

31. Rhein-Ruhr-Marathon

Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
1	460	Bröring, Christian	76	GER	TuS Blau Weiß Lohne	M35	1	1	1:16:32	2:34:28	2:34:30	3:39
2	158	Tertünte, Björn	73	GER	MTG Horst Essen	M40	1	2	1:16:33	2:35:30	2:35:32	3:41
3	3	Kruck, Karsten	78	GER	ASV Duisburg	M35	2	3	1:16:33	2:37:07	2:37:09	3:43
4	26	Gasper, Simon	74	GER	*Berlin	M40	2	4	1:19:21	2:40:20	2:40:22	3:47
5	2	Jäkel, Robert	64	GER	TuS 08 Lintorf	M50	1	5	1:18:33	2:40:54	2:40:55	3:48
6	4	Sporkmann, Tim	91	GER	LG Dorsten	MM	1	6	1:16:30	2:43:34	2:43:36	3:52
7	9	Herberg, Rainer	84	GER	ASV Duisburg	M30	1	7	1:21:12	2:47:53	2:47:55	3:58
8	70	Diekmann, Bernd	72	GER	Lauffreunde HADI Wesel	M40	3	9	1:25:36	2:53:36	2:53:38	4:06
9	259	Kölven, Ludger	76	GER	Rumelner TV	M35	3	10	1:27:09	2:53:52	2:53:57	4:07
10	612	Vandebeek, Patrick	74	BEL	KNOET	M40	4	11	1:25:18	2:54:00	2:54:03	4:07
11	783	Rudolph, David	91	GER	LG Pegasos Berlin	MM	2	12	1:24:53	2:55:41	2:55:46	4:09
12	674	Bajon, Ralf	64	GER	*Bochum	M50	2	13	1:29:19	2:57:41	2:57:48	4:12
13	998	Freitag, Benjamin	79	GER	*Hemer	M35	4	14	1:24:53	2:57:42	2:57:45	4:12
14	227	Finke, Axel	86	GER	Warwick Athletics & XC	MM	3	15	1:25:02	2:57:51	2:57:55	4:12
15	721	Hirle, Klaus	64	GER	Team ultraSports	M50	3	16	1:29:20	2:57:59	2:58:04	4:13
16	304	Welz, Mathias	80	GER	LEX BOCHOLT RUNNING TEAM	M30	2	17	1:29:20	2:58:02	2:58:07	4:13
17	956	Wassilowsky, Dietmar	71	GER	*München	M40	5	18	1:28:08	2:58:03	2:58:06	4:13
18	795	Stutz, Peter	63	GER	DZ BANK Runners	M50	4	19	1:29:20	2:59:16	2:59:20	4:14
19	733	Jungblut, Martin	75	GER	*Dorsten	M35	5	20	1:28:04	2:59:28	2:59:33	4:15
20	300	Schultz-Bargmann, Sven	78	GER	Ausdauer Schule by Bunert	M35	6	21	1:29:20	2:59:34	2:59:39	4:15
21	744	Könnecke, Kö	78	GER	Ac Tion	M35	7	22	1:25:20	3:01:26	3:01:28	4:17
22	802	van Buren, Simon	88	GER	*Aachen	MM	4	23	1:29:18	3:03:27	3:03:33	4:20
23	184	Mlynski-Wiese, Alexander	66	GER	TV Roetgen	M45	1	24	1:27:49	3:04:01	3:04:05	4:21
24	440	Heil, Dietmar	68	GER	1. FC Quadrath-Ichendorf	M45	2	25	1:32:45	3:04:03	3:04:09	4:21
25	140	Röllinghoff, Andreas	68	GER	PSV Wuppertal	M45	3	26	1:53:31	3:04:17	3:04:38	4:22
26	389	Brandenstein, Frederik	80	GER	*Essen	M30	3	27	1:28:08	3:04:24	3:04:27	4:22
27	112	Peter, Detlev	65	GER	Krefelder Kanu Klub	M45	4	29	1:29:44	3:05:52	3:05:58	4:24
28	42	Severin, Tobias	75	GER	LGO Bochum	M35	8	31	1:30:31	3:06:02	3:06:07	4:24
29	809	Wiech, Robert	70	GER	*Neuss	M40	6	32	1:30:08	3:06:33	3:06:35	4:25
30	965	Thivissen, Dr. Jan	80	GER	Ortho Spina	M30	4	33	1:29:21	3:07:08	3:07:12	4:26
31	624	Bilz, Uwe	69	GER	LT Freigericht	M45	5	34	1:29:21	3:07:35	3:07:39	4:26
32	369	Raffler, Bastian	78	GER	ASV Duisburg	M35	9	35	1:30:25	3:07:48	3:07:54	4:27
33	253	Ick, Lothar	72	GER	TV Vorst	M40	7	36	1:32:37	3:07:49	3:07:57	4:27
34	226	Ishida, Masafumi	74	JPN	Team 2 in 1	M40	8	37	1:29:23	3:08:12	3:08:15	4:27
35	75	Stoppenbach, Dietmar	69	GER	SSV SÜNG	M45	6	38	1:29:21	3:08:14	3:08:18	4:27
36	14	Dorobeck, Burkhard	61	GER	Angerland LT Lintorf	M50	5	39	1:32:38	3:08:34	3:08:37	4:28
37	171	Schumacher, Andi	68	GER	*Essen	M45	7	40	1:35:15	3:09:11	3:09:24	4:29
38	248	Arping, Klaus	64	GER	sv ringenberg	M50	6	41	1:29:19	3:09:12	3:09:18	4:29
39	798	Tegatz, Andre	73	GER	LC Duisburg	M40	9	42	1:30:31	3:09:30	3:09:36	4:29
40	425	Wazna, Holger	73	GER	Rumelner TV	M40	10	43	1:32:46	3:09:48	3:09:53	4:29
41	334	Helmich, Klaus	68	GER	*Duisburg	M45	8	44	1:35:48	3:10:06	3:10:19	4:30
42	117	Butler, Richard	64	IRL	TV Roetgen	M50	7	45	1:34:24	3:10:13	3:10:25	4:30
43	791	Siebert, Steve	88	GER	*Köln	MM	5	46	1:30:28	3:10:17	3:10:28	4:30
44	47	Appel, René	71	GER	Tri-Team Heuchelberg	M40	11	47	1:29:50	3:10:31	3:10:34	4:30
45	625	Bruns, Christian	72	GER	*Herne	M40	12	48	1:32:56	3:10:43	3:10:56	4:31
46	693	Claesges, Michael	64	GER	Dropsa Sports Club	M50	8	49	1:29:21	3:11:08	3:11:12	4:31
47	426	Schultz, Klaus	66	GER	*Ratingen	M45	9	50	1:31:51	3:12:07	3:12:17	4:33
48	167	Jungwirth, Rudi	65	GER	Moerser TV	M45	10	51	1:27:25	3:12:23	3:12:29	4:33
49	944	Kelm, Timo	83	GER	Asphalt Junkie	M30	5	52	1:28:28	3:12:57	3:13:00	4:34
50	45	Bader, Dirk	68	GER	TVE Lauffreunde Gladbeck	M45	11	53	1:33:03	3:13:10	3:13:13	4:34
51	141	Van Der Velde, Markus	65	GER	LSF Münster	M45	12	54	1:36:18	3:13:13	3:13:20	4:34
52	968	Crane, Steve	60	ENG	Portobello Running Club	M50	9	55	1:36:19	3:13:37	3:13:48	4:35
53	499	Freese, Simon	73	GER	Team ERDINGER Alkoholfrei	M40	13	56	1:31:48	3:13:48	3:13:52	4:35
54	772	Piechocki, Michael	73	GER	ASV Duisburg	M40	14	57	1:28:07	3:13:54	3:13:57	4:35
55	65	Kopp, Dieter	49	GER	Lüttringhauser TV	M65	1	58	1:30:37	3:13:54	3:14:00	4:35
56	295	Reiker, Reinhold	89	GER	*Beelen	MM	6	59	1:36:21	3:13:57	3:14:06	4:35

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
57	255	Breuer, Dennis	90	GER	*Duisburg	MM	7	60	1:29:21	3:13:57	3:14:01	4:35
58	354	Gaudschun, Alfred	56	GER	Tus09 Erkenschwick	M55	1	61	1:35:45	3:14:06	3:14:17	4:35
59	315	Beckmann, Stefan	59	GER	TV Borken	M55	2	62	1:36:19	3:14:07	3:14:17	4:36
60	808	Weber, Andreas	67	GER	TV Borken	M45	13	63	1:36:19	3:14:07	3:14:17	4:36
61	107	Schax, Manfred	66	GER	SV Viktoria Winnekendonk	M45	14	64	1:34:30	3:14:43	3:14:56	4:36
62	974	Neway, Jim	81	USA	*Richland	M30	6	66	1:36:18	3:16:34	3:16:46	4:39
63	987	Wörmann, Thomas	60	GER	*Wetter	M50	10	67	1:32:47	3:17:11	3:17:14	4:40
64	307	Schön, Ralf	68	GER	TG Neuss	M45	15	68	1:30:57	3:17:22	3:17:30	4:40
65	507	Glaubitz, Simon	77	GER	*Mülheim	M35	10	69	1:38:00	3:17:25	3:17:39	4:40
66	627	Boland, Andreas	69	GER	Team Aroma Ahoi	M45	16	70	1:36:21	3:17:37	3:17:48	4:41
67	378	Karabas, Isa	74	GER	*Gladbeck	M40	15	71	1:30:31	3:18:03	3:18:09	4:41
68	242	Bozek, Marcus	69	GER	Mahlower SV	M45	17	72	1:36:20	3:18:49	3:18:58	4:42
69	675	Bartel, Peter	63	GER	Team Walburga	M50	11	73	1:29:45	3:19:24	3:19:31	4:43
70	760	Mehtieff, der Alex	66	GER	Krefelder Kanu Klub	M45	18	74	1:32:26	3:19:25	3:19:31	4:43
71	996	Mohr, Klaus Peter	65	GER	Lüttringhauser TV	M45	19	75	1:35:44	3:19:54	3:19:59	4:44
72	596	Shvedov, Dr. Anatoly	71	RUS	*Moskau	M40	16	76	1:41:11	3:20:02	3:20:25	4:44
73	601	Susek, Christoph	88	GER	*Dortmund	MM	8	77	1:36:21	3:20:12	3:20:24	4:44
74	473	Behl, Jürgen	64	GER	*Mönchengladbach	M50	12	78	1:38:24	3:20:28	3:20:38	4:45
75	979	Bauditz, Jörg	73	GER	*Oberhausen	M40	17	79	1:37:23	3:20:31	3:20:48	4:45
76	594	Serra Roig, Dr. Joan	74	ESP	*Bochum	M40	18	80	1:35:46	3:20:52	3:21:00	4:45
77	683	Bongers, Dr. Jörn	65	GER	Wir bei HKM	M45	20	81	1:36:18	3:20:56	3:21:10	4:45
78	938	Lemmens, Tim	80	BEL	JGM BREE	M30	7	82	1:34:22	3:21:00	3:21:09	4:45
79	681	Berg, Michael	59	GER	*Bremen	M55	3	83	1:35:45	3:21:13	3:21:22	4:46
80	119	Reuter, Thomas	66	GER	TSV Waging	M45	21	84	1:36:19	3:21:59	3:22:10	4:47
81	185	Zwilling, Thomas	69	GER	Team ERDINGER Alkoholfrei	M45	22	85	1:41:23	3:22:22	3:22:35	4:47
82	379	Rietmann, Stefan	63	GER	LV Nütterden	M50	13	86	1:36:19	3:22:29	3:22:39	4:47
83	274	Brandenburg, Martin	63	GER	Angerland LT Lintorf	M50	14	87	1:37:12	3:22:37	3:22:47	4:48
84	713	Grote, Hendrik	88	GER	*Mülheim	MM	9	88	1:30:47	3:22:41	3:22:48	4:48
85	599	Stenzel, Jan	80	GER	Team Wittig und Helfer	M30	8	89	1:36:47	3:22:44	3:22:55	4:48
86	765	Müller, Günter	56	GER	AS Neukirchen-Vluyn	M55	4	90	1:35:47	3:23:09	3:23:15	4:48
87	262	Bücher, Marco	75	GER	Erler-Sportgemeinschaft	M35	11	91	1:36:20	3:23:21	3:23:31	4:49
88	817	Zimmermann, Frank	69	GER	LC Duisburg	M45	23	92	1:41:50	3:23:37	3:23:59	4:49
89	796	Taddeo, Dr. Fulvio	62	ITA	ASA Detur Napoli	M50	15	93	1:32:36	3:23:47	3:23:51	4:49
90	317	Naves, Volker	70	GER	*Rees	M40	19	94	1:37:34	3:24:33	3:24:48	4:50
91	160	Rüschenschmidt, Frank	66	GER	BSG Commerzbank Dortmund	M45	24	95	1:33:22	3:24:39	3:24:44	4:50
92	731	Jestel, Tim	89	GER	*Aachen	MM	10	96	1:41:14	3:24:49	3:25:11	4:51
93	644	Wilts, Johannes	70	FRA	*Hannover	M40	20	97	1:41:10	3:25:15	3:25:39	4:51
94	815	Zenzen, Frank	74	GER	*Bochum	M40	21	98	1:43:28	3:25:23	3:25:35	4:52
95	779	Riedel, Andreas	76	GER	Wohlmirstedter SV	M35	12	99	1:38:43	3:25:43	3:25:49	4:52
96	457	Münster, Heiko	79	GER	VW Schmidt Lünen	M35	13	100	1:43:48	3:26:22	3:26:40	4:53
97	995	Küpper, Carsten	87	GER	*Essen	MM	11	102	1:41:13	3:26:39	3:26:53	4:53
98	168	Derbort, Marcus	74	GER	BTC Herne	M40	22	104	1:39:52	3:27:02	3:27:15	4:54
99	684	Braam, Karl	56	GER	IKK classic	M55	5	105	1:37:33	3:27:08	3:27:21	4:54
100	732	Jug, Toni	64	GER	VFL Ahaus	M50	16	106	1:45:35	3:27:23	3:27:46	4:54
101	210	Genender, Dr. Peter	71	GER	PHV Krefeld-Wallenburg	M40	23	107	1:36:55	3:27:25	3:27:32	4:54
102	484	Daenens, Kim	68	BEL	*Leuven	M45	25	109	1:45:10	3:27:40	3:28:00	4:55
103	536	Kempe, Andreas	84	GER	FkTexel	M30	9	110	1:33:48	3:27:44	3:27:57	4:55
104	727	Jäger, Axel	69	GER	*Düsseldorf	M45	26	112	1:43:52	3:28:05	3:28:23	4:55
105	96	Oelsner, Dr. Malte	67	GER	LT Alt-Erkrath	M45	27	113	1:41:26	3:28:10	3:28:16	4:55
106	28	Theis, Hermann-Josef	66	GER	LT Mertesdorf 2001e.V.	M45	28	114	1:41:24	3:28:11	3:28:29	4:56
107	15	Schulz, Karsten	71	GER	*Hamminkeln	M40	24	115	1:45:16	3:28:14	3:28:34	4:56
108	962	Mierswa, Norman	62	GER	*Recklinghausen	M50	17	116	1:39:56	3:28:24	3:28:26	4:56
109	396	Lorenz, Frank	68	GER	LT Gruiten-Neandertal	M45	29	117	1:36:47	3:28:24	3:28:36	4:56
110	771	Perau, Dieter	63	GER	Running Veg. Kevelaer	M50	18	118	1:39:44	3:28:32	3:28:46	4:56
111	122	Garbowski, Mark	80	GER	*Duisburg	M30	10	119	1:32:51	3:28:41	3:28:50	4:56
112	154	Loeber, Ralf	77	GER	*Düsseldorf	M35	14	120	1:43:14	3:28:43	3:29:08	4:56

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
113	593	Sedlaczek, Peter	71	GER	*Hagen	M40	25	121	1:41:05	3:28:50	3:29:04	4:56
114	498	Fotschki, Andrzej	62	POL	AKM Olsztyn	M50	19	122	1:40:12	3:29:01	3:29:18	4:57
115	709	Glaesser Teijeiro, Roberto	63	ESP	LC Duisburg	M50	20	123	1:43:46	3:29:01	3:29:24	4:57
116	12	Bach, Markus	66	GER	DJK Buchholz	M45	30	124	1:43:47	3:29:02	3:29:25	4:57
117	787	Schlichting, Otze	85	GER	*Meerbusch	MM	12	125	1:29:55	3:29:04	3:29:08	4:57
118	474	Bemong, Marc	48	BEL	Knoet-ACBertern	M65	2	126	1:43:34	3:29:08	3:29:25	4:57
119	306	Nauy, Siegfried	85	GER	*Bremen	MM	13	127	1:43:33	3:29:09	3:29:36	4:57
120	600	Sundermann, Frank	66	GER	*Xanten	M45	31	128	1:43:28	3:29:10	3:29:21	4:57
121	642	Mroß, Michael	60	GER	*Duisburg	M50	21	129	1:40:48	3:29:22	3:29:44	4:57
122	148	Olbertz, Martin	66	GER	LG Germania Freund	M45	32	130	1:41:00	3:29:25	3:29:39	4:57
123	330	Lawalata, Hady	68	GER	SV Langendreer 04	M45	33	131	1:43:52	3:29:32	3:29:49	4:57
124	330	Fischer, Gerd	64	GER	Team ERDINGER Alkoholfrei	M50	22	132	1:43:52	3:29:32	3:29:49	4:57
125	986	Simpson, Paul	85	ENG	*Paderborn	MM	14	133	1:43:41	3:29:35	3:29:59	4:58
126	246	Gutowski, Thomas	66	GER	BSG Provinzial Münster	M45	34	134	1:40:31	3:29:37	3:29:47	4:58
127	1002	Perez, Francisco	79	PRI	*San Juan	M35	15	135	1:44:44	3:29:48	3:30:11	4:58
128	350	Stangneth, Dirk	69	GER	Adler-Langlauf Bottrop	M45	35	136	1:43:46	3:29:49	3:30:13	4:58
129	409	Johann, Thomas	71	GER	AS Neukirchen-Vluyn	M40	26	137	1:44:48	3:29:54	3:30:23	4:58
130	729	Jakobs, Hans-Joachim	67	GER	BSG Köln	M45	36	139	1:38:22	3:30:06	3:30:14	4:58
131	749	Lange, Dr. Roland	72	GER	Hoffmann-Vitten Hausmeisterdienst	M40	27	141	1:39:23	3:30:29	3:30:40	4:59
132	495	Engel, Alexander	91	GER	*Dortmund	MM	15	142	1:43:05	3:30:41	3:31:13	4:59
133	390	Semmelroggen, Jörg	62	GER	Vital Spa Göttingen	M50	23	143	1:43:12	3:30:59	3:31:17	4:59
134	382	Behr, Ralf	69	GER	*Oberhausen	M45	37	144	1:43:52	3:31:07	3:31:31	5:00
135	357	Husemann, Georg	68	GER	*Köln	M45	38	145	1:43:40	3:31:21	3:31:33	5:00
136	806	Wargenau, Jens	69	GER	LG Oerlinghausen	M45	39	146	1:47:14	3:31:34	3:32:27	5:00
137	150	Björn, Heiko	65	GER	Magdeburger-LaufKultur08	M45	40	147	1:41:14	3:31:36	3:31:48	5:00
138	626	Mörth, Sascha	70	GER	Team Erdinger Alkoholfrei	M40	28	148	1:41:14	3:31:36	3:31:48	5:00
139	706	Gading, Thomas	76	GER	LC Duisburg	M35	16	149	1:43:48	3:31:36	3:31:58	5:00
140	728	Jähde, Frank	64	GER	*Köln	M50	24	150	1:43:52	3:31:50	3:32:09	5:01
141	237	Howe, Karsten	59	GER	Polizei Düsseldorf	M55	6	151	1:43:45	3:32:03	3:32:29	5:01
142	89	Pipper, Kurt	57	GER	TV Roetgen	M55	7	152	1:39:02	3:32:27	3:32:39	5:02
143	679	Beitzer, Arnd	69	GER	always3 - Laufen in Remscheid	M45	41	153	1:46:38	3:32:29	3:33:00	5:02
144	811	Winkler, Ingolf	72	GER	CherryPlus Team	M40	29	154	1:43:51	3:32:38	3:32:59	5:02
145	341	Maciejewski, Adam	68	GER	LC Duisburg	M45	42	155	1:43:41	3:32:43	3:32:59	5:02
146	740	Klug, Helmut	75	GER	Dynamo Takufeld	M35	17	156	1:41:47	3:32:50	3:33:04	5:02
147	241	Schröter, Swen	69	GER	Die Kraft Dahinter	M45	43	157	1:44:32	3:33:01	3:33:13	5:02
148	971	Masermann, Dietmar	59	GER	koelle	M55	8	158	1:40:47	3:33:04	3:33:19	5:02
149	489	Drees, Thorsten	67	GER	*Krefeld	M45	44	159	1:43:52	3:33:06	3:33:36	5:03
150	165	Lohmann, Frank	63	GER	TG Neuss	M50	25	160	1:43:52	3:33:12	3:33:30	5:03
151	470	Außendorf, Marc	84	GER	*Rheine	M30	11	161	1:43:26	3:33:13	3:33:35	5:03
152	455	Schie, Jurek	84	GER	*Berlin	M30	12	162	1:43:47	3:33:42	3:34:03	5:03
153	402	Bula, Jerzy	70	GER	*Dormagen	M40	30	163	1:35:08	3:33:47	3:33:51	5:03
154	199	Steuber, Olaf	67	GER	TuS Hemmerde	M45	45	164	1:42:22	3:33:48	3:34:03	5:04
155	71	Schoenmakers, Alexander	74	GER	SG BMF 07	M40	31	165	1:30:36	3:33:52	3:33:58	5:04
156	799	Terwint, Jörn	76	GER	Terbecker Raketen Essen	M35	18	166	1:41:17	3:33:58	3:34:15	5:04
157	418	John, Dennis	82	GER	Team ERDINGER Alkoholfrei	M30	13	167	1:41:17	3:34:01	3:34:19	5:04
158	981	Wilkinson, Craig	92	ENG	*Paderborn	MM	16	168	1:43:43	3:34:10	3:34:33	5:04
159	442	Karsten, Markus	74	GER	Wir bei HKM	M40	32	169	1:44:50	3:34:17	3:34:45	5:04
160	181	Müller, Dr. Holger	70	GER	sie inkrädibäl holg	M40	33	170	1:43:19	3:34:26	3:34:45	5:04
161	27	Scharrenberg, Ulrich	48	GER	ASV-LT Kemperdick	M65	3	172	1:46:06	3:34:35	3:34:57	5:05
162	233	Mühle, Patrick	79	GER	*Duisburg	M35	19	173	1:42:38	3:34:37	3:35:04	5:05
163	2157	Hüser, Torsten	74	GER	Lauffreunde Hadi Wesel	M40	34	174	1:43:53	3:34:42	3:34:59	5:05
164	312	Przybyl, André-Philippe	67	GER	LAUF-TRAINER.COM	M45	46	176	1:43:40	3:35:00	3:35:21	5:05
165	163	Wulf, Carsten	73	GER	LG Sehnenriss	M40	35	177	1:45:22	3:35:18	3:35:37	5:06
166	481	Busch, Torsten	66	GER	SVE Hiddestorf	M45	47	178	1:41:26	3:35:33	3:35:49	5:06
167	147	Stendal, Dirk	68	GER	SOS-Kinderdörfer	M45	48	179	1:34:00	3:35:53	3:36:00	5:06
168	969	Müller, Christian	78	GER	*Rheinberg	M35	20	180	1:43:56	3:36:05	3:36:34	5:07

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
169	374	Büker, Karsten	77	GER	TG Herford	M35	21	181	1:43:46	3:36:09	3:36:33	5:07
170	373	Vogt, André	71	GER	LC Duisburg	M40	36	183	1:42:10	3:36:22	3:36:44	5:07
171	638	Ziegler, Dennis	82	GER	*Kassel	M30	14	185	1:46:26	3:36:40	3:37:06	5:08
172	283	Larisch, Christian	69	GER	*Hannover	M45	49	186	1:45:16	3:37:01	3:37:20	5:08
173	508	Gnedin, Eugen	62	GER	*Viersen	M50	26	187	1:45:20	3:37:14	3:37:34	5:08
174	964	Zachcial, Dr. Andreas	73	GER	Fluktuation 8	M40	37	188	1:45:04	3:37:20	3:38:13	5:09
175	678	Beeckman, Dr. Gert	82	BEL	*Zwalm	M30	15	189	1:48:02	3:37:20	3:37:46	5:09
176	358	Nägel, Jens	60	GER	TSV Rot-Weiss Körle	M50	27	190	1:49:09	3:37:24	3:37:36	5:09
177	340	Weier, Björn	74	GER	LEX BOCHOLT RUNNING TEAM	M40	38	191	1:41:01	3:37:30	3:37:48	5:09
178	17	Schwerdt, Peter	58	GER	Lauftreff R(h)einknaller	M55	9	192	1:40:04	3:37:31	3:37:45	5:09
179	136	Toplak, Fred	59	GER	*Herten	M55	10	193	1:37:50	3:37:34	3:37:44	5:09
180	755	Maletz, Christoph	76	GER	*Eschweiler	M35	22	194	1:36:20	3:37:37	3:37:49	5:09
181	1055	Duvenkamp, Stefan	68	GER	*Essen	M45	50	195	1:44:39	3:37:45	3:37:59	5:09
182	372	Neugebauer, Alfred	68	GER	Team ERDINGER Alkoholfrei	M45	51	196	1:44:37	3:37:47	3:38:09	5:09
183	444	Korte, Albrecht	59	GER	Lauffreunde Emsland	M55	11	199	1:44:01	3:38:07	3:38:28	5:10
184	268	Große, Dieter	69	GER	LC Duisburg	M45	52	200	1:36:59	3:38:11	3:38:21	5:10
185	59	Pribbemow, Jürgen	62	GER	TSV Burgthann	M50	28	201	1:45:34	3:38:21	3:38:47	5:10
186	761	Menneken, Rainer	63	GER	*Hemer	M50	29	202	1:43:26	3:38:30	3:38:55	5:10
187	469	Außendorf, Michael	87	GER	*Osnaabrück	MM	17	203	1:43:27	3:38:33	3:38:55	5:10
188	98	Knepper, Michael	63	GER	*Mülheim	M50	30	204	1:43:16	3:38:35	3:39:01	5:10
189	308	Janssen, Andre	73	GER	Tri-Team TV Schiefbahn	M40	39	206	1:44:46	3:38:40	3:38:57	5:10
190	434	Scheiler, Oliver	81	GER	*Wülfrath	M30	16	207	1:43:50	3:38:57	3:39:24	5:11
191	322	Pohl, Manuel	88	GER	*Hagen	MM	18	208	1:44:51	3:39:25	3:39:52	5:11
192	686	BRAUN, HANS	67	GER	Bachtrup GmbH	M45	53	209	1:42:05	3:39:34	3:39:41	5:12
193	976	Niemann, Ulrich	66	GER	*Nottuln	M45	54	210	1:43:59	3:39:39	3:39:55	5:12
194	82	David, Flamingo	72	GER	*Duisburg	M40	40	212	1:46:08	3:40:10	3:40:33	5:13
195	632	Gonzalez Martin, Jose	72	GER	*Essen	M40	41	213	1:44:57	3:40:36	3:40:55	5:13
196	294	Susing, Thorsten	80	GER	*Duisburg	M30	17	214	1:48:58	3:40:41	3:41:21	5:13
197	1003	Groß-Alt, Werner	56	GER	DJK Rasensport Aachen-Brand	M55	12	216	1:45:26	3:40:44	3:41:17	5:13
198	125	Kukuk, Christian	86	GER	cundus AG	MM	19	217	1:51:44	3:40:48	3:41:22	5:13
199	142	Meyer, Frank	71	GER	Kette links Senne - Bielefeld	M40	42	218	1:49:06	3:40:50	3:41:22	5:14
200	195	Olland, Martin	71	GER	*Dinslaken	M40	43	219	1:43:44	3:40:53	3:41:11	5:14
201	111	Hoffmann, Ralf	66	GER	BYK	M45	55	220	1:42:07	3:41:03	3:41:18	5:14
202	948	Grimme, Thomas	75	GER	*Duisburg	M35	23	221	1:37:32	3:41:23	3:41:30	5:14
203	960	Rakow, Sebastian	63	GER	*Mülheim	M50	31	222	1:48:55	3:41:40	3:42:23	5:15
204	769	Pasch, Gregor	71	GER	*Goslar	M40	44	223	1:48:03	3:41:46	3:42:17	5:15
205	794	Ströh, Andreas	73	GER	*Kassel	M40	45	225	1:44:20	3:42:06	3:42:41	5:15
206	377	Schröer, Mario	76	GER	*Erwitte	M35	24	226	1:35:42	3:42:20	3:42:27	5:16
207	349	Zaniol, Michael	66	GER	DIN Team	M45	56	227	1:51:00	3:42:22	3:42:40	5:16
208	91	Heitger, Oliver	67	GER	Lauf Löwen Lichtenbroich	M45	57	228	1:44:11	3:42:29	3:42:56	5:16
209	212	Petrikowski, Oliver	72	GER	*Oberhausen	M40	46	229	1:53:04	3:42:51	3:43:11	5:16
210	790	Schütte, Matthias	83	GER	*Bochum	M30	18	230	1:47:36	3:42:58	3:43:31	5:17
211	610	Ulitzka, Thomas	89	GER	*Bocholt	MM	20	231	1:44:38	3:43:00	3:43:20	5:17
212	336	Brauckmann, Klaus	64	GER	*Hövelhof	M50	32	232	1:52:00	3:43:08	3:43:52	5:17
213	79	Savilif, Rüdiger	50	GER	LG Alpen	M60	1	233	1:52:53	3:43:14	3:43:54	5:17
214	290	Kösseler, Karlheinz	63	GER	LC Duisburg	M50	33	234	1:52:10	3:43:20	3:43:51	5:17
215	551	Lahn, Markus	74	GER	*Duisburg	M40	47	235	1:43:48	3:43:23	3:43:46	5:17
216	635	Mollaie, Dr. Nader	60	GER	Iran	M50	34	236	1:46:01	3:43:26	3:43:46	5:17
217	763	Möller, Dr. Andreas	80	GER	*Duisburg	M30	19	237	1:39:16	3:43:32	3:43:40	5:17
218	448	Winkelhake, Heiner	56	GER	LDT Bochum	M55	13	238	1:43:50	3:43:32	3:43:54	5:17
219	266	Rotte, Uwe	60	GER	Team ERDINGER Alkoholfrei	M50	35	239	1:50:07	3:43:36	3:44:06	5:17
220	95	Hommes, Alexander	76	GER	*Ahrweiler	M35	25	240	1:43:51	3:43:50	3:44:09	5:18
221	549	Kühn, Jens	74	GER	Team ERDINGER Alkoholfrei	M40	48	241	1:48:59	3:43:53	3:44:11	5:18
222	204	Duckstein, Volker	69	GER	LLG-Wustweiler	M45	58	242	1:43:53	3:43:55	3:44:15	5:18
223	370	Piel, Andreas	73	GER	TV Witzhelden	M40	49	243	1:51:46	3:44:18	3:44:52	5:18
224	715	Gutknecht, Axel	66	GER	LG Dorsten	M45	59	244	1:46:15	3:44:19	3:44:32	5:18

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
225	955	Wahl, Thomas	68	GER	Team Egger Brilon	M45	60	245	1:44:00	3:44:23	3:44:41	5:19
226	708	Giebels, Franz-Josef	70	GER	*Kleve	M40	50	246	1:52:06	3:44:24	3:45:01	5:19
227	261	Becker, Michael	57	GER	*Remscheid	M55	14	247	1:37:18	3:44:28	3:44:41	5:19
228	209	Raible, Wolfgang	63	GER	*Buchholz	M50	36	248	1:36:17	3:44:35	3:44:46	5:19
229	179	Hessing, Maik	75	GER	*Altenberge	M35	26	249	1:43:27	3:44:36	3:45:03	5:19
230	345	Plitt, Carsten	66	GER	LC Duisburg	M45	61	251	1:52:09	3:44:46	3:45:18	5:19
231	305	Schaary, Alexander	88	GER	OSC 04 Rheinhausen	MM	21	252	1:43:53	3:44:46	3:45:18	5:19
232	550	Kuivasaari, Jani	84	FIN	*Helsinki	M30	20	253	1:51:38	3:44:52	3:45:07	5:19
233	692	Buschsieweke, Rainer	62	GER	DJK Avenwedde	M50	37	254	1:48:52	3:44:56	3:45:24	5:19
234	585	Schmidt, Heiko	71	GER	*Vreden	M40	51	255	1:52:09	3:44:58	3:45:10	5:19
235	695	dehne, stephan	77	GER	*langenfeld	M35	27	256	1:52:06	3:45:13	3:45:58	5:20
236	660	Heise, Jonas	96	GER	*Duisburg	MU20	1	257	1:48:55	3:45:17	3:46:00	5:20
237	630	Fey, Markus	74	GER	*Kerpen	M40	52	258	1:43:53	3:45:20	3:45:38	5:20
238	214	Heimann, Peter	61	GER	Borbekcker Raketen Essen	M50	38	259	1:45:45	3:45:25	3:45:56	5:20
239	421	Hackl, Karl	59	GER	Sport Ruscher Team	M55	15	260	1:43:36	3:45:30	3:45:53	5:20
240	698	Dumke, Holger	74	GER	BSG Waz Medien	M40	53	261	1:38:19	3:46:01	3:46:16	5:21
241	286	Gersch, Jürgen	56	GER	Team ERDINGER Alkoholfrei	M55	16	262	1:45:55	3:46:07	3:46:33	5:21
242	206	Nuss, Michael	81	GER	*Essen	M30	21	263	1:51:23	3:46:10	3:46:36	5:21
243	738	Kazmierczak, Michael	84	GER	FJgRgt 2	M30	22	264	1:40:11	3:46:18	3:46:30	5:21
244	984	Hinks, Adie	82	ENG	*Paderborn	M30	23	265	1:43:45	3:46:18	3:46:40	5:21
245	997	Schemkes, Frank	60	GER	ASV Köln	M50	39	266	1:55:14	3:46:24	3:47:10	5:21
246	20	Baumgarten, Horst	56	GER	Atlas Laufcamp	M55	17	267	1:46:47	3:46:43	3:47:02	5:22
247	556	Mahler, Frank	63	GER	*Düsseldorf	M50	40	268	1:52:14	3:46:46	3:47:17	5:22
248	736	Junnila, Jouni	84	FIN	*Espoo	M30	24	271	1:51:39	3:47:01	3:47:16	5:22
249	472	Bäurle, Peter	72	GER	TSV Kiebingen	M40	54	272	1:52:09	3:47:12	3:47:46	5:23
250	946	Geiger, Matthias	60	GER	NiersRunners Wachtendonk 2002 e.	M50	41	273	1:54:39	3:47:30	3:47:49	5:23
251	634	Mendritzki, Martin	72	GER	TEAM ERDINGER ALKOHOLFREI	M40	55	274	1:41:01	3:47:33	3:47:48	5:23
252	746	Kraschl, Steffen	81	GER	*Moers	M30	25	275	1:43:36	3:47:37	3:48:02	5:23
253	571	Pöhler, Alexander	94	GER	D4GVDM	MM	22	276	1:54:15	3:47:38	3:48:18	5:23
254	552	Lehmkuhle, Mathias	93	GER	*Glandorf	MM	23	277	1:54:15	3:47:38	3:48:18	5:23
255	516	Hagedorn, Jonas	94	GER	*Glandorf	MM	24	278	1:54:16	3:47:39	3:48:18	5:23
255	572	Pöhler, Thomas August	92	GER	D4GVDM	MM	24	278	1:54:16	3:47:39	3:48:18	5:23
257	756	Markowitz, Werner	55	GER	*Jüchen	M55	18	280	1:50:58	3:47:51	3:48:27	5:23
258	595	Shibahara, Dr. Toshihisa	56	JPN	docomo ac	M55	19	281	1:51:21	3:47:56	3:48:13	5:24
259	383	Thesenvitz, Stefan	63	GER	*Krefeld	M50	42	282	1:52:08	3:48:15	3:48:52	5:24
260	963	Schwieder, Detlev	65	GER	*Düsseldorf	M45	62	283	1:45:33	3:48:15	3:48:40	5:24
261	696	Domanski, Marcin	75	GER	*Düsseldorf	M35	28	286	1:52:09	3:48:31	3:49:03	5:24
262	792	Simons, Hans Wilhelm	56	GER	Düsseldorf	M55	20	287	1:46:16	3:48:43	3:49:01	5:25
263	90	Baumgarten, Manfred	62	GER	LANXESS-IPG Marathon-Team	M50	43	288	1:52:57	3:48:43	3:49:26	5:25
264	559	Matzke, Christian	82	GER	*Duisburg	M30	26	289	1:46:53	3:48:47	3:49:19	5:25
265	387	Hellwig, Jörg	65	GER	LANXESS - IPG Marathon Team	M45	63	290	1:48:51	3:48:53	3:49:26	5:25
266	465	Abels, Heinz-Willi	64	GER	LT MG-Volksgarten	M50	44	291	1:41:11	3:49:11	3:49:28	5:25
267	83	Kaiser, Daniel	82	GER	Laufftreff R(h)einknaller	M30	27	292	1:43:15	3:49:14	3:49:36	5:25
268	801	Ullrich, Sebastian	84	GER	Laufschule Dortmund by bunert	M30	28	293	1:48:27	3:49:20	3:49:52	5:26
269	645	Mascia, Mario	64	GER	*Kerpen	M50	45	294	1:51:23	3:49:22	3:49:56	5:26
270	637	Wilmes, Michael	70	GER	DJK - Bonzel	M40	56	295	1:42:47	3:49:25	3:49:56	5:26
271	548	Kruchten, Peter	58	GER	*Duisburg	M55	21	296	1:49:12	3:49:27	3:50:20	5:26
272	789	Schrank, Steffen	62	GER	*Bochum	M50	46	297	1:47:46	3:49:29	3:49:50	5:26
273	186	Grüll, Stefan	66	GER	LG Rheinfront	M45	64	298	1:46:12	3:49:34	3:49:51	5:26
274	276	Kaack, Michael	68	GER	LC Duisburg	M45	65	299	1:52:38	3:49:50	3:50:36	5:26
275	110	Fiedler, Michael	63	GER	*Voerde	M50	47	300	1:52:04	3:49:51	3:50:08	5:26
276	959	Bösche, Roland	71	GER	*Düsseldorf	M40	57	301	1:51:28	3:50:02	3:50:37	5:27
277	747	Kraus, Dieter	64	GER	HAMICH RUNNERS e.V.	M50	48	302	1:52:30	3:50:06	3:50:45	5:27
278	725	Huvers, Detlev	63	GER	*Bottrop	M50	49	303	1:44:42	3:50:15	3:50:41	5:27
279	23	Derlich, Michael	68	GER	Team ERDINGER Alkoholfrei	M45	66	304	1:50:22	3:50:18	3:50:49	5:27
280	773	Pirronello, Adriano	70	GER	ASV Duisburg	M40	58	305	1:50:19	3:50:31	3:51:03	5:27

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
281	793	Staschik, Lothar	60	GER	Brühler TV 1879	M50	50	306	1:54:08	3:50:38	3:51:18	5:27
282	97	Bierschbach, Rainer	59	GER	Turnerbund Osterfeld 1911 e.V.	M55	22	307	1:45:16	3:50:42	3:51:02	5:28
283	966	Marquis, Frank	63	GER	LC Duisburg	M50	51	308	1:52:04	3:50:46	3:51:23	5:28
284	587	Schmoll, Christian	71	GER	*Ennepetal	M40	59	309	1:51:07	3:50:46	3:51:20	5:28
285	468	Anschtütz, Christian	88	GER	Ruhr-Universität Bochum	MM	26	311	1:51:27	3:50:56	3:51:27	5:28
286	115	Teigelkamp, Guido	68	GER	Adler-Langlauf-Bottrop	M45	67	312	1:45:29	3:51:16	3:51:35	5:28
287	139	Laskowski, Andreas	61	GER	Attas Laufcamp	M50	52	313	1:48:30	3:51:22	3:51:40	5:28
288	703	Fischer, Andreas	65	GER	*Duisburg	M45	68	314	1:46:01	3:51:23	3:51:59	5:29
289	805	Wagner, Burkhard	61	GER	Die Stolperer	M50	53	315	1:51:01	3:51:29	3:52:07	5:29
290	704	flake, peter	67	GER	*Mülheim	M45	69	316	1:41:13	3:51:34	3:51:48	5:29
291	633	Jotzo, Daniel	77	GER	SUS Stadtlohn	M35	29	317	1:45:29	3:51:46	3:52:07	5:29
292	476	Böving, Stefan	73	GER	TVE Lauffreunde Gladbeck	M40	60	318	1:51:40	3:52:15	3:52:24	5:30
293	953	Grant, Lee	70	ENG	*Bournemouth	M40	61	319	1:47:34	3:52:22	3:52:47	5:30
294	443	Glowig, Daniel	86	GER	KC Lumnda	MM	27	320	1:50:29	3:52:44	3:53:24	5:30
295	252	Schwend, Timm	84	GER	BSG Wirtschaftsbetriebe Duisburg	M30	29	321	1:54:17	3:52:45	3:53:21	5:30
296	244	Laßmann, Frank	64	GER	*Gelsenkirchen	M50	54	322	1:49:35	3:52:56	3:53:31	5:31
297	663	Meier, Stephan	86	GER	*Duisburg	MM	28	323	1:55:30	3:53:12	3:53:58	5:31
298	764	Moldowan, Mirko	69	GER	Mallorca Freaks	M45	70	325	1:54:14	3:53:22	3:53:35	5:31
299	616	Vogl, Konrad	61	GER	*Reichling	M50	55	326	1:47:33	3:53:26	3:53:53	5:31
300	272	Reißberg, Guido	65	GER	*Kamp- Lintfort	M45	71	327	1:56:03	3:53:42	3:54:26	5:32
301	770	Paul, Frederik	96	GER	FC Viktoria Alpen	MU20	2	328	1:49:56	3:53:44	3:54:03	5:32
302	513	Gottschalk, Kai Uwe	78	GER	*Dortmund	M35	30	329	1:46:41	3:53:52	3:54:08	5:32
303	621	Wolbertus, Ruud	85	NLD	*Tegelen	MM	29	330	1:43:50	3:53:52	3:54:11	5:32
304	558	Mamrot, Michel	86	GER	*Wuppertal	MM	30	333	1:59:22	3:54:03	3:54:54	5:32
305	580	Rouge, Stefan	69	GER	RCL	M45	72	334	1:52:12	3:54:07	3:54:37	5:32
306	804	Voß, Ingo	72	GER	Laufwerk Hamburg	M40	62	335	1:43:52	3:54:10	3:54:29	5:32
307	622	Wesner, Axel	60	GER	*Berlin	M50	56	336	1:52:39	3:54:15	3:54:49	5:33
308	629	Simon, Dr. Daniel	75	GER	K43	M35	31	337	1:45:59	3:54:15	3:54:38	5:33
309	1005	Utermark, Aljoscha	74	GER	*Brechen	M40	63	338	1:54:05	3:54:19	3:54:55	5:33
310	602	Svoboda, Frank	82	GER	*Bielefeld	M30	30	339	1:51:50	3:54:24	3:55:18	5:33
311	41	Pärschke, Klaus	56	GER	*Oberhausen	M55	23	341	1:53:03	3:54:28	3:55:01	5:33
312	722	Hoffmann, Dr. Götz	67	GER	*Bonn	M45	73	342	1:39:39	3:54:32	3:54:59	5:33
313	451	Jüng, Sebastian	81	GER	*Hagen	M30	31	343	1:47:43	3:54:32	3:54:57	5:33
314	505	Gerlach, Arndt	68	GER	Lauffreunde Hadi Wesel	M45	74	344	1:55:14	3:54:34	3:55:11	5:33
315	701	Edeler, Thorsten	67	GER	*Essen	M45	75	345	1:52:03	3:54:37	3:55:16	5:33
316	929	Lattekamp, Christian	86	GER	*Duisburg	MM	31	346	1:56:24	3:54:39	3:54:54	5:33
317	251	Müller, Frank	65	GER	*Duisburg	M45	76	347	1:56:24	3:54:40	3:54:54	5:33
318	104	Wagner, Klaus	62	GER	WSU Tri-Team Warendorf	M50	57	348	1:51:42	3:54:47	3:55:19	5:33
319	757	Marston, Michael	92	VGB	*staffordshire	MM	32	350	1:43:34	3:55:04	3:55:28	5:34
320	1004	Groß, Helmut	48	GER	DJK Rasensport Aachen-Brand	M65	4	351	1:52:09	3:55:06	3:55:39	5:34
321	178	Rosenkranz, Detlef	62	GER	TSV Dieringhausen	M50	58	352	1:53:59	3:55:07	3:55:48	5:34
322	758	Massey, James	86	VGB	*Staffs	MM	33	353	1:43:45	3:55:08	3:55:27	5:34
323	803	Victor, Holger	68	GER	DJK GW Gelmer	M45	77	354	1:53:34	3:55:12	3:55:29	5:34
324	947	Kemmesies, Sebastian	88	GER	LG Alpen	MM	34	355	1:41:22	3:55:17	3:55:36	5:34
325	449	Schumacher, Lutz	61	GER	Skiclub Remscheid	M50	59	356	1:54:40	3:55:23	3:55:58	5:34
326	937	Horn, Rüdiger	67	GER	*Mülheim A.d. Ruhr	M45	78	357	1:44:57	3:55:25	3:55:36	5:34
327	611	Van Den Mond, Uwe	78	GER	Hottes Fitnessclub Wesel	M35	32	358	1:48:37	3:55:33	3:56:10	5:34
328	347	Spintler, Rene	75	GER	Team ERDINGER Alkoholfrei	M35	33	359	1:50:33	3:55:38	3:56:18	5:35
329	151	Foe, Andy	65	NLD	FoeFit	M45	79	360	1:55:12	3:55:39	3:55:51	5:35
330	628	Nolte, Dirk	82	GER	TG Schwerte-Westhofen	M30	32	361	1:43:45	3:55:41	3:56:05	5:35
331	194	Fieber, Thomas	73	GER	hofacker-runner.de.vu	M40	64	362	1:52:06	3:55:41	3:56:18	5:35
332	108	Patommel, Rüdiger	56	GER	*Viersen	M55	24	365	1:56:25	3:55:52	3:56:39	5:35
333	603	Tews, Dirk	74	GER	ohne	M40	65	366	1:51:38	3:56:00	3:56:25	5:35
334	975	Janiak, Christoph	61	GER	*Düsseldorf	M50	60	367	1:49:34	3:56:03	3:56:35	5:35
335	328	Sommerfeld, Bruno	67	GER	*Remscheid	M45	80	368	1:54:37	3:56:04	3:56:39	5:35
336	527	Huppertz, Marcel	75	GER	*Meckenheim	M35	34	369	1:51:18	3:56:06	3:56:38	5:35

31. Rhein-Ruhr-Marathon

Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
337	957	Otto, Christian	59	GER	*Ratingen	M55	25	370	1:58:36	3:56:06	3:56:45	5:35
338	742	Köller, Peter	65	GER	Marathon Mülheim	M45	81	371	1:52:05	3:56:16	3:56:54	5:35
339	232	Laroche, Marcel	78	GER	*Kamp- Lintfort	M35	35	372	1:56:03	3:56:28	3:57:12	5:36
340	977	Beckers, Domenik	87	GER	*Mönchengladbach	MM	35	373	1:55:34	3:56:30	3:57:15	5:36
341	285	Küster, Ulrich	66	GER	TUS Querenburg	M45	82	374	1:51:05	3:56:38	3:57:01	5:36
342	778	Quattrocchi, Fulvio	50	GER	LSF Münster	M60	2	375	1:49:27	3:56:39	3:57:03	5:36
343	939	Koepke, Rainer	59	GER	Team ERDINGER Alkoholfrei	M55	26	376	1:45:16	3:56:40	3:56:53	5:36
344	723	Homung, Herbert	61	GER	AS Neukirchen-Vluyn	M50	61	377	1:57:01	3:56:51	3:58:05	5:36
345	361	Rauls, Roland	67	GER	*Sprockhövel	M45	83	378	1:56:32	3:56:52	3:57:37	5:36
346	712	Ganzen, Stefan	72	GER	BSG Sparkasse Duisburg	M40	66	379	1:59:25	3:56:56	3:57:46	5:36
347	175	Patino, Daniel	65	GER	*Dinslaken	M45	84	380	1:54:03	3:56:58	3:57:27	5:36
348	190	Berndt, Tobias	71	GER	*Moers	M40	67	381	1:54:03	3:56:59	3:57:28	5:36
349	576	Rische, Karsten	60	GER	*Roetgen	M50	62	383	1:51:07	3:57:08	3:57:38	5:37
350	177	Dietrich, Christian	86	GER	*Wuppertal	MM	36	384	1:59:23	3:57:09	3:57:59	5:37
351	620	Walther, Jörgen	75	GER	TV Neunkirchen	M35	36	385	1:51:07	3:57:10	3:57:39	5:37
352	958	Ziemons, André	56	GER	*Ratingen	M55	27	387	1:58:36	3:57:21	3:58:00	5:37
353	269	Rettig, Thorsten	67	GER	*Duisburg	M45	85	388	1:58:02	3:57:26	3:58:13	5:37
354	395	Jurisch, Dennis	80	GER	AS Neukirchen-Vluyn	M30	33	389	1:43:55	3:57:30	3:57:47	5:37
355	318	Benninghofen, Matthias	85	GER	*Moers	MM	37	390	1:55:51	3:57:36	3:58:02	5:37
356	518	Harder, Volker	66	GER	*Stromberg	M45	86	391	1:56:11	3:57:39	3:58:16	5:37
357	404	Tirgrath, Sven	82	GER	Lauersforter Helden	M30	34	392	1:54:42	3:57:40	3:58:21	5:37
358	353	Krauße, Dennis	81	GER	Lauersforter Helden	M30	35	393	1:54:43	3:57:41	3:58:21	5:37
359	247	Van Bernem, Uwe	60	GER	SG Sparkasse Aachen	M50	63	394	1:58:16	3:57:44	3:58:27	5:38
360	745	Kossen, Papa von Tom	69	GER	*Duisburg	M45	87	395	1:57:59	3:57:45	3:58:31	5:38
361	691	Burgmer, Marco	82	GER	*Bergisch Gladbach	M30	36	396	1:49:28	3:57:46	3:58:11	5:38
362	400	Grittner, Werner	59	GER	Laufclub Duisburg	M55	28	397	1:58:06	3:57:56	3:58:39	5:38
363	400	De Kruijff, Johannes	54	GER	Laufclub Duisburg	M60	3	398	1:58:06	3:57:57	3:58:39	5:38
364	647	Dollberg, Alexander	73	GER	LT Hängende Zunge	M40	68	399	1:52:08	3:57:59	3:58:35	5:38
365	126	Kremer, Werner	59	GER	Ausdauerschule by Bunert	M55	29	400	1:57:58	3:58:06	3:58:51	5:38
366	22	Mai, Christian	65	GER	SV Haldern-Lauftreff	M45	88	402	1:56:27	3:58:07	3:58:43	5:38
367	316	Asel, Andreas	65	GER	Team ERDINGER Alkoholfrei	M45	89	403	1:54:20	3:58:08	3:59:21	5:38
368	413	Möbius, Jirka	69	GER	*Wesel	M45	90	408	1:58:10	3:58:39	3:59:22	5:39
369	541	Klingen, Thomas	72	GER	*Mönchengladbach	M40	69	409	1:59:45	3:58:43	3:59:35	5:39
370	767	Naujoks, Stefan	73	GER	*Sonsbeck	M40	70	410	1:52:12	3:58:44	3:59:18	5:39
371	658	Engelen, Bart	80	BEL	*Leuven	M30	37	412	1:54:15	3:58:50	3:59:16	5:39
372	553	Leonhard, Andreas	64	GER	Wassersportverein Rheinhausen	M50	64	413	1:54:53	3:58:58	3:59:38	5:39
373	924	Heilich, Johann	60	GER	FORD-FCSD	M50	65	414	1:52:07	3:59:05	3:59:36	5:39
374	554	Lippsmeier, Malte	89	GER	*Bochum	MM	38	416	1:52:10	3:59:08	3:59:41	5:40
375	25	Busseck, Jürgen	66	GER	*Goch	M45	91	417	1:52:05	3:59:16	3:59:30	5:40
376	292	Stöckl, Sascha	87	GER	Zack Banana´s	MM	39	419	1:54:29	3:59:24	3:59:50	5:40
377	431	Assigal, Dirk	68	AUT	*Moers	M45	92	420	1:54:29	3:59:25	3:59:51	5:40
378	542	Knoblich, Carsten	82	GER	*Hagen	M30	38	423	1:43:48	3:59:44	4:00:01	5:40
379	394	Günther, Werner	71	GER	*Oberhausen	M40	71	424	1:47:14	3:59:52	4:00:16	5:41
380	432	Köller-Timm, Thorsten	65	GER	*Wuppertal	M45	93	425	2:00:37	3:59:57	4:00:54	5:41
381	73	Weinbörner, Klaus-Peter	48	GER	LT Bittermark Dortmund	M65	5	426	1:50:16	4:00:10	4:00:36	5:41
382	439	Hackenbroich, Guido	64	GER	*Krefeld	M50	66	427	2:00:06	4:00:17	4:01:24	5:41
383	172	Bolch, Michael	68	GER	Christuskirche Aschaffenburg	M45	94	428	1:48:00	4:00:35	4:00:55	5:42
384	1001	Scheepers, Wilhelm	41	GER	*Duisburg	M70	1	429	1:57:43	4:00:36	4:01:22	5:42
385	748	Kruell, Dr. Dr. Dr. Joey	68	GER	x treme run für mike schumi	M45	95	430	1:52:40	4:00:44	4:01:04	5:42
386	109	Feigl, Ludger	66	GER	*Dortmund	M45	96	431	1:58:16	4:00:49	4:01:47	5:42
386	711	Goms, Norbert	64	GER	*Dortmund	M50	67	431	1:59:05	4:00:49	4:01:32	5:42
388	397	Karatas, Michael	71	GER	*Kamp-Lintfort	M40	72	433	1:58:18	4:01:32	4:02:14	5:43
389	989	Rhys, Carpenter	94	ENG	*Paderborn	MM	40	434	1:43:44	4:01:36	4:01:58	5:43
390	768	Odenthal, Danny	77	GER	FI Sport e.V.	M35	37	435	1:57:48	4:01:36	4:02:21	5:43
391	535	Keesen, Florian	81	GER	*Moers	M30	39	436	1:55:35	4:01:44	4:02:36	5:43
392	776	Poetschki, Thomas	71	GER	LC Duisburg	M40	73	437	1:57:53	4:02:13	4:02:57	5:44

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
393	983	Blood, Matthew	90	ENG	*Paderborn	MM	41	438	1:51:22	4:02:17	4:02:55	5:44
394	121	Pfalz, Ulrich	56	GER	Tus-Scharmhorst	M55	30	439	1:48:10	4:02:19	4:02:46	5:44
395	985	Whiskerd, Ian	87	ENG	*Paderborn	MM	42	440	1:52:08	4:02:20	4:02:54	5:44
396	700	Eckhardt, Marc	72	GER	LC Duisburg	M40	74	442	1:58:02	4:02:27	4:03:15	5:44
397	751	Lodenkämper, Klaus	63	GER	BSG 96 Jugendamt	M50	68	443	1:58:20	4:02:40	4:03:18	5:45
398	343	Schömann, Ralf	70	GER	*Oberhausen	M40	75	444	1:57:54	4:02:54	4:03:41	5:45
399	67	Hütten, Volker	64	GER	Siemens Turbos	M50	69	445	1:55:51	4:03:01	4:03:27	5:45
400	735	Junker, Gerd	56	GER	100 Marathon Club	M55	31	446	1:58:00	4:03:07	4:03:56	5:45
401	662	Kretschmann, Ernest	53	GER	TV Rommerskirchen	M60	4	448	1:52:19	4:03:36	4:04:08	5:46
402	524	Hiddemann, Thomas	60	GER	*Dortmund	M50	70	449	1:53:13	4:03:36	4:04:19	5:46
403	202	Schellhorn, Georg	57	AUT	Chrisorg	M55	32	451	1:52:27	4:03:49	4:04:17	5:46
404	641	Bröker, Timo	73	GER	*Winterberg	M40	76	452	1:52:06	4:03:55	4:04:31	5:46
405	639	Meyer, Paul	59	GER	*Marl	M55	33	453	1:51:04	4:03:58	4:04:27	5:46
406	366	Gietmann, Michael	67	GER	TSV Weeze 1910/19	M45	97	454	1:58:17	4:04:09	4:04:35	5:47
407	331	Gettwert, Klaus	70	GER	*Mülheim	M40	77	456	1:58:14	4:04:25	4:05:05	5:47
408	321	Kolanus, David	86	GER	*Bottrop	MM	43	457	1:57:54	4:04:29	4:05:13	5:47
409	152	Lorkowski, Michael	59	GER	Die blauen Bengel	M55	34	458	1:57:57	4:04:36	4:05:24	5:47
410	216	Jacobs, Christian	76	GER	*Tönisvorst	M35	38	459	1:52:12	4:04:55	4:05:30	5:48
411	32	Sevink, Eddie	67	NLD	Run2Day Zwolle	M45	98	460	1:56:02	4:05:08	4:05:37	5:48
412	35	Kreis, Manfred	58	GER	NEW SG 26 Mönchengladbach	M55	35	461	1:54:45	4:05:12	4:05:16	5:48
413	100	Thiemann, Tomas	68	GER	*Köln	M45	99	462	1:58:01	4:05:15	4:06:02	5:48
414	348	Halfmeier, Frank	68	GER	LC Duisburg	M45	100	463	1:55:33	4:05:35	4:06:12	5:49
415	319	Urschey, Michael	73	GER	Team Hummel	M40	78	464	1:57:21	4:05:40	4:06:32	5:49
416	557	Malzahn, Richard	49	GER	Bernds Racing Team	M65	6	465	1:57:33	4:05:43	4:06:25	5:49
417	670	Abel, Klaus	50	GER	LC Duisburg	M60	5	466	1:58:02	4:06:05	4:06:52	5:49
418	446	Gros, Michael	68	GER	*Dorsten	M45	101	467	1:59:02	4:06:15	4:07:07	5:50
419	131	Franzen, Michael	59	GER	*Voerde	M55	36	468	1:52:03	4:06:16	4:06:33	5:50
420	816	Ziegler, Sven	77	GER	LT Alt- Erkrath	M35	39	469	1:58:21	4:06:17	4:06:45	5:50
421	320	Meyer, Dr. Andreas	61	GER	SC Wernsbach Weihenzell	M50	71	471	1:58:11	4:06:29	4:07:14	5:50
422	66	Müller-Zeder, Ralph	60	GER	TV Runkel	M50	72	472	1:58:18	4:06:37	4:07:19	5:50
423	931	Seyfarth, Marco	73	GER	BSG BML	M40	79	473	1:56:14	4:06:39	4:07:28	5:50
424	155	Gaspar, Attila	80	HUN	ELTE-BEAC-POLYTHON	M30	40	474	2:00:16	4:06:41	4:07:24	5:50
425	228	Kiefaber, Wolfgang	58	GER	*Korschenbroich	M55	37	475	1:58:12	4:06:45	4:07:30	5:50
426	589	Schneider, Olaf	68	GER	*Dormagen	M45	102	476	1:58:08	4:06:47	4:07:31	5:50
427	391	Cieplak, Dominik	82	GER	CooleDomeRunner	M30	41	477	1:58:37	4:06:49	4:07:31	5:50
428	240	Kauter, Lars	70	GER	HTC Herne	M40	80	478	1:58:37	4:06:49	4:07:32	5:50
429	673	Badisch, Rainer	60	AUT	*Dornbirn	M50	73	479	1:52:35	4:07:07	4:07:31	5:51
430	574	Rathmann, Erik	87	GER	*Roßbach	MM	44	480	1:51:18	4:07:37	4:08:10	5:52
431	37	Schmidlers, Ralph	59	GER	AS Neukirchen-Vluyn	M55	38	481	1:57:01	4:07:53	4:09:06	5:52
432	437	Jöge, Michael	71	GER	Die Vier lustigen Fünf	M40	81	482	1:54:21	4:07:59	4:08:42	5:52
433	471	Baumann, Frank	63	GER	G+ Running / Laufen	M50	74	484	1:58:09	4:08:11	4:08:56	5:52
434	540	Klenovsek, Sascha	74	GER	*Rheurdt	M40	82	485	1:55:27	4:08:12	4:08:52	5:52
435	436	Traut, Christian	86	GER	Ausdauerschule by Bunert	MM	45	486	1:58:03	4:08:33	4:09:20	5:53
436	411	Thurrow, Alexander	84	GER	*Witten	M30	42	487	2:01:00	4:08:47	4:09:37	5:53
437	192	Thorbrügge, Johannes	85	GER	*Witten	MM	46	488	2:01:00	4:08:47	4:09:36	5:53
438	416	Korischem, Simon	88	GER	*Duisburg	MM	47	489	1:59:53	4:08:53	4:09:42	5:53
439	435	Heinze, Tobias	90	GER	SUS Hochmoor 1958 e.V.	MM	48	490	1:55:15	4:09:12	4:09:49	5:54
440	417	Plettau, Markus	80	GER	go vegan	M30	43	491	1:53:05	4:09:13	4:09:50	5:54
441	669	Aalbers, Ralf	61	GER	Dinslaken	M50	75	492	1:59:35	4:09:40	4:10:30	5:55
442	299	Scholz, Andreas	91	GER	*Duisburg	MM	49	493	1:58:10	4:09:49	4:10:29	5:55
443	301	Scholz, Andreas	70	GER	*Duisburg	M40	83	494	1:58:10	4:09:49	4:10:29	5:55
444	401	Mohn, Thorsten	70	GER	team-slow-motion	M40	84	495	1:45:49	4:09:54	4:10:24	5:55
445	399	Rothmann, Lutz	64	GER	*Köln	M50	76	496	1:52:19	4:10:07	4:10:42	5:55
446	717	Heintges, Dennis	78	GER	Klinikum Duisburg	M35	40	498	1:59:01	4:10:32	4:11:19	5:56
447	64	Fergon, Zbigniew	64	GER	*Duisburg	M50	77	499	2:06:00	4:10:33	4:11:28	5:56
448	649	Schaffer, Michael	77	GER	FC Langdorf	M35	41	500	1:58:09	4:10:38	4:11:24	5:56

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
449	604	Thoma, Dirk	64	GER	Schalke 04	M50	78	501	1:57:18	4:10:47	4:11:26	5:56
450	1007	Hartmann, Andre	66	GER	*Mülheim An Der Ruhr	M45	103	502	2:02:14	4:10:52	4:11:40	5:56
451	87	Echtenbruck, Peter	56	GER	TV Walsum-Aldenrade	M55	39	503	1:54:32	4:10:56	4:11:21	5:56
452	766	Mutz, Andreas	72	GER	*Duisburg	M40	85	504	1:56:18	4:10:57	4:11:40	5:56
453	84	Glockner, Wolf	58	GER	*Düsseldorf	M55	40	506	1:58:09	4:11:20	4:12:35	5:57
454	450	Van Gemmeren, Volkmar	73	GER	die Stolperer	M40	86	507	1:52:10	4:11:22	4:11:56	5:57
455	46	Schacht, Frank	66	GER	Team ERDINGER Alkoholfrei	M45	104	508	2:03:18	4:11:23	4:12:13	5:57
456	724	Howes, William	48	REU	*Whittington	M65	7	509	1:58:36	4:11:25	4:12:07	5:57
457	412	Puy Michl, Franz Xaver	67	GER	*Duisburg	M45	105	510	1:52:13	4:11:27	4:11:58	5:57
458	988	Weidemann, Friedhelm	59	GER	MV Stüde	M55	41	512	1:53:21	4:11:37	4:11:44	5:57
459	118	Richter, Klaus	58	GER	*Herne	M55	42	513	1:56:22	4:11:39	4:11:59	5:57
460	257	Gündüz, Fikret	64	TUR	LC Duisburg	M50	79	514	1:57:01	4:11:41	4:12:18	5:57
461	420	Schmitz, Arno	58	GER	Team ERDINGER Alkoholfrei	M55	43	517	1:54:09	4:12:04	4:12:39	5:58
462	539	Klemmer, Stephan	69	GER	*Siegersbrunn	M45	106	518	1:43:38	4:12:04	4:12:32	5:58
463	368	Müller, Manuel	87	GER	*Duisburg	MM	50	519	1:59:53	4:12:31	4:13:20	5:59
464	716	Harms, Bernd	79	GER	LC Duisburg Marathonkurs	M35	42	520	1:57:51	4:12:44	4:13:32	5:59
465	565	Nikisch, Holger	69	GER	*Dinslaken	M45	107	522	2:09:48	4:12:45	4:13:37	5:59
466	597	Söllner, Michael	67	GER	ohne	M45	108	524	2:06:35	4:12:46	4:13:44	5:59
467	342	BruX, Thomas	66	GER	Kempener TV	M45	109	525	1:58:20	4:12:47	4:13:30	5:59
468	945	Weissenborn, Michael	70	GER	*Dortmund	M40	87	526	1:57:52	4:12:53	4:13:55	5:59
469	534	Katzwinkel, Werner	62	GER	*Wuppertal	M50	80	527	1:59:20	4:12:54	4:13:47	5:59
470	415	Goertz, Dirk	67	GER	Laufclub Duisburg	M45	110	528	2:06:11	4:12:56	4:13:43	5:59
471	643	Nies, Danny	67	BEL	De Grenslapers	M45	111	530	1:51:23	4:13:22	4:13:47	6:00
472	105	Mechnig, Heiko	59	GER	SuS Oberaden	M55	44	531	2:00:09	4:13:22	4:13:30	6:00
473	961	Rech, Jan Christoph	79	GER	*Duisburg	M35	43	532	2:02:42	4:13:30	4:14:38	6:00
474	296	Kraemer, Kurt	74	GER	LT Gruitzen-Neandertal	M40	88	533	1:52:28	4:13:53	4:14:27	6:00
475	925	Jablonski, Horst	53	GER	*Moers	M60	6	534	1:50:44	4:13:54	4:14:23	6:01
476	419	Gerhardt, Jörg	54	GER	BSG FZ Jülich	M60	7	535	2:05:11	4:13:59	4:14:44	6:01
477	235	Breer, Pater Tobias	63	GER	Abtei Hamborn	M50	81	536	1:53:22	4:14:05	4:14:33	6:01
478	376	Dick, Viktor	65	GER	*Neukirchen-Vluyn	M45	112	537	1:57:59	4:14:19	4:15:02	6:01
479	236	Mohr, Andreas	67	GER	Marathon-Club Eschweiler	M45	113	538	1:54:45	4:14:28	4:15:02	6:01
480	734	Jungnitsch, Oliver	67	GER	BSG Sparkasse Gelsenkirchen	M45	114	540	2:02:05	4:14:45	4:15:34	6:02
481	238	Steffen, Marcel	72	GER	TSV Viktoria Mülheim	M40	89	541	1:44:02	4:14:48	4:14:58	6:02
482	586	Schmitz-Lenders, Ralph	73	GER	*Mülheim	M40	90	542	1:56:03	4:15:31	4:16:15	6:03
483	584	Schilinsky, Simon	84	GER	*Kevelaer	M30	44	544	1:58:00	4:15:37	4:16:22	6:03
484	189	Grohs, Stefan	65	GER	Nüdelalm	M45	115	545	2:06:46	4:15:58	4:17:05	6:03
485	153	Beyer, Rüdiger	64	GER	ASC Düsseldorf	M50	82	546	1:54:54	4:15:58	4:16:27	6:03
486	50	Bürger, Olaf	68	GER	BSG Kreissparkasse Heinsberg	M45	116	547	2:02:37	4:16:19	4:17:12	6:04
487	607	Troiani, Marco	92	GER	*Mülheim an der Ruhr	MM	51	548	1:51:41	4:16:28	4:16:55	6:04
488	591	Schubert, Torsten	80	GER	*Mülheim	M30	45	549	1:58:43	4:16:30	4:17:22	6:04
489	38	Wende, Jan	76	GER	LC Duisburg	M35	44	550	1:55:02	4:16:43	4:17:19	6:05
490	650	Simon, Emanuel	60	GER	*Duisburg	M50	83	551	1:58:21	4:16:55	4:17:39	6:05
491	510	Göhre, Ulrich	85	GER	FkTexel	MM	52	552	1:53:42	4:16:58	4:17:40	6:05
492	102	Knies, Thorsten	67	GER	*Duisburg	M45	117	553	1:52:11	4:17:06	4:17:42	6:05
493	991	Heele, Michael	86	ENG	*Paderborn	MM	53	554	1:52:14	4:17:16	4:17:54	6:05
494	719	Heldt, Björn	72	GER	*Hünxe	M40	91	556	2:06:09	4:17:50	4:18:41	6:06
495	224	Kuntze, Herbert	64	GER	Team ERDINGER Alkoholfrei	M50	84	557	2:04:35	4:18:03	4:18:56	6:06
496	461	Ferreira, Claudio	78	GER	SuS Gohr	M35	45	558	1:58:03	4:18:06	4:18:54	6:06
497	560	Mayer, Bastian	76	GER	SuS Gohr	M35	46	559	1:57:55	4:18:06	4:18:54	6:06
498	458	Lange, Hans-Dieter	61	GER	*Mülheim an der Ruhr	M50	85	560	2:06:06	4:18:10	4:18:57	6:07
499	380	Wurmbach, Patric	71	GER	GK Runner	M40	92	561	1:58:24	4:18:10	4:18:49	6:07
500	606	Toren, Senol	69	GER	*Duisburg	M45	118	562	1:57:05	4:18:42	4:19:28	6:07
501	326	Brenniq, Jürgen	63	GER	*Steinhagen	M50	86	564	1:52:12	4:19:16	4:19:47	6:08
502	345	Schmidt, Werner	51	GER	LC Duisburg	M60	8	566	1:52:10	4:19:21	4:19:53	6:08
502	345	Schmidt, Werner	51	GER	LC Duisburg	M60	8	566	1:52:10	4:19:21	4:19:53	6:08
504	297	Schmitz, Sven	71	GER	KSV-LWT Kevelaer	M40	93	568	1:57:32	4:19:21	4:19:58	6:08

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
505	203	Peters, Piet	56	GER	piet spiet tiem	M55	45	570	2:00:18	4:19:26	4:20:07	6:08
506	249	Herzog, Peter	64	GER	*Mönchengladbach	M50	87	572	2:05:32	4:19:54	4:20:47	6:09
507	271	Häseker, Horst	57	GER	*Diepenau	M55	46	574	1:58:00	4:20:23	4:21:05	6:10
508	664	Nishimura, Shigeki	68	JPN	*Duesseldorf	M45	119	575	1:54:08	4:20:27	4:20:59	6:10
509	522	Hessler, Marvin	92	GER	*Oberhausen	MM	54	576	2:22:14	4:20:29	4:21:40	6:10
510	598	Stefes, Prof. Christoph	69	GER	*Berlin	M45	120	578	2:03:14	4:21:08	4:22:03	6:11
511	223	Dovek, Metin	67	GER	*Erkelenz	M45	121	579	2:00:09	4:21:26	4:22:21	6:11
512	810	Wilmsen, Henry	57	GER	*Neukirchen-Vluyn	M55	47	580	2:00:46	4:21:42	4:22:29	6:12
513	211	Dheur, Marcus	69	GER	Borussia Veen	M45	122	581	2:00:28	4:21:51	4:22:46	6:12
514	980	Drig, Thomas	74	GER	*Dortmund	M40	94	583	2:11:50	4:22:17	4:23:17	6:12
515	501	Frörath, Patrick	87	GER	*Roßbach	MM	55	584	1:51:17	4:22:19	4:22:52	6:12
516	164	Heesen, Ralf	67	GER	*Kempen	M45	123	585	1:57:32	4:22:33	4:23:25	6:13
517	762	Milicevic, Igor	69	GER	LC Duisburg	M45	124	586	2:05:59	4:22:38	4:23:31	6:13
518	648	Richter, Thorsten	70	GER	Immeo Wohnen Service GmbH	M40	95	587	2:05:58	4:22:42	4:23:36	6:13
519	972	Götte, Roland	61	GER	*Weilerswist	M50	88	588	2:06:36	4:22:47	4:23:43	6:13
520	311	Müller, David	85	GER	*Essen	MM	56	589	2:06:22	4:23:05	4:24:04	6:14
521	940	Koschlitzki, Norbert	63	GER	Eintracht Duisburg 1848 e.V.	M50	89	590	2:06:10	4:23:14	4:24:04	6:14
522	653	Brinckmann, Daniel	84	GER	Team Rakete	M30	46	591	2:12:45	4:23:38	4:24:40	6:14
523	654	Brinckmann, Tobias	82	GER	Team Rakete	M30	47	592	2:12:45	4:23:38	4:24:40	6:14
524	520	Heesen, Uwe	68	GER	*Marl	M45	125	593	1:57:45	4:23:52	4:24:44	6:15
525	682	Bieker, Kay	69	GER	Team ERDINGER Alkoholfrei	M45	126	594	2:13:16	4:24:04	4:25:07	6:15
526	58	Wenzel, Christoph	60	GER	100 Marathon Club	M50	90	595	2:02:42	4:24:08	4:24:43	6:15
527	338	Macík, Ales	83	CZE	*Duisburg	M30	48	596	2:06:04	4:24:20	4:25:08	6:15
528	363	Sobek, Olaf	68	GER	ExFloMoMoLa	M45	127	597	2:06:12	4:24:26	4:25:18	6:15
529	689	Büker, Torsten	69	GER	*Siegen	M45	128	598	1:56:54	4:24:54	4:25:38	6:16
530	523	Heyligers, Thomas	88	GER	*Krefeld	MM	57	599	1:48:37	4:25:00	4:25:28	6:16
531	456	Gesser, Michael	71	GER	Ausdauererschule by Bunert	M40	96	600	1:58:10	4:25:10	4:25:56	6:17
532	56	Kühnen, Thomas	67	GER	BSG Sparkasse Duisburg	M45	129	601	1:58:11	4:25:13	4:25:57	6:17
533	191	Naliwajko, Pawel	91	GER	*Bochum	MM	58	602	1:58:55	4:25:15	4:26:04	6:17
534	532	Jasczyk, Alexander	85	GER	*Bochum	MM	59	603	2:12:41	4:25:18	4:26:18	6:17
535	335	Preetz, Udo	51	GER	LT Laufprojekt 2010	M60	10	605	2:11:17	4:25:37	4:26:34	6:17
536	225	Lindberg, Dietmar	63	GER	*Dorsten	M50	91	606	2:00:22	4:25:59	4:26:45	6:18
537	44	Graebel, Gunther	53	GER	Crepe & Baguette Duisburg	M60	11	607	1:55:36	4:26:15	4:26:42	6:18
538	475	Borner, Mike	78	GER	HC Horn Bad-Meinberg	M35	47	608	1:58:56	4:26:17	4:27:12	6:18
539	62	Dinnendahl, Andreas	71	GER	*Duisburg	M40	97	609	1:52:11	4:26:32	4:27:08	6:18
540	710	Glienke, Rainer	63	GER	die Stolperer	M50	92	611	2:05:38	4:26:35	4:27:27	6:19
541	636	Ackermann, Detlev	70	GER	*Köln	M40	98	612	2:03:46	4:26:43	4:26:46	6:19
542	784	Sarbinowski, Maik	91	GER	*Duisburg	MM	60	613	1:39:05	4:26:45	4:26:54	6:19
543	1010	Jensen, Michael	73	GER	*Meerbusch	M40	99	616	2:08:00	4:26:48	4:27:50	6:19
544	332	Wiemer, Michael	63	GER	Deichläufer	M50	93	617	2:07:48	4:27:06	4:28:31	6:19
545	116	Böker, Peter	62	GER	Supportersclub e.V.	M50	94	618	2:07:53	4:27:06	4:28:02	6:19
546	486	Denkiewicz, Thomas	83	GER	*Düsseldorf	M30	49	620	2:12:48	4:27:23	4:28:23	6:20
547	438	Tönshoff, Thomas	61	GER	Triple T	M50	95	624	2:08:30	4:27:36	4:28:34	6:20
548	538	Klahre, Ralf	65	GER	KTV Kempen	M45	130	625	2:12:44	4:27:41	4:28:43	6:20
549	375	Senger, Daniel	75	GER	*Duisburg	M35	48	627	2:06:40	4:27:52	4:28:45	6:20
550	1895	Vogt, Hans-Peter	56	GER	LKD Düsseldorf	M55	48	628	2:06:14	4:27:54	4:28:44	6:20
551	213	Beckmann, Ludger	56	GER	AS Neukirchen-Vluyn	M55	49	629	2:06:06	4:27:58	4:28:45	6:21
552	515	Grebien, Edmund	66	AUT	*Solingen	M45	131	630	2:12:42	4:27:58	4:29:01	6:21
553	430	Huth, Thorsten	62	GER	Laufclub Duisburg	M50	96	634	2:12:46	4:28:03	4:29:01	6:21
554	617	Voßhall, Robert	87	GER	*Kaiserslautern	MM	61	636	2:04:05	4:28:12	4:29:09	6:21
555	329	Danowski, Werner	69	GER	LC Duisburg	M45	132	637	2:12:45	4:28:23	4:29:23	6:21
556	973	Schulz-Bongert, Dr. Udo	60	GER	*Düsseldorf	M50	97	638	2:05:58	4:28:26	4:29:21	6:21
557	480	Broll, Andreas	62	GER	Waltroper LC 06	M50	98	639	2:00:47	4:28:26	4:29:11	6:21
558	407	Schütze, Daniel	75	GER	Rumeln Runners	M35	49	640	1:58:58	4:28:30	4:29:24	6:21
559	780	Roder, Guido	65	GER	*Moers	M45	133	641	2:12:46	4:28:36	4:29:34	6:21
560	302	Heinzel, Marcel	85	GER	*Dortmund	MM	62	642	1:58:04	4:29:08	4:29:54	6:22

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
561	759	Matsumura, Satoshi	66	JPN	*Rotterdam	M45	134	644	2:07:17	4:29:46	4:30:54	6:23
562	652	Mähler, Jörg	63	GER	Ausdauerschule Bruns	M50	99	646	2:10:28	4:30:19	4:31:22	6:24
563	135	Herzig, Uli	59	GER	*Duisburg	M55	50	647	2:08:30	4:30:22	4:31:18	6:24
564	222	Böckmann, Carsten	70	GER	LC Duisburg	M40	100	648	2:20:22	4:30:42	4:31:49	6:24
565	231	Schwitzer, Oliver	71	GER	*Essen	M40	101	649	2:08:16	4:31:42	4:32:37	6:26
566	990	Drysch, Thomas	61	GER	LT Bad Breisig	M50	100	650	2:14:06	4:31:48	4:32:52	6:26
567	543	Kofferschläger, Michael	78	GER	*Wegberg	M35	50	651	1:57:25	4:31:54	4:32:45	6:26
568	668	Wennemann, Jörg	67	GER	Tus Baerl	M45	135	652	1:58:03	4:32:14	4:32:58	6:27
569	490	Dreyer, Norbert	59	GER	*Duisburg	M55	51	654	2:01:23	4:32:37	4:32:46	6:27
570	774	Plehn, Dr. Gunnar	70	GER	*Moers	M40	102	655	2:13:44	4:32:57	4:34:02	6:28
571	999	Kettner, Joachim	71	GER	*Duisburg	M40	103	656	2:11:17	4:33:01	4:33:58	6:28
572	1000	Kurt, Ayhan	71	TUR	*Duisburg	M40	104	657	2:11:17	4:33:02	4:33:57	6:28
573	76	Hühner, Michael	69	GER	*Bochum	M45	136	659	2:02:38	4:33:52	4:34:47	6:29
574	208	Fleitz, Mario	63	GER	*Duisburg	M50	101	660	2:06:06	4:33:52	4:34:43	6:29
575	685	Brauer, Jürgen	60	GER	LC Duisburg	M50	102	661	2:12:45	4:34:01	4:35:01	6:29
576	16	Jüchter, Birger	72	GER	Team ERDINGER Alkoholfrei	M40	105	662	2:13:53	4:34:02	4:35:05	6:29
577	737	Karrenberg, Holger	70	GER	Provinzial Schutzengelteam	M40	106	663	2:13:55	4:34:05	4:35:05	6:29
578	398	Gampe, Jürgen	63	GER	*Dortmund	M50	103	666	1:59:00	4:34:10	4:34:26	6:29
579	651	Gunetsreiner, Matthias	85	GER	*45130	MM	63	669	2:07:35	4:34:20	4:35:08	6:30
580	173	Gonnermann, Michael	77	GER	*Duisburg	M35	51	670	1:57:51	4:34:24	4:35:10	6:30
581	702	Edwards, Josh	94	VGB	*chester	MM	64	671	1:51:04	4:34:29	4:34:49	6:30
582	289	Krapp, Carsten	77	GER	*Frankfurt	M35	52	674	2:08:35	4:35:42	4:36:50	6:32
583	930	Cornelißen, Volker	67	GER	Hardtseemafia Triathlon	M45	137	675	2:12:41	4:35:50	4:36:50	6:32
584	504	Gähde, Sascha	84	GER	*Duisburg	M30	50	677	1:53:07	4:36:05	4:36:51	6:32
585	260	Linke, Thomas	60	GER	*Berlin	M50	104	678	2:07:45	4:36:42	4:37:36	6:33
586	718	Heisterkamp, Florian	84	GER	*Duisburg	M30	51	679	1:58:00	4:36:49	4:37:25	6:33
587	569	Pawlowski, Fabian	85	GER	*Duisburg	MM	65	680	1:58:00	4:36:49	4:37:25	6:33
588	333	Tuttmann, Stefan	71	GER	TSC Marl	M40	107	681	2:02:45	4:36:59	4:37:50	6:33
589	288	Finkeldei, Jörg	62	GER	*Berlin	M50	105	682	1:59:55	4:37:00	4:37:35	6:33
590	800	Thier, Johannes	61	GER	SV Lembeck	M50	106	683	1:58:52	4:37:26	4:38:01	6:34
591	615	Villaester, Andreas	78	GER	*Duisburg	M35	53	684	2:03:10	4:38:03	4:38:54	6:35
592	592	Schwiers, Mirco	87	GER	*Issum	MM	66	686	1:57:45	4:38:14	4:38:50	6:35
593	63	Kluschat, Bernhard	65	GER	TUSEM Essen	M45	138	689	2:11:12	4:38:27	4:39:18	6:35
594	978	Easton, Jack	91	ENG	*Paderborn	MM	67	690	2:04:37	4:38:48	4:39:26	6:36
595	567	'Olthoff, Johann	62	GER	nein	M50	107	691	2:12:46	4:38:51	4:39:51	6:36
596	33	Heister, Stephan	73	GER	SG Stern Duisburg	M40	108	693	2:03:02	4:39:24	4:40:12	6:37
597	485	Daubner, Urs	79	GER	*Solingen	M35	54	694	2:09:27	4:39:27	4:40:22	6:37
598	659	Gollwitzer, Jasper	95	GER	*Krefeld	MU20	3	696	2:20:21	4:39:52	4:41:01	6:37
599	752	Maassen, Paul	43	GER	*Mönchengladbach	M70	2	697	2:06:38	4:40:01	4:40:51	6:38
600	408	Pfadler, Sven	80	GER	*Krefeld	M30	52	698	2:07:02	4:40:19	4:41:00	6:38
601	463	Splitt, Martin	64	GER	*Bielefeld	M50	108	699	2:07:02	4:40:19	4:41:00	6:38
602	531	Jadczak, Klaus	48	GER	wsg81 königswusterhausen	M65	8	700	2:20:44	4:40:20	4:41:27	6:38
603	657	Gust, Jörg	71	GER	vereinslos	M40	109	704	2:12:48	4:42:27	4:43:27	6:41
604	665	Schüßler, Roland	63	GER	*Mönchengladbach	M50	109	705	2:06:08	4:42:35	4:43:32	6:41
605	952	Pogorzalek, Josef	62	GER	*Rheinberg	M50	110	707	2:16:10	4:42:48	4:43:45	6:42
606	385	Tuxhorn, Gregor	65	GER	*Emmerich am Rhein	M45	139	708	2:12:47	4:42:49	4:43:52	6:42
607	943	Bremer, Andreas	61	GER	Marketing Runners	M50	111	709	2:12:44	4:43:05	4:44:08	6:42
608	608	Tümp, Norbert	63	GER	*Notzingen	M50	112	711	1:58:14	4:43:43	4:44:27	6:43
609	445	Helbig, Steffen	62	GER	Adler Langlauf Bottrop	M50	113	712	2:20:24	4:43:44	4:44:50	6:43
610	445	Binias, Jürgen	60	GER	Laufclub Duisburg	M50	114	713	2:20:24	4:43:44	4:44:50	6:43
611	291	Jäger, Marcus	69	GER	*duisburg	M45	140	714	2:06:51	4:43:48	4:44:31	6:43
612	655	Durschlag, Klaus	58	GER	Lauffreunde Emsland	M55	52	716	2:13:03	4:45:26	4:46:31	6:45
613	688	Bruns, Andi	79	GER	Ausdauerschule Bruns	M35	55	719	2:19:06	4:46:43	4:47:45	6:47
614	509	Gogolin, Marcel	78	GER	*Duisburg	M35	56	720	2:18:28	4:46:46	4:47:51	6:47
615	775	Pleuß, Michael	77	GER	*Kall	M35	57	721	2:18:28	4:46:46	4:47:51	6:47
616	40	Tepper, Denis	68	GER	*duisburg	M45	141	722	2:18:30	4:46:50	4:47:54	6:47

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
617	949	Cable, Daniel	91	GER	*Norfolk	MM	68	723	1:52:42	4:46:57	4:47:21	6:48
618	137	Geisdorf, Klaus	63	GER	LT Sonntagsläufer Sonsbeck	M50	115	724	2:03:34	4:47:06	4:47:57	6:48
619	53	Nolte, Holger	67	GER	AS Neukirchen-Vluyn	M45	142	725	2:16:28	4:47:35	4:48:42	6:48
620	992	Wilson, Stuart	79	GER	*Paderborn	M35	58	726	2:02:53	4:47:41	4:48:19	6:49
621	993	Lansdowne, Stuart	80	ENG	Rifles	M30	53	727	2:02:54	4:47:42	4:48:19	6:49
622	741	Knatz, Dirk	61	GER	Sevinghausener Jungs	M50	116	728	2:18:30	4:48:06	4:49:09	6:49
623	676	Baumeister, Klaus	62	GER	*Ratingen	M50	117	729	2:04:21	4:48:18	4:48:47	6:49
624	176	Ziber, Deniz	77	GER	*Bochum	M35	59	730	1:59:03	4:48:31	4:49:10	6:50
625	514	Grabow, Hilmar	78	GER	*Kiel	M35	60	732	2:14:57	4:48:56	4:50:03	6:50
626	511	Golesny, Adam	75	GER	*Moers	M35	61	734	2:09:50	4:48:58	4:49:52	6:50
627	934	Berger, Peter	59	GER	*Köln	M55	53	735	2:12:45	4:49:00	4:50:00	6:50
628	201	Frers, Burkhard	63	GER	*Langenfeld	M50	118	736	2:00:34	4:50:56	4:51:31	6:53
629	68	Wendt, Stefan	81	GER	*Duisburg	M30	54	737	2:20:24	4:51:12	4:52:17	6:54
630	254	Appel, Roland	61	GER	*Duisburg	M50	119	739	2:27:00	4:52:36	4:53:41	6:56
631	327	Fiedler, Raimund	78	GER	*Bonn	M35	62	740	2:28:20	4:53:02	4:54:21	6:56
632	544	Koitka, Sebastian	87	GER	Schalke 04	MM	69	741	2:13:02	4:53:03	4:54:00	6:56
633	750	Leuer, Alfred	60	GER	*Everswinkel	M50	120	742	2:06:32	4:53:23	4:54:14	6:57
634	180	Sander, Hansjörg	52	GER	Berg- und Skigilde Hattingen	M60	12	745	2:15:47	4:54:06	4:55:11	6:58
635	207	Scharwächter, Max	73	GER	*Frankfurt	M40	110	746	2:15:08	4:54:07	4:55:11	6:58
636	169	Ceglarek, Thomas	75	GER	*Duisburg	M35	63	747	2:13:13	4:54:29	4:55:18	6:58
637	951	Mare, Brett	94	ENG	*Stourbridge	MM	70	748	1:49:25	4:54:40	4:55:01	6:58
638	93	Förster, Jörg	66	GER	VSC Grevenbroich 88	M45	143	750	2:20:43	4:56:48	4:57:54	7:02
639	462	Fürchtenicht, Klaus Dieter	54	GER	TV Jahn Hiesfeld	M60	13	751	2:25:50	4:56:51	4:58:01	7:02
640	51	Otto, Christof	64	GER	*Niedernhausen	M50	121	752	2:24:39	4:56:59	4:58:04	7:02
641	106	Boelen-Theile, Claus	66	GER	*Rösrath	M45	144	753	2:20:18	4:57:32	4:58:45	7:03
642	270	Goletz, Hermann	52	GER	TUS Alstaden 1887/97	M60	14	754	2:19:29	4:57:50	4:58:58	7:03
643	356	Paarmann, Karsten	58	GER	Aktion Canchanabury	M55	54	755	2:20:26	4:57:54	4:59:01	7:03
644	982	Mitchell, Kurt	93	GER	*Paderborn	MM	71	757	2:04:37	4:58:26	4:59:04	7:04
645	263	Bonnemann, Detlef	67	GER	*Mülheim	M45	145	758	2:20:23	4:59:08	5:00:16	7:05
646	786	Schauder, Gerd	58	GER	*Kempfen	M55	55	761	2:20:32	4:59:49	5:00:56	7:06
647	500	Littwin, Rüdiger	53	GER	Lauffreff Lippehasen Dorsten	M60	15	763	2:30:13	5:00:15	5:01:24	7:06
648	497	Fischbacher, Marcel	82	GER	*Duisburg	M30	55	764	2:01:15	5:00:29	5:01:14	7:07
649	405	Kattelans, Dieter	65	GER	BSG SWDU	M45	146	765	2:25:14	5:00:47	5:01:59	7:07
650	384	Meyer, Martin	82	GER	LC Duisburg	M30	56	766	2:20:24	5:02:15	5:03:21	7:09
651	785	Schardt, Michael	54	GER	LSF Münster	M60	16	768	2:16:49	5:03:48	5:04:41	7:11
652	464	Zugaj, Dr. Marco	85	GER	*Frankfurt	MM	72	769	1:58:08	5:03:48	5:04:33	7:11
653	282	Ley, Helmut	46	GER	Homberger TV	M65	9	771	2:22:12	5:04:29	5:05:38	7:12
654	69	Lempken, Uwe	61	GER	Homberger TV	M50	122	772	2:22:12	5:04:29	5:05:38	7:12
655	619	Walter, Sebastian	83	GER	*Duisburg	M30	57	778	2:20:26	5:07:27	5:08:31	7:17
656	618	Walter, Simon	86	GER	*Duisburg	MM	73	779	2:20:26	5:07:27	5:08:32	7:17
657	123	Pawlowicz, Alfred	58	GER	MTT Dortmund	M55	56	780	2:09:43	5:09:16	5:09:59	7:19
658	525	Hillnhütter, Simon	89	GER	Pseudoläufer	MM	74	781	2:29:00	5:10:57	5:12:07	7:22
659	264	Redeker, Ingo	71	GER	TV Jahn Hiesfeld	M40	111	782	2:25:50	5:11:15	5:12:24	7:22
660	517	Hantel, Stefan	71	GER	*Kempfen	M40	112	783	2:10:16	5:13:33	5:14:28	7:25
661	714	Gurries, Tilman	69	GER	LSF-Unna-2000	M45	147	784	2:30:22	5:14:25	5:15:35	7:27
662	55	Kreitzberg, Martin	63	GER	fortunabrötchen	M50	123	786	1:57:33	5:16:03	5:16:46	7:29
663	720	Hertrampf, Oliver	72	GER	*Hilden	M40	113	787	2:25:43	5:16:31	5:17:38	7:30
664	423	Abel, Jens	70	GER	Bahr Wöhrmann Nöcker	M40	114	788	2:16:26	5:17:01	5:17:57	7:30
665	640	Ickert, Peter	61	GER	marathon4you	M50	124	789	2:25:10	5:17:06	5:18:20	7:30
666	506	Glahn, Herbert	65	GER	*Breitscheid	M45	148	790	2:21:11	5:17:36	5:18:43	7:31
667	935	Kresmer, Michael	60	GER	DEKRA Duisburg Rheinhausen	M50	125	793	2:16:19	5:18:27	5:19:25	7:32
668	479	Brockof, Peter	64	GER	Blue Liner	M50	126	794	2:30:12	5:18:52	5:20:03	7:33
669	1951	Hausmann, Heribert E.	51	GER	*Troisdorf	M60	17	795	2:29:54	5:19:24	5:20:33	7:34
670	78	Bliesner, Friedhelm	48	GER	*Duisburg	M65	10	796	2:37:56	5:20:37	5:21:49	7:35
671	267	Phillips, David	44	GBR	*Warwick	M70	3	797	2:26:26	5:22:18	5:22:42	7:38
672	61	Plückelmann, Willi	48	GER	TuS Hamborn-Neumühl	M65	11	801	2:33:51	5:31:10	5:32:23	7:50

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
673	293	Reuter, Armin	64	GER	Kempener TV	M50	127	802	2:30:01	5:31:55	5:33:05	7:51
674	452	Leroi, Roland	68	GER	*Duisburg	M45	149	803	2:25:45	5:35:27	5:36:31	7:56
675	545	Kosch, Michael	69	GER	*Duisburg	M45	150	804	2:17:07	5:38:32	5:39:26	8:01
676	561	Melzer, Patrick	78	GER	*Marl	M35	64	805	2:28:26	5:39:30	5:40:36	8:02
677	754	Makoi, Dr. Bonaventura	39	GER	*KÖLN	M75	1	806	2:31:36	5:39:42	5:40:36	8:03
678	1006	Ettwig, Wolfgang	51	GER	OSC 04 Rheinhausen e. V.	M60	18	807	2:39:39	5:40:23	5:41:06	8:04
679	11	Wenda, Herbert	48	GER	TUSEM Essen	M65	12	810	2:39:33	5:48:15	5:49:27	8:15
680	13	Marzian, Wolfgang	57	GER	keiner	M55	57	812	2:37:59	5:52:22	5:53:21	8:21
681	739	Klavzar, Werner	33	GER	*Duisburg	M80	1	813	2:35:51	5:52:57	5:54:07	8:21
682	530	Radomski, Heinz	63	GER	Laufclub Duisburg	M50	128	814	2:40:19	5:53:07	5:54:24	8:22

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Ergebnisse Frauen

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
1	2004	Klein, Sandra	74	GER	SG Wenden	W40	1	8	1:21:06	2:48:11	2:48:12	3:59
2	2003	Möller, Antje	69	GER	ASV Duisburg	W45	1	28	1:28:06	3:05:07	3:05:11	4:23
3	2002	Krämer, Sabrina	81	GER	LC Duisburg	W30	1	30	1:30:31	3:06:01	3:06:07	4:24
4	2199	Wozna, Monika	79	POL	*Düsseldorf	W35	1	65	1:27:59	3:15:00	3:15:08	4:37
5	2072	Hausmann, Annette	69	GER	LC Duisburg	W45	2	101	1:43:43	3:26:37	3:27:00	4:53
6	2156	Kays, Linda	79	GER	LGO Bochum	W35	2	103	1:41:44	3:26:52	3:27:07	4:54
7	2180	Jung, Andrea	68	GER	Team Autohaus Bergisch	W45	3	108	1:43:58	3:27:26	3:27:47	4:54
8	2037	Holthoff, Nina	70	GER	LG Coesfeld	W40	2	111	1:43:02	3:28:05	3:28:15	4:55
9	2190	Postert, Christiane	74	GER	LG Ems Warendorf	W40	3	138	1:49:26	3:30:00	3:30:24	4:58
10	2031	Langer, Britta	65	GER	*Duisburg	W45	4	140	1:42:32	3:30:22	3:30:49	4:59
11	2145	Niehaves, Annette	68	GER	SG Borken	W45	5	171	1:43:52	3:34:32	3:34:52	5:05
12	2061	Kaiser, Anne	84	GER	*Bochum	W30	2	175	1:44:30	3:34:54	3:35:15	5:05
13	2050	Deters, Ute	67	GER	Team ERDINGER Alkoholfrei	W45	6	182	1:50:09	3:36:19	3:37:01	5:07
14	2074	Schmid, Petra	65	GER	LG Mülheim	W45	7	184	1:50:22	3:36:33	3:37:01	5:07
15	2104	Borodo, Katarzyna	72	POL	*Bochum	W40	4	196	1:44:37	3:37:47	3:38:09	5:09
16	2182	Kunze, Anne	68	GER	Lauffreunde HADI Wesel	W45	8	198	1:45:35	3:38:04	3:38:28	5:10
17	2016	Quincke, Anja	75	GER	Marathon-Club Menden	W35	3	205	1:43:15	3:38:37	3:39:00	5:10
18	2188	Penalver, Ana	81	ESP	*Dusseldorf	W30	3	211	1:44:06	3:39:45	3:40:07	5:12
19	2130	Rouge, Christine	72	GER	RCL	W40	5	215	1:52:12	3:40:41	3:41:11	5:13
20	2179	Jennes, Janina	88	GER	*Düsseldorf	WW	1	224	1:51:37	3:42:04	3:42:30	5:15
21	2022	Risse, Heike	65	GER	PV-Triathlon Witten	W45	9	250	1:48:36	3:44:42	3:45:09	5:19
22	2057	Bönnighausen, Jutta	78	GER	Running Moms	W35	4	269	1:48:37	3:46:50	3:47:06	5:22
23	2062	Denton, Alisandra	88	USA	Glyptodons	WW	2	270	1:52:08	3:47:00	3:47:35	5:22
24	2208	Göbel, Carina	65	GER	Helios Iron Team	W45	10	284	1:53:24	3:48:30	3:49:07	5:24
25	2019	Diekmann, Tatjana	67	GER	Helios Iron Team Wuppertal	W45	11	285	1:53:24	3:48:30	3:49:07	5:24
26	2192	Simon, Iris	69	GER	LC Duisburg	W45	12	310	1:52:05	3:50:46	3:51:23	5:28
27	2092	Hommel, Claudia	68	GER	LC Duisburg	W45	13	324	1:53:57	3:53:12	3:53:50	5:31
28	2041	Bijnens, Chris	72	BEL	*Leuven	W40	6	331	1:56:12	3:53:55	3:54:30	5:32
29	2178	Ifftner, Christine	73	GER	*Lienen	W40	7	332	1:54:03	3:53:57	3:54:35	5:32
30	2087	Niehüser, Anne	93	GER	*Oberhausen	WW	3	340	1:56:39	3:54:26	3:54:50	5:33
31	2102	Tepel, Heike	64	GER	ASC Düsseldorf	W50	1	349	1:54:52	3:54:48	3:55:16	5:33
32	2026	Arnold, Katrin	74	GER	LC Duisburg	W40	8	363	1:58:01	3:55:42	3:56:30	5:35
33	2174	Hempel, Susanne	64	GER	LC Duisburg	W50	2	364	1:58:02	3:55:43	3:56:30	5:35
34	2059	Henkel, Christiane	65	GER	LG Alpen	W45	14	382	1:54:03	3:56:59	3:57:27	5:36
35	2146	Ierch, dörthe	71	GER	*herne	W40	9	386	1:58:05	3:57:13	3:57:56	5:37
36	2030	Neubauer, Karin	85	GER	Team Erdinger Alkoholfrei	WW	4	400	1:57:58	3:58:06	3:58:51	5:38
37	967	Tanaka, Yorito	85	JPN	*Brussels	WW	5	404	1:35:41	3:58:09	3:58:23	5:38
38	932	Bellinghausen, Nicole	76	GER	Bundespolizei	W35	5	405	1:57:48	3:58:13	3:59:01	5:38
39	933	Reese, Lydia	79	GER	Bundespolizei	W35	6	406	1:57:48	3:58:13	3:59:01	5:38
40	2203	Großmann, Linda	84	GER	*Erkrath	W30	4	407	1:59:44	3:58:16	3:59:13	5:38
41	2101	Thiel, Barbara	65	GER	*Tönisvorst	W45	15	411	1:56:47	3:58:46	3:59:33	5:39
42	2193	Sisenop, Rebecca	80	GER	*Oerlinghausen	W30	5	415	2:00:24	3:59:08	3:59:59	5:40
43	2023	Gaßmann, Bärbel	57	GER	*Dinslaken	W55	1	418	1:56:49	3:59:17	3:59:50	5:40
44	2082	Celik, Cemile	64	TUR	Laufftreff Frankenthal	W50	3	421	1:53:21	3:59:39	4:00:13	5:40
45	2020	Dirksen, Uta	65	GER	*Münster	W45	16	422	1:56:36	3:59:41	4:00:21	5:40
46	2162	Blumenberg, Ulrike	67	GER	*Duisburg	W45	17	441	1:58:01	4:02:26	4:03:14	5:44
47	2109	Blankenheim, Andrea	71	GER	TV Jahn Hiesfeld Hockey	W40	10	447	2:00:51	4:03:19	4:04:09	5:45
48	2051	Dekker, Anja	71	GER	Team ERDINGER Alkoholfrei	W40	11	450	1:57:59	4:03:48	4:04:18	5:46
49	2135	Schweer, Alex	68	GER	TV Jahn Hiesfeld Hockey	W45	18	455	2:00:50	4:04:24	4:05:13	5:47
50	2014	Kimmeskamp, Birgit	65	GER	Ausdauerschule by Bunert	W45	19	470	1:57:35	4:06:17	4:07:05	5:50
51	2035	Pipper, Jasmin	84	GER	TV Roetgen	W30	6	483	1:57:23	4:08:00	4:08:31	5:52
52	2186	Nägel, Gudrun	64	GER	TSV Rot-Weiss Körle	W50	4	497	2:02:34	4:10:27	4:11:09	5:56
53	2107	Baum, Anne Christine	84	GER	*London	W30	7	505	1:59:34	4:10:58	4:11:38	5:56
54	2099	Dziernan, Claudia	79	GER	Borbecker Raketen Essen	W35	7	511	2:00:00	4:11:30	4:12:19	5:57
55	927	Klaßen, Verena	85	GER	*Duisburg	WW	6	515	2:05:58	4:11:58	4:12:51	5:58
56	2118	Klaßen, Lea	89	GER	*Duisburg	WW	7	516	2:05:56	4:11:58	4:12:52	5:58

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Ergebnisse Frauen

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
57	2124	Ortlüde, Birgit	79	GER	*Duisburg	W35	8	520	2:03:27	4:12:44	4:13:40	5:59
58	2172	Giorgetti, Carole	87	FRA	OA 35 Chavagne	WW	8	523	2:08:12	4:12:46	4:13:26	5:59
59	415	Huebner, Britta	64	GER	Laufclub Duisburg	W50	5	529	2:06:04	4:12:56	4:13:44	5:59
60	2097	Christ, Carola	62	GER	LG Alpen	W50	6	539	1:52:55	4:14:30	4:15:09	6:01
61	2181	Kohlhans, Dunja	75	GER	*Atzelgift	W35	9	543	1:57:10	4:15:35	4:15:56	6:03
62	2209	Gehre, Lara	70	GER	*Oberhausen	W40	12	555	2:00:09	4:17:24	4:18:04	6:06
63	2071	Daus, Annette	71	GER	SF Ennepetal	W40	13	563	2:01:56	4:18:59	4:19:36	6:08
64	2089	Klein, Vanessa	82	GER	LIFE FIT MED	W30	8	565	2:01:56	4:19:17	4:19:54	6:08
65	2170	Ernst, Bärbel	59	GER	Die Stolperer	W55	2	569	2:01:55	4:19:24	4:20:08	6:08
66	2034	Brune, Katharina	84	GER	*Düsseldorf	W30	9	571	2:07:16	4:19:37	4:20:28	6:09
67	2194	Suwelack, Julia	47	GER	LSF Münster	W65	1	573	2:05:05	4:20:10	4:21:05	6:09
68	2151	Prätorius, Daniela	84	GER	*Kempfen	W30	10	577	2:10:15	4:20:48	4:21:43	6:10
69	2161	bisantz, ellen	66	USA	*Kaarst	W45	20	582	2:09:48	4:21:53	4:22:57	6:12
70	2069	Hoffmann-Meyer, Angelika	55	GER	TV Jahn Hiesfeld	W55	3	604	2:12:45	4:25:27	4:26:28	6:17
71	2198	winnands, marion	77	GER	Die Stolperer	W35	10	610	2:05:38	4:26:35	4:27:27	6:19
72	2090	Schaller, Andrea	64	GER	A-Team	W50	7	614	2:08:13	4:26:46	4:27:38	6:19
73	2027	Körner, Andrea	63	GER	*Sonsbeck	W50	8	615	2:01:17	4:26:48	4:27:40	6:19
74	2103	Rotthaus, Monika	74	GER	*Essen	W40	14	619	2:12:42	4:27:22	4:28:21	6:20
75	2121	Morgenstern, Elvi	63	GER	*Moers	W50	9	621	2:04:22	4:27:27	4:28:24	6:20
76	2189	Pflug, Gina	82	GER	LT Alt- Erkrath	W30	11	622	2:12:40	4:27:28	4:28:30	6:20
77	2048	Renner, Andrea	72	GER	A-Team	W40	15	623	2:08:14	4:27:33	4:28:25	6:20
78	2029	Kühnen, Claudia	67	GER	BSG Sparkasse Duisburg	W45	21	626	2:06:40	4:27:52	4:28:44	6:20
79	2171	Fieker, Sabine	72	GER	Hombberger TV	W40	16	631	1:58:00	4:28:00	4:28:45	6:21
80	2065	Raible, Silvia	68	GER	*Buchholz	W45	22	632	2:06:44	4:28:00	4:28:52	6:21
81	430	Heidenreich, Susanne	64	GER	Laufclub Duisburg	W50	10	633	2:12:46	4:28:03	4:29:01	6:21
82	2191	Ruhnke, Susanne	71	GER	*Mülheim	W40	17	635	2:13:47	4:28:05	4:29:16	6:21
83	2185	Morgenstern, Katja	86	GER	Laufschule Dortmund by bunert	WW	9	643	2:08:13	4:29:35	4:30:30	6:23
84	2084	Möllhausen, Trixi	71	GER	Skiverein Niederrhein	W40	18	645	2:04:26	4:29:51	4:30:31	6:23
85	2093	Aengenheyster, Andrea	69	GER	KSV-LWT-Kevelaer	W45	23	653	1:57:45	4:32:21	4:32:57	6:27
86	2078	Hajek, Verena	52	GER	Laufmonster	W60	1	658	2:13:11	4:33:03	4:34:02	6:28
87	2113	Förster, Sarah	87	GER	*Moers	WW	10	664	2:13:56	4:34:05	4:35:05	6:29
88	2138	Stieber, Selma	88	GER	*Moers	WW	11	665	2:13:56	4:34:05	4:35:05	6:29
89	2120	Krollig, Sharon	53	GBR	*Feltham	W60	2	667	2:06:15	4:34:14	4:35:07	6:29
90	2150	Grolms, Lisa	89	GER	*Essen	WW	12	668	2:07:36	4:34:20	4:35:08	6:30
91	2165	Burkhardt, Yvonne	84	GER	Laufschule Dortmund by bunert	W30	12	672	2:08:14	4:34:55	4:35:51	6:30
91	2168	Dahlmann, Susanne	66	GER	LT Wischlingen Dortmund	W45	24	672	2:16:32	4:34:55	4:35:59	6:30
93	2142	Uphus, Gudrun	61	GER	*Moers	W50	11	676	2:04:16	4:35:59	4:36:55	6:32
94	2039	Deuster, Monika	61	GER	Lustlauf Mein Verein	W50	12	685	2:07:35	4:38:06	4:38:44	6:35
95	2076	John, Svenja	86	GER	Team ERDINGER Alkoholfrei	WW	13	687	2:18:19	4:38:22	4:39:24	6:35
96	923	ALDER, Tanja	73	GER	*Gelsenkirchen	W40	19	688	2:11:11	4:38:26	4:39:17	6:35
97	2149	Drell, Julia	77	GER	*Kempfen	W35	11	692	2:05:18	4:38:51	4:39:48	6:36
98	2091	Hilgert, Barbara	57	GER	Lq Alpen	W55	4	695	2:13:09	4:39:49	4:40:49	6:37
99	928	Wagner, Sabine	60	GER	LT Alt - Erkrath	W50	13	701	2:12:45	4:40:36	4:41:38	6:39
100	2126	Prim, Marlies	46	GER	TV Stein/Allgäu	W65	2	702	2:11:05	4:40:57	4:41:54	6:39
101	2207	Thomaschewski, Tina	77	GER	*Bergkamen	W35	12	703	2:11:49	4:41:37	4:42:37	6:40
102	2058	Hax, Viktoria	90	GER	*Duisburg	WW	14	706	2:09:41	4:42:46	4:43:40	6:42
103	2177	Huth, Petra	63	GER	LC Duisburg	W50	14	710	2:12:45	4:43:33	4:44:32	6:43
104	2021	Speet, Angela	60	GER	Lauffreunde Emsland	W50	15	715	2:13:02	4:45:26	4:46:32	6:45
105	2153	Mähler, Silke	68	GER	Ausdauerschule Bruns	W45	25	717	2:19:06	4:46:41	4:47:44	6:47
106	2183	Mecking, Dr. Betty	67	GER	*Erkrath	W45	26	718	2:19:07	4:46:42	4:47:45	6:47
107	2100	Adamek, Steffi	82	GER	*Dortmund	W30	13	731	2:25:40	4:48:50	4:49:57	6:50
108	2128	Rieder, Kathrin	59	SUI	*Faulensee	W55	5	733	2:19:43	4:48:58	4:50:03	6:50
109	2200	Dreibholz, Astrid	71	GER	Marathon-Kurs LC-Duisburg	W40	20	738	2:07:15	4:51:32	4:52:23	6:54
110	2176	Howes, Pauline	51	REU	*Whittington	W60	3	743	2:15:04	4:53:34	4:54:15	6:57
111	2197	Wieczorek, Alba	76	SLV	Team ERDINGER Alkoholfrei	W35	13	744	2:23:25	4:53:39	4:54:47	6:57
112	2112	Dubina, Elina	83	GER	*Essen	W30	14	749	2:08:37	4:56:37	4:57:37	7:01

31. Rhein-Ruhr-Marathon

Ergebnisse Frauen

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
113	2054	Paarmann, Brigitte	64	GER	Aktion Canchanabury	W50	16	756	2:20:27	4:57:54	4:59:01	7:03
114	2205	Lanzendörfer, Monica	65	GER	Team Ultra Sports	W45	27	759	2:16:18	4:59:15	5:00:17	7:05
115	2204	Jongmanns, Elisabeth	60	GER	*Nettetal	W50	17	760	2:14:52	4:59:17	5:00:17	7:05
116	2125	Pogadetz, Miriam	86	GER	*Borgentreich	WW	15	762	2:20:54	5:00:06	5:01:02	7:06
117	2173	Hamann, Brigitta	63	GER	*Bergisch Gladbach	W50	18	767	2:23:49	5:03:18	5:04:19	7:11
118	2060	Maß, Janina	86	GER	Glyptodons	WW	16	770	2:11:39	5:04:08	5:04:57	7:12
119	2202	Koch, Sonja	69	GER	*Herten	W45	28	773	2:22:12	5:04:47	5:05:55	7:13
120	2206	Helbig, Anita	62	GER	Adler Bottrop	W50	19	774	2:20:49	5:05:26	5:06:31	7:14
121	2032	Szpogan, Susanne	61	GER	Immeo Wohnen Running Team	W50	20	775	2:16:08	5:05:28	5:06:24	7:14
122	2095	Laschke, Ulrike	60	GER	Team ERDINGER Alkoholfrei	W50	21	776	2:20:52	5:05:29	5:06:31	7:14
123	2045	Kreye, Andrea	68	GER	*Tönisvorst	W45	29	777	2:21:41	5:06:11	5:06:58	7:15
124	2159	Berntzen, Viktoria	70	GER	LSF-Unna-2000	W40	21	785	2:30:22	5:14:25	5:15:35	7:27
125	2033	Hessing, Sonja	76	GER	*Altenberge	W35	14	791	2:20:47	5:18:02	5:19:04	7:32
126	2167	Claesges, Jill	73	GER	Bunert Hilden	W40	22	792	2:33:58	5:18:13	5:19:19	7:32
127	2166	Cavaleiro, Prof. Dr. Claudia	70	GER	OSC Waldniel/100MC	W40	23	798	2:31:53	5:25:07	5:26:17	7:42
128	2154	Bucken, Morwenna	89	GER	*Wetter (Ruhr)	WW	17	799	2:20:40	5:28:35	5:29:32	7:47
129	2083	Müller, Bettina	77	GER	*Wuppertal	W35	15	800	2:32:41	5:29:40	5:30:42	7:48
130	2044	Lindemann, Renate	58	GER	*Mülheim	W55	6	808	2:20:42	5:41:14	5:42:15	8:05
131	2079	Wilde, Heike	68	GER	*Mülheim	W45	30	809	2:13:11	5:41:14	5:42:15	8:05
132	2046	Kaczmarczyk, Isabella	70	GER	keiner	W40	24	811	2:37:59	5:52:22	5:53:21	8:21