

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	2100	Meyer Manuel	TV Wattenscheid	2:37:34	M30	1	0:33:36	0:50:31	1:13:26
2	2872	Abbing Sven	Herner Triathlon Team 11	2:42:56	M30	2	0:34:57	0:52:59	1:14:59
3	5598	Gottheil Ralf	LG Coesfeld	2:43:28	M30	3	0:34:55	0:53:06	1:15:26
4	5006	Rück Matthias	TG Neuss	2:43:53	M30	4	0:34:38	0:53:01	1:16:13
5	3922	Heints Vladislav	ART Düsseldorf	2:45:29	M35	1	0:35:21	0:52:53	1:17:14
6	4744	Minke Sebastian	ASC Rosellen/Neuss	2:45:37	M35	2	0:34:56	0:53:49	1:16:50
7	4972	Baumgarten Björn	Tri Team FS Düsseldorf	2:46:11	M40	1	0:35:09	0:54:05	1:16:56
8	3034	Moldenhauer Kai	DLC Aachen	2:46:25	M30	5	0:35:24	0:53:10	1:17:50
9	5210	Lawrenz Leif	ESV Meiderich	2:47:40	M35	3	0:34:58	0:55:02	1:17:39
10	5065	Dobos Ivo	ASC Rosellen/Neuss	2:48:43	M20	1	0:35:05	0:54:23	1:19:14
11	2193	Lampert Sascha	LT Kettwig 2000	2:49:40	M35	4	0:36:06	0:54:40	1:18:54
12	3805	Jakobs Maximilian	TuSpo Huckingen	2:49:52	MU18	1	0:36:14	0:54:34	1:19:03
13	4830	Roszinsky Simon	ASC Rosellen/Neuss	2:51:31	M30	6	0:36:47	0:55:54	1:18:50
14	4856	Gerhardt Robby	Ruderclub Germania Düsseld	2:52:25	M20	2	0:37:11	0:56:48	1:18:25
15	5595	Fels Sven	LG Coesfeld	2:52:45	M20	3	0:37:11	0:56:23	1:19:10
16	5754	Cramer Matthias	LG Coesfeld	2:54:25	M40	2	0:37:44	0:57:05	1:19:35
17	3456	Stolecki Stephan	LC Rapid Dortmund	2:56:45	M45	1	0:37:53	0:56:59	1:21:51
18	4836	Peter Detlev	Krefelder Kanu Klub	2:57:00	M50	1	0:37:28	0:57:50	1:21:42
19	5759	Wolbeck Kai	LG Coesfeld	2:58:10	M30	7	0:39:08	0:57:34	1:21:27
20	2653	Horenkamp Jan	BSG Wirtschaftsbetriebe Db	2:58:36	M35	5	0:38:15	0:58:10	1:22:10
21	3137	Gosebrink Jens	Triminators TV Voerde	2:58:44	M30	8	0:38:37	0:57:40	1:22:25
22	5539	Grönke Steffen	200PRO GmbH	2:58:55	M35	6	0:37:44	0:57:49	1:23:21
23	4077	Hahn Hendrik	Seidenraupen Krefeld	2:59:42	M30	9	0:38:37	0:58:35	1:22:29
24	5195	Büker Stephan	LC Duisburg	2:59:49	M20	4	0:37:54	0:58:24	1:23:31
25	5728	Hoffmann Arthur	*Krefeld	3:00:17	M30	10	0:38:10	0:58:41	1:23:25
26	3593	Kölker Manuel	Seidenraupen Krefeld	3:00:37	M35	7	0:39:10	0:58:46	1:22:41
27	5038	Kölven Ludger	Team Erdinger Alkoholfrei	3:00:51	M35	8	0:38:50	0:58:53	1:23:07
28	3480	Brune Gilbert	*Bottrop	3:01:23	M40	3	0:38:43	0:58:57	1:23:43
29	2704	Klein Andreas	Haltern-Lipprams Dorf	3:01:24	M45	2	0:38:39	0:58:57	1:23:48
30	3647	Kluge Sebastian	Lauf Team Unna	3:01:33	M20	5	0:38:52	0:58:53	1:23:47
31	2830	Crisan Andrei	Bocholter WSV	3:02:21	M30	11	0:38:15	0:58:34	1:25:31
32	5048	Ringler Peter	*Essen	3:02:33	M40	4	0:38:12	0:58:30	1:25:49
33	2423	Himpler Ralf	Bocholter WSV	3:03:06	M45	3	0:39:36	0:58:47	1:24:42
34	2662	Krause Frank	WIR BEI HKM	3:03:08	M50	2	0:38:41	0:58:44	1:25:42
35	5628	Eickelmann Karsten	BSG JVA TAXI HAGEN	3:03:21	M40	5	0:38:56	0:59:29	1:24:55
36	5376	Carter Chris	Vodafone Runners	3:03:43	M45	4	0:38:29	0:59:31	1:25:43
37	3909	Spanier Michael	Team Erdinger Alkoholfrei	3:03:52	M45	5	0:39:58	0:59:35	1:24:18
38	3784	Splittorf Michael	OTV Endurance Team	3:04:21	M50	3	0:40:04	0:59:55	1:24:21
39	5753	Hoppenberg Pascal	*Essen	3:04:25	M30	12	0:39:41	0:59:20	1:25:22
40	5400	Schmidt-Fehrenbacher Vo	Vodafone Runners	3:05:04	M55	1	0:39:39	0:59:45	1:25:40
41	5756	Severt Günter	LG Coesfeld	3:05:09	M45	6	0:39:04	0:59:32	1:26:32
42	2855	Becker Patrick	BSG Sparkasse Dinslaken	3:05:19	M35	9	0:39:21	1:00:25	1:25:33
43	4371	Somberg Stephan	Feuerstarter	3:05:28	M20	6	0:38:54	1:00:19	1:26:14
44	3280	Starrach Carsten	Ausdauerchule by bunert	3:05:31	M40	6	0:39:29	0:59:44	1:26:16
45	2644	Gerke Marco	*Duisburg	3:05:38	M35	10	0:39:22	0:59:48	1:26:26
46	3289	Pawellek Karsten	LGO Bochum	3:05:50	M30	13	0:38:40	0:58:36	1:28:33
47	2253	Dorobeck Burkhard	Angerland LT Lintorf	3:06:16	M50	4	0:40:46	1:00:42	1:24:48
48	3374	Joyce Richard	*Düsseldorf	3:06:17	M45	7	0:38:33	0:59:41	1:28:02
49	4109	Plum Oliver	Tri Team FS Düsseldorf	3:06:19	M30	14	0:36:44	1:08:08	1:21:25
50	3667	Backes Helmut	*Ratingen	3:06:27	M45	8	0:39:26	0:59:32	1:27:27
51	3889	Möhle Benjamin	ART Düsseldorf	3:07:51	M40	7	0:37:13	0:58:27	1:32:10
52	5929	Plöger Tobias	TUSEM Essen	3:08:07	M30	15	0:40:04	1:01:23	1:26:39
53	5715	Derksen Jens	TSV Weeze	3:08:08	M35	11	0:40:58	1:02:05	1:25:04

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	5516	Alten-Mönnink Peter	200PRO GmbH	3:08:12	M40	8	0:39:13	1:01:19	1:27:39
55	4967	Drenker Ditmar	Triathlon Team Ratingen 08	3:08:31	M45	9	0:41:33	1:01:35	1:25:22
56	3376	Priester Marco	SuS Bertlich	3:08:49	M45	10	0:40:30	1:01:14	1:27:05
57	5829	Przewloka Joachim	TG Neuss	3:09:06	M50	5	0:39:34	1:03:06	1:26:25
58	5803	Egin-Richter Taner	TuS Breitscheid	3:09:23	M40	9	0:38:52	1:02:21	1:28:09
59	2240	Drieschner Thomas	Rapid Ramirez	3:10:11	M40	10	0:40:16	1:01:25	1:28:29
60	2283	Rouhiainen Ristomatti	LGO Bochum	3:10:19	M30	16	0:41:25	1:01:04	1:27:49
61	4879	Bickschäfer Bernd	OSC Rheinhausen	3:10:44	M45	11	0:39:34	1:01:37	1:29:33
62	2250	Piepenbreier Olaf	*Ratingen	3:10:46	M40	11	0:39:40	1:01:00	1:30:04
63	3020	Heimann David	LSF Münster	3:11:14	M40	12	0:43:03	1:06:19	1:21:51
64	2913	Winkelmann Dennis	*Duisburg	3:11:14	M30	17	0:40:29	1:02:05	1:28:38
65	4660	Park Dr. Alexander	*Bochum	3:11:34	M40	13	0:39:34	1:02:24	1:29:36
66	4956	Dolfen Stefan	TUSEM Essen	3:11:47	M55	2	0:41:14	1:02:27	1:28:05
67	4125	Töller Mike Stefan	LG Alpen	3:12:02	M45	12	0:41:07	1:02:25	1:28:29
68	3359	Schürings Armin	Max Maulwurf Marathonis	3:12:14	M45	13	0:40:17	1:02:21	1:29:35
69	2589	Schaefer Peter	Kaarst	3:12:15	M40	14	0:40:29	1:02:28	1:29:17
70	4195	Schleuter Christian - Thom	Bocholter WSV	3:12:32	M35	12	0:43:25	1:01:03	1:28:03
71	2418	Orlowski Bernd	*Gelsenkirchen	3:12:45	M55	3	0:40:39	1:02:58	1:29:06
72	3589	Blank Frederik	Eintracht Duisburg 1848 e.V.	3:12:45	MU20	1	0:40:05	1:02:01	1:30:38
73	3970	Uhlendahl Markus	TUSEM Essen	3:12:51	M45	14	0:41:02	1:02:21	1:29:27
74	3588	Bücher Marco	Erler-Sportgemeinschaft	3:12:51	M40	15	0:41:41	1:02:01	1:29:08
75	2517	Klaas Jens	*Mülheim an der Ruhr	3:12:59	M45	15	0:41:16	1:02:51	1:28:50
76	3435	Fritsch Franz	LG Alpen	3:13:04	M60	1	0:41:23	1:02:25	1:29:15
77	2742	Schumacher Andreas	*Essen	3:13:08	M45	16	0:40:18	1:02:35	1:30:14
78	2594	Breil Sascha	*Bochum	3:13:12	M35	13	0:41:47	1:03:22	1:28:03
79	4521	Rulands Tim	Team Erdinger Alkoholfrei	3:13:16	M20	7	0:38:52	1:09:53	1:24:29
80	5805	Pulla Friedemann	TuS Breitscheid	3:13:19	M20	8	0:41:39	1:04:14	1:27:24
81	3643	Lauer Thomas	*Essen	3:13:33	M45	17	0:40:14	1:04:05	1:29:13
82	3084	Natschke Jörg	Doppelrunde	3:13:41	M50	6	0:39:52	1:01:41	1:32:08
83	4013	Cetiner Marvin	*Mülheim an der Ruhr	3:13:43	M20	9	0:42:49	1:03:05	1:27:47
84	5973	Szostak Dieter	*Oberhausen	3:13:58	M50	7	0:41:15	1:02:18	1:30:23
85	5168	Nörtershäuser Philipp	Triathlon Mülheim	3:13:59	M30	18	0:41:42	1:02:37	1:29:39
86	3422	Von der Heyden Ralf	TV Aldekerk	3:14:19	M35	14	0:41:14	1:03:21	1:29:43
87	5315	Richrath Kay	Vodafone Runners	3:14:19	M40	16	0:41:41	1:03:18	1:29:19
88	2832	Nitschke Thorsten	*Duisburg	3:14:28	M45	18	0:48:26	0:59:20	1:26:41
89	2609	Köhler Dieter	TSV Viktoria Mülheim	3:15:00	M45	19	0:41:04	1:02:48	1:31:07
90	5646	Flaßkamp Michael	Cool Runnings Beelen	3:15:15	M35	15	0:40:32	1:03:59	1:30:43
91	2703	Klümper Rolf	Equipe Borschemich	3:15:53	M45	20	0:40:43	0:59:57	1:35:12
92	2718	Skoerys Michael	Triathlon Team Ratingen 08	3:16:12	M50	8	0:41:40	1:03:46	1:30:45
93	4171	Junghänel Michael	*Oberhausen	3:16:12	M40	17	0:42:11	1:02:34	1:31:26
94	4048	Micus Werner	*Duisburg	3:16:22	M45	21	0:41:41	1:03:13	1:31:27
95	4886	Rosin Andreas	LT Wischlingen Dortmund	3:16:34	M50	9	0:43:17	1:03:31	1:29:45
96	2303	Wetz Müller Peter	BSG Sparkasse Lüdenscheid	3:16:42	M50	10	0:42:35	1:04:18	1:29:48
97	4226	Kohlhöfer Udo	Krefelder Kanu Klub	3:16:43	M50	11	0:41:30	1:04:27	1:30:45
98	5410	Kubas Thorsten	TSV 1863 Herdecke	3:16:47	M50	12	0:42:08	1:03:41	1:30:56
99	4986	Freese Simon	Team Erdinger Alkoholfrei	3:16:47	M40	18	0:46:52	1:02:03	1:27:51
100	5242	Fuchs Dirk	LT Winterfeldtstraße	3:17:12	M35	16	0:42:05	1:05:18	1:29:47
101	5087	Seegenschmiedt Heinrich	TUSEM Essen	3:17:29	M60	2	0:42:11	1:04:30	1:30:47
102	2534	Gleumes Stephan	*Düsseldorf	3:17:46	M40	19	0:41:58	1:02:48	1:32:59
103	5110	Packross Michael	Ausdauerchule by bunert	3:17:48	M50	13	0:41:50	1:04:21	1:31:35
104	5371	Beissel Jens	Vodafone Runners	3:18:01	M40	20	0:41:09	1:03:57	1:32:55
105	5151	Marquardt Dirk	LC Duisburg	3:18:04	M45	22	0:41:56	1:04:48	1:31:20
106	4816	Féaux de Lacroix Dr. Bor	Speedskater Düsseldorf	3:18:05	M40	21	0:42:20	1:04:33	1:31:11

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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	3791	Kössler Till	Eastside Runners	3:18:11	M45	23	0:41:59	1:04:03	1:32:08
108	5517	Bajohr Rudolf	200PRO GmbH	3:18:11	M55	4	0:42:13	1:03:50	1:32:06
109	2288	Scheiler Oliver	*Wülfrath	3:18:20	M30	19	0:41:48	1:03:45	1:32:47
110	5626	Kronenberg Edmund	LT Krefeld-Oppum	3:18:26	M60	3	0:43:10	1:04:13	1:31:02
111	2884	Albers H.-G.	*Duisburg	3:18:35	M40	22	0:42:40	1:04:26	1:31:28
112	2463	Blicke Christian	Barfuss Bethlehem	3:18:36	M30	20	0:42:05	1:04:20	1:32:10
113	3913	Ingenbleek Johannes	SV Viktoria Goch	3:18:43	M50	14	0:42:16	1:04:34	1:31:51
114	5364	Schwerkolt Thorsten	Vodafone Runners	3:18:47	M40	23	0:40:30	1:05:48	1:32:27
115	3212	Wischniewski Markus	Team Erdinger Alkoholfrei	3:18:48	M45	24	0:42:00	1:02:56	1:33:50
116	5493	Ziemens Timo	AS Neukirchen-Vluyn	3:19:05	MU18	2	0:43:33	1:09:30	1:26:01
117	3277	Rödiger Volker	SV Blau-Weiß Bochum	3:19:05	M40	24	0:41:28	1:04:44	1:32:52
118	5596	Reeker Veit	LG Coesfeld	3:19:09	M30	21	0:42:44	1:04:42	1:31:43
119	3355	Stapperfenne Dr. Uwe	*Wülfrath	3:19:32	M60	4	0:42:18	1:06:17	1:30:57
120	2562	Brandenburg Martin	Angerland LT Lintorf	3:19:52	M50	15	0:41:52	1:05:56	1:32:03
121	4212	Becker Tankred	Duisburger Ruderverein	3:19:57	M30	22	0:41:23	1:08:13	1:30:20
122	3516	Heisel Wolfgang	Doppelrunde	3:20:06	M45	25	0:42:24	1:05:03	1:32:38
123	2231	Oelschläger Klaus	*Düsseldorf	3:20:16	M50	16	0:42:34	1:04:31	1:33:10
124	4571	Woinowski Benjamin	SC Bayer 05 Uerdingen	3:20:23	M30	23	0:40:36	1:03:35	1:36:10
125	3389	Möllmann Udo	TSV Bocholt	3:20:38	M45	26	0:42:56	1:05:01	1:32:41
126	5901	Schweitzer Claus	*Essen	3:20:43	M45	27	0:43:36	1:05:06	1:32:00
127	5211	Röthling Axel	ESV Meiderich	3:21:01	M55	5	0:42:22	1:05:40	1:32:58
128	3204	Kühnen Thomas	BSG Sparkasse Duisburg	3:21:02	M45	28	0:42:13	1:04:16	1:34:32
129	3959	Thomausek Norbert	TuSpo Huckingen	3:21:46	M55	6	0:41:33	1:03:48	1:36:24
130	2723	Smethurst Miles	Triathlon Team Ratingen 08	3:21:55	M45	29	0:42:43	1:06:09	1:33:02
131	3166	Komes Max Paul	*Oberhausen	3:22:05	MU18	3	0:41:16	1:04:13	1:36:35
132	2812	Welskopf Peter	Ballettschule Müller Castrop	3:22:10	M50	17	0:43:09	1:05:50	1:33:11
133	2650	Boleslawsky Stephan	*Ratingen	3:22:18	M40	25	0:42:38	1:04:46	1:34:53
134	5787	Gebauer Bernd	LG Olympia Dortmund	3:22:36	M50	18	0:42:59	1:06:33	1:33:03
135	5331	Konst Theodor	Vodafone Runners	3:22:47	M45	30	0:40:58	1:05:52	1:35:56
136	5226	Deymann Julian	SV Vynen-Marienbaum	3:22:54	M20	10	0:40:46	1:05:49	1:36:19
137	3278	Biemer Gregor	*Duisburg	3:22:57	M35	17	0:44:13	1:06:11	1:32:32
138	3882	Gmirrek Andreas	LT Kemperdick	3:23:08	M50	19	0:43:15	1:05:28	1:34:25
139	4137	Krebs Michael	TUS Quettingen	3:23:13	M45	31	0:42:53	1:06:06	1:34:13
140	2919	Köhler Frank	Triathlon Team Ratingen 08	3:23:16	M45	32	0:42:40	1:05:40	1:34:55
141	3180	Gerlach Marco	*Mülheim an der Ruhr	3:23:36	M40	26	0:43:15	1:06:18	1:34:02
142	2672	Göttling Andreas	TV Borken	3:23:45	M45	33	0:44:01	1:07:01	1:32:42
143	4167	Mombauer Guido	*Köln	3:23:45	M40	27	0:43:25	1:06:27	1:33:51
144	2749	Zeisel Dr. Stefan	*Bonn	3:23:48	M40	28	0:42:48	1:05:58	1:35:01
145	2771	Holtmeier Jürgen	Nina-Sport Ratingen	3:24:28	M50	20	0:42:47	1:06:27	1:35:13
146	3663	Szczepanik Irek	LG Mülheim	3:24:28	M45	34	0:43:06	1:05:59	1:35:22
147	3599	Mense Andre	FTV Krefeld Fischeln Tri-Te	3:24:30	M45	35	0:43:40	1:06:16	1:34:33
148	3252	Heim Nick	*Dinslaken	3:24:34	MU20	2	0:42:41	1:04:55	1:36:57
149	2334	Liesebach Florian	Moerser TV Triathlon	3:24:37	M20	11	0:40:44	1:04:27	1:39:25
150	5720	Assmann Manfred	SC Bayer 05 Uerdingen	3:24:37	M40	29	0:42:10	1:06:05	1:36:21
151	3551	Fyrk Christian	SV 13 Gladbeck	3:24:40	M35	18	0:43:22	1:06:45	1:34:31
152	5313	Christoph Stefan	Vodafone Runners	3:24:56	M40	30	0:41:33	1:02:51	1:40:31
153	2893	Vüllings André	Bocholter WSV	3:24:56	M45	36	0:43:32	1:06:46	1:34:37
154	4829	Wäschenbach Olli	*Düsseldorf	3:24:57	M20	12	0:43:26	1:07:00	1:34:30
155	3065	Peters Klaus	*Krefeld	3:25:06	M40	31	0:43:34	1:06:36	1:34:55
156	3699	Hilmer Jan	Rumelner TV	3:25:08	M20	13	0:39:21	0:59:04	1:46:42
157	2741	Siry Martin	TV Wanheimerort 1880 e.V.	3:25:20	M40	32	0:41:11	1:06:35	1:37:33
158	2859	Evermann Mark	*Oberhausen	3:25:23	M35	19	0:39:47	1:08:04	1:37:31
159	4960	Kammann Christian	*Düsseldorf	3:25:25	M35	20	0:43:18	1:07:31	1:34:35

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Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	2432	Ehrlich Dirk	Team EhrBec	3:25:26	M45	37	0:43:06	1:05:13	1:37:06
161	4854	Hüllen Ludger	TUSEM Essen	3:25:33	M45	38	0:42:06	1:06:01	1:37:25
162	3363	Kahls Markus	Max Maulwurf Marathonis	3:25:34	M45	39	0:43:35	1:05:02	1:36:55
163	2365	Voß Kay	Neues Gymnasium Bochum	3:25:39	M35	21	0:43:55	1:06:34	1:35:09
164	4595	Weiland Klaus	LC Duisburg	3:25:47	M60	5	0:43:23	1:06:23	1:36:01
165	5029	Schulte Martin	Toucan Athletic Club	3:25:52	M30	24	0:45:04	1:01:47	1:39:01
166	4120	Theisen Dr. Oliver	Eintracht Duisburg 1848 e.V.	3:25:53	M40	33	0:42:34	1:04:45	1:38:33
167	4990	Schulz Stefan	*Coesfeld	3:25:56	M45	40	0:42:58	1:07:38	1:35:19
168	5506	Lizak Björn	FS Rheinkamp	3:25:57	M35	22	0:43:11	1:06:59	1:35:46
169	3622	Muck Stephan	*Essen	3:26:04	M35	23	0:42:51	1:06:20	1:36:53
170	2267	Robert Ferdinand	MKW-Läufer	3:26:09	M50	21	0:43:48	1:06:34	1:35:46
171	3063	Stahl Sebastian	Jogmap Ruhr	3:26:13	M35	24	0:42:43	1:08:58	1:34:32
172	2371	Gülke Thomas	Ausdauer Schule by bunert	3:26:14	M35	25	0:43:52	1:07:04	1:35:17
173	4565	Trenn Gerd	*Willich	3:26:21	M45	41	0:40:24	1:06:07	1:39:49
174	3586	Janzen Ulrich	*Soest	3:27:02	M45	42	0:44:22	1:06:44	1:35:56
175	4833	Brömme Roland	*Duisburg	3:27:09	M55	7	0:43:57	1:06:36	1:36:36
176	5307	Schmengler Stephan	BSG Stadtwerke Duisburg A	3:27:10	M50	22	0:43:44	1:06:52	1:36:32
177	5830	Lohmann Frank	TG Neuss	3:27:12	M50	23	0:41:28	1:06:43	1:39:01
178	2203	Stahlmann Frank	TG Neuss	3:27:16	M50	24	0:44:04	1:06:43	1:36:28
179	4045	Weiss Stephan	*Duesseldorf	3:27:21	M35	26	0:43:36	1:07:43	1:36:01
180	2797	Sobolewski Markus	Adler-Langlauf Bottrop	3:27:24	M45	43	0:43:51	1:08:00	1:35:31
181	4515	Marquardt Stefan	SF Ennepetal	3:27:26	M45	44	0:44:38	0:59:54	1:42:53
182	3064	Neumann Christoph	LT Vynen	3:27:30	M45	45	0:43:31	1:08:21	1:35:37
183	3725	Bludau Michael	*Duisburg	3:27:31	M55	8	0:44:24	1:07:19	1:35:47
184	2191	Sundermann Frank	*Xanten	3:27:34	M45	46	0:43:07	1:07:58	1:36:28
185	2937	Kodjayan Patrick	Nordtriathleten Oberhausen	3:27:38	M40	34	0:40:54	1:02:03	1:44:40
186	4019	Renting Ralf	*Bocholt	3:27:46	M50	25	0:43:12	1:07:34	1:36:59
187	4698	Große Dieter	LC Duisburg	3:27:48	M45	47	0:42:50	1:06:52	1:38:05
188	4353	Beyer Tobias	Reeser SC Triathlon	3:27:52	M20	14	0:42:28	1:08:46	1:36:37
189	3830	Dünninger Helmut	*Ratingen	3:27:54	M50	26	0:44:36	1:07:46	1:35:31
190	5216	Spaethe Johannes	*Düsseldorf	3:28:18	M30	25	0:44:22	1:07:25	1:36:30
191	3759	Beckmanns Ralf	LT Krefeld-Oppum	3:28:22	M50	27	0:43:36	1:06:55	1:37:50
191	4170	Röth Wilfried	Leichtathletik Nütterden eV	3:28:22	M50	27	0:43:34	1:07:57	1:36:51
193	5555	Lemp Alexander	200 Pro	3:28:22	M20	15	0:45:02	1:06:54	1:36:25
194	4341	Url Michael	Moerser TV Triathlon	3:28:31	M35	27	0:45:58	1:07:31	1:35:01
195	3432	Telohe Klaus	TV Rhede	3:28:34	M45	48	0:44:56	1:07:24	1:36:13
196	2391	Brutscheidt Erik	*Ratingen	3:28:41	M45	49	0:44:24	1:06:03	1:38:13
197	5765	Ahrens Rüdiger	LG Coesfeld	3:28:42	M50	29	0:43:56	1:07:47	1:36:58
198	5947	Marx Udo	Lintforter Oldies	3:28:43	M40	35	0:46:12	1:05:47	1:36:43
199	3786	Klimkiewicz Kai	LT Bittermark Dortmund	3:28:44	M40	36	0:44:53	1:07:10	1:36:40
200	4570	Kaiser Sven	*Essen	3:28:50	M30	26	0:44:46	1:08:13	1:35:51
201	3022	Barbera Pino	Hofacker-Runner.de.vu	3:28:54	M40	37	0:40:53	1:02:33	1:45:27
202	3766	Schruff Dr. Christian	Team Erdinger Alkoholfrei	3:28:54	M30	27	0:43:02	1:06:54	1:38:57
203	5408	Zeppa Daniel	TSV 1863 Herdecke	3:28:57	M45	50	0:43:14	1:03:32	1:42:10
204	4951	Sender Patrick	Werdener TB	3:29:00	M20	16	0:43:55	1:07:50	1:37:14
205	3443	Ritthoff Michael	*Duisburg	3:29:01	M45	51	0:42:41	1:11:29	1:34:50
206	2276	Christen Sven	Preussen Krefeld LA	3:29:03	M40	38	0:43:51	1:08:22	1:36:50
207	5091	Schröder Markus	*Düsseldorf	3:29:06	M40	39	0:43:42	1:07:43	1:37:40
208	5388	Akbaba Metin	Vodafone Runners	3:29:13	M40	40	0:44:27	1:08:37	1:36:08
209	5475	Savillif Rüdiger	TRIMET	3:29:16	M65	1	0:44:39	1:08:12	1:36:23
210	4129	Kleiner Lars	LT Berka Stars	3:29:18	M35	28	0:44:57	1:07:52	1:36:28
211	2503	Brozy Frederic	Guapos	3:29:20	M30	28	0:44:18	1:08:53	1:36:07
211	2663	Lickfett Heiko	*Düsseldorf	3:29:20	M50	30	0:43:41	1:08:31	1:37:07

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3684	Ischinsky Ludger	Lauffreunde Bottrop	3:29:22	M60	6	0:44:51	1:08:06	1:36:23
214	2217	Tuttmann Ludger	*Marl	3:29:25	M45	52	0:43:59	1:08:21	1:37:04
215	3958	Pudenz Jörg	Tritahlon Team Rheinberg	3:29:27	M50	31	0:44:41	1:07:25	1:37:19
216	2331	Miksche Ronald	*Düsseldorf	3:29:32	M45	53	0:44:04	1:08:23	1:37:04
217	2125	Schlemmer Christian	*Düsseldorf	3:29:37	M40	41	0:43:16	1:07:56	1:38:24
218	5832	Sanden Dirk	TG Neuss	3:29:39	M40	42	0:45:14	1:09:07	1:35:17
219	5519	Bartling Jochen	200PRO GmbH	3:29:39	M45	54	0:44:47	1:08:58	1:35:53
220	2164	Milde Joachim	*Duisburg	3:29:41	M45	55	0:43:09	1:09:03	1:37:28
221	3003	Markowsky Günter	Rumelner TV	3:29:43	M60	7	0:44:47	1:08:20	1:36:35
222	5955	Schwarz Patrick	*Kamp-Lintfort	3:29:47	M20	17	0:45:22	1:12:35	1:31:49
223	5154	Jokisch Frank	TSV Bayer Leverkusen 04	3:29:51	M60	8	0:43:53	1:07:51	1:38:06
224	4231	Hetkamp Fabian	SG Borken	3:30:04	M30	29	0:47:27	1:09:22	1:33:14
225	3476	Terporten Niklas	Feuerwehr Düsseldorf	3:30:12	M40	43	0:45:49	1:07:12	1:37:10
226	2290	Böttcher Marc	Die Gazellen	3:30:24	M35	29	0:44:21	1:03:16	1:42:47
227	3646	Schumann Frank	RC 77 Bocholt	3:30:25	M40	44	0:44:34	1:07:22	1:38:29
228	2427	Siska Georg	WSV Schermbeck	3:30:34	M50	32	0:44:41	1:08:43	1:37:09
229	5557	Möser Ronald	200PRO GmbH	3:30:38	M40	45	0:45:38	1:08:41	1:36:17
230	4407	Wolff Stefan	*Krefeld	3:30:50	M40	46	0:44:25	1:07:29	1:38:55
231	3109	Susing Thorsten	*Duisburg	3:30:53	M35	30	0:45:42	1:08:19	1:36:51
232	3294	Park Alexander	Lintforter Oldies	3:30:55	M40	47	0:43:58	1:07:35	1:39:21
233	2907	Evermann Lars	*Datteln	3:31:02	M20	18	0:45:41	1:07:56	1:37:25
234	4745	Schmitz Willi	LT Krefeld-Oppum	3:31:04	M50	33	0:43:35	1:06:14	1:41:14
235	4270	Mroß Michael	*Duisburg	3:31:06	M55	9	0:45:01	1:08:58	1:37:06
236	5912	Helmberg Volker	Saarer Kämpfer	3:31:08	M50	34	0:44:13	1:08:14	1:38:40
237	3251	Schroeder Georg	BSV DELPHI Wuppertal	3:31:11	M65	2	0:44:31	1:09:40	1:36:59
238	4651	Weibel Johannes	LT Schnecke Sonsbeck	3:31:13	M55	10	0:44:32	1:06:12	1:40:28
239	3681	Kazmierczak Michael	StabFJgRgt 2	3:31:16	M30	30	0:44:26	1:07:16	1:39:33
240	5745	Boenke Thomas	TriFUN Kleve e.V.	3:31:17	M30	31	0:40:55	1:04:19	1:46:02
241	3590	Rogala Andrzej	Marathonteam-Ratingen	3:31:19	M55	11	0:45:13	1:08:16	1:37:49
242	4976	Hampel Jochen	*Neukirchen-Vluyn	3:31:20	M20	19	0:44:19	1:07:57	1:39:03
243	3365	Faber Oliver	Max Maulwurf Marathonis	3:31:22	M40	48	0:49:27	1:08:34	1:33:20
244	2584	Lutz Christian	*Duisburg	3:31:27	M20	20	0:44:12	1:08:25	1:38:50
245	5648	Neuheuser Markus	TimeLine ERP	3:31:30	M45	56	0:43:58	1:07:46	1:39:46
246	3827	Koch Thomas	Borussia Mönchengladbach	3:31:31	M40	49	0:43:07	1:08:32	1:39:51
247	3686	Winter Norbert	ERGO Sports Düsseldorf	3:31:31	M45	57	0:44:26	1:08:37	1:38:28
248	4637	Keutz Andreas	Tri Team FS Düsseldorf	3:31:36	M35	31	0:44:52	1:08:08	1:38:36
249	5359	Markus Christian	Vodafone Runners	3:31:39	M50	35	0:44:53	1:06:51	1:39:54
250	5409	Meiering Carsten	TSV 1863 Herdecke	3:31:46	M45	58	0:42:35	1:08:37	1:40:33
251	5833	Schmitz Thomas	TG Neuss	3:31:46	M40	50	0:45:22	1:07:21	1:39:02
252	3449	Niklas Klaus	SV Budberg	3:31:48	M45	59	0:44:35	1:06:51	1:40:21
253	3054	Osesek Holger	Tri Team FS Düsseldorf	3:31:52	M50	36	0:38:11	1:00:33	1:53:07
254	5111	Kaiser Gero	BSG Commerzbank AG Ruh	3:32:06	M50	37	0:45:31	1:08:47	1:37:48
255	5348	Verma Sachin	Vodafone Runners	3:32:13	M35	32	0:44:33	1:07:48	1:39:50
256	5103	Fischbach Andreas	Fachhochschule Köln	3:32:16	M35	33	0:45:47	1:09:09	1:37:19
257	5411	Drilling Norbert	TSV 1863 Herdecke	3:32:17	M50	38	0:43:23	1:12:11	1:36:42
258	3618	Küsel Tim	*Ratingen	3:32:19	M20	21	0:42:22	1:08:24	1:41:31
259	2221	Müller Hans-Rainer	*Herne	3:32:26	M40	51	0:45:19	1:08:14	1:38:52
260	4448	Bours Andreas	Feuerstarter	3:32:27	M20	22	0:38:34	1:16:13	1:37:39
261	2332	Mescher Stefan	*Essen	3:32:36	M40	52	0:43:05	1:08:05	1:41:24
262	3173	Kubitsch Karsten	Hochschule für Gesundheit	3:32:41	M50	39	0:44:33	1:08:59	1:39:08
263	4679	Spoden Migo	LC Duisburg	3:32:42	M55	12	0:43:56	1:08:25	1:40:21
264	4181	Abraham Jan	*Oberhausen	3:32:48	M35	34	0:42:37	1:09:03	1:41:08
265	2619	Flügge Thomas	Meiderich 06 / 95	3:32:56	M45	60	0:45:44	1:09:46	1:37:25

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4842	Liebchen Peter	*Essen	3:33:26	M55	13	0:44:31	1:08:42	1:40:13
267	2583	Te Baay Stefan	SV Haldern Laufftreff	3:33:27	M40	53	0:43:35	1:07:03	1:42:48
268	2277	Kleemann Normen	SV Siemens Mülheim/Ruhr	3:33:32	M40	54	0:49:00	1:07:34	1:36:57
269	4238	Aufmuth Florian Toni	*Duisburg	3:33:36	M20	23	0:45:29	1:08:10	1:39:56
270	4493	Zachan Michael	Solinger LC	3:33:44	M55	14	0:45:18	1:09:31	1:38:54
271	5584	Spiering Frank	200PRO GmbH	3:33:59	M35	35	0:45:53	1:08:41	1:39:24
272	3774	Twellmeyer Thomas	*Düsseldorf	3:34:05	M30	32	0:44:53	1:07:23	1:41:48
273	4508	Eversmann Dennis	*Duisburg	3:34:07	M30	33	0:45:10	1:10:14	1:38:42
274	3705	Platzen Jens	*Essen	3:34:13	M35	36	0:44:22	1:09:22	1:40:28
275	3121	Nauermann Sven	*Duisburg	3:34:14	M35	37	0:42:04	1:03:17	1:48:52
276	5172	Bongardt Jörg	Stadtwerke Solingen	3:34:15	M45	61	0:44:09	1:09:05	1:41:00
277	2291	Beneke Willi	Gestiefelter Muskelkater	3:34:19	M40	55	0:46:34	1:10:19	1:37:25
278	4440	Poetschke Rainer	Marathon Mülheim	3:34:32	M45	62	0:46:54	1:09:43	1:37:53
279	3680	Spillker Marcel	USC Duisburg	3:34:32	M30	34	0:46:52	1:08:53	1:38:46
280	3334	Hütten Volker	Siemens Turbos	3:34:36	M50	40	0:45:48	1:09:12	1:39:35
281	4781	Alipaß Michael	BSG Sparkasse HRV	3:34:38	M40	56	0:45:15	1:08:46	1:40:36
282	2751	Späth Norbert	Tri Team FS Düsseldorf	3:34:41	M40	57	0:47:11	1:08:46	1:38:43
283	2818	Neef Hans-Jürgen	ERGO Sports Düsseldorf	3:34:48	M55	15	0:45:40	1:09:19	1:39:48
284	3025	Schwass David	Die Oberkämpf(er)	3:34:56	M40	58	0:45:18	1:09:08	1:40:29
285	2909	Arendt Mike	*Gelsenkirchen	3:34:59	M45	63	0:46:04	1:10:06	1:38:48
286	2369	Poswig Dr. Arndt	*Ratingen	3:35:01	M45	64	0:43:26	1:09:37	1:41:57
287	5792	Beuth Christian	Team Polizei Duisburg	3:35:01	M35	38	0:45:08	1:10:27	1:39:26
288	3915	Klenovsek Sascha	*Rheurdt	3:35:02	M40	59	0:45:38	1:10:13	1:39:10
289	3797	Mulder Jan Harm	Wittlaer Runners	3:35:03	M50	41	0:45:11	1:10:26	1:39:25
290	2381	Nicodem Markus	*Bochum	3:35:04	M40	60	0:47:49	1:10:13	1:37:01
291	3944	Glasneck Bernd	Frühschicht	3:35:06	M50	42	0:44:09	1:07:50	1:43:06
292	4527	Streukens Guido	*Wuppertal	3:35:11	M35	39	0:46:16	1:09:12	1:39:43
293	3541	Kleffner Helmut	BSG Wirtschaftsbetriebe Db	3:35:12	M50	43	0:46:07	1:10:01	1:39:04
294	2244	Rommen Markus	*Duisburg	3:35:19	M40	61	0:45:31	1:07:47	1:42:01
295	5988	Diedrich Mike	Espressivo mobile cafebar	3:35:20	M45	65	0:46:28	1:09:19	1:39:32
296	4342	Krannig Kai-Steffen	*Dortmund	3:35:22	M30	35	0:46:28	1:09:10	1:39:43
297	4598	Piel Janik	*Düsseldorf	3:35:24	MU20	3	0:40:25	1:08:18	1:46:41
298	2963	Michel Rainer	TV Hasslinghausen	3:35:25	M55	16	0:45:47	1:09:34	1:40:03
299	3426	Nebe Philipp	Tri Team FS Düsseldorf	3:35:28	M20	24	0:44:11	1:13:28	1:37:48
300	2726	Schultheis Matthias	*Bochum	3:35:32	MU20	4	0:47:13	1:09:52	1:38:26
301	2491	Knubben Ludger	Team Magenta	3:35:34	M50	44	0:44:37	1:09:31	1:41:25
302	5205	Harms Bernd	LC Duisburg	3:35:37	M35	40	0:46:06	1:10:06	1:39:24
303	2906	Braun Dr. Markus	*Ennepetal	3:35:42	M30	36	0:45:17	1:09:27	1:40:57
304	3870	Beckmann Micha	Palma runners	3:35:55	M50	45	0:44:38	1:09:38	1:41:38
305	5362	Malkowsky Andre	Vodafone Runners	3:36:00	M45	66	0:45:32	1:09:28	1:41:00
306	4622	Bongers Dr. Joern	LT Krefeld-Oppum	3:36:04	M50	46	0:46:07	1:09:39	1:40:17
307	2730	Blank Heinz Gerd	LT TURA Brüggen	3:36:06	M60	9	0:46:14	1:07:00	1:42:51
308	4599	Schmölders-Piel Reinhold	*Düsseldorf	3:36:09	M55	17	0:44:20	1:07:04	1:44:44
309	2637	Lahn Markus	*Duisburg	3:36:09	M40	62	0:44:00	1:11:42	1:40:27
310	3683	Schmirbach Andreas	Ausdauerchule by bunert	3:36:14	M50	47	0:45:16	1:09:13	1:41:44
311	3077	Dick Viktor	*Neukirchen-Vluyn	3:36:18	M50	48	0:46:59	1:09:36	1:39:42
312	4309	Lisson Roger	*Duisburg	3:36:22	M35	41	0:44:02	1:07:29	1:44:50
313	5959	Exposito Rodriguez Manue	Lintforter Oldies	3:36:24	M45	67	0:44:26	1:10:05	1:41:52
314	5190	Tzagkarakis Jason	Ausdauerchule by bunert	3:36:24	M50	49	0:45:10	1:09:19	1:41:54
315	3675	Mannheims Christoph	*Odenthal	3:36:33	M50	50	0:46:34	1:10:28	1:39:30
316	5122	Kaiser Andre	TuS Baerl	3:36:40	M35	42	0:44:45	1:10:51	1:41:03
317	3386	Knepper Michael	*Mülheim	3:36:41	M50	51	0:46:32	1:11:23	1:38:45
318	4259	Schnatmann Christian	*Hünxe	3:36:41	M50	52	0:45:20	1:09:36	1:41:44

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	5541	Hamann Matthias	200PRO GmbH	3:36:46	M35	43	0:46:06	1:08:35	1:42:04
320	3296	Mohr Markus	*Issum	3:36:48	M45	68	0:44:49	1:09:13	1:42:45
321	4446	Guffler Frank	ASC Ratingen West	3:36:58	M50	53	0:45:42	1:11:44	1:39:31
322	3553	Brandt Helge	Ausdauer Schule by bunert	3:36:59	M40	63	0:47:37	1:10:07	1:39:14
323	2772	Neumann Dietmar	Nina-Sport Ratingen	3:37:00	M55	18	0:45:32	1:09:20	1:42:07
324	2785	Mintrop Johannes	TVE Burgaltendorf	3:37:03	M50	54	0:45:12	1:10:16	1:41:33
325	4201	Milenk Sebastian	*Essen	3:37:03	M30	37	0:44:38	1:09:37	1:42:47
326	3026	Dohmes Oliver	Die Oberkämpfer	3:37:03	M45	69	0:45:34	1:09:39	1:41:49
327	4033	Ahlert-de Graat Jörg	TSV 1863 Herdecke	3:37:14	M50	55	0:47:04	1:09:36	1:40:33
328	5234	Daniels Andre	St Hubertus Uedemerbruch	3:37:17	M20	25	0:45:05	1:09:17	1:42:54
329	3423	Nuss Michael	*Essen	3:37:18	M30	38	0:47:40	1:12:43	1:36:54
330	3082	Janßen Andreas	SV Viktoria Goch	3:37:19	M40	64	0:46:04	1:09:41	1:41:33
331	3951	Müller Peter	LC Duisburg	3:37:24	M65	3	0:47:21	1:09:35	1:40:27
332	3333	Funke Hans-Christoph	LAC THG Kettwig	3:37:25	M55	19	0:45:12	1:11:02	1:41:10
333	3377	Feldmann Jens	*Duisburg	3:37:27	M35	44	0:45:47	1:10:20	1:41:20
334	3446	Benninghofen Matthias	*Moers	3:37:35	M30	39	0:48:22	1:09:35	1:39:38
335	5108	Lambertz Christian	TV Vorst	3:37:36	M35	45	0:45:02	1:09:42	1:42:51
336	2802	Schmitz Ulrich	TC Grün-Weiß Hochdahl	3:37:41	M50	56	0:45:10	1:09:38	1:42:53
337	4062	Pauls Viktor	Expertenrunde	3:37:51	M40	65	0:44:38	1:11:07	1:42:05
338	2370	Schuster Maik	Krefelder Kanu Klub	3:37:53	M40	66	0:45:42	1:09:40	1:42:30
339	3557	Möllmann Norbert	Bocholt	3:37:56	M55	20	0:46:56	1:10:24	1:40:35
340	4966	Breucker Dennis	*Oberhausen	3:38:01	M35	46	0:46:17	1:08:47	1:42:56
341	3721	Bongartz Peter	LC Duisburg	3:38:03	M55	21	0:45:51	1:16:46	1:35:25
342	4390	Böckmann Carsten	LC Duisburg	3:38:09	M45	70	0:47:53	1:10:36	1:39:40
343	2642	Seggewiß Hendrik	*Rhede	3:38:09	M35	47	0:47:17	1:09:53	1:40:58
344	3492	Gromann Ralf	WSV Schermbeck	3:38:13	M50	57	0:46:07	1:10:56	1:41:08
345	3356	Conrad Thomas	TRIMUNIA Essen	3:38:19	M50	58	0:47:14	1:10:30	1:40:35
346	4272	Störmer David	Böhse Onkelz	3:38:24	M35	48	0:45:09	1:09:53	1:43:20
347	4175	Karge Ulrich	TriTeam TSG Sprockhövel	3:38:24	M45	71	0:44:41	1:08:46	1:44:56
348	3227	Nietiet Ralf	TuS Breitscheid	3:38:25	M45	72	0:46:37	1:10:12	1:41:35
349	2341	Grauke Tobias	Tus Lintorf	3:38:28	M55	22	0:44:51	1:12:22	1:41:14
350	4420	Beermann Werner	*Gelsenkirchen	3:38:39	M55	23	0:45:22	1:10:57	1:42:20
351	3316	Böse Gerhard	Rasende Hasen Düsseldorf	3:38:40	M45	73	0:48:00	1:11:15	1:39:24
352	3129	Uebbing Holger	SV Budberg Lauffreunde	3:38:42	M45	74	0:47:00	1:10:58	1:40:43
353	2292	Swantusch Marco	ART Düsseldorf	3:38:46	M30	40	0:46:30	1:08:47	1:43:28
354	4228	Willecke Frank	LT Wischlingen Dortmund	3:38:54	M50	59	0:45:52	1:11:04	1:41:57
355	2508	Tillmanns Frank	Volllaufen	3:38:54	M35	49	0:47:17	1:09:34	1:42:02
356	4075	Giebels Franz-Josef	*Kleve	3:38:57	M45	75	0:46:10	1:11:10	1:41:36
357	5324	Ritz Arnold	Vodafone Runners	3:38:58	M60	10	0:44:48	1:12:05	1:42:04
358	2850	Ulfers Björn	LC Duisburg	3:38:59	M35	50	0:45:59	1:10:44	1:42:14
359	3238	Rosskotho Patrick	*Duisburg	3:39:03	M35	51	0:45:24	1:12:36	1:41:02
360	5916	Haack Jürgen	Running Team Grafenberg	3:39:11	M55	24	0:46:36	1:10:27	1:42:07
361	3342	Hess Rüdiger	LT Krefeld-Oppum	3:39:13	M55	25	0:46:39	1:10:54	1:41:39
362	4104	Bollenberg Markus	LEX Bocholt Running Team	3:39:15	M45	76	0:44:11	1:09:11	1:45:52
363	4911	Tippel Robert	Feuerstarter	3:39:16	M50	60	0:45:09	1:11:16	1:42:50
364	4963	Thomas Ingo	*Krefeld	3:39:21	M45	77	0:46:50	1:10:55	1:41:36
365	3116	Kronenberg Friedrich	Marathon Team Ratingen	3:39:28	M60	11	0:47:41	1:10:00	1:41:47
366	4059	Hoffmann Martin	*Duisburg	3:39:31	M50	61	0:48:34	1:10:33	1:40:23
367	2854	Wiesmann Wilh.-Bernd	*Sprockhövel	3:39:35	M60	12	0:47:39	1:10:58	1:40:57
368	5804	Tischer Norman	TuS Breitscheid	3:39:36	M35	52	0:45:19	1:10:16	1:44:00
369	4199	Schmidt Joachim	Miles for More	3:39:38	M60	13	0:47:18	1:12:08	1:40:10
370	2654	Kilian Harald	BSG Wirtschaftsbetriebe Db	3:39:39	M50	62	0:45:21	1:12:05	1:42:12
371	4711	Laufs Stephan	LT Metzkausen	3:39:40	M45	78	0:45:35	1:10:51	1:43:14

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	2467	Albrecht Jens	Barfuss Bethlehem	3:39:41	M55	26	0:47:42	1:10:41	1:41:17
373	5970	Müller Christian	*Rheinberg	3:39:43	M35	53	0:43:24	1:17:00	1:39:18
374	2602	Kormann Frank	Bocholter WSV	3:39:56	M50	63	0:46:52	1:11:09	1:41:55
375	4512	Krüger Hajo	Team Kari Jambo	3:40:02	M50	64	0:49:17	1:09:41	1:41:03
376	5514	Lachmann Marc	Gymnasium i.d. Filder Bend	3:40:09	M45	79	0:47:46	1:11:25	1:40:58
377	4718	Abel Martin	*Ennepetal	3:40:12	M55	27	0:45:36	1:11:39	1:42:56
378	2868	Zaniol Michael	DIN Team	3:40:13	M45	80	0:47:56	1:11:06	1:41:09
379	2612	Wacker Michael	SF Ennepetal	3:40:13	M55	28	0:41:20	1:09:04	1:49:48
380	4388	Vöge Jochen	Fortuna Düsseldorf Triathlon	3:40:13	M40	67	0:45:04	1:12:18	1:42:51
381	3798	Greuel Thomas	Wittlaer Runners	3:40:16	M40	68	0:48:44	1:11:17	1:40:15
382	5724	Stolp Christoph	KRabbelgruppe	3:40:18	M50	65	0:46:18	1:09:59	1:44:00
383	3445	Riebandt Sebastian	*Gevelsberg	3:40:23	M30	41	0:47:26	1:10:57	1:41:59
384	3433	Koschlitzki Norbert	Eintracht Duisburg 1848 e.V.	3:40:28	M50	66	0:46:25	1:11:19	1:42:42
385	2841	Göttlinger Reiner	*Düsseldorf	3:40:34	M55	29	0:45:55	1:09:41	1:44:58
386	2121	Sprenger Detlef	SV Haldern Laufftreff	3:40:36	M55	30	0:48:34	1:09:55	1:42:06
387	2614	Dietrich Torben	Tri Team FS Düsseldorf	3:40:39	M30	42	0:46:03	1:12:16	1:42:19
388	3438	Franz Wolfgang	Schwarz-Rot Hügel	3:40:46	M45	81	0:48:23	1:11:53	1:40:29
389	2230	Rosin Marc	Herner Triathlon Team 11	3:40:51	M40	69	0:46:08	1:11:54	1:42:47
390	4269	Königsbrügge Jan	*Recklinghausen	3:41:00	M20	26	0:45:57	1:13:54	1:41:08
391	2444	Redeske Björn	Tus Mechernich 1897	3:41:08	M45	82	0:45:29	1:11:30	1:44:09
392	3305	Hanrath Holger	*Mülheim	3:41:13	M40	70	0:45:22	1:09:58	1:45:53
393	5257	Köller Peter	Marathon Mülheim	3:41:18	M50	67	0:45:56	1:11:40	1:43:40
394	5986	Böhmer Tobias	*Wuppertal	3:41:20	M35	54	0:47:24	1:11:58	1:41:57
395	2848	Busch Michael	LG Alpen	3:41:21	M45	83	0:46:37	1:11:17	1:43:26
396	3903	Plehnert Michael	LC Duisburg	3:41:22	M60	14	0:46:48	1:07:43	1:46:50
397	3379	Rzyla Adrian	Bocholter WSV	3:41:23	M40	71	0:48:25	1:11:31	1:41:26
398	1466	Helmerstein Guido	SG-Stern Wuppertal	3:41:24	M45	84	0:47:26	1:12:04	1:41:53
399	3225	Peitsch Michael	*Düsseldorf	3:41:24	M60	15	0:46:26	1:12:06	1:42:51
400	4243	Küppers Martin	*Wesel	3:41:33	M45	85	0:48:11	1:11:21	1:41:59
401	3816	Büns Karl-Heinz	TVK 1877 ESSEN	3:41:36	M60	16	0:46:01	1:10:49	1:44:45
402	3032	Eiteneuer Bernd	Rapid Ramirez	3:41:36	M55	31	0:46:56	1:11:01	1:43:38
403	3920	Koeters Stefan	*Kempfen	3:41:41	M35	55	0:45:59	1:12:16	1:43:25
404	4925	Mura Gregor	Cool Runnings	3:41:45	M30	43	0:46:02	1:11:34	1:44:08
405	4297	Schnieder Henning	Krohne	3:41:54	M45	86	0:46:06	1:11:24	1:44:23
406	4608	Janßen Philipp	*Meerbusch	3:41:59	M40	72	0:44:04	1:12:25	1:45:29
407	4321	Altrath Michael	SF Ennepetal	3:42:02	M55	32	0:46:11	1:11:54	1:43:55
408	4670	Hüwe Rainer	*Steinfurt	3:42:09	M50	68	0:45:36	1:12:10	1:44:23
409	5773	Guddat Martin	Ausdauerchule by bunert	3:42:14	M40	73	0:47:11	1:11:35	1:43:27
410	4814	Franzen Thomas	Helios Iron Team	3:42:16	M45	87	0:50:40	1:22:29	1:29:06
411	4227	Reißner Mike	*Duisburg	3:42:16	M35	56	0:45:30	1:10:08	1:46:37
412	4636	Rühl Christian	*Oer-Erkenschwick	3:42:22	M30	44	0:46:15	1:12:09	1:43:57
413	2471	Krause Ralf	*Kaarst	3:42:29	M40	74	0:47:08	1:11:51	1:43:29
414	2647	Pohlmann Martin	*Krefeld	3:42:30	M40	75	0:45:45	1:09:17	1:47:28
415	3220	Gollwitzer Thorsten	Marathon Mülheim	3:42:31	M40	76	0:46:08	1:10:11	1:46:10
416	5368	Weissbrich Guido	Vodafone Runners	3:42:36	M45	88	0:45:56	1:10:47	1:45:51
417	2604	Kersten Stephan	SV Haldern Laufftreff	3:42:38	M30	45	0:47:38	1:13:10	1:41:50
418	4070	Ludwig Frank	*Essen	3:42:42	M35	57	0:46:39	1:11:15	1:44:47
419	4626	Muehlenkamp Markus	DJK Coesfeld	3:42:43	M40	77	0:47:13	1:12:09	1:43:19
420	2345	Rauch Frank	Viermärker Dortmund	3:42:43	M50	69	0:47:53	1:12:05	1:42:44
421	3666	Huesken Stephan	TVK 1877 ESSEN	3:42:43	M50	70	0:46:32	1:14:05	1:42:06
422	3510	Reifenrath Thomas	*Moers	3:42:49	M45	89	0:45:58	1:11:39	1:45:12
423	5185	Kaiser Lars	Team Wittig un Helfer	3:42:54	M20	27	0:51:24	1:12:09	1:39:20
424	3068	Riemenschneider Ralf	Castroper	3:42:59	M50	71	0:47:23	1:11:19	1:44:16

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	2986	Podsada Michael	Adler Nierst	3:43:04	M55	33	0:50:07	1:09:13	1:43:43
426	2599	Böker Christian	LG 1947 Viersen	3:43:08	M40	78	0:44:50	1:08:57	1:49:20
427	2858	Klefisch Dietmar	*Mülheim	3:43:17	M50	72	0:47:43	1:12:41	1:42:51
428	5135	Ehlert Stephan	*Meerbusch	3:43:19	M55	34	0:48:03	1:12:09	1:43:07
429	4477	Yildirim Nazif	*Moers	3:43:20	M40	79	0:48:19	1:11:36	1:43:25
430	4874	Ohrmann Dr. Christoph	*Düsseldorf	3:43:26	M30	46	0:47:43	1:11:46	1:43:55
431	4051	Todt Elmar	*Elsdorf	3:43:37	M45	90	0:46:07	1:10:47	1:46:42
432	2601	Boulanger Pierre	ERGO Sports Düsseldorf	3:43:37	M35	58	0:45:57	1:12:47	1:44:52
433	5436	Schuchmann Tobias	SG Ruhrgas 1929	3:43:44	M30	47	0:48:05	1:10:09	1:45:29
434	2560	Roling Julian	SV 13 Gladbeck	3:43:45	M20	28	0:49:11	1:00:20	1:54:13
435	3090	Hellermann Jürgen	Knieweh Niederrhein	3:43:54	M50	73	0:46:20	1:11:06	1:46:27
436	3802	Kubitza Marco	Triathlon Mülheim	3:43:55	M45	91	0:45:37	1:09:52	1:48:25
437	2497	Zimmermann René	Nutrixion	3:44:01	M40	80	0:46:44	1:14:39	1:42:37
438	4097	Joeken Ludger	Leichtathletik Nütterden eV	3:44:03	M50	74	0:45:49	1:12:20	1:45:53
439	2924	Poetschki Thomas	LC Duisburg	3:44:10	M40	81	0:44:29	1:10:52	1:48:49
440	5477	Barmscheidt Klaus	AS Neukirchen-Vluyn	3:44:10	M55	35	0:48:30	1:13:37	1:42:03
441	2561	Kloock Stephan	*Düsseldorf	3:44:13	M45	92	0:45:16	1:12:23	1:46:34
442	2438	Larocca Sandro	*Mülheim an der Ruhr	3:44:13	M35	59	0:45:48	1:10:44	1:47:40
443	5915	Szломpek Zbigniew	Friedrich Wilhwlms-Hütte	3:44:20	M50	75	0:47:37	1:13:34	1:43:08
444	4127	Merkel Klaus	LC Duisburg	3:44:21	M35	60	0:48:42	1:11:36	1:44:02
445	5794	Bartels Carsten	Team Polizei Duisburg	3:44:36	M45	93	0:47:35	1:13:18	1:43:43
446	4509	Buckow Kevin	Kahlenberger HTC	3:44:39	M30	48	0:45:38	1:11:06	1:47:54
447	5501	Maaßen Patrick	BSG Haniel	3:44:41	M40	82	0:46:11	1:11:00	1:47:29
448	5652	Schulten Michael	Sturmvogel Essen	3:44:42	M45	94	0:45:43	1:15:04	1:43:54
449	2729	Walbrunn Christian	LT TURA Brüggen	3:44:49	M50	76	0:47:43	1:14:18	1:42:47
450	3677	Abel Klaus	LC Duisburg	3:44:50	M65	4	0:48:54	1:11:58	1:43:56
451	5467	Müller Martin	VIVAWEST	3:44:51	M50	77	0:49:58	1:13:36	1:41:16
452	2754	Pfeiffer Thomas	*Mülheim an der Ruhr	3:45:02	M45	95	0:57:49	1:10:26	1:36:47
453	3571	Assigal Dirk	*Moers	3:45:05	M45	96	0:47:33	1:13:08	1:44:23
454	5458	Mehlmann-Sonnefeld Mar	VIVAWEST	3:45:05	M40	83	0:50:11	1:13:36	1:41:18
455	4466	Rider Damian	*Duisburg	3:45:07	M40	84	0:46:48	1:13:34	1:44:44
456	3992	Eßing Frank	Bocholter WSV	3:45:11	M45	97	0:49:48	1:11:45	1:43:36
457	5170	Kischel Markus	*Mülheim an der Ruhr	3:45:13	M35	61	0:46:46	1:13:18	1:45:08
458	2492	Gehrmann Michael	Bocholt	3:45:18	M50	78	0:47:30	1:12:55	1:44:52
459	2489	Wiechers Andre	Angerland LT Lintorf	3:45:23	M50	79	0:48:28	1:14:07	1:42:47
460	2530	Mauritz Christian	*Ratingen	3:45:27	M40	85	0:45:31	1:12:22	1:47:33
461	3668	Gebhardt Dirk	Ausdauerschule by bunert	3:45:30	M55	36	0:48:26	1:13:06	1:43:57
462	4361	Schönebeck Jan-Michael	*Krefeld	3:45:34	M20	29	0:45:42	1:11:32	1:48:20
463	4054	Klostermann Michael	TRC Essen 84	3:45:38	M30	49	0:46:13	1:19:44	1:39:41
464	3554	Scheitza Falko	LGO Bochum	3:45:43	M50	80	0:46:44	1:10:52	1:48:07
465	4316	Jordan Julian	*Duisburg	3:45:44	M20	30	0:46:48	1:12:46	1:46:09
466	5764	Stöhler Bernd	LG Coesfeld	3:45:49	M50	81	0:48:14	1:11:54	1:45:40
467	3695	Lohsträter Dirk	Herner Triathlon Team 11	3:45:49	M45	98	0:44:57	1:16:30	1:44:21
468	2466	Knoppik Uwe	Barfuss Bethlehem	3:45:49	M60	17	0:48:29	1:12:29	1:44:50
469	3181	Heisterkamp Florian	*Duisburg	3:45:51	M30	50	0:43:59	1:13:22	1:48:29
470	4117	Schlütter Andreas	*Dinslaken	3:45:52	M30	51	0:47:13	1:11:25	1:47:13
471	4043	Bohle Marc	TEAM ELG	3:45:57	M20	31	0:47:26	1:12:50	1:45:39
472	2312	Butzen Pascal	Feuerwehr Krefeld LZ-Hüls	3:46:04	M20	32	0:46:40	1:15:14	1:44:10
473	4988	Hilbig Volker	Renntiere	3:46:07	M55	37	0:51:55	1:05:52	1:48:19
474	2988	Rüth Jürgen	Triathlon Team Ratingen 08	3:46:08	M50	82	0:48:41	1:13:15	1:44:11
475	2756	Van Gemmern Stefan	*Essen	3:46:09	M45	99	0:46:56	1:14:32	1:44:40
476	4550	Bussing Dirk	*Wesel	3:46:10	M45	100	0:49:14	1:11:19	1:45:36
476	5560	Oppers Julian	200PRO GmbH	3:46:10	M20	33	0:48:15	1:13:13	1:44:40

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	2897	Schwarz Stephan	Spielbank Duisburg	3:46:13	M55	38	0:47:16	1:12:19	1:46:37
479	5439	Werner Tobias	SG Ruhrgas 1929	3:46:19	M30	52	0:48:29	1:13:03	1:44:47
480	4818	Lichtenstein Klaus	*Gelsenkirchen	3:46:27	M50	83	0:47:41	1:14:06	1:44:39
481	4947	Elsner Christian	CDS Running Team	3:46:37	M45	101	0:46:38	1:13:14	1:46:43
482	2435	Zöhler Carsten	Triathlon Team Rheinberg	3:46:40	M40	86	0:46:04	1:15:41	1:44:55
483	2607	Donker Christian	*Bochum	3:46:52	M40	87	1:00:12	1:09:38	1:37:01
484	5758	Stöhler Martin	LG Coesfeld	3:46:53	M50	84	0:49:20	1:11:53	1:45:39
485	3949	Müller Markus	ART Düsseldorf	3:46:53	M45	102	0:48:04	1:13:25	1:45:24
486	2436	Pfannkuche Olaf	*Essen	3:46:57	M45	103	0:46:59	1:13:05	1:46:53
487	2137	Mölder Dietmar	*Oberhausen	3:47:12	M45	104	0:48:11	1:14:08	1:44:52
488	2740	Fröde Volker	TuS Hamborn-Neumühl	3:47:15	M70	1	0:44:52	1:10:36	1:51:46
489	5025	Gawlick Stefan	Triathlon TEAM TG Witten	3:47:17	M35	62	0:47:41	1:14:03	1:45:32
490	3914	Görtz Dirk	LC Duisburg	3:47:24	M45	105	0:50:19	1:14:32	1:42:32
491	4343	Lösing Jürgen	*Düsseldorf	3:47:25	M30	53	0:48:56	1:14:00	1:44:27
492	3843	Hofmann Ferry	*Oberhausen	3:47:25	M35	63	0:47:11	1:12:53	1:47:20
493	4320	Edeler Thorsten	LC Duisburg	3:47:27	M45	106	0:47:23	1:16:49	1:43:14
494	4026	Moschner Holger	*Duisburg	3:47:27	M50	85	0:48:27	1:13:06	1:45:53
495	5622	Schabestiel Phil	*Duisburg	3:47:37	M35	64	0:48:42	1:13:35	1:45:19
496	4910	Gromzig Dr. Werner	LG Hart am Limit	3:47:41	M55	39	0:48:16	1:13:38	1:45:46
497	4591	Rataj Andre	BSG Sparkasse Duisburg	3:47:42	M35	65	0:48:01	1:14:42	1:44:59
498	2437	Klotz Sven	Wesel	3:47:44	M45	107	0:47:55	1:13:43	1:46:05
499	3943	Seeger Burkhard	LGO Bochum	3:47:46	M45	108	0:49:09	1:11:47	1:46:50
500	5749	Koopmann Oliver	Die Duisburger Pokerrunde	3:47:49	M45	109	0:48:08	1:13:02	1:46:38
501	5461	Tuncel Turhan	VIVAWEST	3:47:59	M45	110	0:50:11	1:15:17	1:42:30
502	3465	Siegmund Marco	Amermund Runners	3:47:59	M40	88	0:46:53	1:11:06	1:50:00
503	5641	Klatt Volker	*Düsseldorf	3:48:01	M45	111	0:49:15	1:13:31	1:45:14
504	5608	Heurs Thorben	*Düsseldorf	3:48:01	M40	89	0:46:40	1:11:46	1:49:35
505	2159	Heß Ingo	LG Alpen	3:48:03	M35	66	0:47:51	1:13:45	1:46:26
506	5603	Becker Andreas	Lintforter Oldies	3:48:03	M45	112	0:47:35	1:12:45	1:47:41
507	2218	Habscheid Andreas	*willich	3:48:04	M45	113	0:48:31	1:14:17	1:45:15
508	5767	Teuber Heinz	LG Coesfeld	3:48:09	M55	40	0:47:36	1:14:07	1:46:25
509	5473	Rockensüß Robin	TRIMET	3:48:16	M30	54	0:52:38	0:57:01	1:58:36
510	5109	Echtenbruck Dieter	*Duisburg	3:48:18	M60	18	0:47:57	1:13:01	1:47:19
511	4179	Eichel Frank	Beverlaufftreff	3:48:23	M35	67	0:49:13	1:14:55	1:44:14
512	2362	Döring Andreas	*Bocholt	3:48:29	M30	55	0:46:16	1:17:14	1:44:58
513	2684	Bögel Frank	*Bochum	3:48:30	M45	114	0:47:26	1:15:27	1:45:36
514	2811	Röschke Jörg	Ballettschule Müller Castrop	3:48:32	M45	115	0:49:10	1:13:19	1:46:02
515	3812	Dillig Mark	*Duisburg	3:48:32	M40	90	0:46:42	1:13:42	1:48:07
516	4461	Büchel Jörn	*Duisburg	3:48:35	M50	86	0:48:52	1:13:20	1:46:21
517	4158	Godesar Achim	Immeo Wohnen Running Te	3:48:39	M50	87	0:49:21	1:14:09	1:45:07
518	5312	Grabowski Robert	Vodafone Runners	3:48:47	M45	116	0:48:47	1:15:58	1:44:00
519	4455	Hoppe Ralf	*Dinslaken	3:48:48	M50	88	0:48:31	1:12:57	1:47:18
520	5976	Webera Thomas	BSG Sparkasse Essen	3:48:59	M45	117	0:47:35	1:11:09	1:50:15
521	3517	Filipov Robert	LGO Bochum	3:49:04	M40	91	0:48:50	1:13:51	1:46:22
522	4794	Frommknecht Richard H.	*Rheinberg	3:49:05	M35	68	0:47:59	1:14:55	1:46:10
523	3839	Hartmann Achim	Adler-Langlauf Bottrop	3:49:08	M45	118	0:48:19	1:14:36	1:46:12
524	2977	Plank Peter	*Wesel	3:49:10	M45	119	0:48:07	1:11:46	1:49:15
525	4506	Hügen Ulrich	Feuerstarter	3:49:17	M40	92	0:45:32	1:14:03	1:49:41
526	2630	Schröer Dirk	VB Laufftreff	3:49:19	M35	69	0:48:37	1:14:12	1:46:28
527	4582	Kochanek Christian	*Krefeld	3:49:20	M40	93	0:47:02	1:15:52	1:46:25
528	2955	Kniest Marco	*Wesel	3:49:24	M30	56	0:48:05	1:14:09	1:47:10
529	2374	Held Dr. Thomas	*Duisburg	3:49:28	M30	57	0:45:17	1:22:07	1:42:03
530	5926	Gäbler Friedemann	*Oberhausen	3:49:30	M20	34	0:44:47	1:15:11	1:49:31

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	3746	Winbeck Volker	*Oberhausen	3:49:36	M50	89	0:49:34	1:14:15	1:45:46
532	2780	Huysmann Carsten	*Mülheim an der Ruhr	3:49:37	M45	120	0:47:28	1:14:26	1:47:42
533	4211	Ebertus Frank	*Ratingen	3:49:43	M40	94	0:49:09	1:14:46	1:45:48
534	3579	Mittasch Markus	Langsam läuft am längsten	3:49:44	M45	121	0:48:20	1:13:35	1:47:48
535	2519	Schatt Olaf	Die Stolperer	3:49:45	M50	90	0:46:57	1:13:12	1:49:34
536	2991	Neuhaus Volker	*Duisburg	3:49:48	M45	122	0:48:24	1:16:59	1:44:24
537	4896	Dombrowski Jürgen	SC Union Bergen	3:49:54	M50	91	0:48:35	1:15:10	1:46:09
538	5969	Wittoesch Tobias	*Essen	3:50:00	M35	70	0:49:45	1:15:00	1:45:15
539	2935	Büßen Fritz	LT Mismahlshof	3:50:04	M55	41	0:58:56	1:11:26	1:39:42
540	3008	Rosen Thorsten	*Schermbek	3:50:08	M40	95	0:48:12	1:14:36	1:47:19
541	3829	Plietsch Klaus	*Düsseldorf	3:50:11	M60	19	0:49:58	1:14:48	1:45:24
542	3544	Velder Christoph	*Kaarst	3:50:12	M40	96	0:49:43	1:14:20	1:46:09
543	2597	Fiedler Ernst-Oskar	LT Gruitzen-Neandertal	3:50:17	M60	20	0:47:52	1:13:47	1:48:36
544	2514	Ehrentraut Heinz-Udo	Rumelner TV	3:50:17	M50	92	0:47:41	1:15:53	1:46:43
545	5624	Gerritsma Carsten	*Krefeld	3:50:24	M35	71	0:47:55	1:13:36	1:48:52
546	5799	Höhnen Thorsten	Team Polizei Duisburg	3:50:31	M50	93	0:48:00	1:14:29	1:48:01
547	4084	Koch Detlef	*Rheinberg	3:50:36	M45	123	0:45:37	1:16:18	1:48:40
548	5474	Pletttau Markus	TRIMET	3:50:42	M35	72	0:49:22	1:15:22	1:45:58
549	3930	Bartholot Jörg	*Korschenbroich	3:50:46	M45	124	0:45:34	1:17:54	1:47:16
550	4706	Amerkamp Andreas	Amermund Runners	3:50:54	M45	125	0:46:45	1:14:07	1:50:01
551	3364	Gerbrecht Klaus	Max Maulwurf Marathonis	3:50:55	M60	21	0:48:06	1:13:33	1:49:15
552	4271	Timm Jörg	TV Jahn Hiesfeld	3:50:55	M50	94	0:48:12	1:16:25	1:46:17
553	2187	Bruns Carsten	Anholter Sportschützen	3:50:57	M45	126	0:49:14	1:15:15	1:46:27
554	5746	Helmich Torsten	Tri Team Selm e.V.	3:51:03	M40	97	0:49:53	1:15:42	1:45:26
555	5583	Sowa Stephan	200PRO GmbH	3:51:06	M35	73	0:48:45	1:15:00	1:47:20
556	5741	Reck Mirko	TriFUN Kleve e.V.	3:51:07	M30	58	0:45:33	1:19:31	1:46:01
557	3071	Moroder Julien	KA-WEEMS	3:51:07	M20	35	0:48:48	1:14:13	1:48:05
558	3093	Terörde Lars	Triathlon Team Ratingen 08	3:51:14	M45	127	0:49:34	1:16:59	1:44:40
559	2795	Günner Carsten	Die Stolperer	3:51:23	M45	128	0:47:27	1:14:42	1:49:13
560	5314	Almeida Antonio Paulo	Vodafone Runners	3:51:31	M45	129	0:50:40	1:14:06	1:46:44
561	2547	Bertels Jürgen	DJK Coesfeld	3:51:41	M50	95	0:51:16	1:14:45	1:45:38
562	4978	Hacker Johann	Angerland LT Lintorf	3:51:47	M60	22	0:49:30	1:15:00	1:47:16
563	2228	Haselau Guido	*Wuppertal	3:52:02	M40	98	0:49:26	1:16:04	1:46:31
564	3479	Prass Andreas	TLV Germania Überruhr	3:52:04	M50	96	0:48:21	1:14:48	1:48:54
565	2731	Van den Dolder Ralf	*Neukirchen-Vluyn	3:52:08	M50	97	0:47:49	1:15:50	1:48:28
566	2382	Kabelitz Tobias	Laufteam Kloese	3:52:14	M45	130	0:46:48	1:13:52	1:51:34
567	3017	Meyer-Glitzta Markus	*Moers	3:52:20	M20	36	0:46:14	1:10:11	1:55:54
568	3326	Linke Christian	*Duisburg	3:52:29	M50	98	0:48:37	1:14:23	1:49:28
569	3189	Uhling Thomas	TuS Bösinghoven	3:52:29	M55	42	0:48:24	1:13:32	1:50:31
570	3499	Zieschang Christian	Kahlenberger HTC	3:52:33	M30	59	0:46:41	1:13:30	1:52:22
571	3506	Köster Martin	Sunny Circle	3:52:35	M40	99	0:46:41	1:13:21	1:52:32
572	3740	Kancer Dennis	*Duisburg	3:52:35	M35	74	0:48:16	1:15:22	1:48:57
573	3796	Heinrich Dr. Jens	Wittlaer Runners	3:52:37	M50	99	0:52:09	1:21:14	1:39:13
574	4946	Breuer Markus	*Duisburg	3:52:50	M40	100	0:48:39	1:15:22	1:48:48
575	5002	Bruni Cristian	*Düsseldorf	3:52:54	M30	60	0:46:03	1:10:42	1:56:08
576	5316	Killius Klaus	Vodafone Runners	3:53:08	M55	43	0:48:45	1:14:48	1:49:34
577	2683	Böminghaus René	*Oberhausen	3:53:08	M40	101	0:49:20	1:14:09	1:49:38
578	4335	Walde, vorm Karl-Heinz	TV Jahn Hiesfeld	3:53:11	M55	44	0:49:54	1:17:11	1:46:06
579	3464	Block Dr. Klaus	*Castrop-Rauxel	3:53:12	M40	102	0:49:30	1:15:43	1:47:59
580	5508	Pieles Georg	AS Neukirchen-Vluyn	3:53:16	M35	75	0:48:07	1:14:14	1:50:54
581	5143	Kerscht Thomas	Water for all	3:53:19	M50	100	0:48:39	1:13:05	1:51:35
582	2549	Becker Niels	*Gelsenkirchen	3:53:25	M50	101	0:49:11	1:10:00	1:54:14
583	2551	Graml Stefan	*Duisburg	3:53:28	M40	103	0:52:45	1:15:37	1:45:05

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	4993	Heinrich Peter	LC Duisburg	3:53:36	M50	102	0:47:51	1:14:24	1:51:20
585	4783	Abraham Ivan	BAUEN+LEBEN	3:53:41	M40	104	0:54:01	1:10:08	1:49:30
586	3163	Graebel Gunther	Crepe & Baguette Duisburg	3:53:44	M60	23	0:49:02	1:15:20	1:49:21
587	5755	Kolm Michael	LG Coesfeld	3:53:46	M45	131	0:48:26	1:15:31	1:49:48
588	2999	Löw Dennis	HopperCycling	3:53:48	M50	103	0:48:41	1:14:40	1:50:26
589	5543	Hövel Michael	200PRO GmbH	3:53:48	M45	132	0:49:34	1:15:24	1:48:50
590	4453	Passilaitis Peter	SF Ennepetal	3:53:53	M50	104	0:47:20	1:21:01	1:45:31
591	5183	Hanke Uwe	Ausdauerchule by bunert	3:54:01	M45	133	0:50:51	1:16:00	1:47:09
592	2146	Kolberg Dieter	DJK TuS Rotthausen	3:54:06	M50	105	0:50:21	1:18:25	1:45:20
593	3629	Kinnauer Michael	LC Duisburg	3:54:10	M40	105	0:49:42	1:14:36	1:49:51
594	4011	Smeets Georg	Marathon Dinslaken	3:54:12	M45	134	0:47:48	1:19:02	1:47:21
595	5434	Geisel Thomas	SG Ruhrgas 1929	3:54:14	M50	106	0:50:21	1:17:20	1:46:32
596	3266	Frey Michael	*Duisburg	3:54:29	M50	107	0:49:12	1:15:40	1:49:36
597	2843	Zupp Christian	*Duisburg	3:54:31	M40	106	0:50:50	1:16:30	1:47:10
598	4168	Holze Arne	*Duisburg	3:54:34	M40	107	0:50:14	1:14:56	1:49:23
599	5826	Götz Volker	TG Neuss	3:54:38	M55	45	0:49:27	1:18:28	1:46:43
600	3969	Geltenpoth Guido	LT Kettwig 2000	3:54:42	M45	135	0:45:44	1:16:28	1:52:29
601	2748	Raba Holger	*Dinslaken	3:54:44	M40	108	0:49:33	1:16:45	1:48:26
602	4204	Winterfeld Jens	*Duisburg	3:54:50	M45	136	0:49:51	1:17:00	1:47:59
603	4193	Lemke Lars	TV 1900 Wanheim	3:55:00	M45	137	0:50:21	1:15:26	1:49:12
604	3038	Gödecke Christian	Tri Post Trier	3:55:01	M45	138	0:48:48	1:18:06	1:48:06
605	2380	Menkhaus Thomas	LT Wischlingen Dortmund	3:55:04	M40	109	0:49:20	1:15:57	1:49:46
606	4673	Otto Christian	*Ratingen	3:55:05	M55	46	0:51:30	1:14:34	1:49:01
607	4812	Eckford Steven	TC RW Goch	3:55:11	M40	110	0:48:47	1:15:03	1:51:20
608	3369	Bierschbach Rainer	Turnerbund Osterfeld 1911 e	3:55:19	M55	47	0:49:56	1:20:44	1:44:38
609	5697	Ceyrowsky Thomas	*Duisburg	3:55:23	M30	61	0:49:31	1:18:02	1:47:49
609	5971	Ehrmann Sven	*Neuss	3:55:23	M45	139	0:47:45	1:15:12	1:52:25
611	4183	Spinger Frank	ART Velbert	3:55:25	M50	108	0:48:48	1:16:35	1:50:01
612	4218	Espelage Florian	TSV Quakenbrück	3:55:31	M30	62	0:48:13	1:13:45	1:53:31
613	3282	Kujas Michael	*Remscheid	3:55:31	M50	109	0:49:51	1:16:04	1:49:35
614	3793	Wagener Dennis	Triathlon Mülheim	3:55:34	M35	76	0:49:40	1:14:33	1:51:20
615	2904	Hennemann Heribert	*Ratingen	3:55:40	M65	5	0:50:18	1:15:40	1:49:41
616	2189	Gettwert Klaus	*Mülheim	3:55:53	M45	140	0:51:51	1:19:36	1:44:26
617	3505	Pärschke Klaus	Laufftreff Sterkrade-Nord	3:55:58	M55	48	0:49:05	1:16:03	1:50:49
618	4750	Oppelt Manfred	Renntiere	3:55:58	M50	110	0:48:49	1:18:42	1:48:27
619	5357	Bäumer Daniel	Vodafone Runners	3:56:03	M45	141	0:49:37	1:15:08	1:51:17
620	3672	Wirth Peter	Team Erdinger Alkoholfrei	3:56:08	M50	111	0:48:32	1:15:40	1:51:55
621	4535	Schmidt Thorsten	*Düsseldorf	3:56:09	M40	111	0:49:53	1:15:50	1:50:25
622	5305	Meyer-Fredrich Jörn	OPTA-DATA	3:56:10	M40	112	0:49:13	1:17:29	1:49:27
623	2814	Dickes Michael	Ballettschule Müller Castrop	3:56:12	M40	113	0:49:05	1:19:30	1:47:36
624	4489	Denis Benjamin	Privatbrauerei Stoodt	3:56:26	M30	63	0:49:11	1:14:47	1:52:26
625	3160	Wiesner Frank	*Duisburg	3:56:38	M40	114	0:48:26	1:15:39	1:52:32
626	4176	Gesser Michael	Ausdauerchule by bunert	3:56:41	M40	115	0:48:16	1:18:19	1:50:05
627	4220	Gajewski Uwe	*Duisburg	3:56:44	M50	112	0:51:20	1:13:21	1:52:01
628	2555	Just Kai	Lauffreunde HADI Wesel	3:56:45	M45	142	0:50:10	1:15:28	1:51:06
628	3138	Mäteling Alex	SV Haldern Laufftreff	3:56:45	M55	49	0:48:30	1:15:31	1:52:42
630	4924	Brockmann Stefan	*Düsseldorf	3:56:51	M45	143	0:47:08	1:16:14	1:53:28
631	2979	Schneider Michael	LT Wischlingen Dortmund	3:56:53	M50	113	0:51:16	1:15:50	1:49:46
632	3738	Gumz Ingo	Rumelner TV	3:56:54	M50	114	0:49:47	1:15:42	1:51:24
633	5729	Burs David	*Duisburg	3:56:55	M20	37	0:47:37	1:17:34	1:51:43
634	5007	Langenbach Ole	*Duisburg	3:56:55	M20	38	0:49:45	1:14:54	1:52:15
635	2542	Gosewinkel Heiko	GLT	3:56:59	M40	116	0:49:44	1:17:11	1:50:03
636	2557	Krebber Norbert	Bocholter WSV	3:57:00	M50	115	1:04:06	1:11:26	1:41:27

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	5077	Thurow Alexander	Roter Stern Witten	3:57:06	M30	64	0:48:54	1:15:57	1:52:15
638	5119	Thorbrügge Johannes	*Witten	3:57:07	M30	65	0:48:54	1:15:57	1:52:14
639	3336	Overdick Stefan	*Leverkusen	3:57:14	M45	144	0:49:52	1:16:19	1:51:02
640	4257	Malcus Burkhard	Turbo-Schnecken-Lüdensche	3:57:18	M50	116	0:47:53	1:16:35	1:52:49
641	4363	Lawrey Andrew	*Essen	3:57:43	M35	77	0:49:58	1:17:21	1:50:23
642	5075	Sonnwald Andreas	Team Aroma Ahoi	3:57:47	M30	66	0:49:36	1:18:40	1:49:31
643	3112	Kernebeck Franz Josef	*Essen	3:58:02	M55	50	0:50:05	1:16:04	1:51:52
644	5062	Müller Ulrich	LT Turnerbund Frintrop	3:58:03	M55	51	0:52:23	1:17:37	1:48:03
645	5321	Fleuth Ulrich	Vodafone Runners	3:58:13	M50	117	0:48:55	1:16:17	1:53:00
646	5112	Lepper Stefan	TTV Hamborn 2010	3:58:15	M20	39	0:48:45	1:18:55	1:50:34
647	4922	Ptassek Rainer	Sporting - Mülheim	3:58:17	M50	118	0:50:27	1:18:00	1:49:49
648	2397	Kattwinkel Andreas	BSG Sparkasse Lüdenscheid	3:58:18	M35	78	0:50:25	1:18:34	1:49:18
649	4549	Heinecke Steffen	*Dortmund	3:58:26	M20	40	0:50:55	1:16:40	1:50:51
650	5325	Hecker Marcel	Vodafone Runners	3:58:35	M40	117	0:49:09	1:16:15	1:53:10
651	5601	Kommerasch Markus	Running Team Grafenberg	3:58:39	M30	67	0:51:58	1:16:55	1:49:45
652	4645	Panzog Stefan	ERGO Sports Düsseldorf	3:58:43	M45	145	0:52:59	1:26:08	1:39:34
653	2398	Léger Sacha	*Wuppertal	3:58:55	M40	118	0:51:58	1:17:29	1:49:27
654	2266	Opitz Raphael	Duc Düsseldorf	3:58:55	M30	68	0:47:09	1:16:21	1:55:24
655	3983	Spogahn Georg	Bocholter WSV	3:58:56	M60	24	0:50:53	1:16:01	1:52:01
656	2364	Klüber Klaus	*Mülheim	3:58:58	M50	119	0:48:51	1:18:49	1:51:17
657	4085	Welzel Stefan	LT Uerdingen Marathon Runn	3:59:00	M45	146	0:52:03	1:17:17	1:49:39
658	4464	Müller Jochen	*Essen	3:59:02	M55	52	0:49:06	1:18:21	1:51:34
659	2142	Machenheimer Arnd	Angerland LT Lintorf	3:59:04	M30	69	0:51:23	1:16:28	1:51:12
660	5399	Holtmanns Thomas	Vodafone Runners	3:59:12	M45	147	0:48:21	1:20:31	1:50:19
661	3272	Born Dirk	*Krefeld	3:59:16	M40	119	0:48:00	1:20:26	1:50:50
662	4730	Koblitz Andreas	Ausdauerchule by bunert	3:59:23	M45	148	0:50:14	1:17:02	1:52:07
663	3007	Hoffjann Christof	*Schermbbeck	3:59:26	M45	149	0:49:57	1:16:16	1:53:12
664	4537	Geuting Thomas	RMT Bocholt	3:59:30	M40	120	0:49:49	1:18:33	1:51:07
665	3818	Zepperreck Martin	Marathonteam Online.de	3:59:34	M55	53	0:48:55	1:15:50	1:54:48
666	2556	Bonnemann Detlef	*Mülheim	3:59:39	M45	150	0:49:18	1:17:31	1:52:49
667	3371	Caffier Andre	*Duisburg	3:59:40	M40	121	0:48:01	1:15:10	1:56:28
668	2720	Franke Edgar	SC Bayer 05 Uerdingen	3:59:46	M55	54	0:49:42	1:17:43	1:52:20
669	2548	Vohl Stefan	*Duisburg	3:59:57	M45	151	0:49:46	1:18:16	1:51:54
670	5249	Münter Uwe	LGO Bochum	4:00:02	M50	120	0:50:31	1:18:05	1:51:25
671	5966	Beyer Rüdiger	Runningteam Grafenberg	4:00:13	M50	121	0:48:42	1:13:11	1:58:19
672	5677	Schorn Ralf	ELMO - POWER	4:00:16	M50	122	0:48:42	1:13:13	1:58:20
673	5625	Maßmann Armin	*Duisburg	4:00:17	M20	41	0:48:11	1:17:00	1:55:05
674	4037	Dernier Andreas	Angerland LT Lintorf	4:00:19	M45	152	0:50:22	1:18:42	1:51:14
675	2529	Philipp Wolfgang	*Düsseldorf	4:00:19	M55	55	0:50:49	1:18:32	1:50:58
676	3532	Ossig Rainer	LC Duisburg	4:00:20	M50	123	0:51:32	1:16:20	1:52:27
677	5115	Schulz Frank	trifrank68	4:00:24	M45	153	0:48:53	1:17:23	1:54:06
678	2831	Vogel Dirk	*Duisburg	4:00:26	M55	56	0:47:32	1:16:05	1:56:48
679	3005	Hülдер Dr. Malte	*Essen	4:00:28	M40	122	0:47:44	1:16:49	1:55:54
680	3878	FOIK STEFAN	SV Langendreer 04	4:00:34	M65	6	0:50:40	1:18:27	1:51:27
681	2158	Lange Bodo	SV Beeckerwerth	4:00:35	M70	2	0:51:41	1:17:38	1:51:16
682	2485	Emde Christian	TuS Medebach	4:00:39	M30	70	0:49:05	1:16:55	1:54:39
683	3237	Jäger Robin	*Essen	4:00:42	M30	71	0:49:13	1:16:39	1:54:49
684	2239	Eming Frank	Sportfreunde Ententeich	4:00:42	M20	42	0:49:42	1:16:17	1:54:42
685	2708	Nienhaus Detlef	Laufteam Elainghorst Bocholt	4:00:42	M65	7	0:50:21	1:19:26	1:50:55
686	4846	Vermaßen Jörg	*Rheurd	4:00:43	M40	123	0:49:39	1:21:35	1:49:29
687	2543	Engel Olaf	Die 3E	4:00:53	M45	154	0:47:56	1:17:38	1:55:17
688	3330	Seyring Jan	*Düsseldorf	4:00:56	M40	124	0:49:40	1:16:04	1:55:11
689	2544	Hegemann Ralf	*Essen	4:00:58	M35	79	0:51:49	1:19:21	1:49:48

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	4634	Sobetzko Sebastian	Band of Brothers	4:01:07	M30	72	0:55:12	1:14:50	1:51:04
691	2990	Saathoff René	*Korschenbroich	4:01:10	M40	125	0:49:16	1:19:02	1:52:50
692	4564	Haase Thomas	*Düsseldorf	4:01:10	M45	155	0:49:21	1:17:48	1:53:59
693	3424	Gierden Adrian	*Duisburg	4:01:11	M30	73	0:52:10	1:25:07	1:43:53
694	4869	Röwekamp Thomas	ASC Ratingen West	4:01:13	M45	156	0:51:37	1:16:48	1:52:46
695	2636	Falk Werner	Bestzeit war gestern	4:01:17	M55	57	0:43:31	1:07:43	2:10:02
696	2201	Donner Michael	*Wuppertal	4:01:17	M50	124	0:50:22	1:16:23	1:54:31
697	5041	Papalexandrou Georg	*Kamp-Lintfort	4:01:23	M45	157	0:49:32	1:18:23	1:53:26
698	3215	Lickes Heinz-Theo	LT Krefeld-Oppum	4:01:30	M55	58	0:49:55	1:18:17	1:53:17
699	5814	Presser Christian	TuS Breitscheid	4:01:31	M50	125	0:50:02	1:17:29	1:53:58
700	5432	Pohl Hans-Jürgen	SG Ruhrgas 1929	4:01:36	M50	126	0:50:44	1:16:27	1:54:25
701	4601	Kraker Danny	ZDV	4:01:40	M35	80	0:48:18	1:14:32	1:58:48
702	3197	Schmitz Andreas	Die Deichläufer	4:01:40	M50	127	0:49:37	1:16:20	1:55:42
703	5039	Krieger Dr. Christoph	*Moers	4:01:45	M45	158	0:49:56	1:17:57	1:53:51
704	2415	Kolodzie Manuel	Die Gazellen	4:01:48	M40	126	0:48:17	1:22:09	1:51:21
705	3308	Althoff Markus	Adler-Langlauf Bottrop	4:01:48	M45	159	0:48:31	1:16:05	1:57:11
706	5480	Fretschen Christian	AS Neukirchen-Vluyn	4:01:51	M45	160	0:51:08	1:17:04	1:53:38
707	2180	Kleusberg Martin	BSG Barmenia Versicheru	4:01:59	M45	161	0:50:47	1:18:50	1:52:22
708	4765	Kossmann Andre	BUMMELBOB	4:02:01	M35	81	0:48:20	1:16:07	1:57:33
709	4063	Becker Marco	*Düsseldorf	4:02:06	M20	43	0:46:40	1:19:32	1:55:53
710	4130	Elbers Heinz	SV Viktoria Goch	4:02:17	M55	59	0:48:35	1:18:27	1:55:14
711	5219	Karsjens Haiko	*Düsseldorf	4:02:22	M20	44	0:50:36	1:19:39	1:52:06
712	5356	Vißers Ralf	Vodafone Runners	4:02:31	M45	162	0:50:14	1:19:31	1:52:45
713	5198	Kreifelts Martin	*Duisburg	4:02:34	M55	60	0:50:30	1:17:45	1:54:17
714	3313	Buchkremer Marcus	RTG Wesel	4:02:35	M50	128	0:49:55	1:18:31	1:54:08
715	5485	Jännert Erich	AS Neukirchen-Vluyn	4:02:47	M65	8	0:51:39	1:19:05	1:52:02
716	2194	Schreiber Thomas	*krefeld	4:02:48	M35	82	0:50:13	1:19:44	1:52:51
717	3401	Schoofs Holger	Wesel Obrighoven	4:02:49	M50	129	0:47:35	1:19:29	1:55:44
718	2851	Bierwirth Adrian	*Essen	4:02:56	M30	74	0:50:57	1:18:56	1:53:02
719	2278	Janik Marco	*Mülheim	4:02:58	M20	45	0:47:56	1:19:01	1:56:00
720	3823	Maiworm Thomas	*Kleve	4:03:00	M55	61	0:50:38	1:17:16	1:55:06
721	5139	Werner Andreas	*Korschenbroich	4:03:02	M40	127	0:53:26	1:19:55	1:49:40
722	2295	Gienapp Rolf	die Lopis	4:03:10	M50	130	0:50:33	1:16:06	1:56:31
723	3971	Plicht Werner	wider dem Schweinehund	4:03:15	M50	131	0:50:42	1:19:03	1:53:29
724	3300	Kroll Thorsten	*Ratingen	4:03:16	M35	83	0:49:13	1:19:11	1:54:51
725	5678	Ulbrich Thomas	ELMO - POWER	4:03:17	M40	128	0:48:43	1:16:12	1:58:21
726	3676	Jäger Dr. Philippe	*Sprockhövel	4:03:23	M35	84	0:49:33	1:19:25	1:54:24
727	4151	Jakobs Daniel	*Oberhausen	4:03:23	M50	132	0:50:13	1:17:50	1:55:19
728	3986	Koppers Sebastian	*Willich	4:03:24	M20	46	1:08:00	1:13:21	1:42:03
729	2852	Stockhausen Stocki	RT Backfieldrunners Bocholt	4:03:29	M45	163	0:47:59	1:18:01	1:57:27
730	4279	Seidel Hagen	A Team Düsseldorf	4:03:31	M50	133	0:51:42	1:17:40	1:54:07
731	2615	Staubach Frank	Adler-Langlauf Bottrop	4:03:35	M45	164	0:50:30	1:18:09	1:54:56
732	5332	Schlimme Mario	Vodafone Runners	4:03:40	M45	165	0:50:30	1:18:28	1:54:42
733	4165	Bucksteeg Günter	*Essen	4:03:45	M50	134	0:48:13	1:13:32	2:01:59
734	3611	Licata Antonio	Dudel Runner	4:03:49	M45	166	0:52:18	1:18:11	1:53:19
735	5614	Böhm Björn	*Oberhausen	4:03:53	M30	75	0:47:45	1:18:17	1:57:50
736	4163	Hahnen Dominik	*Krefeld	4:03:55	M20	47	0:59:45	1:16:37	1:47:32
737	2862	Lange Hans-Dieter	*Mülheim an der Ruhr	4:04:05	M50	135	0:50:42	1:18:38	1:54:44
738	2286	Thies Stefan	*Kaarst	4:04:10	M45	167	0:49:28	1:22:16	1:52:25
739	3552	Borg Thomas	SSV Rhade 1925	4:04:16	M40	129	0:53:18	1:23:34	1:47:22
740	4824	Herwig Heiko	*Köln	4:04:21	M40	130	0:52:48	1:17:11	1:54:22
741	5177	Heidenreich Günter	*Düsseldorf	4:04:22	M50	136	0:51:10	1:18:44	1:54:28
742	4180	Irwin Robert	*Düsseldorf	4:04:23	M45	168	0:53:56	1:17:36	1:52:50

**Nike Winterlaufserie
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Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	3991	Bauersachs Sven	KHTC Mülheim	4:04:26	M40	131	0:51:56	1:19:36	1:52:53
744	2428	Bunge Mathias	Tri FS Düsseldorf	4:04:30	M30	76	0:49:24	1:16:45	1:58:21
745	3403	Stolzenburg Klaus	Wesel Obrighoven	4:04:37	M60	25	0:50:52	1:19:57	1:53:46
746	4977	Lünendonk Patrick	Team Crazyluenis Korschen	4:04:38	M20	48	0:52:40	1:21:41	1:50:15
747	4422	Grzibek Manfred	*Duisburg	4:04:41	M45	169	0:51:04	1:19:22	1:54:14
748	3223	Weidenbach Jens	Essener Jungs	4:05:02	M40	132	0:50:40	1:19:32	1:54:48
749	2839	Klötgen Jörg	Run4Fun	4:05:05	M45	170	0:54:32	1:28:27	1:42:06
750	2170	Wittenbecher Jens	Die zwei Wittis	4:05:07	M35	85	0:53:17	1:20:09	1:51:39
751	2245	Schedifka René	*Oberhausen	4:05:12	M40	133	0:53:14	1:19:28	1:52:29
752	3606	Herbst Lutz	*Wuppertal	4:05:13	M45	171	0:52:30	1:20:39	1:52:04
753	2651	Bischoff Andre	BSG Wirtschaftsbetriebe Db	4:05:23	M35	86	0:51:15	1:19:07	1:55:00
754	3602	Laing Michael	*Moers	4:05:24	M45	172	0:51:59	1:18:18	1:55:07
755	4367	Finger Hartmut	*Alpen	4:05:27	M50	137	0:48:36	1:18:12	1:58:38
756	5932	Hitpass Klaus	Hitbike running	4:05:29	M50	138	0:51:45	1:18:20	1:55:23
757	3074	Gröber Rüdiger	200PRO GmbH	4:05:36	M60	26	0:50:07	1:17:23	1:58:05
758	2905	Buhren Wolfgang	Turbo Schnecken Issum	4:05:39	M50	139	0:52:25	1:22:29	1:50:45
759	3394	Fischer Udo	Ausdauererschule by bunert	4:05:47	M55	62	0:40:35	1:24:37	2:00:34
760	2320	Clabbers Horst	Running Team Grafenberg	4:05:47	M45	173	0:52:33	1:20:16	1:52:57
761	3231	Welzel Wolfgang	BSG Springorum Bochum	4:05:50	M50	140	0:49:03	1:22:00	1:54:46
762	3623	Kupke Uwe	TV Jahn Hiesfeld	4:05:57	M55	63	0:51:47	1:22:16	1:51:54
763	3329	Genter Heipe	LT Turnerbund Frintrop	4:05:59	M55	64	0:51:57	1:18:11	1:55:49
764	5073	Schreiber Marko	Team Aroma Ahoi	4:06:00	M40	134	0:50:01	1:18:48	1:57:10
765	2652	Bischoff Frank	BSG Wirtschaftsbetriebe Db	4:06:00	M35	87	0:51:13	1:19:16	1:55:30
766	4031	Grotenhuis Karl	Gocher Lauffamilien	4:06:06	M50	141	0:52:33	1:18:49	1:54:43
767	3128	Holzum Frank	SV Budberg Lauffreunde	4:06:10	M45	174	0:45:45	1:12:37	2:07:48
768	3800	Fröhlich Dr. Tobias	Wittlaer Runners	4:06:14	M45	175	0:48:19	1:13:01	2:04:54
769	4720	Babiel Georg	*Düsseldorf	4:06:17	M55	65	0:51:57	1:20:52	1:53:27
770	5323	Rosso Andrea	Vodafone Runners	4:06:23	M50	142	0:51:04	1:22:52	1:52:26
771	4545	Abraham Christian	*Duisburg	4:06:25	M40	135	0:51:36	1:19:04	1:55:44
772	4695	Hax Dr. Peter-Michael	*Duisburg	4:06:34	M60	27	0:43:49	1:20:20	2:02:24
773	2484	Bönnighausen Burkhard	*Ratingen	4:06:40	M50	143	0:52:55	1:20:23	1:53:21
774	5478	Fischer Helmuth	AS Neukirchen-Vluyn	4:06:48	M65	9	0:54:22	1:19:17	1:53:09
775	2783	Dietrich Markus	TVE Burgaltendorf	4:06:56	M45	176	0:47:38	1:19:37	1:59:40
776	4795	Klein Dr. Karl	*Essen	4:07:02	M45	177	0:52:45	1:19:13	1:55:03
777	5813	Albrecht Rainer	TuS Breitscheid	4:07:18	M55	66	0:50:35	1:18:05	1:58:37
778	5487	Lichtenstein Jörg	AS Neukirchen-Vluyn	4:07:18	M45	178	0:58:39	1:17:45	1:50:54
779	3213	Rudolph Uwe	Apotheke Mattenklotz	4:07:19	M50	144	0:50:06	1:19:20	1:57:52
780	3264	Mikolasch Christoph	TRC Essen 84	4:07:20	M50	145	0:55:09	1:20:01	1:52:09
781	3880	Neukamm Michael	*Düsseldorf	4:07:22	M35	88	0:53:19	1:18:10	1:55:53
782	3185	Dörnen Johannes	Trassen Runner	4:07:26	M30	77	0:59:56	1:15:01	1:52:27
783	5366	Iacopetta Michael	Vodafone Runners	4:07:27	M45	179	0:53:33	1:20:46	1:53:07
784	3707	Katzenberger Oliver	*Schermbek	4:07:30	M50	146	0:49:58	1:19:35	1:57:56
785	3764	Cetiner Devin	*mülheim/ruhr	4:07:33	M20	49	0:52:09	1:18:00	1:57:22
786	5336	Ferrigno Simone	Vodafone Runners	4:07:36	M35	89	0:43:44	1:08:48	2:15:03
787	4945	Hilgers Erich	Marathonteam Online.de	4:07:49	M75	1	0:51:04	1:20:56	1:55:49
788	2622	Wesling Holger	*Rheinberg	4:07:50	M45	180	0:53:29	1:19:53	1:54:27
789	2166	Walter Gregor	AC Rueckwaerts Stratum	4:07:53	M50	147	0:49:12	1:21:49	1:56:50
790	3057	Meinrich Dirk	*Essen	4:07:57	M45	181	0:53:17	1:18:33	1:56:06
791	5972	Florack Albert	Tri Team FS Düsseldorf	4:07:59	M55	67	0:49:52	1:17:57	2:00:08
792	2603	Schreiber Philipp	*Duisburg	4:08:04	M20	50	0:50:51	1:24:19	1:52:53
793	3513	Ensfelder Norbert	*Mülheim	4:08:06	M45	182	0:50:01	1:18:12	1:59:52
794	5309	Meisenzahl Marius	BSG Stadtwerke Duisburg A	4:08:08	M20	51	0:53:02	1:16:47	1:58:18
795	5120	Budnick Fernando	*Heiligenhaus	4:08:09	M55	68	0:51:55	1:20:51	1:55:22

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	2835	Czikuß Andreas	*Duisburg	4:08:10	M45	183	0:50:32	1:21:17	1:56:20
797	4144	Esser Volker	LC Duisburg	4:08:15	M45	184	0:52:19	1:20:52	1:55:03
798	2524	Kuntke Andreas	*Duisburg	4:08:16	M60	28	0:54:47	1:18:16	1:55:12
799	4600	Bodzian Frank	ZDV	4:08:20	M35	90	0:51:06	1:18:24	1:58:48
800	5304	Naujoks Stefan	OPTA-DATA	4:08:21	M40	136	0:50:27	1:22:28	1:55:24
801	2462	Rost Tobias	Ausdauerschule by bunert	4:08:22	M35	91	0:46:38	1:13:43	2:08:00
802	5762	Beekmans Uwe	LG Coesfeld	4:08:22	M50	148	0:52:48	1:18:56	1:56:37
803	2908	Kremer Dirk	*Essen	4:08:25	M45	185	1:03:17	1:11:49	1:53:17
804	2844	Klausen Marco	Borussia Fohlenelf	4:08:32	M45	186	0:51:06	1:20:49	1:56:37
805	5020	Feuster Martin	*Duisburg	4:08:35	M30	78	0:53:41	1:17:47	1:57:05
806	5492	Turowski Michael	AS Neukirchen-Vluyn	4:08:40	M40	137	0:50:35	1:19:45	1:58:19
807	5015	Rottstegge Karsten	Ruhr-Technik	4:08:46	M40	138	0:52:08	1:18:15	1:58:22
808	3535	Schoch Guido	LC Duisburg	4:08:47	M35	92	0:50:54	1:21:25	1:56:27
809	4780	Wilhelm Andreas	BSG Sparkasse HRV	4:08:47	M40	139	0:51:16	1:22:42	1:54:48
810	5922	Ziemann Andree	*Düsseldorf	4:08:57	M40	140	0:52:12	1:19:10	1:57:34
811	4903	Gilles Ulrich	Werdener TB	4:08:58	M50	149	0:48:48	1:20:31	1:59:38
812	3218	Gerber Sascha	*Duisburg	4:08:59	M35	93	0:52:17	1:18:30	1:58:11
813	4473	Bierbrauer Andreas	*Duisburg	4:09:03	M40	141	0:50:10	1:22:18	1:56:34
814	2223	Puy Michl Franz Xaver	*Duisburg	4:09:07	M45	187	0:50:07	1:19:50	1:59:09
815	3656	Lorkowski Michael	Die blauen Bengel	4:09:09	M55	69	0:51:10	1:19:33	1:58:25
816	4073	Sadlocha Timo	Laufende Geometer	4:09:12	M20	52	0:52:44	1:21:12	1:55:15
817	2465	Scharwächter Tobias	Barfuss Bethlehem	4:09:14	M30	79	0:50:32	1:15:40	2:03:01
818	2389	Umpelby Stefan	VfL Sportfreunde 07 Essen	4:09:23	M40	142	0:53:58	1:20:29	1:54:55
819	4821	Kibbert Dirk	*Recklinghausen	4:09:40	M45	188	0:49:33	1:21:12	1:58:54
820	3598	Wassink Michael	*Oberhausen	4:09:47	M45	189	0:50:59	1:20:21	1:58:26
821	4380	Nowak Darius	*Duisburg	4:09:48	M30	80	0:56:56	1:16:13	1:56:38
822	4540	Van der Horst Roland	*Bocholt	4:09:56	M40	143	0:53:32	1:20:58	1:55:24
823	5057	Fatum Klaus	*Essen	4:10:14	M45	190	0:58:03	1:19:42	1:52:28
824	4624	Degener Peter	Marathon Mülheim	4:10:17	M60	29	0:58:33	1:21:45	1:49:58
825	5944	Fieseler Andreas	Helios-Iron-Team	4:10:24	M50	150	0:52:04	1:21:23	1:56:56
826	4787	Haberlandt Sven	*Duisburg	4:10:25	M30	81	0:53:55	1:23:09	1:53:20
827	5081	Renner Sascha	*Essen	4:10:29	M30	82	0:42:13	1:25:27	2:02:48
828	4221	Casper Harald	*Essen	4:10:39	M55	70	0:51:55	1:24:50	1:53:53
829	4841	Heine Matthias	*Duisburg	4:10:56	M35	94	0:48:17	1:13:32	2:09:06
830	4867	Poerschke Jörg	LGO Bochum	4:11:19	M45	191	0:49:52	1:16:41	2:04:46
831	3133	Kendziorra Thomas	Hochschule für Gesundheit	4:11:22	M45	192	0:52:35	1:20:35	1:58:11
832	2592	Cengil Ilhan	*Geldern	4:11:24	M30	83	0:53:38	1:24:58	1:52:48
833	3639	Krause Heribert	LTB Brambauer am UFO	4:11:25	M65	10	0:51:11	1:20:44	1:59:30
834	3788	Beckord Dr. Peter	*Duisburg	4:11:26	M55	71	0:53:29	1:20:03	1:57:53
835	3382	Tramp Ralf	SV Viktoria Goch	4:11:28	M55	72	0:56:45	1:21:42	1:52:59
836	3558	Jerig Ludger	*Duisburg	4:11:31	M55	73	0:59:08	1:20:08	1:52:15
837	2287	Witt-Lock Manfred	SV Bayer Uerdingen 08	4:11:34	M50	151	0:52:49	1:21:41	1:57:04
838	3996	Terhorst Bruno	LT Vynen	4:11:35	M50	152	0:55:03	1:21:50	1:54:41
839	4857	Ingenhoven Kai	now or never	4:11:42	M50	153	0:54:15	1:20:29	1:56:56
840	5738	Bösherz Bernd	*Meerbusch	4:11:48	M50	154	0:50:05	1:22:48	1:58:55
841	3047	Müller Günter	Marathonteam-Ratingen	4:11:49	M70	3	0:54:09	1:20:51	1:56:49
842	2417	Niski Klaus	TV Jahn Hiesfeld	4:11:52	M45	193	0:52:21	1:21:03	1:58:27
843	5004	Scholl Christopher	Homberger Ruderklub Germ	4:12:18	M20	53	0:54:33	1:22:04	1:55:40
844	5512	Effertz Timo	*Bochum	4:12:24	M20	54	0:52:59	1:22:37	1:56:46
845	5344	Fenske Claus	Vodafone Runners	4:12:28	M45	194	0:52:20	1:22:56	1:57:11
846	4224	Lingen Jürgen	Willduss	4:12:29	M55	74	0:53:20	1:19:08	1:59:59
847	4669	Sonnen Stephan	SV Siemens	4:12:31	M45	195	0:58:21	1:21:00	1:53:09
848	4873	Töhning Simon	*Mülheim an der Ruhr	4:12:48	M35	95	0:54:14	1:22:14	1:56:18

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	2229	Grund Michael	*Hattingen	4:12:49	M50	155	0:50:13	1:21:22	2:01:13
850	2778	Kesselhut Frank	*Duisburg	4:13:08	M50	156	0:53:13	1:21:31	1:58:22
851	2634	Böhme Gerd	*Essen	4:13:13	M55	75	0:55:47	1:21:29	1:55:57
852	2915	Bantin Holger	Unser Wasser e.V.	4:13:18	M60	30	0:54:19	1:21:31	1:57:27
853	5452	Collmer Marcus	VIVAWEST	4:13:22	M50	157	0:52:45	1:23:19	1:57:17
854	2401	Rudolf Joachim	*Bergisch Gladbach	4:13:30	M60	31	0:53:47	1:21:56	1:57:46
855	5260	Wilmsen Henry	LC Duisburg	4:13:38	M55	76	0:51:19	1:22:52	1:59:26
856	2595	Schnurbusch Wolfram	GC Bergisch Land	4:13:40	M45	196	0:51:29	1:21:04	2:01:06
857	5079	Pinell Karl-Heinz	*Willich	4:13:52	M50	158	0:53:17	1:22:35	1:57:59
858	4603	Thomaschewski Dr. Frank	*Duisburg	4:14:04	M50	159	0:53:10	1:19:13	2:01:40
859	5001	Duwe Simon	SV Haldern	4:14:05	M40	144	0:52:24	1:14:35	2:07:04
860	4317	Schmid Thomas	*Oberhausen	4:14:07	M45	197	0:51:00	1:22:09	2:00:57
861	3727	Sedlmayer Karl-Heinz	Essener Systemhaus	4:14:08	M45	198	0:53:15	1:25:43	1:55:08
862	3498	Bergter Uwe	TuS Hamborn-Neumühl	4:14:45	M50	160	0:54:39	1:23:34	1:56:30
863	3864	Möllhoff Udo	Breuer Team	4:14:55	M55	77	0:52:36	1:23:23	1:58:55
864	3638	Kinnauer Johannes	LC Duisburg	4:14:55	M65	11	0:53:01	1:20:30	2:01:23
865	4742	Bosman Jürgen	Hemdener SV	4:15:12	M35	96	0:51:54	1:25:04	1:58:13
866	3597	Ullrich Armin	Turnerbund Osterfeld 1911 e	4:15:32	M55	78	0:52:12	1:20:44	2:02:35
867	2574	Knizik Andreas	Team Erdinger Alkoholfrei	4:15:39	M45	199	0:56:06	1:24:22	1:55:10
868	5716	Schaub Andreas	Turbo-Schnecken Lüdenschke	4:15:45	M45	200	0:52:51	1:24:00	1:58:53
869	4358	Miszewski Markus	Google+ Running/Laufen	4:15:48	M50	161	0:55:24	1:23:14	1:57:08
870	3154	Klimas Stefan	*Moers	4:15:50	M40	145	0:50:38	1:22:51	2:02:20
871	5425	Klinzing Hans-Georg	SG Ruhrgas 1929	4:15:52	M65	12	0:56:40	1:23:45	1:55:27
872	3335	Görke Andreas	*Wuppertal	4:15:58	M45	201	0:52:52	1:22:55	2:00:10
873	5621	Göbel Carsten	*Borken	4:16:08	M45	202	0:53:52	1:23:35	1:58:40
874	4534	Frank Thomas	*Rheinberg	4:16:20	M45	203	0:54:03	1:24:41	1:57:34
875	2366	Brockhoff Uwe	Buchholzerjung	4:16:20	M50	162	0:53:58	1:22:52	1:59:29
876	4246	Diesing Karl-Heinz	*Herne	4:16:34	M55	79	0:53:03	1:23:07	2:00:23
877	2424	Lhoest Helmut	*Mülheim an der Ruhr	4:16:53	M55	80	0:53:19	1:24:42	1:58:52
878	2210	Breuer Matthias	*Duisburg	4:17:02	M50	163	0:53:08	1:25:40	1:58:13
879	2782	Lelgemann Thomas	TVE Burgaltendorf	4:17:11	M55	81	0:53:38	1:24:11	1:59:21
880	5991	Socher Michael	LC Duisburg	4:17:13	M50	164	0:54:56	1:22:30	1:59:46
881	3275	Mertens Stefan	ASC Düsseldorf	4:17:14	M50	165	0:51:47	1:21:55	2:03:31
882	3923	Kreie Uwe	VfL Tönisberg	4:17:20	M45	204	0:56:11	1:22:08	1:59:00
883	3354	Sanader Dean	Adler Weseke Radsport	4:17:29	M40	146	0:55:38	1:23:11	1:58:39
884	5382	Busalla Thomas	Vodafone Runners	4:17:29	M45	205	0:53:19	1:23:44	2:00:25
885	4810	Neef Jörg	*Solingen	4:17:32	M45	206	0:53:06	1:13:36	2:10:49
886	3027	Hühner Michael	*Bochum	4:17:38	M45	207	0:52:57	1:26:11	1:58:29
887	2461	Binias Jürgen	LC Duisburg	4:17:40	M55	82	0:55:52	1:21:52	1:59:55
888	3570	Nitsch Sven	*Wesel	4:17:53	M35	97	0:49:59	1:22:32	2:05:20
889	4005	Huth Thorsten	LC Duisburg	4:18:11	M50	166	0:56:25	1:25:17	1:56:28
890	4725	Dobberke Frank	BSV Kokerei Schwelgern e.v.	4:18:22	M45	208	0:53:23	1:22:14	2:02:44
891	2526	Klunder Dominik	*Mülheim an der Ruhr	4:18:33	M35	98	0:53:17	1:23:14	2:02:00
892	5592	Wisniewski Grzegorz	200PRO GmbH	4:18:37	M35	99	0:53:29	1:25:20	1:59:47
893	4640	Gatzke Ralf	*Mülheim	4:18:37	M50	167	0:53:29	1:25:31	1:59:36
894	4250	Schulz Georg	TV Schiefbahn TriTeam	4:18:43	M50	168	0:55:39	1:25:08	1:57:55
895	5730	Baehr Hanno	*Essen	4:18:44	M45	209	0:53:36	1:23:09	2:01:59
896	5807	Wesemann Gerd	TuS Breitscheid	4:18:44	M65	13	0:56:24	1:17:29	2:04:50
897	5278	Brokof Peter	*Oberhausen	4:18:48	M50	169	0:53:59	1:23:49	2:00:59
898	2533	Fleitz Mario	*Duisburg	4:18:50	M50	170	0:54:47	1:23:20	2:00:43
899	4256	Machon Sebastian	*Essen	4:18:55	M40	147	0:46:54	1:28:33	2:03:28
900	2833	Gottlieb Malte	*Moers	4:18:56	M45	210	0:56:10	1:23:59	1:58:46
901	3648	Ertekin Erhan	BSV ThyssenKrupp	4:18:56	M45	211	0:56:05	1:22:48	2:00:03

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	3228	Halfmeier Frank	LC Duisburg	4:19:06	M45	212	0:55:58	1:27:38	1:55:28
903	2406	Keese Karsten	*Düsseldorf	4:19:19	M30	84	0:52:01	1:23:05	2:04:12
904	3415	Matzke Christian	*Duisburg	4:19:24	M30	85	0:53:35	1:20:20	2:05:27
905	4775	Pöttmann Norman	*Duisburg	4:19:27	M40	148	0:50:12	1:23:40	2:05:34
906	4060	Schwesig Dominik	*Mülheim an der Ruhr	4:19:27	M35	100	0:52:44	1:21:02	2:05:40
907	3736	Antweiler Nicolai	*Essen	4:19:27	M30	86	0:51:17	1:22:08	2:06:01
908	4789	Busch Marc	Team CBC	4:19:31	M40	149	0:50:33	1:24:04	2:04:53
909	2809	Nordhoff Michael	LT Wischlingen Dortmund	4:19:33	M50	171	0:52:11	1:29:20	1:58:01
910	3701	Bierholz Dirk	Fortuna Düsseldorf	4:19:34	M45	213	0:49:17	1:24:38	2:05:39
911	3132	Stallbaum Heiko	*Duisburg	4:19:38	M40	150	0:55:24	1:24:51	1:59:22
912	4405	Mehlhose Hartmut	GBI	4:19:38	M50	172	0:54:34	1:22:25	2:02:38
913	3006	Schlieter Jörg	LT Mismahlshof	4:19:41	M60	32	0:54:49	1:27:38	1:57:12
914	4332	Schweflinghaus Andreas	Kaiserswerther Kater	4:19:44	M55	83	0:53:32	1:23:46	2:02:25
915	2787	Schauenberg Jens	*Duisburg	4:19:56	M45	214	0:51:59	1:24:01	2:03:55
916	3748	Marotzke Thomas	*Essen	4:20:05	M40	151	0:53:54	1:23:01	2:03:09
917	3735	Schilling Dirk	*Duisburg	4:20:05	M45	215	0:53:46	1:22:21	2:03:57
918	3700	Kurs Stefan	*Duisburg	4:20:14	M35	101	0:54:39	1:26:38	1:58:56
919	2347	Mallis Simon	Lauftreff Blutige Nippel	4:20:18	M30	87	0:52:48	1:25:30	2:01:59
920	2728	Hahn Boris	*Duisburg	4:20:21	M30	88	0:53:43	1:20:43	2:05:53
920	5687	zuliani marco	*Duisburg	4:20:21	M30	88	0:53:55	1:23:37	2:02:48
922	4351	Körber Sören	*Duisburg	4:20:23	M50	173	0:54:53	1:22:51	2:02:38
923	2980	Sommerfeld Martin	Immeo Wohnen Running Te	4:20:29	M40	152	0:56:19	1:24:47	1:59:22
924	3754	Sondermann Axel	It-run4fun.de	4:20:40	M50	174	0:52:26	1:25:31	2:02:42
925	4766	Krisp Arno	BUMMELBOB	4:20:47	M35	102	0:53:14	1:19:38	2:07:55
926	2744	Gesing Norbert	*Rhede	4:20:48	M45	216	0:55:40	1:24:58	2:00:09
927	5264	Roder Guido	LC Duisburg	4:21:03	M50	175	0:55:16	1:24:28	2:01:18
928	4507	Eversmann Gerhard	*Duisburg	4:21:06	M50	176	0:53:20	1:25:13	2:02:32
929	5301	Moos Christoph	BWG Running Team	4:21:08	M30	90	0:49:53	1:27:25	2:03:50
930	2819	Tiltmann Jan	*Duisburg	4:21:15	M40	153	0:55:10	1:27:02	1:59:02
931	5158	Bayerlein Ralf	LC Duisburg	4:21:24	M60	33	0:56:37	1:25:31	1:59:15
932	5134	Reiffs Manfred	*Nettetal	4:21:26	M50	177	0:55:00	1:25:04	2:01:21
933	3463	Kleinen Torsten	*Duisburg	4:21:38	M50	178	0:54:54	1:26:31	2:00:11
934	3429	Hackstein Tobias	*Duisburg	4:21:46	M30	91	0:55:00	1:25:08	2:01:38
935	3216	Chmielowski Dr. Miroslaw	*Oberhausen	4:22:04	M40	154	1:00:51	1:36:10	1:45:02
936	4728	Schmitz Torsten	BSV Kokerei Schwelgern e.v.	4:22:07	M45	217	0:52:30	1:27:52	2:01:43
937	3323	Maassen Heinz	LT TB Frintrop	4:22:19	M55	84	0:53:35	1:25:39	2:03:04
938	4234	Jammer Stefan	*Mettmann	4:22:25	M50	179	0:55:22	1:26:09	2:00:53
939	5263	Ehrlich Christian	*Hünxe	4:22:26	M50	180	0:56:37	1:22:14	2:03:34
940	3233	Möller Norbert	LC Duisburg	4:22:31	M60	34	0:52:29	1:26:12	2:03:49
941	2238	Eming Peter	Sportfreunde Ententeich	4:22:33	M20	55	1:16:35	1:16:17	1:49:41
942	5468	Hofmann Thomas	VIVAWEST	4:22:34	M50	181	0:54:45	1:25:24	2:02:24
943	2476	Karwen Christian	Kirchturmtaucher	4:23:19	M45	218	0:55:15	1:19:06	2:08:57
944	2773	Ewert Martin	*Langenfeld	4:23:23	M40	155	0:57:03	1:27:35	1:58:45
945	4828	Krawczyk Daniel	*Bochum	4:23:28	M40	156	0:54:20	1:25:22	2:03:45
946	2676	Meyer André	Triminators TV Voerde	4:23:30	M40	157	0:54:03	1:25:16	2:04:10
947	5821	Wache Claus	TuS Breitscheid	4:23:34	M50	182	0:53:48	1:21:25	2:08:20
948	3779	Tönges Dennis	Kahlenberger HTC	4:23:46	M30	92	0:53:50	1:25:14	2:04:41
949	5246	Wittenberg Sebastian	*Werne	4:23:47	M20	56	0:50:02	1:27:34	2:06:09
950	5311	Kattelans Dieter	BSG Stadtwerke Duisburg A	4:23:48	M50	183	0:53:31	1:21:20	2:08:56
951	2478	Fiß Martin	Ausdauerchule by bunert	4:23:49	M50	184	0:52:48	1:23:58	2:07:02
952	4441	Röckendorf Jens	Ausdauerchule Bruns	4:24:03	M55	85	0:52:58	1:26:50	2:04:14
953	2964	Sonntag Detlef	Oberhausener TV	4:24:06	M60	35	0:54:19	1:25:59	2:03:47
954	3808	Frericks Matthias	TV Rhede	4:24:09	M45	219	0:57:36	1:27:54	1:58:37

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	4280	Schmidt Enrico	Die Seitenstecher	4:24:16	M30	93	0:55:04	1:21:41	2:07:30
956	4709	Scholz Marko	*Duisburg	4:24:20	M50	185	0:55:42	1:26:00	2:02:37
957	5577	Schmitz Thomas	200PRO GmbH	4:24:21	M45	220	0:54:13	1:24:44	2:05:23
958	3309	Mehring Gunther	*Dinslaken	4:24:23	M45	221	0:58:16	1:27:16	1:58:51
959	4495	Ehrlich Carsten	*Duisburg	4:24:24	M45	222	0:55:56	1:26:14	2:02:14
960	4859	Maas Michael	Mehrhoog	4:24:34	M45	223	0:49:55	1:25:14	2:09:24
961	4103	Schrinski Björn	*Duisburg	4:24:37	M20	57	0:51:07	1:23:38	2:09:52
962	3537	Klinkosch Tim	*Meerbusch	4:24:46	M45	224	0:57:42	1:30:59	1:56:04
963	4584	Nöldemann Dieter	Run4Fun	4:25:15	M70	4	0:55:38	1:24:27	2:05:09
964	3763	Laturell Gerhard	BSV	4:25:15	M50	186	0:54:05	1:29:07	2:02:02
965	4736	Horz Willi	PS Essen	4:25:16	M60	36	0:52:52	1:32:17	2:00:07
966	3472	Reichards Ronald	*Duisburg	4:25:27	M45	225	0:56:54	1:25:31	2:03:01
967	2477	Heyer Uwe	*Duisburg	4:25:31	M55	86	0:56:37	1:24:22	2:04:31
968	4691	Kranz Sebastian	*Mülheim an der Ruhr	4:25:31	M35	103	0:55:41	1:28:15	2:01:34
969	4197	Blotenberg Carsten	Essen Freisenbruch	4:25:32	M45	226	0:53:30	1:28:34	2:03:28
970	5358	Nolte Holger	Vodafone Runners	4:25:51	M45	227	0:54:12	1:24:44	2:06:54
971	4299	Korres Jürgen	*Willich	4:25:59	M50	187	0:54:30	1:27:01	2:04:27
972	2475	Ropers Stefan	Kirchturmtaucher	4:26:04	M45	228	0:55:15	1:21:52	2:08:56
973	5527	Buchner Jan	200PRO GmbH	4:26:07	M40	158	0:55:00	1:25:31	2:05:35
974	2196	Werding Arndt	*Hattingen	4:26:10	M40	159	0:54:38	1:25:01	2:06:30
975	4614	Bergs Torsten	*Moers	4:26:19	M30	94	0:53:26	1:24:57	2:07:55
976	2766	Pieper Stephan	*Kamp-Lintfort	4:26:19	M45	229	0:54:30	1:28:51	2:02:57
977	3587	Geisdorf Klaus	LT Sonntagsläufer Sonsbeck	4:26:30	M50	188	0:56:03	1:26:29	2:03:57
978	5657	Klever Dettlef	Ruhrrunner Essen	4:26:40	M60	37	0:46:40	1:29:40	2:10:18
979	2199	Mindel Thorsten	*Moers	4:27:04	M45	230	0:55:01	1:24:08	2:07:53
980	2938	Von Czarnowski Christian	LT Berka Stars	4:27:06	M45	231	1:00:30	1:30:32	1:56:03
981	4282	Lüßem Marc	*Essen	4:27:31	M45	232	0:52:14	1:27:17	2:07:58
982	2936	Paßgang Ralf	*Mülheim	4:27:31	M60	38	0:57:33	1:27:11	2:02:46
983	2185	Hunhoff Frank	SG Kupferdreh/Byfang	4:27:38	M40	160	0:54:38	1:25:00	2:07:59
984	5421	Grabienki Wolfgang	SG Ruhrgas 1929	4:27:53	M60	39	0:56:25	1:27:45	2:03:42
985	2494	Böhnke Dietmar	Die Deichläufer	4:27:56	M55	87	0:56:59	1:22:41	2:08:15
986	3719	Kethers Dennis	*Moers	4:28:12	M40	161	0:55:38	1:26:00	2:06:33
987	3642	Gobbers Willi	*Krefeld	4:28:21	M60	40	0:54:36	1:26:00	2:07:43
988	3704	Neunfinger Marc	*Mülheim/Ruhr	4:28:28	M30	95	0:52:15	1:27:02	2:09:10
989	4820	Boxberg Peter	*Langenfeld	4:28:33	M55	88	0:55:55	1:25:34	2:07:03
990	4053	Pyka Dr. Martin	*Bottrop	4:28:37	M35	104	0:52:46	1:32:17	2:03:33
991	5308	Ernst Uwe	BSG Stadtwerke Duisburg A	4:28:38	M50	189	0:56:28	1:24:29	2:07:41
992	3659	Voss Burkhard	*Dorsten	4:28:44	M50	190	0:58:33	1:11:48	2:18:23
993	5243	Langer Siegbert	Die Stolperer	4:28:55	M55	89	0:56:12	1:29:25	2:03:17
994	3293	Ruhland Alois	*Wülfrath	4:28:56	M50	191	0:56:00	1:28:35	2:04:20
995	4215	Bendfeldt Rainer	*Moers	4:28:58	M45	233	0:52:51	1:34:12	2:01:54
996	3855	Ries Holger	*Duisburg	4:29:02	M45	234	0:56:00	1:28:48	2:04:14
997	4213	Proff Stephan	*Schermsbeck	4:29:09	M50	192	0:54:10	1:26:13	2:08:45
998	5054	De pace Graziano	*Duisburg	4:29:10	M35	105	0:53:34	1:25:32	2:10:04
999	4412	Schneider Olaf	*Oberhausen	4:29:12	M45	235	0:52:17	1:28:32	2:08:22
1000	3475	Göhre Dr. Jan	*Düsseldorf	4:29:21	M45	236	1:00:06	1:25:39	2:03:35
1001	2687	Schönherr Roland	*Ratingen	4:29:31	M45	237	0:57:17	1:27:06	2:05:07
1002	5121	Jankowski Michael	*Duisburg	4:29:45	M20	58	0:53:15	1:20:43	2:15:46
1003	4528	Pederiva Thomas	*Dinslaken	4:29:51	M45	238	0:55:39	1:25:36	2:08:35
1004	3045	Hübinger Michael	*Rheinberg	4:30:12	M50	193	0:57:05	1:26:00	2:07:05
1005	3123	Ziemer Ulrich	*Essen	4:30:15	M55	90	0:57:45	1:27:57	2:04:32
1006	3273	Stein Michael	*Aachen	4:30:20	M45	239	0:57:05	1:25:59	2:07:15
1007	4444	Rumpel Ralf	Roentgensportclub Remscheid	4:30:39	M55	91	0:55:57	1:27:24	2:07:17

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1008	2412	Schippel Klaus	Team Haschi	4:30:49	M50	194	0:52:56	1:20:14	2:17:38
1009	4699	Rose Carsten	*Tönisvorst	4:30:52	M40	162	0:57:17	1:26:55	2:06:39
1010	2966	Brauer Jürgen	Oberhausener TV	4:30:57	M55	92	0:58:06	1:28:20	2:04:30
1011	3458	Bergup Wolfgang	SF Nordvelen	4:31:04	M50	195	0:56:55	1:26:28	2:07:41
1012	5550	König Daniel	200PRO GmbH	4:31:11	M40	163	0:58:55	1:28:15	2:04:00
1013	4376	Radig Manuel	*Oberhausen	4:31:29	M35	106	0:54:35	1:23:44	2:13:10
1014	3524	Ernst Matthias	*Dinslaken	4:31:34	M45	240	0:54:36	1:28:03	2:08:54
1015	5698	Wuesten Christian	LT Gruitene-Neandertal	4:31:37	M40	164	0:56:43	1:27:32	2:07:21
1016	3417	Panhey Ralf	*Duisburg	4:31:50	M40	165	0:55:53	1:27:40	2:08:16
1017	2035	Brosch Reinhard	TuS Breitscheid	4:31:59	M50	196	0:50:59	1:23:32	2:17:26
1018	2680	Joeken Michael	*Duisburg	4:31:59	M55	93	0:57:24	1:28:21	2:06:13
1019	4094	Zöllmann Marcus	*Oberhausen	4:32:03	M45	241	0:57:15	1:25:54	2:08:53
1020	2796	Breumann Wolli	RT Backfieldrunners Bocholt	4:32:07	M45	242	0:56:40	1:29:09	2:06:17
1021	3162	Lauderbach Benjamin	*Duisburg	4:32:10	M30	96	0:57:54	1:27:07	2:07:08
1022	2359	Grabow Jan	Trinksportförderverein	4:32:27	M50	197	0:56:20	1:29:18	2:06:47
1023	4485	Rademacher Daniel	*Duisburg	4:32:43	M20	59	0:56:51	1:26:15	2:09:35
1024	3348	Pawlowski Rainer	TuS 82 Opladen	4:32:47	M50	198	0:54:03	1:26:37	2:12:06
1025	3030	Hense Heinz	*Duisburg	4:32:48	M65	14	0:56:07	1:28:36	2:08:03
1026	2431	Kielmann Roland	Run4Fun	4:32:50	M50	199	0:53:59	1:31:03	2:07:47
1027	4996	Dötsch Sebastian	*Duisburg	4:33:01	M20	60	0:55:39	1:34:41	2:02:41
1028	4994	Börgardts Tobias	*Duisburg	4:33:01	M20	61	0:55:39	1:34:40	2:02:41
1029	5024	Bützer Marvin	*Duisburg	4:33:03	M20	62	0:55:39	1:34:42	2:02:41
1030	4866	Höpfner Otto	LT Gruitene-Neandertal	4:33:07	M65	15	1:00:11	1:28:35	2:04:20
1031	2894	Pollack Udo	Laufftreff R(h)einknaller	4:33:11	M50	200	0:57:33	1:27:30	2:08:07
1032	5823	Lehwald Rainer	200PRO GmbH	4:33:27	M60	41	0:56:25	1:27:41	2:09:20
1033	3956	Bonnen Michael	*Düsseldorf	4:33:29	M55	94	0:55:44	1:27:36	2:10:08
1034	2260	May Jörg	Running Dinslaken	4:33:32	M50	201	0:59:32	1:24:37	2:09:22
1035	3199	Stromberg Jörg	LT Wesel 130	4:33:35	M50	202	0:53:42	1:34:02	2:05:50
1036	3563	Mühlhoff Dr. Jürgen	OSC Dinslaken Averburch	4:33:39	M55	95	0:58:16	1:27:15	2:08:07
1037	2227	Speh Michael	*Duisburg	4:33:54	M40	166	0:53:24	1:26:41	2:13:48
1038	5642	Schumacher Benjamin	*Bonn	4:33:56	M20	63	0:56:54	1:25:19	2:11:42
1039	4759	Mumcu Erdal	Mumcu.run	4:34:03	M40	167	1:00:14	1:28:10	2:05:37
1040	3696	Dorow Ulrich	only for me	4:34:09	M50	203	0:56:53	1:26:16	2:11:00
1041	2779	Barba Rolando Angel	*Düsseldorf	4:34:11	M50	204	0:55:51	1:25:55	2:12:24
1042	2822	Feik Matthias	Team Rakete	4:34:17	M40	168	1:05:17	1:22:34	2:06:25
1043	2985	Pojer Marc	Die Römers	4:34:20	M45	243	0:55:33	1:30:16	2:08:31
1044	5144	Vormdohre Dieter	*Ratingen	4:34:26	M55	96	1:00:10	1:32:42	2:01:33
1045	4666	Kohse Patrick	*Duisburg	4:34:32	M35	107	0:56:42	1:27:17	2:10:32
1046	4901	Schweter Philip	*Düsseldorf	4:34:41	M20	64	0:51:42	1:28:54	2:14:03
1047	2410	Mertins Dr. Kai	Veerter Vlitzer	4:34:52	M45	244	0:56:24	1:28:52	2:09:35
1048	2411	Osterberg Frank	Veerter Vlitzer	4:34:55	M55	97	0:56:25	1:28:53	2:09:36
1049	2617	Baldeau Günter	*Duisburg	4:35:09	M55	98	0:58:47	1:28:17	2:08:04
1050	4049	Kautz Günter	SV Viktoria Goch	4:35:38	M65	16	0:57:12	1:29:06	2:09:19
1051	2669	Schmitz Henning	LG Mauerweg	4:35:40	M50	205	0:58:18	1:30:53	2:06:29
1052	5300	Gliff Thomas	BWG Running Team	4:36:00	M40	169	1:00:22	1:25:53	2:09:44
1053	2982	Tillmanns Jörg	TV Aldekerk	4:36:15	M50	206	0:53:47	1:21:01	2:21:26
1054	4304	Krämer André	*Mülheim	4:36:32	M35	108	0:58:44	1:31:59	2:05:48
1055	3236	Eickholt Volker	*Essen	4:36:37	M40	170	1:00:14	1:25:40	2:10:42
1056	5204	Derksen Benedikt	*Recklinghausen	4:36:40	M30	97	0:57:32	1:28:20	2:10:47
1057	2588	Trienenjost Helmut	Wir bei HKM	4:36:59	M60	42	0:58:08	1:28:15	2:10:36
1058	5685	Ocklenburg Dr. Sebastian	*Bochum	4:37:11	M30	98	0:58:50	1:25:00	2:13:20
1059	3406	Kriegel Mirko	*Kamp-Lintfort	4:37:18	M40	171	0:58:58	1:31:20	2:06:59
1060	2333	Hanisch Andreas	VfB Frohnhausen	4:37:34	M45	245	0:57:58	1:21:58	2:17:37

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1061	5785	Jungk Bernd	Ausdauerschule by bunert	4:37:47	M45	246	0:57:43	1:34:36	2:05:28
1062	3817	Nles Michael	*Duisburg	4:37:52	M20	65	0:55:02	1:31:37	2:11:13
1063	2921	Kels Florian	*Düsseldorf	4:38:00	M30	99	0:54:47	1:29:16	2:13:56
1064	3344	Lorek Ulrich	*Ratingen	4:38:21	M55	99	0:58:23	1:30:46	2:09:11
1065	4261	Bolender Werner	TV Jahn Hiesfeld	4:38:39	M45	247	1:00:26	1:30:36	2:07:35
1066	3514	Hoffmann Dr. Marcus	*Oberhausen	4:38:55	M45	248	0:57:02	1:35:58	2:05:54
1067	4436	Nienhaus Stefan	*Bocholt	4:39:03	M45	249	0:58:11	1:29:35	2:11:17
1068	5361	Nguyen Pham Quang	Vodafone Runners	4:39:15	M40	172	0:52:54	1:16:15	2:30:06
1069	5417	Ducke Dennis	SG Ruhrgas 1929	4:39:18	M35	109	1:11:37	1:28:54	1:58:45
1070	4675	Schwarzkopf Sascha	*Essen	4:39:55	M40	173	0:54:40	1:29:15	2:15:59
1071	2971	Hermes Rainer	Marientreff	4:40:03	M50	207	1:01:48	1:30:31	2:07:43
1072	5329	Pieczkowski Waldek	Vodafone Runners	4:40:18	M40	174	0:56:56	1:29:11	2:14:11
1073	3787	Remenar Willi	BSG Commerzbank AG Ruh	4:40:30	M60	43	0:58:50	1:31:30	2:10:08
1074	5925	Steinmann Peter	TSG Sprockhövel	4:40:32	M65	17	0:57:24	1:30:57	2:12:10
1075	5179	Escher Christoph	Marathonteam-Ratingen	4:40:52	M45	250	0:57:10	1:30:07	2:13:34
1076	5914	Stralek Andreas	Friedrich Wilhelms-Hütte	4:40:59	M45	251	0:57:16	1:28:01	2:15:42
1077	2285	Leroi Roland	*Duisburg	4:41:01	M45	252	0:57:12	1:26:55	2:16:53
1078	2606	Laskowski Andreas	Attas Laufcamp	4:41:02	M50	208	0:52:17	1:32:58	2:15:47
1079	4905	König Dirk	*Hilden	4:41:25	M45	253	0:57:44	1:27:46	2:15:54
1080	3512	Kill Ludger	Porsche Club of America	4:41:26	M50	209	0:56:32	1:32:23	2:12:29
1081	2178	Frey Michael	*Essen	4:41:35	M40	175	0:57:46	1:36:26	2:07:22
1082	5669	Kaesmacher Klaus	*Moers	4:41:43	M50	210	0:56:25	1:31:49	2:13:27
1083	4145	Thelen Willi	DJK Germania Jackerath	4:41:52	M55	100	0:57:46	1:34:21	2:09:44
1084	5433	Rothe Andreas	SG Ruhrgas 1929	4:42:00	M70	5	0:51:35	1:34:32	2:15:52
1085	3072	Winkelmann Ulrich	Turnerbund Osterfeld 1911 e	4:42:02	M60	44	0:59:25	1:29:11	2:13:25
1086	2674	Jenner Hartmut	BSG Team EVAG	4:42:07	M60	45	0:56:51	1:26:31	2:18:45
1087	3822	Cord Stephan	*Essen	4:42:09	M45	254	1:00:39	1:33:01	2:08:28
1088	2545	Schöbel Heinz	*Wuppertal	4:43:01	M65	18	0:57:54	1:31:18	2:13:48
1089	4041	Florian Reinhold	TEAM ELG	4:43:41	M70	6	0:58:14	1:31:02	2:14:25
1090	4722	Link Klaus	Tri Team Selm e.V.	4:45:07	M55	101	1:05:16	1:33:25	2:06:25
1091	4950	Meyer Tobias	LT Krefeld-Oppum	4:45:13	M30	100	0:59:39	1:27:34	2:18:00
1092	3496	Ziajka Michael	*Meerbusch	4:45:22	M40	176	0:55:38	1:32:42	2:17:01
1093	4782	Jeppel Carsten	Team Erdinger Alkoholfrei	4:45:24	M40	177	0:57:56	1:35:56	2:11:31
1094	3875	Jaeger Friedhelm	*Mülheim an der Ruhr	4:45:34	M55	102	0:59:35	1:34:02	2:11:55
1095	4831	Bovenschen Dietger	*Krefeld	4:45:49	M40	178	0:57:26	1:32:02	2:16:20
1096	2195	Bockmühl Bernd	*Essen	4:45:52	M45	255	1:00:40	1:32:37	2:12:34
1097	3775	Frauenrath Axel	Düsseldorfer Panther	4:46:08	M20	66	1:02:36	1:28:46	2:14:46
1098	2738	Tristram Uwe	*Duisburg	4:46:26	M50	211	1:00:23	1:33:03	2:12:58
1099	5166	Eckhardt René	*Duisburg	4:46:58	M45	256	1:02:28	1:27:41	2:16:47
1100	4022	Piontek Jens	SV Viktoria Goch	4:47:15	M40	179	0:58:14	1:34:07	2:14:54
1101	3907	Fischer Benjamin	*Oberhausen	4:47:21	M30	101	0:51:43	1:28:54	2:26:43
1102	2861	Veljovic Radoslav	*Wuppertl	4:47:35	M65	19	1:01:09	1:30:55	2:15:31
1103	5430	Pathe Jürgen	SG Ruhrgas 1929	4:47:59	M50	212	1:00:37	1:29:34	2:17:47
1104	3246	Zellmer Detlef	Siemens Turbos	4:48:18	M55	103	0:58:59	1:37:13	2:12:05
1105	4459	Wachsmann Georg	*Gladbeck	4:48:29	M50	213	0:52:45	1:23:14	2:32:30
1106	4876	Faehndrich Christian	rasender Hase	4:49:17	M35	110	0:53:51	1:55:37	1:59:47
1107	2972	Richter Harald	*Bottrop	4:49:24	M45	257	1:00:24	1:33:52	2:15:07
1108	2764	Leymann Helmut	*Duisburg	4:49:27	M65	20	1:01:13	1:34:11	2:14:02
1109	2385	Süßenbach Siegfried	*Eschweiler	4:50:15	M50	214	0:59:33	1:34:47	2:15:54
1110	2633	Reese Stefan	Ratingen	4:50:50	M50	215	0:55:26	1:33:33	2:21:50
1111	2995	Frauenrath Frank	Team Erdinger Alkeholfrei	4:50:55	M45	258	1:02:35	1:29:16	2:19:03
1112	4851	Groß Volker	*Meerbusch	4:51:19	M40	180	1:01:43	1:31:36	2:17:58
1113	5949	Mandt Torsten	Ausdauerschule by bunert	4:51:51	M40	181	1:00:42	1:33:39	2:17:30

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1114	4082	Blum Wolfgang	Planeta Hebetchnik GmbH	4:53:34	M50	216	1:03:33	1:35:18	2:14:42
1115	4547	Breuer Mirko	*Duisburg	4:53:39	M40	182	0:57:19	1:28:24	2:27:56
1116	5124	Golz Gerd	funrunner	4:53:47	M55	104	1:05:57	1:36:54	2:10:55
1117	2434	Niggemann Andreas	Ziiiiisch und weg	4:54:24	M55	105	1:00:52	1:34:00	2:19:31
1118	4307	Flores Oliver	*Köln	4:55:07	M35	111	1:07:31	1:32:33	2:15:02
1119	3892	Hansen Andreas	TV Wanheimerort 1880 e.V.	4:55:08	M45	259	0:58:12	1:37:06	2:19:49
1120	2200	Rösch Georg	*Neuss	4:55:15	M50	217	1:00:55	1:35:17	2:19:02
1121	4210	Idziaszek Uwe	*Duisburg	4:55:29	M50	218	1:05:39	1:33:27	2:16:21
1122	4541	Unkhoff Jörg	*Duisburg	4:56:43	M50	219	0:59:59	1:37:50	2:18:53
1123	2870	Retkowski Lutz	VB Lauftreff	4:56:51	M40	183	1:03:14	1:40:28	2:13:08
1124	3419	Heinrich Uwe	TuS Hamborn-Neumühl	4:57:09	M70	7	1:01:53	1:37:15	2:18:01
1125	4980	Kaminski Benni	BSV Kokerei Schwelgern e.v.	4:57:15	M20	67	1:01:50	1:36:51	2:18:33
1126	4724	Baars Ralf	BSV Kokerei Schwelgern e.v.	4:57:15	M50	220	1:01:49	1:36:51	2:18:34
1127	3739	Wind Torsten	*Engelskirchen	4:57:19	M50	221	0:57:02	1:28:09	2:32:07
1128	5908	Kürten Jens	*Oberhausen	4:57:22	M30	102	0:58:19	1:34:30	2:24:31
1129	2660	Peters Felix	*Bocholt	4:57:52	M20	68	0:56:12	1:28:49	2:32:50
1129	4717	Fleige Michael	TV Jahn Hiesfeld	4:57:52	M55	106	0:59:34	1:35:22	2:22:56
1131	5562	Pandinu Marco	200PRO GmbH	4:57:55	M40	184	1:02:35	1:36:43	2:18:36
1132	3375	Müller Jan Michael	TV Jahn Hiesfeld	4:58:00	M55	107	0:59:40	1:35:23	2:22:56
1133	2820	Schmidt Thomas	*Essen	4:58:31	M50	222	1:00:52	1:32:09	2:25:29
1134	4416	Fürchtenicht Klaus-Dieter	TV Jahn Hiesfeld	4:58:48	M60	46	1:05:39	1:41:00	2:12:07
1135	2225	Swiatczak Eugen	*Duisburg	5:00:36	M65	21	1:04:55	1:35:32	2:20:08
1136	2881	Heinrichs Torsten	*Neuss	5:00:59	M40	185	1:05:33	1:36:50	2:18:35
1137	2880	Kuhles Daniel	*Düsseldorf	5:00:59	M20	69	1:05:32	1:36:50	2:18:35
1138	5074	Wirtz Ingo	*Duisburg	5:01:07	M45	260	1:07:34	1:34:24	2:19:08
1139	5551	Koock Oliver	200PRO GmbH	5:01:15	M40	186	1:02:38	1:40:02	2:18:34
1140	2479	Thau Marcel	Team Stay Hungry	5:01:25	M35	112	1:00:04	1:38:30	2:22:50
1141	4169	Hermans Bernd	SV Viktoria Goch	5:01:31	M50	223	1:03:36	1:42:31	2:15:23
1142	3152	Jockel Gerd	Pott Runners	5:01:39	M45	261	1:00:35	1:42:58	2:18:05
1143	4346	Rucktäschel Uwe	Rennschnecken Deluxe	5:01:58	M50	224	0:59:41	1:40:58	2:21:19
1144	2262	Fischer Mike	*Essen	5:02:48	M45	262	1:04:58	1:40:54	2:16:55
1145	5606	Ammann Nils	*Mülheim an der Ruhr	5:03:52	M20	70	0:59:00	1:40:54	2:23:57
1146	2709	Keßler Michael	*Duisburg	5:04:09	M45	263	1:02:57	1:35:59	2:25:13
1147	4490	Kleindinest Domenic	Feuerwehr Krefeld	5:04:12	M20	71	1:03:07	1:38:29	2:22:35
1148	2339	Amin Nabil	Team NASA2	5:05:24	M35	113	1:03:53	1:38:12	2:23:18
1149	3574	Tausche Karl	SV Haldern Lauftreff	5:07:08	M80	1	1:01:03	1:36:38	2:29:26
1150	4392	Warburton Sam	*Essen	5:10:06	M45	264	1:03:27	1:37:31	2:29:07
1151	4613	Kaletka Constantin	*Moers	5:10:54	M30	103	1:04:12	1:35:59	2:30:42
1152	4263	Hüfner Manfred	BSG Team EVAG	5:11:34	M60	47	1:04:41	1:39:02	2:27:49
1153	2316	Ziegenhagen Klaus	Kolping Horst-Emscher	5:12:01	M45	265	1:03:56	1:42:46	2:25:18
1154	2968	Ueberall Dirk	Oberhausener TV	5:14:24	M55	108	1:04:06	1:41:36	2:28:41
1155	5683	Warnat Rolf-Peter	ROLVO-Team Bocholt	5:14:29	M60	48	1:04:05	1:44:13	2:26:10
1156	2190	Mattheis Markus	*Kamp-Lintfort	5:17:45	M30	104	1:08:34	1:37:45	2:31:25
1157	2591	Schu Klaus	*Gelsenkirchen	5:18:52	M50	225	1:03:58	1:38:25	2:36:29
1158	3603	Niggemann Heinz	Laufgrupe Ziiiiisch und weg	5:18:55	M55	109	1:07:30	1:42:36	2:28:48
1159	2558	Kemper Klaus	TV Vennikel	5:19:30	M60	49	1:03:13	1:42:30	2:33:46
1160	4793	Frankenstein Peter	*Duisburg	5:20:29	M45	266	1:06:34	1:39:27	2:34:27
1161	4445	Wichert Jörg	*Mülheim	5:20:40	M40	187	1:09:34	1:43:43	2:27:22
1162	5037	Ising Oliver	*Duisburg	5:22:08	M45	267	1:03:53	1:40:14	2:38:00
1163	2993	Claus Detlef	*Mülheim an der Ruhr	5:22:31	M45	268	1:03:03	1:44:00	2:35:27
1164	4305	Krämer Dennis	*Mülheim	5:22:39	M35	114	1:09:34	1:43:56	2:29:08
1165	4481	Von Minden Kai	*Gelsenkirchen	5:24:10	M50	226	1:07:21	1:44:20	2:32:29
1166	4484	Miethke Norbert	Fußarbeiter	5:24:30	M55	110	1:04:37	1:50:17	2:29:36

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1167	2378	Matzat Michael	*Düsseldorf	5:28:04	M55	111	1:08:02	1:41:50	2:38:11
1168	2571	Strauß Dr. Wolfgang	LC Duisburg	5:38:21	M60	50	1:11:34	1:49:20	2:37:26
1169	2445	Bachran Dr. Rainer	Walsum ole	5:49:37	M55	112	1:14:52	1:52:56	2:41:48

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	4630	Schwandt Vera	SC Bayer 05 Uerdingen	2:57:41	W30	1	0:37:57	0:57:46	1:21:57
2	2103	Fierek Carina	TUS Xanten	3:07:34	W30	2	0:40:18	1:00:47	1:26:27
3	4735	Lehmann Anke	TUS Drevenack	3:12:40	W45	1	0:41:37	1:02:03	1:28:58
4	5827	Lippert Theresa	TG Neuss	3:13:50	W20	1	0:42:08	1:02:04	1:29:37
5	2264	Balschuweit Dorothee	SuS Bertlich	3:15:58	W30	3	0:42:05	1:03:48	1:30:04
6	2440	Schimanski Martina	TSV Viktoria Mülheim	3:18:20	W45	2	0:41:48	1:04:40	1:31:51
7	2739	Feldmann Marlene	Bocholter WSV	3:19:02	W20	2	0:42:20	1:03:17	1:33:23
8	5605	Gevers-Lohkamp Petra	Adler-Langlauf Bottrop	3:22:41	W45	3	0:42:46	1:06:01	1:33:53
9	3863	Wiethoff Conny	Renntiere	3:23:11	W45	4	0:43:07	1:05:53	1:34:11
10	4578	Borodo Kasia	*Bochum	3:27:04	W40	1	0:45:26	1:06:44	1:34:53
11	4391	Müller Susanne	Renntiere	3:28:59	W40	2	0:44:46	1:08:29	1:35:42
12	3578	Ischinsky Carolin	Lauffreunde Bottrop	3:29:30	W40	3	0:44:23	1:09:01	1:36:05
13	5650	Schulten-Schmidt Carola	Sturmvogel Essen	3:30:31	W40	4	0:44:29	1:08:58	1:37:03
14	5549	Kömen Barbara	200PRO GmbH	3:32:53	W45	5	0:45:12	1:09:32	1:38:08
15	5150	Kaiser Anne	*Bochum	3:34:14	W30	4	0:45:45	1:09:33	1:38:55
16	2456	Neuhaus Bianca	SF Ennepetal	3:34:16	W40	5	0:45:55	1:09:03	1:39:18
17	2790	Kohrs Silke	ASC Ratingen West	3:35:06	W35	1	0:45:41	1:09:46	1:39:38
18	5918	Bohndorf Martina	SC Bayer 05 Uerdingen	3:36:16	W40	6	0:44:34	1:09:44	1:41:57
19	2745	Häsler Julia	*Duisburg	3:37:10	W30	5	0:46:46	1:06:44	1:43:39
20	3869	Metternich Melanie	Palma runners	3:37:47	W35	2	0:46:30	1:11:25	1:39:52
21	5812	Kaiser Dörte	TuS Breitscheid	3:38:44	W40	7	0:46:02	1:11:28	1:41:13
22	3819	Bielicke Manja	ART Düsseldorf	3:39:01	W45	6	0:47:32	1:11:43	1:39:45
23	2387	Niggemann Marinja	Ausdauer Schule by bunert	3:39:08	W20	3	0:45:03	1:09:45	1:44:19
24	5722	Schmauder-Cyba Dr. Bir	*Heiligenhaus	3:39:10	W50	1	0:47:13	1:10:34	1:41:23
25	2719	Hölter Agnes	SG Borken	3:39:50	W55	1	0:46:33	1:11:10	1:42:06
26	4991	Bruns Klaudia	*Ratingen	3:40:16	W50	2	0:46:46	1:11:48	1:41:41
27	3408	Amalou Linda	LC Ruhrpott America	3:40:29	W35	3	0:46:35	1:11:32	1:42:22
28	2737	Brix Silke	DJK Rheinkraft Neuss	3:41:37	W35	4	0:46:06	1:10:17	1:45:13
29	4926	Weiß Susanne	Cool Runnings	3:41:45	W20	4	0:46:02	1:11:34	1:44:08
30	2375	Kokozinski Susanne	TSV Viktoria Mülheim	3:41:58	W50	3	0:46:15	1:11:56	1:43:46
31	2198	Bitthöfer Tatjana	Dortmund	3:42:04	W40	8	0:46:03	1:11:51	1:44:09
32	2546	Mohr Christina	*Essen	3:42:53	W30	6	0:47:52	1:12:10	1:42:50
33	4007	Kels Petra	TSV Viktoria Mülheim	3:42:54	W50	4	0:46:20	1:11:26	1:45:07
34	4580	Sehmer Susanne	Rheintornados	3:43:03	W40	9	0:47:25	1:12:48	1:42:49
35	2453	Schrafen Sophia	TRC Essen 84	3:43:52	W20	5	0:45:19	1:12:44	1:45:49
36	2502	Lindekamp Caroline-Chr	*Düsseldorf	3:44:11	W30	7	0:45:26	1:12:53	1:45:52
37	5795	Lörcks Katrin	Team Polizei Duisburg	3:44:38	W35	5	0:46:59	1:12:19	1:45:20
38	5232	Bornheim Steffi	St Hubertus Uedemerbruch	3:45:02	W30	8	0:48:02	1:14:00	1:42:59
39	3687	Hahn-Gebhardt Paula	Die abgelaufenen Kekse	3:45:04	W45	7	0:48:28	1:12:03	1:44:33
40	2976	Arnold Katrin	LC Duisburg	3:45:30	W40	10	0:48:03	1:13:09	1:44:17
41	3964	Bartholot Anja	*Korschenbroich	3:46:30	W40	11	0:48:58	1:13:32	1:43:59
42	2504	Schmücker Jasmin	LG Mülheim	3:46:42	W55	2	0:45:27	1:18:52	1:42:22
43	4294	Simon Iris	LC Duisburg	3:46:51	W45	8	0:47:50	1:12:46	1:46:14
44	2346	Hornig Sarah	*Neukirchen-Vluyn	3:47:15	W20	6	0:47:18	1:12:22	1:47:34
45	4661	Twent Young-Mi	*Recklinghausen	3:47:51	W40	12	0:48:46	1:13:39	1:45:25
46	2386	Willemsen Helga	Bocholter Frauenpower	3:48:07	W45	9	0:48:55	1:14:18	1:44:53
47	3409	Stier Jana	Erdinger Alkoholfrei	3:48:14	W40	13	0:53:42	1:12:34	1:41:57
48	3120	Berger Clara	Triminators TV Voerde	3:48:21	W20	7	0:47:54	1:14:23	1:46:02
49	3905	Weske Brigitte	*Duisburg	3:49:15	W50	5	0:49:23	1:13:12	1:46:39
50	2953	Bevers Wiebke	Ruhrrunner Essen	3:49:19	W50	6	0:48:58	1:14:55	1:45:24
51	2337	Hanfland Nicole	*Bochum	3:49:24	W35	6	0:48:26	1:15:41	1:45:16
52	2886	Glander Johanna	*Korschenbroich	3:49:33	W20	8	0:48:46	1:14:45	1:46:02
53	5247	Schuldt Stefanie	*Dortmund	3:49:55	W30	9	0:49:55	1:14:18	1:45:41

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	2128	Schlüter-Michels Marion	SG Borken	3:50:01	W45	10	0:48:48	1:14:47	1:46:24
55	5751	Tillmann Ina	Werdener TB	3:50:07	W45	11	0:47:15	1:12:35	1:50:16
56	2922	Wirth Mariele	WSV Mülheim	3:50:15	W45	12	0:49:13	1:13:07	1:47:54
57	2315	Rosenberger Nicola	Bocholter WSV	3:50:30	W45	13	0:48:02	1:14:49	1:47:38
58	2925	Bellwinkel Inga	LC Duisburg	3:50:40	W40	14	0:48:06	1:13:45	1:48:48
59	4496	Henniger Kirsten	Solinger LC	3:51:10	W40	15	0:50:00	1:15:00	1:46:09
60	2383	Elberg Emilie	*Düsseldorf	3:51:18	W35	7	0:48:20	1:14:41	1:48:16
61	2482	Mösle Anke	*Bocholt	3:51:28	W40	16	0:46:50	1:12:57	1:51:40
62	2849	Antweiler Anna	PSV Bonn	3:51:40	W30	10	0:49:23	1:16:01	1:46:15
63	4142	Musholt Michaela	*Bocholt	3:51:43	W45	14	0:47:03	1:17:47	1:46:52
64	4184	Roggenstein Anja	ART Velbert	3:52:12	W45	15	0:46:37	1:15:31	1:50:03
65	2257	Vollbach Frederike	*Essen	3:52:45	W30	11	0:48:31	1:16:07	1:48:06
66	5587	Stradiath Sabrina	200PRO GmbH	3:52:55	W20	9	0:48:01	1:16:28	1:48:25
67	3101	Richter Petra	*Duisburg	3:53:17	W50	7	0:50:07	1:16:43	1:46:27
68	4009	Muzquiz Pilar	TRC Essen 84	3:53:25	W45	16	0:49:04	1:16:17	1:48:03
69	2393	Heyder Julia	Running Team Grafenberg	3:53:37	W30	12	0:49:11	1:15:57	1:48:28
70	5770	Rotthäuser Heike	LG Coesfeld	3:53:48	W45	17	0:48:27	1:15:30	1:49:50
71	4596	Danne Stefanie	RC Hansa Dortmund	3:53:58	W40	17	0:46:55	1:14:19	1:52:43
72	2671	Schmieschek Beata	*Oberhausen	3:54:03	W45	18	0:50:31	1:15:17	1:48:13
73	4359	Hansen Anne	*Düsseldorf	3:54:51	W20	10	0:48:21	1:13:21	1:53:09
74	4439	Matten Vanessa	*Oberhausen	3:55:32	W30	13	0:50:56	1:17:16	1:47:19
75	5591	Terzis Meike	Running Team Grafenberg	3:55:38	W45	19	0:52:02	1:16:14	1:47:21
76	2585	Pierzina Aline	*Voerde	3:55:39	W20	11	0:49:23	1:16:34	1:49:42
77	2313	Diedrich Nadine	*Essen	3:55:52	W20	12	0:49:52	1:15:14	1:50:44
78	2775	Schilde Alice	VC Arrenberg	3:55:57	W35	8	0:48:18	1:16:20	1:51:18
79	5806	Gobrecht Chantal	TuS Breitscheid	3:56:15	W20	13	0:48:53	1:17:44	1:49:37
80	1177	Zafiriz Tina	*Duisburg	3:56:19	W35	9	0:49:53	1:14:27	1:51:59
81	2613	Kalthaus Rita	SF Ennepetal	3:56:43	W40	18	0:50:37	1:16:17	1:49:48
82	5997	Ehrmannn Dagmar	*Neuss	3:56:49	W40	19	0:48:57	1:16:04	1:51:47
83	5440	Wolff Iris	SG Ruhrgas 1929	3:56:59	W55	3	0:49:49	1:15:21	1:51:48
84	4293	Lange Nicole	*Düsseldorf	3:57:14	W35	10	0:50:00	1:17:39	1:49:35
85	4587	Rothert Sylvie	*Gladbeck	3:57:15	W45	20	0:50:05	1:16:55	1:50:15
86	2688	Moddenborg Petra	*Bocholt	3:57:21	W40	20	0:56:07	1:14:17	1:46:56
87	5253	Mitrovic Ines	*Essen	3:57:43	W35	11	0:52:21	1:21:06	1:44:15
88	3874	Giesbers Christine	TUS Drevenack	3:58:02	W50	8	0:49:44	1:17:22	1:50:54
89	5840	Kurth Daniela	*Duisburg	3:58:19	W45	21	0:50:15	1:17:03	1:51:00
90	3353	Garcia Lago Gracinda	*Düsseldorf	3:58:23	W35	12	0:50:56	1:15:58	1:51:27
91	4501	Schwering Agnes	SG Borken	3:58:32	W55	4	0:50:20	1:17:57	1:50:14
92	2658	De Florio Lucilla	*Duisburg	3:58:42	W45	22	0:50:23	1:17:37	1:50:40
93	3240	Smeets Uschi	Mönchengladbacher LG	3:58:43	W50	9	0:50:31	1:17:46	1:50:25
94	4760	Roehr Carola	LT Marathon Runners Uerdi	3:58:44	W45	23	0:51:53	1:17:17	1:49:33
95	3350	Ernst Angela	*Duisburg	3:59:03	W40	21	0:49:49	1:16:46	1:52:27
96	3521	Hoffmann-Meyer Angelika	TV Jahn Hiesfeld	3:59:11	W60	1	0:50:08	1:16:10	1:52:52
97	3325	Markhoff Karin	TSV Viktoria Mülheim	3:59:19	W55	5	0:50:53	1:16:28	1:51:57
98	5902	Lippke Elke	RSC Essen-Kettwig	3:59:21	W55	6	0:51:44	1:16:56	1:50:39
99	3201	Abbing Dr. Katharina	Herner Triathlon Team 11	4:00:13	W30	14	0:54:10	1:20:09	1:45:53
100	3640	Priester Sandra	VfL Gladbeck Fun Runner	4:00:18	W40	22	0:50:13	1:19:11	1:50:53
101	5352	Manikowski Susanne	Vodafone Runners	4:00:34	W20	14	0:49:51	1:16:47	1:53:55
102	2564	Kunze Anne	Lauffreunde HADI Wesel	4:00:34	W45	24	0:51:23	1:15:34	1:53:36
103	4822	Papajewski Birgit	Renntiere	4:01:26	W55	7	0:49:24	1:17:38	1:54:23
104	4656	Brück Jenny	*Mülheim	4:01:49	W30	15	0:52:04	1:19:06	1:50:37
105	4920	Morrissey Marianne	*Duesseldorf	4:01:51	W40	23	0:50:34	1:17:04	1:54:12
106	2179	Kleusberg Claudia	BSG Barmenia Versicheru	4:02:00	W40	24	0:50:47	1:18:50	1:52:22

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	4155	Hemmecke Ulrike	Wupperläufer	4:02:35	W50	10	0:50:38	1:18:35	1:53:20
108	5272	Moser Susanne	LC Duisburg	4:03:02	W50	11	0:51:49	1:17:55	1:53:18
109	3281	Hofstetter Hanna	*Mülheim	4:03:08	WU18	1	0:47:58	1:15:35	1:59:35
110	5030	Leyckes-Debre Daniela	*Krefeld	4:03:14	W35	13	0:50:34	1:20:54	1:51:46
111	2470	Cyrener Anja	SV Haldern Laufftreff	4:03:27	W40	25	0:52:56	1:17:28	1:53:02
112	4146	Meysel Silvia	*Selm	4:03:32	W45	25	0:53:02	1:18:09	1:52:20
113	2701	Friese Petra	Marathon Dinslaken	4:03:35	W55	8	0:51:46	1:19:35	1:52:14
114	2610	Bradering Anja	Adler-Langlauf Bottrop	4:03:36	W45	26	0:50:30	1:18:09	1:54:56
115	4242	Klitzke Melanie	*Duisburg	4:04:01	W35	14	1:05:45	1:14:48	1:43:27
116	2457	Daus Annette	SF Ennepetal	4:04:17	W40	26	0:51:53	1:19:06	1:53:18
117	5113	Ploeger Vera	*Duisburg	4:04:34	W45	27	0:52:46	1:17:32	1:54:15
118	2161	Kukawka Jennifer	*Essen	4:04:36	W20	15	0:56:01	1:18:05	1:50:29
119	4853	Kimmeskamp Birgit	Ausdauerschule by bunert	4:04:40	W50	12	0:51:09	1:19:14	1:54:16
120	3814	Fox Laura	*Dinslaken	4:05:00	W20	16	0:50:33	1:20:54	1:53:32
121	3813	Fox Therese	*Dinslaken	4:05:04	W60	2	0:50:33	1:20:56	1:53:34
122	3257	Schraven Silke	*Duisburg	4:05:26	W40	27	0:51:46	1:19:34	1:54:04
123	4102	Rixen Silvia	*Krefeld Fischeln	4:05:37	W50	13	0:50:51	1:19:09	1:55:36
124	3596	Skorupa Heike	Adler-Langlauf Bottrop	4:05:43	W50	14	0:51:39	1:19:46	1:54:17
125	3601	Brune Katharina	*Düsseldorf	4:05:49	W30	16	0:51:47	1:19:16	1:54:45
126	4418	Stoy Corinna	*Mettmann	4:05:58	W30	17	0:49:15	1:20:24	1:56:18
127	3777	Weinhold Jutta	Gocher Lauffamilien	4:06:07	W55	9	0:52:34	1:18:49	1:54:43
128	5933	Findhammer Andrea	Hitbike running	4:06:15	W45	28	0:51:45	1:19:06	1:55:23
129	4551	Perschke Astrid	TSV Viktoria Mülheim	4:06:41	W50	15	0:52:11	1:18:38	1:55:50
130	4401	Macken-Reinirkens Cath	*Essen	4:07:05	W55	10	0:51:11	1:20:51	1:55:02
131	5954	Tepel Heike	Running Team Grafenberg	4:07:07	W50	16	0:51:17	1:17:28	1:58:21
132	5241	Richter Dagmar	LC Duisburg	4:07:32	W50	17	0:51:15	1:17:02	1:59:14
133	5985	van Rens Caterina	SV Viktoria Goch	4:07:57	W35	15	0:51:03	1:19:57	1:56:56
134	2188	Frey Tanja	*Essen	4:08:29	W40	28	0:50:01	1:20:21	1:58:06
135	2279	Heier Nicole	*Schermbbeck	4:09:00	W35	16	0:52:40	1:21:39	1:54:40
136	2824	Schleif Anne	*Duisburg	4:09:36	W35	17	0:50:56	1:21:54	1:56:44
137	3584	Horning-Hohl Angelika	Huckinger Marathonis	4:09:45	W55	11	0:54:43	1:20:29	1:54:32
138	4161	Heise Sara	*Krefeld	4:10:08	W20	17	0:52:22	1:20:33	1:57:11
139	4442	Van Rienen Ulrike	Marathon Mülheim	4:10:16	W50	18	0:52:36	1:20:33	1:57:06
140	5451	Grave Christiane	VIVAWEST	4:10:19	W35	18	0:53:13	1:22:35	1:54:30
141	3858	Gunia Birgit	Renntiere	4:10:28	W50	19	0:52:08	1:18:43	1:59:36
142	2576	Schwirtz Nicole	Ausdauerschule by bunert	4:10:34	W35	19	0:54:46	1:22:54	1:52:53
143	3954	Kipker Dina	Helios Iron Team Wuppertal	4:10:39	W50	20	0:52:21	1:21:23	1:56:54
144	5547	Kempf Anna-Katharina	200PRO GmbH	4:10:54	W30	18	0:51:40	1:22:09	1:57:03
145	2668	Richter Jana	*Duisburg	4:11:01	W20	18	0:51:31	1:22:41	1:56:49
146	2416	Niski Sylvia	TV Jahn Hiesfeld	4:11:06	W45	29	0:51:37	1:21:01	1:58:27
147	2570	Klemm Ulrike	*Velbert	4:11:12	W60	3	0:52:51	1:20:34	1:57:47
148	3824	Maiworm- Darnand Cathe	*Kleve	4:11:22	W45	30	0:52:21	1:20:55	1:58:05
149	5418	Ewens Susanne	SG Ruhrgas 1929	4:11:24	W35	20	0:52:19	1:19:17	1:59:47
150	4623	Maassen Nicole	*Duisburg	4:11:33	W35	21	0:53:36	1:22:34	1:55:22
151	2750	Späth Bianca	Tri Team FS Düsseldorf	4:11:39	W45	31	0:54:03	1:20:08	1:57:27
152	2455	Boettcher Cornelia	SF Ennepetal	4:11:54	W50	21	0:53:18	1:22:56	1:55:38
153	2265	Starmann Hannah	*Essen	4:12:08	W20	19	0:52:28	1:19:42	1:59:58
154	3041	Liebich Heidi	Centro Dragons	4:12:24	W50	22	0:52:46	1:22:13	1:57:23
155	5446	Schreiber Franziska	Gymnasium i.d. Filder Bend	4:12:27	WU20	1	0:52:42	1:20:09	1:59:35
156	5604	Geuting-Jeromin Karina	RMT Bocholt	4:12:30	W40	29	0:53:27	1:21:03	1:57:59
157	3773	Szczepanik Maggie	TSV Viktoria Mülheim	4:12:39	W50	23	0:53:11	1:20:40	1:58:47
158	2452	Einecke Denise	Triathlon Team Rheinberg	4:12:52	W35	22	0:52:20	1:23:06	1:57:26
159	5921	Joosten Renate	SV Viktoria Goch	4:13:12	W50	24	0:52:25	1:21:04	1:59:42

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	2298	Zöhler Katrin	Triathlon Team Rheinberg	4:13:35	W30	19	0:53:51	1:22:10	1:57:33
161	4497	Schüller Kordula	*Düsseldorf	4:13:37	W45	32	0:53:16	1:21:24	1:58:56
162	2132	Cosack Annette	*Essen	4:13:38	W45	33	0:54:43	1:27:20	1:51:35
163	3164	Tünnissen Sylvia	SV Viktoria Goch	4:13:39	W40	30	0:53:35	1:24:47	1:55:16
164	2204	Wolf Sabine	WAT Läufer	4:13:53	W50	25	0:53:59	1:21:52	1:58:01
165	2876	Albers Sabine	CEMEX	4:14:08	W40	31	0:54:24	1:26:32	1:53:11
166	5559	Nickolay Andrea	200PRO GmbH	4:14:12	W30	20	0:51:58	1:22:45	1:59:29
167	4621	Schankweiler Martina	SV Viktoria Goch	4:14:16	W50	26	0:53:28	1:21:04	1:59:43
168	2441	Greim Gaby	*Neukirchen-Vlyun	4:14:19	W45	34	0:53:57	1:21:19	1:59:02
169	2724	Weidemann Ulrike	LC Duisburg	4:14:23	W50	27	0:52:17	1:22:51	1:59:14
170	5776	Doss Silke	Ausdauererschule by bunert	4:14:45	W40	32	0:52:13	1:21:44	2:00:48
171	5993	Grahammer Karina	*Düsseldorf	4:15:07	W40	33	0:52:01	1:22:07	2:00:58
172	2944	Juchnewski Sandra	*Duisburg	4:15:21	W35	23	0:54:33	1:22:29	1:58:17
173	2575	Jarczewski Iwona	Team Erdinger Alkoholfrei	4:15:39	W45	35	0:56:05	1:24:22	1:55:11
174	4338	Späth Bettina	*Essen	4:15:40	W40	34	0:51:42	1:24:45	1:59:12
175	3906	Kaiser Petra	TV Jahn Hiesfeld	4:16:06	W55	12	0:54:12	1:23:08	1:58:44
176	5187	Wittig Sarah	*Duisburg	4:16:07	W20	20	0:55:49	1:22:39	1:57:39
177	5948	Breit Ann-Christin	TSG Kirchhellen	4:16:08	W20	21	0:54:38	1:21:54	1:59:35
178	4020	Beauvoir Florence	*Düsseldorf	4:16:15	W35	24	0:52:06	1:22:59	2:01:10
179	2403	Osterkamp Nicole	LT Haumannplatz Essen	4:16:40	W40	35	0:52:44	1:25:07	1:58:49
180	2733	Wandrey Natalie	*Duisburg	4:17:09	W45	36	0:52:52	1:24:07	2:00:09
181	4133	Großkopf Jenny	*Bochum	4:17:12	W30	21	0:54:07	1:24:19	1:58:44
182	3214	Von Horn Andrea	*Essen	4:17:13	W45	37	0:55:28	1:23:00	1:58:44
183	3866	Ernst Bärbel	Die Stolperer	4:17:26	W55	13	0:54:41	1:23:20	1:59:24
184	4813	Nikolaus Dr. Stephanie	*Goch	4:17:34	W35	25	0:53:29	1:21:51	2:02:13
185	4741	Turk Alexandra	*Meerbusch	4:17:43	W30	22	0:52:59	1:23:15	2:01:28
186	3052	Stöß Francie	SV Neukirchen-Vluyn	4:17:43	W20	22	0:51:38	1:23:30	2:02:34
187	4056	Hillesheim Nataly	Tri Team FS Düsseldorf	4:17:46	W45	38	0:54:44	1:22:33	2:00:28
188	3515	Kwappik Sonja	Marathon-Club Menden	4:18:11	W30	23	0:54:08	1:24:11	1:59:51
189	3235	Brueggen Katrin	*Moers	4:18:24	W40	36	0:56:22	1:29:07	1:52:54
190	3028	Schumann Johanna	SV 13 Gladbeck	4:18:35	W40	37	0:53:43	1:21:18	2:03:33
191	4548	Fritz Heike	FC Deutsche Post	4:18:46	W45	39	0:52:52	1:23:01	2:02:52
192	4112	Symalla Melanie	*Essen	4:18:52	W35	26	0:54:31	1:25:00	1:59:20
193	3111	Dömer Barbara	*Düsseldorf	4:19:30	W40	38	0:54:38	1:24:49	2:00:02
194	3050	Stokvis-Rudolph Petra	die Stokis	4:19:33	W40	39	0:55:10	1:24:12	2:00:10
195	3635	Zedler Jana	BSG Sparkasse Essen	4:20:19	W35	27	0:57:57	1:25:25	1:56:56
196	3947	Risch Bettina	TV Jahn Hiesfeld	4:20:27	W50	28	0:53:19	1:24:33	2:02:34
197	5774	Daniel Kerstin	Ausdauererschule by bunert	4:20:27	W40	40	1:01:08	1:35:51	1:43:27
198	2632	Hubertz Claudia	*M	4:20:31	W45	40	0:53:34	1:23:00	2:03:56
199	2501	Tenhaaf Sarah	schnell&schneller	4:20:34	W30	24	0:55:49	1:23:24	2:01:20
200	3285	Risse Kirsten	LC Duisburg	4:20:42	W30	25	0:55:07	1:23:57	2:01:37
201	2664	Ignaszak Sabine	Bocholter Frauenpower	4:20:44	W45	41	0:55:40	1:24:21	2:00:41
202	3373	Joyce Sara	*Düsseldorf	4:20:51	W45	42	0:53:26	1:21:01	2:06:23
203	2753	Gesing Sabine	*Rhede	4:20:59	W45	43	0:55:52	1:24:58	2:00:09
204	5178	Metzger Christina	Ausdauererschule by bunert	4:20:59	W35	28	0:53:11	1:25:49	2:01:58
205	4315	Jordan Anja	*Duisburg	4:21:02	W35	29	0:54:44	1:24:11	2:02:06
206	3186	Dörnen Bianca	Trassen Runner	4:21:14	W20	23	1:09:04	1:19:43	1:52:27
207	3205	Kühnen Claudia	BSG Sparkasse Duisburg	4:21:23	W45	44	0:55:05	1:13:06	2:13:12
208	5130	Strenger Manuela	*Mülheim	4:21:42	W45	45	0:56:23	1:23:38	2:01:40
209	5442	Schürhoff Elke	Funrunner Gladbeck	4:21:47	W45	46	0:57:12	1:24:28	2:00:05
210	3312	Bergel Stefanie	TVk Essen-Kupferdreh 1877	4:22:32	W40	41	0:54:38	1:25:42	2:02:12
211	4893	Grave Dominika	Running Team Grafenberg	4:22:38	W40	42	1:02:47	1:37:33	1:42:17
212	3734	Drecker Jacqueline	*Wuppertal	4:22:40	W45	47	0:54:26	1:25:31	2:02:42

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	5266	Glaser Jennifer	*Duisburg	4:23:05	W20	24	0:53:40	1:29:58	1:59:27
214	4300	Heibges Katja	WoFlos	4:23:23	W45	48	0:54:22	1:24:08	2:04:52
215	4917	Lehmann Margret	Adler-Langlauf Bottrop	4:24:10	W60	4	0:55:16	1:27:29	2:01:23
216	5536	Geise Steffy	200PRO GmbH	4:24:14	W20	25	0:53:22	1:24:03	2:06:47
217	3331	Orant Doris	*Duisburg	4:24:28	W45	49	0:55:27	1:25:54	2:03:05
218	2717	Leo-Zimmermann Jasmin	*Leichlingen	4:24:35	W45	50	0:56:13	1:24:57	2:03:24
219	2856	Klein Vanessa	BSG Sparkasse Dinslaken	4:24:35	W30	26	0:57:18	1:27:34	1:59:42
220	5907	Wangen Katja	*Kamp-Lintfort	4:24:45	W40	43	0:57:15	1:25:01	2:02:28
221	3876	Macvan Sabine	Team Burtschell	4:24:51	W45	51	0:55:58	1:24:48	2:04:04
222	4919	Eickelkamp Leonie	*Oberhausen	4:24:54	W20	26	0:55:13	1:21:49	2:07:51
223	4492	Seifert-Preuß Beate	Solinger LC	4:25:08	W50	29	0:55:35	1:26:01	2:03:31
224	3466	Mischak Sonja	SG Borken	4:25:10	W20	27	0:57:59	1:26:49	2:00:21
225	5721	Menz Simone	*Moers	4:25:22	W45	52	0:55:55	1:25:04	2:04:21
226	4230	Lommler Ela	*Essen	4:25:32	W40	44	0:53:29	1:28:33	2:03:28
227	2430	Düsenberg Susanne	Run4Fun	4:25:33	W45	53	0:54:58	1:27:44	2:02:50
228	2152	Cyrol Regina	Runfun	4:25:42	W45	54	0:54:49	1:27:19	2:03:33
229	4943	Borghoff Bianca	LC Duisburg	4:25:46	W35	30	1:00:57	1:25:21	1:59:27
230	2495	Reuling Katja	*Duisburg	4:26:17	W40	45	0:58:12	1:25:15	2:02:50
231	2867	Dahlmann Susanne	LT Wischlingen Dortmund	4:26:19	W45	55	0:55:46	1:26:53	2:03:38
232	5161	Kersten Christin	TG Neuss	4:27:12	W50	30	0:56:07	1:26:54	2:04:10
233	2454	Preuß-Schmidt Claudia	SF Ennepetal	4:27:22	W45	56	0:55:46	1:27:04	2:04:31
234	4499	Makus Jennifer	PSV Velbert	4:27:30	W20	28	0:55:33	1:27:07	2:04:49
235	5191	Stärke Marisita	Angerland-Lauftreff Lintfort	4:27:32	W55	14	0:58:54	1:25:27	2:03:10
236	3896	Schröter Katharina	*Recklinghausen	4:27:42	W20	29	0:57:04	1:27:48	2:02:50
237	2537	Goertz Nadine	*Recklinghausen	4:27:48	W20	30	0:56:34	1:28:47	2:02:26
238	4219	Hendricksen Anika	TSV Quakenbrück	4:28:09	W30	27	0:57:03	1:25:45	2:05:20
239	4573	Maskooki Edda	*Duisburg	4:28:41	W40	46	0:56:29	1:28:19	2:03:52
240	2866	Welzel Bettina	BSG Springorum Bochum	4:29:31	W50	31	0:58:22	1:27:10	2:03:59
241	2984	Nürnberg Ute	Die Römers	4:29:45	W45	57	0:55:35	1:30:16	2:03:52
242	3242	Driessen Ulla	SV Viktoria Goch	4:29:52	W55	15	0:55:27	1:28:28	2:05:57
243	4245	Gleumes Simone	*Düsseldorf	4:30:12	W40	47	0:54:30	1:27:00	2:08:41
244	2834	Heib Stefanie	*Essen	4:30:24	W20	31	0:57:06	1:27:15	2:06:02
245	4001	Wagner Jennifer	*Bochum	4:30:26	W30	28	0:56:03	1:27:07	2:07:15
246	4848	Radtke Stephanie	Lauftreff Sterkrade Nord	4:30:29	W45	58	0:57:13	1:26:42	2:06:33
247	2983	Boderius Sabine	LT Wischlingen Dortmund	4:30:32	W45	59	0:55:47	1:26:53	2:07:51
248	5019	Hölscher Jana	*Duisburg	4:30:46	W30	29	0:55:14	1:27:03	2:08:28
249	2804	Kleefisch Angelika	LT CLOVERSOFT	4:30:57	W40	48	0:56:13	1:25:39	2:09:04
250	2224	Lemme Sarah	*Bochum	4:30:58	W20	32	0:56:20	1:27:22	2:07:15
251	5689	Berger Tanja	*Oberhausen	4:31:02	W30	30	0:58:56	1:28:29	2:03:36
252	4460	Kasch Stefanie	LC Duisburg	4:31:22	W45	60	0:57:20	1:28:24	2:05:38
253	4008	Mehl Joanna	*Duisburg	4:31:35	W55	16	0:58:36	1:27:51	2:05:08
254	2408	Léger Anja	*Wuppertal	4:31:48	W45	61	0:58:19	1:28:18	2:05:10
255	3482	Tielke Taimy	*Essen	4:31:53	W35	31	0:57:01	1:28:41	2:06:10
256	4575	Martens Marlies	Adler-Langlauf Bottrop	4:31:59	W60	5	0:51:37	1:31:10	2:09:11
257	3033	Van Wieren Sietske	Rapid Ramirez	4:32:01	W30	31	0:52:11	1:24:32	2:15:17
258	5225	Papendell Birthe	*Düsseldorf	4:32:25	W20	33	0:56:05	1:29:00	2:07:18
259	4076	Mols Dagmar	Lauftreff R(h)einknaller	4:33:11	W45	62	0:57:33	1:27:30	2:08:07
260	1468	Eretge Nadine	SG-Stern Wuppertal	4:33:34	W40	49	0:55:42	1:28:50	2:09:00
261	3392	Audrey Dr. Christina	*Duesseldorf	4:33:34	W40	50	0:59:44	1:28:08	2:05:42
262	4283	Lüßem Sabine	*Essen	4:33:58	W45	63	0:56:48	1:28:59	2:08:11
263	2174	Nied Constanze	*Duisburg	4:34:00	W45	64	0:57:57	1:27:35	2:08:27
264	4939	Paduch Doris	*Duisburg	4:34:15	W50	32	0:58:51	1:30:12	2:05:11
265	5718	Peterburs Dr. Jutta	*Bochum	4:34:16	W30	32	0:58:50	1:25:00	2:10:24

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	2328	Schauties Melanie	BSG Sparkasse Lüdenscheid	4:34:36	W40	51	0:56:43	1:32:48	2:05:04
267	2175	Spitzer Marina	*Essen	4:35:09	W20	34	0:56:28	1:28:01	2:10:39
268	2361	Hein Andrea	*Leverkusen	4:35:18	W35	32	1:02:52	1:27:23	2:05:02
269	5616	Indenbirken Marion	*Bottrop	4:35:31	W35	33	1:02:08	1:26:04	2:07:19
270	3522	Kowalski Magdalene	TV Jahn Hiesfeld	4:35:35	W55	17	0:58:04	1:29:03	2:08:26
271	4680	Theunißen Tanja	LC Duisburg	4:35:40	W40	52	0:58:18	1:30:54	2:06:28
272	4838	Mölders Andrea	Team Aroma Ahoi	4:35:51	W20	35	0:58:31	1:27:59	2:09:20
273	5588	van Belmont Svenja	200PRO GmbH	4:35:55	W30	33	0:59:57	1:30:27	2:05:31
274	3094	Schulte-Kremer Tanja	*Essen	4:36:10	W40	53	1:03:17	1:39:35	1:53:17
275	3904	Krause-Schmieden Andre	*Mülheim / Ruhr	4:36:12	W50	33	0:57:09	1:30:28	2:08:34
276	2474	Buchkremer Eva	Weseler TV Triathlon	4:36:12	W45	65	0:56:19	1:29:30	2:10:22
277	1022	Rentmeister Vanessa	TV Jahn Hiesfeld	4:38:09	W30	34	0:56:09	1:29:42	2:12:18
278	3258	Engelke Meike	*Soest	4:38:09	W45	66	0:58:21	1:30:14	2:09:33
279	2631	Falk Irene	Bestzeit war gestern	4:38:14	W55	18	0:59:33	1:28:39	2:10:01
280	5236	Krucker Audrey	*Düsseldorf	4:38:15	W20	36	0:57:40	1:27:05	2:13:29
281	3582	Weitzenbürger Sylvia	*Essen	4:38:19	W45	67	0:58:42	1:29:42	2:09:54
282	4657	Quispe de Mergard Cari	*Solingen	4:38:20	W45	68	0:53:07	1:30:35	2:14:37
283	2340	Landree Sandra	Team NASA2	4:38:36	W40	54	1:01:41	1:28:32	2:08:22
284	3217	Becker Christa	*Wuppertal	4:38:56	W50	34	0:59:45	1:31:45	2:07:25
285	4536	Kuo Lih-Fang	*Duisburg	4:39:27	W40	55	0:54:40	1:34:12	2:10:33
286	4931	Brodowsky Sylvia	TSG Sprockhövel	4:39:51	W65	1	0:59:44	1:29:31	2:10:36
287	2156	Kasperowitz Kim	Ausdauerschule by bunert	4:40:13	W30	35	0:55:06	1:27:06	2:18:01
288	5237	TERREAUX Violaine	*Dusseldorf	4:40:37	W30	36	0:58:55	1:28:05	2:13:35
289	3849	Arndt Kaethe	dielaufgruppe dortmund-ost	4:40:44	W30	37	0:52:19	1:20:09	2:28:16
290	5523	Blondin Aldona	200PRO GmbH	4:41:10	W45	69	0:59:18	1:29:43	2:12:09
291	2629	Schröer Elke	VB Lauftreff	4:41:17	W35	34	0:59:46	1:28:16	2:13:13
292	5769	Hullerum Sylvia	LG Coesfeld	4:41:18	W45	70	0:58:15	1:35:25	2:07:37
293	4611	Niemann Anne	*Wuppertal	4:41:20	W35	35	0:55:04	1:32:51	2:13:24
294	4024	Rätzel Nicolle	LC Duisburg	4:41:23	W35	36	0:58:44	1:30:11	2:12:28
295	2360	Van de Flierdt Marina	*Leverkusen	4:41:30	W20	37	1:02:51	1:27:23	2:11:14
296	3762	Hyz Ingrid	LT Hülser Bruch	4:42:12	W70	1	0:58:47	1:33:43	2:09:41
297	3183	Langenfeld Caro	TV Aldekerk	4:42:25	W45	71	0:59:00	1:32:16	2:11:08
298	2532	Dietrich Elke	LC Duisburg	4:42:40	W50	35	0:59:24	1:32:21	2:10:54
299	3378	Tramp Andrea	SV Viktoria Goch	4:42:45	W50	36	0:56:47	1:32:30	2:13:27
300	3483	Henning Melanie	*Haltern am See	4:42:46	W35	37	1:01:14	1:28:59	2:12:32
301	3078	Axning Marion	SV Viktoria Goch	4:42:47	W40	56	0:56:48	1:32:31	2:13:28
302	2846	Moseler Christina	*Duisburg	4:42:48	W40	57	0:58:02	1:30:38	2:14:06
303	5160	Johann Regina	LC Duisburg	4:44:05	W60	6	0:57:05	1:29:50	2:17:09
304	5034	Gissing Hildegard	TUS 08 Rheinberg	4:44:09	W60	7	0:59:09	1:33:10	2:11:50
305	5273	Jekubczik Christa	LC Duisburg	4:44:13	W60	8	1:00:25	1:30:41	2:13:06
306	2621	Kolk Miriam	*Mulheim	4:44:19	W35	38	0:58:42	1:33:52	2:11:44
307	2330	Stache Christina	*Düsseldorf	4:44:36	W35	39	0:58:34	1:33:29	2:12:32
308	3820	Caspers Ulrike	dielaufgruppe	4:44:39	W45	72	0:53:51	1:22:33	2:28:15
309	5798	Carlsen Christiane	Team Polizei Duisburg	4:45:20	W50	37	0:59:03	1:27:38	2:18:38
310	3158	Voßenberger Elisabeth	Turnerbund Osterfeld 1911 e	4:45:23	W50	38	1:00:33	1:32:01	2:12:49
311	2509	Bock Silvia	Angerland LT Lintorf	4:45:26	W55	19	0:59:35	1:34:03	2:11:47
312	2596	Michel Simone	Immeo Wohnen Running Te	4:45:37	W45	73	0:59:17	1:33:57	2:12:22
313	3908	Steingräber Angela	*Oberhausen	4:46:13	W40	58	1:01:16	1:31:45	2:13:11
314	4979	Hacker Elke	Angerland LT Lintorf	4:46:38	W65	2	0:59:41	1:31:44	2:15:12
315	4790	Kusserow Caroline	Team Erdinger Alkoholfrei	4:46:42	W20	38	0:58:00	1:35:56	2:12:45
316	5775	Herwig Annette	Ausdauerschule by bunert	4:46:48	W45	74	0:58:17	1:38:44	2:09:46
317	3912	Ingenbleek Andrea	SV Viktoria Goch	4:47:10	W45	75	0:57:43	1:34:29	2:14:57
318	4291	Hausmann Ines	SV Viktoria Goch	4:47:15	W35	40	0:58:14	1:34:07	2:14:54

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	3151	Lambertz Claudia	*Düsseldorf	4:48:03	W45	76	1:00:53	1:31:02	2:16:07
320	3491	Paulner Ulrike	DJK Preussen 1911 Bochum	4:48:58	W55	20	1:00:18	1:32:55	2:15:43
321	4356	Saballs Fabi	*Mülheim Ruhr	4:49:21	W55	21	0:49:11	1:40:07	2:20:02
322	3418	Fiegen Isabel	*Duisburg	4:49:43	W35	41	0:57:37	1:37:09	2:14:57
323	3126	Hofmann Valeska	*Bottrop	4:50:14	W40	59	0:57:18	1:33:18	2:19:38
324	2675	Wiechern Gabi	DJK Preussen 1911 Bochum	4:50:45	W60	9	0:59:38	1:32:56	2:18:10
325	2994	Frauenrath Claudia	Team Erdinger Alkoholfrei	4:50:55	W50	39	1:02:32	1:29:19	2:19:04
326	3888	Stammer-Jankowski Sabi	TV Jahn Hiesfeld	4:51:01	W50	40	1:01:41	1:33:03	2:16:16
327	2404	Jansen Sabine	DJK Preussen 1911 Bochum	4:51:08	W45	77	1:00:01	1:32:56	2:18:11
328	2184	Krämer Jeanette	*Essen	4:51:10	W35	42	0:55:46	1:33:33	2:21:51
329	3161	Wiesner Anke	*Duisburg	4:51:13	W40	60	1:01:57	1:32:32	2:16:43
330	5950	Mandt Sandra	Ausdauerschule by bunert	4:51:51	W40	61	1:00:42	1:33:38	2:17:30
331	2510	Strauß Petra	LC Duisburg	4:53:26	W60	10	1:01:31	1:33:11	2:18:43
332	5165	Kallweit Tanja	*Duisburg	4:53:27	W40	62	1:02:28	1:34:11	2:16:48
333	3859	Spinn Barbara	Renntiere	4:53:44	W45	78	1:05:37	1:33:41	2:14:26
334	4726	Dobberke Carola	BSV Kokerei Schwelgern e.v.	4:54:30	W40	63	1:02:35	1:35:07	2:16:48
335	4850	Rogmann Susanne	TVE Burgaltendorf	4:55:13	W45	79	1:03:57	1:35:47	2:15:29
336	4149	Schuhmacher Sophie	*Duisburg	4:55:37	W20	39	1:00:24	1:38:15	2:16:57
337	2402	Kösseler Petra	LC Duisburg	4:55:58	W45	80	1:02:14	1:34:20	2:19:24
338	4078	Biddermann Martina	LC Duisburg	4:55:59	W50	41	1:02:14	1:34:20	2:19:24
339	3893	Hansen Sylvia	TV Wanheimerort 1880 e.V.	4:56:43	W45	81	0:59:47	1:37:06	2:19:49
340	5612	Scherzer Nicola	*Düsseldorf	4:56:53	W30	38	1:02:28	1:38:23	2:16:01
341	5454	Koschoreck Gabriele	VIVAWEST	4:57:02	W50	42	1:00:12	1:32:05	2:24:44
342	3170	Haase Heike	*Dinslaken	4:57:13	W50	43	0:59:00	1:40:42	2:17:30
343	4727	Grimmer Regina	BSV Kokerei Schwelgern e.v.	4:57:14	W60	11	1:01:49	1:36:51	2:18:34
344	2458	Heyer Karin	*Duisburg	4:57:56	W55	22	1:01:09	1:36:24	2:20:22
345	4701	Wilms Sandra	TUS Sythen	4:59:57	W40	64	1:01:44	1:32:38	2:25:34
346	3776	Fabry Kathrin	*Mülheim an der Ruhr	5:00:50	W35	43	1:03:35	1:38:15	2:18:59
347	5542	Hoffmann-Güth Stefanie	200PRO GmbH	5:01:16	W50	44	1:02:39	1:40:02	2:18:35
348	3153	Jockel Inga	Pott Runners	5:01:48	W40	65	1:00:35	1:43:08	2:18:05
349	3291	Peddle Margaret	*Düsseldorf	5:01:59	W40	66	1:04:39	1:36:13	2:21:07
350	2271	Köster Ingelore	PV Triathlon Witten	5:02:53	W70	2	1:04:00	1:37:56	2:20:56
351	4815	Große Beate	Helios Iron Team	5:03:05	W55	23	1:10:57	1:56:41	1:55:26
352	4248	Wallborn Petra	LT Gruiten-Neandertal	5:03:48	W50	45	1:00:11	1:28:34	2:35:02
353	4667	Kohse Martina	*Duisburg	5:03:49	W40	67	1:03:58	1:39:47	2:20:04
354	5044	Taubitz Nicola	*Bottrop	5:04:19	W30	39	1:00:56	1:36:10	2:27:13
355	5489	Lichtenstein Natascha	AS Neukirchen-Vluyn	5:04:56	WU18	2	1:11:55	1:36:50	2:16:11
356	4292	Berkel Christiane	Tri Ducks Dorsten	5:05:21	W30	40	1:09:04	1:46:58	2:09:18
357	2338	Amin Samira	Team NASA2	5:05:24	W40	68	1:03:53	1:38:12	2:23:19
358	2656	Wieners Sandra	Ausdauerschule by bunert	5:05:25	W40	69	0:59:29	1:29:20	2:36:35
359	4689	Hauck Lea	*Duisburg	5:05:49	WU16	1	1:01:26	1:38:37	2:25:45
360	5552	Kosubek Cornelia	200Pro GmbH	5:07:02	W60	12	1:01:46	1:38:28	2:26:47
361	2120	Rüter Kirsten	SV Haldern Lauftreff	5:07:07	W45	82	1:01:02	1:36:38	2:29:26
362	3731	Weidenmüller Gudrun	*Duisburg	5:08:30	W55	24	1:06:09	1:38:36	2:23:44
363	5102	Müller Wiebke	*Duisburg	5:10:48	W35	44	1:06:31	1:40:24	2:23:52
364	5690	Chlebowski Meike	Laufen gegen Leiden	5:11:51	W30	41	1:03:49	1:40:30	2:27:32
365	3536	Schoch Kersten	LC Duisburg	5:13:40	W35	45	1:04:56	1:42:46	2:25:57
366	5507	Nießing Ines	Rolov-Team	5:14:28	W45	83	1:04:06	1:44:13	2:26:09
367	3857	Hackert-Küpper Barbara	*Duisburg	5:14:38	W45	84	1:03:17	1:38:50	2:32:31
368	3865	Möllhoff Ute	*Mülheim Ruhr	5:15:13	W55	25	1:03:24	1:42:11	2:29:36
369	3384	Böhnke Rita	Spassticker	5:16:01	W50	46	1:01:02	1:42:22	2:32:36
370	2358	Kabierske Kathrin	*Duisburg	5:16:27	W20	40	1:03:25	1:44:46	2:28:15
371	5992	Socher Petra	LC Duisburg	5:16:49	W55	26	1:07:53	1:44:29	2:24:26

**Nike Winterlaufserie
des ASV Duisburg 2015
Grosse Serie - Gesamtwertung**

Frauen

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	5045	Zilla Christiane	*Gladbeck	5:17:22	W55	27	1:07:54	1:42:15	2:27:12
373	4731	Böhm geb.Mels Dagmar	LC Duisburg	5:17:38	W45	85	1:06:39	1:42:33	2:28:26
374	3546	Thieken Ulla	*Dorsten	5:21:25	W50	47	1:08:27	1:42:17	2:30:40
375	3317	Rütt Michaela	*Düsseldorf	5:23:15	W45	86	1:03:37	1:54:26	2:25:11
376	5534	Gaida Martina	200PRO GmbH	5:24:40	W35	46	1:07:53	1:49:18	2:27:29
377	5790	Haas Sonja	Ausdauerschule by bunert	5:28:49	W35	47	1:07:40	1:47:04	2:34:04
378	4955	Styrnol Anita	Ausdauerschule by bunert	5:29:47	W60	13	1:05:46	1:48:13	2:35:47
379	2449	Bachran Svenja	Walsum ole	5:48:13	W20	41	1:13:28	1:52:56	2:41:48
380	5490	Pelc Claudia	AS Neukirchen-Vluyn	5:48:48	W45	87	1:12:06	1:51:52	2:44:48