:25:34 | M45 | 62 | 0:26:31 | 1967 |
| 353 | 1031 | Lorenz Reiner | Lauftreff Sterkrade-Nord | 0:25:34 | M50 | 46 | 0:26:19 | 1963 |
| 354 | 1079 | Hübinger Maximilian | TUS Laurette | 0:25:35 | M22 | 32 | 0:26:05 | 1991 |
| 355 | 734 | Kahnert Ralf | *Oberhausen | 0:25:35 | M45 | 63 | 0:25:44 | 1967 |
| 356 | 1417 | Beutin Frank | Happy Mom & Dad | 0:25:38 | M40 | 54 | 0:26:19 | 1970 |
| 357 | 804 | Plaga Edgar | Oberhausener TV | 0:25:40 | M50 | 47 | 0:26:29 | 1963 |
| 358 | 1812 | Jäger Robin | *Sprockhövel | 0:25:45 | M30 | 29 | 0:26:17 | 1981 |
| 359 | 908 | Baumgarten Stephan | Team Polizei | 0:25:47 | M45 | 64 | 0:26:11 | 1965 |
| 360 | 1624 | Wanka Ralf | BSV Kokerei Schwelgern e | 0:25:47 | M45 | 65 | 0:26:38 | 1965 |
| 361 | 720 | Bachmann Ralf | BSG Team EVAG | 0:25:47 | M50 | 48 | 0:26:16 | 1962 |
| 362 | 625 | Schultz Jens | CDS Running Team | 0:25:48 | M40 | 55 | 0:26:35 | 1974 |
| 363 | 1242 | Gervers Andre | BSG Sparkasse Duisburg | 0:25:49 | M22 | 33 | 0:26:22 | 1986 |
| 364 | 1831 | Rungenhagen Arne | Skinfit Team Krefeld | 0:25:49 | M19 | 7 | 0:26:17 | 1994 |
| 365 | 810 | Basten Stefan | BSG Sparkasse Duisburg | 0:25:49 | M30 | 30 | 0:26:42 | 1984 |
| 366 | 300 | Wude Michael | LG COESFELD | 0:25:50 | M50 | 49 | 0:26:07 | 1961 |
| 367 | 1159 | Busch Alexander | *Mannheim | 0:25:50 | M22 | 34 | 0:26:31 | 1991 |
| 368 | 1387 | Wagner Claus | BSG Sparkasse Lüdensche | 0:25:51 | M50 | 50 | 0:26:13 | 1962 |
| 369 | 928 | Neppl Peter | MSV Duisburg | 0:25:52 | M45 | 66 | 0:26:16 | 1965 |
| 370 | 713 | Obermanns Markus | Team Arezen | 0:25:55 | M50 | 51 | 0:26:39 | 1960 |
| 370 | 1800 | Prangen Michael | *Rheinberg | 0:25:55 | M45 | 67 | 0:26:35 | 1968 |
| 372 | 1023 | Benning Daniel | *Mülheim | 0:25:56 | M15 | 11 | 0:26:46 | 1999 |



Nike Winterlaufserie des ASV Duisburg

Männer

1. Lauf der kleinen Serie - 5 km

8. Februar 2014

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|---------------------------|---------|-----|----------|------------|----------|
| 373 | 1143 | Lohmann Thore | Ausdauerschule by Bunert | 0:25:58 | M40 | 56 | 0:26:20 | 1971 |
| 374 | 943 | Mai Björn | Lauftreff R(h)einknaller | 0:25:59 | M35 | 41 | 0:27:09 | 1977 |
| 375 | 75 | Stein Michael | Vodafone Runners | 0:25:59 | M40 | 57 | 0:26:53 | 1970 |
| 376 | 468 | Meinecke Gustl | SV Neptun Krefeld 1897 e. | 0:26:00 | M50 | 52 | 0:26:12 | 1962 |
| 377 | 765 | Vogel Gerd | Hombberger Ruderklub Ger | 0:26:04 | M55 | 37 | 0:26:47 | 1956 |
| 378 | 627 | Heuvens Rainer | Zebrakids e.V. | 0:26:05 | M50 | 53 | 0:26:32 | 1960 |
| 379 | 1439 | Mehlhose Hartmut | *Hattingen | 0:26:09 | M45 | 68 | 0:27:31 | 1965 |
| 380 | 248 | Othmer Manfred | Ruhrgas SG 1929 | 0:26:10 | M65 | 4 | 0:26:46 | 1948 |
| 381 | 1646 | Remenar Michael | *Duisburg | 0:26:13 | M55 | 38 | 0:26:41 | 1959 |
| 382 | 1778 | Ehm Friedhelm | TV Einigkeit 06 Mülheim | 0:26:13 | M65 | 5 | 0:26:26 | 1947 |
| 383 | 1691 | Rogalla Nils | *Essen | 0:26:13 | M22 | 35 | 0:26:48 | 1989 |
| 384 | 145 | Groß-Weege Josef | Vodafone Runners | 0:26:15 | M55 | 39 | 0:26:37 | 1955 |
| 385 | 1259 | Obst Christoph | *Düsseldorf | 0:26:15 | M45 | 69 | 0:26:56 | 1969 |
| 386 | 388 | Heinen Stefan | Vodafone Runners | 0:26:16 | M40 | 58 | 0:27:20 | 1971 |
| 387 | 50 | Ambaum Friedhelm | BWG Running Team | 0:26:17 | M60 | 15 | 0:26:59 | 1950 |
| 388 | 1486 | Richter Ruediger | *Duisburg | 0:26:17 | M55 | 40 | 0:26:47 | 1958 |
| 389 | 631 | Zehlius Andreas | *Essen | 0:26:17 | M45 | 70 | 0:26:49 | 1968 |
| 390 | 1802 | Rotthäuser Siegfried | *Essen | 0:26:21 | M50 | 54 | 0:26:56 | 1961 |
| 391 | 1856 | Brentano Achim | *Essen | 0:26:24 | M55 | 41 | 0:27:03 | 1959 |
| 392 | 522 | Fröhlich Steffen | *Essen | 0:26:25 | M22 | 36 | 0:27:23 | 1986 |
| 393 | 1447 | Mertins Mika | *Duisburf | 0:26:25 | M15 | 12 | 0:27:34 | 2006 |
| 394 | 604 | Wüstenfeld Thomas | Marketing Runners | 0:26:26 | M50 | 55 | 0:26:58 | 1962 |
| 395 | 181 | Bürgel Christian | BSG Commerzbank | 0:26:27 | M45 | 71 | 0:26:52 | 1966 |
| 396 | 1469 | Stöckert Michael | AS Neukirchen-Vluyn | 0:26:30 | M40 | 59 | 0:27:18 | 1971 |
| 397 | 1337 | VORM WALDE KARL-H | TV Jahn Hiesfeld | 0:26:30 | M50 | 56 | 0:26:48 | 1960 |
| 398 | 863 | Gödel Jan | Die Krieglerts | 0:26:31 | M22 | 37 | 0:27:27 | 1988 |
| 399 | 561 | Krämer Eike | *Moers | 0:26:31 | M60 | 16 | 0:27:09 | 1951 |
| 400 | 888 | Willkomm Philipp | VSG Duisburg | 0:26:32 | M19 | 8 | 0:27:08 | 1993 |
| 401 | 1193 | Hunsche Jörg | *Velbert | 0:26:33 | M45 | 72 | 0:27:29 | 1965 |
| 402 | 1522 | Dannehl Helmut | *Essen | 0:26:34 | M60 | 17 | 0:27:08 | 1953 |
| 403 | 545 | Lange Marcus | Team Erdinger Alkoholfrei | 0:26:34 | M35 | 42 | 0:27:59 | 1976 |
| 404 | 1110 | Kuhnke Thorsten | *Mettmann | 0:26:35 | M40 | 60 | 0:27:21 | 1974 |
| 405 | 282 | Haske Thomas | TUS Drevenack | 0:26:36 | M50 | 57 | 0:27:57 | 1961 |
| 406 | 1271 | Gerhards Georg | *Sonsbeck | 0:26:36 | M45 | 73 | 0:27:08 | 1969 |
| 407 | 1169 | Grees Norbert | Team Oetker | 0:26:38 | M15 | 13 | 0:27:59 | 1999 |
| 408 | 137 | Marzin Oliver | TRIMET ESSEN | 0:26:40 | M45 | 74 | 0:28:14 | 1968 |
| 409 | 953 | Reinartz Jochen | Sparda-Bank West | 0:26:40 | M50 | 58 | 0:27:49 | 1961 |
| 410 | 1474 | Ernst Olaf | DLRG Duisburg | 0:26:42 | M45 | 75 | 0:27:02 | 1966 |
| 411 | 1517 | Bündgen Hermann | BSG Team EVAG | 0:26:43 | M55 | 42 | 0:27:23 | 1957 |
| 412 | 216 | Schmitz Christian | Volksbank Rhein-Ruhr eG | 0:26:43 | M45 | 76 | 0:28:22 | 1969 |
| 413 | 214 | Quass Bernd | Volksbank Rhein-Ruhr eG | 0:26:44 | M50 | 59 | 0:28:22 | 1964 |
| 414 | 1012 | Weyers Rainer | Borussia Veen | 0:26:44 | M45 | 77 | 0:27:24 | 1969 |
| 415 | 930 | Lang Ingo | Jamaica Ski Team | 0:26:45 | M45 | 78 | 0:28:26 | 1966 |
| 416 | 1740 | Lohmann Bastian | WoFlos | 0:26:45 | M30 | 31 | 0:27:49 | 1984 |
| 417 | 705 | Hesse Moritz | *Dinslaken | 0:26:46 | M15 | 14 | 0:27:32 | 2001 |
| 418 | 1440 | Borgloh Stefan | *Willich | 0:26:47 | M55 | 43 | 0:27:12 | 1955 |
| 419 | 1803 | Pannenbäcker Bernd | *Essen | 0:26:48 | M55 | 44 | 0:27:27 | 1959 |
| 420 | 96 | Heuser Maik | Vodafone Runners | 0:26:48 | M45 | 79 | 0:27:41 | 1968 |
| 421 | 93 | May Dirk | Vodafone Runners | 0:26:50 | M45 | 80 | 0:28:02 | 1968 |
| 422 | 523 | Fischer Udo | SV Gladbeck 13 | 0:26:52 | M55 | 45 | 0:27:12 | 1956 |
| 423 | 48 | Hoffmann Dr. Jens | BWG Running Team | 0:26:52 | M50 | 60 | 0:27:47 | 1963 |
| 424 | 1347 | Schröder Günther | Lauftreff Sterkrade-Nord | 0:26:54 | M65 | 6 | 0:27:41 | 1948 |
| 425 | 1016 | Neuhoff Oliver | Classic Boat Club e.V. | 0:26:57 | M40 | 61 | 0:28:10 | 1971 |
| 426 | 536 | Klein Dieter | *Duisburg | 0:27:00 | M35 | 43 | 0:27:44 | 1979 |
| 427 | 535 | Nawrot Markus | *Korschenbroich | 0:27:00 | M35 | 44 | 0:27:46 | 1979 |
| 428 | 1008 | Kesslerer Markus | *Sonsbeck | 0:27:01 | M50 | 61 | 0:28:00 | 1964 |
| 429 | 41 | Monse Max | Ruhrgas SG 1929 | 0:27:02 | M19 | 9 | 0:28:28 | 1993 |
| 430 | 154 | Verma Sachin | Vodafone Runners | 0:27:02 | M35 | 45 | 0:28:29 | 1978 |
| 431 | 1111 | Kok Dirk | *Moers | 0:27:03 | M45 | 81 | 0:27:55 | 1969 |
| 432 | 1071 | Buschmann André | *Mülheim an der Ruhr | 0:27:04 | M22 | 38 | 0:28:27 | 1987 |
| 433 | 1450 | Mertins Timo | *Duisburg | 0:27:04 | M45 | 82 | 0:28:13 | 1967 |
| 434 | 622 | Molitor Ralf | *Oberhausen | 0:27:04 | M50 | 62 | 0:27:56 | 1963 |



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Männer

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------|----------------------------|---------|-----|----------|------------|----------|
| 435 | 862 | Kriegler Jonas | Die Krieglers | 0:27:05 | M22 | 39 | 0:28:00 | 1989 |
| 436 | 438 | Busch Hartmut | *Duisburg | 0:27:05 | M55 | 46 | 0:27:35 | 1958 |
| 437 | 30 | Hanich Rudolf | Ruhrgas SG 1929 | 0:27:06 | M60 | 18 | 0:28:05 | 1950 |
| 438 | 1128 | Linde Stefan | *Duisburg | 0:27:06 | M40 | 62 | 0:28:16 | 1971 |
| 439 | 1578 | Kleiner Jan | LT Berka Stars | 0:27:07 | M15 | 15 | 0:27:58 | 2001 |
| 440 | 1302 | Evers Christian | Elsterlandrunners | 0:27:09 | M45 | 83 | 0:28:50 | 1969 |
| 441 | 1859 | Bahr Andreas | BSG Stadtwerke Duisburg A | 0:27:11 | M50 | 63 | 0:28:07 | 1961 |
| 442 | 1179 | Ludwig Peter | Elsterland Runners | 0:27:11 | M45 | 84 | 0:28:52 | 1966 |
| 443 | 1264 | Küpper Volker | Essen auf Rollen/REV Grug | 0:27:15 | M45 | 85 | 0:28:57 | 1967 |
| 444 | 333 | Menzenbach Jens | TUS Breitscheid | 0:27:19 | M45 | 86 | 0:28:20 | 1968 |
| 445 | 1459 | Heinke Jörg | Kuzorras Laufburschen | 0:27:21 | M50 | 64 | 0:28:18 | 1963 |
| 446 | 1458 | Bruckschen Marco | Kuzorras Laufburschen | 0:27:21 | M35 | 46 | 0:28:18 | 1975 |
| 447 | 1747 | Grone Wolfgang | Lauftreff Sterkrade-Nord | 0:27:22 | M65 | 7 | 0:28:08 | 1946 |
| 448 | 927 | Benning Klaus | *Mülheim | 0:27:22 | M50 | 65 | 0:28:13 | 1961 |
| 449 | 1025 | John Ralf | *Mettmann | 0:27:22 | M50 | 66 | 0:27:58 | 1962 |
| 450 | 609 | Wagner Kai | Die schwarzen Heiden | 0:27:26 | M45 | 87 | 0:28:08 | 1965 |
| 451 | 17 | Angerstein Joachim | opta data | 0:27:27 | M50 | 67 | 0:28:04 | 1961 |
| 452 | 1359 | Eckermann Danny | *Witten | 0:27:27 | M30 | 32 | 0:28:51 | 1984 |
| 453 | 1468 | Stöckert Timo | AS Neukirchen-Vluyn | 0:27:27 | M15 | 16 | 0:29:03 | 2004 |
| 454 | 657 | Sadowski Markus | BSG Sparkasse Duisburg | 0:27:29 | M35 | 47 | 0:28:22 | 1975 |
| 455 | 1789 | Enners Frank | *Velbert | 0:27:30 | M50 | 68 | 0:28:12 | 1964 |
| 456 | 153 | Thielen Walter | Vodafone Runners | 0:27:31 | M60 | 19 | 0:27:48 | 1952 |
| 457 | 1102 | Braun Ulrich | *Duisburg | 0:27:32 | M45 | 88 | 0:29:20 | 1968 |
| 458 | 1427 | Hionsek Peter | Betriebsport ThyssenKruppS | 0:27:32 | M60 | 20 | 0:28:24 | 1952 |
| 459 | 1824 | Krauskopf Jens | *Duisburg | 0:27:33 | M50 | 69 | 0:29:25 | 1961 |
| 460 | 1656 | Reppahn Tobias | *Kempen | 0:27:33 | M30 | 33 | 0:29:09 | 1980 |
| 461 | 298 | Hörnemann Klaus | LG COESFELD | 0:27:34 | M45 | 89 | 0:28:36 | 1965 |
| 462 | 302 | Willers Ansgar | LG COESFELD | 0:27:34 | M55 | 47 | 0:28:37 | 1959 |
| 463 | 1223 | Hartmann Dirk | ERGO Sports | 0:27:36 | M45 | 90 | 0:28:49 | 1965 |
| 464 | 1898 | Schumbrink Jens | *Mülheim | 0:27:39 | M45 | 91 | 0:29:39 | 1969 |
| 465 | 805 | Gräfe Frank | Krefelder Kanu Klub | 0:27:40 | M50 | 70 | 0:28:32 | 1963 |
| 466 | 1248 | Hippler Peter | Moerser TV - Hockey | 0:27:41 | M40 | 63 | 0:28:07 | 1974 |
| 467 | 1377 | Czyzewski Leszek | Friedrich Wilhelms-Hütte | 0:27:41 | M50 | 71 | 0:28:21 | 1961 |
| 468 | 1189 | Schäfer Christian | *Essen | 0:27:44 | M40 | 64 | 0:29:11 | 1970 |
| 469 | 1022 | Möller Bernd | *Oberhausen | 0:27:45 | M55 | 48 | 0:29:06 | 1959 |
| 470 | 355 | Rieseberg Jochen | Ausdauerschule by Bunert | 0:27:51 | M60 | 21 | 0:28:30 | 1954 |
| 471 | 263 | Bollenbach Heiner | Ruhrgas SG 1929 | 0:27:51 | M45 | 92 | 0:28:36 | 1967 |
| 472 | 1483 | Jage Peter | BSG SparkasseHRV | 0:27:53 | M50 | 72 | 0:29:17 | 1962 |
| 473 | 1758 | Schulz Marco | *Herten | 0:27:57 | M45 | 93 | 0:29:05 | 1967 |
| 474 | 554 | Kubiak Sven | *Herne | 0:27:57 | M35 | 48 | 0:28:49 | 1976 |
| 475 | 1757 | Saal Markus | *Waltrip | 0:27:57 | M40 | 65 | 0:29:05 | 1970 |
| 476 | 1334 | Riemann Oliver | *Mülheim | 0:27:58 | M45 | 94 | 0:29:55 | 1968 |
| 477 | 857 | Pachur Wolfgang | *Duisburg | 0:27:58 | M50 | 73 | 0:28:59 | 1963 |
| 478 | 270 | Opitz Werner | AS Neukirchen-Vluyn | 0:27:59 | M75 | 1 | 0:28:40 | 1937 |
| 479 | 968 | Sauerborn Volker | *Oberhausen | 0:27:59 | M45 | 95 | 0:28:41 | 1965 |
| 480 | 1197 | Hönsch Norman | Team NGW | 0:27:59 | M30 | 34 | 0:28:26 | 1982 |
| 481 | 1055 | Hünicke Thomas | Lauffreunde | 0:28:02 | M55 | 49 | 0:29:13 | 1957 |
| 482 | 343 | Wingender Marcello | Ruhrgas SG 1929 | 0:28:02 | M15 | 17 | 0:28:23 | 2002 |
| 483 | 1651 | Kredinger Moritz | *Mülheim an der Ruhr | 0:28:03 | M22 | 40 | 0:29:18 | 1985 |
| 484 | 366 | Schwab Christian | FS RHEINKAMP | 0:28:06 | M45 | 96 | 0:29:09 | 1965 |
| 485 | 297 | Spiegeler Gereon | LG COESFELD | 0:28:08 | M45 | 97 | 0:29:27 | 1965 |
| 486 | 688 | Köhler Lutz | *Essen | 0:28:08 | M40 | 66 | 0:28:41 | 1973 |
| 487 | 1817 | Gertzen Florian | *Duisburg | 0:28:09 | M19 | 10 | 0:29:57 | 1993 |
| 488 | 1648 | Küppers Malte | Fantastic Four | 0:28:11 | M30 | 35 | 0:29:16 | 1983 |
| 489 | 1650 | Inkmann Sven | Fantastic Four | 0:28:11 | M30 | 36 | 0:29:16 | 1982 |
| 490 | 1842 | Brauer Detlev | Rheinberg | 0:28:11 | M50 | 74 | 0:28:44 | 1961 |
| 491 | 718 | Herbst Sebastian | *Duisburg | 0:28:13 | M22 | 41 | 0:29:41 | 1986 |
| 492 | 1649 | Küppers Klaus | Fantastic Four | 0:28:13 | M55 | 50 | 0:29:19 | 1955 |
| 493 | 472 | Schauties René | *Plettenberg | 0:28:14 | M35 | 49 | 0:29:04 | 1979 |
| 493 | 246 | Jansen Frank | AS Neukirchen-Vluyn | 0:28:14 | M45 | 98 | 0:29:49 | 1966 |
| 495 | 728 | Wagner Dominic | Weseler Kanu-Club 1925 e | 0:28:17 | M15 | 18 | 0:29:38 | 2000 |
| 496 | 1180 | Klein Dr. Christian | *Mülheim | 0:28:17 | M45 | 99 | 0:28:52 | 1969 |



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Männer

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|-----|----------|------------|----------|
| 497 | 444 | Schreiber Ralf | *Oberhausen | 0:28:20 | M55 | 51 | 0:29:20 | 1956 |
| 498 | 241 | Heuser Klemens | Berufsförderungswerk Oberh | 0:28:21 | M55 | 52 | 0:28:27 | 1957 |
| 499 | 1718 | Jodocy Benedikt | CEMEX | 0:28:27 | M50 | 75 | 0:29:47 | 1962 |
| 500 | 1287 | Krämer Markus | *Duisburg | 0:28:28 | M35 | 50 | 0:29:47 | 1976 |
| 501 | 1142 | Brokamp Steffen | Brokamp & Tinnefeld Vers. M | 0:28:28 | M45 | 100 | 0:29:26 | 1968 |
| 502 | 1851 | Heitkamp Andreas | DLRG Rheurdt | 0:28:30 | M40 | 67 | 0:29:34 | 1974 |
| 503 | 709 | Hoffmann David | AS Neukirchen-Vluyn | 0:28:31 | M22 | 42 | 0:30:06 | 1986 |
| 504 | 1463 | Deppe Lars | *Essen | 0:28:32 | M40 | 68 | 0:29:32 | 1970 |
| 505 | 611 | Köpke Ingo | *Düsseldorf | 0:28:32 | M40 | 69 | 0:29:49 | 1971 |
| 506 | 636 | Büssers Sven | *Moers | 0:28:32 | M35 | 51 | 0:30:01 | 1978 |
| 507 | 1689 | Kwoczek Ulrich | *Mülheim/Ruhr | 0:28:33 | M55 | 53 | 0:30:09 | 1955 |
| 508 | 1764 | Kohn Ulrich | SV Beeckerwerth | 0:28:35 | M55 | 54 | 0:29:13 | 1957 |
| 509 | 265 | Upitz Peter | Ruhrgas SG 1929 | 0:28:36 | M55 | 55 | 0:29:22 | 1957 |
| 510 | 1061 | Wille Günter | *Beckum | 0:28:36 | M50 | 76 | 0:29:35 | 1964 |
| 511 | 659 | Hollmann Jens | *Düsseldorf | 0:28:36 | M40 | 70 | 0:29:52 | 1972 |
| 512 | 1595 | Bücher Gerd | Erler-Sportgemeinschaft | 0:28:39 | M60 | 22 | 0:28:48 | 1950 |
| 513 | 1306 | Boruszewski Wilfried | BSG König-Brauerei | 0:28:40 | M60 | 23 | 0:29:28 | 1954 |
| 514 | 1730 | Liebern Hans-Ulrich | TG 1856 Mülheim | 0:28:41 | M55 | 56 | 0:30:18 | 1959 |
| 515 | 480 | Vierhaus Detlev | team-4haus | 0:28:44 | M55 | 57 | 0:30:13 | 1959 |
| 516 | 1478 | Klein-Hitpaß Torben | *Düsseldorf | 0:28:45 | M22 | 43 | 0:30:14 | 1987 |
| 517 | 1674 | Niedzwetzki Bernd | Burscheid | 0:28:46 | M50 | 77 | 0:30:39 | 1962 |
| 518 | 38 | Monse Christoph | Ruhrgas SG 1929 | 0:28:47 | M50 | 78 | 0:30:14 | 1964 |
| 519 | 1140 | Hoffmann Jan | Team NGW | 0:28:49 | M30 | 37 | 0:29:21 | 1980 |
| 520 | 651 | Köhler Christian | *Duisburg | 0:28:49 | M45 | 101 | 0:29:40 | 1967 |
| 521 | 792 | Buhren Alexander | LT Issumer Turboschnecke | 0:28:49 | M19 | 11 | 0:29:46 | 1994 |
| 522 | 1686 | Schreier Frank | Vodafone Runners | 0:28:50 | M35 | 52 | 0:30:06 | 1976 |
| 523 | 1333 | Sommerey Wolfgang | *Mülheim | 0:28:52 | M65 | 8 | 0:29:44 | 1948 |
| 524 | 1412 | Bartschat Michael | *Düsseldorf | 0:28:53 | M50 | 79 | 0:30:16 | 1962 |
| 525 | 414 | Seeske Volker | Team Erdinger Alkoholfrei | 0:28:53 | M50 | 80 | 0:29:51 | 1960 |
| 526 | 778 | Ohletz Uwe | MSV Duisburg 02 Turnen e | 0:28:55 | M50 | 81 | 0:30:07 | 1963 |
| 527 | 1168 | Dietz-Schmitz Volker | BelGoRoad Runners Wanne | 0:28:56 | M55 | 58 | 0:30:26 | 1958 |
| 528 | 1288 | Syren Markus | *Dinslaken | 0:28:58 | M45 | 102 | 0:30:38 | 1969 |
| 529 | 1579 | Schiplage Andreas | *Duisburg | 0:28:59 | M45 | 103 | 0:30:11 | 1968 |
| 530 | 539 | Strerath Dirk | Running Gig | 0:29:01 | M50 | 82 | 0:30:45 | 1962 |
| 531 | 1357 | Berns Frank | *Rheurdt | 0:29:03 | M40 | 71 | 0:31:06 | 1970 |
| 532 | 1384 | Maas Hans-Peter | SV Viktoria Goch | 0:29:03 | M45 | 104 | 0:30:24 | 1967 |
| 533 | 1070 | Paus Michael | *Oberhausen | 0:29:03 | M40 | 72 | 0:29:54 | 1973 |
| 534 | 1063 | Polster Moritz | SuS Bertlich | 0:29:03 | M15 | 19 | 0:30:10 | 2001 |
| 535 | 47 | Wolnik Jürgen | Ruhrgas SG 1929 | 0:29:08 | M55 | 59 | 0:30:09 | 1956 |
| 536 | 1530 | Brinker Dieter | *Oberhausen | 0:29:08 | M60 | 24 | 0:29:41 | 1950 |
| 537 | 889 | Vestring Andreas | *Dinslaken | 0:29:10 | M45 | 105 | 0:29:44 | 1966 |
| 538 | 629 | Winterfeld Lars | *Duisburg | 0:29:11 | M15 | 20 | 0:30:19 | 2003 |
| 539 | 1353 | Teloh Dieter | *Mülheim | 0:29:12 | M60 | 25 | 0:29:59 | 1952 |
| 540 | 1636 | Maas Thorsten | KG Rot Gold Laar 1950 e.V. | 0:29:12 | M35 | 53 | 0:30:02 | 1975 |
| 541 | 655 | Winter Martin | Die Eiszapfen | 0:29:14 | M55 | 60 | 0:29:46 | 1959 |
| 542 | 1325 | Große-Allermann Alfred | Adler-Langlauf Bottrop | 0:29:16 | M65 | 9 | 0:31:02 | 1947 |
| 543 | 356 | Bähr Stefan | Ausdauerschule by bunert | 0:29:16 | M50 | 83 | 0:30:22 | 1964 |
| 544 | 1366 | Angenent Uli | *Duisburg | 0:29:17 | M40 | 73 | 0:30:59 | 1972 |
| 545 | 55 | Kleinfeld Ulrich | BWG Running Team | 0:29:17 | M50 | 84 | 0:30:33 | 1963 |
| 546 | 793 | Grube Wolfgang | DJK VfR Saarn | 0:29:17 | M65 | 10 | 0:30:23 | 1946 |
| 547 | 416 | Cyrol Josef | LC Duisburg | 0:29:20 | M50 | 85 | 0:30:27 | 1962 |
| 548 | 1365 | Müller Vincent Noah | Kahlenberger HTC | 0:29:20 | M15 | 21 | 0:30:29 | 2004 |
| 549 | 557 | Schrader Dirk | *Essen | 0:29:20 | M40 | 74 | 0:30:30 | 1971 |
| 550 | 441 | Kubick Bela | *Oberhausen | 0:29:20 | M45 | 106 | 0:31:31 | 1969 |
| 551 | 238 | Wollhöfer Norbert | BSG Stadtwerke Duisburg A | 0:29:21 | M45 | 107 | 0:30:50 | 1966 |
| 552 | 1420 | Meyer Michael | LC Duisburg | 0:29:22 | M55 | 61 | 0:31:33 | 1958 |
| 553 | 964 | Kuhlmann Gregor | Die schwarzen Heiden | 0:29:23 | M50 | 86 | 0:30:07 | 1961 |
| 554 | 18 | Görke Heinz-Herbert | opta data | 0:29:24 | M50 | 87 | 0:30:32 | 1961 |
| 555 | 406 | Winter Heinz | STV Hünxe | 0:29:25 | M70 | 3 | 0:29:40 | 1940 |
| 556 | 31 | Haßepaß Werner | Ruhrgas SG 1929 | 0:29:25 | M55 | 62 | 0:30:59 | 1957 |
| 557 | 1044 | Hüfner Manfred | BSG Team EVAG | 0:29:28 | M60 | 26 | 0:30:24 | 1952 |
| 558 | 853 | Schmidt Dennis | *Mülheim | 0:29:32 | M22 | 44 | 0:31:22 | 1988 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|---------------------------|---------|-----|----------|------------|----------|
| 559 | 1195 | van R uth Guido | Lauffreunde | 0:29:32 | M45 | 108 | 0:31:08 | 1966 |
| 559 | 372 | Schmitz Georg | Team Polizei | 0:29:32 | M30 | 38 | 0:29:57 | 1980 |
| 561 | 229 | Moser Heinz | AS Neukirchen-Vluyn | 0:29:33 | M55 | 63 | 0:31:19 | 1958 |
| 562 | 459 | Jerig Ludger | *Duisburg | 0:29:33 | M55 | 64 | 0:31:03 | 1959 |
| 563 | 1678 | Giebfried Bernhard | *Duisburg | 0:29:34 | M60 | 27 | 0:31:03 | 1952 |
| 564 | 1490 | Hemmelberg Udo | Team Polizei | 0:29:34 | M45 | 109 | 0:29:59 | 1968 |
| 565 | 1328 | Hageney Willi | LT Schnecke Sonsbeck | 0:29:35 | M60 | 28 | 0:30:52 | 1952 |
| 566 | 569 | Peree Joachim | Laufftreff R(h)einknaller | 0:29:36 | M55 | 65 | 0:30:46 | 1957 |
| 567 | 1164 | Dettlaff Jens | Beverlaufftreff | 0:29:36 | M22 | 45 | 0:31:36 | 1988 |
| 568 | 1752 | Winkler Wolfgang | *D usseldorf | 0:29:37 | M60 | 29 | 0:30:47 | 1952 |
| 569 | 1670 | Leismann Claus | *Kettwig | 0:29:37 | M55 | 66 | 0:31:35 | 1959 |
| 570 | 49 | Anderl Andreas | BWG Running Team | 0:29:37 | M50 | 88 | 0:31:29 | 1960 |
| 571 | 869 | Grans Stephan | *Duisburg | 0:29:40 | M45 | 110 | 0:31:05 | 1969 |
| 572 | 703 | Thimm J rgen | Goch | 0:29:44 | M45 | 111 | 0:31:11 | 1967 |
| 573 | 1498 | Ebhardt Gerhard | *Duisburg | 0:29:45 | M65 | 11 | 0:30:58 | 1948 |
| 574 | 1266 | Reimann Uwe | WupperRunners | 0:29:46 | M50 | 89 | 0:30:13 | 1963 |
| 575 | 1814 | Hesselmann J rgen | Marathon M lheim | 0:29:46 | M65 | 12 | 0:30:39 | 1947 |
| 576 | 339 | Protze Stefan | TUS Breitscheid | 0:29:48 | M45 | 112 | 0:30:00 | 1965 |
| 577 | 1234 | Baumgarten Christoph | *Essen | 0:29:49 | M22 | 46 | 0:31:09 | 1988 |
| 578 | 85 | Beyer Marc | Vodafone Runners | 0:29:49 | M40 | 75 | 0:31:06 | 1972 |
| 579 | 123 | R nnebrink Frank | VIVAWEST | 0:29:50 | M45 | 113 | 0:31:11 | 1966 |
| 580 | 1781 | M ller Detlef | *Moers | 0:29:52 | M55 | 67 | 0:31:42 | 1959 |
| 581 | 1571 | Friedrichs J rg | *Duisburg | 0:29:52 | M45 | 114 | 0:31:24 | 1969 |
| 582 | 1270 | Faber-Dietze Wilfried | Berufskolleg Dinslaken | 0:29:53 | M55 | 68 | 0:30:47 | 1955 |
| 583 | 1763 | Pauly Klaus | *Duisburg | 0:29:55 | M55 | 69 | 0:31:19 | 1959 |
| 584 | 1537 | Fieser Heinz | Kaldenhausen Roadrunner | 0:29:55 | M60 | 30 | 0:30:17 | 1951 |
| 585 | 1089 | R ser Hubert | DJK Altendorf 09 Essen | 0:29:58 | M50 | 90 | 0:30:55 | 1961 |
| 586 | 1378 | Holtschneider Bruno | *D usseldorf | 0:29:59 | M65 | 13 | 0:31:11 | 1947 |
| 587 | 785 | Herpel Florian | KG Haufenlaufen | 0:29:59 | M45 | 115 | 0:31:52 | 1969 |
| 588 | 1622 | Puchenberg Tim | BSV Kokerei Schwelgern e | 0:30:00 | M22 | 47 | 0:31:32 | 1989 |
| 589 | 1373 | Dr Ostertag Dr. Heinz | LC Duisburg | 0:30:01 | M60 | 31 | 0:31:13 | 1952 |
| 590 | 479 | Swiatczak Eugen | *Duisburg | 0:30:01 | M65 | 14 | 0:31:27 | 1948 |
| 591 | 708 | Kersting J rg | LC Duisburg | 0:30:03 | M40 | 76 | 0:30:36 | 1970 |
| 592 | 550 | Grabow Jan | Trinksportf rderverein | 0:30:04 | M50 | 91 | 0:31:11 | 1964 |
| 593 | 1112 | Konkowski Frank | SG Stern D usseldorf | 0:30:04 | M50 | 92 | 0:31:11 | 1960 |
| 594 | 1742 | Hamb cker J rgen | *Duisburg | 0:30:04 | M50 | 93 | 0:31:38 | 1963 |
| 595 | 895 | May Heinz-Josef | *Duisburg | 0:30:07 | M55 | 70 | 0:31:55 | 1956 |
| 596 | 436 | Sch rmann Achim | PV-Triathlon Witten | 0:30:08 | M55 | 71 | 0:31:24 | 1958 |
| 597 | 1004 | Sliwa Manfred | Ausdauerschule by Bunert | 0:30:10 | M60 | 32 | 0:31:28 | 1951 |
| 598 | 716 | Ludwig Theo | Marathon Dinslaken | 0:30:12 | M60 | 33 | 0:31:15 | 1954 |
| 599 | 1505 | Hafki Andreas | *Herne | 0:30:15 | M40 | 77 | 0:31:59 | 1971 |
| 600 | 1506 | Tessner Bj rn | *Duisburg | 0:30:15 | M40 | 78 | 0:32:00 | 1972 |
| 601 | 1065 | Friedrich Luca | Skinfit Team Krefeld | 0:30:17 | M15 | 22 | 0:30:43 | 2003 |
| 602 | 969 | Berg Wolfgang | *Duisburg | 0:30:18 | M60 | 34 | 0:31:32 | 1952 |
| 603 | 304 | Plesker Heinz | LG COESFELD | 0:30:18 | M60 | 35 | 0:30:49 | 1951 |
| 604 | 244 | Drees Frank | AS Neukirchen-Vluyn | 0:30:21 | M45 | 116 | 0:32:13 | 1968 |
| 605 | 1138 | Pl m Hartmut | AS Neukirchen-Vluyn | 0:30:24 | M65 | 15 | 0:32:12 | 1949 |
| 606 | 198 | Clau sen Uwe | *Duisburg | 0:30:25 | M50 | 94 | 0:32:15 | 1960 |
| 607 | 1313 | Lange Peter | LG M lheim | 0:30:25 | M55 | 72 | 0:30:48 | 1955 |
| 608 | 130 | Stevens Tom | TEAM ELG | 0:30:25 | M30 | 39 | 0:31:52 | 1981 |
| 609 | 684 | Kunze Guido | *Essen | 0:30:25 | M40 | 79 | 0:32:29 | 1973 |
| 610 | 1261 | Haase Heinz | LC Duisburg | 0:30:26 | M60 | 36 | 0:31:32 | 1950 |
| 611 | 975 | Poppe Eldor | *heiligenhaus | 0:30:27 | M55 | 73 | 0:31:16 | 1958 |
| 612 | 1621 | Schild Michael | BSV Kokerei Schwelgern e | 0:30:27 | M50 | 95 | 0:31:18 | 1963 |
| 613 | 920 | Polowinsky Oliver | Tri Team FS D usseldorf | 0:30:27 | M30 | 40 | 0:32:25 | 1980 |
| 614 | 1294 | Kolenbrander Karl-Heinz | Kolibreus | 0:30:29 | M60 | 37 | 0:32:11 | 1952 |
| 615 | 921 | Schilling Ralf | DJK VFL Willich | 0:30:35 | M60 | 38 | 0:31:55 | 1950 |
| 616 | 1566 | Mitschka-Meise Martin | SC Aegir Essen | 0:30:36 | M30 | 41 | 0:31:30 | 1982 |
| 617 | 428 | Waschkowitz Erik | Adler-Langlauf Bottrop | 0:30:39 | M15 | 23 | 0:31:55 | 2004 |
| 617 | 1426 | Wienhofen Ludwig | *Duisburg | 0:30:39 | M50 | 96 | 0:32:21 | 1962 |
| 619 | 117 | Breill Karl | VIVAWEST | 0:30:40 | M50 | 97 | 0:31:47 | 1963 |
| 620 | 619 | Gr e Wolfgang | *Kaarst | 0:30:42 | M60 | 39 | 0:32:19 | 1953 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|-----------------------------|---------|-----|----------|------------|----------|
| 621 | 81 | Kraft Torsten | Vodafone Runners | 0:30:43 | M40 | 80 | 0:32:32 | 1972 |
| 622 | 860 | Kriegler Manfred | Die Krieglers | 0:30:49 | M50 | 98 | 0:31:51 | 1963 |
| 623 | 1230 | Petlikau Manfred | Zwoelfender | 0:30:51 | M50 | 99 | 0:31:50 | 1964 |
| 624 | 1630 | Middendorf Udo | Sparkasse HRV | 0:30:53 | M55 | 74 | 0:32:08 | 1958 |
| 625 | 1383 | Meyer Marcel | *Essen | 0:30:55 | M30 | 42 | 0:31:50 | 1983 |
| 626 | 1724 | Golz Gerd | *Düsseldorf | 0:31:01 | M55 | 75 | 0:32:57 | 1958 |
| 627 | 982 | Koch Johannes | *Rheinberg | 0:31:01 | M15 | 24 | 0:32:54 | 2001 |
| 628 | 1687 | Karutz Heinz | *Ratingen | 0:31:01 | M70 | 4 | 0:32:16 | 1940 |
| 629 | 288 | Heimeroth Jürgen | *Krefeld | 0:31:02 | M70 | 5 | 0:32:33 | 1941 |
| 630 | 107 | Schulte Peter | VIVAWEST | 0:31:06 | M50 | 100 | 0:32:56 | 1964 |
| 631 | 1744 | Wallhorn Marius | LC Duisburg | 0:31:07 | M22 | 48 | 0:32:09 | 1987 |
| 632 | 460 | Tausche Karl | SV Haldern Lauftreff | 0:31:17 | M75 | 2 | 0:32:42 | 1935 |
| 633 | 552 | Zwicky Michael | *Duisburg | 0:31:18 | M55 | 76 | 0:32:16 | 1959 |
| 634 | 1446 | Lawicki Werner | TSV Viktoria Mülheim | 0:31:19 | M65 | 16 | 0:32:39 | 1946 |
| 635 | 135 | Schäfer Norbert | TRIMET ESSEN | 0:31:23 | M60 | 40 | 0:32:57 | 1954 |
| 636 | 875 | Eckert Andreas | *Wesel | 0:31:25 | M45 | 117 | 0:32:50 | 1966 |
| 637 | 440 | Dierschke Christian | *Düsseldorf | 0:31:26 | M30 | 43 | 0:32:25 | 1984 |
| 638 | 227 | Menke Klaus | AS Neukirchen-Vluyn | 0:31:27 | M60 | 41 | 0:33:16 | 1952 |
| 639 | 20 | Weiß Thomas | opta data | 0:31:28 | M22 | 49 | 0:33:08 | 1985 |
| 640 | 1253 | Scheidtmann Michael | *Velbert | 0:31:29 | M50 | 101 | 0:33:02 | 1963 |
| 641 | 176 | Kill Ludger | Porsche Club of America | 0:31:38 | M50 | 102 | 0:33:17 | 1961 |
| 642 | 16 | Schmick Marcel | opta data | 0:31:43 | M22 | 50 | 0:32:12 | 1985 |
| 643 | 1520 | Oppermann Alexander | *Paderborn | 0:31:44 | M22 | 51 | 0:33:51 | 1986 |
| 644 | 19 | Rieger David | opta data | 0:31:46 | M35 | 54 | 0:33:26 | 1975 |
| 645 | 1513 | Mehlem Rüdiger | *Mülheim | 0:31:49 | M45 | 118 | 0:33:21 | 1967 |
| 646 | 1484 | Lohscheller Michael | *Dinslaken | 0:31:51 | M45 | 119 | 0:33:31 | 1967 |
| 647 | 29 | Eickelmann Franz Josef | Ruhrgas SG 1929 | 0:31:52 | M65 | 17 | 0:34:00 | 1945 |
| 648 | 1857 | Czickus Friedhelm | SG Stern Wuppertal/Soling | 0:31:56 | M65 | 18 | 0:32:31 | 1947 |
| 649 | 1293 | Kolenbrander Ulrich | Kolibreus | 0:31:58 | M45 | 120 | 0:33:39 | 1969 |
| 650 | 1226 | Hesse Carsten | *Oberhausen | 0:31:58 | M45 | 121 | 0:33:59 | 1965 |
| 651 | 1495 | Thieler Achim | Lauftreff Sterkrade-Nord | 0:31:58 | M55 | 77 | 0:33:12 | 1955 |
| 652 | 1464 | Ihme Carsten | *Duisburg | 0:32:05 | M40 | 81 | 0:33:06 | 1971 |
| 653 | 597 | Lenzen Friedhelm | OSC 04 Rheinhausen | 0:32:07 | M70 | 6 | 0:33:33 | 1940 |
| 654 | 301 | Kröger Jürgen | LG COESFELD | 0:32:08 | M50 | 103 | 0:34:17 | 1961 |
| 655 | 1796 | Roßmann Armin | *Rheinberg | 0:32:10 | M45 | 122 | 0:33:26 | 1965 |
| 656 | 851 | Plickat Thomas | *Oberhausen | 0:32:11 | M45 | 123 | 0:33:41 | 1968 |
| 657 | 745 | Schmidt Wolfgang | Diakonie Michaelshoven | 0:32:17 | M55 | 78 | 0:32:28 | 1957 |
| 658 | 1349 | Bender Michael | *Krefeld | 0:32:18 | M50 | 104 | 0:33:10 | 1964 |
| 659 | 136 | Laub Joachim | TRIMET ESSEN | 0:32:18 | M65 | 19 | 0:33:53 | 1948 |
| 660 | 1606 | Philipp Hans Dieter | Eintracht Duisburg 1848 e.V | 0:32:19 | M65 | 20 | 0:33:19 | 1949 |
| 661 | 1437 | Hübner Richard | Die Rennsemmeln | 0:32:20 | M45 | 124 | 0:32:23 | 1969 |
| 662 | 594 | Franz Uwe | *Duisburg | 0:32:20 | M45 | 125 | 0:33:52 | 1965 |
| 663 | 1804 | Kridde Axel | LOXX Logistics | 0:32:23 | M50 | 105 | 0:34:19 | 1961 |
| 664 | 13 | Gollan Stefan | opta data | 0:32:27 | M40 | 82 | 0:34:08 | 1973 |
| 665 | 359 | Reimer Winfried | Ausdauerschule by Bunert | 0:32:30 | M60 | 42 | 0:34:07 | 1954 |
| 666 | 1693 | Herold Klaus | *Duisburg | 0:32:33 | M55 | 79 | 0:33:33 | 1958 |
| 667 | 902 | Gornik Niklas | *Gladbeck | 0:32:41 | M18 | 23 | 0:34:43 | 1995 |
| 668 | 974 | Heimann Michael | *Oberhausen | 0:32:44 | M55 | 80 | 0:34:11 | 1959 |
| 669 | 971 | Schwalbach Peter | BSG-DVG | 0:32:44 | M45 | 126 | 0:34:13 | 1966 |
| 670 | 984 | Schmidt Hans-Werner | Rheindeichschleicher | 0:32:47 | M60 | 43 | 0:34:38 | 1952 |
| 671 | 237 | Sewing Wolfgang | AS Neukirchen-Vluyn | 0:32:47 | M55 | 81 | 0:34:50 | 1959 |
| 672 | 1087 | Witt Kay | *Duisburg | 0:32:50 | M50 | 106 | 0:34:29 | 1964 |
| 673 | 801 | van Löchtern Theo | Oberhausener TV | 0:32:53 | M80 | 1 | 0:33:34 | 1934 |
| 674 | 1115 | Bengel Michael | *Mülheim an der Ruhr | 0:32:58 | M55 | 82 | 0:34:46 | 1959 |
| 675 | 970 | Holste Ulrich | Rheindeichschleicher | 0:33:04 | M50 | 107 | 0:34:55 | 1960 |
| 676 | 525 | Hölscher Dirk | *Köln | 0:33:05 | M40 | 83 | 0:35:03 | 1971 |
| 677 | 115 | Wülbeck Burkhard | VIVAWEST | 0:33:07 | M55 | 83 | 0:35:09 | 1958 |
| 678 | 1829 | Faulenbach Torsten | *Hünxe | 0:33:12 | M40 | 84 | 0:34:58 | 1971 |
| 679 | 1160 | Bring Dirk | Rumelner TV | 0:33:13 | M45 | 127 | 0:34:50 | 1967 |
| 680 | 342 | Wingender Olaf | Ruhrgas SG 1929 | 0:33:13 | M50 | 108 | 0:33:43 | 1964 |
| 681 | 132 | Ruckelshauß Rolf | TRIMET ESSEN | 0:33:22 | M65 | 21 | 0:35:27 | 1949 |
| 682 | 797 | Spettmann Carsten | running4charity | 0:33:23 | M45 | 128 | 0:34:56 | 1969 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|--------------------------|---------|-----|----------|------------|----------|
| 683 | 634 | Olexik Mirko | running4charity | 0:33:25 | M45 | 129 | 0:34:56 | 1968 |
| 684 | 1036 | Kuster Markus | BSG Sparkasse Dinslaken | 0:33:26 | M45 | 130 | 0:34:21 | 1965 |
| 685 | 1037 | Hettmer Klaus | BSG Sparkasse Dinslaken | 0:33:27 | M45 | 131 | 0:34:21 | 1965 |
| 686 | 1783 | Weicht Michael | *Duisburg | 0:33:36 | M45 | 132 | 0:35:10 | 1965 |
| 687 | 220 | Tackenberg Frank | *Wuppertal | 0:33:46 | M45 | 133 | 0:35:11 | 1968 |
| 688 | 1643 | Roth Winfried | *Duisburg | 0:33:46 | M60 | 44 | 0:35:14 | 1954 |
| 689 | 363 | Henkemeyer Horst | LG COESFELD | 0:33:47 | M55 | 84 | 0:35:12 | 1956 |
| 690 | 842 | Weske Harald | *Duisburg | 0:33:48 | M55 | 85 | 0:35:55 | 1958 |
| 691 | 1007 | Wiens Manfred | *Witten | 0:33:51 | M55 | 86 | 0:35:52 | 1956 |
| 692 | 1632 | Moritz Günter | AS Neukirchen-Vluyn | 0:33:55 | M60 | 45 | 0:35:42 | 1950 |
| 693 | 1499 | Hauck Markus | *Duisburg | 0:33:59 | M35 | 55 | 0:34:51 | 1976 |
| 694 | 1207 | Herrmann Holger | Rumelner TV | 0:34:10 | M55 | 87 | 0:35:34 | 1959 |
| 695 | 669 | Fenyk Ulrich | Rumelner TV | 0:34:11 | M50 | 109 | 0:35:34 | 1964 |
| 696 | 747 | Gillat Helmuth | Rumelner TV | 0:34:11 | M65 | 22 | 0:35:34 | 1945 |
| 697 | 1369 | Hecker Klaus-Martin | Rumelner TV | 0:34:15 | M55 | 88 | 0:36:06 | 1958 |
| 698 | 43 | Schild Wilhelm | Ruhrgas SG 1929 | 0:34:16 | M55 | 89 | 0:36:25 | 1957 |
| 699 | 892 | Urbatsch Dr. Peter | *Mülheim | 0:34:20 | M70 | 7 | 0:36:15 | 1944 |
| 700 | 727 | Schumacher Jörg | *Düsseldorf | 0:34:20 | M45 | 134 | 0:36:11 | 1967 |
| 701 | 223 | Lichtenstein Jörg | AS Neukirchen-Vluyn | 0:34:20 | M45 | 135 | 0:36:13 | 1968 |
| 702 | 662 | Geuer Lutz | *Krefeld | 0:34:28 | M45 | 136 | 0:36:10 | 1965 |
| 703 | 558 | Wienhold Philipp | *Essen | 0:34:38 | M35 | 56 | 0:35:48 | 1976 |
| 704 | 1109 | Reisch Axel | Laufschule Oberhausen | 0:34:40 | M60 | 46 | 0:36:43 | 1953 |
| 705 | 32 | Heimann Klaus | Ruhrgas SG 1929 | 0:34:44 | M70 | 8 | 0:35:47 | 1941 |
| 706 | 911 | Waskowski Ralf | *Duisburg | 0:34:45 | M45 | 137 | 0:36:21 | 1965 |
| 707 | 1834 | Maßmann Armin | *Duisburg | 0:34:45 | M22 | 52 | 0:35:38 | 1990 |
| 708 | 1100 | Jessnitz Josef | LT MSV-Turnen | 0:34:49 | M55 | 90 | 0:36:23 | 1955 |
| 709 | 1218 | Jeide Wolfgang | Team NGW | 0:34:52 | M50 | 110 | 0:36:51 | 1962 |
| 710 | 1531 | Hagedorn Karl | SV Haldern Lauftreff | 0:35:02 | M55 | 91 | 0:37:02 | 1955 |
| 711 | 1597 | Schroers Markus | *Mülheim | 0:35:04 | M40 | 85 | 0:37:00 | 1970 |
| 712 | 1826 | Lang Rüdiger | RTV Rumeln | 0:35:10 | M55 | 92 | 0:35:44 | 1956 |
| 713 | 1376 | Feldmann Thomas | SC Bayer 05 Uerdingen | 0:35:14 | M50 | 111 | 0:37:18 | 1963 |
| 714 | 899 | Glässer Martin | *Gladbeck | 0:35:20 | M50 | 112 | 0:37:22 | 1963 |
| 715 | 606 | Spottke Thomas | Marketing Runners | 0:35:21 | M45 | 138 | 0:36:36 | 1965 |
| 716 | 44 | Schnaubelt Peter | Ruhrgas SG 1929 | 0:35:24 | M65 | 23 | 0:36:24 | 1946 |
| 717 | 364 | Baas Ralf | FS RHEINKAMP | 0:35:31 | M50 | 113 | 0:37:26 | 1963 |
| 718 | 365 | Lips Peter | FS RHEINKAMP | 0:35:31 | M50 | 114 | 0:37:26 | 1964 |
| 719 | 587 | Hoffmann Axel K | AS Neukirchen-Vluyn | 0:35:43 | M60 | 47 | 0:37:46 | 1953 |
| 720 | 1615 | Kreßmann Dirk | Kressis | 0:35:43 | M45 | 139 | 0:37:21 | 1965 |
| 721 | 1664 | Nottelmann Hermann | *Düsseldorf | 0:35:43 | M30 | 44 | 0:37:32 | 1980 |
| 722 | 1460 | Reese Maik | *Essen | 0:35:50 | M30 | 45 | 0:36:44 | 1982 |
| 723 | 763 | Scharlowsky Manfred | *Erkrath | 0:35:51 | M55 | 93 | 0:37:21 | 1958 |
| 724 | 92 | Lampe Jens | Vodafone Runners | 0:35:55 | M45 | 140 | 0:37:59 | 1966 |
| 725 | 1623 | Retzlaff Jürgen | BSV Kokerei Schwelgern e | 0:35:59 | M55 | 94 | 0:36:36 | 1959 |
| 726 | 584 | Hirseman Thorsten | RSC Niederrhein | 0:36:08 | M35 | 57 | 0:37:55 | 1978 |
| 727 | 814 | Schewior Klaus | *Jüchen | 0:36:27 | M45 | 141 | 0:37:53 | 1968 |
| 728 | 726 | Hamacher Michael | *Mülheim | 0:36:33 | M55 | 95 | 0:38:21 | 1959 |
| 729 | 1390 | Mitropoulos Elias | LG mitrobotties | 0:36:45 | M15 | 25 | 0:38:15 | 2003 |
| 730 | 1342 | Weiske Tim | *Duisburg | 0:37:01 | M35 | 58 | 0:39:06 | 1975 |
| 731 | 1766 | Neven Klaus Running Duc | BSG Commerzbank AG Ru | 0:37:06 | M50 | 115 | 0:39:16 | 1963 |
| 732 | 1583 | Kolla Harald | *duisburg | 0:37:10 | M60 | 48 | 0:39:05 | 1953 |
| 733 | 873 | Mertens Bernhard | *Krefeld | 0:37:15 | M50 | 116 | 0:39:12 | 1960 |
| 734 | 233 | Pelc Robert | AS Neukirchen-Vluyn | 0:37:35 | M45 | 142 | 0:39:34 | 1966 |
| 735 | 3980 | Bachran Dr. Rainer | SV Sonsbeck | 0:38:05 | M55 | 96 | 0:39:59 | 1958 |
| 736 | 1237 | Siewers Volker | LC Duisburg | 0:38:12 | M50 | 117 | 0:40:09 | 1960 |
| 737 | 234 | Podbiel Thomas | AS Neukirchen-Vluyn | 0:38:15 | M50 | 118 | 0:40:14 | 1962 |
| 738 | 811 | Ochmann Peter | *Mülheim | 0:38:29 | M60 | 49 | 0:40:27 | 1954 |
| 739 | 24 | Fernandez Valentin | MWZ Duisburg | 0:38:42 | M50 | 119 | 0:40:22 | 1964 |
| 740 | 22 | Bednorz Tobias | MWZ Duisburg | 0:38:43 | M35 | 59 | 0:40:22 | 1979 |
| 741 | 1771 | Beckmann Klaus | *Mülheim | 0:39:10 | M55 | 97 | 0:41:22 | 1959 |
| 742 | 817 | Viand Peter | *Mönchengladbach | 0:39:27 | M40 | 86 | 0:40:53 | 1970 |
| 743 | 1703 | Sugland Rolf | *Duisburg | 0:39:32 | M55 | 98 | 0:40:15 | 1955 |
| 744 | 1543 | Smolinsky Marc | *Oberhausen | 0:42:11 | M40 | 87 | 0:44:13 | 1972 |



Nike Winterlaufserie des ASV Duisburg
1. Lauf der kleinen Serie - 5 km
8. Februar 2014

Männer

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------|---------------------------|---------|-----|----------|------------|----------|
| 745 | 221 | Weidenmüller Werner | LC Duisburg | 0:42:34 | M55 | 99 | 0:44:23 | 1955 |
| 746 | 1141 | Klößner Wilhelm | Die Irrenläufer Dinslaken | 0:42:52 | M45 | 143 | 0:44:22 | 1967 |
| 747 | 1352 | Vrengor Michael | mtu running team | 0:47:57 | M45 | 144 | 0:49:30 | 1965 |



Nike Winterlaufserie des ASV Duisburg

Frauen

1. Lauf der kleinen Serie - 5 km

8. Februar 2014

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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------|---------------------------|---------|-----|----------|------------|----------|
| 1 | 7 | Koubaa Sanaa | LG Hilden | 0:17:06 | W22 | 1 | 0:17:07 | 1985 |
| 2 | 740 | Fröhling Sophie | SV Sonsbeck | 0:18:35 | W15 | 1 | 0:18:36 | 2002 |
| 3 | 423 | Zimmermann Rebecca | Team TG Witten | 0:19:17 | W22 | 2 | 0:19:21 | 1989 |
| 4 | 206 | Wehr Katharina | TV Wanheimerort | 0:19:20 | W18 | 1 | 0:19:25 | 1996 |
| 5 | 538 | Guerndt Jutta | Triminators TV Voerde | 0:19:46 | W40 | 1 | 0:19:48 | 1972 |
| 6 | 845 | Bannert Birte | *Wuppertal | 0:20:16 | W40 | 2 | 0:20:21 | 1973 |
| 7 | 1473 | Shala Daniela | DLRG Duisburg | 0:20:30 | W45 | 1 | 0:20:33 | 1966 |
| 8 | 1148 | Mordas Claudia | TUSEM Essen | 0:20:31 | W45 | 2 | 0:20:42 | 1966 |
| 9 | 1034 | Doetsch Esther | Ausdauerschule by Bunert | 0:20:33 | W22 | 3 | 0:20:37 | 1988 |
| 10 | 707 | Ost Britta | Runnersworld | 0:20:47 | W30 | 1 | 0:20:54 | 1980 |
| 11 | 507 | Müller Anna | MSV Duisburg Einradzebras | 0:21:10 | W18 | 2 | 0:21:27 | 1997 |
| 12 | 281 | Hofmann Kerstin | TUS Drevenack | 0:21:16 | W35 | 1 | 0:21:20 | 1977 |
| 13 | 1368 | Ellbracht Steffi | TV Jahn Kapellen/Erft | 0:21:26 | W15 | 2 | 0:21:31 | 2001 |
| 14 | 305 | Fels Anika | LG COESFELD | 0:21:30 | W18 | 3 | 0:21:39 | 1995 |
| 15 | 1121 | Schweikhart Nicola | LT Lukas | 0:21:37 | W45 | 3 | 0:21:55 | 1966 |
| 16 | 521 | Klabunde Sandra | Krefelder Kanu Klub | 0:21:42 | W22 | 4 | 0:21:53 | 1986 |
| 17 | 285 | Rohs Birte | Hamminkelner Sportverein | 0:21:47 | W30 | 2 | 0:25:43 | 1981 |
| 18 | 665 | Mölders Sarah | Duisburger Ruderverein | 0:21:55 | W22 | 5 | 0:22:12 | 1985 |
| 19 | 1018 | Gindera Monika | Duisburger Ruderverein | 0:21:56 | W30 | 3 | 0:22:12 | 1983 |
| 20 | 276 | Sadlo Nele | TUS Drevenack | 0:21:59 | W18 | 4 | 0:22:02 | 1998 |
| 21 | 998 | Nizeyimana Christine | Schalke 04 | 0:22:02 | W22 | 6 | 0:22:16 | 1986 |
| 22 | 1243 | Merl Monika | Wattläufer | 0:22:02 | W35 | 2 | 0:22:09 | 1979 |
| 23 | 509 | Greco Riccarda | MSV Duisburg Einradzebras | 0:22:08 | W18 | 5 | 0:22:26 | 1998 |
| 24 | 950 | Bischoff Bettina | National-Bank | 0:22:09 | W45 | 4 | 0:22:16 | 1966 |
| 25 | 1238 | Griebek Kerstin | *Krefeld | 0:22:13 | W45 | 5 | 0:22:21 | 1967 |
| 26 | 326 | Schmidtke Ulrike | TUS Breitscheid | 0:22:15 | W45 | 6 | 0:22:26 | 1965 |
| 27 | 741 | Grein Yvonne | Krefelder Kanu Klub | 0:22:16 | W30 | 4 | 0:22:41 | 1980 |
| 28 | 1711 | Stähr Sabine | Team High5 | 0:22:19 | W30 | 5 | 0:22:24 | 1983 |
| 29 | 973 | Kulago Jekaterina | *Duisburg | 0:22:24 | W18 | 6 | 0:22:28 | 1997 |
| 30 | 426 | Dallmann Heike | Ausdauerschule by Bunert | 0:22:33 | W50 | 1 | 0:22:39 | 1963 |
| 31 | 498 | Wiesel Lea | MSV Duisburg Einradzebras | 0:22:38 | W15 | 3 | 0:23:03 | 1999 |
| 32 | 417 | Matter Lisa | *Tönisvorst | 0:22:39 | W22 | 7 | 0:23:01 | 1989 |
| 33 | 277 | Kleinsteiberg Anna | TUS Drevenack | 0:22:40 | W18 | 7 | 0:22:50 | 1997 |
| 34 | 1860 | Muschalla Rebecca | ASV Duisburg e.V. | 0:22:49 | W15 | 4 | 0:23:03 | 2002 |
| 35 | 500 | Wingenter Anna | MSV Duisburg Einradzebras | 0:23:06 | W18 | 8 | 0:23:30 | 1998 |
| 36 | 131 | Orlova Galina | TEAM ELG | 0:23:09 | W40 | 3 | 0:23:23 | 1972 |
| 37 | 111 | Roth Katrin | BSG Stadtwerke Duisburg A | 0:23:09 | W45 | 7 | 0:23:35 | 1968 |
| 38 | 278 | Westrich Friederike | TUS Drevenack | 0:23:11 | W18 | 9 | 0:23:21 | 1998 |
| 39 | 1150 | Beier Susanne | *Herne | 0:23:16 | W50 | 2 | 0:23:35 | 1964 |
| 40 | 700 | Hesse Birgit | *Dinslaken | 0:23:16 | W50 | 3 | 0:23:29 | 1963 |
| 41 | 1709 | Wiesmann Katja | SG Borcken | 0:23:17 | W22 | 8 | 0:23:47 | 1991 |
| 42 | 918 | Engler Denise | BSG Sparkasse Essen | 0:23:18 | W22 | 9 | 0:23:26 | 1989 |
| 43 | 1210 | Homes Katrin | FC Straberg | 0:23:19 | W35 | 3 | 0:23:36 | 1979 |
| 44 | 443 | Görigk Silvia | Wedau-Runner Duisburg | 0:23:20 | W45 | 8 | 0:23:28 | 1967 |
| 45 | 833 | Tersteegen Julia | *Duisburg | 0:23:21 | W30 | 6 | 0:23:44 | 1981 |
| 46 | 505 | Müller Anna Maria | MSV Duisburg Einradzebras | 0:23:24 | W18 | 10 | 0:23:48 | 1997 |
| 47 | 381 | Westermann Kristin | ASV Duisburg e.V. | 0:23:35 | W15 | 5 | 0:23:49 | 1999 |
| 48 | 171 | Haschberger Silke | SV Viktoria Goch | 0:23:35 | W40 | 4 | 0:23:43 | 1971 |
| 49 | 932 | Hommes Claudia | LC Duisburg | 0:23:37 | W45 | 9 | 0:23:56 | 1968 |
| 50 | 1809 | Markwitz Anna | MSV Duisburg Einradzebras | 0:23:38 | W15 | 6 | 0:24:02 | 1999 |
| 51 | 1215 | Borgloh Sarah | gotorun | 0:23:39 | W30 | 7 | 0:24:05 | 1981 |
| 52 | 445 | Pukropski Rica | PV-Triathlon Witten | 0:23:40 | W19 | 1 | 0:23:45 | 1992 |
| 53 | 1286 | Engel Sabine | Die3E | 0:23:44 | W45 | 10 | 0:23:57 | 1969 |
| 53 | 1400 | Hoschke Traudel | Hombberger TV | 0:23:44 | W60 | 1 | 0:23:52 | 1951 |
| 55 | 1732 | Götz Dr. Astrid | *Düsseldorf | 0:23:49 | W35 | 4 | 0:24:51 | 1978 |
| 56 | 320 | Kraatz Frauke | TUS Breitscheid | 0:23:50 | W30 | 8 | 0:24:00 | 1980 |
| 57 | 847 | Lui Sabine | *Dorsten | 0:23:52 | W40 | 5 | 0:24:19 | 1971 |
| 58 | 37 | Metzner Verena | Ruhrgas SG 1929 | 0:23:54 | W30 | 9 | 0:24:30 | 1982 |
| 59 | 530 | Kellner Karin | SG Sparkasse Mülheim e.V. | 0:23:55 | W45 | 11 | 0:24:02 | 1969 |
| 60 | 571 | Timm Sabine | DJK Tackenberg | 0:24:02 | W45 | 12 | 0:24:30 | 1968 |
| 60 | 1228 | Schanzenbach Cerstin | LC Duisburg | 0:24:02 | W45 | 12 | 0:24:21 | 1969 |
| 62 | 532 | Langen Yvonne | *Essen | 0:24:02 | W40 | 6 | 0:24:26 | 1972 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------------|------------------------------|---------|-----|----------|------------|----------|
| 63 | 1445 | Redmann Annika | *Duisburg | 0:24:05 | W22 | 10 | 0:24:26 | 1988 |
| 64 | 367 | Hebmüller Regina | TG Neuss | 0:24:07 | W50 | 4 | 0:24:25 | 1964 |
| 65 | 495 | Schindelmann Antonia | MSV Duisburg Einradzebras | 0:24:08 | W15 | 7 | 0:24:32 | 2001 |
| 66 | 926 | Nepl Andrea Eva | *Duisburg | 0:24:08 | W45 | 14 | 0:24:31 | 1965 |
| 67 | 411 | Pautzke Christine | Moerser TV Triathlon | 0:24:14 | W22 | 11 | 0:24:33 | 1990 |
| 68 | 661 | Ophay Jessica | *Duisburg | 0:24:14 | W22 | 12 | 0:25:31 | 1985 |
| 69 | 1638 | Eickelkamp Annette | Adler-Langlauf Bottrop | 0:24:16 | W50 | 5 | 0:24:27 | 1960 |
| 70 | 607 | Hesse Anja | RuF Hünxe | 0:24:22 | W22 | 13 | 0:24:42 | 1985 |
| 71 | 471 | Drießen Vanessa | Krefelder Kanu Klub | 0:24:32 | W22 | 14 | 0:25:01 | 1986 |
| 72 | 1235 | Schraven Silke | *Duisburg | 0:24:34 | W40 | 7 | 0:25:03 | 1972 |
| 73 | 1553 | Nieland Stephanie | SG-Stern W-tal, SG, RS | 0:24:34 | W35 | 5 | 0:25:02 | 1979 |
| 74 | 1393 | Ullrich Manuela | *essen | 0:24:35 | W30 | 10 | 0:25:30 | 1980 |
| 75 | 916 | Schelenz Stefanie | Ausdauerschule by Bunert | 0:24:39 | W45 | 15 | 0:25:00 | 1966 |
| 76 | 496 | Pörschke Lisa Marie | MSV Duisburg Einradzebras | 0:24:40 | W15 | 8 | 0:25:47 | 2002 |
| 76 | 499 | Heidtmann Natascha | MSV Duisburg Einradzebras | 0:24:40 | W15 | 8 | 0:25:47 | 2001 |
| 78 | 794 | Goletz Janine | LT Vynen | 0:24:43 | W18 | 11 | 0:25:09 | 1995 |
| 79 | 169 | Raupach Carola | *Duisburg | 0:24:43 | W45 | 16 | 0:24:52 | 1969 |
| 80 | 1196 | van Rùth Annette | Lauffreunde | 0:24:45 | W45 | 17 | 0:25:47 | 1966 |
| 81 | 1032 | Pfaffenhöfer Annette | *Krefeld | 0:24:45 | W45 | 18 | 0:25:06 | 1968 |
| 82 | 1848 | Dercks-Timm Berit | TV Jahn Hiesfeld | 0:24:46 | W50 | 6 | 0:25:03 | 1963 |
| 83 | 1617 | Klatt Katrin | *Rheurd | 0:24:48 | W18 | 12 | 0:25:08 | 1996 |
| 84 | 1735 | Aretz Julia | Laufftreff Sterkrade-Nord | 0:24:49 | W40 | 8 | 0:25:33 | 1973 |
| 85 | 34 | Junge Galina | Ruhrgas SG 1929 | 0:24:52 | W60 | 2 | 0:25:09 | 1954 |
| 86 | 737 | Schwirtz Nicole | Ausdauerschule by Bunert | 0:24:53 | W35 | 6 | 0:25:28 | 1976 |
| 87 | 133 | Reck Sandra | TRIMET ESSEN | 0:24:55 | W35 | 7 | 0:26:00 | 1976 |
| 88 | 1185 | Schulze Bisping Agnes | Billerbecker Läufer | 0:24:58 | W50 | 7 | 0:25:38 | 1962 |
| 89 | 564 | Overlack Almut | *Bottrop | 0:25:05 | W40 | 9 | 0:26:03 | 1971 |
| 90 | 314 | Hilgert Ruth | LG COESFELD | 0:25:06 | W50 | 8 | 0:25:21 | 1961 |
| 91 | 529 | Bäumchen Yvonne | *Köln | 0:25:08 | W35 | 8 | 0:25:27 | 1977 |
| 92 | 933 | Kollnig Elgin | TMT | 0:25:13 | W18 | 13 | 0:25:22 | 1998 |
| 93 | 1481 | Gaschnitz Ingrid | Marl | 0:25:13 | W50 | 9 | 0:25:55 | 1963 |
| 94 | 788 | Heithausen Nicole | *Oberhausen | 0:25:14 | W22 | 15 | 0:25:42 | 1985 |
| 95 | 731 | Hohmann Mariella | triathlon team el nino kesch | 0:25:16 | W22 | 16 | 0:26:01 | 1985 |
| 96 | 1528 | Kwasniewska Teresa | *Mülheim | 0:25:21 | W55 | 1 | 0:25:26 | 1956 |
| 97 | 1614 | Brinkmann Lisa | *Rheurd | 0:25:21 | W18 | 14 | 0:25:41 | 1996 |
| 98 | 352 | Lück Nicola | Ausdauerschule by Bunert | 0:25:24 | W45 | 19 | 0:25:52 | 1968 |
| 99 | 1429 | Machui Diana | Eintracht Duisburg 1848 e.V | 0:25:25 | W30 | 11 | 0:25:58 | 1981 |
| 100 | 758 | Lomertin Theresa | Crefelder Ruder-Club | 0:25:26 | W22 | 17 | 0:26:02 | 1990 |
| 101 | 1014 | Richter Jana | *Duisburg | 0:25:29 | W22 | 18 | 0:25:57 | 1991 |
| 102 | 447 | Beck-Collas Hiltraud | Wittlaer Runners | 0:25:30 | W45 | 20 | 0:27:03 | 1965 |
| 103 | 1575 | Juschka Bettina | *Duisburg | 0:25:31 | W50 | 10 | 0:26:10 | 1962 |
| 104 | 1665 | Eickelkamp Leonie | *Oberhausen | 0:25:34 | W22 | 19 | 0:25:46 | 1991 |
| 105 | 485 | Schulz-Bongert Sabine | MSV Duisburg Einradzebras | 0:25:38 | W50 | 11 | 0:26:44 | 1962 |
| 106 | 830 | Focks Martina | LC Duisburg | 0:25:39 | W50 | 12 | 0:26:23 | 1961 |
| 107 | 1276 | Dietze Rita | Berufskolleg Dinslaken | 0:25:40 | W55 | 2 | 0:26:34 | 1957 |
| 108 | 677 | Stephan Katharina | *Düsseldorf | 0:25:40 | W22 | 20 | 0:26:25 | 1989 |
| 109 | 160 | Backhaus-Müller Ulrike | TC Kray 1892 e.V | 0:25:40 | W50 | 13 | 0:25:57 | 1960 |
| 110 | 42 | Ost Dorit | Ruhrgas SG 1929 | 0:25:41 | W35 | 9 | 0:26:16 | 1976 |
| 111 | 1181 | Fels Lisa | Billerbecker Läufer | 0:25:42 | W50 | 14 | 0:26:23 | 1964 |
| 112 | 1654 | Gebek Sarah | FS RHEINKAMP | 0:25:43 | W22 | 21 | 0:26:25 | 1991 |
| 113 | 913 | Baukes Steffi | VSG Duisburg | 0:25:43 | W45 | 21 | 0:25:58 | 1965 |
| 114 | 1048 | Plohmann Magda | LT Lukas | 0:25:48 | W55 | 3 | 0:26:24 | 1959 |
| 115 | 1020 | Künster Ilona | LT Lukas | 0:25:49 | W50 | 15 | 0:26:24 | 1961 |
| 116 | 1557 | Bach Petra | Marathon Mülheim | 0:25:52 | W40 | 10 | 0:26:25 | 1971 |
| 117 | 827 | van Loosen Daniela | LG Mülheim | 0:25:53 | W50 | 16 | 0:26:07 | 1964 |
| 118 | 1278 | Bremer Monika | SV Siemens Mülheim | 0:25:53 | W55 | 4 | 0:26:10 | 1957 |
| 119 | 1801 | Prangen Swantje | SV Budberg Leichtathletik | 0:25:53 | W15 | 10 | 0:26:33 | 2003 |
| 120 | 1397 | Merseburger Daniela | *Düsseldorf | 0:25:55 | W35 | 10 | 0:26:33 | 1978 |
| 121 | 1556 | Juchniewski Sandra | *Duisburg | 0:25:58 | W35 | 11 | 0:26:49 | 1978 |
| 122 | 753 | Schulte-Werflinghoff Stef | Laufftreff R(h)einknaller | 0:26:00 | W30 | 12 | 0:27:08 | 1980 |
| 123 | 1360 | Schumacher Silke | *Velbert | 0:26:00 | W40 | 11 | 0:27:04 | 1970 |
| 124 | 1568 | Stinshoff Maren | *Ratingen | 0:26:02 | W18 | 15 | 0:26:52 | 1995 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|--------------------------|----------------------------|---------|-----|----------|------------|----------|
| 125 | 506 | Müller Julia | MSV Duisburg Einradzebras | 0:26:09 | W15 | 11 | 0:26:52 | 2003 |
| 126 | 494 | Schindelmann Elena | MSV Duisburg Einradzebras | 0:26:09 | W15 | 12 | 0:26:52 | 2003 |
| 127 | 1449 | Mertins Lara | *Duisburg | 0:26:10 | W15 | 13 | 0:27:18 | 2004 |
| 128 | 697 | Hillmann Maren | *Kamp-Lintfort | 0:26:11 | W15 | 14 | 0:26:58 | 2000 |
| 129 | 1701 | Winter Hannah | Triathlon Team Ratingen 08 | 0:26:15 | W18 | 16 | 0:26:27 | 1998 |
| 130 | 1062 | Polster Kathrin | SuS Bertlich | 0:26:15 | W22 | 22 | 0:27:22 | 1990 |
| 131 | 377 | Bonertz Ronja | *Duisburg | 0:26:16 | W15 | 15 | 0:26:37 | 2000 |
| 132 | 910 | Soboll Susanne | SV Blau-Weiß Bochum | 0:26:17 | W45 | 22 | 0:26:47 | 1967 |
| 133 | 1790 | Jacobs Sandra | LC Duisburg | 0:26:18 | W22 | 23 | 0:27:13 | 1988 |
| 134 | 1452 | Treichel Andrea | *Hamburg | 0:26:19 | W18 | 17 | 0:26:25 | 1995 |
| 135 | 1386 | Gehrmann Janin | *Ratingen | 0:26:19 | W22 | 24 | 0:26:37 | 1987 |
| 136 | 1374 | Vordenbäumen Tina | LGO Bochum | 0:26:20 | W35 | 12 | 0:27:16 | 1979 |
| 137 | 1311 | Schmidt Dr. Cornelia | *Düsseldorf | 0:26:22 | W45 | 23 | 0:26:29 | 1966 |
| 138 | 781 | Herpel Wiebke | Pulheimer SC | 0:26:22 | W40 | 12 | 0:27:11 | 1970 |
| 139 | 1567 | Arndt Sabine | *Ratingen | 0:26:23 | W45 | 24 | 0:27:12 | 1965 |
| 140 | 1562 | Gebauer Jana | LGO Dortmund | 0:26:24 | W15 | 16 | 0:27:26 | 1999 |
| 141 | 755 | Rasmus Hillen | *Essen | 0:26:28 | W45 | 25 | 0:27:08 | 1968 |
| 142 | 1010 | Paasen Petra | Die blauen Bengel | 0:26:29 | W45 | 26 | 0:27:34 | 1965 |
| 143 | 433 | Fleck-Hell Nicole | Surfsport Rheinhausen | 0:26:31 | W40 | 13 | 0:26:57 | 1970 |
| 144 | 613 | Conrad Barbara | *Essen | 0:26:33 | W55 | 5 | 0:27:06 | 1956 |
| 145 | 959 | Heilemann Sandra | after-work-runners.de | 0:26:33 | W30 | 13 | 0:27:35 | 1981 |
| 146 | 1637 | Lehmann Margret | Adler-Langlauf Bottrop | 0:26:34 | W60 | 3 | 0:27:11 | 1954 |
| 147 | 219 | Hillermann Kirsten | *Düsseldorf | 0:26:36 | W50 | 17 | 0:27:16 | 1962 |
| 148 | 829 | Dietrich Elke | LC Duisburg | 0:26:38 | W50 | 18 | 0:27:22 | 1961 |
| 149 | 178 | Kill Astrid | *Ratingen | 0:26:40 | W50 | 19 | 0:28:19 | 1962 |
| 150 | 721 | Goldschmidt Anja | *Düsseldorf | 0:26:43 | W40 | 14 | 0:27:29 | 1971 |
| 151 | 1518 | Lüttkenhorst Gertrud | BSG Team EVAG | 0:26:43 | W45 | 27 | 0:27:23 | 1966 |
| 152 | 497 | Simon Lisa | MSV Duisburg Einradzebras | 0:26:43 | W18 | 18 | 0:28:29 | 1997 |
| 153 | 514 | Küster Yvonne | *Velbert | 0:26:45 | W22 | 25 | 0:27:34 | 1986 |
| 154 | 1739 | Pousen Anika | WoFlos | 0:26:45 | W22 | 26 | 0:27:48 | 1987 |
| 155 | 1394 | Hold Dorina | *Heiligenhaus | 0:26:47 | W45 | 28 | 0:27:28 | 1969 |
| 156 | 1773 | Gleumes Simone | Expertenrunde | 0:26:53 | W40 | 15 | 0:27:50 | 1971 |
| 157 | 457 | Weibel Luise | LT Schnecke Sonsbeck | 0:26:53 | W50 | 20 | 0:27:46 | 1963 |
| 158 | 461 | Weibel Lydia | LT Schnecke Sonsbeck | 0:26:54 | W22 | 27 | 0:27:46 | 1985 |
| 159 | 40 | Monse Marlene | Ruhrgas SG 1929 | 0:26:54 | W18 | 19 | 0:28:15 | 1998 |
| 160 | 1659 | Kättnis Barbara | *Düsseldorf | 0:26:58 | W40 | 16 | 0:27:39 | 1971 |
| 161 | 1760 | Endemann Heidi | *Straelen | 0:26:59 | W40 | 17 | 0:27:24 | 1974 |
| 161 | 384 | Spanaus Antonia | ASV Duisburg e.V. | 0:26:59 | W18 | 20 | 0:27:43 | 1998 |
| 163 | 1545 | Czarnetzki Tanja | *Duisburg | 0:27:00 | W40 | 18 | 0:27:51 | 1971 |
| 164 | 1167 | Dietz Bettina | BelGoRoad Runners Wanne | 0:27:01 | W45 | 29 | 0:28:10 | 1968 |
| 165 | 1998 | Rauer Petra | Vodafone Runners | 0:27:03 | W40 | 19 | 0:28:29 | 1971 |
| 166 | 637 | Szczepek Jutta | Lauftreff Sterkrade-Nord | 0:27:04 | W50 | 21 | 0:27:49 | 1961 |
| 167 | 322 | Presser Britta | TUS Breitscheid | 0:27:05 | W50 | 22 | 0:28:04 | 1964 |
| 168 | 1759 | Ehlert Ulrike | FC Straberg | 0:27:06 | W35 | 13 | 0:28:30 | 1978 |
| 169 | 1340 | Hoffmeister Alessandra | *Düsseldorf | 0:27:06 | W18 | 21 | 0:28:30 | 1997 |
| 170 | 1407 | Wehling Isabel | *Düsseldorf | 0:27:06 | W18 | 22 | 0:28:30 | 1997 |
| 171 | 752 | Lomertin Birgit | Lauftreff Sterkrade-Nord | 0:27:14 | W50 | 23 | 0:28:01 | 1962 |
| 171 | 948 | Krüger Sabine | *Mettmann | 0:27:14 | W50 | 23 | 0:27:36 | 1960 |
| 173 | 1201 | Gerhards Gertrud | *Köln | 0:27:15 | W50 | 25 | 0:27:47 | 1962 |
| 174 | 852 | Schmid Katja | *Duisburg | 0:27:17 | W40 | 20 | 0:28:55 | 1970 |
| 175 | 308 | Krainer Janina | LG COESFELD | 0:27:18 | W22 | 28 | 0:28:20 | 1988 |
| 176 | 1770 | Gromann Heike | SV Schermbeck | 0:27:19 | W50 | 26 | 0:27:52 | 1963 |
| 177 | 1030 | Lorenz Andrea | Lauftreff Sterkrade-Nord | 0:27:21 | W50 | 27 | 0:28:06 | 1964 |
| 178 | 580 | Siekmann Ulrike | *Velbert | 0:27:21 | W35 | 14 | 0:27:52 | 1976 |
| 179 | 1280 | Niemand Christiane | Lauftreff Sterkrade-Nord | 0:27:22 | W50 | 28 | 0:28:08 | 1960 |
| 180 | 148 | Kovacevic Tijana | Vodafone Runners | 0:27:22 | W30 | 14 | 0:28:50 | 1982 |
| 181 | 1184 | Hesper Jutta | Billerbecker Läufer | 0:27:23 | W19 | 2 | 0:28:06 | 1993 |
| 182 | 425 | Kock -Schreckling Sabine | *Oberhausen | 0:27:24 | W45 | 30 | 0:27:36 | 1968 |
| 183 | 1107 | Kluck Symen | *Uedem | 0:27:24 | W50 | 29 | 0:27:49 | 1964 |
| 184 | 901 | Kraus Annika | MSV Duisburg Einradzebras | 0:27:25 | W15 | 17 | 0:28:37 | 2005 |
| 185 | 1896 | Gutsche Katrin | Ausdauer Schule by Bunert | 0:27:25 | W22 | 29 | 0:27:56 | 1986 |
| 186 | 602 | Nußbaum-Wagner Anne | *Oberhausen | 0:27:26 | W50 | 30 | 0:28:08 | 1962 |



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|--------|------|--------------------------|---------------------------|---------|-----|----------|------------|----------|
| 187 | 391 | Spiller Anja | LC Duisburg | 0:27:26 | W45 | 31 | 0:27:58 | 1969 |
| 188 | 1434 | Hundebrink Birgit | TV Jahn Hiesfeld | 0:27:27 | W35 | 15 | 0:27:44 | 1977 |
| 189 | 1380 | Hirsch-Fausten Gudrun | *Duisburg | 0:27:27 | W55 | 6 | 0:28:23 | 1957 |
| 190 | 549 | Leier Sabine | *Düsseldorf | 0:27:28 | W50 | 31 | 0:27:57 | 1964 |
| 191 | 1069 | Paus Jennifer | *Oberhausen | 0:27:29 | W35 | 16 | 0:27:54 | 1975 |
| 192 | 1612 | Brieger Birgitt | *Duisburg | 0:27:29 | W50 | 32 | 0:28:49 | 1961 |
| 193 | 1157 | Hübner Christina | VSG Duisburg | 0:27:34 | W55 | 7 | 0:28:07 | 1956 |
| 194 | 1508 | Hilbers Petra | *Radevormwald | 0:27:34 | W40 | 21 | 0:28:17 | 1971 |
| 195 | 1161 | Sirsch Rebecca | Folivora Hamme | 0:27:35 | W30 | 15 | 0:28:30 | 1980 |
| 196 | 53 | Ambaum Monika | BWG Running Team | 0:27:36 | W60 | 4 | 0:28:18 | 1953 |
| 197 | 1024 | John Susanne | *Mettmann | 0:27:38 | W40 | 22 | 0:28:15 | 1973 |
| 198 | 1581 | Wiedow-Zillig Christiane | *Duisburg | 0:27:39 | W40 | 23 | 0:28:50 | 1971 |
| 199 | 1580 | Schiplage Silke | *Duisburg | 0:27:39 | W45 | 32 | 0:28:50 | 1968 |
| 200 | 1807 | Butenschön Sabine | *Duisburg | 0:27:40 | W40 | 24 | 0:29:14 | 1970 |
| 201 | 1047 | Wegmann Sabine | LT Lukas | 0:27:41 | W50 | 33 | 0:28:17 | 1962 |
| 202 | 1839 | Gläser Sylvia | Duisburger Ruderverein | 0:27:42 | W40 | 25 | 0:29:23 | 1971 |
| 203 | 1076 | Thiel Marion | Tus Lintorf 08 | 0:27:44 | W45 | 33 | 0:28:06 | 1969 |
| 204 | 175 | Steinzen Gundi | LTB Brambauer am Ufo | 0:27:44 | W60 | 5 | 0:29:19 | 1952 |
| 205 | 463 | Püttmann Renate | TC Rot-Weiß Gevelsberg | 0:27:47 | W65 | 1 | 0:28:30 | 1948 |
| 206 | 63 | Räther Frauke | Vodafone Runners | 0:27:47 | W35 | 17 | 0:28:48 | 1978 |
| 207 | 1249 | Wever Doris | BSG Sparkasse Lüdensche | 0:27:47 | W45 | 34 | 0:29:09 | 1969 |
| 208 | 861 | Kriegler Lisa | Die Krieglers | 0:27:49 | W22 | 30 | 0:28:45 | 1987 |
| 209 | 470 | Czarnetzki-Müller Susann | SV Schermbeck | 0:27:50 | W45 | 35 | 0:28:24 | 1966 |
| 210 | 421 | Matter Claudia | *Tönisvorst | 0:27:51 | W50 | 34 | 0:28:18 | 1962 |
| 211 | 262 | Bollenbach Heike | Ruhrgas SG 1929 | 0:27:51 | W45 | 36 | 0:28:36 | 1965 |
| 212 | 1850 | Büchel Michaela | *Duisburg | 0:27:52 | W35 | 18 | 0:29:32 | 1976 |
| 213 | 1098 | Gloy Mascha | Förderverein Christoph9 | 0:27:52 | W40 | 26 | 0:28:27 | 1972 |
| 214 | 1042 | Becker Diana | BSG Sparkasse Dinslaken | 0:27:53 | W30 | 16 | 0:29:34 | 1981 |
| 215 | 1780 | Müller Eva | *Moers | 0:27:55 | W40 | 27 | 0:29:17 | 1972 |
| 216 | 1279 | Sundara Sarah | *Herten | 0:27:56 | W22 | 31 | 0:29:14 | 1990 |
| 217 | 1541 | Erlekotte Jutta | Marathon Dinslaken | 0:27:59 | W50 | 35 | 0:29:15 | 1963 |
| 218 | 307 | Konert Anna-Lena | LG COESFELD | 0:28:00 | W22 | 32 | 0:28:26 | 1989 |
| 219 | 264 | Upitz Christina | Ruhrgas SG 1929 | 0:28:01 | W30 | 17 | 0:28:48 | 1984 |
| 220 | 1296 | Orlow-Kock Elisabeth | *Krefeld | 0:28:02 | W35 | 19 | 0:29:44 | 1977 |
| 221 | 1132 | Hardt Ulrike | *Duisburg | 0:28:04 | W55 | 8 | 0:29:22 | 1957 |
| 222 | 1598 | Schubert Dr. Barbara | SC Bayer 05 Uerdingen | 0:28:04 | W50 | 36 | 0:28:55 | 1961 |
| 223 | 976 | Dümmen Kathryn | *Duisburg | 0:28:06 | W30 | 18 | 0:29:09 | 1983 |
| 224 | 488 | Kox Cleo | MSV Duisburg Einradzebras | 0:28:06 | W18 | 23 | 0:29:51 | 1997 |
| 225 | 624 | Wittmann Stephanie | Ausdauerschule by Bunert | 0:28:07 | W35 | 20 | 0:28:50 | 1976 |
| 226 | 306 | Wulfert Stefanie | LG COESFELD | 0:28:08 | W30 | 19 | 0:29:27 | 1980 |
| 227 | 52 | Hoffmann Cathrin | BWG Running Team | 0:28:09 | W50 | 37 | 0:29:04 | 1964 |
| 228 | 960 | Klesse Renate | TuS Hamborn Neumühl | 0:28:10 | W55 | 9 | 0:29:15 | 1955 |
| 228 | 309 | Purschke Sonja | LG COESFELD | 0:28:10 | W45 | 37 | 0:28:24 | 1969 |
| 230 | 922 | Wilhelms zu Bickern Heik | WAT Läufer | 0:28:12 | W50 | 38 | 0:29:46 | 1961 |
| 231 | 786 | Görissen Sabrina | *Duisburg | 0:28:19 | W30 | 20 | 0:29:32 | 1984 |
| 232 | 1536 | Heinrichs Katja | Expertenrunde | 0:28:23 | W40 | 28 | 0:29:33 | 1970 |
| 233 | 980 | Vermöhlen Tatjana | *Kevelaer-Winnekenonk | 0:28:23 | W40 | 29 | 0:29:04 | 1974 |
| 234 | 173 | Peplau Tanja | *Wesel | 0:28:24 | W35 | 21 | 0:29:19 | 1978 |
| 235 | 1631 | Lehmann Anja | *Bottrop | 0:28:24 | W22 | 33 | 0:29:01 | 1986 |
| 236 | 764 | Vogel Beatrix | Homberger Ruderklub Ger | 0:28:25 | W55 | 10 | 0:29:12 | 1955 |
| 237 | 962 | Heuvel Sylke | *Duisburg | 0:28:25 | W40 | 30 | 0:29:34 | 1972 |
| 238 | 325 | Weiner Beate | TUS Breitscheid | 0:28:27 | W50 | 39 | 0:29:26 | 1960 |
| 239 | 1704 | Kühnen Simone | *Duisburg | 0:28:28 | W35 | 22 | 0:29:03 | 1978 |
| 240 | 1717 | Müller Nadja | CEMEX | 0:28:28 | W35 | 23 | 0:29:48 | 1979 |
| 241 | 251 | Simonsen Kerstin | VIVAWEST | 0:28:29 | W50 | 40 | 0:29:39 | 1961 |
| 242 | 226 | Lichtenstein Natascha | AS Neukirchen-Vluyn | 0:28:29 | W15 | 18 | 0:30:22 | 1999 |
| 243 | 225 | Lichtenstein Vanessa | AS Neukirchen-Vluyn | 0:28:29 | W18 | 24 | 0:30:22 | 1997 |
| 244 | 1307 | Rentmeister Vanessa | TV Jahn Hiesfeld | 0:28:30 | W30 | 21 | 0:28:50 | 1984 |
| 245 | 1494 | Ignaczak Tanja | *Duisburg | 0:28:31 | W40 | 31 | 0:29:09 | 1970 |
| 246 | 710 | Astor Birgit | VSG Duisburg | 0:28:31 | W55 | 11 | 0:29:50 | 1958 |
| 246 | 1493 | Brombach Anja | *Duisburg | 0:28:31 | W40 | 32 | 0:29:10 | 1970 |
| 248 | 1785 | Pfeiffer Andrea | Sparkasse Essen | 0:28:31 | W40 | 33 | 0:29:23 | 1970 |



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|--------|------|----------------------------|---------------------------|---------|-----|----------|------------|----------|
| 249 | 491 | Idelberger Birgit | *Duisburg | 0:28:32 | W55 | 12 | 0:29:24 | 1959 |
| 250 | 1227 | Kranz Anja | BSV ThyssenKrupp Stahl | 0:28:34 | W40 | 34 | 0:29:26 | 1972 |
| 251 | 415 | Häsler Julia | *Duisburg | 0:28:36 | W30 | 22 | 0:29:03 | 1982 |
| 252 | 1275 | Url Miriam | *Duisburg | 0:28:37 | W30 | 23 | 0:29:56 | 1983 |
| 253 | 1351 | Herkendell Sabine | *Ratingen | 0:28:38 | W45 | 38 | 0:29:46 | 1966 |
| 254 | 1466 | Bodynek Sonja | TV Jahn Hiesfeld | 0:28:38 | W45 | 39 | 0:28:57 | 1967 |
| 255 | 1535 | Fackert Beate | *Moers | 0:28:38 | W45 | 40 | 0:29:48 | 1969 |
| 256 | 1699 | Börger Hiltrud | *Bocholt | 0:28:39 | W50 | 41 | 0:29:34 | 1961 |
| 257 | 344 | Runge Astrid | *Duisburg | 0:28:40 | W45 | 41 | 0:29:11 | 1967 |
| 258 | 1125 | Gelbarth Anja | LT Lukas | 0:28:43 | W40 | 35 | 0:29:18 | 1972 |
| 259 | 673 | Zwiernik Yvonne | *Oberhausen | 0:28:44 | W35 | 24 | 0:29:27 | 1977 |
| 260 | 941 | Hunsmann Angela | Ausdauerschule by Bunert | 0:28:45 | W45 | 42 | 0:29:59 | 1968 |
| 261 | 1273 | Hölters Melanie | Team Polizei | 0:28:47 | W22 | 34 | 0:30:05 | 1985 |
| 262 | 1634 | Hellwig Bärbel | after-work-runners.de | 0:28:47 | W50 | 42 | 0:29:48 | 1964 |
| 263 | 680 | Kretzschmar Petra | after-work-runners.de | 0:28:47 | W50 | 43 | 0:29:48 | 1963 |
| 264 | 1738 | Heibges Katja | WoFlos | 0:28:51 | W45 | 43 | 0:29:53 | 1966 |
| 265 | 128 | Kretzer Anja | TEAM ELG | 0:28:52 | W45 | 44 | 0:29:44 | 1968 |
| 266 | 512 | Ruberg Sabine | Lauftreff R(h)einknaller | 0:28:53 | W35 | 25 | 0:30:02 | 1977 |
| 267 | 1339 | Etterich-Hoffmeister Susar | *Düsseldorf | 0:28:53 | W55 | 13 | 0:30:17 | 1958 |
| 268 | 1244 | Yücel Sandra | *Krefeld | 0:28:53 | W35 | 26 | 0:30:18 | 1976 |
| 269 | 1301 | Stepken Sina | *Krefeld | 0:28:54 | W22 | 35 | 0:30:18 | 1991 |
| 270 | 332 | Wehres Heike | TUS Breitscheid | 0:28:55 | W40 | 36 | 0:30:44 | 1973 |
| 271 | 1628 | Schlusen Ursula | *Wesel | 0:28:55 | W55 | 14 | 0:30:19 | 1956 |
| 272 | 1295 | Lüther Heike | DJK VfR Saarn | 0:28:55 | W45 | 45 | 0:29:51 | 1969 |
| 273 | 112 | Koske-Giersch Sandra | BSG Stadtwerke Duisburg A | 0:28:58 | W40 | 37 | 0:30:08 | 1974 |
| 274 | 1866 | Jekubczik Christa | LC Duisburg | 0:28:59 | W60 | 6 | 0:30:02 | 1952 |
| 275 | 340 | Weißhorn Petra | TUS Breitscheid | 0:29:00 | W55 | 15 | 0:30:00 | 1959 |
| 276 | 1822 | Große-Sender Carina | *Bottrop | 0:29:00 | W22 | 36 | 0:29:37 | 1987 |
| 277 | 993 | Daniel Kerstin | Ausdauerschule by Bunert | 0:29:00 | W40 | 38 | 0:30:00 | 1971 |
| 278 | 864 | Schneiders Sarah | Duisburger Ruderverein | 0:29:00 | W30 | 24 | 0:30:06 | 1984 |
| 279 | 782 | Kemmesies Anke | Team Arezen | 0:29:01 | W50 | 44 | 0:30:14 | 1963 |
| 280 | 581 | Uhlendahl Cathrin | *Essen | 0:29:01 | W40 | 39 | 0:29:42 | 1971 |
| 281 | 1552 | Gallas Nadine | SG-Stern W-tal, SG, RS | 0:29:02 | W35 | 27 | 0:29:31 | 1979 |
| 282 | 1586 | Aspöck Kathrin | after-work-runners.de | 0:29:02 | W30 | 25 | 0:30:03 | 1982 |
| 283 | 196 | Johann Regina | LC Duisburg | 0:29:03 | W60 | 7 | 0:30:10 | 1954 |
| 284 | 685 | Beckord Elke | *Duisburg | 0:29:03 | W45 | 46 | 0:30:21 | 1966 |
| 285 | 511 | Yacoubi Amina | MSV Duisburg Einradzebras | 0:29:05 | W15 | 19 | 0:30:16 | 2002 |
| 286 | 475 | Schneider Sibylle | SV Schermbeck | 0:29:05 | W50 | 45 | 0:29:38 | 1962 |
| 287 | 577 | Rosin Silke | *Herne | 0:29:05 | W40 | 40 | 0:30:09 | 1972 |
| 287 | 732 | Düren Silke | *Duisburg | 0:29:05 | W45 | 47 | 0:29:34 | 1967 |
| 289 | 1618 | Schyroki Frauke | *Düsseldorf | 0:29:06 | W30 | 26 | 0:30:08 | 1984 |
| 290 | 951 | Ohlendorf Uta | *Essen | 0:29:06 | W45 | 48 | 0:30:12 | 1968 |
| 291 | 989 | Gutknecht Andrea | *Duisburg | 0:29:06 | W40 | 41 | 0:30:16 | 1970 |
| 292 | 1362 | Ardey Undine | *Essen | 0:29:06 | W40 | 42 | 0:30:11 | 1971 |
| 293 | 1361 | Schumacher Iris | *Oberhausen | 0:29:06 | W40 | 43 | 0:30:12 | 1970 |
| 294 | 1605 | Pörschke Anna Lena | MSV Duisburg Einradzebras | 0:29:07 | W15 | 20 | 0:30:18 | 2004 |
| 295 | 894 | May Marlis | *Duisburg | 0:29:09 | W55 | 16 | 0:30:57 | 1956 |
| 296 | 903 | Marx Birgit | *Oberhausen | 0:29:09 | W45 | 49 | 0:30:04 | 1966 |
| 297 | 914 | Junker Sandra | Lauftreff Sterkrade-Nord | 0:29:10 | W40 | 44 | 0:29:55 | 1970 |
| 298 | 856 | Imhoff Claudia | LC Duisburg | 0:29:15 | W50 | 46 | 0:30:27 | 1964 |
| 298 | 992 | Hanke Karin | SPCA-DU | 0:29:15 | W50 | 46 | 0:30:05 | 1962 |
| 300 | 59 | Kleinfeld Andrea | BWG Running Team | 0:29:17 | W45 | 50 | 0:30:33 | 1968 |
| 301 | 1190 | Stamm Daniela | Bunert | 0:29:17 | W45 | 51 | 0:30:22 | 1969 |
| 302 | 1375 | Gredig Manuela | SC Bayer 05 Uerdingen | 0:29:18 | W45 | 52 | 0:30:09 | 1968 |
| 303 | 350 | Zimmermann Susanne | Ausdauerschule by Bunert | 0:29:18 | W40 | 45 | 0:30:19 | 1973 |
| 304 | 1471 | Stöckert Tanja | BSG Neukirchen-Vluyn | 0:29:18 | W35 | 28 | 0:30:56 | 1975 |
| 305 | 14 | Schamp Anna | opta data | 0:29:19 | W22 | 37 | 0:29:49 | 1985 |
| 306 | 563 | Esterle Janine | Beverlaufftreff | 0:29:19 | W30 | 27 | 0:31:18 | 1984 |
| 307 | 215 | Quass Donate | Volksbank Rhein-Ruhr eG | 0:29:20 | W35 | 29 | 0:30:57 | 1975 |
| 308 | 337 | Keitel Judith | TUS Breitscheid | 0:29:21 | W30 | 28 | 0:30:19 | 1983 |
| 309 | 961 | Kuhlmann Leonie | *Oberhausen | 0:29:24 | W18 | 25 | 0:30:07 | 1998 |
| 310 | 743 | Theis Natalie | *Moers | 0:29:25 | W40 | 46 | 0:30:55 | 1974 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|------------------------|---------------------------|---------|-----|----------|------------|----------|
| 311 | 261 | Behrendt Heike | Ruhrgas SG 1929 | 0:29:25 | W50 | 48 | 0:31:10 | 1960 |
| 312 | 1099 | Beismann Heike | *Bocholt | 0:29:27 | W45 | 53 | 0:30:10 | 1966 |
| 313 | 1206 | Bolling Annette | BSG Sparkasse Duisburg | 0:29:27 | W35 | 30 | 0:30:46 | 1979 |
| 314 | 1574 | Graf Angela | *Duisburg | 0:29:28 | W50 | 49 | 0:29:49 | 1961 |
| 315 | 693 | Zwank Anja | *Velbert | 0:29:29 | W45 | 54 | 0:30:26 | 1968 |
| 316 | 1200 | Gerhards Rosemarie | *Bochum | 0:29:31 | W55 | 17 | 0:30:48 | 1956 |
| 317 | 1728 | Mertens Maren | KTV Kempen | 0:29:31 | W50 | 50 | 0:31:08 | 1963 |
| 318 | 373 | Meyer Franziska | Team Polizei | 0:29:32 | W30 | 29 | 0:29:57 | 1981 |
| 319 | 1721 | Fröhlich Iris | Cbl Running Team | 0:29:32 | W40 | 47 | 0:31:16 | 1971 |
| 320 | 1122 | Wegenauer Anke | *Duisburg | 0:29:34 | W50 | 51 | 0:30:24 | 1963 |
| 321 | 1329 | Hageney Lou | LT Schneckle Sonsbeck | 0:29:35 | W22 | 38 | 0:30:52 | 1988 |
| 322 | 1236 | Bokalic Sonja | TV Jahn Hiesfeld | 0:29:36 | W35 | 31 | 0:30:01 | 1976 |
| 323 | 663 | von Lehmden Julia | *Moers | 0:29:37 | W45 | 55 | 0:30:26 | 1968 |
| 324 | 1669 | Garnjost Petra | *Essen | 0:29:37 | W45 | 56 | 0:31:35 | 1968 |
| 325 | 806 | Kaiser Meike | Laufftreff R(h)einknaller | 0:29:38 | W22 | 39 | 0:30:47 | 1987 |
| 326 | 1232 | Bendzulla Maike | Laufftreff R(h)einknaller | 0:29:38 | W45 | 57 | 0:30:48 | 1967 |
| 327 | 504 | Lutteke Jill | MSV Duisburg Einradzebras | 0:29:39 | W15 | 21 | 0:31:24 | 2001 |
| 328 | 878 | Fritsch Annette | *Duisburg | 0:29:40 | W40 | 48 | 0:31:05 | 1972 |
| 329 | 675 | Baudisch Beate | *Duisburg | 0:29:43 | W45 | 58 | 0:31:38 | 1968 |
| 330 | 1539 | Spanier Nell | SuS Schalke 96 | 0:29:43 | W15 | 22 | 0:31:06 | 2000 |
| 331 | 1267 | Reimann Anke | WupperRunners | 0:29:46 | W45 | 59 | 0:30:14 | 1967 |
| 332 | 487 | van Eimern Widler Anne | MSV Duisburg Einradzebras | 0:29:47 | W50 | 52 | 0:31:33 | 1962 |
| 333 | 696 | Hillmann Elisabeth | *Kamp-Lintfort | 0:29:50 | W45 | 60 | 0:30:37 | 1966 |
| 334 | 1003 | Mulcahy-Roth Jayne | *Dusseldorf | 0:29:52 | W45 | 61 | 0:31:20 | 1968 |
| 335 | 924 | Lissy Sarah | *Velbert | 0:29:52 | W22 | 40 | 0:30:41 | 1987 |
| 336 | 1291 | L hoest Patricia | *Mülheim | 0:29:52 | W35 | 32 | 0:31:38 | 1976 |
| 337 | 1005 | Schmitz Astrid | *Moers | 0:29:53 | W40 | 49 | 0:30:46 | 1971 |
| 338 | 578 | Dirks Henrike | Duisburger Ruderverein | 0:29:54 | W30 | 30 | 0:31:00 | 1982 |
| 339 | 1765 | Pauly Anja | *Duisburg | 0:29:55 | W45 | 62 | 0:31:19 | 1966 |
| 340 | 66 | Dwinger Christiane | Vodafone Runners | 0:29:57 | W45 | 63 | 0:30:23 | 1966 |
| 341 | 944 | Steinke Ira | *Duisburg | 0:29:57 | W50 | 53 | 0:31:49 | 1960 |
| 342 | 846 | Potthoff Michaela | LT-Uhlenhorst | 0:29:57 | W50 | 54 | 0:30:46 | 1963 |
| 343 | 1382 | Meyer Nadine | *Essen | 0:29:57 | W22 | 41 | 0:30:52 | 1985 |
| 344 | 1221 | Reinken Nadine | *Duisburg | 0:29:58 | W35 | 33 | 0:30:51 | 1977 |
| 345 | 1147 | Berns Anke | *Duisburg | 0:29:58 | W45 | 64 | 0:31:09 | 1968 |
| 346 | 650 | Hagene Dr. Sylvia | *Wesel | 0:30:01 | W45 | 65 | 0:31:35 | 1969 |
| 347 | 1336 | VORM WALDE BIRGIT | TV Jahn Hiesfeld | 0:30:03 | W50 | 55 | 0:30:22 | 1963 |
| 348 | 551 | Grabow Petra | Trinksportförderverein | 0:30:03 | W50 | 56 | 0:31:11 | 1961 |
| 349 | 492 | Roggatz Bente | MSV Duisburg Einradzebras | 0:30:06 | W18 | 26 | 0:31:51 | 1995 |
| 350 | 596 | Lambertz Claudia | *Duesseldorf | 0:30:06 | W45 | 66 | 0:31:23 | 1967 |
| 351 | 1663 | Reis Nathalie | *Duisburg | 0:30:11 | W19 | 3 | 0:30:50 | 1994 |
| 352 | 882 | Melchert Greta | *Mülheim an der Ruhr | 0:30:12 | W19 | 4 | 0:31:54 | 1994 |
| 352 | 1130 | Preuß Petra | *Oberhausen | 0:30:12 | W45 | 67 | 0:31:35 | 1969 |
| 354 | 1090 | Röser Dorle | DjK Altendorf 09 Essen | 0:30:13 | W50 | 57 | 0:31:10 | 1961 |
| 355 | 1855 | Brema Silke | *Essen | 0:30:13 | W50 | 58 | 0:31:12 | 1963 |
| 356 | 1472 | Levering Gundula | *Essen | 0:30:16 | W35 | 34 | 0:31:46 | 1976 |
| 357 | 967 | Berg Laura | *Duisburg | 0:30:16 | W30 | 31 | 0:31:30 | 1984 |
| 358 | 1049 | Spanier Claudia | *Gelsenkirchen | 0:30:16 | W45 | 68 | 0:31:39 | 1969 |
| 359 | 1832 | Friedrich Kerstin | Skinfit Team Krefeld | 0:30:16 | W40 | 50 | 0:30:42 | 1972 |
| 360 | 838 | Goletz Monika | Team ultraSports/TEA | 0:30:19 | W40 | 51 | 0:31:29 | 1971 |
| 361 | 420 | Kayka Judith | *Dortmund | 0:30:20 | W22 | 42 | 0:30:53 | 1988 |
| 362 | 1331 | Süßenbach Rebecca | *Köln | 0:30:21 | W22 | 43 | 0:32:06 | 1987 |
| 363 | 605 | Bremer Cornelia | Marketing Runners | 0:30:21 | W45 | 69 | 0:31:36 | 1965 |
| 364 | 559 | Börskens Katrin | *Essen | 0:30:21 | W40 | 52 | 0:31:29 | 1974 |
| 365 | 108 | August Gisela | BSG Stadtwerke Duisburg A | 0:30:21 | W50 | 59 | 0:32:00 | 1964 |
| 366 | 1299 | Rosin Silvia | LT Wischlingen Dortmund | 0:30:22 | W50 | 60 | 0:31:44 | 1962 |
| 367 | 1675 | Herma Anke | *Lüdenscheid | 0:30:24 | W50 | 61 | 0:30:40 | 1964 |
| 368 | 1676 | Schriewer Mechthild | *Lüdenscheid | 0:30:24 | W50 | 62 | 0:30:40 | 1961 |
| 369 | 1475 | Schneider Jasmin | *Duisburg | 0:30:24 | W22 | 44 | 0:31:12 | 1989 |
| 370 | 197 | Claußen Michaela | *Duisburg | 0:30:25 | W22 | 45 | 0:32:15 | 1989 |
| 371 | 1457 | Röthling Melissa | *Oberhausen | 0:30:25 | W22 | 46 | 0:31:13 | 1989 |
| 372 | 1314 | Lange Katarina | *Mülheim | 0:30:25 | W18 | 27 | 0:30:48 | 1996 |



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| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|--------------------------|---------|-----|----------|------------|----------|
| 373 | 1260 | Haase Karin | *Duisburg | 0:30:26 | W60 | 8 | 0:31:33 | 1953 |
| 374 | 1853 | Fiedler Doris | *Voerde | 0:30:28 | W50 | 63 | 0:31:45 | 1964 |
| 375 | 1398 | Becker Martina | *Korschenbroich | 0:30:29 | W40 | 53 | 0:32:26 | 1972 |
| 375 | 1444 | Friedrich Petra | *Duisburg | 0:30:29 | W40 | 53 | 0:32:07 | 1971 |
| 377 | 1512 | Mehlem Ivana | *Mülheim | 0:30:30 | W45 | 70 | 0:32:03 | 1965 |
| 378 | 1608 | Zackerts Kerstin | *Duisburg | 0:30:31 | W45 | 71 | 0:31:12 | 1966 |
| 379 | 528 | Reschke Corinna | *Duisburg | 0:30:35 | W30 | 32 | 0:32:16 | 1981 |
| 380 | 106 | Kowalski Petra | Vodafone Runners | 0:30:35 | W40 | 55 | 0:32:03 | 1974 |
| 381 | 1828 | Kuhlmeier Alexandra | *Duisburg | 0:30:35 | W35 | 35 | 0:32:11 | 1976 |
| 382 | 1526 | Brandenburg Birgitt | TVK 1877 Essen | 0:30:36 | W50 | 64 | 0:32:09 | 1961 |
| 383 | 736 | Cleven Cornelia | LT Vynen | 0:30:37 | W45 | 72 | 0:31:47 | 1967 |
| 384 | 1372 | Radomski Barbara | LC Duisburg | 0:30:38 | W45 | 73 | 0:32:17 | 1965 |
| 385 | 1177 | Kentrup Silke | DJK TuS Rotthausen | 0:30:39 | W35 | 36 | 0:32:40 | 1976 |
| 386 | 311 | Spiegeler Ingrid | LG COESFELD | 0:30:40 | W45 | 74 | 0:32:02 | 1966 |
| 387 | 1453 | Goldammer Dr. Nadine | *Mülheim | 0:30:41 | W40 | 56 | 0:32:08 | 1973 |
| 388 | 82 | Berninger Sigrid | Vodafone Runners | 0:30:41 | W45 | 75 | 0:31:08 | 1968 |
| 389 | 1769 | Fontein Brigitte | WSV-Mülheim | 0:30:41 | W60 | 9 | 0:31:38 | 1954 |
| 390 | 518 | Guthoff Evelin | *Düsseldorf | 0:30:45 | W50 | 65 | 0:32:49 | 1960 |
| 391 | 517 | Ruth Dagmar | *Düsseldorf | 0:30:45 | W50 | 66 | 0:32:50 | 1960 |
| 392 | 733 | Heuer-Hendriks Carla | RTV | 0:30:45 | W50 | 67 | 0:32:07 | 1964 |
| 393 | 1563 | Leininger Birgit | BSG Team EVAG | 0:30:50 | W50 | 68 | 0:32:27 | 1964 |
| 394 | 1092 | Steinig Susanne | DJK Altendorf 09 Essen | 0:30:53 | W45 | 76 | 0:31:51 | 1965 |
| 395 | 1086 | Murgalla Anette | *Düsseldorf | 0:30:54 | W45 | 77 | 0:32:02 | 1967 |
| 396 | 1175 | Hildebrandt Stephanie | heljens hyenas | 0:30:54 | W35 | 37 | 0:32:25 | 1975 |
| 397 | 1074 | Peyer Ilona | *Mülheim | 0:30:57 | W40 | 57 | 0:32:09 | 1974 |
| 398 | 1344 | Wresch Bianca | *Neuss | 0:30:58 | W45 | 78 | 0:33:02 | 1967 |
| 399 | 228 | Menke Mirjam | AS Neukirchen-Vluyn | 0:31:01 | W18 | 28 | 0:32:50 | 1995 |
| 400 | 1332 | Depiereux Kerstin | *Mülheim | 0:31:02 | W35 | 38 | 0:32:59 | 1976 |
| 401 | 289 | Koopmann Silvia | | 0:31:02 | W40 | 58 | 0:32:33 | 1971 |
| 402 | 1292 | Hofmann Janine | SG Borken | 0:31:04 | W22 | 47 | 0:32:35 | 1991 |
| 403 | 1761 | Marx Ulrike | WSV Mülheim an der Ruhr | 0:31:04 | W50 | 69 | 0:32:00 | 1960 |
| 404 | 218 | Zupp Britta | *Duisburg | 0:31:05 | W40 | 59 | 0:31:52 | 1974 |
| 405 | 430 | Waschkowitz Merle | Adler-Langlauf Bottrop | 0:31:05 | W19 | 5 | 0:32:21 | 1994 |
| 406 | 919 | Krahlisch Petra | *Duisburg | 0:31:06 | W45 | 79 | 0:32:42 | 1969 |
| 407 | 195 | Niggemann-Ropertz Hilde | *Duisburg | 0:31:12 | W60 | 10 | 0:31:36 | 1954 |
| 408 | 704 | Weiß Anke | Ausdauerschule by Bunert | 0:31:13 | W45 | 80 | 0:32:36 | 1967 |
| 409 | 994 | Maïke Brigitte | *Duisburg | 0:31:14 | W60 | 11 | 0:32:42 | 1953 |
| 410 | 1082 | Schulze Anja | LC Duisburg | 0:31:15 | W50 | 70 | 0:32:19 | 1964 |
| 411 | 122 | Langer Kerstin | VIVAWEST | 0:31:16 | W22 | 48 | 0:32:36 | 1988 |
| 412 | 1841 | Kattelans Birgit | CC Azaleenweg | 0:31:16 | W45 | 81 | 0:33:12 | 1967 |
| 413 | 353 | Sander Helga | Ausdauerschule by Bunert | 0:31:17 | W50 | 71 | 0:33:02 | 1960 |
| 414 | 89 | Busalla Patrizia | Vodafone Runners | 0:31:18 | W35 | 39 | 0:33:01 | 1977 |
| 415 | 652 | Wolff Andrea | SV Haldern Lauftreff | 0:31:18 | W35 | 40 | 0:32:42 | 1975 |
| 416 | 1657 | Siepert Brigitte | *Mülheim an der Ruhr | 0:31:18 | W50 | 72 | 0:31:23 | 1961 |
| 417 | 1720 | Keller Christina | Cbl Running Team | 0:31:19 | W22 | 49 | 0:33:03 | 1987 |
| 418 | 1442 | Lange Gabriele | *Ratingen | 0:31:22 | W45 | 82 | 0:32:41 | 1966 |
| 419 | 850 | Plickat Caroline | *Oberhausen | 0:31:22 | W45 | 83 | 0:32:53 | 1968 |
| 420 | 955 | Plaga Alice | after-work-runners.de | 0:31:23 | W45 | 84 | 0:32:25 | 1967 |
| 421 | 1662 | Reis Melanie | *Duisburg | 0:31:23 | W45 | 85 | 0:32:02 | 1966 |
| 422 | 886 | Droste Zita | *Essen | 0:31:29 | W40 | 60 | 0:32:31 | 1970 |
| 423 | 757 | Hübner-Henninger Sabine | *Tönisvorst | 0:31:30 | W50 | 73 | 0:32:31 | 1963 |
| 424 | 1396 | Gerards Kathrin | *Korschenbroich | 0:31:35 | W35 | 41 | 0:33:32 | 1977 |
| 425 | 1811 | Preuß Marie | *Duisburg | 0:31:38 | W22 | 50 | 0:33:25 | 1988 |
| 426 | 1655 | DOrlando Daniela | *Duisburg | 0:31:38 | W40 | 61 | 0:33:25 | 1972 |
| 427 | 1133 | Lucht Iris | Dinslaken | 0:31:38 | W40 | 62 | 0:33:27 | 1972 |
| 428 | 255 | Petereit Sonja | 200PROTEAM | 0:31:41 | W35 | 42 | 0:33:13 | 1975 |
| 429 | 1561 | Münch Jana | *Essen | 0:31:41 | W35 | 43 | 0:33:13 | 1979 |
| 430 | 1688 | Fetzer-Kwoczek Ellen/Lu | *Mülheim/Ruhr | 0:31:41 | W55 | 18 | 0:33:17 | 1958 |
| 431 | 1041 | Reisdorf Bärbel | *Dinslaken | 0:31:43 | W35 | 44 | 0:33:24 | 1979 |
| 432 | 598 | Rottmann Susanne | Ausdauerschule by Bunert | 0:31:46 | W45 | 86 | 0:33:10 | 1968 |
| 433 | 316 | Konert Doris | LG COESFELD | 0:31:47 | W60 | 12 | 0:32:13 | 1954 |
| 434 | 900 | Joseph Brigitte | *Duisburg | 0:31:49 | W45 | 87 | 0:32:44 | 1969 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|----------------------------|---------|-----|----------|------------|----------|
| 435 | 476 | Fabry Kathrin | *Mülheim | 0:31:51 | W30 | 33 | 0:32:35 | 1980 |
| 436 | 1308 | Voss Maria | *Dorsten | 0:31:51 | W45 | 88 | 0:33:28 | 1968 |
| 437 | 585 | Brand Bianca | *Duisburg | 0:31:55 | W30 | 34 | 0:32:59 | 1981 |
| 438 | 1422 | Senger-Koß Claudia | *Esseb | 0:31:58 | W45 | 89 | 0:33:24 | 1966 |
| 439 | 772 | Huhn Michelle Pauline | Advanx English for Runaway | 0:31:59 | W15 | 23 | 0:32:35 | 2002 |
| 440 | 790 | Lemke Iris | *Mülheim | 0:31:59 | W40 | 63 | 0:33:29 | 1972 |
| 441 | 319 | Aschenbrenner Ute | FS RHEINKAMP | 0:31:59 | W55 | 19 | 0:33:52 | 1958 |
| 442 | 1554 | Lehnertz Melanie | SG-Stern W-tal, SG, RS | 0:32:00 | W30 | 35 | 0:32:31 | 1984 |
| 443 | 870 | Kim Nan-Hee | *Düsseldorf | 0:32:00 | W35 | 45 | 0:33:25 | 1976 |
| 444 | 771 | Huhn Claudia | Advanx English for Runaway | 0:32:00 | W40 | 64 | 0:32:35 | 1971 |
| 445 | 1166 | Marks Jana | *Ratingen | 0:32:00 | W40 | 65 | 0:33:55 | 1973 |
| 446 | 643 | Weineck Dr. Christiane | SV Buderich | 0:32:01 | W55 | 20 | 0:33:37 | 1959 |
| 447 | 503 | Lutke Jana | MSV Duisburg Einradzebras | 0:32:03 | W18 | 29 | 0:33:45 | 1998 |
| 448 | 876 | Todt Susanne | *Elsdorf | 0:32:05 | W40 | 66 | 0:32:44 | 1971 |
| 449 | 590 | Löpers Karin | LC Duisburg | 0:32:06 | W45 | 90 | 0:33:19 | 1965 |
| 450 | 1808 | Hoff-Eumann Monika | WSV Mülheim an der Ruhr | 0:32:06 | W55 | 21 | 0:33:03 | 1955 |
| 451 | 956 | Rode-Merkel Stephanie | WAT Läufer | 0:32:07 | W45 | 91 | 0:33:41 | 1969 |
| 452 | 761 | Vielhauer Lea Sophie | Schnaufgruppe | 0:32:08 | W18 | 30 | 0:33:52 | 1998 |
| 453 | 254 | Junge Catharina | 200PROTEAM | 0:32:08 | W30 | 36 | 0:33:02 | 1982 |
| 454 | 1795 | Roßmann Barbara | *Rheinberg | 0:32:10 | W45 | 92 | 0:33:26 | 1966 |
| 455 | 464 | Küppers Sonja | *Duisburg | 0:32:13 | W30 | 37 | 0:33:17 | 1984 |
| 456 | 101 | Salmen Ute | Vodafone Runners | 0:32:14 | W40 | 67 | 0:33:32 | 1971 |
| 457 | 1300 | Mölls Alexandra | *Mülheim Ruhr | 0:32:15 | W40 | 68 | 0:33:10 | 1973 |
| 458 | 841 | Tremmel-Hensel Elke | Da simma dabei | 0:32:17 | W50 | 74 | 0:32:41 | 1962 |
| 459 | 1510 | Lautenschläger Francesc | *Krefeld | 0:32:18 | W22 | 51 | 0:34:09 | 1987 |
| 460 | 1067 | Brokmann Tatjana | *Duisburg | 0:32:18 | W45 | 93 | 0:33:57 | 1969 |
| 461 | 1432 | Handke Monika | *Duisburg | 0:32:19 | W45 | 94 | 0:33:57 | 1966 |
| 462 | 760 | Peter Susanne | Schnaufgruppe | 0:32:20 | W50 | 75 | 0:34:05 | 1962 |
| 463 | 567 | Pröpper Mareike | *Düsseldorf | 0:32:21 | W30 | 38 | 0:33:32 | 1980 |
| 464 | 1467 | Kühne Uta | JORDANIEN | 0:32:23 | W45 | 95 | 0:34:06 | 1968 |
| 465 | 1503 | Priebe Nina | MSV Duisburg | 0:32:24 | W22 | 52 | 0:34:06 | 1990 |
| 466 | 954 | Volmer-Jann Angelika | *Düsseldorf | 0:32:25 | W60 | 13 | 0:33:18 | 1954 |
| 467 | 985 | Frericks Silke | TC Kray 1892 e.V | 0:32:25 | W40 | 69 | 0:33:51 | 1971 |
| 468 | 802 | Inkman Manuela | Oberhausener TV | 0:32:26 | W30 | 39 | 0:33:06 | 1983 |
| 469 | 1685 | Ince Ayla | CDS Running Team | 0:32:33 | W40 | 70 | 0:33:11 | 1974 |
| 470 | 1692 | Herold Mariella | *Duisburg | 0:32:34 | W22 | 53 | 0:33:33 | 1991 |
| 471 | 724 | Wagner Astrid | Weseler Kanu-Club 1925 e | 0:32:34 | W45 | 96 | 0:33:56 | 1969 |
| 472 | 389 | Schoch Kersten | Marathonkurs LC-Duisburg | 0:32:36 | W35 | 46 | 0:34:22 | 1976 |
| 473 | 134 | Schäfer Lena | TRIMET ESSEN | 0:32:40 | W19 | 6 | 0:34:15 | 1992 |
| 474 | 442 | Niephaus Jaqueline | *Duisburg | 0:32:40 | W18 | 31 | 0:34:05 | 1997 |
| 474 | 1009 | Tracht Katja | FI Sport e.V. | 0:32:40 | W35 | 47 | 0:34:03 | 1976 |
| 476 | 905 | Kummetz Silke | FI Sport e.V. | 0:32:40 | W35 | 48 | 0:34:03 | 1977 |
| 477 | 1641 | Amendt Anke | *Duisburg | 0:32:42 | W45 | 97 | 0:33:21 | 1966 |
| 478 | 1247 | Hippler Christiane | Moerser TV - Hockey | 0:32:43 | W35 | 49 | 0:33:56 | 1975 |
| 479 | 620 | Berger Anne | Laufftreff R(h)einknaller | 0:32:45 | W35 | 50 | 0:34:01 | 1979 |
| 480 | 1233 | Schwarz Müller Marina | Laufftreff R(h)einknaller | 0:32:46 | W50 | 76 | 0:34:01 | 1960 |
| 481 | 469 | Bergendahl Mireille | Laufftreff R(h)einknaller | 0:32:46 | W40 | 71 | 0:34:01 | 1971 |
| 481 | 91 | Winde Tina | Vodafone Runners | 0:32:46 | W30 | 40 | 0:34:31 | 1982 |
| 483 | 1052 | Stoick Melanie | *Duisburg | 0:32:47 | W35 | 51 | 0:34:32 | 1975 |
| 484 | 1085 | Witt Karin | *Duisburg | 0:32:49 | W50 | 77 | 0:34:29 | 1964 |
| 485 | 940 | Elvers Sarah | SG Borken | 0:32:51 | W22 | 54 | 0:34:22 | 1987 |
| 486 | 1443 | Skrzypczak Melanie | *Duisburg | 0:32:53 | W35 | 52 | 0:33:41 | 1978 |
| 487 | 897 | Kättnis Martina | *Duisburg | 0:32:53 | W45 | 98 | 0:34:16 | 1968 |
| 488 | 341 | Sterzenbach Katharina | Ruhrgas SG 1929 | 0:32:57 | W30 | 41 | 0:34:24 | 1983 |
| 489 | 798 | Isberner Gabi | SC Bayer 05 Uerdingen | 0:32:58 | W50 | 78 | 0:33:48 | 1961 |
| 490 | 1146 | Krzykalla Jacqueline | *Voerde | 0:32:58 | W19 | 7 | 0:33:54 | 1993 |
| 491 | 1436 | Winkler Nora | Die Rennsemmeln | 0:33:02 | W35 | 53 | 0:33:33 | 1975 |
| 492 | 1326 | Hesse Katrin | *Essen | 0:33:04 | W40 | 72 | 0:34:53 | 1970 |
| 493 | 575 | Mayworm Bianca | BSG Sparkasse Lüdensche | 0:33:06 | W40 | 73 | 0:34:29 | 1971 |
| 494 | 74 | Rescher Heike | Vodafone Runners | 0:33:07 | W40 | 74 | 0:34:52 | 1970 |
| 495 | 628 | Holtel Dr. Christiane | *Duisburg | 0:33:07 | W40 | 75 | 0:34:27 | 1970 |
| 496 | 834 | Kessler Katja | *Duisburg | 0:33:08 | W35 | 54 | 0:34:28 | 1975 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|---------------------|---------------------------|---------|-----|----------|------------|----------|
| 497 | 1652 | Jansen Theresa | *Essen | 0:33:12 | W22 | 55 | 0:34:27 | 1991 |
| 498 | 1211 | Upel Kirsten | *Essen | 0:33:13 | W50 | 79 | 0:34:01 | 1963 |
| 499 | 1209 | Hannot Martina | *Essen | 0:33:14 | W45 | 99 | 0:34:01 | 1967 |
| 500 | 1385 | Maas Lydia | SV Viktoria Goch | 0:33:14 | W40 | 76 | 0:34:57 | 1971 |
| 501 | 1523 | Reuling Katja | *Duisburg | 0:33:14 | W40 | 77 | 0:34:57 | 1973 |
| 502 | 1456 | Gülleken Lisa | *Oberhausen | 0:33:15 | W22 | 56 | 0:34:58 | 1989 |
| 503 | 1496 | Thieler Marion | Lauftreff Sterkrade-Nord | 0:33:17 | W55 | 22 | 0:34:31 | 1958 |
| 504 | 555 | Brahm Kirsten | *Dinslaken | 0:33:17 | W45 | 100 | 0:34:59 | 1967 |
| 505 | 1830 | Friedrich Selina | Skinfit Team Krefeld | 0:33:19 | W18 | 32 | 0:33:48 | 1997 |
| 506 | 1451 | Treichel Ines | *Hamburg | 0:33:23 | W50 | 80 | 0:35:11 | 1960 |
| 507 | 795 | Spettmann Prisca | running4charity | 0:33:25 | W45 | 101 | 0:34:55 | 1967 |
| 508 | 635 | Olexik Melanie | running4charity | 0:33:25 | W40 | 78 | 0:34:56 | 1973 |
| 509 | 683 | Abbott Catherine | *Essen | 0:33:27 | W40 | 79 | 0:35:30 | 1973 |
| 510 | 1600 | Klos Beatrix | *Bochum | 0:33:31 | W55 | 23 | 0:34:50 | 1955 |
| 511 | 520 | Baldeau Elisabeth | *Duisburg | 0:33:36 | W55 | 24 | 0:35:11 | 1959 |
| 512 | 313 | Willers Renate | LG COESFELD | 0:33:40 | W50 | 81 | 0:35:03 | 1961 |
| 513 | 527 | Klippert Bettina | *Oberhausen | 0:33:40 | W45 | 102 | 0:35:41 | 1967 |
| 514 | 1697 | Möllhoff Kerstin | *Mülheim | 0:33:41 | W22 | 57 | 0:35:10 | 1991 |
| 515 | 1698 | Möllhoff Annabell | *Mülheim | 0:33:41 | W22 | 58 | 0:35:10 | 1989 |
| 516 | 803 | Plaga Sabine | Oberhausener TV | 0:33:45 | W45 | 103 | 0:34:25 | 1965 |
| 517 | 653 | Boedeker Esther | *Duisburg | 0:33:46 | W50 | 82 | 0:35:46 | 1962 |
| 518 | 1626 | Krieger Ingeborg | ASV-LT Kemperdick | 0:33:47 | W60 | 14 | 0:35:00 | 1950 |
| 519 | 542 | Klößner Ulrike | Die Irrenläufer Dinslaken | 0:33:47 | W40 | 80 | 0:35:33 | 1971 |
| 520 | 1819 | Wolff Birgit | *Ratingen | 0:33:47 | W55 | 25 | 0:35:14 | 1959 |
| 521 | 362 | Bertels Sandra | LG COESFELD | 0:33:48 | W22 | 59 | 0:35:13 | 1985 |
| 522 | 1343 | Sander Jana | *Krefeld | 0:33:48 | W30 | 42 | 0:35:53 | 1980 |
| 523 | 649 | Flasbeck Susanne | LC Duisburg | 0:33:48 | W50 | 83 | 0:35:49 | 1963 |
| 524 | 250 | Lanfermann Jill | VIVAWEST | 0:33:48 | W22 | 60 | 0:34:20 | 1987 |
| 525 | 1414 | Groos Isabell | *Moers | 0:33:50 | W22 | 61 | 0:35:57 | 1989 |
| 526 | 1521 | Oppermann Anna | *Paderborn | 0:33:51 | W22 | 62 | 0:35:57 | 1986 |
| 526 | 126 | Schramme Astrid | VIVAWEST | 0:33:51 | W45 | 104 | 0:35:48 | 1968 |
| 528 | 999 | Katzer Miriam | *Hagen | 0:33:51 | W30 | 43 | 0:35:52 | 1983 |
| 529 | 519 | Vogel Evelin | *Duisburg | 0:33:51 | W50 | 84 | 0:36:03 | 1961 |
| 530 | 259 | Zivkovic Klaudija | 200PROTEAM | 0:33:51 | W22 | 63 | 0:34:46 | 1989 |
| 531 | 231 | Neumann Verena | AS Neukirchen-Vluyn | 0:33:53 | W35 | 55 | 0:35:47 | 1975 |
| 532 | 230 | Neumann Claudia | AS Neukirchen-Vluyn | 0:33:54 | W35 | 56 | 0:35:47 | 1978 |
| 533 | 1416 | Wilczek Eva | BSG Hilden | 0:33:55 | W65 | 2 | 0:35:24 | 1946 |
| 534 | 242 | Kaleta Isabell | VIVAWEST | 0:33:55 | W30 | 44 | 0:34:27 | 1983 |
| 535 | 1262 | auf der Lake Judith | *Duisburg | 0:33:57 | W45 | 105 | 0:35:53 | 1966 |
| 536 | 1500 | Berane Stephanie | *Duisburg | 0:33:59 | W30 | 45 | 0:34:51 | 1982 |
| 537 | 46 | Theis Ursula | Ruhrgas SG 1929 | 0:34:01 | W60 | 15 | 0:36:10 | 1952 |
| 538 | 1820 | Koerner Birgit | *Ratingen | 0:34:02 | W45 | 106 | 0:35:28 | 1966 |
| 539 | 1011 | Heuermann Petra | Mettmann-Sport | 0:34:05 | W50 | 85 | 0:34:49 | 1960 |
| 540 | 1078 | Haus Mandy | *Oberhausen | 0:34:06 | W30 | 46 | 0:34:14 | 1980 |
| 541 | 1258 | Klitzke Melanie | *Duisburg | 0:34:07 | W30 | 47 | 0:36:02 | 1980 |
| 542 | 1255 | Brünig Julia | *Heiligenhaus | 0:34:13 | W22 | 64 | 0:35:03 | 1989 |
| 543 | 369 | Zillekens Mirjam | TG Neuss | 0:34:13 | W19 | 8 | 0:35:42 | 1993 |
| 544 | 1370 | Geißler Andrea | Rumelner TV | 0:34:15 | W50 | 86 | 0:36:06 | 1964 |
| 545 | 891 | Willkomm Monika | VSG Duisburg | 0:34:17 | W45 | 107 | 0:35:48 | 1967 |
| 546 | 1330 | Süßenbach Petra | *Eschweiler | 0:34:19 | W50 | 87 | 0:36:04 | 1962 |
| 547 | 681 | Kieckbusch Andrea | *Duisburg | 0:34:20 | W45 | 108 | 0:36:11 | 1967 |
| 548 | 224 | Lichtenstein Andrea | AS Neukirchen-Vluyn | 0:34:20 | W40 | 81 | 0:36:13 | 1971 |
| 549 | 1782 | Rempel Bettina | *Moers | 0:34:24 | W45 | 109 | 0:36:14 | 1968 |
| 550 | 1309 | Pühringer Antje | *Duisburg | 0:34:25 | W40 | 82 | 0:35:26 | 1970 |
| 551 | 617 | Grüe Marie-Luise | *Kaarst | 0:34:31 | W55 | 26 | 0:36:09 | 1957 |
| 552 | 874 | Remenar Daniela | *Duisburg | 0:34:41 | W22 | 65 | 0:36:31 | 1989 |
| 553 | 11 | Henze Sonja | Laufschule Oberhausen | 0:34:42 | W30 | 48 | 0:36:44 | 1980 |
| 554 | 1465 | Germer Kirstin | *Duisburg | 0:34:44 | W40 | 83 | 0:36:24 | 1972 |
| 555 | 912 | Waskowski Kerstin | *Duisburg | 0:34:45 | W45 | 110 | 0:36:21 | 1966 |
| 556 | 1013 | Bünsow Manuela | *Dortmund | 0:34:46 | W45 | 111 | 0:35:14 | 1969 |
| 557 | 1821 | Hänse Simone | *Bottrop | 0:34:46 | W40 | 84 | 0:36:41 | 1971 |
| 558 | 1488 | Oeffelke Dagmar | *Essen | 0:34:58 | W45 | 112 | 0:36:30 | 1966 |



| Total. | Nr. | Name Vorname | Verein*/Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|----------------------------|----------------------------|---------|-----|----------|------------|----------|
| 559 | 783 | Oberdörster Susanne | *Mülheim | 0:35:03 | W45 | 113 | 0:36:33 | 1965 |
| 560 | 660 | auf der Heiden Ute | *Mülheim | 0:35:04 | W45 | 114 | 0:37:00 | 1968 |
| 561 | 393 | Lehmkuhl Claudia | Lauftreff Vynen | 0:35:05 | W40 | 85 | 0:37:05 | 1970 |
| 562 | 1827 | Lang Verena | *Duisburg | 0:35:09 | W18 | 33 | 0:35:43 | 1996 |
| 563 | 1502 | Antoniu Dorothee | SC Bayer 05 Uerdingen | 0:35:11 | W55 | 27 | 0:36:36 | 1959 |
| 564 | 966 | Kramer Anna | *Mülheim | 0:35:12 | W19 | 9 | 0:37:13 | 1992 |
| 565 | 1080 | Feldmann Anne | SC Bayer 05 Uerdingen | 0:35:14 | W45 | 115 | 0:37:18 | 1967 |
| 566 | 1409 | Spano-Mehlich Gudrun | Finanzinformatik | 0:35:19 | W55 | 28 | 0:36:52 | 1955 |
| 567 | 929 | Pielka Brita | SV Haldern Lauftreff | 0:35:19 | W40 | 86 | 0:37:01 | 1971 |
| 568 | 462 | Kersten Jana | SV Haldern Lauftreff | 0:35:19 | W22 | 66 | 0:37:01 | 1987 |
| 569 | 1410 | Prinz Marion | Finanzinformatik | 0:35:20 | W50 | 88 | 0:36:53 | 1964 |
| 570 | 1546 | Karaus Petra | *Duisburg | 0:35:25 | W45 | 116 | 0:37:12 | 1969 |
| 571 | 168 | Bas Heike | Moerser TV Triathlon | 0:35:27 | W50 | 89 | 0:36:50 | 1962 |
| 572 | 179 | Laurenz Friederike | *Duisburg | 0:35:32 | W30 | 49 | 0:36:58 | 1982 |
| 573 | 315 | Naber Anneliese | LG COESFELD | 0:35:33 | W55 | 29 | 0:36:01 | 1958 |
| 574 | 312 | Seggwiß Ulrike | LG COESFELD | 0:35:33 | W45 | 117 | 0:36:01 | 1966 |
| 575 | 116 | Hagen Julia | VIVAWEST | 0:35:36 | W22 | 67 | 0:36:57 | 1987 |
| 576 | 1103 | Braun Jennifer | *Duisburg | 0:35:39 | W18 | 34 | 0:37:27 | 1998 |
| 577 | 1188 | Klein Christiane Hasi | *Mülheim | 0:35:43 | W45 | 118 | 0:36:30 | 1969 |
| 578 | 610 | Luecker Sabine | *Ratingen | 0:35:46 | W40 | 87 | 0:37:48 | 1973 |
| 579 | 1139 | Rahmacher Anke | *Duisburg | 0:35:46 | W40 | 88 | 0:37:20 | 1970 |
| 580 | 236 | Sewing Hildegard | AS Neukirchen-Vluyn | 0:35:50 | W50 | 90 | 0:37:43 | 1960 |
| 581 | 273 | Herber Stefanie | AS Neukirchen-Vluyn | 0:35:51 | W35 | 57 | 0:37:43 | 1979 |
| 582 | 1569 | Kemkes Petra | Polizei Essen | 0:35:55 | W45 | 119 | 0:37:32 | 1968 |
| 583 | 1695 | Kempfle Martina | Rasende Hasen Düsseldorf | 0:35:59 | W35 | 58 | 0:37:30 | 1975 |
| 584 | 121 | Lingg Kerstin | VIVAWEST | 0:36:07 | W35 | 59 | 0:37:29 | 1976 |
| 585 | 1476 | Bachran Christina | *Duisburg | 0:36:08 | W22 | 68 | 0:38:01 | 1990 |
| 586 | 586 | Hirseman KERSTIN | *Dinslaken | 0:36:09 | W30 | 50 | 0:37:56 | 1980 |
| 587 | 1178 | Reetz Gabi | DJK TuS Rotthausen | 0:36:10 | W45 | 120 | 0:38:10 | 1965 |
| 588 | 1629 | Weinert Lucie | SV Viktoria Goch | 0:36:10 | W50 | 91 | 0:37:23 | 1961 |
| 589 | 1322 | De Biasi Viola | *Velbert | 0:36:15 | W22 | 69 | 0:37:05 | 1986 |
| 590 | 35 | Knubben Monika | Ruhrgas SG 1929 | 0:36:18 | W50 | 92 | 0:38:14 | 1963 |
| 591 | 1433 | Pehl-Bliesner Zita | Apotheke Mattenklotz Duisb | 0:36:21 | W65 | 3 | 0:38:22 | 1947 |
| 592 | 467 | Schroeder Claudia | Laufstreifen | 0:36:21 | W45 | 121 | 0:38:17 | 1968 |
| 593 | 245 | Fischer Roswitha | AS Neukirchen-Vluyn | 0:36:23 | W65 | 4 | 0:38:27 | 1949 |
| 594 | 1707 | Beckmann Melanie | Laufstreifen | 0:36:24 | W35 | 60 | 0:38:19 | 1976 |
| 595 | 1774 | Tenbusch Melanie | *Oberhausen | 0:36:29 | W35 | 61 | 0:36:46 | 1979 |
| 596 | 1072 | Wolfhard Laura | *Mülheim an der Ruhr | 0:36:29 | W22 | 70 | 0:38:17 | 1988 |
| 597 | 172 | Barth Karin | DJK Ruhrwacht | 0:36:32 | W50 | 93 | 0:38:20 | 1961 |
| 598 | 1066 | Klein-Hitpass Annika | *Duisburg | 0:36:35 | W30 | 51 | 0:37:38 | 1980 |
| 599 | 1411 | Stefanzl Verena | *Essen | 0:36:37 | W35 | 62 | 0:37:59 | 1978 |
| 600 | 1661 | Bachmann Christiane | *Neuss | 0:36:42 | W22 | 71 | 0:38:26 | 1988 |
| 601 | 1389 | Mitropoulos-Bott Christina | LG mitrobotties | 0:36:45 | W45 | 122 | 0:38:15 | 1969 |
| 602 | 1750 | Biehl Anke | *Duisburg | 0:36:48 | W45 | 123 | 0:38:21 | 1965 |
| 603 | 1658 | Stricker Saskia | *Rheinberg | 0:36:58 | W30 | 52 | 0:37:35 | 1981 |
| 604 | 1642 | Tellemanns Miriam | *Duisburg | 0:36:58 | W22 | 72 | 0:37:35 | 1985 |
| 605 | 1477 | Bachran Svenja | *Duisburg | 0:36:59 | W19 | 10 | 0:38:53 | 1992 |
| 606 | 243 | Claussnitzer Anke | AS Neukirchen-Vluyn | 0:37:12 | W45 | 124 | 0:39:10 | 1966 |
| 607 | 184 | Paradiso Nina | *Krefeld | 0:37:12 | W30 | 53 | 0:39:00 | 1980 |
| 608 | 1818 | Paradiso Adriana | *Duisburg | 0:37:13 | W19 | 11 | 0:39:00 | 1993 |
| 609 | 159 | Küntzer Marlies | TC Kray 1892 e.V | 0:37:24 | W65 | 5 | 0:38:52 | 1947 |
| 610 | 157 | Juhasz Cora | | 0:37:40 | W30 | 54 | 0:39:28 | 1982 |
| 611 | 232 | Pelc Claudia | AS Neukirchen-Vluyn | 0:37:45 | W45 | 125 | 0:39:44 | 1966 |
| 612 | 958 | Hessmann Scarlett | *Essen | 0:38:24 | W40 | 89 | 0:39:19 | 1971 |
| 613 | 1712 | Hirse Betina | *Bochum | 0:38:35 | W45 | 126 | 0:40:38 | 1969 |
| 614 | 21 | Temmler Simone | MWZ Duisburg | 0:38:43 | W45 | 127 | 0:40:22 | 1968 |
| 615 | 25 | Manzke Katrin | MWZ Duisburg | 0:38:50 | W40 | 90 | 0:40:30 | 1972 |
| 616 | 1713 | Butelmann Annegret | *Gelsenkirchen | 0:38:50 | W55 | 30 | 0:40:54 | 1956 |
| 617 | 818 | Schuchardt Anna | Lauftreff Kettwig | 0:38:58 | W35 | 63 | 0:40:31 | 1978 |
| 618 | 714 | Volkemer Anna | *Duisburg | 0:39:10 | W50 | 94 | 0:41:10 | 1962 |
| 619 | 1318 | Hammes Marianne | *Krefeld | 0:39:12 | W50 | 95 | 0:41:18 | 1960 |
| 620 | 4406 | Elfauri Maram | JORDANIEN | 0:39:14 | W35 | 64 | 0:40:58 | 1976 |



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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Jahrgang |
|--------|------|-------------------------|-----------------------------|---------|-----|----------|------------|----------|
| 621 | 4410 | Winkels Dagmar | *Düsseldorf | 0:39:20 | W55 | 31 | 0:40:56 | 1959 |
| 622 | 357 | Schlegel Katrin | Ausdauerschule by Bunert | 0:39:27 | W35 | 65 | 0:40:41 | 1976 |
| 623 | 816 | Schewior Sabine | *Mönchengladbach | 0:39:27 | W40 | 91 | 0:40:54 | 1971 |
| 624 | 907 | Grüll-Hanuschik Ute | *Krefeld | 0:39:33 | W50 | 96 | 0:41:40 | 1960 |
| 625 | 185 | Bittner Nicole | *Oberhausen | 0:39:35 | W35 | 66 | 0:41:21 | 1978 |
| 626 | 186 | Knuschke Svenja | *Lünen | 0:39:36 | W30 | 55 | 0:41:22 | 1984 |
| 627 | 1239 | Haugg Maritta | *Duisburg | 0:39:45 | W45 | 128 | 0:41:39 | 1965 |
| 628 | 1088 | Niggemann Sabine | Laufgruppe ziiiiisch und we | 0:39:49 | W50 | 97 | 0:41:56 | 1960 |
| 629 | 3340 | Brück Susanne | *Niederzier | 0:39:50 | W35 | 67 | 0:41:56 | 1975 |
| 630 | 45 | Stüper Anja | Ruhrgas SG 1929 | 0:40:36 | W45 | 129 | 0:42:23 | 1965 |
| 631 | 1794 | Kempken Simone | Rennschnecken Deluxe | 0:41:09 | W40 | 92 | 0:42:54 | 1973 |
| 632 | 1577 | Winterfeld Martina | *Duisburg | 0:41:27 | W50 | 98 | 0:42:42 | 1963 |
| 633 | 1363 | Müller-Herrmann Susanne | Kahlenberger HTC | 0:41:27 | W45 | 130 | 0:42:42 | 1968 |
| 634 | 715 | Titze Julia | LT Wischlingen Dortmund | 0:41:58 | W30 | 56 | 0:44:02 | 1984 |
| 635 | 235 | Schmitt Heide | AS Neukirchen-Vluyn | 0:42:34 | W65 | 6 | 0:44:24 | 1948 |
| 636 | 1108 | Braun Gudrun | *Duisburg | 0:42:50 | W45 | 131 | 0:44:38 | 1966 |
| 637 | 23 | Weiß Maike | MWZ Duisburg | 0:42:58 | W40 | 93 | 0:44:37 | 1970 |
| 638 | 1793 | Backus Petra | ProBier | 0:43:25 | W22 | 73 | 0:45:23 | 1989 |