

31. 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	3	Kruck, Karsten	78	GER	ASV Duisburg	M35	1	1	1:16:33	2:37:07	2:37:09	3:43
2	9	Herberg, Rainer	84	GER	ASV Duisburg	M30	1	2	1:21:12	2:47:53	2:47:55	3:58
3	259	Kölvén, Ludger	76	GER	*Duisburg	M35	2	3	1:27:09	2:53:52	2:53:57	4:07
4	112	Peter, Detlev	65	GER	Krefelder Kanu Klub	M45	1	5	1:29:44	3:05:52	3:05:58	4:24
5	369	Raffler, Bastian	78	GER	*Oberhausen	M35	3	7	1:30:25	3:07:48	3:07:54	4:27
6	798	Tegatz, Andre	73	GER	LC Duisburg	M40	1	8	1:30:31	3:09:30	3:09:36	4:29
7	425	Wazna, Holger	73	GER	*Duisburg	M40	2	9	1:32:46	3:09:48	3:09:53	4:29
8	334	Helmich, Klaus	68	GER	*Duisburg	M45	2	10	1:35:48	3:10:06	3:10:19	4:30
9	772	Piechocki, Michael	73	GER	ASV - Duisburg	M40	3	11	1:28:07	3:13:54	3:13:57	4:35
10	255	Breuer, Dennis	90	GER	*Duisburg	MM	1	12	1:29:21	3:13:57	3:14:01	4:35
11	378	Karabas, Isa	74	GER	*Gladbeck	M40	4	13	1:30:31	3:18:03	3:18:09	4:41
12	760	Mehrtieff, der Alex	66	GER	Krefelder Kanu Klub	M45	3	14	1:32:26	3:19:25	3:19:31	4:43
13	765	Müller, Günter	56	GER	AS Neukirchen-Vluyn	M55	1	15	1:35:47	3:23:09	3:23:15	4:48
14	817	Zimmermann, Frank	69	GER	LC Duisburg	M45	4	16	1:41:50	3:23:37	3:23:59	4:49
15	122	Garbowski, Mark	80	GER	*Duisburg	M30	2	18	1:32:51	3:28:41	3:28:50	4:56
16	709	Glaesser Teixeira, Roberto	63	ESP	LC Duisburg	M50	1	19	1:43:46	3:29:01	3:29:24	4:57
17	12	Bach, Markus	66	GER	DJK Buchholz	M45	5	20	1:43:47	3:29:02	3:29:25	4:57
18	642	Mroß, Michael	60	GER	*Duisburg	M50	2	21	1:40:48	3:29:22	3:29:44	4:57
19	330	Lawalata, Hady	68	GER	SV Langendreer 04	M45	6	22	1:43:52	3:29:32	3:29:49	4:57
20	706	Gading, Thomas	76	GER	LC Duisburg	M35	4	24	1:43:48	3:31:36	3:31:58	5:00
21	341	Maciejewski, Adam	68	GER	*Duisburg	M45	7	25	1:43:41	3:32:43	3:32:59	5:02
22	442	Karsten, Markus	74	GER	WIR BEI HKM	M40	5	26	1:44:50	3:34:17	3:34:45	5:04
23	233	Mühle, Patrick	79	GER	*Duisburg	M35	5	27	1:42:38	3:34:37	3:35:04	5:05
24	373	Voigt, André	71	GER	*Duisburg	M40	6	28	1:42:10	3:36:22	3:36:44	5:07
25	964	Zachcial, Dr. Andreas	73	GER	Fluktuation 8	M40	7	29	1:45:04	3:37:20	3:38:13	5:09
26	268	Große, Dieter	69	GER	LC Duisburg	M45	8	31	1:36:59	3:38:11	3:38:21	5:10
27	82	David, Flamingo	72	GER	*Duisburg	M40	8	32	1:46:08	3:40:10	3:40:33	5:13
28	294	Susing, Thorsten	80	GER	*Duisburg	M30	3	33	1:48:58	3:40:41	3:41:21	5:13
29	125	Kukuk, Christian	86	GER	cundus AG	MM	2	34	1:51:44	3:40:48	3:41:22	5:13
30	948	Grimme, Thomas	75	GER	*Duisburg	M35	6	35	1:37:32	3:41:23	3:41:30	5:14
31	290	Kösseler, Karlheinz	63	GER	*Duisburg	M50	3	36	1:52:10	3:43:20	3:43:51	5:17
32	551	Lahn, Markus	74	GER	*Duisburg	M40	9	37	1:43:48	3:43:23	3:43:46	5:17
33	763	Möller, Dr. Andreas	80	GER	*Duisburg	M30	4	38	1:39:16	3:43:32	3:43:40	5:17
34	345	Plitt, Carsten	66	GER	LC Duisburg	M45	9	39	1:52:09	3:44:46	3:45:18	5:19
35	305	Schaary, Alexander	88	GER	*Duisburg	MM	3	40	1:43:53	3:44:46	3:45:18	5:19
36	660	Heise, Jonas	96	GER	*Duisburg	MU20	1	41	1:48:55	3:45:17	3:46:00	5:20
37	698	Dumke, Holger	74	GER	BSG Waz Medien	M40	10	42	1:38:19	3:46:01	3:46:16	5:21
38	634	Mendritzki, Martin	72	GER	TEAM ERDINGER ALKOHOLFREI	M40	11	43	1:41:01	3:47:33	3:47:48	5:23
39	559	Matzke, Christian	82	GER	*Duisburg	M30	5	44	1:46:53	3:48:47	3:49:19	5:25
40	548	Kruchten, Peter	58	GER	*Duisburg	M55	2	45	1:49:12	3:49:27	3:50:20	5:26
41	276	Kaack, Michael	68	GER	*Bochum	M45	10	46	1:52:38	3:49:50	3:50:36	5:26
42	773	Pirronello, Adriano	70	GER	Asv Duisburg	M40	12	47	1:50:19	3:50:31	3:51:03	5:27
43	966	Marquis, Frank	63	GER	LC Duisburg	M50	4	48	1:52:04	3:50:46	3:51:23	5:28
44	468	Anschütz, Christian	88	GER	*Duisburg	MM	4	50	1:51:27	3:50:56	3:51:27	5:28
45	703	Fischer, Andreas	65	GER	*Duisburg	M45	11	51	1:46:01	3:51:23	3:51:59	5:29
46	443	Glowig, Daniel	86	GER	KC Lumda	MM	5	52	1:50:29	3:52:44	3:53:24	5:30
47	252	Schwend, Timm	84	GER	BSG Wirtschaftsbetriebe Duisburg	M30	6	53	1:54:17	3:52:45	3:53:21	5:30
48	663	Meier, Stephan	86	GER	*Duisburg	MM	6	54	1:55:30	3:53:12	3:53:58	5:31
49	929	Lattekamp, Christian	86	GER	*Duisburg	MM	7	56	1:56:24	3:54:39	3:54:54	5:33
50	251	Müller, Frank	65	GER	*Duisburg	M45	12	57	1:56:24	3:54:40	3:54:54	5:33
51	269	Rettig, Thorsten	67	GER	*Duisburg	M45	13	60	1:58:02	3:57:26	3:58:13	5:37
52	395	Jurisch, Dennis	80	GER	AS Neukirchen-Vluyn	M30	7	61	1:43:55	3:57:30	3:57:47	5:37
53	353	Krauße, Dennis	81	GER	*Duisburg	M30	8	62	1:54:43	3:57:41	3:58:21	5:37
54	745	Kossen, Papa von Tom	69	GER	*Duisburg	M45	14	63	1:57:59	3:57:45	3:58:31	5:38
55	400	Grittner, Werner	59	GER	Laufclub Duisburg	M55	3	64	1:58:06	3:57:56	3:58:39	5:38
56	400	De Kruijff, Johannes	54	GER	Laufclub Duisburg	M60	1	65	1:58:06	3:57:57	3:58:39	5:38

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57	126	Kremer, Werner	59	GER	*Duisburg	M55	4	66	1:57:58	3:58:06	3:58:51	5:38
58	553	Leonhard, Andreas	64	GER	*Duisburg	M50	5	67	1:54:53	3:58:58	3:59:38	5:39
59	1001	Scheepers, Wilhelm	41	GER	*Duisburg	M70	1	68	1:57:43	4:00:36	4:01:22	5:42
60	776	Poetschki, Thomas	71	GER	LC Duisburg	M40	13	69	1:57:53	4:02:13	4:02:57	5:44
61	700	Eckhardt, Marc	72	GER	LC Duisburg	M40	14	71	1:58:02	4:02:27	4:03:15	5:44
62	152	Lorkowski, Michael	59	GER	Die blauen Bengel	M55	5	72	1:57:57	4:04:36	4:05:24	5:47
63	348	Halfmeier, Frank	68	GER	LC Duisburg	M45	15	73	1:55:33	4:05:35	4:06:12	5:49
64	670	Abel, Klaus	50	GER	LC Duisburg	M60	2	74	1:58:02	4:06:05	4:06:52	5:49
65	436	Traut, Christian	86	GER	*Duisburg	MM	8	75	1:58:03	4:08:33	4:09:20	5:53
66	416	Korischem, Simon	88	GER	*Duisburg	MM	9	76	1:59:53	4:08:53	4:09:42	5:53
67	299	Scholz, Andreas	91	GER	*Duisburg	MM	10	77	1:58:10	4:09:49	4:10:29	5:55
68	301	Scholz, Andreas	70	GER	*Duisburg	M40	15	78	1:58:10	4:09:49	4:10:29	5:55
69	717	Heintges, Dennis	78	GER	Klinikum Duisburg	M35	7	79	1:59:01	4:10:32	4:11:19	5:56
70	64	Fergon, Zbigniew	64	GER	*Duisburg	M50	6	80	2:06:00	4:10:33	4:11:28	5:56
71	87	Echtenbruck, Peter	56	GER	TV Walsum-Aldenrade	M55	6	81	1:54:32	4:10:56	4:11:21	5:56
72	766	Mutz, Andreas	72	GER	*Duisburg	M40	16	82	1:56:18	4:10:57	4:11:40	5:56
73	412	Puy Michl, Franz Xaver	67	GER	*Duisburg	M45	16	83	1:52:13	4:11:27	4:11:58	5:57
74	257	Gündüz, Fikret	64	TUR	*Duisburg	M50	7	84	1:57:01	4:11:41	4:12:18	5:57
75	368	Müller, Manuel	87	GER	*Duisburg	MM	11	87	1:59:53	4:12:31	4:13:20	5:59
76	716	Harms, Bernd	79	GER	LC Duisburg Marathonkurs	M35	8	88	1:57:51	4:12:44	4:13:32	5:59
77	415	Goertz, Dirk	67	GER	Laufclub Duisburg	M45	17	90	2:06:11	4:12:56	4:13:43	5:59
78	961	Rech, Jan Christoph	79	GER	*Duisburg	M35	9	92	2:02:42	4:13:30	4:14:38	6:00
79	235	Breer, Pater Tobias	63	GER	*Duisburg	M50	8	93	1:53:22	4:14:05	4:14:33	6:01
80	38	Wende, Jan	76	GER	*Duisburg	M35	10	94	1:55:02	4:16:43	4:17:19	6:05
81	650	Simon, Emanuel	60	GER	*Duisburg	M50	9	95	1:58:21	4:16:55	4:17:39	6:05
82	102	Knies, Thorsten	67	GER	*Duisburg	M45	18	96	1:52:11	4:17:06	4:17:42	6:05
83	606	Toren, Senol	69	GER	*Duisburg	M45	19	97	1:57:05	4:18:42	4:19:28	6:07
84	345	Schmidt, Werner	51	GER	LC Duisburg	M60	3	99	1:52:10	4:19:21	4:19:53	6:08
85	810	Wilmsen, Henry	57	GER	*Neukirchen-Vluyn	M55	7	100	2:00:46	4:21:42	4:22:29	6:12
86	762	Milicevic, Igor	69	GER	LC Duisburg	M45	20	101	2:05:59	4:22:38	4:23:31	6:13
87	940	Koschitzki, Norbert	63	GER	Eintracht Duisburg 1848 e.V.	M50	10	102	2:06:10	4:23:14	4:24:04	6:14
88	338	Macík, Ales	83	CZE	*Duisburg	M30	9	103	2:06:04	4:24:20	4:25:08	6:15
89	456	Gesser, Michael	71	GER	*Duisburg	M40	17	104	1:58:10	4:25:10	4:25:56	6:17
90	44	Graebel, Gunther	53	GER	*Duisburg	M60	4	106	1:55:36	4:26:15	4:26:42	6:18
91	62	Dinnendahl, Andreas	71	GER	*Duisburg	M40	18	107	1:52:11	4:26:32	4:27:08	6:18
92	784	Sarbinowski, Maik	91	GER	*Duisburg	MM	12	109	1:39:05	4:26:45	4:26:54	6:19
93	438	Tönshoff, Thomas	61	GER	Triple T	M50	11	110	2:08:30	4:27:36	4:28:34	6:20
94	375	Senger, Daniel	75	GER	*Duisburg	M35	11	111	2:06:40	4:27:52	4:28:45	6:20
95	430	Huth, Thorsten	62	GER	Laufclub Duisburg	M50	12	114	2:12:46	4:28:03	4:29:01	6:21
96	329	Danowski, Werner	69	GER	LC Duisburg	M45	21	115	2:12:45	4:28:23	4:29:23	6:21
97	407	Schütze, Daniel	75	GER	Rumeln Runners	M35	12	116	1:58:58	4:28:30	4:29:24	6:21
98	135	Herzig, Uli	59	GER	*Duisburg	M55	8	117	2:08:30	4:30:22	4:31:18	6:24
99	222	Böckmann, Carsten	70	GER	LC Duisburg	M40	19	118	2:20:22	4:30:42	4:31:49	6:24
100	668	Wennemann, Jörg	67	GER	Tus Baerl	M45	22	119	1:58:03	4:32:14	4:32:58	6:27
101	490	Dreyer, Norbert	59	GER	*Duisburg	M55	9	120	2:01:23	4:32:37	4:32:46	6:27
102	999	Kettner, Joachim	71	GER	*Duisburg	M40	20	121	2:11:17	4:33:01	4:33:58	6:28
103	1000	Kurt, Ayhan	71	TUR	*Duisburg	M40	21	122	2:11:17	4:33:02	4:33:57	6:28
104	208	Fleitz, Mario	63	GER	*Duisburg	M50	13	123	2:06:06	4:33:52	4:34:43	6:29
105	685	Brauer, Jürgen	60	GER	LC Duisburg	M50	14	124	2:12:45	4:34:01	4:35:01	6:29
106	737	Karrenberg, Holger	70	GER	Provinzial Schutzengelteam	M40	22	125	2:13:55	4:34:05	4:35:05	6:29
107	173	Gonnermann, Michael	77	GER	*Duisburg	M35	13	126	1:57:51	4:34:24	4:35:10	6:30
108	504	Gähde, Sascha	84	GER	*Duisburg	M30	10	127	1:53:07	4:36:05	4:36:51	6:32
109	718	Heisterkamp, Florian	84	GER	*Duisburg	M30	11	128	1:58:00	4:36:49	4:37:25	6:33
110	569	Pawlowski, Fabian	85	GER	*Duisburg	MM	13	129	1:58:00	4:36:49	4:37:25	6:33
111	615	Villaester, Andreas	78	GER	*Duisburg	M35	14	130	2:03:10	4:38:03	4:38:54	6:35
112	33	Heister, Stephan	73	GER	SG Stern Duisburg	M40	23	131	2:03:02	4:39:24	4:40:12	6:37

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
113	445	Binias, Jürgen	60	GER	Laufclub Duisburg	M50	15	134	2:20:24	4:43:44	4:44:50	6:43
114	291	Jäger, Marcus	69	GER	*Duisburg	M45	23	135	2:06:51	4:43:48	4:44:31	6:43
115	509	Gogolin, Marcel	78	GER	*Duisburg	M35	15	136	2:18:28	4:46:46	4:47:51	6:47
116	68	Wendt, Stefan	81	GER	*Duisburg	M30	12	137	2:20:24	4:51:12	4:52:17	6:54
117	254	Appel, Roland	61	GER	*Duisburg	M50	16	138	2:27:00	4:52:36	4:53:41	6:56
118	169	Ceglarek, Thomas	75	GER	*Duisburg	M35	16	139	2:13:13	4:54:29	4:55:18	6:58
119	497	Fischbacher, Marcel	82	GER	*Duisburg	M30	13	140	2:01:15	5:00:29	5:01:14	7:07
120	384	Meyer, Martin	82	GER	*Duisburg	M30	14	141	2:20:24	5:02:15	5:03:21	7:09
121	282	Ley, Helmut	46	GER	*Duisburg	M65	1	142	2:22:12	5:04:29	5:05:38	7:12
122	69	Lempken, Uwe	61	GER	Homberger TV	M50	17	143	2:22:12	5:04:29	5:05:38	7:12
123	619	Walter, Sebastian	83	GER	*Duisburg	M30	15	144	2:20:26	5:07:27	5:08:31	7:17
124	618	Walter, Simon	86	GER	*Duisburg	MM	14	145	2:20:26	5:07:27	5:08:32	7:17
125	935	Kresmer, Michael	60	GER	DEKRA Duisburg Rheinhausen	M50	18	146	2:16:19	5:18:27	5:19:25	7:32
126	479	Brockof, Peter	64	GER	Blue Liner	M50	19	147	2:30:12	5:18:52	5:20:03	7:33
127	78	Bliesner, Friedhelm	48	GER	*Duisburg	M65	2	148	2:37:56	5:20:37	5:21:49	7:35
128	61	Plückelmann, Willi	48	GER	TuS Hamborn-Neumühl	M65	3	150	2:33:51	5:31:10	5:32:23	7:50
129	452	Leroi, Roland	68	GER	*Duisburg	M45	24	151	2:25:45	5:35:27	5:36:31	7:56
130	545	Kosch, Michael	69	GER	*Duisburg	M45	25	152	2:17:07	5:38:32	5:39:26	8:01
131	1006	Ettwig, Wolfgang	51	GER	OSC 04 Rheinhausen e. V.	M60	5	153	2:39:39	5:40:23	5:41:06	8:04
132	739	Klavzar, Werner	33	GER	*Duisburg	M80	1	154	2:35:51	5:52:57	5:54:07	8:21
133	530	Radomski, Heinz	63	GER	Laufclub Duisburg	M50	20	155	2:40:19	5:53:07	5:54:24	8:22

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1	2003	Möller, Antje	69	GER	ASV Duisburg	W45	1	4	1:28:06	3:05:07	3:05:11	4:23
2	2002	Krämer, Sabrina	81	GER	*Moers	W30	1	6	1:30:31	3:06:01	3:06:07	4:24
3	2072	Hausmann, Annette	69	GER	*Duisburg	W45	2	17	1:43:43	3:26:37	3:27:00	4:53
4	2031	Langer, Britta	65	GER	*Duisburg	W45	3	23	1:42:32	3:30:22	3:30:49	4:59
5	2104	Borodo, Katarzyna	72	POL	*Bochum	W40	1	30	1:44:37	3:37:47	3:38:09	5:09
6	2192	Simon, Iris	69	GER	LC Duisburg	W45	4	49	1:52:05	3:50:46	3:51:23	5:28
7	2092	Hommes, Claudia	68	GER	*Duisburg	W45	5	55	1:53:57	3:53:12	3:53:50	5:31
8	2026	Arnold, Katrin	74	GER	*Mülheim an der Ruhr	W40	2	58	1:58:01	3:55:42	3:56:30	5:35
9	2174	Hempel, Susanne	64	GER	LC Duisburg	W50	1	59	1:58:02	3:55:43	3:56:30	5:35
10	2162	Blumenberg, Ulrike	67	GER	*Duisburg	W45	6	70	1:58:01	4:02:26	4:03:14	5:44
11	927	Klaßen, Verena	85	GER	*Duisburg	WW	1	85	2:05:58	4:11:58	4:12:51	5:58
12	2118	Klaßen, Lea	89	GER	*Duisburg	WW	2	86	2:05:56	4:11:58	4:12:52	5:58
13	2124	Ortlüde, Birgit	79	GER	*Duisburg	W35	1	88	2:03:27	4:12:44	4:13:40	5:59
14	415	Huebner, Britta	64	GER	Laufclub Duisburg	W50	2	91	2:06:04	4:12:56	4:13:44	5:59
15	2089	Klein, Vanessa	82	GER	LIFE FIT MED	W30	2	98	2:01:56	4:19:17	4:19:54	6:08
16	2069	Hoffmann-Meyer, Angelika	55	GER	TV Jahn Hiesfeld	W55	1	105	2:12:45	4:25:27	4:26:28	6:17
17	2198	winnands, marion	77	GER	Die Stolperer	W35	2	108	2:05:38	4:26:35	4:27:27	6:19
18	2171	Fieker, Sabine	72	GER	Homberger TV	W40	3	112	1:58:00	4:28:00	4:28:45	6:21
19	430	Heidenreich, Susanne	64	GER	Laufclub Duisburg	W50	3	113	2:12:46	4:28:03	4:29:01	6:21
20	2058	Hax, Viktoria	90	GER	*Duisburg	WW	3	132	2:09:41	4:42:46	4:43:40	6:42
21	2177	Huth, Petra	63	GER	LC Duisburg	W50	4	133	2:12:45	4:43:33	4:44:32	6:43
22	2083	Müller, Bettina	77	GER	*Wuppertal	W35	3	149	2:32:41	5:29:40	5:30:42	7:48