



AOK Winterlaufserie
des ASV Duisburg 2018
Grosse Serie - Gesamtwertung

Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M20									
1	5300	Karst Fabian	Laufwerk Ruhr	2:44:11	M20	1	0:34:33	0:53:18	1:16:20
2	2729	Hesterwerth Kai	LG COESFELD	2:45:41	M20	3	0:34:55	0:53:30	1:17:14
3	5064	Toros Fabian	Triathlon Team Ratingen 08	2:49:57	M20	4	0:35:03	0:54:55	1:19:59
4	2730	Fels Sven	LG COESFELD	2:50:30	M20	5	0:35:17	0:55:33	1:19:40
5	4558	Stork Christoph	*Raesfeld	3:08:06	M20	45	0:41:33	1:01:05	1:25:27
6	4737	Honscha David	Triovirat	3:11:08	M20	56	0:40:01	1:00:11	1:30:56
7	3715	Lindner Niklas	Adler-Langlauf-Bottrop	3:11:29	M20	57	0:39:41	1:02:01	1:29:47
8	4552	Lange Marius	*Borken	3:15:56	M20	77	0:41:36	1:03:24	1:30:54
9	2642	Grabienski Benjamin	SG Ruhrgas 1929	3:18:07	M20	90	0:39:57	1:04:29	1:33:40
10	3410	Sender Patrick	TRC Essen 84	3:20:43	M20	104	0:41:16	1:05:53	1:33:33
11	3223	Eming Peter	Sportfreunde Ententeich	3:20:47	M20	105	0:39:41	1:03:37	1:37:27
12	3368	Lutz Christian	DSV 98	3:20:51	M20	106	0:41:39	1:04:31	1:34:40
13	5038	Stockhoff Gerrit	*Borken	3:23:26	M20	116	0:41:27	1:07:11	1:34:46
14	3384	Höfig Carsten	*Mönchengladbach	3:23:33	M20	117	0:43:38	1:06:44	1:33:10
15	2573	Baader Matthieu	Vodafone Runners	3:26:30	M20	139	0:42:45	1:07:23	1:36:21
16	3912	Schmitz Thilo	Project 63	3:27:18	M20	146	0:42:00	1:06:33	1:38:44
17	4067	Fehling Anton	TSV Meerbusch	3:29:10	M20	155	0:47:08	1:07:36	1:34:26
18	3081	Heim Nick	Triminators TV Voerde	3:30:30	M20	167	0:42:49	1:12:27	1:35:13
19	4373	Wilhelms zu Bickern Jan	*Bochum	3:31:17	M20	176	0:45:09	1:07:36	1:38:30
20	4683	Goldau Christopher	*Oberhausen	3:31:33	M20	178	0:43:56	1:09:06	1:38:31
21	4561	Roggatz Malte	MSV Duisburg Einradzebras	3:32:38	M20	188	0:45:22	1:07:33	1:39:42
22	5133	Bohlen Felix	FF Hamminkeln	3:36:38	M20	220	0:45:43	1:10:10	1:40:44
23	4829	Schroer Tim	*Wesel	3:36:41	M20	221	0:45:44	1:10:11	1:40:45
24	4643	Edeler Tim	*Essen	3:38:03	M20	229	0:43:10	1:05:59	1:48:53
25	5104	Wojtek Niklas	PhysioAktiv Bottrop	3:41:46	M20	254	0:49:12	1:13:58	1:38:36
26	3296	Eming Frank	Sportfreunde Ententeich	3:42:04	M20	255	0:44:05	1:12:43	1:45:15
27	5107	Winkelhausen Nikolaus	*Düsseldorf	3:43:12	M20	265	0:43:58	1:07:34	1:51:38
28	5221	Hemmers Tobias	*Rheinberg	3:43:21	M20	269	0:46:55	1:12:12	1:44:13
29	4747	Sperling Simon	*Duisburg	3:47:27	M20	305	0:47:28	1:14:15	1:45:43
30	5000	Musialak Thomas	*Bochum	3:48:39	M20	322	0:44:38	1:24:36	1:39:24
31	3989	Rumpel Florian	Artistic Jumpers	3:51:55	M20	353	0:47:32	1:13:42	1:50:40
32	3343	Longerich Max	*Krefeld	3:53:16	M20	368	0:50:12	1:18:00	1:45:03
33	5253	Klewen Mike	*Neukirchen-vluyn	3:55:49	M20	397	0:47:24	1:16:01	1:52:23
34	3486	Schultz Patrick	*Essen	3:56:20	M20	399	0:48:10	1:15:16	1:52:54
35	5007	Wellermann Jens	Futsalicious Essen e.V.	4:00:03	M20	434	0:47:03	1:19:19	1:53:41
36	2951	Ulger Serdar	*Dorsten	4:00:28	M20	442	0:47:54	1:16:48	1:55:44
37	4691	Knospe Max	*Mülheim an der Ruhr	4:01:29	M20	451	0:48:44	1:16:53	1:55:50
38	5303	Kleinschnitz Robin	*Hilden	4:03:23	M20	470	0:49:24	1:18:39	1:55:18
39	4490	Traversari Mario	*Duisburg	4:06:35	M20	501	0:51:42	1:17:52	1:57:01
40	4170	Wesslén Philipp	*Moers	4:06:42	M20	503	0:47:21	1:19:36	1:59:45
41	5156	Vogel Felix	*Essen	4:07:14	M20	512	0:51:51	1:19:19	1:56:03
42	3573	Aulich Frederik	*Duisburg	4:07:45	M20	514	0:48:41	1:15:01	2:04:02
43	4427	Ihling Michael	Bocholter WSV	4:10:25	M20	544	0:49:08	1:19:21	2:01:55
44	4522	Adamczuk Vincent	Kamikaze-Runners	4:10:43	M20	548	0:52:42	1:19:45	1:58:15
45	3429	Leonhards Carl	L-Runners Krefeld	4:12:23	M20	564	0:48:13	1:23:12	2:00:57
46	3689	Schlatt Dominik	*Bocholt	4:13:45	M20	574	0:51:46	1:24:55	1:57:02
47	5229	Lim Michael	*Essen	4:23:07	M20	638	1:05:31	1:18:38	1:58:56
48	3213	Stumpe Fabian	Kaffeeklatsch	4:33:36	M20	702	0:48:37	1:23:27	2:21:31
49	2775	Nowacki Maren	TuS Breitscheid	4:34:26	M20	705	0:56:27	1:25:59	2:12:00
50	5004	Mura Mike	*Oberhausen	4:50:11	M20	743	0:58:24	1:36:47	2:14:59
51	5078	Merker Timo	*Aachen	4:50:42	M20	748	1:01:37	1:34:11	2:14:53
52	4386	Kruse Patrick	WSV Schermbeck	4:52:23	M20	751	0:58:40	1:34:18	2:19:25



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M30									
1	4974	Stroben Patrick	TuS Oedt	2:50:51	M30	6	0:35:12	0:55:56	1:19:41
2	3327	Meyer Lukas	LG Deiringsen	2:51:55	M30	8	0:35:58	0:56:23	1:19:34
3	3782	Buthe Philipp	*Köln	2:54:37	M30	10	0:36:14	0:56:58	1:21:24
4	2811	Rouhiainen Ristomatti	LGO Bochum	2:55:43	M30	14	0:37:01	0:57:01	1:21:40
5	4194	Krost Sebastian	*Mülheim an der Ruhr	2:57:55	M30	18	0:37:24	0:58:13	1:22:16
6	2543	Dieckmann Lukas	Vodafone Runners	3:01:05	M30	23	0:38:08	0:59:31	1:23:25
7	3189	van Rens Markus	TriFUN Kleve e.V.	3:07:03	M30	39	0:38:56	0:59:55	1:28:11
8	2665	Bille Christoph	Die Leinwandhelden Cinemax	3:09:23	M30	48	0:39:19	1:00:56	1:29:08
9	4544	Eversmann Dennis	*Stuttgart	3:13:18	M30	65	0:40:02	1:03:30	1:29:45
10	3035	Schill Sebastian	Duisburger Schwimmverein 1	3:16:00	M30	78	0:40:23	1:04:41	1:30:55
11	5012	Webelsiep Jan	Westpace Runners	3:16:21	M30	81	0:39:54	1:00:59	1:35:27
12	3160	Rottstegge Sebastian	Hamminkelner SV	3:17:00	M30	85	0:41:26	1:04:40	1:30:53
13	5321	Sander Steffen	Blau Weiß Bochum	3:18:24	M30	92	0:39:24	1:05:19	1:33:40
14	5166	Timpe Sebastian	VfL Bochum LA	3:18:56	M30	96	0:41:00	1:03:54	1:34:01
15	4614	Pooth Daniel	Weseler TV Triathlon	3:19:43	M30	98	0:41:39	1:05:46	1:32:16
16	3919	Hetkamp Fabian	Bocholter WSV	3:19:51	M30	101	0:42:35	1:04:28	1:32:47
17	5368	Süsselbeck Kevin	LC Duisburg	3:24:36	M30	125	0:42:38	1:05:16	1:36:41
18	2558	Droege Lukas	Vodafone Runners	3:25:31	M30	131	0:41:59	1:07:07	1:36:24
19	2552	Bravo Javier	Vodafone Runners	3:25:31	M30	132	0:43:36	1:07:32	1:34:22
20	5018	Kühn Christian	Moerser TV Triathlon	3:26:06	M30	134	0:41:49	1:08:48	1:35:27
21	3921	Bosse Manuel	*Düsseldorf	3:29:01	M30	154	0:42:59	1:09:23	1:36:38
22	5195	Martzock David	*Essen	3:30:04	M30	160	0:44:46	1:10:40	1:34:38
23	3455	Moroder Julien	KA-WEEMS	3:31:12	M30	175	0:44:27	1:09:11	1:37:32
24	5155	Sommer Stephan	*Duisburg	3:31:38	M30	179	0:43:52	1:08:14	1:39:31
25	4503	Börner Felix	*Düsseldorf	3:31:44	M30	180	0:44:00	1:08:13	1:39:30
26	3649	Gebert Stefan	Feuerwehr Gelsenkirchen	3:34:13	M30	199	0:44:56	1:11:29	1:37:48
27	4890	Kasperkowitz Nico	Team Erdinger Alkoholfrei	3:34:39	M30	204	0:45:56	1:08:10	1:40:32
28	4124	Gorelkov Stanislav	LSV-Team	3:35:36	M30	211	0:44:13	1:09:46	1:41:36
29	2556	Janetzko Till	Vodafone Runners	3:35:41	M30	213	0:45:38	1:08:29	1:41:33
30	3536	Kisyina Kevin	Essen	3:36:59	M30	224	0:44:18	1:09:08	1:43:32
31	4617	Meier-Krause Stephan	*Moers	3:41:01	M30	248	0:46:17	1:10:38	1:44:04
32	4091	Bruckhoff Daniel	Classic Boat Club	3:43:03	M30	261	0:46:32	1:13:09	1:43:20
33	2699	Nendzig Robert	LAUFTEAM-CASINO DU.	3:43:10	M30	263	0:45:07	1:12:26	1:45:35
34	4284	Nendza Mirko	*Duisburg	3:46:14	M30	291	0:49:14	1:13:48	1:43:11
35	3328	Twelmeyer Thomas	*Düsseldorf	3:46:41	M30	297	0:47:02	1:13:12	1:46:26
36	4968	Schmink Patrick	Allround Triathlon Team Klev	3:47:46	M30	310	0:48:00	1:14:43	1:45:02
37	3781	Kazmierczak Michael	*Dinslaken	3:47:48	M30	311	0:47:47	1:13:26	1:46:34
38	3092	Janik Marco	Ausdauerschule by bunert	3:48:21	M30	318	0:46:10	1:14:50	1:47:21
39	2562	Schneider Markus	Vodafone Runners	3:50:32	M30	340	0:45:17	1:13:41	1:51:33
40	4975	Risse Levin	*Duisburg	3:51:02	M30	348	0:46:30	1:12:36	1:51:55
41	4997	Razowski Damian	*Mülheim an der Ruhr	3:52:06	M30	357	0:49:02	1:17:22	1:45:41
42	3215	Hüssen Ralf	*Essen	3:55:00	M30	391	0:41:33	1:07:05	2:06:21
43	3881	Goretzki Michael	Aktion Canchanabury	3:56:24	M30	400	0:48:17	1:17:50	1:50:16
44	5068	Toepsch Matthias	*Wuppertal	3:56:40	M30	403	0:46:54	1:14:57	1:54:48
45	4196	Stadel Joachim	*Mülheim	3:58:07	M30	417	0:48:07	1:17:17	1:52:42
46	4270	Pilaski Moritz	Duisburger Ruderverein	3:58:30	M30	421	0:49:16	1:15:11	1:54:02
47	4391	Tiggelbeck Daniel	*Dinslaken	3:58:46	M30	424	0:49:02	1:14:35	1:55:08
48	4621	Brüger Jann	*Mülheima an der Ruhr	3:58:54	M30	426	0:42:07	1:24:06	1:52:40
49	2553	Estruch Ramon	Vodafone Runners	4:01:00	M30	445	0:47:52	1:15:00	1:58:07
50	3882	Schmidt Rene	Aktion Canchanabury	4:03:29	M30	472	0:49:55	1:17:51	1:55:42
51	4763	Rommerswinkel Stephan	*Mülheim an der Ruhr	4:04:51	M30	486	0:49:11	1:17:52	1:57:48
52	3294	Jussen Alexander	RSV Düren	4:04:53	M30	487	0:46:41	1:19:42	1:58:28
53	5152	Kohnke Benjamin	*Rheinberg	4:06:44	M30	504	0:50:07	1:19:51	1:56:45
54	4729	Blümel Andreas	*Düsseldorf	4:07:04	M30	511	0:50:27	1:20:02	1:56:34
55	3660	Burs David	*Duisburg	4:07:48	M30	515	0:50:38	1:19:22	1:57:47



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M30									
56	5299	Loszinski Alexander	*Bochum	4:08:00	M30	517	0:50:54	1:22:30	1:54:35
57	5017	Kube Marco	Ausdauerschule by bunert	4:09:27	M30	532	0:45:16	1:39:36	1:44:33
58	4352	Huk Benjamin	*Düsseldorf	4:09:45	M30	537	0:49:19	1:20:06	2:00:19
59	2921	Weimer Julian	Die 4 Winde	4:10:38	M30	546	0:52:53	1:22:26	1:55:17
60	4996	Schweer Jean-Marie	*Bochum	4:11:02	M30	556	0:46:38	1:14:13	2:10:09
61	2764	Schlautmann Rene	LC Duisburg	4:11:31	M30	558	0:52:18	1:22:25	1:56:48
62	4797	vom Ende Max	*Mülheim an der Ruhr	4:15:28	M30	588	0:52:23	1:23:37	1:59:26
63	5318	Hagenbücher Christopher	*Duisburg	4:20:08	M30	621	0:52:14	1:21:06	2:06:47
64	3277	Michels Kevin	*Moers	4:23:29	M30	642	0:53:18	1:25:06	2:05:04
65	4735	von Gruchalla Stefan	*Bottrop	4:23:34	M30	643	0:55:57	1:24:35	2:03:01
66	4288	Ihrig Daniel	Verstege&Lux	4:24:34	M30	652	0:52:35	1:25:53	2:06:04
67	4198	Jägers Johannes	*Herne	4:27:30	M30	672	0:51:46	1:26:07	2:09:36
68	4982	Piel Sebastian	*Essen	4:28:07	M30	674	0:49:15	1:43:32	1:55:20
69	4920	Ruske Jan	*Düsseldorf	4:29:00	M30	678	0:57:06	1:28:23	2:03:29
70	4917	Kroß Sebastian	*Dinslaken	4:29:19	M30	683	0:57:01	1:28:14	2:04:02
71	4200	Nikta Michael	*Oberhausen	4:29:57	M30	684	0:51:45	1:28:34	2:09:36
72	2686	Löwen Alexander	200PRO GmbH	4:31:59	M30	696	0:55:30	1:28:49	2:07:38
73	4553	Fischer Patrick	*Mülheim an der Ruhr	4:41:31	M30	724	0:57:16	1:34:23	2:09:51
74	2719	Haupt Christian	AOK TEAM	4:49:48	M30	742	0:57:46	1:30:37	2:21:24
75	4786	Baumbach Johannes	*Essen	4:57:51	M30	771	0:54:26	1:27:12	2:36:12
76	2703	Hermanns Christoph	LAUFTEAM-CASINO DU.	4:58:38	M30	774	0:59:30	1:19:35	2:39:32
77	3995	Kels Florian	*Düsseldorf	5:00:05	M30	777	1:02:11	1:38:45	2:19:07
78	3406	Müller Martin	*Bottrop	5:09:25	M30	789	0:56:35	1:51:18	2:21:31



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M35									
1	2767	Rück Matthias	TG Neuss	2:44:56	M35	2	0:34:34	0:53:26	1:16:55
2	4703	Akkerman Gregor	LV Marathon Kleve	2:53:01	M35	9	0:37:02	0:56:51	1:19:07
3	5063	Präger Normann	Running Team Grafenberg	2:54:50	M35	11	0:37:39	0:57:03	1:20:07
4	4687	Esser Björn	Willpower vegan	2:58:56	M35	19	0:38:28	0:59:29	1:20:58
5	4474	Ahaus Marcel	*Düsseldorf	3:02:51	M35	25	0:38:47	1:00:10	1:23:52
6	5334	Rutherford Peter	Itheko Sport Athletic Club	3:04:46	M35	30	0:38:48	0:59:58	1:25:59
7	2595	Ifang Malte	TUS BREITSCHEID	3:05:52	M35	34	0:38:49	1:01:07	1:25:55
8	3711	Bullermann Tim	Moerser TV Triathlon	3:06:31	M35	37	0:39:26	1:00:26	1:26:39
9	3008	Wittoesch Daniel	LT Lukas	3:06:49	M35	38	0:39:21	1:01:55	1:25:32
10	3571	Jansen Björn	DJK SF 97/30 Lowick	3:07:40	M35	43	0:39:46	1:01:16	1:26:36
11	5013	Grund Bastian	Herner Triathlon Team 11	3:07:40	M35	44	0:38:51	1:01:07	1:27:41
12	5308	Büssing Marcel	TuB Bocholt	3:08:38	M35	47	0:40:08	1:01:29	1:27:01
13	3121	Fiekers Stefan	DJK Kleinenbroich	3:09:46	M35	49	0:39:20	1:01:15	1:29:10
14	4992	Tempesta Michael	AS Neukirchen-Vluyn	3:10:35	M35	54	0:39:14	1:00:40	1:30:41
15	2551	Gomez Alfonso	Vodafone Runners	3:11:02	M35	55	0:39:12	1:04:43	1:27:06
16	2745	Woltering Ralf	LG COESFELD	3:12:48	M35	62	0:40:26	1:03:21	1:29:00
17	5036	Plöger Tobias	TUSEM Essen	3:15:22	M35	71	0:39:41	1:03:03	1:32:38
18	2837	Weidenhaupt Alexander	*Düsseldorf	3:16:05	M35	79	0:41:08	1:06:38	1:28:17
19	4676	Boenke Thomas	TriFUN Kleve e.V.	3:16:43	M35	82	0:41:01	1:02:12	1:33:28
20	4114	Goeke Dr. Martin	Ausdauerschule by bunert	3:17:23	M35	87	0:38:33	1:01:39	1:37:10
21	2735	Brinker Christian	VIVAWEST	3:18:00	M35	89	0:42:23	1:04:04	1:31:32
22	3059	Storm Sven	Triminators TV Voerde	3:18:13	M35	91	0:40:44	1:03:07	1:34:20
23	5074	Ernsting Christian	*Rees	3:18:55	M35	95	0:41:20	1:02:33	1:35:01
24	2742	Reeker Veit	LG COESFELD	3:19:11	M35	97	0:41:33	1:04:59	1:32:38
25	4537	Sadowski Tim	*Dortmund	3:22:32	M35	112	0:43:12	1:06:07	1:33:12
26	4078	Nehm Oliver	BSG Nispa	3:22:50	M35	113	0:43:40	1:06:20	1:32:49
27	4261	Spillker Marcel	USC Duisburg	3:23:51	M35	119	0:43:33	1:06:15	1:34:02
28	4079	Hinnemann Steffen	BSG Nispa	3:28:33	M35	151	0:43:32	1:08:09	1:36:51
29	3212	Migas Florian	*Mülheim	3:30:00	M35	159	0:44:38	1:08:27	1:36:54
30	2743	Kramer Tobias	LG COESFELD	3:30:27	M35	165	0:44:43	1:08:15	1:37:28
31	3125	Ahles Michael	Team Montag	3:30:27	M35	166	0:43:47	1:09:07	1:37:33
32	2639	Werner Sebastian	SG Ruhrgas 1929	3:32:02	M35	182	0:43:44	1:07:53	1:40:25
33	3235	Rutkiewicz Sebastian	VfL Gladbeck Fun Runner	3:32:44	M35	191	0:45:17	1:10:57	1:36:29
34	3916	Kesche Oliver	Freischwimmer Düsseldorf	3:34:29	M35	200	0:44:21	1:11:01	1:39:06
35	2970	Piegza Sebastian	LSF Münster	3:35:02	M35	206	0:41:05	1:02:36	1:51:20
36	4155	Debecker Christian	*Grefrath	3:36:51	M35	222	0:46:19	1:10:40	1:39:52
37	4267	Wiefels Jan	*Düsseldorf	3:36:52	M35	223	0:42:53	1:09:37	1:44:22
38	4834	Wüster Mirko	Bluffing Monkeys	3:40:53	M35	246	0:45:28	1:11:59	1:43:24
39	5033	Thielking Pascal	Tv Dessau 92	3:41:10	M35	250	0:49:12	1:07:36	1:44:21
40	4033	Aben Markus	*Kevelaer	3:42:32	M35	257	0:44:42	1:10:32	1:47:18
41	3234	Piorr Sascha	VfL Gladbeck Fun Runner	3:43:26	M35	270	0:45:18	1:10:58	1:47:10
42	3976	Birkenfeld Bastian	*Oberhausen	3:44:08	M35	276	0:44:57	1:14:43	1:44:26
43	4307	Jurczyk Sven	Team Erdinger Alkoholfrei	3:44:53	M35	282	0:44:00	1:11:51	1:49:01
44	2964	Heitkamp Patrick	TSV Bocholt	3:46:18	M35	292	0:47:27	1:12:23	1:46:26
45	3124	Gerritsma Carsten	Team Montag	3:46:31	M35	293	0:45:24	1:12:03	1:49:03
46	5079	Siedler Christian	*Düsseldorf	3:46:32	M35	294	0:47:48	1:14:24	1:44:20
47	2744	Hünteler Jan Hendrik	LG COESFELD	3:47:28	M35	306	0:47:16	1:12:00	1:48:11
48	3414	Hornickel Stephan	*Neuss	3:47:36	M35	307	0:43:23	1:07:19	1:56:53
49	2508	Mielke Sebastian	EDEKA Buchholz	3:48:04	M35	314	0:45:19	1:14:21	1:48:23
50	4211	Overbeck Bastian	Laufen in Kaarst	3:49:47	M35	330	0:44:40	1:13:23	1:51:43
51	4094	Essler Florian	*Essen	3:50:01	M35	332	0:46:01	1:12:02	1:51:57
52	2605	Nedballa Michael	Max Maulwurf Marathonis	3:50:43	M35	342	0:46:36	1:15:14	1:48:52
53	3502	Ott Marcus	*Duisburg	3:51:24	M35	349	0:47:16	1:15:00	1:49:07
54	4526	Grafelmann Simon	*Oberhausen	3:51:41	M35	351	0:47:40	1:14:53	1:49:07
55	4395	Maaßen Manuel	*Krefeld	3:52:01	M35	355	0:48:52	1:16:05	1:47:03



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M35									
56	4805	Nischan Robert	DKV Runners	3:52:26	M35	361	0:46:43	1:13:57	1:51:44
57	3931	Langer Dr. Marcel	*Oberhausen	3:53:48	M35	375	0:48:54	1:16:13	1:48:40
58	3656	Nowak Dominik	*Essen	3:53:52	M35	377	0:47:42	1:16:51	1:49:18
59	3658	Herrmann Stefan	*Essen	3:55:41	M35	395	0:49:25	1:17:16	1:48:59
60	2813	Kretschmer Marc	*Krefeld	3:56:34	M35	402	0:48:54	1:17:51	1:49:47
61	2609	Phasue Chatchawin	Max Maulwurf Marathonis	3:57:14	M35	407	0:50:53	1:14:24	1:51:57
62	3475	Küperkoch Thomas	*Duisburg	3:58:54	M35	425	0:49:44	1:19:08	1:50:00
63	4454	Watta Robert	*Dinslaken	4:00:41	M35	443	0:49:05	1:18:43	1:52:52
64	4810	Zimny Andreas	*Herne	4:02:22	M35	458	0:49:33	1:19:37	1:53:10
65	4282	Kempkes Rene	TSV Bocholt	4:02:53	M35	465	0:52:33	1:17:37	1:52:42
66	4994	Wagner Robert	CDS Running Team	4:03:36	M35	474	0:50:54	1:17:51	1:54:50
67	4321	Müller Christof	Angerland LT Lintorf	4:04:17	M35	480	0:49:26	1:18:26	1:56:24
68	3824	Buske Sebastian	Ausdauerschule by bunert	4:04:46	M35	483	0:51:34	1:19:09	1:54:02
69	2600	Kraatz Norman	TUS BREITSCHEID	4:04:46	M35	484	0:48:28	1:17:14	1:59:03
70	5265	Haßelberg Sebastian	*Duisburg	4:07:49	M35	516	0:48:30	1:20:27	1:58:51
71	3699	Lieske Magnus	*Düsseldorf	4:08:47	M35	521	0:55:57	1:17:19	1:55:30
72	3679	Fischer Sebastian	*Düsseldorf	4:09:21	M35	530	0:50:59	1:23:32	1:54:49
73	4856	Kempmann Stefan	TV Bruckhausen	4:09:40	M35	535	0:50:31	1:22:44	1:56:25
74	5264	Köksalan Tim	*Duisburg	4:09:50	M35	539	0:50:32	1:20:26	1:58:51
75	4357	Razeng Thomas	*Gelsenkirchen	4:10:30	M35	545	0:53:19	1:21:51	1:55:19
76	4126	Fritz Patrick	BSG Sparkasse Mülheim	4:10:55	M35	553	0:51:41	1:21:06	1:58:07
77	3060	Schleich Martin	SV Spellen	4:12:44	M35	567	0:51:55	1:23:19	1:57:28
78	4681	Kroll Ingmar	*Wuppertal	4:13:04	M35	570	0:52:34	1:22:38	1:57:50
79	5052	Schübel Timo	LC Duisburg	4:13:15	M35	571	0:55:18	1:19:36	1:58:21
80	5073	Lindner Tobias	#BurgerNerds	4:13:50	M35	576	0:50:28	1:22:06	2:01:15
81	4148	Eßler Felix	*Essen	4:14:52	M35	584	0:51:55	1:23:45	1:59:12
82	5307	Holtschneider Christian	*Duisburg	4:16:47	M35	595	0:52:02	1:22:18	2:02:26
83	3853	Gerits Oliver	*Bochum	4:18:05	M35	601	0:51:26	1:22:40	2:03:58
84	3796	Zopi Özgür	TK and sriends	4:19:04	M35	609	0:46:54	1:26:45	2:05:24
85	2947	Wendicke Dennis	*Mülheim an der Ruhr	4:20:06	M35	619	0:54:49	1:25:48	1:59:28
86	2640	Ducke Dennis	SG Ruhrgas 1929	4:20:08	M35	620	0:54:49	1:25:49	1:59:28
87	4981	Stubenrauch Jens	Team Erdinger Alkoholfrei	4:20:23	M35	623	0:51:04	1:24:36	2:04:43
88	3908	Hossfeld Mark	SunRunner	4:24:38	M35	653	0:54:23	1:24:27	2:05:47
89	4432	Kollár Philip	*Düsseldorf	4:29:13	M35	682	0:53:37	1:27:31	2:08:04
90	4486	Denis Nick	MoGru-Runners	4:30:40	M35	688	0:56:03	1:26:51	2:07:44
91	5217	Niehues Frank	*Essen	4:32:17	M35	697	0:54:19	1:24:46	2:13:11
92	2702	Wilinski Michael	LAUFTEAM-CASINO DU.	4:32:52	M35	700	0:48:59	1:32:25	2:11:28
93	4191	Seipp Enrico	*Duisburg	4:36:19	M35	710	0:54:51	1:30:45	2:10:43
94	3975	Fischbach Andreas	TH Köln	4:36:23	M35	711	0:45:54	1:13:11	2:37:16
95	4812	Lux Sebastian	*Krefeld	4:36:49	M35	712	0:58:03	1:29:47	2:08:59
96	2830	Matzke Christian	*Krefeld - Fischeln	5:02:33	M35	785	0:57:49	1:39:46	2:24:57



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Altersklasse Männer M40									
1	3442	Minke Sebastian	ASC Rosellen/Neuss	2:51:10	M40	7	0:35:28	0:56:19	1:19:23
2	3984	Kirschbaum Arne	Moerser TV Triathlon	2:56:33	M40	15	0:36:46	0:57:32	1:22:14
3	4234	Göktas Nihat	Ayyo Team Essen e.V.	3:00:11	M40	21	0:37:27	0:58:28	1:24:15
4	4434	Schult Bastian	WSV Schermbeck	3:02:06	M40	24	0:37:48	0:59:06	1:25:11
5	2890	Jungblut Martin	OTV Endurance Team	3:03:50	M40	28	0:38:33	0:59:33	1:25:43
6	5269	Vojvodic Nebojsa	*Düsseldorf	3:04:43	M40	29	0:38:27	1:00:38	1:25:37
7	3176	Ringler Peter	*Essen	3:07:28	M40	41	0:38:14	1:02:26	1:26:48
8	2671	Schlimnat Michael	TuS Xanten	3:08:38	M40	46	0:39:25	1:02:19	1:26:53
9	3865	Breil Sascha	LT Bismarckturn Bochum	3:10:28	M40	53	0:40:34	1:02:35	1:27:18
10	2580	Achatz Robert	Vodafone Runners	3:12:21	M40	59	0:39:27	1:02:50	1:30:03
11	4195	Rosenträger Stefan	LGO Bochum	3:12:46	M40	61	0:39:28	1:03:30	1:29:47
12	4646	Untenberg Tobias	Laufftreff Obererft	3:13:40	M40	68	0:41:06	1:03:56	1:28:36
13	4462	Meinhardt Björn	Triathlon Mülheim	3:13:58	M40	69	0:41:12	1:04:20	1:28:25
14	2917	Laschet Christian	TRC Essen 84	3:14:28	M40	70	0:39:37	1:04:04	1:30:46
15	2502	Beissel Jens	LT Lukas	3:15:55	M40	76	0:41:00	1:04:11	1:30:43
16	4586	Tuschinski Lars	Funky Runners	3:16:55	M40	83	0:42:06	1:03:28	1:31:20
17	3262	Haane Stefan	SG Borken	3:23:48	M40	118	0:40:50	1:07:05	1:35:52
18	2903	Zumdick Sebastian	Vfl Motörhead	3:24:13	M40	121	0:42:10	1:06:25	1:35:37
19	5205	Gora Stefan	*Meerbusch	3:24:15	M40	122	0:43:18	1:06:58	1:33:58
20	5040	Wloka Martin	Impuls Triathlon Club Bülach	3:25:16	M40	129	0:42:54	1:09:08	1:33:13
21	3616	Bützer Peter	Freie Schwimmer Düsseldorf	3:27:00	M40	143	0:42:17	1:06:26	1:38:16
22	2746	Volmer Jens	LG COESFELD	3:28:57	M40	153	0:43:56	1:08:33	1:36:28
23	4481	Hellwig Christian	Maschinen	3:29:30	M40	156	0:45:37	1:07:20	1:36:32
24	4119	Klenovsek Sascha	*Rheurd	3:30:09	M40	161	0:44:26	1:07:34	1:38:07
25	4442	Bergerhoff Stefan	Ausdauererschule by bunert	3:30:43	M40	172	0:43:22	1:08:55	1:38:25
26	5026	Uysal Mustafa	*Leverkusen	3:31:10	M40	174	0:45:42	1:08:49	1:36:38
27	5080	Kuschel Steffen	*Essen	3:31:22	M40	177	0:44:34	1:08:21	1:38:27
28	4860	Dillinger Thomas	ASC Ratingen West	3:33:10	M40	195	0:43:53	1:09:38	1:39:37
29	2856	Schürbüscher Markus	TSV Bocholt	3:34:37	M40	203	0:45:39	1:11:34	1:37:24
30	2559	Akbaba Metin	Vodafone Runners	3:35:25	M40	210	0:44:53	1:09:56	1:40:34
31	2904	Beuth Christian	*Dinslaken	3:35:49	M40	216	0:45:08	1:11:43	1:38:56
32	4377	Kriependorf Florian	TEAM ELG	3:36:35	M40	219	0:43:09	1:08:31	1:44:54
33	2634	Torkhani Imad	TC Kray 1892 e.V.	3:40:59	M40	247	0:45:07	1:11:45	1:44:06
34	3114	Gochermann Christian	BSG Springorum Bochum	3:42:20	M40	256	0:43:40	1:10:54	1:47:45
35	4811	Wentzel Stefan	Sportpark Stadtwald	3:42:33	M40	258	0:47:17	1:11:27	1:43:48
36	4419	Böing Christian	*Düsseldorf	3:43:11	M40	264	0:46:39	1:11:32	1:44:59
37	4788	Höning André	Wir bei HKM	3:43:15	M40	267	0:45:55	1:12:08	1:45:11
38	3877	Daugart Dr. Jan	*Düsseldorf	3:43:59	M40	273	0:46:20	1:12:25	1:45:13
39	2708	Gatzki Dr. Christian	200PRO GmbH	3:44:41	M40	280	0:46:37	1:14:01	1:44:02
40	3866	Breil David	LT Bismarckturn Bochum	3:46:03	M40	289	0:47:14	1:12:16	1:46:32
41	3351	Hoffmann Michael	*Neuss	3:46:54	M40	298	0:47:00	1:13:25	1:46:29
42	2853	Heitkötter Kalle	*Mettmann	3:47:00	M40	300	0:48:32	1:12:23	1:46:05
43	4054	Yates Stewart	Kildahl Biology Running Grou	3:47:57	M40	313	0:48:07	1:13:39	1:46:10
44	4147	Krügener Philipp	*Kleve	3:48:07	M40	315	0:49:20	1:14:27	1:44:20
45	4275	Bruno Manuel	Anchor Running Crew Duisb	3:48:08	M40	316	0:46:06	1:15:33	1:46:29
46	4581	Wolfsdorf Jörn	Tus08 Lintorf	3:49:24	M40	327	0:49:14	1:14:33	1:45:36
47	3602	von der Heyden Ralf	TV Aldekerk	3:49:32	M40	328	0:47:46	1:17:15	1:44:30
48	4887	Foitzik Marco	Un Fug Pandas	3:50:07	M40	334	0:50:18	1:13:49	1:45:59
49	4701	Hegemann Andreas	LT Haumannplatz Essen	3:50:56	M40	344	0:54:02	1:13:32	1:43:22
50	2877	Schreiber Thomas	Die Elfrather Montagsläufer	3:52:01	M40	356	0:47:53	1:16:01	1:48:05
51	3978	Waschkowitz Norman	Adler-Langlauf Bottrop	3:52:29	M40	363	0:49:23	1:14:43	1:48:22
52	3864	Babski Stefan	BSG Sparkasse Essen	3:52:54	M40	365	0:47:09	1:15:43	1:50:01
53	5143	Dehne Stephan	*Langenfeld	3:53:02	M40	366	0:48:20	1:12:51	1:51:50
54	3896	Vogel Lars	Laufwerk Ruhr	3:54:44	M40	388	0:48:36	1:17:13	1:48:55
55	3743	Pichler Manuel	LGO Bochum	3:57:44	M40	414	0:49:37	1:18:25	1:49:41



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Altersklasse Männer M40									
56	3898	Brix Dennis	Laufwerk Ruhr	3:58:14	M40	419	0:49:38	1:17:19	1:51:16
57	4724	Wuellner Ueli	*Zürich	3:59:35	M40	432	0:50:09	1:16:16	1:53:09
58	5322	Künzel Jörg	Forsit Team	4:01:29	M40	452	0:48:51	1:15:45	1:56:52
59	3304	Lawrey Andrew	*Essen	4:02:02	M40	456	0:49:33	1:19:56	1:52:32
60	4417	Ulbrich Dennys	FC Bayern München	4:02:40	M40	460	0:50:01	1:19:06	1:53:32
61	4704	Grundmann Holger	*Rhede	4:02:47	M40	464	0:49:19	1:19:43	1:53:44
62	4560	Odenthal Danny	*Leverkusen	4:04:40	M40	481	0:49:32	1:19:22	1:55:46
63	4020	Bartels Guido	*Duisburg	4:05:21	M40	489	0:50:03	1:21:56	1:53:21
64	2574	Abraham Florian	Vodafone Runners	4:05:34	M40	490	0:50:39	1:23:56	1:50:57
65	3062	Rommen Markus	Neudorf-Runners	4:05:50	M40	492	0:52:02	1:20:33	1:53:13
66	3313	Busch Markus	Angerland LT Lintorf	4:06:47	M40	507	0:49:41	1:20:41	1:56:25
67	4031	Baumert Peter	Team Erdinger Alkoholfrei	4:09:09	M40	526	0:52:22	1:22:36	1:54:10
68	4909	Keiser Christoph	*Duisburg	4:10:21	M40	542	0:50:40	1:23:26	1:56:14
69	5178	Schwittek Michael	Die Fruchtzwerge	4:12:07	M40	562	0:42:07	1:03:22	2:26:37
70	4540	Kleinohl Sascha	*Duisburg	4:13:22	M40	573	0:55:21	1:21:51	1:56:09
71	5072	Sotor Björn	#BurgerNerds	4:13:49	M40	575	0:50:27	1:22:05	2:01:15
72	2512	Nguyen Quang	Vodafone Runners	4:15:53	M40	590	0:50:43	1:33:17	1:51:53
73	3635	Hülder Dr. Malte	*Essen	4:16:37	M40	594	0:48:44	1:19:40	2:08:12
74	4106	Höppner Kay	*Eschborn	4:17:54	M40	598	0:54:53	1:28:50	1:54:10
75	3621	Elvermann Jan	*Bottrop	4:18:11	M40	602	0:54:06	1:24:57	1:59:06
76	2829	Tintrop Christian	OTV Endurance Team	4:19:57	M40	618	0:51:41	1:28:59	1:59:16
77	4624	Grafen Dirk Barnabas	Schalke 04	4:23:41	M40	645	0:56:12	1:26:29	2:00:58
78	4939	Schlottbom Markus	*Hünxe	4:23:55	M40	649	0:54:06	1:25:26	2:04:22
79	4218	Friebel Lars	*Alpen	4:28:43	M40	676	0:58:55	1:25:12	2:04:34
80	3843	Spolders Tillmann	*Alpen	4:28:43	M40	677	0:58:55	1:25:13	2:04:35
81	4337	Fröschl Jan	*Mülheim	4:29:09	M40	680	0:54:32	1:24:44	2:09:52
82	3174	Hippler Jan	*Duisburg	4:30:43	M40	689	0:53:58	1:28:13	2:08:31
83	4800	Kedras Achilleas	BSG Sparkasse Bochum	4:30:57	M40	691	0:54:05	1:29:51	2:06:59
84	3983	Heuer Torsten	*Essen	4:35:53	M40	708	0:55:29	1:29:29	2:10:55
85	2619	Rätzel Nicolle	Max Maulwurf Marathonis	4:38:22	M40	717	0:57:59	1:30:34	2:09:48
86	3678	Schilling Stefan	*Duisburg - Walsum	4:41:09	M40	723	0:58:12	1:34:46	2:08:10
87	3278	Schoch Guido	LC Duisburg	4:41:34	M40	725	0:53:56	1:26:16	2:21:22
88	4407	Preuss Thomas-Peter	*Duisburg	4:42:22	M40	729	0:53:24	1:36:35	2:12:23
89	5310	Hammesfahr Knut	Eggenweg-Crew	4:47:13	M40	739	0:53:48	1:31:27	2:21:57
90	2968	Grafen Christian	Nur der MSV	4:50:14	M40	746	0:56:23	1:34:21	2:19:29
91	5280	Melech Torgen	*Oberhausen	4:52:30	M40	752	0:56:32	1:36:18	2:19:38
92	4954	Nouera Stephan	SG Monheim	4:54:20	M40	756	1:01:41	1:36:25	2:16:13
93	4717	Vos Andreas	Adler Essen	4:54:50	M40	761	1:01:22	1:34:05	2:19:21
94	5223	Rohkemper Sven	*Bottrop	4:59:02	M40	776	1:00:24	1:34:00	2:24:37
95	5109	Böse Thomas	Turnerbund Essen-Frintrop	5:00:32	M40	780	0:58:26	1:42:38	2:19:27
96	4682	Döhne Lars	Bergziegen	5:10:56	M40	790	1:01:08	1:41:26	2:28:21
97	3696	Nacken Georg	*Erkelenz	5:11:26	M40	791	0:59:51	1:42:14	2:29:20
98	4206	Hennig Christoph	*Düsseldorf	5:12:22	M40	792	1:01:53	1:41:47	2:28:41
99	5100	Bovenschen Dietger	*Krefeld	5:19:48	M40	797	1:03:36	1:40:36	2:35:35



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M45									
	1	3899 Stirne Thomas	*Leverkusen	2:54:52	M45	12	0:36:46	0:57:09	1:20:56
	2	4346 Schmidt Heiko	*Düsseldorf	2:55:14	M45	13	0:36:53	0:57:22	1:20:58
	3	2515 Diallo Samba	Vodafone Runners	3:03:43	M45	27	0:37:52	0:58:58	1:26:52
	4	3875 Neumann Christoph	LT Vynen Xanten	3:04:48	M45	31	0:39:09	1:00:11	1:25:27
	5	4111 March Ralf	SG Neukirchen-Hülchrath	3:05:08	M45	32	0:38:44	1:00:39	1:25:44
	6	3272 Schnell Werner	LGO Bochum	3:05:49	M45	33	0:39:07	1:00:30	1:26:12
	7	4947 Starrach Carsten	*Essen	3:06:02	M45	36	0:38:38	1:00:38	1:26:45
	8	3381 Brune Gilbert	*Bottrop	3:07:24	M45	40	0:39:40	1:00:31	1:27:12
	9	3392 Uhlendahl Markus	TUSEM Essen	3:07:34	M45	42	0:39:28	1:01:49	1:26:16
	10	3563 Kock Dr. Boris F.	TV Ratingen	3:10:02	M45	51	0:39:19	1:02:11	1:28:31
	11	2531 Hanke Frank	Vodafone Runners	3:10:17	M45	52	0:39:20	1:01:34	1:29:22
	12	2577 Carter Chris	Vodafone Runners	3:11:39	M45	58	0:38:33	1:04:39	1:28:26
	13	4971 Schroeter Wolfgang	*Wuppertal	3:12:26	M45	60	0:39:42	1:01:33	1:31:11
	14	2519 Gleumes Stephan	Vodafone Runners	3:12:57	M45	64	0:40:17	1:03:00	1:29:39
	15	3418 Töller Mike Stefan	LG Alpen	3:13:26	M45	66	0:40:51	1:03:02	1:29:32
	16	4610 Tuttmann Ludger	*Marl	3:15:31	M45	72	0:41:14	1:04:55	1:29:20
	17	3240 Wazna Holger	Rumelner TV	3:16:13	M45	80	0:41:00	1:04:28	1:30:45
	18	4644 Michalka Ralph	TUSEM Essen	3:16:56	M45	84	0:41:55	1:04:00	1:31:01
	19	3603 Hillecke Thomas	BST Running	3:17:11	M45	86	0:41:08	1:02:20	1:33:43
	20	2561 Richrath Kay	Vodafone Runners	3:18:42	M45	94	0:44:06	1:03:56	1:30:39
	21	3806 Schilling-Frenk Tiemo	BSG Sparkasse Essen	3:20:08	M45	102	0:41:56	1:04:51	1:33:20
	22	4421 Bögershausen Holger	Raketenläufer	3:20:42	M45	103	0:41:18	1:05:19	1:34:05
	23	4251 Brüchert-Pastor Nils	PV Triathlon Witten	3:21:21	M45	107	0:41:53	1:04:37	1:34:51
	24	3534 Müller Rainer	*Herne	3:22:03	M45	110	0:42:57	1:05:46	1:33:19
	25	5177 Schaub Patrick	SV Gladbeck 13	3:22:24	M45	111	0:42:33	1:05:57	1:33:52
	26	5261 Laleike Marius	*Düsseldorf	3:23:05	M45	115	0:42:54	1:05:35	1:34:36
	27	3842 Jany Peter	*Dinslaken	3:24:27	M45	124	0:41:01	1:07:35	1:35:50
	28	3906 Wink Klaus	Bocholter WSV	3:24:45	M45	127	0:41:39	1:05:34	1:37:31
	29	5082 Held Dr. Dirk	*Essen	3:26:07	M45	135	0:41:27	1:05:54	1:38:45
	30	3269 Grote Stephan	TuS Xanten	3:26:22	M45	138	0:43:24	1:06:06	1:36:51
	31	2809 Kessler Torsten	*Bottrop	3:28:24	M45	150	0:43:52	1:07:13	1:37:19
	32	3505 Krammer Mischa	Styrumer TV	3:29:32	M45	158	0:44:52	1:07:49	1:36:50
	33	4507 Kostelnik Ingo	Roadrunner	3:31:52	M45	181	0:43:54	1:07:56	1:40:01
	34	5130 Wortmann Ralf	*Kalkar	3:32:20	M45	183	0:43:34	1:09:07	1:39:38
	35	3364 Mayer Andreas	TuS Xanten	3:32:27	M45	185	0:42:23	1:03:56	1:46:07
	36	3435 Trzensiok Martin	Weseler TV Triathlon	3:33:14	M45	196	0:38:16	1:03:28	1:51:28
	37	3148 Pesch Thomas	Triathlon Taren Trainiac Tea	3:33:32	M45	197	0:44:43	1:09:25	1:39:23
	38	3756 Micus Werner	DSC Preußen	3:34:02	M45	198	0:44:08	1:09:10	1:40:43
	39	3056 Reizer Ralf	Ralf#s Schweissschmiede	3:34:34	M45	202	0:44:25	1:10:00	1:40:09
	40	3752 Späth Norbert	Freie Schwimmer Düsseldorf	3:35:09	M45	207	0:44:16	1:09:17	1:41:34
	41	4298 Orosz Dr. Robert	*Krefeld	3:35:38	M45	212	0:44:38	1:08:37	1:42:23
	42	4754 Vollmer Lars	*Krefeld	3:35:44	M45	214	0:43:52	1:11:47	1:40:03
	43	4098 Mathia Marcus	*Grevenbroich	3:35:45	M45	215	0:42:45	1:11:21	1:41:38
	44	3337 Fangmeier Dirk	Die Höhenläufer	3:37:22	M45	227	0:43:21	1:11:39	1:42:21
	45	3197 Pauls Viktor	*Düsseldorf	3:37:28	M45	228	0:45:02	1:10:33	1:41:52
	46	4003 Terörde Lars	Triathlon Team Ratingen 08	3:38:23	M45	232	0:44:55	1:10:55	1:42:32
	47	4491 Vrenegor Andre	Westfalia Gemen	3:38:54	M45	237	0:45:59	1:11:02	1:41:52
	48	3688 Schwass David	Die Oberkämpf(er)	3:39:07	M45	238	0:46:08	1:11:58	1:41:00
	49	3484 Koch Carsten	Triathlon TEAM TG Witten	3:39:12	M45	239	0:45:26	1:10:19	1:43:26
	50	4678 Gaida Norbert	SV Gladbeck 13	3:40:37	M45	244	0:42:58	1:09:10	1:48:28
	51	4115 Radstaak Marco	Bocholter WSV	3:41:01	M45	249	0:46:31	1:12:20	1:42:09
	52	2827 Wicht Thomas	*Korschenbroich	3:41:15	M45	251	0:46:16	1:11:35	1:43:24
	53	4008 Kuppe Alexander	Triathlon Team Ratingen 08	3:41:35	M45	252	0:45:09	1:12:49	1:43:36
	54	4831 Üvey Erhan	Aratos Journal	3:42:53	M45	260	0:46:06	1:13:28	1:43:18
	55	4885 Niekamp Jens	*Duisburg	3:43:15	M45	266	0:44:43	1:10:50	1:47:41



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M45									
56	3225	Sonnen Stephan	*Essen	3:44:27	M45	278	0:46:25	1:13:18	1:44:43
57	3135	Rzyla Adrian	Bocholter WSV	3:44:28	M45	279	0:47:52	1:12:15	1:44:20
58	3095	Rütter Ralf	Hamminkeiner SV	3:44:48	M45	281	0:45:55	1:13:29	1:45:23
59	4609	Kraus Thorsten	MSV Duisburg Einradzebras	3:45:05	M45	283	0:45:56	1:09:33	1:49:35
60	4099	Gudd Andreas	*Essen	3:45:09	M45	284	0:47:37	1:13:47	1:43:45
61	3073	Pfeiffer Thomas	Frühschicht	3:45:47	M45	286	0:46:55	1:15:13	1:43:39
62	4877	Korloo D Johanrad	*Mülheim	3:45:49	M45	287	0:48:18	1:12:51	1:44:39
63	4746	Geerken Alexander	DKV Runners	3:46:36	M45	295	0:40:54	1:13:58	1:51:43
64	3253	Lange Michael	*Duisburg	3:47:08	M45	302	0:47:29	1:13:38	1:46:00
65	2928	Urbanowski Jens	*Moers	3:47:12	M45	303	0:46:44	1:14:52	1:45:36
66	4801	Schaefer Reiner	BSG Sparkasse Bochum	3:47:53	M45	312	0:47:58	1:15:51	1:44:03
67	2597	Köster Christof	TUS BREITSCHEID	3:48:11	M45	317	0:47:55	1:16:41	1:43:35
68	4323	Kennedy Dr. Marcus	CR Runners	3:48:28	M45	320	0:47:04	1:14:01	1:47:23
69	4404	Schreiber Bernd	*Moers	3:48:33	M45	321	0:47:39	1:13:37	1:47:17
70	5283	Siegmund Marco	Amermund Runners	3:48:42	M45	323	0:47:11	1:14:07	1:47:23
71	5110	Reinke Hans	LG Einbronx	3:48:59	M45	324	0:45:09	1:13:50	1:50:00
72	4482	Kammann Johannes	Allround Triathlon Team Klev	3:49:02	M45	325	0:45:00	1:09:37	1:54:24
73	4752	Biermann Jörg	Rennfietse Bocholt	3:49:33	M45	329	0:46:36	1:15:38	1:47:18
74	62	Kennedy Kieron	SG Ruhrgas 1929	3:49:59	M45	331	0:47:15	1:15:05	1:47:38
75	3431	Karatas Michael	SV Concordia	3:50:09	M45	336	0:47:05	1:16:11	1:46:52
76	3630	Henke Christian	*Wesel	3:50:18	M45	337	0:47:35	1:16:48	1:45:54
77	3965	Siry Martin	TV Wanheimerort	3:50:20	M45	338	0:43:15	1:14:03	1:53:01
78	4736	Krause Ralf	Kaarst	3:50:56	M45	345	0:46:42	1:12:53	1:51:21
79	2546	Hund Markus	Vodafone Runners	3:50:57	M45	346	0:47:37	1:14:19	1:49:00
80	5284	Amerkamp Andreas	Amermund Runners	3:51:29	M45	350	0:48:19	1:15:47	1:47:23
81	4690	Tischler Jörg	*Düsseldorf	3:52:18	M45	358	0:47:24	1:15:16	1:49:36
82	3232	Kubitz Marco	Triathlon Mülheim	3:52:21	M45	359	0:48:29	1:18:59	1:44:52
83	3021	Kunaratana Yogi	jobo Running	3:53:46	M45	373	0:50:00	1:18:03	1:45:42
84	2979	Beinersdorf Ralf	YoBO Running Remscheid	3:53:46	M45	374	0:49:59	1:18:04	1:45:42
85	5353	Mayer Martin	*Remscheid	3:53:59	M45	379	0:47:05	1:13:30	1:53:24
86	3847	Laubenthal Lars	K. Bellwon Elektrotechnik Gm	3:54:05	M45	381	0:48:43	1:19:51	1:45:30
87	4983	Narberhaus Bernd	*Köln	3:54:24	M45	384	0:49:09	1:17:43	1:47:31
88	4551	Wünsche Clemens	*Meerbusch	3:54:32	M45	385	0:49:41	1:16:45	1:48:04
89	3161	Fischer Günter	Lauftreff Sterkrade-Nord	3:56:02	M45	398	0:48:28	1:16:14	1:51:19
90	4799	Kyewski Niels	Triminators TV Voerde	3:57:06	M45	406	0:49:33	1:17:16	1:50:17
91	3131	Kuse Oliver	TuS Xanten	3:57:21	M45	408	0:49:16	1:17:31	1:50:33
92	3789	Thanner Markus	Giasinga Ledahosn	3:58:42	M45	422	0:49:24	1:16:55	1:52:22
93	3100	Zupp Christian	*Duisburg	3:59:02	M45	428	0:48:24	1:14:28	1:56:08
94	3946	Schumann Frank	RC77 Bocholt	4:00:13	M45	437	0:48:27	1:19:15	1:52:30
95	5151	Mazzoli Miko	GREND-Runner	4:00:15	M45	438	0:47:02	1:17:54	1:55:18
96	3559	Klimas Stefan	*Moers	4:00:20	M45	439	0:49:47	1:17:15	1:53:17
97	2549	Fenske Claus	Vodafone Runners	4:01:01	M45	446	0:52:03	1:20:11	1:48:46
98	3726	Graml Stefan	*Duisburg	4:01:20	M45	447	0:49:46	1:17:17	1:54:16
99	5293	Di Serio Mario	GRUPPO SPORTIVO	4:01:26	M45	450	0:46:05	1:22:37	1:52:43
100	3447	Huysmann Carsten	Angerland LT Lintorf	4:01:43	M45	455	0:49:24	1:18:29	1:53:49
101	5248	Dröscher Björn	TVD 1870 Velbert	4:03:02	M45	468	0:50:25	1:23:25	1:49:11
102	3014	Dickes Michael	Ballettschule Müller Castrop	4:03:45	M45	475	0:50:56	1:19:04	1:53:44
103	4590	Brendler Klaus	Prummelüöper	4:03:52	M45	477	0:47:37	1:22:42	1:53:31
104	4740	Boldt Jörg	Wir bei HKM	4:04:51	M45	485	0:48:22	1:17:39	1:58:49
105	4767	Werner Andre	*Düsseldorf	4:05:20	M45	488	0:51:13	1:19:59	1:54:08
106	5121	Franz Wolfgang	Schwarz-Rot Hügel	4:06:15	M45	497	0:51:40	1:20:20	1:54:14
107	2564	Celik Veli	Vodafone Runners	4:06:25	M45	499	0:48:13	1:19:38	1:58:33
108	3353	Skiba Martin	Laufen gegen Leiden e.V.	4:06:45	M45	505	0:48:18	1:24:54	1:53:32
109	4136	Postertz Peter	Benzin im Blut	4:07:30	M45	513	0:54:34	1:19:15	1:53:40
110	3979	Schumann Joachim	Marathon Mülheim	4:08:15	M45	518	0:53:10	1:20:51	1:54:13



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M45									
111	5169	Rej dak Hauke	*Düsseldorf	4:08:34	M45	520	0:50:09	1:20:17	1:58:07
112	3611	Rosche Johannes	*Oberhausen	4:08:56	M45	525	0:51:58	1:22:23	1:54:34
113	4030	Krobok Marc	Team Erdinger Alkoholfrei	4:09:09	M45	527	0:52:22	1:22:36	1:54:10
114	4648	Obieglo Thomas	TV Wanheimerort	4:09:33	M45	533	0:50:07	1:19:15	2:00:10
115	3557	Brand Gunnar	*Duisburg	4:09:48	M45	538	0:50:43	1:21:17	1:57:47
116	4850	Groß-Heynck Dirk	Rennfietse Bocholt	4:09:54	M45	540	0:49:58	1:19:54	2:00:00
117	2727	Adamczuk David	AOK TEAM	4:10:42	M45	547	0:52:42	1:19:45	1:58:15
118	4991	Schieder Mike	AS Neukirchen-Vluyn	4:11:00	M45	555	0:43:51	1:08:04	2:19:05
119	3528	Vohl Stefan	Beeckerwerther Kanuverein e	4:11:55	M45	561	0:52:06	1:21:32	1:58:15
120	3646	Wiegand Axel	*Essen	4:12:46	M45	569	0:52:10	1:24:45	1:55:51
121	4182	Hunhoff Frank	SG Kupferdreh-Byfang	4:14:05	M45	578	0:50:49	1:23:27	1:59:49
122	4027	Werding Arndt	SG Kupferdreh-Byfang	4:14:05	M45	579	0:50:49	1:23:27	1:59:48
123	4403	Frericks Matthias	TV Rhede	4:14:18	M45	580	0:52:39	1:23:06	1:58:32
124	2579	Stolle Jörg	Vodafone Runners	4:15:54	M45	591	0:47:15	1:28:45	1:59:53
125	3186	Klausen Marco	Borussia Fohlenpower	4:17:06	M45	596	0:52:42	1:20:42	2:03:41
126	2918	Thies Stefan	*Kaarst	4:18:53	M45	607	0:51:19	1:23:00	2:04:33
127	2522	Gettler Frank	Vodafone Runners	4:18:57	M45	608	0:53:05	1:25:56	1:59:55
128	3109	Schulte Jochen	*Köln	4:21:19	M45	629	0:53:26	1:25:04	2:02:48
129	5369	Milicevic Igor	LC Duisburg	4:22:23	M45	633	0:53:28	1:29:07	1:59:47
130	2937	Thimm Frank	*Düsseldorf	4:22:28	M45	634	0:52:46	1:26:26	2:03:15
131	4081	Krause Christian	Tandem Stiftung Zülow	4:22:43	M45	637	0:54:04	1:26:02	2:02:36
132	3797	Heymann Stephan	TK and sriends	4:23:20	M45	641	0:51:09	1:26:45	2:05:25
133	5176	Wilms Sascha	TuS Xanten	4:23:41	M45	646	0:52:29	1:23:00	2:08:12
134	3054	Schiefer Markus	Absolute Oberliga	4:24:19	M45	650	0:56:47	1:22:58	2:04:33
135	4246	Lemke Lars	TV 1900 Wanheim	4:25:25	M45	656	0:51:47	1:21:06	2:12:31
136	3397	Fritschen Heiko	*Velbert	4:25:29	M45	658	0:54:15	1:25:18	2:05:55
137	2978	Hajek Prof. Dirk	Adler-Langlauf Bottrop	4:25:40	M45	660	0:48:57	1:31:08	2:05:35
138	2616	Catikkas Mehmet	Max Maulwurf Marathonis	4:25:46	M45	661	0:51:58	1:27:57	2:05:50
139	4720	Baumann Marc	Polizei duisburg	4:27:29	M45	671	0:55:46	1:28:13	2:03:30
140	2607	Bittner Jörg	Max Maulwurf Marathonis	4:30:05	M45	685	0:50:10	1:21:56	2:17:58
141	4092	Stockhausen Andreas	RT Backfieldrunners Bocholt	4:31:07	M45	693	0:52:52	1:24:07	2:14:08
142	4817	Siepmann Christoph	*Rheinberg	4:31:47	M45	695	0:56:28	1:26:37	2:08:42
143	2511	Janssen Edgar	Vodafone Runners	4:36:13	M45	709	0:50:43	1:33:17	2:12:12
144	3476	Eisenkopf Oliver	*Mülheim	4:37:38	M45	714	0:52:31	1:20:10	2:24:55
145	4262	Kostbahn Dr. Wilfried	*Ratingen	4:41:48	M45	726	0:59:28	1:28:22	2:13:57
146	4838	Kilic Hakan	*Ergolding	4:42:03	M45	728	0:59:22	1:31:07	2:11:33
147	3576	Zangen Markus	*Düsseldorf	4:43:57	M45	731	0:56:21	1:28:00	2:19:34
148	3522	Hühner Michael	*Bochum	4:44:33	M45	734	0:56:36	1:33:11	2:14:45
149	3018	Dwornik Rainer	*Duisburg	4:48:45	M45	741	0:57:23	1:30:44	2:20:37
150	4506	Peters Markus	Roadrunner	4:50:12	M45	744	0:59:41	1:33:08	2:17:22
151	3939	Abraham Ivan	*Duisburg	4:50:59	M45	750	0:59:08	1:34:55	2:16:54
152	4891	Ising Oliver	*Duisburg	4:52:35	M45	753	1:02:03	1:31:07	2:19:24
153	2704	Buhlmann Rolf	LAUFTEAM-CASINO DU.	4:54:47	M45	760	0:58:35	1:39:25	2:16:45
154	4398	Gehnen Frank	*Wachtendonk	4:54:52	M45	762	1:00:57	1:35:27	2:18:27
155	5242	Mertins Dr. Kai	Veerter Vlitzer	4:55:08	M45	763	0:59:14	1:35:33	2:20:21
156	5279	Fiß Peter	KHTC Mülheim	4:55:56	M45	766	0:59:28	1:35:26	2:21:01
157	3404	Pompe Markus	OTV Endurance Team	5:01:37	M45	784	1:01:17	1:35:22	2:24:57
158	4837	Ün Birol	*Wuppertal	5:09:16	M45	788	1:02:11	1:35:06	2:31:58
159	3377	Kolenbrander Ulrich	*Oberhausen	5:34:48	M45	804	1:07:47	1:48:32	2:38:29



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
1	2533	Morlak Jörg	Vodafone Runners	2:57:47	M50	16	0:37:20	0:57:54	1:22:31
2	2748	Severt Günter	LG COESFELD	2:57:54	M50	17	0:37:21	0:58:17	1:22:15
3	3457	Backes Helmut	*Ratingen	3:05:57	M50	35	0:38:44	1:01:02	1:26:10
4	4010	Sahling Heino	*Essen	3:15:34	M50	73	0:40:03	1:04:17	1:31:13
5	2929	Köhler Dieter	TSV Viktoria Mülheim	3:15:42	M50	74	0:40:53	1:04:47	1:30:00
6	3183	Stolecki Stephan	LC Rapid Dortmund	3:15:46	M50	75	0:42:26	1:04:14	1:29:05
7	4777	Eicheler Guido	gute-Beine.de	3:21:23	M50	108	0:42:31	1:05:30	1:33:21
8	3761	Hofmann Marc	*Düsseldorf	3:21:36	M50	109	0:42:25	1:05:52	1:33:17
9	3440	Kloß Michael	Google+ Running/Laufen	3:23:51	M50	120	0:43:25	1:06:25	1:34:01
10	2803	Mehtieff Alexander	Krefelder Kanu Klub	3:24:25	M50	123	0:44:08	1:07:14	1:33:03
11	4906	Beckmann Thomas	Team Rurrunner	3:24:44	M50	126	0:44:10	1:07:11	1:33:22
12	4654	Grunau Manfred	LEX Bocholt Running Team	3:25:20	M50	130	0:42:22	1:06:37	1:36:20
13	3986	Rockenfeld Dirk	*Leverkusen	3:26:10	M50	136	0:42:46	1:08:05	1:35:18
14	3890	Kohlhöfer Udo	Krefelder Kanu Klub	3:26:13	M50	137	0:42:03	1:06:38	1:37:32
15	3731	Busch Harald	LG Rheine-Elite	3:26:32	M50	140	0:43:19	1:06:52	1:36:20
16	3985	Krebs Michael	Tus Quettingen	3:27:22	M50	147	0:43:37	1:08:16	1:35:27
17	4571	Schirmmacher Jörg	*Remscheid	3:30:22	M50	163	0:44:39	1:07:54	1:37:48
18	2988	Klenn Hans-Jürgen	LC Duisburg	3:30:26	M50	164	0:46:00	1:14:03	1:30:22
19	3657	Gall Jens	ASC Ratingen West	3:30:42	M50	171	0:45:56	1:07:30	1:37:16
20	5146	Bläser Frank	*Moers	3:32:37	M50	187	0:44:21	1:09:08	1:39:06
21	3944	Strittmatter Christian	*Mettmann	3:33:03	M50	193	0:44:12	1:11:33	1:37:17
22	3159	Parusel Stefan	Blau-weiß -Bochum	3:33:07	M50	194	0:44:49	1:09:15	1:39:02
23	3681	Kassner Jürgen	SC Bayer 05 Uerdingen	3:34:30	M50	201	0:47:54	1:09:08	1:37:26
24	4424	Gäde Christian	*Düsseldorf	3:35:20	M50	209	0:43:48	1:11:38	1:39:53
25	3869	Laufs Stephan	LT Metzkausen	3:36:29	M50	218	0:44:45	1:09:20	1:42:24
26	3385	Gebauer Bernd	LG Olympia Dortmund	3:37:06	M50	225	0:45:38	1:10:00	1:41:27
27	2572	Ponto Stefan	Vodafone Runners	3:38:11	M50	230	0:41:38	1:11:03	1:45:28
28	4227	Färber Dr. Andreas	*Duisburg	3:38:31	M50	233	0:45:33	1:09:53	1:43:04
29	2571	Bauer Pascal	Vodafone Runners	3:38:50	M50	235	0:44:29	1:11:50	1:42:30
30	3945	Koch Christian	TriTeam TSG Sprockhövel	3:39:15	M50	240	0:44:32	1:09:28	1:45:14
31	3097	Hetterscheidt Mattes	*Essen	3:40:38	M50	245	0:45:42	1:13:27	1:41:28
32	3274	Traurig Michael	SV 19 Straelen	3:41:38	M50	253	0:45:33	1:10:17	1:45:46
33	3341	Guffler Frank	ASC Ratingen West	3:42:47	M50	259	0:45:42	1:12:33	1:44:31
34	2545	Räck Rainer	Vodafone Runners	3:43:08	M50	262	0:45:35	1:11:48	1:45:44
35	2818	Klein Christian	Angerland LT Lintorf	3:43:33	M50	271	0:47:00	1:12:09	1:44:22
36	2880	Ehrlich Dirk	Team EhrBec	3:43:42	M50	272	0:46:09	1:11:29	1:46:03
37	5327	Neier Dietmar	*Hamminkeln	3:44:04	M50	275	0:46:40	1:12:31	1:44:51
38	3396	Kühnreich Mathias	*Essen	3:46:13	M50	290	0:48:08	1:13:27	1:44:37
39	3644	Radziejewski Jörg	*Moers	3:46:59	M50	299	0:44:58	1:17:52	1:44:08
40	3629	Rüther Martin	*Wesel	3:47:05	M50	301	0:46:42	1:16:46	1:43:35
41	3415	Schifferdecker Diethelm	Ausdauererschule by bunert	3:47:13	M50	304	0:46:09	1:15:02	1:46:01
42	5115	Lenders Axel	Allround Triathlon Team Klev	3:47:43	M50	309	0:45:48	1:09:31	1:52:22
43	3226	Schmengler Steohan	BSG Stadtwerke Duisburg	3:49:11	M50	326	0:46:56	1:14:12	1:48:02
44	2596	Gnau Peter	TUS BREITSCHEID	3:50:04	M50	333	0:55:19	1:28:12	1:26:33
45	4022	Gehrmann Michael	Bocholt	3:50:27	M50	339	0:48:08	1:13:36	1:48:42
46	2709	May Ulrich	TRIMET	3:50:37	M50	341	0:48:18	1:14:59	1:47:19
47	5351	Beick Uwe	BSG Springorum Bochum	3:51:00	M50	347	0:47:39	1:17:25	1:45:55
48	4095	Hohl Detlev	Allround Triathlon Team Klev	3:51:42	M50	352	0:51:10	1:16:48	1:43:43
49	4451	Strehlke Ernst	Tuspo Rengershausen	3:51:56	M50	354	0:48:15	1:17:12	1:46:28
50	4416	Asel Andreas	Team Erdinger Alkoholfrei	3:52:24	M50	360	0:48:32	1:15:16	1:48:35
51	2712	Müller Dirk	SV Siemens	3:52:33	M50	364	0:49:44	1:15:07	1:47:42
52	2919	Edeler Thorsten	LC Duisburg	3:53:10	M50	367	0:45:34	1:10:17	1:57:18
53	5158	Kohlmann Oliver	gute-Beine.de	3:53:31	M50	370	0:47:19	1:14:12	1:51:58
54	4903	Fichna Jörg	*Bottrop	3:53:42	M50	372	0:49:35	1:14:50	1:49:16
55	5202	Beier Oliver	*Düsseldorf	3:53:50	M50	376	0:48:28	1:14:02	1:51:18



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
56	3949	Pöter Martin	Renntiere	3:54:00	M50	380	0:47:22	1:20:55	1:45:42
57	3491	Dick Viktor	*Neukirchen-Vluyn	3:54:40	M50	386	0:46:27	1:17:06	1:51:06
58	2900	Becker Martin	Team EhrBec	3:54:48	M50	390	0:47:52	1:16:28	1:50:27
59	5358	Hansen Rodger	*Düsseldorf	3:55:11	M50	392	0:49:44	1:17:58	1:47:28
60	3449	Elting Manfred	Bocholter WSV	3:55:13	M50	393	0:48:40	1:16:36	1:49:56
61	4762	Gajewski Ullrich	*Duisburg	3:55:23	M50	394	0:49:33	1:16:27	1:49:22
62	4986	Glötz Peter	AS Neukirchen-Vluyn	3:55:48	M50	396	0:46:51	1:16:48	1:52:08
63	2520	Holtmanns Thomas	Vodafone Runners	3:56:43	M50	404	0:47:18	1:16:36	1:52:49
64	4313	Schreiber Frank	*Duisburg	3:57:42	M50	412	0:49:05	1:16:59	1:51:37
65	4316	Jakubzik Frank	LT Vynen Xanten	3:57:59	M50	415	0:46:36	1:23:52	1:47:31
66	3493	Fastner Christian	OTV Endurance Team	3:58:28	M50	420	0:48:20	1:14:30	1:55:37
67	4727	Unger Wolfgang	*Krefeld	3:58:56	M50	427	0:48:11	1:17:59	1:52:44
68	3120	Rohrmeyer Michael	*Lüdenscheid	3:59:02	M50	429	0:48:33	1:17:48	1:52:40
69	3167	Itjeshorst Christian	Laufftreff Sterkrade-Nord	3:59:25	M50	430	0:51:11	1:23:13	1:45:00
70	4197	Marissen Oliver	*Kempfen	3:59:26	M50	431	0:49:11	1:18:34	1:51:40
71	3700	Hoppe Ralf	Running Dinslaken	4:00:01	M50	433	0:49:39	1:18:47	1:51:34
72	5014	Bücken Leonardo	SG Borken	4:00:07	M50	435	0:49:48	1:17:41	1:52:37
73	3504	Hurtz-Ludwig Markus	Haaner Knaller	4:00:25	M50	441	0:50:04	1:17:54	1:52:26
74	4530	Hardt Lutz	Zulu Runners	4:00:47	M50	444	0:52:14	1:19:53	1:48:40
75	3393	Plitt Carsten	Laufen gegen Leiden e.V.	4:01:25	M50	449	0:42:55	1:24:58	1:53:32
76	4534	May Achim	TV Witzhelden	4:01:29	M50	453	0:49:13	1:18:21	1:53:54
77	5056	Gurny Rüdiger	Reeser SC Triathlon	4:01:32	M50	454	0:47:21	1:24:17	1:49:53
78	3434	Kesselhut Frank	*Duisburg	4:02:09	M50	457	0:51:14	1:19:11	1:51:43
79	3724	Katzenberger Oliver	*Schermbek	4:02:40	M50	459	0:48:38	1:22:25	1:51:36
80	3821	Dörner Josef	Gelato Donelli	4:02:40	M50	461	0:49:54	1:19:20	1:53:25
81	4444	Spennhoff Andreas	Aus LUST am LEBEN	4:02:45	M50	463	0:50:23	1:18:34	1:53:47
82	4525	Mittasch Markus	Langsam läuft am längsten	4:03:00	M50	466	0:49:09	1:21:43	1:52:06
83	3708	Conrad Thomas	*Essen	4:03:01	M50	467	0:47:45	1:15:09	2:00:07
84	4791	Kleinschmidt Axel	LGS Hilden	4:03:33	M50	473	0:50:57	1:20:18	1:52:17
85	4771	Hoffjann Christof	*Schermbek	4:03:54	M50	478	0:49:52	1:22:26	1:51:35
86	3546	Raback Uwe	LT Weitmarer Holz	4:04:02	M50	479	0:49:21	1:17:41	1:57:00
87	2812	Rzepczyk Michael	*Dinslaken	4:05:40	M50	491	0:49:09	1:19:17	1:57:13
88	3735	Lange Roland	Fortuna Düsseldorf 1895 e.V.	4:05:56	M50	494	0:51:09	1:19:03	1:55:43
89	3779	Hemmelberg Udo	Team Polizei Duisburg	4:06:52	M50	509	0:52:51	1:16:54	1:57:06
90	3031	Seidel Hagen	*Düsseldorf	4:07:03	M50	510	0:50:54	1:20:38	1:55:30
91	3701	Gottlieb Malte	BSG Deutsche Bank Düsse	4:08:32	M50	519	0:50:10	1:19:32	1:58:50
92	2648	Pohl Hans-Jürgen	SG Ruhrgas 1929	4:08:49	M50	522	0:51:30	1:21:40	1:55:38
93	5057	Wolff Peter	*Mülheim	4:08:51	M50	523	0:51:40	1:22:31	1:54:39
94	3673	Ehrlich Carsten	*Duisburg	4:08:56	M50	524	0:53:37	1:20:37	1:54:42
95	3850	Lachnit Andreas	VfL Niederwenigern 1963 e. V	4:09:16	M50	529	0:51:35	1:19:56	1:57:43
96	3744	Klug Andreas	Running Dinslaken	4:09:22	M50	531	0:48:17	1:21:30	1:59:34
97	2901	Richter Herbert	Marathonis on tour	4:09:38	M50	534	0:49:55	1:19:19	2:00:22
98	4922	Paul Thomas	SV Budberg Lauffreunde	4:09:44	M50	536	0:49:31	1:22:17	1:57:55
99	3157	Bock Michael	Ruhrunner Essen	4:10:22	M50	543	0:49:11	1:16:54	2:04:16
100	4514	Ottner Peter	Team Erdinger Alkoholfrei	4:10:44	M50	549	0:49:08	1:21:35	2:00:01
101	2629	Kahls Markus	Max Maulwurf Marathonis	4:10:58	M50	554	0:50:45	1:21:20	1:58:52
102	3510	Mohr Markus	*Issum	4:11:53	M50	560	0:50:51	1:21:00	2:00:02
103	3647	Meinrich Dirk	*Essen	4:12:46	M50	568	0:52:09	1:24:44	1:55:51
104	3562	Eßing Frank	Bocholter WSV	4:15:23	M50	587	0:53:24	1:09:59	2:12:00
105	3430	Budde Stephan	Sportpark Stadtwald	4:15:39	M50	589	0:53:06	1:23:55	1:58:37
106	4137	Pörtner- Pieper Theo	Benzin im Blut	4:16:00	M50	592	0:55:31	1:22:23	1:58:06
107	4804	Kürpig Jürgen	*Langenfeld	4:16:26	M50	593	0:54:16	1:21:17	2:00:52
108	2589	Tuncel Turhan	VIVAWEST	4:18:18	M50	603	0:53:57	1:20:57	2:03:23
109	3834	Huber Christian	*Hattingen	4:19:18	M50	612	0:53:02	1:23:18	2:02:57
110	3545	Burkard Stefan	SV Wattenscheid 1930	4:19:27	M50	614	0:57:21	1:30:31	1:51:34



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
111	3817	Bolender Werner	TV Jahn Hiesfeld	4:19:44	M50	615	0:53:49	1:24:30	2:01:23
112	5224	Hafenrichter Erwin	*Ratingen	4:19:46	M50	617	0:48:27	1:16:58	2:14:20
113	4868	Klinge Dr. Marcus	DSG Essen	4:20:45	M50	626	0:53:42	1:22:14	2:04:48
114	5252	Schemken Markus	*Velbert	4:20:51	M50	627	0:53:48	1:32:58	1:54:04
115	3539	Schmitz Andreas	Die Deichläufer	4:21:08	M50	628	0:51:49	1:22:18	2:07:00
116	3202	Borchardt Michael	*Mülheim an der Ruhr	4:22:38	M50	636	0:49:51	1:22:23	2:10:23
117	4666	Haase Thomas	*Düsseldorf	4:23:13	M50	639	0:53:37	1:22:58	2:06:36
118	4867	Hellwig-Meller Jürgen	DSG Essen	4:23:40	M50	644	0:53:43	1:22:14	2:07:41
119	4121	Duesmann Dierk	*Oberhausen	4:24:47	M50	654	0:55:11	1:28:02	2:01:32
120	5075	Hagemann Udo	TG-Hörste	4:25:05	M50	655	0:57:18	1:26:19	2:01:26
121	3463	Ropers Stefan	*Moers	4:26:29	M50	665	0:51:50	1:23:54	2:10:44
122	3783	Brockof Peter	SC Bayer 05 Uerdingen	4:26:30	M50	667	0:51:35	1:20:57	2:13:57
123	5218	Scheiermann Martin	SV 13 Gladbeck Triathlon	4:27:16	M50	668	0:55:09	1:26:13	2:05:53
124	4631	Oppelt Manni	Renntiere	4:32:19	M50	698	0:54:43	1:24:16	2:13:19
125	2925	Uebbing Klaus	Laufsport 97/30 Lowick	4:32:29	M50	699	0:53:45	1:26:55	2:11:49
126	3030	Vormbrock Jörg	Steele 11	4:34:17	M50	704	0:54:35	1:30:59	2:08:42
127	3383	Fischer Rolf M	*Wesel	4:37:00	M50	713	1:01:48	1:34:25	2:00:45
128	3839	Nest Michael	LG.Roadrunner	4:38:07	M50	716	0:56:29	1:32:14	2:09:23
129	2864	Ernst Matthias	*Dinslaken	4:41:07	M50	721	0:53:24	1:38:15	2:09:27
130	3956	Müller Frank	Emscher-Igels	4:43:59	M50	732	0:57:17	1:32:31	2:14:10
131	3036	Berger Andreas	Fun Runner VfL Gladbeck	4:44:08	M50	733	1:04:41	1:30:20	2:09:06
132	3723	Wachsmann Georg	*Gladbeck	4:46:03	M50	735	0:57:48	1:31:08	2:17:07
133	4921	Hebinck Franz	Lifefit Dinslaken	4:46:16	M50	737	0:57:12	1:27:48	2:21:15
134	3380	Winkelmann Markus	*Dorsten	4:50:26	M50	747	0:57:03	1:29:45	2:23:37
135	2909	Menzel Andreas	*Oberhausen	4:50:48	M50	749	0:56:25	1:32:33	2:21:49
136	2697	Märker Michael	LAUFTEAM-CASINO DU.	4:54:38	M50	758	1:00:01	1:29:27	2:25:09
137	3427	Leonhards André	L-Runners Krefeld	4:54:42	M50	759	1:00:47	1:36:08	2:17:46
138	4051	Kendziorra Thomas	FH Dortmund	4:56:01	M50	767	0:58:32	1:34:47	2:22:41
139	3409	Spickernagel Marc	*Duisburg	4:57:04	M50	768	1:02:16	1:21:56	2:32:50
140	4181	Kohl Matthias	*Düsseldorf	4:58:21	M50	772	1:01:27	1:36:37	2:20:16
141	3024	Gresens Andreas	*Düsseldorf	5:00:14	M50	779	1:00:58	1:34:44	2:24:31
142	2706	Vermeesch Marco	LAUFTEAM-CASINO DU.	5:00:46	M50	781	0:59:48	1:29:54	2:31:04
143	3852	Stocker Helmut	PS	5:01:05	M50	782	0:56:38	1:38:20	2:26:06
144	3228	Roth Holger	BSG Stadtwerke Duisburg	5:06:14	M50	787	0:58:38	1:33:30	2:34:05
145	4594	Helmes Robert	*Kamp-Lintfort	5:13:15	M50	793	1:00:33	1:47:23	2:25:18
146	3720	Müller Daniel	LC Duisburg	5:15:30	M50	794	1:04:26	1:41:06	2:29:57



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Männer

AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M55									
1	3390	Röpstorf Uwe	SC Bayer 05 Uerdingen	2:59:36	M55	20	0:37:24	0:59:32	1:22:39
2	5330	Straßburg Jürgen	TUS Drevenack	3:01:01	M55	22	0:37:55	0:58:51	1:24:14
3	4401	Torke Fred	Team Erdinger Alkoholfrei	3:03:15	M55	26	0:37:54	1:00:56	1:24:23
4	2603	Welsch Rüdiger	TUS BREITSCHEID	3:12:55	M55	63	0:40:41	1:03:34	1:28:38
5	3012	Welskopf Peter	Ballettschule Müller Castrop	3:13:34	M55	67	0:41:15	1:02:10	1:30:08
6	4000	Rietmann Stefan	VfL Merkur Kleve	3:17:52	M55	88	0:40:58	1:04:25	1:32:28
7	3416	Künzel Rüdiger	Laufftreff Uhlenhorst	3:18:40	M55	93	0:40:36	1:03:44	1:34:19
8	4224	Szostak Dieter	*Oberhausen	3:19:45	M55	99	0:41:04	1:05:07	1:33:33
9	3425	Lickfett Heiko	Freie Schwimmer Düsseldorf	3:19:48	M55	100	0:41:43	1:04:42	1:33:22
10	4310	Jansen Volker	VfL Merkur Kleve	3:22:52	M55	114	0:42:35	1:07:08	1:33:09
11	2790	Lüther Markus	Team Polizei Duisburg	3:25:37	M55	133	0:42:05	1:05:23	1:38:08
12	3354	Enk Werner	Laufsport 97/30 Lowick	3:26:39	M55	141	0:42:08	1:07:28	1:37:02
13	3099	Bell Ralf	Triathlon Mülheim	3:26:59	M55	142	0:41:22	1:14:04	1:31:33
14	3308	Kuhnert Waldemar	Triminators TV Voerde	3:27:16	M55	145	0:43:12	1:09:28	1:34:35
15	4882	Hansen Thomas	*Düsseldorf	3:27:53	M55	148	0:42:42	1:06:55	1:38:15
16	4356	van der Venn Jürgen	LV Marathon Kleve	3:28:35	M55	152	0:48:13	1:14:27	1:25:54
17	2810	Brandenburg Martin	LC Duisburg	3:29:31	M55	157	0:44:28	1:06:01	1:39:02
18	3564	Falk Werner	Bestzeit war gestern	3:30:20	M55	162	0:44:25	1:08:21	1:37:33
19	4057	Thomauske Norbert	TuSpo Huckingen	3:30:30	M55	168	0:45:51	1:07:05	1:37:34
20	2766	Przewloka Joachim	TG Neuss	3:30:31	M55	169	0:43:34	1:08:57	1:37:59
21	2768	Halupka-Kuhn Hanjo	TG Neuss	3:30:35	M55	170	0:43:34	1:08:32	1:38:28
22	5071	Wehr Matthias	LC Duisburg	3:31:09	M55	173	0:43:06	1:09:37	1:38:25
23	2883	Fels Hubert	Billerbecker Läufer	3:32:24	M55	184	0:44:25	1:09:34	1:38:23
24	4061	Brömme Roland	DAV-Duisburg	3:32:29	M55	186	0:44:16	1:08:06	1:40:06
25	2894	Splittorf Michael	OTV Endurance Team	3:32:40	M55	189	0:45:21	1:10:21	1:36:57
26	4107	Röth Wilfried	VfL Merkur Kleve	3:34:46	M55	205	0:44:55	1:09:40	1:40:10
27	3966	Robert Ferdinand	MKW-Läufer	3:35:15	M55	208	0:44:36	1:09:03	1:41:35
28	3127	Oelschläger Klaus	*Düsseldorf	3:35:53	M55	217	0:44:42	1:09:36	1:41:34
29	4236	Arslan Zeynelabidin	NAVAHOO	3:37:19	M55	226	0:44:11	1:08:38	1:44:29
30	2855	Kleinen Ulf	*Düsseldorf	3:38:12	M55	231	0:45:48	1:10:51	1:41:31
31	2676	Dixkens Jörg	TV Wanheimerort	3:38:43	M55	234	0:45:59	1:12:09	1:40:34
32	4208	Schnatmann Christian	*Hünxe	3:38:52	M55	236	0:45:35	1:11:34	1:41:42
33	2782	Henning Rainer	Team Polizei Duisburg	3:44:00	M55	274	0:48:29	1:14:36	1:40:54
34	2765	Götz Volker	TG Neuss	3:44:26	M55	277	0:47:18	1:12:02	1:45:04
35	3722	van Hall Karl-Heinz	Dragonboatclub Borken	3:45:45	M55	285	0:49:03	1:17:33	1:39:08
36	3785	Hoffmann Michael	LC Duisburg	3:45:51	M55	288	0:47:14	1:13:27	1:45:09
37	3407	Klefisch Dietmar	*Mülheim	3:46:38	M55	296	0:46:32	1:13:36	1:46:28
38	4985	Grauke Tobias	TuS 08 Lintorf	3:47:39	M55	308	0:47:29	1:12:22	1:47:47
39	5313	Pamotat Ralf	LT Bittermark Dortmund	3:50:49	M55	343	0:45:10	1:14:33	1:51:05
40	2755	Pater Tobias	LG Pater Tobias	3:52:29	M55	362	0:48:20	1:16:26	1:47:41
41	4460	König Jürgen	Klingenwetzler	3:53:18	M55	369	0:47:26	1:14:41	1:51:10
42	4779	Döring Andreas	*Gelsenkirchen	3:53:53	M55	378	0:48:56	1:14:12	1:50:44
43	4948	Killius Klaus	Marathon Mülheim	3:54:06	M55	382	0:47:40	1:16:21	1:50:05
44	3083	Königstein Remo	Viermärker Dortmund	3:54:18	M55	383	0:50:22	1:16:56	1:46:59
45	3276	Peters Andreas	*Oberhausen	3:54:44	M55	387	0:47:37	1:15:19	1:51:47
46	3572	Aulich Jürgen	*Duisburg	3:54:45	M55	389	0:49:15	1:15:07	1:50:23
47	3813	Schneider Jürgen	LT Turnerbund Frintrop	3:56:52	M55	405	0:47:49	1:15:56	1:53:07
48	3663	Lichtenberger Frank	Styrumer TV	3:57:37	M55	410	0:48:45	1:18:09	1:50:42
49	3280	Hillig Harald	wiesnasen-mara-tonis	3:57:41	M55	411	0:47:41	1:17:45	1:52:14
50	2950	Ehrentraut Heinz-Udo	Born to Run	3:57:43	M55	413	0:49:21	1:16:28	1:51:53
51	3500	Ptassek Rainer	Sporting-Mülheim	3:58:02	M55	416	0:49:43	1:16:20	1:51:58
52	3997	Kreuzenbeck Volker	LC Ruhrpott America	3:58:08	M55	418	0:49:15	1:16:31	1:52:21
53	3772	Köhnen Dirk	LEMKEN Laufftreff	3:58:44	M55	423	0:50:09	1:12:44	1:55:50
54	4672	Schulz-Bongert Dr. Udo	Running Team Grafenberg	4:00:08	M55	436	0:49:42	1:17:05	1:53:20
55	2936	Dombrowsky Detlef	VfL Gladbeck Fun Runner	4:01:20	M55	448	0:47:46	1:20:56	1:52:38



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M55									
56	4604	Spoden Migo	LC Duisburg	4:02:42	M55	462	0:51:56	1:17:24	1:53:21
57	3007	Malcus Burkhard	SunRunner	4:03:14	M55	469	0:52:47	1:19:05	1:51:21
58	3794	Heinrich Peter	LC Duisburg	4:03:23	M55	471	0:49:11	1:17:35	1:56:36
59	4174	Cellar Andreas	Marathon Mülheim	4:03:49	M55	476	0:50:54	1:18:45	1:54:09
60	4414	Zachan Michael	Solinger LC	4:04:44	M55	482	0:45:22	1:15:38	2:03:44
61	3063	Schmitz Gerd	Neudorf-Runners	4:05:51	M55	493	0:52:02	1:20:35	1:53:13
62	4869	Beyer Harald	DSG Essen	4:05:58	M55	495	0:47:19	1:13:51	2:04:47
63	3990	Bidenharn Dr. Frank	Www.dr.bidenharn.org	4:06:01	M55	496	0:52:28	1:20:51	1:52:40
64	2869	Franke Edgar	SC Bayer 05 Uerdingen	4:06:34	M55	500	0:52:22	1:20:14	1:53:56
65	2884	Hesper Bernhard	Billerbecker Läufer	4:06:38	M55	502	0:48:01	1:20:13	1:58:22
66	3375	Ridder Ingbert	LT Lukas	4:06:46	M55	506	0:52:13	1:18:40	1:55:52
67	3892	Falter Hubertus	SV Siemens	4:06:51	M55	508	0:52:51	1:18:41	1:55:18
68	4597	Ehlert Stephan	*Meerbusch	4:09:12	M55	528	0:51:15	1:21:19	1:56:37
69	5098	Göbel Karsten	Helios Iron Team Wuppertal	4:10:45	M55	550	0:53:50	1:15:20	2:01:33
70	4239	Naßmacher Heiner	SG Borken	4:11:17	M55	557	0:52:44	1:23:46	1:54:46
71	3521	Schmidt Detlev	Edeka	4:11:42	M55	559	0:51:38	1:19:23	2:00:40
72	3181	Kolberg Dieter	DJK TuS Rotthausen	4:12:36	M55	565	0:52:09	1:21:56	1:58:30
73	3925	Ammann Olaf	*Mülheim	4:13:22	M55	572	1:03:17	1:14:14	1:55:50
74	2662	Kleinfeld Uli	BWG Running Team	4:13:59	M55	577	0:48:30	1:22:29	2:02:59
75	4005	Kill Ludger	Porsche Club of America	4:14:19	M55	581	0:52:28	1:26:56	1:54:54
76	4774	Rohleder Markus	Auslaufmodelle Xanten	4:14:35	M55	582	0:51:02	1:24:49	1:58:44
77	4884	Stenkamp Dr. Dirk	*Bocholt	4:14:44	M55	583	0:51:35	1:22:19	2:00:49
78	5219	Heidenreich Günter	SG Stern Werk Düsseldorf	4:14:57	M55	586	0:52:12	1:20:56	2:01:48
79	2598	Presser Christian	TUS BREITSCHEID	4:17:36	M55	597	0:51:54	1:26:06	1:59:35
80	4450	Schaup Ralph	*Wetter	4:18:04	M55	599	0:54:07	1:24:42	1:59:13
81	5344	Roch Karl	LC Duisburg/laufbuchruhr.de	4:18:27	M55	604	0:54:05	1:15:26	2:08:55
82	4428	Ihling Johnny	TSV Bocholt	4:19:07	M55	610	0:54:40	1:22:31	2:01:55
83	3659	Förster Ralf	*Essen	4:19:26	M55	613	0:51:28	1:21:02	2:06:55
84	3025	Rudolph Uwe	CTS	4:19:45	M55	616	0:53:25	1:24:58	2:01:22
85	5228	Aydin Ismail	*Duisburg	4:20:24	M55	624	0:54:09	1:25:20	2:00:54
86	3257	Schulz Georg	Tri-Team TV Schiefbahn	4:20:30	M55	625	0:54:41	1:25:11	2:00:37
87	3057	Bönnighausen Burkhard	*Ratingen	4:21:29	M55	631	0:52:44	1:22:33	2:06:11
88	4566	Käbe Uwe	LC Duisburg	4:23:17	M55	640	0:58:40	1:24:19	2:00:17
89	5273	Lappe Rolf	AS Neukirchen-Vluyn	4:23:45	M55	647	0:56:23	1:28:00	1:59:21
90	4907	Laszczyk Ralf	*Duisurg	4:24:22	M55	651	0:56:25	1:25:13	2:02:43
91	4205	Vogt Holger	*Essen	4:25:55	M55	662	0:52:16	1:24:38	2:09:00
92	5237	Schütze Holger	Reeser SC Triathlon	4:26:00	M55	663	0:54:00	1:24:17	2:07:42
93	3422	Stoller Wolfgang	nein	4:26:27	M55	664	0:55:25	1:26:38	2:04:23
94	3306	Damen Wolfgang	Bataver Lauftreff Emmerich	4:27:17	M55	669	0:53:18	1:24:54	2:09:05
95	3876	Porzig Rüdiger	*Kaarst	4:27:19	M55	670	0:56:53	1:25:55	2:04:30
96	2509	Albrecht Rainer	TUS BREITSCHEID	4:28:38	M55	675	0:54:23	1:22:15	2:12:00
97	3133	Pohl Gerhard	Wir bei HKM	4:29:00	M55	679	0:54:36	1:25:24	2:08:59
98	5135	Krause Dr. Uwe	*Meerbusch	4:30:24	M55	687	0:54:40	1:25:05	2:10:37
99	4857	Zatzkowski Michael	RSG Herne	4:31:01	M55	692	0:55:55	1:26:02	2:09:03
100	4718	Blum Wolfgang	*Duisburg	4:33:28	M55	701	0:58:04	1:31:07	2:04:16
101	4732	van Eik Rolf	*Wetter	4:35:28	M55	707	0:54:05	1:26:23	2:14:59
102	3254	Socher Michael	LC Duisburg	4:37:43	M55	715	0:57:15	1:29:52	2:10:35
103	3529	Brackmann Stefan	*Dinslaken	4:38:49	M55	718	0:57:26	1:29:37	2:11:46
104	3558	Brockhaus Helmut	SPCA Duisburg	4:41:56	M55	727	0:54:00	1:31:07	2:16:47
105	4769	Friedrich Jörg	BSV Delphi	4:43:09	M55	730	0:57:05	1:27:55	2:18:07
106	2857	Wins Jürgen	LAUFTREFF XANTEN	4:46:10	M55	736	1:00:09	1:30:21	2:15:40
107	2646	Langenhorst Peter	SG Ruhrgas 1929	4:47:13	M55	738	0:54:10	1:28:46	2:24:16
108	3227	Ernst Uwe	BSG Stadtwerke Duisburg	4:53:56	M55	755	0:56:14	1:33:29	2:24:12
109	5243	Osterberg Frank	Veerter Vlitzer	4:55:11	M55	764	0:59:14	1:35:34	2:20:22
110	3730	Sprink Thomas	LT Stoppenberg	4:55:19	M55	765	1:03:50	1:34:14	2:17:14



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M55									
111	2835	Wolf Thomas	*Krefeld	5:16:54	M55	795	1:03:46	1:36:09	2:36:58
112	2989	Zepperreck Martin	Parkinson	5:24:19	M55	798	1:06:04	1:43:58	2:34:15
Altersklasse Männer M60									
1	2535	Caulfield Kieran	Vodafone Runners	3:09:50	M60	50	0:39:21	1:02:15	1:28:13
2	4536	Terhorst Klaus	*Geldern	3:32:43	M60	190	0:45:26	1:07:46	1:39:31
3	3671	Willner Detlef	Mettmann	3:32:53	M60	192	0:43:47	1:09:46	1:39:19
4	3863	Schmidt Joachim	*Essen	3:43:16	M60	268	0:47:13	1:12:19	1:43:44
5	3645	Jann Horst	*Düsseldorf	3:48:22	M60	319	0:47:48	1:15:39	1:44:53
6	4034	Aben Leo	*Geldern	3:50:08	M60	335	0:48:06	1:14:52	1:47:10
7	3654	Eiteneuer Bernd	Rapid Ramirez	3:57:21	M60	409	0:49:48	1:17:32	1:50:00
8	2867	Reimer Theo	Allround Triathlon Team Klev	4:00:25	M60	440	0:49:20	1:17:56	1:53:08
9	4927	Diersch Ralph	LT Uhlenhorst Mülheim	4:06:19	M60	498	0:57:22	1:16:51	1:52:04
10	4792	Neuhoff Stephan	LGS Hilden	4:10:19	M60	541	0:52:09	1:21:18	1:56:50
11	4023	Mäteling Alex	SV Haldern Laufftreff	4:10:49	M60	551	0:53:46	1:18:33	1:58:29
12	3101	Plicht Wolfgang	OSC Dinslaken-Averbruch	4:14:54	M60	585	0:51:37	1:22:38	2:00:38
13	4138	Bredt Peter	*Schwelm	4:18:30	M60	605	1:12:43	1:16:02	1:49:45
14	4102	Richter Volker	*Duisburg	4:18:41	M60	606	0:53:43	1:25:48	1:59:09
15	4007	Möllhoff Udo	*Mül6	4:22:22	M60	632	0:53:28	1:27:31	2:01:22
16	2976	Baumgarten Horst	Adler-Langlauf Bottrop	4:25:27	M60	657	0:48:11	1:31:36	2:05:40
17	2635	Müller Ulrich	TC Kray 1892 e.V.	4:25:33	M60	659	0:57:34	1:19:58	2:08:00
18	2683	Gröber Rüdiger	200PRO GmbH	4:26:30	M60	666	0:54:52	1:26:03	2:05:34
19	3459	Dicke Ralf	LC Duisburg	4:30:21	M60	686	0:54:58	1:34:26	2:00:57
20	5366	Wilmsen Henry	Marathonkurs 2018	4:30:54	M60	690	0:55:58	1:30:13	2:04:42
21	5304	Kleinschnitz Martin	*Bocholt	4:33:50	M60	703	0:49:24	1:32:18	2:12:06
22	4362	Maaßen Heinz	LT Turnerbund Frintrop	4:34:30	M60	706	0:57:54	1:30:35	2:06:01
23	4447	Vormdohre Dieter	*Ratingen	4:53:15	M60	754	1:00:36	1:37:04	2:15:35
24	4408	Neumann Klaus	SG Monheim	4:54:21	M60	757	1:01:42	1:36:26	2:16:13
25	4815	Kowalczyk Klaus	*Hagen	4:57:41	M60	770	1:01:44	1:37:06	2:18:50
26	4942	Mueller Josef	*Ratingen	4:58:50	M60	775	1:00:05	1:33:21	2:25:23
27	2908	zur Linden Ulli	Running Team Grafenberg	5:00:09	M60	778	1:04:03	1:35:04	2:21:01
28	3357	Schlieter Joerg	LT Mismahlshof	5:01:28	M60	783	1:00:00	1:40:39	2:20:48
29	2625	Nottebaum Berthold	Max Maulwurf Marathonis	5:27:48	M60	801	1:08:45	1:37:21	2:41:41
30	4458	Kolenbrander Peter	LG Bilfinger Engineering	5:28:08	M60	802	1:09:39	1:50:55	2:27:33
31	4980	Illner Rolf	SuS Bertlich	5:36:49	M60	805	1:02:47	1:57:42	2:36:19
32	3281	Kemper Klaus	TV Vennikel	5:53:11	M60	806	1:16:44	1:50:14	2:46:12



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M65									
	1	4149 Juckel Dr. Bernd	SG Neukirchen-Hülchrath	3:24:55	M65	128	0:43:08	1:05:52	1:35:54
	2	3553 Graf Karl	VfB Alemannia Pfalzdorf	3:28:20	M65	149	0:43:36	1:07:55	1:36:48
	3	4833 Hopermann Udo	Hamminkeiner SV	3:39:19	M65	241	0:45:10	1:13:35	1:40:33
	4	3686 Becker Wolfgang	*Essen	3:40:17	M65	243	0:46:22	1:11:55	1:41:59
	5	4088 Schroeder Georg	BSV Delphi Wuppertal	3:56:27	M65	401	0:48:49	1:16:04	1:51:33
	6	3519 Kords Christian	*Krefeld	4:10:53	M65	552	0:51:57	1:19:31	1:59:24
	7	4345 Mandel Wolfgang	LC Duisburg	4:12:42	M65	566	0:53:51	1:22:24	1:56:26
	8	3568 Kronenberg Friedrich	Marathonteam Ratingen	4:18:05	M65	600	0:51:10	1:20:46	2:06:08
	9	3300 Graebel Gunther	Crepe & Baguette Duisburg	4:19:13	M65	611	0:49:44	1:23:09	2:06:19
	10	3217 Steinmann Peter	TSG Sprockhövel	4:20:10	M65	622	0:55:00	1:22:09	2:03:00
	11	3188 Storms Hubert	TuS Baerl e.V.	4:21:29	M65	630	0:54:35	1:26:21	2:00:32
	12	3399 Bantini Holger	Ausdauerschule by bunert	4:22:33	M65	635	0:53:12	1:26:40	2:02:40
	13	3134 Gerlach Dr. Thomas	die 3 von der Franzstrasse	4:23:54	M65	648	0:53:22	1:27:44	2:02:47
	14	3934 Fiedler Ernst-Oskar	LT Gruitene-Neandertal	4:27:40	M65	673	0:54:35	1:25:33	2:07:30
	15	2643 Grabienski Wolfgang	SG Ruhrgas 1929	4:29:13	M65	681	0:56:38	1:27:54	2:04:41
	16	4900 Vehreschild Karl-Heinz	TSV Weeze	4:39:07	M65	719	0:56:30	1:29:39	2:12:56
	17	3221 Berg Wolfgang	*Duisburg	4:40:50	M65	720	0:53:55	1:35:02	2:11:51
	18	5184 Menke Klaus	AS Neukirchen-Vluyn	4:41:09	M65	722	0:58:53	1:31:20	2:10:54
	19	2620 Rudolf Joachim	Max Maulwurf Marathonis	4:50:13	M65	745	0:55:10	1:26:52	2:28:10
	20	5175 Leymann Helmut	*Duisburg	5:03:40	M65	786	1:01:55	1:40:51	2:20:54
	21	4343 Ewertz Karl-Heinz	Turbo-Schnecken Lüdenschke	5:17:45	M65	796	1:03:55	1:49:40	2:24:09
	22	4278 Wolf Horst	Team Flow	5:24:42	M65	799	1:05:06	1:40:15	2:39:20
Altersklasse Männer M70									
	1	3153 Müller Peter	LC Duisburg	3:53:40	M70	371	0:48:51	1:14:34	1:50:14
	2	3149 Swiatczak Eugen	*Duisburg	4:48:31	M70	740	1:01:17	1:36:30	2:10:44
	3	4988 Fischer Helmuth	AS Neukirchen-Vluyn	4:57:29	M70	769	1:02:36	1:35:47	2:19:04
	4	3199 Schellscheidt Roland	AS Neukirchen-Vluyn	5:27:31	M70	800	1:08:16	1:46:00	2:33:14
	5	3623 Jockenhöfer Heinrich	*Olfen	5:34:20	M70	803	1:08:41	1:47:28	2:38:09
Altersklasse Männer M75									
	1	3612 Müller Günter	Marathonteam Ratingen	4:31:27	M75	694	0:56:59	1:28:18	2:06:08
	2	4293 Heinrich Uwe	TuS Hamborn-Neumühl	4:58:26	M75	773	1:03:15	1:34:39	2:20:32
Altersklasse Männer MU18									
	1	5125 Kolberg Sven	TC SW Budberg	3:27:07	MU18	144	0:42:14	1:06:49	1:38:04
	2	2759 Hamza Ali Mohamed	LG Pater Tobias	3:39:22	MU18	242	0:44:17	1:10:39	1:44:25
Altersklasse Männer MU20									
	1	3980 Kuschel Florian	*Krefeld	4:12:23	MU20	563	0:48:13	1:23:12	2:00:57



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W20									
1	2749	Fels Anika	LG COESFELD	2:58:28	W20	1	0:37:22	0:58:33	1:22:32
2	4949	Devits Lise	Triathlon Mülheim	3:06:00	W20	3	0:38:40	1:01:20	1:25:58
3	3093	Stollenwerk Lisa	LGO Bochum	3:15:57	W20	6	0:41:26	1:04:13	1:30:17
4	4669	Pfützenreuter Johanna	Angerland LT Lintorf	3:17:27	W20	7	0:41:32	1:04:12	1:31:42
5	3321	Hinz Charlotte	Maschischnitten	3:36:38	W20	24	0:45:39	1:10:57	1:40:01
6	4235	Mayrlechner Lea	*Duisburg	3:43:51	W20	30	0:46:20	1:11:44	1:45:46
7	5118	van Hüüt Annika	LG Alpen	3:45:01	W20	35	0:45:03	1:05:43	1:54:14
8	4504	Flintz Anne	*Düsseldorf	3:47:10	W20	41	0:44:01	1:08:14	1:54:55
9	3911	Rumpel Joana	Project 63	3:51:39	W20	51	0:47:33	1:13:26	1:50:40
10	5084	Elting Desiree	Bocholter WSV	3:54:56	W20	54	0:50:24	1:18:44	1:45:48
11	4011	Heise Sara	*Krefeld	3:56:07	W20	56	0:52:15	1:16:00	1:47:51
12	5148	Henseler Janine	*Duisburg	3:56:55	W20	59	0:49:31	1:17:28	1:49:55
13	4150	Breit Ann-Christin	TSG Kirchhellen	3:59:14	W20	67	0:50:39	1:19:11	1:49:23
14	4360	Cepok Claudia	Alles aus Liebe	3:59:37	W20	69	0:50:20	1:17:06	1:52:10
15	4266	Hohl Jana	Allround Triathlon Team Klev	4:01:01	W20	70	0:49:20	1:20:36	1:51:05
16	3640	Stepken Sina	SC Bayer 05 Uerdingen	4:01:14	W20	71	0:52:23	1:19:12	1:49:38
17	3322	Tepaße Nadine	Sportfreunde Ententeich	4:01:21	W20	72	0:55:16	1:16:33	1:49:30
18	5233	Kleine-Nathland Linda	*Duisburg	4:01:24	W20	73	0:49:55	1:18:42	1:52:47
19	5180	Ahlborn Lisa	*Düsseldorf	4:03:06	W20	77	0:49:34	1:21:46	1:51:45
20	5105	Schmauder Angelika	*Bochum	4:05:57	W20	86	0:52:22	1:19:24	1:54:10
21	3172	Opitz Maike	Wolf-Gang	4:07:45	W20	92	0:54:00	1:19:25	1:54:19
22	2750	Kemper Christina	LG COESFELD	4:08:51	W20	96	0:50:15	1:20:13	1:58:22
23	5201	Geßner Sarah	*Bochum	4:10:46	W20	101	0:54:30	1:18:33	1:57:42
24	4945	Deelmann Maike	*Borken	4:16:01	W20	118	0:55:06	1:22:23	1:58:31
25	2585	Janduda Jana	VIVAWEST	4:16:02	W20	119	0:54:49	1:13:38	2:07:35
26	4069	Brück Svea	*Bochum	4:17:34	W20	124	0:56:19	1:18:57	2:02:17
27	5094	Presch Katharina	*Duisburg	4:19:10	W20	138	0:54:31	1:24:40	1:59:58
28	5309	Behrens Dajana	*Düsseldorf	4:20:08	W20	142	0:52:14	1:21:06	2:06:47
29	4656	Cegla Sabrina	*Duisburg	4:23:37	W20	154	0:55:01	1:28:22	2:00:12
30	2724	Yurtseven Damla	AOK TEAM	4:23:51	W20	155	0:54:41	1:25:40	2:03:29
31	4895	Ruske Joana	*Essen	4:25:49	W20	161	0:56:17	1:28:23	2:01:08
32	5153	Mrozek Angelina	*Oer-Erkenschwick	4:26:54	W20	163	0:54:42	1:27:51	2:04:21
33	3041	Ratajczak Katharina	*Essen	4:31:46	W20	181	0:57:19	1:27:11	2:07:15
34	3565	Eßing Jana	*Bocholt	4:34:38	W20	189	0:53:24	1:29:14	2:12:00
35	2678	Heidenreich Kathrin	TV Wanheimerort	4:37:07	W20	195	0:55:38	1:30:24	2:11:04
36	4565	Koopmann Sarah	*Bocholt	4:38:33	W20	199	1:01:23	1:33:26	2:03:43
37	3256	Schulz Kerstin	TV Schiefbahn Tri-Team	4:38:40	W20	201	0:57:09	1:32:26	2:09:04
38	5083	Wolf Linda	*Aachen	4:50:42	W20	215	1:01:37	1:34:11	2:14:53
39	5185	Menke Mirjam	AS Neukirchen-Vluyn	4:51:33	W20	219	0:59:56	1:32:34	2:19:03
40	4385	Kruse Nicole	WSV Schermbeck	4:51:40	W20	221	0:58:28	1:38:36	2:14:36
41	4272	Evening Sandra	*Düsseldorf	4:52:09	W20	222	0:59:20	1:35:00	2:17:48
42	4273	Kater Sabrina	*Düsseldorf	4:52:10	W20	223	0:59:20	1:35:00	2:17:48
43	4105	Kendziorra Jennifer	Papas Tochter	4:56:01	W20	228	0:58:32	1:34:46	2:22:42
44	4132	Bachran Christina	Walsum Ole	5:42:15	W20	271	1:07:24	1:50:38	2:44:12



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W30									
1	3154	Bürger Marita	DJK Kleinenbroich	3:28:49	W30	11	0:42:46	1:06:37	1:39:25
2	2895	Bietenbeck Franziska	LT Starlight Team Essen	3:31:13	W30	14	0:42:40	1:09:11	1:39:21
3	5241	Brautmeier Eva	BSG Sparkasse Wuppertal	3:31:36	W30	15	0:43:37	1:08:39	1:39:19
4	3417	Kollenberg Kristin	LT Starlight Team Essen	3:31:44	W30	16	0:44:16	1:09:11	1:38:16
5	5354	Evers Sophie	SG Borken	3:34:25	W30	22	0:44:52	1:10:09	1:39:23
6	3917	Niggemann Marinja	Ausdauerhschule by bunert	3:34:50	W30	23	0:43:39	1:09:40	1:41:30
7	3537	Mohr Christina	Essen	3:36:59	W30	25	0:44:17	1:09:08	1:43:32
8	3768	Döring Karin	Projekt 21	3:37:41	W30	27	0:46:11	1:12:39	1:38:50
9	4960	Kachholz Lena	USC Bochum	3:44:24	W30	31	0:44:49	1:10:15	1:49:19
10	3070	Lindekamp Caroline	*Düsseldorf	3:44:40	W30	33	0:47:36	1:13:30	1:43:33
11	5290	Tooten Judith	*Xanten	3:44:55	W30	34	0:46:49	1:13:46	1:44:19
12	5077	Telaar Judith	Ice Breaker	3:47:08	W30	40	0:46:51	1:15:19	1:44:57
13	3387	Rahe Michaela	Fun Runner VfL Gladbeck	3:48:53	W30	44	0:47:58	1:15:38	1:45:16
14	3734	Bergkemper Marie-Luise	*Essen	3:49:49	W30	46	0:47:29	1:15:15	1:47:04
15	4459	Bremer Kerstin	*Bedburg-Hau	3:51:17	W30	50	0:48:34	1:14:25	1:48:16
16	2851	Mück Heike	*Düsseldorf	3:57:14	W30	60	0:50:37	1:18:55	1:47:41
17	4411	Wittig Sarah	*Duisburg	3:57:50	W30	64	0:48:48	1:18:29	1:50:33
18	4772	Belenguer Nicole	Tri-Club Wuppertal	3:59:31	W30	68	0:49:22	1:19:06	1:51:02
19	5213	van Hüüt Christina	LG Alpen	4:02:04	W30	75	0:48:59	1:18:49	1:54:14
20	2661	Hoppe Julia Laura	Marathonkurs 2018	4:02:31	W30	76	0:50:05	1:20:25	1:52:00
21	4423	Weber Annemarie	*Krefeld	4:04:13	W30	82	0:48:41	1:18:57	1:56:34
22	3339	Klomfas Kerry	*Duisburg	4:04:33	W30	83	0:50:37	1:20:30	1:53:25
23	3318	Baumgart Paula	*Düsseldorf	4:07:36	W30	90	0:51:44	1:21:46	1:54:05
24	2902	Henrich Kara	Runnerlicious Essen	4:07:40	W30	91	0:52:05	1:20:04	1:55:30
25	4322	Delihsen Friederike	*Köln	4:08:03	W30	93	0:50:49	1:19:48	1:57:25
26	4545	Eversmann Sylvia	*Krefeld	4:08:08	W30	94	0:50:49	1:21:19	1:56:00
27	2833	Kamienski Anna	*Oberhausen	4:08:49	W30	95	0:51:17	1:22:17	1:55:14
28	3766	Wansing Monika	*Hamminkeln	4:15:52	W30	117	0:54:07	1:24:17	1:57:27
29	2817	Kirchner Sabrina	*Leichlingen	4:19:14	W30	139	0:53:03	1:21:36	2:04:34
30	3460	Makus Jennifer	PSV Velbert	4:19:46	W30	140	0:55:07	1:25:27	1:59:11
31	3991	Vesper Deborah	*Herne	4:20:06	W30	141	0:54:48	1:25:49	1:59:28
32	4965	Seyfferth Maria	*Düsseldorf	4:21:10	W30	144	0:53:51	1:24:23	2:02:55
33	4336	Seidler Kristina	Rasehasen Düsseldorf	4:22:10	W30	148	0:53:33	1:26:43	2:01:53
34	4287	Lux Anna-Sophia	Verstege&Lux	4:24:34	W30	157	0:52:35	1:25:54	2:06:04
35	2858	Steinvoort Nadine	*Emmerich am Rhein	4:24:44	W30	158	0:56:29	1:26:38	2:01:35
36	3216	Schmidt Saskia	*Essen	4:28:46	W30	171	0:57:37	1:23:58	2:07:10
37	5198	Sauerland Lena	Rennhamster Süd-Ost	4:31:31	W30	180	0:58:02	1:28:17	2:05:12
38	4531	Thol Katharina	*Mülheim	4:33:49	W30	186	0:56:29	1:27:28	2:09:50
39	5289	Kühne Katharina	*Hagen	4:34:39	W30	190	0:57:18	1:25:31	2:11:50
40	3466	Linden Carolin	*Wuppertal	4:36:26	W30	192	1:01:11	1:31:10	2:04:04
41	4844	Dominguez Nerea	*Düsseldorf	4:37:34	W30	196	0:55:46	1:31:58	2:09:49
42	5259	Zemmrich Georgina	Piraten WG	4:39:35	W30	203	1:01:32	1:28:43	2:09:19
43	4635	Spelleken Nadine	*Dinslaken	4:44:37	W30	209	1:00:20	1:30:31	2:13:45
44	4567	Grah Annika	Triminators TV Voerde	4:53:00	W30	224	0:56:50	1:35:10	2:20:59
45	5096	Schlüter Elisa	*Dortmund	4:57:53	W30	230	1:06:45	1:34:23	2:16:44
46	2705	Zeyeleanu Elena Antigona	LAUFTEAM-CASINO DU.	4:59:01	W30	232	1:03:38	1:39:25	2:15:57
47	4785	Engelmeier Lena	LSV-Team	5:00:54	W30	235	1:03:35	1:38:36	2:18:42
48	3710	Maloczyk Anna	*Essen	5:11:49	W30	250	1:04:59	1:41:56	2:24:54
49	4600	Hayen Laura	*Hilden	5:12:04	W30	251	1:05:27	1:40:37	2:26:00
50	4420	Steinhoff Caroline	*Recklinghausen	5:13:35	W30	253	1:03:22	1:41:47	2:28:25
51	2700	Nitu Gabriela Joana	LAUFTEAM-CASINO DU.	5:28:55	W30	265	1:10:08	1:35:25	2:43:21



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W35									
1	2501	Fierek Carina	TuS Xanten	3:06:39	W35	4	0:39:25	1:00:24	1:26:49
2	2956	Mangler Sarah	Running Team Grafenberg	3:25:40	W35	10	0:43:14	1:06:23	1:36:03
3	5045	Isensee Tina	LEX Bocholt Running Team	3:48:51	W35	43	0:46:34	1:15:28	1:46:48
4	4146	Schreven Severine	CrossFit Goch	3:56:09	W35	57	0:49:33	1:17:08	1:49:26
5	3074	Drusenheimer Nadja	*Düsseldorf	3:56:49	W35	58	0:48:15	1:15:59	1:52:34
6	5049	Norenkemper Linda	*Essen	3:59:01	W35	65	0:48:32	1:17:47	1:52:40
7	2513	Olms Anne-Barbara	Vodafone Runners	4:10:28	W35	100	0:53:59	1:20:31	1:55:57
8	3690	Thomas Sandra	*Duisburg	4:13:45	W35	109	0:51:45	1:24:56	1:57:03
9	3938	Putke Kathrin	SV Gladbeck 13	4:14:15	W35	111	0:53:29	1:21:57	1:58:49
10	4741	Reinholz Sarah	*Gelsenkirchen	4:14:56	W35	116	0:55:16	1:21:48	1:57:51
11	5225	Wortmann Eva	*Krefeld	4:17:03	W35	120	0:52:29	1:22:23	2:02:11
12	2738	Martzock Yvonne	AOK TEAM	4:17:46	W35	128	0:53:45	1:24:48	1:59:12
13	4103	Klappach Ivonne	*Duisburg	4:18:40	W35	130	0:53:43	1:25:48	1:59:09
14	4104	Bader Janine	*Duisburg	4:18:41	W35	131	0:53:44	1:25:48	1:59:09
15	4340	Leue-Peltzer Vivien	Rasehasen Düsseldorf	4:18:48	W35	134	0:53:32	1:23:22	2:01:52
16	5326	Müller Katharina	*Krefeld	4:26:08	W35	162	0:55:28	1:25:54	2:04:45
17	4995	Kuhlmann Melanie	CDS Running Team	4:27:02	W35	164	0:56:14	1:24:08	2:06:39
18	3579	Riemer Nadine	*Moers	4:27:29	W35	167	0:58:35	1:28:12	2:00:42
19	3655	van Wieren Sietske	Rapid Ramirez	4:28:42	W35	170	0:55:18	1:27:12	2:06:11
20	4080	Kupke Vanessa	BSG Nispa	4:32:30	W35	184	0:56:11	1:25:47	2:10:31
21	4813	Wimmers Marion	*Krefeld	4:36:50	W35	194	0:58:03	1:29:48	2:08:58
22	4406	Preuss Jeanette	*Duisburg	4:42:23	W35	206	0:53:24	1:36:35	2:12:23
23	3642	Brock Lena	*Essen	5:04:48	W35	239	1:05:23	1:37:50	2:21:34
24	3801	Zweers Bernadette	*Kaarst	5:05:05	W35	241	1:01:45	1:41:38	2:21:41
25	4879	Bersch Vanessa	Ausdauerschule by bunert	5:12:50	W35	252	1:04:29	1:39:13	2:29:06
26	5081	Nocun Dr. Margarete	*Essen	5:17:35	W35	258	1:07:48	1:43:32	2:26:14



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W40									
	1	4973 Bartsch Vanessa	USC Bochum	3:25:35	W40	9	0:42:03	1:05:37	1:37:54
	2	5046 Janschulte Rita	LT Uhlenhorst Mülheim	3:45:42	W40	36	0:48:19	1:14:14	1:43:08
	3	2949 Binsfeld Birgit	LG Alpen	3:46:40	W40	37	0:45:56	1:13:48	1:46:55
	4	3389 Schmidt Silke	Allround Triathlon Team Klev	3:52:35	W40	52	0:49:20	1:14:46	1:48:27
	5	4341 Garcia Garcia Sandra	Rasehasen Düsseldorf	3:59:04	W40	66	0:49:11	1:14:56	1:54:56
	6	4700 Habich Sylvia	LT Haumannplatz Essen	4:01:28	W40	74	0:48:51	1:15:45	1:56:52
	7	2725 Bergermann Nicole	AOK TEAM	4:03:45	W40	79	0:50:13	1:17:54	1:55:37
	8	4533 Kruse Daniela	SV Gladbeck 13	4:05:51	W40	85	0:51:09	1:20:39	1:54:02
	9	4539 Kleinohl Meike	*Duisburg	4:13:21	W40	108	0:55:21	1:21:51	1:56:08
	10	3832 Günter Nicola	*Essen	4:14:34	W40	113	0:55:28	1:23:17	1:55:49
	11	5220 Heidenreich Lijuan	SG Stern Werk Düsseldorf	4:14:46	W40	114	0:52:12	1:20:55	2:01:38
	12	2675 Reck Sandra	TRIMET	4:17:15	W40	122	0:53:55	1:24:36	1:58:43
	13	3910 Morrissey Marianne	*Düsseldorf	4:17:17	W40	123	0:54:05	1:23:42	1:59:29
	14	4783 Deniz Susi	Lauftreff Haumannplatz	4:18:42	W40	132	0:54:01	1:22:59	2:01:41
	15	4339 Requena Patricia	Rasehasen Düsseldorf	4:18:49	W40	135	0:53:33	1:23:23	2:01:53
	16	3052 Catikkas Elvira	VdK	4:22:20	W40	149	0:55:53	1:21:55	2:04:31
	17	3692 Nacken Maria	*Erkelenz	4:22:25	W40	150	0:54:32	1:25:20	2:02:33
	18	4820 Bartrow Sandra	Sportpark Stadtwald	4:27:16	W40	165	0:55:08	1:26:14	2:05:53
	19	4555 Mauritz Isabel	Juna Runners	4:27:51	W40	169	0:54:41	1:26:58	2:06:11
	20	4972 Patkowski Steffi	LT Gruiten-Neandertal	4:28:52	W40	172	0:55:50	1:28:24	2:04:36
	21	4192 Förster Janine	Babel GmbH	4:29:52	W40	174	0:54:15	1:27:31	2:08:04
	22	5343 Klockgießer Susanne	*Düsseldorf	4:36:45	W40	193	0:56:38	1:30:34	2:09:32
	23	2802 Beenen Carina	*Hamminkeln	4:38:40	W40	200	0:57:06	1:29:50	2:11:43
	24	4334 Liu Daniela	Rasehasen Düsseldorf	4:39:07	W40	202	0:53:31	1:30:21	2:15:13
	25	3286 Roßbach Simone	*Oberhausen	4:42:29	W40	207	0:56:01	1:41:03	2:05:23
	26	4899 Hüniger Katrin	*Düsseldorf	4:44:44	W40	210	0:58:43	1:32:27	2:13:34
	27	5127 Koster Inga	True Fruits	4:50:59	W40	216	0:59:08	1:34:55	2:16:55
	28	4861 Entrup Judith	*Dinslaken	4:51:03	W40	217	0:57:05	1:26:19	2:27:38
	29	5019 Lambauer Andrea	*Voerde	4:53:50	W40	225	1:01:09	1:35:43	2:16:57
	30	2578 Schäfer Christine	Vodafone Runners	5:00:15	W40	234	1:00:58	1:34:45	2:24:31
	31	3259 Waltenberg Grit	*Herdecke	5:01:38	W40	236	0:59:53	1:37:06	2:24:38
	32	4599 Kutscher Sandra	*Duisburg	5:03:47	W40	238	1:01:35	1:38:37	2:23:34
	33	3516 Prost Anna Maria	*Voerde	5:07:11	W40	244	1:03:50	1:35:55	2:27:25
	34	4618 Amin Samira	NASA02	5:07:15	W40	245	1:00:52	1:42:12	2:24:09
	35	3822 Fiegen Isabel	*Duisburg	5:09:34	W40	247	1:03:36	1:38:23	2:27:33
	36	4379 Maschner Silke	*Moers	5:14:33	W40	256	1:04:31	1:41:02	2:28:59
	37	3195 Knorr Sonja	GREND-Runner	5:17:28	W40	257	1:01:14	1:40:37	2:35:35
	38	5136 Henke Julia	*Bochum	5:20:45	W40	264	1:04:45	1:41:08	2:34:51
	39	4173 Schael Ines	Ausdauerschule by bunert	5:30:22	W40	266	1:05:17	1:46:55	2:38:09



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W45									
	1	5338 Moesch Angela	LG Deiringsen	3:02:04	W45	2	0:38:09	0:59:30	1:24:24
	2	3628 Buß Cornelia	SG Borken	3:15:00	W45	5	0:42:22	1:03:47	1:28:50
	3	3085 Willemsen Helga	DJK SF 97/30 Lowick	3:32:14	W45	17	0:44:21	1:09:43	1:38:09
	4	2685 Kömen Barbara	200PRO GmbH	3:33:52	W45	21	0:45:47	1:10:31	1:37:33
	5	2751 Claeßen Petra	LG COESFELD	3:37:33	W45	26	0:44:44	1:10:52	1:41:55
	6	3163 Oberhagemann Nicole	SV Gladbeck 13	3:46:56	W45	39	0:47:24	1:14:15	1:45:16
	7	3874 Dincklage Melanie	Triminators TV Voerde	3:47:28	W45	42	0:46:52	1:13:19	1:47:16
	8	3130 Kuse Nicole	TuS Xanten	3:50:14	W45	49	0:48:27	1:14:56	1:46:50
	9	4151 Fellner-Rotherth Sylvie	Tri Ducks Dorsten	3:56:05	W45	55	0:49:20	1:17:33	1:49:12
	10	4374 Orlova Galina	TEAM ELG	3:57:42	W45	62	0:49:05	1:16:59	1:51:37
	11	3818 Schlüter-Michels Marion	SG Borken	4:03:49	W45	80	0:49:57	1:19:05	1:54:46
	12	4756 Mertmann Monika	TuS Sythen	4:06:21	W45	88	0:50:58	1:21:05	1:54:17
	13	3141 Stinjek Heike	Bocholter WSV	4:07:18	W45	89	0:57:15	1:19:47	1:50:15
	14	4214 Henniger Kirsten	Solinger LC	4:11:35	W45	105	0:50:01	1:17:50	2:03:43
	15	4342 Schmunkamp Mira	Rasehasen Düsseldorf	4:11:51	W45	106	0:52:04	1:22:21	1:57:25
	16	3751 Späth Bianca	Freie Schwimmer Düsseldorf	4:14:47	W45	115	0:53:25	1:23:18	1:58:02
	17	2721 Spanier Claudia	AOK TEAM	4:17:41	W45	126	0:54:47	1:24:34	1:58:18
	18	2631 Friebe Nicole	TC Kray 1892 e.V.	4:17:45	W45	127	0:53:04	1:23:16	2:01:24
	19	4169 Pereira-Foerster Andreia	*Wanheimerort	4:17:48	W45	129	0:54:29	1:25:43	1:57:36
	20	3515 Bley Bianca	Die Waldgazellen	4:19:07	W45	137	0:53:44	1:26:01	1:59:21
	21	2828 Winking Kirsten	Fun Runner VfL Gladbeck	4:21:58	W45	147	0:55:43	1:26:35	1:59:39
	22	2846 Schraven Silke	*Duisburg	4:22:40	W45	152	0:54:35	1:23:59	2:04:05
	23	4742 Moseler Christina	*Dinslaken	4:27:27	W45	166	0:54:27	1:25:49	2:07:10
	24	2823 Kleefisch Angelika	KNIPPI-PÜPPIES	4:30:02	W45	176	0:55:21	1:30:17	2:04:22
	25	2567 Braune Karin	Vodafone Runners	4:30:27	W45	177	0:54:28	1:28:10	2:07:48
	26	4818 Siepmann Nicole	*Rheinberg	4:32:09	W45	182	0:56:33	1:26:54	2:08:42
	27	3312 Herpel Wiebke	Pulheimer SC	4:44:05	W45	208	0:57:34	1:32:12	2:14:18
	28	3179 Loch Birgit	*Duisburg	4:48:18	W45	212	0:59:00	1:34:05	2:15:12
	29	3888 Goldammer Dr. Nadine	*Muelheim	4:51:05	W45	218	0:57:27	1:37:50	2:15:48
	30	3594 Rode-Merkel Stephanie	GZBW Runners	5:00:13	W45	233	1:00:58	1:37:00	2:22:14
	31	3233 Neuhaus Birgit	Triathlon Mülheim	5:04:52	W45	240	1:01:08	1:35:57	2:27:45
	32	3285 Hartung Ines	SC Bayer 05 Uerdingen	5:10:24	W45	248	1:02:52	1:42:37	2:24:55
	33	4162 Pohl Barbara	LGO / TVEinigkeit Barop e.V.	5:14:20	W45	255	0:50:27	1:46:57	2:36:55
	34	3922 Rösner Andrea	*Hattingen	5:18:42	W45	260	1:05:26	1:39:23	2:33:52
	35	5282 Jochems Pia	Sportpark Stadtwald Bottrop	5:19:46	W45	261	1:05:14	1:43:02	2:31:29



AOK Winterlaufserie
des ASV Duisburg 2018
Grosse Serie - Gesamtwertung

Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W50									
	1	4645 Michalka Silvia	TUSEM Essen	3:24:14	W50	8	0:41:55	1:06:09	1:36:09
	2	4402 Falkenstein Britta	SV Gladbeck 13	3:30:28	W50	12	0:44:05	1:08:51	1:37:31
	3	4989 Casimir Sabine	AS Neukirchen-Vluyn	3:30:34	W50	13	0:43:50	1:08:03	1:38:40
	4	3790 Adam Andrea	Angerland LT Lintorf	3:32:18	W50	18	0:45:02	1:08:13	1:39:02
	5	3674 Thimm Gitti	TV Goch	3:32:33	W50	19	0:45:21	1:09:46	1:37:25
	6	3770 Kass Gudrun	SG Borken	3:32:37	W50	20	0:44:00	1:09:39	1:38:56
	7	4215 Börmann Jutta	TSG Kirchhellen	3:39:28	W50	28	0:46:08	1:12:20	1:40:59
	8	5292 Hübner Britta	LC Duisburg	3:41:38	W50	29	0:44:44	1:14:56	1:41:57
	9	2923 Uebbing Sylvia	Laufsport 97/30 Lowick	3:46:43	W50	38	0:46:24	1:13:06	1:47:12
	10	5123 Hahn Paula	ultraleicht	3:49:39	W50	45	0:46:25	1:15:51	1:47:22
	11	3301 Bevers Wiebke	Ruhrrunner Essen	3:49:56	W50	47	0:48:24	1:16:04	1:45:26
	12	4708 Hensberg Heike	Rade rennt	4:04:43	W50	84	0:51:06	1:18:46	1:54:50
	13	4309 Schürmann Ariane	*Essen	4:09:49	W50	97	0:54:34	1:21:38	1:53:37
	14	5023 Völzke Sabrina	*Radevormwald	4:09:50	W50	98	0:51:10	1:20:53	1:57:47
	15	2783 Herrmann Susanne	Team Polizei Duisburg	4:13:47	W50	110	0:53:53	1:25:54	1:53:59
	16	4256 Bovenschen Birgit	*Duisburg	4:14:19	W50	112	0:51:53	1:21:22	2:01:03
	17	2807 Brauns Elisabeth	LT Dterkrade- Nord	4:17:14	W50	121	0:53:38	1:23:08	2:00:27
	18	3721 Kipker Dina	Helios Iron Team Wuppertal	4:17:40	W50	125	0:53:32	1:23:05	2:01:01
	19	2878 Daubenspeck Monika	*Krefeld	4:21:09	W50	143	0:53:07	1:23:48	2:04:13
	20	4166 Babel Anja	TuS Xanten	4:21:12	W50	145	0:54:13	1:24:59	2:01:59
	21	4443 Hubertz Claudia	Aus LUST am LEBEN	4:25:49	W50	160	0:57:47	1:27:06	2:00:55
	22	2882 Fels Lisa	Billerbecker Läufer	4:27:36	W50	168	0:55:17	1:26:58	2:05:20
	23	5345 Roch Petra	LC Duisburg/laufbuchruhr.de	4:29:04	W50	173	0:54:05	1:26:03	2:08:56
	24	3142 Voigt-Lehmann Petra	*Mülheim	4:29:58	W50	175	0:56:13	1:28:37	2:05:06
	25	3929 Mötter Birte	*Oberhausen	4:32:17	W50	183	0:55:46	1:29:37	2:06:53
	26	3433 Becker Christa	*Wuppertal	4:37:43	W50	197	0:57:46	1:30:38	2:09:18
	27	4518 Köhne Birgit	LT Haumannplatz Essen	4:39:51	W50	204	0:57:43	1:31:31	2:10:35
	28	5047 Weisgerber Stephanie	*Duisburg	4:49:40	W50	214	0:58:45	1:32:11	2:18:43
	29	4494 Meussen Andrea	*Haltern am See	4:51:37	W50	220	0:59:02	1:35:41	2:16:53
	30	3428 Lenné Claudia	L-Runners Krefeld	4:54:41	W50	226	1:00:47	1:36:07	2:17:46
	31	3729 Sprink Karin	LT Stoppenberg	4:55:20	W50	227	1:03:50	1:34:14	2:17:15
	32	5275 Ruthmann Birgit	AS Neukirchen-Vluyn	4:57:29	W50	229	1:02:36	1:35:47	2:19:05
	33	4021 Schmidt Gabriele	*Halver	5:05:15	W50	243	1:01:46	1:39:04	2:24:24
	34	5316 Gestmann-Schneider Hei	*Duisburg	5:07:26	W50	246	1:03:56	1:40:00	2:23:29
	35	3423 Stoller Magdalena	nein	5:11:47	W50	249	1:06:07	1:42:10	2:23:30

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W55									
1	3495	Bruns Klaudia	Borbecker Raketen Essen	3:44:30	W55	32	0:46:26	1:12:42	1:45:21
2	4016	Sander Ingrid	LGO Bochum	3:53:09	W55	53	0:47:16	1:17:41	1:48:11
3	2990	Lippke Elke	RSC Essen-Kettwig	3:57:45	W55	63	0:47:18	1:14:09	1:56:17
4	2945	Markhoff Karin	TSV Viktoria Mülheim	4:11:07	W55	102	0:52:12	1:23:29	1:55:25
5	3015	Uhrmacher Eva	Ballettschule Müller Castrop	4:11:26	W55	103	0:51:39	1:23:05	1:56:40
6	3261	Hillebrand Petra	Viermärker Dortmund	4:11:31	W55	104	0:52:36	1:20:16	1:58:37
7	4375	Gawlik-Kuzera Eva	TEAM ELG	4:12:22	W55	107	0:53:15	1:21:31	1:57:36
8	3461	Morgenschweis Dagmar	LC Duisburg	4:18:42	W55	132	0:53:22	1:26:47	1:58:32
9	2824	Britz Kirsten	KNIPPI-PÜPPIES	4:19:01	W55	136	0:50:07	1:25:14	2:03:40
10	3971	Weidemann Ulrike	LC Duisburg	4:21:50	W55	146	0:54:14	1:24:38	2:02:57
11	4585	Grönert Karin	*Düsseldorf	4:22:38	W55	151	0:55:08	1:25:14	2:02:15
12	4673	Schulz-Bongert Sabine	Running Team Grafenberg	4:25:19	W55	159	0:53:39	1:27:20	2:04:19
13	4636	Schankweiler Martina	SV Viktoria Goch	4:31:17	W55	179	0:53:54	1:27:52	2:09:31
14	4415	Seifert-Preuß Beate	Solinger LC	4:33:44	W55	185	0:55:42	1:27:36	2:10:25
15	4489	van Eimern Anne	*Duisburg	4:33:52	W55	187	0:59:17	1:30:11	2:04:23
16	5113	Meinhard Evelyn	Angerland LT Lintorf	4:33:53	W55	188	0:56:11	1:26:59	2:10:43
17	4768	Friedrich Ute	BSV Delphi	4:35:50	W55	191	0:56:22	1:28:06	2:11:21
18	4019	Macken-Reinirkens Cath	Irland	4:38:29	W55	198	0:59:46	1:29:52	2:08:50
19	2888	Bock Silvia	Angerland LT Lintorf	4:46:27	W55	211	0:59:47	1:33:37	2:13:03
20	3022	Dietrich Elke	LC Duisburg	4:49:06	W55	213	0:56:15	1:36:39	2:16:11
21	2912	Uphaus Regine	*Wülfrath	4:58:10	W55	231	0:58:43	1:32:33	2:26:52
22	3567	Falk Irene	Bestzeit war gestern	5:03:38	W55	237	1:02:57	1:37:12	2:23:28
23	4153	Kayser Annemarie	Turbo-Schnecken Lüdensche	5:05:12	W55	242	1:01:45	1:39:04	2:24:22
24	5167	Völkel Ulrike	*Herne	5:14:10	W55	254	1:07:02	1:41:31	2:25:36
25	3473	Vossen Dagmar	*Köln	5:20:00	W55	262	1:06:48	1:43:13	2:29:58
26	5297	Lange Anne	GREND-Runner	5:20:29	W55	263	1:03:52	1:41:00	2:35:36
27	3039	Imping Diana	*Mülheim	5:30:44	W55	267	1:08:27	1:47:08	2:35:08
28	5179	Unnebrink Stephannette	Ausdauerschule by bunert	5:32:24	W55	268	1:06:01	1:54:27	2:31:54
29	4548	Große Beate	Helios Iron Team Wuppertal	5:33:49	W55	269	1:17:39	1:55:54	2:20:15
Altersklasse Frauen W60									
1	2633	Wolff Iris	TC Kray 1892 e.V.	3:50:08	W60	48	0:49:00	1:15:04	1:46:03
2	3932	Schwering Agnes	SG Borken	4:10:03	W60	99	0:51:48	1:21:13	1:57:01
3	4160	Witt Heidrun	Turbo-Schnecken Lüdensche	4:22:50	W60	153	0:54:54	1:26:20	2:01:35
4	4032	Moseke Sabine	Solinger LC	4:24:13	W60	156	0:55:10	1:25:18	2:03:43
5	4498	Berndt Elke	LT Turnerbund Frintrop	4:31:12	W60	178	0:58:07	1:31:45	2:01:19
6	3905	Boeckem Ulrike	Sunrunner	4:40:32	W60	205	0:57:17	1:31:05	2:12:08
7	5271	Syska Angelika	LSF Münster	5:37:57	W60	270	1:07:25	1:50:02	2:40:29
Altersklasse Frauen W65									
1	2632	Sult Barbara	TC Kray 1892 e.V.	4:03:41	W65	78	0:50:31	1:19:07	1:54:02
2	3857	Oberhäuser Angelika	Solinger LC	4:06:19	W65	87	0:51:15	1:20:56	1:54:08
Altersklasse Frauen WU18									
1	4931	Hauck Lea	*Bocholt	5:18:17	WU18	259	1:06:30	1:42:45	2:29:00
Altersklasse Frauen WU20									
1	4667	Haase Patricia	*Düsseldorf	3:57:35	WU20	61	0:47:09	1:15:44	1:54:40
2	3250	Halfmeier Rhea	*Duisburg	4:03:50	WU20	81	0:52:39	1:23:20	1:47:50