



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	3658	Hubbert Sascha	LG Alpen	2:35:56	M20	1	0:33:52	0:50:19	1:11:44
2	5463	Schaefer Till	PV Triathlon Witten	2:36:38	M30	1	0:33:41	0:50:35	1:12:21
3	6275	Hesterwerth Kai	LG Coesfeld	2:42:39	M20	2	0:34:41	0:52:24	1:15:33
4	3038	Gosebrink Jens	Lauffreunde HADI Wesel	2:44:37	M30	2	0:34:59	0:53:39	1:15:58
5	5154	Buthe Philipp	*Koln	2:46:36	M30	3	0:35:28	0:54:17	1:16:50
6	5013	De Haas Freddy	TuS Drevenack	2:48:14	M50	1	0:35:45	0:54:49	1:17:39
7	3515	Müller Marvin	WSV Schermbeck	2:51:56	M20	3	0:36:28	0:55:31	1:19:56
8	6137	Dieckmann Lukas	Vodafone Runners	2:52:16	M30	4	0:37:10	0:56:04	1:19:01
9	4645	Schroer Tim	LG Dorsten	2:53:10	M20	4	0:36:23	0:55:30	1:21:16
10	5477	Wulbrand Hanno	*Düsseldorf	2:53:19	M35	1	0:36:59	0:56:28	1:19:51
11	3393	Gerpeide Tim	SV 08/29 Friedrichsfeld	2:53:31	M20	5	0:36:34	0:56:01	1:20:55
12	5434	Riepe Thorsten	Depotrunners Bracht	2:54:11	M35	2	0:36:48	0:55:32	1:21:50
13	3460	Kirschbaum Arne	Moerser TV Triathlon	2:54:14	M40	1	0:37:37	0:56:17	1:20:19
14	6276	Fels Sven	LG Coesfeld	2:54:36	M20	6	0:37:42	0:57:05	1:19:49
15	5142	Hoffmann Arthur	*Krefeld	2:54:39	M30	5	0:37:05	0:54:11	1:23:22
16	3481	Fischer Jan	TRC Essen 84	2:54:40	M20	7	0:38:55	0:56:36	1:19:09
17	6144	Morlak Jörg	Vodafone Runners	2:55:22	M50	2	0:37:31	0:56:46	1:21:04
18	3605	Staats Simon	*Duisburg	2:55:30	M30	6	0:36:37	0:57:14	1:21:39
19	5576	Krost Sebastian	Triathlon Mülheim	2:55:32	M30	7	0:38:14	0:57:21	1:19:55
20	4309	Erbe Michael	Lokomotive Dortmund	2:55:50	M50	3	0:37:21	0:56:52	1:21:36
21	5533	Krämer Jan-Bernd	Team Erdinger Alkoholfrei	2:56:04	M20	8	0:38:32	0:57:35	1:19:57
22	4575	Riedel Markus	*Duisburg	2:56:17	M50	4	0:37:12	0:57:12	1:21:53
23	3000	Claesges Michael	Team Essen 99	2:56:21	M55	1	0:37:09	0:57:02	1:22:09
24	4047	Stirne Thomas	*Leverkusen	2:57:09	M45	1	0:37:43	0:56:54	1:22:31
25	4006	Ringler Peter	*Essen	2:57:45	M45	2	0:37:20	0:57:35	1:22:48
26	4755	Krahl Matt	TRC Essen 84	2:57:51	M30	8	0:37:16	0:58:44	1:21:50
27	5018	Schuster Frank	Reeser SC Triathlon	2:57:52	M30	9	0:37:49	0:57:59	1:22:03
28	4596	Goeke Dr. Martin	Ausdauerschule by bunert	2:58:22	M35	3	0:37:58	0:57:53	1:22:30
29	3346	Oelmann Simon	Team Erdinger Alkoholfrei	2:58:32	M20	9	0:36:58	0:59:08	1:22:26
30	3130	Kölven Ludger	Moerser TV Triathlon	2:59:03	M40	2	0:38:17	0:58:27	1:22:18
31	5258	Hoppenberg Pascal	TUSEM Essen	2:59:13	M30	10	0:37:10	0:56:40	1:25:22
32	4832	Trzensiok Martin	Weseler TV Triathlon	2:59:23	M45	3	0:38:22	0:57:48	1:23:12
33	5340	Görres Jörg	SV Blau-Weiß Bochum	2:59:27	M35	4	0:38:36	0:57:35	1:23:15
34	3794	Schnell Werner	LGO Bochum	3:00:32	M45	4	0:38:26	0:58:17	1:23:48
35	4546	Klenn Hans-Jürgen	LC Duisburg	3:00:44	M50	5	0:38:50	0:57:42	1:24:11
36	6213	Tamiru Dagnachew	200PRO GmbH	3:00:47	M50	6	0:38:20	0:58:32	1:23:54
37	3804	Eifert Thomas	WSV Schermbeck	3:00:56	M35	5	0:37:33	0:58:38	1:24:44
38	3409	Weidenhaupt Alexander	*Düsseldorf	3:01:39	M35	6	0:40:08	0:58:07	1:23:23
39	4177	Schurgacz Andreas	TuS 08 Lintorf	3:02:24	M35	7	0:37:49	0:58:53	1:25:41
40	5569	Neumann Christoph	LT Vynen Xanten	3:02:28	M50	7	0:39:06	0:58:32	1:24:49
41	5281	Göktas Nihan	Ayyo Team Essen e.V.	3:02:35	M40	3	0:38:28	0:58:20	1:25:45
42	4446	Peltzer Björn	TRAI FEX - personal training	3:02:38	M30	11	0:39:10	0:58:46	1:24:41
43	3112	Brune Gilbert	*Bottrop	3:03:13	M45	5	0:39:25	0:59:39	1:24:09
44	3359	Lohmann Peter	*Monheim am Rhein	3:03:32	M50	8	0:39:56	0:59:15	1:24:20
45	6283	Severt Günter	LG Coesfeld	3:04:15	M50	9	0:38:52	0:59:54	1:25:27
46	5212	Theisen Stephan	Allround Triathlon Team Klev	3:04:45	M40	4	0:39:19	0:59:21	1:26:04
47	4713	Tuttmann Ludger	*Marl	3:04:45	M50	10	0:39:53	0:59:33	1:25:18
48	5099	Heussen Johannes	SV19 Straelen	3:05:06	M55	2	0:39:25	0:59:28	1:26:13
49	3121	Heim Nick	*Köln	3:05:07	M20	10	0:39:34	0:59:46	1:25:46
50	5317	Grawley Michael	Bunert Duisburg	3:05:11	M45	6	0:39:13	1:01:14	1:24:42
51	3385	Sonanini Christian	*Mülheim	3:05:44	M40	5	0:39:15	1:00:15	1:26:13
52	4761	Becker Patrick	Triminators TV Voerde	3:05:45	M35	8	0:38:33	0:59:17	1:27:54
53	6167	Diallo Samba	Vodafone Runners	3:05:50	M45	7	0:38:22	1:01:19	1:26:08



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	6053	Backes Helmut		3:06:30	M50	11	0:39:56	1:01:00	1:25:32
55	4996	Mayer Andreas	TuS Xanten	3:06:43	M45	8	0:40:26	1:00:54	1:25:22
56	5364	Schneider Christoph	TB Hassels 1925	3:06:56	M60	1	0:39:47	1:01:01	1:26:06
57	3173	Schill Sebastian	Duisburger SV 98 Triathlon	3:06:58	M30	12	0:40:41	1:00:54	1:25:22
58	4285	Nitschke Thorsten	Team Erdinger Alkoholfrei	3:07:04	M50	12	0:40:19	1:00:08	1:26:36
59	5448	Schimpf-Willenbrink Stef	Extra Stout Ponys	3:07:10	M30	13	0:38:41	0:58:55	1:29:34
60	6147	Olivella Rigol Xavier	Vodafone Runners	3:07:11	M40	6	0:39:25	0:59:38	1:28:07
61	3323	Meinhardt Björn	Triathlon Mülheim	3:07:31	M45	9	0:39:38	0:59:51	1:28:01
62	4947	Müller Thomas	TV Aldekerk	3:08:05	M45	10	0:40:25	1:00:56	1:26:43
63	6292	Kölker Manuel	AOK Rheinland/Hamburg	3:08:06	M40	7	0:38:18	1:04:27	1:25:20
64	6177	Beissel Jens	Vodafone Runners	3:08:21	M40	8	0:39:58	1:00:34	1:27:48
65	4153	Franke Markus	*Bochum	3:08:24	M35	9	0:38:45	1:01:00	1:28:37
66	3644	Büker Stephan	LC Duisburg	3:08:39	M30	14	0:40:06	1:00:39	1:27:53
67	6199	Gleumes Stephan	Vodafone Runners	3:08:40	M45	11	0:40:03	1:00:46	1:27:50
68	4570	Nehm Oliver	BSG Nispa	3:09:05	M35	10	0:40:37	1:01:10	1:27:17
69	5370	Ernsting Christian	*Rees	3:09:29	M35	11	0:39:19	1:00:49	1:29:21
70	6280	Woltering Ralf	LG Coesfeld	3:09:32	M40	9	0:39:44	1:02:09	1:27:38
71	3081	Langer Robin	Anger Running Team	3:09:57	M30	15	0:39:00	0:58:27	1:32:29
72	3549	Knauff Matthias	LT Starlight Team Essen	3:09:57	M50	13	0:40:02	1:01:29	1:28:25
73	5598	Blinken Robert	TG Neuss	3:09:59	M50	14	0:39:33	1:01:30	1:28:55
74	5113	Kraus Marcel	*Dorsten	3:10:04	M30	16	0:41:47	1:01:30	1:26:46
75	5337	Kalender Lars	SV Blau-Weiß Bochum	3:10:20	M35	12	0:41:10	1:02:00	1:27:09
76	3883	Daams Patrick	VT Triangel Kempen	3:10:22	M40	10	0:41:25	1:01:12	1:27:43
77	5365	Adler Gregor	Lauf-Freude.de	3:10:30	M45	12	0:40:35	1:01:09	1:28:45
78	3405	Packroß Stefan	MAXI+NIKO	3:10:53	M40	11	0:41:49	1:00:31	1:28:32
79	4272	Künzel Rüdiger	Laufftreff Uhlenhorst	3:11:05	M60	2	0:41:34	1:01:23	1:28:07
80	4975	Grundmann Jan	Ausdauererschule by bunert	3:11:05	M35	13	0:39:41	1:01:28	1:29:55
81	4492	Seiler Sebastian	*Essen	3:11:22	M35	14	0:40:59	1:01:49	1:28:33
82	4502	Hoffmann Jörg	Bocholter WSV	3:11:27	M45	13	0:40:44	1:02:10	1:28:32
83	3027	Mehtieff Alexander	Krefelder Kanu Klub	3:11:40	M50	15	0:39:38	1:00:24	1:31:37
84	6196	Ebke Henning	Vodafone Runners	3:11:50	M30	17	0:41:44	1:02:17	1:27:49
85	5424	Maske Alfred	Depotrunners Bracht	3:11:52	M55	3	0:40:40	1:02:38	1:28:33
86	3988	Kraschl Steffen	*Moers	3:11:57	M35	15	0:41:53	1:01:13	1:28:50
87	3139	Stork Christoph	Fähiges Personal	3:12:05	M20	11	0:41:06	1:02:02	1:28:55
88	6197	Richrath Kay	Vodafone Runners	3:12:13	M45	14	0:41:51	1:02:30	1:27:51
89	6076	Schürings Armin	Max Maulwurf Marathonis	3:12:23	M50	16	0:41:09	1:02:04	1:29:08
90	5406	Kruse Johannes	TUSEM Essen	3:12:25	M35	16	0:41:15	1:02:42	1:28:28
91	3075	Schubbert Michael	Moerser TV Triathlon	3:12:33	M50	17	0:41:25	1:02:03	1:29:04
92	3095	Lange Marius	Fähiges Personal	3:13:21	M20	12	0:40:53	1:03:28	1:28:59
93	3332	Kühn Christian	Moerser TV Triathlon	3:13:24	M30	18	0:41:35	1:03:24	1:28:24
94	5827	Thamm Hilmar	Werdener TB Essen	3:13:30	M45	15	0:48:05	1:00:43	1:24:42
95	5430	Brick Denis	LT-Uerdingen.de	3:13:43	M30	19	0:41:44	1:00:51	1:31:07
96	6266	Martzock David	AOK Rheinland/Hamburg	3:14:01	M30	20	0:42:50	1:02:47	1:28:23
97	4334	Frank Karsten	Sportfreunde Weizenbier	3:14:15	M45	16	0:43:06	1:02:35	1:28:33
98	6251	Kotseronis Peter	TUS BREITSCHEID	3:15:23	M50	18	0:41:00	1:02:26	1:31:56
99	3970	Alst Klaus	*Mülheim an der Ruhr	3:15:23	M55	4	0:41:39	1:03:38	1:30:04
100	3690	Piegza Sebastian	LSF Münster	3:15:33	M40	12	0:42:05	1:03:13	1:30:14
101	3854	Sahling Heino	Werdener Turnerbund	3:16:06	M50	19	0:41:43	1:04:00	1:30:23
102	5066	Bockholt Peter	SV Gladbeck 13	3:16:10	M50	20	0:41:38	1:03:38	1:30:53
103	3286	Ochs Carsten	*Mülheim	3:16:18	M50	21	0:41:20	1:03:34	1:31:24
104	3557	Maciejewski Adam	LC Duisburg	3:16:31	M50	22	0:43:04	1:02:31	1:30:54
105	4764	Szostak Dieter	*Oberhausen	3:16:33	M55	5	0:41:29	1:03:58	1:31:05
106	5203	Bergerhoff Stefan	Ausdauererschule by bunert	3:16:35	M45	17	0:41:19	1:04:49	1:30:26



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## Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	5345	Sander Steffen	SV Blau-Weiß Bochum	3:16:44	M30	21	0:44:47	1:04:08	1:27:48
108	4042	Niekamp Jens	*Duisburg	3:16:54	M45	18	0:42:07	1:04:03	1:30:43
109	3948	Klimmeck Mark	*Gelsenkirchen	3:17:12	M30	22	0:41:39	1:00:25	1:35:07
110	5082	Hasse Eiko	Lauflöwen Henkel	3:17:22	M55	6	0:42:57	1:04:04	1:30:21
111	4257	Schmitz Thilo	Project 63	3:17:54	M30	23	0:40:22	1:03:13	1:34:18
112	4472	Ehlert Christian	FC Straberg	3:17:56	M40	13	0:41:59	1:04:13	1:31:43
113	5826	Gorczyca Thomas	Erler-Sportgemeinschaft	3:17:59	M55	7	0:42:17	1:02:33	1:33:08
114	4232	Kolberg Sven	TC SW Budberg	3:18:10	MU20	1	0:39:48	1:03:04	1:35:17
115	3317	Günther Henry	Köln Marathon Botschafter	3:18:25	M40	14	0:43:05	1:04:40	1:30:38
116	4554	Landgraf Thomas	*Duisburg	3:18:46	M45	19	0:42:34	1:04:31	1:31:40
117	3551	Unterberg Tobias	Lauftreff Obererft	3:18:48	M40	15	0:42:21	1:03:23	1:33:04
118	4572	Hinnemann Steffen	BSG Nispa	3:18:53	M35	17	0:41:44	1:04:26	1:32:42
119	4946	Krebs Dr. Werner	DJK VFR Mülheim Ruhr Saa	3:19:00	M55	8	0:42:08	1:04:25	1:32:26
120	6052	Pribyl Holger	Rumelner TV	3:19:15	M45	20	0:43:22	1:03:20	1:32:32
121	3847	Rietmann Sterfan	VfL Merkur Kleve	3:19:23	M55	9	0:42:00	1:05:38	1:31:44
122	4533	Köhler Dieter	TSV Viktoria Mülheim	3:19:33	M50	23	0:42:48	1:04:07	1:32:37
123	6249	Ifang Malte	TUS BREITSCHEID	3:19:34	M35	18	0:50:37	1:02:48	1:26:08
124	5366	Hensel Martin	Lauftreff Kempen	3:19:34	M40	16	0:43:04	1:04:02	1:32:28
125	6130	Bravo Javier	Vodafone Runners	3:19:44	M30	24	0:43:02	1:02:40	1:34:01
126	5599	Pasch Frank	TG Neuss	3:19:48	M55	10	0:41:44	1:05:10	1:32:53
127	4537	Heynen Hendrik	SV Haldern - Familie Heynen	3:19:57	M20	13	0:41:33	1:03:27	1:34:55
128	5485	Martin Wolfgang	*Duisburg	3:20:01	M35	19	0:41:44	1:04:56	1:33:20
129	3895	Jansen Volker	VfL Merkur Kleve	3:20:03	M55	11	0:42:26	1:04:33	1:33:02
130	3472	Ahles Michael	Team Montag	3:20:05	M40	17	0:43:06	1:04:52	1:32:06
131	4742	Wehr Matthias	LC Duisburg	3:20:21	M60	3	0:44:54	1:04:15	1:31:11
132	5197	Sauer Sascha	*Essen	3:20:25	M45	21	0:43:12	1:04:58	1:32:15
133	3789	Gora Stefan	SV Grün-Weiß-Rot Buderich	3:20:30	M40	18	0:44:10	1:04:25	1:31:53
134	3873	Buchholz Jonas	*Unna	3:20:32	M20	14	0:41:46	1:04:29	1:34:16
135	3146	Ucka Matthias	*CASTROP-RAUXEL	3:20:42	M40	19	0:43:01	1:05:18	1:32:21
136	3458	Olschok Denis	*Duisburg	3:20:49	M20	15	0:42:26	1:05:08	1:33:13
137	3643	Lutz Christian	Duisburger SV98 Triathlon T	3:21:20	M30	25	0:42:38	1:06:01	1:32:40
138	3324	Müller Rainer	*Herne	3:21:29	M45	22	0:42:32	1:06:00	1:32:56
139	4768	Van Onna Carsten	Lauffreunde HADI Wesel	3:21:42	M50	24	0:43:18	1:05:05	1:33:18
140	4774	Orosz Dr. Robert	*Krefeld	3:21:43	M45	23	0:43:13	1:05:34	1:32:55
141	4970	Geerken Alexander	Meerbusch Strümp	3:21:46	M45	24	0:41:52	1:05:22	1:34:31
142	3096	Löll Markus	Roadrunners	3:21:48	M45	25	0:41:49	1:05:44	1:34:15
143	4500	Jany Peter	*Dinslaken	3:22:07	M45	26	0:43:27	1:06:17	1:32:22
144	3874	Evermann Lars	Tus 09 Erkenschwick	3:22:24	M30	26	0:42:00	1:06:58	1:33:25
145	3900	Töller Mike	*Geldern	3:22:24	M50	25	0:46:28	1:04:14	1:31:42
146	6278	Kramer Thomas	LG Coesfeld	3:22:37	M35	20	0:43:44	1:05:39	1:33:12
147	5239	Ponto Stefan	*Mülheim Ruhr	3:22:39	M50	26	0:43:57	1:06:01	1:32:39
148	4666	Reichmann Alexander	Reeser SC Triathlon	3:22:42	M35	21	0:39:27	1:00:22	1:42:53
149	6238	Ferling Frank	200PRO GmbH	3:22:44	M50	27	0:42:34	1:06:16	1:33:53
150	4318	Schumacher David	*Recklinghausen	3:22:47	M20	16	0:44:17	1:07:04	1:31:24
151	5133	Eckelt Martin	Mönchengladbacher TV 1848	3:22:49	M30	27	0:42:34	1:05:02	1:35:12
152	4325	Höfig Carsten	*Mönchengladbach	3:23:09	M20	17	0:41:51	1:05:00	1:36:17
153	4073	Leifeld Pascal	Nordtriathleten Oberhausen	3:23:20	M20	18	0:41:38	1:06:18	1:35:23
154	3453	Hennes Christian	*Oberhausen	3:23:22	M35	22	0:42:08	1:04:40	1:36:33
155	3517	Hildering Dr. Sven	*Essen	3:23:29	M35	23	0:44:34	1:03:52	1:35:01
156	5068	Müller Heiko	VT Triangel Kempen	3:23:29	M55	12	0:43:18	1:05:27	1:34:42
157	5089	Kaiser Andre	Moerser TV Triathlon	3:23:47	M40	20	0:43:30	1:06:32	1:33:45
158	4941	Scheele Michael	TUSEM Essen	3:24:04	M40	21	0:41:23	1:02:49	1:39:50
159	5514	Kuschel Steffen	*Essen	3:24:22	M40	22	0:42:34	1:07:29	1:34:17



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Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	5334	Kronenberg Edmund	*Krefeld	3:24:22	M60	4	0:43:58	1:06:32	1:33:51
161	4902	Rütter Marc	Hamminkelner SV	3:24:25	M45	27	0:42:39	1:05:21	1:36:24
162	6286	Althoff Moritz	LG Coesfeld	3:24:31	M20	19	0:43:38	1:06:18	1:34:34
163	3905	Helfenbein Andreas	SF Ennepetal	3:24:34	M55	13	0:43:19	1:05:13	1:36:01
164	5284	Özdemir Asim	Ayyo Team Essen e.V.	3:24:35	M55	14	0:45:09	1:05:40	1:33:46
165	4782	Glahn Florian	*Mülheim an der Ruhr	3:24:45	M40	23	0:47:21	1:05:15	1:32:08
166	4727	Eicheler Guido	gute-beine.de	3:24:47	M50	28	0:42:23	1:07:39	1:34:44
167	5372	Menes Rene	*Moers	3:24:58	M45	28	0:43:28	1:05:53	1:35:36
168	4298	Skoerys Michael	Triathlon Team Ratingen 08	3:25:05	M55	15	0:43:11	1:06:11	1:35:42
169	5141	Norton Samuel	*Düsseldorf	3:25:05	M20	20	0:41:51	1:03:18	1:39:55
170	5594	Edeler Tim	*Essen	3:25:07	M20	21	0:42:13	1:03:53	1:39:00
171	3807	Gebauer Bernd	LG Olympia Dortmund	3:25:12	M50	29	0:43:55	1:06:01	1:35:15
172	6146	Hanke Frank	Vodafone Runners	3:25:12	M45	29	0:39:54	1:02:30	1:42:47
173	4987	Plonka Thomas	Laufen gegen Leiden e.V.	3:25:40	M35	24	0:43:47	1:06:52	1:35:00
174	4160	Dorobeck Burkhard	*Düsseldorf	3:25:43	M55	16	0:43:14	1:06:58	1:35:30
175	3452	Thomauske Norbert	TuSpo Huckingen	3:25:47	M60	5	0:44:20	1:05:54	1:35:33
176	4586	Herbers Christian	TuS Xanten	3:25:49	M35	25	0:42:52	1:05:58	1:36:58
177	4794	Aring Mathias	*Essen	3:26:11	M35	26	0:43:19	1:04:48	1:38:03
178	5040	Rosenträger Stefan	LGO Bochum	3:26:27	M40	24	0:43:59	1:04:35	1:37:52
179	5134	Ritthoff Michael	*Duisburg	3:26:33	M50	30	0:43:05	1:06:55	1:36:31
180	4316	Gwozdz Michael	Evang. Klinikum Niederrh.	3:26:33	M50	31	0:43:49	1:07:31	1:35:13
181	5126	Geller Pascal	*Bergheim	3:26:51	M35	27	0:39:31	1:00:51	1:46:27
182	3553	Zimmer Patrick	TRC Essen 84	3:26:51	M30	28	0:39:46	1:05:15	1:41:49
183	4345	Klimmeck Michael	Erler-Sportgemeinschaft	3:27:14	M60	6	0:45:19	1:06:47	1:35:07
184	6281	Volmer Jens	LG Coesfeld	3:27:26	M45	30	0:44:48	1:07:24	1:35:13
185	4903	Gaida Norbert	SV Gladbeck 13	3:27:28	M45	31	0:43:38	1:06:00	1:37:48
186	4706	Seibt Christian	*Essen	3:27:29	M40	25	0:42:15	1:07:32	1:37:40
187	5096	Zywietz Eike	GIPFELKURS	3:27:29	M35	28	0:43:25	1:06:47	1:37:17
188	3084	Klever Detlef	*Essen	3:27:31	M65	1	0:43:34	1:07:01	1:36:55
189	5102	Esser Guido	SV19 Straelen	3:27:32	M50	32	0:44:52	1:07:46	1:34:52
190	5614	Tillmanns Frank	LC Duisburg	3:27:34	M40	26	0:44:06	1:06:28	1:36:59
191	6134	Konst Theodor	Vodafone Runners	3:27:44	M50	33	0:42:32	1:04:58	1:40:13
192	4670	Kornetzky Kai	*Essen	3:27:52	M35	29	0:44:02	1:06:56	1:36:53
193	3326	Fangmeier Dirk	Die Höhenläufer	3:27:54	M45	32	0:44:11	1:07:00	1:36:42
194	3048	Mraovic Nenad	*Essen	3:28:16	M45	33	0:43:21	1:08:00	1:36:54
195	4512	Dietrich Eckhardt	Ratingen	3:28:26	M65	2	0:44:12	1:07:10	1:37:04
196	3279	Bösken Jonas	Moerser TV Triathlon	3:28:38	M20	22	0:45:51	1:06:02	1:36:44
197	4491	Dillinger Thomas	ASC Ratingen West	3:28:41	M40	27	0:43:47	1:07:21	1:37:32
198	5069	Schroers Dr. Ralf	TriTeam Nettetal	3:28:46	M55	17	0:44:09	1:07:58	1:36:38
199	4507	Espe Fabian	Action Espes	3:28:47	M20	23	0:42:08	1:04:14	1:42:24
200	5092	Kröger Jan	GIPFELKURS	3:28:50	M35	30	0:43:31	1:08:00	1:37:19
201	4251	Ziemek Holger	*Tönisvorst	3:28:59	M50	34	0:44:42	1:07:03	1:37:12
202	3558	Henke Christian	Lauffreunde HADI Wesel	3:29:05	M45	34	0:42:12	1:08:46	1:38:05
203	4874	Detmers Hendrik	*Oberhausen	3:29:16	M35	31	0:45:01	1:06:10	1:38:04
204	3924	Reinke Hans	LG Einbronx	3:29:30	M45	35	0:44:33	1:07:37	1:37:19
205	6255	Weiner Thomas	TUS BREITSCHEID	3:29:32	M50	35	0:44:43	1:08:12	1:36:37
206	3976	Daemen Oliver	SC Bayer 05 Uerdingen	3:29:52	M50	36	0:44:38	1:08:10	1:37:03
207	5338	Gabriel Jakob	SV Blau-Weiß Bochum	3:29:58	M30	29	0:44:19	1:07:03	1:38:36
208	3945	Krummel Jürgen	BSG Stadtwerke Duisburg	3:30:03	M50	37	0:44:54	1:06:59	1:38:08
209	4725	Wilms Mirko	*Essen	3:30:03	M45	36	0:42:53	1:08:50	1:38:20
210	4861	Kutsch Ingo	*Duisburg	3:30:11	M40	28	0:43:09	1:07:39	1:39:22
211	3952	Landskron Andre	AS Neukirchen-Vluyn	3:30:13	M35	32	0:47:02	1:07:29	1:35:41
212	4762	Schilling-Frenk Tiemo	BSG Sparkasse Essen	3:30:19	M45	37	0:44:19	1:05:24	1:40:36



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3641	Beckmanns Ralf	LT Krefeld-Oppum	3:30:21	M55	18	0:43:49	1:08:02	1:38:29
214	4275	Seegers Klaus	Hospiz am EVK Düsseldorf	3:30:22	M55	19	0:50:48	1:06:35	1:32:58
215	4120	Späth Norbert	Triathlon Team Düsseldorf	3:30:24	M45	38	0:44:21	1:08:45	1:37:18
216	3013	Mathia Marcus	*Grevenbroich	3:30:35	M45	39	0:46:25	1:07:51	1:36:19
217	3208	Schlemme Jens	Team Camerone	3:30:38	M35	33	0:45:12	1:08:11	1:37:14
218	6181	Baader Matthieu	Vodafone Runners	3:30:40	M20	24	0:43:40	1:07:35	1:39:23
219	3707	Hying Christian	*Rhede	3:30:44	M50	38	0:46:11	1:10:13	1:34:19
220	5308	Gmirrek Andreas	*Erkrath	3:30:46	M55	20	0:44:48	1:09:31	1:36:26
221	4635	Fritsch Franz	TV Uffort-Eick	3:30:46	M65	3	0:45:03	1:08:00	1:37:43
222	3587	Willner Detlef	Mettmann	3:30:47	M60	7	0:44:17	1:08:52	1:37:37
223	4261	Ottenbruch Thomas	LG Wuppertal	3:30:50	M55	21	0:46:05	1:08:02	1:36:42
224	3158	Dröner Niklas	*Oberhausen	3:30:59	M20	25	0:44:56	1:07:35	1:38:28
225	5280	Zeynelabidin Arslan	Ayyo Team Essen e.V.	3:31:10	M55	22	0:44:31	1:08:36	1:38:02
226	3073	Hajek Dirk	Adler-Langlauf Bottrop	3:31:21	M45	40	0:42:02	1:09:02	1:40:16
227	3683	Bützer Peter	Freie Schwimmer Düsseldorf	3:31:27	M40	29	0:43:01	1:07:06	1:41:19
228	3306	Aufurth Matthias	*Ratingen	3:31:28	M45	41	0:44:07	1:07:51	1:39:29
229	4103	Knoth Jan	Team Stralle	3:31:38	MU18	1	0:43:10	1:06:55	1:41:32
230	3570	Hamp Andreas	*Gelsenkirchen	3:31:47	M60	8	0:44:00	1:08:13	1:39:33
231	3796	Marquardt Dirk	*Duisburg	3:31:53	M50	39	0:45:26	1:08:49	1:37:37
232	6227	Hertog Dietmar	VIVAWEST	3:31:58	M50	40	0:46:06	1:07:36	1:38:15
233	5500	Susing Thorsten	*Duisburg	3:32:03	M35	34	0:45:49	1:07:55	1:38:18
234	4921	Radstaak Marco	WSV Bocholt	3:32:04	M45	42	0:44:24	1:08:31	1:39:09
235	4860	Wolff Ralf	PV Triathlon Witten	3:32:12	M55	23	0:45:24	1:07:04	1:39:44
236	6265	Wietholt Klaus	AOK Rheinland/Hamburg	3:32:14	M35	35	0:45:52	1:10:15	1:36:06
237	5310	Jonak Andreas	Die Spaßvögel	3:32:18	M45	43	0:46:26	1:08:18	1:37:33
238	3338	Gall Jens	Angerland LT Lintorf	3:32:21	M50	41	0:45:10	1:08:39	1:38:31
239	5332	Schönell Maverick	*Aachen	3:32:27	M20	26	0:44:23	1:08:11	1:39:51
240	6211	Zimmer Christoph	200PRO GmbH	3:32:37	M30	30	0:46:00	1:08:44	1:37:52
241	4993	Müller Holger	TV Aldekerk	3:32:45	M45	44	0:44:57	1:08:24	1:39:24
242	4387	Van der Koelen Martin	*Krefeld	3:32:51	M40	30	0:43:16	1:06:04	1:43:31
243	5542	Dieterich Daniel	*Oberhausen	3:32:56	M30	31	0:43:59	1:10:34	1:38:23
244	3586	Robert Ferdinand	MKW-Läufer, Bocholt	3:33:02	M55	24	0:45:09	1:08:38	1:39:14
245	3608	Fels Hubert	Billerbecker Läufer	3:33:03	M55	25	0:45:41	1:08:12	1:39:09
246	4998	Barten Antonius	GSV Geldern 09/34	3:33:09	M60	9	0:45:43	1:09:01	1:38:24
247	3373	Koch Christian	TriTeam TSG Sprockhövel	3:33:22	M50	42	0:45:15	1:08:56	1:39:10
248	4075	Zachan Michael	Solinger LC	3:33:23	M60	10	0:45:37	1:08:17	1:39:27
249	4323	Kriependorf Florian	TEAM ELG	3:33:32	M40	31	0:43:04	1:06:06	1:44:21
250	3864	Urbanowski Jens	*Moers	3:33:33	M45	45	0:46:34	1:09:24	1:37:33
251	4876	Kruczek Patrick	USC Bochum	3:33:35	M30	32	0:45:41	1:11:31	1:36:22
252	3105	Keller Markus	*Düsseldorf	3:33:39	M45	46	0:42:38	1:04:29	1:46:31
253	4872	Mühle Patrick	ETuS Wedau	3:33:46	M40	32	0:44:53	1:10:04	1:38:48
254	4033	Schlinkert Guido	Classcon Team	3:33:49	M50	43	0:44:41	1:09:07	1:40:00
255	4688	Wüllner Ueli	*Zürich	3:33:53	M45	47	0:46:16	1:10:18	1:37:18
256	4600	Janik Markus	MY RUN 4 YOU	3:33:53	M50	44	0:44:47	1:06:35	1:42:31
257	3879	Siry Martin	TV Wanheimerort 1880 e.V.	3:33:57	M45	48	0:43:39	1:08:28	1:41:49
258	6262	Büchner Christian	Piraten WG	3:33:57	M40	33	0:44:25	1:09:42	1:39:49
259	3103	Zumduck Sebastian	Vfl Motörhead	3:34:06	M40	34	0:43:13	1:07:53	1:42:58
260	6098	Josten Olaf	BSG SPK Mülheim a.d. Ruhr	3:34:07	M55	26	0:45:53	1:09:12	1:39:01
261	3811	Dannenbergs Sven	OTV Endurance Team	3:34:23	M30	33	0:43:24	1:08:28	1:42:31
262	3083	Bücker Stephan	AS Neukirchen-Vluyn	3:34:24	M45	49	0:46:33	1:12:09	1:35:41
263	4560	Longerich Max	*Krefeld	3:34:26	M20	27	0:44:56	1:06:40	1:42:49
264	4680	Schaefer Reiner	BSG Sparkasse Bochum	3:34:28	M45	50	0:44:06	1:09:04	1:41:17
265	3390	Lischka Jan Timo	Triathlon Team TG Witten	3:34:35	M40	35	0:46:07	1:11:45	1:36:42



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4810	Lenders Axel	Allround Triathlon Team Klev	3:34:40	M50	45	0:46:36	1:09:00	1:39:04
267	3019	Kassner Jürgen	SC Bayer 05 Uerdingen	3:34:54	M50	46	0:46:13	1:10:54	1:37:46
268	4506	Kloes Martin	Anger Running Team	3:34:56	M40	36	0:43:56	1:08:43	1:42:16
269	4877	Fischer Jakob	*Wuppertal	3:34:57	M20	28	0:43:20	1:08:34	1:43:01
270	4997	Koch Andreas	TuS Xanten	3:35:01	M45	51	0:45:02	1:10:56	1:39:03
271	3132	Heitkötter Kalle	*Mettmann	3:35:05	M40	37	0:44:22	1:08:49	1:41:53
272	3015	Treucker Christopher	*Moers	3:35:05	M30	34	0:44:27	1:09:19	1:41:18
273	3223	Hack Tim	Lauffreunde HADI Wesel	3:35:07	M30	35	0:47:00	1:08:53	1:39:12
274	3036	Ehrlich Dirk	Team EhrBec	3:35:09	M50	47	0:45:04	1:09:51	1:40:13
275	4551	Bücher Marco	Erler-Sportgemeinschaft	3:35:12	M40	38	0:46:15	1:09:38	1:39:18
276	3388	Althoff Markus	Adler-Langlauf Bottrop	3:35:17	M50	48	0:46:27	1:09:16	1:39:33
277	5481	Budde Christian	*Duisburg	3:35:19	M40	39	0:44:58	1:10:43	1:39:36
278	5342	Kalender Jan	SV Blau-Weiß Bochum	3:35:31	M35	36	0:45:04	1:08:57	1:41:28
279	4746	Graf Tim	*Essen	3:35:37	M35	37	0:47:03	1:11:29	1:37:04
280	5230	Bartz Michael	*Düsseldorf	3:35:59	M40	40	0:43:07	1:01:22	1:51:29
281	6289	Engels Joachim	LG Coesfeld	3:36:06	M50	49	0:44:23	1:08:42	1:43:00
282	5593	Edeler Thorsten	LC Duisburg	3:36:17	M50	50	0:44:24	1:11:16	1:40:36
283	6067	Nedballa Michael	Max Maulwurf Marathonis	3:36:20	M40	41	0:46:53	1:11:06	1:38:20
284	6084	Baierl Michael	Max Maulwurf Marathonis	3:36:23	M30	36	0:43:57	1:02:49	1:49:36
285	3362	Binkowski Stefan	GSG Duisburg	3:36:28	M40	42	0:43:58	1:09:17	1:43:13
286	4040	Papenfuss Jürgen	Ballettschule Müller Castrop	3:36:37	M55	27	0:46:06	1:10:40	1:39:49
287	4076	Laufs Stephan	LT Metzkausen	3:36:42	M50	51	0:44:02	1:10:11	1:42:28
288	4179	Schwertfeger Carsten	schwertfeger hits the road	3:36:55	M50	52	0:44:57	1:10:45	1:41:12
289	4597	Philippe Sebastien	Ultra Sports	3:36:55	M45	52	0:45:03	1:08:39	1:43:13
290	3911	Königstein Remo	Viermärker Dortmund	3:36:57	M55	28	0:46:00	1:09:56	1:41:01
291	4127	Brömme Roland	DAV-Duisburg	3:36:58	M55	29	0:44:44	1:10:20	1:41:54
292	3017	Stahlmann Frank	TG Neuss	3:37:04	M50	53	0:44:45	1:10:08	1:42:11
293	4263	Gerritsma Carsten	Team Montag	3:37:18	M35	38	0:45:09	1:09:45	1:42:23
294	5336	Luthle Aaron	*Meerbusch	3:37:19	M30	37	0:41:29	1:05:41	1:50:08
295	4722	Tull Matthias	gute-beine.de	3:37:23	M50	54	0:45:56	1:10:26	1:41:00
296	3369	Bludau Michael	*Düsseldorf	3:37:23	M60	11	0:46:23	1:09:40	1:41:19
297	5413	Casu Jean-Marc	Rumelner TV	3:37:34	M30	38	0:47:38	1:09:21	1:40:33
298	4741	Kunze Dr. Andreas	*Dinslaken	3:37:34	M40	43	0:44:34	1:10:59	1:42:00
299	3757	Weyler Thomas	*Duisburg	3:37:55	M45	53	0:45:55	1:10:15	1:41:44
300	5567	Spieker Michael	Mercer Runners	3:38:06	M55	30	0:47:05	1:08:22	1:42:38
301	5555	Schult Michael	*Hünxe	3:38:20	M35	39	0:46:33	1:10:13	1:41:33
302	4401	Kupke Volker	*Willich	3:38:26	M50	55	0:45:47	1:10:02	1:42:36
303	4475	Kethers Dennis	Halden Hogs	3:38:29	M40	44	0:44:41	1:09:17	1:44:30
304	5006	Althaus Frank	SV Blau-Weiß Bochum	3:38:31	M55	31	0:46:19	1:10:57	1:41:14
305	3513	Braun Andreas	SG Zons	3:38:31	M55	32	0:47:27	1:10:50	1:40:14
306	4976	Kersting Manfred	*Grevenbroich	3:38:37	M55	33	0:48:05	1:12:47	1:37:44
307	3187	Gottlieb Malte	BSG Deutsche Bank Düsse	3:38:43	M50	56	0:45:47	1:10:55	1:42:00
308	6250	Köster Christof	TUS BREITSCHEID	3:38:46	M50	57	0:47:31	1:11:42	1:39:32
309	3094	Aulich Frederik	*Duisburg	3:38:54	M20	29	0:44:55	1:08:50	1:45:07
310	3983	Mitschke Stephan	*Oberhausen	3:39:07	M45	54	0:48:25	1:11:32	1:39:09
311	4218	Kraus Thorsten	MSV Duisburg Einradzebras	3:39:14	M45	55	0:45:40	1:12:15	1:41:18
312	6132	Bauer Pascal	Vodafone Runners	3:39:39	M50	58	0:45:49	1:08:32	1:45:17
313	5505	Zok Adrian	*Mülheim an der Ruhr	3:39:46	M30	39	0:46:24	1:10:56	1:42:25
314	3023	Mescher Stefan	*Essen	3:39:48	M45	56	0:45:34	1:10:26	1:43:48
315	6282	Wieskus Michael	LG Coesfeld	3:39:49	M50	59	0:45:33	1:11:16	1:42:59
316	3898	Stendal Dirk	LT-Training by Neiß	3:39:51	M50	60	0:44:22	1:12:01	1:43:28
317	3345	Czibor Michael	TriTeam TSG Sprockhövel	3:39:57	M50	61	0:45:01	1:10:24	1:44:31
318	3736	Von der Heyden Ralf	TV Aldekerk	3:39:59	M40	45	0:43:32	1:13:24	1:43:02



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	4541	Rissel Dirk	LC Duisburg	3:40:00	M50	62	0:48:33	1:14:22	1:37:04
320	4840	Waterworth Simon	*Düsseldorf	3:40:03	M30	40	0:46:24	1:11:30	1:42:08
321	4661	Loh Sebastian	Supporters Club Schalke 04	3:40:18	M35	40	0:46:24	1:10:53	1:42:59
322	6148	Malkowsky Andre	Vodafone Runners	3:40:19	M50	63	0:46:04	1:11:02	1:43:13
323	3174	Dahlhaus Karsten	d.velop AG	3:40:24	M40	46	0:45:03	1:10:10	1:45:10
324	5024	Feth Eduard	ESV Grün-Weiss Meiderich	3:40:36	M55	34	0:45:50	1:09:38	1:45:07
325	4427	Killisch Uwe	*Wesel	3:40:42	M55	35	0:48:00	1:12:42	1:39:59
326	3012	Schrörs-Runo Thomas	*Krefeld	3:40:44	M45	57	0:46:48	1:11:35	1:42:20
327	6225	Peter Christian	VIVAWEST	3:40:44	M40	47	0:45:18	1:09:41	1:45:45
328	4145	Sonnen Stephan	*Essen	3:40:45	M50	64	0:44:53	1:11:53	1:43:59
329	4166	Gochermann Christian	BSG Springorum Bochum	3:40:50	M45	58	0:47:35	1:11:27	1:41:46
330	5333	Traurig Michael	SV 19 Straelen e.V.	3:40:50	M50	65	0:48:16	1:11:06	1:41:27
331	4163	Vogel Lars	Laufwerk Ruhr	3:40:52	M40	48	0:44:27	1:11:39	1:44:45
332	4441	Jurytko Thomas	SV Wanheim 1900 e.V.	3:40:53	M40	49	0:47:19	1:10:26	1:43:06
333	4221	Schütte Volker	*Düsseldorf	3:40:55	M40	50	0:48:15	1:12:52	1:39:46
334	3589	Wendler Swen	*Krefeld	3:40:57	M40	51	0:47:47	1:11:14	1:41:54
335	4821	Ditschun Andreas	LC Ditsche	3:40:58	M50	66	0:47:37	1:10:53	1:42:27
336	4889	Kammann Johannes	Allround Triathlon Team Klev	3:41:13	M45	59	0:45:04	1:11:52	1:44:15
337	4682	Marissen Oliver	*Kempfen	3:41:15	M50	67	0:45:59	1:07:08	1:48:07
338	4711	Stancel Marcel	*Gelsenkirchen	3:41:16	M30	41	0:47:39	1:11:44	1:41:52
339	5339	Salamon Andy	SV Blau-Weiß Bochum	3:41:16	M30	42	0:46:10	1:10:58	1:44:06
340	3117	Hankel Rüdiger	*Essen	3:41:16	M50	68	0:45:35	1:10:14	1:45:26
341	5603	Van Gemmeren Volkmar	LC Duisburg	3:41:18	M45	60	0:46:10	1:08:16	1:46:51
342	5532	Kiekhöfel Andreas	Tus Oedt	3:41:24	M40	52	0:47:48	1:11:41	1:41:54
343	3580	Kretschmer Marc	*Krefeld	3:41:25	M35	41	0:46:09	1:10:37	1:44:37
344	3548	Hahnen Dominik	Krefelder Kanu Klub	3:41:29	M30	43	0:47:20	1:10:23	1:43:44
345	3995	Manole Florin-Cristian	*Krefeld	3:41:29	M40	53	0:45:25	1:10:00	1:46:03
346	4122	Hoffmann Michael	LC Duisburg	3:41:32	M55	36	0:47:48	1:11:07	1:42:37
347	3535	Kazmierczak Michael	DSV 98 Triathlon	3:41:38	M35	42	0:47:46	1:11:06	1:42:45
348	5057	Matheis Michael	Team Erdinger Alkoholfrei	3:41:39	M45	61	0:45:56	1:18:28	1:37:14
349	4049	Neier Dietmar	*Hamminkeln	3:41:40	M55	37	0:46:11	1:11:48	1:43:40
350	3591	Roling Julian	SV Gladbeck 13	3:41:46	M20	30	0:52:30	1:16:59	1:32:16
351	4269	Wismann Ralf	*Düsseldorf	3:41:49	M40	54	0:47:22	1:11:34	1:42:52
352	4136	Gröne Martin	*Essen	3:41:52	M45	62	0:47:23	1:12:35	1:41:54
353	5450	Peil Thorsten	TuS Oedt 1884 e.V.	3:41:58	M45	63	0:47:18	1:11:48	1:42:52
354	5349	Klehr Ingo Benjamin	LC Duisburg	3:41:59	M40	55	0:46:38	1:11:37	1:43:44
355	3340	Hilgers Torben	*Duesseldorf	3:42:01	M45	64	0:46:48	1:11:14	1:43:59
356	5429	Thalheimer Holger	FC St Pauli	3:42:06	M45	65	0:45:40	1:14:10	1:42:15
357	6114	Boldt Peter	SG Ruhr 1929	3:42:12	M40	56	0:44:52	1:11:38	1:45:41
358	5050	Meyer Maximilian	GSV Geldern 09/34	3:42:25	M20	31	0:46:28	1:10:45	1:45:12
359	3499	Franz Ingo	*Schoningen	3:42:37	M55	38	0:47:48	1:12:00	1:42:48
360	4912	Höning André	Wir bei HKM	3:42:37	M45	66	0:46:58	1:11:07	1:44:31
361	5175	Saliver Ferdi	*Duisburg	3:42:39	M35	43	0:44:13	1:13:45	1:44:41
362	5601	Schmitz Thomas	TG Neuss	3:42:47	M40	57	0:47:08	1:13:02	1:42:36
363	4719	Kühn Dirk	*Kamp-Lintfort	3:42:55	M40	58	0:47:34	1:12:30	1:42:49
364	3467	Ulbrich Dénnys	FC Bayern München	3:42:56	M40	59	0:49:06	1:11:08	1:42:42
365	3863	Oermann Martin	*Köln	3:42:59	M30	44	0:47:14	1:10:48	1:44:56
366	3050	Nießen Michael	*Duisburg	3:43:00	M45	67	0:47:46	1:10:36	1:44:38
367	4754	Gurny Rüdiger	Reeser SC Triathlon	3:43:01	M50	69	0:51:02	1:13:02	1:38:55
368	3353	Harbsmeier Jens	*Kaarst	3:43:02	M50	70	0:46:39	1:11:43	1:44:39
369	3196	Perolles Markus	Reeser SC Triathlon	3:43:03	M45	68	0:46:46	1:11:38	1:44:38
370	5158	Ertelt Stefan	BSG Sparkasse am Nieder	3:43:03	M40	60	0:45:41	1:11:46	1:45:36
371	3087	Neuheuser Jörg	Triathlon Mülheim	3:43:08	M55	39	0:52:43	1:12:44	1:37:41



# AOK Winterlaufserie des ASV Duisburg 2019 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	4638	Milosev Dejan	*Solingen	3:43:14	M45	69	0:47:28	1:11:11	1:44:33
373	5584	Gössler Thomas	AS Neukirchen-Vluyn	3:43:22	M55	40	0:47:31	1:11:59	1:43:52
374	3028	Neuhold Marcel	AS Neukirchen-Vluyn	3:43:28	M45	70	0:48:12	1:11:29	1:43:46
375	3269	Winkelman Dirk	TSV Viktoria Mülheim	3:43:28	M60	12	0:47:18	1:11:29	1:44:41
376	3222	Hillmann Dr. Carsten	*Kamp-Lintfort	3:43:37	M50	71	0:47:18	1:12:08	1:44:11
377	4642	Krämer Michael	Roadrunners	3:43:38	M60	13	0:47:53	1:13:17	1:42:27
378	4577	Niemeier Joachim	Team Oberhausen	3:43:38	M60	14	0:48:30	1:12:12	1:42:56
379	3078	Jannes Michael	Gute Mischung	3:43:47	M45	71	0:44:59	1:20:58	1:37:49
380	4857	Boden Dennis	*Mülheim/Ruhr	3:43:51	M30	45	0:43:16	1:04:12	1:56:22
381	5433	Annen Dominik	Volllaufen	3:43:56	M35	44	0:47:02	1:12:58	1:43:55
382	3569	Pfeiffer Thomas	Frühschicht	3:43:56	M45	72	0:45:42	1:11:33	1:46:39
383	4692	Kramer Philippe	K12 Agentur für Kommunikati	3:44:07	M35	45	0:48:47	1:11:58	1:43:22
384	6104	Speier Thomas	TRIMET	3:44:18	M45	73	0:48:35	1:13:17	1:42:25
385	3421	Woidy Karsten	Deutsche Post AG	3:44:19	M50	72	0:46:17	1:13:40	1:44:20
386	4467	Seipp Enrico	*Duisburg	3:44:22	M35	46	0:48:31	1:11:43	1:44:07
387	3775	Ischinsky Ludger	Lauffreunde Bottrop	3:44:28	M65	4	0:49:26	1:13:21	1:41:40
388	5357	Appe Patrick	*Haan	3:44:32	M45	74	0:47:32	1:13:21	1:43:38
389	4098	Uedingslohmann Sebastia	Team Stralle	3:44:33	MU18	2	0:46:09	1:13:54	1:44:30
390	4406	Perbix Daniel	AS Neukirchen-Vluyn	3:44:42	M40	61	0:48:54	1:12:00	1:43:46
391	3360	Karge Ulrich	TriTeam TSG Sprockhövel	3:44:43	M45	75	0:47:06	1:13:05	1:44:31
392	3397	Bögel Frank	*Bochum	3:44:52	M45	76	0:48:03	1:13:22	1:43:27
393	6125	Werner Tobias	SG Ruhr 1929	3:44:59	M35	47	0:48:13	1:04:34	1:52:11
394	3217	Rommen Markus	*Duisburg	3:45:00	M40	62	0:46:30	1:11:29	1:46:59
395	4894	Beick Uwe	LGO Bochum	3:45:02	M55	41	0:46:52	1:11:03	1:47:07
396	3902	Geisler Andy	*Dinslaken	3:45:06	M45	77	0:49:04	1:13:05	1:42:56
397	3463	Meier Olaf	*Essen	3:45:09	M45	78	0:47:54	1:12:31	1:44:42
398	3533	Hagedorn Dr. Ulf	DjK Rheinkraft Neuss	3:45:10	M50	73	0:47:09	1:12:26	1:45:34
399	4437	Root Maxim	Hot Runners Ratingen	3:45:11	M35	48	0:48:54	1:15:57	1:40:19
400	4338	Tobias-Sutter Christian	SportsAgents Düsseldorf	3:45:18	M45	79	0:47:32	1:13:18	1:44:28
401	4191	Emmerich Dr. Markus	*Bochum	3:45:19	M50	74	0:46:43	1:11:22	1:47:14
402	4568	Ankel Markus	*Essen	3:45:27	M50	75	0:45:55	1:09:20	1:50:12
403	5170	Killius Klaus	Marathon Mülheim	3:45:31	M60	15	0:49:14	1:13:11	1:43:05
404	4536	Heynen Tobias	SV Haldern - Familie Heynen	3:45:41	M35	49	0:50:13	1:11:00	1:44:26
405	5545	Kossen Andreas	*Duisburg	3:45:41	M50	76	0:51:40	1:08:07	1:45:53
406	5604	Biemer Gregor	LC Duisburg	3:45:41	M40	63	0:48:39	1:11:43	1:45:18
407	3938	Schreiber Frank	*Duisburg	3:45:49	M50	77	0:48:31	1:14:16	1:43:01
408	4811	Eßing Frank	Bocholter WSV	3:45:53	M50	78	0:49:39	1:19:43	1:36:29
409	4409	Hack Andras	TSV Viktoria Mülheim	3:46:07	M45	80	0:48:07	1:12:06	1:45:53
410	4434	Alcalde Rasch Dr. Alejand	*Hünxe	3:46:16	M50	79	0:49:13	1:13:08	1:43:54
411	4185	Hütten Volker	Siemens Turbos	3:46:24	M55	42	0:45:55	1:11:38	1:48:50
412	4820	Kraatz André	LG Alpen	3:46:31	M40	64	0:48:49	1:12:52	1:44:49
413	4370	Stührenberg Samuel	Freie Schwimmer Düsseldorf	3:46:33	MU18	3	0:49:26	1:12:30	1:44:35
414	4420	Wansing Daniel	*Haminkeln	3:46:41	M30	46	0:48:13	1:15:21	1:43:06
415	5059	Clasen Timo	*Kevelaer-Wetten	3:46:46	M20	32	0:44:11	1:24:08	1:38:26
416	3769	Wicht Thomas	*Korschenbroich	3:47:04	M45	81	0:49:51	1:12:45	1:44:27
417	3024	Saß Stephan	*Essen	3:47:05	M30	47	0:48:10	1:13:15	1:45:40
418	4368	Sonnwald Andreas	Team Aroma Ahoi	3:47:07	M35	50	0:46:30	1:13:11	1:47:24
419	3093	Aulich Jürgen	*Duisburg	3:47:16	M55	43	0:48:40	1:13:28	1:45:07
420	4353	Dillig Mark	*Duisburg	3:47:18	M45	82	0:49:51	1:13:10	1:44:17
421	3180	Birus Robin	*Münster	3:47:19	M20	33	0:46:17	1:09:56	1:51:04
422	3964	Eicker Björn	Team Erdinger Alkoholfrei	3:47:32	M35	51	0:45:42	1:15:45	1:46:04
423	3046	Eiteneuer Bernd	Rapid Ramirez	3:47:34	M60	16	0:48:25	1:13:38	1:45:29
424	4245	Lang Christian	Laufftreff Großenbaum	3:47:36	M45	83	0:45:39	1:13:59	1:47:57





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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
425	5074	Henning Rainer	Team Polizei Duisburg	3:47:36	M55	44	0:48:47	1:13:02	1:45:46
426	3953	Koch Torsten	Fc Hansa Rostock	3:47:37	M40	65	0:47:39	1:14:21	1:45:36
427	4417	Odenius Jacques	Hardtseemafia-Triathlon e. V.	3:47:42	M30	48	0:48:25	1:12:50	1:46:25
428	5243	Götz Volker	TG Neuss	3:47:53	M60	17	0:46:51	1:12:43	1:48:17
429	5458	Westheide Dennis	Laufwerk Ruhr	3:47:54	M20	34	0:45:18	1:10:58	1:51:37
430	3728	Breucker Dennis	D.I.M.B.	3:47:57	M40	66	0:58:26	1:08:20	1:41:11
431	4342	Dombrowsky Detlef	Vfl Gladbeck Fun Runner	3:47:59	M60	18	0:48:18	1:14:45	1:44:56
432	3144	Ehrlich Carsten	*Duisburg	3:48:03	M50	80	0:47:29	1:13:42	1:46:51
433	4509	Laubenthal Lars	Dr. Bellwon GmbH	3:48:06	M45	84	0:47:56	1:13:52	1:46:17
434	3935	Schims Martin	Wir bei HKM	3:48:12	M55	45	0:48:34	1:11:43	1:47:55
435	5353	Bruckhoff Daniel	Classic boat Club	3:48:27	M35	52	0:48:46	1:14:02	1:45:37
436	4279	Razowski Damian	*Mülheim an der Ruhr	3:48:28	M35	53	0:48:51	1:15:45	1:43:51
437	3098	Elting Ralf	Bocholter WSV	3:48:44	M50	81	0:47:23	1:14:23	1:46:57
438	3866	Müller Thomas	*Moers	3:48:55	M35	54	0:48:39	1:14:10	1:46:05
439	4605	Freund Jürgen	Running Team Grafenberg	3:48:56	M50	82	0:47:39	1:14:22	1:46:54
440	6229	Müller Martin	VIVAWEST	3:49:03	M50	83	0:50:03	1:12:40	1:46:19
441	4396	Hartwig Holger	*Düsseldorf	3:49:06	M50	84	0:50:03	1:16:04	1:42:58
442	5511	Krause Ralf	Fortuna Düsseldorf Triathlon	3:49:08	M45	85	0:48:22	1:13:12	1:47:33
443	4003	Karatas Michael	SV Concordia Ossenberg	3:49:13	M45	86	0:50:41	1:14:17	1:44:14
444	6161	Nguyen Pham Quang	Vodafone Runners	3:49:23	M45	87	0:51:52	1:12:13	1:45:17
445	4435	Thierbach Ilja	Hot Runners Ratingen	3:49:29	M35	55	0:49:25	1:15:57	1:44:07
446	3975	Schmidt Joachim	*Essen	3:49:40	M65	5	0:49:01	1:14:41	1:45:57
447	5229	Soyka Thomas	*Hattingen	3:50:01	M35	56	0:48:17	1:14:31	1:47:12
448	3830	Flammang Klaus	*Duisburg	3:50:06	M50	85	0:48:34	1:13:35	1:47:56
449	3838	Schröder Matthias	*Bottrop	3:50:07	M30	49	0:45:20	1:12:39	1:52:07
450	5260	Falinski Sven	*Gelsenkirchen	3:50:27	M35	57	0:51:39	1:12:54	1:45:53
451	3940	Schmengler Stephan	BSG Stadtwerke Duisburg	3:50:27	M55	46	0:48:02	1:12:13	1:50:12
452	4200	Fischer Andreas	BSG Nokia	3:50:29	M50	86	0:48:03	1:13:44	1:48:40
453	4807	Ebbighausen Toni	*Düsseldorf	3:50:41	M30	50	0:49:38	1:12:44	1:48:18
454	4300	Kyewski Niels	Triminators TV Voerde	3:50:42	M45	88	0:49:05	1:15:22	1:46:14
455	6136	Voss Dirk	Vodafone Runners	3:50:43	M45	89	0:44:32	1:08:10	1:57:59
456	4228	Wittag Gregor	TSV Bocholt	3:50:49	M40	67	0:50:09	1:15:26	1:45:12
457	3733	Looschelders Dirk	Ausdauer Schule by Bunert	3:50:55	M50	87	0:49:23	1:14:41	1:46:50
458	4798	Brendler Klaus	Prummelüöper	3:50:57	M50	88	0:51:01	1:13:40	1:46:15
459	3253	Wüllenweber Christian	Running4charity	3:50:57	M40	68	0:48:27	1:14:01	1:48:28
460	5087	Rohwedder Markus	VFL Forstwald	3:51:08	M50	89	0:48:37	1:13:28	1:49:02
461	3128	Wenzel Michael	DJK BW Annen	3:51:08	M55	47	0:48:41	1:14:23	1:48:03
462	5101	Brands Jan-Mischa	Bocholter WSV	3:51:14	M30	51	0:49:25	1:15:24	1:46:24
463	4088	Schweflinghaus Andreas	ASC	3:51:20	M55	48	0:48:54	1:13:00	1:49:25
464	4199	Maas Enno	*Duisburg	3:51:23	MU20	2	0:50:28	1:16:09	1:44:45
465	5159	Westermann Jörg	Westnetz BSG Wesel Lauff	3:51:29	M40	69	0:48:58	1:12:01	1:50:29
466	4241	Fröhlich Dr. Oliver	Hammer Girls and Boys	3:51:37	M45	90	0:46:14	1:11:56	1:53:25
467	3724	Oelgemöller Heiko	Running Team Grafenberg	3:51:46	M35	58	0:47:58	1:14:55	1:48:53
468	3292	Sobolewski Markus	Adler-Langlauf Bottrop	3:51:48	M50	90	0:44:00	1:15:02	1:52:45
469	3101	Voß Claus	DJK TuS Rotthausen	3:51:56	M50	91	0:48:59	1:15:18	1:47:39
470	4146	Oberhagemann Armin	SV Gladbeck 13	3:52:14	M45	91	0:49:29	1:18:23	1:44:21
471	3374	Duerdodt Dr. Christian	*Bochum	3:52:15	M45	92	0:49:39	1:14:57	1:47:38
472	3846	Röwekamp Thomas	ASC Ratingen West	3:52:17	M50	92	0:49:16	1:14:40	1:48:20
473	5398	Zaniol Michael	Triathlon Mülheim	3:52:29	M50	93	0:45:32	1:08:20	1:58:36
474	4249	Knepper Marc	Hamminkerner SV	3:52:29	M35	59	0:47:47	1:18:19	1:46:22
475	5374	Lenzen Thorsten	Forstwald Runners	3:52:33	M45	93	0:49:10	1:11:36	1:51:45
476	4935	Simon Janos	*Willich	3:52:34	M40	70	0:47:40	1:14:02	1:50:51
477	5608	Spohr Stefan	AOK Rheinland/Hamburg	3:52:41	M45	94	0:49:12	1:12:46	1:50:42



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
478	5098	Ptassek Rainer	Sporting Mülheim	3:52:42	M55	49	0:49:52	1:14:37	1:48:11
479	3131	Schütze Tobias	DSV 98 Triathlon	3:52:49	M30	52	0:36:36	1:12:19	2:03:53
480	5294	Lim Michael	*Essen	3:52:53	M20	35	0:48:41	1:16:55	1:47:17
481	4786	Kuhnert Rene	Triminators TV Voerde	3:52:54	M20	36	0:45:45	1:13:31	1:53:37
482	3400	Bartholot Jörg	*Korschenbroich	3:52:57	M50	94	0:48:20	1:15:44	1:48:53
483	3702	Kirchhof Rainer	Kaka&Lake	3:53:01	M40	71	0:51:16	1:13:22	1:48:21
484	5182	Vogtmann Dennis	*Duisburg	3:53:11	M35	60	0:47:36	1:14:29	1:51:05
485	3871	Buchholz Peter	*Unna	3:53:15	M55	50	0:49:07	1:14:14	1:49:54
486	3188	Demianczuk Christoph	*Essen	3:53:18	M40	72	0:50:21	1:16:25	1:46:32
487	3743	Skiba Martin	Anchor Running Crew Duisb	3:53:25	M45	95	0:49:03	1:18:00	1:46:22
488	4627	Fuehrer Daniel	*Krefeld	3:53:32	M45	96	0:49:37	1:15:40	1:48:15
489	3585	Herbst Lutz	PP Wuppertal	3:53:54	M50	95	0:50:06	1:15:17	1:48:29
490	4062	Heinen Marcel	Allround Triathlon Team Klev	3:53:56	M45	97	0:48:34	1:14:40	1:50:40
491	6082	Verbücheln Tim	Max Maulwurf Marathonis	3:54:07	M20	37	0:49:56	1:14:22	1:49:49
492	5237	Venhoven Rudi	Hüthum-Borghees	3:54:11	M45	98	0:49:07	1:14:26	1:50:37
493	4497	Eming-Welzel Reinhard	SG Borken	3:54:25	M60	19	0:49:37	1:15:43	1:49:03
494	5187	Olschner Ralf	Runners Schwafheim	3:54:28	M50	96	0:50:17	1:17:20	1:46:50
495	5249	Daßler André	*Willich	3:54:48	M30	53	0:48:11	1:15:08	1:51:29
496	4547	Schneider Jürgen	LT Turnerbund Frintrop	3:54:51	M55	51	0:50:47	1:16:14	1:47:49
497	5001	Fischer Michael	*Neuss	3:54:55	M50	97	0:50:21	1:16:14	1:48:19
498	3254	Langer Dr. Marcel	*Oberhausen	3:54:57	M35	61	0:51:09	1:16:07	1:47:40
499	4165	Brix Dennis	Laufwerk Ruhr	3:54:58	M40	73	0:50:58	1:13:53	1:50:06
500	4870	Wolff Justus	wolffrennt	3:55:10	MU18	4	0:50:00	1:16:41	1:48:29
501	3731	Zupp Christian	*Duisburg	3:55:12	M45	99	0:49:50	1:15:35	1:49:46
502	4422	Renken Uwe	Hamminkelter SV	3:55:16	M60	20	0:50:11	1:16:07	1:48:57
503	4050	Hoffmann Christian	*Essen	3:55:16	M45	100	0:50:21	1:16:13	1:48:41
504	4017	Simoncelli Leonardo	*Krefeld	3:55:29	M45	101	0:50:33	1:16:50	1:48:05
505	3779	Kowalski Achim	SG Borken	3:55:40	M50	98	0:51:00	1:16:51	1:47:48
506	5107	Kahlert Thomas	BSG Stadtwerke Duisburg	3:55:49	M50	99	0:51:27	1:14:01	1:50:20
507	6095	Bauersachs Sven	BSG SPK Mülheim a.d. Ruhr	3:55:50	M45	102	0:48:19	1:18:01	1:49:29
508	4168	Wünsche Clemens	*Meerbusch	3:55:51	M45	103	0:50:05	1:16:54	1:48:51
509	5127	Mohyla Marcel	*Duisburg	3:55:52	M40	74	0:49:08	1:16:51	1:49:53
510	5095	Meiners Josef	Eichental Runners	3:55:55	M55	52	0:48:13	1:15:13	1:52:27
511	4743	Woltering Detlef	*Essen	3:56:05	M50	100	0:47:21	1:24:21	1:44:21
512	6152	Harzheim Oliver	Vodafone Runners	3:56:06	M45	104	0:48:12	1:15:20	1:52:33
513	4875	Schmid Stephan	*Duisburg	3:56:18	M50	101	0:47:10	1:12:01	1:57:05
514	3205	Ziemons André	Rapid Ramirez	3:56:26	M60	21	0:49:14	1:13:41	1:53:30
515	3963	Mannaße Thilo	Team Erdinger Alkoholfrei	3:56:28	M35	62	0:44:53	1:17:54	1:53:39
516	3609	Burkart Andreas	*Oberhausen	3:56:37	M50	102	0:51:09	1:15:53	1:49:34
517	4695	Keiten-Schmitz Till	SG Borken	3:56:37	M20	38	0:50:57	1:16:51	1:48:48
518	4139	Buchta Mario	LT Recklinghausen	3:56:43	M45	105	0:50:08	1:15:59	1:50:35
519	3508	Fürst Florian	*Velbert	3:56:43	M20	39	0:46:19	1:11:53	1:58:30
520	4950	Groß Bernd	*Wermelskirchen	3:57:02	M45	106	0:48:18	1:14:33	1:54:11
521	3003	Möllers Henning	AOK Rheinland/Hamburg	3:57:05	M30	54	0:48:45	1:18:44	1:49:35
522	4266	Fröhlich Dr. Tobias	Wittlaer Runners	3:57:08	M50	103	0:49:58	1:17:03	1:50:06
523	5192	Postertz Dr. Peter	Die Wahnsinnigen	3:57:18	M50	104	0:51:00	1:17:14	1:49:02
524	3674	Holstein Dirk	LGO Bochum	3:57:20	M55	53	0:49:39	1:14:59	1:52:41
525	6140	Conrad Markus	Vodafone Runners	3:57:22	M40	75	0:48:39	1:14:52	1:53:50
526	5562	Grafen-Plattner Carsten	*Dinslaken	3:57:24	M30	55	0:51:08	1:17:31	1:48:44
527	4321	Göbel Karsten	Helios Iron Team	3:57:50	M55	54	0:50:14	1:16:54	1:50:41
528	6259	Schlautmann Rene	Sinalco Running Crew	3:57:50	M30	56	0:48:51	1:27:13	1:41:45
529	4051	Kesselhut Frank	*Duisburg	3:57:50	M55	55	0:50:35	1:15:29	1:51:45
530	4344	Vorrath Ludger	Team Polizei Duisburg	3:57:57	M45	107	0:48:06	1:17:33	1:52:17



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
531	5198	Steinrötter Hermann	LG Feuerwehr Dorsten	3:57:58	M50	105	0:48:44	1:14:52	1:54:21
532	5191	Poertner-Pieper Prof. The	Die Wahnsinnigen	3:58:00	M50	106	0:50:58	1:17:20	1:49:41
533	4474	Zumbeel Ingo	*Bochum	3:58:09	M40	76	0:48:42	1:15:34	1:53:52
534	4758	Krause Rainer	*Erkrath	3:58:10	M60	22	0:50:24	1:16:52	1:50:53
535	3485	Grafen Dirk	Läuft bei Grafens	3:58:10	M40	77	0:49:03	1:16:19	1:52:47
536	3251	Rosenschild Christoph	Running4charity	3:58:11	M50	107	0:51:06	1:17:18	1:49:46
537	5459	Nübel Patrick	SV Blau-Weiß Bochum Tria	3:58:11	M40	78	0:46:26	1:22:38	1:49:07
538	5602	Strand Carsten	LC Marathonkurs 2019	3:58:26	M35	63	0:53:01	1:19:23	1:46:01
539	4662	Boldt Jörg	wir bei hkm	3:58:28	M50	108	0:49:15	1:16:59	1:52:12
540	3689	Bartels Guido	*Duisburg	3:58:40	M45	108	0:49:03	1:17:11	1:52:26
541	5306	Krieger Dr. Christoph	*Moers	3:58:44	M50	109	0:49:25	1:17:22	1:51:57
542	4718	Weimer Julian	Die 4 Winde	3:58:50	M30	57	0:49:49	1:16:13	1:52:46
543	4237	Heinrich Peter	LC Duisburg	3:58:52	M55	56	0:49:18	1:19:46	1:49:47
544	4081	Hardt Lutz	Zulu Runners	3:58:57	M55	57	0:52:01	1:18:46	1:48:09
545	4365	Glaess Michael	*Essen	3:59:20	M35	64	0:51:27	1:16:45	1:51:07
546	3100	Markowsky Günter	Rumelner TV	3:59:24	M65	6	0:51:13	1:16:17	1:51:53
547	5283	Hettermann Daniel	*Herne	3:59:24	M35	65	0:50:36	1:20:46	1:48:02
548	3408	Volk Frank	*Duisburg	3:59:24	M50	110	0:49:17	1:17:22	1:52:45
549	3993	Tacke Markus	Laufgötter	3:59:27	M40	79	0:50:17	1:18:22	1:50:47
550	3072	Laskowski Atta	Adler-Langlauf Bottrop	3:59:38	M55	58	0:44:43	1:34:36	1:40:18
551	6059	Catikkas Mehmet	Max Maulwurf Marathonis	3:59:42	M45	109	0:49:20	1:12:31	1:57:50
552	6101	Kuzniak Matthias	Wir bei HKM	3:59:44	M35	66	0:52:36	1:18:34	1:48:33
553	4553	Frank Deckers	Allround Triathlon Team Klev	3:59:58	M45	110	0:50:17	1:16:41	1:52:58
554	6184	Janetzko Till	Vodafone Runners	3:59:58	M30	58	0:45:03	1:20:31	1:54:23
555	5590	Schulze Markus	VIVAWEST	3:59:59	M35	67	0:49:43	1:18:25	1:51:50
556	4149	Gehrmann Michael	DJK97/30 Lowick	4:00:04	M55	59	0:48:44	1:15:20	1:55:59
557	4777	Jöge Michael	TEA- die vier lustigen fünf	4:00:10	M45	111	0:49:48	1:15:48	1:54:34
558	3767	Höing Karsten	SG Borken	4:00:11	M40	80	0:47:59	1:15:10	1:57:01
559	6182	Fenske Claus	Vodafone Runners	4:00:14	M45	112	0:49:11	1:17:51	1:53:11
560	3018	Otto Christian	*Ratingen	4:00:15	M60	23	0:52:42	1:16:49	1:50:43
561	4424	Schröder Sven	Ausdauerchule by bunert	4:00:23	M35	68	0:48:33	1:16:54	1:54:55
562	4615	Robben Frank	*Köln	4:00:27	M50	111	0:49:24	1:18:08	1:52:54
563	3588	Rüther Martin	*Wesel	4:00:30	M50	112	0:51:05	1:16:44	1:52:40
564	3195	Ebbers Martin	*Düsseldorf	4:00:30	M60	24	0:49:28	1:15:36	1:55:25
565	4372	Schwittek Widura	*Essen	4:00:34	M35	69	0:51:48	1:19:29	1:49:17
566	5423	Olbrich Rene	Depotrunners Bracht	4:00:39	M40	81	0:47:19	1:18:29	1:54:50
567	6174	Mai Kim Than	Vodafone Runners	4:00:42	M45	113	0:46:40	1:16:00	1:58:01
568	4454	Tsachpinis Theodoros	*Düsseldorf	4:00:42	M35	70	0:51:16	1:18:19	1:51:07
569	4395	Diedrich Werner	Kanal Runner	4:00:44	M60	25	0:50:30	1:19:40	1:50:33
570	4493	Siebelhoff Kevin	LT Lukas	4:00:45	M20	40	0:45:58	1:14:26	2:00:20
571	4853	Lawrey Andrew	*ESSEN	4:00:46	M40	82	0:50:50	1:18:53	1:51:02
572	4589	Amin Nabil	NASA02	4:00:46	M40	83	0:50:52	1:16:58	1:52:55
573	3410	Zwiers Christian	SealS Team Ocean Racing	4:00:49	M30	59	1:04:52	0:57:57	1:58:00
574	3092	Schreiber Thomas	Elfrather Montagsläufer	4:00:54	M40	84	0:48:57	1:20:35	1:51:21
575	5005	Kleimann Jörg	MX Multisport	4:00:54	M45	114	0:50:36	1:16:16	1:54:01
576	3607	Hesper Bernhard	Billerbecker Läufer	4:00:56	M60	26	0:47:34	1:18:32	1:54:50
577	4759	Kempken Tobias	*Moers	4:01:06	M30	60	0:50:00	1:17:36	1:53:30
578	3450	Bruns Kevin	*Voerde	4:01:08	M30	61	0:52:14	1:18:02	1:50:52
579	6219	Christopher Katzy	200PRO GmbH	4:01:13	M30	62	0:50:34	1:16:53	1:53:45
580	3068	Fröde Volker	TSV Viktoria Mülheim	4:01:17	M70	1	0:52:04	1:16:52	1:52:19
581	3616	Witte Thomas	Memphis Tigers	4:01:23	M50	113	0:52:22	1:19:06	1:49:54
582	3974	Brockmann Stefan	Freie Schwimmer Düsseldorf	4:01:24	M45	115	0:51:36	1:15:48	1:54:00
583	5045	Nierenz Colin B.	Team Polizei Duisburg	4:01:25	M40	85	0:50:35	1:18:31	1:52:17



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
584	4909	Schreiber Bernd	Bremshundestaffel Moers	4:01:25	M45	116	0:50:11	1:17:36	1:53:37
585	3851	Kormann Frank	Bocholter WSV	4:01:30	M55	60	0:51:16	1:17:03	1:53:10
586	5140	Musielak Sven	*Duisburg	4:01:32	M20	41	0:47:59	1:17:52	1:55:40
587	3201	Gerits Oliver	*Bochum	4:01:43	M35	71	0:48:10	1:19:38	1:53:54
588	3426	Van der Horst Roland	LEX Bocholt Running Team	4:01:43	M45	117	0:49:41	1:20:13	1:51:49
589	5264	Kube Marco	*Moers	4:01:44	M30	63	0:48:02	1:15:53	1:57:47
590	3448	Schroeder Georg	BSV Aptiv Wuppertal	4:01:45	M70	2	0:51:27	1:18:34	1:51:43
591	4036	Röschke Jörg	Ballettschule Müller Castrop	4:01:47	M50	114	0:49:06	1:17:34	1:55:07
592	5610	Wagner Burkhard	LC Duisburg	4:02:00	M55	61	0:47:52	1:19:18	1:54:49
593	4086	Wiegand Axel	*Mülheim	4:02:07	M45	118	0:47:46	1:19:15	1:55:05
594	6224	Tuncel Turhan	VIVAWEST	4:02:09	M50	115	0:53:14	1:19:06	1:49:49
595	4038	Achterholt Rainer	Ballettschule Müller Castrop	4:02:26	M55	62	0:50:39	1:18:33	1:53:13
596	4207	Fußhöller Ralf	*Essen	4:02:32	M50	116	0:46:22	1:20:38	1:55:30
597	6123	Pohl Hans-Jürgen	SG Ruhr 1929	4:02:33	M50	117	0:50:32	1:19:21	1:52:40
598	5612	Beckmann Dominik	LC Duisburg	4:02:37	M35	72	0:48:06	1:27:12	1:47:18
599	4284	Siano Claas	Blau-Weiß Bochum 1896 Tri	4:02:38	M40	86	0:49:18	1:17:41	1:55:38
600	5519	Bosold Mirko	Moerser TV	4:02:41	M40	87	0:51:23	1:18:06	1:53:12
601	3525	Ley Michael	BSG Sparkasse Essen	4:03:16	M35	73	0:49:23	1:15:49	1:58:03
602	4243	Kock Thorsten	*Duisburg	4:03:22	M45	119	0:50:54	1:20:43	1:51:44
603	5017	Peters Michael	*Duisburg	4:03:28	M50	118	0:52:59	1:17:54	1:52:34
604	4096	Broden Jonas	Team Stralle	4:03:30	MU18	5	0:53:57	1:19:01	1:50:31
605	4958	Hammel Ude	*Mülheim	4:03:41	M50	119	0:53:02	1:16:37	1:54:01
606	4869	Wolff Peter	wolffrennt	4:03:41	M55	63	0:52:44	1:22:12	1:48:44
607	6160	Holtmanns Thomas	Vodafone Runners	4:03:43	M50	120	0:50:20	1:17:45	1:55:37
608	5083	Laakmann Hermann	TSV Nieuwerkerk	4:03:47	M50	121	0:49:16	1:18:24	1:56:06
609	4646	Grewer Ingo	WTV-Triathlon	4:03:49	M35	74	0:49:16	1:15:39	1:58:52
610	4796	Lawrenz Sven	Nordtriathleten Oberhausen	4:03:53	M40	88	0:53:02	1:17:42	1:53:08
611	5341	Vollandt Jörg	SV Blau-Weiß Bochum	4:03:53	M50	122	0:42:45	1:34:15	1:46:52
612	4459	Plietsch Klaus	*Düsseldorf	4:03:55	M65	7	0:52:28	1:19:34	1:51:52
613	6169	Stolle Jörg	Vodafone Runners	4:03:57	M50	123	0:47:48	1:19:11	1:56:58
614	3656	Petrasch Prof. Dr. Stepha	DSV 98 Duisburg	4:03:58	M65	8	0:48:43	1:13:38	2:01:36
615	6079	Grote Florian	Max Maulwurf Marathonis	4:04:00	M30	64	0:53:09	1:17:52	1:52:57
616	3049	Heilos Dr. Andreas	Ausdauerchule by bunert	4:04:01	M50	124	0:49:04	1:22:38	1:52:17
617	6232	Gregorius Achim	Evang. Klinikum Niederrh.	4:04:06	M50	125	0:51:48	1:19:57	1:52:21
618	3275	Stumpe Fabian	Kaffeeklatsch	4:04:09	M30	65	0:49:06	1:17:14	1:57:48
619	3826	Tittmann Andre	LG Alpen	4:04:10	M50	126	0:50:15	1:17:46	1:56:08
620	3861	Raczka Marius	*Dortmund	4:04:17	M40	89	0:50:51	1:19:42	1:53:43
621	6270	Krause Markus	AOK Rheinland/Hamburg	4:04:19	M45	120	0:51:27	1:21:57	1:50:53
622	4278	Dippel Andre	*Alpen	4:04:22	M30	66	0:50:15	1:17:58	1:56:09
623	3202	Lichtenberger Frank	Styrumer TV	4:04:23	M55	64	0:50:37	1:19:44	1:54:01
624	3726	Kastner Jörg	LC Duisburg	4:04:26	M55	65	0:52:28	1:17:51	1:54:06
625	4822	Wingerath Ralf	Tri-Team TV Schiefbahn	4:04:27	M50	127	0:49:18	1:19:30	1:55:38
626	4630	Stachelhaus Timo	LC Duisburg	4:04:29	M30	67	0:52:31	1:17:50	1:54:07
627	3831	Dheur Marcus	Borussia Veen	4:04:34	M50	128	0:50:36	1:18:10	1:55:47
628	6129	Almeida Antonio Paulo	Vodafone Runners	4:04:36	M50	129	0:52:03	1:19:02	1:53:31
629	3059	Kanitz Jens	Morning Runners	4:04:54	M35	75	0:51:06	1:27:02	1:46:45
630	3680	Scheffer Thorsten	*Oberhausen	4:05:00	M45	121	0:51:46	1:18:53	1:54:21
631	4466	Kölzer Holger	Ausdauerchule by bunert	4:05:02	M50	130	0:51:32	1:15:31	1:57:58
632	4677	Werner Michael	Kopifit	4:05:11	M45	122	0:49:27	1:19:45	1:55:58
633	5112	Bechert Steffen	*Rheinberg	4:05:18	M35	76	0:50:49	1:19:40	1:54:48
634	5286	Behrens Wolfgang	*Boholt	4:05:29	M45	123	0:51:46	1:18:13	1:55:29
635	5391	Brotzki Jörg	VfL Gladbeck	4:05:31	M50	131	0:52:36	1:17:47	1:55:07
636	4331	Hanser-Merkes Philipp	*Kamp-Lintfort	4:05:31	M35	77	0:55:12	1:17:42	1:52:35



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
637	3823	Obieglo Thomas	TV Wanheimerort 1880 e.V.	4:05:33	M45	124	0:52:02	1:20:26	1:53:04
638	3670	Ehrentraut Heinz-Udo	Born to Run	4:05:35	M55	66	0:51:37	1:18:19	1:55:38
639	4236	Hegemann Ralf	*Essen	4:05:37	M40	90	0:51:47	1:19:15	1:54:34
640	4773	Koc Ali Haydar	*Wermelskirchen	4:05:39	M50	132	0:50:40	1:18:02	1:56:56
641	3638	Jussen Alexander	RSV Düren	4:05:41	M30	68	0:52:48	1:25:08	1:47:44
642	3210	Kollert Martin	*duisburg	4:05:48	M55	67	0:47:46	1:12:18	2:05:43
643	3552	Katzenberger Oliver	*Schermbeck	4:05:50	M55	68	0:51:53	1:22:00	1:51:56
644	3034	Berndt Stefan	Ausdauer Schule by bunert	4:05:50	M40	91	0:50:50	1:18:55	1:56:05
645	4402	Dresenkamp Dr. Martin	*Oberhausen	4:05:57	M35	78	0:50:52	1:18:01	1:57:04
646	4480	May Achim	TV Witzhelden	4:06:01	M55	69	0:52:15	1:20:24	1:53:22
647	4005	Gäbler Friedemann	*Oberhausen	4:06:08	M30	69	1:04:41	1:13:16	1:48:10
648	3157	Serek Juergen	*Essen	4:06:09	M55	70	0:50:13	1:17:27	1:58:28
649	6087	Kleinfeld Uli	BWG Running Team	4:06:10	M55	71	0:50:45	1:20:52	1:54:33
650	4852	Kleinschnitz Robin	*Hilden	4:06:25	M30	70	0:49:35	1:23:28	1:53:21
651	5574	Beier Oliver	*Düsseldorf	4:06:25	M50	133	0:50:34	1:21:25	1:54:25
652	4626	Starzetz Christoph	*Duisburg	4:06:27	M40	92	0:50:09	1:21:08	1:55:09
653	3792	Wölke Marvin	*Duisburg	4:06:30	M30	71	0:45:03	1:24:00	1:57:26
654	4558	Hild Peter	*Düsseldorf	4:06:42	M35	79	0:48:10	1:22:18	1:56:13
655	3354	Derksen Achim	*Kempen	4:06:53	M40	93	0:50:57	1:20:08	1:55:47
656	3860	Joeken Ludger	VfL Merkur Kleve	4:06:54	M55	72	0:51:33	1:18:25	1:56:56
657	4951	Hessenbruch Axel	*Wermelskirchen	4:07:21	M55	73	0:48:18	1:13:15	2:05:47
658	4858	Teklote Dirk	DT Running	4:07:25	M40	94	0:45:47	1:20:23	2:01:15
659	6171	Köhler Florian	Vodafone Runners	4:07:34	M35	80	0:48:00	1:21:45	1:57:48
660	4113	Terörde Carsten	Laufgötter	4:07:35	M40	95	0:54:26	1:18:12	1:54:56
661	3806	Schneider Simon	*Ratingen	4:07:49	M45	125	0:51:13	1:20:17	1:56:19
662	5173	Kremkus Matthias	*Duisburg	4:07:50	M40	96	0:51:27	1:23:31	1:52:52
663	6068	Noack Heiko	Max Maulwurf Marathonis	4:07:56	M40	97	0:53:38	1:19:38	1:54:40
664	5516	Grella Michele	*Duisburg	4:08:00	M40	98	0:55:59	1:27:11	1:44:49
665	4631	Hövels Daniel	*Krefeld	4:08:07	M45	126	0:54:20	1:18:20	1:55:26
666	3600	Szpogán Rainer	Covivio Immobilien GmbH	4:08:09	M60	27	0:52:37	1:19:28	1:56:04
667	5315	May Dirk	*Essen	4:08:13	M50	134	0:55:49	1:20:33	1:51:49
668	6075	Schmidt Christian	Max Maulwurf Marathonis	4:08:16	M50	135	0:57:40	1:14:29	1:56:07
669	4540	Pricken Stephan	*Krefeld	4:08:19	M35	81	0:53:18	1:20:24	1:54:36
670	6243	Kuster Tobias	Sinalco Running Crew	4:08:23	M20	42	0:50:42	1:19:47	1:57:54
671	5513	Brackmann Stefan	*Dinslaken	4:08:36	M55	74	0:53:06	1:19:59	1:55:30
672	4341	Schubert Björn	*Herne	4:08:44	M40	99	0:52:44	1:20:56	1:55:02
673	5287	Stiem Ruben	*Bochum	4:08:50	M40	100	0:51:44	1:20:44	1:56:22
674	5494	Unger Wolfgang	*Krefeld	4:08:52	M55	75	0:51:05	1:22:55	1:54:52
675	4944	Warnecke Sven	Die Zweek vom See	4:08:58	M35	82	0:53:03	1:21:00	1:54:54
676	4307	Harwardt Oliver	*Essen	4:08:58	M40	101	0:52:44	1:21:15	1:54:58
677	6176	Gettler Frank	Vodafone Runners	4:09:00	M50	136	0:52:18	1:19:41	1:57:01
678	5091	Thom Thomas	*Duisburg	4:09:02	M50	137	0:51:39	1:20:20	1:57:03
679	3991	Brings Jürgen	*Mülheim	4:09:07	M55	76	0:48:40	1:14:04	2:06:21
680	4801	Wisocki-Menzen Dirk-Pet	LT Buga Düsseldorf 1999	4:09:09	M50	138	1:03:47	1:16:33	1:48:48
681	4362	Brand Gunnar	LC Duisburg	4:09:11	M45	127	0:51:07	1:21:30	1:56:34
682	4667	Rautenstrauch Tim	Reeser SC Triathlon	4:09:13	M35	83	0:47:03	1:22:44	1:59:24
683	3127	Spolders Tillmann	*Alpen	4:09:33	M40	102	0:50:41	1:20:37	1:58:15
684	6156	Fleuth Ulrich	Vodafone Runners	4:09:34	M55	77	0:51:46	1:18:46	1:59:02
685	4184	Spoden Migo	LC Duisburg	4:09:51	M60	28	0:53:21	1:20:54	1:55:36
686	3828	Schenten Volkmar	Frühschicht	4:09:51	M55	78	0:51:12	1:21:40	1:56:58
687	3449	Fiedler Ernst-Oskar	LT Gruitene-Neandertal	4:09:59	M65	9	0:52:24	1:20:16	1:57:18
688	3387	Graml Stefan	*Duisburg	4:10:15	M45	128	0:54:37	1:17:05	1:58:32
689	3840	Kleinen Torsten	*Duisburg	4:10:17	M50	139	0:53:38	1:21:20	1:55:18



# AOK Winterlaufserie des ASV Duisburg 2019 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
690	3891	Maaßen Manuel	*Krefeld	4:10:18	M40	103	0:54:59	1:21:12	1:54:06
691	4373	Stenkamp Dr. Dirk	TÜV NORD	4:10:26	M55	79	0:51:26	1:21:54	1:57:06
692	6158	Böhler Markus	Vodafone Runners	4:10:42	M45	129	0:52:36	1:21:48	1:56:17
693	3176	Wolfering Kevin	*Düsseldorf	4:10:46	M20	43	0:51:33	1:20:55	1:58:17
694	3313	Brockerhoff Uwe	LC Duisburg	4:10:49	M55	80	0:53:20	1:21:18	1:56:10
695	5541	Hemmers Thorsten	Lauftreff Uedem	4:10:56	M50	140	0:51:11	1:19:07	2:00:37
696	5077	Sterna Markus	PV Triathlon Witten	4:11:00	M55	81	0:52:29	1:22:36	1:55:54
697	6193	Schlimme Mario	Vodafone Runners	4:11:17	M50	141	0:53:16	1:21:40	1:56:20
698	3080	Mutz Andreas	DSV98 / Morningrunners	4:11:21	M45	130	0:51:07	1:27:02	1:53:11
699	5581	Tollhausen Ralf	AS Neukirchen-Vluyn	4:11:22	M50	142	0:54:05	1:21:32	1:55:44
700	4423	Gorzialka Frank	SC Bayer 05 Uerdingen	4:11:24	M55	82	0:49:51	1:21:08	2:00:24
701	4694	Reuschel Florian	VfL Anholt	4:11:37	M35	84	0:54:07	1:22:44	1:54:46
702	6162	Celik Veli	Vodafone Runners	4:11:39	M45	131	0:50:03	1:15:22	2:06:13
703	4522	Schumann Joachim	Marathon Mülheim	4:11:47	M45	132	0:51:57	1:21:46	1:58:04
704	3954	Foitzik Marco	*Duisburg	4:11:54	M40	104	0:51:33	1:22:14	1:58:06
705	3349	Drozda Gordon	*Rheurd	4:12:04	M45	133	0:53:41	1:20:41	1:57:41
706	4413	Hagenbücher Christopher	*Duisburg	4:12:09	M30	72	0:51:57	1:22:54	1:57:17
707	4937	Lorenz Severin	*Duisburg	4:12:11	M30	73	0:54:43	1:22:39	1:54:48
708	3124	Thies Stefan	*Kaarst	4:12:18	M50	143	0:57:16	1:19:29	1:55:32
709	3291	Pfannkuche Olaf	*Essen	4:12:21	M50	144	0:53:02	1:17:29	2:01:50
710	4389	Hellermann Jürgen	Lauffreunde Knieweh Niederr	4:12:31	M55	83	0:53:56	1:20:54	1:57:40
711	4418	Sohn Markus	*Duisburg	4:12:40	M40	105	0:49:44	1:24:47	1:58:08
712	3561	Kollakowski Klaus	LT Gruitene-Neandertal	4:12:45	M70	3	0:54:11	1:21:24	1:57:09
713	3212	Grabowski Robert	SV Gladbeck 13	4:12:53	M45	134	0:54:28	1:19:12	1:59:12
714	6245	Ulfers Björn	Sinalco Running Crew	4:12:54	M35	85	0:52:20	1:27:14	1:53:19
715	4503	Rohrmeyer Michael	*Lüdenscheid	4:12:59	M55	84	0:50:46	1:22:22	1:59:49
716	3268	Thymian Thomas	TriTeam Selm	4:12:59	M50	145	0:53:21	1:22:09	1:57:28
717	3376	Schils Rüdiger	*Düsseldorf	4:13:00	M50	146	0:54:18	1:23:14	1:55:27
718	6157	Abraham Florian	Vodafone Runners	4:13:05	M40	106	0:50:32	1:20:34	2:01:58
719	3682	Koopmann Udo	SV Haldern Lauftreff	4:13:33	M50	147	0:53:57	1:23:51	1:55:43
720	4476	Frericks Matthias	TV Rhede	4:13:38	M50	148	0:53:38	1:21:38	1:58:21
721	3474	Bolender Werner	TV Jahn Hiesfeld	4:13:53	M50	149	0:52:35	1:18:50	2:02:27
722	3915	Böttcher René	*Dinslaken	4:13:59	M30	74	0:52:05	1:19:51	2:02:02
723	5471	Noback Jörg	*Oberhausen	4:14:01	M55	85	0:55:02	1:23:23	1:55:34
724	4371	Wucherpennig Jan	Freie Schwimmer Düsseldorf	4:14:01	M50	150	0:53:31	1:20:48	1:59:41
725	4056	Lemke Lars	TV 1900 Wanheim	4:14:06	M45	135	0:52:41	1:21:38	1:59:46
726	5447	Pohl David	*Essen	4:14:06	M20	44	0:51:43	1:19:20	2:03:03
727	5354	Hogekamp Martin	Bocholt läuft...	4:14:07	M55	86	0:53:49	1:20:44	1:59:33
728	3651	Musche Jürgen	Marathon Dinslaken	4:14:12	M55	87	0:53:07	1:18:50	2:02:14
729	4436	Prochnau Roman	Hot Runners Ratingen	4:14:18	M35	86	0:49:07	1:16:38	2:08:33
730	3809	Schiller Christian	*Krefeld	4:14:25	M40	107	0:53:11	1:21:11	2:00:02
731	4917	Spiering Andreas	*Mülheim	4:14:34	M55	88	0:54:35	1:20:06	1:59:52
732	3755	Schömann Ralf	*Oberhausen	4:14:52	M45	136	0:54:12	1:22:20	1:58:19
733	3960	Ocklenburg Dr. Sebastian	Schwimmteam Aquaknarre	4:14:53	M35	87	0:53:08	1:20:20	2:01:24
734	4384	Naßmacher Heiner	SG Borken	4:15:17	M55	89	0:55:46	1:20:44	1:58:47
735	4287	Dicke Ralf	LC Duisburg	4:15:18	M65	10	0:55:43	1:22:56	1:56:38
736	3491	Bantin Holger	Ausdauerchule by bunert	4:15:29	M65	11	0:54:11	1:23:02	1:58:16
737	4665	Konrad Mark	*Duisburg	4:15:30	M40	108	0:52:32	1:20:47	2:02:10
738	3492	Vohl Stefan	Beeckerwerther Kanu-Verein	4:15:35	M45	137	0:54:16	1:23:50	1:57:29
739	3441	Wuesten Christian	LT Gruitene-Neandertal	4:15:46	M45	138	0:56:03	1:21:24	1:58:19
740	4016	Nyehaus Michael	*Willich	4:15:54	M60	29	0:54:18	1:25:11	1:56:25
741	3601	Bongert Stephan	Dienstagstflitzer	4:15:58	M60	30	0:50:55	1:22:57	2:02:05
742	5347	Friedrich Rainer	SV Blau-Weiß Bochum	4:16:05	M50	151	0:43:08	1:28:46	2:04:10



# AOK Winterlaufserie des ASV Duisburg 2019 Grosse Serie - Gesamtwertung

## Männer

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
743	3399	Klausen Marco	Borussia Fohlenpower	4:16:13	M50	152	0:52:44	1:23:40	1:59:48
744	5221	Naber Eric	*Krefeld	4:16:13	M35	88	0:53:20	1:23:27	1:59:24
745	4393	Richter Volker	*Duisburg	4:16:14	M60	31	0:55:14	1:22:02	1:58:57
746	4035	Bahls Markus	Ballettschule Müller Castrop	4:16:15	M45	139	0:53:57	1:23:07	1:59:11
747	3156	Franke Edgar	SC Bayer 05 Uerdingen	4:16:24	M55	90	0:54:39	1:25:06	1:56:37
748	3848	Schaub Andreas	SunRunner	4:16:25	M50	153	0:54:33	1:23:23	1:58:28
749	3506	Fürst Dr. Peter	*Velbert	4:16:49	M60	32	0:53:50	1:22:05	2:00:53
750	5388	Lehnen Klaus	*Brüggen	4:16:58	M45	140	0:53:55	1:20:06	2:02:56
751	4494	Falter Hubertus	SV Siemens	4:17:08	M55	91	0:52:46	1:23:26	2:00:56
752	4011	Berger Peter	Qualtours	4:17:20	M55	92	0:54:48	1:23:10	1:59:20
753	6081	Schönfeld Boris	Max Maulwurf Marathonis	4:17:24	M45	141	0:53:47	1:19:32	2:04:03
754	3423	Lange Hans-Dieter	*Mülheim an der Ruhr	4:17:32	M55	93	0:53:58	1:23:00	2:00:34
755	5371	Rauls Simon	*Duisburg	4:18:02	M20	45	0:54:41	1:22:26	2:00:54
756	5536	Becker Jörn	*Moers	4:18:12	M50	154	0:54:06	1:25:53	1:58:13
757	4211	Czerner Peter	*Dortmund	4:18:18	M50	155	0:53:41	1:22:50	2:01:46
758	3824	Schürmann Dirk	Lauftreff Recklinghausen	4:18:23	M55	94	0:53:11	1:21:43	2:03:27
759	3818	Remmert Torsten	TSG Sprockhövel	4:18:23	M45	142	0:54:28	1:24:37	1:59:18
760	3337	Kolberg Dieter	DJK TuS Rotthausen	4:18:27	M55	95	0:54:21	1:23:51	2:00:15
761	3566	Mölder Dietmar	*Oberhausen	4:18:43	M50	156	0:53:15	1:23:11	2:02:16
762	3199	Stadtmann Matthias	Die dicken Berthas	4:18:54	M50	157	0:54:33	1:28:06	1:56:14
763	6253	Presser Christian	TUS BREITSCHEID	4:19:04	M55	96	0:55:26	1:22:28	2:01:09
764	4621	Lux Sebastian	*Krefeld	4:19:10	M35	89	0:55:16	1:23:21	2:00:32
765	4703	Denis Nick	MoGru-Runners	4:19:13	M40	109	0:54:57	1:25:04	1:59:11
766	4733	Dümichen Karsten	1. TCO Die Bären	4:19:17	M55	97	0:53:26	1:20:16	2:05:35
767	4399	Wilmers Frank	*Bocholt	4:19:18	M45	143	0:57:05	1:24:03	1:58:09
768	6088	Schulze Harald	BWG Running Team	4:19:20	M50	158	0:55:26	1:22:43	2:01:09
769	3725	Storms Hubert	TuS Baerl e.V.	4:19:26	M65	12	0:56:24	1:24:08	1:58:53
770	4704	Denis Dr. Benjamin	MoGru-Runners	4:19:27	M35	90	0:54:30	1:25:06	1:59:50
771	3220	Brockof Peter	SC Bayer 05 Uerdingen	4:19:31	M55	98	0:52:23	1:28:24	1:58:43
772	5402	Utzat Hermann	*remscheid	4:19:44	M60	33	0:55:02	1:25:48	1:58:53
773	3817	Huysmann Carsten	Angerland LT Lintorf	4:19:54	M45	144	0:51:39	1:24:03	2:04:11
774	3919	Buhren Alexander	*Wuppertal	4:20:05	M20	46	0:56:52	1:23:45	1:59:27
775	6257	Zielke Armin	TUS BREITSCHEID	4:20:09	M45	145	0:52:25	1:23:22	2:04:21
776	4408	Thomaschewski Dr. Frank	*Duisburg	4:20:35	M55	99	0:52:44	1:23:41	2:04:10
777	3685	Schlehuber Dennis	*Oberhausen	4:20:52	M30	75	0:52:47	1:29:05	1:58:59
778	3914	Altbürger Robin	*Dinslaken	4:21:05	M20	47	0:52:34	1:26:56	2:01:34
779	4654	Grabemann Jochen	Renntiere	4:21:06	M60	34	0:53:43	1:22:22	2:05:00
780	4772	Gorr Demian	*Duisburg	4:21:07	M35	91	0:52:50	1:24:00	2:04:16
781	3699	Graebel Gunther	Crepe und Baguette	4:21:15	M65	13	0:51:53	1:25:39	2:03:42
782	3311	Nolte Holger	AS Neukirchen-Vluyn	4:21:37	M50	159	0:53:16	1:20:58	2:07:22
783	6097	Fritz Patrick	BSG SPK Mülheim a.d. Ruhr	4:21:41	M35	92	0:55:03	1:25:01	2:01:37
784	3501	Stalman Georg	*Duisburg	4:21:48	M50	160	0:56:22	1:23:18	2:02:06
785	6258	Albrecht Rainer	TUS BREITSCHEID	4:21:50	M55	100	0:53:12	1:25:41	2:02:56
786	5079	Schönefeld Marco	PV Triathlon Witten	4:21:55	M50	161	0:52:20	1:30:34	1:59:00
787	3788	Dziechciarz Karol	*Bottrop	4:21:58	M45	146	0:53:48	1:23:37	2:04:32
788	4971	Köllner Sigurd	Adler-Langlauf Bottrop	4:22:05	M55	101	0:48:14	1:22:47	2:11:03
789	4767	Schnabel Thomas	*Remscheid	4:22:08	M55	102	0:58:16	1:28:10	1:55:41
790	4850	Gromzig Dr. Werner	LG Hart am Limit	4:22:11	M60	35	0:53:13	1:26:47	2:02:10
791	3102	Eßler Felix	*Essen	4:22:15	M35	93	0:53:04	1:26:12	2:02:59
792	5020	Nettingsmeier Heiko	*Marl	4:22:18	M65	14	0:54:54	1:27:34	1:59:50
793	3464	Grafen Christian	*Duisburg	4:22:24	M40	110	0:54:44	1:24:01	2:03:38
794	5032	Mondry Andreas	*Duisburg	4:22:28	M40	111	0:55:20	1:20:29	2:06:38
795	3293	Komanns Georg	SV Viktoria Goch	4:22:36	M65	15	0:54:48	1:24:30	2:03:16



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
796	3459	Michels Kevin	*Moers	4:22:52	M30	76	0:54:00	1:24:54	2:03:56
797	3298	Nowak Dominik	*Essen	4:22:54	M35	94	0:51:47	1:24:22	2:06:44
798	6159	Janßen Edgar	Vodafone Runners	4:22:57	M50	162	1:01:52	1:33:16	1:47:49
799	4669	Wolf Martin	*Ratingen	4:23:00	M45	147	0:54:01	1:23:51	2:05:07
800	5553	Gudd Andreas	LT Staudertrinker	4:23:17	M45	148	0:58:29	1:14:04	2:10:43
801	4851	Kleinschnitz Martin	*Bocholt	4:23:18	M60	36	0:58:37	1:23:28	2:01:12
802	5080	Pollock Simon	*Köln	4:23:21	M30	77	0:55:30	1:23:46	2:04:04
803	3265	Rosenstengel Jörg	*Duisburg	4:23:29	M55	103	0:56:15	1:29:40	1:57:33
804	5244	Grager Stefan	*Düsseldorf	4:23:33	M45	149	0:54:21	1:22:46	2:06:25
805	4803	Feldhoff Maximilian	*Radevormwald	4:23:40	M55	104	0:54:27	1:21:55	2:07:16
806	4787	Jordan Julian	OSC 04 Rheinhausen	4:23:44	M30	78	0:57:07	1:23:04	2:03:33
807	3109	Stapperfenne Dr. Uwe	*Wülfrath	4:24:01	M60	37	0:57:53	1:23:56	2:02:12
808	5245	Joseph Dirk	Lauftreff Wesel 130	4:24:07	M55	105	0:51:40	1:26:46	2:05:39
809	6228	Hofmann Thomas	VIVAWEST	4:24:47	M55	106	0:58:40	1:26:29	1:59:37
810	3437	Chmielowski Dr. Miroslaw	*Oberhausen	4:24:55	M45	150	0:57:24	1:24:58	2:02:31
811	4002	Höfler Michael	*Mülheim	4:25:24	M40	112	0:55:48	1:24:41	2:04:54
812	4244	Bertling Baldur	*Dinslaken	4:25:26	M70	4	0:56:24	1:26:01	2:03:00
813	3949	Bock Michael	*Essen	4:25:29	M50	163	0:52:54	1:27:48	2:04:46
814	3235	Hippler Jan	*Duisburg	4:25:35	M40	113	0:56:54	1:24:42	2:03:58
815	3309	Herrmann Stefan	*Essen	4:25:35	M40	114	0:53:13	1:25:13	2:07:08
816	3322	Hebinck Franz	LifeFit Dinslaken	4:25:37	M55	107	0:57:12	1:25:59	2:02:26
817	4571	Richter Thorben	BSG Nispa	4:25:48	M30	79	0:58:57	1:28:53	1:57:58
818	4517	Kroß Sebastian	*Dinslaken	4:25:48	M30	80	0:58:56	1:28:53	1:57:58
819	3284	Grunwald Klaus	Rapid Ramirez	4:25:49	M55	108	0:57:18	1:24:08	2:04:22
820	4910	Pinell Karl-Heinz	*Willich	4:26:14	M55	109	0:55:01	1:25:33	2:05:38
821	5539	Kromberg Dirk	*Wuppertal	4:26:16	M55	110	0:54:23	1:28:30	2:03:22
822	3679	Görtz Thomas	Gipfelkurs	4:26:16	M35	95	0:54:09	1:23:02	2:09:04
823	3844	Wirth Peter	Team Erdinger Alkoholfrei	4:26:21	M50	164	0:55:58	1:27:03	2:03:19
824	5278	Elbers Marco	*Goch	4:26:38	M50	165	0:54:24	1:25:18	2:06:54
825	3406	Jockel Gerd	*Mülheim	4:26:47	M45	151	0:52:52	1:29:23	2:04:31
826	5167	Scholl Christopher	Homberger Ruderklub Germ	4:26:48	M20	48	0:52:03	1:25:48	2:08:56
827	4591	Kaiser Daniel	*Duisburg	4:27:29	M30	81	0:57:28	1:27:45	2:02:15
828	4216	Harmuth Hendrik	*Essen	4:27:31	M30	82	0:58:00	1:24:59	2:04:31
829	4769	Schmitz Tim	*Oberhausen	4:27:37	M40	115	0:59:02	1:27:01	2:01:33
830	5498	Florin Wilhelm	Homberger TV	4:27:40	M60	38	0:55:53	1:27:15	2:04:31
831	3567	Ernst Matthias	*Dinslaken	4:28:12	M50	166	0:55:46	1:24:51	2:07:33
832	3415	Kostbahn Dr. Wilfried	ALT (Angerland Lauf Treff)	4:28:21	M45	152	0:57:51	1:26:18	2:04:11
833	5535	Mertins Timo	*Duisburg	4:28:24	M50	167	0:53:43	1:25:09	2:09:31
834	4052	Bayram Sabri	WAT Läufer	4:28:25	M60	39	0:57:29	1:27:06	2:03:49
835	4246	Hogrefe Dr. Dirk	LT Starlight Team Essen	4:28:26	M50	168	0:57:03	1:26:36	2:04:46
836	3230	Ljubetic Nenad	*Bochum	4:28:32	M45	153	0:54:21	1:28:03	2:06:07
837	3234	Mura Mike	*Oberhausen	4:28:35	M20	49	0:55:24	1:26:50	2:06:20
838	4904	Hacke Wolfgang	Aktion Menschenstadt	4:28:53	M55	111	0:55:00	1:23:47	2:10:05
839	5455	Kuban Krystof	*Rheinberg	4:28:55	M40	116	0:54:05	1:27:32	2:07:17
840	4206	Duwe Simon	SV Haldern Lauftreff	4:29:11	M45	154	0:56:41	1:25:52	2:06:36
841	6120	Grabienski Wolfgang	SG Ruhr 1929	4:29:24	M65	16	0:58:05	1:25:59	2:05:19
842	5432	Dörper Manfred	BSV Bönninghardt	4:29:44	M55	112	0:57:52	1:26:37	2:05:14
843	3282	Dornseifer Michael	BSG Sparkasse Essen	4:30:16	M45	155	0:57:55	1:29:33	2:02:46
844	6058	Bittner Jörg	Max Maulwurf Marathonis	4:30:17	M50	169	0:51:52	1:22:03	2:16:21
845	3085	Rudolph Uwe	CTS	4:30:22	M55	113	0:56:11	1:27:39	2:06:31
846	5497	Krause Dr. Uwe	*Meerbusch	4:30:27	M55	114	0:55:58	1:27:13	2:07:15
847	4922	Slusarek Michael	*Dinslaken	4:30:37	M55	115	0:59:28	1:45:31	1:45:37
848	5580	Mannek Michael	AS Neukirchen-Vluyn	4:30:38	M50	170	0:57:24	1:25:05	2:08:08





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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
849	4920	Dienefeld Christian	STV Hünxe	4:30:40	M40	117	0:53:19	1:26:42	2:10:37
850	4564	Westerdick Markus	*Mülheim an der Ruhr	4:30:41	M35	96	0:49:29	1:33:50	2:07:20
851	4601	Ingenhaag Christoph	*Weeze	4:30:42	M35	97	0:55:57	1:25:39	2:09:05
852	5055	Frank Thomas	Team Erdinger Alkoholfrei	4:31:00	M50	171	0:58:49	1:24:30	2:07:41
853	5285	Nacken Georg	*Erkelenz	4:31:03	M40	118	0:54:51	1:27:25	2:08:46
854	3594	Fritschen Heiko	*Velbert	4:31:07	M45	156	0:55:17	1:28:02	2:07:47
855	5326	Lamyon Marcel	*Oberhausen	4:31:19	M40	119	0:54:48	1:26:05	2:10:25
856	4679	Kedras Achilleas	BSG Sparkasse Bochum	4:31:52	M40	120	0:54:18	1:27:18	2:10:15
857	3832	Kruse Patrick	WSV Schermbeck	4:31:57	M30	83	0:55:42	1:28:01	2:08:13
858	3233	Gröber Rüdiger	*Düsseldorf	4:32:13	M60	40	0:57:34	1:28:34	2:06:04
859	4158	Kaslack Petja	*Duisburg	4:32:26	M30	84	0:48:41	1:12:16	2:31:28
860	3623	Gumz Ingo	*Duisburg	4:32:27	M55	116	0:56:14	1:28:31	2:07:41
861	4598	Maaßen Heinz	LT TB Frintrop	4:32:34	M60	41	0:56:37	1:26:45	2:09:11
862	5021	Wehner Torsten	*Duisburg	4:32:36	M50	172	0:55:41	1:27:11	2:09:43
863	4701	Ruhland Alois	LT Gruiten-Neandertal	4:32:39	M55	117	0:57:44	1:27:47	2:07:07
864	4407	Möllhoff Udo	*Mülheim	4:33:26	M60	42	0:58:27	1:27:20	2:07:38
865	5320	Rittmann Sven	*Düsseldorf	4:33:42	M35	98	0:53:42	1:23:49	2:16:10
866	3418	Dähmlow Andreas	Eintracht Frankfurt Triathlon	4:33:47	M50	173	0:58:40	1:26:49	2:08:16
867	5507	Pastuszko Slawek	SV Schwafheim	4:33:49	M35	99	0:56:08	1:23:14	2:14:27
868	3489	Pohl Gerhard	Wir bei HKM	4:34:02	M55	118	0:55:14	1:28:52	2:09:55
869	3989	Klug Andreas	Running Dinslaken	4:34:10	M50	174	0:53:35	1:27:21	2:13:12
870	5583	Menke Klaus	AS Neukirchen-Vluyn	4:34:15	M65	17	0:57:44	1:27:21	2:09:08
871	6115	Krapf Erwin	SG Ruhr 1929	4:34:29	M45	157	0:52:17	1:25:14	2:16:57
872	5479	Langenhorst Peter	*Raesfeld	4:34:55	M55	119	0:55:49	1:27:20	2:11:45
873	4916	Müller Josef	*Ratingen	4:35:11	M60	43	0:57:46	1:29:27	2:07:57
874	5546	Damal Stefan	*Duisburg	4:35:17	M50	175	0:58:13	1:28:29	2:08:34
875	3590	Roling Ludger	SV Gladbeck 13	4:35:25	M55	120	0:59:12	1:27:42	2:08:30
876	5490	Cataldi Stefano	HanKiSte	4:35:32	M30	85	0:57:53	1:26:15	2:11:23
877	3077	Hengst Ralph	*Essen	4:35:34	M50	176	0:57:34	1:27:28	2:10:31
878	5060	Jaskolka Dietmar	*Wuppertal	4:35:46	M60	44	0:59:03	1:29:05	2:07:36
879	4610	Socher Michael	LC Duisburg	4:35:49	M55	121	0:57:16	1:28:21	2:10:10
880	5487	Linnemann Andreas	*Neukirchen Vluyn	4:36:04	M50	177	0:57:13	1:29:48	2:09:01
881	3536	Diekena Philipp	*Mülheim	4:36:12	M20	50	0:53:52	1:25:21	2:16:58
882	3546	Thomann Bastian	*Bottrop	4:36:16	M40	121	0:56:18	1:30:44	2:09:13
883	6069	Nottebaum Berthold	Max Maulwurf Marathonis	4:36:32	M60	45	0:55:06	1:24:05	2:17:21
884	4270	Schorn Ralf	KoMiRaSchorn	4:36:59	M55	122	0:55:31	1:28:52	2:12:35
885	3531	May Jörg	Running Dinslaken	4:37:07	M55	123	0:56:54	1:36:44	2:03:28
886	5573	Düerkop Vincent	*Duisburg	4:37:34	M20	51	0:59:48	1:28:31	2:09:14
887	5100	Dörner Josef	*47279	4:37:35	M50	178	0:58:59	1:29:52	2:08:44
888	6117	Ducke Dennis	SG Ruhr 1929	4:38:08	M35	100	0:57:47	1:32:07	2:08:13
889	6074	Rudolf Joachim	Max Maulwurf Marathonis	4:38:28	M65	18	0:57:50	1:28:40	2:11:56
890	4834	Kurze Hartmut	*Willich	4:38:34	M60	46	0:55:21	1:37:12	2:06:00
891	6113	Berger Dieter	SG Ruhr 1929	4:39:02	M60	47	0:58:42	1:29:11	2:11:09
892	5385	Hillebrand Christoph	ABB Betriebssport e.V.	4:39:08	M35	101	0:58:02	1:30:22	2:10:43
893	4734	Lunau Frank	Lauftreff Gruiten-Neandertal	4:39:09	M50	179	0:57:50	1:32:55	2:08:23
894	4747	Litzki Marco	Adler-Langlauf Bottrop	4:39:12	M30	86	0:59:01	1:30:34	2:09:36
895	3721	Ender Damian	Doppelrunde	4:39:28	M40	122	0:59:25	1:30:42	2:09:20
896	4751	Vierbaum Markus	*Duisburg	4:40:09	M40	123	0:59:46	1:31:17	2:09:05
897	5183	Kürschgen Kai	WSV Schermbeck	4:42:11	M50	180	0:55:05	1:22:57	2:24:08
898	5171	Plankert Otto	Team Veritas	4:42:26	M45	158	0:59:50	1:33:08	2:09:27
899	4174	Hattenhorst Marcel	*Duisburg	4:42:51	M30	87	0:55:00	1:25:59	2:21:51
900	3218	Soraruf Brian	Team Bratwurst	4:42:56	M40	124	0:56:21	1:27:59	2:18:35
901	4292	Mumcu Erdal	Mumcu.run	4:42:57	M45	159	1:00:54	1:32:40	2:09:22



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
902	4814	Schumann Oliver	Hamminkelter SV	4:42:58	M45	160	0:59:09	1:29:16	2:14:32
903	4926	Ewert Denis	*Mülheim	4:43:00	M20	52	0:56:54	1:32:05	2:14:00
904	6191	Hoffmann Christian	Vodafone Runners	4:43:15	M35	102	1:01:36	1:29:57	2:11:42
905	3712	Kalthoff Andreas	Signal-Iduna	4:43:19	M50	181	0:58:54	1:31:46	2:12:38
906	3798	Grabow Jan	Trinksportförderverein	4:43:20	M55	124	1:01:10	1:37:45	2:04:24
907	3850	Konkowski Frank	*Duisburg	4:43:21	M55	125	1:01:10	1:37:46	2:04:24
908	3143	Brockhaus Helmut	SPCA-Duisburg	4:44:48	M55	126	0:57:49	1:30:03	2:16:55
909	4295	Buchner Jan	*Düsseldorf	4:45:14	M40	125	0:59:36	1:33:29	2:12:09
910	4414	Ziesel Ingo	*Mülheim	4:46:01	M40	126	0:59:54	1:30:33	2:15:33
911	4129	Reifenrath Thomas	*Moers	4:46:07	M50	182	0:59:52	1:32:57	2:13:17
912	4563	Scheika Mike	*Moers	4:46:09	M45	161	0:59:53	1:32:57	2:13:17
913	5442	Schumacher Markus	*Bottrop	4:47:00	M45	162	1:00:03	1:29:31	2:17:25
914	6056	Müller Ulrich	TC Kray 1892 e.V.	4:47:40	M60	48	0:59:02	1:29:37	2:18:59
915	3303	Trienenjost Helmut	*Duisburg	4:47:46	M65	19	1:00:37	1:18:34	2:28:34
916	3473	Escher Christoph	Angerland LT Lintorf	4:48:06	M50	183	0:56:09	1:31:15	2:20:42
917	4116	Hölterhoff André	*Bottrop	4:49:07	M35	103	0:53:54	1:25:54	2:29:17
918	4604	Matten Christian	*Oberhausen	4:49:24	M45	163	0:57:42	1:35:11	2:16:30
919	5540	Küpper Gustav	Laufen in NRW	4:49:56	M60	49	0:58:05	1:32:49	2:19:01
920	3538	Retkowski Lutz	*Dortmund	4:50:42	M40	127	1:02:12	1:34:08	2:14:21
921	3336	Hennig Christoph	*Düsseldorf	4:51:45	M40	128	0:59:19	1:32:35	2:19:50
922	5094	Pilger Klaus	BSG Sachtleben	4:51:46	M55	127	1:06:58	1:31:00	2:13:48
923	4130	Vormdohre Dieter	*Ratingen	4:51:51	M60	50	1:02:23	1:32:58	2:16:30
924	3684	Jaloway Markus	*Ratingen	4:51:52	M55	128	1:02:23	1:32:58	2:16:30
925	5579	Stöckert Michael	AS Neukirchen-Vluyn	4:52:01	M45	164	0:58:03	1:30:24	2:23:33
926	4238	Ising Oliver	*Duisburg	4:53:00	M50	184	0:57:54	1:27:22	2:27:43
927	3310	Leroi Roland	LC Duisburg	4:53:53	M50	185	0:58:38	1:25:35	2:29:39
928	3179	Wlotzka Kamil	Die Leinwandhelden Cinemax	4:54:00	M30	88	1:11:22	1:30:02	2:12:34
929	4715	Rogall Michael	Ausdauer Schule by bunert	4:55:05	M50	186	1:00:07	1:32:55	2:22:03
930	5288	Brudek Dr. Gregor	*Rheinberg	4:55:52	M40	129	1:10:20	1:31:35	2:13:57
931	5290	Breznikar Lars	*Rheinberg	4:56:01	M50	187	1:10:19	1:31:35	2:14:06
932	3990	Filipov Robert	LGO Bochum	4:57:35	M45	165	1:00:20	1:38:11	2:19:02
933	4445	Ottofülling Klaus	*Duisburg	4:57:53	M40	130	1:04:59	1:35:22	2:17:30
934	4580	Jaeger Friedhelm	*Mülheim an der Ruhr	4:58:44	M55	129	1:03:45	1:38:05	2:16:54
935	3668	Grothoff Markus	*Solingen	4:58:58	M55	130	1:01:53	1:35:18	2:21:46
936	3941	Ernst Uwe	BSG Stadtwerke Duisburg	4:59:09	M55	131	1:01:27	1:34:26	2:23:15
937	4219	Hilgers Erich	Laufftreff Hülser Bruch	5:01:49	M80	1	1:03:09	1:35:46	2:22:53
938	3141	Schink Hagen	TuS 08 Lintorf	5:02:25	M60	51	1:02:26	1:32:39	2:27:19
939	4447	Schwärzl Josef	*Duisburg	5:02:29	M60	52	1:02:13	1:37:02	2:23:13
940	4109	Alt Rudi	Tri Ducks Dorsten	5:02:52	M70	5	1:06:46	1:39:45	2:16:21
941	4367	Lepartz Thomas	*Essen	5:02:54	M55	132	1:04:51	1:37:52	2:20:10
942	3801	Heinig Peter	*Duisburg	5:03:43	M60	53	1:01:24	1:33:52	2:28:26
943	5478	Porrman Lukas	*Issum	5:05:01	MU18	6	0:57:55	1:38:38	2:28:26
944	5452	Harrington Michael Willia	*Duisburg	5:05:51	M65	20	1:02:56	1:38:30	2:24:24
945	5004	Geisler Peter	*Duisburg	5:06:04	M45	166	1:03:47	1:43:49	2:18:27
946	5486	Köstermann Sascha	*Neukirchen-Vluyn	5:06:09	M45	167	1:01:50	1:39:24	2:24:55
947	5225	Annen Wolfgang	LC Duisburg	5:06:09	M45	168	1:03:52	1:43:49	2:18:27
948	5436	Meyer zu Drewer Johanne	*Duisburg	5:06:12	M20	53	0:58:37	1:46:25	2:21:08
949	3330	Lehmann Lutz	LC Duisburg	5:06:45	M55	133	1:03:24	1:35:42	2:27:38
950	5030	Cepok Theodor	Alles aus Liebe	5:06:49	M60	54	1:01:43	1:36:02	2:29:03
951	4648	Heimann Johannes	*Duisburg	5:07:03	M50	188	0:58:03	1:39:45	2:29:15
952	4531	Wissing Christian	SV Haldern Laufftreff	5:08:29	M50	189	1:06:57	1:46:58	2:14:34
953	4524	Eversmann Gerhard	*Duisburg	5:11:01	M55	134	1:02:40	1:43:08	2:25:12
954	4202	Grigo Klaus	SV Haldern Laufftreff	5:11:09	M60	55	1:02:16	1:40:02	2:28:50



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

**Männer**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
955	3544	Bergup Wolfgang	SF Nordvelen	5:11:11	M55	135	1:02:23	1:37:32	2:31:14
956	5274	Possin Jörg	*Krefeld	5:11:38	M35	104	1:03:18	1:37:16	2:31:03
957	4827	Carulla Pablo	Carulla Hv Tri	5:12:32	M55	136	0:59:39	1:44:53	2:27:59
958	4268	Heinrich Uwe	TuS Hamborn-Neumühl	5:14:02	M75	1	1:08:37	1:41:42	2:23:41
959	3742	Joeken Michael	*Duisburg	5:15:00	M60	56	1:02:50	1:42:06	2:30:03
960	4254	Habich Heiko	*Selm	5:16:40	M50	190	1:05:29	1:41:29	2:29:41
961	5475	Aben Stefan	Füchse Walbeck	5:17:24	M45	169	1:04:28	1:40:52	2:32:03
962	5313	Sörgel Michael	MTHC	5:18:40	M45	170	1:08:14	1:42:37	2:27:48
963	3433	Seitz Frank Michael	*Xanten	5:23:14	M50	191	1:10:59	1:45:48	2:26:27
964	5026	Steinacker Willi	Privat	5:23:42	M60	57	1:09:01	1:44:34	2:30:07
965	3226	Happ Christian	*Krefeld	5:24:50	M35	105	1:09:37	1:45:11	2:30:01
966	4064	Kremer Manfred	SV Haldern Lauftreff	5:27:04	M50	192	1:06:56	1:46:58	2:33:10
967	5065	Jockenhöfer Heinrich	SV Gladbeck 13	5:28:32	M70	6	1:02:05	1:46:02	2:40:25
968	4224	Kerkhof Ludolf	SV Haldern Lauftreff	5:28:53	M60	58	1:06:38	1:46:56	2:35:18
969	5085	Wollin Georg	LT Metzkausen	5:30:07	M70	7	1:07:38	1:43:26	2:39:02
970	3435	Meier Klaus-Martin	*Xanten	5:30:28	M55	137	1:10:59	1:45:48	2:33:41
971	3060	Matzke Christian	CHM	5:31:13	M35	106	1:06:50	1:43:07	2:41:15
972	3122	Jankowski Gerd	Waltroper LC 06	5:37:09	M60	59	1:07:42	1:53:21	2:36:05



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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
1	5549	Paquet Andree	Ausdauer Schule 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	5464	Schauerte Anna Catharin	TuS Breckerfeld	3:03:07	W30	1	0:39:18	0:58:57	1:24:51
4	6093	Devits Lise	Triathlon Mülheim	3:05:35	W20	1	0:39:27	0:58:19	1:27:48
5	5132	Schwartze Alexandra	OSC Waldbiel	3:11:31	W55	1	0:40:44	1:01:05	1:29:41
6	4613	Aßbeck Katharina	Tri Club Wuppertal	3:16:26	W30	2	0:41:12	1:02:49	1:32:23
7	3389	Lischka Sabine	SV Blau Weiß Bochum	3:17:52	W20	2	0:42:47	1:04:17	1:30:47
8	5053	Pfützenreuter Johanna	*Ratingen	3:19:27	W20	3	0:42:45	1:04:22	1:32:19
9	5039	Hofmann Kerstin	TuS Drevenack	3:19:56	W40	1	0:41:18	1:05:48	1:32:49
10	3764	Ischinsky Carolin	Lauffreunde Bottrop	3:21:23	W45	1	0:42:45	1:05:41	1:32:56
11	3339	Böger Nadine	Triathlon Team Ratingen 08	3:22:58	W40	2	0:43:43	1:05:55	1:33:19
12	5346	Hagelschuer Anka	SV Blau-Weiß Bochum	3:23:46	WU20	1	0:42:22	1:06:13	1:35:11
13	6239	Schmidt Steffi	200PRO GmbH	3:24:22	W40	3	0:44:11	1:06:15	1:33:55
14	6209	Metzger Patrizia	200PRO GmbH	3:26:24	W30	3	0:44:28	1:07:53	1:34:02
15	6202	Spundflasche Karolin	Gipfelkurs	3:28:04	W35	3	0:43:29	1:06:47	1:37:47
16	4117	Thimm Gitti	TV Goch	3:28:52	W50	1	0:44:57	1:07:31	1:36:23
17	5307	Lenders Stephanie	*Kempen	3:29:18	W45	2	0:45:15	1:07:30	1:36:33
18	3781	Kass Gudrun	SG Borken	3:29:20	W50	2	0:44:15	1:07:59	1:37:05
19	3004	Messer Mara		3:29:57	W20	4	0:46:28	1:07:25	1:36:04
20	3992	Hinz Charlotte	*Aachen	3:30:52	W20	5	0:44:03	1:08:13	1:38:35
21	6285	Claeßen Petra	LG Coesfeld	3:30:56	W45	3	0:45:36	1:07:46	1:37:34
22	3808	Fahrland Yvonne	TuB Bocholt	3:31:36	W30	4	0:45:44	1:09:25	1:36:26
23	3119	Rothe Frauke	SV Gladbeck 13	3:31:57	W35	4	0:44:39	1:07:22	1:39:55
24	4032	Pfitzmann Maike	TV Angermund	3:32:34	W20	6	0:44:17	1:07:07	1:41:08
25	5585	Casimir Sabine	AS Neukirchen-Vluyn	3:32:38	W50	3	0:44:34	1:08:43	1:39:20
26	5381	Kaiser Anne	*Dortmund	3:32:43	W35	5	0:44:24	1:10:18	1:38:00
27	4973	Döring Karin	Projekt 21	3:32:45	W35	6	0:45:33	1:07:46	1:39:25
28	5223	Verheyen Silva	*Duisburg	3:33:21	W30	5	0:45:42	1:08:42	1:38:57
29	5373	Wingert Nadine	*Tönisvorst	3:33:54	W20	7	0:44:40	1:08:23	1:40:50
30	5467	Überschär Marie	*Kempen	3:34:32	W30	6	0:44:45	1:08:56	1:40:49
31	5426	Lenz Tanja	Team Erdinger Alkoholfrei	3:34:38	W40	4	0:44:58	1:10:04	1:39:35
32	4310	Trottenberg Stephanie	Lokomotive Dortmund	3:37:00	W50	4	0:47:12	1:10:19	1:39:27
33	5492	Jehles Nora	*Mülheim an der Ruhr	3:37:10	W30	7	0:45:59	1:08:11	1:42:59
34	3125	Hofstetter Hanna	*Gießen	3:37:46	W20	8	0:46:59	1:10:50	1:39:56
35	5588	Tempesta Angela	AS Neukirchen-Vluyn	3:37:57	W35	7	0:45:59	1:11:05	1:40:53
36	3894	Van Hüüt Christina	LG Alpen	3:38:02	W30	8	0:48:16	1:10:31	1:39:14
37	4290	Börmann Jutta	Tri Ducks Dorsten	3:38:16	W50	5	0:45:50	1:09:54	1:42:30
38	4594	Bremer Kerstin	Aufgeben ist keine Option	3:38:31	W30	9	0:46:49	1:11:39	1:40:03
39	4220	Isensee Tina	LEX Bocholt Running Team	3:38:34	W35	8	0:46:01	1:10:36	1:41:56
40	4258	Rumpel Joana	Project 63	3:39:08	W20	9	0:44:50	1:10:40	1:43:38
41	4736	Mlinarsky Janine	LG Mönchengladbach	3:39:49	W35	9	0:47:20	1:09:26	1:43:02
42	3470	Busch Caren	WSV Schermbeck	3:40:29	W35	10	0:46:29	1:10:05	1:43:55
43	4942	Holtappel Heike	Allround Triathlon Team Klev	3:41:07	W45	4	0:46:36	1:12:17	1:42:13
44	4327	Janssen Anja	Lauftreff Großenbaum	3:42:20	W40	5	0:46:43	1:12:58	1:42:37
45	4014	Bektik Isa	*Düsseldorf	3:42:26	W40	6	0:46:01	1:12:14	1:44:10
46	5418	Telaar Judith	ICEBREAKER BOCHOLT	3:42:26	W30	10	0:47:35	1:12:18	1:42:33
47	3079	Meyer Stephanie	Wir rocken das	3:42:30	W40	7	0:45:53	1:11:34	1:45:01
48	5213	Dirkes Stephanie	*Duisburg	3:43:25	W40	8	0:48:19	1:13:01	1:42:04
49	4322	Orlova Galina	TEAM ELG	3:43:28	W45	5	0:48:32	1:12:07	1:42:48
50	3610	Bruns Klaudia	Borbecker Raketen Essen	3:43:41	W55	2	0:46:57	1:11:34	1:45:09
51	3773	Reuter Vera	*Witten	3:44:12	W50	6	0:47:35	1:13:16	1:43:20
52	3479	Binsfeld Birgit	LG Alpen	3:44:48	W40	9	0:48:48	1:11:10	1:44:49
53	3878	Brückner Miriam	Lauffreunde HADI Wesel	3:44:57	W35	11	0:49:02	1:12:55	1:42:59



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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
54	4529	Huelsmann Anja	WAT Läufer	3:45:11	W40	10	0:47:47	1:12:11	1:45:11
55	4952	Olschner Britta	*Moers	3:45:58	W40	11	0:47:31	1:11:44	1:46:43
56	6247	Bock Svenja	TUS BREITSCHEID	3:46:55	W30	11	0:54:42	1:11:25	1:40:47
57	5425	Heitmann Neele	*Bochum	3:47:20	W20	10	0:50:22	1:18:49	1:38:09
58	5271	Jenner Nicole	*KREFELD	3:47:31	W45	6	0:48:01	1:13:23	1:46:06
59	5292	Jaeger Sabrina	LC Duisburg	3:47:57	W35	12	0:47:36	1:12:58	1:47:22
60	4320	Göbel Naemi	Helios Iron Team	3:48:03	W20	11	0:47:59	1:12:44	1:47:19
61	5316	Grawley Claudia	Bunert Duisburg	3:48:18	W45	7	0:50:03	1:15:05	1:43:10
62	3795	Priester Sandra	VfL Gladbeck, Fun Runner	3:48:45	W45	8	0:49:54	1:20:48	1:38:02
63	3550	Unterberg Katrin	Lauftreff Obererft	3:48:49	W40	12	0:49:23	1:13:41	1:45:44
64	3468	Betke Daniela	FC Bayern München	3:49:20	W40	13	0:55:31	1:11:05	1:42:43
65	3875	Poralla Agathe	*Düsseldorf	3:49:23	W30	12	0:47:49	1:12:53	1:48:40
66	4672	Goerke Ann-Kathrin	*Bochum	3:49:48	W30	13	0:48:26	1:13:36	1:47:45
67	5396	Kappenhagen Angelika	TuS Oedt	3:50:05	W60	1	0:47:49	1:15:32	1:46:44
68	3194	Kokozinski Susanne	TSV Viktoria Mülheim	3:50:06	W55	3	0:48:04	1:14:27	1:47:34
69	6175	Schaefer Tina	Vodafone Runners	3:50:12	W35	13	0:49:40	1:17:09	1:43:21
70	5299	Wittig Sarah	*Duisburg	3:50:15	W30	14	0:47:22	1:13:36	1:49:16
71	3160	Kauffmann Inga	LT Starlight Team Essen	3:50:18	W45	9	0:49:13	1:15:21	1:45:43
72	4483	Schreven Severine	CrossFit Goch	3:50:47	W35	14	0:53:05	1:19:05	1:38:37
73	3030	Gebhard Tanja	*Krefeld	3:51:14	W50	7	0:46:44	1:11:20	1:53:09
74	4628	Fuehrer Tanja	*Krefeld	3:51:19	W35	15	0:49:36	1:15:21	1:46:22
75	4835	Eicheler Mona	gute-beine.de	3:51:26	WU18	1	0:47:47	1:12:49	1:50:48
76	5151	Kuse Nicole	TuS Xanten	3:51:34	W45	10	0:47:48	1:15:41	1:48:04
77	3063	Eckford Dr. Stephanie	*Goch	3:51:34	W35	16	0:55:34	1:11:58	1:44:02
78	4961	Mück Heike	Teamherbert	3:52:10	W30	15	0:47:11	1:13:44	1:51:14
79	4962	Börsdamm Maren	Teamherbert	3:52:10	W35	17	0:47:11	1:13:44	1:51:14
80	5531	Hohl Jana	Allround Triathlon Team Klev	3:52:12	W20	12	0:48:08	1:15:33	1:48:30
81	4333	Killisch Nara	*Wesel	3:52:18	W50	8	0:47:52	1:14:06	1:50:20
82	4730	Henseler Janine	LC Duisburg	3:52:22	W20	13	0:50:27	1:06:57	1:54:58
83	4374	Stenkamp Lynn	*Bocholt	3:52:57	W20	14	0:48:01	1:13:33	1:51:22
84	4808	Helmert Melanie	*Düsseldorf	3:53:24	W30	16	0:49:26	1:15:38	1:48:18
85	4150	Jaworek Katharina	LG Dorsten	3:53:41	W40	14	0:48:15	1:16:56	1:48:29
86	6118	Ewens Susanne	SG Ruhr 1929	3:53:49	W50	9	0:48:31	1:14:56	1:50:21
87	5465	Thinnes Merlin	Wolf-Gang	3:53:49	W20	15	0:49:11	1:16:14	1:48:24
88	4966	Brück Svea	Wolf-Gang	3:54:11	W20	16	0:49:16	1:17:22	1:47:32
89	3718	Carter Anne	ISD	3:54:12	W45	11	0:49:38	1:15:20	1:49:13
90	3763	Hölter Agnes	SG Borken	3:54:23	W60	2	0:49:37	1:15:44	1:49:02
91	4121	Höflich Merle	*Düsseldorf	3:54:37	W40	15	0:49:58	1:15:30	1:49:07
92	3484	Wirth Mariele	*Oberhausen	3:54:47	W50	10	0:48:39	1:15:53	1:50:14
93	6242	Schmidt Svenja	TV Wanheimerort 1880 e.V.	3:54:56	W20	17	0:51:06	1:14:47	1:49:01
94	5329	Langer Natalie	*Oberhausen	3:55:00	W20	18	0:51:09	1:16:08	1:47:43
95	4880	Schröder Katharina	*Bochum	3:55:03	W20	19	0:51:21	1:16:11	1:47:31
96	4639	Lamp Eva	*Krefeld	3:55:16	W30	17	0:50:38	1:16:10	1:48:26
97	6271	Schiffer Sandra	AOK Rheinland/Hamburg	3:55:16	W20	20	0:49:31	1:16:46	1:48:58
98	4678	Roos Jean	Kopifit	3:55:43	W45	12	0:47:15	1:12:29	1:55:58
99	3754	Greifenberg Laura	TV Wanheimerort 1880 e.V.	3:55:55	W30	18	0:47:49	1:13:39	1:54:26
100	3273	Bevers Wiebke	Ruhrrunner Essen	3:56:05	W50	11	0:50:56	1:17:20	1:47:48
101	3401	Bartholot Anja	*Korschenbroich	3:56:08	W45	13	0:49:23	1:14:46	1:51:59
102	4629	Opitz Maike	RUB HSP Lauftreff	3:56:16	W20	21	0:48:38	1:19:14	1:48:23
103	4308	Oberhäuser Angelika	Solinger LC	3:56:23	W65	1	0:51:19	1:16:10	1:48:52
104	6135	Conrad Claudia	Vodafone Runners	3:56:59	W40	16	0:48:35	1:14:51	1:53:32
105	5350	Edling Daniela	LGO Bochum	3:57:52	W40	17	0:48:52	1:19:06	1:49:53
106	3692	Coudurier Sandra	Freie Schwimmer Düsseldorf	3:57:53	W50	12	0:51:13	1:16:24	1:50:15



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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
107	3923	Kaliske Lara	*Duisburg	3:59:00	W20	22	0:49:53	1:16:40	1:52:26
108	4369	Wittag Rebecca	Bocholter WSV	3:59:00	W35	18	0:49:43	1:17:59	1:51:17
109	4842	Waterworth Kayleigh	*Düsseldorf	3:59:04	W30	19	0:51:30	1:18:39	1:48:55
110	4421	Wansing Monika	*Hamminkeln	3:59:49	W30	20	0:51:13	1:17:15	1:51:20
111	3965	Jansen Lisa	*Bocholt	3:59:55	W20	23	0:50:33	1:18:19	1:51:02
112	4826	Jenkner Carolin	*Ratingen-Hösel	4:00:19	WU20	2	0:49:53	1:16:27	1:53:59
113	4556	Wäschenbach Gloria	gotrifi.com	4:00:21	W30	21	0:50:21	1:18:16	1:51:43
114	4823	Wingerath Mona	Tri-Team TV Schiefbahn	4:00:28	W50	13	0:51:18	1:16:56	1:52:13
115	5400	Becker-Hansen Ines	Running Team Grafenberg	4:00:49	W40	18	0:52:28	1:18:07	1:50:13
116	5235	Genser Nina	*Düsseldorf	4:00:52	W45	14	0:48:00	1:21:57	1:50:55
117	4055	Sult Barbara	TC Kray 1892 e.V.	4:01:40	W65	2	0:50:17	1:18:57	1:52:25
118	3260	Cosack Annette	*45239	4:01:41	W50	14	0:51:09	1:17:59	1:52:33
119	3768	Schlüter-Michels Marion	SG Borken	4:01:56	W50	15	0:51:01	1:17:55	1:53:00
120	3126	Kirchner Sabrina	*Leichlingen	4:02:01	W35	19	0:51:10	1:19:43	1:51:08
121	4281	Aldenhoff Judith	LEMKEN Lauftreff	4:02:37	W20	24	0:52:19	1:17:45	1:52:32
122	4805	Einecke Denise	LT Schnecke Sonsbeck	4:02:40	W40	19	0:50:26	1:19:27	1:52:47
123	3090	Drusenheimer Nadja	*Düsseldorf	4:03:17	W40	20	0:48:20	1:19:39	1:55:17
124	6155	Keseberg Ricarda	Vodafone Runners	4:03:38	W30	22	0:53:15	1:16:53	1:53:29
125	4683	Beckmann Ricarda	Reeser SC Triathlon	4:03:43	W50	16	0:49:06	1:17:51	1:56:44
126	4901	Langenberg Anne	LG Alpen	4:04:26	W20	25	0:50:08	1:19:05	1:55:12
127	4940	Cyriax Jenny	*Mülheim/Ruhr	4:04:33	W35	20	0:49:36	1:18:35	1:56:20
128	3650	Pereira-Foerster Andréia	LC Duisburg	4:04:48	W50	17	0:50:59	1:19:07	1:54:41
129	6212	Eversmann Sylvia	200PRO GmbH	4:04:58	W30	23	0:48:01	1:19:31	1:57:25
130	5029	Cepok Claudia	Alles aus Liebe	4:05:00	W20	26	0:49:44	1:14:24	2:00:51
131	3971	Kamienski Anna	BSG Sparkasse Essen	4:05:55	W30	24	0:51:47	1:20:46	1:53:21
132	4317	Gwozdz-Jansen Petra	Triminators TV Voerde	4:05:55	W50	18	0:51:05	1:19:44	1:55:05
133	4675	Fahnenbruck Katrin	Kopifit	4:05:56	W50	19	0:51:54	1:19:53	1:54:08
134	4618	Kemper Christina	SV Adler Weseke	4:06:15	W20	27	0:52:53	1:18:31	1:54:51
135	6223	Lanfermann Jill	VIVAWEST	4:06:21	W30	25	0:53:26	1:19:07	1:53:48
136	6178	Huber Julie	Vodafone Runners	4:06:29	W30	26	0:51:07	1:20:04	1:55:17
137	5228	Kronwald Lea	OTV Endurance Team	4:06:32	W20	28	0:54:09	1:18:34	1:53:48
138	3191	Klasmeier Anke	*Mülheim an der Ruhr	4:06:38	W40	21	0:51:27	1:19:16	1:55:53
139	4505	Stahl Wibke	*Mülheim an der Ruhr	4:07:09	W35	21	0:51:17	1:18:43	1:57:07
140	6090	Tuchen Sandra	SSPK Oberhausen	4:07:20	W50	20	0:52:03	1:19:11	1:56:06
141	4676	Fechner Martina	Kopifit	4:07:46	W40	22	0:51:54	1:19:53	1:55:58
142	3996	Fischer Ann-Christin	TSG Kirchhellen	4:07:51	W20	29	0:50:50	1:26:11	1:50:50
143	3439	Ruske Joana	LT Lukas	4:08:08	W20	30	0:49:06	1:18:39	2:00:22
144	3729	Markhoff Karin	TSV Viktoria Mülheim	4:08:36	W60	3	0:52:30	1:20:03	1:56:03
145	5456	Bielicke Manja	Running Team Grafenberg	4:09:03	W50	21	0:55:30	1:20:15	1:53:17
146	4943	Bode Laura	*ESSEN	4:09:04	W60	4	0:54:09	1:19:43	1:55:11
147	4330	Staymann Katrin	*Alpen	4:09:06	W35	22	0:52:18	1:20:47	1:56:00
148	6179	Sander Carolin	Vodafone Runners	4:09:23	W20	31	0:51:07	1:20:04	1:58:11
149	3469	Preuß Anja	FC Bayern München	4:09:23	W40	23	0:52:47	1:21:28	1:55:07
150	5404	Grohn Jenny	*Duisburg	4:09:30	W30	27	0:51:25	1:20:54	1:57:11
151	4147	Oberhagemann Nicole	SV Gladbeck 13	4:09:43	W50	22	0:57:25	1:26:43	1:45:34
152	3320	Perschke Dr. Astrid	TSV Viktoria Mülheim	4:09:52	W55	4	0:51:31	1:19:22	1:58:58
153	5460	Nübel Nina	SV Blau-Weiß Bochum Tria	4:10:18	W45	15	0:59:36	1:33:02	1:37:40
154	6218	Kempf Anna	200PRO GmbH	4:10:28	W30	28	0:52:38	1:16:53	2:00:56
155	3652	Kipker Dina	Helios Iron Team Wuppertal	4:10:30	W55	5	0:52:38	1:20:26	1:57:25
156	5389	Hentschel Dorothee	Fünf Runner VfL Gladbeck	4:10:31	W45	16	0:53:14	1:21:14	1:56:02
157	4428	Behrens Dajana	*Düsseldorf	4:12:08	W20	32	0:51:56	1:22:54	1:57:17
158	4388	Von der Burg Gitta	Lauffreunde Knieweh Niederr	4:12:25	W45	17	0:53:52	1:20:54	1:57:39
159	3155	Schraven Silke	*Duisburg	4:12:48	W45	18	0:53:11	1:21:12	1:58:24

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
160	4984	Jansen Janine	Running Team Grafenberg	4:13:11	W35	23	0:51:37	1:23:43	1:57:49
161	4532	Leue Vivien	*Düsseldorf	4:13:11	W40	24	0:54:49	1:22:14	1:56:08
162	4724	Schweers Julia	Reeser SC Triathlon	4:13:12	W30	29	0:51:03	1:22:44	1:59:24
163	3762	Hoppmann Birgit	SG Borken	4:13:13	W40	25	0:53:57	1:22:13	1:57:01
164	4508	Espe Sandra	Action Espes	4:13:31	W20	33	0:56:01	1:21:36	1:55:53
165	4760	Kupke Vanessa	BSG Nispa	4:13:42	W35	24	0:51:34	1:19:40	2:02:27
166	3175	Brauns Elisabeth	Lauftreff Sterkrade-Nord	4:13:45	W50	23	0:54:00	1:22:59	1:56:46
167	3316	Rase Sigrun	Feuerwehr SV Düsseldorf	4:13:50	W45	19	0:53:20	1:19:56	2:00:32
168	4039	Uhrmacher Eva	Ballettschule Müller Castrop	4:14:12	W60	5	0:54:04	1:22:26	1:57:41
169	4426	Presch Katharina	*Duisburg	4:14:14	W20	34	0:50:22	1:19:52	2:03:59
170	4425	Pardey Charlotte	*Düsseldorf	4:14:17	W30	30	0:53:24	1:22:32	1:58:20
171	4539	Weimer Dr. Maud	Ski-Klub Düsseldorf 1906 e.V	4:14:21	W60	6	0:53:55	1:21:07	1:59:18
172	4440	Schwing Agnes	SG Borken	4:14:23	W60	7	0:53:58	1:21:59	1:58:25
173	5376	Busch Tamara	*Ratingen	4:14:27	W40	26	0:53:51	1:22:19	1:58:17
174	3776	Rentmeister Vanessa	TV Jahn Hiesfeld	4:14:32	W35	25	0:52:55	1:26:04	1:55:33
175	4143	Zacher Angelika	Marathon Dinslaken	4:14:39	W60	8	0:53:01	1:26:03	1:55:34
176	3056	Kubin Corinna	*Issum	4:14:39	W45	20	0:53:51	1:22:07	1:58:40
177	3760	Schmidt Anja	Schmiddies	4:14:39	W45	21	0:52:27	1:22:20	1:59:51
178	5462	Schmidt Sophie	Forrest Gump 2.0	4:14:40	WU18	2	0:52:29	1:22:19	1:59:51
179	4463	Bechtold Laura	Running Heads HHU	4:15:05	W30	31	0:52:26	1:20:28	2:02:10
180	3926	Peterburs Dr. Jutta	Running Heads HHU	4:15:06	W35	26	0:52:27	1:20:28	2:02:10
181	5137	Schwarz Susanna	*Duisburg	4:15:36	W20	35	0:52:11	1:20:20	2:03:04
182	5431	Garcia Cantero Begona	*Düsseldorf	4:15:45	W30	32	0:49:41	1:22:21	2:03:43
183	4489	Gagliardi Romina	RoMic	4:16:00	W30	33	0:53:15	1:24:35	1:58:10
184	5180	Grabe Annette	*Bochum	4:16:05	W50	24	0:54:20	1:24:08	1:57:36
185	4391	Klappach Ivonne	*Duisburg	4:16:14	W40	27	0:55:14	1:22:02	1:58:57
185	4392	Bader Janine	*Duisburg	4:16:14	W35	27	0:55:14	1:22:02	1:58:58
187	3248	Pütz Claudia	*Moers	4:17:00	W45	22	0:54:51	1:23:22	1:58:45
188	5520	Ströhlein Julia	*Paderborn	4:17:02	W20	36	0:54:47	1:23:49	1:58:25
189	3631	Detampel Heike	*Gladbeck	4:17:03	W55	6	0:56:18	1:23:21	1:57:23
190	3461	Nacken Maria	*Erkelenz	4:17:05	W40	28	0:52:59	1:27:33	1:56:32
191	3913	Jeß Heike	*Köln	4:17:17	W40	29	0:53:59	1:21:38	2:01:39
192	3154	Riemer Nadine	*Moers	4:17:18	W35	28	0:54:48	1:22:34	1:59:56
193	3862	Thirok Martina	*Oberhausen	4:17:21	W35	29	0:54:52	1:21:15	2:01:13
194	5106	Schulz-Bongert Sabine	Running Team Grafenberg	4:17:22	W55	7	0:54:40	1:22:21	2:00:19
195	5033	Beauvoir Florence	*Düsseldorf	4:17:39	W40	30	0:54:18	1:23:43	1:59:37
196	3181	Kretschmer Katrin	*Essen	4:17:40	W30	34	0:53:14	1:26:08	1:58:17
197	3758	Pirkl Andrea	Lauftreff Recklinghausen	4:18:32	W50	25	0:53:20	1:21:43	2:03:28
198	3045	Van Wieren Sietske	*Hünxe	4:18:33	W35	30	0:55:56	1:23:33	1:59:04
199	3147	Thißen Viviane	LT Schnecke Sonsbeck	4:18:34	W35	31	0:55:01	1:28:12	1:55:19
200	3477	Höse Alesja	SV Schermbeck 1912 e. V.	4:18:40	W35	32	0:50:46	1:17:40	2:10:12
201	3434	Bowles Katja	*Heiligenhaus	4:19:55	W45	23	0:53:41	1:26:17	1:59:55
202	5000	Daldrup Corinna	*Düsseldorf	4:20:07	W30	35	0:56:21	1:26:39	1:57:07
203	3529	Wolf Sabine	WAT Läufer	4:20:21	W55	8	0:56:02	1:23:42	2:00:36
204	4410	Meyer Birgit	Running Team Grafenberg	4:20:47	W50	26	0:54:20	1:24:00	2:02:25
205	4091	Tobey Sabine	*Mülheim	4:20:57	W30	36	0:53:17	1:24:48	2:02:51
206	4213	Halberkamp Trixi	*Essen	4:21:19	W40	31	0:54:06	1:24:19	2:02:54
207	4380	Blömeke Christiane	*Mülheim an der Ruhr	4:21:24	W50	27	0:53:48	1:24:23	2:03:12
208	4000	Michaelis Christina	*Düsseldorf	4:21:29	W35	33	0:56:10	1:26:24	1:58:54
209	4288	Morgenschweis Dagmar	LC Duisburg	4:21:45	W55	9	0:54:52	1:23:55	2:02:57
210	5193	Baberske Ina	*Hilden	4:21:55	W35	34	0:56:33	1:24:33	2:00:48
211	3519	Driessen Ulla	SV Viktoria Goch	4:22:03	W60	9	0:54:12	1:24:31	2:03:20
212	5078	Schönefeld Silke	PV Triathlon Witten	4:22:08	W45	24	0:52:22	1:30:34	1:59:10



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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
213	3761	Hlacer Anja	Lauftreff Recklinghausen	4:22:22	W50	28	0:54:44	1:24:11	2:03:26
214	6085	Kleinfeld Andrea	BWG Running Team	4:22:25	W50	29	0:55:38	1:26:47	1:59:58
215	4637	Gunia Birgit	Renntiere	4:22:43	W50	30	0:55:03	1:25:43	2:01:56
216	3740	Schütte Ulrike	*Düsseldorf	4:22:52	W45	25	0:54:04	1:24:28	2:04:20
217	4788	Jordan Anja	OSC 04 Rheinhausen	4:23:47	W40	32	0:57:08	1:23:04	2:03:34
218	4481	Stops Michaela	TV Witzhelden	4:23:52	W50	31	0:55:06	1:23:38	2:05:07
219	3705	Bürklin Andrea	*Essen	4:24:00	W30	37	0:57:46	1:24:38	2:01:35
220	3221	Macken-Reinirkens Cath	Dublin	4:24:06	W60	10	0:54:30	1:25:09	2:04:26
221	5399	Baumeister Nicole	*Oberhausen	4:24:26	W40	33	0:57:11	1:25:40	2:01:34
222	5411	Tünnißen Sylvia	Viktoria Goch	4:24:30	W45	26	0:54:50	1:26:20	2:03:20
223	5322	Juchnewski Sandra	*Duisburg	4:24:50	W40	34	0:54:23	1:25:25	2:05:01
224	3352	Kracke Heike	*Bad Bentheim	4:24:56	W45	27	0:57:36	1:25:51	2:01:28
225	4965	Lamerichs Andreana	*Krefeld	4:25:21	W50	32	0:56:10	1:25:14	2:03:56
226	5081	Leisch Laura	*Köln	4:25:31	W20	37	0:55:31	1:25:57	2:04:01
227	4074	Risch Bettina	TV Jahn Hiesfeld	4:25:36	W55	10	0:56:43	1:25:50	2:03:02
228	3632	Weidemann Ulrike	LC Duisburg	4:25:40	W55	11	0:55:00	1:26:27	2:04:13
229	5427	Lestari Vanda	*Ratingen	4:26:13	W40	35	0:54:35	1:28:27	2:03:10
230	5022	Feldmann Sarah	*Kalkar	4:26:19	W35	35	0:58:01	1:28:57	1:59:20
231	4264	Laichter Judith	Triathlon Mülheim	4:26:46	W20	38	0:52:43	1:29:26	2:04:37
232	4771	Huppertz Sandra	*Moers	4:26:57	W35	36	0:54:14	1:28:35	2:04:07
233	3242	Erlekotte Jutta	Marathon Dinslaken	4:27:20	W55	12	0:57:44	1:26:11	2:03:25
234	4938	Kowalczyk Jana	*Bochum	4:27:41	W20	39	0:57:39	1:24:03	2:05:58
235	4159	Mauritz Isabel	Juna Runners	4:28:14	W40	36	0:55:17	1:24:56	2:08:00
236	6070	Pesa Mathilde	Max Maulwurf Marathonis	4:28:28	W35	37	0:50:50	1:25:54	2:11:44
237	4960	Gavranovic Marina	*Dinslaken	4:28:35	W30	38	0:56:00	1:22:59	2:09:35
238	5135	Thiel Daniela	*Witten	4:28:53	W45	28	0:55:43	1:27:03	2:06:06
239	5208	Gaidies Katja	*Düsseldorf	4:29:10	W40	37	0:56:31	1:26:31	2:06:06
240	4260	Knörle Susanne	Oberhausen hilft e.V.	4:29:56	W50	33	0:56:09	1:27:23	2:06:22
241	5189	Siepmann Nicole	*Rheinberg	4:30:07	W45	29	0:57:38	1:26:05	2:06:23
242	3361	Müller Silke	Lippejogger	4:31:06	W45	30	0:58:20	1:29:29	2:03:16
243	5595	Heidenreich Katrin	TV Wanheimerort 1880 e.V.	4:31:17	W20	40	0:54:24	1:29:05	2:07:47
244	3711	Ender Tanja	Doppelrunde	4:31:18	W45	31	0:57:45	1:27:46	2:05:46
245	3307	Schenkel Elena	*Essen	4:31:19	W30	39	0:55:01	1:27:19	2:08:59
246	4919	Hoffmann Babett	*Bochum	4:31:26	W20	41	0:55:41	1:27:25	2:08:19
247	3168	Schaefer Andrea	*Gelsenkirchen	4:31:42	W45	32	0:55:19	1:25:55	2:10:27
248	5143	Lobermeier Nicole	*Hagen	4:31:46	W45	33	0:55:53	1:27:10	2:08:42
249	5526	Möhring Christina	Runners Schwafheim	4:31:46	W40	38	0:56:13	1:27:11	2:08:21
250	4210	Czerner-Nicolas Kirsten	LGO Bochum	4:31:50	W45	34	0:56:05	1:27:45	2:08:00
251	4164	Vogel Sarah	Laufwerk Ruhr	4:31:58	W30	40	0:56:20	1:25:16	2:10:21
252	5181	Lange Dagmar	*Düsseldorf	4:32:05	W45	35	0:56:00	1:24:44	2:11:20
253	4622	Wimmers Marion	*Krefeld	4:32:15	W40	39	0:55:15	1:30:28	2:06:31
254	3051	Eckhardt Melanie	LC Duisburg	4:32:54	W40	40	0:57:24	1:27:11	2:08:19
255	5131	Siegfnaz Stephanie	Crossfit Crefeld	4:33:05	W30	41	0:55:20	1:31:06	2:06:38
256	4802	Feldhoff Kirsten	*Radevormwald	4:33:11	W50	34	0:57:41	1:28:04	2:07:26
257	4526	Brockhaus Iris	spca duisburg	4:33:14	W50	35	0:57:50	1:29:57	2:05:26
258	5499	Papiorek Katja	*Essen	4:33:17	W40	41	0:57:10	1:27:35	2:08:30
259	4549	Nowacki Maren	*Dinslaken	4:33:40	W20	42	0:56:43	1:27:21	2:09:34
260	3192	Nicodem Linda	*Bochum	4:33:43	W40	42	0:57:19	1:25:54	2:10:29
261	4079	Vogt Monika	Zulu Runners	4:33:44	W50	36	0:53:39	1:22:52	2:17:12
262	4830	Gellendin Diana	*Krefeld	4:34:18	W35	38	0:53:58	1:25:37	2:14:42
263	3961	Winter Ulrike	Laufschule Düsseldorf	4:34:24	W45	36	0:55:27	1:22:12	2:16:45
264	5578	Stöckert Tanja	AS Neukirchen-Vluyn	4:34:57	W40	43	0:58:00	1:29:34	2:07:22
265	3276	Oestreich Susanne	Team Camerone e.V.	4:35:16	W50	37	0:59:41	1:32:43	2:02:51





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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
266	4606	Leo-Zimmermann Jasmin	*Leichlingen	4:35:17	W50	38	0:58:01	1:26:20	2:10:54
267	5582	Menke Mirjam	AS Neukirchen-Vluyn	4:35:20	W20	43	0:57:02	1:29:30	2:08:47
268	3599	Szpogán Susanne	Covivio Immobilien GmbH	4:35:22	W55	13	0:58:19	1:27:15	2:09:47
269	3341	Levering Gundula	DIE LEVERINGS	4:35:23	W40	44	0:57:02	1:28:26	2:09:54
270	5489	Block Hannan	HanKiSte	4:35:28	W20	44	0:57:52	1:26:14	2:11:20
271	6154	Braune Karin	Vodafone Runners	4:35:28	W45	37	0:56:35	1:31:44	2:07:09
272	5488	Brück Kristina	HanKiSte	4:35:30	W30	42	0:57:52	1:26:14	2:11:23
273	6139	Hartdegen Melanie	Vodafone Runners	4:35:39	W40	45	0:58:42	1:28:54	2:08:01
274	5298	Sausen Jennifer	*Hattingen	4:35:47	W35	39	0:57:53	1:28:50	2:09:02
275	5125	Geller Vera	*Bergheim	4:35:48	W30	43	0:48:25	1:29:49	2:17:34
276	5174	Bocek Nicole	*Duisburg	4:35:58	W45	38	0:58:01	1:29:18	2:08:38
277	5319	Schmitz Astrid	*Moers	4:36:17	W45	39	0:56:58	1:27:14	2:12:04
278	5351	Eitner Madeleine	Wolf-Gang	4:36:35	W20	45	0:57:46	1:30:05	2:08:44
279	5178	Meier Katja	LC	4:36:38	W40	46	0:58:02	1:29:16	2:09:19
280	3909	Schmitt Yvonne	TC Burg	4:36:43	W40	47	0:59:35	1:26:22	2:10:45
281	4911	Entrup Judith	*Dinslaken	4:36:54	W40	48	0:57:17	1:36:37	2:02:58
282	4066	Schultz Inga	*Düsseldorf	4:37:12	W30	44	0:57:03	1:28:01	2:12:07
283	3833	Kruse Nicole	WSV Schermbeck	4:37:44	W20	46	0:57:08	1:29:03	2:11:31
284	4660	Ammerschuber Jenny	Borbecker Raketen Essen	4:37:52	W30	45	0:58:17	1:26:47	2:12:47
285	4659	Schön Sandra	Borbecker Raketen Essen	4:37:52	W45	40	0:58:18	1:26:47	2:12:47
286	5176	Kühnen Jutta	LC Duisburg	4:38:10	W45	41	0:58:38	1:29:57	2:09:34
287	3547	Strübing Alexandra	*Bottrop	4:38:22	W45	42	0:58:33	1:30:45	2:09:03
288	4748	Rost Jessica	Adler-Langlauf Bottrop	4:39:12	W35	40	0:59:01	1:30:35	2:09:36
289	3890	Fauseweh Katrin	*Oberhausen	4:39:22	W35	41	0:56:06	1:29:07	2:14:08
290	4303	Conzen Gerda	ETB Essen	4:39:29	W60	11	0:58:39	1:28:03	2:12:45
291	4020	Krah Bettina	VfL Fun Runner Gladbeck	4:39:38	W40	49	1:03:50	1:29:49	2:05:58
292	3999	Hajesch Sandra	*Hamminkeln	4:40:40	W45	43	0:57:47	1:32:13	2:10:39
293	3571	Dieckmann Anke	*Dinslaken	4:41:17	W40	50	1:01:25	1:33:53	2:05:57
294	3288	Schankweiler Martina	SV Viktoria Goch	4:41:25	W55	14	0:56:35	1:29:10	2:15:39
295	4398	Gesing Kerstin	*Essen	4:42:02	W30	46	0:58:13	1:30:31	2:13:18
296	3803	Becker Tanja	*Bottrop	4:42:15	W50	39	0:58:46	1:30:31	2:12:57
297	4077	Hrdy Andrea	*Rommerskirchen	4:42:50	W60	12	0:58:20	1:31:58	2:12:31
298	4813	Schumann Inga	Hamminkeler SV	4:42:57	W40	51	0:59:09	1:29:16	2:14:31
299	4752	Vierbaum Anne	*Duisburg	4:42:58	W30	47	0:59:46	1:31:17	2:11:54
300	4925	Wirtz Janina	*Mülheim	4:43:00	W20	47	0:56:54	1:32:05	2:14:00
301	3462	Friesenhagen Judith	*Essen	4:43:03	W35	42	0:59:51	1:29:00	2:14:10
302	4114	Olejniczak Saskia	LSB-Schweinehunde	4:43:13	W35	43	0:54:41	1:34:22	2:14:09
303	5201	Wolfsdorff Stefanie	*Moers	4:43:58	W40	52	1:01:21	1:30:02	2:12:34
304	4567	Sander Hanna	*Mülheim	4:44:10	W20	48	0:58:12	1:30:42	2:15:15
305	4573	Dörrie Johanna	*Essen	4:44:22	WU20	3	0:56:56	1:32:06	2:15:19
306	6168	Guglielmi Jeanette	Vodafone Runners	4:45:06	W50	40	0:58:19	1:34:01	2:12:46
307	3523	Nürnberg Ute	Die Römers	4:45:28	W50	41	1:01:44	1:32:15	2:11:28
308	4624	Schuhmacher Sophie Agn	*Aachen	4:45:36	W20	49	0:58:33	1:34:04	2:12:57
309	3207	Vogel Melanie	BSG Sparkasse Essen	4:45:42	W40	53	0:55:53	1:36:38	2:13:09
310	3021	Loch Birgit	*Duisburg	4:45:45	W45	44	1:00:27	1:32:59	2:12:19
311	6055	Wilke Sigrid	Borbecker Raketen Essen	4:46:27	W55	15	1:00:12	1:33:27	2:12:48
312	5251	Benecke Dr. Janine	*Düsseldorf	4:46:43	W40	54	0:58:14	1:31:19	2:17:09
313	3602	Bück Nicole	*Duisburg	4:47:02	W45	45	1:00:34	1:33:31	2:12:55
314	5435	Meyer zu Wendischhoff L	*Duisburg	4:47:51	W20	50	0:58:37	1:28:05	2:21:08
315	4400	Werner Julia	Bocholter WSV	4:47:57	W40	55	0:59:59	1:34:26	2:13:31
316	4963	Czerwinski Nicole	lauf dich glücklich	4:48:15	W45	46	1:00:16	1:32:30	2:15:28
317	3737	Gehrmann Katja	*Ratingen	4:48:27	W40	56	0:58:13	1:32:33	2:17:40
318	5428	Visan Emilia	LC Duisburg	4:48:35	W35	44	1:00:17	1:33:49	2:14:27



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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein*/Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
319	4702	Gerling-Ruhland Ute	LT Gruiten-Neandertal	4:48:37	W55	16	1:00:44	1:33:31	2:14:21
320	3296	Zweers Bernadette	*Kaarst	4:49:02	W40	57	0:57:51	1:32:35	2:18:34
321	4231	Wulfheide Joelle	*Wuppertal	4:49:11	W30	48	1:00:55	1:31:41	2:16:33
322	3730	Heisterkamp Pia	*Mülheim	4:49:14	W45	47	1:01:06	1:35:56	2:12:11
323	3206	Maletz Christine	*Ratingen	4:49:17	W30	49	0:59:05	1:32:32	2:17:39
324	4871	Teichmann Christine	Lauftreff Gruiten-Neandertal	4:49:38	W60	13	1:00:46	1:34:31	2:14:20
325	5550	Flach Marianne	Borbecker Raketen Essen	4:49:43	W60	14	1:02:28	1:33:07	2:14:07
326	4936	Thissen Tanja	*Uedem	4:50:56	W35	45	0:58:44	1:34:56	2:17:15
327	6164	Wienkoop Kristina	Vodafone Runners	4:51:36	W30	50	1:00:15	1:35:08	2:16:12
328	4990	Priestley Jennifer	*Duisburg	4:52:01	W30	51	1:00:24	1:33:19	2:18:18
329	3271	Heimann Monika	LT MG-Volksgarten	4:52:05	W55	17	1:03:06	1:34:41	2:14:17
330	5202	Lale Hatice	*Moers	4:52:51	W30	52	1:01:20	1:32:39	2:18:51
331	5200	Hoffmann Andrea	*Moers	4:52:53	W35	46	1:01:21	1:32:39	2:18:52
332	4352	Helm Anika	MTG 1856	4:53:09	W20	51	0:58:52	1:33:46	2:20:31
333	5327	Mandjes Sandra	*Recklinghausen	4:54:11	W40	58	1:00:34	1:34:32	2:19:03
334	3554	Bock Silvia	Angerland LT Lintorf	4:54:12	W60	15	0:59:30	1:32:48	2:21:54
335	5570	Krombach Diana	Lauftreff Sterkrade Nord	4:54:19	W40	59	0:58:00	1:35:16	2:21:03
336	5090	Groll Tina	*Recklinghausen	4:55:04	W45	48	1:00:36	1:35:24	2:19:03
337	3039	Laschet Katrin	TRC Essen 84	4:56:12	W40	60	1:01:42	1:36:37	2:17:52
338	4969	Schneider Michaela	*Bocholt	4:56:16	W45	49	1:01:30	1:32:20	2:22:25
339	5571	Hausberg Silke	Lauftreff Sterkrade Nord	4:56:30	W40	61	0:59:28	1:35:57	2:21:03
340	3765	Pamp Bettina	Lauftreff Recklinghausen	4:58:35	W45	50	1:01:06	1:36:31	2:20:57
341	4612	Ufermann Pia	*Bochum	4:59:47	W20	52	0:59:52	1:40:51	2:19:03
342	4614	Feller Anna	*Bochum	4:59:48	W20	53	0:59:52	1:40:51	2:19:04
343	4535	Kienast Daniela	*Essen	5:00:32	W40	62	1:01:45	1:37:17	2:21:29
344	4229	Holz Janine	*Oberhausen	5:00:34	W35	47	1:01:44	1:37:17	2:21:32
345	5613	Guidastri Marion	LC Duisburg	5:00:47	W35	48	1:01:27	1:36:04	2:23:15
346	5597	Krebber Franziska	Evang. Klinikum Niederrh.	5:01:14	W35	49	0:58:08	1:38:41	2:24:24
347	4007	Baumeister Christa	*Willich	5:02:02	W50	42	1:03:02	1:36:10	2:22:48
348	3214	Zora Susanne	*Mülheim	5:02:29	W60	16	1:01:33	1:35:29	2:25:27
349	5360	Besnoin Claire	*Ratingen	5:02:43	W50	43	1:06:14	1:39:35	2:16:52
350	4608	Ochmann Ines	*Xanten	5:04:05	W30	53	1:03:10	1:37:07	2:23:47
351	3887	Patzke Petra	Die Fantastischen vier	5:04:08	W55	18	1:02:04	1:41:08	2:20:56
352	5188	Hammel Xiaopan	*Krefeld	5:04:34	W20	54	1:00:07	1:43:26	2:21:00
353	3865	Müller-Feldhaus Inga	*Moers	5:04:35	W20	55	1:05:15	1:32:16	2:27:02
354	3382	Fleischer Heidemarie	Skiclub Gevelsberg	5:04:44	W65	3	1:02:56	1:40:48	2:21:00
355	3502	Böhm Michaela	*Duisburg	5:05:02	W40	63	1:04:57	1:36:00	2:24:04
356	4430	Freihoff Johanna	*Mülheim an der Ruhr	5:05:54	W20	56	1:00:20	1:38:08	2:27:25
357	3062	Cartilli Nermin	PV Triathlon Witten	5:06:48	W40	64	1:09:13	1:48:20	2:09:13
358	4313	Herwix Helena	*Duisburg	5:07:34	W30	54	1:08:48	1:37:01	2:21:44
359	4157	Brandt-Kaslack Franziska	*Duisburg	5:09:04	W30	55	1:01:49	1:35:45	2:31:29
360	3318	Jokiel Stefanie	*Ratingen	5:09:09	W35	50	1:02:26	1:39:26	2:27:16
361	5061	Gödicke Antje	*Wuppertal	5:09:12	W45	51	1:04:05	1:43:21	2:21:45
362	3562	Krahlisch Petra	*Duisburg	5:09:37	W50	44	1:03:15	1:39:57	2:26:23
363	4516	Frericks Silke	LT Starlight Team Essen	5:10:32	W45	52	1:03:08	1:43:17	2:24:06
364	4311	Kindler Manuela	*Duisburg	5:10:39	W35	51	1:08:48	1:37:21	2:24:29
365	4775	Tkocz Juliane	Running Heads HHU	5:12:46	W20	57	1:01:35	1:48:04	2:23:06
366	3521	Plümel Claudia	*Heiligenhaus	5:13:40	W40	65	1:04:57	1:40:47	2:27:55
367	6105	Beckman Melanie	Die Leinwandhelden Cinemax	5:14:53	W40	66	1:07:15	1:42:09	2:25:28
368	6246	Müller Jasmin	AOK Rheinland/Hamburg	5:15:21	W40	67	1:06:09	1:39:32	2:29:39
369	4253	Maashofer Nicole	*Dortmund	5:16:41	W45	53	1:05:29	1:41:30	2:29:41
370	3486	Grafen Andrea	Läuft bei Grafens	5:17:20	W35	52	1:01:49	1:39:03	2:36:27
371	3494	Rätscher Cristina	*Düsseldorf	5:18:37	W20	58	1:06:36	1:44:39	2:27:20



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

**Frauen**

Ges.Pl.	Nr.	Name Vorname	Verein/*Ort	Gesamt	AK	AK-Pl.	10km	15km	21km
372	3091	Köster Ingelore	PV-Triathlon Witten	5:27:24	W70	1	1:09:12	1:48:21	2:29:50
373	4141	Muhren Gaby	Physioquelle	5:29:30	W60	17	1:10:53	1:49:21	2:29:15
374	5086	Rychlik Birgit	LT Metzkausen	5:30:06	W55	19	1:07:38	1:43:25	2:39:03
375	5214	Krumrey Sandra	Borbecker Raketen Essen	5:31:32	W50	45	1:09:10	1:47:51	2:34:30
376	3642	Schael Ines	Ausdauer Schule by bunert	5:36:47	W40	68	1:08:26	1:47:18	2:41:02
377	5028	Cepok Dr. Ingrid	Alles aus Liebe	5:37:46	W60	18	1:06:51	1:46:04	2:44:50
378	5121	Große Beate	Helios Iron Team Wuppertal	5:41:44	W55	20	1:18:50	1:58:17	2:24:37
379	3244	Goyk Tina	Waltroper LC 06	5:45:21	W40	69	1:13:10	1:56:03	2:36:06