



AOK Winterlaufserie
des ASV Duisburg 2019
Grosse Serie - Gesamtwertung

Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M20									
1	3658	Hubbert Sascha	LG Alpen	2:35:56	M20	1	0:33:52	0:50:19	1:11:44
2	6275	Hesterwerth Kai	LG Coesfeld	2:42:39	M20	3	0:34:41	0:52:24	1:15:33
3	3515	Müller Marvin	WSV Schermbeck	2:51:56	M20	7	0:36:28	0:55:31	1:19:56
4	4645	Schroer Tim	LG Dorsten	2:53:10	M20	9	0:36:23	0:55:30	1:21:16
5	3393	Gerpheide Tim	SV 08/29 Friedrichsfeld	2:53:31	M20	11	0:36:34	0:56:01	1:20:55
6	6276	Fels Sven	LG Coesfeld	2:54:36	M20	14	0:37:42	0:57:05	1:19:49
7	3481	Fischer Jan	TRC Essen 84	2:54:40	M20	16	0:38:55	0:56:36	1:19:09
8	5533	Krämer Jan-Bernd	Team Erdinger Alkoholfrei	2:56:04	M20	21	0:38:32	0:57:35	1:19:57
9	3346	Oelmann Simon	Team Erdinger Alkoholfrei	2:58:32	M20	29	0:36:58	0:59:08	1:22:26
10	3121	Heim Nick	*Köln	3:05:07	M20	49	0:39:34	0:59:46	1:25:46
11	3139	Stork Christoph	Fähiges Personal	3:12:05	M20	87	0:41:06	1:02:02	1:28:55
12	3095	Lange Marius	Fähiges Personal	3:13:21	M20	92	0:40:53	1:03:28	1:28:59
13	4537	Heynen Hendrik	SV Haldern - Familie Heynen	3:19:57	M20	127	0:41:33	1:03:27	1:34:55
14	3873	Buchholz Jonas	*Unna	3:20:32	M20	134	0:41:46	1:04:29	1:34:16
15	3458	Olschok Denis	*Duisburg	3:20:49	M20	136	0:42:26	1:05:08	1:33:13
16	4318	Schumacher David	*Recklinghausen	3:22:47	M20	150	0:44:17	1:07:04	1:31:24
17	4325	Höfig Carsten	*Mönchengladbach	3:23:09	M20	152	0:41:51	1:05:00	1:36:17
18	4073	Leifeld Pascal	Nordtriathleten Oberhausen	3:23:20	M20	153	0:41:38	1:06:18	1:35:23
19	6286	Althoff Moritz	LG Coesfeld	3:24:31	M20	162	0:43:38	1:06:18	1:34:34
20	5141	Norton Samuel	*Düsseldorf	3:25:05	M20	169	0:41:51	1:03:18	1:39:55
21	5594	Edeler Tim	*Essen	3:25:07	M20	170	0:42:13	1:03:53	1:39:00
22	3279	Bösken Jonas	Moerser TV Triathlon	3:28:38	M20	196	0:45:51	1:06:02	1:36:44
23	4507	Espe Fabian	Action Espes	3:28:47	M20	199	0:42:08	1:04:14	1:42:24
24	6181	Baader Matthieu	Vodafone Runners	3:30:40	M20	218	0:43:40	1:07:35	1:39:23
25	3158	Dröner Niklas	*Oberhausen	3:30:59	M20	224	0:44:56	1:07:35	1:38:28
26	5332	Schönell Maverick	*Aachen	3:32:27	M20	239	0:44:23	1:08:11	1:39:51
27	4560	Longerich Max	*Krefeld	3:34:26	M20	263	0:44:56	1:06:40	1:42:49
28	4877	Fischer Jakob	*Wuppertal	3:34:57	M20	269	0:43:20	1:08:34	1:43:01
29	3094	Aulich Frederik	*Duisburg	3:38:54	M20	309	0:44:55	1:08:50	1:45:07
30	3591	Röling Julian	SV Gladbeck 13	3:41:46	M20	350	0:52:30	1:16:59	1:32:16
31	5050	Meyer Maximilian	GSV Geldern 09/34	3:42:25	M20	358	0:46:28	1:10:45	1:45:12
32	5059	Clasen Timo	*Kevelaer-Wetten	3:46:46	M20	415	0:44:11	1:24:08	1:38:26
33	3180	Birus Robin	*Münster	3:47:19	M20	421	0:46:17	1:09:56	1:51:04
34	5458	Westheide Dennis	Laufwerk Ruhr	3:47:54	M20	429	0:45:18	1:10:58	1:51:37
35	5294	Lim Michael	*Essen	3:52:53	M20	480	0:48:41	1:16:55	1:47:17
36	4786	Kuhnert Rene	Triminators TV Voerde	3:52:54	M20	481	0:45:45	1:13:31	1:53:37
37	6082	Verbücheln Tim	Max Maulwurf Marathonis	3:54:07	M20	491	0:49:56	1:14:22	1:49:49
38	4695	Keiten-Schmitz Till	SG Borken	3:56:37	M20	517	0:50:57	1:16:51	1:48:48
39	3508	Fürst Florian	*Velbert	3:56:43	M20	519	0:46:19	1:11:53	1:58:30
40	4493	Siebelhoff Kevin	LT Lukas	4:00:45	M20	570	0:45:58	1:14:26	2:00:20
41	5140	Musielak Sven	*Duisburg	4:01:32	M20	586	0:47:59	1:17:52	1:55:40
42	6243	Kuster Tobias	Sinalco Running Crew	4:08:23	M20	670	0:50:42	1:19:47	1:57:54
43	3176	Wolfering Kevin	*Düsseldorf	4:10:46	M20	693	0:51:33	1:20:55	1:58:17
44	5447	Pohl David	*Essen	4:14:06	M20	726	0:51:43	1:19:20	2:03:03
45	5371	Rauls Simon	*Duisburg	4:18:02	M20	755	0:54:41	1:22:26	2:00:54
46	3919	Buhren Alexander	*Wuppertal	4:20:05	M20	774	0:56:52	1:23:45	1:59:27
47	3914	Altbürger Robin	*Dinslaken	4:21:05	M20	778	0:52:34	1:26:56	2:01:34
48	5167	Scholl Christopher	Homberger Ruderklub Germ	4:26:48	M20	826	0:52:03	1:25:48	2:08:56
49	3234	Mura Mike	*Oberhausen	4:28:35	M20	837	0:55:24	1:26:50	2:06:20
50	3536	Diekena Philipp	*Mülheim	4:36:12	M20	881	0:53:52	1:25:21	2:16:58
51	5573	Düerkop Vincent	*Duisburg	4:37:34	M20	886	0:59:48	1:28:31	2:09:14
52	4926	Ewert Denis	*Mülheim	4:43:00	M20	903	0:56:54	1:32:05	2:14:00
53	5436	Meyer zu Drewer Johanne	*Duisburg	5:06:12	M20	948	0:58:37	1:46:25	2:21:08



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Altersklasse Männer M30									
1	5463	Schaefer Till	PV Triathlon Witten	2:36:38	M30	2	0:33:41	0:50:35	1:12:21
2	3038	Gosebrink Jens	Lauffreunde HADI Wesel	2:44:37	M30	4	0:34:59	0:53:39	1:15:58
3	5154	Buthe Philipp	*Koln	2:46:36	M30	5	0:35:28	0:54:17	1:16:50
4	6137	Dieckmann Lukas	Vodafone Runners	2:52:16	M30	8	0:37:10	0:56:04	1:19:01
5	5142	Hoffmann Arthur	*Krefeld	2:54:39	M30	15	0:37:05	0:54:11	1:23:22
6	3605	Staats Simon	*Duisburg	2:55:30	M30	18	0:36:37	0:57:14	1:21:39
7	5576	Krost Sebastian	Triathlon Mülheim	2:55:32	M30	19	0:38:14	0:57:21	1:19:55
8	4755	Krahl Matt	TRC Essen 84	2:57:51	M30	26	0:37:16	0:58:44	1:21:50
9	5018	Schuster Frank	Reeser SC Triathlon	2:57:52	M30	27	0:37:49	0:57:59	1:22:03
10	5258	Hoppenberg Pascal	TUSEM Essen	2:59:13	M30	31	0:37:10	0:56:40	1:25:22
11	4446	Peltzer Björn	TRAI FEX - personal training	3:02:38	M30	42	0:39:10	0:58:46	1:24:41
12	3173	Schill Sebastian	Duisburger SV 98 Triathlon	3:06:58	M30	57	0:40:41	1:00:54	1:25:22
13	5448	Schimpf-Willenbrink Stef	Extra Stout Ponys	3:07:10	M30	59	0:38:41	0:58:55	1:29:34
14	3644	Büker Stephan	LC Duisburg	3:08:39	M30	66	0:40:06	1:00:39	1:27:53
15	3081	Langer Robin	Anger Running Team	3:09:57	M30	71	0:39:00	0:58:27	1:32:29
16	5113	Kraus Marcel	*Dorsten	3:10:04	M30	74	0:41:47	1:01:30	1:26:46
17	6196	Ebke Henning	Vodafone Runners	3:11:50	M30	84	0:41:44	1:02:17	1:27:49
18	3332	Kühn Christian	Moerser TV Triathlon	3:13:24	M30	93	0:41:35	1:03:24	1:28:24
19	5430	Brick Denis	LT-Uerdingen.de	3:13:43	M30	95	0:41:44	1:00:51	1:31:07
20	6266	Martzock David	AOK Rheinland/Hamburg	3:14:01	M30	96	0:42:50	1:02:47	1:28:23
21	5345	Sander Steffen	SV Blau-Weiß Bochum	3:16:44	M30	107	0:44:47	1:04:08	1:27:48
22	3948	Klimmeck Mark	*Gelsenkirchen	3:17:12	M30	109	0:41:39	1:00:25	1:35:07
23	4257	Schmitz Thilo	Project 63	3:17:54	M30	111	0:40:22	1:03:13	1:34:18
24	6130	Bravo Javier	Vodafone Runners	3:19:44	M30	125	0:43:02	1:02:40	1:34:01
25	3643	Lutz Christian	Duisburger SV98 Triathlon T	3:21:20	M30	137	0:42:38	1:06:01	1:32:40
26	3874	Evermann Lars	Tus 09 Erkenschwick	3:22:24	M30	144	0:42:00	1:06:58	1:33:25
27	5133	Eckelt Martin	Mönchengladbacher TV 1848	3:22:49	M30	151	0:42:34	1:05:02	1:35:12
28	3553	Zimmer Patrick	TRC Essen 84	3:26:51	M30	182	0:39:46	1:05:15	1:41:49
29	5338	Gabriel Jakob	SV Blau-Weiß Bochum	3:29:58	M30	207	0:44:19	1:07:03	1:38:36
30	6211	Zimmer Christoph	200PRO GmbH	3:32:37	M30	240	0:46:00	1:08:44	1:37:52
31	5542	Dieterich Daniel	*Oberhausen	3:32:56	M30	243	0:43:59	1:10:34	1:38:23
32	4876	Kruczek Patrick	USC Bochum	3:33:35	M30	251	0:45:41	1:11:31	1:36:22
33	3811	Dannenberg Sven	OTV Endurance Team	3:34:23	M30	261	0:43:24	1:08:28	1:42:31
34	3015	Treucker Christopher	*Moers	3:35:05	M30	272	0:44:27	1:09:19	1:41:18
35	3223	Hack Tim	Lauffreunde HADI Wesel	3:35:07	M30	273	0:47:00	1:08:53	1:39:12
36	6084	Baierl Michael	Max Maulwurf Marathonis	3:36:23	M30	284	0:43:57	1:02:49	1:49:36
37	5336	Luthle Aaron	*Meerbusch	3:37:19	M30	294	0:41:29	1:05:41	1:50:08
38	5413	Casu Jean-Marc	Rumelner TV	3:37:34	M30	297	0:47:38	1:09:21	1:40:33
39	5505	Zok Adrian	*Mülheim an der Ruhr	3:39:46	M30	313	0:46:24	1:10:56	1:42:25
40	4840	Waterworth Simon	*Düsseldorf	3:40:03	M30	320	0:46:24	1:11:30	1:42:08
41	4711	Stancel Marcel	*Gelsenkirchen	3:41:16	M30	338	0:47:39	1:11:44	1:41:52
42	5339	Salamon Andy	SV Blau-Weiß Bochum	3:41:16	M30	339	0:46:10	1:10:58	1:44:06
43	3548	Hahnen Dominik	Krefelder Kanu Klub	3:41:29	M30	344	0:47:20	1:10:23	1:43:44
44	3863	Oermann Martin	*Köln	3:42:59	M30	365	0:47:14	1:10:48	1:44:56
45	4857	Boden Dennis	*Mülheim/Ruhr	3:43:51	M30	380	0:43:16	1:04:12	1:56:22
46	4420	Wansing Daniel	*Hamminkeln	3:46:41	M30	414	0:48:13	1:15:21	1:43:06
47	3024	Saß Stephan	*Essen	3:47:05	M30	417	0:48:10	1:13:15	1:45:40
48	4417	Odenius Jacques	Hardtseemafia-Triathlon e. V.	3:47:42	M30	427	0:48:25	1:12:50	1:46:25
49	3838	Schröder Matthias	*Bottrop	3:50:07	M30	449	0:45:20	1:12:39	1:52:07
50	4807	Ebbighausen Toni	*Düsseldorf	3:50:41	M30	453	0:49:38	1:12:44	1:48:18
51	5101	Brands Jan-Mischa	Bocholter WSV	3:51:14	M30	462	0:49:25	1:15:24	1:46:24
52	3131	Schütze Tobias	DSV 98 Triathlon	3:52:49	M30	479	0:36:36	1:12:19	2:03:53
53	5249	Daßler André	*Willich	3:54:48	M30	495	0:48:11	1:15:08	1:51:29
54	3003	Möllers Henning	AOK Rheinland/Hamburg	3:57:05	M30	521	0:48:45	1:18:44	1:49:35
55	5562	Grafen-Plattner Carsten	*Dinslaken	3:57:24	M30	526	0:51:08	1:17:31	1:48:44



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Altersklasse Männer M30									
56	6259	Schlautmann Rene	Sinalco Running Crew	3:57:50	M30	528	0:48:51	1:27:13	1:41:45
57	4718	Weimer Julian	Die 4 Winde	3:58:50	M30	542	0:49:49	1:16:13	1:52:46
58	6184	Janetzko Till	Vodafone Runners	3:59:58	M30	554	0:45:03	1:20:31	1:54:23
59	3410	Zwiers Christian	SealS Team Ocean Racing	4:00:49	M30	573	1:04:52	0:57:57	1:58:00
60	4759	Kempken Tobias	*Moers	4:01:06	M30	577	0:50:00	1:17:36	1:53:30
61	3450	Bruns Kevin	*Voerde	4:01:08	M30	578	0:52:14	1:18:02	1:50:52
62	6219	Christopher Katzy	200PRO GmbH	4:01:13	M30	579	0:50:34	1:16:53	1:53:45
63	5264	Kube Marco	*Moers	4:01:44	M30	589	0:48:02	1:15:53	1:57:47
64	6079	Grote Florian	Max Maulwurf Marathonis	4:04:00	M30	615	0:53:09	1:17:52	1:52:57
65	3275	Stumpe Fabian	Kaffeeklatsch	4:04:09	M30	618	0:49:06	1:17:14	1:57:48
66	4278	Dippel Andre	*Alpen	4:04:22	M30	622	0:50:15	1:17:58	1:56:09
67	4630	Stachelhaus Timo	LC Duisburg	4:04:29	M30	626	0:52:31	1:17:50	1:54:07
68	3638	Jussen Alexander	RSV Düren	4:05:41	M30	641	0:52:48	1:25:08	1:47:44
69	4005	Gäbler Friedemann	*Oberhausen	4:06:08	M30	647	1:04:41	1:13:16	1:48:10
70	4852	Kleinschnitz Robin	*Hilden	4:06:25	M30	650	0:49:35	1:23:28	1:53:21
71	3792	Wölke Marvin	*Duisburg	4:06:30	M30	653	0:45:03	1:24:00	1:57:26
72	4413	Hagenbücher Christopher	*Duisburg	4:12:09	M30	706	0:51:57	1:22:54	1:57:17
73	4937	Lorenz Severin	*Duisburg	4:12:11	M30	707	0:54:43	1:22:39	1:54:48
74	3915	Böttcher René	*Dinslaken	4:13:59	M30	722	0:52:05	1:19:51	2:02:02
75	3685	Schlehuber Dennis	*Oberhausen	4:20:52	M30	777	0:52:47	1:29:05	1:58:59
76	3459	Michels Kevin	*Moers	4:22:52	M30	796	0:54:00	1:24:54	2:03:56
77	5080	Pollock Simon	*Köln	4:23:21	M30	802	0:55:30	1:23:46	2:04:04
78	4787	Jordan Julian	OSC 04 Rheinhausen	4:23:44	M30	806	0:57:07	1:23:04	2:03:33
79	4571	Richter Thorben	BSG Nispa	4:25:48	M30	817	0:58:57	1:28:53	1:57:58
80	4517	Kroß Sebastian	*Dinslaken	4:25:48	M30	818	0:58:56	1:28:53	1:57:58
81	4591	Kaiser Daniel	*Duisburg	4:27:29	M30	827	0:57:28	1:27:45	2:02:15
82	4216	Harmuth Hendrik	*Essen	4:27:31	M30	828	0:58:00	1:24:59	2:04:31
83	3832	Kruse Patrick	WSV Schermbeck	4:31:57	M30	857	0:55:42	1:28:01	2:08:13
84	4158	Kaslack Petja	*Duisburg	4:32:26	M30	859	0:48:41	1:12:16	2:31:28
85	5490	Cataldi Stefano	HanKiSte	4:35:32	M30	876	0:57:53	1:26:15	2:11:23
86	4747	Litzki Marco	Adler-Langlauf Bottrop	4:39:12	M30	894	0:59:01	1:30:34	2:09:36
87	4174	Hattenhorst Marcel	*Duisburg	4:42:51	M30	899	0:55:00	1:25:59	2:21:51
88	3179	Wlotzka Kamil	Die Leinwandhelden Cinemax	4:54:00	M30	928	1:11:22	1:30:02	2:12:34



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Altersklasse Männer M35									
1	5477	Wulbrand Hanno	*Düsseldorf	2:53:19	M35	10	0:36:59	0:56:28	1:19:51
2	5434	Riepe Thorsten	Depotrunners Bracht	2:54:11	M35	12	0:36:48	0:55:32	1:21:50
3	4596	Goeke Dr. Martin	Ausdauerschule by bunert	2:58:22	M35	28	0:37:58	0:57:53	1:22:30
4	5340	Görres Jörg	SV Blau-Weiß Bochum	2:59:27	M35	33	0:38:36	0:57:35	1:23:15
5	3804	Eifert Thomas	WSV Schermbeck	3:00:56	M35	37	0:37:33	0:58:38	1:24:44
6	3409	Weidenhaupt Alexander	*Düsseldorf	3:01:39	M35	38	0:40:08	0:58:07	1:23:23
7	4177	Schurgacz Andreas	TuS 08 Lintorf	3:02:24	M35	39	0:37:49	0:58:53	1:25:41
8	4761	Becker Patrick	Triminators TV Voerde	3:05:45	M35	52	0:38:33	0:59:17	1:27:54
9	4153	Franke Markus	*Bochum	3:08:24	M35	65	0:38:45	1:01:00	1:28:37
10	4570	Nehm Oliver	BSG Nispa	3:09:05	M35	68	0:40:37	1:01:10	1:27:17
11	5370	Ernsting Christian	*Rees	3:09:29	M35	69	0:39:19	1:00:49	1:29:21
12	5337	Kalender Lars	SV Blau-Weiß Bochum	3:10:20	M35	75	0:41:10	1:02:00	1:27:09
13	4975	Grundmann Jan	Ausdauerschule by bunert	3:11:05	M35	80	0:39:41	1:01:28	1:29:55
14	4492	Seiler Sebastian	*Essen	3:11:22	M35	81	0:40:59	1:01:49	1:28:33
15	3988	Kraschl Steffen	*Moers	3:11:57	M35	86	0:41:53	1:01:13	1:28:50
16	5406	Kruse Johannes	TUSEM Essen	3:12:25	M35	90	0:41:15	1:02:42	1:28:28
17	4572	Hinnemann Steffen	BSG Nispa	3:18:53	M35	118	0:41:44	1:04:26	1:32:42
18	6249	Ifang Malte	TUS BREITSCHEID	3:19:34	M35	123	0:50:37	1:02:48	1:26:08
19	5485	Martin Wolfgang	*Duisburg	3:20:01	M35	128	0:41:44	1:04:56	1:33:20
20	6278	Kramer Thomas	LG Coesfeld	3:22:37	M35	146	0:43:44	1:05:39	1:33:12
21	4666	Reichmann Alexander	Reeser SC Triathlon	3:22:42	M35	148	0:39:27	1:00:22	1:42:53
22	3453	Hennes Christian	*Oberhausen	3:23:22	M35	154	0:42:08	1:04:40	1:36:33
23	3517	Hildering Dr. Sven	*Essen	3:23:29	M35	155	0:44:34	1:03:52	1:35:01
24	4987	Plonka Thomas	Laufen gegen Leiden e.V.	3:25:40	M35	173	0:43:47	1:06:52	1:35:00
25	4586	Herbers Christian	TuS Xanten	3:25:49	M35	176	0:42:52	1:05:58	1:36:58
26	4794	Aring Mathias	*Essen	3:26:11	M35	177	0:43:19	1:04:48	1:38:03
27	5126	Geller Pascal	*Bergheim	3:26:51	M35	181	0:39:31	1:00:51	1:46:27
28	5096	Zywietz Eike	GIPFELKURS	3:27:29	M35	187	0:43:25	1:06:47	1:37:17
29	4670	Kornetzky Kai	*Essen	3:27:52	M35	192	0:44:02	1:06:56	1:36:53
30	5092	Kröger Jan	GIPFELKURS	3:28:50	M35	200	0:43:31	1:08:00	1:37:19
31	4874	Detmers Hendrik	*Oberhausen	3:29:16	M35	203	0:45:01	1:06:10	1:38:04
32	3952	Landskron Andre	AS Neukirchen-Vluyn	3:30:13	M35	211	0:47:02	1:07:29	1:35:41
33	3208	Schlemme Jens	Team Camerone	3:30:38	M35	217	0:45:12	1:08:11	1:37:14
34	5500	Susing Thorsten	*Duisburg	3:32:03	M35	233	0:45:49	1:07:55	1:38:18
35	6265	Wietholt Klaus	AOK Rheinland/Hamburg	3:32:14	M35	236	0:45:52	1:10:15	1:36:06
36	5342	Kalender Jan	SV Blau-Weiß Bochum	3:35:31	M35	278	0:45:04	1:08:57	1:41:28
37	4746	Graf Tim	*Essen	3:35:37	M35	279	0:47:03	1:11:29	1:37:04
38	4263	Gerritsma Carsten	Team Montag	3:37:18	M35	293	0:45:09	1:09:45	1:42:23
39	5555	Schult Michael	*Hünxe	3:38:20	M35	301	0:46:33	1:10:13	1:41:33
40	4661	Loh Sebastian	Supporters Club Schalke 04	3:40:18	M35	321	0:46:24	1:10:53	1:42:59
41	3580	Kretschmer Marc	*Krefeld	3:41:25	M35	343	0:46:09	1:10:37	1:44:37
42	3535	Kazmierczak Michael	DSV 98 Triathlon	3:41:38	M35	347	0:47:46	1:11:06	1:42:45
43	5175	Saliver Ferdi	*Duisburg	3:42:39	M35	361	0:44:13	1:13:45	1:44:41
44	5433	Annen Dominik	Volllaufen	3:43:56	M35	381	0:47:02	1:12:58	1:43:55
45	4692	Kramer Philippe	K12 Agentur für Kommunikati	3:44:07	M35	383	0:48:47	1:11:58	1:43:22
46	4467	Seipp Enrico	*Duisburg	3:44:22	M35	386	0:48:31	1:11:43	1:44:07
47	6125	Werner Tobias	SG Ruhr 1929	3:44:59	M35	393	0:48:13	1:04:34	1:52:11
48	4437	Root Maxim	Hot Runners Ratingen	3:45:11	M35	399	0:48:54	1:15:57	1:40:19
49	4536	Heynen Tobias	SV Haldern - Familie Heynen	3:45:41	M35	404	0:50:13	1:11:00	1:44:26
50	4368	Sonnwald Andreas	Team Aroma Ahoi	3:47:07	M35	418	0:46:30	1:13:11	1:47:24
51	3964	Eicker Björn	Team Erdinger Alkoholfrei	3:47:32	M35	422	0:45:42	1:15:45	1:46:04
52	5353	Bruckhoff Daniel	Classic boat Club	3:48:27	M35	435	0:48:46	1:14:02	1:45:37
53	4279	Razowski Damian	*Mülheim an der Ruhr	3:48:28	M35	436	0:48:51	1:15:45	1:43:51
54	3866	Müller Thomas	*Moers	3:48:55	M35	438	0:48:39	1:14:10	1:46:05
55	4435	Thierbach Ilja	Hot Runners Ratingen	3:49:29	M35	445	0:49:25	1:15:57	1:44:07



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M35									
56	5229	Soyka Thomas	*Hattingen	3:50:01	M35	447	0:48:17	1:14:31	1:47:12
57	5260	Falinski Sven	*Gelsenkirchen	3:50:27	M35	450	0:51:39	1:12:54	1:45:53
58	3724	Oelgemöller Heiko	Running Team Grafenberg	3:51:46	M35	467	0:47:58	1:14:55	1:48:53
59	4249	Knepper Marc	Hamminkelner SV	3:52:29	M35	474	0:47:47	1:18:19	1:46:22
60	5182	Vogtmann Dennis	*Duisburg	3:53:11	M35	484	0:47:36	1:14:29	1:51:05
61	3254	Langer Dr. Marcel	*Oberhausen	3:54:57	M35	498	0:51:09	1:16:07	1:47:40
62	3963	Mannaße Thilo	Team Erdinger Alkoholfrei	3:56:28	M35	515	0:44:53	1:17:54	1:53:39
63	5602	Strand Carsten	LC Marathonkurs 2019	3:58:26	M35	538	0:53:01	1:19:23	1:46:01
64	4365	Glaess Michael	*Essen	3:59:20	M35	545	0:51:27	1:16:45	1:51:07
65	5283	Hettermann Daniel	*Herne	3:59:24	M35	547	0:50:36	1:20:46	1:48:02
66	6101	Kuzniak Matthias	Wir bei HKM	3:59:44	M35	552	0:52:36	1:18:34	1:48:33
67	5590	Schulze Markus	VIVAWEST	3:59:59	M35	555	0:49:43	1:18:25	1:51:50
68	4424	Schröder Sven	Ausdauerschule by bunert	4:00:23	M35	561	0:48:33	1:16:54	1:54:55
69	4372	Schwittek Widura	*Essen	4:00:34	M35	565	0:51:48	1:19:29	1:49:17
70	4454	Tsachpinis Theodoros	*Düsseldorf	4:00:42	M35	568	0:51:16	1:18:19	1:51:07
71	3201	Gerits Oliver	*Bochum	4:01:43	M35	587	0:48:10	1:19:38	1:53:54
72	5612	Beckmann Dominik	LC Duisburg	4:02:37	M35	598	0:48:06	1:27:12	1:47:18
73	3525	Ley Michael	BSG Sparkasse Essen	4:03:16	M35	601	0:49:23	1:15:49	1:58:03
74	4646	Greuer Ingo	WTV-Triathlon	4:03:49	M35	609	0:49:16	1:15:39	1:58:52
75	3059	Kanitz Jens	Morning Runners	4:04:54	M35	629	0:51:06	1:27:02	1:46:45
76	5112	Bechert Steffen	*Rheinberg	4:05:18	M35	633	0:50:49	1:19:40	1:54:48
77	4331	Hanser-Merkes Philipp	*Kamp-Lintfort	4:05:31	M35	636	0:55:12	1:17:42	1:52:35
78	4402	Dresenkamp Dr. Martin	*Oberhausen	4:05:57	M35	645	0:50:52	1:18:01	1:57:04
79	4558	Hild Peter	*Düsseldorf	4:06:42	M35	654	0:48:10	1:22:18	1:56:13
80	6171	Köhler Florian	Vodafone Runners	4:07:34	M35	659	0:48:00	1:21:45	1:57:48
81	4540	Pricken Stephan	*Krefeld	4:08:19	M35	669	0:53:18	1:20:24	1:54:36
82	4944	Warnecke Sven	Die Zweek vom See	4:08:58	M35	675	0:53:03	1:21:00	1:54:54
83	4667	Rautenstrauch Tim	Reeser SC Triathlon	4:09:13	M35	682	0:47:03	1:22:44	1:59:24
84	4694	Reuschel Florian	VfL Anholt	4:11:37	M35	701	0:54:07	1:22:44	1:54:46
85	6245	Ulfers Björn	Sinalco Running Crew	4:12:54	M35	714	0:52:20	1:27:14	1:53:19
86	4436	Prochnau Roman	Hot Runners Ratingen	4:14:18	M35	729	0:49:07	1:16:38	2:08:33
87	3960	Ocklenburg Dr. Sebastian	Schwimmteam Aquaknarre	4:14:53	M35	733	0:53:08	1:20:20	2:01:24
88	5221	Naber Eric	*Krefeld	4:16:13	M35	744	0:53:20	1:23:27	1:59:24
89	4621	Lux Sebastian	*Krefeld	4:19:10	M35	764	0:55:16	1:23:21	2:00:32
90	4704	Denis Dr. Benjamin	MoGru-Runners	4:19:27	M35	770	0:54:30	1:25:06	1:59:50
91	4772	Gorr Demian	*Duisburg	4:21:07	M35	780	0:52:50	1:24:00	2:04:16
92	6097	Fritz Patrick	BSG SPK Mülheim a.d. Ruhr	4:21:41	M35	783	0:55:03	1:25:01	2:01:37
93	3102	Eßler Felix	*Essen	4:22:15	M35	791	0:53:04	1:26:12	2:02:59
94	3298	Nowak Dominik	*Essen	4:22:54	M35	797	0:51:47	1:24:22	2:06:44
95	3679	Görtz Thomas	Gipfelkurs	4:26:16	M35	822	0:54:09	1:23:02	2:09:04
96	4564	Westerdick Markus	*Mülheim an der Ruhr	4:30:41	M35	850	0:49:29	1:33:50	2:07:20
97	4601	Ingenhaag Christoph	*Weeze	4:30:42	M35	851	0:55:57	1:25:39	2:09:05
98	5320	Rittmann Sven	*Düsseldorf	4:33:42	M35	865	0:53:42	1:23:49	2:16:10
99	5507	Pastuszko Slawek	SV Schwafheim	4:33:49	M35	867	0:56:08	1:23:14	2:14:27
100	6117	Ducke Dennis	SG Ruhr 1929	4:38:08	M35	888	0:57:47	1:32:07	2:08:13
101	5385	Hillebrand Christoph	ABB Betriebssport e.V.	4:39:08	M35	892	0:58:02	1:30:22	2:10:43
102	6191	Hoffmann Christian	Vodafone Runners	4:43:15	M35	904	1:01:36	1:29:57	2:11:42
103	4116	Hölterhoff André	*Bottrop	4:49:07	M35	917	0:53:54	1:25:54	2:29:17
104	5274	Possin Jörg	*Krefeld	5:11:38	M35	956	1:03:18	1:37:16	2:31:03
105	3226	Happ Christian	*Krefeld	5:24:50	M35	965	1:09:37	1:45:11	2:30:01
106	3060	Matzke Christian	CHM	5:31:13	M35	971	1:06:50	1:43:07	2:41:15



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M40									
1	3460	Kirschbaum Arne	Moerser TV Triathlon	2:54:14	M40	13	0:37:37	0:56:17	1:20:19
2	3130	Kölven Ludger	Moerser TV Triathlon	2:59:03	M40	30	0:38:17	0:58:27	1:22:18
3	5281	Göktas Nihan	Ayyo Team Essen e.V.	3:02:35	M40	41	0:38:28	0:58:20	1:25:45
4	5212	Theisen Stephan	Allround Triathlon Team Klev	3:04:45	M40	46	0:39:19	0:59:21	1:26:04
5	3385	Sonanini Christian	*Mülheim	3:05:44	M40	51	0:39:15	1:00:15	1:26:13
6	6147	Olivella Rigol Xavier	Vodafone Runners	3:07:11	M40	60	0:39:25	0:59:38	1:28:07
7	6292	Kölker Manuel	AOK Rheinland/Hamburg	3:08:06	M40	63	0:38:18	1:04:27	1:25:20
8	6177	Beissel Jens	Vodafone Runners	3:08:21	M40	64	0:39:58	1:00:34	1:27:48
9	6280	Woltering Ralf	LG Coesfeld	3:09:32	M40	70	0:39:44	1:02:09	1:27:38
10	3883	Daams Patrick	VT Triangel Kempen	3:10:22	M40	76	0:41:25	1:01:12	1:27:43
11	3405	Packroß Stefan	MAXI+NIKO	3:10:53	M40	78	0:41:49	1:00:31	1:28:32
12	3690	Piegza Sebastian	LSF Münster	3:15:33	M40	100	0:42:05	1:03:13	1:30:14
13	4472	Ehlert Christian	FC Straberg	3:17:56	M40	112	0:41:59	1:04:13	1:31:43
14	3317	Günther Henry	Köln Marathon Botschafter	3:18:25	M40	115	0:43:05	1:04:40	1:30:38
15	3551	Unterberg Tobias	Lauftreff Obererft	3:18:48	M40	117	0:42:21	1:03:23	1:33:04
16	5366	Hensel Martin	Lauftreff Kempen	3:19:34	M40	124	0:43:04	1:04:02	1:32:28
17	3472	Ahles Michael	Team Montag	3:20:05	M40	130	0:43:06	1:04:52	1:32:06
18	3789	Gora Stefan	SV Grün-Weiß-Rot Büderich	3:20:30	M40	133	0:44:10	1:04:25	1:31:53
19	3146	Ucka Matthias	*CASTROP-RAUXEL	3:20:42	M40	135	0:43:01	1:05:18	1:32:21
20	5089	Kaiser Andre	Moerser TV Triathlon	3:23:47	M40	157	0:43:30	1:06:32	1:33:45
21	4941	Scheele Michael	TUSEM Essen	3:24:04	M40	158	0:41:23	1:02:49	1:39:50
22	5514	Kuschel Steffen	*Essen	3:24:22	M40	159	0:42:34	1:07:29	1:34:17
23	4782	Glahn Florian	*Mülheim an der Ruhr	3:24:45	M40	165	0:47:21	1:05:15	1:32:08
24	5040	Rosenträger Stefan	LGO Bochum	3:26:27	M40	178	0:43:59	1:04:35	1:37:52
25	4706	Seibt Christian	*Essen	3:27:29	M40	186	0:42:15	1:07:32	1:37:40
26	5614	Tillmanns Frank	LC Duisburg	3:27:34	M40	190	0:44:06	1:06:28	1:36:59
27	4491	Dillinger Thomas	ASC Ratingen West	3:28:41	M40	197	0:43:47	1:07:21	1:37:32
28	4861	Kutsch Ingo	*Duisburg	3:30:11	M40	210	0:43:09	1:07:39	1:39:22
29	3683	Bützer Peter	Freie Schwimmer Düsseldorf	3:31:27	M40	227	0:43:01	1:07:06	1:41:19
30	4387	Van der Koelen Martin	*Krefeld	3:32:51	M40	242	0:43:16	1:06:04	1:43:31
31	4323	Kriependorf Florian	TEAM ELG	3:33:32	M40	249	0:43:04	1:06:06	1:44:21
32	4872	Mühle Patrick	ETuS Wedau	3:33:46	M40	253	0:44:53	1:10:04	1:38:48
33	6262	Büchner Christian	Piraten WG	3:33:57	M40	258	0:44:25	1:09:42	1:39:49
34	3103	Zumdick Sebastian	Vfl Motörhead	3:34:06	M40	259	0:43:13	1:07:53	1:42:58
35	3390	Lischka Jan Timo	Triathlon Team TG Witten	3:34:35	M40	265	0:46:07	1:11:45	1:36:42
36	4506	Kloes Martin	Anger Running Team	3:34:56	M40	268	0:43:56	1:08:43	1:42:16
37	3132	Heitkötter Kalle	*Mettmann	3:35:05	M40	271	0:44:22	1:08:49	1:41:53
38	4551	Bücher Marco	Erler-Sportgemeinschaft	3:35:12	M40	275	0:46:15	1:09:38	1:39:18
39	5481	Budde Christian	*Duisburg	3:35:19	M40	277	0:44:58	1:10:43	1:39:36
40	5230	Bartz Michael	*Düsseldorf	3:35:59	M40	280	0:43:07	1:01:22	1:51:29
41	6067	Nedballa Michael	Max Maulwurf Marathonis	3:36:20	M40	283	0:46:53	1:11:06	1:38:20
42	3362	Binkowski Stefan	GSG Duisburg	3:36:28	M40	285	0:43:58	1:09:17	1:43:13
43	4741	Kunze Dr. Andreas	*Dinslaken	3:37:34	M40	298	0:44:34	1:10:59	1:42:00
44	4475	Kethers Dennis	Halden Hogs	3:38:29	M40	303	0:44:41	1:09:17	1:44:30
45	3736	Von der Heyden Ralf	TV Aldekerk	3:39:59	M40	318	0:43:32	1:13:24	1:43:02
46	3174	Dahlhaus Karsten	d.velop AG	3:40:24	M40	323	0:45:03	1:10:10	1:45:10
47	6225	Peter Christian	VIVAWEST	3:40:44	M40	327	0:45:18	1:09:41	1:45:45
48	4163	Vogel Lars	Laufwerk Ruhr	3:40:52	M40	331	0:44:27	1:11:39	1:44:45
49	4441	Jurytko Thomas	SV Wanheim 1900 e.V.	3:40:53	M40	332	0:47:19	1:10:26	1:43:06
50	4221	Schütte Volker	*Düsseldorf	3:40:55	M40	333	0:48:15	1:12:52	1:39:46
51	3589	Wendler Swen	*Krefeld	3:40:57	M40	334	0:47:47	1:11:14	1:41:54
52	5532	Kiekhöfel Andreas	Tus Oedt	3:41:24	M40	342	0:47:48	1:11:41	1:41:54
53	3995	Manole Florin-Cristian	*Krefeld	3:41:29	M40	345	0:45:25	1:10:00	1:46:03
54	4269	Wismann Ralf	*Düsseldorf	3:41:49	M40	351	0:47:22	1:11:34	1:42:52
55	5349	Klehr Ingo Benjamin	LC Duisburg	3:41:59	M40	354	0:46:38	1:11:37	1:43:44



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M40									
56	6114	Boldt Peter	SG Ruhr 1929	3:42:12	M40	357	0:44:52	1:11:38	1:45:41
57	5601	Schmitz Thomas	TG Neuss	3:42:47	M40	362	0:47:08	1:13:02	1:42:36
58	4719	Kühn Dirk	*Kamp-Lintfort	3:42:55	M40	363	0:47:34	1:12:30	1:42:49
59	3467	Ulbrich Dénnys	FC Bayern München	3:42:56	M40	364	0:49:06	1:11:08	1:42:42
60	5158	Ertelt Stefan	BSG Sparkasse am Nieder	3:43:03	M40	370	0:45:41	1:11:46	1:45:36
61	4406	Perbix Daniel	AS Neukirchen-Vluyn	3:44:42	M40	390	0:48:54	1:12:00	1:43:46
62	3217	Rommen Markus	*Duisburg	3:45:00	M40	394	0:46:30	1:11:29	1:46:59
63	5604	Biemer Gregor	LC Duisburg	3:45:41	M40	406	0:48:39	1:11:43	1:45:18
64	4820	Kraatz André	LG Alpen	3:46:31	M40	412	0:48:49	1:12:52	1:44:49
65	3953	Koch Torsten	Fc Hansa Rostock	3:47:37	M40	426	0:47:39	1:14:21	1:45:36
66	3728	Breucker Dennis	D.I.M.B.	3:47:57	M40	430	0:58:26	1:08:20	1:41:11
67	4228	Wittag Gregor	TSV Bocholt	3:50:49	M40	456	0:50:09	1:15:26	1:45:12
68	3253	Wüllenweber Christian	Running4charity	3:50:57	M40	459	0:48:27	1:14:01	1:48:28
69	5159	Westermann Jörg	Westnetz BSG Wesel Lauff	3:51:29	M40	465	0:48:58	1:12:01	1:50:29
70	4935	Simon Janos	*Willich	3:52:34	M40	476	0:47:40	1:14:02	1:50:51
71	3702	Kirchhof Rainer	Kaka&Lake	3:53:01	M40	483	0:51:16	1:13:22	1:48:21
72	3188	Demianczuk Christoph	*Essen	3:53:18	M40	486	0:50:21	1:16:25	1:46:32
73	4165	Brix Dennis	Laufwerk Ruhr	3:54:58	M40	499	0:50:58	1:13:53	1:50:06
74	5127	Mohyla Marcel	*Duisburg	3:55:52	M40	509	0:49:08	1:16:51	1:49:53
75	6140	Conrad Markus	Vodafone Runners	3:57:22	M40	525	0:48:39	1:14:52	1:53:50
76	4474	Zumbeel Ingo	*Bochum	3:58:09	M40	533	0:48:42	1:15:34	1:53:52
77	3485	Grafen Dirk	Läuft bei Grafens	3:58:10	M40	535	0:49:03	1:16:19	1:52:47
78	5459	Nübel Patrick	SV Blau-Weiß Bochum Tria	3:58:11	M40	537	0:46:26	1:22:38	1:49:07
79	3993	Tacke Markus	Laufgötter	3:59:27	M40	549	0:50:17	1:18:22	1:50:47
80	3767	Höing Karsten	SG Borken	4:00:11	M40	558	0:47:59	1:15:10	1:57:01
81	5423	Olbrich Rene	Depotrunners Bracht	4:00:39	M40	566	0:47:19	1:18:29	1:54:50
82	4853	Lawrey Andrew	*ESSEN	4:00:46	M40	571	0:50:50	1:18:53	1:51:02
83	4589	Amin Nabil	NASA02	4:00:46	M40	572	0:50:52	1:16:58	1:52:55
84	3092	Schreiber Thomas	Elfrather Montagsläufer	4:00:54	M40	574	0:48:57	1:20:35	1:51:21
85	5045	Nierenz Colin B.	Team Polizei Duisburg	4:01:25	M40	583	0:50:35	1:18:31	1:52:17
86	4284	Siano Claas	Blau-Weiß Bochum 1896 Tri	4:02:38	M40	599	0:49:18	1:17:41	1:55:38
87	5519	Bosold Mirko	Moerser TV	4:02:41	M40	600	0:51:23	1:18:06	1:53:12
88	4796	Lawrenz Sven	Nordtriathleten Oberhausen	4:03:53	M40	610	0:53:02	1:17:42	1:53:08
89	3861	Raczka Marius	*Dortmund	4:04:17	M40	620	0:50:51	1:19:42	1:53:43
90	4236	Hegemann Ralf	*Essen	4:05:37	M40	639	0:51:47	1:19:15	1:54:34
91	3034	Berndt Stefan	Ausdauerhschule by bunert	4:05:50	M40	644	0:50:50	1:18:55	1:56:05
92	4626	Starzetz Christoph	*Duisburg	4:06:27	M40	652	0:50:09	1:21:08	1:55:09
93	3354	Derksen Achim	*Kempfen	4:06:53	M40	655	0:50:57	1:20:08	1:55:47
94	4858	Teklote Dirk	DT Running	4:07:25	M40	658	0:45:47	1:20:23	2:01:15
95	4113	Terörde Carsten	Laufgötter	4:07:35	M40	660	0:54:26	1:18:12	1:54:56
96	5173	Kremkus Matthias	*Duisburg	4:07:50	M40	662	0:51:27	1:23:31	1:52:52
97	6068	Noack Heiko	Max Maulwurf Marathonis	4:07:56	M40	663	0:53:38	1:19:38	1:54:40
98	5516	Grella Michele	*Duisburg	4:08:00	M40	664	0:55:59	1:27:11	1:44:49
99	4341	Schubert Björn	*Herne	4:08:44	M40	672	0:52:44	1:20:56	1:55:02
100	5287	Stiem Ruben	*Bochum	4:08:50	M40	673	0:51:44	1:20:44	1:56:22
101	4307	Harwardt Oliver	*Essen	4:08:58	M40	676	0:52:44	1:21:15	1:54:58
102	3127	Spolders Tillmann	*Alpen	4:09:33	M40	683	0:50:41	1:20:37	1:58:15
103	3891	Maaßen Manuel	*Krefeld	4:10:18	M40	690	0:54:59	1:21:12	1:54:06
104	3954	Foitzik Marco	*Duisburg	4:11:54	M40	704	0:51:33	1:22:14	1:58:06
105	4418	Sohn Markus	*Duisburg	4:12:40	M40	711	0:49:44	1:24:47	1:58:08
106	6157	Abraham Florian	Vodafone Runners	4:13:05	M40	718	0:50:32	1:20:34	2:01:58
107	3809	Schiller Christian	*Krefeld	4:14:25	M40	730	0:53:11	1:21:11	2:00:02
108	4665	Konrad Mark	*Duisburg	4:15:30	M40	737	0:52:32	1:20:47	2:02:10
109	4703	Denis Nick	MoGru-Runners	4:19:13	M40	765	0:54:57	1:25:04	1:59:11
110	3464	Grafen Christian	*Duisburg	4:22:24	M40	793	0:54:44	1:24:01	2:03:38



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M40									
111	5032	Mondry Andreas	*Duisburg	4:22:28	M40	794	0:55:20	1:20:29	2:06:38
112	4002	Höfler Michael	*Mülheim	4:25:24	M40	811	0:55:48	1:24:41	2:04:54
113	3235	Hippler Jan	*Duisburg	4:25:35	M40	814	0:56:54	1:24:42	2:03:58
114	3309	Herrmann Stefan	*Essen	4:25:35	M40	815	0:53:13	1:25:13	2:07:08
115	4769	Schmitz Tim	*Oberhausen	4:27:37	M40	829	0:59:02	1:27:01	2:01:33
116	5455	Kuban Krystof	*Rheinberg	4:28:55	M40	839	0:54:05	1:27:32	2:07:17
117	4920	Dienefeld Christian	STV Hünxe	4:30:40	M40	849	0:53:19	1:26:42	2:10:37
118	5285	Nacken Georg	*Erkelenz	4:31:03	M40	853	0:54:51	1:27:25	2:08:46
119	5326	Lamyon Marcel	*Oberhausen	4:31:19	M40	855	0:54:48	1:26:05	2:10:25
120	4679	Kedras Achilleas	BSG Sparkasse Bochum	4:31:52	M40	856	0:54:18	1:27:18	2:10:15
121	3546	Thomann Bastian	*Bottrop	4:36:16	M40	882	0:56:18	1:30:44	2:09:13
122	3721	Ender Damian	Doppelrunde	4:39:28	M40	895	0:59:25	1:30:42	2:09:20
123	4751	Vierbaum Markus	*Duisburg	4:40:09	M40	896	0:59:46	1:31:17	2:09:05
124	3218	Soraruf Brian	Team Bratwurst	4:42:56	M40	900	0:56:21	1:27:59	2:18:35
125	4295	Buchner Jan	*Düsseldorf	4:45:14	M40	909	0:59:36	1:33:29	2:12:09
126	4414	Ziesel Ingo	*Mülheim	4:46:01	M40	910	0:59:54	1:30:33	2:15:33
127	3538	Retkowski Lutz	*Dortmund	4:50:42	M40	920	1:02:12	1:34:08	2:14:21
128	3336	Hennig Christoph	*Düsseldorf	4:51:45	M40	921	0:59:19	1:32:35	2:19:50
129	5288	Brudek Dr. Gregor	*Rheinberg	4:55:52	M40	930	1:10:20	1:31:35	2:13:57
130	4445	Ottofüllung Klaus	*Duisburg	4:57:53	M40	933	1:04:59	1:35:22	2:17:30



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M45									
1	4047	Stirne Thomas	*Leverkusen	2:57:09	M45	24	0:37:43	0:56:54	1:22:31
2	4006	Ringler Peter	*Essen	2:57:45	M45	25	0:37:20	0:57:35	1:22:48
3	4832	Trzensiok Martin	Weseler TV Triathlon	2:59:23	M45	32	0:38:22	0:57:48	1:23:12
4	3794	Schnell Werner	LGO Bochum	3:00:32	M45	34	0:38:26	0:58:17	1:23:48
5	3112	Brune Gilbert	*Bottrop	3:03:13	M45	43	0:39:25	0:59:39	1:24:09
6	5317	Grawley Michael	Bunert Duisburg	3:05:11	M45	50	0:39:13	1:01:14	1:24:42
7	6167	Diallo Samba	Vodafone Runners	3:05:50	M45	53	0:38:22	1:01:19	1:26:08
8	4996	Mayer Andreas	TuS Xanten	3:06:43	M45	55	0:40:26	1:00:54	1:25:22
9	3323	Meinhardt Björn	Triathlon Mülheim	3:07:31	M45	61	0:39:38	0:59:51	1:28:01
10	4947	Müller Thomas	TV Aldekerk	3:08:05	M45	62	0:40:25	1:00:56	1:26:43
11	6199	Gleumes Stephan	Vodafone Runners	3:08:40	M45	67	0:40:03	1:00:46	1:27:50
12	5365	Adler Gregor	Lauf-Freude.de	3:10:30	M45	77	0:40:35	1:01:09	1:28:45
13	4502	Hoffmann Jörg	Bocholter WSV	3:11:27	M45	82	0:40:44	1:02:10	1:28:32
14	6197	Richrath Kay	Vodafone Runners	3:12:13	M45	88	0:41:51	1:02:30	1:27:51
15	5827	Thamm Hilmar	Werdener TB Essen	3:13:30	M45	94	0:48:05	1:00:43	1:24:42
16	4334	Frank Karsten	Sportfreunde Weizenbier	3:14:15	M45	97	0:43:06	1:02:35	1:28:33
17	5203	Bergerhoff Stefan	Ausdauerchule by bunert	3:16:35	M45	106	0:41:19	1:04:49	1:30:26
18	4042	Niekamp Jens	*Duisburg	3:16:54	M45	108	0:42:07	1:04:03	1:30:43
19	4554	Landgraf Thomas	*Duisburg	3:18:46	M45	116	0:42:34	1:04:31	1:31:40
20	6052	Pribyl Holger	Rumelner TV	3:19:15	M45	120	0:43:22	1:03:20	1:32:32
21	5197	Sauer Sascha	*Essen	3:20:25	M45	132	0:43:12	1:04:58	1:32:15
22	3324	Müller Rainer	*Herne	3:21:29	M45	138	0:42:32	1:06:00	1:32:56
23	4774	Orosz Dr. Robert	*Krefeld	3:21:43	M45	140	0:43:13	1:05:34	1:32:55
24	4970	Geerken Alexander	Meerbusch Strümp	3:21:46	M45	141	0:41:52	1:05:22	1:34:31
25	3096	Löll Markus	Roadrunners	3:21:48	M45	142	0:41:49	1:05:44	1:34:15
26	4500	Jany Peter	*Dinslaken	3:22:07	M45	143	0:43:27	1:06:17	1:32:22
27	4902	Rütter Marc	Hammerkeller SV	3:24:25	M45	161	0:42:39	1:05:21	1:36:24
28	5372	Menes Rene	*Moers	3:24:58	M45	167	0:43:28	1:05:53	1:35:36
29	6146	Hanke Frank	Vodafone Runners	3:25:12	M45	172	0:39:54	1:02:30	1:42:47
30	6281	Volmer Jens	LG Coesfeld	3:27:26	M45	184	0:44:48	1:07:24	1:35:13
31	4903	Gaida Norbert	SV Gladbeck 13	3:27:28	M45	185	0:43:38	1:06:00	1:37:48
32	3326	Fangmeier Dirk	Die Höhenläufer	3:27:54	M45	193	0:44:11	1:07:00	1:36:42
33	3048	Mraovic Nenad	*Essen	3:28:16	M45	194	0:43:21	1:08:00	1:36:54
34	3558	Henke Christian	Lauffreunde HADI Wesel	3:29:05	M45	202	0:42:12	1:08:46	1:38:05
35	3924	Reinke Hans	LG Einbronx	3:29:30	M45	204	0:44:33	1:07:37	1:37:19
36	4725	Wilms Mirko	*Essen	3:30:03	M45	209	0:42:53	1:08:50	1:38:20
37	4762	Schilling-Frenk Tiemo	BSG Sparkasse Essen	3:30:19	M45	212	0:44:19	1:05:24	1:40:36
38	4120	Späth Norbert	Triathlon Team Düsseldorf	3:30:24	M45	215	0:44:21	1:08:45	1:37:18
39	3013	Mathia Marcus	*Grevenbroich	3:30:35	M45	216	0:46:25	1:07:51	1:36:19
40	3073	Hajek Dirk	Adler-Langlauf Bottrop	3:31:21	M45	226	0:42:02	1:09:02	1:40:16
41	3306	Aufurth Matthias	*Ratingen	3:31:28	M45	228	0:44:07	1:07:51	1:39:29
42	4921	Radstaak Marco	WSV Bocholt	3:32:04	M45	234	0:44:24	1:08:31	1:39:09
43	5310	Jonak Andreas	Die Spaßvögel	3:32:18	M45	237	0:46:26	1:08:18	1:37:33
44	4993	Müller Holger	TV Aldekerk	3:32:45	M45	241	0:44:57	1:08:24	1:39:24
45	3864	Urbanowski Jens	*Moers	3:33:33	M45	250	0:46:34	1:09:24	1:37:33
46	3105	Keller Markus	*Düsseldorf	3:33:39	M45	252	0:42:38	1:04:29	1:46:31
47	4688	Wüllner Ueli	*Zürich	3:33:53	M45	255	0:46:16	1:10:18	1:37:18
48	3879	Siry Martin	TV Wanheimerort 1880 e.V.	3:33:57	M45	257	0:43:39	1:08:28	1:41:49
49	3083	Bücker Stephan	AS Neukirchen-Vluyn	3:34:24	M45	262	0:46:33	1:12:09	1:35:41
50	4680	Schaefer Reiner	BSG Sparkasse Bochum	3:34:28	M45	264	0:44:06	1:09:04	1:41:17
51	4997	Koch Andreas	TuS Xanten	3:35:01	M45	270	0:45:02	1:10:56	1:39:03
52	4597	Philippe Sebastien	Ultra Sports	3:36:55	M45	289	0:45:03	1:08:39	1:43:13
53	3757	Weyler Thomas	*Duisburg	3:37:55	M45	299	0:45:55	1:10:15	1:41:44
54	3983	Mitschke Stephan	*Oberhausen	3:39:07	M45	310	0:48:25	1:11:32	1:39:09
55	4218	Kraus Thorsten	MSV Duisburg Einradzebras	3:39:14	M45	311	0:45:40	1:12:15	1:41:18



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M45									
56	3023	Mescher Stefan	*Essen	3:39:48	M45	314	0:45:34	1:10:26	1:43:48
57	3012	Schrörs-Runo Thomas	*Krefeld	3:40:44	M45	326	0:46:48	1:11:35	1:42:20
58	4166	Gochermann Christian	BSG Springorum Bochum	3:40:50	M45	329	0:47:35	1:11:27	1:41:46
59	4889	Kammann Johannes	Allround Triathlon Team Klev	3:41:13	M45	336	0:45:04	1:11:52	1:44:15
60	5603	Van Gemmeren Volkmar	LC Duisburg	3:41:18	M45	341	0:46:10	1:08:16	1:46:51
61	5057	Matheis Michael	Team Erdinger Alkoholfrei	3:41:39	M45	348	0:45:56	1:18:28	1:37:14
62	4136	Gröne Martin	*Essen	3:41:52	M45	352	0:47:23	1:12:35	1:41:54
63	5450	Peil Thorsten	TuS Oedt 1884 e.V.	3:41:58	M45	353	0:47:18	1:11:48	1:42:52
64	3340	Hilgers Torben	*Duesseldorf	3:42:01	M45	355	0:46:48	1:11:14	1:43:59
65	5429	Thalheimer Holger	FC St Pauli	3:42:06	M45	356	0:45:40	1:14:10	1:42:15
66	4912	Höning André	Wir bei HKM	3:42:37	M45	360	0:46:58	1:11:07	1:44:31
67	3050	Nießen Michael	*Duisburg	3:43:00	M45	366	0:47:46	1:10:36	1:44:38
68	3196	Perolles Markus	Reeser SC Triathlon	3:43:03	M45	369	0:46:46	1:11:38	1:44:38
69	4638	Milosev Dejan	*Solingen	3:43:14	M45	372	0:47:28	1:11:11	1:44:33
70	3028	Neuhold Marcel	AS Neukirchen-Vluyn	3:43:28	M45	374	0:48:12	1:11:29	1:43:46
71	3078	Jannes Michael	Gute Mischung	3:43:47	M45	379	0:44:59	1:20:58	1:37:49
72	3569	Pfeiffer Thomas	Frühschicht	3:43:56	M45	382	0:45:42	1:11:33	1:46:39
73	6104	Speier Thomas	TRIMET	3:44:18	M45	384	0:48:35	1:13:17	1:42:25
74	5357	Appe Patrick	*Haan	3:44:32	M45	388	0:47:32	1:13:21	1:43:38
75	3360	Karge Ulrich	TriTeam TSG Sprockhövel	3:44:43	M45	391	0:47:06	1:13:05	1:44:31
76	3397	Bögel Frank	*Bochum	3:44:52	M45	392	0:48:03	1:13:22	1:43:27
77	3902	Geisler Andy	*Dinslaken	3:45:06	M45	396	0:49:04	1:13:05	1:42:56
78	3463	Meier Olaf	*Essen	3:45:09	M45	397	0:47:54	1:12:31	1:44:42
79	4338	Tobias-Sutter Christian	SportsAgents Düsseldorf	3:45:18	M45	400	0:47:32	1:13:18	1:44:28
80	4409	Hack Andras	TSV Viktoria Mülheim	3:46:07	M45	409	0:48:07	1:12:06	1:45:53
81	3769	Wicht Thomas	*Korschenbroich	3:47:04	M45	416	0:49:51	1:12:45	1:44:27
82	4353	Dillig Mark	*Duisburg	3:47:18	M45	420	0:49:51	1:13:10	1:44:17
83	4245	Lang Christian	Laufftreff Großenbaum	3:47:36	M45	424	0:45:39	1:13:59	1:47:57
84	4509	Laubenthal Lars	Dr. Bellwon GmbH	3:48:06	M45	433	0:47:56	1:13:52	1:46:17
85	5511	Krause Ralf	Fortuna Düsseldorf Triathlon	3:49:08	M45	442	0:48:22	1:13:12	1:47:33
86	4003	Karatas Michael	SV Concordia Ossenberg	3:49:13	M45	443	0:50:41	1:14:17	1:44:14
87	6161	Nguyen Pham Quang	Vodafone Runners	3:49:23	M45	444	0:51:52	1:12:13	1:45:17
88	4300	Kyewski Niels	Triminators TV Voerde	3:50:42	M45	454	0:49:05	1:15:22	1:46:14
89	6136	Voss Dirk	Vodafone Runners	3:50:43	M45	455	0:44:32	1:08:10	1:57:59
90	4241	Fröhlich Dr. Oliver	Hammer Girls and Boys	3:51:37	M45	466	0:46:14	1:11:56	1:53:25
91	4146	Oberhagemann Armin	SV Gladbeck 13	3:52:14	M45	470	0:49:29	1:18:23	1:44:21
92	3374	Duerdodt Dr. Christian	*Bochum	3:52:15	M45	471	0:49:39	1:14:57	1:47:38
93	5374	Lenzen Thorsten	Forstwald Runners	3:52:33	M45	475	0:49:10	1:11:36	1:51:45
94	5608	Spohr Stefan	AOK Rheinland/Hamburg	3:52:41	M45	477	0:49:12	1:12:46	1:50:42
95	3743	Skiba Martin	Anchor Running Crew Duisb	3:53:25	M45	487	0:49:03	1:18:00	1:46:22
96	4627	Fuehrer Daniel	*Krefeld	3:53:32	M45	488	0:49:37	1:15:40	1:48:15
97	4062	Heinen Marcel	Allround Triathlon Team Klev	3:53:56	M45	490	0:48:34	1:14:40	1:50:40
98	5237	Venhoven Rudi	Hüthum-Borghes	3:54:11	M45	492	0:49:07	1:14:26	1:50:37
99	3731	Zupp Christian	*Duisburg	3:55:12	M45	501	0:49:50	1:15:35	1:49:46
100	4050	Hoffmann Christian	*Essen	3:55:16	M45	503	0:50:21	1:16:13	1:48:41
101	4017	Simoncelli Leonardo	*Krefeld	3:55:29	M45	504	0:50:33	1:16:50	1:48:05
102	6095	Bauersachs Sven	BSG SPK Mülheim a.d. Ruhr	3:55:50	M45	507	0:48:19	1:18:01	1:49:29
103	4168	Wünsche Clemens	*Meerbusch	3:55:51	M45	508	0:50:05	1:16:54	1:48:51
104	6152	Harzheim Oliver	Vodafone Runners	3:56:06	M45	512	0:48:12	1:15:20	1:52:33
105	4139	Buchta Mario	LT Recklinghausen	3:56:43	M45	518	0:50:08	1:15:59	1:50:35
106	4950	Groß Bernd	*Wermelskirchen	3:57:02	M45	520	0:48:18	1:14:33	1:54:11
107	4344	Vorrath Ludger	Team Polizei Duisburg	3:57:57	M45	530	0:48:06	1:17:33	1:52:17
108	3689	Bartels Guido	*Duisburg	3:58:40	M45	540	0:49:03	1:17:11	1:52:26
109	6059	Catikkas Mehmet	Max Maulwurf Marathonis	3:59:42	M45	551	0:49:20	1:12:31	1:57:50
110	4553	Frank Deckers	Allround Triathlon Team Klev	3:59:58	M45	553	0:50:17	1:16:41	1:52:58



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Altersklasse Männer M45									
111	4777	Jöge Michael	TEA- die vier lustigen fünf	4:00:10	M45	557	0:49:48	1:15:48	1:54:34
112	6182	Fenske Claus	Vodafone Runners	4:00:14	M45	559	0:49:11	1:17:51	1:53:11
113	6174	Mai Kim Than	Vodafone Runners	4:00:42	M45	567	0:46:40	1:16:00	1:58:01
114	5005	Kleimann Jörg	MX Multisport	4:00:54	M45	575	0:50:36	1:16:16	1:54:01
115	3974	Brockmann Stefan	Freie Schwimmer Düsseldorf	4:01:24	M45	582	0:51:36	1:15:48	1:54:00
116	4909	Schreiber Bernd	Bremshundestaffel Moers	4:01:25	M45	584	0:50:11	1:17:36	1:53:37
117	3426	Van der Horst Roland	LEX Bocholt Running Team	4:01:43	M45	588	0:49:41	1:20:13	1:51:49
118	4086	Wiegand Axel	*Mülheim	4:02:07	M45	593	0:47:46	1:19:15	1:55:05
119	4243	Kock Thorsten	*Duisburg	4:03:22	M45	602	0:50:54	1:20:43	1:51:44
120	6270	Krause Markus	AOK Rheinland/Hamburg	4:04:19	M45	621	0:51:27	1:21:57	1:50:53
121	3680	Scheffer Thorsten	*Oberhausen	4:05:00	M45	630	0:51:46	1:18:53	1:54:21
122	4677	Werner Michael	Kopifit	4:05:11	M45	632	0:49:27	1:19:45	1:55:58
123	5286	Behrens Wolfgang	*Boholt	4:05:29	M45	634	0:51:46	1:18:13	1:55:29
124	3823	Obieglo Thomas	TV Wanheimerort 1880 e.V.	4:05:33	M45	637	0:52:02	1:20:26	1:53:04
125	3806	Schneider Simon	*Ratingen	4:07:49	M45	661	0:51:13	1:20:17	1:56:19
126	4631	Hövels Daniel	*Krefeld	4:08:07	M45	665	0:54:20	1:18:20	1:55:26
127	4362	Brand Gunnar	LC Duisburg	4:09:11	M45	681	0:51:07	1:21:30	1:56:34
128	3387	Graml Stefan	*Duisburg	4:10:15	M45	688	0:54:37	1:17:05	1:58:32
129	6158	Böhler Markus	Vodafone Runners	4:10:42	M45	692	0:52:36	1:21:48	1:56:17
130	3080	Mutz Andreas	DSV98 / Morningrunners	4:11:21	M45	698	0:51:07	1:27:02	1:53:11
131	6162	Celik Veli	Vodafone Runners	4:11:39	M45	702	0:50:03	1:15:22	2:06:13
132	4522	Schumann Joachim	Marathon Mülheim	4:11:47	M45	703	0:51:57	1:21:46	1:58:04
133	3349	Drozda Gordon	*Rheurd	4:12:04	M45	705	0:53:41	1:20:41	1:57:41
134	3212	Grabowski Robert	SV Gladbeck 13	4:12:53	M45	713	0:54:28	1:19:12	1:59:12
135	4056	Lemke Lars	TV 1900 Wanheim	4:14:06	M45	725	0:52:41	1:21:38	1:59:46
136	3755	Schömann Ralf	*Oberhausen	4:14:52	M45	732	0:54:12	1:22:20	1:58:19
137	3492	Vohl Stefan	Beeckerwerther Kanu-Verein	4:15:35	M45	738	0:54:16	1:23:50	1:57:29
138	3441	Wuesten Christian	LT Gruitzen-Neandertal	4:15:46	M45	739	0:56:03	1:21:24	1:58:19
139	4035	Bahls Markus	Ballettschule Müller Castrop	4:16:15	M45	746	0:53:57	1:23:07	1:59:11
140	5388	Lehnen Klaus	*Brüggen	4:16:58	M45	750	0:53:55	1:20:06	2:02:56
141	6081	Schönfeld Boris	Max Maulwurf Marathonis	4:17:24	M45	753	0:53:47	1:19:32	2:04:03
142	3818	Remmert Torsten	TSG Sprockhövel	4:18:23	M45	759	0:54:28	1:24:37	1:59:18
143	4399	Wilmers Frank	*Boholt	4:19:18	M45	767	0:57:05	1:24:03	1:58:09
144	3817	Huysmann Carsten	Angerland LT Lintorf	4:19:54	M45	773	0:51:39	1:24:03	2:04:11
145	6257	Zielke Armin	TUS BREITSCHEID	4:20:09	M45	775	0:52:25	1:23:22	2:04:21
146	3788	Dziechciarz Karol	*Bottrop	4:21:58	M45	787	0:53:48	1:23:37	2:04:32
147	4669	Wolf Martin	*Ratingen	4:23:00	M45	799	0:54:01	1:23:51	2:05:07
148	5553	Gudd Andreas	LT Staudertrinker	4:23:17	M45	800	0:58:29	1:14:04	2:10:43
149	5244	Grager Stefan	*Düsseldorf	4:23:33	M45	804	0:54:21	1:22:46	2:06:25
150	3437	Chmielowski Dr. Miroslaw	*Oberhausen	4:24:55	M45	810	0:57:24	1:24:58	2:02:31
151	3406	Jockel Gerd	*Mülheim	4:26:47	M45	825	0:52:52	1:29:23	2:04:31
152	3415	Kostbahn Dr. Wilfried	ALT (Angerland Lauf Treff)	4:28:21	M45	832	0:57:51	1:26:18	2:04:11
153	3230	Ljubetic Nenad	*Bochum	4:28:32	M45	836	0:54:21	1:28:03	2:06:07
154	4206	Duwe Simon	SV Haldern Laufftreff	4:29:11	M45	840	0:56:41	1:25:52	2:06:36
155	3282	Dornseifer Michael	BSG Sparkasse Essen	4:30:16	M45	843	0:57:55	1:29:33	2:02:46
156	3594	Fritschen Heiko	*Velbert	4:31:07	M45	854	0:55:17	1:28:02	2:07:47
157	6115	Krapf Erwin	SG Ruhr 1929	4:34:29	M45	871	0:52:17	1:25:14	2:16:57
158	5171	Plankert Otto	Team Veritas	4:42:26	M45	898	0:59:50	1:33:08	2:09:27
159	4292	Mumcu Erdal	Mumcu.run	4:42:57	M45	901	1:00:54	1:32:40	2:09:22
160	4814	Schumann Oliver	Hamminkelter SV	4:42:58	M45	902	0:59:09	1:29:16	2:14:32
161	4563	Scheika Mike	*Moers	4:46:09	M45	912	0:59:53	1:32:57	2:13:17
162	5442	Schumacher Markus	*Bottrop	4:47:00	M45	913	1:00:03	1:29:31	2:17:25
163	4604	Matten Christian	*Oberhausen	4:49:24	M45	918	0:57:42	1:35:11	2:16:30
164	5579	Stöckert Michael	AS Neukirchen-Vluyn	4:52:01	M45	925	0:58:03	1:30:24	2:23:33
165	3990	Filipov Robert	LGO Bochum	4:57:35	M45	932	1:00:20	1:38:11	2:19:02



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M45									
166	5004	Geisler Peter	*Duisburg	5:06:04	M45	945	1:03:47	1:43:49	2:18:27
167	5486	Köstermann Sascha	*Neukirchen-Vluyn	5:06:09	M45	946	1:01:50	1:39:24	2:24:55
168	5225	Annen Wolfgang	LC Duisburg	5:06:09	M45	947	1:03:52	1:43:49	2:18:27
169	5475	Aben Stefan	Füchse Walbeck	5:17:24	M45	961	1:04:28	1:40:52	2:32:03
170	5313	Sörgel Michael	MTHC	5:18:40	M45	962	1:08:14	1:42:37	2:27:48



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
1	5013	De Haas Freddy	TuS Drevenack	2:48:14	M50	6	0:35:45	0:54:49	1:17:39
2	6144	Morlak Jörg	Vodafone Runners	2:55:22	M50	17	0:37:31	0:56:46	1:21:04
3	4309	Erbe Michael	Lokomotive Dortmund	2:55:50	M50	20	0:37:21	0:56:52	1:21:36
4	4575	Riedel Markus	*Duisburg	2:56:17	M50	22	0:37:12	0:57:12	1:21:53
5	4546	Klenn Hans-Jürgen	LC Duisburg	3:00:44	M50	35	0:38:50	0:57:42	1:24:11
6	6213	Tamiru Dagnachew	200PRO GmbH	3:00:47	M50	36	0:38:20	0:58:32	1:23:54
7	5569	Neumann Christoph	LT Vynen Xanten	3:02:28	M50	40	0:39:06	0:58:32	1:24:49
8	3359	Lohmann Peter	*Monheim am Rhein	3:03:32	M50	44	0:39:56	0:59:15	1:24:20
9	6283	Severt Günter	LG Coesfeld	3:04:15	M50	45	0:38:52	0:59:54	1:25:27
10	4713	Tuttman Ludger	*Marl	3:04:45	M50	47	0:39:53	0:59:33	1:25:18
11	6053	Backes Helmut		3:06:30	M50	54	0:39:56	1:01:00	1:25:32
12	4285	Nitschke Thorsten	Team Erdinger Alkoholfrei	3:07:04	M50	58	0:40:19	1:00:08	1:26:36
13	3549	Knauff Matthias	LT Starlight Team Essen	3:09:57	M50	72	0:40:02	1:01:29	1:28:25
14	5598	Blinken Robert	TG Neuss	3:09:59	M50	73	0:39:33	1:01:30	1:28:55
15	3027	Mehtieff Alexander	Krefelder Kanu Klub	3:11:40	M50	83	0:39:38	1:00:24	1:31:37
16	6076	Schürings Armin	Max Maulwurf Marathonis	3:12:23	M50	89	0:41:09	1:02:04	1:29:08
17	3075	Schubbert Michael	Moerser TV Triathlon	3:12:33	M50	91	0:41:25	1:02:03	1:29:04
18	6251	Kotseronis Peter	TUS BREITSCHEID	3:15:23	M50	98	0:41:00	1:02:26	1:31:56
19	3854	Sahling Heino	Werdener Turnerbund	3:16:06	M50	101	0:41:43	1:04:00	1:30:23
20	5066	Bockholt Peter	SV Gladbeck 13	3:16:10	M50	102	0:41:38	1:03:38	1:30:53
21	3286	Ochs Carsten	*Mülheim	3:16:18	M50	103	0:41:20	1:03:34	1:31:24
22	3557	Maciejewski Adam	LC Duisburg	3:16:31	M50	104	0:43:04	1:02:31	1:30:54
23	4533	Köhler Dieter	TSV Viktoria Mülheim	3:19:33	M50	122	0:42:48	1:04:07	1:32:37
24	4768	Van Onna Carsten	Lauffreunde HADI Wesel	3:21:42	M50	139	0:43:18	1:05:05	1:33:18
25	3900	Töller Mike	*Geldern	3:22:24	M50	145	0:46:28	1:04:14	1:31:42
26	5239	Ponto Stefan	*Mülheim Ruhr	3:22:39	M50	147	0:43:57	1:06:01	1:32:39
27	6238	Ferling Frank	200PRO GmbH	3:22:44	M50	149	0:42:34	1:06:16	1:33:53
28	4727	Eicheler Guido	gute-beine.de	3:24:47	M50	166	0:42:23	1:07:39	1:34:44
29	3807	Gebauer Bernd	LG Olympia Dortmund	3:25:12	M50	171	0:43:55	1:06:01	1:35:15
30	5134	Ritthoff Michael	*Duisburg	3:26:33	M50	179	0:43:05	1:06:55	1:36:31
31	4316	Gwozdz Michael	Evang. Klinikum Niederrh.	3:26:33	M50	180	0:43:49	1:07:31	1:35:13
32	5102	Esser Guido	SV19 Straelen	3:27:32	M50	189	0:44:52	1:07:46	1:34:52
33	6134	Konst Theodor	Vodafone Runners	3:27:44	M50	191	0:42:32	1:04:58	1:40:13
34	4251	Ziemek Holger	*Tönisvorst	3:28:59	M50	201	0:44:42	1:07:03	1:37:12
35	6255	Weiner Thomas	TUS BREITSCHEID	3:29:32	M50	205	0:44:43	1:08:12	1:36:37
36	3976	Daemen Oliver	SC Bayer 05 Uerdingen	3:29:52	M50	206	0:44:38	1:08:10	1:37:03
37	3945	Krummel Jürgen	BSG Stadtwerke Duisburg	3:30:03	M50	208	0:44:54	1:06:59	1:38:08
38	3707	Hying Christian	*Rhede	3:30:44	M50	219	0:46:11	1:10:13	1:34:19
39	3796	Marquardt Dirk	*Duisburg	3:31:53	M50	231	0:45:26	1:08:49	1:37:37
40	6227	Hertog Dietmar	VIVAWEST	3:31:58	M50	232	0:46:06	1:07:36	1:38:15
41	3338	Gall Jens	Angerland LT Lintorf	3:32:21	M50	238	0:45:10	1:08:39	1:38:31
42	3373	Koch Christian	TriTeam TSG Sprockhövel	3:33:22	M50	247	0:45:15	1:08:56	1:39:10
43	4033	Schlinkert Guido	Classcon Team	3:33:49	M50	254	0:44:41	1:09:07	1:40:00
44	4600	Janik Markus	MY RUN 4 YOU	3:33:53	M50	256	0:44:47	1:06:35	1:42:31
45	4810	Lenders Axel	Allround Triathlon Team Klev	3:34:40	M50	266	0:46:36	1:09:00	1:39:04
46	3019	Kassner Jürgen	SC Bayer 05 Uerdingen	3:34:54	M50	267	0:46:13	1:10:54	1:37:46
47	3036	Ehrlich Dirk	Team EhrBec	3:35:09	M50	274	0:45:04	1:09:51	1:40:13
48	3388	Althoff Markus	Adler-Langlauf Bottrop	3:35:17	M50	276	0:46:27	1:09:16	1:39:33
49	6289	Engels Joachim	LG Coesfeld	3:36:06	M50	281	0:44:23	1:08:42	1:43:00
50	5593	Edeler Thorsten	LC Duisburg	3:36:17	M50	282	0:44:24	1:11:16	1:40:36
51	4076	Laufs Stephan	LT Metzhausen	3:36:42	M50	287	0:44:02	1:10:11	1:42:28
52	4179	Schwertfeger Carsten	schwertfeger hits the road	3:36:55	M50	288	0:44:57	1:10:45	1:41:12
53	3017	Stahlmann Frank	TG Neuss	3:37:04	M50	292	0:44:45	1:10:08	1:42:11
54	4722	Tull Matthias	gute-beine.de	3:37:23	M50	295	0:45:56	1:10:26	1:41:00
55	4401	Kupke Volker	*Willich	3:38:26	M50	302	0:45:47	1:10:02	1:42:36



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
56	3187	Gottlieb Malte	BSG Deutsche Bank Düsse	3:38:43	M50	307	0:45:47	1:10:55	1:42:00
57	6250	Köster Christof	TUS BREITSCHEID	3:38:46	M50	308	0:47:31	1:11:42	1:39:32
58	6132	Bauer Pascal	Vodafone Runners	3:39:39	M50	312	0:45:49	1:08:32	1:45:17
59	6282	Wieskus Michael	LG Coesfeld	3:39:49	M50	315	0:45:33	1:11:16	1:42:59
60	3898	Stendal Dirk	LT-Training by Neiß	3:39:51	M50	316	0:44:22	1:12:01	1:43:28
61	3345	Czibor Michael	TriTeam TSG Sprockhövel	3:39:57	M50	317	0:45:01	1:10:24	1:44:31
62	4541	Rissel Dirk	LC Duisburg	3:40:00	M50	319	0:48:33	1:14:22	1:37:04
63	6148	Malkowsky Andre	Vodafone Runners	3:40:19	M50	322	0:46:04	1:11:02	1:43:13
64	4145	Sonnen Stephan	*Essen	3:40:45	M50	328	0:44:53	1:11:53	1:43:59
65	5333	Traurig Michael	SV 19 Straelen e.V.	3:40:50	M50	330	0:48:16	1:11:06	1:41:27
66	4821	Ditschun Andreas	LC Ditsche	3:40:58	M50	335	0:47:37	1:10:53	1:42:27
67	4682	Marissen Oliver	*Kempfen	3:41:15	M50	337	0:45:59	1:07:08	1:48:07
68	3117	Hankel Rüdiger	*Essen	3:41:16	M50	340	0:45:35	1:10:14	1:45:26
69	4754	Gurny Rüdiger	Reeser SC Triathlon	3:43:01	M50	367	0:51:02	1:13:02	1:38:55
70	3353	Harbsmeier Jens	*Kaarst	3:43:02	M50	368	0:46:39	1:11:43	1:44:39
71	3222	Hillmann Dr. Carsten	*Kamp-Lintfort	3:43:37	M50	376	0:47:18	1:12:08	1:44:11
72	3421	Woidy Karsten	Deutsche Post AG	3:44:19	M50	385	0:46:17	1:13:40	1:44:20
73	3533	Hagedorn Dr. Ulf	DjK Rheinkraft Neuss	3:45:10	M50	398	0:47:09	1:12:26	1:45:34
74	4191	Emmerich Dr. Markus	*Bochum	3:45:19	M50	401	0:46:43	1:11:22	1:47:14
75	4568	Ankel Markus	*Essen	3:45:27	M50	402	0:45:55	1:09:20	1:50:12
76	5545	Kossen Andreas	*Duisburg	3:45:41	M50	405	0:51:40	1:08:07	1:45:53
77	3938	Schreiber Frank	*Duisburg	3:45:49	M50	407	0:48:31	1:14:16	1:43:01
78	4811	Eßing Frank	Bocholter WSV	3:45:53	M50	408	0:49:39	1:19:43	1:36:29
79	4434	Alcalde Rasch Dr. Alejand	*Hünxe	3:46:16	M50	410	0:49:13	1:13:08	1:43:54
80	3144	Ehrlich Carsten	*Duisburg	3:48:03	M50	432	0:47:29	1:13:42	1:46:51
81	3098	Elting Ralf	Bocholter WSV	3:48:44	M50	437	0:47:23	1:14:23	1:46:57
82	4605	Freund Jürgen	Running Team Grafenberg	3:48:56	M50	439	0:47:39	1:14:22	1:46:54
83	6229	Müller Martin	VIVAWEST	3:49:03	M50	440	0:50:03	1:12:40	1:46:19
84	4396	Hartwig Holger	*Düsseldorf	3:49:06	M50	441	0:50:03	1:16:04	1:42:58
85	3830	Flammang Klaus	*Duisburg	3:50:06	M50	448	0:48:34	1:13:35	1:47:56
86	4200	Fischer Andreas	BSG Nokia	3:50:29	M50	452	0:48:03	1:13:44	1:48:40
87	3733	Looschelders Dirk	Ausdauererschule by Bunert	3:50:55	M50	457	0:49:23	1:14:41	1:46:50
88	4798	Brendler Klaus	Prummelüöper	3:50:57	M50	458	0:51:01	1:13:40	1:46:15
89	5087	Rohwedder Markus	VFL Forstwald	3:51:08	M50	460	0:48:37	1:13:28	1:49:02
90	3292	Sobolewski Markus	Adler-Langlauf Bottrop	3:51:48	M50	468	0:44:00	1:15:02	1:52:45
91	3101	Voß Claus	DJK TuS Rotthausen	3:51:56	M50	469	0:48:59	1:15:18	1:47:39
92	3846	Röwekamp Thomas	ASC Ratingen West	3:52:17	M50	472	0:49:16	1:14:40	1:48:20
93	5398	Zaniol Michael	Triathlon Mülheim	3:52:29	M50	473	0:45:32	1:08:20	1:58:36
94	3400	Bartholot Jörg	*Korschenbroich	3:52:57	M50	482	0:48:20	1:15:44	1:48:53
95	3585	Herbst Lutz	PP Wuppertal	3:53:54	M50	489	0:50:06	1:15:17	1:48:29
96	5187	Olschner Ralf	Runners Schwafheim	3:54:28	M50	494	0:50:17	1:17:20	1:46:50
97	5001	Fischer Michael	*Neuss	3:54:55	M50	497	0:50:21	1:16:14	1:48:19
98	3779	Kowalski Achim	SG Borken	3:55:40	M50	505	0:51:00	1:16:51	1:47:48
99	5107	Kahlert Thomas	BSG Stadtwerke Duisburg	3:55:49	M50	506	0:51:27	1:14:01	1:50:20
100	4743	Woltering Dettlef	*Essen	3:56:05	M50	511	0:47:21	1:24:21	1:44:21
101	4875	Schmid Stephan	*Duisburg	3:56:18	M50	513	0:47:10	1:12:01	1:57:05
102	3609	Burkart Andreas	*Oberhausen	3:56:37	M50	516	0:51:09	1:15:53	1:49:34
103	4266	Fröhlich Dr. Tobias	Wittlaer Runners	3:57:08	M50	522	0:49:58	1:17:03	1:50:06
104	5192	Postertz Dr. Peter	Die Wahnsinnigen	3:57:18	M50	523	0:51:00	1:17:14	1:49:02
105	5198	Steinrötter Hermann	LG Feuerwehr Dorsten	3:57:58	M50	531	0:48:44	1:14:52	1:54:21
106	5191	Poertner-Pieper Prof. The	Die Wahnsinnigen	3:58:00	M50	532	0:50:58	1:17:20	1:49:41
107	3251	Rosenschild Christoph	Running4charity	3:58:11	M50	536	0:51:06	1:17:18	1:49:46
108	4662	Boldt Jörg	wir bei hkm	3:58:28	M50	539	0:49:15	1:16:59	1:52:12
109	5306	Krieger Dr. Christoph	*Moers	3:58:44	M50	541	0:49:25	1:17:22	1:51:57
110	3408	Volk Frank	*Duisburg	3:59:24	M50	548	0:49:17	1:17:22	1:52:45



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Männer

AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
111	4615	Robben Frank	*Köln	4:00:27	M50	562	0:49:24	1:18:08	1:52:54
112	3588	Rüther Martin	*Wesel	4:00:30	M50	563	0:51:05	1:16:44	1:52:40
113	3616	Witte Thomas	Memphis Tigers	4:01:23	M50	581	0:52:22	1:19:06	1:49:54
114	4036	Röschke Jörg	Ballettschule Müller Castrop	4:01:47	M50	591	0:49:06	1:17:34	1:55:07
115	6224	Tuncel Turhan	VIVAWEST	4:02:09	M50	594	0:53:14	1:19:06	1:49:49
116	4207	Fußhöller Ralf	*Essen	4:02:32	M50	596	0:46:22	1:20:38	1:55:30
117	6123	Pohl Hans-Jürgen	SG Ruhr 1929	4:02:33	M50	597	0:50:32	1:19:21	1:52:40
118	5017	Peters Michael	*Duisburg	4:03:28	M50	603	0:52:59	1:17:54	1:52:34
119	4958	Hammel Ude	*Mülheim	4:03:41	M50	605	0:53:02	1:16:37	1:54:01
120	6160	Holtmanns Thomas	Vodafone Runners	4:03:43	M50	607	0:50:20	1:17:45	1:55:37
121	5083	Laakmann Hermann	TSV Nieuwerkerk	4:03:47	M50	608	0:49:16	1:18:24	1:56:06
122	5341	Vollandt Jörg	SV Blau-Weiß Bochum	4:03:53	M50	611	0:42:45	1:34:15	1:46:52
123	6169	Stolle Jörg	Vodafone Runners	4:03:57	M50	613	0:47:48	1:19:11	1:56:58
124	3049	Heilos Dr. Andreas	Ausdauerschule by bunert	4:04:01	M50	616	0:49:04	1:22:38	1:52:17
125	6232	Gregorius Achim	Evang. Klinikum Niederrh.	4:04:06	M50	617	0:51:48	1:19:57	1:52:21
126	3826	Tittmann Andre	LG Alpen	4:04:10	M50	619	0:50:15	1:17:46	1:56:08
127	4822	Wingerath Ralf	Tri-Team TV Schiefbahn	4:04:27	M50	625	0:49:18	1:19:30	1:55:38
128	3831	Dheur Marcus	Borussia Veen	4:04:34	M50	627	0:50:36	1:18:10	1:55:47
129	6129	Almeida Antonio Paulo	Vodafone Runners	4:04:36	M50	628	0:52:03	1:19:02	1:53:31
130	4466	Kölzer Holger	Ausdauerschule by bunert	4:05:02	M50	631	0:51:32	1:15:31	1:57:58
131	5391	Brotzki Jörg	VfL Gladbeck	4:05:31	M50	635	0:52:36	1:17:47	1:55:07
132	4773	Koc Ali Haydar	*Wermelskirchen	4:05:39	M50	640	0:50:40	1:18:02	1:56:56
133	5574	Beier Oliver	*Düsseldorf	4:06:25	M50	651	0:50:34	1:21:25	1:54:25
134	5315	May Dirk	*Essen	4:08:13	M50	667	0:55:49	1:20:33	1:51:49
135	6075	Schmidt Christian	Max Maulwurf Marathonis	4:08:16	M50	668	0:57:40	1:14:29	1:56:07
136	6176	Gettler Frank	Vodafone Runners	4:09:00	M50	677	0:52:18	1:19:41	1:57:01
137	5091	Thom Thomas	*Duisburg	4:09:02	M50	678	0:51:39	1:20:20	1:57:03
138	4801	Wisocki-Menzen Dirk-Pet	LT Buga Düsseldorf 1999	4:09:09	M50	680	1:03:47	1:16:33	1:48:48
139	3840	Kleinen Torsten	*Duisburg	4:10:17	M50	689	0:53:38	1:21:20	1:55:18
140	5541	Hemmers Thorsten	Lauftreff Uedem	4:10:56	M50	695	0:51:11	1:19:07	2:00:37
141	6193	Schlimme Mario	Vodafone Runners	4:11:17	M50	697	0:53:16	1:21:40	1:56:20
142	5581	Tollhausen Ralf	AS Neukirchen-Vluyn	4:11:22	M50	699	0:54:05	1:21:32	1:55:44
143	3124	Thies Stefan	*Kaarst	4:12:18	M50	708	0:57:16	1:19:29	1:55:32
144	3291	Pfannkuche Olaf	*Essen	4:12:21	M50	709	0:53:02	1:17:29	2:01:50
145	3268	Thymian Thomas	TriTeam Selm	4:12:59	M50	716	0:53:21	1:22:09	1:57:28
146	3376	Schils Rüdiger	*Düsseldorf	4:13:00	M50	717	0:54:18	1:23:14	1:55:27
147	3682	Koopmann Udo	SV Haldern Lauftreff	4:13:33	M50	719	0:53:57	1:23:51	1:55:43
148	4476	Frericks Matthias	TV Rhede	4:13:38	M50	720	0:53:38	1:21:38	1:58:21
149	3474	Bolender Werner	TV Jahn Hiesfeld	4:13:53	M50	721	0:52:35	1:18:50	2:02:27
150	4371	Wucherpennig Jan	Freie Schwimmer Düsseldorf	4:14:01	M50	724	0:53:31	1:20:48	1:59:41
151	5347	Friedrich Rainer	SV Blau-Weiß Bochum	4:16:05	M50	742	0:43:08	1:28:46	2:04:10
152	3399	Klausen Marco	Borussia Fohlenpower	4:16:13	M50	743	0:52:44	1:23:40	1:59:48
153	3848	Schaub Andreas	SunRunner	4:16:25	M50	748	0:54:33	1:23:23	1:58:28
154	5536	Becker Jörn	*Moers	4:18:12	M50	756	0:54:06	1:25:53	1:58:13
155	4211	Czerner Peter	*Dortmund	4:18:18	M50	757	0:53:41	1:22:50	2:01:46
156	3566	Mölder Dietmar	*Oberhausen	4:18:43	M50	761	0:53:15	1:23:11	2:02:16
157	3199	Stadtman Matthias	Die dicken Berthas	4:18:54	M50	762	0:54:33	1:28:06	1:56:14
158	6088	Schulze Harald	BWG Running Team	4:19:20	M50	768	0:55:26	1:22:43	2:01:09
159	3311	Nolte Holger	AS Neukirchen-Vluyn	4:21:37	M50	782	0:53:16	1:20:58	2:07:22
160	3501	Stalman Georg	*Duisburg	4:21:48	M50	784	0:56:22	1:23:18	2:02:06
161	5079	Schönefeld Marco	PV Triathlon Witten	4:21:55	M50	786	0:52:20	1:30:34	1:59:00
162	6159	Janßen Edgar	Vodafone Runners	4:22:57	M50	798	1:01:52	1:33:16	1:47:49
163	3949	Bock Michael	*Essen	4:25:29	M50	813	0:52:54	1:27:48	2:04:46
164	3844	Wirth Peter	Team Erdinger Alkoholfrei	4:26:21	M50	823	0:55:58	1:27:03	2:03:19
165	5278	Elbers Marco	*Goch	4:26:38	M50	824	0:54:24	1:25:18	2:06:54



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AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M50									
166	3567	Ernst Matthias	*Dinslaken	4:28:12	M50	831	0:55:46	1:24:51	2:07:33
167	5535	Mertins Timo	*Duisburg	4:28:24	M50	833	0:53:43	1:25:09	2:09:31
168	4246	Hogrefe Dr. Dirk	LT Starlight Team Essen	4:28:26	M50	835	0:57:03	1:26:36	2:04:46
169	6058	Bittner Jörg	Max Maulwurf Marathonis	4:30:17	M50	844	0:51:52	1:22:03	2:16:21
170	5580	Mannek Michael	AS Neukirchen-Vluyn	4:30:38	M50	848	0:57:24	1:25:05	2:08:08
171	5055	Frank Thomas	Team Erdinger Alkoholfrei	4:31:00	M50	852	0:58:49	1:24:30	2:07:41
172	5021	Wehner Torsten	*Duisburg	4:32:36	M50	862	0:55:41	1:27:11	2:09:43
173	3418	Dähmlow Andreas	Eintracht Frankfurt Triathlon	4:33:47	M50	866	0:58:40	1:26:49	2:08:16
174	3989	Klug Andreas	Running Dinslaken	4:34:10	M50	869	0:53:35	1:27:21	2:13:12
175	5546	Damal Stefan	*Duisburg	4:35:17	M50	874	0:58:13	1:28:29	2:08:34
176	3077	Hengst Ralph	*Essen	4:35:34	M50	877	0:57:34	1:27:28	2:10:31
177	5487	Linnemann Andreas	*Neukirchen Vluyn	4:36:04	M50	880	0:57:13	1:29:48	2:09:01
178	5100	Dörner Josef	*47279	4:37:35	M50	887	0:58:59	1:29:52	2:08:44
179	4734	Lunau Frank	Lauftreff Gruiten-Neandertal	4:39:09	M50	893	0:57:50	1:32:55	2:08:23
180	5183	Kürschgen Kai	WSV Schermbeck	4:42:11	M50	897	0:55:05	1:22:57	2:24:08
181	3712	Kalthoff Andreas	Signal-Iduna	4:43:19	M50	905	0:58:54	1:31:46	2:12:38
182	4129	Reifenrath Thomas	*Moers	4:46:07	M50	911	0:59:52	1:32:57	2:13:17
183	3473	Escher Christoph	Angerland LT Lintorf	4:48:06	M50	916	0:56:09	1:31:15	2:20:42
184	4238	Ising Oliver	*Duisburg	4:53:00	M50	926	0:57:54	1:27:22	2:27:43
185	3310	Leroi Roland	LC Duisburg	4:53:53	M50	927	0:58:38	1:25:35	2:29:39
186	4715	Rogall Michael	Ausdauerschule by bunert	4:55:05	M50	929	1:00:07	1:32:55	2:22:03
187	5290	Breznikar Lars	*Rheinberg	4:56:01	M50	931	1:10:19	1:31:35	2:14:06
188	4648	Heimann Johannes	*Duisburg	5:07:03	M50	951	0:58:03	1:39:45	2:29:15
189	4531	Wissing Christian	SV Haldern Lauftreff	5:08:29	M50	952	1:06:57	1:46:58	2:14:34
190	4254	Habich Heiko	*Selm	5:16:40	M50	960	1:05:29	1:41:29	2:29:41
191	3433	Seitz Frank Michael	*Xanten	5:23:14	M50	963	1:10:59	1:45:48	2:26:27
192	4064	Kremer Manfred	SV Haldern Lauftreff	5:27:04	M50	966	1:06:56	1:46:58	2:33:10



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AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M55									
1	3000	Claesges Michael	Team Essen 99	2:56:21	M55	23	0:37:09	0:57:02	1:22:09
2	5099	Heussen Johannes	SV19 Straelen	3:05:06	M55	48	0:39:25	0:59:28	1:26:13
3	5424	Maske Alfred	Depotrunners Bracht	3:11:52	M55	85	0:40:40	1:02:38	1:28:33
4	3970	Alst Klaus	*Mülheim an der Ruhr	3:15:23	M55	99	0:41:39	1:03:38	1:30:04
5	4764	Szostak Dieter	*Oberhausen	3:16:33	M55	105	0:41:29	1:03:58	1:31:05
6	5082	Hasse Eiko	Lauflöwen Henkel	3:17:22	M55	110	0:42:57	1:04:04	1:30:21
7	5826	Gorczyca Thomas	Erler-Sportgemeinschaft	3:17:59	M55	113	0:42:17	1:02:33	1:33:08
8	4946	Krebs Dr. Werner	DJK VFR Mülheim Ruhr Saa	3:19:00	M55	119	0:42:08	1:04:25	1:32:26
9	3847	Rietmann Sterfan	VfL Merkur Kleve	3:19:23	M55	121	0:42:00	1:05:38	1:31:44
10	5599	Pasch Frank	TG Neuss	3:19:48	M55	126	0:41:44	1:05:10	1:32:53
11	3895	Jansen Volker	VfL Merkur Kleve	3:20:03	M55	129	0:42:26	1:04:33	1:33:02
12	5068	Müller Heiko	VT Triangel Kempen	3:23:29	M55	156	0:43:18	1:05:27	1:34:42
13	3905	Helfenbein Andreas	SF Ennepetal	3:24:34	M55	163	0:43:19	1:05:13	1:36:01
14	5284	Özdemir Asim	Ayyo Team Essen e.V.	3:24:35	M55	164	0:45:09	1:05:40	1:33:46
15	4298	Skoerys Michael	Triathlon Team Ratingen 08	3:25:05	M55	168	0:43:11	1:06:11	1:35:42
16	4160	Dorobeck Burkhard	*Düsseldorf	3:25:43	M55	174	0:43:14	1:06:58	1:35:30
17	5069	Schroers Dr. Ralf	TriTeam Nettetal	3:28:46	M55	198	0:44:09	1:07:58	1:36:38
18	3641	Beckmanns Ralf	LT Krefeld-Oppum	3:30:21	M55	213	0:43:49	1:08:02	1:38:29
19	4275	Seegers Klaus	Hospiz am EVK Düsseldorf	3:30:22	M55	214	0:50:48	1:06:35	1:32:58
20	5308	Gmirrek Andreas	*Erkrath	3:30:46	M55	220	0:44:48	1:09:31	1:36:26
21	4261	Ottenbruch Thomas	LG Wuppertal	3:30:50	M55	223	0:46:05	1:08:02	1:36:42
22	5280	Zeynelabidin Arslan	Ayyo Team Essen e.V.	3:31:10	M55	225	0:44:31	1:08:36	1:38:02
23	4860	Wolff Ralf	PV Triathlon Witten	3:32:12	M55	235	0:45:24	1:07:04	1:39:44
24	3586	Robert Ferdinand	MKW-Läufer, Bocholt	3:33:02	M55	244	0:45:09	1:08:38	1:39:14
25	3608	Fels Hubert	Billerbecker Läufer	3:33:03	M55	245	0:45:41	1:08:12	1:39:09
26	6098	Josten Olaf	BSG SPK Mülheim a.d. Ruhr	3:34:07	M55	260	0:45:53	1:09:12	1:39:01
27	4040	Papenfuss Jürgen	Ballettschule Müller Castrop	3:36:37	M55	286	0:46:06	1:10:40	1:39:49
28	3911	Königstein Remo	Viermärker Dortmund	3:36:57	M55	290	0:46:00	1:09:56	1:41:01
29	4127	Brömme Roland	DAV-Duisburg	3:36:58	M55	291	0:44:44	1:10:20	1:41:54
30	5567	Spieker Michael	Mercer Runners	3:38:06	M55	300	0:47:05	1:08:22	1:42:38
31	5006	Althaus Frank	SV Blau-Weiß Bochum	3:38:31	M55	304	0:46:19	1:10:57	1:41:14
32	3513	Braun Andreas	SG Zons	3:38:31	M55	305	0:47:27	1:10:50	1:40:14
33	4976	Kersting Manfred	*Grevenbroich	3:38:37	M55	306	0:48:05	1:12:47	1:37:44
34	5024	Feth Eduard	ESV Grün-Weiss Meiderich	3:40:36	M55	324	0:45:50	1:09:38	1:45:07
35	4427	Killisch Uwe	*Wesel	3:40:42	M55	325	0:48:00	1:12:42	1:39:59
36	4122	Hoffmann Michael	LC Duisburg	3:41:32	M55	346	0:47:48	1:11:07	1:42:37
37	4049	Neier Dietmar	*Hamminkeln	3:41:40	M55	349	0:46:11	1:11:48	1:43:40
38	3499	Franz Ingo	*Schonungen	3:42:37	M55	359	0:47:48	1:12:00	1:42:48
39	3087	Neuheuser Jörg	Triathlon Mülheim	3:43:08	M55	371	0:52:43	1:12:44	1:37:41
40	5584	Gössler Thomas	AS Neukirchen-Vluyn	3:43:22	M55	373	0:47:31	1:11:59	1:43:52
41	4894	Beick Uwe	LGO Bochum	3:45:02	M55	395	0:46:52	1:11:03	1:47:07
42	4185	Hütten Volker	Siemens Turbos	3:46:24	M55	411	0:45:55	1:11:38	1:48:50
43	3093	Aulich Jürgen	*Duisburg	3:47:16	M55	419	0:48:40	1:13:28	1:45:07
44	5074	Henning Rainer	Team Polizei Duisburg	3:47:36	M55	425	0:48:47	1:13:02	1:45:46
45	3935	Schims Martin	Wir bei HKM	3:48:12	M55	434	0:48:34	1:11:43	1:47:55
46	3940	Schmengler Stephan	BSG Stadtwerke Duisburg	3:50:27	M55	451	0:48:02	1:12:13	1:50:12
47	3128	Wenzel Michael	DJK BW Annen	3:51:08	M55	461	0:48:41	1:14:23	1:48:03
48	4088	Schweflinghaus Andreas	ASC	3:51:20	M55	463	0:48:54	1:13:00	1:49:25
49	5098	Ptassek Rainer	Sporting Mülheim	3:52:42	M55	478	0:49:52	1:14:37	1:48:11
50	3871	Buchholz Peter	*Unna	3:53:15	M55	485	0:49:07	1:14:14	1:49:54
51	4547	Schneider Jürgen	LT Turnerbund Frintrop	3:54:51	M55	496	0:50:47	1:16:14	1:47:49
52	5095	Meiners Josef	Eichental Runners	3:55:55	M55	510	0:48:13	1:15:13	1:52:27
53	3674	Holstein Dirk	LGO Bochum	3:57:20	M55	524	0:49:39	1:14:59	1:52:41
54	4321	Göbel Karsten	Helios Iron Team	3:57:50	M55	527	0:50:14	1:16:54	1:50:41
55	4051	Kesselhut Frank	*Duisburg	3:57:50	M55	529	0:50:35	1:15:29	1:51:45



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AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M55									
56	4237	Heinrich Peter	LC Duisburg	3:58:52	M55	543	0:49:18	1:19:46	1:49:47
57	4081	Hardt Lutz	Zulu Runners	3:58:57	M55	544	0:52:01	1:18:46	1:48:09
58	3072	Laskowski Atta	Adler-Langlauf Bottrop	3:59:38	M55	550	0:44:43	1:34:36	1:40:18
59	4149	Gehrmann Michael	DJK97/30 Lowick	4:00:04	M55	556	0:48:44	1:15:20	1:55:59
60	3851	Kormann Frank	Bocholter WSV	4:01:30	M55	585	0:51:16	1:17:03	1:53:10
61	5610	Wagner Burkhard	LC Duisburg	4:02:00	M55	592	0:47:52	1:19:18	1:54:49
62	4038	Achterholt Rainer	Ballettschule Müller Castrop	4:02:26	M55	595	0:50:39	1:18:33	1:53:13
63	4869	Wolff Peter	wolffrennt	4:03:41	M55	606	0:52:44	1:22:12	1:48:44
64	3202	Lichtenberger Frank	Styrumer TV	4:04:23	M55	623	0:50:37	1:19:44	1:54:01
65	3726	Kastner Jörg	LC Duisburg	4:04:26	M55	624	0:52:28	1:17:51	1:54:06
66	3670	Ehrentraut Heinz-Udo	Born to Run	4:05:35	M55	638	0:51:37	1:18:19	1:55:38
67	3210	Kollert Martin	*duisburg	4:05:48	M55	642	0:47:46	1:12:18	2:05:43
68	3552	Katzenberger Oliver	*Schermsbeck	4:05:50	M55	643	0:51:53	1:22:00	1:51:56
69	4480	May Achim	TV Witzhelden	4:06:01	M55	646	0:52:15	1:20:24	1:53:22
70	3157	Serek Juergen	*Essen	4:06:09	M55	648	0:50:13	1:17:27	1:58:28
71	6087	Kleinfeld Uli	BWG Running Team	4:06:10	M55	649	0:50:45	1:20:52	1:54:33
72	3860	Joeken Ludger	VfL Merkur Kleve	4:06:54	M55	656	0:51:33	1:18:25	1:56:56
73	4951	Hessenbruch Axel	*Wermelskirchen	4:07:21	M55	657	0:48:18	1:13:15	2:05:47
74	5513	Brackmann Stefan	*Dinslaken	4:08:36	M55	671	0:53:06	1:19:59	1:55:30
75	5494	Unger Wolfgang	*Krefeld	4:08:52	M55	674	0:51:05	1:22:55	1:54:52
76	3991	Brings Jürgen	*Mülheim	4:09:07	M55	679	0:48:40	1:14:04	2:06:21
77	6156	Fleuth Ulrich	Vodafone Runners	4:09:34	M55	684	0:51:46	1:18:46	1:59:02
78	3828	Schenten Volkmar	Frühschicht	4:09:51	M55	686	0:51:12	1:21:40	1:56:58
79	4373	Stenkamp Dr. Dirk	TÜV NORD	4:10:26	M55	691	0:51:26	1:21:54	1:57:06
80	3313	Brockhoff Uwe	LC Duisburg	4:10:49	M55	694	0:53:20	1:21:18	1:56:10
81	5077	Sterna Markus	PV Triathlon Witten	4:11:00	M55	696	0:52:29	1:22:36	1:55:54
82	4423	Gorzialka Frank	SC Bayer 05 Uerdingen	4:11:24	M55	700	0:49:51	1:21:08	2:00:24
83	4389	Hellermann Jürgen	Lauffreunde Knieweh Niederr	4:12:31	M55	710	0:53:56	1:20:54	1:57:40
84	4503	Rohrmeyer Michael	*Lüdenscheid	4:12:59	M55	715	0:50:46	1:22:22	1:59:49
85	5471	Noback Jörg	*Oberhausen	4:14:01	M55	723	0:55:02	1:23:23	1:55:34
86	5354	Hogenkamp Martin	Bocholt läuft...	4:14:07	M55	727	0:53:49	1:20:44	1:59:33
87	3651	Musche Jürgen	Marathon Dinslaken	4:14:12	M55	728	0:53:07	1:18:50	2:02:14
88	4917	Spiering Andreas	*Mülheim	4:14:34	M55	731	0:54:35	1:20:06	1:59:52
89	4384	Naßmacher Heiner	SG Borken	4:15:17	M55	734	0:55:46	1:20:44	1:58:47
90	3156	Franke Edgar	SC Bayer 05 Uerdingen	4:16:24	M55	747	0:54:39	1:25:06	1:56:37
91	4494	Falter Hubertus	SV Siemens	4:17:08	M55	751	0:52:46	1:23:26	2:00:56
92	4011	Berger Peter	Qualtours	4:17:20	M55	752	0:54:48	1:23:10	1:59:20
93	3423	Lange Hans-Dieter	*Mülheim an der Ruhr	4:17:32	M55	754	0:53:58	1:23:00	2:00:34
94	3824	Schürmann Dirk	Laufftreff Recklinghausen	4:18:23	M55	758	0:53:11	1:21:43	2:03:27
95	3337	Kolberg Dieter	DJK TuS Rotthausen	4:18:27	M55	760	0:54:21	1:23:51	2:00:15
96	6253	Presser Christian	TUS BREITSCHEID	4:19:04	M55	763	0:55:26	1:22:28	2:01:09
97	4733	Dümichen Karsten	1. TCO Die Bären	4:19:17	M55	766	0:53:26	1:20:16	2:05:35
98	3220	Brockhof Peter	SC Bayer 05 Uerdingen	4:19:31	M55	771	0:52:23	1:28:24	1:58:43
99	4408	Thomaschewski Dr. Frank	*Duisburg	4:20:35	M55	776	0:52:44	1:23:41	2:04:10
100	6258	Albrecht Rainer	TUS BREITSCHEID	4:21:50	M55	785	0:53:12	1:25:41	2:02:56
101	4971	Köllner Sigurd	Adler-Langlauf Bottrop	4:22:05	M55	788	0:48:14	1:22:47	2:11:03
102	4767	Schnabel Thomas	*Remscheid	4:22:08	M55	789	0:58:16	1:28:10	1:55:41
103	3265	Rosenstengel Jörg	*Duisburg	4:23:29	M55	803	0:56:15	1:29:40	1:57:33
104	4803	Feldhoff Maximilian	*Radevormwald	4:23:40	M55	805	0:54:27	1:21:55	2:07:16
105	5245	Joseph Dirk	Laufftreff Wesel 130	4:24:07	M55	808	0:51:40	1:26:46	2:05:39
106	6228	Hofmann Thomas	VIVAWEST	4:24:47	M55	809	0:58:40	1:26:29	1:59:37
107	3322	Hebinck Franz	LifeFit Dinslaken	4:25:37	M55	816	0:57:12	1:25:59	2:02:26
108	3284	Grunwald Klaus	Rapid Ramirez	4:25:49	M55	819	0:57:18	1:24:08	2:04:22
109	4910	Pinell Karl-Heinz	*Willich	4:26:14	M55	820	0:55:01	1:25:33	2:05:38
110	5539	Kromberg Dirk	*Wuppertal	4:26:16	M55	821	0:54:23	1:28:30	2:03:22



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M55									
111	4904	Hacke Wolfgang	Aktion Menschenstadt	4:28:53	M55	838	0:55:00	1:23:47	2:10:05
112	5432	Dörper Manfred	BSV Bönninghardt	4:29:44	M55	842	0:57:52	1:26:37	2:05:14
113	3085	Rudolph Uwe	CTS	4:30:22	M55	845	0:56:11	1:27:39	2:06:31
114	5497	Krause Dr. Uwe	*Meerbusch	4:30:27	M55	846	0:55:58	1:27:13	2:07:15
115	4922	Slusarek Michael	*Dinslaken	4:30:37	M55	847	0:59:28	1:45:31	1:45:37
116	3623	Gumz Ingo	*Duisburg	4:32:27	M55	860	0:56:14	1:28:31	2:07:41
117	4701	Ruhland Alois	LT Gruitzen-Neandertal	4:32:39	M55	863	0:57:44	1:27:47	2:07:07
118	3489	Pohl Gerhard	Wir bei HKM	4:34:02	M55	868	0:55:14	1:28:52	2:09:55
119	5479	Langenhorst Peter	*Raesfeld	4:34:55	M55	872	0:55:49	1:27:20	2:11:45
120	3590	Roling Ludger	SV Gladbeck 13	4:35:25	M55	875	0:59:12	1:27:42	2:08:30
121	4610	Socher Michael	LC Duisburg	4:35:49	M55	879	0:57:16	1:28:21	2:10:10
122	4270	Schorn Ralf	KoMiRaSchorn	4:36:59	M55	884	0:55:31	1:28:52	2:12:35
123	3531	May Jörg	Running Dinslaken	4:37:07	M55	885	0:56:54	1:36:44	2:03:28
124	3798	Grabow Jan	Trinksportförderverein	4:43:20	M55	906	1:01:10	1:37:45	2:04:24
125	3850	Konkowski Frank	*Duisburg	4:43:21	M55	907	1:01:10	1:37:46	2:04:24
126	3143	Brockhaus Helmut	SPCA-Duisburg	4:44:48	M55	908	0:57:49	1:30:03	2:16:55
127	5094	Pilger Klaus	BSG Sachtleben	4:51:46	M55	922	1:06:58	1:31:00	2:13:48
128	3684	Jalowy Markus	*Ratingen	4:51:52	M55	924	1:02:23	1:32:58	2:16:30
129	4580	Jaeger Friedhelm	*Mülheim an der Ruhr	4:58:44	M55	934	1:03:45	1:38:05	2:16:54
130	3668	Grothoff Markus	*Solingen	4:58:58	M55	935	1:01:53	1:35:18	2:21:46
131	3941	Ernst Uwe	BSG Stadtwerke Duisburg	4:59:09	M55	936	1:01:27	1:34:26	2:23:15
132	4367	Lepartz Thomas	*Essen	5:02:54	M55	941	1:04:51	1:37:52	2:20:10
133	3330	Lehmann Lutz	LC Duisburg	5:06:45	M55	949	1:03:24	1:35:42	2:27:38
134	4524	Eversmann Gerhard	*Duisburg	5:11:01	M55	953	1:02:40	1:43:08	2:25:12
135	3544	Bergup Wolfgang	SF Nordvelen	5:11:11	M55	955	1:02:23	1:37:32	2:31:14
136	4827	Carulla Pablo	Carulla Hv Tri	5:12:32	M55	957	0:59:39	1:44:53	2:27:59
137	3435	Meier Klaus-Martin	*Xanten	5:30:28	M55	970	1:10:59	1:45:48	2:33:41



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Männer

AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M60									
1	5364	Schneider Christoph	TB Hassels 1925	3:06:56	M60	56	0:39:47	1:01:01	1:26:06
2	4272	Künzel Rüdiger	Lauftreff Uhlenhorst	3:11:05	M60	79	0:41:34	1:01:23	1:28:07
3	4742	Wehr Matthias	LC Duisburg	3:20:21	M60	131	0:44:54	1:04:15	1:31:11
4	5334	Kronenberg Edmund	*Krefeld	3:24:22	M60	160	0:43:58	1:06:32	1:33:51
5	3452	Thomauke Norbert	TuSpo Huckingen	3:25:47	M60	175	0:44:20	1:05:54	1:35:33
6	4345	Klimmeck Michael	Erler-Sportgemeinschaft	3:27:14	M60	183	0:45:19	1:06:47	1:35:07
7	3587	Willner Detlef	Mettmann	3:30:47	M60	222	0:44:17	1:08:52	1:37:37
8	3570	Hamp Andreas	*Gelsenkirchen	3:31:47	M60	230	0:44:00	1:08:13	1:39:33
9	4998	Barten Antonius	GSV Geldern 09/34	3:33:09	M60	246	0:45:43	1:09:01	1:38:24
10	4075	Zachan Michael	Solinger LC	3:33:23	M60	248	0:45:37	1:08:17	1:39:27
11	3369	Bludau Michael	*Düsseldorf	3:37:23	M60	296	0:46:23	1:09:40	1:41:19
12	3269	Winkelmann Dirk	TSV Viktoria Mülheim	3:43:28	M60	375	0:47:18	1:11:29	1:44:41
13	4642	Krämer Michael	Roadrunners	3:43:38	M60	377	0:47:53	1:13:17	1:42:27
14	4577	Niemeier Joachim	Team Oberhausen	3:43:38	M60	378	0:48:30	1:12:12	1:42:56
15	5170	Killius Klaus	Marathon Mülheim	3:45:31	M60	403	0:49:14	1:13:11	1:43:05
16	3046	Eiteneuer Bernd	Rapid Ramirez	3:47:34	M60	423	0:48:25	1:13:38	1:45:29
17	5243	Götz Volker	TG Neuss	3:47:53	M60	428	0:46:51	1:12:43	1:48:17
18	4342	Dombrowsky Detlef	Vfl Gladbeck Fun Runner	3:47:59	M60	431	0:48:18	1:14:45	1:44:56
19	4497	Eming-Welzel Reinhard	SG Borken	3:54:25	M60	493	0:49:37	1:15:43	1:49:03
20	4422	Renken Uwe	Haminkelner SV	3:55:16	M60	502	0:50:11	1:16:07	1:48:57
21	3205	Ziemons André	Rapid Ramirez	3:56:26	M60	514	0:49:14	1:13:41	1:53:30
22	4758	Krause Rainer	*Erkrath	3:58:10	M60	534	0:50:24	1:16:52	1:50:53
23	3018	Otto Christian	*Ratingen	4:00:15	M60	560	0:52:42	1:16:49	1:50:43
24	3195	Ebbers Martin	*Düsseldorf	4:00:30	M60	564	0:49:28	1:15:36	1:55:25
25	4395	Diedrich Werner	Kanal Runner	4:00:44	M60	569	0:50:30	1:19:40	1:50:33
26	3607	Hesper Bernhard	Billerbecker Läufer	4:00:56	M60	576	0:47:34	1:18:32	1:54:50
27	3600	Szpogan Rainer	Covivio Immobilien GmbH	4:08:09	M60	666	0:52:37	1:19:28	1:56:04
28	4184	Spoden Migo	LC Duisburg	4:09:51	M60	685	0:53:21	1:20:54	1:55:36
29	4016	Nyenhau Michael	*Willich	4:15:54	M60	740	0:54:18	1:25:11	1:56:25
30	3601	Bongert Stephan	Dienstagsflitzer	4:15:58	M60	741	0:50:55	1:22:57	2:02:05
31	4393	Richter Volker	*Duisburg	4:16:14	M60	745	0:55:14	1:22:02	1:58:57
32	3506	Fürst Dr. Peter	*Velbert	4:16:49	M60	749	0:53:50	1:22:05	2:00:53
33	5402	Utzat Hermann	*remscheid	4:19:44	M60	772	0:55:02	1:25:48	1:58:53
34	4654	Grabemann Jochen	Renntiere	4:21:06	M60	779	0:53:43	1:22:22	2:05:00
35	4850	Gromzig Dr. Werner	LG Hart am Limit	4:22:11	M60	790	0:53:13	1:26:47	2:02:10
36	4851	Kleinschnitz Martin	*Bocholt	4:23:18	M60	801	0:58:37	1:23:28	2:01:12
37	3109	Stapperfenne Dr. Uwe	*Wülfrath	4:24:01	M60	807	0:57:53	1:23:56	2:02:12
38	5498	Florin Wilhelm	Homberger TV	4:27:40	M60	830	0:55:53	1:27:15	2:04:31
39	4052	Bayram Sabri	WAT Läufer	4:28:25	M60	834	0:57:29	1:27:06	2:03:49
40	3233	Gröber Rüdiger	*Düsseldorf	4:32:13	M60	858	0:57:34	1:28:34	2:06:04
41	4598	Maaßen Heinz	LT TB Frintrop	4:32:34	M60	861	0:56:37	1:26:45	2:09:11
42	4407	Möllhoff Udo	*Mülheim	4:33:26	M60	864	0:58:27	1:27:20	2:07:38
43	4916	Müller Josef	*Ratingen	4:35:11	M60	873	0:57:46	1:29:27	2:07:57
44	5060	Jaskolka Dietmar	*Wuppertal	4:35:46	M60	878	0:59:03	1:29:05	2:07:36
45	6069	Nottebaum Berthold	Max Maulwurf Marathonis	4:36:32	M60	883	0:55:06	1:24:05	2:17:21
46	4834	Kurze Hartmut	*Willich	4:38:34	M60	890	0:55:21	1:37:12	2:06:00
47	6113	Berger Dieter	SG Ruhr 1929	4:39:02	M60	891	0:58:42	1:29:11	2:11:09
48	6056	Müller Ulrich	TC Kray 1892 e.V.	4:47:40	M60	914	0:59:02	1:29:37	2:18:59
49	5540	Küpper Gustav	Laufen in NRW	4:49:56	M60	919	0:58:05	1:32:49	2:19:01
50	4130	Vormdohre Dieter	*Ratingen	4:51:51	M60	923	1:02:23	1:32:58	2:16:30
51	3141	Schink Hagen	TuS 08 Lintorf	5:02:25	M60	938	1:02:26	1:32:39	2:27:19
52	4447	Schwärzl Josef	*Duisburg	5:02:29	M60	939	1:02:13	1:37:02	2:23:13
53	3801	Heinig Peter	*Duisburg	5:03:43	M60	942	1:01:24	1:33:52	2:28:26
54	5030	Cepok Theodor	Alles aus Liebe	5:06:49	M60	950	1:01:43	1:36:02	2:29:03
55	4202	Grigo Klaus	SV Haldern Lauftreff	5:11:09	M60	954	1:02:16	1:40:02	2:28:50



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Männer

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Männer M60									
	56	3742 Joeken Michael	*Duisburg	5:15:00	M60	959	1:02:50	1:42:06	2:30:03
	57	5026 Steinacker Willi	Privat	5:23:42	M60	964	1:09:01	1:44:34	2:30:07
	58	4224 Kerkhof Ludolf	SV Haldern Lauftreff	5:28:53	M60	968	1:06:38	1:46:56	2:35:18
	59	3122 Jankowski Gerd	Waltroper LC 06	5:37:09	M60	972	1:07:42	1:53:21	2:36:05
Altersklasse Männer M65									
	1	3084 Klever Detlef	*Essen	3:27:31	M65	188	0:43:34	1:07:01	1:36:55
	2	4512 Dietrich Eckhardt	Ratingen	3:28:26	M65	195	0:44:12	1:07:10	1:37:04
	3	4635 Fritsch Franz	TV Uforth-Eick	3:30:46	M65	221	0:45:03	1:08:00	1:37:43
	4	3775 Ischinsky Ludger	Lauffreunde Bottrop	3:44:28	M65	387	0:49:26	1:13:21	1:41:40
	5	3975 Schmidt Joachim	*Essen	3:49:40	M65	446	0:49:01	1:14:41	1:45:57
	6	3100 Markowsky Günter	Rumelner TV	3:59:24	M65	546	0:51:13	1:16:17	1:51:53
	7	4459 Plietsch Klaus	*Düsseldorf	4:03:55	M65	612	0:52:28	1:19:34	1:51:52
	8	3656 Petrasch Prof. Dr. Stepha	DSV 98 Duisburg	4:03:58	M65	614	0:48:43	1:13:38	2:01:36
	9	3449 Fiedler Ernst-Oskar	LT Gruitene-Neandertal	4:09:59	M65	687	0:52:24	1:20:16	1:57:18
	10	4287 Dicke Ralf	LC Duisburg	4:15:18	M65	735	0:55:43	1:22:56	1:56:38
	11	3491 Bantin Holger	Ausdauererschule by bunert	4:15:29	M65	736	0:54:11	1:23:02	1:58:16
	12	3725 Storms Hubert	TuS Baerl e.V.	4:19:26	M65	769	0:56:24	1:24:08	1:58:53
	13	3699 Graebel Gunther	Crepe und Baguette	4:21:15	M65	781	0:51:53	1:25:39	2:03:42
	14	5020 Nettingsmeier Heiko	*Marl	4:22:18	M65	792	0:54:54	1:27:34	1:59:50
	15	3293 Komanns Georg	SV Viktoria Goch	4:22:36	M65	795	0:54:48	1:24:30	2:03:16
	16	6120 Grabienski Wolfgang	SG Ruhr 1929	4:29:24	M65	841	0:58:05	1:25:59	2:05:19
	17	5583 Menke Klaus	AS Neukirchen-Vluyn	4:34:15	M65	870	0:57:44	1:27:21	2:09:08
	18	6074 Rudolf Joachim	Max Maulwurf Marathonis	4:38:28	M65	889	0:57:50	1:28:40	2:11:56
	19	3303 Trienenjost Helmut	*Duisburg	4:47:46	M65	915	1:00:37	1:18:34	2:28:34
	20	5452 Harrington Michael Willia	*Duisburg	5:05:51	M65	944	1:02:56	1:38:30	2:24:24
Altersklasse Männer M70									
	1	3068 Fröde Volker	TSV Viktoria Mülheim	4:01:17	M70	580	0:52:04	1:16:52	1:52:19
	2	3448 Schroeder Georg	BSV Aativ Wuppertal	4:01:45	M70	590	0:51:27	1:18:34	1:51:43
	3	3561 Kollakowski Klaus	LT Gruitene-Neandertal	4:12:45	M70	712	0:54:11	1:21:24	1:57:09
	4	4244 Bertling Baldur	*Dinslaken	4:25:26	M70	812	0:56:24	1:26:01	2:03:00
	5	4109 Alt Rudi	Tri Ducks Dorsten	5:02:52	M70	940	1:06:46	1:39:45	2:16:21
	6	5065 Jockenhöfer Heinrich	SV Gladbeck 13	5:28:32	M70	967	1:02:05	1:46:02	2:40:25
	7	5085 Wollin Georg	LT Metzkausen	5:30:07	M70	969	1:07:38	1:43:26	2:39:02
Altersklasse Männer M75									
	1	4268 Heinrich Uwe	TuS Hamborn-Neumühl	5:14:02	M75	958	1:08:37	1:41:42	2:23:41
Altersklasse Männer M80									
	1	4219 Hilgers Erich	Lauftreff Hülser Bruch	5:01:49	M80	937	1:03:09	1:35:46	2:22:53
Altersklasse Männer MU18									
	1	4103 Knoth Jan	Team Stralle	3:31:38	MU18	229	0:43:10	1:06:55	1:41:32
	2	4098 Uedingslohmann Sebastia	Team Stralle	3:44:33	MU18	389	0:46:09	1:13:54	1:44:30
	3	4370 Stührenberg Samuel	Freie Schwimmer Düsseldorf	3:46:33	MU18	413	0:49:26	1:12:30	1:44:35
	4	4870 Wolff Justus	wolffrent	3:55:10	MU18	500	0:50:00	1:16:41	1:48:29
	5	4096 Broden Jonas	Team Stralle	4:03:30	MU18	604	0:53:57	1:19:01	1:50:31
	6	5478 Pormann Lukas	*Issum	5:05:01	MU18	943	0:57:55	1:38:38	2:28:26
Altersklasse Männer MU20									
	1	4232 Kolberg Sven	TC SW Budberg	3:18:10	MU20	114	0:39:48	1:03:04	1:35:17
	2	4199 Maas Enno	*Duisburg	3:51:23	MU20	464	0:50:28	1:16:09	1:44:45



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W20									
1	6093	Devits Lise	Triathlon Mülheim	3:05:35	W20	4	0:39:27	0:58:19	1:27:48
2	3389	Lischka Sabine	SV Blau Weiß Bochum	3:17:52	W20	7	0:42:47	1:04:17	1:30:47
3	5053	Pfützenreuter Johanna	*Ratingen	3:19:27	W20	8	0:42:45	1:04:22	1:32:19
4	3004	Messer Mara		3:29:57	W20	19	0:46:28	1:07:25	1:36:04
5	3992	Hinz Charlotte	*Aachen	3:30:52	W20	20	0:44:03	1:08:13	1:38:35
6	4032	Pfitzmann Maike	TV Angermund	3:32:34	W20	24	0:44:17	1:07:07	1:41:08
7	5373	Wingert Nadine	*Tönisvorst	3:33:54	W20	29	0:44:40	1:08:23	1:40:50
8	3125	Hofstetter Hanna	*Gießen	3:37:46	W20	34	0:46:59	1:10:50	1:39:56
9	4258	Rumpel Joana	Project 63	3:39:08	W20	40	0:44:50	1:10:40	1:43:38
10	5425	Heitmann Neele	*Bochum	3:47:20	W20	57	0:50:22	1:18:49	1:38:09
11	4320	Göbel Naemi	Helios Iron Team	3:48:03	W20	60	0:47:59	1:12:44	1:47:19
12	5531	Hohl Jana	Allround Triathlon Team Klev	3:52:12	W20	80	0:48:08	1:15:33	1:48:30
13	4730	Henseler Janine	LC Duisburg	3:52:22	W20	82	0:50:27	1:06:57	1:54:58
14	4374	Stenkamp Lynn	*Bocholt	3:52:57	W20	83	0:48:01	1:13:33	1:51:22
15	5465	Thinnes Merlin	Wolf-Gang	3:53:49	W20	87	0:49:11	1:16:14	1:48:24
16	4966	Brück Svea	Wolf-Gang	3:54:11	W20	88	0:49:16	1:17:22	1:47:32
17	6242	Schmidt Svenja	TV Wanheimerort 1880 e.V.	3:54:56	W20	93	0:51:06	1:14:47	1:49:01
18	5329	Langer Natalie	*Oberhausen	3:55:00	W20	94	0:51:09	1:16:08	1:47:43
19	4880	Schröder Katharina	*Bochum	3:55:03	W20	95	0:51:21	1:16:11	1:47:31
20	6271	Schiffer Sandra	AOK Rheinland/Hamburg	3:55:16	W20	97	0:49:31	1:16:46	1:48:58
21	4629	Opitz Maike	RUB HSP Lauftreff	3:56:16	W20	102	0:48:38	1:19:14	1:48:23
22	3923	Kaliske Lara	*Duisburg	3:59:00	W20	107	0:49:53	1:16:40	1:52:26
23	3965	Jansen Lisa	*Bocholt	3:59:55	W20	111	0:50:33	1:18:19	1:51:02
24	4281	Aldenhoff Judith	LEMKEN Lauftreff	4:02:37	W20	121	0:52:19	1:17:45	1:52:32
25	4901	Langenberg Anne	LG Alpen	4:04:26	W20	126	0:50:08	1:19:05	1:55:12
26	5029	Cepok Claudia	Alles aus Liebe	4:05:00	W20	130	0:49:44	1:14:24	2:00:51
27	4618	Kemper Christina	SV Adler Weseke	4:06:15	W20	134	0:52:53	1:18:31	1:54:51
28	5228	Kronwald Lea	OTV Endurance Team	4:06:32	W20	137	0:54:09	1:18:34	1:53:48
29	3996	Fischer Ann-Christin	TSG Kirchhellen	4:07:51	W20	142	0:50:50	1:26:11	1:50:50
30	3439	Ruske Joana	LT Lukas	4:08:08	W20	143	0:49:06	1:18:39	2:00:22
31	6179	Sander Carolin	Vodafone Runners	4:09:23	W20	148	0:51:07	1:20:04	1:58:11
32	4428	Behrens Dajana	*Düsseldorf	4:12:08	W20	157	0:51:56	1:22:54	1:57:17
33	4508	Espe Sandra	Action Espes	4:13:31	W20	164	0:56:01	1:21:36	1:55:53
34	4426	Presch Katharina	*Duisburg	4:14:14	W20	169	0:50:22	1:19:52	2:03:59
35	5137	Schwarz Susanna	*Duisburg	4:15:36	W20	181	0:52:11	1:20:20	2:03:04
36	5520	Ströhlein Julia	*Paderborn	4:17:02	W20	188	0:54:47	1:23:49	1:58:25
37	5081	Leisch Laura	*Köln	4:25:31	W20	226	0:55:31	1:25:57	2:04:01
38	4264	Laichter Judith	Triathlon Mülheim	4:26:46	W20	231	0:52:43	1:29:26	2:04:37
39	4938	Kowalczyk Jana	*Bochum	4:27:41	W20	234	0:57:39	1:24:03	2:05:58
40	5595	Heidenreich Katrin	TV Wanheimerort 1880 e.V.	4:31:17	W20	243	0:54:24	1:29:05	2:07:47
41	4919	Hoffmann Babett	*Bochum	4:31:26	W20	246	0:55:41	1:27:25	2:08:19
42	4549	Nowacki Maren	*Dinslaken	4:33:40	W20	259	0:56:43	1:27:21	2:09:34
43	5582	Menke Mirjam	AS Neukirchen-Vluyn	4:35:20	W20	267	0:57:02	1:29:30	2:08:47
44	5489	Block Hannan	HanKiSte	4:35:28	W20	270	0:57:52	1:26:14	2:11:20
45	5351	Eitner Madeleine	Wolf-Gang	4:36:35	W20	278	0:57:46	1:30:05	2:08:44
46	3833	Kruse Nicole	WSV Schermbeck	4:37:44	W20	283	0:57:08	1:29:03	2:11:31
47	4925	Wirtz Janina	*Mülheim	4:43:00	W20	300	0:56:54	1:32:05	2:14:00
48	4567	Sander Hanna	*Mülheim	4:44:10	W20	304	0:58:12	1:30:42	2:15:15
49	4624	Schuhmacher Sophie Agn	*Aachen	4:45:36	W20	308	0:58:33	1:34:04	2:12:57
50	5435	Meyer zu Wendischhoff L	*Duisburg	4:47:51	W20	314	0:58:37	1:28:05	2:21:08
51	4352	Helm Anika	MTG 1856	4:53:09	W20	332	0:58:52	1:33:46	2:20:31
52	4612	Ufermann Pia	*Bochum	4:59:47	W20	341	0:59:52	1:40:51	2:19:03
53	4614	Feller Anna	*Bochum	4:59:48	W20	342	0:59:52	1:40:51	2:19:04
54	5188	Hammel Xiaopan	*Krefeld	5:04:34	W20	352	1:00:07	1:43:26	2:21:00
55	3865	Müller-Feldhaus Inga	*Moers	5:04:35	W20	353	1:05:15	1:32:16	2:27:02



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W20									
56	4430	Freihoff Johanna	*Mülheim an der Ruhr	5:05:54	W20	356	1:00:20	1:38:08	2:27:25
57	4775	Tkocz Juliane	Running Heads HHU	5:12:46	W20	365	1:01:35	1:48:04	2:23:06
58	3494	Rätscher Cristina	*Düsseldorf	5:18:37	W20	371	1:06:36	1:44:39	2:27:20



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W30									
1	5464	Schauerte Anna Catharin	TuS Breckerfeld	3:03:07	W30	3	0:39:18	0:58:57	1:24:51
2	4613	Aßbeck Katharina	Tri Club Wuppertal	3:16:26	W30	6	0:41:12	1:02:49	1:32:23
3	6209	Metzger Patrizia	200PRO GmbH	3:26:24	W30	14	0:44:28	1:07:53	1:34:02
4	3808	Fahrland Yvonne	TuB Bocholt	3:31:36	W30	22	0:45:44	1:09:25	1:36:26
5	5223	Verheyen Silva	*Duisburg	3:33:21	W30	28	0:45:42	1:08:42	1:38:57
6	5467	Überschär Marie	*Kempen	3:34:32	W30	30	0:44:45	1:08:56	1:40:49
7	5492	Jehles Nora	*Mülheim an der Ruhr	3:37:10	W30	33	0:45:59	1:08:11	1:42:59
8	3894	Van Hüüt Christina	LG Alpen	3:38:02	W30	36	0:48:16	1:10:31	1:39:14
9	4594	Bremer Kerstin	Aufgeben ist keine Option	3:38:31	W30	38	0:46:49	1:11:39	1:40:03
10	5418	Telaar Judith	ICEBREAKER BOCHOLT	3:42:26	W30	46	0:47:35	1:12:18	1:42:33
11	6247	Bock Svenja	TUS BREITSCHEID	3:46:55	W30	56	0:54:42	1:11:25	1:40:47
12	3875	Poralla Agathe	*Düsseldorf	3:49:23	W30	65	0:47:49	1:12:53	1:48:40
13	4672	Goerke Ann-Kathrin	*Bochum	3:49:48	W30	66	0:48:26	1:13:36	1:47:45
14	5299	Wittig Sarah	*Duisburg	3:50:15	W30	70	0:47:22	1:13:36	1:49:16
15	4961	Mück Heike	Teamherbert	3:52:10	W30	78	0:47:11	1:13:44	1:51:14
16	4808	Helmert Melanie	*Düsseldorf	3:53:24	W30	84	0:49:26	1:15:38	1:48:18
17	4639	Lamp Eva	*Krefeld	3:55:16	W30	96	0:50:38	1:16:10	1:48:26
18	3754	Greifenberg Laura	TV Wanheimerort 1880 e.V.	3:55:55	W30	99	0:47:49	1:13:39	1:54:26
19	4842	Waterworth Kayleigh	*Düsseldorf	3:59:04	W30	109	0:51:30	1:18:39	1:48:55
20	4421	Wansing Monika	*Hamminkeln	3:59:49	W30	110	0:51:13	1:17:15	1:51:20
21	4556	Wäschenbach Gloria	gotrifit.com	4:00:21	W30	113	0:50:21	1:18:16	1:51:43
22	6155	Keseberg Ricarda	Vodafone Runners	4:03:38	W30	124	0:53:15	1:16:53	1:53:29
23	6212	Eversmann Sylvia	200PRO GmbH	4:04:58	W30	129	0:48:01	1:19:31	1:57:25
24	3971	Kamienski Anna	BSG Sparkasse Essen	4:05:55	W30	131	0:51:47	1:20:46	1:53:21
25	6223	Lanfermann Jill	VIVAWEST	4:06:21	W30	135	0:53:26	1:19:07	1:53:48
26	6178	Huber Julie	Vodafone Runners	4:06:29	W30	136	0:51:07	1:20:04	1:55:17
27	5404	Grohn Jenny	*Duisburg	4:09:30	W30	150	0:51:25	1:20:54	1:57:11
28	6218	Kempf Anna	200PRO GmbH	4:10:28	W30	154	0:52:38	1:16:53	2:00:56
29	4724	Schweers Julia	Reeser SC Triathlon	4:13:12	W30	162	0:51:03	1:22:44	1:59:24
30	4425	Pardey Charlotte	*Düsseldorf	4:14:17	W30	170	0:53:24	1:22:32	1:58:20
31	4463	Bechtold Laura	Running Heads HHU	4:15:05	W30	179	0:52:26	1:20:28	2:02:10
32	5431	Garcia Cantero Begona	*Düsseldorf	4:15:45	W30	182	0:49:41	1:22:21	2:03:43
33	4489	Gagliardi Romina	RoMic	4:16:00	W30	183	0:53:15	1:24:35	1:58:10
34	3181	Kretschmer Katrin	*Essen	4:17:40	W30	196	0:53:14	1:26:08	1:58:17
35	5000	Daldrup Corinna	*Düsseldorf	4:20:07	W30	202	0:56:21	1:26:39	1:57:07
36	4091	Tobey Sabine	*Mülheim	4:20:57	W30	205	0:53:17	1:24:48	2:02:51
37	3705	Bürklin Andrea	*Essen	4:24:00	W30	219	0:57:46	1:24:38	2:01:35
38	4960	Gavranovic Marina	*Dinslaken	4:28:35	W30	237	0:56:00	1:22:59	2:09:35
39	3307	Schenkel Elena	*Essen	4:31:19	W30	245	0:55:01	1:27:19	2:08:59
40	4164	Vogel Sarah	Laufwerk Ruhr	4:31:58	W30	251	0:56:20	1:25:16	2:10:21
41	5131	Siegfanz Stephanie	Crossfit Crefeld	4:33:05	W30	255	0:55:20	1:31:06	2:06:38
42	5488	Brück Kristina	HanKiSte	4:35:30	W30	272	0:57:52	1:26:14	2:11:23
43	5125	Geller Vera	*Bergheim	4:35:48	W30	275	0:48:25	1:29:49	2:17:34
44	4066	Schultz Inga	*Düsseldorf	4:37:12	W30	282	0:57:03	1:28:01	2:12:07
45	4660	Ammerschuber Jenny	Borbecker Raketen Essen	4:37:52	W30	284	0:58:17	1:26:47	2:12:47
46	4398	Gesing Kerstin	*Essen	4:42:02	W30	295	0:58:13	1:30:31	2:13:18
47	4752	Vierbaum Anne	*Duisburg	4:42:58	W30	299	0:59:46	1:31:17	2:11:54
48	4231	Wulfheide Joelle	*Wuppertal	4:49:11	W30	321	1:00:55	1:31:41	2:16:33
49	3206	Maletz Christine	*Ratingen	4:49:17	W30	323	0:59:05	1:32:32	2:17:39
50	6164	Wienkoop Kristina	Vodafone Runners	4:51:36	W30	327	1:00:15	1:35:08	2:16:12
51	4990	Priestley Jennifer	*Duisburg	4:52:01	W30	328	1:00:24	1:33:19	2:18:18
52	5202	Lale Hatice	*Moers	4:52:51	W30	330	1:01:20	1:32:39	2:18:51
53	4608	Ochmann Ines	*Xanten	5:04:05	W30	350	1:03:10	1:37:07	2:23:47
54	4313	Herwix Helena	*Duisburg	5:07:34	W30	358	1:08:48	1:37:01	2:21:44
55	4157	Brandt-Kaslack Franziska	*Duisburg	5:09:04	W30	359	1:01:49	1:35:45	2:31:29

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W35									
1	5549	Paquet Andree	Ausdauerschule by bunert	3:00:23	W35	1	0:39:05	0:58:19	1:22:58
2	3001	Fierek Carina	TuS Xanten	3:02:04	W35	2	0:39:08	0:59:00	1:23:55
3	6202	Spundflasche Karolin	Gipfelkurs	3:28:04	W35	15	0:43:29	1:06:47	1:37:47
4	3119	Rothe Frauke	SV Gladbeck 13	3:31:57	W35	23	0:44:39	1:07:22	1:39:55
5	5381	Kaiser Anne	*Dortmund	3:32:43	W35	26	0:44:24	1:10:18	1:38:00
6	4973	Döring Karin	Projekt 21	3:32:45	W35	27	0:45:33	1:07:46	1:39:25
7	5588	Tempesta Angela	AS Neukirchen-Vluyn	3:37:57	W35	35	0:45:59	1:11:05	1:40:53
8	4220	Isensee Tina	LEX Bocholt Running Team	3:38:34	W35	39	0:46:01	1:10:36	1:41:56
9	4736	Mlinarsky Janine	LG Mönchengladbach	3:39:49	W35	41	0:47:20	1:09:26	1:43:02
10	3470	Busch Caren	WSV Schermbeck	3:40:29	W35	42	0:46:29	1:10:05	1:43:55
11	3878	Brückner Miriam	Lauffreunde HADI Wesel	3:44:57	W35	53	0:49:02	1:12:55	1:42:59
12	5292	Jaeger Sabrina	LC Duisburg	3:47:57	W35	59	0:47:36	1:12:58	1:47:22
13	6175	Schaefer Tina	Vodafone Runners	3:50:12	W35	69	0:49:40	1:17:09	1:43:21
14	4483	Schreven Severine	CrossFit Goch	3:50:47	W35	72	0:53:05	1:19:05	1:38:37
15	4628	Fuehrer Tanja	*Krefeld	3:51:19	W35	74	0:49:36	1:15:21	1:46:22
16	3063	Eckford Dr. Stephanie	*Goch	3:51:34	W35	77	0:55:34	1:11:58	1:44:02
17	4962	Börstdamm Maren	Teamherbert	3:52:10	W35	79	0:47:11	1:13:44	1:51:14
18	4369	Wittag Rebecca	Bocholter WSV	3:59:00	W35	108	0:49:43	1:17:59	1:51:17
19	3126	Kirchner Sabrina	*Leichlingen	4:02:01	W35	120	0:51:10	1:19:43	1:51:08
20	4940	Cyriax Jenny	*Mülheim/Ruhr	4:04:33	W35	127	0:49:36	1:18:35	1:56:20
21	4505	Stahl Wibke	*Mülheim an der Ruhr	4:07:09	W35	139	0:51:17	1:18:43	1:57:07
22	4330	Staymann Katrin	*Alpen	4:09:06	W35	147	0:52:18	1:20:47	1:56:00
23	4984	Jansen Janine	Running Team Grafenberg	4:13:11	W35	160	0:51:37	1:23:43	1:57:49
24	4760	Kupke Vanessa	BSG Nispa	4:13:42	W35	165	0:51:34	1:19:40	2:02:27
25	3776	Rentmeister Vanessa	TV Jahn Hiesfeld	4:14:32	W35	174	0:52:55	1:26:04	1:55:33
26	3926	Peterburs Dr. Jutta	Running Heads HHU	4:15:06	W35	180	0:52:27	1:20:28	2:02:10
27	4392	Bader Janine	*Duisburg	4:16:14	W35	185	0:55:14	1:22:02	1:58:58
28	3154	Riemer Nadine	*Moers	4:17:18	W35	192	0:54:48	1:22:34	1:59:56
29	3862	Thirok Martina	*Oberhausen	4:17:21	W35	193	0:54:52	1:21:15	2:01:13
30	3045	Van Wieren Sietske	*Hünxe	4:18:33	W35	198	0:55:56	1:23:33	1:59:04
31	3147	Thißen Viviane	LT Schnecke Sonsbeck	4:18:34	W35	199	0:55:01	1:28:12	1:55:19
32	3477	Höse Alesja	SV Schermbeck 1912 e. V.	4:18:40	W35	200	0:50:46	1:17:40	2:10:12
33	4000	Michaelis Christina	*Düsseldorf	4:21:29	W35	208	0:56:10	1:26:24	1:58:54
34	5193	Baberske Ina	*Hilden	4:21:55	W35	210	0:56:33	1:24:33	2:00:48
35	5022	Feldmann Sarah	*Kalkar	4:26:19	W35	230	0:58:01	1:28:57	1:59:20
36	4771	Huppertz Sandra	*Moers	4:26:57	W35	232	0:54:14	1:28:35	2:04:07
37	6070	Pesa Mathilde	Max Maulwurf Marathonis	4:28:28	W35	236	0:50:50	1:25:54	2:11:44
38	4830	Gellendin Diana	*Krefeld	4:34:18	W35	262	0:53:58	1:25:37	2:14:42
39	5298	Sausen Jennifer	*Hattingen	4:35:47	W35	274	0:57:53	1:28:50	2:09:02
40	4748	Rost Jessica	Adler-Langlauf Bottrop	4:39:12	W35	288	0:59:01	1:30:35	2:09:36
41	3890	Fauseweh Katrin	*Oberhausen	4:39:22	W35	289	0:56:06	1:29:07	2:14:08
42	3462	Friesenhagen Judith	*Essen	4:43:03	W35	301	0:59:51	1:29:00	2:14:10
43	4114	Olejniczak Saskia	LSB-Schweinehunde	4:43:13	W35	302	0:54:41	1:34:22	2:14:09
44	5428	Visan Emilia	LC Duisburg	4:48:35	W35	318	1:00:17	1:33:49	2:14:27
45	4936	Thissen Tanja	*Uedem	4:50:56	W35	326	0:58:44	1:34:56	2:17:15
46	5200	Hoffmann Andrea	*Moers	4:52:53	W35	331	1:01:21	1:32:39	2:18:52
47	4229	Holz Janine	*Oberhausen	5:00:34	W35	344	1:01:44	1:37:17	2:21:32
48	5613	Guidastri Marion	LC Duisburg	5:00:47	W35	345	1:01:27	1:36:04	2:23:15
49	5597	Krebber Franziska	Evang. Klinikum Niederrh.	5:01:14	W35	346	0:58:08	1:38:41	2:24:24
50	3318	Jokiel Stefanie	*Ratingen	5:09:09	W35	360	1:02:26	1:39:26	2:27:16
51	4311	Kindler Manuela	*Duisburg	5:10:39	W35	364	1:08:48	1:37:21	2:24:29
52	3486	Grafen Andrea	Läuft bei Grafens	5:17:20	W35	370	1:01:49	1:39:03	2:36:27



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W40									
1	5039	Hofmann Kerstin	TuS Drevenack	3:19:56	W40	9	0:41:18	1:05:48	1:32:49
2	3339	Böger Nadine	Triathlon Team Ratingen 08	3:22:58	W40	11	0:43:43	1:05:55	1:33:19
3	6239	Schmidt Steffi	200PRO GmbH	3:24:22	W40	13	0:44:11	1:06:15	1:33:55
4	5426	Lenz Tanja	Team Erdinger Alkoholfrei	3:34:38	W40	31	0:44:58	1:10:04	1:39:35
5	4327	Janssen Anja	Laufftreff Großenbaum	3:42:20	W40	44	0:46:43	1:12:58	1:42:37
6	4014	Bektik Isa	*Düsseldorf	3:42:26	W40	45	0:46:01	1:12:14	1:44:10
7	3079	Meyer Stephanie	Wir rocken das	3:42:30	W40	47	0:45:53	1:11:34	1:45:01
8	5213	Dirkes Stephanie	*Duisburg	3:43:25	W40	48	0:48:19	1:13:01	1:42:04
9	3479	Binsfeld Birgit	LG Alpen	3:44:48	W40	52	0:48:48	1:11:10	1:44:49
10	4529	Huelsmann Anja	WAT Läufer	3:45:11	W40	54	0:47:47	1:12:11	1:45:11
11	4952	Olschner Britta	*Moers	3:45:58	W40	55	0:47:31	1:11:44	1:46:43
12	3550	Untenberg Katrin	Laufftreff Obererft	3:48:49	W40	63	0:49:23	1:13:41	1:45:44
13	3468	Betke Daniela	FC Bayern München	3:49:20	W40	64	0:55:31	1:11:05	1:42:43
14	4150	Jaworek Katharina	LG Dorsten	3:53:41	W40	85	0:48:15	1:16:56	1:48:29
15	4121	Höflich Merle	*Düsseldorf	3:54:37	W40	91	0:49:58	1:15:30	1:49:07
16	6135	Conrad Claudia	Vodafone Runners	3:56:59	W40	104	0:48:35	1:14:51	1:53:32
17	5350	Edling Daniela	LGO Bochum	3:57:52	W40	105	0:48:52	1:19:06	1:49:53
18	5400	Becker-Hansen Ines	Running Team Grafenberg	4:00:49	W40	115	0:52:28	1:18:07	1:50:13
19	4805	Einecke Denise	LT Schnecke Sonsbeck	4:02:40	W40	122	0:50:26	1:19:27	1:52:47
20	3090	Drusenheimer Nadja	*Düsseldorf	4:03:17	W40	123	0:48:20	1:19:39	1:55:17
21	3191	Klasmeier Anke	*Mülheim an der Ruhr	4:06:38	W40	138	0:51:27	1:19:16	1:55:53
22	4676	Fechner Martina	Kopifit	4:07:46	W40	141	0:51:54	1:19:53	1:55:58
23	3469	Preuß Anja	FC Bayern München	4:09:23	W40	149	0:52:47	1:21:28	1:55:07
24	4532	Leue Vivien	*Düsseldorf	4:13:11	W40	161	0:54:49	1:22:14	1:56:08
25	3762	Hoppmann Birgit	SG Borken	4:13:13	W40	163	0:53:57	1:22:13	1:57:01
26	5376	Busch Tamara	*Ratingen	4:14:27	W40	173	0:53:51	1:22:19	1:58:17
27	4391	Klappach Ivonne	*Duisburg	4:16:14	W40	185	0:55:14	1:22:02	1:58:57
28	3461	Nacken Maria	*Erkelenz	4:17:05	W40	190	0:52:59	1:27:33	1:56:32
29	3913	Jeß Heike	*Köln	4:17:17	W40	191	0:53:59	1:21:38	2:01:39
30	5033	Beauvoir Florence	*Düsseldorf	4:17:39	W40	195	0:54:18	1:23:43	1:59:37
31	4213	Halberkamp Trixi	*Essen	4:21:19	W40	206	0:54:06	1:24:19	2:02:54
32	4788	Jordan Anja	OSC 04 Rheinhausen	4:23:47	W40	217	0:57:08	1:23:04	2:03:34
33	5399	Baumeister Nicole	*Oberhausen	4:24:26	W40	221	0:57:11	1:25:40	2:01:34
34	5322	Juchnewski Sandra	*Duisburg	4:24:50	W40	223	0:54:23	1:25:25	2:05:01
35	5427	Lestari Vanda	*Ratingen	4:26:13	W40	229	0:54:35	1:28:27	2:03:10
36	4159	Mauritz Isabel	Juna Runners	4:28:14	W40	235	0:55:17	1:24:56	2:08:00
37	5208	Gaidies Katja	*Düsseldorf	4:29:10	W40	239	0:56:31	1:26:31	2:06:06
38	5526	Möhring Christina	Runners Schwafheim	4:31:46	W40	249	0:56:13	1:27:11	2:08:21
39	4622	Wimmers Marion	*Krefeld	4:32:15	W40	253	0:55:15	1:30:28	2:06:31
40	3051	Eckhardt Melanie	LC Duisburg	4:32:54	W40	254	0:57:24	1:27:11	2:08:19
41	5499	Papiorek Katja	*Essen	4:33:17	W40	258	0:57:10	1:27:35	2:08:30
42	3192	Nicodem Linda	*Bochum	4:33:43	W40	260	0:57:19	1:25:54	2:10:29
43	5578	Stöckert Tanja	AS Neukirchen-Vluyn	4:34:57	W40	264	0:58:00	1:29:34	2:07:22
44	3341	Levering Gundula	DIE LEVERINGS	4:35:23	W40	269	0:57:02	1:28:26	2:09:54
45	6139	Hartdegen Melanie	Vodafone Runners	4:35:39	W40	273	0:58:42	1:28:54	2:08:01
46	5178	Meier Katja	LC	4:36:38	W40	279	0:58:02	1:29:16	2:09:19
47	3909	Schmitt Yvonne	TC Burg	4:36:43	W40	280	0:59:35	1:26:22	2:10:45
48	4911	Entrup Judith	*Dinslaken	4:36:54	W40	281	0:57:17	1:36:37	2:02:58
49	4020	Krah Bettina	VfL Fun Runner Gladbeck	4:39:38	W40	291	1:03:50	1:29:49	2:05:58
50	3571	Dieckmann Anke	*Dinslaken	4:41:17	W40	293	1:01:25	1:33:53	2:05:57
51	4813	Schumann Inga	Hamminkelter SV	4:42:57	W40	298	0:59:09	1:29:16	2:14:31
52	5201	Wolfsdorff Stefanie	*Moers	4:43:58	W40	303	1:01:21	1:30:02	2:12:34
53	3207	Vogel Melanie	BSG Sparkasse Essen	4:45:42	W40	309	0:55:53	1:36:38	2:13:09
54	5251	Benecke Dr. Janine	*Düsseldorf	4:46:43	W40	312	0:58:14	1:31:19	2:17:09
55	4400	Werner Julia	Bocholter WSV	4:47:57	W40	315	0:59:59	1:34:26	2:13:31



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W40									
56	3737	Gehrmann Katja	*Ratingen	4:48:27	W40	317	0:58:13	1:32:33	2:17:40
57	3296	Zweers Bernadette	*Kaarst	4:49:02	W40	320	0:57:51	1:32:35	2:18:34
58	5327	Mandjes Sandra	*Recklinghausen	4:54:11	W40	333	1:00:34	1:34:32	2:19:03
59	5570	Krombach Diana	Lauftreff Sterkrade Nord	4:54:19	W40	335	0:58:00	1:35:16	2:21:03
60	3039	Laschet Katrin	TRC Essen 84	4:56:12	W40	337	1:01:42	1:36:37	2:17:52
61	5571	Hausberg Silke	Lauftreff Sterkrade Nord	4:56:30	W40	339	0:59:28	1:35:57	2:21:03
62	4535	Kienast Daniela	*Essen	5:00:32	W40	343	1:01:45	1:37:17	2:21:29
63	3502	Böhm Michaela	*Duisburg	5:05:02	W40	355	1:04:57	1:36:00	2:24:04
64	3062	Cartilli Nermin	PV Triathlon Witten	5:06:48	W40	357	1:09:13	1:48:20	2:09:13
65	3521	Plümel Claudia	*Heiligenhaus	5:13:40	W40	366	1:04:57	1:40:47	2:27:55
66	6105	Beckman Melanie	Die Leinwandhelden Cinemax	5:14:53	W40	367	1:07:15	1:42:09	2:25:28
67	6246	Müller Jasmin	AOK Rheinland/Hamburg	5:15:21	W40	368	1:06:09	1:39:32	2:29:39
68	3642	Schael Ines	Ausdauerschule by bunert	5:36:47	W40	376	1:08:26	1:47:18	2:41:02
69	3244	Goyk Tina	Waltroper LC 06	5:45:21	W40	379	1:13:10	1:56:03	2:36:06



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W45									
	1	3764 Ischinsky Carolin	Lauffreunde Bottrop	3:21:23	W45	10	0:42:45	1:05:41	1:32:56
	2	5307 Lenders Stephanie	*Kempfen	3:29:18	W45	17	0:45:15	1:07:30	1:36:33
	3	6285 Claeßen Petra	LG Coesfeld	3:30:56	W45	21	0:45:36	1:07:46	1:37:34
	4	4942 Holtappel Heike	Allround Triathlon Team Klev	3:41:07	W45	43	0:46:36	1:12:17	1:42:13
	5	4322 Orlova Galina	TEAM ELG	3:43:28	W45	49	0:48:32	1:12:07	1:42:48
	6	5271 Jenner Nicole	*KREFELD	3:47:31	W45	58	0:48:01	1:13:23	1:46:06
	7	5316 Grawley Claudia	Bunert Duisburg	3:48:18	W45	61	0:50:03	1:15:05	1:43:10
	8	3795 Priester Sandra	VfL Gladbeck, Fun Runner	3:48:45	W45	62	0:49:54	1:20:48	1:38:02
	9	3160 Kauffmann Inga	LT Starlight Team Essen	3:50:18	W45	71	0:49:13	1:15:21	1:45:43
	10	5151 Kuse Nicole	TuS Xanten	3:51:34	W45	76	0:47:48	1:15:41	1:48:04
	11	3718 Carter Anne	ISD	3:54:12	W45	89	0:49:38	1:15:20	1:49:13
	12	4678 Roos Jean	Kopifit	3:55:43	W45	98	0:47:15	1:12:29	1:55:58
	13	3401 Bartholot Anja	*Korschenbroich	3:56:08	W45	101	0:49:23	1:14:46	1:51:59
	14	5235 Genser Nina	*Düsseldorf	4:00:52	W45	116	0:48:00	1:21:57	1:50:55
	15	5460 Nübel Nina	SV Blau-Weiß Bochum Tria	4:10:18	W45	153	0:59:36	1:33:02	1:37:40
	16	5389 Hentschel Dorothee	Fünf Runner VfL Gladbeck	4:10:31	W45	156	0:53:14	1:21:14	1:56:02
	17	4388 Von der Burg Gitta	Lauffreunde Knieweh Niederr	4:12:25	W45	158	0:53:52	1:20:54	1:57:39
	18	3155 Schraven Silke	*Duisburg	4:12:48	W45	159	0:53:11	1:21:12	1:58:24
	19	3316 Rase Sigrun	Feuerwehr SV Düsseldorf	4:13:50	W45	167	0:53:20	1:19:56	2:00:32
	20	3056 Kubin Corinna	*Issum	4:14:39	W45	176	0:53:51	1:22:07	1:58:40
	21	3760 Schmidt Anja	Schmiddies	4:14:39	W45	177	0:52:27	1:22:20	1:59:51
	22	3248 Pütz Claudia	*Moers	4:17:00	W45	187	0:54:51	1:23:22	1:58:45
	23	3434 Bowles Katja	*Heiligenhaus	4:19:55	W45	201	0:53:41	1:26:17	1:59:55
	24	5078 Schönefeld Silke	PV Triathlon Witten	4:22:08	W45	212	0:52:22	1:30:34	1:59:10
	25	3740 Schütte Ulrike	*Düsseldorf	4:22:52	W45	216	0:54:04	1:24:28	2:04:20
	26	5411 Tünnißen Sylvia	Viktoria Goch	4:24:30	W45	222	0:54:50	1:26:20	2:03:20
	27	3352 Kracke Heike	*Bad Bentheim	4:24:56	W45	224	0:57:36	1:25:51	2:01:28
	28	5135 Thiel Daniela	*Witten	4:28:53	W45	238	0:55:43	1:27:03	2:06:06
	29	5189 Siepman Nicole	*Rheinberg	4:30:07	W45	241	0:57:38	1:26:05	2:06:23
	30	3361 Müller Silke	Lippejogger	4:31:06	W45	242	0:58:20	1:29:29	2:03:16
	31	3711 Ender Tanja	Doppelrunde	4:31:18	W45	244	0:57:45	1:27:46	2:05:46
	32	3168 Schaefer Andrea	*Gelsenkirchen	4:31:42	W45	247	0:55:19	1:25:55	2:10:27
	33	5143 Lobermeier Nicole	*Hagen	4:31:46	W45	248	0:55:53	1:27:10	2:08:42
	34	4210 Czerner-Nicolas Kirsten	LGO Bochum	4:31:50	W45	250	0:56:05	1:27:45	2:08:00
	35	5181 Lange Dagmar	*Düsseldorf	4:32:05	W45	252	0:56:00	1:24:44	2:11:20
	36	3961 Winter Ulrike	Laufschule Düsseldorf	4:34:24	W45	263	0:55:27	1:22:12	2:16:45
	37	6154 Braune Karin	Vodafone Runners	4:35:28	W45	271	0:56:35	1:31:44	2:07:09
	38	5174 Bocek Nicole	*Duisburg	4:35:58	W45	276	0:58:01	1:29:18	2:08:38
	39	5319 Schmitz Astrid	*Moers	4:36:17	W45	277	0:56:58	1:27:14	2:12:04
	40	4659 Schön Sandra	Borbecker Raketen Essen	4:37:52	W45	285	0:58:18	1:26:47	2:12:47
	41	5176 Kühnen Jutta	LC Duisburg	4:38:10	W45	286	0:58:38	1:29:57	2:09:34
	42	3547 Strübing Alexandra	*Bottrop	4:38:22	W45	287	0:58:33	1:30:45	2:09:03
	43	3999 Hajesch Sandra	*Haminkeln	4:40:40	W45	292	0:57:47	1:32:13	2:10:39
	44	3021 Loch Birgit	*Duisburg	4:45:45	W45	310	1:00:27	1:32:59	2:12:19
	45	3602 Bück Nicole	*Duisburg	4:47:02	W45	313	1:00:34	1:33:31	2:12:55
	46	4963 Czerwinski Nicole	lauf dich glücklich	4:48:15	W45	316	1:00:16	1:32:30	2:15:28
	47	3730 Heisterkamp Pia	*Mülheim	4:49:14	W45	322	1:01:06	1:35:56	2:12:11
	48	5090 Groll Tina	*Recklinghausen	4:55:04	W45	336	1:00:36	1:35:24	2:19:03
	49	4969 Schneider Michaela	*Bocholt	4:56:16	W45	338	1:01:30	1:32:20	2:22:25
	50	3765 Pamp Bettina	Lauftreff Recklinghausen	4:58:35	W45	340	1:01:06	1:36:31	2:20:57
	51	5061 Gödicke Antje	*Wuppertal	5:09:12	W45	361	1:04:05	1:43:21	2:21:45
	52	4516 Frericks Silke	LT Starlight Team Essen	5:10:32	W45	363	1:03:08	1:43:17	2:24:06
	53	4253 Maashofer Nicole	*Dortmund	5:16:41	W45	369	1:05:29	1:41:30	2:29:41

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen W50									
1	4117	Thimm Gitti	TV Goch	3:28:52	W50	16	0:44:57	1:07:31	1:36:23
2	3781	Kass Gudrun	SG Borken	3:29:20	W50	18	0:44:15	1:07:59	1:37:05
3	5585	Casimir Sabine	AS Neukirchen-Vluyn	3:32:38	W50	25	0:44:34	1:08:43	1:39:20
4	4310	Trottenberg Stephanie	Lokomotive Dortmund	3:37:00	W50	32	0:47:12	1:10:19	1:39:27
5	4290	Börmann Jutta	Tri Ducks Dorsten	3:38:16	W50	37	0:45:50	1:09:54	1:42:30
6	3773	Reuter Vera	*Witten	3:44:12	W50	51	0:47:35	1:13:16	1:43:20
7	3030	Gebhard Tanja	*Krefeld	3:51:14	W50	73	0:46:44	1:11:20	1:53:09
8	4333	Killisch Nara	*Wesel	3:52:18	W50	81	0:47:52	1:14:06	1:50:20
9	6118	Ewens Susanne	SG Ruhr 1929	3:53:49	W50	86	0:48:31	1:14:56	1:50:21
10	3484	Wirth Mariele	*Oberhausen	3:54:47	W50	92	0:48:39	1:15:53	1:50:14
11	3273	Beyers Wiebke	Ruhrrunner Essen	3:56:05	W50	100	0:50:56	1:17:20	1:47:48
12	3692	Coudurier Sandra	Freie Schwimmer Düsseldorf	3:57:53	W50	106	0:51:13	1:16:24	1:50:15
13	4823	Wingerath Mona	Tri-Team TV Schiefbahn	4:00:28	W50	114	0:51:18	1:16:56	1:52:13
14	3260	Cosack Annette	*45239	4:01:41	W50	118	0:51:09	1:17:59	1:52:33
15	3768	Schlüter-Michels Marion	SG Borken	4:01:56	W50	119	0:51:01	1:17:55	1:53:00
16	4683	Beckmann Ricarda	Reeser SC Triathlon	4:03:43	W50	125	0:49:06	1:17:51	1:56:44
17	3650	Pereira-Foerster Andréia	LC Duisburg	4:04:48	W50	128	0:50:59	1:19:07	1:54:41
18	4317	Gwozdz-Jansen Petra	Triminators TV Voerde	4:05:55	W50	132	0:51:05	1:19:44	1:55:05
19	4675	Fahnenbruck Katrin	Kopifit	4:05:56	W50	133	0:51:54	1:19:53	1:54:08
20	6090	Tuchen Sandra	SSPK Oberhausen	4:07:20	W50	140	0:52:03	1:19:11	1:56:06
21	5456	Bielicke Manja	Running Team Grafenberg	4:09:03	W50	145	0:55:30	1:20:15	1:53:17
22	4147	Oberhagemann Nicole	SV Gladbeck 13	4:09:43	W50	151	0:57:25	1:26:43	1:45:34
23	3175	Brauns Elisabeth	Lauftreff Sterkrade-Nord	4:13:45	W50	166	0:54:00	1:22:59	1:56:46
24	5180	Grabe Annette	*Bochum	4:16:05	W50	184	0:54:20	1:24:08	1:57:36
25	3758	Pirkl Andrea	Lauftreff Recklinghausen	4:18:32	W50	197	0:53:20	1:21:43	2:03:28
26	4410	Meyer Birgit	Running Team Grafenberg	4:20:47	W50	204	0:54:20	1:24:00	2:02:25
27	4380	Blömeke Christiane	*Mülheim an der Ruhr	4:21:24	W50	207	0:53:48	1:24:23	2:03:12
28	3761	Hlacer Anja	Lauftreff Recklinghausen	4:22:22	W50	213	0:54:44	1:24:11	2:03:26
29	6085	Kleinfeld Andrea	BWG Running Team	4:22:25	W50	214	0:55:38	1:26:47	1:59:58
30	4637	Gunia Birgit	Renntiere	4:22:43	W50	215	0:55:03	1:25:43	2:01:56
31	4481	Stops Michaela	TV Witzhelden	4:23:52	W50	218	0:55:06	1:23:38	2:05:07
32	4965	Lamerichs Andreana	*Krefeld	4:25:21	W50	225	0:56:10	1:25:14	2:03:56
33	4260	Knörle Susanne	Oberhausen hilft e.V.	4:29:56	W50	240	0:56:09	1:27:23	2:06:22
34	4802	Feldhoff Kirsten	*Radevormwald	4:33:11	W50	256	0:57:41	1:28:04	2:07:26
35	4526	Brockhaus Iris	spca duisburg	4:33:14	W50	257	0:57:50	1:29:57	2:05:26
36	4079	Vogt Monika	Zulu Runners	4:33:44	W50	261	0:53:39	1:22:52	2:17:12
37	3276	Oestreich Susanne	Team Camerone e.V.	4:35:16	W50	265	0:59:41	1:32:43	2:02:51
38	4606	Leo-Zimmermann Jasmin	*Leichlingen	4:35:17	W50	266	0:58:01	1:26:20	2:10:54
39	3803	Becker Tanja	*Bottrop	4:42:15	W50	296	0:58:46	1:30:31	2:12:57
40	6168	Guglielmi Jeanette	Vodafone Runners	4:45:06	W50	306	0:58:19	1:34:01	2:12:46
41	3523	Nürnberg Ute	Die Römers	4:45:28	W50	307	1:01:44	1:32:15	2:11:28
42	4007	Baumeister Christa	*Willich	5:02:02	W50	347	1:03:02	1:36:10	2:22:48
43	5360	Besnoin Claire	*Ratingen	5:02:43	W50	349	1:06:14	1:39:35	2:16:52
44	3562	Krahlich Petra	*Duisburg	5:09:37	W50	362	1:03:15	1:39:57	2:26:23
45	5214	Krumrey Sandra	Borbecker Raketen Essen	5:31:32	W50	375	1:09:10	1:47:51	2:34:30



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Frauen

AK-Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km	
Altersklasse Frauen W55										
	1	5132	Schwartzte Alexandra	OSC Waldbiel	3:11:31	W55	5	0:40:44	1:01:05	1:29:41
	2	3610	Bruns Klaudia	Borbecker Raketen Essen	3:43:41	W55	50	0:46:57	1:11:34	1:45:09
	3	3194	Kokozinski Susanne	TSV Viktoria Mülheim	3:50:06	W55	68	0:48:04	1:14:27	1:47:34
	4	3320	Perschke Dr. Astrid	TSV Viktoria Mülheim	4:09:52	W55	152	0:51:31	1:19:22	1:58:58
	5	3652	Kipker Dina	Helios Iron Team Wuppertal	4:10:30	W55	155	0:52:38	1:20:26	1:57:25
	6	3631	Detampel Heike	*Gladbeck	4:17:03	W55	189	0:56:18	1:23:21	1:57:23
	7	5106	Schulz-Bongert Sabine	Running Team Grafenberg	4:17:22	W55	194	0:54:40	1:22:21	2:00:19
	8	3529	Wolf Sabine	WAT Läufer	4:20:21	W55	203	0:56:02	1:23:42	2:00:36
	9	4288	Morgenschweis Dagmar	LC Duisburg	4:21:45	W55	209	0:54:52	1:23:55	2:02:57
	10	4074	Risch Bettina	TV Jahn Hiesfeld	4:25:36	W55	227	0:56:43	1:25:50	2:03:02
	11	3632	Weidemann Ulrike	LC Duisburg	4:25:40	W55	228	0:55:00	1:26:27	2:04:13
	12	3242	Erlekotte Jutta	Marathon Dinslaken	4:27:20	W55	233	0:57:44	1:26:11	2:03:25
	13	3599	Szpogan Susanne	Covivio Immobilien GmbH	4:35:22	W55	268	0:58:19	1:27:15	2:09:47
	14	3288	Schankweiler Martina	SV Viktoria Goch	4:41:25	W55	294	0:56:35	1:29:10	2:15:39
	15	6055	Wilke Sigrid	Borbecker Raketen Essen	4:46:27	W55	311	1:00:12	1:33:27	2:12:48
	16	4702	Gerling-Ruhland Ute	LT Gruiten-Neandertal	4:48:37	W55	319	1:00:44	1:33:31	2:14:21
	17	3271	Heimann Monika	LT MG-Volksgarten	4:52:05	W55	329	1:03:06	1:34:41	2:14:17
	18	3887	Patzke Petra	Die Fantastischen vier	5:04:08	W55	351	1:02:04	1:41:08	2:20:56
	19	5086	Rychlik Birgit	LT Metzkausen	5:30:06	W55	374	1:07:38	1:43:25	2:39:03
	20	5121	Große Beate	Helios Iron Team Wuppertal	5:41:44	W55	378	1:18:50	1:58:17	2:24:37
Altersklasse Frauen W60										
	1	5396	Kappenhagen Angelika	TuS Oedt	3:50:05	W60	67	0:47:49	1:15:32	1:46:44
	2	3763	Hölter Agnes	SG Borken	3:54:23	W60	90	0:49:37	1:15:44	1:49:02
	3	3729	Markhoff Karin	TSV Viktoria Mülheim	4:08:36	W60	144	0:52:30	1:20:03	1:56:03
	4	4943	Bode Laura	*ESSEN	4:09:04	W60	146	0:54:09	1:19:43	1:55:11
	5	4039	Uhrmacher Eva	Ballettschule Müller Castrop	4:14:12	W60	168	0:54:04	1:22:26	1:57:41
	6	4539	Weimer Dr. Maud	Ski-Klub Düsseldorf 1906 e.V.	4:14:21	W60	171	0:53:55	1:21:07	1:59:18
	7	4440	Schwering Agnes	SG Borken	4:14:23	W60	172	0:53:58	1:21:59	1:58:25
	8	4143	Zacher Angelika	Marathon Dinslaken	4:14:39	W60	175	0:53:01	1:26:03	1:55:34
	9	3519	Driessen Ulla	SV Viktoria Goch	4:22:03	W60	211	0:54:12	1:24:31	2:03:20
	10	3221	Macken-Reinirkens Cath	Dublin	4:24:06	W60	220	0:54:30	1:25:09	2:04:26
	11	4303	Conzen Gerda	ETB Essen	4:39:29	W60	290	0:58:39	1:28:03	2:12:45
	12	4077	Hrdy Andrea	*Rommerskirchen	4:42:50	W60	297	0:58:20	1:31:58	2:12:31
	13	4871	Teichmann Christine	Lauftreff Gruiten-Neandertal	4:49:38	W60	324	1:00:46	1:34:31	2:14:20
	14	5550	Flach Marianne	Borbecker Raketen Essen	4:49:43	W60	325	1:02:28	1:33:07	2:14:07
	15	3554	Bock Silvia	Angerland LT Lintorf	4:54:12	W60	334	0:59:30	1:32:48	2:21:54
	16	3214	Zora Susanne	*Mülheim	5:02:29	W60	348	1:01:33	1:35:29	2:25:27
	17	4141	Muhren Gaby	Physioquelle	5:29:30	W60	373	1:10:53	1:49:21	2:29:15
	18	5028	Cepok Dr. Ingrid	Alles aus Liebe	5:37:46	W60	377	1:06:51	1:46:04	2:44:50
Altersklasse Frauen W65										
	1	4308	Oberhäuser Angelika	Solinger LC	3:56:23	W65	103	0:51:19	1:16:10	1:48:52
	2	4055	Sult Barbara	TC Kray 1892 e.V.	4:01:40	W65	117	0:50:17	1:18:57	1:52:25
	3	3382	Fleischer Heidemarie	Skiclub Gevelsberg	5:04:44	W65	354	1:02:56	1:40:48	2:21:00
Altersklasse Frauen W70										
	1	3091	Köster Ingelore	PV-Triathlon Witten	5:27:24	W70	372	1:09:12	1:48:21	2:29:50
Altersklasse Frauen WU18										
	1	4835	Eicheler Mona	gute-beine.de	3:51:26	WU18	75	0:47:47	1:12:49	1:50:48
	2	5462	Schmidt Sophie	Forrest Gump 2.0	4:14:40	WU18	178	0:52:29	1:22:19	1:59:51



**AOK Winterlaufserie
des ASV Duisburg 2019
Grosse Serie - Gesamtwertung**

Frauen

AK-Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	Ges.Pl.	10km	15km	21.1km
Altersklasse Frauen WU20									
1	5346	Hagelschuer Anka	SV Blau-Weiß Bochum	3:23:46	WU20	12	0:42:22	1:06:13	1:35:11
2	4826	Jenkner Carolin	*Ratingen-Hösel	4:00:19	WU20	112	0:49:53	1:16:27	1:53:59
3	4573	Dörrie Johanna	*Essen	4:44:22	WU20	305	0:56:56	1:32:06	2:15:19