

35. Rhein-Ruhr-Marathon Duisburg

3. Juni 2018

Ergebnisliste Altersklassen Damen/Herren

35. Rhein-Ruhr-Marathon
OFFIZIELLES ERGEBNIS

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Ergebnisse Männer MU20

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|----------------------|----|-----|---------------------|-------|-----|---------|---------|---------|------|
| 1 | 9 | Tsgay, Dani | | GER | LAZ Puma Rhein-Sieg | 3 | 3 | 1:14:33 | 2:40:40 | 2:40:43 | 3:48 |
| 2 | 99 | Sotzlona, Jan | 1 | GER | *Duisburg | 322 | 376 | 1:56:52 | 4:18:57 | 4:19:21 | 6:08 |
| 3 | 467 | Gössling, Maximilian | 99 | GER | *Osterode Am Harz | 334 | 395 | 1:58:21 | 4:21:53 | 4:22:21 | 6:12 |

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Ergebnisse Männer MH

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|----------------------|----|-----|------------------------------|-------|-----|---------|---------|---------|------|
| 1 | 10 | Schönherr, David | 89 | GER | LSF Münster | 2 | 2 | 1:16:58 | 2:34:36 | 2:34:39 | 3:39 |
| 2 | 390 | Komes, Max Paul | 98 | GER | Nordtriathleten Oberhausen | 11 | 11 | 1:27:40 | 2:56:53 | 2:56:57 | 4:11 |
| 3 | 549 | Malloy, Dr. Connor | 90 | CAN | *Duisburg | 34 | 38 | 1:31:28 | 3:14:45 | 3:14:54 | 4:36 |
| 4 | 258 | Lichtenthäler, Kolja | 91 | GER | *Aachen | 110 | 118 | 1:47:01 | 3:36:42 | 3:37:04 | 5:08 |
| 5 | 571 | Szymanowski, Marcel | 89 | GER | PACE PACK RUNNERS | 139 | 152 | 1:50:52 | 3:43:40 | 3:43:59 | 5:18 |
| 6 | 460 | Schmacke, Dennis | 93 | GER | *Bochum | 154 | 167 | 1:51:20 | 3:47:20 | 3:47:40 | 5:23 |
| 7 | 405 | Reipen, Torben | 97 | GER | *Jüchen | 167 | 184 | 1:53:30 | 3:49:47 | 3:50:07 | 5:26 |
| 8 | 241 | Roggatz, Malte | 98 | GER | MSV Duisburg Einradzebras | 170 | 187 | 1:51:30 | 3:50:05 | 3:50:29 | 5:27 |
| 9 | 435 | Koerfer, Alexander | 89 | GER | LTB Aachen | 174 | 192 | 1:56:39 | 3:50:30 | 3:50:57 | 5:27 |
| 10 | 92 | Raßbach, Paul | 94 | GER | *Mülheim An Der Ruhr | 180 | 202 | 1:54:43 | 3:52:15 | 3:52:35 | 5:30 |
| 11 | 560 | Deblock, Dr. Korneel | 90 | BEL | *Gent | 181 | 203 | 1:31:30 | 3:52:27 | 3:52:32 | 5:30 |
| 12 | 371 | Dirkmann, Max | 97 | GER | Hammer Sprtclub 08 | 200 | 224 | 1:58:03 | 3:55:46 | 3:56:14 | 5:35 |
| 13 | 332 | Rademacher, Daniel | 93 | GER | *Duisburg | 211 | 235 | 1:59:56 | 3:57:21 | 3:57:48 | 5:37 |
| 14 | 592 | Rix, Lorenz | 96 | GER | *Dortmund | 212 | 236 | 2:06:21 | 3:57:30 | 3:58:12 | 5:37 |
| 15 | 270 | Job, Christoph | 91 | GER | Herr | 241 | 269 | 1:51:30 | 4:03:10 | 4:03:32 | 5:45 |
| 16 | 547 | Liu, Yucan | 92 | CHN | *Duisburg | 242 | 270 | 2:00:31 | 4:03:15 | 4:03:39 | 5:45 |
| 17 | 115 | Baader, Matthieu | 96 | GER | Vodafone Runners | 247 | 275 | 1:41:07 | 4:04:25 | 4:04:36 | 5:47 |
| 18 | 103 | Ast, Rüdiger | 92 | GER | *Dortmund | 273 | 315 | 1:58:29 | 4:10:53 | 4:11:18 | 5:56 |
| 19 | 227 | Höffken, Nils | 92 | GER | *Duisburg | 284 | 328 | 1:58:06 | 4:12:55 | 4:13:16 | 5:59 |
| 20 | 33 | Ulitzka, Thomas | 89 | GER | Mobile Baustrassen Ruiter Gm | 286 | 330 | 1:49:04 | 4:13:26 | 4:13:41 | 6:00 |
| 21 | 408 | Baumgartner, Luca | 97 | GER | *Jülich | 291 | 335 | 2:04:18 | 4:14:39 | 4:15:17 | 6:02 |
| 22 | 409 | Roling, Nils | 96 | GER | *Bocholt | 292 | 336 | 2:04:18 | 4:14:39 | 4:15:17 | 6:02 |
| 23 | 188 | Petermann, Nils | 91 | GER | 1991 | 330 | 390 | 1:55:10 | 4:20:20 | 4:20:44 | 6:10 |
| 24 | 301 | Ingenhorst, Lukas | 94 | GER | *Bocholt | 340 | 404 | 1:58:48 | 4:23:36 | 4:24:06 | 6:14 |
| 25 | 364 | Bürks, Steffen | 90 | GER | *Duisburg | 349 | 413 | 2:02:56 | 4:25:17 | 4:25:44 | 6:17 |
| 26 | 119 | Vargic, Tomislav | 91 | HRV | LAC Veltins TuS Velmede-Best | 352 | 416 | 2:00:55 | 4:25:43 | 4:26:12 | 6:17 |
| 27 | 432 | Lau, Jonas | 95 | GER | *Duisburg | 353 | 417 | 1:56:30 | 4:26:02 | 4:26:41 | 6:18 |
| 28 | 100 | Kleinschnitz, Robin | 89 | GER | *Hilden | 363 | 432 | 1:55:22 | 4:28:39 | 4:29:10 | 6:21 |
| 29 | 577 | Schenk, Hagen | 90 | GER | *München | 372 | 444 | 2:03:39 | 4:30:25 | 4:30:57 | 6:24 |
| 30 | 52 | Schramm, Milan | 89 | GER | *Hannover | 375 | 449 | 2:07:45 | 4:31:02 | 4:31:45 | 6:25 |
| 31 | 277 | Krakau, Dennis | 90 | GER | Team K | 418 | 506 | 2:13:19 | 4:44:15 | 4:44:54 | 6:44 |
| 32 | 274 | Kasterke, Marvin | 91 | GER | Team K | 419 | 507 | 2:13:20 | 4:44:16 | 4:44:54 | 6:44 |
| 33 | 647 | Thiedge, CHristian | 90 | GER | *Duisburg | 422 | 510 | 2:15:08 | 4:45:07 | 4:45:58 | 6:45 |
| 34 | 376 | Monopoli, Timo | 94 | ITA | *Duisburg | 428 | 518 | 1:59:48 | 4:49:05 | 4:49:20 | 6:51 |
| 35 | 47 | Steinwascher, Thomas | 91 | GER | *Willich-Anrath | 429 | 519 | 2:25:09 | 4:49:23 | 4:50:04 | 6:51 |
| 36 | 204 | Nawroth, Scott | 94 | GER | *Mülheim An Der Ruhr | 464 | 574 | 2:17:09 | 5:21:01 | 5:21:45 | 7:36 |
| 37 | 414 | Schmitz, Dennis | 91 | GER | *Essen | 468 | 580 | 2:26:54 | 5:21:53 | 5:22:40 | 7:37 |

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Ergebnisse Männer M30

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------------------|----|-----|--------------------------------|-------|-----|---------|---------|---------|------|
| 1 | 5 | Johnstone, Nikki | 84 | GBR | ART-Düsseldorf/Asics-FrontR | 1 | 1 | 1:14:23 | 2:28:40 | 2:28:42 | 3:31 |
| 2 | 588 | Dai, Chaoguang | 87 | GER | *Frankfurt Am Main | 8 | 8 | 1:22:08 | 2:45:56 | 2:46:01 | 3:55 |
| 3 | 300 | Wilms, Robert | 87 | GER | SG Wenden | 16 | 17 | 1:29:35 | 2:59:30 | 2:59:33 | 4:15 |
| 4 | 631 | Tiemann, Daniel | 87 | GER | *Wiesbaden | 18 | 19 | 1:29:05 | 2:59:47 | 2:59:51 | 4:15 |
| 5 | 586 | Schimpf-Willenbrink, Stefan | 85 | GER | TuS Querenburg | 22 | 24 | 1:31:33 | 3:06:49 | 3:06:53 | 4:25 |
| 6 | 157 | Seifert, Simon | 86 | GER | BBM running Mülheim | 29 | 32 | 1:29:34 | 3:09:43 | 3:09:46 | 4:29 |
| 7 | 251 | Roth, Alexander | 85 | GER | Alkstars e.V. | 61 | 66 | 1:41:09 | 3:24:49 | 3:25:00 | 4:51 |
| 8 | 288 | Freiberg, Ben | 85 | GER | *Frankfurt Am Main | 64 | 69 | 1:40:58 | 3:25:42 | 3:25:54 | 4:52 |
| 9 | 548 | Humberg, Kevin | 87 | GER | *Dortmund | 67 | 72 | 1:42:46 | 3:26:58 | 3:27:14 | 4:54 |
| 10 | 513 | Nibbeling, Dennis | 86 | GER | *Duisburg | 69 | 74 | 1:45:04 | 3:27:44 | 3:27:57 | 4:55 |
| 11 | 257 | Staats, Simon | 88 | GER | *Duisburg | 80 | 85 | 1:42:51 | 3:29:33 | 3:29:44 | 4:57 |
| 12 | 330 | Goldschmidt, Achim | 85 | GER | "Pflanzlich.....vind´ ich gut" | 85 | 90 | 1:45:01 | 3:29:41 | 3:29:54 | 4:58 |
| 13 | 77 | Müßgens, Milan | 87 | GER | LC RHEINGOLD 64 | 86 | 91 | 1:45:00 | 3:29:42 | 3:29:53 | 4:58 |
| 14 | 40 | Stromberg, Matthias | 85 | GER | *Dortmund | 93 | 98 | 1:44:28 | 3:30:43 | 3:30:57 | 4:59 |
| 15 | 584 | Niedermann, Dr. Peter | 87 | HUN | *Duisburg | 97 | 103 | 1:42:43 | 3:32:43 | 3:32:49 | 5:02 |
| 16 | 382 | Fuchs, Artjem | 86 | GER | *Mülheim | 102 | 110 | 1:36:34 | 3:34:27 | 3:34:35 | 5:04 |
| 17 | 428 | Sievertz, Manuel | 85 | GER | SC Waldniel | 104 | 112 | 1:36:50 | 3:34:46 | 3:34:52 | 5:05 |
| 18 | 396 | Moroder, Julien | 88 | GER | KA-WEEMS | 119 | 130 | 1:46:50 | 3:40:14 | 3:40:30 | 5:13 |
| 19 | 105 | Hohenwarter, Florian | 86 | AUT | *Köln | 129 | 142 | 1:50:35 | 3:42:22 | 3:42:41 | 5:16 |
| 20 | 433 | Eckert, Sandro | 87 | GER | *Bremen | 130 | 143 | 1:45:02 | 3:42:26 | 3:42:39 | 5:16 |
| 21 | 520 | Klein, Andreas | 88 | GER | *Köln | 157 | 172 | 1:36:32 | 3:48:06 | 3:48:13 | 5:24 |
| 22 | 585 | Blaschke, Mathias | 84 | GER | Ausdauerschule by bunert | 164 | 180 | 1:35:38 | 3:48:59 | 3:49:05 | 5:25 |
| 23 | 381 | Kazmierczak, Michael | 84 | GER | Duisburger Schwimmverein e | 175 | 193 | 1:46:51 | 3:50:30 | 3:50:45 | 5:27 |
| 24 | 86 | Loh, Sebastian | 84 | GER | Supporters Club Schalke 04 | 193 | 215 | 1:52:13 | 3:54:39 | 3:55:04 | 5:33 |
| 25 | 198 | Schaary, Alexander | 88 | GER | OSC 04 Rheinhausen | 204 | 228 | 1:51:53 | 3:56:27 | 3:56:48 | 5:36 |
| 26 | 321 | Bergolte, Tristan | 85 | GER | *Düsseldorf | 210 | 234 | 1:58:15 | 3:57:17 | 3:57:44 | 5:37 |
| 27 | 117 | Süsselbeck, Kevin | 88 | GER | LC Duisburg | 246 | 274 | 1:45:00 | 4:04:08 | 4:04:19 | 5:47 |
| 28 | 372 | Degens, Tim | 86 | GER | *Kerken | 254 | 286 | 1:58:15 | 4:05:49 | 4:06:16 | 5:49 |
| 29 | 174 | Austrup, Matthias | 85 | CUW | *Duisburg | 262 | 297 | 1:58:02 | 4:08:18 | 4:08:47 | 5:53 |
| 30 | 568 | Wilmsen, Andreas | 86 | GER | Perfacts! | 287 | 331 | 1:57:45 | 4:13:32 | 4:14:00 | 6:00 |
| 31 | 280 | Kynast, Philipp | 85 | GER | *Düsseldorf | 303 | 353 | 1:55:30 | 4:16:00 | 4:16:33 | 6:04 |
| 32 | 213 | Rommerswinkel, Michael | 88 | GER | *Mülheim An Der Ruhr | 312 | 366 | 1:57:29 | 4:17:36 | 4:18:04 | 6:06 |
| 33 | 243 | Viol, Raphael | 87 | GER | *Kierspe | 313 | 367 | 1:58:17 | 4:17:37 | 4:18:01 | 6:06 |
| 34 | 24 | Jordan, Julian | 86 | GER | OSC 04 Rheinhausen | 332 | 393 | 2:02:20 | 4:21:07 | 4:21:46 | 6:11 |
| 35 | 463 | Anschütz, Christian | 88 | GER | Heisenberg-Gymnasium Dortr | 336 | 399 | 1:58:22 | 4:22:33 | 4:23:01 | 6:13 |
| 36 | 355 | Ernst, David | 85 | GER | *Dresden | 339 | 402 | 2:05:57 | 4:22:42 | 4:23:18 | 6:13 |
| 37 | 349 | Menne, Sebastian | 85 | GER | *Essen | 344 | 408 | 1:55:34 | 4:24:43 | 4:25:13 | 6:16 |
| 38 | 491 | Schlautmann, René | 87 | GER | LC Duisburg | 360 | 427 | 2:10:10 | 4:26:46 | 4:27:26 | 6:19 |
| 39 | 493 | Bachmann, Thomas | 88 | GER | *Duisburg | 379 | 455 | 2:01:59 | 4:31:51 | 4:32:32 | 6:26 |
| 40 | 431 | Knorr, Alexander | 87 | GER | *Dortmund | 389 | 468 | 1:54:50 | 4:36:39 | 4:37:31 | 6:33 |
| 41 | 353 | Heitkamp, Tobias | 86 | GER | 1986 | 392 | 471 | 1:58:19 | 4:37:17 | 4:37:45 | 6:34 |
| 42 | 580 | Witthus, Jan | 84 | GER | SV Brackwede | 393 | 472 | 2:10:53 | 4:37:33 | 4:37:57 | 6:34 |

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Ergebnisse Männer M30

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------------|----|-----|-----------------|-------|-----|---------|---------|---------|------|
| 43 | 502 | Kleinschnitz, Tobias | 87 | GER | *Offenburg | 441 | 535 | 2:12:26 | 4:55:46 | 4:56:31 | 7:00 |
| 44 | 302 | Bennecke, Nils | 84 | GER | #niloläuft | 460 | 570 | 2:23:04 | 5:17:38 | 5:18:12 | 7:31 |
| 45 | 351 | Sadra, Arne | 88 | GER | EVD Alte Herren | 466 | 578 | 2:17:42 | 5:21:39 | 5:22:22 | 7:37 |
| 46 | 533 | Dimitrov, Bogdan | 88 | BGR | *Duisburg | 472 | 584 | 2:44:37 | 5:24:17 | 5:24:37 | 7:41 |
| 47 | 427 | Milan, Robin | 87 | GER | *Essen | 475 | 587 | 2:23:08 | 5:28:12 | 5:28:57 | 7:46 |
| 48 | 46 | Steinwascher, Michael | 88 | GER | *Dinslaken | 476 | 588 | 2:25:09 | 5:29:33 | 5:30:15 | 7:48 |

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Ergebnisse Männer M35

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|---------------------------|----|-----|------------------------------|-------|-----|---------|---------|---------|------|
| 1 | 556 | Lawrenz, Leif | 80 | GER | ESV Meiderich | 17 | 18 | 1:29:23 | 2:59:40 | 2:59:44 | 4:15 |
| 2 | 300 | Klauke, Ralf | 80 | GER | LC Rapid Dortmund | 19 | 20 | 1:29:34 | 2:59:52 | 2:59:56 | 4:15 |
| 3 | 472 | Pretsch, Michael | 81 | GER | Passtschoen98 | 20 | 21 | 1:29:25 | 3:03:21 | 3:03:24 | 4:20 |
| 4 | 240 | Wagner, Stefan | 79 | GER | *Wachtberg | 23 | 26 | 1:31:29 | 3:06:50 | 3:06:57 | 4:25 |
| 5 | 483 | Kionczyk, Stephan | 82 | GER | Team ERDINGER Alkoholfrei | 24 | 27 | 1:32:26 | 3:07:17 | 3:07:25 | 4:26 |
| 6 | 185 | Dungs, Sebastian | 83 | GER | *Mülheim An Der Ruhr | 31 | 34 | 1:36:10 | 3:12:48 | 3:12:57 | 4:34 |
| 7 | 315 | Gallenkamp, Falko | 81 | GER | BUNERT Wuppertal | 33 | 36 | 1:36:11 | 3:13:05 | 3:13:12 | 4:34 |
| 8 | 122 | Heesen, Christoph | 83 | GER | *Kalkar | 35 | 39 | 1:36:13 | 3:14:51 | 3:14:59 | 4:37 |
| 9 | 385 | Stephan, Christian | 81 | GER | *Senden | 36 | 40 | 1:30:24 | 3:15:03 | 3:15:09 | 4:37 |
| 10 | 545 | Strehl, Martin | 83 | GER | *Haan | 39 | 43 | 1:29:39 | 3:17:32 | 3:17:37 | 4:40 |
| 11 | 219 | Kraschl, Steffen | 81 | GER | *Moers | 44 | 48 | 1:36:10 | 3:19:10 | 3:19:18 | 4:43 |
| 12 | 120 | Smyk, Martin | 81 | GER | *Mülheim An Der Ruhr | 48 | 53 | 1:36:11 | 3:20:27 | 3:20:36 | 4:45 |
| 13 | 443 | Weidenhaupt, Alexander | 83 | GER | *Düsseldorf | 50 | 55 | 1:34:25 | 3:21:14 | 3:21:18 | 4:46 |
| 14 | 215 | Dembksi, Nikolai | 79 | GER | Citybasket Recklinghausen | 53 | 58 | 1:42:48 | 3:21:45 | 3:21:58 | 4:46 |
| 15 | 562 | Skara, Tomislav | 80 | GER | | 56 | 61 | 1:42:48 | 3:22:32 | 3:22:45 | 4:47 |
| 16 | 266 | Münster, Heiko | 79 | GER | SV Herbern | 70 | 75 | 1:42:20 | 3:28:12 | 3:28:23 | 4:56 |
| 17 | 399 | Goeke, Dr. Martin | 82 | GER | Ausdauerschule by bunert | 74 | 79 | 1:43:46 | 3:28:50 | 3:29:00 | 4:56 |
| 18 | 508 | Svoboda, Frank | 82 | GER | TSVE 1890 Bielefeld | 109 | 117 | 1:44:00 | 3:36:05 | 3:36:24 | 5:07 |
| 19 | 454 | Teich, Matthias | 83 | GER | G Data Running Team | 114 | 124 | 1:37:08 | 3:38:40 | 3:38:54 | 5:10 |
| 20 | 517 | Nehm, Oliver | 83 | GER | *Duisburg | 118 | 129 | 1:45:00 | 3:40:12 | 3:40:26 | 5:13 |
| 21 | 446 | Berkenbusch-Dippe, Marlon | 83 | GER | Triathlon Grassau e.V. | 135 | 148 | 1:51:34 | 3:42:35 | 3:42:54 | 5:16 |
| 22 | 632 | Harrou, Issa | 79 | GER | TSV Beeck | 137 | 150 | 1:51:35 | 3:43:40 | 3:43:57 | 5:18 |
| 23 | 248 | Kouwenhoven, Eric | 79 | NLD | *Tuitjenhorn | 140 | 153 | 1:45:15 | 3:43:52 | 3:44:07 | 5:18 |
| 24 | 123 | Kuhnert, Christian | 82 | GER | 1982 | 189 | 211 | 1:52:59 | 3:54:04 | 3:54:23 | 5:32 |
| 25 | 242 | Pannen, Stefan | 83 | GER | Team Klinikum Nürnberg e.V. | 190 | 212 | 1:54:58 | 3:54:07 | 3:54:36 | 5:32 |
| 26 | 477 | Plöger, Tobias | 81 | GER | TUSEM Essen | 194 | 216 | 1:44:59 | 3:54:43 | 3:54:56 | 5:33 |
| 27 | 13 | Dumont, Christian | 82 | GER | *Duisburg | 207 | 231 | 1:54:30 | 3:57:04 | 3:57:26 | 5:37 |
| 28 | 81 | Maaßen, Manuel | 79 | GER | *Krefeld | 209 | 233 | 1:55:39 | 3:57:16 | 3:57:38 | 5:37 |
| 29 | 207 | Tillmann, Bernd | 80 | GER | TV Gronau | 222 | 247 | 1:58:14 | 3:58:51 | 3:59:30 | 5:39 |
| 30 | 524 | Rahm, Heiko | 80 | GER | *Bochum | 234 | 260 | 1:52:52 | 4:00:23 | 4:00:44 | 5:41 |
| 31 | 20 | Kretschmer, Marc | 81 | GER | *Krefeld | 236 | 264 | 1:51:33 | 4:00:47 | 4:01:17 | 5:42 |
| 32 | 411 | Brinkhaus, Jens | 80 | GER | *Nordhorn | 243 | 271 | 1:57:39 | 4:03:16 | 4:03:44 | 5:45 |
| 33 | 55 | Jochimczyk, Witold | 81 | POL | CZEMPJON TEAM | 251 | 281 | 1:57:24 | 4:05:04 | 4:05:33 | 5:48 |
| 34 | 395 | Richter, Jörn | 83 | GER | Herr | 252 | 283 | 1:59:17 | 4:05:36 | 4:06:02 | 5:49 |
| 35 | 645 | Lames, Michel | 82 | GER | *Grevenbroich | 260 | 294 | 2:06:03 | 4:07:46 | 4:08:27 | 5:52 |
| 36 | 267 | Hayna, Patrick | 80 | GER | Kenias letzte Patrone | 299 | 347 | 1:53:56 | 4:15:29 | 4:15:53 | 6:03 |
| 37 | 49 | Gyárfás, Tobias | 81 | GER | *Düsseldorf | 305 | 357 | 2:07:17 | 4:16:09 | 4:16:47 | 6:04 |
| 38 | 338 | Heymann, Jan | 79 | GER | Tri-Geckos Dortmund e.V. | 307 | 360 | 2:05:05 | 4:16:20 | 4:16:52 | 6:04 |
| 39 | 144 | Brzyk, Georg | 81 | GER | LT Bittermark Dortmund | 315 | 369 | 1:45:11 | 4:17:54 | 4:18:07 | 6:06 |
| 40 | 398 | Kraatz, Norman | 80 | GER | TuS Breitscheid 1972/89 e.V. | 318 | 372 | 1:59:35 | 4:18:31 | 4:19:00 | 6:07 |
| 41 | 137 | Alihodzic, Zlatan | 81 | GER | *Bochum | 319 | 373 | 2:10:01 | 4:18:32 | 4:19:13 | 6:07 |
| 42 | 237 | Marten, André | 82 | GER | 1941 | 329 | 389 | 2:06:59 | 4:20:18 | 4:20:55 | 6:10 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------------|----|-----|-------------------------|-------|-----|---------|---------|---------|------|
| 43 | 340 | Van Marwyk, Markus | 79 | GER | Borbecker Raketen Essen | 347 | 411 | 1:59:43 | 4:25:06 | 4:25:36 | 6:16 |
| 44 | 221 | Rüttgers, Jörg | 80 | GER | *Würselen | 364 | 434 | 2:02:22 | 4:29:04 | 4:29:41 | 6:22 |
| 45 | 430 | John, Dennis | 82 | GER | Borbecker | 368 | 440 | 2:10:17 | 4:29:21 | 4:30:01 | 6:22 |
| 46 | 528 | Lichtwark, Tobias | 81 | GER | *Mainz | 390 | 469 | 1:59:32 | 4:36:53 | 4:37:31 | 6:33 |
| 47 | 224 | Fischbacher, Marcel | 82 | GER | www.ruhrpott-sports.com | 395 | 478 | 2:04:11 | 4:38:18 | 4:38:22 | 6:35 |
| 48 | 316 | Brünisholz, Christian | 81 | GER | TSV Skin-Diver e.V. | 399 | 482 | 2:16:08 | 4:39:41 | 4:40:15 | 6:37 |
| 49 | 239 | Mahlerwein, Sebastian | 83 | GER | Marathon Dinslaken | 400 | 485 | 2:10:21 | 4:39:57 | 4:40:33 | 6:38 |
| 50 | 648 | Ziemba, Michael | 81 | GER | Mudbusters | 404 | 489 | 2:05:29 | 4:40:34 | 4:41:07 | 6:38 |
| 51 | 449 | Hirschfeld, Sascha | 80 | GER | LG Hirschfeld | 410 | 497 | 2:10:01 | 4:42:25 | 4:43:06 | 6:41 |
| 52 | 600 | Kudela, Darius | 81 | GER | *Kelmis | 413 | 500 | 1:58:16 | 4:43:36 | 4:43:58 | 6:43 |
| 53 | 210 | Molter, Germar | 83 | GER | *Duisburg | 416 | 504 | 2:14:53 | 4:43:57 | 4:44:49 | 6:43 |
| 54 | 633 | Böttcher, Frank | 81 | GER | SV Tanne Thalheim | 427 | 517 | 2:17:43 | 4:48:38 | 4:49:21 | 6:50 |
| 55 | 466 | Puth, Georg | 81 | GER | Die Flachwitzläufer | 431 | 521 | 2:20:24 | 4:49:34 | 4:50:22 | 6:51 |
| 56 | 2521 | Vogtmann, Dennis | 82 | GER | *Duisburg | 437 | 531 | 2:07:56 | 4:53:28 | 4:54:05 | 6:57 |
| 57 | 1902 | Schübel, Timo | 83 | GER | LC Duisburg | 438 | 532 | 2:16:43 | 4:53:29 | 4:54:06 | 6:57 |
| 58 | 94 | Hauke, Dr. Robert | 79 | GER | *Kaarst | 458 | 567 | 2:26:29 | 5:14:37 | 5:15:24 | 7:27 |
| 59 | 51 | Lüchtenberg, Jens | 81 | GER | *Duisburg | 459 | 568 | 2:11:29 | 5:16:29 | 5:16:59 | 7:30 |
| 60 | 25 | Matzke, Christian | 82 | GER | 1982 | 471 | 583 | 2:18:08 | 5:22:53 | 5:23:35 | 7:39 |
| 61 | 387 | Wahlgren, Tomas | 83 | SWE | *Hägersten | 473 | 585 | 2:28:04 | 5:24:32 | 5:25:23 | 7:41 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|---------------------------|----|-----|-------------------------------|-------|-----|---------|---------|---------|------|
| 1 | 509 | Francke, Sebastian | 74 | GER | *Duisburg | 4 | 4 | 1:20:57 | 2:43:14 | 2:43:17 | 3:52 |
| 2 | 328 | Goltsch, Tillmann | 78 | GER | LT Bittermark | 7 | 7 | 1:23:01 | 2:45:42 | 2:45:45 | 3:55 |
| 3 | 437 | Velten, Sascha | 74 | GER | Lüttringhauser TV | 10 | 10 | 1:24:20 | 2:54:08 | 2:54:10 | 4:07 |
| 4 | 172 | Pelgrim, Marcel | 77 | GER | LEX BOCHOLT RUNNING TEA | 12 | 12 | 1:29:24 | 2:56:59 | 2:57:03 | 4:11 |
| 5 | 439 | Harwardt, Thorsten | 76 | GER | Hamburger Laufladen | 13 | 14 | 1:28:22 | 2:57:51 | 2:57:54 | 4:12 |
| 6 | 102 | Stellinger, Florian | 78 | GER | Leonie | 14 | 15 | 1:28:23 | 2:58:16 | 2:58:20 | 4:13 |
| 7 | 138 | Lindlar, Patrick | 76 | GER | *Hövelhof | 27 | 30 | 1:31:34 | 3:08:16 | 3:08:19 | 4:27 |
| 8 | 590 | Karpfinger, Daniel | 77 | GER | *Geilenkirchen | 38 | 42 | 1:36:45 | 3:17:02 | 3:17:10 | 4:40 |
| 9 | 486 | Vrijdaghs, Dr. Steven | 74 | BEL | ZA-Team | 45 | 49 | 1:35:40 | 3:19:40 | 3:19:47 | 4:43 |
| 10 | 565 | Breil, Sascha | 76 | GER | LT Bismarckturn Bochum | 54 | 59 | 1:40:35 | 3:21:47 | 3:21:58 | 4:46 |
| 11 | 591 | Feist, Markus | 74 | GER | Sportfreunde Ennepetal E v | 60 | 65 | 1:37:03 | 3:23:57 | 3:24:05 | 4:49 |
| 12 | 179 | Url, Michael | 77 | GER | Erdinger Alkoholfrei/ Moerser | 73 | 78 | 1:40:13 | 3:28:46 | 3:28:55 | 4:56 |
| 13 | 602 | Bröring, Christian | 76 | GER | Team Ultra Sports | 81 | 86 | 1:45:10 | 3:29:37 | 3:29:44 | 4:58 |
| 14 | 451 | Gading, Thomas | 76 | GER | LC Duisburg | 87 | 92 | 1:45:01 | 3:29:43 | 3:29:53 | 4:58 |
| 15 | 306 | Spielmann, Till | 76 | GER | *Duisburg | 88 | 93 | 1:44:51 | 3:29:55 | 3:30:06 | 4:58 |
| 16 | 412 | Bergerhoff, Stefan | 74 | GER | Ausdauerschule by bunert | 90 | 95 | 1:43:46 | 3:30:23 | 3:30:33 | 4:59 |
| 17 | 541 | Faber, Darius | 75 | GER | *Moers | 96 | 101 | 1:42:54 | 3:31:41 | 3:31:54 | 5:00 |
| 18 | 559 | Visholm, Steffen | 75 | DNK | SMT Silkeborg | 103 | 111 | 1:44:21 | 3:34:29 | 3:34:43 | 5:04 |
| 19 | 312 | Langenbruch, Lars | 74 | GER | LG Düsseler Tor | 113 | 122 | 1:45:05 | 3:37:54 | 3:38:05 | 5:09 |
| 20 | 521 | Stucke, Markus | 75 | GER | *Recklinghausen | 115 | 126 | 1:46:26 | 3:38:56 | 3:39:12 | 5:11 |
| 21 | 423 | Großmann, Matthias | 78 | GER | *Essen | 128 | 141 | 1:45:55 | 3:42:10 | 3:42:28 | 5:15 |
| 22 | 346 | Siktaşli, Arkin | 77 | TUR | *Yunusemre | 133 | 146 | 1:48:10 | 3:42:30 | 3:42:45 | 5:16 |
| 23 | 441 | Zöhrer, Carsten | 75 | GER | LC Duisburg | 136 | 149 | 1:45:00 | 3:42:54 | 3:43:06 | 5:16 |
| 24 | 410 | Klinkhammer, Jens | 77 | GER | JK-MoVe | 138 | 151 | 1:40:18 | 3:43:40 | 3:43:46 | 5:18 |
| 25 | 285 | Strack, Sascha | 76 | GER | 20 Jahre Marathon "1998-201 | 143 | 156 | 1:50:31 | 3:44:31 | 3:44:40 | 5:19 |
| 26 | 345 | Ishida, Masafumi | 74 | GER | Kein Verein | 144 | 157 | 1:51:35 | 3:44:37 | 3:44:54 | 5:19 |
| 27 | 176 | Klein, Walter | 74 | GER | *Dortmund | 147 | 160 | 1:44:41 | 3:46:30 | 3:46:54 | 5:22 |
| 28 | 335 | Loeber, Ralf | 77 | GER | 100 MC | 149 | 162 | 1:53:10 | 3:46:45 | 3:47:09 | 5:22 |
| 29 | 53 | Kwiatkowski, Michael | 77 | GER | ASV Duisburg | 151 | 164 | 1:44:32 | 3:46:52 | 3:47:06 | 5:22 |
| 30 | 488 | Hanneken, Stefan | 74 | GER | *Geeste | 155 | 170 | 1:56:37 | 3:47:45 | 3:48:09 | 5:23 |
| 31 | 149 | Hommes, Alexander | 76 | GER | *Ahrweiler | 159 | 174 | 1:45:03 | 3:48:42 | 3:48:56 | 5:25 |
| 32 | 518 | Merten, Torsten | 77 | GER | 1.FC Köln | 173 | 191 | 1:56:38 | 3:50:30 | 3:50:57 | 5:27 |
| 33 | 452 | Peek, Holger | 76 | GER | TUSEM Essen | 176 | 195 | 1:55:43 | 3:51:02 | 3:51:24 | 5:28 |
| 34 | 447 | Meuser, Jens | 76 | GER | TV Runkel | 182 | 204 | 1:51:42 | 3:52:31 | 3:52:57 | 5:30 |
| 35 | 331 | Dumke, Holger | 74 | GER | *Duisburg | 185 | 207 | 1:51:02 | 3:53:07 | 3:53:23 | 5:31 |
| 36 | 570 | Herkenrath, Peter | 74 | GER | VT Triangel Kempen | 187 | 209 | 1:54:51 | 3:53:32 | 3:53:54 | 5:32 |
| 37 | 628 | Kock, Michael | 75 | GER | Wir bei HKM | 202 | 226 | 1:56:08 | 3:56:18 | 3:56:42 | 5:36 |
| 38 | 444 | Rabeneck, Gerald | 74 | GER | LC Duisburg | 203 | 227 | 1:56:51 | 3:56:24 | 3:56:50 | 5:36 |
| 39 | 286 | Bruno, Manuel Constantino | 76 | GER | Anchor Running Crew Duisbur | 206 | 230 | 1:57:43 | 3:56:51 | 3:57:18 | 5:36 |
| 40 | 275 | Jungblut, Martin | 75 | GER | OTV Endurance Team | 215 | 239 | 1:45:01 | 3:57:42 | 3:57:57 | 5:38 |
| 41 | 141 | Wuellner, Ueli | 74 | GER | *Essen | 221 | 245 | 1:58:20 | 3:58:14 | 3:58:41 | 5:38 |
| 42 | 417 | Zwinge, Matthias | 74 | GER | *Nideggen | 225 | 250 | 1:53:21 | 3:59:02 | 3:59:24 | 5:39 |

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Ergebnisse Männer M40

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------------|----|-----|----------------------------|-------|-----|---------|---------|---------|------|
| 43 | 12 | Kirsch, Sven | 74 | GER | Die laufenden Psychonauten | 231 | 257 | 2:06:44 | 4:00:05 | 4:00:42 | 5:41 |
| 44 | 642 | Döring, Thomas | 74 | GER | | 245 | 273 | 1:51:34 | 4:04:05 | 4:04:23 | 5:47 |
| 45 | 536 | Kohlmeier, Markus | 74 | GER | *Bielefeld | 248 | 276 | 1:56:59 | 4:04:33 | 4:04:55 | 5:47 |
| 46 | 531 | Bozkaya, Serkan | 74 | GER | *Herne | 263 | 299 | 1:49:57 | 4:08:43 | 4:08:56 | 5:53 |
| 47 | 519 | Derksen, Achim | 77 | GER | Leichtathletik Nütterden | 265 | 303 | 1:57:25 | 4:09:03 | 4:09:26 | 5:54 |
| 48 | 67 | Kofferschläger, Michael | 78 | GER | Kraftzentrale Wegberg | 268 | 306 | 1:58:39 | 4:09:12 | 4:09:40 | 5:54 |
| 49 | 96 | Gandecki, Dirk | 76 | GER | Die EISERNEN | 281 | 324 | 1:58:19 | 4:12:08 | 4:12:34 | 5:58 |
| 50 | 256 | Schmitz, Thomas | 75 | GER | TG NEUSS | 296 | 343 | 2:06:32 | 4:15:00 | 4:15:31 | 6:02 |
| 51 | 587 | Krüger, Prof. Dr. Jens | 75 | GER | *Duisburg | 351 | 415 | 1:57:34 | 4:25:30 | 4:26:03 | 6:17 |
| 52 | 154 | Filips, Christian | 76 | GER | *Dortmund | 357 | 421 | 2:04:06 | 4:26:21 | 4:27:04 | 6:18 |
| 53 | 646 | Philipp, Frank Oliver | 75 | GER | *Lohmar | 376 | 450 | 1:58:20 | 4:31:18 | 4:31:40 | 6:25 |
| 54 | 525 | Schütz, Carsten | 78 | GER | *Dormagen | 382 | 458 | 2:12:47 | 4:32:30 | 4:33:12 | 6:27 |
| 55 | 127 | Schröer, Mario | 76 | GER | *Erwitte | 383 | 459 | 2:07:56 | 4:32:33 | 4:32:56 | 6:27 |
| 56 | 370 | Balde, Edward | 77 | GER | *Dortmund | 391 | 470 | 1:58:08 | 4:37:01 | 4:37:29 | 6:33 |
| 57 | 490 | Reichel, Andreas | 76 | GER | *Duisburg | 407 | 493 | 2:07:54 | 4:41:36 | 4:42:12 | 6:40 |
| 58 | 341 | Lohmann, Marcus | 75 | GER | Blau Weiß Filsum e.V. | 433 | 524 | 2:22:55 | 4:51:08 | 4:51:56 | 6:53 |
| 59 | 334 | Lüdemann, Nico | 78 | GER | bluecue runners | 440 | 534 | 2:08:21 | 4:55:09 | 4:55:27 | 6:59 |
| 60 | 429 | Haas, Pierre | 77 | GER | *Bochum | 446 | 545 | 2:13:24 | 4:58:35 | 4:59:16 | 7:04 |
| 61 | 616 | Fiedler, Raimund | 78 | GER | *Bonn | 451 | 555 | 2:36:35 | 5:04:57 | 5:04:57 | 7:13 |
| 62 | 401 | Popovic, Zoran | 75 | GER | 2B-Balanced | 463 | 573 | 2:25:49 | 5:19:09 | 5:20:02 | 7:33 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------------|----|-----|--------------------------|-------|-----|---------|---------|---------|------|
| 1 | 2 | Tertünte, Björn | 73 | GER | Ayyo Team Essen e. V. | 9 | 9 | 1:21:10 | 2:51:27 | 2:51:29 | 4:03 |
| 2 | 629 | Reisecker, Josef | 69 | AUT | Schweitzer.at | 15 | 16 | 1:26:27 | 2:59:13 | 2:59:16 | 4:14 |
| 3 | 501 | Schneider, Thomas | 69 | GER | LG RWE Power | 21 | 23 | 1:28:41 | 3:06:12 | 3:06:15 | 4:24 |
| 4 | 650 | Thüs, Andreas | 70 | GER | Laufmonster | 25 | 28 | 1:31:57 | 3:07:41 | 3:07:46 | 4:26 |
| 5 | 566 | Lössner, Ralph | 72 | GER | *Duisburg | 26 | 29 | 1:35:43 | 3:08:16 | 3:08:22 | 4:27 |
| 6 | 601 | Gütinger, Dr. Christoph | 69 | GER | VANDIT | 30 | 33 | 1:31:31 | 3:10:04 | 3:10:09 | 4:30 |
| 7 | 315 | Rodriguez Baena, Rafael | 69 | GER | TC Kray 1892 e. V. | 32 | 35 | 1:36:10 | 3:13:05 | 3:13:12 | 4:34 |
| 8 | 114 | Wazna, Holger | 73 | GER | Rumelner TV | 40 | 44 | 1:34:50 | 3:17:33 | 3:17:38 | 4:40 |
| 9 | 514 | Markiewicz, Darius | 70 | GER | *Mülheim An Der Ruhr | 42 | 46 | 1:31:46 | 3:18:08 | 3:18:12 | 4:41 |
| 10 | 217 | Schilling-Frenk, Tiemo | 72 | GER | BSG Sparkasse Essen | 46 | 51 | 1:40:47 | 3:20:14 | 3:20:29 | 4:44 |
| 11 | 140 | Skopp, Olaf | 73 | GER | Aktion Canchanabury | 49 | 54 | 1:37:23 | 3:20:44 | 3:20:54 | 4:45 |
| 12 | 583 | Makowka, Thorsten | 73 | GER | SV Werder Bremen | 52 | 57 | 1:36:18 | 3:21:41 | 3:21:47 | 4:46 |
| 13 | 88 | Antoniou, Dr. Theodoros | 70 | GRC | THYSSENKRUPP PLASTICS DU | 57 | 62 | 1:32:14 | 3:23:01 | 3:23:04 | 4:48 |
| 14 | 499 | Eschenbrenner, Martin | 71 | GER | *Berlin | 58 | 63 | 1:36:12 | 3:23:17 | 3:23:25 | 4:49 |
| 15 | 569 | Lux, Michael | 70 | GER | König & Partner | 63 | 68 | 1:40:25 | 3:25:34 | 3:25:54 | 4:52 |
| 16 | 422 | Moser, Lars | 70 | GER | *Bochum | 72 | 77 | 1:44:40 | 3:28:28 | 3:28:48 | 4:56 |
| 17 | 505 | Dieball, Björn | 73 | GER | *Stade | 75 | 80 | 1:42:46 | 3:28:51 | 3:28:59 | 4:56 |
| 18 | 614 | Vogt, Andre | 71 | GER | LC Duisburg | 76 | 81 | 1:44:26 | 3:28:52 | 3:29:06 | 4:56 |
| 19 | 594 | Janyga, Jürgen | 70 | GER | SV Gladbeck 13 | 78 | 83 | 1:43:46 | 3:29:15 | 3:29:25 | 4:57 |
| 20 | 83 | Bongardt, Dirk | 73 | GER | *Krefeld | 81 | 86 | 1:45:10 | 3:29:37 | 3:29:44 | 4:58 |
| 21 | 124 | Duckstein, Volker | 69 | GER | LLG Wustweiler | 83 | 88 | 1:43:31 | 3:29:38 | 3:29:50 | 4:58 |
| 22 | 540 | Petri, Axel | 72 | GER | DREAMBIG SPORTS CLUB | 89 | 94 | 1:42:49 | 3:29:59 | 3:30:13 | 4:58 |
| 23 | 303 | Behr, Ralf | 69 | GER | *Oberhausen | 92 | 97 | 1:43:47 | 3:30:30 | 3:30:41 | 4:59 |
| 24 | 458 | Müller, Jörg | 71 | GER | LT Wischlingen Dortmund | 94 | 99 | 1:45:02 | 3:31:34 | 3:31:48 | 5:00 |
| 25 | 498 | Schoonjans, Robert | 71 | BEL | *Kessel-Lo | 95 | 100 | 1:45:05 | 3:31:34 | 3:31:45 | 5:00 |
| 26 | 230 | Behrens, Frank | 69 | GER | SSV Gristede | 100 | 108 | 1:30:18 | 3:33:51 | 3:33:56 | 5:04 |
| 27 | 636 | Jaunich, Bernd | 71 | GER | *Bochum | 107 | 115 | 1:46:09 | 3:35:37 | 3:35:52 | 5:06 |
| 28 | 634 | Teigelkamp, Stefan | 72 | GER | Adler Langlauf Bottrop | 116 | 127 | 1:47:25 | 3:39:49 | 3:39:59 | 5:12 |
| 29 | 191 | Töller, Mike Stefan | 69 | GER | LG Alpen | 123 | 136 | 1:36:12 | 3:41:51 | 3:41:59 | 5:15 |
| 30 | 605 | Gartmann, Jörg | 71 | GER | LC Duisburg | 126 | 139 | 1:45:02 | 3:42:07 | 3:42:17 | 5:15 |
| 31 | 406 | Mathia, Marcus | 72 | GER | *Grevenbroich | 146 | 159 | 1:43:29 | 3:45:55 | 3:46:06 | 5:21 |
| 32 | 21 | Schmiade, Frank | 70 | GER | TSG Grünstadt | 148 | 161 | 1:51:48 | 3:46:44 | 3:47:09 | 5:22 |
| 33 | 129 | Müller, Holger | 70 | GER | sie inkrädibäl holg | 153 | 166 | 1:45:02 | 3:47:08 | 3:47:20 | 5:22 |
| 34 | 317 | Scholz, Tobias | 72 | GER | *Hannover | 158 | 173 | 1:52:16 | 3:48:38 | 3:48:55 | 5:25 |
| 35 | 624 | Janik, Markus | 69 | GER | *Duisburg | 162 | 178 | 1:51:18 | 3:48:45 | 3:49:01 | 5:25 |
| 36 | 554 | Eickermann, Udo | 71 | GER | *Dormagen | 172 | 190 | 1:49:43 | 3:50:25 | 3:50:43 | 5:27 |
| 37 | 294 | Johann, Thomas | 71 | GER | DLRG Helgoland | 177 | 196 | 1:55:24 | 3:51:14 | 3:51:35 | 5:28 |
| 38 | 287 | Kloss, Jens | 69 | GER | *Berlin | 183 | 205 | 1:58:43 | 3:52:32 | 3:53:03 | 5:30 |
| 39 | 289 | Olrogge, Lars | 70 | GER | Gatow rules | 184 | 206 | 1:48:36 | 3:52:45 | 3:53:03 | 5:30 |
| 40 | 208 | Meyering, Gerd | 69 | GER | *Lehe | 197 | 221 | 1:51:35 | 3:55:18 | 3:55:36 | 5:34 |
| 41 | 37 | Burger, Ingo | 72 | GER | Zum 3. Mal diese Qual | 208 | 232 | 1:45:08 | 3:57:12 | 3:57:21 | 5:37 |
| 42 | 84 | Angenendt, Martin | 72 | GER | LT Vynen, Xanten | 217 | 241 | 1:58:08 | 3:57:47 | 3:58:06 | 5:38 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|------------------------|----|-----|----------------------------|-------|-----|---------|---------|---------|------|
| 43 | 377 | Skiba, Martin | 70 | GER | Laufen gegen Leiden e.V. | 220 | 244 | 1:58:19 | 3:58:10 | 3:58:36 | 5:38 |
| 44 | 599 | Lucas, Adrian | 70 | GER | British Army | 229 | 254 | 1:55:38 | 3:59:49 | 4:00:12 | 5:41 |
| 45 | 319 | Breuer, Heiko | 69 | GER | *Köln | 230 | 256 | 1:58:10 | 4:00:00 | 4:00:27 | 5:41 |
| 46 | 135 | Kraus, Thorsten | 71 | GER | *Duisburg | 237 | 265 | 1:51:31 | 4:01:02 | 4:01:26 | 5:42 |
| 47 | 187 | Bendiek, Axel | 72 | GER | *Kevelaer | 250 | 280 | 2:06:29 | 4:05:01 | 4:05:27 | 5:48 |
| 48 | 448 | Weyler, Thomas | 73 | GER | *Duisburg | 258 | 291 | 1:56:54 | 4:06:47 | 4:06:54 | 5:50 |
| 49 | 561 | Keggenhoff, Dirk | 71 | GER | LSF Münster | 272 | 314 | 1:57:36 | 4:10:44 | 4:11:15 | 5:56 |
| 50 | 386 | Dröscher, Björn | 73 | GER | TVD Velbert | 279 | 322 | 1:59:46 | 4:11:56 | 4:12:31 | 5:58 |
| 51 | 348 | Stachanczyk, Slawomir | 71 | GER | *Dortmund | 280 | 323 | 1:56:29 | 4:11:58 | 4:12:26 | 5:58 |
| 52 | 606 | Granzen, Stefan | 72 | GER | *Oberhausen | 282 | 326 | 2:07:50 | 4:12:27 | 4:13:05 | 5:58 |
| 53 | 177 | Kock, Thorsten | 70 | GER | *Duisburg | 283 | 327 | 2:07:58 | 4:12:34 | 4:13:13 | 5:59 |
| 54 | 136 | Al-Tai, Ali | 69 | IRQ | *Herne | 289 | 333 | 2:07:42 | 4:14:02 | 4:14:56 | 6:01 |
| 55 | 233 | Wicht, Thomas | 73 | GER | *Korschenbroich | 300 | 349 | 2:07:54 | 4:15:41 | 4:16:17 | 6:03 |
| 56 | 336 | Kossen, Papa Von Tom | 69 | GER | *Duisburg | 301 | 350 | 1:51:10 | 4:15:44 | 4:16:03 | 6:03 |
| 57 | 450 | Gieselmann, Henner | 70 | GER | *Potsdam | 302 | 351 | 1:57:58 | 4:15:56 | 4:16:20 | 6:03 |
| 58 | 57 | Schreiter, Rüdiger | 71 | GER | *Duisburg | 306 | 358 | 2:07:46 | 4:16:12 | 4:16:54 | 6:04 |
| 59 | 244 | Urschey, Michael | 73 | GER | Team Hummel | 316 | 370 | 2:01:41 | 4:18:15 | 4:18:52 | 6:07 |
| 60 | 581 | Wirtz, Andre | 72 | GER | *Krefeld | 317 | 371 | 2:05:28 | 4:18:20 | 4:18:55 | 6:07 |
| 61 | 640 | Moldowan, Mirko | 69 | GER | *Herten | 320 | 374 | 1:58:19 | 4:18:40 | 4:19:12 | 6:07 |
| 62 | 62 | Schumann, Joachim | 73 | GER | Marathon Mülheim | 321 | 375 | 2:01:39 | 4:18:47 | 4:19:11 | 6:07 |
| 63 | 527 | Strohn, Carsten | 73 | GER | Suchthilfe gGmbH Leverkuse | 323 | 377 | 1:57:07 | 4:19:08 | 4:19:26 | 6:08 |
| 64 | 622 | Weissenborn, Michael | 70 | GER | *Dortmund | 324 | 380 | 1:55:15 | 4:19:23 | 4:19:56 | 6:08 |
| 65 | 121 | Adamczuk, David | 71 | GER | Kamikaze-Runners | 327 | 384 | 1:57:24 | 4:19:43 | 4:20:17 | 6:09 |
| 66 | 352 | Schremmer, Hans Jürgen | 70 | GER | LLT Wallernhausen | 341 | 405 | 1:58:28 | 4:23:40 | 4:24:11 | 6:14 |
| 67 | 421 | Stark, Patrick | 72 | GER | *Bonn | 345 | 409 | 2:02:36 | 4:24:43 | 4:25:13 | 6:16 |
| 68 | 615 | Kohlstedde, Guido | 70 | GER | *Witten | 356 | 420 | 2:13:47 | 4:26:18 | 4:26:48 | 6:18 |
| 69 | 420 | Rulhoff, Christian | 72 | GER | *Mülheim | 361 | 429 | 1:58:51 | 4:26:58 | 4:27:25 | 6:19 |
| 70 | 68 | Splesnialy, Hans | 71 | GER | *Frankenthal | 365 | 436 | 2:17:13 | 4:29:06 | 4:29:58 | 6:22 |
| 71 | 512 | Droß, Dirk | 70 | GER | Commerzbank BSG Düsseldorf | 367 | 438 | 2:15:14 | 4:29:15 | 4:30:00 | 6:22 |
| 72 | 404 | Boldt, Jörg | 69 | GER | wir bei hkm | 370 | 442 | 1:56:44 | 4:30:04 | 4:30:28 | 6:24 |
| 73 | 181 | Jöge, Michael | 71 | GER | TEA - Die 4 lustigen 5 | 377 | 451 | 1:58:23 | 4:31:19 | 4:31:50 | 6:25 |
| 74 | 95 | Vorrath, Ludger | 72 | GER | Team Polizei Duisburg | 378 | 454 | 2:10:02 | 4:31:38 | 4:32:20 | 6:26 |
| 75 | 625 | Bülte, Dr. Raimund | 72 | GER | *Mülheim | 380 | 456 | 2:07:09 | 4:31:55 | 4:32:26 | 6:26 |
| 76 | 98 | Huppert, Thorsten | 69 | GER | *Hamm | 384 | 460 | 1:47:47 | 4:33:32 | 4:33:45 | 6:28 |
| 77 | 178 | Report, Christoph | 72 | GER | *Hattingen | 386 | 463 | 2:10:00 | 4:34:30 | 4:35:12 | 6:30 |
| 78 | 456 | Rosen, Thomas | 73 | GER | LT Alt-Erkrath | 394 | 476 | 2:11:40 | 4:38:16 | 4:38:50 | 6:35 |
| 79 | 426 | Plehn, Dr. Gunnar | 70 | GER | *Moers | 396 | 479 | 2:17:43 | 4:38:54 | 4:39:43 | 6:36 |
| 80 | 655 | Beer, Oliver | 71 | GER | *Sprockhövel | 398 | 481 | 2:07:28 | 4:39:09 | 4:39:34 | 6:36 |
| 81 | 299 | Vogt, Mike | 72 | GER | *Oberhausen | 403 | 488 | 2:10:17 | 4:40:30 | 4:41:11 | 6:38 |
| 82 | 171 | Huysmann, Carsten | 70 | GER | Angerland LT Lintorf | 405 | 491 | 2:00:27 | 4:40:47 | 4:41:13 | 6:39 |
| 83 | 229 | Kettner, Joachim | 71 | GER | *Duisburg | 406 | 492 | 2:10:14 | 4:41:08 | 4:41:53 | 6:39 |
| 84 | 389 | Knop, Markus | 69 | GER | *Köln | 412 | 499 | 2:20:32 | 4:42:44 | 4:43:35 | 6:42 |

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Ergebnisse Männer M45

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------|----|-----|------------------------------|-------|-----|---------|---------|---------|------|
| 85 | 402 | Vogel, Thomas | 73 | GER | Turnverein 1846 e.V. Groß-Ge | 420 | 508 | 2:16:30 | 4:44:45 | 4:45:07 | 6:44 |
| 86 | 375 | Weier, Ralf | 70 | GER | VfL Merkur Kleve | 424 | 513 | 2:04:16 | 4:46:05 | 4:46:36 | 6:46 |
| 87 | 366 | Hühner, Michael | 69 | GER | *Bochum | 425 | 514 | 2:12:07 | 4:46:50 | 4:47:31 | 6:47 |
| 88 | 608 | Schlette, Marc | 71 | GER | LC Duisburg | 435 | 528 | 2:20:47 | 4:53:24 | 4:54:12 | 6:57 |
| 89 | 142 | Lemm, Dirk | 72 | GER | Zum Twee Ührken | 455 | 562 | 2:20:25 | 5:08:01 | 5:08:50 | 7:17 |
| 90 | 58 | Kragl, Andreas | 72 | GER | MSV Duisburg | 462 | 572 | 2:27:36 | 5:18:59 | 5:19:52 | 7:33 |

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Ergebnisse Männer M50

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|--------------------------|----|-----|------------------------------|-------|-----|---------|---------|---------|------|
| 1 | 542 | Lenz, Wolfgang | 67 | GER | rhein-marathon düsseldorf e. | 5 | 5 | 1:20:42 | 2:44:01 | 2:44:03 | 3:53 |
| 2 | 3 | Jäkel, Robert | 64 | GER | TuS 08 Lintorf | 6 | 6 | 1:20:41 | 2:44:59 | 2:45:01 | 3:54 |
| 3 | 8 | Stolecki, Stephan | 68 | GER | LC Rapid Dortmund | 28 | 31 | 1:29:35 | 3:08:40 | 3:08:43 | 4:28 |
| 4 | 39 | Pieper, Walter | 67 | GER | *Bochum | 37 | 41 | 1:34:17 | 3:15:06 | 3:15:12 | 4:37 |
| 5 | 391 | Burgos Lopez, Luis | 67 | ESP | Alcobendas Corre | 41 | 45 | 1:31:38 | 3:18:07 | 3:18:11 | 4:41 |
| 6 | 515 | Rüschenschmidt, Frank | 65 | GER | BSG Commerzbank Dortmund | 43 | 47 | 1:38:06 | 3:18:51 | 3:19:00 | 4:42 |
| 7 | 14 | Mehtieff, Alexander | 66 | GER | Krefelder Kanu Klub | 47 | 52 | 1:33:51 | 3:20:23 | 3:20:28 | 4:44 |
| 8 | 589 | Sahling, Heino | 66 | GER | Werdener Turnerbund v. 188 | 51 | 56 | 1:36:11 | 3:21:17 | 3:21:24 | 4:46 |
| 9 | 637 | Tekhaus, Jens | 68 | GER | SGE Ergste/bewegt.de | 59 | 64 | 1:44:32 | 3:23:43 | 3:23:55 | 4:49 |
| 10 | 403 | Israel, Frank | 67 | GER | LSG Attendorn-Petersburg | 62 | 67 | 1:41:08 | 3:25:32 | 3:25:42 | 4:52 |
| 11 | 30 | Schax, Manfred | 66 | GER | SV Viktoria Winnekendonk Te | 66 | 71 | 1:42:03 | 3:26:27 | 3:26:36 | 4:53 |
| 12 | 283 | Bläser, Frank | 67 | GER | *Moers | 68 | 73 | 1:42:57 | 3:27:27 | 3:27:40 | 4:54 |
| 13 | 201 | Köhler, Dieter | 68 | GER | TSV Viktoria Mülheim | 71 | 76 | 1:40:47 | 3:28:17 | 3:28:28 | 4:56 |
| 14 | 161 | Oelsner, Dr. Malte | 67 | GER | BL Runners | 77 | 82 | 1:40:59 | 3:29:08 | 3:29:15 | 4:57 |
| 15 | 205 | Schmidt, Achim | 68 | GER | SSV Düsseldorf Knittkuhl | 91 | 96 | 1:45:00 | 3:30:26 | 3:30:43 | 4:59 |
| 16 | 79 | Fischer, Andreas | 65 | GER | OSC 04 Rheinhausen | 98 | 104 | 1:45:54 | 3:32:52 | 3:33:07 | 5:02 |
| 17 | 333 | Kusche, Jürgen | 65 | GER | *Bonn | 99 | 105 | 1:43:37 | 3:33:18 | 3:33:50 | 5:03 |
| 18 | 470 | Kaiser, Michael | 64 | GER | BelalaSola | 105 | 113 | 1:44:59 | 3:34:52 | 3:35:06 | 5:05 |
| 19 | 523 | Hansen, Dirk | 66 | GER | LAG Wesertal | 106 | 114 | 1:45:10 | 3:35:19 | 3:35:32 | 5:06 |
| 20 | 620 | Dieckmann, Robert | 66 | GER | TVE Lauffreunde Gladbeck | 108 | 116 | 1:44:48 | 3:36:01 | 3:36:14 | 5:07 |
| 21 | 539 | Heisel, Dirk | 68 | GER | LT Mattlerbusch | 112 | 121 | 1:45:45 | 3:37:45 | 3:37:59 | 5:09 |
| 22 | 75 | Schrooten, Marc | 67 | GER | *Duisburg | 117 | 128 | 1:46:47 | 3:40:12 | 3:40:28 | 5:13 |
| 23 | 582 | Horn, Rüdiger | 67 | GER | *Mülheim | 121 | 134 | 1:38:16 | 3:40:58 | 3:41:06 | 5:14 |
| 24 | 464 | Euen, Tom | 67 | GER | #raketengang | 127 | 140 | 1:41:39 | 3:42:09 | 3:42:19 | 5:15 |
| 25 | 85 | Mom, Rene | 67 | NLD | *Druten | 131 | 144 | 1:51:28 | 3:42:28 | 3:42:53 | 5:16 |
| 26 | 249 | Lütke-Kappenberg, Ansgar | 68 | GER | *Münster | 142 | 155 | 1:48:54 | 3:44:10 | 3:44:30 | 5:18 |
| 27 | 345 | Kühnen, Thomas | 67 | GER | BSG Sparkasse Duisburg | 144 | 157 | 1:51:35 | 3:44:37 | 3:44:54 | 5:19 |
| 28 | 494 | Pütz, Stefan | 66 | GER | *Duisburg | 156 | 171 | 1:51:31 | 3:47:54 | 3:48:12 | 5:24 |
| 29 | 626 | Garcia, Juan | 64 | GER | ASV Duisburg | 161 | 177 | 1:51:18 | 3:48:44 | 3:49:01 | 5:25 |
| 30 | 64 | Intveen, Jürgen | 68 | GER | KTV Kempen e.V. | 165 | 182 | 1:45:25 | 3:49:34 | 3:49:54 | 5:26 |
| 31 | 619 | Torkildsen, Jörg | 67 | GER | Nur für mich | 170 | 187 | 1:44:23 | 3:50:05 | 3:50:18 | 5:27 |
| 32 | 63 | Beckmann, Thomas | 65 | GER | LG Niers | 178 | 198 | 1:56:50 | 3:51:20 | 3:51:48 | 5:28 |
| 33 | 604 | Ochs, Carsten | 65 | GER | *Mülheim | 186 | 208 | 1:55:13 | 3:53:28 | 3:53:48 | 5:31 |
| 34 | 125 | Ahles, Michael | 68 | GER | *Papenburg | 196 | 220 | 1:51:36 | 3:55:16 | 3:55:34 | 5:34 |
| 35 | 644 | Wesselkamp, Alfons | 68 | NLD | *Didam | 198 | 222 | 1:47:47 | 3:55:19 | 3:55:38 | 5:34 |
| 36 | 97 | Theelen, Jörg | 66 | NLD | Depotrunners Bracht | 201 | 225 | 1:49:38 | 3:56:02 | 3:56:24 | 5:35 |
| 37 | 362 | Gäde, Christian | 68 | GER | *Düsseldorf | 205 | 229 | 1:53:05 | 3:56:44 | 3:57:02 | 5:36 |
| 38 | 180 | Beyert, Lutz | 66 | GER | 1966 | 219 | 243 | 1:56:46 | 3:58:09 | 3:58:44 | 5:38 |
| 39 | 393 | Sohn, Christian | 68 | GER | Frings Active | 224 | 249 | 1:51:43 | 3:58:55 | 3:59:18 | 5:39 |
| 40 | 516 | Pulte, Wolfgang | 65 | GER | LT Olpe | 226 | 251 | 1:55:12 | 3:59:05 | 3:59:26 | 5:39 |
| 41 | 400 | Plitt, Carsten | 66 | GER | Laufen gegen Leiden e.V. | 227 | 252 | 1:58:21 | 3:59:09 | 3:59:35 | 5:40 |
| 42 | 93 | Schreiber, Frank | 67 | GER | *Duisburg | 235 | 263 | 1:58:24 | 4:00:38 | 4:01:08 | 5:42 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------------|----|-----|------------------------------|-------|-----|---------|---------|---------|------|
| 43 | 487 | Flake, Peter | 67 | GER | *Mülheim | 238 | 266 | 1:56:29 | 4:01:06 | 4:01:32 | 5:42 |
| 44 | 641 | Sopala, Dariusz | 67 | GER | *Neuss | 239 | 267 | 2:01:06 | 4:01:39 | 4:02:12 | 5:43 |
| 45 | 504 | Kukulies, Christoph | 67 | GER | TV Elten | 240 | 268 | 1:51:51 | 4:03:08 | 4:03:28 | 5:45 |
| 46 | 511 | Lucht, Andreas | 68 | GER | RSV Waddenhausen | 249 | 277 | 1:58:20 | 4:04:36 | 4:05:05 | 5:47 |
| 47 | 507 | Neuheuser, Markus | 67 | GER | Adler Langlauf Bottrop | 253 | 285 | 1:58:14 | 4:05:48 | 4:06:16 | 5:49 |
| 48 | 153 | Küster, Ulrich | 66 | GER | TUS Querenburg | 255 | 287 | 1:53:57 | 4:05:57 | 4:06:12 | 5:49 |
| 49 | 112 | Hoffjann, Christof | 68 | GER | Die Scherm-Becker | 256 | 289 | 1:51:47 | 4:06:19 | 4:06:37 | 5:50 |
| 50 | 170 | Wiechers, Andre | 65 | GER | Angerland LT Lintorf | 257 | 290 | 1:58:21 | 4:06:27 | 4:06:53 | 5:50 |
| 51 | 359 | Teigelkamp, Prof. Guido | 68 | GER | Adler Langlauf Bottrop | 264 | 300 | 1:51:00 | 4:08:44 | 4:08:55 | 5:53 |
| 52 | 564 | Schmidt, Arnd | 65 | GER | *Soest | 267 | 305 | 1:58:27 | 4:09:09 | 4:09:31 | 5:54 |
| 53 | 457 | Kühnreich, Mathias | 67 | GER | *Essen | 269 | 308 | 1:53:53 | 4:09:46 | 4:10:10 | 5:55 |
| 54 | 50 | Bomholt, Georg | 68 | GER | ASV Duisburg | 270 | 309 | 1:58:01 | 4:10:03 | 4:10:26 | 5:55 |
| 55 | 476 | Prüfert, Holger | 65 | GER | *Duisburg | 275 | 317 | 1:57:26 | 4:10:56 | 4:11:22 | 5:56 |
| 56 | 80 | Gottfried, Jürgen | 67 | GER | THW OV Waltrop | 276 | 318 | 2:04:05 | 4:11:16 | 4:12:00 | 5:57 |
| 57 | 307 | Schott, Martin | 64 | GER | LC Duisburg | 277 | 320 | 1:59:56 | 4:11:23 | 4:11:46 | 5:57 |
| 58 | 453 | Hoffacker, Arno | 65 | GER | *Xanten | 285 | 329 | 1:55:03 | 4:13:05 | 4:13:28 | 5:59 |
| 59 | 206 | Liebisch, Robert | 65 | GER | BVB 09 | 288 | 332 | 2:08:53 | 4:13:53 | 4:14:36 | 6:01 |
| 60 | 612 | Gubesch, Jörg | 64 | GER | TUSEM Essen | 290 | 334 | 1:58:02 | 4:14:17 | 4:14:46 | 6:01 |
| 61 | 613 | Bonders, Jörg | 65 | GER | Wir bei HKM | 294 | 341 | 1:49:46 | 4:14:53 | 4:15:11 | 6:02 |
| 62 | 595 | Wansing, Klaus | 66 | GER | SUS Stadtlohn | 295 | 342 | 2:10:25 | 4:14:56 | 4:15:41 | 6:02 |
| 63 | 247 | Steinhoff, Michael | 68 | GER | Lauffreunde Emsland / Werlte | 297 | 345 | 2:09:09 | 4:15:10 | 4:15:52 | 6:02 |
| 64 | 468 | Werner, Detlef | 64 | GER | *Xanten | 298 | 346 | 2:03:40 | 4:15:21 | 4:15:59 | 6:03 |
| 65 | 295 | Stoll, Winfried | 64 | GER | 100 Marathon Club | 304 | 355 | 1:58:58 | 4:16:08 | 4:16:31 | 6:04 |
| 66 | 339 | Linnemann, Andreas | 68 | GER | 1968 | 308 | 361 | 2:05:06 | 4:16:20 | 4:16:52 | 6:04 |
| 67 | 415 | Görtz, Dirk | 67 | GER | LC Duisburg | 309 | 362 | 2:07:54 | 4:16:23 | 4:16:59 | 6:04 |
| 68 | 23 | Mai, Christian | 65 | GER | SV Haldern Lauftreff | 310 | 364 | 1:58:30 | 4:17:20 | 4:17:41 | 6:05 |
| 69 | 543 | Resch, Alfred | 66 | GER | LG Durch den Wind | 311 | 365 | 1:56:15 | 4:17:36 | 4:17:52 | 6:06 |
| 70 | 544 | Soellner, Michael | 67 | GER | *Geldern | 325 | 381 | 2:09:50 | 4:19:31 | 4:20:21 | 6:09 |
| 71 | 529 | Roder, Guido | 65 | GER | LC Duisburg | 326 | 382 | 2:07:51 | 4:19:36 | 4:20:11 | 6:09 |
| 72 | 228 | Renner, Holger | 66 | GER | TuS Lübeck 93 | 328 | 386 | 2:08:59 | 4:20:04 | 4:20:37 | 6:09 |
| 73 | 630 | Kasper, Boris | 68 | GER | | 338 | 401 | 1:58:59 | 4:22:42 | 4:23:13 | 6:13 |
| 74 | 32 | Dick, Viktor | 65 | GER | *Neukirchen-Vluyn | 342 | 406 | 1:58:20 | 4:23:50 | 4:24:16 | 6:15 |
| 75 | 579 | Krawczyk, Georg | 67 | GER | *Wesel | 346 | 410 | 2:10:00 | 4:24:58 | 4:25:40 | 6:16 |
| 76 | 639 | Victor, Holger | 68 | GER | GW Gelmer Münster | 348 | 412 | 1:57:42 | 4:25:07 | 4:25:19 | 6:16 |
| 77 | 621 | Zimmermann, Peter | 65 | GER | Kilkenny Runners | 350 | 414 | 2:03:10 | 4:25:20 | 4:25:45 | 6:17 |
| 78 | 442 | Edeler, Thorsten | 67 | GER | LC Duisburg | 358 | 423 | 2:10:01 | 4:26:41 | 4:27:26 | 6:19 |
| 79 | 173 | Blohm, Michael | 66 | GER | *Dinslaken | 359 | 424 | 2:07:59 | 4:26:46 | 4:27:17 | 6:19 |
| 80 | 436 | Thom, Thomas | 66 | GER | *Duisburg | 366 | 437 | 1:59:31 | 4:29:07 | 4:29:32 | 6:22 |
| 81 | 357 | Witmond, Bart | 64 | NLD | *Haarlem | 369 | 441 | 2:01:46 | 4:29:24 | 4:29:43 | 6:23 |
| 82 | 235 | Schemken, Markus | 68 | GER | *Velbert | 371 | 443 | 2:10:12 | 4:30:09 | 4:30:50 | 6:24 |
| 83 | 347 | Czermin, Andreas | 66 | GER | Running Team Grafenberg | 373 | 447 | 2:09:46 | 4:30:53 | 4:31:24 | 6:25 |
| 84 | 150 | Detlefsen, Arno | 66 | GER | Laufschule Düsseldorf | 381 | 457 | 1:58:08 | 4:32:30 | 4:33:05 | 6:27 |

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Ergebnisse Männer M50

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|------------------------|----|-----|-------------------------|-------|-----|---------|---------|---------|------|
| 85 | 264 | Busseck, Jürgen | 66 | GER | 1966 | 385 | 461 | 2:07:09 | 4:33:43 | 4:34:15 | 6:29 |
| 86 | 440 | Holste, Michael | 68 | GER | *Bonn | 387 | 465 | 2:07:52 | 4:35:14 | 4:35:50 | 6:31 |
| 87 | 281 | Hacke, Wolfgang | 64 | GER | Aktion Menschenstadt | 402 | 487 | 2:06:39 | 4:40:13 | 4:40:49 | 6:38 |
| 88 | 126 | Puy Michl, Franz Xaver | 67 | GER | *Duisburg | 411 | 498 | 2:12:24 | 4:42:41 | 4:43:28 | 6:41 |
| 89 | 461 | Gregor, Michael | 65 | GER | don't cry - run | 417 | 505 | 2:08:00 | 4:44:10 | 4:44:45 | 6:44 |
| 90 | 113 | Katzenberger, Oliver | 64 | GER | Die Scherm-Becker | 426 | 516 | 2:07:41 | 4:47:54 | 4:48:32 | 6:49 |
| 91 | 574 | Dörries, Klaus | 66 | GER | *Hennef | 430 | 520 | 2:20:23 | 4:49:33 | 4:50:22 | 6:51 |
| 92 | 259 | Büнк, Volker | 68 | GER | *Kempen | 432 | 522 | 2:08:00 | 4:49:45 | 4:50:23 | 6:52 |
| 93 | 203 | Cornelißen, Volker | 67 | GER | Hardtseemafia Triathlon | 436 | 530 | 2:14:02 | 4:53:26 | 4:54:07 | 6:57 |
| 94 | 48 | Pauli, Frank | 65 | GER | marathonteam-online | 453 | 560 | 2:09:45 | 5:06:55 | 5:07:30 | 7:16 |
| 95 | 91 | Kulen, Torsten | 66 | GER | Herr | 457 | 566 | 2:20:39 | 5:12:29 | 5:13:18 | 7:24 |
| 96 | 56 | Otto, Christof | 64 | GER | *Niedernhausen | 477 | 591 | 2:37:13 | 5:31:53 | 5:32:44 | 7:51 |
| 97 | 480 | Leroi, Roland | 68 | GER | LC Duisburg | 480 | 594 | 2:29:59 | 5:40:41 | 5:41:32 | 8:04 |

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Ergebnisse Männer M55

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------------|----|-----|-----------------------------|-------|-----|---------|---------|---------|------|
| 1 | 218 | Dorobeck, Burkhard | 61 | GER | LC Duisburg | 65 | 70 | 1:39:33 | 3:26:20 | 3:26:27 | 4:53 |
| 2 | 250 | Vorstermanns, Peter | 61 | GER | Prinzengarde Kempen | 79 | 84 | 1:41:45 | 3:29:29 | 3:29:38 | 4:57 |
| 3 | 365 | Glasbrenner, Bernhard | 62 | GER | *Münster | 101 | 109 | 1:44:43 | 3:34:03 | 3:34:20 | 5:04 |
| 4 | 209 | Kellerhoff, Andreas | 63 | GER | TV Jahn Hiesfeld | 120 | 131 | 1:46:47 | 3:40:19 | 3:40:35 | 5:13 |
| 5 | 552 | Roch, Karl | 63 | GER | LC Duisburg | 122 | 135 | 1:46:42 | 3:41:18 | 3:41:40 | 5:14 |
| 6 | 78 | Dünkelmann, Michael | 61 | GER | *Witten | 124 | 137 | 1:51:21 | 3:41:56 | 3:42:13 | 5:15 |
| 7 | 109 | Steinhoff, Karlheinz | 63 | GER | *Gelsenkirchen | 125 | 138 | 1:51:20 | 3:42:00 | 3:42:18 | 5:15 |
| 8 | 638 | Engels, Karl | 60 | GER | *Borken | 132 | 145 | 1:48:50 | 3:42:29 | 3:42:47 | 5:16 |
| 9 | 558 | Mroß, Michael | 60 | GER | *Duisburg | 141 | 154 | 1:45:05 | 3:44:08 | 3:44:22 | 5:18 |
| 10 | 576 | Dreser, Günther | 59 | GER | LT-Tuß Ahrweiler | 152 | 165 | 1:52:24 | 3:47:03 | 3:48:01 | 5:22 |
| 11 | 478 | Falk, Werner | 59 | GER | Bestzeit war gestern | 160 | 176 | 1:51:33 | 3:48:44 | 3:49:05 | 5:25 |
| 12 | 617 | Heid, Frank | 60 | GER | *Duisburg | 163 | 179 | 1:48:10 | 3:48:48 | 3:49:06 | 5:25 |
| 13 | 572 | Enk, Werner | 59 | GER | Laufsport 97/30 Lowick | 166 | 183 | 1:42:10 | 3:49:42 | 3:49:51 | 5:26 |
| 14 | 473 | Loehr, Dr. Joerg | 62 | GER | zatopek-eitorf | 179 | 199 | 1:55:21 | 3:51:58 | 3:52:22 | 5:29 |
| 15 | 623 | Rakow, Sebastian | 63 | GER | *Mülheim | 188 | 210 | 1:52:37 | 3:53:58 | 3:54:27 | 5:32 |
| 16 | 593 | Herr Resch, Engelbert | 61 | GER | Troisdorfer LG M.U.T | 191 | 213 | 1:52:46 | 3:54:10 | 3:54:18 | 5:32 |
| 17 | 597 | Tzagkarakis, Jason | 62 | GRC | Ausdauerschule by bunert Du | 195 | 219 | 1:52:04 | 3:55:12 | 3:55:32 | 5:34 |
| 18 | 369 | Menke, Christian | 62 | GER | *Essen | 213 | 237 | 1:58:11 | 3:57:37 | 3:58:06 | 5:37 |
| 19 | 368 | Kuhmann, Jürgen | 63 | GER | kab ramsdorf | 214 | 238 | 1:58:12 | 3:57:38 | 3:58:07 | 5:37 |
| 20 | 273 | Splittorf, Michael | 61 | GER | OTV Endurance Team | 216 | 240 | 1:45:02 | 3:57:43 | 3:57:57 | 5:38 |
| 21 | 139 | Wehr, Matthias | 59 | GER | LC Duisburg | 218 | 242 | 1:51:38 | 3:57:54 | 3:58:13 | 5:38 |
| 22 | 400 | Niedergesaess, Frank | 60 | GER | LC Duisburg | 228 | 253 | 1:58:21 | 3:59:10 | 3:59:35 | 5:40 |
| 23 | 489 | Koepke, Rainer | 59 | GER | Team Erdinger Alkoholfrei | 233 | 259 | 1:48:31 | 4:00:16 | 4:00:32 | 5:41 |
| 24 | 535 | Sir, Axel | 61 | GER | TG Viktoria Augsburg | 244 | 272 | 1:48:36 | 4:03:48 | 4:04:03 | 5:46 |
| 25 | 327 | Schittko, Günter | 59 | GER | Marathon Dinslaken | 259 | 293 | 1:58:26 | 4:07:32 | 4:07:54 | 5:51 |
| 26 | 555 | Marquis, Frank | 63 | GER | LC Duisburg | 266 | 304 | 1:58:18 | 4:09:04 | 4:09:33 | 5:54 |
| 27 | 184 | Müller-Zeder, Ralph | 60 | GER | TV Runkel | 271 | 312 | 2:03:18 | 4:10:25 | 4:10:51 | 5:56 |
| 28 | 550 | Grütz, Lothar | 63 | GER | *Dortmund | 274 | 316 | 1:46:50 | 4:10:55 | 4:11:10 | 5:56 |
| 29 | 557 | Lodenkämper, Klaus | 63 | GER | BSG 96 Jugendamt | 278 | 321 | 2:04:43 | 4:11:39 | 4:12:12 | 5:57 |
| 30 | 265 | Gosda, Ralf | 62 | GER | LG Ahlen | 293 | 338 | 2:06:09 | 4:14:46 | 4:15:23 | 6:02 |
| 31 | 134 | Schmidlers, Ralph | 59 | GER | AS Neukirchen-Vluyn | 314 | 368 | 2:03:19 | 4:17:49 | 4:18:42 | 6:06 |
| 32 | 34 | Hoffmann, Michael | 61 | GER | *Duisburg | 331 | 392 | 1:58:21 | 4:20:38 | 4:21:04 | 6:10 |
| 33 | 394 | Figge, Dr. Christian | 60 | GER | *Oldenburg | 333 | 394 | 1:58:28 | 4:21:30 | 4:21:59 | 6:11 |
| 34 | 643 | Beck, Dietmar | 61 | GER | *Wuppertal | 335 | 398 | 2:07:58 | 4:22:27 | 4:22:58 | 6:13 |
| 35 | 152 | Lietz, Ralf | 61 | GER | Wildeshäuser Lauftreff | 337 | 400 | 2:07:52 | 4:22:40 | 4:23:20 | 6:13 |
| 36 | 388 | Eckert, Christoph | 63 | GER | LT Karlsruhe | 343 | 407 | 2:02:19 | 4:24:25 | 4:24:58 | 6:15 |
| 37 | 155 | Ullrich, Dr. Günter | 59 | GER | *Voerde | 354 | 418 | 2:09:38 | 4:26:08 | 4:26:47 | 6:18 |
| 38 | 17 | Breer, Pater Tobias | 63 | GER | Projekt LebensWert | 355 | 419 | 1:58:05 | 4:26:13 | 4:26:38 | 6:18 |
| 39 | 318 | Heinrich, Peter | 62 | GER | LC Duisburg | 362 | 430 | 1:56:52 | 4:26:59 | 4:27:23 | 6:19 |
| 40 | 132 | Diex, Uwe | 60 | GER | *Essen | 388 | 467 | 2:10:08 | 4:35:50 | 4:36:36 | 6:32 |
| 41 | 635 | Grote, Harald | 59 | GER | LT Gruiten-Neandertal | 397 | 480 | 2:04:20 | 4:38:56 | 4:39:34 | 6:36 |
| 42 | 196 | Ziemer, Ulrich | 59 | GER | *Essen | 409 | 495 | 2:21:52 | 4:42:15 | 4:43:06 | 6:41 |

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Ergebnisse Männer M55

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------|----|-----|-------------------|-------|-----|---------|---------|---------|------|
| 43 | 445 | Huth, Thorsten | 62 | GER | LC Duisburg | 415 | 503 | 2:20:27 | 4:43:42 | 4:44:30 | 6:43 |
| 44 | 278 | Pelka, Klaus | 60 | GER | *Gelsenkirchen | 423 | 512 | 2:20:25 | 4:45:52 | 4:46:41 | 6:46 |
| 45 | 260 | Raunick, Reiner | 59 | GER | *Henstedt-Ulzburg | 434 | 526 | 2:23:02 | 4:53:19 | 4:53:40 | 6:57 |
| 46 | 16 | Brockerhoff, Uwe | 61 | GER | *Duisburg | 442 | 539 | 2:16:47 | 4:56:53 | 4:57:43 | 7:02 |
| 47 | 538 | Disser, Thomas | 62 | GER | LG Seligenstadt | 443 | 540 | 2:23:01 | 4:57:01 | 4:57:49 | 7:02 |
| 48 | 500 | Latta, Peter | 61 | GER | LC Duisburg | 447 | 548 | 2:27:37 | 4:59:02 | 4:59:54 | 7:05 |
| 49 | 118 | Wenzel, Christoph | 60 | GER | 100 Marathon Club | 452 | 557 | 2:31:43 | 5:05:52 | 5:06:46 | 7:14 |
| 50 | 522 | Eichenauer, Ralf | 60 | GER | *Hückelhoven | 461 | 571 | 2:24:11 | 5:17:48 | 5:18:36 | 7:31 |
| 51 | 356 | Spolders, Andreas | 62 | GER | | 465 | 575 | 2:17:08 | 5:21:29 | 5:22:12 | 7:37 |
| 52 | 193 | Lempken, Uwe | 61 | GER | Homberger TV | 469 | 581 | 2:25:10 | 5:22:38 | 5:23:27 | 7:38 |

Ergebnisse Männer M60

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|------------------------|----|-----|-------------------------|-------|-----|---------|---------|---------|------|
| 1 | 110 | Simon, Dieter | 58 | GER | LT LG Mülheim | 84 | 89 | 1:41:48 | 3:29:40 | 3:29:49 | 4:58 |
| 2 | 378 | Diallo, Sidy | 55 | FRA | *Montigny Le Bretonneux | 111 | 120 | 1:45:59 | 3:37:31 | 3:37:43 | 5:09 |
| 3 | 160 | Wickord, Minzi | 58 | GER | Post SV Gütersloh | 134 | 147 | 1:51:33 | 3:42:34 | 3:42:53 | 5:16 |
| 4 | 465 | Becker, Michael | 57 | GER | Remscheider Löper | 150 | 163 | 1:44:58 | 3:46:49 | 3:47:03 | 5:22 |
| 5 | 298 | Friedrich, Andreas | 58 | GER | *Oerlinghausen | 168 | 185 | 1:55:29 | 3:49:47 | 3:50:09 | 5:26 |
| 6 | 563 | Überfluss, Rajmund | 55 | POL | *Duisburg | 169 | 186 | 1:46:16 | 3:49:52 | 3:50:02 | 5:26 |
| 7 | 596 | Adams, Herbert | 55 | GER | *Weiterstadt | 192 | 214 | 1:57:32 | 3:54:21 | 3:54:47 | 5:33 |
| 8 | 462 | Herms, Sigg | 58 | GER | LT Alt-Erkrath | 199 | 223 | 1:50:41 | 3:55:23 | 3:55:35 | 5:34 |
| 9 | 225 | Olejniczak, Stefan | 54 | GER | OKS Dortmund | 223 | 248 | 1:51:31 | 3:58:51 | 3:59:15 | 5:39 |
| 10 | 342 | Nofftz, Klaus | 57 | GER | Run For Fun | 261 | 296 | 2:01:27 | 4:07:56 | 4:08:32 | 5:52 |
| 11 | 101 | Kleinschnitz, Martin | 56 | GER | *Bocholt | 374 | 448 | 2:06:39 | 4:31:00 | 4:31:36 | 6:25 |
| 12 | 575 | Torkuhl, André | 55 | GER | *Haltern Am See | 401 | 486 | 2:13:13 | 4:39:57 | 4:40:42 | 6:38 |
| 13 | 197 | Schaary, Ernst | 55 | GER | OSC 04 Rheinhausen | 408 | 494 | 2:13:51 | 4:41:46 | 4:42:31 | 6:40 |
| 14 | 627 | Michelson, Andreas | 56 | GER | *Regensburg | 444 | 542 | 2:16:18 | 4:57:22 | 4:57:33 | 7:02 |
| 15 | 611 | Nothstein, Michael | 56 | GER | FC Deutsche Post | 445 | 544 | 2:18:41 | 4:58:18 | 4:58:28 | 7:04 |
| 16 | 271 | Lichtenthäler, Udo | 56 | GER | *Landau | 448 | 549 | 2:12:25 | 4:59:13 | 4:59:36 | 7:05 |
| 17 | 222 | Klockenkemper, Theodor | 56 | GER | ASV Metelen 1964 eV | 450 | 554 | 2:20:28 | 5:03:39 | 5:04:25 | 7:11 |
| 18 | 107 | Koll, Helmut | 55 | GER | *Bonn | 454 | 561 | 2:20:09 | 5:07:57 | 5:08:50 | 7:17 |
| 19 | 199 | Tobies, Frank | 58 | GER | *Düsseldorf | 456 | 564 | 2:12:27 | 5:11:37 | 5:12:24 | 7:23 |
| 20 | 485 | Illner, Rolf | 55 | GER | SuS Bertlich | 478 | 592 | 2:24:02 | 5:33:46 | 5:34:33 | 7:54 |
| 21 | 530 | Küpper, Gustav | 58 | GER | Lauffreunde SS Herten | 483 | 598 | 2:54:40 | 6:03:48 | 6:04:59 | 8:37 |

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Ergebnisse Männer M65

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------------|----|-----|----------------------------|-------|-----|---------|---------|---------|------|
| 1 | 537 | Kopp, Dieter | 49 | GER | Lüttringhauser TV | 55 | 60 | 1:36:12 | 3:22:17 | 3:22:24 | 4:47 |
| 2 | 245 | Schmidt, Werner | 51 | GER | LC Duisburg | 232 | 258 | 1:58:18 | 4:00:14 | 4:00:40 | 5:41 |
| 3 | 618 | Abel, Klaus | 50 | GER | LC Duisburg | 414 | 502 | 2:20:27 | 4:43:42 | 4:44:30 | 6:43 |
| 4 | 31 | Graebel, Gunther | 53 | GER | Crepe & Baguette Duisburg | 467 | 579 | 2:09:49 | 5:21:52 | 5:22:22 | 7:37 |
| 5 | 90 | Wolf, Horst | 51 | GER | *Duisburg | 470 | 582 | 2:26:02 | 5:22:42 | 5:23:15 | 7:38 |
| 6 | 553 | Jahnz, Klaus | 49 | GER | LG Laacher See | 474 | 586 | 2:28:20 | 5:26:46 | 5:27:39 | 7:44 |
| 7 | 238 | Zirkwitz, Hans-Walter | 53 | GER | Pumuckl Runners Düsseldorf | 479 | 593 | 2:26:45 | 5:33:55 | 5:34:55 | 7:54 |
| 8 | 291 | Besler, Karl-Heinz | 50 | GER | TuS Breckerfeld | 481 | 596 | 2:28:01 | 5:42:09 | 5:42:58 | 8:06 |
| 9 | 82 | Nowak, Rainer | 51 | GER | TSV Hochdahl | 482 | 597 | 2:47:01 | 5:58:42 | 5:59:41 | 8:30 |
| 10 | 116 | Sauer, Siegfried | 51 | GER | Team Erdinger Alkoholfrei | 484 | 599 | 2:54:52 | 6:03:56 | 6:04:56 | 8:37 |

Ergebnisse Männer M70

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|------------------|----|-----|-----------------|-------|-----|---------|---------|---------|------|
| 1 | 15 | Swiatczak, Eugen | 48 | GER | *Duisburg | 439 | 533 | 2:20:25 | 4:53:57 | 4:54:47 | 6:57 |
| 2 | 246 | Phillips, David | 44 | ENG | Massey Ferguson | 485 | 600 | 2:55:45 | 6:04:34 | 6:04:48 | 8:38 |

Ergebnisse Männer M75

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|------------------------|----|-----|-------------|-------|-----|---------|---------|---------|------|
| 1 | 660 | Scheepers, Wilhelm | 41 | GER | *Duisburg | 421 | 509 | 2:15:43 | 4:45:05 | 4:45:50 | 6:45 |
| 2 | 573 | Makoi, Dr. Bonaventura | 39 | GER | *Köln | 449 | 551 | | 5:00:58 | 5:01:48 | 7:07 |

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Ergebnisse Frauen WU20

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|--------------------|----|-----|-------------|-------|-----|---------|---------|---------|------|
| 1 | 2052 | Brückner, Lea | 99 | GER | *Meerbusch | 9 | 119 | 1:49:56 | 3:37:18 | 3:38:04 | 5:08 |
| 2 | 2141 | Fränkel, Charlotte | 99 | GER | *Aachen | 98 | 541 | 2:17:14 | 4:57:16 | 4:58:05 | 7:02 |

Ergebnisse Frauen WH

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|---------------------|----|-----|--------------------------|-------|-----|---------|---------|---------|------|
| 1 | 2003 | Vössing, Annika | 92 | GER | LAV Oberhausen | 1 | 13 | 1:29:23 | 2:57:22 | 2:57:27 | 4:12 |
| 2 | 2074 | Borgardts, Maria | 94 | GER | *Düsseldorf | 4 | 37 | 1:36:12 | 3:13:31 | 3:13:39 | 4:35 |
| 3 | 2121 | Braun, Nora | 89 | GER | Triathlon Team TG Witten | 10 | 123 | 1:44:57 | 3:38:35 | 3:38:48 | 5:10 |
| 4 | 2102 | Seefried, Sabine | 94 | GER | LMN Marburg | 11 | 125 | 1:46:34 | 3:38:50 | 3:38:59 | 5:11 |
| 5 | 2110 | Bäcker, Nicole | 89 | GER | Laufen gegen Leiden e.V. | 21 | 200 | 1:51:37 | 3:52:04 | 3:52:20 | 5:29 |
| 6 | 2142 | Hagemann, Franziska | 95 | GER | *Neuenkirchen | 24 | 218 | 1:56:57 | 3:54:48 | 3:55:12 | 5:33 |
| 7 | 2073 | Mester, Lisa | 96 | GER | LG Ahlen | 36 | 298 | 2:06:10 | 4:08:29 | 4:09:05 | 5:53 |
| 8 | 2149 | Henseler, Janine | 92 | GER | LC Marathonkurs | 38 | 302 | 1:58:16 | 4:08:56 | 4:09:22 | 5:53 |
| 9 | 2068 | Gosda, Fidelia | 97 | GER | LG Ahlen | 47 | 340 | 2:06:10 | 4:14:47 | 4:15:23 | 6:02 |
| 10 | 2031 | Adamczuk, Viviane | 93 | GER | Kamikaze-Runners | 57 | 383 | 1:57:24 | 4:19:43 | 4:20:17 | 6:09 |
| 11 | 2076 | Kranziöch, Sarah | 93 | GER | *Bocholt | 64 | 403 | 1:58:48 | 4:23:36 | 4:24:06 | 6:14 |
| 12 | 2040 | Nowacki, Maren | 91 | GER | TuS Breitscheid | 100 | 546 | 2:14:17 | 4:58:51 | 4:59:26 | 7:04 |
| 13 | 2082 | Louven, Kathrin | 89 | GER | LT Bittermark Dortmund | 110 | 569 | 2:27:40 | 5:17:22 | 5:18:12 | 7:31 |

Ergebnisse Frauen W30

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------------|----|-----|----------------------|-------|-----|---------|---------|---------|------|
| 1 | 2013 | Barthel, Saskia | 85 | GER | Team Magenta | 17 | 181 | 1:51:33 | 3:49:21 | 3:49:40 | 5:26 |
| 2 | 2101 | Tooten, Judith | 86 | GER | *Xanten | 18 | 189 | 1:55:24 | 3:50:19 | 3:50:39 | 5:27 |
| 3 | 2139 | Nicholson, Bernadet | 85 | WLS | *North Cornelly | 26 | 255 | 1:51:56 | 3:59:51 | 4:00:14 | 5:41 |
| 4 | 2125 | Wildoer, Kristin | 85 | GER | ASC Ahlen | 29 | 278 | 1:57:55 | 4:04:54 | 4:05:11 | 5:48 |
| 5 | 2148 | Klein, Katharina | 84 | GER | *Essen | 35 | 295 | 2:01:24 | 4:07:53 | 4:08:32 | 5:52 |
| 6 | 2047 | Hoppe, Julia Laura | 88 | GER | *Duisburg | 37 | 301 | 1:58:16 | 4:08:51 | 4:09:16 | 5:53 |
| 7 | 2055 | Wollenberg, Dr. Nadine | 87 | GER | *Mülheim An Der Ruhr | 41 | 311 | 1:57:29 | 4:10:19 | 4:10:47 | 5:55 |
| 8 | 2070 | Stauten, Sabrina | 87 | GER | TG Neuss | 48 | 344 | 2:06:32 | 4:15:00 | 4:15:32 | 6:02 |
| 9 | 2106 | Buthelezi, Sinenhlanhla | 87 | ZAF | Deutsche Welle | 76 | 453 | 2:08:12 | 4:31:29 | 4:32:13 | 6:26 |
| 10 | 2085 | Wagener, Lisa | 87 | GER | *Siegen | 103 | 552 | 2:20:23 | 5:01:50 | 5:02:29 | 7:09 |
| 11 | 2028 | Tötsches, Aline | 88 | GER | *Tönisvorst | 114 | 590 | 2:22:44 | 5:30:49 | 5:31:39 | 7:50 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------|----|-----|------------------------|-------|-----|---------|---------|---------|------|
| 1 | 2001 | Fierek, Carina | 83 | GER | TuS Xanten | 3 | 25 | 1:31:32 | 3:06:49 | 3:06:53 | 4:25 |
| 2 | 2161 | Kays, Linde | 79 | GER | Hamburger Laufladen | 7 | 106 | 1:47:25 | 3:33:22 | 3:33:37 | 5:03 |
| 3 | 2084 | Ricken, Claudia | 79 | GER | BSG Deichmann | 27 | 261 | 1:59:43 | 4:00:26 | 4:00:56 | 5:41 |
| 4 | 2095 | Emmerling, Andrea | 81 | GER | *London | 30 | 279 | 2:00:02 | 4:04:58 | 4:05:36 | 5:48 |
| 5 | 2079 | Jaeger, Sabrina | 83 | GER | LC Duisburg | 43 | 319 | 1:59:55 | 4:11:22 | 4:11:46 | 5:57 |
| 6 | 2020 | Kupke, Vanessa | 82 | GER | *Duisburg | 44 | 325 | 2:06:59 | 4:12:16 | 4:12:52 | 5:58 |
| 7 | 2077 | Stamm, Katja | 80 | GER | Zweibrücken | 45 | 337 | 1:58:23 | 4:14:46 | 4:15:19 | 6:02 |
| 8 | 2056 | Rieker, Christina | 83 | GER | *Duisburg | 52 | 356 | 2:07:50 | 4:16:08 | 4:16:44 | 6:04 |
| 9 | 2097 | Meyer, Dagmar | 79 | GER | Lauftreff Lüdinghausen | 53 | 359 | 1:56:53 | 4:16:16 | 4:16:43 | 6:04 |
| 10 | 2090 | Beijer, Mijke | 79 | GER | *Tilburg | 77 | 462 | 2:16:30 | 4:34:00 | 4:34:07 | 6:29 |
| 11 | 2113 | Herms, Kim | 82 | GER | #raketengang | 80 | 473 | 2:12:34 | 4:37:35 | 4:38:09 | 6:34 |
| 12 | 2030 | Klappach, Ivonne | 79 | GER | *Duisburg | 84 | 483 | 2:14:14 | 4:39:50 | 4:40:32 | 6:37 |
| 13 | 2029 | Bader, Janine | 83 | GER | *Duisburg | 85 | 484 | 2:14:13 | 4:39:50 | 4:40:32 | 6:37 |
| 14 | 2153 | Zobjack, Sabrina | 81 | GER | Lauffreunde Emsland | 89 | 511 | 2:20:27 | 4:45:13 | 4:45:59 | 6:45 |
| 15 | 2018 | Bleyie, Paulina | 79 | NLD | *Zwolle | 96 | 537 | 2:17:36 | 4:56:06 | 4:56:12 | 7:01 |

Ergebnisse Frauen W40

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|---------------------------|----|-----|-------------------|-------|-----|---------|---------|---------|------|
| 1 | 2034 | Kniely, Astrid | 74 | GER | *Duisburg | 25 | 246 | 1:58:21 | 3:58:16 | 3:58:40 | 5:38 |
| 2 | 2138 | Schoneberg, Caroline | 75 | GER | LSF Münster | 42 | 313 | 1:57:36 | 4:10:44 | 4:11:15 | 5:56 |
| 3 | 2100 | Van Der Wouw, Susanne | 75 | GER | *Kamp-Lintfort | 51 | 354 | 2:04:57 | 4:16:03 | 4:16:39 | 6:04 |
| 4 | 2107 | Eckhardt, Melanie | 78 | GER | LC Duisburg | 67 | 426 | 2:10:10 | 4:26:46 | 4:27:26 | 6:19 |
| 5 | 2021 | Baehr, Heike | 75 | GER | *Duisburg | 74 | 446 | 2:10:11 | 4:30:46 | 4:31:26 | 6:25 |
| 6 | 2042 | Zuschlag, Dr. Daniela | 75 | GER | *Dortmund | 75 | 452 | 2:09:48 | 4:31:19 | 4:32:02 | 6:25 |
| 7 | 2114 | Herms, Claudia | 78 | GER | #raketengang | 81 | 474 | 2:12:35 | 4:37:35 | 4:38:09 | 6:34 |
| 8 | 2045 | Probst, Mirjam | 78 | GER | *Oer-Erkenschwick | 82 | 475 | 2:11:11 | 4:38:11 | 4:38:54 | 6:35 |
| 9 | 2062 | Busch, Tamara | 77 | GER | *Ratngen | 87 | 496 | 2:17:47 | 4:42:23 | 4:42:53 | 6:41 |
| 10 | 445 | Tegatz, Anja | 74 | GER | LC Duisburg | 88 | 501 | 2:20:27 | 4:43:42 | 4:44:30 | 6:43 |
| 11 | 2044 | Harnischmacher, Dr. Wibke | 76 | GER | TC Kray 1892 e.V. | 90 | 515 | 2:20:29 | 4:47:11 | 4:47:55 | 6:48 |
| 12 | 2109 | Jordan, Anja | 77 | GER | *Duisburg | 92 | 525 | 2:10:07 | 4:52:35 | 4:53:13 | 6:56 |
| 13 | 2120 | De La Torre, Stephi | 75 | GER | LC Duisburg | 104 | 553 | 2:20:47 | 5:03:33 | 5:04:22 | 7:11 |
| 14 | 2099 | Müller, Betty | 77 | GER | 2B-Balanced | 105 | 556 | 2:25:51 | 5:05:47 | 5:06:40 | 7:14 |
| 15 | 2080 | Siepe, Marion | 76 | GER | Sundern | 106 | 558 | 2:27:17 | 5:06:01 | 5:06:53 | 7:15 |
| 16 | 2057 | Papiorek, Katja | 78 | GER | *Essen | 107 | 559 | 2:21:19 | 5:06:23 | 5:07:09 | 7:15 |
| 17 | 2019 | Prost, Anna | 78 | GER | *Voerde | 115 | 595 | 2:33:38 | 5:40:54 | 5:41:43 | 8:04 |

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| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|---------------------------|----|-----|-------------------------|-------|-----|---------|---------|---------|------|
| 1 | 2147 | Lehmann, Anke | 70 | GER | Lauffreunde HADI Wesel | 2 | 22 | 1:32:29 | 3:03:24 | 3:03:28 | 4:20 |
| 2 | 2122 | Switala, Andrea | 70 | GER | *Remscheid | 8 | 107 | 1:45:01 | 3:33:26 | 3:33:40 | 5:03 |
| 3 | 2007 | Ümran, Demir | 72 | GER | Ayyo Team Essen | 13 | 133 | 1:49:21 | 3:40:52 | 3:41:07 | 5:14 |
| 4 | 2036 | Böhm, Silke | 71 | GER | *Weilrod | 15 | 169 | 1:51:32 | 3:47:43 | 3:48:03 | 5:23 |
| 5 | 2137 | Lütgert, Sarah | 71 | GER | BvB 09 | 16 | 175 | 1:51:34 | 3:48:43 | 3:49:04 | 5:25 |
| 6 | 2078 | Forg, Corinna | 71 | GER | Running Team Grafenberg | 19 | 194 | 1:53:11 | 3:50:33 | 3:50:53 | 5:27 |
| 7 | 2027 | Müller, Nicole | 71 | GER | LG Niers | 20 | 197 | 1:56:51 | 3:51:20 | 3:51:48 | 5:28 |
| 8 | 2133 | Fieker, Sabine | 72 | GER | Homberger TV | 23 | 217 | 1:57:16 | 3:54:45 | 3:55:11 | 5:33 |
| 9 | 2108 | Orlova, Galina | 72 | GER | TEAM ELG | 28 | 262 | 1:58:24 | 4:00:37 | 4:01:08 | 5:42 |
| 10 | 2035 | Niziolek, Edyta | 73 | GER | Aktion Canchanabury | 34 | 292 | 2:01:56 | 4:06:52 | 4:07:03 | 5:51 |
| 11 | 2160 | Harnisch, Katrin | 69 | GER | LC Duisburg | 39 | 307 | 1:58:19 | 4:09:27 | 4:09:56 | 5:54 |
| 12 | 2061 | Neumann, Doris | 70 | GER | *Peine | 49 | 348 | 2:07:13 | 4:15:40 | 4:16:19 | 6:03 |
| 13 | 2158 | Hartmann, Susanne | 69 | GER | *Duisburg | 50 | 352 | 2:01:42 | 4:16:00 | 4:16:24 | 6:04 |
| 14 | 2058 | Renner, Kerstin | 72 | GER | TuS Lübeck 93 | 58 | 385 | 2:08:58 | 4:20:04 | 4:20:37 | 6:09 |
| 15 | 2037 | Schumacher, Gabi | 71 | GER | Lions/100MC | 63 | 397 | 2:07:52 | 4:22:16 | 4:22:56 | 6:12 |
| 16 | 2050 | Pereira-Foerster, Andreia | 69 | BRA | *Duisburg | 68 | 428 | 2:10:10 | 4:26:46 | 4:27:26 | 6:19 |
| 17 | 2151 | Köneke, Tatjana | 69 | GER | Training-für-dich.de | 69 | 431 | 2:09:58 | 4:27:49 | 4:28:22 | 6:20 |
| 18 | 2129 | Droß, Annette | 71 | GER | Commerzbank BSG Düsseld | 72 | 439 | 2:15:14 | 4:29:15 | 4:30:00 | 6:22 |
| 19 | 2127 | Bellwinkel, Inga | 71 | GER | LC Duisburg | 73 | 445 | 2:10:10 | 4:30:44 | 4:31:24 | 6:24 |
| 20 | 2104 | Weißenfels, Andrea | 69 | GER | *Neustadt/Wied | 78 | 464 | 2:07:41 | 4:35:14 | 4:35:51 | 6:31 |
| 21 | 2038 | Schraven, Silke | 72 | GER | *Duisburg | 79 | 466 | 2:05:53 | 4:35:24 | 4:36:04 | 6:31 |
| 22 | 2053 | Welp, Tanja | 73 | GER | DJK Gütersloh | 91 | 523 | 2:14:00 | 4:50:31 | 4:51:14 | 6:53 |
| 23 | 2112 | Schuster, Patricia | 72 | GER | *Marl | 94 | 529 | 2:13:21 | 4:53:24 | 4:54:07 | 6:57 |
| 24 | 500 | Jahn, Birgit | 73 | GER | TC Kray 1892 e. V. | 101 | 547 | 2:27:37 | 4:59:01 | 4:59:54 | 7:05 |
| 25 | 2012 | Tauscher, Bärbel | 71 | GER | *Tönisvorst | 113 | 589 | 2:22:44 | 5:30:49 | 5:31:39 | 7:50 |

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Ergebnisse Frauen W50

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|----------------------------|----|-----|----------------------------|-------|-----|---------|---------|---------|------|
| 1 | 2004 | Schönherr-Hölscher, Birgit | 68 | GER | PV Triathlon Witten | 5 | 50 | 1:35:43 | 3:19:43 | 3:19:50 | 4:43 |
| 2 | 2025 | Adam, Andrea | 68 | GER | Angerland LT Lintorf | 12 | 132 | 1:45:09 | 3:40:27 | 3:40:40 | 5:13 |
| 3 | 2066 | Krantz, Claudia | 67 | GER | LLG 80 Nordpark Köln e.V. | 14 | 168 | 1:51:07 | 3:47:20 | 3:47:37 | 5:23 |
| 4 | 2135 | Diekmann, Tatjana | 67 | GER | Helios Iron Team | 22 | 201 | 1:52:35 | 3:52:13 | 3:52:33 | 5:30 |
| 5 | 2075 | Kipker, Dina | 64 | GER | Helios Iron Team Wuppertal | 31 | 282 | 1:58:09 | 4:05:35 | 4:06:06 | 5:49 |
| 6 | 2048 | Wenzel, Regina | 66 | GER | DAV Schwaben | 32 | 284 | 1:58:02 | 4:05:42 | 4:06:01 | 5:49 |
| 7 | 2071 | Hommes, Claudia | 68 | GER | LC Duisburg | 33 | 288 | 1:57:20 | 4:06:00 | 4:06:23 | 5:49 |
| 8 | 2126 | Zorzella, Simona | 66 | ITA | *Mantova | 40 | 310 | 1:56:44 | 4:10:05 | 4:10:27 | 5:55 |
| 9 | 2130 | Ewens, Dr. Susanne | 68 | GER | SG Ruhrgas 1929 e.V. | 46 | 339 | 2:06:10 | 4:14:47 | 4:15:23 | 6:02 |
| 10 | 415 | Huebner, Britta | 64 | GER | LC Duisburg | 54 | 363 | 2:07:53 | 4:16:24 | 4:16:59 | 6:04 |
| 11 | 2143 | Kohl, Yvy | 67 | GER | Ausdauerschule by bunert | 60 | 388 | 2:10:01 | 4:20:14 | 4:20:55 | 6:10 |
| 12 | 2032 | Zurawka, Anne | 65 | GER | *Bonn | 61 | 391 | 2:00:11 | 4:20:22 | 4:20:51 | 6:10 |
| 13 | 2094 | Martini, Gudrun | 68 | GER | PROMORUN | 62 | 396 | 2:00:20 | 4:22:02 | 4:22:29 | 6:12 |
| 14 | 2033 | Winter, Susanne | 66 | GER | *Duisburg | 65 | 422 | 2:07:56 | 4:26:36 | 4:27:12 | 6:19 |
| 15 | 2132 | Limbach, Lisa | 66 | GER | LTB Aachen | 70 | 433 | 1:59:56 | 4:28:46 | 4:28:50 | 6:22 |
| 16 | 430 | Kühnen, Claudia | 67 | GER | Ausdauerschule by bunert | 71 | 435 | 2:10:01 | 4:29:05 | 4:29:45 | 6:22 |
| 17 | 2069 | Willmann, Silvia | 67 | GER | BSG DSW21 / DEW21 | 86 | 490 | 2:08:42 | 4:40:47 | 4:41:16 | 6:39 |
| 18 | 2159 | Isman, Dehen | 67 | AUT | *Aachen | 95 | 536 | 2:27:43 | 4:56:03 | 4:56:49 | 7:00 |
| 19 | 2046 | Mecking, Bettina | 67 | GER | Running Team Grafenberg | 99 | 543 | 2:16:00 | 4:57:30 | 4:58:03 | 7:03 |
| 20 | 2140 | Fränkel, Annette | 68 | GER | Lustlauf mein Verein e.V. | 102 | 550 | 2:17:14 | 4:59:42 | 5:00:31 | 7:06 |
| 21 | 2087 | Plönes, Ulrike | 68 | GER | *Straelen | 111 | 576 | 2:17:08 | 5:21:29 | 5:22:12 | 7:37 |
| 22 | 2039 | Wilhelm, Frauke | 68 | GER | *Essen | 112 | 577 | 2:29:41 | 5:21:35 | 5:22:18 | 7:37 |

Ergebnisse Frauen W55

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-----------------------|----|-----|----------------|-------|-----|---------|---------|---------|------|
| 1 | 2118 | Wilde, Dagmar | 63 | GER | LC Wuppertal | 6 | 102 | 1:43:32 | 3:31:48 | 3:31:56 | 5:01 |
| 2 | 2119 | Lonien, Petra | 62 | GER | LC Duisburg | 56 | 379 | 2:07:53 | 4:19:17 | 4:19:53 | 6:08 |
| 3 | 2103 | Morgenschweis, Dagmar | 62 | GER | LC Duisburg | 66 | 425 | 2:10:09 | 4:26:46 | 4:27:26 | 6:19 |
| 4 | 2049 | Wagner, Sabine | 60 | GER | LT Alt-Erkrath | 83 | 477 | 2:11:40 | 4:38:16 | 4:38:50 | 6:35 |
| 5 | 2200 | Scheiwe, Monika | 62 | AUT | *Lohmar | 108 | 563 | 2:26:09 | 5:09:35 | 5:10:19 | 7:20 |

Ergebnisse Frauen W60

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|--------------------|----|-----|----------------------|-------|-----|---------|---------|---------|------|
| 1 | 2022 | Gaßmann, Bärbel | 57 | GER | *Dinslaken | 55 | 378 | 1:59:05 | 4:19:14 | 4:19:39 | 6:08 |
| 2 | 2111 | Hofmeister, Renate | 57 | GER | *Mülheim An Der Ruhr | 59 | 387 | 2:10:01 | 4:20:14 | 4:20:55 | 6:10 |

Ergebnisse Frauen W65

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|-------------------------|----|-----|-------------------|-------|-----|---------|---------|---------|------|
| 1 | 2067 | Schröder-Raunick, Karin | 51 | GER | *Henstedt-Ulzburg | 93 | 527 | 2:23:02 | 4:53:19 | 4:53:39 | 6:57 |

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Ergebnisse Frauen W70

| AK-Pl. | St-Nr. | Name | JG | NAT | Verein/*Ort | Platz | Pos | HM | Netto | Brutto | M/km |
|--------|--------|----------------------|----|-----|-------------------|-------|-----|---------|---------|---------|------|
| 1 | 2014 | Prim, Marlies | 46 | GER | TV Stein / Allgäu | 97 | 538 | 2:16:30 | 4:56:45 | 4:57:29 | 7:01 |
| 2 | 2150 | Kolobanova, Liudmila | 44 | RUS | *Rentov - 6 | 109 | 565 | 2:21:47 | 5:12:11 | 5:12:59 | 7:23 |