

33. Rhein-Ruhr-Marathon

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Ergebnisse Männer

Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
1	5	Dietrich, Enrico	1984	GER	TuS 08 Lintorf e.V.	M30	1	1	1:16:57	2:37:29	2:37:31	3:43
2	11	Kreth, Magnus	1976	GER	ASV Duisburg	M40	1	2	1:17:03	2:39:10	2:39:11	3:46
3	10	Graute, Matthias	1983	GER	TLV Germania Überruhr	M30	2	3	1:16:06	2:40:44	2:40:44	3:48
4	553	Jäkel, Robert	1964	GER	TuS 08 Lintorf e.V.	M50	1	4	1:20:54	2:48:12	2:48:13	3:59
5	739	Krumsiek, Ole	1970	GER	TSVE 1890 Bielefeld	M45	1	5	1:20:49	2:48:34	2:48:35	3:59
6	695	Bohle, Björn	1977	GER	TSVE 1890 Bielefeld	M35	1	6	1:21:22	2:49:21	2:49:23	4:00
7	304	Strauss, Markus	1983	GER	thyssenkrupp Industrial Solutions	M30	3	7	1:27:26	2:55:00	2:55:03	4:08
8	754	Fels, Stefan	1968	GER	EA 1	M45	2	8	1:27:34	2:57:51	2:57:54	4:12
9	366	Monster, Daniel	1972	NLD	AS Neukirchen-Vluyn	M40	2	9	1:23:48	2:58:22	2:58:24	4:13
10	722	Serafini, Jean Pierre	1967	LUX	*Esch sur Alzette	M45	3	11	1:27:52	2:58:44	2:58:46	4:14
11	300	Stolecki, Stephan	1968	GER	LC Rapid Dortmund	M45	4	12	1:29:22	2:59:10	2:59:14	4:14
12	459	Heesen, Christoph	1983	GER	*Kalkar	M30	4	13	1:27:52	2:59:37	2:59:41	4:15
13	780	Frings, Eule	1959	GER	Selbstläufer SV Altenahr	M55	1	14	1:29:21	3:02:03	3:02:08	4:18
14	300	Rodriguez Baena, Rafael	1969	GER	TC Kray 1892 e.V.	M45	5	15	1:29:21	3:02:35	3:02:39	4:19
15	682	Herberg, Rainer	1984	GER	ASV Duisburg	M30	5	16	1:26:03	3:05:38	3:05:40	4:23
16	282	Claesges, Michael	1964	GER	Drospra Sports Club	M50	2	17	1:31:22	3:06:10	3:06:15	4:24
17	572	Nonas, Vasilis	1980	GRC	Rhein-Berg Runners	M35	2	18	1:29:20	3:06:39	3:06:44	4:25
18	520	Söhngen, Sascha	1974	GER	Team TVE Netphen	M40	3	19	1:29:28	3:07:55	3:07:59	4:27
19	32	Orlowski, Bernd	1957	GER	*Gelsenkirchen	M55	2	20	1:28:09	3:09:15	3:09:18	4:29
20	802	Wiegand, Christoph	1969	GER	*Dortmund	M45	6	21	1:32:22	3:11:17	3:11:25	4:31
21	795	Chittka, Jörg	1964	GER	*Ratingen	M50	3	22	1:31:15	3:12:13	3:12:16	4:33
22	605	Gerpheide, Tim	1990	GER	SV 08/29 Friedrichsfeld	MH	1	23	1:29:21	3:12:42	3:12:47	4:34
23	730	Erkens, Andreas	1973	GER	Badminton Club Tönisvorst	M40	4	24	1:29:22	3:14:06	3:14:12	4:35
24	630	Mahler, Dennis	1982	GER	MC Pirate e.V.	M30	6	25	1:36:54	3:14:24	3:14:32	4:36
25	315	Kasel, Martin	1995	GER	TG Konz	MH	2	26	1:36:52	3:14:30	3:14:38	4:36
26	315	Schweizer, Lars	1987	GER	Laufftreff Pfohren e.V.	MH	3	27	1:36:52	3:14:30	3:14:38	4:36
27	85	Biehl, Karl	1960	GER	LT-Prosper-Haniel	M55	3	30	1:30:53	3:16:12	3:16:16	4:38
28	125	Arping, Klaus	1964	GER	sv ringenberg	M50	4	31	1:36:10	3:16:15	3:16:24	4:39
29	218	Peter, Detlev	1965	GER	*Duisburg	M50	5	32	1:33:05	3:16:35	3:16:39	4:39
30	456	Lawrenz, Leif	1980	GER	ESV Meiderich	M35	3	33	1:29:38	3:16:55	3:17:00	4:39
31	468	Jungbluth, Bernd	1974	GER	Fraunhofer ILT	M40	5	34	1:35:58	3:17:07	3:17:17	4:40
32	779	Hahne, Klaus	1973	GER	Life is running	M40	6	35	1:34:24	3:17:11	3:17:23	4:40
33	450	Siebert Diering, Manfred	1968	GER	Team Laufrausch e.V.	M45	7	36	1:32:19	3:17:22	3:17:27	4:40
34	72	Mühle, Patrick	1979	GER	ETuS Wedau	M35	4	37	1:29:46	3:17:30	3:17:37	4:40
35	521	Mugrauer, Rainer	1985	GER	LLC Marathon Regensburg	M30	7	38	1:33:07	3:17:45	3:17:48	4:41
36	533	Voigt, Holger	1982	GER	Frontrunners Cologne	M30	8	40	1:28:59	3:18:10	3:18:13	4:41
37	426	Strehl, Martin	1983	GER	*Haan	M30	9	41	1:27:03	3:19:05	3:19:09	4:43
38	44	Franzke, Martin	1972	GER	Ski-Club Beckum	M40	7	42	1:32:39	3:19:12	3:19:19	4:43
39	478	Dorobeck, Burkhard	1961	GER	LC Duisburg	M55	4	43	1:37:42	3:19:21	3:19:26	4:43
40	166	Wiemann, Matthias	1976	GER	LGO Bochum	M40	8	44	1:36:55	3:19:34	3:19:43	4:43
41	187	Büker, Stephan	1986	GER	LC Duisburg	M30	10	45	1:31:09	3:20:00	3:20:05	4:44
42	70	Gaudschun, Alfred	1956	GER	Tus09 Erkenschwick	M60	1	46	1:35:05	3:20:21	3:20:26	4:44
43	39	Jäckel, Christoph	1968	GER	*Velbert	M45	8	47	1:29:44	3:20:54	3:20:57	4:45
44	751	Hensel, Martin	1979	GER	*Kempen	M35	5	48	1:36:59	3:21:51	3:22:02	4:47
45	101	Brune, Gilbert	1971	GER	*Bttrop	M45	9	49	1:33:21	3:21:53	3:21:56	4:47
46	559	Diallo, Thierno	1990	GIN	KiPa-cash-4-kids	MH	4	50	1:35:38	3:21:57	3:22:18	4:47
47	58	Bongardt, Dirk	1973	GER	*Krefeld	M40	9	51	1:39:05	3:22:50	3:23:01	4:48
48	242	Humberg, Kevin	1987	GER	*Dortmund	MH	5	53	1:36:53	3:23:17	3:23:30	4:49
49	622	Herdick, Stefan	1959	GER	*Schalksmühle	M55	5	54	1:36:51	3:23:50	3:23:59	4:49
50	480	Becker, Ralf	1965	GER	*Stuttgart	M50	6	55	1:39:38	3:24:34	3:24:41	4:50
51	543	Meyer, Jens	1975	GER	New Balance Deutschland	M40	10	56	1:36:56	3:24:37	3:24:46	4:50
52	515	Simon, Dr. Dieter	1958	GER	LG Mülheim	M55	6	57	1:37:07	3:24:43	3:24:53	4:51
53	759	Sedlacek, Peter	1971	GER	*Hagen	M45	10	58	1:38:34	3:24:51	3:25:02	4:51
54	308	Kellerhoff, Andreas	1963	GER	TV Jahn Hiesfeld	M50	7	59	1:34:17	3:25:11	3:25:21	4:51
55	486	Stadie, René	1981	GER	FC St. Pauli Marathon	M35	6	60	1:34:21	3:25:13	3:25:19	4:51
56	493	Teipel, Wolfgang	1955	GER	Attendom	M60	2	61	1:36:55	3:25:24	3:25:33	4:52
57	332	Redecker, Heiko	1972	GER	LC Solbad Ravensberg	M40	11	63	1:32:16	3:25:37	3:25:44	4:52
58	489	Weber, Maximilian	1991	GER	DJK Twisteden	MH	6	64	1:31:47	3:25:37	3:25:49	4:52
59	584	Kappelhoff, Christof	1985	GER	Adler Weseke	M30	11	65	1:41:06	3:25:43	3:25:57	4:52
60	615	Hemesath, Jürgen	1973	GER	LG Emsdetten	M40	12	66	1:39:06	3:25:57	3:26:10	4:52
61	612	Siegel, Norbert	1959	GER	Laufsport Senden	M55	7	67	1:39:33	3:25:58	3:26:07	4:52
61	768	Schwiens, Olaf	1967	GER	Dülkener SV	M45	11	67	1:41:08	3:25:58	3:26:07	4:52
63	210	Bozek, Marcus	1969	GER	VfL Lichtenrade	M45	12	69	1:36:52	3:26:07	3:26:16	4:53
64	636	Lorenz, Markus	1990	GER	Lauffreunde HAD1 Wesel	MH	7	70	1:39:47	3:26:32	3:26:40	4:53

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
65	407	Maciejewski, Adam	1968	GER	LC Duisburg	M45	13	71	1:44:00	3:26:34	3:26:51	4:53
66	711	Enk, Werner	1959	GER	Gilde Laufgruppe	M55	8	72	1:38:09	3:26:40	3:26:50	4:53
67	542	Zöllner, Marcel	1982	GER	New Balance Deutschland	M30	12	74	1:44:21	3:26:57	3:27:10	4:54
68	654	Stork, Christoph	1993	GER	WSV Bocholt	MH	8	75	1:44:04	3:26:58	3:27:12	4:54
69	767	Rohn, Karsten	1969	GER	OSC Waldried	M45	14	76	1:41:07	3:27:14	3:27:24	4:54
70	745	Sievertz, Manuel	1985	GER	*Schwalmtal	M30	13	77	1:40:46	3:27:41	3:27:57	4:55
71	709	Landwehr, Andreas	1969	GER	Jede Oma Zählt	M45	15	78	1:36:59	3:28:12	3:28:20	4:56
72	245	Brandenburg, Martin	1963	GER	LC Duisburg	M50	8	79	1:40:00	3:28:18	3:28:27	4:56
73	461	Kraschl, Steffen	1981	GER	*Moers	M35	7	80	1:37:00	3:28:38	3:28:48	4:56
74	752	Weyers, Daniel	1983	GER	ASV Süchteln	M30	14	82	1:37:43	3:28:51	3:29:02	4:56
75	364	Schabestiel, Phil	1976	GER	*Mönchengladbach	M40	13	83	1:43:59	3:28:55	3:29:11	4:57
76	237	Brodowski, Herbert	1961	GER	Opa für Kyan	M55	9	85	1:38:00	3:29:14	3:29:22	4:57
77	153	Hansen, Dirk	1966	GER	TSG Karlsruhen 1862 e.V.	M50	9	86	1:41:16	3:29:16	3:29:29	4:57
78	388	Rambau, Jörg	1971	GER	*Baesweiler	M45	16	87	1:41:39	3:29:20	3:29:38	4:57
79	758	Lintjens, Thomas	1963	GER	Kaldenkirchen	M50	10	88	1:36:51	3:29:23	3:29:33	4:57
80	833	Baunert, Peter	1975	GER	Team Erdinger Alkoholfrei	M40	14	89	1:39:02	3:29:31	3:29:46	4:57
81	737	Lorenzen, Frank	1973	GER	TSV Goldebeck	M40	15	90	1:41:00	3:29:34	3:29:53	4:57
82	330	Fischer, Gerd	1964	GER	*Essen	M50	11	91	1:44:04	3:29:48	3:30:02	4:58
83	458	Hufnagel, Carsten	1969	GER	*Bergisch Gladbach	M45	17	92	1:31:23	3:31:05	3:31:11	5:00
84	497	Renkens, Heinz Peter	1968	GER	BSG Deichmann	M45	18	93	1:41:15	3:31:43	3:31:54	5:01
85	721	Martens, Roel	1977	BEL	*Westerlo	M35	8	94	1:42:47	3:31:50	3:31:58	5:01
86	574	Schulte L.I.M., Thorsten	1982	GER	Team Erdinger Alkoholfrei	M30	15	95	1:41:52	3:32:36	3:32:54	5:02
87	625	Petrikowski, Oliver	1972	GER	*Oberhausen	M40	16	96	1:39:08	3:32:48	3:32:57	5:02
88	188	Schilling Frenk, Tiemo	1972	GER	BSG Sparkasse Essen	M40	17	98	1:47:01	3:33:09	3:33:25	5:03
89	550	Lichtenberg, Peter	1971	GER	LT Siebengebirge	M45	19	99	1:44:45	3:33:12	3:33:27	5:03
90	453	Steinhäuser, Christian	1978	GER	Team Bauchfleisch	M35	9	100	1:34:43	3:33:21	3:33:27	5:03
91	849	Tegatz, Andre	1973	GER	LC Duisburg	M40	18	101	1:44:06	3:33:28	3:33:38	5:03
92	755	Fels, Frank	1973	GER	*Mönchengladbach	M40	19	103	1:40:01	3:33:43	3:34:00	5:03
93	184	Schweizer, Peter	1959	GER	FoKuS Selm	M55	10	104	1:44:03	3:34:06	3:34:19	5:04
94	538	Wolf, Marko	1976	GER	Laufgemeinschaft Harlingerland	M40	20	105	1:37:04	3:34:30	3:34:39	5:04
95	580	Schax, Manfred	1966	GER	Team Erdinger Alkoholfrei	M50	12	106	1:41:05	3:34:46	3:35:10	5:05
96	582	Geske, Lutz	1970	GER	TEA BARNSTORF	M45	20	107	1:47:12	3:35:01	3:35:20	5:05
97	178	Olland, Martin	1971	GER	Rapid Ramirez	M45	21	108	1:43:53	3:35:11	3:35:27	5:05
98	726	Kuhlmann, Janek	1996	GER	Wacker Mecklenbeck	MH	9	109	1:44:01	3:35:33	3:35:51	5:06
99	710	Höhne, Markus	1969	GER	LG Dombogen Xanten	M45	22	110	1:43:55	3:35:40	3:35:55	5:06
100	421	Kopp, Dieter	1949	GER	Lüttringhauser TV	M65	1	111	1:35:27	3:35:41	3:35:48	5:06
101	40	Mehtieff, Alexander	1966	GER	Krefelder Kanu Klub	M50	13	113	1:38:46	3:36:17	3:36:23	5:07
102	657	Skopp, Olaf	1973	GER	Aktion Canchanabury	M40	21	114	1:44:41	3:36:27	3:36:49	5:07
103	669	Renvoize, Dr. Nicolas	1975	FRA	*Amsterdam	M40	22	115	1:36:50	3:37:19	3:37:32	5:09
104	290	Knepper, Michael	1963	GER	Marathon Mülheim	M50	14	116	1:45:57	3:37:21	3:38:49	5:09
105	409	Kazmierczak, Michael	1984	GER	*Dinslaken	M30	16	117	1:43:00	3:37:21	3:37:36	5:09
106	368	Bruckermann, Frank	1967	GER	LC Duisburg	M45	23	119	1:42:50	3:38:13	3:38:33	5:10
107	26	Derbort, Marcus	1974	GER	BTC Herne	M40	23	120	1:46:19	3:38:14	3:38:25	5:10
108	4949	Beyer, Rüdiger	1964	GER	ASC-Düsseldorf	M50	15	121	1:42:22	3:38:18	3:38:28	5:10
109	229	Rüschenschmidt, Frank	1966	GER	BSG Commerzbank Dortmund	M50	16	122	1:36:44	3:38:23	3:38:29	5:10
110	193	Zielonka, Dirk	1985	GER	*Köln	M30	17	123	1:37:46	3:38:37	3:38:43	5:10
111	848	Stöckl, Sascha	1987	GER	Zack Banana's e.V.	MH	10	124	1:36:10	3:38:37	3:38:46	5:10
112	270	Bach, Markus	1966	GER	Team Polizei Duisburg	M50	17	125	1:44:13	3:38:58	3:39:13	5:11
113	692	Horn, Matthias	1981	GER	DJK-VfR Saarn Mülheim an der Ruh	M35	10	126	1:44:29	3:39:02	3:39:18	5:11
114	771	Bongers, Jörn	1965	GER	Wir bei HKM	M50	18	127	1:44:01	3:39:05	3:39:22	5:11
115	799	Weber, Andreas	1987	GER	*Kamp-Lintfort	MH	11	128	1:32:23	3:39:18	3:39:21	5:11
116	476	Dunker, Sven	1985	GER	Bike-MK	M30	18	129	1:42:36	3:39:23	3:39:37	5:11
117	471	Wingert, Kai	1986	GER	*Haltern Am See	M30	19	130	1:37:14	3:39:39	3:39:44	5:12
118	703	Menes, René	1973	GER	*Moers	M40	24	131	1:44:51	3:39:44	3:40:00	5:12
119	494	Loeber, Ralf	1977	GER	100 Marathon Club	M35	11	132	1:47:15	3:39:46	3:40:16	5:12
120	370	Bläser, Frank	1967	GER	*Moers	M45	24	133	1:44:15	3:40:10	3:40:26	5:13
121	372	Rödiger, Christian	1985	GER	*Iserlohn	M30	20	134	1:49:44	3:40:12	3:40:37	5:13
122	575	Lütke-Kappenberg, Ansgar	1968	GER	*Münster	M45	25	135	1:45:32	3:40:13	3:40:35	5:13
123	302	Rother, Philip	1987	GER	TVE Lauffreunde Gladbeck	MH	12	136	1:44:01	3:40:16	3:40:32	5:13
124	510	Wimper, Jörg	1986	GER	Laufschule Dortmund by bunert	M30	21	137	1:43:45	3:40:23	3:40:36	5:13
125	687	Kopsieker, Thorsten	1982	GER	*Bad Salzuflen	M30	22	138	1:43:38	3:41:06	3:41:20	5:14
126	356	Jäger, Axel	1969	GER	*Düsseldorf	M45	26	139	1:39:03	3:41:11	3:41:25	5:14
127	784	Schuster, Fabian	1982	GER	*Köln	M30	23	140	1:41:34	3:41:19	3:41:44	5:14
128	531	Van Parys, Dr. Geert	1959	BEL	*Damme	M55	11	141	1:42:52	3:41:29	3:41:39	5:14

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129	439	Groen, Ted Jan	1968	NLD	AZ	M45	27	142	1:37:11	3:41:52	3:42:04	5:15
130	214	Überfluss, Raimund	1955	GER	*Duisburg	M60	3	143	1:41:30	3:41:56	3:41:59	5:15
131	562	Bozo, Dalil	1989	SYR	KiPa-cash-4-kids	MH	13	144	1:36:42	3:42:32	3:42:52	5:16
131	597	Mörth, Sascha	1970	GER	Team Erdinger Alkoholfrei	M45	28	144	1:47:13	3:42:32	3:42:50	5:16
133	91	Zahn, Volker	1966	GER	LAV Bad Godesberg	M50	19	146	1:35:03	3:42:33	3:42:37	5:16
134	362	Grewing, Jürgen	1977	GER	TTC Homberg	M35	12	147	1:44:03	3:42:33	3:42:49	5:16
135	205	Madile, Claudio	1974	BEL	*Heppen	M40	25	148	1:46:44	3:42:34	3:42:53	5:16
136	525	Quere, Christian	1976	GER	Lauftreff Pulsschlag aus Stahl	M40	26	149	1:42:53	3:42:53	3:43:06	5:16
137	524	Jaunich, Hartmut	1977	GER	Lauftreff Pulsschlag aus Stahl	M35	13	150	1:42:55	3:42:54	3:43:06	5:16
138	12	Schmiade, Frank	1970	GER	TSG Grünstadt	M45	29	151	1:53:00	3:42:55	3:43:26	5:16
139	145	Schlenkrich, Michael	1960	GER	Hannoverscher Radsport Club	M55	12	152	1:46:40	3:43:00	3:43:18	5:17
140	367	Limberg, Ingo	1968	GER	*Wuppertal	M45	30	153	1:42:33	3:43:06	3:43:27	5:17
141	563	Korde, Nhad	1982	SYR	KiPa-cash-4-kids	M30	24	154	1:36:02	3:43:07	3:43:27	5:17
142	723	Andrae, Rene	1987	GER	Running Team Grafenberg	MH	14	156	1:44:01	3:43:32	3:43:49	5:17
143	115	Jokisch, Frank	1955	GER	TSV Bayer 04 Leverkusen	M60	4	157	1:47:45	3:43:42	3:44:15	5:18
144	104	Bock, Bodo	1962	GER	*Krefeld	M50	20	158	1:50:09	3:43:53	3:44:24	5:18
145	689	Kauke, Dirk	1990	GER	*Dortmund	MH	15	159	1:44:03	3:44:08	3:44:19	5:18
146	399	Anlasik, Nikolaj	1982	GER	DVGS	M30	25	160	1:50:28	3:44:09	3:44:38	5:18
147	753	Salchow, Jan	1975	GER	*Güstrow	M40	27	161	1:49:52	3:44:10	3:44:34	5:18
148	163	Holzmann, Alexander	1969	GER	Krötenwanderung Drensteinfurt	M45	31	164	1:45:26	3:44:29	3:44:43	5:19
149	183	Stromberg, Matthias	1985	GER	*Bochum	M30	26	165	1:44:06	3:44:32	3:44:48	5:19
150	412	Recker, Winfried	1963	GER	FoKuS Selm	M50	21	166	1:44:03	3:44:32	3:44:44	5:19
151	803	Wehr, Matthias	1959	GER	LC Duisburg	M55	13	167	1:44:59	3:44:32	3:44:42	5:19
152	33	Peters, Michael	1979	GER	Lauffreunde HADI Wesel	M35	14	168	1:37:08	3:44:34	3:44:45	5:19
153	534	Mollaie, Nader	1960	GER	*Hage	M55	14	169	1:58:02	3:44:34	3:45:00	5:19
154	557	Roller, Helmut	1955	GER	SG Suderwich	M60	5	170	1:44:13	3:44:42	3:44:59	5:19
155	345	John, Dennis	1982	GER	TC Kray 1892 e.V.	M30	27	171	1:51:15	3:44:43	3:45:08	5:19
156	800	Wahl, Thomas	1968	GER	Team Egger Brilon	M45	32	172	1:51:12	3:44:45	3:45:13	5:19
157	330	Lawalata, Hady	1968	GER	SV Langendreer 04	M45	33	173	1:44:24	3:44:59	3:45:12	5:19
158	345	Kühnen, Thomas	1967	GER	BSG Sparkasse Duisburg	M45	34	174	1:51:14	3:44:59	3:45:23	5:19
159	685	Gehrke, Klaus	1966	GER	Team Walburga	M50	22	175	1:43:44	3:45:01	3:45:08	5:19
160	785	Winkler, Ingolf	1972	GER	TG Neuss	M40	28	177	1:51:14	3:45:31	3:45:56	5:20
161	733	Voßkämper, Daniel	1978	GER	*Mönchengladbach	M35	15	178	1:44:30	3:45:41	3:45:56	5:20
162	499	Stolpmann, Christian	1972	GER	LOSTnFOUND Deutschland	M40	29	179	1:46:17	3:46:16	3:46:36	5:21
163	464	Heilig, Lorenz	1979	SUI	*St. Gallen	M35	16	180	1:54:27	3:46:26	3:46:54	5:21
164	841	Neu, Urs	1963	SUI	STB	M50	23	181	1:44:46	3:46:48	3:47:00	5:22
165	506	Ramhorst, Sanscho	1964	GER	*Sarajevo	M50	24	182	1:42:59	3:46:49	3:47:02	5:22
166	269	Wendker, Thomas	1967	GER	BSV Ostbevern	M45	35	183	1:44:26	3:46:59	3:47:12	5:22
167	317	Milde, Joachim	1967	GER	*Duisburg	M45	36	184	1:45:32	3:47:01	3:47:19	5:22
168	159	Klinger, Volker	1968	GER	DLRG Süchteln	M45	37	185	1:50:35	3:47:04	3:47:29	5:22
169	41	Schumann, Frank	1971	GER	RC 77 Bocholt	M45	38	186	1:48:54	3:47:06	3:47:28	5:22
170	121	Ahles, Michael	1968	GER	*Papenburg	M45	39	187	1:51:14	3:47:07	3:47:37	5:22
171	236	Pipper, Kurt	1957	GER	TV Roetgen	M55	15	188	1:44:51	3:47:23	3:47:34	5:23
172	568	Kappel, Jörn	1974	GER	*Olfen	M40	30	189	1:44:59	3:47:46	3:48:08	5:23
173	796	Freitag, Benjamin	1979	GER	*Hemer	M35	17	190	1:27:55	3:47:59	3:48:02	5:24
174	644	Wörmann, Thomas	1960	GER	*Wetter	M55	16	191	1:46:43	3:48:02	3:48:10	5:24
175	449	Helmberg, Volker	1965	GER	saarner kämpfer	M50	25	192	1:45:40	3:48:05	3:48:19	5:24
176	341	Hommes, Alexander	1976	GER	*Bad Neuenahr - Ahrweiler	M40	31	194	1:44:41	3:48:38	3:48:58	5:25
177	226	Van Den Brink, Arne	1978	GER	Babenhausen Allstars&Friends	M35	18	195	1:51:13	3:48:45	3:49:10	5:25
178	53	Bula, Jerzy	1970	GER	*Dormagen	M45	40	196	1:38:55	3:48:46	3:48:55	5:25
179	76	Krause, Frank	1964	GER	WIR BEI HKM	M50	26	197	1:33:06	3:48:54	3:48:57	5:25
180	731	Ksoll, Moritz	1994	GER	Trimmelter SV	MH	16	199	1:41:34	3:48:56	3:49:07	5:25
181	720	Neugebauer, Tim	1978	GER	AC Mila	M35	19	200	1:44:02	3:49:05	3:49:17	5:25
182	120	Hintzsche, Dr. Ekki	1963	GER	Ostseebad Kühlungsborn	M50	27	201	1:44:08	3:49:13	3:49:28	5:25
183	158	Teichmann, Siegfried	1966	GER	Lauf Team Unna	M50	28	202	1:42:46	3:49:14	3:49:30	5:25
184	706	Rouge, Stefan	1969	GER	*Altena	M45	41	203	1:45:31	3:49:18	3:49:38	5:26
185	772	Bretsch, Axel	1962	GER	*Krefeld	M50	29	204	1:44:02	3:49:19	3:49:37	5:26
186	554	Unverzagt, Björn Phil	1976	GER	Team Erdinger Alkoholfrei	M40	32	205	1:45:35	3:49:28	3:49:40	5:26
187	835	Rakow, Sebastian	1963	GER	*Mülheim	M50	30	206	1:47:50	3:49:40	3:50:07	5:26
188	776	Bruns, Torsten	1973	GER	Teuto Runner	M40	33	207	1:45:31	3:49:41	3:50:00	5:26
189	589	Körn, Matthias	1976	GER	Ultrafriesen / TEA	M40	34	208	1:42:42	3:49:56	3:50:03	5:26
190	227	Feichtinger, Axel	1967	GER	*Duisburg	M45	42	209	1:47:58	3:50:19	3:50:41	5:27
191	518	Hoekstra, Cees	1964	GER	Loopgroep De Drentsche Aa	M50	31	210	1:53:11	3:50:36	3:50:39	5:27
192	781	Riepe, Thorsten	1983	GER	LG Running Amts Lüttel-Bracht	M30	28	212	1:53:55	3:50:45	3:51:19	5:28

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
193	623	Schulze, Holger	1958	GER	Voßkamp Runner/TEA	M55	17	213	1:44:37	3:50:48	3:51:06	5:28
194	117	Janzen, Ulrich	1970	GER	*Soest	M45	43	214	1:50:50	3:50:51	3:51:18	5:28
195	600	Molitor, Roland	1968	GER	LG Epe	M45	44	215	1:53:25	3:51:03	3:51:36	5:28
196	640	Plitt, Carsten	1966	GER	ASV Duisburg	M50	32	216	1:45:29	3:51:05	3:51:29	5:28
197	130	Peek, Holger	1976	GER	TUSEM Essen	M40	35	217	1:53:31	3:51:10	3:51:36	5:28
198	365	Becker, Michael	1957	GER	Kremenholler Löper	M55	18	218	1:39:00	3:51:16	3:51:28	5:28
199	60	Schrooten, Marc	1967	GER	*Duisburg	M45	45	219	1:49:38	3:51:23	3:51:42	5:29
200	708	Kamrowski, Szymon	1985	GER	*Wetter	M30	29	220	1:51:18	3:51:33	3:51:58	5:29
201	100	Rothmann, Lutz	1964	GER	*Köln	M50	33	221	1:50:31	3:51:34	3:52:03	5:29
202	98	Schröer, Mario	1976	GER	*Erwitte	M40	36	222	1:43:58	3:51:43	3:51:53	5:29
203	89	Lippsmeier, Malte	1989	GER	*Bochum	MH	17	223	1:51:57	3:51:44	3:52:14	5:29
204	838	Bach, Pascal	1984	GER	*Melsungen	M30	30	224	1:49:18	3:51:54	3:52:12	5:29
205	71	Gartmann, Jörg	1971	GER	*Duisburg	M45	46	225	1:44:29	3:51:55	3:52:11	5:29
206	196	Fileccia, Marco	1963	GER	*Oberhausen	M50	34	226	1:54:52	3:51:57	3:52:36	5:29
207	483	Haarhaus, René	1982	GER	S.T.A.R.S.	M30	31	227	1:50:05	3:52:07	3:52:29	5:30
208	403	Ozdoba, Jaroslaw	1971	GER	*Sprockhövel	M45	47	228	1:57:48	3:52:17	3:53:02	5:30
209	62	Breer, Pater Tobias	1963	GER	KiPa-cash-4-kids	M50	35	229	1:48:11	3:52:26	3:52:47	5:30
210	498	Steinhauer, Achim	1965	GER	LG RWE Power	M50	36	230	1:46:11	3:52:30	3:52:49	5:30
211	211	Ahrweiler, Daniel	1977	GER	Roadrunner Moers/Wülfrath	M35	20	231	1:52:52	3:52:32	3:52:54	5:30
212	29	Strack, Sascha	1976	GER	Marathon Lirich	M40	37	232	1:54:37	3:52:34	3:53:09	5:30
213	651	Biemer, Gregor	1976	GER	LC Duisburg	M40	38	233	1:51:10	3:52:53	3:53:21	5:31
214	94	Hücking, David	1972	GER	*Duisburg	M40	39	234	1:44:46	3:53:03	3:53:20	5:31
215	491	Moser, Lars	1970	GER	*Bochum	M45	48	238	1:47:36	3:54:07	3:54:31	5:32
216	714	Ennis, Cian	1976	IRL	*Duisburg	M40	40	239	1:58:46	3:54:22	3:54:57	5:33
217	61	Ritthoff, Michael	1968	GER	*Duisburg	M45	49	240	1:41:43	3:54:23	3:54:33	5:33
218	291	Hensel, Marco	1966	GER	*Duisburg	M50	37	241	1:48:12	3:54:27	3:54:49	5:33
219	357	Tzaqkarakis, Jason	1962	GRC	Ausdauerschule by Bunert	M50	38	242	1:50:01	3:54:49	3:55:14	5:33
220	513	Fries, Rolf	1960	GER	*Bottrop	M55	19	243	1:51:21	3:54:51	3:55:17	5:33
221	469	Scharrenberg, Uli	1948	GER	ASV-LT Kemperdick	M65	2	244	1:55:27	3:55:14	3:56:36	5:34
222	474	Van Aelst, Dr. Olivier	1964	BEL	MMC	M50	39	245	1:48:27	3:55:14	3:55:34	5:34
223	724	Martens, Rüdiger	1987	GER	*Duisburg	MH	18	246	1:56:22	3:55:21	3:56:17	5:34
224	292	Spoentjes, Wilhelm	1958	GER	ASV Duisburg	M55	20	247	1:59:59	3:55:33	3:55:57	5:34
225	432	Schafhausen, Hans Peter	1959	GER	*Duisburg	M55	21	248	2:07:00	3:55:58	3:56:46	5:35
226	123	Hesseling, Dennis	1977	NLD	rijnlopers	M35	21	249	1:44:00	3:56:12	3:56:25	5:35
227	716	Fuckerirer, Lucas	1976	GER	Minenjagdboot HOMBURG	M40	41	250	1:51:06	3:56:12	3:56:37	5:35
228	673	Cassens Sasse, Wiard	1952	GER	*Wegberg	M60	6	251	1:50:17	3:56:13	3:56:36	5:35
229	787	Vobis, Andreas	1965	GER	TG Neuss	M50	40	252	1:48:44	3:56:16	3:56:40	5:35
230	278	Haase, Falko	1969	GER	100 Marathon Club	M45	50	253	1:59:04	3:56:16	3:56:44	5:35
231	778	Luihle, Aaron	1989	GER	*Düsseldorf	MH	19	254	1:50:29	3:56:23	3:56:49	5:36
232	299	Burchardt, Holger	1967	GER	Vfb Marsberg	M45	51	255	1:53:58	3:56:41	3:57:10	5:36
233	271	Stenzel, Dr. Mark	1972	GER	Lauffreunde Roxel	M40	42	256	1:42:02	3:57:04	3:57:21	5:37
234	496	Ricken, Marcel	1969	GER	*Berlin	M45	52	257	1:47:51	3:57:12	3:57:32	5:37
235	208	Mertens, Christoph	1967	GER	*Bonn	M45	53	258	1:48:43	3:57:12	3:57:38	5:37
236	204	Koerfer, Alexander	1989	GER	LTB Aachen	MH	20	259	1:50:39	3:57:12	3:57:40	5:37
237	672	Herkenrath, Peter	1974	GER	VT Triangel Kempen	M40	43	260	1:53:41	3:57:14	3:57:35	5:37
238	797	Markowitz, Werner	1955	GER	*Jüchen	M60	7	261	1:51:22	3:57:16	3:57:31	5:37
239	473	Voigtländer, Prof. Dr. Till	1964	GER	*Wien	M50	41	262	1:55:22	3:57:25	3:57:56	5:37
240	264	Brzyk, Georg	1981	GER	*Dortmund	M35	22	263	1:44:01	3:57:32	3:57:48	5:37
241	618	Kuhfuß, Claas	1973	GER	Team Erdinger Alkoholfrei	M40	44	264	1:51:10	3:57:38	3:58:07	5:37
242	567	Bembenek, Ulrich	1965	GER	*Essen	M50	42	265	1:52:00	3:57:42	3:58:09	5:38
243	442	Matzen, Martin	1963	GER	*Overath	M50	43	267	1:45:30	3:57:58	3:58:15	5:38
244	718	Krott, Christoph	1961	GER	SV Viktoria Goch	M55	22	268	1:56:37	3:58:00	3:58:26	5:38
245	250	Borchert, Alexander	1968	GER	*Duisburg	M45	54	269	1:48:10	3:58:01	3:58:18	5:38
246	215	Stronczik, Damian	1967	GER	Wuppertal	M45	55	271	1:48:43	3:58:09	3:58:27	5:38
247	555	Wenk, Johann	1965	GER	VC LG Nienburg	M50	44	272	1:54:24	3:58:12	3:58:35	5:38
248	490	Schumacher, Stefan	1973	GER	GFC Düren 99	M40	45	273	1:48:41	3:58:12	3:58:27	5:38
249	556	Dachs, Manfred	1966	GER	VC LG Nienburg	M50	45	274	1:54:24	3:58:13	3:58:35	5:38
250	770	Scholz, Thomas	1970	GER	Lt TuRa Brügggen	M45	56	275	1:47:06	3:58:13	3:58:31	5:38
251	581	Kral, Gregor	1966	GER	*Willich	M50	46	276	1:55:16	3:58:20	3:58:41	5:38
252	323	Müller, Holger	1970	GER	sie inkrädibäl holg	M45	57	277	1:47:26	3:58:32	3:58:46	5:39
253	395	Migas, Florian	1981	GER	*Mülheim	M35	23	278	1:57:14	3:58:36	3:59:13	5:39
254	760	Groß, Michael	1970	GER	Ultra-Team-Tortour	M45	58	279	1:55:15	3:58:37	3:59:12	5:39
255	641	Buske, Alexander	1985	GER	*Duisburg	M30	32	280	1:57:37	3:58:38	3:59:17	5:39
256	283	Jung, Dr. Andreas	1965	GER	*Mettmann	M50	47	281	1:47:50	3:58:47	3:59:06	5:39

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
257	782	Ewertowski, Jack	1986	GER	*Köln	M30	33	282	1:58:35	3:58:49	3:59:35	5:39
258	135	Korte, Allbrecht	1959	GER	Lauffreunde Emsland	M55	23	283	1:59:00	3:58:50	3:59:26	5:39
259	691	Schmitz, Thomas	1975	GER	TG Neuss	M40	46	284	1:49:34	3:58:53	3:59:17	5:39
260	429	Sanden, Dirk	1971	GER	TG Neuss	M45	59	285	1:49:34	3:58:53	3:59:17	5:39
261	324	Langschädel, Moritz	1989	GER	Duisburger Yacht Club	MH	21	286	1:44:21	3:59:02	3:59:21	5:39
262	847	Belahouane, Semi	1979	GER	LC Duisburg	M35	24	287	1:58:33	3:59:03	3:59:50	5:39
263	788	Erkner-Bißlich, Jan	1982	GER	*Bocholt	M30	34	288	1:44:31	3:59:03	3:59:19	5:39
264	298	Gordov, Sergej	1968	GER	*Dortmund	M45	60	289	1:56:30	3:59:06	3:59:44	5:39
265	699	Ischinsky, Ludger	1953	GER	Lauffreunde Bottrop	M60	8	290	1:44:06	3:59:09	3:59:24	5:40
266	677	Kehrmann, Andre	1969	GER	*Ratingen	M45	61	291	1:49:10	3:59:09	3:59:40	5:40
267	485	Klinghammer, Joschka	1985	GER	*Wuppertal	M30	35	292	1:59:01	3:59:12	3:59:51	5:40
268	108	Tillmanns, Frank	1977	GER	LC Duisburg	M35	25	293	1:58:44	3:59:13	3:59:50	5:40
269	303	Kanzler, Wilhelm Martin	1988	GER	*Gelsenkirchen	MH	22	295	1:44:24	3:59:18	3:59:35	5:40
270	25	Krause, Holger	1986	GER	*Duisburg	M30	36	296	1:56:35	3:59:25	3:59:33	5:40
271	118	Duckstein, Volker	1969	GER	LLG Wustweiler	M45	62	297	1:48:30	3:59:25	3:59:43	5:40
272	349	Plötz, Markus	1968	GER	BV Sturm Wissel	M45	63	299	1:51:05	3:59:31	3:59:53	5:40
273	238	Patommel, Rüdiger	1956	GER	*Viersen	M60	9	300	1:51:20	3:59:48	4:00:15	5:40
274	628	Volk, Henning	1972	GER	Ausdauerschule by Bunert	M40	47	302	1:51:14	3:59:51	4:00:16	5:41
275	661	Maassen, Patrick	1974	GER	BSG Haniel	M40	48	303	1:59:57	4:00:12	4:01:08	5:41
276	240	Liemen, Stefan	1971	GER	*Bottrop	M45	64	304	1:58:05	4:00:14	4:00:54	5:41
277	502	Meier, Karsten	1974	GER	*Recklinghausen	M40	49	305	1:50:32	4:00:17	4:00:33	5:41
278	734	Kock, Michael	1975	GER	Wir bei HKM	M40	50	306	1:51:14	4:00:20	4:00:48	5:41
279	560	Kaddour, Yamen	1984	SYR	KiPa-cash-4-kids	M30	37	307	1:54:17	4:00:21	4:00:41	5:41
280	390	Pleines, Holger	1972	GER	*Rheinberg	M40	51	310	1:59:42	4:00:24	4:00:57	5:41
281	735	Pingel, Stefan	1966	GER	LEX Bocholt Running Team	M50	48	311	1:51:22	4:00:39	4:01:03	5:42
282	217	Gietmann, Michael	1967	GER	Laufjunkies	M45	65	312	1:54:05	4:00:46	4:01:14	5:42
283	400	Niedergesäß, Frank	1960	GER	LC Duisburg	M55	24	313	1:59:01	4:00:48	4:01:21	5:42
284	671	Delschen, Markus	1973	GER	*Rheinbach	M40	52	314	1:56:09	4:00:56	4:01:26	5:42
285	460	Völgyi, László	1974	HUN	*Budapest	M40	53	315	1:50:57	4:01:01	4:01:43	5:42
286	216	Kirsch, Sven	1974	GER	Einetracht Prügel	M40	54	316	2:02:12	4:01:06	4:01:44	5:42
287	594	Alberty, Gordon	1988	GER	ASV Duisburg	MH	23	317	1:52:24	4:01:24	4:01:53	5:43
288	766	Krayer, Bernd	1962	GER	TUS Breitscheid	M50	49	318	2:04:08	4:01:57	4:02:40	5:44
289	95	Loosen, Dr. Klaus	1952	GER	TV Korschenbroich	M60	10	320	1:45:07	4:03:23	4:03:35	5:46
290	344	Schaary, Alexander	1988	GER	OSC 04 Rheinhausen	MH	24	321	1:49:08	4:03:36	4:04:03	5:46
291	301	Schmidt, Werner	1951	GER	LC Duisburg	M65	3	322	1:51:24	4:03:42	4:04:06	5:46
292	621	Zupp, Christian	1973	GER	*Duisburg	M40	55	324	1:56:56	4:03:56	4:04:28	5:46
293	22	Verhoeven, Benjamin	1979	GER	Team BeVeqt / beveqt.de	M35	26	326	1:44:20	4:04:06	4:04:28	5:47
294	593	Heimann, Peter	1961	GER	Team Erdinger Alkoholfrei	M55	25	327	2:06:20	4:04:14	4:04:42	5:47
295	790	Oestmann, Peter	1967	GER	*Münster	M45	66	329	1:51:13	4:04:20	4:04:46	5:47
296	138	Voß, Holger	1962	GER	*Erkrath	M50	50	330	1:51:03	4:04:41	4:05:00	5:47
297	547	Krüger, Hajo	1961	GER	SV TriCity Darmstadt	M55	26	331	1:58:30	4:04:46	4:05:22	5:48
298	773	Kyriakopoulos, Nikolaos	1966	GER	Marathon-team-online	M50	51	332	1:58:52	4:04:49	4:05:31	5:48
299	511	Schweers, Elmar	1972	GER	*Neukirchen-Vluyn	M40	56	333	1:59:00	4:05:05	4:05:42	5:48
300	358	Kaiser, Lars	1986	GER	Team Wittig und Helfer	M30	38	335	1:59:13	4:05:54	4:06:32	5:49
301	206	Pomp, Sven	1976	GER	*Wachtendonk	M40	57	336	1:51:28	4:06:04	4:06:39	5:49
302	599	Schäper, Ralph	1962	GER	*Essen	M50	52	338	1:54:41	4:06:42	4:07:22	5:50
303	338	Bäuerle, Sven	1976	GER	*Dortmund	M40	58	339	1:56:30	4:06:52	4:07:30	5:51
304	59	Van Der Koelen, Martin	1979	GER	*Krefeld	M35	27	340	1:44:24	4:07:17	4:07:31	5:51
305	675	Krupp, Carsten	1971	GER	*Delmenhorst	M45	67	342	1:59:46	4:07:30	4:07:51	5:51
306	842	Larocca, Sandro	1976	GER	*Mülheim	M40	59	343	1:58:43	4:07:35	4:08:12	5:52
307	570	Thieme, Fabian	1982	GER	*Mülheim	M30	39	344	1:55:30	4:07:43	4:08:15	5:52
308	131	Strzalla, Robert	1984	GER	Die Seitenstecher	M30	40	345	1:58:43	4:08:17	4:09:11	5:53
309	P400	Grittner, Werner	1959	GER	LC Duisburg	M55	27	347	1:59:03	4:08:34	4:09:07	5:53
310	746	Löhr, Stefan	1970	GER	LT Hertha Buschhausen	M45	68	348	1:55:21	4:08:38	4:09:05	5:53
311	836	Van Gemmeren, Volkmar	1973	GER	Die Stolperer	M40	60	349	1:59:02	4:08:39	4:09:12	5:53
312	422	Beba, Markus	1967	GER	*Ornex	M45	69	350	1:50:50	4:08:42	4:08:57	5:53
313	748	Marnowsky, Volker	1961	GER	Team Laufrausch	M55	28	351	1:56:57	4:09:01	4:09:31	5:54
314	539	Gartner, Christian	1994	GER	*Karlsruhe	MH	25	352	1:52:27	4:09:04	4:09:40	5:54
315	381	Anschütz, Christian	1988	GER	Ruhr-Universität Bochum	MH	26	353	1:53:33	4:09:09	4:09:35	5:54
316	176	Altai, Ali	1969	IRQ	*Herne	M45	70	354	2:04:02	4:09:11	4:09:59	5:54
317	660	Wagner, Burkhard	1961	GER	LC Duisburg	M55	29	355	1:54:56	4:09:12	4:10:03	5:54
318	747	Langner-Köhnlein, Sascha	1971	GER	*Mönchengladbach	M45	71	356	1:54:17	4:09:16	4:09:39	5:54
319	488	Baumann, Eric	1991	GER	DJK Twisteden	MH	27	357	1:45:46	4:09:18	4:09:55	5:54
320	102	Funtek, Stefan	1965	GER	LC Duisburg	M50	53	358	1:58:32	4:09:27	4:09:59	5:54

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
321	792	Grote, Hendrik	1988	GER	*Mülheim	MH	28	360	1:54:54	4:10:13	4:10:54	5:55
322	793	Dobrogojski, Benedikt	1991	GER	*Duisburg	MH	29	361	1:54:54	4:10:13	4:10:54	5:55
323	410	Müller, Frank	1967	GER	Feuer und Flamme Förderverein der	M45	72	362	1:47:14	4:10:40	4:11:00	5:56
324	701	Koepke, Rainer	1959	GER	Team Erdinger Alkoholfrei	M55	30	364	1:50:37	4:10:44	4:11:04	5:56
325	374	Holz, Sebastian	1982	GER	Team Joggi	M30	41	365	2:00:32	4:10:45	4:11:27	5:56
326	686	Granzen, Stefan	1972	GER	BSG Sparkasse Duisburg	M40	61	366	2:07:24	4:11:04	4:11:48	5:56
327	620	Uttenweiler, Dr. Urban	1964	GER	*Krefeld	M50	54	367	1:56:39	4:11:06	4:11:32	5:57
328	452	Neumann, Bastian	1978	GER	*Gelsenkirchen	M35	28	369	1:56:30	4:11:15	4:11:52	5:57
329	87	Markowsky, Günter	1952	GER	Rumelner TV	M60	11	370	1:57:26	4:11:25	4:11:55	5:57
330	244	Wigger, Andreas	1971	GER	*Essen	M45	73	372	1:58:42	4:11:46	4:12:21	5:57
331	749	Doffek, Alexander	1979	GER	Athletik Waldniel	M35	29	374	1:51:29	4:12:01	4:12:28	5:58
332	333	Hradek, Jiri	1978	CZE	*Prag	M35	30	376	1:59:01	4:12:20	4:12:53	5:58
333	765	Schneider, Reiner	1955	GER	Kolping Sprinter	M60	12	378	1:58:57	4:12:38	4:13:19	5:59
334	679	Baumgarten, Horst	1956	GER	Adler Langlauf Bottrop	M60	13	379	1:56:19	4:12:45	4:13:07	5:59
335	307	Schröder, Joscha	1980	GER	Team Punto Moda	M35	31	380	2:03:08	4:12:56	4:13:34	5:59
336	638	Mengwasser, Stefan	1989	GER	Laufjunkies	MH	30	381	1:47:03	4:12:58	4:13:08	5:59
337	611	Goertz, Andreas	1984	GER	*Köln	M30	42	382	1:59:00	4:13:03	4:13:39	5:59
338	144	Flake, Peter	1967	GER	*Mülheim	M45	74	383	1:49:17	4:13:12	4:13:21	6:00
339	837	Scheepers, Wilhelm	1941	GER	*Duisburg	M75	1	384	2:00:21	4:13:12	4:13:47	6:00
340	225	Oelsner, Dr. Malte	1967	GER	LT Alt-Erkrath	M45	75	385	1:55:53	4:13:13	4:13:22	6:00
341	801	Kalu, Ukoha	1966	GER	*Köln	M50	55	386	1:56:55	4:13:16	4:14:03	6:00
342	670	Cramer, Ralph	1971	GER	*Rheinbach	M45	76	387	1:56:09	4:13:17	4:13:47	6:00
343	351	Peiz, Arne	1987	GER	*Erfstadt	MH	31	389	1:59:40	4:13:45	4:14:23	6:00
344	350	Smiezewski, Stefan	1974	GER	*Erfstadt	M40	62	390	2:01:49	4:13:46	4:14:23	6:00
345	433	Rautenberg, Stefan	1967	GER	*Bergheim	M45	77	391	1:43:41	4:13:47	4:14:03	6:00
346	149	Boldt, Jörg	1969	GER	WIR BEI HKM	M45	78	392	1:51:13	4:13:49	4:14:17	6:00
347	219	Küster, Ulrich	1966	GER	TUS Querenburg	M50	56	393	1:53:21	4:13:58	4:14:33	6:01
348	259	Schreiber, Philipp	1989	GER	Elfrather Montagsläufer	MH	32	395	2:04:40	4:14:07	4:14:50	6:01
349	840	Cierocki, Klaus	1966	GER	Foot Fighters	M50	57	396	1:49:19	4:14:13	4:14:29	6:01
350	443	Schuler, Raoul	1989	GER	*Hamburg	MH	33	397	1:59:52	4:14:23	4:15:00	6:01
351	148	Kessler, Torsten	1969	GER	*Bottrop	M45	79	399	1:43:15	4:14:25	4:14:37	6:01
352	806	Jung, Udo	1976	GER	*Langenfeld	M40	63	400	2:07:23	4:14:34	4:15:26	6:01
353	P415	Goertz, Dirk	1967	GER	LC Duisburg	M45	80	402	2:07:38	4:14:43	4:15:27	6:02
354	19	Hesse, Fabian	1976	GER	Aktion Canchanabury	M40	64	404	1:51:18	4:14:57	4:15:21	6:02
355	532	Friedrich, Andreas	1958	GER	*Oerlinghausen	M55	31	405	1:51:28	4:15:01	4:15:26	6:02
356	690	Schulte, Sebastian	1976	GER	*Mülheim	M40	65	406	1:52:21	4:15:04	4:15:37	6:02
357	194	Slowi, Gregor	1963	GER	*Essen	M50	58	409	1:41:36	4:15:08	4:15:26	6:02
358	653	Hartmann, Andre	1966	GER	SV Siemens	M50	59	411	2:07:30	4:15:41	4:16:28	6:03
359	635	Reitsam, Wolfgang	1961	GER	Adler Langlauf Bottrop	M55	32	412	2:04:54	4:15:44	4:16:26	6:03
360	523	Schloemp, Marcus	1967	GER	*Berlin	M45	81	413	1:59:18	4:15:48	4:15:56	6:03
361	312	Schmitz, Hendrik	1997	GER	*Duisburg	MU20	1	414	2:03:42	4:16:09	4:16:45	6:04
362	167	Gottowik, Uwe	1966	GER	VdS Nievenheim	M50	60	415	1:57:55	4:16:44	4:17:16	6:05
363	322	Bolch, Michael	1968	GER	Christuskirche Aschaffenburg	M45	82	416	1:54:17	4:16:52	4:17:02	6:05
364	128	Böttcher, Didi	1966	GER	*Bochum	M50	61	417	1:58:39	4:16:52	4:17:37	6:05
365	583	Bollenberg, Markus	1970	GER	Lex Bocholt Running Team	M45	83	418	1:56:50	4:16:53	4:17:22	6:05
366	434	Brinkhaus, Andreas	1977	GER	Lex Bocholt Running Team	M35	32	419	1:56:51	4:16:56	4:17:24	6:05
367	466	Schreiter, Rüdiger	1971	GER	*Duisburg	M45	84	420	2:11:13	4:16:57	4:17:56	6:05
368	212	Wiechers, Andre	1965	GER	Angerland LT Lintorf	M50	62	421	1:56:39	4:17:03	4:17:32	6:05
369	42	Beckmann, Thomas	1965	GER	LG Niers	M50	63	422	2:03:28	4:17:20	4:18:07	6:05
370	773	Caspers, Dieter	1955	GER	Marathon-team-online	M60	14	424	1:59:26	4:17:55	4:18:37	6:06
371	750	Siemes, Carsten	1991	GER	*Mönchengladbach	MH	34	425	1:58:18	4:17:57	4:18:33	6:06
372	676	Sohn, Christian	1968	GER	Frings Active Team	M45	85	426	1:50:54	4:18:05	4:18:26	6:06
373	762	Krolle, Henning	1959	GER	TV 1848	M55	33	428	1:58:37	4:19:00	4:19:43	6:08
374	769	Broecker, Philipp	1989	GER	*Bochum	MH	35	429	1:59:02	4:19:08	4:19:43	6:08
375	276	Kornemann, Thorsten	1970	GER	*Gevensberg	M45	86	431	2:07:38	4:19:16	4:20:01	6:08
376	416	Degens, Tim	1986	GER	*Kerken	M30	43	432	1:58:53	4:19:19	4:20:01	6:08
377	263	Deriks, Andreas	1968	GER	*Neukirchen-Vluyn	M45	87	433	2:03:44	4:19:21	4:20:10	6:08
378	97	Zovak, Eduard	1974	GER	*Bochum	M40	66	434	2:04:01	4:20:05	4:20:54	6:09
379	546	Zienow, Lars	1974	GER	*Duisburg	M40	67	435	2:00:00	4:20:11	4:20:46	6:09
380	56	Ulitzka, Thomas	1989	GER	*Bocholt	MH	36	436	1:51:45	4:20:16	4:20:39	6:10
381	470	Kirsch, Marcel	1982	GER	*Wesel	M30	44	437	1:58:16	4:20:16	4:20:58	6:10
382	481	Seum, Hans	1955	GER	*Altenstadt	M60	15	438	1:55:56	4:20:25	4:20:55	6:10
383	626	Merfeld, Daniel	1981	GER	Rennsemmel Buldern	M35	33	440	1:58:51	4:21:28	4:22:05	6:11
384	111	Driefer, Stefan	1978	GER	Buldern läuft	M35	34	441	1:58:50	4:21:30	4:22:07	6:11

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385	681	Rieger, Thomas	1967	GER	*Krefeld	M45	88	442	2:03:45	4:21:32	4:22:07	6:11
386	694	Hoffmann, Carsten	1973	GER	Laufen rund um Münster	M40	68	443	2:01:30	4:21:36	4:22:10	6:11
387	92	Köhl, Uli	1981	GER	*Essen	M35	35	444	1:55:27	4:21:50	4:22:17	6:12
388	576	Frerichs, Jan	1969	GER	*Dortmund	M45	89	445	2:04:32	4:22:03	4:22:33	6:12
389	116	Eming, Peter	1990	GER	Sportfreunde Ententeich	MH	37	446	1:56:36	4:22:11	4:22:36	6:12
390	565	Weeda, Dominique	1974	GER	Schwertfischer	M40	69	448	2:04:45	4:22:24	4:22:57	6:13
391	182	Arndt, Patrick	1990	GER	*Duisburg	MH	38	449	1:59:42	4:22:43	4:23:32	6:13
392	646	Poetschki, Thomas	1971	GER	LC Duisburg	M45	90	451	1:58:43	4:22:54	4:23:34	6:13
393	327	Rohde, Frank	1961	GER	*Duisburg	M55	34	452	2:02:01	4:23:01	4:23:44	6:13
394	438	Schulz, Jens	1977	GER	*Rheinberg	M35	36	453	1:59:11	4:23:08	4:23:41	6:14
395	487	Bergmann, Dr. Martin	1969	GER	Triathlon Team Hamburg	M45	91	454	2:02:40	4:23:23	4:23:50	6:14
396	305	Weck, Björn	1981	GER	Team Kugelblitz	M35	37	455	1:56:37	4:23:32	4:23:57	6:14
397	616	Thamm, Dietmar	1969	GER	*Oberhausen	M45	92	456	2:01:21	4:23:33	4:24:15	6:14
398	846	Weissenborn, Michael	1970	GER	*Dortmund	M45	93	457	2:03:15	4:23:35	4:24:19	6:14
399	373	Perge, Petar	1956	GER	*Iserlohn	M60	16	458	2:03:52	4:23:36	4:24:23	6:14
400	275	Böhl, Timo	1988	GER	LG Wittgenstein	MH	39	459	1:27:15	4:23:38	4:23:42	6:14
401	18	Riechert, Hartmut	1964	GER	Hombberger TV	M50	64	463	1:58:21	4:24:16	4:24:53	6:15
402	684	Musche, Jürgen	1960	GER	Marathon Dinslaken	M55	35	465	1:57:00	4:24:41	4:25:18	6:16
403	129	Gruske, Michael	1956	GER	LaufTeam Unna	M60	17	467	1:49:57	4:24:56	4:25:12	6:16
404	68	Glockner, Wolf	1958	GER	GSG Partner	M55	36	469	1:58:12	4:25:00	4:25:04	6:16
405	207	Holle, Jürgen	1969	GER	SV Arminia Appelhülsen / TEA	M45	94	470	2:12:48	4:25:02	4:25:57	6:16
406	683	Meißner, Frank	1967	GER	*Bonn	M45	95	471	1:56:38	4:25:02	4:25:24	6:16
407	588	Sommer, Jens	1988	GER	PwC Experience Team 2016	MH	40	473	2:07:26	4:25:20	4:26:04	6:17
408	288	Breil Wirth, Andreas	1982	GER	*Willich	M30	45	474	1:55:47	4:25:23	4:26:15	6:17
409	352	Dumke, Holger	1974	GER	BSG WAZ-Medien	M40	70	477	1:53:14	4:25:41	4:25:54	6:17
410	173	Unterberg, Reiner	1956	GER	LG Alpen	M60	18	478	2:09:44	4:25:43	4:26:30	6:17
411	24	Fischbacher, Marcel	1982	GER	Krav Maqa Duisburg	M30	46	479	1:56:35	4:25:47	4:25:56	6:17
412	761	Traurig, Michael	1967	GER	SV 19 Straelen	M45	96	480	1:54:12	4:25:49	4:26:15	6:17
413	843	Bock, Jürgen	1960	GER	TUS Breitscheid	M55	37	481	1:58:29	4:25:57	4:26:28	6:18
414	698	Mroß, Michael	1960	GER	*Duisburg	M55	38	482	1:52:52	4:26:05	4:26:27	6:18
415	221	Bialowons, Michael	1972	GER	Erler-Sportgemeinschaft	M40	71	484	1:55:44	4:26:13	4:26:52	6:18
416	696	Homung, Herbert	1961	GER	AS Neukirchen-Vluyn	M55	39	485	1:59:18	4:27:14	4:27:51	6:19
417	107	Giebels, Franz-Josef	1970	GER	*Kleve	M45	97	487	2:07:23	4:27:41	4:28:28	6:20
418	613	Loger, Gerhard	1959	GER	Ultrafriesen / TEA	M55	40	489	2:06:48	4:27:51	4:28:22	6:20
419	83	Klemmer, Stephan	1969	GER	*Siegersbrunn	M45	98	492	1:47:35	4:28:27	4:28:48	6:21
420	725	Pilavdzic, Nedžad	1970	GER	*Kamp-Lintfort	M45	99	493	1:59:36	4:28:32	4:29:01	6:21
421	764	Trappe, Dr. Rolf	1958	GER	*Düsseldorf	M55	41	494	2:07:38	4:28:35	4:29:23	6:21
422	160	Elbrächter, Fredy	1964	GER	LG Oerlinghausen	M50	65	495	2:08:43	4:29:04	4:29:59	6:22
423	43	Dick, Viktor	1965	GER	*Neukirchen-Vluyn	M50	66	496	1:55:43	4:29:12	4:29:45	6:22
424	454	Schulz-Bongert, Dr. Udo	1960	GER	Running Team Grafenberg	M55	42	497	1:58:31	4:29:14	4:29:57	6:22
425	614	Linnek, Martin	1971	GER	Laufen gegen Leiden	M45	100	498	2:05:18	4:29:14	4:30:01	6:22
426	713	Zdarsky, Günther	1960	GER	FC LaSi 93	M55	43	499	1:59:22	4:29:18	4:29:54	6:22
427	517	Friedrich, Jürgen	1961	GER	*Mülheim	M55	44	500	2:14:18	4:29:22	4:30:21	6:23
428	609	Gasse, Eckhard	1961	GER	*Wuppertal	M55	45	501	2:00:48	4:29:41	4:30:25	6:23
429	763	Klanten, Simon	1978	GER	*Viersen	M35	38	502	1:58:24	4:29:57	4:30:32	6:23
430	152	Burger, Ingo	1972	GER	*Wuppertal	M40	72	504	1:57:55	4:30:08	4:30:41	6:24
431	705	Klingelhöfer, Markus	1973	GER	LC Duisburg	M40	73	505	2:14:38	4:30:09	4:31:10	6:24
432	775	Pippich, Stefan	1977	GER	*Wegberg	M35	39	506	1:59:17	4:30:13	4:30:53	6:24
433	586	Eßer, Oliver A.	1970	GER	Team Erdinger Alkoholfrei	M45	101	507	1:51:25	4:30:38	4:30:46	6:24
434	27	Jordan, Julian	1986	GER	*Duisburg	M30	47	508	2:07:26	4:30:58	4:31:27	6:25
435	527	Blotenberg, Carsten	1970	GER	*Essen	M45	102	511	2:10:31	4:31:23	4:32:14	6:25
436	632	Janitza, Olaf	1965	GER	*Wuppertal	M50	67	512	2:01:42	4:31:28	4:32:08	6:26
437	361	Füchtenbusch, Thomas	1969	GER	*Duisburg	M45	103	514	2:14:30	4:31:29	4:32:26	6:26
438	794	Schmidt, Dirk	1966	GER	*Wuppertal	M50	68	515	2:00:08	4:31:37	4:32:04	6:26
439	839	May, Axel	1968	GER	*Duisburg	M45	104	516	2:04:38	4:31:41	4:32:30	6:26
440	63	Kesper, Ralf	1969	GER	VFL Fröndenberg	M45	105	517	2:03:19	4:31:42	4:32:12	6:26
441	656	Söllner, Michael	1967	GER	*Geldern	M45	106	520	2:11:26	4:32:00	4:32:59	6:26
442	707	Borchardt, Michael	1967	GER	*Mülheim an der Ruhr	M45	107	521	1:56:49	4:32:13	4:32:44	6:27
443	537	Berkelmans, Noud	1976	NLD	La Vita Sana	M40	74	522	2:01:20	4:32:25	4:33:48	6:27
444	281	De Lorenzo, Daniel	1974	GER	ICHNATUR.DE	M40	75	523	2:05:11	4:32:30	4:32:53	6:27
445	674	Köppl, Jürgen	1961	GER	Laufe für meine Perle	M55	46	525	2:04:01	4:32:39	4:33:12	6:27
446	38	Heinzen, Michael	1962	GER	*Duisburg	M50	69	526	2:07:56	4:32:52	4:32:59	6:27
447	294	Schlichting, Hans Dieter	1957	GER	Roadrunner	M55	47	527	1:54:49	4:32:52	4:33:18	6:28
448	516	Ohst, Holger	1965	GER	*Duisburg	M50	70	528	2:07:57	4:32:52	4:32:59	6:28

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449	220	Rink, Hansjörg	1966	GER	SC Bayer 05 Uerdingen	M50	71	529	2:04:28	4:32:52	4:33:31	6:28
450	548	Fudalla, Prof. Dr. Mark	1966	GER	*Köln	M50	72	530	2:09:43	4:32:55	4:33:47	6:28
451	34	Gstettenbauer, Lars	1972	GER	Styrumer TV	M40	76	532	2:12:24	4:33:55	4:34:53	6:29
452	314	Krüger, Marcel	1988	GER	*Kerken	MH	41	534	1:58:10	4:34:25	4:34:55	6:30
453	522	Rüttgers, Jörg	1980	GER	mein-wunschpreis.com	M35	40	535	2:04:47	4:34:30	4:35:12	6:30
454	389	Kwiatkowski, Michael	1977	GER	ASV Duisburg	M35	41	539	1:50:31	4:34:41	4:34:55	6:30
455	248	Kettner, Joachim	1971	GER	*Duisburg	M45	108	540	2:13:47	4:34:44	4:35:48	6:30
456	414	Wischnewski, Sebastian	1981	GER	Styrumer TV	M35	42	542	2:12:25	4:35:16	4:36:14	6:31
457	704	Schmitt, Martin	1981	GER	*Münster	M35	43	543	2:14:13	4:35:33	4:36:34	6:31
458	719	Lohove, Peter	1965	GER	*Erfststadt	M50	73	544	2:07:37	4:35:45	4:36:35	6:32
459	386	Püttmann, Randy	1974	GER	Crazy Road Runner	M40	77	545	2:05:35	4:35:47	4:36:21	6:32
460	634	Hütten, Volker	1964	GER	Siemens Turbos	M50	74	546	2:07:03	4:35:50	4:36:41	6:32
461	545	Ziegler, Sven	1977	GER	LT Alt-Erkrath	M35	44	547	2:10:12	4:35:55	4:36:44	6:32
462	552	Richter, Thorsten	1970	GER	Immeo Wohnen Running Team	M45	109	549	2:06:40	4:36:09	4:37:01	6:32
463	181	Fergon, Zbigniew	1964	GER	*Duisburg	M50	75	550	2:11:57	4:36:21	4:37:15	6:32
464	680	Laskowki, Andreas	1961	GER	Adler Langlauf Bottrop	M55	48	551	1:55:04	4:36:23	4:36:45	6:33
465	610	Sieweke, Jens	1974	GER	BSG Kieback&Peter	M40	78	552	2:14:40	4:36:28	4:37:29	6:33
466	756	Krüll, Dr. Joey	1968	GER	Love-Song-For-Hillary	M45	110	553	2:10:17	4:36:37	4:37:13	6:33
467	544	Zell, Michael	1971	GER	*Krefeld	M45	111	554	2:07:24	4:37:02	4:37:55	6:33
468	224	Gündüz, Fikret	1964	TUR	LC Duisburg	M50	76	556	2:07:49	4:37:16	4:37:47	6:34
469	142	Eidens, Georg	1961	GER	*Elsdorf	M55	49	557	2:02:16	4:37:18	4:37:51	6:34
470	631	Korloo, Djahanrad	1973	GER	*Mülheim	M40	79	558	2:07:05	4:37:38	4:38:32	6:34
471	209	Turowski, Michael	1973	GER	AS Neukirchen-Vluyn	M40	80	559	1:58:50	4:37:50	4:38:32	6:35
472	174	Schweickert, Rainer	1961	GER	*Preetz	M55	50	560	2:07:36	4:38:01	4:38:47	6:35
473	678	Drechsler, Hans Jürgen	1961	GER	LT Bittermark Dortmund	M55	51	561	2:07:49	4:38:10	4:38:55	6:35
474	82	Kofferschläger, Michael	1978	GER	*Wegberg	M35	45	562	1:58:25	4:38:10	4:38:44	6:35
475	541	Dachrodt, Gunnar	1977	GER	*Witten	M35	46	563	1:55:32	4:38:21	4:38:53	6:35
476	571	Häußler, Andreas	1966	GER	*Solingen	M50	77	564	1:56:10	4:38:21	4:38:39	6:35
477	540	Soukup, Sven	1990	GER	Falcon Punch	MH	42	565	2:00:27	4:38:22	4:39:02	6:35
478	505	Naujoks, Jayson	1990	USA	Falcon Punch	MH	43	566	1:59:04	4:38:23	4:39:02	6:35
479	274	Urschey, Michael	1973	GER	Team Hummel	M40	81	567	2:04:47	4:38:25	4:39:07	6:35
480	693	Gerbrecht, Klaus	1954	GER	*Duisburg	M60	19	568	2:00:22	4:38:35	4:39:15	6:36
481	223	Hühner, Michael	1969	GER	*Bochum	M45	112	569	2:07:46	4:38:41	4:39:31	6:36
482	339	Lünstroth, Maik	1971	GER	LC Solbad Ravensberg	M45	113	570	1:51:17	4:38:45	4:39:10	6:36
483	109	Rauschen, Rainer	1963	GER	*Wuppertal	M50	78	572	2:07:28	4:39:42	4:40:29	6:37
484	446	Acemi, Hüdayi	1948	GER	*Pulheim	M65	4	573	2:05:06	4:39:43	4:39:48	6:37
485	629	Kohlstedde, Guido	1970	GER	*Witten	M45	114	575	2:08:28	4:40:30	4:41:11	6:38
486	508	Rieke, Michael	1959	GER	*Mainz	M55	52	576	2:03:21	4:40:31	4:41:17	6:38
487	404	Rattay, Jan	1991	GER	*Münster	MH	44	577	1:45:25	4:41:03	4:41:21	6:39
488	830	Glénke, Rainer	1963	GER	Die Stolperer	M50	79	579	2:08:20	4:41:39	4:42:28	6:40
489	346	Schaary, Ernst	1955	GER	*Duisburg	M60	20	580	2:11:13	4:41:39	4:42:29	6:40
490	164	Ulrich, Rafael	1979	GER	*Moers	M35	47	581	2:02:17	4:41:47	4:42:16	6:40
491	313	Jimenez, Antonio	1970	GER	*Duisburg	M45	115	582	2:10:29	4:42:14	4:43:17	6:41
492	106	Lepartz, Thomas	1963	GER	*Essen	M50	80	583	2:14:37	4:42:22	4:43:20	6:41
493	440	Koziol, Peter	1962	GER	*Dortmund	M50	81	585	2:08:46	4:42:25	4:43:16	6:41
494	54	Gerber, Sascha	1979	GER	*Duisburg	M35	48	587	2:07:15	4:42:47	4:43:33	6:42
495	175	Severloh, Jürgen	1951	GER	PREETHI	M65	5	588	2:14:22	4:42:51	4:43:47	6:42
496	279	Bürger, Olaf	1968	GER	VfR Unterbruch LG "Hauptsache be	M45	116	589	2:22:29	4:43:13	4:44:02	6:42
497	23	Brockhoff, Uwe	1961	GER	Buchholzerjung	M55	53	591	2:07:36	4:43:25	4:44:22	6:43
498	411	Ahrens, Jan	1975	GER	*Essen	M40	82	593	2:00:12	4:43:48	4:44:21	6:43
499	P445	Huth, Thorsten	1962	GER	LC Duisburg	M50	82	595	2:22:01	4:44:07	4:45:10	6:43
500	328	Büskens, Godehard	1957	GER	*Haan	M55	54	596	1:59:37	4:44:23	4:45:08	6:44
501	643	Zlatic, Zlatko	1967	GER	Luffhansa Sportverein e.V.	M45	117	597	2:09:17	4:44:26	4:44:46	6:44
502	430	Böckmann, Carsten	1970	GER	LC Duisburg	M45	118	599	2:14:18	4:44:37	4:45:33	6:44
503	51	Bierschbach, Rainer	1959	GER	Turnerbund Osterfeld 1911 e.V.	M55	55	600	1:59:01	4:44:39	4:45:12	6:44
504	189	Report, Christoph	1972	GER	*Hattingen	M40	83	601	2:14:27	4:44:39	4:45:38	6:44
505	233	Kämper, Andreas	1968	GER	GC Bergisch Land	M45	119	602	2:00:02	4:44:52	4:45:25	6:45
506	393	Hermesen, Stefan	1966	GER	*Kleve	M50	83	603	2:08:52	4:45:07	4:45:43	6:45
507	700	Hardt, Lutz	1964	GER	*Mülheim an der Ruhr	M50	84	605	1:58:54	4:45:37	4:46:07	6:46
508	601	Liesenfeld, Nico	1969	GER	Schwertfischer	M45	120	609	2:06:13	4:46:35	4:47:07	6:47
509	80	Pause, Björn	1976	GER	WIR BEI HKM	M40	84	610	2:02:34	4:47:38	4:48:12	6:48
510	789	Bierbaums, Armin	1965	GER	Viersener Buschläufer	M50	85	611	2:10:20	4:47:39	4:48:27	6:49
511	728	Vofrei, Andreas	1964	GER	RAG Hurlfussler	M50	86	612	2:05:13	4:47:46	4:48:27	6:49
512	619	Klenovsek, Sascha	1974	GER	*Rheurdt	M40	85	613	1:50:32	4:47:50	4:48:16	6:49

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513	566	Knoblauch, Andreas	1964	GER	*Essen	M50	87	615	2:17:29	4:47:58	4:48:58	6:49
514	448	Alteköster, Jannis	1994	GER	*Aachen	MH	45	616	2:17:52	4:48:08	4:49:06	6:49
515	387	Itjeshorst, Christian	1968	GER	Lauffreß Sterkrade-Nord	M45	121	617	2:22:58	4:48:08	4:49:03	6:49
516	828	Kriegel, Dr. Volker	1962	GER	GSG Moers	M50	88	618	2:14:12	4:48:09	4:49:07	6:49
517	408	Bourgeois, Philippe	1961	BEL	*4630	M55	56	619	2:07:25	4:48:14	4:49:00	6:49
518	624	Ixfeld, Stefan	1966	GER	*Kempfen	M50	89	621	2:12:29	4:48:47	4:49:38	6:50
519	139	Tunc, Ersin	1966	TUR	*Krefeld	M50	90	623	2:07:30	4:49:43	4:50:31	6:51
520	715	Sterniak, Mathias	1981	GER	*Essen	M35	49	624	2:12:52	4:49:46	4:50:38	6:52
521	222	Grütz, Lohtar	1963	GER	*Dortmund	M50	91	625	1:55:37	4:50:19	4:50:31	6:52
522	326	Sauren, Stephan	1972	GER	S.G. Sparkasse Aachen	M40	86	626	2:12:18	4:51:00	4:51:55	6:53
523	451	Lindfors, Dr. Erno	1979	FIN	LifeGlimmer GmbH	M35	50	629	2:08:57	4:51:23	4:52:04	6:54
524	732	Lochmann, Daniel	1969	GER	DGFG	M45	122	630	2:25:26	4:51:23	4:52:39	6:54
525	272	Kempny, Ralf	1968	GER	RSV Emden	M45	123	632	2:07:54	4:52:39	4:53:13	6:56
526	383	Heller, Sven	1987	GER	*Duisburg	MH	46	636	2:16:55	4:53:11	4:53:57	6:56
527	397	Hagenbücher, Christopher	1988	GER	*Duisburg	MH	47	637	2:16:56	4:53:11	4:53:57	6:56
528	577	Gonska, Marco	1992	GER	*Marl	MH	48	639	2:02:22	4:53:22	4:53:38	6:57
529	667	Sadler, Duane	1975	USA	*09751	M40	87	640	2:14:13	4:53:22	4:54:20	6:57
530	168	Stöckert, Michael	1971	GER	AS Neukirchen-Vluyn	M45	124	641	2:08:31	4:53:31	4:54:14	6:57
531	371	Kiehl, Daniel	1984	GER	*Euskirchen	M30	48	642	2:19:48	4:53:38	4:54:43	6:57
532	342	Goldhammer, Lars	1982	GER	*Bottrop	M30	49	645	2:05:53	4:53:57	4:54:29	6:57
533	798	Brocke, Carsten	1970	GER	*Essen	M45	125	647	2:23:40	4:54:10	4:54:56	6:58
534	114	Drewitz, Piet	1948	GER	*Essen	M65	6	649	2:12:47	4:54:47	4:55:44	6:59
535	297	Burnaz, Senol	1976	GER	*Duisburg	M40	88	650	2:05:44	4:55:21	4:56:18	6:59
536	729	Schroers, Stefan	1974	GER	Viersener Buschläufer	M40	89	651	2:15:12	4:55:44	4:56:32	7:00
537	113	De Vaal, André	1978	GER	Krötenwanderung Drensteinfurt	M35	51	652	2:17:39	4:56:27	4:57:16	7:01
538	15	Swiatczak, Eugen	1948	GER	*Duisburg	M65	7	653	2:25:07	4:56:28	4:57:38	7:01
539	805	Güler, Ismail	1966	GER	Fatma Tanta	M50	92	654	2:10:27	4:56:29	4:56:35	7:01
540	712	Bremer, Andreas	1961	GER	Marketing Runners	M55	57	655	2:15:50	4:56:29	4:57:27	7:01
541	831	Zeneli, Muhamed	1998	GER	Kriegelsport.de	MU20	2	656	2:03:44	4:56:40	4:57:12	7:01
542	369	Duwe, Simon	1972	GER	SV Haldern Lauffreß	M40	90	657	2:14:12	4:56:50	4:57:51	7:02
543	427	Wissing, Matthias	1962	GER	Team Wissing	M50	93	658	2:14:12	4:56:50	4:57:51	7:02
544	277	Mai, Christian	1965	GER	SV Haldern Lauffreß	M50	94	659	2:14:12	4:56:50	4:57:51	7:02
545	727	Zadek, Avi	1973	ISR	*Givat Shmuel	M40	91	660	2:04:25	4:57:06	4:57:40	7:02
546	423	Kurowski, Victor	1986	GER	*Wiesbaden	M30	50	661	2:14:17	4:57:27	4:58:23	7:02
547	462	Matzner, Uli	1993	GER	*Bonn	MH	49	662	2:19:09	4:57:35	4:58:43	7:03
548	126	Pawlowicz, Alfred	1958	GER	MTT Dortmund	M55	58	664	2:06:50	4:58:10	4:58:34	7:03
549	156	Ley, Helmut	1946	GER	Homberger TV	M70	1	666	2:14:18	4:58:38	4:59:34	7:04
550	445	Westen, Lothar	1955	GER	LC Duisburg	M60	21	669	2:22:00	4:59:34	5:00:38	7:05
551	199	Joeken, Michael	1958	GER	*Duisburg	M55	59	670	2:24:39	4:59:47	5:00:51	7:06
552	260	Schreiber, Thomas	1978	GER	Elfrather Montagsläufer	M35	52	672	2:06:22	5:00:21	5:01:05	7:07
553	587	Jueterbock, Daniel Markus	1980	GER	PwC Experience Team 2016	M35	53	673	2:01:26	5:00:25	5:00:59	7:07
554	31	Udler, Moshe	1946	ISR	KEYSIGHT	M70	2	677	2:05:52	5:01:40	5:01:42	7:08
555	431	Wanschura, Jan	1971	GER	*München	M45	126	678	2:22:23	5:01:43	5:02:44	7:09
556	504	Bannies, Philipp	1989	GER	*Solingen	MH	50	680	1:57:47	5:02:18	5:02:45	7:09
557	688	Dückerhoff, Sven	1972	GER	Kaiserkicker 1986	M40	92	681	2:09:33	5:03:06	5:04:05	7:10
558	844	Mölders, Sascha	1985	GER	1860 München	M30	51	682	2:17:20	5:04:19	5:05:31	7:12
559	791	Kirsch, Fiedbert	1970	GER	VfR Unterbruch LG "Hauptsache be	M45	127	685	2:27:00	5:07:32	5:08:22	7:17
560	736	Kasprzyk, Thaddäus	1959	GER	*Dorsten	M55	60	686	2:07:15	5:08:34	5:09:09	7:18
561	20	Kreis, Manfred	1958	GER	NEW SG 26 Mönchengladbach	M55	61	688	2:22:42	5:09:40	5:10:16	7:20
562	197	Tuttmann, Stefan	1971	GER	TSC Marl	M45	128	689	2:16:15	5:12:50	5:13:48	7:24
563	392	Zhu, Lingzhi	1995	CHN	*Singapore	MH	51	690	2:09:42	5:12:50	5:13:42	7:24
564	55	Wolf, Horst	1951	GER	*Duisburg	M65	8	691	2:21:54	5:13:28	5:14:10	7:25
565	826	Tses, Michail	1958	GER	sylogos Dromeon Ioanninon	M55	62	692	2:09:33	5:13:38	5:13:42	7:25
565	829	Maaßen, Harald	1966	GER	*Willich	M50	95	692	2:09:33	5:13:38	5:13:42	7:25
567	253	Giebert, Guido	1970	GER	*Ahnsen	M45	129	694	2:15:02	5:13:47	5:14:42	7:26
568	592	Pieprytza, Mike	1972	GER	Ultrafriesen / TEA	M40	93	695	2:16:17	5:14:07	5:15:07	7:26
569	396	Nofftz, Klaus	1957	GER	Run for Fun Leverkusen	M55	63	697	2:20:56	5:15:41	5:16:25	7:28
570	169	Lempken, Uwe	1961	GER	Homberger TV	M55	64	698	2:21:35	5:15:59	5:17:05	7:29
571	252	Klockenkemper, Theodor	1956	GER	ASV Metelen 1962 e.V.	M60	22	699	2:22:02	5:16:14	5:17:18	7:29
572	551	Detlefsen, Arno	1966	GER	Laufschule Düsseldorf	M50	96	700	2:16:52	5:17:17	5:17:35	7:31
573	598	Kelbel, Joe	1964	GER	marathon4you.de	M50	97	702	2:24:26	5:17:54	5:18:37	7:32
574	195	Lemm, Dirk	1972	GER	Zum Twee Ührken	M40	94	704	2:14:47	5:20:20	5:21:11	7:35
575	585	Heyer, Hermann	1960	GER	*Mülheim-Kärlich	M55	65	705	2:24:49	5:20:22	5:21:23	7:35
576	150	Kiehl, Matthias	1987	GER	MultiSportsFriends Brühl e.V.	MH	52	706	2:19:48	5:21:06	5:22:11	7:36

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577	430	Binias, Jürgen	1960	GER	LC Duisburg	M55	66	707	2:18:57	5:21:24	5:22:19	7:37
578	668	Guo, Yusen	1981	USA	*Netherlands	M35	54	708	2:15:42	5:21:28	5:22:29	7:37
579	171	Matheis, Michael	1972	GER	*Kamp-Lintfort	M40	95	710	2:17:08	5:21:29	5:22:24	7:37
580	472	Shafagh, Bizhan	1962	IRN	*Jüchen	M50	98	711	2:14:21	5:21:41	5:22:29	7:37
581	241	Fleitz, Mario	1963	GER	*Duisburg	M50	99	712	2:19:26	5:21:51	5:22:37	7:37
582	617	Szeles, Ferenc	1974	HUN	*Osnabrück	M40	96	713	2:20:24	5:21:54	5:22:48	7:37
583	606	Simon, Imre	1974	HUN	*Osnabrück	M40	97	714	2:20:26	5:21:55	5:22:48	7:37
584	475	Gábor, Standovár	1977	HUN	*Wallenhorst	M35	55	715	2:20:26	5:21:55	5:22:48	7:37
585	845	Ueffing, Michael	1967	GER	Boah 09	M45	130	718	2:17:20	5:22:48	5:24:01	7:39
586	284	Mumcu, Erdal	1971	GER	Mumcu.run	M45	131	719	2:20:02	5:23:14	5:24:13	7:39
587	402	Johrendt, Andre	1976	GER	*Oberhausen	M40	98	720	2:16:47	5:24:42	5:25:41	7:41
588	659	Wilmsen, Henry	1957	GER	LC Duisburg	M55	67	721	2:28:16	5:24:42	5:25:44	7:41
589	604	Weiffen, Dennis	1976	GER	TV Witzhelden	M40	99	722	2:28:48	5:26:04	5:26:53	7:43
590	639	Breuker, Andreas	1971	GER	TSV Edemissen	M45	132	723	2:29:10	5:26:04	5:26:53	7:43
591	637	Cavaleiro, Dr. Pedro	1969	PRT	*Viersen	M45	133	724	2:30:43	5:27:02	5:28:02	7:45
592	608	Nowak, Rainer	1951	GER	TSV Hochdahl	M65	9	725	2:33:25	5:27:19	5:27:43	7:45
593	463	Matzner, Martin	1990	GER	*Düsseldorf	MH	53	726	2:29:09	5:27:57	5:29:06	7:46
594	447	Purdy, Philip	1971	IRL	*London	M45	134	727	2:23:54	5:28:13	5:29:06	7:46
595	143	Graebel, Gunther	1953	GER	Crepe + Baguette Duisburg	M60	23	728	2:19:39	5:28:30	5:29:02	7:47
596	501	Wenzel, Christoph	1960	GER	100 Marathon Club	M55	68	731	2:20:54	5:30:55	5:31:52	7:50
597	627	Dohr, Michael	1964	GER	*Düsseldorf	M50	100	732	2:24:46	5:32:00	5:32:53	7:52
598	67	Brockof, Peter	1964	GER	Blueliner Duisburg	M50	101	733	2:29:08	5:32:17	5:33:26	7:52
599	230	Otto, Christof	1964	GER	*Niedernhausen	M50	102	735	2:39:24	5:34:26	5:35:28	7:55
600	832	Kleinwegen, Paul	1997	GER	Kriegelsport.de	MU20	3	740	2:20:44	5:38:16	5:38:47	8:00
601	697	Schranz, Jörg	1965	GER	Borbecker Raketen Essen	M50	103	741	2:35:42	5:38:19	5:39:28	8:01
602	645	Marquis, Frank	1963	GER	LC Duisburg	M50	104	743	2:35:45	5:38:22	5:39:28	8:01
603	477	Sieben, Jan	1979	GER	*Aachen	M35	56	745	2:27:45	5:41:09	5:42:06	8:05
604	738	Brehm, Andreas	1991	GER	Trier-Kürenz	MH	54	746	2:15:21	5:41:36	5:41:40	8:05
605	786	Schmidtke, Bernd	1961	GER	MarathonTeam-Online	M55	69	747	2:28:46	5:42:57	5:43:47	8:07
606	65	Phillips, David	1944	ENG	*Claverdon, Warwick	M70	3	749	2:38:06	5:44:33	5:44:58	8:09
607	649	Leroi, Roland	1968	GER	LC Duisburg	M45	135	750	2:35:43	5:45:25	5:46:35	8:11
608	1951	Hausmann, Heribert E.	1951	GER	*Troisdorf	M65	10	752	2:39:09	5:55:58	5:57:07	8:26
609	777	Gieler, Wolfgang	1960	GER	100 Marathon Club	M55	70	753	2:31:00	5:56:06	5:57:07	8:26
610	1895	Vogt, Hans-Peter	1956	GER	LKD Düsseldorf	M60	24	754	2:37:09	5:58:11	5:59:26	8:29
611	267	Budweg, Steffen	1976	GER	*Duisburg	M40	100	755	2:45:27	6:00:52	6:02:09	8:33
612	380	Jadczak, Klaus	1948	GER	WSG 81 Königswusterhausen	M65	11	756	2:39:12	6:08:27	6:09:43	8:43
613	591	Makoi, Dr. Bonaventura	1939	GER	*50827 Köln	M75	2	758	2:50:33	6:14:43	6:15:25	8:52
614	530	Radomski, Heinz	1963	GER	LC Duisburg	M50	105	759	2:50:56	6:15:19	6:15:25	8:53

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
1	2116	Schank, Karin	1974	LUX	C.A. Schiffflange	W40	1	10	1:27:53	2:58:38	2:58:40	4:14
2	2133	Niehues, Silke	1972	GER	TUSEM Essen	W40	2	28	1:33:06	3:15:34	3:15:38	4:38
3	2069	Henneken, Claudia Maria	1985	GER	SSC Köln	W30	1	29	1:32:43	3:15:45	3:24:47	4:38
4	834	Schönherr-Hölscher, Birgit	1968	GER	PV-Triathlon Witten	W45	1	39	1:34:47	3:17:46	3:17:54	4:41
5	2102	Schellöh, Birgit	1963	GER	ASV Duisburg	W50	1	52	1:36:53	3:23:08	3:23:18	4:48
6	2167	Bartsch, Nina	1983	GER	*Mönchengladbach	W30	2	62	1:34:40	3:25:36	3:25:42	4:52
7	2005	Quincke, Anja	1975	GER	Marathon-Club Menden	W40	3	73	1:39:08	3:26:54	3:27:06	4:54
8	2168	Schmidt, Carolin	1992	GER	SV Grünbach	WH	1	81	1:39:14	3:28:46	3:28:51	4:56
9	2105	Harpering, Deborah	1985	GER	*Oberhausen	W30	3	84	1:45:17	3:29:14	3:29:43	4:57
10	2008	Langer, Britta	1965	GER	*Duisburg	W50	2	97	1:45:02	3:32:51	3:33:10	5:02
11	2032	Baumann, Imke	1968	GER	*Ostbevern	W45	2	102	1:44:26	3:33:37	3:33:50	5:03
12	2009	Rouge, Christine	1972	GER	RC-Lüdenscheid	W40	4	112	1:45:31	3:36:08	3:36:29	5:07
13	2178	Aeberhard, Andrea	1976	SUI	STB	W40	5	118	1:40:42	3:37:54	3:38:05	5:09
14	2180	Schwede, Bianka	1976	GER	Mülheim Marathonclub	W40	6	155	1:46:05	3:43:16	3:43:35	5:17
15	2121	Sürth, Anja	1970	GER	*Essen	W45	3	162	1:45:15	3:44:15	3:44:31	5:18
16	2125	Scholz, Aline	1986	GER	LC Duisburg	W30	4	163	1:50:49	3:44:28	3:44:52	5:19
17	2173	Böttcher, Heidi	1968	GER	*Haan	W45	4	176	1:48:02	3:45:06	3:45:24	5:20
18	2189	Nordsiek, Sarah	1994	GER	LAZ Mönchengladbach	WH	2	193	1:55:34	3:48:16	3:48:56	5:24
19	2113	Arentsen, Lene	1968	DNK	Kolding Motion	W45	5	198	1:49:04	3:48:55	3:49:25	5:25
20	2037	Koch, Nina	1976	GER	Judoka Rauxel	W40	7	211	1:51:13	3:50:45	3:51:10	5:28
21	2093	Bruns, Klaudia	1961	GER	Borbecker Raketen Essen	W55	1	235	1:51:33	3:53:22	3:53:48	5:31
22	2136	Loeb, Stefanie	1974	GER	ASV Duisburg	W40	8	236	1:44:43	3:53:55	3:54:09	5:32
23	2076	Büttner, Melanie	1974	GER	*Essen	W40	9	237	1:50:43	3:54:00	3:54:21	5:32
24	2169	Langkamp, Brigitte	1964	GER	*Neuenkirchen	W50	3	266	1:55:15	3:57:55	3:58:23	5:38
25	2101	Adam, Andrea	1968	GER	Angerland LT Lintorf	W45	6	270	1:56:02	3:58:02	3:58:32	5:38
26	2141	Nitz, Rebecca	1988	GER	LC Duisburg	WH	3	293	1:58:44	3:59:13	3:59:50	5:40
27	2188	Dobre, Lidia	1988	GER	*Jüchen	WH	4	297	1:51:08	3:59:25	3:59:42	5:40
28	2072	Martens, Chloe	1986	GER	*Bonn	W30	5	301	1:56:04	3:59:49	4:00:17	5:40
29	2041	Kühnen, Claudia	1967	GER	BSG Sparkasse Duisburg	W45	7	308	1:54:11	4:00:21	4:00:46	5:41
30	2190	Nordsiek, Julia	1994	GER	LAZ Mönchengladbach	WH	5	309	1:55:35	4:00:24	4:01:04	5:41
31	2049	Wenzel, Regina	1966	GER	DAV Fulda	W50	4	319	1:53:13	4:02:26	4:02:46	5:44
32	2079	Niggemann, Marinja	1987	GER	Ausdauerschule by Bunert	WH	6	323	1:51:58	4:03:43	4:04:08	5:46
33	2017	Stahnke, Katja	1975	GER	Sportlerherzen	W40	10	325	1:52:15	4:04:05	4:04:29	5:47
34	2191	Peltzer, Verena	1978	GER	*Lügde	W35	1	328	1:53:11	4:04:18	4:04:37	5:47
35	2120	Gholamalizadeh, Dr. Bit	1973	GER	*Ratingen	W40	11	334	1:58:27	4:05:37	4:06:15	5:49
36	2015	Böhm, Silke	1971	GER	*Weilrod	W45	8	337	1:58:43	4:06:22	4:06:54	5:50
37	2085	Ridder, Veronika	1971	GER	Dingden	W45	9	341	1:54:34	4:07:21	4:07:50	5:51
38	2117	Pflug, Gina	1982	GER	LT Alt-Erkrath	W30	6	346	2:03:34	4:08:24	4:09:13	5:53
39	2042	Dziersan, Claudia	1979	GER	BSG Deichmann	W35	2	359	2:04:16	4:10:00	4:10:51	5:55
40	2154	Bendhiba, Irene	1956	GER	Laufen-in-Koeln.de	W60	1	363	2:03:06	4:10:41	4:11:15	5:56
41	2118	Kellers, Petra	1979	GER	*Göttingen	W35	3	368	1:59:00	4:11:07	4:11:48	5:57
42	2053	Brinkmann, Geeske	1988	GER	*Berlin	WH	7	371	1:59:15	4:11:38	4:12:12	5:57
43	2089	Uebbing, Sylvia	1967	GER	*Bocholt	W45	10	373	1:59:07	4:11:46	4:12:22	5:57
44	2184	Fink, Carola	1977	GER	*Böblingen	W35	4	375	1:58:51	4:12:05	4:12:50	5:58
45	2087	Grasedieck, Bettina	1969	GER	Laufen ohne Leiden	W45	11	377	2:01:12	4:12:34	4:13:12	5:59
46	2040	Loeffler, Ira	1996	GER	*Neuss	WH	8	388	1:58:47	4:13:22	4:13:55	6:00
47	2110	Bannies, Lisette	1991	GER	*Solingen	WH	9	394	1:58:06	4:14:01	4:14:28	6:01
48	2183	Kunze, Ramona	1989	GER	*Lüneburg	WH	10	398	1:59:52	4:14:23	4:15:00	6:01
49	415	Huebner, Britta	1964	GER	LC Duisburg	W50	5	401	2:07:25	4:14:41	4:15:26	6:02
50	2091	Brauksiepe, Anette	1965	GER	*Bielefeld	W50	6	403	2:00:59	4:14:45	4:15:26	6:02
51	2090	Malonek, Sandra	1978	GER	*Rheinberg	W35	5	407	2:04:29	4:15:05	4:15:47	6:02
52	2158	Voß, Steffi	1981	GER	LG Deiringen	W35	6	408	2:02:24	4:15:07	4:15:40	6:02
53	2146	Lonien, Petra	1962	GER	LC Duisburg	W50	7	410	2:07:25	4:15:16	4:16:01	6:02
54	2147	Niziolek, Edyta	1973	GER	Aktion Canchanabury	W40	12	423	2:05:24	4:17:49	4:18:12	6:06
55	2160	Bröker, Ingeborg	1964	GER	Gilde Laufgruppe	W50	8	427	2:04:04	4:18:32	4:19:24	6:07
56	2159	Mannebach, Katrin	1975	GER	*Ratingen	W40	13	430	2:04:34	4:19:10	4:19:38	6:08
57	2179	Cremer, Susanne	1963	GER	*Düsseldorf	W50	9	439	1:50:58	4:20:56	4:21:21	6:11
58	2129	Dame, Dr. Caro	1973	GER	*Münster	W40	14	447	2:07:34	4:22:20	4:23:07	6:13
59	2170	Baumann, Anja	1988	GER	*Gescher	WH	11	450	2:11:19	4:22:48	4:23:47	6:13
60	2162	Michels, Silke	1963	GER	LC Duisburg	W50	10	460	2:04:16	4:24:05	4:24:28	6:15
61	2134	Schlombs, Tanja	1984	GER	Team Erdinger Alkoholfrei	W30	7	461	2:07:32	4:24:06	4:24:57	6:15
62	2132	Schön, Sandra	1974	GER	Borbecker Raketen Essen	W40	15	462	2:07:32	4:24:06	4:24:57	6:15
63	2047	Holle, Tanja	1974	GER	SV Arminia Appelhülsen / TEA	W40	16	464	2:12:48	4:24:35	4:25:29	6:16
64	2030	Gaßmann, Bärbel	1957	GER	*Dinslaken	W55	2	466	1:59:06	4:24:45	4:25:16	6:16

33. Rhein-Ruhr-Marathon

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
65	2153	Krimphove, Judith	1977	GER	Tennisclub Rot-Weiß Dülmen	W35	7	468	2:14:21	4:25:00	4:25:54	6:16
66	2148	Weidemann, Ulrike	1961	GER	LC Duisburg	W55	3	472	2:04:46	4:25:12	4:25:57	6:17
67	2057	Rieker, Christina	1983	GER	*Duisburg	W30	8	475	2:05:21	4:25:23	4:26:21	6:17
68	2175	Hartmann, Susanne	1969	GER	*Duisburg	W45	12	476	1:58:28	4:25:31	4:26:06	6:17
69	2073	Zöhner, Katrin	1982	GER	*Duisburg	W30	9	483	2:06:16	4:26:06	4:26:47	6:18
70	2139	Nitz, Franziska	1993	GER	LC Duisburg	WH	12	486	2:14:59	4:27:39	4:28:39	6:20
71	2138	Bellwinkel, Inga	1971	GER	LC Duisburg	W45	13	488	2:07:45	4:27:49	4:28:39	6:20
72	2161	Schumacher, Gabi	1971	GER	*Vechna	W45	14	490	2:06:21	4:28:23	4:28:51	6:21
73	2122	Pingen, Bini	1968	GER	*Duisburg	W45	15	491	2:04:31	4:28:23	4:29:09	6:21
74	2126	Besovic, Ademira	1983	NLD	*Gouda	W30	10	503	2:07:34	4:30:04	4:30:51	6:24
75	2068	Van Nahmen, Hermine	1963	GER	LG Alpen	W50	11	509	2:04:41	4:31:07	4:31:59	6:25
76	2114	Lommler, Ela	1974	GER	*Essen	W40	17	510	2:10:31	4:31:22	4:32:13	6:25
77	2124	Fieker, Sabine	1972	GER	Ausdauerschule by Bunert	W40	18	513	2:00:17	4:31:28	4:32:03	6:26
78	2050	Winter, Susanne	1966	GER	*Duisburg	W50	12	518	2:08:17	4:31:54	4:32:40	6:26
79	2029	Harnischmacher, Dr. Wibke	1976	GER	TC Kray 1892 e.V.	W40	19	519	2:10:35	4:31:56	4:32:36	6:26
80	2135	Jaeschke, Sandra	1971	GER	*Hennef	W45	16	524	2:02:54	4:32:32	4:33:07	6:27
81	2092	Schäfer, Anne	1984	GER	*Essen	W30	11	531	2:08:57	4:33:08	4:33:55	6:28
82	2177	Heidenreich, Susanne	1964	GER	LC Duisburg	W50	13	533	2:14:45	4:34:15	4:35:15	6:29
83	2115	Rüttgers, Claudia	1983	GER	*Würselen	W30	12	536	2:04:48	4:34:30	4:35:11	6:30
84	2163	Ewens, Dr. Susanne	1968	GER	SG Ruhrgas 1929	W45	17	537	2:04:08	4:34:32	4:35:06	6:30
85	2111	Heinzen-Voß, Doris	1959	GER	*Duisburg	W55	4	538	2:07:17	4:34:34	4:35:10	6:30
86	2140	Nitz, Carolin	1991	GER	LC Duisburg	WH	13	541	2:14:58	4:35:16	4:36:16	6:31
87	2157	Hubertz, Claudia	1968	GER	Praxis aus LUST am LEBEN (JSJ)	W45	18	548	2:13:04	4:36:02	4:36:57	6:32
88	2150	Berg, Iris	1971	GER	LC Duisburg	W45	19	555	2:14:17	4:37:02	4:38:01	6:33
89	2013	Askin, Yvonne	1983	GER	*Münster	W30	13	571	2:14:49	4:39:31	4:40:26	6:37
90	2039	Löffler, Dr. Martina	1958	GER	*Neuss	W55	5	574	2:14:40	4:40:02	4:41:00	6:38
91	2026	Ax, Angelika	1988	GER	*Duisburg	WH	14	578	2:03:20	4:41:29	4:42:14	6:40
92	2025	Blömeke, Christiane	1966	GER	*Mülheim An Der Ruhr	W50	14	584	2:14:37	4:42:23	4:43:19	6:41
93	2112	Kapp, Dr. Johanna	1986	GER	KSV Duisburg-Wedau	W30	14	586	2:00:18	4:42:32	4:43:11	6:41
94	2018	Kesper, Stephanie	1983	GER	VFL Fröndenberg	W30	15	590	2:10:24	4:43:22	4:43:53	6:42
95	2012	Jordan, Anja	1977	GER	*Duisburg	W35	8	592	2:07:28	4:43:45	4:44:14	6:43
96	2064	Buecher, Svenja	1982	GER	*Farchant	W30	16	594	2:18:33	4:44:04	4:45:09	6:43
97	2145	Lepperhoff, Eva	1971	GER	LC Duisburg	W45	20	598	2:14:18	4:44:36	4:45:32	6:44
98	2149	Gall, Sabrina	1983	GER	Adler Langlauf Bottrop	W30	17	604	2:14:35	4:45:10	4:46:01	6:45
99	2172	Morgenschweis, Dagmar	1962	GER	LC Duisburg	W50	15	606	2:16:07	4:45:41	4:46:43	6:46
100	2171	Kirchberg, Angelika	1967	GER	LC Duisburg	W45	21	607	2:16:07	4:45:41	4:46:43	6:46
101	2051	Bienicke, Beate	1968	GER	*Giessen	W45	22	608	2:17:09	4:46:16	4:47:12	6:47
102	2066	Churavy, Sabine	1969	GER	Weisser Ring	W45	23	614	2:21:56	4:47:56	4:49:03	6:49
103	2055	Lintfert, Renate	1961	GER	*Dortmund	W55	6	620	2:14:33	4:48:25	4:49:24	6:50
104	2058	Glade, Anja	1977	GER	*Duisburg	W35	9	622	2:17:29	4:48:57	4:49:57	6:50
105	2060	Menissen, Tanja	1974	GER	*Wuppertal	W40	20	627	2:13:45	4:51:08	4:51:59	6:53
106	2174	Kawallek, Ulrike	1951	GER	LT Wischlingen Dortmund	W65	1	628	2:16:08	4:51:13	4:52:10	6:54
107	2107	Keller, Anne	1978	GER	*Oberhausen	W35	10	631	2:07:38	4:51:26	4:52:12	6:54
108	2181	Wenthen, Jessy	0	GER	Team Erdinger Alkoholfrei	WH	15	633	2:14:51	4:52:41	4:53:31	6:56
109	2061	Mecking, Dr. Betty	1967	GER	Tucan Athletic Club	W45	24	634	2:14:52	4:52:41	4:53:31	6:56
110	2166	Lueb, Nicole	1972	GER	Mittlaufzentrale Kaldenkirchen	W40	21	635	2:14:51	4:52:41	4:53:31	6:56
111	2130	Maegawa, Akane	1978	JPN	*Frankfurt Am Main	W35	11	638	2:12:29	4:53:17	4:54:15	6:57
112	2186	Breuer, Andrea	1971	GER	Marathon-team-online	W45	25	643	2:19:43	4:53:49	4:54:47	6:57
113	2185	Parvici, Maren	1976	GER	*Mönchengladbach	W40	22	644	2:19:43	4:53:49	4:54:47	6:57
114	2108	Görigk, Silvia	1967	GER	Wedau-Runner Duisburg	W45	26	646	2:07:49	4:54:07	4:54:57	6:58
115	2078	Möllhausen, Trixi	1971	GER	*Grevembroich	W45	27	648	2:14:07	4:54:19	4:55:10	6:58
116	2176	Kloft, Silvia	1967	GER	*Düsseldorf	W45	28	663	2:14:42	4:57:44	4:58:40	7:03
117	2098	Mertens, Nadine	1976	GER	Kempen Fighterin	W40	23	665	2:27:07	4:58:21	4:59:24	7:04
118	500	Jahn, Birgit	1973	GER	TC Kray 1892 e.V.	W40	24	667	2:29:11	4:58:58	5:00:06	7:05
119	500	John, Svenja	1986	GER	TC Kray 1892 e.V.	W30	18	668	2:29:09	4:58:58	5:00:07	7:05
120	2045	Brinkmann, Birgit	1974	GER	*Duisburg	W40	25	670	2:24:39	4:59:47	5:00:51	7:06
121	2200	Scheiwe, Monika	1962	AUT	*Lohmar	W50	16	674	2:18:49	5:00:30	5:01:17	7:07
122	2199	Salewski, Birgit	1962	GER	*Hennef	W50	17	675	2:19:21	5:01:32	5:02:19	7:08
123	2137	Echtermann, Sabine	1970	GER	*Nachrodt	W45	29	676	2:22:38	5:01:32	5:02:36	7:08
124	2109	Bannies, Carol	1996	GER	*Solingen	WH	16	679	1:57:47	5:02:17	5:02:45	7:09
125	2059	Wagner, Sabine	1960	GER	LT Alt-Erkrath	W55	7	683	2:16:45	5:05:54	5:06:45	7:14
126	2097	Radscheidt, Petra	1963	GER	Consrade	W50	18	684	2:20:48	5:06:21	5:07:12	7:15
127	2052	Radtke, Stephanie	1968	GER	Laufftreff Sterkrade-Nord	W45	30	687	2:22:58	5:08:38	5:09:33	7:18
128	2086	Steimel, Sigrid	1977	GER	Run for Fun Leverkusen	W35	12	696	2:20:56	5:15:40	5:16:25	7:28

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Platz	St-Nr.	Name	Jg	NAT	Team	AK	AK-Pl.	Pos	HM	Netto	Brutto	M/km
129	2143	Dreibholz, Astrid	1971	GER	Marathonkurs LC Duisburg	W45	31	701	2:20:24	5:17:28	5:18:24	7:31
130	2131	Azizmohammadi, Monika	1976	GER	*Erkrath	W40	26	703	2:16:28	5:20:12	5:21:04	7:35
131	2038	Begemann, Melanie	1976	GER	Laufen gegen Leiden	W40	27	709	2:17:09	5:21:29	5:22:25	7:37
132	2142	Flach, Marianne	1957	GER	Borbecker Raketen Essen	W55	8	716	2:30:11	5:22:00	5:23:08	7:37
133	2011	Prim, Marlies	1946	GER	TV Stein/Allgäu	W70	1	717	2:27:25	5:22:28	5:23:23	7:38
134	2100	Müller, Betty	1977	GER	*Wuppertal	W35	13	729	2:27:39	5:29:03	5:30:08	7:47
135	2095	Gille, Kristin	1995	GER	*Bochum	WH	17	730	2:28:36	5:30:45	5:31:26	7:50
136	2071	Becirevic, Admira	1986	GER	Team Kugelblitz	W30	19	734	2:22:15	5:32:43	5:33:32	7:53
137	2151	Schmude, Elke	1962	GER	LC Duisburg	W50	19	736	2:14:30	5:36:26	5:37:22	7:58
138	2106	Wummelsdorf, Nadja	1981	GER	Laufschule Dortmund by bunert	W35	14	737	2:38:13	5:36:26	5:37:36	7:58
139	2152	Hempel, Susanne	1964	GER	LC Duisburg	W50	20	738		5:37:02	5:37:44	7:59
140	2156	Bors, Claudia	1981	GER	*Köln	W35	15	739	2:35:00	5:37:13	5:38:23	7:59
141	2144	Marquis, Tina	1963	GER	LC Duisburg	W50	21	742	2:35:45	5:38:22	5:39:28	8:01
142	2014	Hafner, Anna	1995	GER	*Moers	WH	18	744	2:24:32	5:41:03	5:42:07	8:04
143	2165	Bittermann, Jasmin	1969	GER	Marathonteam-online	W45	32	747	2:32:25	5:42:57	5:43:47	8:07
144	2187	Ehren, Barbara	1962	GER	Kolping Sprinter	W50	22	751	1:58:57	5:55:51	5:56:32	8:26
145	2027	Wieners, Sandra	1972	GER	Ausdauerschule by Bunert	W40	28	757	2:46:55	6:09:30	6:10:34	8:45