

# 36. Rhein-Ruhr-Marathon Duisburg

02. Juni 2019

## Ergebnisliste Damen/Herren

### 36. Rhein-Ruhr-Marathon INOFFIZIELLES ERGEBNIS

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#### Ergebnisse Männer

| Platz | St-Nr. | Name                     | Jg   | NAT | Team                                | AK  | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|--------------------------|------|-----|-------------------------------------|-----|--------|-----|---------|---------|------|
| 1     | 1      | Johnstone, Nikki         | 1984 | GBR | LAZ Puma Rhein-Sieg                 | M35 | 1      | 1   | 2:29:48 | 2:30:00 | 3:32 |
| 2     | 491    | Diederichs, Gunnar       | 1979 | GER | TuS 82 Opladen                      | M40 | 1      | 2   | 2:43:41 | 2:43:53 | 3:52 |
| 3     | 552    | Ineci, Cemal             | 1975 | CYP | Lefke Avrupa ÜNi                    | M40 | 2      | 3   | 2:52:01 | 2:52:13 | 4:04 |
| 4     | 117    | Kestner, Sebastian       | 1984 | GER | Fahrrad Magdeburg Trimagos          | M35 | 2      | 4   | 2:53:11 | 2:53:23 | 4:06 |
| 5     | 361    | Kler, Joe                | 1992 | LUX | *Aachen                             | MH  | 1      | 5   | 2:56:54 | 2:57:10 | 4:11 |
| 6     | 300    | Wilms, Robert            | 1987 | GER | SG Wenden                           | M30 | 1      | 7   | 2:58:45 | 2:59:00 | 4:14 |
| 7     | 354    | Gallenkamp, Falko        | 1986 | GER | BUNERT Wuppertal                    | M30 | 2      | 8   | 2:59:19 | 2:59:32 | 4:14 |
| 8     | 544    | Stirne, Prof. Thomas     | 1970 | GER |                                     | M45 | 1      | 9   | 3:00:23 | 3:00:35 | 4:16 |
| 9     | 37     | Riedel, Markus           | 1967 | GER | Duisburg                            | M50 | 1      | 10  | 3:01:39 | 3:01:53 | 4:18 |
| 10    | 512    | Mascher-Aspensjö, Norman | 1980 | GER | Freunde der Pilsette                | M35 | 3      | 12  | 3:03:49 | 3:04:02 | 4:21 |
| 11    | 222    | Zech, Pascal-René        | 1990 | GER | Hermes Laufteam - Universität der B | MH  | 2      | 13  | 3:05:46 | 3:06:00 | 4:24 |
| 12    | 506    | Bauer, Winfried          | 1982 | GER | Laufschule Bunert                   | M35 | 4      | 14  | 3:06:37 | 3:06:53 | 4:25 |
| 13    | 433    | Erbe, Michael            | 1969 | GER | Lokomotive Dortmund                 | M50 | 2      | 16  | 3:09:39 | 3:09:55 | 4:29 |
| 14    | 580    | Harrou, Issa             | 1979 | GER | Ayyo Team Essen                     | M40 | 3      | 17  | 3:10:56 | 3:11:09 | 4:31 |
| 15    | 421    | Maas, Philipp            | 1984 | GER | *Mönsheim                           | M35 | 5      | 18  | 3:10:57 | 3:11:11 | 4:31 |
| 16    | 496    | Lindblad, Martin         | 1974 | SWE | IF Linnéa                           | M45 | 2      | 19  | 3:11:04 | 3:11:20 | 4:31 |
| 17    | 637    | Güttinger, Dr. Christoph | 1969 | GER | Vandt                               | M50 | 3      | 20  | 3:12:16 | 3:12:30 | 4:33 |
| 18    | 116    | Gerpheide, Tim           | 1990 | GER | SV 08/29 Friedrichsfeld             | MH  | 3      | 21  | 3:13:15 | 3:13:32 | 4:34 |
| 19    | 539    | Duncker, Tobi            | 1971 | GER | *Düsseldorf                         | M45 | 3      | 22  | 3:14:41 | 3:14:56 | 4:36 |
| 20    | 315    | Rodriguez Baena, Rafael  | 1969 | GER | TC Kray 1892 e. V.                  | M50 | 4      | 23  | 3:14:54 | 3:15:12 | 4:37 |
| 21    | 602    | Steenwegen, Lowie        | 1963 | BEL | Racing Club Tienen                  | M55 | 1      | 25  | 3:15:19 | 3:15:33 | 4:37 |
| 22    | 300    | Stolecki, Stephan        | 1968 | GER | LC Rapid Dortmund                   | M50 | 5      | 26  | 3:15:49 | 3:16:04 | 4:38 |
| 23    | 289    | Costa, Julio             | 1974 | PRT | AS Neukirchen-Vluyn                 | M45 | 4      | 27  | 3:17:37 | 3:17:49 | 4:40 |
| 24    | 391    | Wolf, Peter              | 1980 | GER | *Gründau                            | M35 | 6      | 28  | 3:17:42 | 3:17:59 | 4:41 |
| 25    | 205    | Seifert, Simon           | 1986 | GER | BBM running Mülheim                 | M30 | 3      | 29  | 3:17:45 | 3:18:04 | 4:41 |
| 26    | 299    | Goeke, Dr. Martin        | 1982 | GER | Ausdauerschule by bunert            | M35 | 7      | 30  | 3:19:53 | 3:20:11 | 4:44 |
| 27    | 242    | Steinberg, Marius        | 1986 | GER | *Diepholz                           | M30 | 4      | 31  | 3:20:27 | 3:20:45 | 4:45 |
| 28    | 15     | Mehtieff, Alexander      | 1966 | GER | Krefelder Kanu Klub                 | M50 | 6      | 32  | 3:21:09 | 3:21:28 | 4:46 |
| 29    | 216    | Kraschl, Steffen         | 1981 | GER |                                     | M35 | 8      | 33  | 3:22:36 | 3:22:50 | 4:48 |
| 30    | 207    | Albers, H.-G.            | 1973 | GER | ASV Duisburg                        | M45 | 5      | 34  | 3:23:39 | 3:23:55 | 4:49 |
| 31    | 315    | Goldschmidt, Achim       | 1985 | GER | "Pflanzlich.....vind' ich gut"      | M30 | 5      | 35  | 3:23:54 | 3:24:12 | 4:49 |
| 32    | 127    | Lindlar, Patrick         | 1976 | GER | LG Oerlinghausen                    | M40 | 4      | 36  | 3:24:06 | 3:24:19 | 4:50 |
| 33    | 646    | Skara, Tomislav          | 1980 | GER | *Recklinghausen                     | M35 | 9      | 37  | 3:24:24 | 3:24:40 | 4:50 |
| 34    | 48     | Cramer, Aljoscha         | 1987 | GER | RuhrSportReha Bochum                | M30 | 6      | 38  | 3:24:24 | 3:24:39 | 4:50 |
| 35    | 586    | Makoi, Dr. Bonaventura   | 1939 | GER | *Köln                               | M80 | 1      | 39  | 3:24:41 | 3:25:53 | 4:51 |
| 36    | 594    | Schmitz-Nühlen, Sven     | 1970 | GER | *Duisburg                           | M45 | 6      | 40  | 3:24:56 | 3:25:17 | 4:51 |
| 37    | 387    | Stork, Christoph         | 1993 | GER | Fähiges Personal                    | MH  | 4      | 41  | 3:25:55 | 3:26:20 | 4:52 |
| 38    | 158    | Strandt, Carsten         | 1984 | GER | Anchor Running Crew Duisburg        | M35 | 10     | 42  | 3:26:59 | 3:27:14 | 4:54 |
| 39    | 453    | Breil, Sascha            | 1976 | GER | LT Bismarckturm Bochum              | M40 | 5      | 43  | 3:27:04 | 3:27:25 | 4:54 |
| 40    | 575    | Reutzel, Matthias        | 1964 | GER | TV Echzell                          | M55 | 2      | 44  | 3:27:10 | 3:27:30 | 4:54 |
| 41    | 540    | Wetzel, Julius           | 1980 | GER | *March                              | M35 | 11     | 45  | 3:27:20 | 3:27:44 | 4:54 |
| 42    | 138    | Wermers, Marco           | 1984 | GER | *Saerbeck                           | M35 | 12     | 46  | 3:27:22 | 3:27:35 | 4:54 |
| 43    | 115    | Ellger, Pascal           | 1985 | GER | MRRRC München                       | M30 | 7      | 47  | 3:27:22 | 3:27:43 | 4:54 |
| 44    | 355    | Schlüter, Michael        | 1988 | GER | *Mülheim An Der Ruhr                | M30 | 8      | 48  | 3:27:23 | 3:27:44 | 4:54 |
| 45    | 230    | Raczka, Adrian           | 1984 | GER | Herr                                | M35 | 13     | 49  | 3:27:27 | 3:27:43 | 4:54 |
| 46    | 524    | Uckelmann, Volker        | 1970 | GER | Laufsport Senden                    | M45 | 7      | 50  | 3:27:29 | 3:27:57 | 4:55 |
| 47    | 173    | Otto, Jannik             | 1987 | GER | *Düsseldorf                         | M30 | 9      | 51  | 3:27:34 | 3:27:50 | 4:55 |
| 48    | 523    | Bongers, Jörn            | 1965 | GER | WIR BEI HKM                         | M50 | 7      | 52  | 3:28:16 | 3:28:40 | 4:56 |
| 49    | 322    | Fraeyman, Dr. Vince      | 1983 | BEL | *Genk                               | M35 | 14     | 54  | 3:28:38 | 3:29:00 | 4:56 |
| 50    | 239    | Blaschke, Florian        | 1979 | GER | Cologne Running Crew                | M40 | 6      | 55  | 3:29:12 | 3:29:30 | 4:57 |
| 51    | 56     | Müßgens, Toni            | 1987 | GER | LC RHEINGOLD 64                     | M30 | 10     | 56  | 3:29:45 | 3:30:07 | 4:58 |
| 52    | 582    | Escher, Kevin            | 1986 | GER | *Duisburg                           | M30 | 11     | 57  | 3:29:54 | 3:30:19 | 4:58 |
| 53    | 330    | Klauke, Ralf             | 1980 | GER | LC Rapid Dortmund                   | M35 | 15     | 58  | 3:30:53 | 3:31:16 | 4:59 |

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#### Ergebnisse Männer

| Platz | St-Nr. | Name                   | Jg   | NAT | Team                              | AK   | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|------------------------|------|-----|-----------------------------------|------|--------|-----|---------|---------|------|
| 54    | 251    | Schilling-Frenk, Tiemo | 1972 | GER | BSG Sparkasse Essen               | M45  | 8      | 59  | 3:30:57 | 3:31:27 | 4:59 |
| 55    | 330    | Masafumi, Ishida       | 1974 | JPN | *Düsseldorf                       | M45  | 9      | 60  | 3:31:30 | 3:31:54 | 5:00 |
| 56    | 439    | Lindner, Thomas        | 1984 | GER | *Oberhausen                       | M35  | 16     | 61  | 3:32:10 | 3:32:21 | 5:01 |
| 57    | 635    | Sedlacek, Peter        | 1971 | GER | Schwelmer Jungs                   | M45  | 10     | 62  | 3:32:24 | 3:32:45 | 5:02 |
| 58    | 513    | Feldhaus, Norbert      | 1964 | GER | LCA Rhede                         | M55  | 3      | 63  | 3:32:34 | 3:32:54 | 5:02 |
| 59    | 554    | Brune, Gilbert         | 1971 | GER |                                   | M45  | 11     | 64  | 3:32:55 | 3:33:16 | 5:02 |
| 60    | 313    | Schmid, Oliver         | 1972 | GER | Kassel                            | M45  | 12     | 65  | 3:35:35 | 3:35:48 | 5:06 |
| 61    | 33     | Landskron, André       | 1982 | GER | AS Neukirchen-Vluyn               | M35  | 17     | 66  | 3:36:04 | 3:36:25 | 5:07 |
| 62    | 598    | Gotzhein, Tim          | 1991 | GER | *Marl                             | MH   | 5      | 67  | 3:36:35 | 3:37:11 | 5:07 |
| 63    | 639    | Grünert, Gerridt       | 1991 | GER | *Castrop-Rauxel                   | MH   | 6      | 68  | 3:36:36 | 3:37:10 | 5:07 |
| 64    | 538    | Glojnaric, Bostjan     | 1968 | GER | *Moers                            | M50  | 8      | 69  | 3:37:12 | 3:37:37 | 5:08 |
| 65    | 147    | Rosin, Andreas         | 1964 | GER | LT Wischlingen Dortmund           | M55  | 4      | 70  | 3:37:23 | 3:37:47 | 5:09 |
| 66    | 572    | Jansen, Julius         | 1993 | GER | LC Duisburg                       | MH   | 7      | 71  | 3:38:23 | 3:38:45 | 5:10 |
| 67    | 385    | Lichtenberg, Peter     | 1971 | GER | Oberpleis                         | M45  | 13     | 72  | 3:38:42 | 3:39:08 | 5:10 |
| 68    | 543    | Mross, Michael         | 1960 | GER | *Duisburg                         | M55  | 5      | 73  | 3:38:43 | 3:39:07 | 5:10 |
| 69    | 640    | Szymanowski, Marcel    | 1989 | GER | Pace Pack Runners                 | M30  | 12     | 74  | 3:39:12 | 3:39:41 | 5:11 |
| 70    | 568    | Totaro, Gian-Luca      | 2002 | GER | *Duisburg                         | MU20 | 1      | 75  | 3:39:20 | 3:39:40 | 5:11 |
| 71    | 356    | Ister, Guillaume       | 1993 | BEL | *Ixelles                          | MH   | 8      | 76  | 3:40:12 | 3:40:30 | 5:13 |
| 72    | 209    | Limberg, Ingo          | 1968 | GER | Cool Runners aus dem Tal          | M50  | 9      | 77  | 3:40:21 | 3:41:18 | 5:13 |
| 73    | 551    | Tuccillo, Dr. Stefano  | 1975 | ITA | Asd team km sport                 | M40  | 7      | 78  | 3:40:26 | 3:40:51 | 5:13 |
| 74    | 549    | Jung, Christopher      | 1983 | GER | DJK Jung Siegfried Herzogenrath   | M35  | 18     | 79  | 3:40:50 | 3:41:10 | 5:14 |
| 75    | 38     | Rausch, Carsten        | 1969 | GER | TG Wehlheiden                     | M50  | 10     | 80  | 3:41:00 | 3:41:32 | 5:14 |
| 76    | 490    | Schildhauer, Nicholas  | 1993 | GER | 1993                              | MH   | 9      | 81  | 3:41:07 | 3:41:38 | 5:14 |
| 77    | 124    | Pingsten, Dr. Stefan   | 1967 | GER | Pingsten Runners                  | M50  | 11     | 82  | 3:41:23 | 3:42:07 | 5:14 |
| 78    | 625    | Ozinga, Tjitse         | 1996 | NLD | *Nijmegen                         | MH   | 10     | 83  | 3:41:25 | 3:41:54 | 5:14 |
| 79    | 448    | Orosz, Dr. Robert      | 1973 | GER |                                   | M45  | 14     | 84  | 3:41:54 | 3:42:16 | 5:15 |
| 80    | 179    | Werries, Holger        | 1970 | GER | ESV Rheinland - Evangelische Kirc | M45  | 15     | 85  | 3:42:04 | 3:42:28 | 5:15 |
| 81    | 183    | Roggatz, Malte         | 1998 | GER | MSV Duisburg Turnen               | MH   | 11     | 86  | 3:42:10 | 3:42:40 | 5:15 |
| 82    | 517    | Waßerka, Boris         | 1964 | GER | Punz & Ant                        | M55  | 6      | 87  | 3:42:12 | 3:42:43 | 5:15 |
| 83    | 457    | Müthing, Thomas        | 1986 | GER | OTV Endurance Team                | M30  | 13     | 88  | 3:42:22 | 3:42:51 | 5:16 |
| 84    | 304    | Jäger, Axel            | 1969 | GER | *Düsseldorf                       | M50  | 12     | 90  | 3:42:58 | 3:43:20 | 5:17 |
| 85    | 476    | Sundermann, Frank      | 1966 | GER | *Xanten                           | M50  | 13     | 91  | 3:43:02 | 3:43:25 | 5:17 |
| 86    | 303    | Roth, Benjamin         | 1994 | GER | *Daaden                           | MH   | 12     | 92  | 3:43:25 | 3:43:48 | 5:17 |
| 87    | 597    | Marchlewski, Nico      | 1969 | GER | LT Siebengebirge                  | M50  | 14     | 93  | 3:43:32 | 3:43:51 | 5:17 |
| 88    | 609    | Janik, Markus          | 1969 | GER | Papa von Le + Li                  | M50  | 15     | 94  | 3:43:37 | 3:44:00 | 5:17 |
| 89    | 332    | Menke, Christian       | 1962 | GER | *Essen                            | M55  | 7      | 95  | 3:43:46 | 3:44:18 | 5:18 |
| 90    | 408    | Kellerhoff, Andreas    | 1963 | GER | Marathon Dinslaken                | M55  | 8      | 96  | 3:43:53 | 3:44:12 | 5:18 |
| 91    | 107    | Simon, Frank           | 1970 | GER | Herr                              | M45  | 16     | 97  | 3:44:06 | 3:44:20 | 5:18 |
| 92    | 345    | Maciejewski, Adam      | 1968 | GER | LC Duisburg                       | M50  | 16     | 98  | 3:44:19 | 3:44:47 | 5:18 |
| 93    | 345    | Gartmann, Jörg         | 1971 | GER | LC Duisburg                       | M45  | 17     | 99  | 3:44:19 | 3:44:47 | 5:18 |
| 94    | 91     | Kwiatkowski, Michael   | 1977 | GER | ASV Duisburg                      | M40  | 8      | 101 | 3:44:23 | 3:44:47 | 5:19 |
| 95    | 305    | Simon, Dieter          | 1958 | GER | LT LG Mülheim                     | M60  | 1      | 102 | 3:44:27 | 3:44:53 | 5:19 |
| 96    | 398    | Lüth, Stephan          | 1974 | GER | DJK SF 97/30 Lowick               | M45  | 18     | 103 | 3:44:32 | 3:45:07 | 5:19 |
| 97    | 192    | Brachmann, Georg       | 1987 | GER | #teambshl                         | M30  | 14     | 104 | 3:44:56 | 3:45:11 | 5:19 |
| 98    | 364    | Krüger, Detlef         | 1968 | GER | *Hilchenbach Müsen                | M50  | 17     | 106 | 3:46:01 | 3:46:27 | 5:21 |
| 99    | 268    | Überfluss, Rajmund     | 1955 | POL | *Duisburg                         | M60  | 2      | 107 | 3:46:18 | 3:46:47 | 5:21 |
| 100   | 144    | Lizak, Paule           | 1979 | GER | FS Rheinkamp                      | M40  | 9      | 109 | 3:46:36 | 3:47:12 | 5:22 |
| 101   | 122    | Schlemme, Jens         | 1980 | GER | Team Camerone                     | M35  | 19     | 110 | 3:46:55 | 3:47:25 | 5:22 |
| 102   | 31     | Stromberg, Matthias    | 1985 | GER | *Dortmund                         | M30  | 15     | 111 | 3:47:58 | 3:48:24 | 5:24 |
| 103   | 585    | Gehrke, Klaus          | 1966 | GER | Team Walburga                     | M50  | 18     | 112 | 3:48:19 | 3:48:54 | 5:24 |
| 104   | 578    | Blaschke, Mathias      | 1984 | GER | Ausdauer Schule by bunert         | M35  | 20     | 113 | 3:48:21 | 3:48:39 | 5:24 |
| 105   | 579    | Weber, Tom             | 1979 | LUX | *Kaarst                           | M40  | 10     | 114 | 3:48:47 | 3:49:26 | 5:25 |
| 106   | 619    | Rakow, Sebastian       | 1963 | GER | *Mülheim                          | M55  | 9      | 116 | 3:49:21 | 3:49:46 | 5:26 |

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#### Ergebnisse Männer

| Platz | St-Nr. | Name                    | Jg   | NAT | Team                               | AK  | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|-------------------------|------|-----|------------------------------------|-----|--------|-----|---------|---------|------|
| 107   | 581    | Pentek, Tobias          | 1983 | GER | Karnevalsfamilie Homberg 1936      | M35 | 21     | 117 | 3:49:22 | 3:49:41 | 5:26 |
| 108   | 198    | Pizzolato, Paolo        | 1962 | ITA | Painhunter                         | M55 | 10     | 118 | 3:49:23 | 3:49:52 | 5:26 |
| 109   | 569    | Scholze, Andreas        | 1964 | GER | TV Düsseldorf-Grafenberg           | M55 | 11     | 119 | 3:49:31 | 3:50:02 | 5:26 |
| 110   | 399    | Moskopp, Michael        | 1964 | GER | laufend unterwegs                  | M55 | 12     | 120 | 3:50:19 | 3:50:55 | 5:27 |
| 111   | 571    | Stassen, Rene           | 1970 | GER | *Niederzier                        | M45 | 19     | 121 | 3:50:54 | 3:51:25 | 5:28 |
| 112   | 166    | Schrooten, Marc         | 1967 | GER | *Duisburg                          | M50 | 19     | 122 | 3:51:09 | 3:51:47 | 5:28 |
| 113   | 259    | Scharrenberg, Uli       | 1948 | GER | Fortuna Düsseldorf Lauf e.V.       | M70 | 1      | 123 | 3:51:24 | 3:51:52 | 5:29 |
| 114   | 623    | Scholz, Andreas         | 1991 | GER | Eintracht Duisburg                 | MH  | 13     | 124 | 3:51:38 | 3:51:57 | 5:29 |
| 115   | 306    | Bolch, Michael          | 1968 | GER | SG Stadt Aschaffenburg             | M50 | 20     | 125 | 3:51:46 | 3:52:14 | 5:29 |
| 116   | 215    | Schröer, Mario          | 1976 | GER | *Gelsenkirchen                     | M40 | 11     | 126 | 3:51:52 | 3:52:19 | 5:29 |
| 117   | 454    | Moser, Lars             | 1970 | GER | *Bochum                            | M45 | 20     | 127 | 3:52:04 | 3:52:37 | 5:29 |
| 118   | 630    | Kröckert, Konstantin    | 1994 | GER | *Aachen                            | MH  | 14     | 128 | 3:52:14 | 3:52:44 | 5:30 |
| 119   | 518    | Vogel, Michael          | 1963 | GER | *Velbert                           | M55 | 13     | 129 | 3:52:18 | 3:52:52 | 5:30 |
| 120   | 375    | Ludwig, Fabian          | 1982 | GER | *Mülheim                           | M35 | 22     | 130 | 3:53:07 | 3:53:48 | 5:31 |
| 121   | 161    | Peters, Stefan          | 1968 | GER | Cool Runnings                      | M50 | 21     | 131 | 3:53:31 | 3:54:03 | 5:32 |
| 122   | 494    | Mohn, Thorsten          | 1970 | GER | Tvg. Holsterhausen 1893 e.V.       | M45 | 21     | 132 | 3:53:32 | 3:53:56 | 5:32 |
| 123   | 227    | Müller, Holger          | 1970 | GER | sie inkrädibäl holg                | M45 | 22     | 133 | 3:53:40 | 3:54:04 | 5:32 |
| 124   | 270    | Franken, Jan            | 1981 | GER | TV Konzen                          | M35 | 23     | 134 | 3:53:46 | 3:54:17 | 5:32 |
| 125   | 269    | Derichs, Thomas         | 1981 | GER | TV Konzen                          | M35 | 24     | 135 | 3:53:46 | 3:54:18 | 5:32 |
| 126   | 202    | Kunz, Richard           | 1969 | GER | *Langgöns                          | M50 | 22     | 136 | 3:53:54 | 3:54:26 | 5:32 |
| 127   | 366    | Müller, Jürgen          | 1976 | GER | *Euskirchen                        | M40 | 12     | 137 | 3:53:54 | 3:54:44 | 5:32 |
| 128   | 589    | Sauer, Sascha           | 1973 | GER |                                    | M45 | 23     | 138 | 3:54:11 | 3:54:43 | 5:32 |
| 129   | 150    | Wrozyzna, Nicolas       | 1991 | GER | #teambshl                          | MH  | 15     | 139 | 3:54:48 | 3:55:03 | 5:33 |
| 130   | 468    | Winkler, Ingolf         | 1972 | GER | www.kilometersammler.de            | M45 | 24     | 140 | 3:54:51 | 3:55:46 | 5:33 |
| 131   | 153    | Oelsner, Dr. Malte      | 1967 | GER | Business-Logics Runners            | M50 | 23     | 141 | 3:54:55 | 3:55:13 | 5:34 |
| 132   | 174    | Gutknecht, Axel         | 1966 | GER | Canalrunners Dorsten               | M50 | 24     | 142 | 3:55:18 | 3:55:51 | 5:34 |
| 133   | 437    | Skopp, Olaf             | 1973 | GER | Aktion Canchanabury                | M45 | 25     | 144 | 3:55:30 | 3:55:50 | 5:34 |
| 134   | 555    | Tillmanns, Frank        | 1977 | GER | LC Duisburg                        | M40 | 13     | 146 | 3:55:53 | 3:56:22 | 5:35 |
| 135   | 588    | Sperling, Kai           | 1977 | GER | Lauffreunde HADI Wesel             | M40 | 14     | 147 | 3:56:00 | 3:56:28 | 5:35 |
| 136   | 75     | Schax, Manfred          | 1966 | GER | SV Viktoria Winnekendonk Team E    | M50 | 25     | 148 | 3:56:08 | 3:56:30 | 5:35 |
| 137   | 113    | Meyer, Marcus           | 1969 | GER | VfL Lichtenrade Berlin             | M50 | 26     | 149 | 3:57:08 | 3:57:32 | 5:37 |
| 138   | 63     | Duckstein, Volker       | 1969 | GER | LLG Wustweiler                     | M50 | 27     | 150 | 3:57:13 | 3:57:39 | 5:37 |
| 139   | 302    | Smyk, Martin            | 1981 | GER | *Mülheim An Der Ruhr               | M35 | 25     | 151 | 3:57:29 | 3:58:11 | 5:37 |
| 140   | 345    | Comes, Ole              | 1973 | GER | TUS Kreuzweingarten-Rheder         | M45 | 26     | 152 | 3:57:30 | 3:57:58 | 5:37 |
| 141   | 527    | Renkens, Heinz-Peter    | 1968 | GER | LLG Kevelaer                       | M50 | 28     | 153 | 3:57:36 | 3:57:59 | 5:37 |
| 142   | 488    | Zech, Benny             | 1982 | GER | *Wuppertal                         | M35 | 26     | 154 | 3:57:37 | 3:58:00 | 5:37 |
| 143   | 492    | Kanders, Christian      | 1989 | GER | OCR Crew Duisburg                  | M30 | 16     | 155 | 3:57:38 | 3:57:56 | 5:37 |
| 144   | 148    | Borchert, Alexander     | 1968 | GER | Ultrarunner ζ                      | M50 | 29     | 156 | 3:58:18 | 3:58:50 | 5:38 |
| 145   | 190    | Seegers, Marc-Alexander | 1973 | GER | Die KinderHerz Läufer              | M45 | 27     | 158 | 3:58:33 | 3:58:57 | 5:39 |
| 146   | 557    | Bugiel, Daniel          | 1981 | GER | Jede Oma zählt                     | M35 | 27     | 159 | 3:58:38 | 3:59:19 | 5:39 |
| 147   | 452    | Matheis, Michael        | 1972 | GER | Team Erdinger Alkoholfrei          | M45 | 28     | 160 | 3:58:46 | 3:59:18 | 5:39 |
| 148   | 94     | Dahmen, Philipp         | 1997 | GER | TSV Viktoria 1898 Mülheim an der R | MH  | 16     | 161 | 3:58:56 | 3:59:33 | 5:39 |
| 149   | 567    | Fischer, Simon          | 1988 | GER | LG Vulkaneifel                     | M30 | 17     | 162 | 3:59:01 | 3:59:26 | 5:39 |
| 150   | 319    | Meuter, Tim             | 1994 | GER | *Aachen                            | MH  | 17     | 163 | 3:59:12 | 3:59:57 | 5:40 |
| 151   | 102    | Bergfeld, Olrik         | 1967 | GER | Quakenbrücker SC 99                | M50 | 30     | 164 | 3:59:22 | 4:00:15 | 5:40 |
| 152   | 563    | Otto, Matthias          | 1962 | GER | *Beckum                            | M55 | 14     | 165 | 3:59:32 | 4:00:11 | 5:40 |
| 153   | 626    | Niedergesaess, Frank    | 1960 | GER | LC Duisburg                        | M55 | 15     | 166 | 3:59:34 | 4:00:13 | 5:40 |
| 154   | 400    | Fischer, Gerd           | 1964 | GER | *Essen                             | M55 | 16     | 167 | 3:59:34 | 4:00:13 | 5:40 |
| 155   | 400    | Plitt, Carsten          | 1966 | GER | Lauf gegen Leiden                  | M50 | 31     | 169 | 3:59:35 | 4:00:13 | 5:40 |
| 156   | 54     | Patommel, Rüdiger       | 1956 | GER | *Viersen                           | M60 | 3      | 170 | 3:59:36 | 4:00:11 | 5:40 |
| 157   | 634    | Nowak, Sascha           | 1969 | GER | TSV Bayer 04                       | M50 | 32     | 171 | 3:59:39 | 4:00:06 | 5:40 |
| 158   | 110    | Haardt, Daniel          | 1980 | GER | -                                  | M35 | 28     | 172 | 3:59:39 | 4:00:17 | 5:40 |
| 159   | 171    | Kubitschek, Carsten     | 1973 | GER | *Dortmund                          | M45 | 29     | 173 | 3:59:43 | 4:00:09 | 5:40 |

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| Platz | St-Nr. | Name                  | Jg   | NAT | Team                              | AK  | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|-----------------------|------|-----|-----------------------------------|-----|--------|-----|---------|---------|------|
| 160   | 628    | Willers, Arnd         | 1967 | GER | Laufspezies Bochum                | M50 | 33     | 174 | 4:00:35 | 4:01:02 | 5:42 |
| 161   | 132    | Sibbing, Markus       | 1964 | GER | *Gescher                          | M55 | 17     | 175 | 4:00:36 | 4:01:19 | 5:42 |
| 162   | 631    | Heid, Frank           | 1960 | GER | LC Duisburg                       | M55 | 18     | 176 | 4:00:48 | 4:01:17 | 5:42 |
| 163   | 65     | Ziemek, Holger        | 1967 | GER | Tövo Runners                      | M50 | 34     | 177 | 4:00:53 | 4:01:20 | 5:42 |
| 164   | 406    | Hümbs, Matthias       | 1973 | GER | *Ostfildern                       | M45 | 30     | 178 | 4:00:55 | 4:01:33 | 5:42 |
| 165   | 181    | Geile, Rolf           | 1961 | GER | BSG Sparkasse Essen               | M55 | 19     | 179 | 4:01:31 | 4:02:28 | 5:43 |
| 166   | 603    | Dello, Ward           | 1967 | BEL | *Bilzen                           | M50 | 35     | 180 | 4:01:45 | 4:02:19 | 5:43 |
| 167   | 644    | Pfalzgraf, Maurus     | 1999 | SUI | Kanu-Club Schaffhausen            | MH  | 18     | 182 | 4:01:53 | 4:02:22 | 5:43 |
| 168   | 378    | Schaary, Alexander    | 1988 | GER | OSC 04 Rheinhausen                | M30 | 18     | 183 | 4:02:17 | 4:02:55 | 5:44 |
| 169   | 169    | Kuzniak, Matthias     | 1983 | GER | Holy Crap                         | M35 | 29     | 184 | 4:02:33 | 4:03:14 | 5:44 |
| 170   | 347    | Heyne, Jannik         | 1998 | GER | *Haren                            | MH  | 19     | 185 | 4:02:40 | 4:03:11 | 5:45 |
| 171   | 481    | Dimitrov, Dr. Strahil | 1995 | BGR | *Essen                            | MH  | 20     | 186 | 4:02:46 | 4:03:12 | 5:45 |
| 172   | 595    | Granzen, Stefan       | 1972 | GER | BSG Sparkasse Duisburg            | M45 | 31     | 187 | 4:03:03 | 4:03:47 | 5:45 |
| 173   | 244    | Sanden, Dirk          | 1971 | GER | Running Team Grafenberg           | M45 | 32     | 188 | 4:03:06 | 4:03:58 | 5:45 |
| 174   | 573    | Krüger, Jens          | 1975 | GER | *Duisburg                         | M40 | 15     | 189 | 4:03:46 | 4:04:30 | 5:46 |
| 175   | 275    | Müller, Hermann       | 1959 | GER | *Dortmund                         | M60 | 4      | 191 | 4:04:11 | 4:04:46 | 5:47 |
| 176   | 16     | Peters, Daniel        | 1984 | GER | *Rheinberg                        | M35 | 30     | 193 | 4:04:24 | 4:04:53 | 5:47 |
| 177   | 247    | Otting, Jakob         | 1989 | GER | *Hünxe                            | M30 | 19     | 194 | 4:04:24 | 4:04:56 | 5:47 |
| 178   | 228    | Verpoort, Rainer      | 1960 | NLD | Laufbursche                       | M55 | 20     | 195 | 4:04:39 | 4:05:26 | 5:47 |
| 179   | 542    | Ziegler, Sven         | 1977 | GER | 100 Marathon Club                 | M40 | 16     | 197 | 4:05:21 | 4:06:02 | 5:48 |
| 180   | 396    | Meller, Jörg          | 1977 | GER | Canalrunners Dorsten              | M40 | 17     | 198 | 4:05:40 | 4:06:27 | 5:49 |
| 181   | 293    | Domke, Michael        | 1982 | GER | *Duisburg                         | M35 | 31     | 199 | 4:05:53 | 4:06:29 | 5:49 |
| 182   | 550    | Marey, Chris          | 1984 | BEL | 1984                              | M35 | 32     | 200 | 4:05:59 | 4:06:22 | 5:49 |
| 183   | 291    | Schwalb, Reinhold     | 1963 | GER | NF2Run                            | M55 | 21     | 201 | 4:06:29 | 4:07:03 | 5:50 |
| 184   | 34     | Thiele, Stefan        | 1983 | GER | Caliber12RunningTeam              | M35 | 33     | 204 | 4:06:48 | 4:07:21 | 5:50 |
| 185   | 393    | Koch, Nicolas         | 1983 | GER | *Biebertal                        | M35 | 34     | 205 | 4:06:57 | 4:07:51 | 5:51 |
| 186   | 160    | Lang, Christian       | 1970 | GER | Big Tree Runners                  | M45 | 33     | 211 | 4:07:35 | 4:08:17 | 5:52 |
| 187   | 193    | Zachau, Axel          | 1974 | GER | Athletik Waldniel                 | M45 | 34     | 212 | 4:08:04 | 4:08:50 | 5:52 |
| 188   | 157    | Heymann, Jan          | 1979 | GER | Tri-Geckos Dortmund e.V.          | M40 | 18     | 213 | 4:08:05 | 4:08:40 | 5:52 |
| 189   | 583    | Krätzig, Bernd        | 1953 | GER | *Mönchengladbach                  | M65 | 1      | 214 | 4:08:14 | 4:08:50 | 5:52 |
| 190   | 498    | Jones, Brian          | 1980 | USA | *Gent                             | M35 | 35     | 215 | 4:08:42 | 4:09:06 | 5:53 |
| 191   | 23     | Kretschmer, Marc      | 1981 | GER |                                   | M35 | 36     | 216 | 4:08:45 | 4:09:15 | 5:53 |
| 192   | 441    | Dick, Christian       | 1964 | GER | Straelen                          | M55 | 22     | 217 | 4:09:02 | 4:09:28 | 5:54 |
| 193   | 30     | Migas, Florian        | 1981 | GER | *Mülheim                          | M35 | 37     | 218 | 4:09:03 | 4:09:35 | 5:54 |
| 194   | 97     | Fuchs, Olaf           | 1968 | GER | Berlin Recycling Volleys Laufteam | M50 | 36     | 219 | 4:09:04 | 4:09:37 | 5:54 |
| 195   | 643    | Weiß, Daniel          | 1985 | GER | *Duisburg                         | M30 | 20     | 220 | 4:09:25 | 4:10:32 | 5:54 |
| 196   | 167    | Behr, Ralf            | 1969 | GER | *Oberhausen                       | M50 | 37     | 221 | 4:09:30 | 4:09:57 | 5:54 |
| 197   | 280    | Klein, Harald         | 1966 | GER | Dirks Mitläufer 50plus            | M50 | 38     | 222 | 4:09:31 | 4:10:17 | 5:54 |
| 198   | 508    | Biemer, Gregor        | 1976 | GER | LC Duisburg                       | M40 | 19     | 223 | 4:09:39 | 4:10:21 | 5:54 |
| 199   | 295    | Strack, Sascha        | 1976 | GER | Running Team Grafenberg           | M40 | 20     | 224 | 4:09:44 | 4:10:26 | 5:55 |
| 200   | 614    | Faustmann, Sebastian  | 1990 | GER | *Moers                            | MH  | 21     | 225 | 4:10:18 | 4:11:01 | 5:55 |
| 201   | 417    | Degens, Tim           | 1986 | GER | *Kerken                           | M30 | 21     | 226 | 4:10:23 | 4:11:07 | 5:56 |
| 202   | 250    | Falk, Werner          | 1959 | GER | Bestzeit war gestern              | M60 | 5      | 228 | 4:10:56 | 4:11:26 | 5:56 |
| 203   | 22     | Schmelzing, Guido     | 1970 | GER | *Hattingen                        | M45 | 35     | 229 | 4:11:00 | 4:11:57 | 5:56 |
| 204   | 434    | Hofmann, Felix        | 1981 | GER | *Warendorf                        | M35 | 38     | 230 | 4:11:00 | 4:11:39 | 5:56 |
| 205   | 419    | Oetting, Karsten      | 1964 | GER | *Essen                            | M55 | 23     | 231 | 4:11:00 | 4:11:48 | 5:56 |
| 206   | 629    | Neurynch, Pieter      | 1979 | BEL | *Ardoioie                         | M40 | 21     | 234 | 4:12:22 | 4:13:09 | 5:58 |
| 207   | 610    | Schröder, Andreas     | 1965 | GER | LC Duisburg                       | M50 | 39     | 236 | 4:12:56 | 4:13:38 | 5:59 |
| 208   | 310    | Ozwirk, Felix         | 1991 | GER | *Duisburg                         | MH  | 22     | 237 | 4:13:04 | 4:14:08 | 5:59 |
| 209   | 348    | Stevens, Hendrik      | 1999 | GER | *Haren                            | MH  | 23     | 239 | 4:13:42 | 4:14:14 | 6:00 |
| 210   | 187    | Hommes, Alexander     | 1976 | GER | *Bad Neuenahr - Ahrweiler         | M40 | 22     | 240 | 4:13:48 | 4:14:11 | 6:00 |
| 211   | 267    | Worschech, Tim        | 1981 | GER | *Krefeld                          | M35 | 39     | 242 | 4:14:08 | 4:14:51 | 6:01 |
| 212   | 338    | Schuchardt, Markus    | 1971 | GER | TuS Niederense                    | M45 | 36     | 243 | 4:14:14 | 4:15:00 | 6:01 |

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| Platz | St-Nr. | Name                          | Jg   | NAT | Team                       | AK  | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|-------------------------------|------|-----|----------------------------|-----|--------|-----|---------|---------|------|
| 213   | 426    | Hoffmann, Michael             | 1961 | GER | WIR BEI HKM                | M55 | 24     | 244 | 4:14:16 | 4:15:01 | 6:01 |
| 214   | 546    | Molitor, Roland               | 1968 | GER | LG Epe                     | M50 | 40     | 245 | 4:14:19 | 4:15:14 | 6:01 |
| 215   | 415    | Hady, Lawalata                | 1968 | GER | Adler-Langlauf Bottrop     | M50 | 41     | 246 | 4:14:20 | 4:15:14 | 6:01 |
| 216   | 180    | Dannecker, Timur              | 1974 | GER | *Duisburg                  | M45 | 37     | 248 | 4:14:21 | 4:15:02 | 6:01 |
| 217   | 272    | Brinkert, Niklas              | 1999 | GER | *Duisburg                  | MH  | 24     | 249 | 4:14:31 | 4:15:01 | 6:01 |
| 218   | 257    | Hüsken, Alexander             | 1991 | GER | *Unna                      | MH  | 25     | 250 | 4:15:03 | 4:15:42 | 6:02 |
| 219   | 384    | Hexels, Lars                  | 1973 | GER | *Nettetal                  | M45 | 38     | 252 | 4:15:31 | 4:16:12 | 6:03 |
| 220   | 290    | Bätz, Jürgen                  | 1952 | GER | DAV Sonneberg              | M65 | 2      | 253 | 4:15:36 | 4:16:05 | 6:03 |
| 221   | 474    | Menze, Roman                  | 1987 | GER | *Hannover                  | M30 | 22     | 255 | 4:16:03 | 4:16:47 | 6:04 |
| 222   | 139    | Bögel, Frank                  | 1970 | GER |                            | M45 | 39     | 256 | 4:16:22 | 4:16:55 | 6:04 |
| 223   | 178    | Schilberg, Prof. Dr. Woldemar | 1975 | GER | Rien ne va plus            | M40 | 23     | 258 | 4:17:44 | 4:18:24 | 6:06 |
| 224   | 226    | Altai, Ali                    | 1969 | IRQ | *Herne                     | M50 | 42     | 259 | 4:18:16 | 4:19:38 | 6:07 |
| 225   | 136    | Gäde, Christian               | 1968 | GER | *Düsseldorf                | M50 | 43     | 260 | 4:18:18 | 4:18:56 | 6:07 |
| 226   | 238    | Vormann, Marc                 | 1979 | GER | *Mülheim An Der Ruhr       | M40 | 24     | 262 | 4:19:01 | 4:19:47 | 6:08 |
| 227   | 424    | Evans, Jon                    | 1965 | WLS | North Wales Road Runners   | M50 | 44     | 263 | 4:19:15 | 4:20:34 | 6:08 |
| 228   | 532    | Laus, Dirk                    | 1967 | GER | LC Duisburg                | M50 | 45     | 264 | 4:19:18 | 4:20:02 | 6:08 |
| 229   | 466    | Gonzalez Tocino, Nestor       | 1995 | ESP | TU Dortmund                | MH  | 26     | 265 | 4:19:47 | 4:20:33 | 6:09 |
| 230   | 296    | Ladmann, Dr. David            | 1991 | GER | *Ennepetal                 | MH  | 27     | 266 | 4:19:49 | 4:20:32 | 6:09 |
| 231   | 188    | Tenbenschel, Dr. Matthias     | 1979 | GER | Bokeltsen Blage            | M40 | 25     | 267 | 4:20:41 | 4:21:38 | 6:10 |
| 232   | 249    | Schreiter, Rüdiger            | 1971 | GER | *Duisburg                  | M45 | 40     | 269 | 4:21:36 | 4:22:32 | 6:11 |
| 233   | 412    | Düster, Felix                 | 1996 | GER | Herr                       | MH  | 28     | 270 | 4:21:45 | 4:22:38 | 6:12 |
| 234   | 632    | Kappe, Ruud                   | 1980 | NLD | *Venhuizen                 | M35 | 40     | 271 | 4:21:49 | 4:22:04 | 6:12 |
| 235   | 61     | Kofferschläger, Michael       | 1978 | GER | *Wegberg                   | M40 | 26     | 273 | 4:22:27 | 4:23:20 | 6:13 |
| 236   | 343    | Gohlke, Jan                   | 1985 | GER | ESBB                       | M30 | 23     | 274 | 4:22:42 | 4:23:20 | 6:13 |
| 237   | 159    | Baumann, Norbert              | 1965 | GER | Rumelner TV                | M50 | 46     | 275 | 4:23:09 | 4:23:42 | 6:14 |
| 238   | 90     | Schumacher, Norbert           | 1970 | GER | *Xanten                    | M45 | 41     | 276 | 4:23:17 | 4:24:20 | 6:14 |
| 239   | 223    | Van De Ven, Dr. Theo          | 1975 | NLD | 1975                       | M40 | 27     | 277 | 4:23:22 | 4:24:05 | 6:14 |
| 240   | 317    | Pudlo, Lukasz                 | 1989 | POL | DaiNaBulke                 | M30 | 24     | 278 | 4:23:35 | 4:24:17 | 6:14 |
| 241   | 146    | Beckmann, Thomas              | 1965 | GER | Team Rurrunner             | M50 | 47     | 279 | 4:23:50 | 4:24:45 | 6:15 |
| 242   | 29     | Kirsch, Sven                  | 1974 | GER | Die laufenden Psychonauten | M45 | 42     | 281 | 4:24:06 | 4:25:12 | 6:15 |
| 243   | 547    | Kentrup, Stefan               | 1973 | GER | Die Kentes                 | M45 | 43     | 283 | 4:24:21 | 4:25:03 | 6:15 |
| 244   | 288    | Zupp, Christian               | 1973 | GER |                            | M45 | 44     | 284 | 4:24:29 | 4:25:11 | 6:16 |
| 245   | 620    | Kalu, Ukoha                   | 1966 | GER | *Köln                      | M50 | 48     | 285 | 4:24:39 | 4:25:36 | 6:16 |
| 246   | 624    | Kamann, Michael               | 1971 | GER | LG Emsdetten               | M45 | 45     | 286 | 4:24:45 | 4:25:26 | 6:16 |
| 247   | 45     | Fuckerirer, Lucas             | 1976 | GER | Minenjagdboot HOMBURG      | M40 | 28     | 287 | 4:25:15 | 4:26:02 | 6:17 |
| 248   | 362    | Milden, André                 | 1973 | GER | *Euskirchen                | M45 | 46     | 288 | 4:25:37 | 4:26:26 | 6:17 |
| 249   | 119    | Haslett, Jeremy               | 1959 | ENG | Reepham Runners, Norfolk   | M60 | 6      | 289 | 4:25:37 | 4:26:23 | 6:17 |
| 250   | 78     | Dheur, Marcus                 | 1969 | GER |                            | M50 | 49     | 290 | 4:25:45 | 4:26:49 | 6:17 |
| 251   | 142    | Losemann, Andre               | 1978 | GER | *Dinslaken                 | M40 | 29     | 292 | 4:26:02 | 4:26:48 | 6:18 |
| 252   | 277    | Lulay, Werner                 | 1962 | GER | PRP Dattenberg 04          | M55 | 25     | 294 | 4:26:25 | 4:27:02 | 6:18 |
| 253   | 312    | Hennrichs, Lars               | 1971 | GER | *Leichlingen               | M45 | 47     | 295 | 4:26:25 | 4:27:06 | 6:18 |
| 254   | 404    | Dirkmann, Max                 | 1997 | GER | *Hamm                      | MH  | 29     | 297 | 4:26:35 | 4:27:18 | 6:19 |
| 255   | 339    | Diener, Kurt                  | 1957 | SUI | *Morschach                 | M60 | 7      | 298 | 4:26:41 | 4:27:11 | 6:19 |
| 256   | 405    | Becker, Martin                | 1992 | GER | *Dortmund                  | MH  | 30     | 299 | 4:26:45 | 4:27:31 | 6:19 |
| 257   | 32     | Hanft, Thomas                 | 1970 | GER | GramiBu185                 | M45 | 48     | 300 | 4:26:59 | 4:27:18 | 6:19 |
| 258   | 501    | Richter, Thorsten             | 1981 | GER | *Fehrltorf                 | M35 | 41     | 301 | 4:27:05 | 4:27:50 | 6:19 |
| 259   | 415    | Schuster, Ralf                | 1961 | GER | TC Kray 1892 e.V.          | M55 | 26     | 302 | 4:27:11 | 4:28:05 | 6:19 |
| 260   | 587    | Hake, Thomas                  | 1969 | GER | Big Tree Runners           | M50 | 50     | 303 | 4:27:23 | 4:28:07 | 6:20 |
| 261   | 615    | Dumke, Holger                 | 1974 | GER | BSG WAZ Medien             | M45 | 49     | 304 | 4:27:36 | 4:28:29 | 6:20 |
| 262   | 329    | Hohagen, Christian            | 1980 | GER | RheinPirat                 | M35 | 42     | 305 | 4:27:38 | 4:28:21 | 6:20 |
| 263   | 264    | Hahne, Andi                   | 1969 | GER | *Kirchwald                 | M50 | 51     | 306 | 4:27:39 | 4:28:35 | 6:20 |
| 264   | 570    | Adamczuk, Opa Zdzisiu         | 1971 | GER | Kamikaze-Runners           | M45 | 50     | 307 | 4:27:43 | 4:28:33 | 6:20 |
| 265   | 162    | Kühn, Dirk                    | 1977 | GER |                            | M40 | 30     | 308 | 4:27:44 | 4:28:15 | 6:20 |

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|-------|--------|--------------------------|------|-----|----------------------------------|------|--------|-----|---------|---------|------|
| 266   | 336    | Erichsen, Lars           | 1994 | GER | *Duisburg                        | MH   | 31     | 309 | 4:27:48 | 4:28:09 | 6:20 |
| 267   | 241    | Kallay, Alpha            | 1967 | GER | *Euskirchen                      | M50  | 52     | 311 | 4:28:17 | 4:29:03 | 6:21 |
| 268   | 260    | Schenkel, Marcel         | 1988 | GER | *Dinslaken                       | M30  | 25     | 313 | 4:28:17 | 4:28:57 | 6:21 |
| 269   | 360    | Runge-Kreuels, Christian | 1979 | GER | *Krefeld                         | M40  | 31     | 314 | 4:28:23 | 4:29:19 | 6:21 |
| 270   | 484    | Löhr, Stefan             | 1970 | GER | LT Hertha Buschhoven             | M45  | 51     | 315 | 4:28:27 | 4:29:08 | 6:21 |
| 271   | 430    | John, Dennis             | 1982 | GER | Borbecker                        | M35  | 43     | 316 | 4:28:27 | 4:29:28 | 6:21 |
| 272   | 430    | Derlich, Michael         | 1968 | GER | Team Erdinger Alkoholfrei        | M50  | 53     | 317 | 4:28:28 | 4:29:28 | 6:21 |
| 273   | 394    | Höfs, Ralf               | 1965 | GER | Borbecker Raketen Essen          | M50  | 54     | 318 | 4:28:29 | 4:29:20 | 6:21 |
| 274   | 519    | Koepke, Rainer           | 1959 | GER | Team Erdinger Alkoholfrei        | M60  | 8      | 319 | 4:28:30 | 4:28:51 | 6:21 |
| 275   | 430    | Edeler, Thorsten         | 1967 | GER | LC Duisburg                      | M50  | 55     | 323 | 4:28:44 | 4:29:44 | 6:22 |
| 276   | 314    | Kasimir, Christian       | 1973 | GER | *Sankt Augustin                  | M45  | 52     | 325 | 4:28:52 | 4:29:19 | 6:22 |
| 277   | 324    | Smierzchalski, Christian | 1993 | GER | *Duisburg                        | MH   | 32     | 326 | 4:28:59 | 4:29:23 | 6:22 |
| 278   | 118    | Baader, Matthieu         | 1996 | GER | Vodafone Runners                 | MH   | 33     | 327 | 4:29:00 | 4:29:28 | 6:22 |
| 279   | 41     | Schmitz, Thomas          | 1975 | GER | TG Neuss                         | M40  | 32     | 328 | 4:29:12 | 4:30:06 | 6:22 |
| 280   | 389    | Hinze, Joern             | 1967 | GER | *Berlin                          | M50  | 56     | 329 | 4:29:12 | 4:29:41 | 6:22 |
| 281   | 335    | Knot, Dennis             | 1984 | GER | *Rheurdt                         | M35  | 44     | 330 | 4:29:15 | 4:30:21 | 6:22 |
| 282   | 200    | Vargic, Tomislav         | 1991 | HRV | Team Erdinger Alkoholfrei        | MH   | 34     | 331 | 4:29:18 | 4:30:03 | 6:22 |
| 283   | 186    | Sotzlona, Jan            | 2001 | GER | *Duisburg                        | MU20 | 2      | 333 | 4:29:44 | 4:30:14 | 6:23 |
| 284   | 529    | Schulz-Bongert, Dr. Udo  | 1960 | GER | Running Team Grafenberg          | M55  | 27     | 336 | 4:30:50 | 4:31:56 | 6:25 |
| 285   | 165    | Günther, Dirk            | 1973 | GER | *Dinslaken                       | M45  | 53     | 337 | 4:31:01 | 4:31:27 | 6:25 |
| 286   | 435    | Mohammadi, Faramarz      | 1958 | GER | *Freiburg                        | M60  | 9      | 339 | 4:31:06 | 4:31:33 | 6:25 |
| 287   | 541    | Driesen, Christian       | 1970 | GER | *Berlin                          | M45  | 54     | 341 | 4:32:09 | 4:32:49 | 6:26 |
| 288   | 455    | Samsen, Martin           | 1978 | GER | *Hamburg                         | M40  | 33     | 342 | 4:32:47 | 4:33:07 | 6:27 |
| 289   | 64     | Schlieck, Tobias         | 1990 | GER | *Kornwestheim                    | MH   | 35     | 343 | 4:32:59 | 4:34:01 | 6:28 |
| 290   | 125    | Morowski, Maik           | 1991 | GER | p*rn0-Team                       | MH   | 36     | 346 | 4:34:20 | 4:35:23 | 6:30 |
| 291   | 11     | Breer, Pater Tobias      | 1963 | GER | Projekt LebensWert               | M55  | 28     | 347 | 4:34:57 | 4:35:40 | 6:30 |
| 292   | 40     | Spolders, Tillmann       | 1976 | GER |                                  | M40  | 34     | 349 | 4:35:07 | 4:36:06 | 6:31 |
| 293   | 564    | Gonska, Marco            | 1992 | GER | *Marl                            | MH   | 37     | 350 | 4:35:13 | 4:36:15 | 6:31 |
| 294   | 357    | Saß, Stephan             | 1985 | GER |                                  | M30  | 26     | 351 | 4:35:24 | 4:36:06 | 6:31 |
| 295   | 217    | Raszke, Pascal           | 1992 | GER | *Dinslaken                       | MH   | 38     | 352 | 4:35:25 | 4:36:50 | 6:31 |
| 296   | 123    | Schumann, Joachim        | 1973 | GER | Marathon Mülheim                 | M45  | 55     | 354 | 4:35:37 | 4:36:30 | 6:31 |
| 297   | 616    | Herzwurm, Robert         | 1973 | GER | Villeschreck                     | M45  | 56     | 355 | 4:35:49 | 4:36:39 | 6:32 |
| 298   | 621    | Weissenborn, Michael     | 1970 | GER | *Dortmund                        | M45  | 57     | 357 | 4:36:31 | 4:37:19 | 6:33 |
| 299   | 431    | Austrup, Matthias        | 1985 | GER | *Duisburg                        | M30  | 27     | 359 | 4:37:49 | 4:38:37 | 6:35 |
| 300   | 428    | Veerman, Dr. Elroy       | 1966 | NLD | *Den Haag                        | M50  | 57     | 360 | 4:38:00 | 4:38:55 | 6:35 |
| 301   | 25     | Burandt, Matthias        | 1987 | GER | Anchor Running Crew Duisburg     | M30  | 28     | 361 | 4:38:51 | 4:39:36 | 6:36 |
| 302   | 534    | Schlautmann, René        | 1987 | GER | LC Duisburg                      | M30  | 29     | 362 | 4:38:53 | 4:39:54 | 6:36 |
| 303   | 422    | Urschey, Michael         | 1973 | GER | LG Bergziege Mumie Gerippe & Co. | M45  | 58     | 363 | 4:39:00 | 4:39:57 | 6:36 |
| 304   | 521    | Krämer, Erik             | 1968 | GER | DJK Feudenheim                   | M50  | 58     | 364 | 4:39:02 | 4:39:50 | 6:36 |
| 305   | 311    | Reiners, Michael         | 1964 | GER | *Duisburg                        | M55  | 29     | 365 | 4:39:36 | 4:40:04 | 6:37 |
| 306   | 423    | Roder, Guido             | 1965 | GER | LC Duisburg                      | M50  | 59     | 366 | 4:39:57 | 4:40:56 | 6:38 |
| 307   | 287    | Engels, Renko            | 2000 | GER | Maler Engels                     | MU20 | 3      | 367 | 4:40:50 | 4:41:45 | 6:39 |
| 308   | 149    | Küster, Ulrich           | 1966 | GER | TUS Querenburg                   | M50  | 60     | 368 | 4:40:58 | 4:41:23 | 6:39 |
| 309   | 510    | Van Gemmeren, Volkmar    | 1973 | GER | LC Duisburg                      | M45  | 59     | 369 | 4:40:59 | 4:41:41 | 6:39 |
| 310   | 112    | Golla, Peter             | 1963 | GER | Schöne Waden Schöneweide         | M55  | 30     | 370 | 4:41:16 | 4:42:02 | 6:39 |
| 311   | 495    | Wolff, Frank             | 1963 | GER | *Mannheim                        | M55  | 31     | 372 | 4:42:04 | 4:43:05 | 6:41 |
| 312   | 475    | Boras, Sebastian         | 1979 | GER | *Rheinberg                       | M40  | 35     | 373 | 4:42:36 | 4:43:25 | 6:41 |
| 313   | 369    | Kliche, Udo              | 1986 | GER | Laufen in Lüdo                   | M30  | 30     | 374 | 4:43:01 | 4:43:49 | 6:42 |
| 314   | 503    | Böddeker, Thomas         | 1981 | GER | TSVE Bielefeld 1890              | M35  | 45     | 375 | 4:43:12 | 4:44:07 | 6:42 |
| 315   | 152    | Smeets, Georg            | 1970 | GER | LC Duisburg                      | M45  | 60     | 376 | 4:43:14 | 4:44:08 | 6:42 |
| 316   | 297    | Holstein, Dirk           | 1964 | GER | LGO Bochum                       | M55  | 32     | 377 | 4:43:17 | 4:44:05 | 6:42 |
| 317   | 515    | Dolch, Daniel            | 1972 | GER | Freie Wölfe 93                   | M45  | 61     | 380 | 4:44:45 | 4:45:36 | 6:44 |
| 318   | 584    | Heinicke, Thomas         | 1963 | GER | *Magdeburg                       | M55  | 33     | 381 | 4:44:45 | 4:45:22 | 6:44 |

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| Platz | St-Nr. | Name                     | Jg   | NAT | Team                         | AK  | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|--------------------------|------|-----|------------------------------|-----|--------|-----|---------|---------|------|
| 319   | 479    | Vogt, Josef              | 1952 | GER | TV Frisch Auf Lennep         | M65 | 3      | 383 | 4:45:12 | 4:46:04 | 6:45 |
| 320   | 445    | Görtz, Dirk              | 1967 | GER | LC Duisburg                  | M50 | 61     | 384 | 4:45:18 | 4:46:28 | 6:45 |
| 321   | 26     | Mai, Christian           | 1965 | GER | SV Haldern-Lauftreff         | M50 | 62     | 385 | 4:45:30 | 4:46:14 | 6:45 |
| 322   | 309    | Katzenberger, Oliver     | 1964 | GER | Running home                 | M55 | 34     | 386 | 4:46:18 | 4:47:03 | 6:47 |
| 323   | 432    | Van Marwyk, Markus       | 1979 | GER | Borbecker Raketen Essen      | M40 | 36     | 387 | 4:46:33 | 4:47:25 | 6:47 |
| 324   | 613    | Kohlstedde, Guido        | 1970 | GER | *Witten                      | M45 | 62     | 388 | 4:47:21 | 4:48:17 | 6:48 |
| 325   | 86     | Nisar, Rafal             | 1979 | GER | *Weeze                       | M40 | 37     | 389 | 4:47:36 | 4:48:11 | 6:48 |
| 326   | 73     | Knappe, Pascal           | 1991 | GER | *Aachen                      | MH  | 39     | 390 | 4:47:42 | 4:48:24 | 6:49 |
| 327   | 53     | Ullein, Rolf             | 1955 | GER | Homberger TV                 | M60 | 10     | 391 | 4:48:19 | 4:49:02 | 6:49 |
| 328   | 478    | Danscheidt, Christian    | 1986 | GER | *Hilden                      | M30 | 31     | 392 | 4:48:29 | 4:49:53 | 6:50 |
| 329   | 617    | Käbe, Uwe                | 1961 | GER | LC Duisburg                  | M55 | 35     | 393 | 4:49:30 | 4:50:31 | 6:51 |
| 330   | 480    | Hilger, Walter           | 1948 | GER | LF Brohltal                  | M70 | 2      | 395 | 4:49:33 | 4:50:18 | 6:51 |
| 331   | 67     | Heilos, Dr. Andreas      | 1965 | GER | Ausdauerschule by bunert     | M50 | 63     | 396 | 4:50:18 | 4:51:20 | 6:52 |
| 332   | 416    | Wieczorek, Tillmann      | 1987 | GER | *Bochum                      | M30 | 32     | 398 | 4:50:39 | 4:51:03 | 6:53 |
| 333   | 633    | Bremer, Andreas          | 1956 | GER | 100ML Tri Team TG Witten     | M60 | 11     | 399 | 4:50:41 | 4:51:44 | 6:53 |
| 334   | 418    | Baum, Roger              | 1980 | GER | Lauchmelder                  | M35 | 46     | 401 | 4:51:42 | 4:52:47 | 6:54 |
| 335   | 243    | Zander, Thomas           | 1967 | GER | RR Team                      | M50 | 64     | 402 | 4:52:02 | 4:53:04 | 6:55 |
| 336   | 442    | Weber, Heiko             | 1975 | GER | TEA / TuS 45/53 Heessen      | M40 | 38     | 404 | 4:52:23 | 4:53:14 | 6:55 |
| 337   | 445    | Huth, Thorsten           | 1962 | GER | LC Duisburg                  | M55 | 36     | 405 | 4:52:34 | 4:53:45 | 6:56 |
| 338   | 592    | Abel, Klaus              | 1950 | GER | LC Duisburg                  | M65 | 4      | 406 | 4:52:34 | 4:53:45 | 6:56 |
| 339   | 273    | Koretz, Manuel           | 1992 | GER | *Duisburg                    | MH  | 40     | 407 | 4:52:48 | 4:53:30 | 6:56 |
| 340   | 130    | Stiefer, Marc            | 1970 | LUX | *Alzingen                    | M45 | 63     | 408 | 4:52:54 | 4:53:35 | 6:56 |
| 341   | 562    | Kleinfeld, Uli           | 1963 | GER |                              | M55 | 37     | 411 | 4:53:23 | 4:54:28 | 6:57 |
| 342   | 126    | Hoffacker, Arno          | 1965 | GER | *Xanten                      | M50 | 65     | 413 | 4:53:25 | 4:54:13 | 6:57 |
| 343   | 154    | Dahms, Stephan           | 1986 | GER | 1986                         | M30 | 33     | 414 | 4:53:30 | 4:54:19 | 6:57 |
| 344   | 600    | Schöneborn, Lars         | 1996 | GER | Jahr                         | MH  | 41     | 415 | 4:53:34 | 4:54:31 | 6:57 |
| 345   | 204    | Jöge, Michael            | 1971 | GER | TEA - die vier lustigen fünf | M45 | 64     | 416 | 4:54:16 | 4:55:03 | 6:58 |
| 346   | 487    | Loth, Martin             | 1964 | GER | Günselrunner                 | M55 | 38     | 417 | 4:54:58 | 4:56:01 | 6:59 |
| 347   | 561    | Pitz, Markus             | 1969 | GER | marathon4you.de              | M50 | 66     | 419 | 4:55:12 | 4:56:01 | 6:59 |
| 348   | 96     | Wehres, Meik             | 1977 | GER | *Mönchengladbach             | M40 | 39     | 420 | 4:55:31 | 4:56:24 | 7:00 |
| 349   | 327    | Vietze, Michael          | 1966 | GER | *Krefeld                     | M50 | 67     | 421 | 4:55:38 | 4:56:15 | 7:00 |
| 350   | 60     | Bolender, Werner         | 1966 | GER | TV Jahn Hiesfeld             | M50 | 68     | 422 | 4:55:54 | 4:56:50 | 7:00 |
| 351   | 49     | Seifert, Robin           | 1980 | GER | *Moers                       | M35 | 47     | 424 | 4:56:30 | 4:57:42 | 7:01 |
| 352   | 444    | Müller, Jochen           | 1969 | GER | *Duisburg                    | M50 | 69     | 425 | 4:56:31 | 4:57:53 | 7:01 |
| 353   | 263    | Ziemer, Ulrich           | 1959 | GER | *Essen                       | M60 | 12     | 426 | 4:56:50 | 4:57:55 | 7:02 |
| 354   | 593    | Lim, Michael             | 1990 | GER |                              | MH  | 42     | 427 | 4:57:09 | 4:58:06 | 7:02 |
| 355   | 618    | Stark, Ralf              | 1965 | GER | *Arnstadt                    | M50 | 70     | 428 | 4:57:14 | 4:58:02 | 7:02 |
| 356   | 556    | Scholten, Karl-Heinz     | 1951 | GER | LLG Kevelaer                 | M65 | 5      | 429 | 4:57:15 | 4:57:58 | 7:02 |
| 357   | 17     | Howe, Sascha             | 1974 | GER | *Viersen                     | M45 | 65     | 430 | 4:57:16 | 4:58:26 | 7:02 |
| 358   | 134    | Dick, Viktor             | 1965 | GER | *Neukirchen-Vluyn            | M50 | 71     | 431 | 4:57:17 | 4:58:07 | 7:02 |
| 359   | 282    | Steinberger-Asbach, Dirk | 1969 | GER | Dirks Mitläufer 50plus       | M50 | 72     | 432 | 4:57:38 | 4:58:23 | 7:03 |
| 360   | 237    | Bachmann, Andreas        | 1965 | GER | Team Erdinger Alkoholfrei    | M50 | 73     | 433 | 4:57:38 | 4:58:25 | 7:03 |
| 361   | 374    | Schnieder, Henning       | 1970 | GER | *Duisburg                    | M45 | 66     | 434 | 4:58:32 | 4:59:19 | 7:04 |
| 362   | 500    | Amberger, Andreas        | 1965 | GER | Lauf Team Unna               | M50 | 74     | 437 | 4:58:58 | 5:00:18 | 7:05 |
| 363   | 262    | Stein, Michael           | 1991 | GER | *Duisburg                    | MH  | 43     | 439 | 4:59:05 | 4:59:59 | 7:05 |
| 364   | 528    | Sommer, Benedikt         | 1989 | GER | *Meschede                    | M30 | 34     | 441 | 4:59:21 | 5:00:17 | 7:05 |
| 365   | 195    | Rütten, Rüdiger          | 1978 | GER | *Oberhausen                  | M40 | 40     | 443 | 5:00:08 | 5:01:08 | 7:06 |
| 366   | 472    | Limberg, Thorsten        | 1973 | GER | Die Irrläufer                | M45 | 67     | 444 | 5:00:33 | 5:01:28 | 7:07 |
| 367   | 591    | Dreier, Heinrich         | 1954 | GER | VfL Ahaus                    | M65 | 6      | 445 | 5:01:21 | 5:02:41 | 7:08 |
| 368   | 121    | Rött, Gerhard            | 1969 | GER | TUS Breitscheid              | M50 | 75     | 446 | 5:02:01 | 5:03:21 | 7:09 |
| 369   | 57     | Götz, Stefan             | 1986 | GER | *Duisburg                    | M30 | 35     | 447 | 5:02:53 | 5:04:12 | 7:10 |
| 370   | 76     | Grohs, Stefan            | 1965 | GER | Remscheid Nüdelalm           | M50 | 76     | 448 | 5:02:57 | 5:04:03 | 7:10 |
| 371   | 137    | Stachelhaus, Timo        | 1988 | GER | LC Duisburg                  | M30 | 36     | 449 | 5:03:02 | 5:04:02 | 7:10 |

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|-------|--------|-----------------------------|------|-----|-----------------------------------|-----|--------|-----|---------|---------|------|
| 372   | 151    | Terschluse, Michael         | 1965 | GER | *Gescher                          | M50 | 77     | 452 | 5:04:03 | 5:04:33 | 7:12 |
| 373   | 365    | Niemann, Detlev             | 1962 | GER | Team Camerone e.V.                | M55 | 39     | 454 | 5:04:31 | 5:05:48 | 7:13 |
| 374   | 233    | Pilger, Klaus               | 1961 | GER |                                   | M55 | 40     | 456 | 5:04:38 | 5:05:50 | 7:13 |
| 375   | 507    | Boldt, Jörg                 | 1969 | GER | WIR BEI HKM                       | M50 | 78     | 457 | 5:05:22 | 5:05:58 | 7:14 |
| 376   | 553    | Cornelißen, Volker          | 1967 | GER | LC Duisburg                       | M50 | 79     | 459 | 5:05:48 | 5:06:59 | 7:14 |
| 377   | 308    | Berger, Marco               | 1980 | GER | TV 1960 Langenholdinghausen       | M35 | 48     | 460 | 5:06:29 | 5:07:34 | 7:15 |
| 378   | 636    | Trappe, Peter               | 1958 | GER | *Düsseldorf                       | M60 | 13     | 461 | 5:06:30 | 5:07:23 | 7:15 |
| 379   | 596    | Plehn, Prof. Dr. Gunnar     | 1970 | GER | *M                                | M45 | 68     | 462 | 5:07:31 | 5:08:54 | 7:17 |
| 380   | 622    | Tramp, Ralf                 | 1958 | GER | LC Duisburg                       | M60 | 14     | 463 | 5:07:33 | 5:08:48 | 7:17 |
| 381   | 641    | Leck, Frank-Andreas         | 1965 | GER | *Mönchengladbach                  | M50 | 80     | 464 | 5:07:38 | 5:08:52 | 7:17 |
| 382   | 407    | Schmidt, Daniel             | 1988 | GER | *Kamp-Lintfort                    | M30 | 37     | 465 | 5:07:54 | 5:08:37 | 7:17 |
| 383   | 462    | Kemkes, Ulli                | 1967 | GER | *Rees                             | M50 | 81     | 466 | 5:08:24 | 5:09:37 | 7:18 |
| 384   | 461    | Stumpf, Wolfgang            | 1945 | GER | *Rees                             | M70 | 3      | 467 | 5:08:24 | 5:09:37 | 7:18 |
| 385   | 189    | Hacke, Wolfgang             | 1964 | GER | ESV Rheinland - Evangelische Kirc | M55 | 41     | 470 | 5:08:45 | 5:09:40 | 7:19 |
| 386   | 52     | Wenzel, Christoph           | 1960 | GER | 100 Marathon Club                 | M55 | 42     | 471 | 5:09:13 | 5:10:40 | 7:19 |
| 387   | 379    | Schaary, Ernst              | 1955 | GER | OSC 04 Rheinhausen                | M60 | 15     | 472 | 5:09:37 | 5:10:39 | 7:20 |
| 388   | 35     | Drüen, Florian              | 1991 | GER | *Duisburg                         | MH  | 44     | 473 | 5:09:40 | 5:10:42 | 7:20 |
| 389   | 72     | Streicher Vieira, René      | 1980 | GER | *Ratingen                         | M35 | 49     | 475 | 5:10:38 | 5:11:44 | 7:21 |
| 390   | 390    | Mertens, Joachim            | 1961 | GER | LG Ultralauf                      | M55 | 43     | 476 | 5:11:05 | 5:12:25 | 7:22 |
| 391   | 420    | Dekker, Dr. Gerben          | 1959 | NLD | Op de Burg                        | M60 | 16     | 477 | 5:11:28 | 5:12:08 | 7:22 |
| 392   | 465    | Dekker, Michiel             | 1972 | NLD | *Velp Gld                         | M45 | 69     | 478 | 5:11:28 | 5:12:08 | 7:22 |
| 393   | 18     | Kreis, Manfred              | 1958 | GER | New Sq 26 Mönchengladbach         | M60 | 17     | 479 | 5:11:31 | 5:11:54 | 7:22 |
| 394   | 328    | Giesa, Rolf                 | 1964 | GER | BSG LVM                           | M55 | 44     | 480 | 5:12:09 | 5:13:31 | 7:23 |
| 395   | 286    | Engels, Franko              | 1970 | GER | Malder Engels                     | M45 | 70     | 481 | 5:12:33 | 5:13:45 | 7:24 |
| 396   | 499    | Müller, Bert                | 1954 | GER | Bullerbü                          | M65 | 7      | 484 | 5:13:14 | 5:14:34 | 7:25 |
| 397   | 413    | Instenberg, Marco           | 1988 | GER | *Marl                             | M30 | 38     | 485 | 5:13:21 | 5:14:20 | 7:25 |
| 398   | 253    | Scheepers, Wilhelm          | 1941 | GER | *Duisburg                         | M75 | 1      | 486 | 5:13:37 | 5:14:39 | 7:25 |
| 399   | 363    | Clignet, Bram               | 1988 | NLD | *Bocholtz                         | M30 | 39     | 487 | 5:13:41 | 5:14:27 | 7:26 |
| 400   | 20     | Brockhoff, Uwe              | 1961 | GER | LC Duisburg                       | M55 | 45     | 488 | 5:13:47 | 5:14:48 | 7:26 |
| 401   | 627    | Schrey, Rainer              | 1960 | GER | *Mülheim                          | M55 | 46     | 490 | 5:15:13 | 5:15:53 | 7:28 |
| 402   | 325    | Kowalski, Dr. Markus        | 1987 | GER | *Baesweiler                       | M30 | 40     | 492 | 5:16:43 | 5:18:00 | 7:30 |
| 402   | 326    | Eidams, Jörn                | 1988 | GER | *Linnich                          | M30 | 40     | 492 | 5:16:43 | 5:18:00 | 7:30 |
| 404   | 511    | Heymann, Stephan            | 1971 | GER | SealS Team ocean racing           | M45 | 71     | 494 | 5:16:56 | 5:18:08 | 7:30 |
| 405   | 342    | Brockof, Peter              | 1964 | GER |                                   | M55 | 47     | 495 | 5:17:03 | 5:18:14 | 7:30 |
| 406   | 248    | Schaub, Uwi                 | 1960 | GER | Kasselformia Storm Runners        | M55 | 48     | 496 | 5:17:41 | 5:18:39 | 7:31 |
| 407   | 185    | Report, Christoph           | 1972 | GER | *Hattingen                        | M45 | 72     | 497 | 5:18:13 | 5:19:18 | 7:32 |
| 408   | 212    | Fischbacher, Marcel         | 1982 | GER | *Mülheim An Der Ruhr              | M35 | 50     | 498 | 5:18:20 | 5:18:36 | 7:32 |
| 409   | 397    | Üffing, Martin              | 1983 | GER | *Isselburg                        | M35 | 51     | 499 | 5:18:53 | 5:20:05 | 7:33 |
| 410   | 62     | Schroff, Dr. Karl-Christian | 1966 | GER | Tierarztpraxis Mannheim-Schönau   | M50 | 82     | 500 | 5:19:07 | 5:20:12 | 7:33 |
| 411   | 590    | Balde, Edward               | 1977 | GER | *Dortmund                         | M40 | 41     | 501 | 5:21:05 | 5:21:55 | 7:36 |
| 412   | 274    | Glockner, Wolf              | 1958 | GER | GSG-Partner                       | M60 | 18     | 502 | 5:21:21 | 5:22:01 | 7:36 |
| 413   | 346    | Hoffmann, Dennis            | 1984 | GER | *Nachrodt                         | M35 | 52     | 505 | 5:22:11 | 5:23:17 | 7:38 |
| 414   | 456    | Nofftz, Klaus               | 1957 | GER | Run For Fun Leverkusen            | M60 | 19     | 506 | 5:26:38 | 5:27:28 | 7:44 |
| 415   | 254    | Götzen, Michael             | 1965 | GER | *Oberhausen                       | M50 | 83     | 508 | 5:28:11 | 5:29:31 | 7:46 |
| 416   | 522    | Bauereiß, Marcus            | 1978 | GER | *Rheinfelden                      | M40 | 42     | 510 | 5:29:08 | 5:30:31 | 7:48 |
| 417   | 229    | Zahnberg, Niels             | 1977 | GER | *Dortmund                         | M40 | 43     | 511 | 5:29:50 | 5:30:54 | 7:48 |
| 418   | 21     | Funk, Tobias                | 1978 | GER | *Viersen                          | M40 | 44     | 513 | 5:30:15 | 5:31:26 | 7:49 |
| 419   | 337    | Koschlitzi, Norbert         | 1963 | GER | Eintracht Duisburg 1848 e.V.      | M55 | 49     | 514 | 5:31:42 | 5:33:04 | 7:51 |
| 420   | 443    | Stratmann, Markus           | 1967 | GER | *Essen                            | M50 | 84     | 515 | 5:31:48 | 5:32:44 | 7:51 |
| 421   | 301    | Breunig, Timo               | 1975 | GER | 16/20                             | M40 | 45     | 516 | 5:31:54 | 5:32:53 | 7:51 |
| 422   | 386    | Steinbrink, Bjoern          | 1976 | GER | Der Schlafräum                    | M40 | 46     | 520 | 5:35:41 | 5:36:47 | 7:57 |
| 423   | 473    | Philippi-Hügen, Philipp     | 1992 | GER | Die Irrläufer                     | MH  | 45     | 521 | 5:35:46 | 5:36:47 | 7:57 |
| 424   | 44     | Bleckwehl, Joachim          | 1950 | GER | *Bremen                           | M65 | 8      | 523 | 5:37:03 | 5:38:06 | 7:59 |



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|-------|--------|------------------------------|------|-----|--------------------------|-----|--------|-----|---------|---------|------|
| 425   | 611    | Richter, Thomas              | 1967 | GER | *Duisburg                | M50 | 85     | 525 | 5:37:51 | 5:39:02 | 8:00 |
| 426   | 55     | Pawlowicz, Alfred            | 1958 | GER | MTT Dortmund             | M60 | 20     | 526 | 5:38:01 | 5:38:39 | 8:00 |
| 427   | 232    | Pernberg, Christopher        | 1983 | GER | *Herne                   | M35 | 53     | 527 | 5:38:56 | 5:39:57 | 8:01 |
| 428   | 514    | Dr Dr Kruell, Dr. Dr Dr Joey | 1968 | GER | the-ultimate-run.com     | M50 | 86     | 528 | 5:39:28 | 5:40:18 | 8:02 |
| 429   | 638    | Schmitz, Dennis              | 1991 | GER | *Essen                   | MH  | 46     | 529 | 5:40:50 | 5:42:11 | 8:04 |
| 430   | 464    | Koll, Helmut                 | 1955 | GER | Friesdorferrennschnecken | M60 | 21     | 532 | 5:43:38 | 5:44:58 | 8:08 |
| 431   | 245    | Hahn, Günter                 | 1965 | GER | TuS Lahde/Quetzen        | M50 | 87     | 533 | 5:43:56 | 5:44:33 | 8:09 |
| 432   | 175    | Strahl, Mark                 | 1975 | GER | Die strahlenden Hähne    | M40 | 47     | 534 | 5:43:56 | 5:44:33 | 8:09 |
| 433   | 576    | Fensky, Ulrich               | 1951 | GER | *Aachen                  | M65 | 9      | 535 | 5:45:00 | 5:46:25 | 8:10 |
| 434   | 182    | Hennig, Joachim              | 1960 | GER | *Schmallenberg           | M55 | 50     | 537 | 5:45:27 | 5:46:50 | 8:11 |
| 435   | 486    | Bade, Thomas                 | 1965 | GER | Hamburger SV             | M50 | 88     | 538 | 5:46:21 | 5:47:23 | 8:12 |
| 436   | 574    | Weber, Dietmar               | 1951 | GER | LT Mythos Stolberg       | M65 | 10     | 539 | 5:46:52 | 5:48:16 | 8:13 |
| 437   | 129    | Fergon, Zbigniew             | 1964 | GER | *Duisburg                | M55 | 51     | 540 | 5:47:01 | 5:48:16 | 8:13 |
| 438   | 358    | Gollner, Heinz               | 1951 | GER | Viermärker Dortmund      | M65 | 11     | 542 | 5:51:19 | 5:51:53 | 8:19 |
| 439   | 281    | Lempken, Uwe                 | 1961 | GER | Homberger TV             | M55 | 52     | 545 | 5:58:18 | 5:59:40 | 8:29 |
| 440   | 530    | Küpper, Gustav               | 1958 | GER | Laufen in NRW            | M60 | 22     | 547 | 6:00:42 | 6:02:14 | 8:32 |

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| Platz | St-Nr. | Name                      | Jg   | NAT | Team                         | AK   | AK-Pl. | Pos | Netto   | Brutto  | M/km |
|-------|--------|---------------------------|------|-----|------------------------------|------|--------|-----|---------|---------|------|
| 1     | 2001   | Vössing, Annika           | 1992 | GER | Ayyo Team Essen              | WH   | 1      | 6   | 2:57:10 | 2:57:24 | 4:11 |
| 2     | 2153   | Vernikov, Sonja           | 2001 | GER | LAZ Puma Rhein-Sieg          | WU20 | 1      | 11  | 3:02:04 | 3:02:17 | 4:18 |
| 3     | 2120   | Paquet, Andree            | 1981 | CAN | Ausdauerschule by bunert     | W35  | 1      | 15  | 3:08:14 | 3:08:30 | 4:27 |
| 4     | 2085   | Int-Veen, Franziska       | 1987 | GER | *Frankfurt                   | W30  | 1      | 24  | 3:14:54 | 3:15:13 | 4:37 |
| 5     | 2030   | Brenzel, Jaqueline        | 1994 | GER | QUICKAIR                     | WH   | 2      | 53  | 3:28:32 | 3:28:51 | 4:56 |
| 6     | 2033   | Adam, Andrea              | 1968 | GER | Angerland LT Lintorf         | W50  | 1      | 89  | 3:42:30 | 3:42:55 | 5:16 |
| 7     | 2158   | Ambaum, Vanessa           | 1977 | GER | Laufen gegen Leiden          | W40  | 1      | 100 | 3:44:20 | 3:44:45 | 5:18 |
| 8     | 2137   | Hartrampf, Nicole         | 1982 | GER | Rothaar Aktiv                | W35  | 2      | 105 | 3:44:57 | 3:45:30 | 5:19 |
| 9     | 2112   | Löhrich, Saskia           | 1989 | GER | Green Mamba Runner           | W30  | 2      | 108 | 3:46:33 | 3:47:07 | 5:22 |
| 10    | 2018   | Böhm, Silke               | 1971 | GER | *Weilrod                     | W45  | 1      | 115 | 3:48:58 | 3:49:26 | 5:25 |
| 11    | 2161   | Jendral, Anke             | 1978 | GER | *Dorsten                     | W40  | 2      | 143 | 3:55:18 | 3:55:51 | 5:34 |
| 12    | 2091   | Orlova, Galina            | 1972 | GER | TEAM ELG                     | W45  | 2      | 145 | 3:55:34 | 3:56:14 | 5:34 |
| 13    | 2128   | Fieker, Sabine            | 1972 | GER | Ausdauerschule by bunert     | W45  | 3      | 157 | 3:58:20 | 3:59:01 | 5:38 |
| 14    | 2106   | Gebauer, Dr. Lea          | 1987 | GER | Team Marco                   | W30  | 3      | 168 | 3:59:34 | 3:59:59 | 5:40 |
| 15    | 2071   | König, Marijke            | 1991 | GER | Team Erdinger Alkoholfrei    | WH   | 3      | 181 | 4:01:52 | 4:02:19 | 5:43 |
| 16    | 2031   | Cicek, Natalia            | 1981 | GER | LG Oerlinghausen             | W35  | 3      | 190 | 4:04:02 | 4:04:37 | 5:47 |
| 17    | 2028   | Kupke, Vanessa            | 1982 | GER | Life Fit                     | W35  | 4      | 192 | 4:04:14 | 4:04:54 | 5:47 |
| 18    | 2160   | Spigt, Moniek             | 1981 | NLD | *Venhuizen                   | W35  | 5      | 196 | 4:05:20 | 4:05:35 | 5:48 |
| 19    | 2110   | Kox, Dr. Ina              | 1981 | GER | *Meerbusch                   | W35  | 6      | 202 | 4:06:39 | 4:07:18 | 5:50 |
| 20    | 2109   | Trepper, Lucia            | 1976 | GER | *Düsseldorf                  | W40  | 3      | 203 | 4:06:40 | 4:07:18 | 5:50 |
| 21    | 2074   | Adams, Johanna            | 1994 | GER | Frau                         | WH   | 4      | 206 | 4:06:58 | 4:07:43 | 5:51 |
| 22    | 2124   | Häsler, Julia             | 1982 | GER | Anchor Running Crew Duisburg | W35  | 7      | 207 | 4:07:04 | 4:07:49 | 5:51 |
| 23    | 2090   | Lamp, Eva                 | 1985 | GER |                              | W30  | 4      | 208 | 4:07:16 | 4:08:11 | 5:51 |
| 24    | 2044   | Kniely, Astrid            | 1974 | GER | *Duisburg                    | W45  | 4      | 209 | 4:07:18 | 4:07:47 | 5:51 |
| 25    | 2151   | Liibek, Ave               | 1976 | EST | *Baln                        | W40  | 4      | 210 | 4:07:19 | 4:07:50 | 5:51 |
| 26    | 2157   | Leimkuhle, Jennifer       | 1987 | GER | LC Duisburg                  | W30  | 5      | 227 | 4:10:50 | 4:11:49 | 5:56 |
| 27    | 2103   | Niziolek, Edyta           | 1973 | GER | Aktion Canchanabury          | W45  | 5      | 232 | 4:12:06 | 4:12:31 | 5:58 |
| 28    | 2077   | Iffland-Fuehrer, Tanja    | 1981 | GER |                              | W35  | 8      | 233 | 4:12:10 | 4:13:05 | 5:58 |
| 29    | 2095   | Cyma, Natalia             | 1987 | POL | LTB Aachen                   | W30  | 6      | 235 | 4:12:39 | 4:13:15 | 5:59 |
| 30    | 2159   | Osterholt, Julia          | 1989 | GER | *Düsseldorf                  | W30  | 7      | 238 | 4:13:22 | 4:14:03 | 6:00 |
| 31    | 2038   | Janßen, Anja              | 1979 | GER | Big Tree Runners             | W40  | 5      | 241 | 4:14:04 | 4:14:46 | 6:01 |
| 32    | 415    | Huebner, Britta           | 1964 | GER | LC Duisburg                  | W55  | 1      | 247 | 4:14:20 | 4:15:14 | 6:01 |
| 33    | 2043   | Berg, Laura               | 1992 | GER | *Unna                        | WH   | 5      | 251 | 4:15:03 | 4:15:42 | 6:02 |
| 34    | 2101   | Geiling, Kathrin          | 1979 | GER | *Essen                       | W40  | 6      | 254 | 4:15:45 | 4:16:20 | 6:03 |
| 35    | 2099   | Ricken, Claudia           | 1979 | GER | BSG Deichmann                | W40  | 7      | 257 | 4:16:27 | 4:17:19 | 6:04 |
| 36    | 2108   | Weßels, Inga              | 1982 | GER | LTB Aachen                   | W35  | 9      | 261 | 4:18:50 | 4:19:25 | 6:08 |
| 37    | 2056   | Wenzel, Regina            | 1966 | GER | DAV Schwaben                 | W50  | 2      | 268 | 4:21:26 | 4:21:48 | 6:11 |
| 38    | 2042   | Henseler, Janine          | 1992 | GER | LC Duisburg                  | WH   | 6      | 272 | 4:22:21 | 4:23:04 | 6:13 |
| 39    | 2034   | Kloth, Nicole             | 1971 | GER | Team Rurrunner               | W45  | 6      | 280 | 4:23:50 | 4:24:45 | 6:15 |
| 40    | 2136   | Isman, Dehen              | 1967 | AUT | 100 MC / DUV                 | W50  | 3      | 282 | 4:24:15 | 4:25:28 | 6:15 |
| 41    | 2102   | Grohn, Jenny              | 1987 | GER |                              | W30  | 8      | 291 | 4:26:01 | 4:26:51 | 6:18 |
| 42    | 2039   | Freitag, Anja             | 1975 | GER | *Steinhagen                  | W40  | 8      | 293 | 4:26:11 | 4:27:06 | 6:18 |
| 43    | 2111   | Klaus, Melanie            | 1982 | GER | *Duisburg                    | W35  | 10     | 296 | 4:26:34 | 4:27:37 | 6:19 |
| 44    | 2163   | Tafesse-Rande, Menen      | 1958 | GER | *Düsseldorf                  | W60  | 1      | 310 | 4:28:13 | 4:28:53 | 6:21 |
| 45    | 2134   | Kallay, Derya             | 1979 | GER | *Euskirchen                  | W40  | 9      | 311 | 4:28:17 | 4:29:03 | 6:21 |
| 46    | 2072   | Peschel, Raphaela         | 1997 | GER | *Duisburg                    | WH   | 7      | 320 | 4:28:42 | 4:29:40 | 6:22 |
| 47    | 2016   | Pereira-Foerster, Andréia | 1969 | BRA | LC Duisburg                  | W50  | 4      | 321 | 4:28:43 | 4:29:43 | 6:22 |
| 48    | 2121   | Bähr, Heike Maria         | 1975 | GER | LC Duisburg                  | W40  | 10     | 322 | 4:28:43 | 4:29:43 | 6:22 |
| 49    | 2130   | Scholz, Aline             | 1986 | GER | LC Duisburg                  | W30  | 9      | 324 | 4:28:44 | 4:29:44 | 6:22 |
| 50    | 2015   | Schmitt, Inga             | 1986 | GER | *London                      | W30  | 10     | 332 | 4:29:37 | 4:30:22 | 6:23 |
| 51    | 2046   | Slupina-Beck, Friederike  | 1965 | GER | *Wuppertal                   | W50  | 5      | 334 | 4:30:06 | 4:30:48 | 6:24 |
| 52    | 2162   | Höveler-Klebsch, Hilka    | 1957 | GER | *Münster                     | W60  | 2      | 335 | 4:30:19 | 4:31:04 | 6:24 |
| 53    | 2150   | Rieker, Christina         | 1983 | GER | *Duisburg                    | W35  | 11     | 338 | 4:31:06 | 4:32:00 | 6:25 |

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|-------|--------|------------------------------|------|-----|----------------------------------|-----|--------|-----|---------|---------|------|
| 54    | 2037   | Gaßmann, Bärbel              | 1957 | GER | *Dinslaken                       | W60 | 3      | 340 | 4:31:56 | 4:32:39 | 6:26 |
| 55    | F2152  | Engels, Janke                | 1974 | NLD | Maler Engels                     | W45 | 7      | 344 | 4:33:15 | 4:34:10 | 6:28 |
| 56    | 2066   | Gestmann-Schneider, Heike    | 1967 | GER | *Duisburg                        | W50 | 6      | 345 | 4:33:27 | 4:34:31 | 6:28 |
| 57    | 2144   | Klein, Katharina             | 1984 | GER | *Essen                           | W35 | 12     | 348 | 4:34:57 | 4:35:48 | 6:30 |
| 58    | 2055   | Zinn, Daniela                | 1992 | GER | 1992                             | WH  | 8      | 353 | 4:35:25 | 4:36:50 | 6:31 |
| 59    | 2097   | Stahn, Melanie               | 1994 | GER | *Münster                         | WH  | 9      | 356 | 4:36:03 | 4:36:36 | 6:32 |
| 60    | 2059   | Zuschlag, Dr. Daniela        | 1975 | GER | *Dortmund                        | W40 | 11     | 358 | 4:37:21 | 4:38:34 | 6:34 |
| 61    | 2148   | Wolters, Nina                | 1972 | GER | Waltroper LC 06                  | W45 | 8      | 371 | 4:41:25 | 4:42:29 | 6:40 |
| 62    | 2129   | Dame, Dr. Caro               | 1973 | GER | Frau                             | W45 | 9      | 378 | 4:43:27 | 4:44:18 | 6:43 |
| 63    | 2078   | Winter, Dr. Lea Maria        | 1985 | GER | *Köln                            | W30 | 11     | 379 | 4:44:23 | 4:45:40 | 6:44 |
| 64    | 2125   | Pohlmann, Nicole             | 1993 | GER | *Lübeck                          | WH  | 10     | 382 | 4:45:02 | 4:45:44 | 6:45 |
| 65    | 2087   | Hilger, Ruth                 | 1977 | GER | LF Brohltal                      | W40 | 12     | 394 | 4:49:33 | 4:50:17 | 6:51 |
| 66    | 2083   | Bobbenkamp, Joanna           | 1977 | GER | *Oberhausen                      | W40 | 13     | 397 | 4:50:26 | 4:51:20 | 6:52 |
| 67    | 2117   | Hoppe, Julia Laura           | 1988 | GER | LC Duisburg                      | W30 | 12     | 400 | 4:50:45 | 4:51:28 | 6:53 |
| 68    | 2105   | Askin, Yvonne                | 1983 | GER | Team Erdinger Alkoholfrei        | W35 | 13     | 403 | 4:52:23 | 4:53:14 | 6:55 |
| 69    | 2081   | Schulze, Carmen              | 1978 | GER | weiblich                         | W40 | 14     | 409 | 4:53:17 | 4:54:11 | 6:57 |
| 70    | 2060   | Schaub, Sabine               | 1963 | GER | Kasselfornia Storm Runners       | W55 | 2      | 410 | 4:53:21 | 4:54:20 | 6:57 |
| 71    | 2138   | Kleinfeld, Andrea            | 1968 | GER |                                  | W50 | 7      | 412 | 4:53:23 | 4:54:28 | 6:57 |
| 72    | 2070   | Grunendahl, Anna Lena        | 1985 | GER | *Dortmund                        | W30 | 13     | 418 | 4:55:10 | 4:55:59 | 6:59 |
| 73    | 2115   | Eckhardt, Melanie            | 1978 | GER | LC Duisburg                      | W40 | 15     | 423 | 4:56:04 | 4:57:05 | 7:00 |
| 74    | 2045   | Ader, Christiane             | 1993 | GER | *Aachen                          | WH  | 11     | 435 | 4:58:33 | 4:59:19 | 7:04 |
| 75    | 500    | Jahn, Birgit                 | 1973 | GER | TC Kray 1892 e. V.               | W45 | 10     | 436 | 4:58:57 | 5:00:18 | 7:05 |
| 76    | 2126   | Vermeulen, Sirke             | 1974 | GER | LC Duisburg                      | W45 | 11     | 438 | 4:59:03 | 5:00:18 | 7:05 |
| 77    | 2145   | Kownatzki, Jennifer          | 1975 | GER | *Oer-Erkenschwick                | W40 | 16     | 440 | 4:59:09 | 5:00:12 | 7:05 |
| 78    | 2098   | Mischke, Andrea              | 1969 | GER | *Kaarst                          | W50 | 8      | 442 | 4:59:28 | 5:00:30 | 7:05 |
| 79    | 2200   | Schiffer, Sandra             | 1991 | GER |                                  | WH  | 12     | 450 | 5:03:17 | 5:03:55 | 7:11 |
| 80    | 445    | Tegatz, Anja                 | 1974 | GER | LC Duisburg                      | W45 | 12     | 451 | 5:03:39 | 5:04:49 | 7:11 |
| 81    | 2021   | Harnischmacher, Dr. Wibke    | 1976 | GER | TC Kray 1892 e.V.                | W40 | 17     | 453 | 5:04:11 | 5:05:25 | 7:12 |
| 82    | 2086   | Böcker, Sabine               | 1958 | GER | Team Camerone e.V.               | W60 | 4      | 455 | 5:04:32 | 5:05:48 | 7:13 |
| 83    | 2131   | Gorschlüter, Judith          | 1985 | GER | *Münster                         | W30 | 14     | 458 | 5:05:40 | 5:06:06 | 7:14 |
| 84    | 2032   | Jakobs Micheel, Angelika     | 1975 | GER | Team Erdinger Alkoholfrei        | W40 | 18     | 468 | 5:08:34 | 5:09:24 | 7:18 |
| 85    | 2147   | Genser, Nina                 | 1972 | GER |                                  | W45 | 13     | 469 | 5:08:34 | 5:09:24 | 7:18 |
| 86    | 2024   | Wagner, Sabine               | 1960 | GER | LT Alt-Erkrath                   | W55 | 3      | 474 | 5:10:29 | 5:11:31 | 7:21 |
| 87    | 2149   | Burkhart, Marina             | 1986 | GER | *Senden                          | W30 | 15     | 482 | 5:12:42 | 5:13:45 | 7:24 |
| 88    | 2143   | Pötter, Ursula               | 1983 | GER | *Recklinghausen                  | W35 | 14     | 483 | 5:12:45 | 5:13:50 | 7:24 |
| 89    | 2141   | Macken-Reinirkens, Catherine | 1959 | IRL |                                  | W60 | 5      | 489 | 5:13:48 | 5:14:51 | 7:26 |
| 90    | 2035   | Hajek, Verena                | 1952 | GER | LLG 80 Nordpark Köln             | W65 | 1      | 491 | 5:16:06 | 5:16:55 | 7:29 |
| 91    | 2089   | Gräf, Silvia                 | 1968 | GER | Team Erdinger Alkoholfrei        | W50 | 9      | 503 | 5:21:57 | 5:23:22 | 7:37 |
| 92    | 2093   | Wöstenfeld, Claudia          | 1973 | GER | Bundeswehr                       | W45 | 14     | 504 | 5:21:57 | 5:23:22 | 7:37 |
| 93    | 2139   | Bange, Dagmar                | 1972 | GER | TSV Dieringhausen                | W45 | 15     | 507 | 5:26:38 | 5:27:28 | 7:44 |
| 94    | 2017   | Backes, Susanne              | 1967 | GER | *Duisburg                        | W50 | 10     | 509 | 5:28:21 | 5:29:31 | 7:46 |
| 95    | 2100   | Köppen, Grace                | 1969 | MYS | *Goch                            | W50 | 11     | 512 | 5:30:02 | 5:31:20 | 7:49 |
| 96    | 2051   | Bahr, Brigitte               | 1956 | GER | LAC Veltins Hochsauerland/ TV Fr | W60 | 6      | 517 | 5:33:55 | 5:35:17 | 7:54 |
| 97    | 2050   | Siepe, Marion                | 1976 | GER | Sundern                          | W40 | 19     | 518 | 5:33:57 | 5:35:20 | 7:54 |
| 98    | 2118   | De La Torre, Stephi          | 1975 | GER | LC Duisburg                      | W40 | 20     | 519 | 5:34:23 | 5:35:38 | 7:55 |
| 99    | 500    | John, Svenja                 | 1986 | GER | Borbecker Raketen Essen          | W30 | 16     | 522 | 5:36:05 | 5:37:26 | 7:57 |
| 100   | 2013   | Prim, Marlies                | 1946 | GER | TV Stein/Allgäu                  | W70 | 1      | 524 | 5:37:28 | 5:38:39 | 7:59 |
| 101   | 2079   | Passon, Sylvia               | 1964 | GER | Beimer Team                      | W55 | 4      | 530 | 5:40:57 | 5:41:58 | 8:04 |
| 102   | 2080   | Jongmanns, Elisabeth         | 1960 | GER | Beimer Team                      | W55 | 5      | 531 | 5:40:58 | 5:41:58 | 8:04 |
| 103   | 2104   | Wegener, Jessica             | 1994 | GER | *Steinheim                       | WH  | 13     | 536 | 5:45:06 | 5:46:18 | 8:10 |
| 104   | 2048   | Black, Robin Lea             | 1964 | USA | *Düsseldorf                      | W55 | 6      | 541 | 5:51:15 | 5:52:16 | 8:19 |
| 105   | 2029   | Loch, Birgit                 | 1971 | GER |                                  | W45 | 16     | 543 | 5:51:20 | 5:52:43 | 8:19 |
| 106   | 2092   | Gille, Kristin               | 1995 | GER | *Bochum                          | WH  | 14     | 544 | 5:55:34 | 5:56:51 | 8:25 |

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|-------|--------|------------------|------|-----|----------------|-----|--------|-----|---------|---------|------|
| 107   | 2132   | Wurzeler, Nicole | 1972 | GER | *Gelsenkirchen | W45 | 17     | 546 | 6:00:41 | 6:02:14 | 8:32 |
| 108   | 2135   | Lindemann, Susi  | 1969 | GER | *Mülheim       | W50 | 12     | 548 | 6:00:43 | 6:02:14 | 8:32 |