

30. Rhein-Ruhr-Marathon  
Duisburger Wertung

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## Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
1	2	Kreth, Magnus	76	GER	ASV Duisburg	M35	1	1	1:16:33	2:36:42	2:36:44	3:42
2	734	Herberg, Rainer	84	GER	ASV Duisburg	MM	1	2	1:25:09	2:53:05	2:53:07	4:06
3	498	Helmich, Klaus	68	GER	Rumelner TV	M45	1	3	1:25:49	2:54:16	2:54:21	4:07
4	577	Schubbert, Michael	69	GER	Team Catmic	M40	1	4	1:29:56	3:01:58	3:02:09	4:18
5	300	Peter, Detlev	65	GER	Krefelder Kanu Klub	M45	2	5	1:29:50	3:04:47	3:04:55	4:22
6	15	Krause, Frank	64	GER	Wir bei HKM	M45	3	7	1:33:54	3:09:58	3:10:10	4:30
7	635	Kölven, Ludger	76	GER	Rumelner TV	M35	2	8	1:29:48	3:11:23	3:11:31	4:32
8	54	Wazna, Holger	73	GER	Rumelner TV	M40	2	9	1:33:42	3:11:32	3:11:44	4:32
9	622	Garçerakis, Konstantinos	73	GRC	*Duisburg	M40	3	10	1:33:47	3:17:06	3:17:19	4:40
10	915	Van der Pluijm, Cornelis	63	GER	LC Duisburg	M50	1	12	1:37:51	3:19:21	3:19:41	4:43
11	11	Bach, Markus	66	GER	DJK Buchholz	M45	4	13	1:37:10	3:19:45	3:19:54	4:44
12	80	Große, Dieter	69	GER	LC Duisburg	M40	4	14	1:37:01	3:20:51	3:21:06	4:45
13	138	Peters, Michael	79	GER	Laufjunkies	M30	1	15	1:40:28	3:22:50	3:23:13	4:48
14	205	Mendritzki, Martin	72	GER	*Duisburg	M40	5	16	1:37:20	3:24:34	3:24:51	4:50
15	45	Strack, Sascha	76	GER	Marathon Dinslaken	M35	3	17	1:38:41	3:25:42	3:25:48	4:52
16	700	Plitt, Carsten	66	GER	ASV Duisburg	M45	5	18	1:39:41	3:26:25	3:26:47	4:53
17	650	Menzel, Oliver	84	GER	*Duisburg	MM	2	19	1:37:06	3:28:12	3:28:27	4:56
18	213	Plein, Rainer	66	GER	Kakabulla Running Team	M45	6	21	1:41:07	3:28:59	3:29:22	4:57
19	214	Plein, Thomas	69	GER	Wir bei HKM	M40	6	22	1:41:07	3:29:00	3:29:22	4:57
20	66	Görtz, Dirk	67	GER	TV 1900 Duisburg Wanheim	M45	7	23	1:43:59	3:29:17	3:29:54	4:57
21	203	Kremer, Werner	59	GER	Ausdauerschule By Bunert	M50	2	24	1:41:50	3:29:21	3:29:45	4:57
22	160	Müller, Frank	65	GER	Bph Runners	M45	8	25	1:42:47	3:29:29	3:29:36	4:57
23	694	Zimmermann, Frank	69	GER	LC Duisburg	M40	7	26	1:44:09	3:29:37	3:30:03	4:58
24	647	Makurath, Peter	65	GER	*Duisburg	M45	9	27	1:37:06	3:29:40	3:29:54	4:58
25	330	Lawalata, Hady	68	GER	SV Langendreer 04	M45	10	28	1:44:12	3:29:48	3:30:11	4:58
26	97	Grittner, Werner	59	GER	LC Duisburg	M50	3	29	1:39:41	3:29:54	3:30:15	4:58
27	159	Hücking, David	72	GER	*Duisburg	M40	8	30	1:44:06	3:32:03	3:32:28	5:01
28	114	Borchert, Alexander	68	GER	*Duisburg	M45	11	31	1:44:04	3:32:03	3:32:28	5:01
29	516	Heinzen, Michael	62	GER	Mhd Duisburg	M50	4	32	1:43:36	3:32:10	3:32:16	5:01
30	116	David, Flamingo	72	GER	*Duisburg	M40	9	33	1:44:29	3:34:34	3:34:55	5:05
31	81	Vogt, André	71	GER	LC Duisburg	M40	10	35	1:41:11	3:38:44	3:39:04	5:11
32	640	Lahn, Markus	74	GER	*Duisburg	M35	4	36	1:46:51	3:39:08	3:39:53	5:11
33	151	Tenié, Thorsten	68	GER	*Duisburg	M45	12	37	1:50:00	3:40:05	3:40:38	5:12
34	536	Breer, Pater Tobias	63	GER	Abtei Hamborn	M50	5	38	1:43:53	3:40:19	3:40:49	5:13
35	167	Hausmann, Peter	66	GER	LC Duisburg	M45	13	39	1:49:17	3:41:11	3:41:47	5:14
36	332	Richardson, Ian	73	GBR	*Duisburg	M40	11	40	1:43:07	3:41:26	3:41:45	5:14
37	824	Sobiech, Dominik	85	GER	*Duisburg	MM	3	43	1:45:48	3:41:42	3:42:25	5:15
38	899	Heid, Frank	60	GER	LC Duisburg Marathonkurs	M50	6	44	1:51:39	3:42:20	3:43:02	5:16
39	158	Feichtinger, Axel	67	GER	*Duisburg	M45	14	45	1:47:00	3:42:22	3:42:53	5:16
40	538	Haardt, Daniel	80	GER	*Duisburg	M30	2	47	1:44:59	3:43:17	3:43:47	5:17
41	223	Stuhlmacher, Michael	61	GER	OSC 04 Rheinhausen e. V.	M50	7	48	1:51:08	3:43:48	3:44:28	5:18
42	162	Steinhoff, Karl-Philipp	83	GER	Wir bei HKM	M30	3	49	1:45:30	3:43:51	3:44:17	5:18
43	595	Anschütz, Christian	88	GER	Ruhr-Universität Bochum	MM	4	50	1:45:06	3:44:07	3:44:36	5:18
44	960	Scholl, Holger	63	GER	*Duisburg	M50	8	51	1:49:24	3:44:09	3:44:54	5:18
45	345	Niedergesäß, Frank	60	GER	LC Duisburg	M50	9	52	1:51:40	3:44:18	3:44:56	5:18
46	1100	Koths, Martin	64	GER	*Duisburg	M45	15	53	1:41:20	3:44:35	3:44:56	5:19
47	870	Esposito, Gennaro	62	ITA	ASV Duisburg	M50	10	54	1:33:30	3:45:06	3:45:16	5:20
48	85	Schmidt, Werner	51	GER	LC Duisburg	M60	1	55	1:51:41	3:45:29	3:46:05	5:20
49	248	Gading, Thomas	76	GER	*Duisburg	M35	5	57	1:51:41	3:47:33	3:48:11	5:23
50	249	Groß, Michael	70	GER	*Duisburg	M40	12	58	1:51:22	3:47:43	3:48:29	5:23
51	345	Marquis, Frank	63	GER	LC Duisburg	M50	11	59	1:51:40	3:48:17	3:48:54	5:24
52	324	Mottweiler, Jürgen	65	GER	*Duisburg	M45	16	60	1:45:55	3:48:34	3:49:07	5:24
53	188	Gerhardt, Michael	76	GER	DJK Buchholz	M35	6	61	1:51:40	3:48:43	3:49:22	5:25
54	229	Gündüz, Fikret	64	TUR	LC Duisburg	M45	17	62	1:49:16	3:48:44	3:49:32	5:25
55	168	Kämpgen, Ralf	58	GER	ASV Duisburg	M55	1	63	1:44:41	3:49:09	3:49:34	5:25
56	642	Leonhard, Andreas	64	GER	Wassersportverein Rheinhausen 1	M45	18	64	1:51:14	3:50:56	3:51:44	5:28

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
57	909	Theisen, Oliver	71	GER	Klinikum Duisburg	M40	13	65	1:45:16	3:51:08	3:51:40	5:28
58	653	Mühle, Patrick	79	GER	*Duisburg	M30	4	66	1:56:39	3:52:22	3:53:03	5:30
59	285	Szalai, Michael	65	GER	ASV Duisburg	M45	19	67	1:57:06	3:52:40	3:53:29	5:30
60	562	Krauße, Dennis	81	GER	Töpper-Laufgruppe	M30	5	68	1:55:12	3:52:58	3:53:40	5:31
61	836	Echtenbruck, Peter	56	GER	TV Walsum-Aldenrade	M55	2	69	1:54:56	3:53:58	3:54:18	5:32
62	196	Jacobs, Andreas	68	GER	Kakabulla Running Team	M45	20	70	1:56:18	3:54:04	3:54:49	5:32
63	336	Schaary, Alexander	88	GER	*Duisburg	MM	5	71	1:51:26	3:54:23	3:55:13	5:33
64	855	Hildebrand, Oliver	75	GER	*Duisburg	M35	7	72	1:53:18	3:55:09	3:55:15	5:34
65	378	Heinen, Martin	66	GER	*Duisburg	M45	21	74	1:57:04	3:56:13	3:56:54	5:35
66	327	Plein, Wolfgang	60	GER	Wir bei HKM	M50	12	75	1:46:53	3:56:51	3:57:14	5:36
67	301	Beckord, Dr. Peter	58	GER	*Duisburg	M55	3	76	1:54:55	3:56:59	3:57:46	5:36
68	889	Annen, Wolfgang	71	GER	LC Duisburg Marathonkurs	M40	14	77	1:56:57	3:57:05	3:57:58	5:37
69	156	Wiedelbach, Frank	64	GER	Rumelner TV	M45	22	79	1:46:44	3:57:12	3:57:25	5:37
70	936	Contzen, Hermann	62	GER	Bluesrunners	M50	13	80	2:04:02	3:57:21	3:58:21	5:37
71	298	Abraham, Ivan	72	GER	*Duisburg	M40	15	81	1:56:44	3:57:33	3:58:32	5:37
72	843	Platzen, Jörg	72	GER	LC Duisburg Marathonkurs	M40	16	82	1:56:49	3:57:35	3:58:30	5:37
73	565	Sikora, Arthur	70	GER	LC Duisburg	M40	17	83	1:56:55	3:57:54	3:58:49	5:38
74	585	Schünke, Thomas	64	GER	*Duisburg	M45	23	84	1:51:28	3:58:12	3:59:04	5:38
75	955	Abel, Klaus	50	GER	LC Duisburg	M60	2	86	1:57:00	3:58:33	3:59:23	5:39
76	400	de Kruijff, Johannes	54	GER	LC Duisburg	M55	4	87	1:57:01	3:58:35	3:59:24	5:39
77	835	Eckhardt, Marc	72	GER	LC Duisburg Marathonkurs	M40	18	88	1:56:49	3:59:07	4:00:09	5:40
78	848	Kuschewski, Niklas	90	GER	*Duisburg	MM	6	89	1:57:58	3:59:10	4:00:07	5:40
79	586	Zachcial, Dr. Andreas	73	GER	Fluktuation 8	M40	19	91	1:57:00	3:59:40	4:00:43	5:40
80	925	Hallerbach, Georg	59	GER	LC Duisburg	M50	14	92	1:57:20	4:00:55	4:01:45	5:42
81	933	Scheepers, Wilhelm	41	GER	*Duisburg	M70	1	94	1:56:03	4:02:10	4:02:40	5:44
82	558	Zlatic, Zlatko	67	GER	Lufthansa Sportverein E.v.	M45	24	95	2:01:12	4:02:30	4:03:26	5:44
83	438	Niggemann, Heinz	57	GER	Laufgruppe Ziiiiisch Und Weg	M55	5	96		4:03:18	4:21:15	5:45
84	505	Riechert, Hartmut	64	GER	Homburger TV	M45	25	98	1:54:15	4:04:36	4:05:20	5:47
85	334	Rommen, Markus	75	GER	*Duisburg	M35	8	100	1:57:46	4:06:04	4:06:55	5:49
86	954	Heintges, Dennis	78	GER	Klinikum Duisburg	M35	9	104	1:51:35	4:08:03	4:08:49	5:52
87	884	Kutsch, Ingo	78	GER	Fc Deutsche Post	M35	10	105	1:56:53	4:08:45	4:09:31	5:53
88	668	Rutekolk, Rainer	77	GER	Ausdauerschule By Bunert	M35	11	106	1:59:37	4:09:47	4:10:40	5:55
89	329	Puy Michl, Franz Xaver	67	GER	*Duisburg	M45	26	107	1:56:43	4:10:57	4:11:50	5:56
90	164	Fergon, Zbigniew	64	GER	*Duisburg	M45	27	108	2:05:39	4:11:07	4:12:12	5:57
91	180	Baumann, Norbert	65	GER	SV Bayer Uerdingen 08 e.V.	M45	28	110	2:05:37	4:11:31	4:12:31	5:57
92	362	Klemm, Rüdiger	59	GER	*Duisburg	M50	15	111	2:05:37	4:11:33	4:12:39	5:57
93	918	Huppertz, Holger	70	GER	*Duisburg	M40	20	112	1:59:37	4:11:50	4:13:15	5:58
94	415	Seils, Thomas	63	GER	LC Duisburg	M50	16	113	2:05:40	4:12:09	4:13:12	5:58
95	612	Dogan, Murat	75	GER	*Duisburg	M35	12	116	1:56:54	4:14:43	4:15:34	6:02
96	928	Kinnauer, Michael	71	GER	LC Duisburg	M40	21	117	1:57:04	4:16:23	4:17:05	6:04
97	795	Schmitz, Olaf	68	GER	*Duisburg	M45	29	118	2:11:15	4:17:44	4:19:02	6:06
98	840	Vollbracht, Ralf	63	GER	LC Duisburg	M50	17	121	1:59:06	4:18:17	4:19:06	6:07
99	424	Ipach, Daniel	83	GER	*Duisburg	M30	6	123	2:04:50	4:21:54	4:22:51	6:12
100	305	Buntins, Michael	50	GER	ASV Duisburg	M60	3	124	2:02:03	4:24:37	4:25:18	6:16
101	904	Milicevic, Igor	69	GER	LC Duisburg Marathonkurs	M40	22	125	2:13:26	4:24:54	4:26:08	6:16
102	382	Ley, Helmut	46	GER	Homburger TV	M65	1	126	2:20:23	4:25:16	4:26:34	6:17
103	922	May, Axel	68	GER	*Duisburg	M45	30	127	2:05:36	4:27:12	4:28:21	6:19
104	895	Gidlewitz, Dr. Hans-Jörg	64	GER	LC Duisburg Marathonkurs	M45	31	129	2:13:42	4:27:36	4:28:50	6:20
105	593	Rüdesheim, Marc	77	GER	Die Reservisten	M35	13	130	2:15:40	4:27:37	4:29:07	6:20
106	797	Schneider, Nico	88	GER	*Duisburg	MM	7	131	2:08:04	4:27:42	4:28:56	6:20
107	1099	Alberty, Gordon	88	GER	ASV Duisburg	MM	8	132	2:13:39	4:27:54	4:29:11	6:20
108	692	Wosab, Daniel	88	GER	*Duisburg	MM	9	133	2:13:40	4:27:54	4:29:11	6:20
109	409	Klingelhöfer, Markus	73	GER	LC Duisburg	M40	23	134	2:13:41	4:28:40	4:29:54	6:22
110	430	Huth, Thorsten	62	GER	LC Duisburg	M50	18	136	2:13:42	4:28:42	4:29:54	6:22
111	861	Hartmann, Andre	66	GER	LC Duisburg	M45	32	137	2:06:22	4:29:28	4:29:49	6:23
112	908	Wilmsen, Henry	57	GER	LC Duisburg Marathonkurs	M55	6	139	2:11:52	4:30:46	4:31:58	6:25

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
113	903	Meyer, Martin	82	GER	LC Duisburg Marathonkurs	M30	7	141	2:13:27	4:33:55	4:35:08	6:29
114	431	Kutsch, Heiko	69	GER	LC Duisburg	M40	24	142	2:13:28	4:33:56	4:35:09	6:29
115	299	Austrup, Matthias	85	GER	*Duisburg	MM	10	143	2:12:56	4:34:42	4:36:04	6:30
116	426	Kettner, Joachim	71	GER	*Duisburg	M40	25	144	2:12:50	4:34:52	4:36:04	6:30
117	639	Kurt, Ayhan	71	GER	*Duisburg	M40	26	145	2:12:50	4:34:52	4:36:04	6:30
118	912	Kirchberg, Peter	61	GER	LC Duisburg	M50	19	146	2:17:02	4:36:23	4:37:38	6:33
119	649	Fleitz, Mario	63	GER	*Duisburg	M50	20	147	2:07:40	4:38:26	4:39:29	6:35
120	388	Pasch, Stefan	68	GER	Ausdauerschule By Bunert	M45	33	149	1:59:43	4:42:59	4:43:52	6:42
121	302	Bovelet, Carsten	66	GER	*Duisburg	M45	34	151	2:08:14	4:43:33	4:44:37	6:43
122	629	Heller, Sven	87	GER	*Duisburg	MM	11	152	2:22:46	4:44:27	4:45:54	6:44
123	445	Binias, Jürgen	60	GER	LC Duisburg	M50	21	153	2:22:47	4:44:29	4:45:56	6:44
124	474	Risch, Gunnar	60	GER	GSM	M50	22	154	2:17:23	4:48:45	4:50:22	6:50
125	646	Macík, Aleš	83	CZE	*Duisburg	M30	8	155	2:13:22	4:50:08	4:51:00	6:52
126	488	Krischok, Volker	74	GER	Die Reservisten	M35	14	156	2:15:40	4:50:23	4:51:53	6:52
127	869	López Soto, Romeo	78	GER	LC Duisburg	M35	15	157	2:22:41	4:50:42	4:52:14	6:53
128	486	Ibrahim, Erich	63	GER	*Duisburg	M50	23	158	2:13:40	4:50:54	4:52:09	6:53
129	278	Lempken, Uwe	61	GER	Homberger TV	M50	24	159	2:09:18	4:55:27	4:56:42	7:00
130	361	Juschka, Axel	63	GER	*Duisburg	M50	25	160	2:13:20	4:55:32	4:56:48	7:00
131	473	Lang, Rüdiger	56	GER	Rumelner TV	M55	7	161	2:21:31	4:56:46	4:58:21	7:01
132	863	Appel, Roland	61	GER	*Duisburg	M50	26	162	2:19:23	4:58:58	5:00:00	7:05
133	460	Wendt, Stefan	81	GER	*Duisburg	M30	9	164	2:20:40	5:00:05	5:01:22	7:06
134	645	Lindner, Oliver	76	GER	*Duisburg	M35	16	165	2:21:12	5:07:09	5:08:32	7:16
135	489	Leroi, Roland	68	GER	*Duisburg	M45	35	166	2:25:19	5:39:10	5:40:14	8:02
136	530	Radomski, Heinz	63	GER	LC Duisburg	M50	27	167	2:39:20	5:44:40	5:44:46	8:10
137	1925	Pavan, Karl	25	GER	DLRG Duisburg	M85	1	168		5:46:28	5:48:08	8:12

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
1	F2003	Krämer, Sabrina	81	GER	LC Duisburg	W30	1	6	1:29:56	3:07:48	3:07:53	4:27
2	F2002	Möller, Antje	69	GER	ASV Duisburg	W40	1	11	1:30:21	3:17:37	3:17:41	4:40
3	F2160	Fieker, Sabine	72	GER	Hombberger TV	W40	2	20	1:41:50	3:28:30	3:28:54	4:56
4	F2012	Hausmann, Annette	69	GER	Etus Wedau	W40	3	34	1:49:07	3:35:51	3:36:27	5:06
5	F2202	Kirchberg, Angelika	67	GER	LC Duisburg	W45	1	41	1:48:56	3:41:27	3:42:02	5:14
6	F2200	Breuer, Sabine	66	GER	LC Duisburg	W45	2	42	1:48:56	3:41:27	3:42:02	5:14
7	F2163	Hempel, Susanne	64	GER	LC Duisburg Marathonkurs	W45	3	46	1:51:37	3:42:40	3:43:21	5:16
8	F2016	Hommers, Claudia	68	GER	LC Duisburg	W45	4	56	1:51:41	3:47:16	3:47:52	5:23
9	F2020	Schröder, Petra	69	GER	LC Duisburg	W40	4	73	1:53:39	3:55:20	3:56:01	5:34
10	F2057	Pasch, Anja	81	GER	Ausdauerschule By Bunert	W30	2	78	1:56:21	3:57:11	3:58:03	5:37
11	F2045	Christ, Carola	62	GER	LG Alpen	W50	1	85	1:58:58	3:58:21	3:59:15	5:38
12	F2089	Arnold, Katrin	74	GER	LC Duisburg	W35	1	90	1:56:58	3:59:29	4:00:22	5:40
13	F2038	Neubauer, Katja	59	GER	*Duisburg	W50	2	93	1:56:04	4:01:27	4:02:29	5:43
14	F2169	Blumenberg, Ulrike	67	GER	LC Duisburg Marathonkurs	W45	5	97	1:56:50	4:03:21	4:04:22	5:46
15	F2184	Dahmen, Ellen	64	GER	Bluesrunners	W45	6	99	2:04:01	4:05:26	4:06:26	5:48
16	F2166	Bellwinkel, Inga	71	GER	LC Duisburg	W40	5	101	1:56:54	4:06:53	4:07:55	5:51
17	F2118	Klein, Vanessa	82	GER	*Duisburg	W30	3	102	2:01:25	4:07:43	4:08:42	5:52
18	F2035	Kuo, Lih-Fang	71	GER	*Duisburg	W40	6	103	1:55:36	4:07:52	4:08:41	5:52
19	F2028	Moser, Susanne	65	GER	LC Duisburg	W45	7	109	1:57:21	4:11:25	4:12:26	5:57
20	F415	Hübner, Britta	64	GER	LC Duisburg	W45	8	114	2:05:39	4:12:09	4:13:12	5:58
21	F2136	Winter, Susanne	66	GER	*Duisburg	W45	9	115	2:05:41	4:13:34	4:14:37	6:00
22	F2127	Römpke, Kirsten Katja	88	GER	*Duisburg	WW	1	119	2:05:15	4:17:54	4:19:09	6:06
23	F2173	Jekubczik, Christa	52	GER	LC Duisburg	W60	1	120	2:12:34	4:18:10	4:19:23	6:07
24	F2113	Jankowski, Kirsten	69	GER	Renntiere	W40	7	122	2:01:34	4:20:30	4:21:24	6:10
25	F2117	Klassen, Lea	89	GER	*Duisburg	WW	2	128	2:13:26	4:27:18	4:28:41	6:20
26	F430	Heidenreich, Susanne	64	GER	LC Duisburg	W45	10	135	2:13:42	4:28:42	4:29:54	6:22
27	F2051	Hamm, Annette	63	NLD	LC Duisburg	W50	3	138	1:56:55	4:30:06	4:30:58	6:24
28	F2180	Mensching, Ilka	72	GER	LC Duisburg	W40	8	140	2:13:27	4:33:19	4:34:33	6:28
29	F2126	Risch, Bettina	62	GER	TV Jahn Hiesfeld	W50	4	148	2:16:26	4:38:42	4:39:50	6:36
30	F2041	Voll, Susanne	66	GER	Krefelder Kanu Klub	W45	11	150	2:13:30	4:43:12	4:44:27	6:42
31	F2176	Lindner, Nadine	79	GER	*Duisburg	W30	4	163	2:19:23	4:58:58	5:00:00	7:05