

## Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	2112	Ezamzami Abid	Dakhla	1:09:56	1:09:57	1	MHK	90	5: 04:27 04:25 28:00 28:47 04:14
2	1102	Johnstone Nikki	ART Düsseldorf	1:12:06	1:12:07	1	M30	84	5: 04:20 04:26 28:09 29:59 05:08
3	1831	Tausewald Robert	LG Coesfeld	1:15:43	1:15:44	1	M35	78	5: 04:38 04:40 30:22 31:11 04:50
4	2013	Igrisanu Raphael		1:16:44	1:16:44	2	M35	80	5: 04:53 05:04 31:20 30:52 04:32
5	2114	Timmermann Alexandre	RCA SPA	1:17:14	1:17:16	2	MHK	93	5: 04:47 04:58 30:45 31:37 05:03
6	2110	Yilmaz Muharrem	AYYO Team Essen	1:17:34	1:17:34	1	M45	71	5: 04:54 05:03 31:21 31:08 05:06
7	1921	Machauer Marcel	LSF Münster	1:17:49	1:17:49	3	M35	82	5: 04:58 05:01 31:19 31:28 05:01
8	1777	Krämer Jan-Bernd	Team Erdinger Alkoholfrei	1:19:33	1:19:37	3	MHK	90	5: 04:58 04:57 32:00 32:26 05:10
9	1773	Kalupka Christian	*Aachen	1:20:33	1:20:41	4	MHK	88	5: 05:11 05:13 32:54 32:17 04:56
10	1809	Erdmann Henning	QUOKKS Europe UG	1:20:40	1:20:44	2	M30	86	5: 05:15 05:20 32:59 32:09 04:55
11	1945	Wulbrand Hanno	*Düsseldorf	1:21:23	1:21:27	4	M35	82	5: 05:12 05:11 32:43 33:05 05:11
12	2076	Bernum van Jens	Team Erdinger Alkoholfrei	1:21:30	1:21:33	5	MHK	91	5: 05:01 05:09 33:00 33:01 05:16
13	2071	Gündüz Deniz	ZORRO	1:21:33	1:21:35	1	M40	74	5: 05:02 05:11 32:42 33:24 05:12
14	1666	Betting Friedhelm	Gilde Laufgruppe	1:22:14	1:22:19	1	M50	64	5: 05:14 05:26 32:54 33:26 05:12
15	1311	Semmler Michael	Running Team Grafenberg	1:22:19	1:22:20	2	M50	66	5: 05:08 05:06 32:56 33:49 05:17
16	1296	Kirschbaum Arne	*Krefeld	1:22:23	1:22:28	2	M40	76	5: 05:18 05:23 33:03 33:20 05:17
17	1923	Kox Jochen	DJK Kleinenbroich	1:23:01	1:23:05	2	M45	71	5: 05:01 05:06 33:13 34:22 05:17
18	1562	Hajak Oliver	Südhessen Runners	1:23:20	1:23:24	3	M40	77	5: 05:14 05:12 33:02 34:08 05:42
19	1244	Frizen Nikolaus Julian	*Mettmann	1:24:29	1:24:48	6	MHK	90	5: 05:38 05:31 34:21 33:51 05:05
20	1949	Mallasch Timo	Wupper Runners	1:24:57	1:25:32	3	M30	86	5: 05:40 05:14 33:52 34:43 05:26
21	1406	Backschat Marco	Laufsport Heinz Rheinfelden	1:25:09	1:25:29	3	M50	66	5: 05:18 05:25 34:06 34:52 05:25
22	1544	Pahl Hauke	TuS Norderney	1:25:14	1:25:22	4	M30	87	5: 05:22 05:22 34:20 34:43 05:25
23	1019	Plett Christian	*Düsseldorf	1:25:22	1:25:28	3	M45	71	5: 05:29 05:30 34:06 34:44 05:30
24	1648	Wasem Sascha	*Duisburg	1:25:50	1:25:53	5	M30	83	5: 05:31 05:22 34:15 35:00 05:39
25	2007	Fiekers Stefan	DJK Kleinenbroich	1:25:54	1:25:59	5	M35	80	5: 05:19 05:23 34:25 35:04 05:41
26	1922	Pelayo Sanchez Ismael	*Madrid	1:26:00	1:26:02	6	M30	83	5: 05:09 05:15 32:48 36:01 06:46
27	1681	Fikus Hans Peter	*Willich	1:27:05	1:27:14	4	M45	71	5: 05:31 05:34 34:59 35:37 05:22
28	2074	Walte Roman	SG-Stern Düsseldorf	1:27:28	1:27:34	5	M45	70	5: 05:27 05:32 34:45 36:06 05:37
29	1764	de Knijff Dennis	*Almere	1:27:29	1:27:35	7	M30	86	5: 05:33 05:33 34:56 35:50 05:35
30	1778	Peiter Tom	SFD 75 Düsseldorf	1:27:31	1:27:33	7	MHK	95	5: 05:03 05:10 34:56 36:45 05:35
31	1626	Müll Stephan	LT Hennef/Sieg	1:27:38	1:27:44	6	M45	70	5: 05:27 05:38 35:00 35:48 05:43
32	1454	van de Weyer Stephan	Bunert - Der Siegburger Laufla	1:27:47	1:27:48	4	M40	75	5: 05:18 05:31 35:32 35:46 05:37
33	1915	Schult Ingo	LT Lauftraining by Neiss	1:28:52	1:29:00	1	M55	62	5: 05:34 05:39 36:04 35:47 05:46
34	2061	Jeyodtlea Matthias	DJK Gnadental	1:28:54	1:29:00	5	M40	74	5: 04:56 05:00 34:24 38:18 06:14
35	1803	Beckmann Robert	DJK Elmar Kohlscheid	1:29:06	1:29:16	6	M35	78	5: 05:28 05:33 35:24 36:45 05:54
36	1780	Schwabe Jan	SFD 75 Düsseldorf	1:29:30	1:29:42	4	M50	67	5: 05:50 05:54 36:23 35:49 05:32
37	1807	Köhler Olaf	ASV Duisburg	1:29:35	1:29:40	7	M45	71	5: 05:34 05:39 35:59 36:24 05:57
38	1460	Riebold Lars	LT Rennhamster	1:29:36	1:29:43	5	M50	63	5: 05:34 05:42 36:02 36:12 06:03
39	1337	Cavallucci Mario	*Düsseldorf	1:29:44	1:29:56	6	M40	73	5: 05:46 05:37 35:22 36:59 05:59
40	1594	March Ralf	SG Neukirchen-Hülchrath	1:29:51	1:30:01	8	M45	69	5: 06:06 06:07 36:34 35:41 05:22
41	1591	Eberlein Martin	Herrieder Aquathleten	1:29:56	1:30:19	7	M35	79	5: 05:35 05:47 36:41 36:09 05:42
42	1812	Kauert Stephan	HPP Architekten GmbH	1:30:11	1:30:16	6	M50	66	5: 05:20 05:28 35:55 37:31 05:54
43	1710	Müller Peter	Rollon GmbH	1:30:12	1:30:15	7	M50	63	5: 05:17 05:30 35:20 37:47 06:16
44	1768	Schillig Frank	F+F	1:30:31	1:30:36	9	M45	68	5: 05:41 05:39 35:48 37:08 06:13
45	1122	Fein Axel	Rennschnecken 2000 e.V.	1:30:34	1:30:40	7	M40	75	5: 05:36 05:48 36:32 36:43 05:54
46	1822	Bender Oliver	DLC Aachen	1:30:34	1:30:39	8	M40	74	5: 05:29 05:40 36:13 37:21 05:49
47	1966	Filipski Boris	200PRO	1:30:42	1:30:46	8	M35	80	5: 05:17 05:39 37:12 36:37 05:55
48	1098	Lycko Martin	*Emmerich am Rhein	1:30:46	1:31:00	8	MHK	95	5: 05:22 05:31 36:11 38:08 05:32
49	1692	Yamamoto Michihiko	MMC Hartmetal GmbH	1:30:50	1:30:59	8	M50	66	5: 05:22 05:37 36:11 37:44 05:52
50	1150	Neumann Guido	LG 1947 Viersen e.V.	1:30:52	1:31:00	10	M45	72	5: 05:28 05:35 36:32 37:33 05:42
51	1545	Waning Julian	*Düsseldorf	1:30:55	1:31:03	8	M30	84	5: 05:43 05:41 36:53 37:01 05:36
52	1668	Engbers Michael	Gilde Laufgruppe	1:31:17	1:31:25	9	M35	79	5: 05:29 05:37 36:28 37:41 06:01
53	2041	Schuster Fabian		1:31:18	1:31:19	10	M35	82	5: 05:18 05:32 35:54 38:50 05:44
54	1665	Roggenkamp Daniel	Gilde Laufgruppe	1:31:19	1:31:27	11	M35	80	5: 05:29 05:37 36:28 37:41 06:02
55	2048	Treptow Thorsten		1:31:37	1:31:44	9	M50	65	5: 05:38 05:46 36:42 37:27 06:02
56	1654	Renz David	*Braunschweig	1:31:44	1:31:49	12	M35	80	5: 05:33 05:36 36:33 37:55 06:05
57	1422	Dorenbeck Jan	*Neuss	1:31:47	1:32:21	9	M30	85	5: 05:40 05:43 37:01 37:32 05:49
58	1976	Schmohr Andreas	LG Wuppertal	1:31:55	1:32:01	2	M55	60	5: 05:22 05:25 35:51 38:44 06:32
59	1730	Werba Ulf	Riskrunners	1:32:06	1:32:09	11	M45	71	5: 05:28 05:46 37:08 37:36 06:05
60	1314	Pott Thomas	*Düsseldorf	1:32:13	1:32:50	12	M45	69	5: 06:02 05:54 37:31 37:07 05:36

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1001	Busch Harald	SC Altenrheine	1:32:20	1:32:26	10	M50	65	5: 05:35 05:50 36:53 37:47 06:13
62	1951	Rütten Malte	*Köln	1:32:24	1:33:08	9	MHK	92	5: 06:15 06:02 37:08 37:04 05:54
63	1776	Breuer Rene	DJK Elmar Kohlscheid	1:32:32	1:32:42	9	M40	75	5: 05:38 05:46 36:52 38:04 06:10
64	1119	Keim Volker	*Düsseldorf	1:32:45	1:32:51	11	M50	67	5: 05:44 05:46 37:02 38:12 05:59
65	1605	Rodriguez Javier	One Lap Heroes	1:32:45	1:33:09	10	M30	85	5: 06:02 05:51 37:38 37:26 05:46
66	1868	Obata Taketoshi	The Bank of Tokyo-Mitsubishi U	1:32:50	1:33:04	13	M45	68	5: 06:00 05:52 36:59 37:55 06:02
67	2075	Strittmatter Christian	Rennschnecken 2000 e.V.	1:33:01	1:33:09	14	M45	68	5: 06:04 06:10 37:29 37:28 05:49
68	2010	Strauch Joachim	*Düsseldorf	1:33:06	1:33:16	15	M45	71	5: 05:50 05:53 38:00 37:31 05:50
69	1187	Klose Sven Anton	Plato's Cave Rescue Team	1:33:13	1:33:51	10	M40	76	5: 05:52 05:43 36:55 38:36 06:05
70	1782	Asai Takafumi	Mitsubishi Logistics Europe B.	1:33:21	1:33:35	11	M40	76	5: 06:00 06:04 36:47 38:10 06:17
71	1760	Takeshima Keisuke	Sekisui Chemical GmbH	1:33:27	1:33:46	12	M40	75	5: 06:47 06:22 37:38 36:51 05:48
72	1074	Jäger Tehseen	*Gronau	1:33:28	1:33:36	10	MHK	97	5: 05:27 05:38 37:18 39:06 05:57
73	1352	Mahr Damian	*Düsseldorf	1:33:39	1:33:54	11	MHK	88	5: 05:40 05:41 36:17 38:49 07:09
74	2096	Grütters Tim	sportlersprechstunde.physio	1:33:41	1:33:51	13	M40	73	5: 05:32 05:41 36:51 39:42 05:52
75	1892	Semrau Martin	Bulldozer	1:33:42	1:34:16	11	M30	85	5: 06:20 06:12 37:29 38:04 05:35
76	1889	Euen Tom	Stadtwerke Düsseldorf	1:33:51	1:33:58	12	M50	67	5: 05:39 05:52 37:37 38:38 06:03
77	1767	Bewerunge Jörg	*Düsseldorf	1:33:55	1:34:09	12	M30	83	5: 06:01 06:08 37:56 38:09 05:39
78	1012	Emele Daniel	*Düsseldorf	1:33:58	1:34:21	13	M35	78	5: 05:45 05:50 37:24 39:12 05:44
79	1548	Meyer Heinz-Jürgen	Sparkasse HRV	1:34:00	1:34:24	1	M60	53	5: 06:08 06:06 38:04 37:53 05:47
80	1696	Schlaak Bastian	*Köln	1:34:01	1:34:25	14	M35	81	5: 05:55 06:06 37:53 37:57 06:08
81	2042	Wellander Andreas	Uschis Lauftreff	1:34:04	1:34:37	16	M45	71	5: 06:17 06:21 38:33 37:17 05:33
82	1236	Mahlke Paul	*Düsseldorf	1:34:14	1:34:22	12	MHK	88	5: 06:03 06:05 38:25 37:54 05:45
83	1556	Koch Thomas	Runner's World	1:34:20	1:34:24	15	M35	81	5: 05:31 05:35 36:43 39:46 06:43
84	1272	Franz Robert	*Düsseldorf	1:34:27	1:34:44	13	MHK	94	5: 06:12 06:06 38:08 38:02 05:57
85	1585	Schauch Bastian	Rennschnecken 2000 e.V.	1:34:54	1:35:03	14	M40	75	5: 06:04 06:14 38:14 38:21 06:00
86	1498	Eicheler Guido	gute-beine.de	1:35:00	1:35:12	13	M50	67	5: 06:09 06:18 37:40 38:34 06:17
87	1990	Stein Ralf	Early morning Runner	1:35:00	1:35:12	14	M50	67	5: 06:03 06:05 38:25 38:40 05:46
88	2012	Röhrich Thomas	*Düsseldorf	1:35:01	1:35:46	17	M45	68	5: 06:06 06:07 37:49 38:45 06:12
89	1037	Henn Ciaran	*Mönchengladbach	1:35:04	1:35:28	2	M60	57	5: 06:14 06:02 37:59 38:36 06:11
90	1660	Enk Werner	Gilde Laufgruppe	1:35:13	1:35:24	3	M55	59	5: 05:36 05:46 37:43 39:50 06:16
91	1528	Faber Ingo	LGO Bochum e.V.	1:35:13	1:35:47	18	M45	72	5: 06:33 06:18 38:27 38:00 05:53
92	2067	Hollmann Sergej		1:35:18	1:35:22	13	M30	86	5: 05:18 05:39 37:15 40:54 06:10
93	1560	Steinbichler Julian	Running Team Grafenberg	1:35:26	1:35:31	19	M45	71	5: 06:00 06:04 38:05 39:01 06:13
94	1703	Berthold Nicolas	Deutsche Postcode Lotterie	1:35:29	1:35:43	16	M35	80	5: 06:34 06:28 37:55 38:13 06:18
95	2040	Steinebrei Johannes		1:35:32	1:35:35	14	M30	87	5: 05:17 05:42 37:45 40:16 06:29
96	1621	Plura Michael	*München	1:35:34	1:35:51	15	M30	83	5: 06:07 06:16 39:06 38:18 05:44
97	1876	Stiegler Yoshi	*Essen	1:35:39	1:35:50	1	MU20	99	5: 05:23 05:36 37:14 40:54 06:30
98	1162	Wittlinger Christoph	DEE GmbH	1:35:47	1:36:26	15	M40	77	5: 06:16 06:13 38:46 38:30 05:59
99	1861	Roth Robin	200PRO	1:35:48	1:36:01	14	MHK	90	5: 05:56 05:46 37:03 40:19 06:41
100	1555	Elberg Burkhard	*Düsseldorf	1:35:59	1:36:01	20	M45	70	5: 05:59 06:08 38:23 39:20 06:07
101	2113	Ali Öztekin	AYYO Team Essen	1:36:00	1:36:09	4	M55	62	5: 05:40 05:55 39:12 38:45 06:27
102	1461	Blum Volker	*Düsseldorf	1:36:04	1:36:17	16	M30	86	5: 05:48 05:47 37:02 40:27 06:59
103	1185	Braun Max	*Düsseldorf	1:36:05	1:36:10	15	MHK	90	5: 05:54 06:02 38:46 39:37 05:44
104	1859	Sebastien Philippe	200PRO	1:36:09	1:36:25	16	M40	74	5: 06:17 06:11 38:48 39:01 05:50
105	2079	Müller Thomas	LT Siebengebirge	1:36:16	1:36:22	21	M45	69	5: 05:54 05:57 38:24 39:43 06:16
106	1303	Wilms Christian	*Mülheim an der Ruhr	1:36:28	1:37:02	16	MHK	89	5: 06:05 05:55 37:55 40:06 06:26
107	1501	Lang Norman	*Krefeld	1:36:37	1:37:03	17	M35	81	5: 05:41 06:03 38:41 39:45 06:26
108	1592	Pollok Mark	Fortuna Düsseldorf Triathlon	1:36:38	1:37:03	17	M30	83	5: 05:41 06:03 38:41 39:45 06:26
109	1800	Rueda Puertas Oskar	TG Neuss	1:36:38	1:36:53	17	M40	73	5: 05:59 06:00 38:01 40:01 06:36
110	1820	Dr. zensen Rainer	*Düsseldorf	1:36:41	1:36:45	22	M45	69	5: 05:36 05:43 37:35 41:01 06:43
111	1153	Knaup Hendrik	Strong 31	1:36:45	1:38:01	17	MHK	94	5: 06:34 06:07 38:25 39:31 06:06
112	1988	Behl Jürgen	*Mönchengladbach	1:36:50	1:37:38	15	M50	64	5: 06:24 06:07 38:08 40:06 06:03
113	1251	Braun Florian	*Düsseldorf	1:36:57	1:37:05	18	M30	83	5: 06:03 06:07 38:42 39:24 06:38
114	1872	Laukmann Markus	LLG Kevelaer	1:37:00	1:37:40	18	M35	81	5: 06:11 06:09 39:01 39:29 06:08
115	1423	Rmili Mohamed	*Übach-palenberg	1:37:11	1:37:12	16	M50	67	5: 05:03 05:31 37:45 42:05 06:44
116	1164	Bühler Edwin	*Wassenberg	1:37:42	1:37:44	17	M50	64	5: 06:08 06:17 39:59 39:13 06:03
117	1118	Keller Tilman	*Untergruppenbach	1:37:47	1:38:30	18	MHK	88	5: 05:58 06:04 38:56 40:50 05:57
118	2047	Brüser Christian		1:37:49	1:38:09	19	MHK	88	5: 05:54 06:06 38:33 40:38 06:37
119	1699	Rütten Ingo	Running Team Grafenberg	1:37:50	1:38:22	19	M35	80	5: 06:16 06:16 39:44 39:44 05:48
120	1634	Henning Tim	*Düsseldorf	1:37:55	1:38:38	19	M30	87	5: 06:25 06:26 39:24 39:34 06:03

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	1950	MacLeod Stuart	PwC	1:37:56	1:38:08	20	M30	87	5: 06:25 06:09 37:57 40:56 06:27
122	1392	Fujii Kanenori	KYOCERA Unimerco	1:38:05	1:38:10	18	M40	76	5: 05:33 05:40 38:44 41:03 07:03
123	1015	Becker Marcus	*Dortmund	1:38:18	1:38:38	20	M35	78	5: 05:26 05:28 35:22 44:23 07:36
124	2093	Rinaldo Marco		1:38:20	1:38:28	20	MHK	88	5: 05:41 05:55 38:09 40:47 07:46
125	1804	Tredwell Matthew	*Muelheim an Ruhr	1:38:29	1:38:59	21	M35	81	5: 06:16 06:23 39:48 39:56 06:05
126	1917	Krammer Mischa	Sportfreunde MMEC	1:38:32	1:38:44	23	M45	71	5: 06:26 06:33 39:45 39:38 06:08
127	1967	Kreutzberg Daniel	*Wuppertal	1:38:35	1:39:10	21	M30	87	5: 05:52 06:03 39:10 40:46 06:41
128	1495	Lambertz Christian	TV Vorst	1:38:43	1:39:29	22	M35	78	5: 06:28 06:06 39:11 40:35 06:21
129	1733	Féaux de Lacroix Boris	Aesica Pharmaceuticals GmbH	1:38:48	1:38:55	19	M40	75	5: 05:41 05:50 39:05 41:20 06:50
130	2054	Schlochtermeyer Matthias	Decksteiner Rockets	1:38:55	1:39:22	24	M45	70	5: 06:15 06:24 39:42 40:21 06:11
131	1997	Eickenhorst Alexander	*Düsseldorf	1:38:56	1:39:17	21	MHK	88	5: 06:00 05:59 37:58 41:31 07:26
132	1619	Krishan Somasundaram	The Classic Western	1:38:59	1:39:16	22	M30	84	5: 06:15 06:06 38:47 41:19 06:30
133	1637	Milde Christoph	Team Stadtwerke Düsseldorf	1:39:04	1:39:39	23	M35	81	5: 05:59 06:12 39:35 40:46 06:30
134	2003	Stein Frank	TUS 82 Opladen	1:39:05	1:39:18	18	M50	63	5: 06:04 06:14 39:52 40:37 06:16
135	2009	Brandenburg Martin	*Bocholt	1:39:13	1:39:23	19	M50	63	5: 05:55 06:06 38:55 41:41 06:34
136	1328	Weber Andreas	*Wuppertal	1:39:15	1:39:25	25	M45	70	5: 05:57 06:12 39:56 40:34 06:35
137	1085	van Zanten Matthias	*Duesseldorf	1:39:16	1:40:08	22	MHK	88	5: 06:17 05:42 38:15 41:47 07:13
138	1597	Polomka Alexander	MC Pegasus	1:39:19	1:40:20	23	MHK	90	5: 06:32 06:28 40:58 39:39 05:39
139	1905	Kormann Tim	*Köln	1:39:20	1:40:18	24	MHK	90	5: 06:07 06:00 38:59 41:09 07:02
140	1169	Trusheim Matthias	*Langenhagen	1:39:20	1:39:36	23	M30	83	5: 06:10 06:03 38:38 41:49 06:38
141	1995	Hastings Timothy	*Stuttgart	1:39:32	1:40:09	24	M35	80	5: 05:51 05:46 39:06 42:37 06:10
142	1425	Robles Malagrino Pedro	Reprocap	1:39:34	1:39:59	25	M35	81	5: 06:12 06:21 39:52 40:30 06:37
143	1051	Schäfer Maximilian	*Düsseldorf	1:39:44	1:40:45	24	M30	84	5: 06:39 06:17 39:12 40:56 06:38
144	1438	Saathoff Rene	Outdoor-Spirit	1:39:53	1:40:20	20	M40	73	5: 06:22 06:16 39:40 41:17 06:15
145	1672	Schepers Freek	*Düsseldorf	1:39:53	1:40:12	5	M55	61	5: 06:37 06:35 40:22 40:16 06:00
146	1420	Glass Jonathan	*Düsseldorf	1:39:54	1:40:06	26	M35	80	5: 06:00 06:09 39:14 41:19 07:09
147	1975	Lückerath Sven	*Kaarst	1:40:14	1:40:55	25	MHK	92	5: 06:27 06:20 40:11 40:55 06:20
148	1984	Bamidele Philipp	*Wuppertal	1:40:15	1:40:56	26	MHK	92	5: 06:26 06:19 40:06 41:00 06:21
149	1322	Schaepe Peter	Herr	1:40:22	1:40:51	21	M40	76	5: 06:39 06:28 40:10 40:50 06:13
150	1388	Schäfer John	ohne	1:40:24	1:40:27	22	M40	73	5: 06:13 06:19 39:29 41:39 06:43
151	1608	Schmidt Norman	Tri-Team SSV Ettlingen/LT	1:40:26	1:40:28	26	M45	70	5: 05:25 05:46 39:12 42:50 07:12
152	1613	Henny Lennart	*Düsseldorf	1:40:40	1:41:26	25	M30	83	5: 06:33 06:25 39:34 41:19 06:48
153	1553	Pophal Ari	*Wiesbaden	1:40:46	1:42:20	26	M30	87	5: 07:09 06:51 41:25 39:22 05:58
154	1979	Dickel Ulrich	*Moers	1:40:53	1:41:31	20	M50	66	5: 06:15 06:30 41:09 40:59 05:58
155	1837	Bremer Christian	*Mönchengladbach	1:40:53	1:41:09	27	M30	86	5: 05:58 05:59 38:42 43:00 07:12
156	1565	Avgustin Franc	*Benrath	1:40:55	1:41:30	3	M60	57	5: 06:44 06:24 40:04 41:14 06:27
157	1401	Müller Dirk	International School	1:40:57	1:41:50	23	M40	74	5: 07:00 06:57 40:40 40:23 05:56
158	1624	Neubauer Thomas	AIE Witten Running Team	1:40:59	1:41:57	27	M35	80	5: 06:37 06:38 40:52 40:30 06:20
159	1965	Zimmermann Bernd	SKF läuft	1:41:09	1:41:58	21	M50	66	5: 06:36 06:20 40:19 41:02 06:50
160	1249	Gehle Tobias	*Düsseldorf	1:41:14	1:41:33	27	M45	71	5: 06:18 06:22 40:49 41:43 06:00
161	1204	Hühne Marius	*Düsseldorf	1:41:20	1:41:49	28	M35	82	5: 07:12 07:11 43:18 38:03 05:34
162	1436	Sehnert Sebastian	Tri Team FS Düsseldorf	1:41:31	1:42:25	28	M30	83	5: 06:26 06:13 40:12 42:15 06:23
163	1016	Mach Long Hung	Düsseldorf	1:41:31	1:42:26	29	M30	83	5: 06:20 06:08 39:25 42:34 07:01
164	1483	Zimmermann Uwe	LT Rennhamster Düsseldorf	1:41:31	1:41:38	29	M35	81	5: 05:59 06:10 39:54 42:53 06:33
165	1612	Grohmann Markus	*Duisburg	1:41:34	1:41:40	24	M40	77	5: 06:13 06:20 40:52 41:45 06:22
166	1331	Degorce David	*Düsseldorf	1:41:42	1:42:52	28	M45	70	5: 06:45 06:22 40:07 41:37 06:50
167	1521	Grochow Daniel	*Düsseldorf	1:41:43	1:41:58	30	M30	85	5: 06:33 06:29 39:21 42:21 06:56
168	1817	Reeker Christoph	*Rheine	1:41:47	1:42:02	27	MHK	92	5: 06:12 06:19 40:06 42:51 06:17
169	1771	Clasing Thomas	*Lippstadt	1:41:51	1:42:00	4	M60	57	5: 06:18 06:25 40:46 41:48 06:32
170	1799	Müller Roland	ZF Running Team	1:41:52	1:42:42	6	M55	62	5: 06:37 06:29 39:56 41:01 07:47
171	1587	Rotter Sebastian	*Düsseldorf	1:41:54	1:42:11	31	M30	84	5: 06:22 06:22 40:45 41:59 06:25
172	1632	Chylak Pawel	Finastra	1:41:54	1:42:49	32	M30	84	5: 06:29 06:17 39:30 42:33 07:03
173	1896	Roller Helmut	SG Suderwich	1:41:55	1:42:00	5	M60	55	5: 05:52 05:57 38:33 44:31 06:59
174	1471	Dammasch Stephan	*Wuppertal	1:41:57	1:42:33	29	M45	68	5: 06:16 06:19 40:35 41:56 06:49
175	1762	Scheidler Uwe	Solorunners	1:41:59	1:42:14	22	M50	63	5: 06:01 06:24 40:53 42:10 06:29
176	1909	Engel Uwe	AWISTA GmbH	1:42:06	1:42:33	7	M55	62	5: 05:56 06:00 41:54 41:43 06:30
177	1932	Klupsch Christian	AOK-TEAM	1:42:06	1:42:19	25	M40	77	5: 06:07 06:21 40:48 42:01 06:47
178	1737	Juste Alexandre	Holz Roeren GmbH	1:42:09	1:43:29	30	M35	79	5: 06:09 05:49 38:32 43:32 08:05
179	1173	Stangenberg Joey	0	1:42:16	1:42:46	28	MHK	94	5: 06:28 06:18 39:47 42:43 06:59
180	1802	Wiemann Andreas	SWD	1:42:33	1:42:55	26	M40	77	5: 06:42 06:29 40:20 41:56 07:05

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1476	Hoven Alexander	*Düsseldorf	1:42:39	1:42:59	29	MHK	90	5: 06:10 06:08 40:02 43:38 06:39
182	1977	Graeber Jürgen	LAC Langenhagen	1:42:44	1:42:58	1	M70	47	5: 06:39 06:41 40:51 41:52 06:40
183	1214	Schneider Andreas	Privat	1:42:51	1:43:34	31	M35	82	5: 06:42 06:45 41:09 41:38 06:34
184	1572	Herkenrath Peter	VT Triangel Kempen	1:43:13	1:43:36	27	M40	74	5: 06:19 06:34 41:21 42:05 06:51
185	1885	Neuhäuser Thomas	Landeshauptstadt Düsseldorf	1:43:15	1:43:29	32	M35	79	5: 06:33 06:30 41:20 42:12 06:38
186	1221	Henrichfreise Daniel	*Bielefeld	1:43:22	1:44:16	28	M40	75	5: 06:36 06:33 40:48 42:55 06:27
187	2023	Cardeneo Jörk	ASC Düsseldorf e.V.	1:43:35	1:44:03	6	M60	57	5: 06:38 06:41 41:35 41:56 06:43
188	1744	Günther Sven	*Bocholt	1:43:43	1:43:53	33	M35	80	5: 06:28 06:32 41:27 42:27 06:47
189	1439	Hirano Tomohiro	PAPA GENKI	1:43:44	1:44:53	33	M30	83	5: 06:47 06:39 41:52 42:10 06:14
190	1250	Bauermann Sascha	*Mönchengladbach	1:43:47	1:45:22	29	M40	77	5: 07:05 06:22 40:50 43:04 06:24
191	2100	Ziese Ralf	Team Himmelgeister	1:43:48	1:44:01	8	M55	62	5: 06:29 06:35 41:33 42:26 06:43
192	2091	Lantin Andre		1:43:49	1:44:03	30	M40	77	5: 06:11 06:21 40:16 43:43 07:17
193	2077	Janßen Philipp	MES Personal Training	1:43:49	1:45:11	30	M45	72	5: 07:24 06:56 41:42 41:22 06:24
194	1211	Hermann Nils		1:43:50	1:44:00	34	M35	82	5: 06:18 06:21 40:44 42:50 07:34
195	1069	Schäfer Oliver	Rock n Roll Highschool Team	1:43:59	1:44:27	31	M45	71	5: 06:35 06:37 42:33 42:02 06:10
196	1761	van Dorp Martin	*Mülheim	1:44:04	1:44:34	23	M50	64	5: 06:49 06:47 40:48 42:51 06:47
197	1021	Koester Mark	PV-TRIATHLON WITTEN	1:44:12	1:45:09	35	M35	79	5: 06:52 06:42 41:56 41:55 06:45
198	1130	Schubert Mario	Ruhrcargo GmbH	1:44:13	1:45:10	36	M35	80	5: 06:50 06:43 41:52 42:01 06:45
199	1158	Toschek Bartholomäus	*Duisburg	1:44:14	1:44:30	34	M30	85	5: 06:35 06:36 40:08 43:14 07:39
200	2084	Mews Dirk	Itter	1:44:20	1:44:33	32	M45	68	5: 06:27 06:30 41:17 43:00 07:04
201	1563	Michalski Max	Gipfelkurs	1:44:25	1:44:38	30	MHK	88	5: 06:26 06:33 41:17 43:18 06:48
202	1794	Brandt Fabian	*Essen	1:44:42	1:44:57	31	MHK	89	5: 07:05 07:02 43:10 41:23 06:01
203	1755	Gohlisch Erik	*Wuppertal	1:44:42	1:44:58	32	MHK	88	5: 07:05 07:02 43:10 41:23 06:01
204	2065	Klinghammer Joschka		1:44:46	1:45:05	35	M30	85	5: 06:42 06:53 43:20 41:34 06:15
205	2064	Schroeder Frederik		1:44:47	1:45:05	36	M30	87	5: 06:43 06:53 43:20 41:35 06:15
206	1947	Schneider Fredy	SKF läuft	1:44:48	1:45:38	24	M50	64	5: 06:36 06:20 41:33 43:27 06:50
207	1983	Meurer René	TV Granterath	1:44:59	1:45:18	31	M40	75	5: 06:19 06:35 41:51 43:25 06:48
208	1957	Grasse Sebastian	*Düsseldorf	1:45:01	1:45:44	37	M35	79	5: 06:44 06:40 41:55 43:34 06:07
209	1410	Wagner Hans-Jörg	CoralindaRunner	1:45:03	1:45:28	25	M50	67	5: 06:32 06:40 41:49 43:01 06:59
210	1444	Menzel Fabian	Triathlon Fortuna Düsseldorf	1:45:14	1:46:07	37	M30	86	5: 06:30 06:28 41:42 43:36 06:57
211	1316	Gere Bela	*Düsseldorf	1:45:16	1:45:51	38	M35	82	5: 06:04 06:06 40:32 45:16 07:16
212	1618	Walter Moritz	*Düsseldorf	1:45:17	1:45:35	33	MHK	95	5: 06:48 06:55 42:45 42:25 06:23
213	1380	Derix Frank	*Düsseldorf	1:45:17	1:45:40	32	M40	76	5: 06:31 06:32 42:35 42:58 06:40
214	1650	Mehren Bruno	keinen	1:45:20	1:46:53	7	M60	54	5: 07:07 06:40 42:04 43:09 06:18
215	1480	Overhage Patrick	*Düsseldorf	1:45:23	1:46:36	38	M30	85	5: 06:50 06:27 40:49 43:39 07:36
216	1523	Jeremias Fabian	*Bielefeld	1:45:24	1:45:34	39	M30	83	5: 06:32 06:49 43:08 42:21 06:33
217	1989	Winkler-Parciak Kay	Lukaskrankenhaus Neuss	1:45:26	1:45:30	33	M40	76	5: 05:20 05:53 41:04 46:00 07:07
218	1402	Elsner Carsten	*Düsseldorf	1:45:28	1:46:26	34	MHK	91	5: 06:33 06:37 41:03 43:27 07:45
219	1366	Schmitz Hans	*Berlin	1:45:38	1:46:13	26	M50	66	5: 06:32 06:27 41:14 44:12 07:11
220	1478	Haack Jürgen	Running Team Grafenberg	1:45:50	1:46:23	8	M60	57	5: 07:07 06:57 42:32 42:33 06:38
221	1774	Gudovic Filip	*Düsseldorf	1:45:57	1:46:00	35	MHK	92	5: 05:21 05:42 38:41 47:33 08:37
222	1512	Singer Stefan	*Diedorf	1:45:57	1:46:39	27	M50	63	5: 06:55 06:49 42:27 42:56 06:48
223	1025	Pingsten, Dr. med. Stefan	Pingsten Runners	1:45:58	1:47:18	28	M50	67	5: 06:48 06:39 42:16 43:24 06:48
224	1832	Binninger Andreas	ApoPhysio oHG	1:46:09	1:46:11	29	M50	67	5: 06:33 06:34 42:48 43:12 06:59
225	1895	Geisel Thomas	Landeshauptstadt Düsseldorf	1:46:09	1:46:11	30	M50	63	5: 06:33 06:34 42:49 43:11 07:00
226	1496	Tull Matthias	gute-beine.de	1:46:14	1:46:51	31	M50	67	5: 07:07 07:12 45:21 40:02 06:29
227	1248	Drosselmeyer Jan	KPMG	1:46:23	1:47:05	39	M35	81	5: 06:15 06:19 40:52 45:34 07:21
228	1453	Heckmann Steffen	*Düsseldorf	1:46:23	1:46:41	40	M30	83	5: 06:35 06:43 42:40 43:54 06:28
229	1426	Böker Christian	LG 1947 Viersen	1:46:32	1:46:47	33	M45	71	5: 06:53 07:01 43:28 42:36 06:32
230	1704	Watermann Marc	*Solingen	1:46:32	1:46:54	34	M40	75	5: 06:11 06:23 41:33 45:04 07:20
231	1787	Niessen David	*Bergisch Gladbach	1:46:46	1:47:14	41	M30	84	5: 06:38 06:51 43:14 43:30 06:32
232	1991	Jung Dr. Andreas	*Mettmann	1:46:47	1:46:51	32	M50	65	5: 05:54 05:51 39:55 48:12 06:54
233	1913	Busch Christian	AWISTA GmbH	1:46:50	1:47:16	36	MHK	90	5: 06:12 06:29 41:09 45:36 07:22
234	1345	Scherf Sebastian	*Solingen	1:46:50	1:47:23	37	MHK	88	5: 06:38 06:51 43:09 43:19 06:51
235	1880	Budke Josef	*Krefeld	1:47:14	1:48:21	33	M50	64	5: 07:39 07:06 42:12 43:09 07:06
236	1980	Brothers Jonathan	*Southampton	1:47:14	1:47:44	35	M40	76	5: 06:21 06:22 41:30 45:38 07:22
237	1935	Krause Markus	AOK-TEAM	1:47:15	1:47:35	36	M40	74	5: 06:45 06:50 43:08 43:30 07:00
238	1417	Ishiguro Takahiko	*Düsseldorf	1:47:16	1:48:18	40	M35	79	5: 07:23 07:13 44:00 41:56 06:41
239	1573	Heering Christian	Asahi Kasei Europe GmbH	1:47:18	1:47:59	41	M35	82	5: 06:37 06:41 42:15 44:45 06:58
240	1942	Schröder Eike	SPECIAL OLYMPICS	1:47:18	1:47:35	38	MHK	93	5: 05:34 05:36 35:52 36:59 23:16

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
241	1520	Kliebe Bernd	*Neuss	1:47:31	1:48:11	37	M40	75	5: 07:13 07:06 44:40 42:38 05:51
242	1530	Köhler Benedict	*Aplerbeck	1:47:37	1:49:01	39	MHK	92	5: 07:16 06:51 42:57 43:44 06:47
243	1791	Altwater Daniel	*Düsseldorf	1:47:42	1:48:33	40	MHK	88	5: 06:50 06:38 41:54 45:26 06:52
244	1394	Siebrecht Christian	*Düsseldorf	1:47:43	1:48:52	38	M40	73	5: 07:28 07:12 42:51 43:35 06:36
245	1924	Jentsch Tony	L'Oréal Deutschland	1:47:52	1:48:31	42	M30	84	5: 07:18 07:08 44:22 42:51 06:11
246	1954	Maaßen wolfgang	Laufftreff Düsseldorf-Süd	1:47:52	1:48:15	9	M60	55	5: 06:27 06:24 41:18 46:09 07:32
247	1590	Maaßen Manuel	*Krefeld	1:47:52	1:49:29	42	M35	79	5: 07:29 07:11 43:32 42:58 06:41
248	1753	Prynda Kajetan	*Düsseldorf	1:47:54	1:48:03	43	M30	87	5: 06:22 06:44 43:51 43:59 06:56
249	1684	Schumacher Torsten	*Krefeld	1:47:55	1:48:45	41	MHK	89	5: 07:19 07:05 43:40 43:04 06:45
250	1068	Kramer Torsten	*Düsseldorf	1:48:02	1:49:12	34	M45	72	5: 07:11 06:34 42:20 43:57 07:58
251	2036	Domby Anton	OK Stigen	1:48:09	1:49:01	42	MHK	96	5: 06:34 06:24 41:43 45:57 07:31
252	1400	Odenthal Oliver	International School	1:48:11	1:49:03	35	M45	71	5: 07:00 06:58 41:46 45:15 07:10
253	1547	Billich Boris	*Düsseldorf	1:48:13	1:48:31	36	M45	68	5: 06:22 06:20 41:45 46:29 07:15
254	2039	Schödder Hendrik	Freie Schwimmer Düsseldorf	1:48:16	1:49:34	43	M35	82	5: 07:27 07:08 43:53 43:14 06:31
255	1579	Luyven Felix	*Düsseldorf	1:48:17	1:48:56	43	MHK	88	5: 06:49 06:39 41:57 45:17 07:33
256	1239	Kalthoff Florian	*Remscheid	1:48:25	1:48:54	44	M35	81	5: 06:28 06:36 41:32 45:39 08:09
257	1797	Odenius Jacques	Hardtseemafia Triathlon e. V.	1:48:26	1:48:42	44	M30	86	5: 06:27 06:44 44:48 44:00 06:25
258	1845	Rombey Dennis	SIGNA	1:48:26	1:48:48	45	M30	85	5: 06:50 07:02 44:15 43:34 06:44
259	1741	Piene Michael	TV 1905 Unterbach	1:48:28	1:48:56	37	M45	68	5: 06:51 06:53 43:23 44:20 07:00
260	2044	Ottersbach Markus		1:48:30	1:49:35	34	M50	66	5: 07:01 06:54 43:02 44:21 07:10
261	1052	Wilhelm Martin	*Düsseldorf	1:48:34	1:49:35	45	M35	81	5: 06:41 06:20 41:33 45:55 08:03
262	1262	Welsch Manuel	Rheinrunner	1:48:38	1:49:56	46	M35	78	5: 07:16 07:02 43:13 44:01 07:04
263	1974	Sommer Jürgen	*Düsseldorf	1:48:39	1:48:47	9	M55	59	5: 06:04 06:25 42:57 45:57 07:13
264	1574	Fleischer Enrico	*Nachrodt-Wiblingwerde	1:48:42	1:48:53	39	M40	77	5: 06:27 06:33 42:16 45:22 08:01
265	1432	Bosch Florian	*Düsseldorf	1:48:52	1:49:06	44	MHK	88	5: 06:31 06:36 41:47 46:29 07:26
266	1433	Wennrich Christopher	*Bochum	1:48:53	1:49:07	46	M30	86	5: 06:32 06:35 41:50 46:29 07:24
267	1702	Schreiter Rüdiger	*Duisburg	1:48:55	1:50:03	38	M45	71	5: 07:19 07:10 44:26 43:37 06:20
268	1866	Hauertmann Maximilian	*Düsseldorf	1:48:55	1:50:17	47	M30	83	5: 06:55 06:44 43:41 44:47 06:46
269	1046	Henkel Florian	*Düsseldorf	1:49:01	1:50:01	47	M35	80	5: 06:56 06:50 42:29 45:11 07:33
270	1259	Wolf Andreas	Stadtverwaltung Düsseldorf	1:49:03	1:50:00	39	M45	71	5: 07:01 07:05 43:46 44:40 06:29
271	1870	Köster Demian	KOSAIDO Club	1:49:05	1:50:06	48	M35	78	5: 07:09 07:09 44:37 43:48 06:20
272	1285	Giese Andreas	*Düsseldorf	1:49:05	1:50:02	48	M30	84	5: 06:51 07:01 44:05 44:21 06:44
273	1148	Kohl Sebastian	Running Team Grafenberg	1:49:07	1:49:51	49	M35	80	5: 07:01 06:59 43:24 44:22 07:18
274	1232	Zaler Marian	*Kaarst	1:49:07	1:49:28	50	M35	78	5: 07:22 07:17 45:22 42:10 06:54
275	2002	Schreiber Simon	Physiolog - Textra	1:49:13	1:49:37	49	M30	83	5: 07:05 07:09 44:21 43:47 06:50
276	1391	Hohenfeld Christian	*Düsseldorf	1:49:15	1:50:28	45	MHK	88	5: 07:28 07:16 43:32 43:55 07:03
277	1124	Winzbeck Sebastian	*Witten	1:49:21	1:50:16	51	M35	79	5: 06:51 06:42 42:29 46:24 06:52
278	1338	Teipel Udo	*Grevenbroich	1:49:33	1:50:41	10	M55	62	5: 07:22 07:03 43:04 45:03 06:58
279	1857	Patschäke Holger	200PRO	1:49:46	1:50:32	11	M55	61	5: 07:04 06:56 43:50 44:59 06:55
280	1920	Claßen Christian	*Mechernich	1:49:47	1:50:11	52	M35	82	5: 06:20 06:33 42:06 47:43 07:03
281	1342	Tietje Uwe	Umlauf	1:49:48	1:50:31	35	M50	66	5: 06:58 06:55 44:23 44:34 06:57
282	1904	Dziukowski Christoph	*Solingen	1:49:50	1:50:32	50	M30	85	5: 06:25 06:22 42:42 47:16 07:04
283	1604	Bogdon Marcel	Stadtwerke Düsseldorf	1:50:00	1:50:23	51	M30	83	5: 07:04 06:57 43:04 45:57 06:56
284	1683	Karrenberg Holger	Provinzial Schutzengel Team	1:50:01	1:51:10	40	M45	70	5: 07:27 07:09 44:46 44:04 06:34
285	2035	Maier Rolf	WT	1:50:05	1:51:11	36	M50	66	5: 06:54 06:43 43:32 45:45 07:09
286	2034	Bambach Robert		1:50:05	1:50:27	37	M50	67	5: 07:02 07:10 44:49 44:21 06:40
287	1395	Tosch Frank	fmt-running	1:50:06	1:50:27	38	M50	66	5: 07:03 07:10 44:22 44:49 06:40
288	1538	Waage Thomas	*Ratingen	1:50:06	1:50:12	46	MHK	90	5: 06:47 07:22 46:01 43:54 05:59
289	1537	Schweda Marcel	*Ratingen	1:50:06	1:50:12	53	M35	82	5: 06:47 07:22 46:00 43:55 06:00
290	1884	Höfer Matthias	Pace Pack Runners	1:50:08	1:50:19	54	M35	81	5: 06:26 06:34 43:07 46:47 07:11
291	2066	Geiger Michael		1:50:08	1:50:36	55	M35	82	5: 06:43 06:53 43:40 46:04 06:45
292	2111	Faraut Guillaume		1:50:08	1:51:16	52	M30	87	5: 07:31 07:06 45:21 43:32 06:36
293	1050	Franke Marcus	*Mönchengladbach	1:50:13	1:51:21	56	M35	79	5: 07:05 06:52 42:48 45:56 07:31
294	1798	Lisson Rudolf	*Hagen	1:50:14	1:50:26	12	M55	58	5: 06:10 06:32 42:03 46:58 08:28
295	1004	Ankel Markus	LT Starlight Team Essen	1:50:20	1:50:58	39	M50	67	5: 06:44 06:48 43:35 45:57 07:14
296	1999	Adernacker Stefan	*Düsseldorf	1:50:22	1:51:01	41	M45	72	5: 06:46 06:47 43:13 46:26 07:08
297	1671	Schork Christoph	*Düsseldorf	1:50:27	1:50:55	42	M45	70	5: 07:11 07:10 45:28 44:09 06:27
298	1053	Windhausen Harald	0	1:50:38	1:51:18	43	M45	70	5: 06:28 06:29 42:45 46:43 08:11
299	1649	Heeren Arno	Parker Hannifin GmbH	1:50:40	1:51:22	53	M30	83	5: 07:12 07:03 44:01 45:10 07:11
300	2037	Kalender Peter		1:50:47	1:52:03	54	M30	84	5: 07:26 07:08 43:53 45:07 07:10

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
301	1531	Weide Tobias	*Düsseldorf	1:50:54	1:52:08	55	M30	83	5: 07:19 06:54 44:17 45:29 06:54
302	1680	Stangl Ulrich	*Kaarst	1:50:55	1:51:38	10	M60	57	5: 07:21 07:09 44:15 44:33 07:35
303	1678	Szklarczyk Janusz	INDMONT	1:50:59	1:51:19	44	M45	69	5: 07:07 07:09 45:11 44:28 07:03
304	1595	Polomka Niklas	MC Pegasus	1:51:00	1:52:01	47	MHK	94	5: 07:10 07:14 45:48 44:06 06:40
305	1840	Best Sebastian	Adidas Runners Frankfurt	1:51:05	1:51:40	56	M30	85	5: 07:00 06:43 44:06 46:07 07:08
306	1765	Clabbers Horst	Running Team Grafenberg	1:51:21	1:52:23	40	M50	66	5: 07:20 07:05 44:48 45:13 06:54
307	1839	Buschmann Thomas	Rotrunner	1:51:26	1:53:02	45	M45	72	5: 07:59 07:11 44:11 44:55 07:08
308	1534	Dao-Phung Thy	*Essen	1:51:28	1:52:08	48	MHK	90	5: 07:18 07:04 44:11 45:57 06:56
309	1693	Lopez Jorge	*Düsseldorf	1:51:30	1:53:20	11	M60	57	5: 07:07 07:11 43:19 45:18 08:34
310	2000	Violante Oscar	*Düsseldorf	1:51:30	1:52:00	49	MHK	93	5: 06:33 06:52 45:33 45:16 07:13
311	1233	Sajovitz Benjamin	*Düsseldorf	1:51:31	1:51:52	57	M35	79	5: 07:21 07:18 45:22 44:12 07:16
312	1609	Feldhaus Heinrich	*Bonn	1:51:34	1:53:02	40	M40	77	5: 07:39 07:24 45:19 44:12 06:58
313	1516	Vogt Patrick	*Meerbusch	1:51:37	1:52:36	41	M40	77	5: 07:03 06:55 43:16 46:14 08:07
314	2056	Sengezer Tayfun		1:51:43	1:53:10	46	M45	72	5: 07:40 07:34 45:59 44:08 06:20
315	1510	Giesel Henrik	*Düsseldorf	1:51:43	1:51:47	42	M40	76	5: 06:19 06:43 44:16 46:50 07:33
316	1635	van Doorn Frank	*Duisburg	1:51:44	1:52:53	47	M45	69	5: 07:27 07:25 45:01 44:48 07:00
317	1360	Rauscher Florian	*Düsseldorf, Nordrhein-Westfale	1:51:45	1:52:31	58	M35	81	5: 07:22 06:52 44:42 45:45 07:02
318	2046	Schaller Konstantin		1:51:46	1:52:14	57	M30	86	5: 06:56 06:50 43:37 46:47 07:35
319	1489	Magar Jörg	*Düsseldorf	1:51:52	1:52:22	48	M45	69	5: 06:18 06:30 42:09 49:02 07:50
320	1854	Hagiuda Hiroshi	*Düsseldorf	1:51:54	1:52:22	59	M35	80	5: 07:11 07:02 43:54 45:58 07:46
321	2031	Fischer Frank		1:52:04	1:53:40	49	M45	69	5: 07:58 07:11 44:25 45:22 07:05
322	1295	Baxmann Peter	*Düsseldorf	1:52:10	1:52:41	50	M45	69	5: 07:12 07:03 44:23 46:01 07:30
323	1815	Kunkel Thomas	Rotrunner	1:52:15	1:53:52	58	M30	85	5: 08:00 06:59 45:11 44:58 07:04
324	1805	Verfürth Christian	*Düsseldorf	1:52:16	1:52:49	51	M45	68	5: 07:16 07:09 45:16 45:39 06:54
325	1384	Hüttemann André	Crossfit Hagen	1:52:22	1:53:25	59	M30	87	5: 07:46 06:43 43:37 46:07 08:06
326	1494	Lasek Michael	SC MICHALOWICE	1:52:30	1:52:50	12	M60	53	5: 07:06 07:07 44:32 46:09 07:33
327	1358	Lückerath Volker	Hobbysportrobben	1:52:41	1:53:33	41	M50	64	5: 07:16 07:09 44:48 46:17 07:08
328	2109	Stollenwerk Daniel		1:52:41	1:53:21	60	M35	80	5: 07:14 07:06 44:40 46:24 07:14
329	1742	Hoffmanns Christian	Stadtmission Düsseldorf	1:52:49	1:54:35	52	M45	72	5: 07:42 07:12 45:57 45:11 06:45
330	1055	Dieste Michael	*Anröchte	1:52:50	1:53:09	60	M30	86	5: 07:03 07:14 45:21 45:56 07:14
331	2060	Jongen Sven		1:52:53	1:54:30	43	M40	73	5: 07:32 07:22 45:03 45:42 07:11
332	1792	Stöter Dominik	*Hilden	1:52:53	1:53:58	61	M30	86	5: 07:24 07:14 45:36 45:47 06:50
333	1524	Fierek Paul	HanseMercur Bielefeld Geschäft	1:52:58	1:53:08	62	M30	86	5: 06:31 06:50 43:40 47:49 08:06
334	1226	Schomers Florian	*Essen	1:53:00	1:54:38	63	M30	85	5: 07:59 07:48 46:04 43:53 07:14
335	1747	Schulz Daniel	Stadtmission Düsseldorf	1:53:02	1:54:49	44	M40	75	5: 07:41 07:12 45:57 46:09 06:00
336	1440	Gesing Christoph	SV BW Alstedde	1:53:10	1:53:39	53	M45	70	5: 07:02 07:06 44:52 46:50 07:17
337	1241	Kratz Tim	Borussia Dortmund	1:53:13	1:53:45	50	MHK	88	5: 06:38 06:52 43:25 48:06 08:11
338	1740	von Danwitz Christof	*Tönisvorst	1:53:18	1:53:45	42	M50	64	5: 06:59 06:48 43:49 47:30 08:10
339	1212	Neubauer Stefan	Running Team Grafenberg	1:53:25	1:54:32	43	M50	66	5: 07:22 07:18 45:17 45:59 07:27
340	1506	Marreck Fabian	*Mülheim	1:53:28	1:54:06	61	M35	80	5: 07:23 07:28 45:01 46:51 06:43
341	1505	Hagenbucher Karl Heinz	Bridgeclub Kirchheim/Teck	1:53:53	1:54:40	13	M60	54	5: 06:42 06:35 43:16 48:52 08:27
342	1326	Schneider Björn	*Düsseldorf	1:53:55	1:54:54	45	M40	73	5: 06:20 06:23 42:53 50:09 08:07
343	1355	Ahrens Lothar	MSV Eintracht Halberstadt	1:53:56	1:54:28	1	M75	41	5: 07:14 07:10 45:04 47:08 07:18
344	2030	Hövelmann Leonard	Praxis Dr. Matthias Höschel	1:53:56	1:54:02	14	M60	55	5: 06:30 06:36 44:55 48:35 07:18
345	1906	Kawamoto Masanao	PAPA GENKI	1:53:57	1:55:09	62	M35	79	5: 07:35 07:36 45:48 46:15 06:41
346	2070	Rabeneck Thorsten		1:54:00	1:55:10	54	M45	69	5: 07:19 07:16 45:23 46:16 07:44
347	1371	Hilpert Dominik	*Nürnberg	1:54:01	1:55:03	51	MHK	90	5: 07:21 07:22 45:30 46:01 07:45
348	1735	Roeren Matthias	Holz Roeren GmbH	1:54:02	1:55:22	63	M35	78	5: 07:27 07:07 44:43 47:04 07:38
349	1940	Leider Roland	SPECIAL OLYMPICS	1:54:13	1:55:08	44	M50	65	5: 07:27 07:17 45:01 47:13 07:14
350	1611	Gutsmann Simon	*Düsseldorf	1:54:14	1:55:32	64	M35	81	5: 07:39 07:18 46:39 45:31 07:05
351	1507	Will Felix	*Hamburg	1:54:22	1:55:00	65	M35	81	5: 07:22 07:28 45:00 47:05 07:25
352	1726	Grossschmidt Daniel	PwC	1:54:24	1:54:35	64	M30	85	5: 06:46 06:50 45:19 47:47 07:40
353	1490	Berthold Robin	*Düsseldorf	1:54:26	1:55:25	2	MU20	99	5: 07:18 07:24 45:30 46:50 07:22
354	1867	Gröppel Jan	*Tönisvorst	1:54:28	1:55:17	66	M35	81	5: 07:25 07:19 45:58 46:31 07:13
355	1196	Greter Michel	*Düsseldorf	1:54:29	1:54:58	52	MHK	89	5: 06:32 06:23 42:50 50:32 08:11
356	1728	Pachol Jakub Antoni	Aesica Pharmaceuticals GmbH	1:54:38	1:55:41	46	M40	76	5: 07:45 07:36 45:37 46:38 07:00
357	1175	Raposo Joao	*Düsseldorf	1:54:38	1:55:00	67	M35	81	5: 06:48 06:36 43:37 49:50 07:45
358	1464	Schierle Jan	privat	1:54:43	1:54:52	53	MHK	88	5: 06:22 06:44 43:51 48:41 09:03
359	1383	Michel Martin	*Solingen	1:54:46	1:55:49	47	M40	74	5: 07:48 07:24 46:03 46:12 07:16
360	1549	Knettel Kristof	*Haan	1:54:47	1:55:06	68	M35	79	5: 06:28 06:51 43:57 49:35 07:54

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
361	1856	Ochoa de Echagüen Inigo	200PRO	1:54:59	1:55:54	55	M45	72	5: 07:28 07:10 45:22 47:09 07:48
362	1871	Beckmann Micha		1:55:02	1:55:49	56	M45	70	5: 07:04 07:09 45:45 47:40 07:21
363	1748	Mehren Marcel	kein	1:55:07	1:56:40	65	M30	87	5: 07:12 07:08 45:22 47:53 07:30
364	1334	Erber Matthias	*Düsseldorf	1:55:09	1:56:09	66	M30	85	5: 07:07 06:59 45:00 48:16 07:45
365	2022	Teschler Ulrich		1:55:12	1:56:18	1	M65	49	5: 07:30 07:14 45:55 47:18 07:13
366	1722	Xiao Haijun	Generalkonsulat der VR China	1:55:18	1:55:31	48	M40	74	5: 06:09 06:26 43:55 50:05 08:40
367	2115	Cakir Ufuk	Alevitische Gemeinde	1:55:19	1:56:28	69	M35	79	5: 07:31 07:29 45:50 46:49 07:39
368	1346	Bildhauer Kai	*Düsseldorf	1:55:22	1:56:49	54	MHK	88	5: 07:34 07:46 47:57 45:45 06:17
369	1254	Eikel Thomas	*Düsseldorf	1:55:37	1:56:01	67	M30	85	5: 07:13 07:03 44:51 48:58 07:30
370	1487	Winter Thomas	gute-beine.de	1:55:40	1:56:18	57	M45	70	5: 07:07 07:12 46:04 48:02 07:14
371	1956	Roth Carsten	*Duisburg	1:55:42	1:57:16	70	M35	78	5: 07:46 07:26 46:17 46:37 07:34
372	1407	Wende Jan	LC Duisburg	1:55:44	1:57:02	49	M40	76	5: 07:36 07:15 46:45 46:33 07:34
373	1435	Buck Oliver	*Castrop-Rauxel	1:55:45	1:57:03	71	M35	81	5: 07:35 07:15 46:45 46:32 07:34
374	1416	Heinold Raphael	*duesseldorf	1:55:47	1:57:22	72	M35	78	5: 07:27 07:32 46:22 47:05 07:20
375	1415	Mayer Daniel	*duesseldorf	1:55:47	1:57:22	73	M35	82	5: 07:26 07:31 46:22 47:05 07:20
376	1033	Klink Ralf	TSV Goddelau	1:55:54	1:57:11	45	M50	65	5: 07:21 07:18 46:16 47:06 07:52
377	1570	Skiba Marco	TuRa Löhne 1910 e.V.	1:56:00	1:56:47	74	M35	80	5: 07:14 07:25 46:25 47:30 07:24
378	1351	Czajkowski Lukas	*Düsseldorf	1:56:07	1:56:33	75	M35	82	5: 07:12 07:03 45:47 47:44 08:20
379	2105	Zilske Christoph		1:56:24	1:57:04	55	MHK	91	5: 07:29 07:21 46:42 47:26 07:23
380	1180	Murmann Robert	*Essen	1:56:40	1:58:13	50	M40	73	5: 07:57 07:16 45:31 48:09 07:44
381	1484	Hein Kilian	*Leichlingen	1:56:40	1:57:53	56	MHK	97	5: 07:15 06:59 44:56 49:33 07:56
382	1850	Filipski Boris	200PRO	1:56:44	1:57:33	76	M35	80	5: 07:13 07:23 47:27 47:13 07:26
383	1843	Birkholz Patrick	200PRO	1:56:45	1:57:30	51	M40	75	5: 07:33 07:19 46:32 47:39 07:41
384	1933	Krekeler Matthias	AOK-TEAM	1:56:52	1:58:10	77	M35	80	5: 07:37 07:15 45:01 48:17 08:40
385	1381	Zedler Heiko	*Jüchen	1:57:02	1:57:39	58	M45	71	5: 07:38 07:29 47:03 47:30 07:20
386	1111	Fitschen Jan	AOK-TEAM	1:57:13	1:57:16	52	M40	77	5: 06:33 06:33 42:56 53:02 08:08
387	4444	Hintzsche Burkhard	Landeshauptstadt Düsseldorf	1:57:15	1:57:17	46	M50	65	5: 06:34 06:34 42:50 53:08 08:08
388	1064	Audouze Xavier	*Düsseldorf	1:57:20	1:58:53	59	M45	70	5: 08:15 07:49 48:12 46:22 06:41
389	1419	Porwik Marius	*Düsseldorf	1:57:21	1:58:23	78	M35	78	5: 07:14 07:21 46:22 49:01 07:21
390	1873	Serrado Pedro	UNIPER	1:57:22	1:58:11	79	M35	81	5: 07:24 07:24 46:28 48:04 08:00
391	1133	Winkler Sebastian	*Würselen	1:57:28	1:58:53	57	MHK	90	5: 07:51 07:30 46:17 48:14 07:35
392	1638	Lindgens Nico	Stadtwerke Düsseldorf AG	1:57:30	1:58:06	58	MHK	92	5: 07:01 07:04 46:21 48:58 08:04
393	1086	Engelkamp Henrik Harold	*Haan	1:57:31	1:58:48	59	MHK	94	5: 07:24 07:24 46:38 48:46 07:18
394	1208	Schwarz Stefan	*Düsseldorf	1:57:33	1:58:29	60	M45	68	5: 07:46 07:42 48:07 46:54 07:01
395	1808	Funke Mathias	*Bocholt	1:57:35	1:58:26	47	M50	66	5: 07:35 07:23 46:22 48:21 07:52
396	1676	Schlütter Thomas	*Bocholt	1:57:36	1:58:26	48	M50	66	5: 07:35 07:22 46:11 48:20 08:05
397	1036	Ye Shijie	*Düsseldorf	1:57:36	1:58:42	80	M35	80	5: 07:19 07:20 46:02 49:14 07:39
398	1411	Blondin Arnaud	*Düsseldorf	1:57:41	1:58:38	61	M45	69	5: 07:19 07:19 46:44 48:09 08:09
399	1300	Klingbeil Sascha	*Düsseldorf	1:57:56	1:58:58	53	M40	76	5: 08:03 07:46 47:50 46:40 07:34
400	1363	Pommerenke Rolf	LT Düsseldorf-Süd	1:58:00	1:58:15	49	M50	64	5: 06:56 07:10 47:08 49:09 07:35
401	1179	Thom Norman	*Frankfurt	1:58:04	1:59:38	62	M45	72	5: 07:58 07:17 45:54 49:10 07:43
402	1168	Trusheim Volker	*Düsseldorf	1:58:15	1:59:44	54	M40	76	5: 08:07 07:53 48:37 47:22 06:13
403	1575	Kruger Maxim	*Düsseldorf	1:58:16	1:58:56	55	M40	77	5: 07:20 07:17 46:05 49:30 08:01
404	1709	Schübler Uwe	Rollon GmbH	1:58:26	1:59:45	81	M35	79	5: 07:11 07:03 45:37 49:27 09:06
405	1567	Gerl David	*Düsseldorf	1:58:30	2:00:13	82	M35	80	5: 07:12 07:02 47:53 48:59 07:22
406	1500	Filipczyk Martin	*Düsseldorf	1:58:38	1:59:42	68	M30	85	5: 07:24 07:14 46:43 49:18 07:56
407	1645	Schlitzer Andreas	*Bonn	1:58:43	2:00:11	69	M30	84	5: 07:39 07:20 46:05 49:19 08:19
408	1603	Stephan Oliver	*Düsseldorf	1:58:44	2:00:01	83	M35	79	5: 08:15 07:33 48:04 47:34 07:16
409	1347	Kreiter Josef	*Düsseldorf	1:58:44	2:00:10	56	M40	75	5: 07:35 07:46 47:58 47:33 07:51
410	1718	Kormann Eckard	Marathon Steinfurt	1:58:51	1:59:50	2	M65	50	5: 06:59 07:09 46:13 50:34 07:54
411	1882	Hoffmann Michael	*Neuss	1:58:55	2:00:21	57	M40	74	5: 07:55 07:37 47:32 48:09 07:40
412	1887	Twellmeyer Thomas	*Düsseldorf	1:58:55	2:00:21	70	M30	84	5: 07:54 07:38 47:32 48:09 07:41
413	1690	Wöller Martin	LT Dammsteg	1:58:57	2:00:10	13	M55	60	5: 07:32 07:36 46:42 49:20 07:45
414	1475	Dietrich Jo	ASG Hüttemann	1:58:58	2:00:26	63	M45	69	5: 08:40 08:39 49:12 45:29 06:56
415	2072	Di Martino Gianni	APS-technology	1:58:59	1:59:35	64	M45	70	5: 06:54 06:53 44:37 52:08 08:26
416	1286	Rank Moritz	*Düsseldorf	1:59:04	1:59:41	60	MHK	89	5: 07:05 07:10 46:11 50:40 07:57
417	1099	Koch Patrick	*Düsseldorf	1:59:04	1:59:33	58	M40	76	5: 06:47 06:57 45:25 51:51 08:03
418	1481	Heruday Michael	*Kaarst	1:59:10	1:59:54	84	M35	81	5: 07:14 07:06 45:26 47:46 11:36
419	1063	Fleuth Stefan	*Gronau-Epe	1:59:21	1:59:50	65	M45	70	5: 07:27 07:37 48:41 48:04 07:29
420	1115	Schlattmann Nick	*Düsseldorf	1:59:21	2:00:03	59	M40	75	5: 07:10 07:19 47:09 50:01 07:41

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
421	1752	Schulz-Bongert Udo	Running Team Grafenberg	1:59:24	2:00:17	14	M55	60	5: 07:27 07:03 46:18 50:48 07:46
422	2101	Schütz Carsten		1:59:29	2:00:00	85	M35	78	5: 07:13 07:18 47:11 49:24 08:22
423	1670	Henneken Christoph	Gilde Laufgruppe	1:59:29	1:59:55	60	M40	76	5: 06:54 06:56 45:19 51:40 08:38
424	1543	Özdemir Akif	*Düsseldorf	1:59:34	1:59:37	50	M50	67	5: 06:35 07:04 47:37 49:57 08:19
425	1865	Schütt Holger	200PRO	1:59:37	2:00:26	61	M40	73	5: 07:27 07:25 47:50 49:19 07:34
426	1900	Wüst Hans Werner	*Köln	1:59:47	2:00:16	3	M65	50	5: 07:24 07:21 47:38 49:24 07:58
427	1746	Schmidt Christian	*Hamm	1:59:53	2:00:37	61	MHK	93	5: 07:22 07:24 46:23 50:25 08:16
428	1389	Meyer Frank	*Düsseldorf	1:59:54	2:00:51	86	M35	78	5: 07:16 07:23 45:28 51:15 08:30
429	1769	Böhme Nils	*Rostock	2:00:01	2:01:24	62	MHK	95	5: 07:33 07:22 47:18 49:45 08:01
430	1754	Hendricks Markus	SSK DÜSSELDORF	2:00:01	2:01:03	87	M35	81	5: 07:20 07:19 45:24 50:29 09:28
431	1449	Bergmann Gaspar	D-Team by Darius Niesporek	2:00:19	2:01:10	3	MU20	99	5: 07:50 07:56 49:34 48:10 06:47
432	1448	Niesporek Darius	D-Team by Darius Niesporek	2:00:19	2:01:10	62	M40	77	5: 07:51 07:56 49:34 48:12 06:45
433	1256	Sürtenich Ralf	Vodafone	2:00:25	2:01:59	15	M55	59	5: 07:55 07:29 48:26 48:48 07:45
434	1271	Coenen Daan	*Nijmegen	2:00:42	2:01:34	63	MHK	88	5: 06:35 06:29 42:51 55:05 09:39
435	1367	Kerlach Viktor	*Kalkar	2:00:42	2:01:09	64	MHK	88	5: 06:18 06:14 41:17 58:43 08:08
436	1304	Tschasche Joerg	*Köln	2:00:45	2:01:47	63	M40	73	5: 07:52 07:53 48:45 48:31 07:42
437	1305	Jonas Michael	*Petersberg	2:00:45	2:01:46	88	M35	82	5: 07:52 07:51 48:46 48:32 07:41
438	1784	Gamer Uwe	*Düsseldorf	2:00:50	2:01:07	16	M55	60	5: 06:52 07:10 46:56 51:09 08:40
439	1255	Meyer-Kahlen Stefan	Rheinrunner	2:00:51	2:02:09	66	M45	68	5: 07:44 07:51 48:42 49:00 07:33
440	1589	Curth Martin	Vehemare Ultras	2:00:57	2:02:25	71	M30	83	5: 08:04 07:56 48:36 48:37 07:43
441	1992	Fringes Reinhard	Tus Lendringsen	2:01:04	2:01:44	15	M60	54	5: 07:54 07:48 49:31 47:57 07:52
442	1103	Schmidt Dennis	*Mülheim	2:01:27	2:02:51	65	MHK	88	5: 07:45 07:32 46:06 51:48 08:15
443	1519	Böllhoff Felix	*Velbert	2:01:28	2:02:58	66	MHK	89	5: 07:43 07:46 48:28 49:33 07:55
444	1511	Drecker Uwe	*Düsseldorf	2:01:29	2:03:00	51	M50	64	5: 07:51 07:30 48:35 49:35 07:57
445	1937	von der Linden Klaus	Linklaters	2:01:33	2:02:48	64	M40	77	5: 07:28 06:55 44:54 53:35 08:39
446	1969	Schneider Peter	*Geilenkirchen	2:01:34	2:02:27	17	M55	59	5: 07:54 07:56 49:15 48:43 07:44
447	1662	Uebbing Klaus	Gilde Laufgruppe	2:01:36	2:02:01	67	M45	68	5: 07:22 07:28 46:57 51:41 08:07
448	1246	Roosen Thomas	Run4Fun	2:01:36	2:02:44	52	M50	63	5: 07:38 07:37 48:26 49:46 08:07
449	1919	Schönwald Matthias	Sportfreunde MMEC	2:01:38	2:02:36	65	M40	75	5: 07:49 07:47 47:42 50:31 07:47
450	1000	Grünholz Ralf	run2gether	2:01:53	2:02:31	68	M45	68	5: 07:12 07:19 47:54 51:49 07:38
451	1599	Büllingen Eike Gerrit	*Düsseldorf	2:01:58	2:03:35	72	M30	87	5: 07:09 07:05 50:37 49:42 07:23
452	1878	Rasouli Rastin	*Mülheim an der Ruhr	2:02:05	2:03:28	67	MHK	88	5: 08:07 07:24 46:11 52:33 07:48
453	2062	Haase Carsten		2:02:08	2:03:19	89	M35	80	5: 07:35 07:28 47:17 51:20 08:26
454	2081	Glüsenkamp Andre		2:02:09	2:03:23	66	M40	77	5: 07:41 07:52 49:25 50:19 06:50
455	2080	Dupuis Regerald	Laufjunkies	2:02:10	2:03:24	69	M45	69	5: 07:41 07:53 49:25 50:19 06:50
456	1810	de Werth Oliver	*Düsseldorf	2:02:22	2:02:52	18	M55	61	5: 07:21 07:15 45:12 54:04 08:28
457	1038	Yamada Koji	*DÜSSELDORF	2:02:28	2:03:41	53	M50	67	5: 07:26 07:25 48:42 51:05 07:48
458	2083	Schneider Reiner	Team Erdinger Alkoholfrei	2:02:30	2:02:33	54	M50	65	5: 07:13 07:35 48:38 51:02 07:59
459	1830	Hengvoß Thorsten	*Neuss	2:02:49	2:03:12	73	M30	86	5: 06:36 06:52 43:35 57:57 07:47
460	1431	Hebisch Torsten	*Willich	2:03:12	2:03:36	70	M45	70	5: 07:11 07:09 46:27 52:58 09:24
461	1526	Vicente Neufend Markus	LVR-Klinikum Düsseldorf	2:03:45	2:04:20	90	M35	78	5: 07:36 07:31 48:22 51:38 08:36
462	1719	Drockenmüller Roberto	Lauffreff Fische	2:03:45	2:04:53	19	M55	62	5: 07:52 07:45 48:39 51:22 08:05
463	1705	Schorn Ralf	*Düsseldorf	2:03:47	2:04:55	55	M50	64	5: 07:53 07:45 48:39 51:23 08:06
464	1265	Melcher Stefan	Stauder Runners	2:03:49	2:05:18	67	M40	74	5: 08:16 08:09 50:45 49:22 07:15
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467	1631	Raapke Julius	Linklaters	2:03:55	2:05:11	75	M30	84	5: 07:42 07:47 48:37 51:20 08:27
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469	2057	Gogoll Stefan		2:04:07	2:05:04	91	M35	82	5: 07:09 07:16 47:03 53:36 09:01
470	2089	Milan Robin		2:04:07	2:04:29	76	M30	87	5: 06:38 06:59 49:07 53:02 08:18
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472	1147	Lenemann Felix	---	2:04:13	2:05:20	77	M30	83	5: 07:44 07:41 48:15 52:15 08:15
473	2073	Marseille Martin	TV-Witzhelden	2:04:20	2:04:41	17	M60	53	5: 07:02 07:09 47:31 53:12 09:24
474	1125	Kaleta Peter	*Übach-Palenberg	2:04:20	2:05:44	68	MHK	89	5: 07:52 07:30 49:09 52:09 07:38
475	1029	Küffen Holger	*Hattingen	2:04:24	2:04:48	56	M50	67	5: 07:32 07:41 48:53 52:11 08:05
476	1065	Overhoff Ingmar	*Wuppertal	2:04:24	2:04:48	72	M45	71	5: 07:33 07:40 48:54 52:11 08:05
477	1030	Geissdörfer Dennis	*Wuppertal	2:04:25	2:04:47	4	MU20	98	5: 07:35 07:41 48:53 52:12 08:03
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479	1698	Ehlers Ben-Frederik		2:04:35	2:05:36	69	MHK	89	5: 07:32 07:29 47:48 52:57 08:46
480	1598	Jakobs Sven	*Meerbusch	2:04:46	2:06:24	68	M40	74	5: 07:58 07:34 48:46 52:10 08:16



## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
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482	1493	Berg Wolfgang	*Duisburg	2:04:50	2:06:21	4	M65	52	5: 08:09 07:53 51:22 49:47 07:36
483	1739	Seichter Alexander	Holz Roeren GmbH	2:04:53	2:06:16	69	M40	74	5: 08:12 08:01 48:41 51:22 08:35
484	1738	Schiebe Michael	Holz Roeren GmbH	2:04:54	2:06:16	70	M40	73	5: 08:12 08:01 48:42 51:22 08:35
485	1508	Stoermer Magnus	LT Schokokuchen	2:04:54	2:06:05	71	M40	75	5: 08:14 08:04 50:11 50:26 07:57
486	1863	Steinhüser Egbert	200PRO	2:04:56	2:05:42	72	M40	74	5: 07:44 07:43 50:03 51:25 08:00
487	1897	Tanigaki Nobuhiro	PAPA GENKI	2:05:10	2:06:22	73	M40	76	5: 08:12 08:04 49:05 51:16 08:31
488	1424	Reinartz Marc	Reprocap	2:05:11	2:06:06	92	M35	80	5: 06:53 07:02 49:21 53:16 08:37
489	1962	Selfhout John		2:05:19	2:05:49	57	M50	65	5: 07:25 07:40 48:41 52:53 08:39
490	1708	Graw Martin	Rollon GmbH	2:05:24	2:06:51	74	M40	76	5: 08:17 08:04 48:21 52:09 08:30
491	2055	Oka Satoshi		2:05:46	2:07:15	75	M45	70	5: 07:54 07:31 47:56 53:42 08:41
492	1569	Kolkmann Benjamin	*Essen	2:06:14	2:07:39	78	M30	85	5: 08:07 07:35 49:43 53:53 06:53
493	1009	Rompel Christian	*Hückelhoven	2:06:27	2:07:55	75	M40	74	5: 08:10 07:44 49:38 52:38 08:16
494	1874	Zierau Volker	*Neuss	2:06:27	2:07:04	21	M55	59	5: 07:44 07:41 49:43 52:44 08:32
495	2099	Sprink Thomas		2:06:30	2:07:31	58	M50	63	5: 07:56 07:46 48:58 52:50 08:58
496	1294	Graebel Gunther	Crepe & Baguette Duisburg	2:06:32	2:06:59	18	M60	53	5: 06:51 07:00 45:44 58:48 08:07
497	1104	Nottebaum Berthold		2:06:44	2:07:46	19	M60	56	5: 07:33 07:28 47:51 53:43 10:07
498	1759	Seeberger Thomas	*Erkrath	2:06:52	2:08:27	22	M55	62	5: 08:12 08:11 50:37 51:38 08:12
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502	1679	Silber Frank	*Düsseldorf	2:07:16	2:08:30	93	M35	79	5: 07:53 07:48 49:31 53:40 08:21
503	1200	Rampoldt Dan	*Düsseldorf	2:07:26	2:08:32	94	M35	80	5: 07:25 07:21 48:27 55:15 08:57
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505	1552	Zhang Tao	*Duesseldorf	2:07:38	2:09:10	70	MHK	91	5: 07:37 07:17 45:39 55:48 11:14
506	1629	Lüders Philipp	*Langenfeld	2:07:42	2:08:52	95	M35	78	5: 07:32 07:49 50:43 52:55 08:42
507	1003	Funk Detlef	Team Erdinger Alkoholfrei	2:07:43	2:09:11	78	M45	69	5: 08:09 08:02 50:58 52:23 08:09
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509	1743	Imbusch Sebastian	*Ratingen	2:08:02	2:09:25	96	M35	81	5: 08:24 07:32 49:44 53:09 09:11
510	1229	Van der Bijl Kennard	*Ede	2:08:04	2:09:47	79	M45	68	5: 07:59 08:02 50:37 52:50 08:34
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512	1814	Aretz Glenn	*Erkrath	2:08:20	2:09:23	97	M35	82	5: 08:38 08:20 53:28 50:22 07:29
513	1580	Pieper Bernd	*Menden	2:08:21	2:09:01	20	M60	57	5: 07:53 07:49 49:31 54:15 08:51
514	1701	Wiegers Michael	BSG Springorum Bochum	2:08:22	2:08:47	60	M50	67	5: 07:12 07:16 50:22 54:50 08:41
515	1293	Drees Christian	*Bochum	2:08:38	2:09:14	80	M45	69	5: 07:11 07:22 49:29 55:02 09:31
516	1627	Pakusch Chris	*Willich	2:08:42	2:10:03	79	M30	84	5: 07:35 07:30 52:09 54:42 06:44
517	1321	Stief Sebastian	*Düsseldorf	2:08:56	2:09:29	71	MHK	91	5: 07:42 07:41 49:12 56:17 08:02
518	1446	Buhren Alexander	*Issum	2:09:06	2:10:21	72	MHK	94	5: 08:24 08:17 51:54 52:14 08:15
519	1191	Tsachpinis Theodoros	Freie Schwimmer Düsseldorf	2:09:08	2:10:20	80	M30	83	5: 08:22 08:07 50:57 52:49 08:51
520	1277	Schulte Sebastian	*Düsseldorf	2:09:47	2:11:13	98	M35	79	5: 08:21 08:17 52:50 52:19 07:58
521	1928	Noel Christian	Amicale POST Luxembourg	2:09:49	2:10:54	99	M35	78	5: 07:56 07:52 49:41 54:40 09:37
522	1848	Derißen Stefan	200PRO	2:09:58	2:10:44	73	MHK	89	5: 08:07 08:07 52:20 53:20 08:02
523	1862	Schütte Andreas	200PRO	2:09:58	2:10:44	24	M55	62	5: 08:07 08:06 52:20 53:20 08:03
524	1463	Hilder Gerald	*Düsseldorf	2:10:08	2:11:24	77	M40	75	5: 07:38 07:49 48:47 55:13 10:39
525	1008	Thimm Frank	*Düsseldorf	2:10:16	2:11:47	81	M45	70	5: 08:23 08:01 52:02 53:27 08:22
526	1039	Burg Matthias	*Düsseldorf	2:10:16	2:11:48	82	M45	70	5: 08:23 08:00 52:03 53:27 08:22
527	1101	Vollbrecht Stefan	Rollon GmbH	2:10:17	2:11:42	100	M35	82	5: 08:15 08:05 50:16 53:47 09:52
528	1297	Bauermeister Marcus	*Düsseldorf	2:10:46	2:12:15	78	M40	73	5: 07:56 07:34 48:51 57:30 08:52
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530	2095	Berkenkemper Daniel	DanPT.de	2:10:51	2:12:21	61	M50	67	5: 08:14 08:17 52:36 54:11 07:32
531	1472	Juber Dieter	Der Bachläufer	2:10:52	2:11:10	62	M50	63	5: 07:10 07:10 48:17 59:21 08:53
532	1026	Radomirovic Aleksandar	*Düsseldorf	2:11:31	2:12:45	102	M35	78	5: 08:06 08:01 51:20 55:34 08:28
533	2029	Leienecker Thomas	Praxis Dr. Matthias Höschel	2:11:32	2:12:13	83	M45	68	5: 07:47 07:51 51:11 55:19 09:23
534	1197	Rotthoff Veit	*Düsseldorf	2:11:42	2:13:21	79	M40	73	5: 08:15 08:10 52:39 53:58 08:39
535	1205	Schiemenz Christian	*Lübeck	2:11:44	2:13:15	74	MHK	89	5: 08:19 08:00 51:09 55:39 08:35
536	1280	Hermes Heinz	*Oldenburg	2:11:48	2:12:28	21	M60	55	5: 07:57 07:55 49:07 56:19 10:28
537	1359	Kirchesch Heiko	*Düsseldorf	2:11:53	2:13:29	22	M60	57	5: 08:25 08:21 52:03 54:06 08:56
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539	1881	Börgel Jonas	*Mülheim	2:12:07	2:12:39	75	MHK	90	5: 07:21 07:22 49:45 58:34 09:03
540	1336	Schmitz Ulrich	*Hilden	2:12:11	2:13:38	25	M55	62	5: 08:05 08:10 52:22 55:03 08:28

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
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542	1310	Jöns Torben	*Düsseldorf	2:12:34	2:13:05	76	MHK	89	5: 07:43 07:41 49:12 58:13 09:43
543	1860	Pieda Dietmar	200PRO	2:12:51	2:13:34	64	M50	65	5: 08:02 08:16 52:13 55:46 08:32
544	1958	Korsistka Reinhard	*Geldern	2:12:59	2:14:03	26	M55	60	5: 07:31 07:24 49:58 58:52 09:13
545	1390	Besser Kevin	runners-flow.de	2:13:00	2:14:21	81	M30	85	5: 08:39 08:37 53:10 53:50 08:43
546	1697	Jonetat Luca	*Düsseldorf	2:13:01	2:14:19	5	MU20	99	5: 08:12 08:01 50:35 58:28 07:43
547	1095	Deckenhoff Christian	*Düsseldorf	2:13:16	2:14:47	82	M30	84	5: 07:50 07:45 50:36 58:16 08:47
548	1376	Ebert Alexander	*Monheim am Rhein	2:13:28	2:13:58	83	M30	86	5: 08:06 08:20 53:48 54:47 08:25
549	1333	Zilius Jörg	*Sprockhövel	2:13:32	2:14:56	27	M55	62	5: 07:28 07:39 51:14 57:34 09:36
550	2082	Plach Andre		2:13:34	2:15:11	77	MHK	90	5: 08:50 08:41 55:19 53:29 07:13
551	1736	Roggemann Max	Holz Roeren GmbH	2:13:41	2:15:01	104	M35	79	5: 08:17 08:13 52:31 56:09 08:29
552	1170	Dahmen Christopher	*Düsseldorf	2:13:44	2:15:03	78	MHK	91	5: 08:08 08:01 52:37 55:33 09:23
553	1758	Suzuki Tatsuma	PAPA GENKI	2:14:02	2:15:14	80	M40	76	5: 08:12 08:06 51:45 55:43 10:14
554	1535	Fujiwara Daisuke	*Düsseldorf	2:14:05	2:15:30	84	M30	84	5: 08:35 08:37 54:06 54:26 08:19
555	1908	Schröder Marc	AWISTA GmbH	2:14:08	2:14:35	85	M30	87	5: 07:31 08:04 54:01 55:44 08:46
556	1264	Hüttemann Tim	*Düsseldorf	2:14:45	2:16:23	105	M35	81	5: 08:28 08:27 51:59 56:37 09:11
557	1706	Wiese Karsten	Rollon GmbH	2:14:54	2:16:18	81	M40	76	5: 08:16 08:06 50:19 58:47 09:25
558	1888	Schlütter Jürgen	TSV Bocholt	2:14:58	2:15:49	28	M55	62	5: 08:43 08:39 54:28 54:50 08:16
559	1083	Otto Michael	*Mönchengladbach	2:15:10	2:15:28	29	M55	62	5: 07:18 07:26 51:00 59:55 09:29
560	1174	Jones Philip	Calder Valley Fell Runners	2:15:37	2:16:43	23	M60	57	5: 08:02 07:54 51:32 58:33 09:33
561	1651	Paschvoß Tobias	*Hückelhoven	2:15:39	2:15:51	86	M30	85	5: 06:44 07:43 52:43 59:46 08:41
562	1713	Czwikla Jerome	Rollon GmbH	2:15:50	2:17:10	87	M30	85	5: 07:27 07:22 48:56 02:24 09:39
563	1934	Korb Christoph	AOK-TEAM	2:16:10	2:17:29	84	M45	72	5: 08:05 08:01 52:47 58:14 09:00
564	1720	Katzera Uwe	*Düsseldorf	2:16:19	2:16:39	30	M55	59	5: 06:41 06:52 48:28 04:42 09:34
565	1096	Kahl Patrick	*Düsseldorf	2:16:20	2:17:02	79	MHK	88	5: 07:49 07:49 53:20 58:13 09:07
566	1215	Vollmar Johannes	*Düsseldorf	2:16:30	2:17:34	106	M35	80	5: 08:38 08:20 53:29 56:07 09:55
567	1729	Baur Tobias	Aesica Pharmaceuticals GmbH	2:16:43	2:17:46	85	M45	72	5: 07:44 07:37 52:18 58:13 10:49
568	1140	Dymaczewski Niklas	*Düsseldorf	2:16:55	2:18:27	80	MHK	89	5: 08:13 08:03 52:29 59:07 09:01
569	1827	Tiemann Klaus	*Neuss	2:17:35	2:19:07	24	M60	56	5: 08:34 08:45 55:38 56:07 08:29
570	1902	Schoeneis Thorsten	Lecker Dröppke / 95 oleeee	2:17:36	2:18:17	86	M45	72	5: 08:00 08:21 55:02 57:04 09:07
571	1081	Schaffrath Sascha	*Alsdorf	2:17:57	2:18:54	82	M40	73	5: 08:48 08:47 55:18 56:15 08:47
572	1082	Mertens Guido	*Herzogenrath	2:17:58	2:18:54	65	M50	67	5: 08:49 08:48 55:17 56:15 08:47
573	1756	Rüger Daniel	/	2:18:12	2:19:50	81	MHK	88	5: 08:50 08:41 55:18 56:35 08:47
574	1586	Heitger Oliver	Running Team Grafenberg	2:18:40	2:19:47	66	M50	67	5: 08:44 08:40 55:32 57:18 08:23
575	1137	Schulz Fabian	*Düsseldorf	2:19:00	2:20:18	88	M30	84	5: 07:29 07:38 51:14 01:52 10:45
576	1504	Westphal Kai	Terez fans	2:20:21	2:22:00	107	M35	81	5: 08:29 08:40 55:35 58:27 09:09
577	1299	Götzinger Maik	Gigolo Lounge	2:20:30	2:22:00	108	M35	81	5: 08:49 08:45 56:15 56:46 09:52
578	1653	Münch Dieter	*Soest	2:20:56	2:22:26	2	M70	47	5: 08:24 08:32 54:01 59:52 10:04
579	1138	Kuczka Julian	*Krefeld	2:21:26	2:22:57	82	MHK	90	5: 09:12 09:18 59:19 54:19 09:16
580	1146	Thiemann Lawrence	*Leipzig	2:22:23	2:23:18	83	MHK	91	5: 08:33 08:33 50:10 05:39 09:26
581	1145	Thiemann Charles	*Korschenbroich	2:22:24	2:23:19	84	MHK	88	5: 08:33 08:33 54:27 01:21 09:27
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583	1811	Gruschka Gregor	0	2:23:53	2:25:28	31	M55	58	5: 08:30 08:39 57:03 59:23 10:15
584	1238	Lenemann Harald	Run4Fun	2:23:57	2:25:05	25	M60	57	5: 08:08 08:13 55:03 02:16 10:16
585	1656	Reschetnik Wladislaw	*Castrop-Rauxel	2:24:01	2:24:48	85	MHK	97	5: 09:07 08:10 51:28 05:19 09:56
586	2006	Tolksdorf Patrick	*Düsseldorf	2:24:13	2:25:51	86	MHK	88	5: 08:09 08:14 53:47 03:19 10:43
587	1783	Claßen Alexander	*Witten	2:24:41	2:26:00	89	M30	84	5: 08:37 08:43 55:31 02:02 09:46
588	1883	Picken Matthias	*Düsseldorf	2:24:49	2:26:10	87	MHK	88	5: 07:27 07:28 52:33 06:44 10:33
589	1317	Hinze Matthias	*Balingen	2:25:21	2:26:57	109	M35	81	5: 08:42 08:46 57:15 01:30 09:06
590	2049	Stosch Dr. Daniel		2:25:36	2:26:11	87	M45	70	5: 07:36 07:32 50:24 09:03 10:59
591	1960	Franke Claus	SV Zeilsheim	2:26:48	2:28:10	32	M55	62	5: 08:13 08:29 55:30 04:22 10:11
592	1108	Gaetje Andreas	*Köln	2:27:48	2:29:09	88	M45	72	5: 08:31 08:14 59:48 03:52 07:21
593	1276	Lenz Guido	*Düsseldorf	2:28:15	2:29:49	89	M45	72	5: 08:33 09:41 54:24 05:25 10:11
594	1209	Wiggert Bernd	*Düsseldorf	2:28:51	2:30:19	110	M35	78	5: 08:18 08:31 56:51 05:05 10:04
595	2043	Muller Damian		2:29:42	2:30:00	68	M50	65	5: 08:06 08:33 58:09 04:46 10:05
596	1926	Heyn Tobias	Trimones	2:30:14	2:31:31	83	M40	75	5: 08:51 08:55 56:20 05:21 10:46
597	1907	Lasch Oliver	AWISTA GmbH	2:34:30	2:34:57	88	MHK	92	5: 07:54 08:17 59:32 07:43 11:01
598	1973	Oguchi Takahiro	PAPA GENKI	2:36:39	2:37:51	111	M35	80	5: 08:57 08:46 56:43 07:56 14:15
599	1757	Kohl Michael	/	2:36:48	2:38:27	89	MHK	89	5: 08:51 08:46 58:59 09:01 11:09
600	1610	Deden Sascha	Annesupergret	2:39:24	2:40:51	90	M30	85	5: 09:04 09:15 02:19 08:50 09:53

## Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden				
601	2011	Akiyama Yu	PAPA GENKI	2:42:04	2:43:15	112	M35	82	5:08:53	08:56	57:03	16:42	10:29
602	1465	Schilch Andreas	0	2:44:07	2:45:31	90	M45	68	5:09:03	09:41	03:30	10:17	11:34
603	1986	Suzuki Hodaka	*Dusseldorf	2:44:18	2:45:28	113	M35	82	5:08:55	08:56	57:47	16:10	12:28
0	3625	Kaminski Damian	LSF Münster	0:00:00	0:00:00	0	MHK	89	2:04:57	05:01	00:00	00:00	00:00
0	1978	Büngeler Mike	*Velbert	0:00:00	0:00:00	0	MHK	94	4:07:08	06:48	40:34	40:56	00:00
0	1959	Brockmann Lars	*Duisburg	0:00:00	0:00:00	0	M40	77	4:06:46	06:50	45:20	52:57	00:00
0	1943	Kramer Christoph	Linklaters	0:00:00	0:00:00	0	M30	87	4:07:42	07:46	47:16	45:32	00:00
0	1939	König Mirko	Linklaters	0:00:00	0:00:00	0	M40	77	2:07:42	07:47	00:00	00:00	00:00
0	1929	Preis Philip	*Köln	0:00:00	0:00:00	0	MHK	89	3:06:32	06:53	47:25	00:00	00:00
0	1910	Kiersten Benjamin	AWISTA GmbH	0:00:00	0:00:00	0	MHK	90	3:05:57	06:06	29:40	00:00	00:00
0	1890	Descombes Michel-on-Tour	Spiridon Frankfurt/Main	0:00:00	0:00:00	0	M75	41	3:00:00	00:00	00:00	00:00	00:00
0	1813	Simon Cassien	*Antheit	0:00:00	0:00:00	0	M50	64	4:06:53	06:47	39:48	38:03	00:00
0	1775	Gauder Sebastian	*Düsseldorf	0:00:00	0:00:00	0	M35	79	2:07:34	07:53	00:00	00:00	00:00
0	1685	Evdokimov Ivan	L'Oréal	0:00:00	0:00:00	0	M30	85	4:08:11	08:12	54:28	06:10	00:00
0	1673	Prabhakar Alok Ravinder	*Düsseldorf	0:00:00	0:00:00	0	M35	80	2:07:22	11:58	00:00	00:00	00:00
0	1644	Baba Koichiro	PAPA GENKI	0:00:00	0:00:00	0	M35	79	3:00:00	00:00	00:00	00:00	00:00
0	1622	Heidenreich Günter	SG Stern Werk Düsseldorf	0:00:00	0:00:00	0	M55	61	3:08:00	07:31	54:25	00:00	00:00
0	1566	Derda Jürgen	*Krefeld	0:00:00	0:00:00	0	M35	78	4:06:37	05:57	43:03	38:24	00:00
0	1554	Sahnen Helmut	*Düsseldorf	0:00:00	0:00:00	0	M55	60	3:07:54	08:28	02:48	00:00	00:00
0	1532	Elsner Ulrich	Trifinish Münster	0:00:00	0:00:00	0	M35	79	3:05:55	06:03	39:17	00:00	00:00
0	1486	Nikoltschuk Sergej	*Hilden	0:00:00	0:00:00	0	M30	86	4:05:14	05:17	33:21	33:36	00:00
0	1443	Schiltz Steve	Amicale POST Luxembourg	0:00:00	0:00:00	0	M35	80	3:07:58	07:52	50:29	00:00	00:00
0	1413	Weyrauch Daniel	*Aachen	0:00:00	0:00:00	0	MHK	89	4:07:36	07:23	45:56	57:37	00:00
0	1387	Lythe Andrew	*Hilden	0:00:00	0:00:00	0	M30	87	4:07:39	07:49	50:52	54:17	00:00
0	1350	Wildschütz Thomas	*Mönchengladbach	0:00:00	0:00:00	0	M35	82	3:07:43	07:38	50:03	00:00	00:00
0	1325	Ferrand Stephane	*Düsseldorf	0:00:00	0:00:00	0	M45	68	3:06:57	06:51	45:52	00:00	00:00
0	1291	Wagner Reinhold	*Düsseldorf	0:00:00	0:00:00	0	M60	57	4:08:25	08:34	52:03	51:28	00:00
0	1261	Kawanishi Takahide	PAPA GENKI	0:00:00	0:00:00	0	M40	74	3:00:00	00:00	00:00	00:00	00:00
0	1218	Schwenk Torsten	*Düsseldorf	0:00:00	0:00:00	0	M45	69	4:06:02	06:16	39:11	39:20	00:00
0	1190	Dönder Didi	Fortuna - treu	0:00:00	0:00:00	0	M50	63	4:07:40	07:47	53:11	57:06	00:00
0	1032	Ehrke Henri	*Hopsten	0:00:00	0:00:00	0	M50	67	3:08:37	08:25	56:41	00:00	00:00
0	1005	Janaszek Grzegorz	*Wesel	0:00:00	0:00:00	0	M40	75	4:06:58	07:00	45:34	46:39	00:00
0	2026	Herrera Francisco	Praxis Dr. Matthias Höschel	0:00:00	0:00:00	0	M35	81	4:08:16	08:02	50:16	52:52	00:00
0	2038	Frenssen Christian	Early Bird Swimmers	0:00:00	0:00:00	0	M40	77	3:05:52	05:52	38:05	00:00	00:00
0	2050	Blüml Manfred		0:00:00	0:00:00	0	M55	62	4:06:23	06:29	42:45	46:20	00:00
0	2053	Furuyama Shun		0:00:00	0:00:00	0	M50	65	4:06:23	06:29	40:38	38:57	00:00
0	2103	Hochheuser Lukas		0:00:00	0:00:00	0	MU20	98	2:07:24	07:20	00:00	00:00	00:00
0	2107	Oberschmidt Arnt		0:00:00	0:00:00	0	M40	77	4:07:22	07:43	52:40	50:34	00:00

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
1	1838	Fierek Carina	TUS Xanten	1:25:40	1:25:44	1	W30	83	5: 05:31 05:30 34:11 34:56 05:30
2	1182	Schneider Claudia	Bunert - Der Kölner Laufladen	1:27:16	1:27:16	1	W35	78	5: 05:18 05:32 34:59 35:44 05:40
3	1763	de Knijff Samantha	*Almere	1:27:30	1:27:37	1	WHK	88	5: 05:32 05:33 34:56 35:51 05:35
4	1455	Schneider Silke	Bunert - Der Siegburger Laufla	1:27:45	1:27:46	1	W40	76	5: 05:17 05:33 35:32 35:50 05:32
5	1533	Beheiri-Elsner Sara	*Münster	1:28:29	1:28:33	2	W30	84	5: 05:20 05:26 35:33 36:33 05:35
6	1731	Möse Kristin	LSF Münster	1:29:33	1:29:40	2	WHK	90	5: 05:33 05:35 35:48 36:51 05:43
7	1931	Lenzing Gina	SSK DÜSSELDORF	1:30:23	1:30:28	3	WHK	88	5: 05:20 05:36 36:02 37:16 06:07
8	1772	Streb Christina	*Aachen	1:31:15	1:31:23	4	WHK	96	5: 05:56 05:52 36:55 36:50 05:40
9	1952	Kanditt Katja	OSC Waldniel	1:33:36	1:33:39	2	W40	77	5: 05:32 05:36 37:23 38:53 06:09
10	2052	Spicker Ute	TEAM-ESSEN '99	1:36:14	1:36:20	1	W55	61	5: 05:38 05:47 37:17 40:45 06:46
11	2078	Schröder Sevay	LT Siebengebirge	1:36:18	1:36:23	1	W45	69	5: 05:54 05:58 38:23 39:43 06:18
12	2069	Bückling Nadine		1:36:31	1:37:42	2	W35	82	5: 07:27 07:26 46:42 27:36 07:18
13	1633	Henning Carina	*Düsseldorf	1:37:55	1:38:38	5	WHK	90	5: 06:25 06:27 39:25 39:34 06:04
14	1836	Hug Ines	TV 1892 Dolgesheim	1:38:18	1:38:34	6	WHK	91	5: 06:44 06:33 38:56 39:47 06:15
15	1640	Baedeker Grit	TEA/ LT Hennef	1:39:05	1:39:16	2	W45	70	5: 05:59 06:13 40:01 40:36 06:15
16	2005	Dobre Lidia	*Jüchen	1:39:09	1:39:14	7	WHK	88	5: 05:55 05:53 38:51 42:07 06:21
17	1912	Blanz Sandra	Stadtwerke Düsseldorf	1:39:15	1:39:26	3	W30	83	5: 06:07 06:06 39:17 41:12 06:31
18	1987	Adam Andrea	Angerland LT Lintorf	1:39:25	1:39:47	3	W45	68	5: 06:22 06:24 39:42 40:42 06:15
19	1667	Willemsen Helga	Gilde Laufgruppe	1:40:31	1:40:42	4	W45	69	5: 06:09 06:19 40:33 41:03 06:25
20	1664	Moddenborg Petra	Gilde Laufgruppe	1:41:54	1:42:06	5	W45	72	5: 06:07 06:21 40:34 42:17 06:33
21	1370	Löhrich Saskia	SStrava Ruhrpottromantik	1:41:56	1:42:07	8	WHK	89	5: 06:22 06:31 40:55 41:31 06:35
22	1577	Berg Anna	*Düsseldorf	1:43:18	1:43:50	4	W30	86	5: 06:27 06:28 41:25 42:17 06:39
23	1564	Dreyer Alexandra	Running Team Grafenberg	1:44:25	1:44:37	6	W45	71	5: 06:27 06:33 41:19 43:21 06:43
24	1712	Volkman Gundula	Rollon GmbH	1:44:33	1:44:46	7	W45	69	5: 06:25 06:36 42:08 42:45 06:37
25	1330	Kochmola Anastasia	*Düsseldorf	1:44:37	1:45:04	9	WHK	90	5: 06:56 06:44 41:39 42:40 06:36
26	1891	Roof Michaela	*Düsseldorf	1:44:48	1:45:02	1	W50	66	5: 06:32 06:19 41:12 43:35 07:07
27	2094	Schröder Isabella	DanPT.de	1:45:10	1:46:38	3	W35	79	5: 06:22 06:27 42:06 43:32 06:41
28	1362	White Zara	*Düsseldorf	1:45:42	1:45:54	4	W35	80	5: 06:26 06:27 41:59 43:42 07:06
29	1525	Nilges Martina	Running Team Grafenberg	1:46:54	1:47:28	5	W35	80	5: 07:07 06:56 42:48 43:20 06:40
30	3968	Wilke Belinda	TG Neuss	1:47:14	1:47:20	2	W55	60	5: 06:13 06:20 41:46 46:00 06:53
31	1315	Pott Lydivine	*Düsseldorf	1:47:21	1:47:58	5	W30	83	5: 07:06 06:55 43:29 43:10 06:39
32	1842	Forg Corinna	Running Team Grafenberg	1:47:54	1:48:57	8	W45	71	5: 07:17 06:57 43:31 43:31 06:37
33	1620	Plura Lotta	*München	1:48:18	1:48:34	6	W30	87	5: 06:46 06:44 42:54 44:59 06:53
34	1643	Kepper Simone	*Ennepetal	1:48:20	1:48:22	6	W35	78	5: 06:14 06:34 42:04 45:58 07:28
35	1847	Rombey Nina	SIGNA	1:48:26	1:48:47	7	W35	80	5: 06:50 07:02 44:14 43:34 06:43
36	1451	Kremer Sabine	*Düsseldorf	1:48:33	1:48:51	9	W45	70	5: 06:32 06:38 42:53 45:13 07:15
37	1340	Szogyenyi Rozina	*Amsterdam	1:49:00	1:49:14	7	W30	84	5: 06:23 06:27 43:20 45:32 07:17
38	1661	Uebbing Sylvia	Gilde Laufgruppe	1:49:01	1:49:13	2	W50	67	5: 06:14 06:27 42:31 45:15 08:32
39	1165	Bollmann Inga		1:49:29	1:49:55	1	WU20	98	5: 07:09 07:04 44:11 44:21 06:42
40	1981	Dallmann Heike	Ausdauerchule by bunert	1:49:39	1:49:57	3	W50	63	5: 06:32 06:47 43:41 45:43 06:55
41	1659	Voth Vanessa	*Grenbroich	1:49:58	1:51:03	8	W35	81	5: 06:47 07:00 44:35 44:32 07:01
42	1177	Wachler Verena	Berlinflitzer	1:50:03	1:51:08	9	W35	80	5: 07:03 06:53 43:16 45:58 06:50
43	1886	Höfer Meike	Pace Pack Runners	1:50:07	1:50:19	8	W30	83	5: 06:25 06:34 43:08 46:47 07:11
44	1669	Bröker Inge	Gilde Laufgruppe	1:50:17	1:50:43	4	W50	64	5: 07:23 07:10 44:07 44:40 06:55
45	1128	Lürig Maren	*Düsseldord	1:50:41	1:51:38	3	W40	76	5: 06:52 06:36 42:23 46:55 07:52
46	1116	Wijnands Mieke	*Düsseldorf	1:50:42	1:50:58	9	W30	86	5: 06:16 06:27 44:00 46:32 07:24
47	2008	Gref Johanna	*Oberahr	1:50:55	1:52:11	10	W35	80	5: 07:18 06:55 44:17 45:28 06:55
48	1946	Baum Ann-Kathrin	*Düsseldorf	1:51:35	1:52:20	10	WHK	97	5: 07:03 06:41 43:11 47:09 07:28
49	2025	Kunzermann Dorothea	FSV Düsseldorf	1:51:56	1:53:37	4	W40	77	5: 07:00 07:03 45:34 45:23 06:54
50	1369	Bitthöfer Tatjana	Dortmund	1:52:12	1:52:22	5	W40	75	5: 06:38 06:46 43:40 47:27 07:37
51	2024	Börgel Nina		1:52:13	1:52:48	10	W30	83	5: 06:39 07:00 44:39 46:16 07:38
52	1240	Kalthoff Sandra	*Remscheid	1:52:15	1:52:44	11	W35	82	5: 06:55 06:58 44:45 46:08 07:27
53	1581	Wienecke Kerstin	TUS 06 Westf. Eiche Anröchte	1:52:34	1:52:58	6	W40	76	5: 06:27 06:32 43:50 48:15 07:29
54	1458	Gonzalez AM	*Dusseldorf	1:52:42	1:53:29	3	W55	58	5: 07:05 07:00 44:34 46:30 07:32
55	1607	John Kerstin	LT Südwest Karlsruhe	1:53:09	1:53:20	7	W40	74	5: 06:49 07:13 45:43 46:02 07:19
56	1584	Stöver Jennifer	*Hamburg	1:53:14	1:54:08	11	WHK	90	5: 07:10 07:07 45:32 46:09 07:14
57	1071	Vögtlin Nadine	*Düsseldorf	1:53:17	1:53:45	12	WHK	88	5: 06:51 06:29 43:35 48:11 08:09
58	1816	Stösser Anna	HSBC	1:53:28	1:53:49	11	W30	86	5: 07:57 07:51 47:09 44:01 06:29
59	1877	Mansith Daniela	*Düsseldorf	1:53:31	1:53:51	8	W40	73	5: 07:06 07:20 45:36 46:25 07:02
60	1020	Grossmann Svenja	*Düsseldorf	1:54:01	1:55:04	13	WHK	90	5: 07:21 07:22 45:31 46:01 07:44

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
61	1075	WELLENS Sonja	*Herent	1:54:21	1:55:34	10	W45	68	5:07:21 07:06 44:53 47:22 07:37
62	2097	Spundflasche Karolin		1:54:29	1:55:15	12	W35	82	5:07:39 07:27 46:29 45:42 07:10
63	1509	Schumann Yvette	*Düsseldorf	1:54:51	1:55:33	9	W40	75	5:07:14 07:02 45:14 47:44 07:34
64	1972	Gagliardi Romina		1:55:02	1:55:49	14	WHK	88	5:07:04 07:10 45:45 47:41 07:20
65	2102	Kleemann Sarah		1:55:09	1:55:39	2	WU20	98	5:07:25 07:19 45:57 47:12 07:13
66	1298	Ota Rika	Werner wasabi	1:55:28	1:55:59	5	W50	67	5:07:08 07:07 45:09 48:07 07:54
67	1022	Zhang Huanyu		1:55:31	1:55:41	12	W30	86	5:06:42 06:56 46:47 47:32 07:32
68	1253	Thüner Karin	*Düsseldorf	1:55:36	1:56:01	13	W30	83	5:07:13 07:02 44:51 48:58 07:30
69	1414	Unverzagt Miriam	*Aachen	1:56:45	1:57:35	15	WHK	88	5:07:35 07:23 45:52 48:02 07:50
70	1734	Oletti Liane	*Düsseldorf	1:56:52	1:57:21	13	W35	80	5:06:59 06:57 45:33 49:53 07:29
71	1418	Wigand Miriam	TSVE 1890 Bielefeld	1:56:54	1:58:02	16	WHK	95	5:07:30 07:25 46:42 47:57 07:19
72	1134	Effmert Vera	*Düsseldorf	1:57:24	1:58:21	14	W30	87	5:07:21 07:24 47:08 48:15 07:14
73	2051	Kaulitzky Annette	DJK VFL Forstwald	1:57:25	1:58:08	4	W55	62	5:07:15 07:20 47:04 48:09 07:34
74	1901	Meyer Sara	Praxis Dr. Matthias Höschel	1:57:25	1:57:43	17	WHK	91	5:06:46 07:09 46:52 48:41 07:56
75	1869	Voissel Gertrud	The Bank of Tokyo-Mitsubishi U	1:57:26	1:58:37	11	W45	70	5:07:45 07:34 47:08 47:48 07:09
76	1474	Kawai Yuuki	*dusseldorf	1:57:29	1:58:41	18	WHK	94	5:07:38 07:37 45:47 47:51 08:34
77	1192	Johannes Christine	*Düsseldorf	1:57:45	1:58:44	14	W35	81	5:07:28 07:42 47:56 47:52 06:45
78	2104	Spletstößer Antonia		1:57:48	1:58:29	19	WHK	90	5:07:15 07:10 46:36 49:03 07:42
79	1430	Hebisch Diana	*Willich	1:57:52	1:58:16	12	W45	70	5:07:12 07:09 46:27 49:23 07:39
80	1377	Hadasch Johanna	*Düsseldorf	1:57:54	1:59:08	15	W30	86	5:07:54 07:40 47:57 47:11 07:11
81	1043	Krause Anna	*Düsseldorf	1:58:04	1:58:38	20	WHK	92	5:07:34 07:25 47:17 48:27 07:19
82	1041	Meusche Nina	pme Familienservice GmbH	1:58:33	1:59:55	16	W30	83	5:07:59 07:34 47:20 47:46 07:51
83	1313	Luthe Laura	*Düsseldorf	1:58:43	1:59:37	21	WHK	92	5:07:25 07:14 45:54 50:04 08:05
84	1268	Wiederkehr Ingrid	*Düsseldorf	1:59:14	2:00:03	22	WHK	92	5:08:40 08:19 57:05 36:03 09:04
85	1826	Liedtke Burghild	*Düsseldorf	1:59:30	2:00:22	6	W50	65	5:07:52 07:51 49:12 47:41 06:52
86	1858	Paulo Estrella	200PRO	1:59:31	2:00:18	13	W45	71	5:07:18 07:20 46:10 51:15 07:27
87	1844	Kröske Verena	200PRO	1:59:37	2:00:26	10	W40	76	5:07:27 07:25 47:51 49:18 07:35
88	1536	Sperling Corinna	*Ratingen	1:59:41	2:01:13	23	WHK	94	5:07:58 07:43 48:18 48:19 07:20
89	1527	Kolmer Pippa	*Essen	1:59:43	2:00:18	3	WU20	98	5:07:24 07:28 47:18 49:57 07:35
90	1028	Kersten Elisabeth	*Wuppertal	2:00:09	2:01:18	17	W30	87	5:07:35 07:30 47:59 49:13 07:50
91	1469	Wegscheider Simone	*Düsseldorf	2:00:16	2:00:43	15	W35	82	5:06:50 07:03 47:44 50:51 07:47
92	1166	Venhuis Katharina	*Bocholt	2:00:25	2:00:51	24	WHK	93	5:07:10 07:04 46:28 51:34 08:08
93	1306	Schmitt Teresa	*Frankfurt Main	2:00:45	2:01:46	18	W30	85	5:07:53 07:52 48:45 48:32 07:41
94	1258	Höflich Merle	Rheinrunner	2:00:51	2:02:09	11	W40	75	5:07:44 07:50 48:43 48:57 07:35
95	1766	Terzis Meike	Running Team Grafenberg	2:01:06	2:02:12	14	W45	68	5:08:45 08:40 49:24 47:08 07:07
96	1149	Mück Heike	*Düsseldorf	2:01:13	2:02:07	19	W30	87	5:07:25 07:14 46:17 52:19 07:57
97	1996	Wesselmann Johanna	*Köln	2:01:29	2:02:02	25	WHK	88	5:07:25 07:16 48:41 50:07 07:58
98	1247	Roosen Hannah	*Kaarst	2:01:36	2:02:42	4	WU20	99	5:07:39 07:38 48:25 49:46 08:06
99	1944	de Vries Geesa	Linklaters	2:01:44	2:03:01	20	W30	84	5:07:42 07:46 48:38 50:10 07:26
100	1785	Wiegele Veronika	*Düsseldorf	2:01:51	2:02:21	15	W45	72	5:07:36 07:29 48:45 50:38 07:20
101	1601	Mertens Lisa	*Bochum	2:01:52	2:02:54	21	W30	86	5:07:43 07:33 48:09 50:08 08:17
102	1646	Palm Anna	*Düsseldorf	2:01:52	2:03:02	22	W30	85	5:07:28 07:12 47:49 51:14 08:07
103	1155	Siepmann Doreen	Drachläufer	2:01:53	2:02:16	12	W40	73	5:07:21 07:24 48:10 50:53 08:02
104	1281	Albers Jonna	*Düsseldorf	2:01:57	2:02:36	26	WHK	96	5:07:57 07:55 49:09 49:16 07:39
105	1628	Neumeyer Daniela	*Willich	2:02:09	2:02:52	16	W45	71	5:07:26 07:33 49:13 50:17 07:38
106	1796	Riechmann Martina	*Meerbusch	2:02:10	2:03:52	23	W30	87	5:07:51 07:21 46:50 52:51 07:15
107	1593	Clemens Lisanne	*Kempfen	2:02:14	2:02:54	27	WHK	91	5:07:54 07:55 49:23 49:24 07:35
108	2108	Mauritz Isabel	Jena Runners	2:02:17	2:03:05	13	W40	76	5:07:30 07:27 48:31 51:02 07:46
109	1393	Gavrilova Irina	Vector Racing Team	2:02:47	2:03:20	24	W30	87	5:07:28 07:26 46:55 52:16 08:41
110	1788	Sindermann Eva	*Düsseldorf	2:03:07	2:03:50	28	WHK	89	5:07:52 07:50 48:50 51:21 07:12
111	1491	Pabst Monika	*Köln	2:03:10	2:03:58	5	W55	62	5:07:27 07:16 46:30 52:55 09:00
112	1195	Honay Paula	*Düsseldorf	2:03:13	2:03:44	29	WHK	90	5:07:54 07:36 48:17 51:29 07:54
113	1243	Gramm Annett	*Wuppertal	2:03:19	2:03:55	14	W40	75	5:07:43 07:39 49:14 50:49 07:52
114	1141	Alona Baranova	*Duesseldorf	2:03:25	2:03:33	30	WHK	88	5:07:31 07:41 48:47 51:21 08:03
115	1466	Fränken Simone	*Neuss	2:03:40	2:04:34	31	WHK	92	5:07:45 07:47 48:03 51:58 08:06
116	1925	Isman Dehen	*Aachen	2:03:47	2:05:14	7	W50	67	5:08:00 08:00 50:43 49:22 07:40
117	1781	Krywalsky Petra	LT Fischli	2:03:48	2:04:54	8	W50	66	5:07:54 07:45 48:38 51:23 08:06
118	1135	Backwinkel Lisa	*Hamburg	2:04:01	2:05:32	32	WHK	89	5:08:27 08:38 49:22 49:22 08:11
119	1903	Wöller Verena	*Düsseldorf	2:04:03	2:05:19	33	WHK	97	5:08:30 08:17 50:40 49:24 07:11
120	1100	Bobbenkamp Joanna	*Oberhausen	2:04:26	2:05:39	15	W40	77	5:07:59 07:49 49:27 51:35 07:34

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
121	1786	Kirchhainer Ellen	*Düsseldorf	2:04:44	2:06:20	16	W40	75	5: 08:16 08:09 50:59 49:40 07:37
122	1067	Spasojevic Jelena	*Düsseldorf	2:04:46	2:05:58	17	W40	76	5: 08:03 07:59 51:26 49:39 07:37
123	1058	Burda Nicole	*Moers	2:04:47	2:05:04	34	WHK	90	5: 07:23 07:38 49:03 51:59 08:43
124	1829	Schauwecker Regina	*Düsseldorf	2:05:13	2:05:57	17	W45	70	5: 08:00 08:07 50:05 51:03 07:56
125	1770	Köhler Tanja	*Düsseldorf	2:05:50	2:06:38	25	W30	86	5: 07:47 07:53 49:26 52:51 07:50
126	1795	Piehl Heidi	*Oranienburg	2:05:51	2:06:44	9	W50	65	5: 07:39 07:31 48:55 53:18 08:26
127	1663	Schroer Uschi	Gilde Laufgruppe	2:05:52	2:06:18	10	W50	63	5: 07:23 07:25 47:19 54:33 09:10
128	1284	de Jager Femke	*Noordwijkerhout	2:05:59	2:06:31	26	W30	85	5: 07:29 07:44 50:02 52:25 08:17
129	1042	Niemierza Stephanie	pme Familienservice gGmbH	2:06:06	2:07:27	27	W30	84	5: 08:03 07:33 49:36 53:27 07:25
130	1105	Kampen Leonie	*Düsseldorf	2:06:08	2:06:52	35	WHK	93	5: 07:51 08:15 50:59 51:22 07:39
131	1368	Ryynänen Heini	*Münster	2:06:26	2:07:58	36	WHK	89	5: 08:20 08:20 51:39 50:21 07:43
132	1834	Zierau Elena	*Düsseldorf	2:06:27	2:07:04	37	WHK	91	5: 07:43 07:42 49:43 52:44 08:32
133	2098	Sprink Karin		2:06:31	2:07:30	11	W50	67	5: 07:57 07:46 48:58 52:51 08:57
134	1578	Pieper Julia	*Dortmund	2:06:43	2:07:22	38	WHK	88	5: 07:55 07:55 49:42 53:16 07:52
135	1452	Spatschek Julia	*Düsseldorf	2:07:16	2:08:46	18	W40	77	5: 07:55 07:41 51:17 52:39 07:42
136	2045	Braun Lisa		2:07:21	2:07:37	39	WHK	89	5: 07:25 07:24 47:08 56:05 09:17
137	1677	Jakobs Angelika	TEA	2:07:27	2:07:50	19	W40	75	5: 07:19 07:24 50:26 53:52 08:24
138	1002	Klose Liana	CM Team	2:07:42	2:09:10	16	W35	78	5: 08:09 08:02 50:53 52:25 08:11
139	1462	Rorato Mélanie	Mcpp	2:08:14	2:08:31	17	W35	82	5: 07:12 07:20 49:12 55:23 09:05
140	2032	Kloft Silvia		2:08:17	2:09:02	12	W50	67	5: 07:59 07:57 51:03 52:59 08:16
141	1721	Atorf Anke	BSG Springorum	2:08:23	2:08:47	13	W50	67	5: 07:12 07:16 50:22 54:50 08:41
142	1457	Schlottbom Christiane	TG Neuss	2:08:36	2:09:09	28	W30	86	5: 07:10 07:20 50:45 54:32 08:46
143	1514	Bausch Juliane	#werunfrankfurt	2:09:05	2:10:15	29	W30	87	5: 07:58 08:07 52:04 52:58 07:56
144	1113	Kern Hannah	*Düsseldorf	2:09:41	2:11:07	30	W30	86	5: 08:55 08:40 52:43 51:34 07:47
145	1372	Balazova Lucia	*Düsseldorf	2:09:49	2:11:14	40	WHK	91	5: 08:08 07:35 49:43 55:02 09:20
146	1998	Thiel Mareike	*Reckange sur Mess	2:09:50	2:10:54	18	W35	80	5: 07:59 07:51 50:06 54:14 09:38
147	1546	Wigand Marion	*Bielefeld	2:09:54	2:11:07	6	W55	60	5: 08:08 08:05 51:56 53:23 08:20
148	2058	Leßmann Denise		2:10:20	2:12:01	20	W40	76	5: 07:58 07:57 52:26 53:29 08:27
149	1936	Fesser Ines	AOK-TEAM	2:10:36	2:11:54	18	W45	68	5: 08:09 08:08 52:13 53:32 08:33
150	1964	Albrecht Kathrin	*Erkrath	2:11:01	2:11:45	21	W40	76	5: 07:45 07:51 50:08 56:02 09:13
151	1409	Dierkes Lina	*Düsseldorf	2:11:01	2:12:19	41	WHK	91	5: 08:18 08:24 53:42 53:05 07:30
152	1206	Sugihara Fumi	*Lübeck	2:11:44	2:13:15	42	WHK	92	5: 08:20 07:59 51:09 55:39 08:35
153	1031	Ehrke Jasmin	*Hopsten	2:11:46	2:12:43	43	WHK	95	5: 08:37 08:25 52:58 53:37 08:06
154	1625	Hüning Alina	*Bottrop	2:11:52	2:12:43	44	WHK	93	5: 08:15 07:42 50:17 57:08 08:27
155	1361	Sobek Cordula	*Köln	2:11:53	2:13:29	22	W40	74	5: 08:25 08:21 52:03 54:05 08:57
156	1614	Spohr Sandra		2:12:00	2:12:21	31	W30	83	5: 07:13 07:26 51:46 56:43 08:51
157	1357	Pille Heike	Hobbysportrobber	2:12:00	2:12:53	19	W45	70	5: 07:52 08:00 51:49 55:50 08:28
158	1354	Dunker Eyleen	*Vermold	2:12:22	2:13:45	45	WHK	91	5: 08:03 07:57 52:21 56:05 07:54
159	1231	Sielhorst Julia	*Vermold	2:12:22	2:13:45	46	WHK	92	5: 08:03 07:56 52:21 56:05 07:55
160	1348	Tietze Maria	*Berlin	2:12:28	2:13:28	32	W30	86	5: 08:03 07:59 52:29 55:01 08:53
161	2088	Eggert Maria		2:12:28	2:13:12	19	W35	82	5: 07:14 07:38 51:50 56:48 08:56
162	1309	Schnaidt Christina	*Castrop-Rauxel	2:12:42	2:13:29	47	WHK	96	5: 09:32 08:43 49:56 54:21 10:07
163	1356	Ahrens Roswitha	MSV Eintracht Halberstadt	2:12:54	2:13:27	1	W70	43	5: 08:03 08:09 51:37 56:03 09:00
164	1658	Baumgart Juliane	*Düsseldorf	2:12:59	2:14:19	33	W30	84	5: 08:38 08:37 53:10 53:52 08:40
165	1403	Hartig Ulrike	*Düsseldorf	2:13:10	2:14:39	23	W40	77	5: 08:16 08:09 52:33 54:59 09:11
166	1131	Skondra Christina	*Essen	2:13:10	2:13:42	34	W30	86	5: 08:33 08:29 53:46 53:33 08:47
167	2028	Heuvellop Heike	Praxis Dr. Matthias Höschel	2:14:04	2:14:45	14	W50	65	5: 07:46 07:53 52:54 56:12 09:16
168	1263	Rodloff Linda	*Düsseldorf	2:14:44	2:16:23	35	W30	85	5: 08:28 08:27 52:00 56:37 09:11
169	1675	Leopold-Schlütter Grit	*Bocholt	2:14:57	2:15:49	20	W45	72	5: 08:43 08:38 54:30 54:48 08:17
170	1674	Schulze Wehninck Antje	*Bocholt	2:14:58	2:15:49	21	W45	71	5: 08:43 08:39 54:30 54:50 08:15
171	1751	Schulz-Bongert Sabine	Running Team Grafenberg	2:15:32	2:16:25	7	W55	62	5: 07:45 07:46 51:42 58:54 09:23
172	1615	Schöneberg Julia	*Mönchengladbach	2:16:03	2:17:34	36	W30	87	5: 08:40 08:43 55:13 55:31 07:54
173	1961	Konnertz Anne	*Düsseldorf	2:16:08	2:16:56	22	W45	69	5: 07:51 08:14 53:27 57:41 08:52
174	1110	Shi Amelie	*Aachen	2:16:41	2:16:50	37	W30	85	5: 07:16 07:52 53:46 58:30 09:15
175	1445	Heep Kathrin	*Mülheim-Kärlich	2:16:57	2:18:25	38	W30	85	5: 08:28 08:10 53:33 58:05 08:39
176	1647	Althaus Andrea	*Monheim am Rhein	2:17:00	2:18:20	15	W50	67	5: 08:24 08:30 54:19 56:43 09:01
177	1056	van der Meulen Teresa	*Dortmund	2:17:26	2:18:43	39	W30	87	5: 08:19 08:17 53:33 58:14 09:02
178	2087	Wolff Petra	Running Team Grafenberg	2:18:40	2:19:47	23	W45	70	5: 08:45 08:41 55:34 57:17 08:21
179	2086	Stamatopoulou Evangelia	Running Team Grafenberg	2:18:49	2:19:57	24	W45	70	5: 08:45 08:41 55:34 56:57 08:50
180	1136	Steinau Friederike	*Düsseldorf	2:18:59	2:20:18	48	WHK	91	5: 08:13 08:12 53:35 59:02 09:55

## Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Runden
181	1429	Schwemin Melanie	*Düsseldorf	2:19:15	2:20:31	25	W45	72	5: 08:19 08:18 54:48 58:48 08:59
182	2085	Lotz Ulrike	Running Team Grafenberg	2:19:17	2:20:24	26	W45	71	5: 08:45 08:41 55:35 57:42 08:33
183	1222	Dalamitrou Viki	*Düsseldorf	2:20:21	2:22:00	27	W45	70	5: 08:43 08:46 56:08 58:02 08:40
184	1007	Fuhs Anico	*Hamburg	2:20:22	2:21:54	40	W30	84	5: 08:24 08:32 57:58 56:47 08:39
185	1652	Münch Marlene	*Soest	2:20:56	2:22:26	1	W65	49	5: 08:24 08:32 54:06 59:46 10:05
186	1819	Engelmeyer Kathrin	*Düsseldorf	2:21:03	2:21:35	49	WHK	88	5: 08:06 08:19 54:49 00:17 09:32
187	1151	Wazner Anja	*Essen	2:21:26	2:22:31	41	W30	85	5: 08:07 08:08 54:15 01:46 09:08
188	1183	Leicher Vanessa	*Essen	2:21:33	2:22:04	42	W30	86	5: 08:02 08:22 55:47 00:07 09:13
189	1176	Heidrich Christina	*Düsseldorf	2:21:33	2:22:04	43	W30	86	5: 08:02 08:22 55:47 00:07 09:13
190	1171	Weißenfels Melanie	*Hamm	2:22:01	2:23:30	44	W30	87	5: 08:46 08:39 57:02 58:16 09:16
191	1970	Dormanns Dorothee	*Geilenkirchen	2:22:07	2:23:00	28	W45	72	5: 07:59 08:01 53:54 02:45 09:26
192	2068	Marschner Marlen	lauftraining.com	2:22:28	2:23:49	45	W30	86	5: 07:55 08:16 56:48 00:02 09:24
193	1077	Warnecke Julia	*Düsseldorf	2:23:41	2:24:51	20	W35	79	5: 08:26 08:38 56:03 00:35 09:57
194	1582	Poeschke Tanja	*Düsseldorf	2:24:04	2:24:47	16	W50	65	5: 08:22 08:46 56:46 00:23 09:46
195	1225	Katscher Momo	*Düsseldorf	2:28:25	2:30:05	21	W35	82	5: 08:41 08:44 56:47 03:03 11:08
196	1852	Kremer Katharina	200PRO	2:28:46	2:29:35	50	WHK	88	5: 09:37 09:38 59:47 00:17 09:25
197	1851	Kellner Ellen	200PRO	2:28:47	2:29:35	46	W30	83	5: 09:37 09:38 59:46 00:19 09:24
198	1879	Schmeinck Kristina	*Düsseldorf	2:30:07	2:31:30	51	WHK	93	5: 08:44 08:39 55:59 06:41 10:03
199	1855	Michalski Katrin	200PRO	2:31:26	2:32:22	17	W50	64	5: 08:47 08:42 59:04 04:41 10:11
200	2106	Mondry Anna		2:31:39	2:32:39	47	W30	85	5: 08:31 09:13 59:59 03:34 10:19
201	1017	Pracht Anna Katharina	*Siegen	2:32:07	2:33:43	48	W30	87	5: 08:45 08:45 58:49 05:43 10:03
202	1790	Wolny Ewa	*Düsseldorf	2:32:28	2:33:55	29	W45	70	5: 08:22 08:41 01:33 04:16 09:34
203	1114	Scholl Svenja	*Witten	2:33:02	2:34:21	52	WHK	91	5: 08:37 08:42 58:39 06:25 10:37
204	1793	Vuk Seida	*Neuss	2:33:04	2:34:43	53	WHK	89	5: 09:01 09:27 59:43 05:21 09:31
205	1588	Ratard Blandine	*dusseldorf	2:33:45	2:34:10	22	W35	82	5: 08:26 08:57 00:30 05:30 10:19
206	1801	Pulla Stefanie	Messe Düsseldorf	2:37:10	2:38:27	18	W50	66	5: 09:24 09:23 00:04 07:22 10:56
207	1112	Kowolik Ann-Kathrin	*Köln	2:39:24	2:40:51	49	W30	87	5: 09:04 09:16 02:20 08:49 09:53
208	1557	Valland Marianne	*Kierpse	2:42:16	2:43:00	30	W45	69	5: 09:02 09:09 03:10 09:27 11:27
209	1269	Beuser Catharina	*Düsseldorf	2:43:35	2:44:23	54	WHK	92	5: 08:40 08:19 02:12 13:45 10:37
210	1312	Fast Katrin	*Duisburg	2:43:36	2:44:23	55	WHK	92	5: 09:33 08:43 03:32 10:31 11:15
0	1930	Böttger Viktoria	SSK DÜSSELDORF	0:00:00	0:00:00	0	W35	80	3: 07:01 06:56 45:06 00:00 00:00
0	1914	Claassen Carla	pme Familienservice gGmbH	0:00:00	0:00:00	0	WHK	91	3: 08:00 07:34 49:37 00:00 00:00
0	1898	Wautier Anne	*Rhode Saint Gençse	0:00:00	0:00:00	0	W40	76	4: 06:08 06:23 00:33 46:16 00:00
0	1875	Dr.Gehre Lara	Vfl Berheide	0:00:00	0:00:00	0	W45	70	4: 08:45 08:52 55:15 02:40 00:00
0	1846	Czichos Catharina	200PRO	0:00:00	0:00:00	0	W35	82	3: 07:15 07:23 53:55 00:00 00:00
0	1750	Mannebach Katrin		0:00:00	0:00:00	0	W40	75	3: 07:08 07:22 48:22 00:00 00:00
0	1695	Lindenthal Christiane	*Frechen	0:00:00	0:00:00	0	W35	78	3: 06:46 07:12 47:34 00:00 00:00
0	1689	Ranig Sandra	*Essen	0:00:00	0:00:00	0	WHK	94	4: 07:31 07:23 46:41 52:18 00:00
0	1639	Lücken Céline Fabienne	*Düsseldorf	0:00:00	0:00:00	0	WHK	92	3: 06:03 06:04 39:14 00:00 00:00
0	1365	Karppinen Henriikka	*Düsseldorf	0:00:00	0:00:00	0	W30	85	4: 06:58 06:49 43:07 45:30 00:00
0	1318	Dewenter Marion	*Frankfurt	0:00:00	0:00:00	0	W30	83	3: 08:08 08:14 55:08 00:00 00:00
0	1224	Rohrsen Birgit	*Düsseldorf	0:00:00	0:00:00	0	W45	68	2: 08:42 08:46 00:00 00:00 00:00
0	1181	Bruns Nadin	*Düsseldorf	0:00:00	0:00:00	0	WHK	92	2: 08:34 09:04 00:00 00:00 00:00
0	1117	Pereira - Förster Andréia	*Duisburg	0:00:00	0:00:00	0	W45	69	4: 08:16 08:08 50:18 50:06 00:00
0	1107	Garmhausen Silke	*Köln	0:00:00	0:00:00	0	W45	69	4: 08:33 08:14 59:47 11:14 00:00
0	1097	Lycko Christina	*Emmerich am Rhein	0:00:00	0:00:00	0	WU20	98	4: 07:21 07:14 46:59 50:18 00:00
0	1062	Lauinger Felicitas	pme Familienservice GmbH	0:00:00	0:00:00	0	W30	84	4: 08:04 07:34 47:06 45:19 00:00
0	1045	Anlahr Elisabeth	*Krefeld-Uerdingen	0:00:00	0:00:00	0	WHK	92	3: 08:26 08:58 07:39 00:00 00:00
0	2063	Hoffmann-Lenz Natalie	TV Refrath	0:00:00	0:00:00	0	W45	71	1: 05:36 00:00 00:00 00:00 00:00