

# 40. Rhein-Ruhr-Marathon Duisburg

## 11.06.2023

### Ergebnisse Altersklassen Männer/Frauen

14:53:19  
11.07.2023

Marathon - Duisburger Wertung  
OFFIZIELLES ERGEBNIS

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#### Ergebnisse Männer AK MH

| Pl. | BIB | Lastname, Firstname     | YoB | NAT | Team / Club / *City             | Pl. m/w | Netto   | Brutto  |
|-----|-----|-------------------------|-----|-----|---------------------------------|---------|---------|---------|
| 1.  | 787 | Jakobs, Maximilian      | 98  | DEU | SG Duisburg-Süd/*Duisburg       | 3.      | 3:11:11 | 3:11:12 |
| 2.  | 34  | Ambaum, Eric            | 99  | DEU | ASV Duisburg/*Duisburg          | 11.     | 3:38:38 | 3:38:50 |
| 3.  | 767 | Totaro, Gian-Luca       | 02  | DEU | VSG Duisburg/*Duisburg          | 18.     | 3:45:59 | 3:46:15 |
| 4.  | 137 | Friemel, Felix          | 97  | DEU | /*Duisburg                      | 19.     | 3:46:31 | 3:46:40 |
| 5.  | 533 | Suer, Manuel            | 01  | DEU | Anchor Running Crew             | 24.     | 3:53:22 | 3:53:44 |
| 6.  | 544 | Sonnenberger, Tim       | 99  | DEU | /*Duisburg                      | 35.     | 4:10:16 | 4:10:41 |
| 7.  | 474 | Happe, Luca             | 00  | DEU | /*Duisburg                      | 41.     | 4:26:03 | 4:26:35 |
| 8.  | 138 | Baader, Matthieu        | 96  | DEU | Anchor Running Crew             | 55.     | 4:44:03 | 4:44:15 |
| 9.  | 60  | Sotzlona, Jan           | 01  | DEU | /*Duisburg                      | 57.     | 4:48:19 | 4:48:35 |
| 10. | 221 | Rotzoll, Daniel         | 98  | DEU | /*Duisburg                      | 64.     | 5:01:42 | 5:02:48 |
| 11. | 389 | Ashraf, Muhammad Danish | 01  | UKR | Falcon Triathlon Club/*Duisburg | 69.     | 5:16:33 | 5:17:46 |
| 12. | 257 | Andrejic, Dejan         | 01  | DEU | /*Duisburg                      | 74.     | 5:26:28 | 5:27:27 |
| 13. | 425 | Walther, Vincent        | 99  | DEU | /*Duisburg                      | 75.     | 5:29:21 | 5:29:45 |
| 14. | 536 | Althans, Julian         | 94  | DEU | /*Duisburg                      | 79.     | 5:39:38 | 5:40:43 |

#### Ergebnisse Männer AK MJU20

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City   | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|-----------------------|---------|---------|---------|
| 1.  | 524 | Shabanaj, Ermal     | 04  | DEU | Grüner Pfad/*Duisburg | 65.     | 5:05:25 | 5:06:28 |
| 2.  | 521 | Graf, Patrick       | 04  | UKR | Grüner Pfad/*Duisburg | 66.     | 5:05:25 | 5:06:28 |

#### Ergebnisse Männer AK M30

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City      | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|--------------------------|---------|---------|---------|
| 1.  | 748 | Hütig, Philip       | 92  | DEU | /*Duisburg               | 17.     | 3:43:53 | 3:44:10 |
| 2.  | 705 | Stein, Michael      | 91  | DEU | /*Duisburg               | 27.     | 3:58:00 | 3:58:56 |
| 3.  | 587 | Born, Philipp       | 92  | DEU | /*Duisburg               | 36.     | 4:12:21 | 4:12:37 |
| 4.  | 306 | Brosius, Marcel     | 91  | DEU | /*Duisburg               | 39.     | 4:14:05 | 4:14:49 |
| 5.  | 785 | Hoff, Philipp       | 89  | DEU | PSV Duisburg Abt. Combat | 43.     | 4:27:21 | 4:28:27 |
| 6.  | 543 | Nieswand, Andre     | 89  | DEU | /*Duisburg               | 44.     | 4:32:50 | 4:33:02 |
| 7.  | 21  | Rehfeld, Christian  | 91  | DEU | /*Duisburg               | 61.     | 4:52:53 | 4:53:36 |
| 8.  | 346 | Schwenke, Mirko     | 91  | DEU | /*Duisburg               | 71.     | 5:18:49 | 5:19:10 |

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#### Ergebnisse Männer AK M35

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City             | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|---------------------------------|---------|---------|---------|
| 1.  | 478 | Wölke, Marvin       | 85  | DEU | Ausdauerschule bunert/*Duisburg | 7.      | 3:30:56 | 3:31:05 |
| 2.  | 711 | Kollmorgen, Steven  | 88  | DEU | /*Duisburg                      | 8.      | 3:31:07 | 3:31:28 |
| 3.  | 243 | Nendza, Mirko       | 86  | DEU | /*Duisburg                      | 14.     | 3:39:50 | 3:40:09 |
| 4.  | 720 | Holler, Florian     | 87  | DEU | /*Duisburg                      | 16.     | 3:41:56 | 3:42:23 |
| 5.  | 19  | Schaary, Alexander  | 88  | DEU | OSC 04 Rheinhausen/*Duisburg    | 21.     | 3:47:54 | 3:48:19 |
| 6.  | 435 | Völkner, Chris      | 87  | DEU | /*Duisburg                      | 22.     | 3:51:30 | 3:51:41 |
| 7.  | 501 | Aßmuth, Robert      | 85  | DEU | Kurze Hosen machen lange        | 33.     | 4:07:10 | 4:08:00 |
| 8.  | 376 | Schwarz, Matthias   | 87  | DEU | /*Duisburg                      | 40.     | 4:15:01 | 4:15:36 |
| 9.  | 372 | Kachel, Matthäus    | 87  | DEU | LC Duisburg/*Duisburg           | 42.     | 4:26:44 | 4:27:46 |
| 10. | 31  | Stachelhaus, Timo   | 88  | DEU | LC Duisburg/*Duisburg           | 46.     | 4:35:02 | 4:36:04 |
| 11. | 151 | Schwärzl, Fabian    | 84  | DEU | /*Duisburg                      | 50.     | 4:38:44 | 4:39:31 |
| 12. | 63  | Bast, Tobias        | 86  | DEU | /*Duisburg                      | 51.     | 4:40:30 | 4:41:35 |
| 13. | 355 | Donchev, Deyan      | 86  | BGR | /*Duisburg                      | 52.     | 4:40:48 | 4:41:52 |
| 14. | 235 | Gersonde, Rene      | 87  | DEU | /*Duisburg                      | 82.     | 5:47:36 | 5:47:57 |

#### Ergebnisse Männer AK M40

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City                | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|------------------------------------|---------|---------|---------|
| 1.  | 667 | Trotzke, Andreas    | 83  | DEU | Team Elio/*Duisburg                | 2.      | 3:06:56 | 3:07:00 |
| 2.  | 62  | Schwärzl, Sebastian | 81  | DEU | LC Duisburg/*Duisburg              | 5.      | 3:20:28 | 3:20:35 |
| 3.  | 64  | Pentek, Tobias      | 83  | DEU | Karnevalsfamilie Homburg/*Duisburg | 6.      | 3:30:50 | 3:31:00 |
| 4.  | 141 | Köktürk, Alper      | 79  | DEU | /*Duisburg                         | 12.     | 3:38:39 | 3:38:49 |
| 5.  | 421 | Jäger, Bernhard     | 80  | DEU | /*Duisburg                         | 15.     | 3:40:29 | 3:40:42 |
| 6.  | 694 | Knott, Daniel       | 82  | DEU | /*Duisburg                         | 20.     | 3:46:43 | 3:46:59 |
| 7.  | 252 | Haardt, Daniel      | 80  | DEU | /*Duisburg                         | 23.     | 3:51:31 | 3:52:19 |
| 8.  | 287 | Domke, Michael      | 82  | DEU | /*Duisburg                         | 28.     | 3:58:57 | 3:59:44 |
| 9.  | 33  | Gorr, Demian        | 83  | DEU | /*Duisburg                         | 48.     | 4:36:55 | 4:37:29 |
| 10. | 32  | Ex, Michael         | 82  | DEU | /*Duisburg                         | 78.     | 5:38:58 | 5:39:41 |
| 11. | 436 | Jaksch, Chris       | 82  | DEU | /*Duisburg                         | 80.     | 5:46:03 | 5:47:18 |

#### Ergebnisse Männer AK M45

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City                | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|------------------------------------|---------|---------|---------|
| 1.  | 9   | Kruck, Karsten      | 78  | DEU | ASV Duisburg/*Duisburg             | 1.      | 2:52:11 | 2:52:11 |
| 2.  | 73  | Claaßen, Andreas    | 77  | DEU | Karnevalsfamilie Homburg/*Duisburg | 10.     | 3:37:36 | 3:37:47 |
| 3.  | 455 | Strack, Sascha      | 76  | DEU | Running Team Grafenberg/*Duisburg  | 29.     | 3:59:42 | 4:00:10 |
| 4.  | 14  | Clasen, Adam        | 74  | DEU | /*Duisburg                         | 47.     | 4:35:22 | 4:35:51 |
| 5.  | 22  | Strauch, Thomas     | 74  | DEU | /*Duisburg                         | 53.     | 4:41:34 | 4:42:31 |
| 6.  | 219 | Möhlendick, Björn   | 77  | DEU | /*Duisburg                         | 68.     | 5:11:30 | 5:12:37 |
| 7.  | 788 | Dumke, Holger       | 74  | DEU | BSG Funkemedien/*Duisburg          | 76.     | 5:31:17 | 5:32:22 |

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#### Ergebnisse Männer AK M50

| Pl. | BIB | Lastname, Firstname  | YoB | NAT | Team / Club / *City        | Pl. m/w | Netto   | Brutto  |
|-----|-----|----------------------|-----|-----|----------------------------|---------|---------|---------|
| 1.  | 13  | Lindermann, Andreas  | 72  | DEU | Team S&H                   | 4.      | 3:13:56 | 3:14:00 |
| 2.  | 177 | Pribyl, Holger       | 73  | DEU | Rumelner TV/*Duisburg      | 9.      | 3:32:36 | 3:32:47 |
| 3.  | 469 | Kehl, Detlef         | 73  | DEU | LC Duisburg/*Duisburg      | 37.     | 4:12:53 | 4:13:21 |
| 4.  | 729 | Granzen, Stefan      | 72  | DEU | BSG Sparkasse              | 45.     | 4:34:27 | 4:35:14 |
| 5.  | 181 | Füchtenbusch, Thomas | 69  | DEU | /*Duisburg                 | 49.     | 4:38:25 | 4:39:28 |
| 6.  | 603 | Kubbernuß, Ralf      | 69  | DEU | NRZ Heimatläufer/*Duisburg | 56.     | 4:46:38 | 4:47:40 |

#### Ergebnisse Männer AK M55

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City                 | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|-------------------------------------|---------|---------|---------|
| 1.  | 167 | Schrooten, Marc     | 67  | DEU | /*Duisburg                          | 25.     | 3:54:46 | 3:55:08 |
| 2.  | 537 | Laus, Dirk          | 67  | DEU | LC Duisburg/*Duisburg               | 26.     | 3:55:38 | 3:55:51 |
| 3.  | 395 | Kassner, Jürgen     | 68  | DEU | SC Bayer 05 Uerdingen/*Duisburg     | 31.     | 4:03:34 | 4:03:58 |
| 4.  | 709 | Schmid, Klaus       | 66  | DEU | Team Erdinger Alkoholfrei/*Duisburg | 34.     | 4:07:28 | 4:07:52 |
| 5.  | 653 | Reiff, Volker       | 65  | DEU | LC Duisburg/*Rheinberg              | 58.     | 4:48:31 | 4:49:12 |
| 6.  | 27  | Däumler, Jürgen     | 64  | DEU | /*Duisburg                          | 60.     | 4:51:02 | 4:51:58 |
| 7.  | 334 | Brockof, Peter      | 64  | DEU | AS Neukirchen-Vluyn/*Duisburg       | 62.     | 4:58:00 | 4:58:54 |
| 8.  | 786 | Richter, Thomas     | 67  | DEU | /*Duisburg                          | 72.     | 5:23:37 | 5:24:40 |
| 9.  | 103 | Fergon, Zbigniew    | 64  | DEU | /*Duisburg                          | 77.     | 5:32:35 | 5:33:47 |
| 10. | 281 | Galjuf, Martin      | 65  | DEU | /*Duisburg                          | 81.     | 5:46:05 | 5:47:20 |

#### Ergebnisse Männer AK M60

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City                | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|------------------------------------|---------|---------|---------|
| 1.  | 66  | Chaumet, Martin     | 61  | DEU | /*Duisburg                         | 13.     | 3:38:41 | 3:40:02 |
| 2.  | 209 | Roch, Karl          | 63  | DEU | LC Duisburg/*Oberhausen            | 30.     | 4:01:09 | 4:01:59 |
| 3.  | 131 | Wehr, Matthias      | 59  | DEU | LC Duisburg/*Uedem                 | 38.     | 4:13:14 | 4:13:26 |
| 4.  | 410 | Breer, Pater Tobias | 63  | DEU | Projekt LebensWert 100MC/*Duisburg | 63.     | 5:00:09 | 5:00:55 |
| 5.  | 186 | Brockhoff, Uwe      | 61  | DEU | LC Duisburg/*Duisburg              | 67.     | 5:10:57 | 5:11:51 |
| 6.  | 165 | Kastner, Jörg       | 61  | DEU | LC Duisburg/*Duisburg              | 70.     | 5:18:46 | 5:19:26 |

#### Ergebnisse Männer AK M65

| Pl. | BIB | Lastname, Firstname   | YoB | NAT | Team / Club / *City          | Pl. m/w | Netto   | Brutto  |
|-----|-----|-----------------------|-----|-----|------------------------------|---------|---------|---------|
| 1.  | 254 | Geiger, Klaus-Michael | 54  | DEU | LC Duisburg/*Duisburg        | 32.     | 4:05:41 | 4:06:11 |
| 2.  | 25  | Schaary, Ernst        | 55  | DEU | OSC 04 Rheinhausen/*Duisburg | 59.     | 4:49:38 | 4:50:46 |

#### Ergebnisse Männer AK M70

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|---------------------|---------|---------|---------|
| 1.  | 47  | Graebel, Gunther    | 53  | DEU | 100 Marathon Club   | 54.     | 4:43:57 | 4:44:19 |

#### Ergebnisse Männer AK M75

| Pl. | BIB | Lastname, Firstname | YoB | NAT | Team / Club / *City | Pl. m/w | Netto   | Brutto  |
|-----|-----|---------------------|-----|-----|---------------------|---------|---------|---------|
| 1.  | 29  | Swiatczak, Eugen    | 48  | DEU | /*Duisburg          | 73.     | 5:23:43 | 5:24:46 |

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#### Ergebnisse Frauen AK WH

| Pl. | BIB  | Lastname, Firstname | YoB | NAT | Team / Club / *City    | Pl. m/w | Netto   | Brutto  |
|-----|------|---------------------|-----|-----|------------------------|---------|---------|---------|
| 1.  | F1   | Wehr, Katharina     | 96  | DEU | ASV Duisburg/*Duisburg | 1.      | 3:00:28 | 3:00:28 |
| 2.  | F197 | Klaes, Tabea        | 96  | DEU | /*Duisburg             | 3.      | 3:40:02 | 3:40:21 |
| 3.  | F68  | Messer, Mara        | 98  | DEU | /*Wanheimerort         | 6.      | 4:09:23 | 4:09:58 |
| 4.  | F72  | Bator, Julia        | 98  | DEU | /*Duisburg             | 7.      | 4:10:36 | 4:11:15 |

#### Ergebnisse Frauen AK W30

| Pl. | BIB  | Lastname, Firstname      | YoB | NAT | Team / Club / *City   | Pl. m/w | Netto   | Brutto  |
|-----|------|--------------------------|-----|-----|-----------------------|---------|---------|---------|
| 1.  | F93  | Henseler, Janine         | 92  | DEU | LC Duisburg/*Duisburg | 9.      | 4:18:53 | 4:19:34 |
| 2.  | F158 | Schiffer-Ritter, Rebecca | 91  | DEU | Team Green/*Duisburg  | 13.     | 4:57:22 | 4:58:20 |
| 3.  | F26  | Gottschewsky, Hannah     | 92  | DEU | /*Duisburg            | 18.     | 5:18:13 | 5:19:01 |

#### Ergebnisse Frauen AK W35

| Pl. | BIB  | Lastname, Firstname | YoB | NAT | Team / Club / *City | Pl. m/w | Netto   | Brutto  |
|-----|------|---------------------|-----|-----|---------------------|---------|---------|---------|
| 1.  | F167 | Raths, Eva-Maria    | 88  | DEU | /*Duisburg          | 15.     | 4:58:25 | 4:59:21 |

#### Ergebnisse Frauen AK W40

| Pl. | BIB  | Lastname, Firstname | YoB | NAT | Team / Club / *City           | Pl. m/w | Netto   | Brutto  |
|-----|------|---------------------|-----|-----|-------------------------------|---------|---------|---------|
| 1.  | F211 | Uzaldi, Melanie     | 81  | DEU | Anchor Running Crew/*Duisburg | 4.      | 3:54:42 | 3:55:14 |
| 2.  | F16  | Kupke, Vanessa      | 82  | DEU | Team Ben/*Duisburg            | 5.      | 4:04:18 | 4:04:47 |
| 3.  | F219 | Risse, Kirsten      | 82  | DEU | LC Duisburg/*Duisburg         | 11.     | 4:41:15 | 4:42:16 |

#### Ergebnisse Frauen AK W45

| Pl. | BIB  | Lastname, Firstname   | YoB | NAT | Team / Club / *City          | Pl. m/w | Netto   | Brutto  |
|-----|------|-----------------------|-----|-----|------------------------------|---------|---------|---------|
| 1.  | F215 | Dirkes, Stephanie     | 76  | DEU | Laufsport Bunert             | 2.      | 3:37:14 | 3:37:24 |
| 2.  | F140 | Harnischmacher, Wibke | 76  | DEU | Mercator-Gymnasium/*Duisburg | 19.     | 5:34:04 | 5:35:14 |
| 3.  | F38  | Joseph, Nadine        | 75  | DEU | LC Duisburg/*Moers           | 20.     | 5:41:23 | 5:42:31 |
| 4.  | F204 | Theunißen, Tanja      | 74  | DEU | LC Duisburg/*Essen           | 21.     | 5:57:34 | 5:58:48 |

#### Ergebnisse Frauen AK W50

| Pl. | BIB   | Lastname, Firstname      | YoB | NAT | Team / Club / *City    | Pl. m/w | Netto   | Brutto  |
|-----|-------|--------------------------|-----|-----|------------------------|---------|---------|---------|
| 1.  | F66   | Lemken, Marion           | 69  | DEU | LC Duisburg/*Duisburg  | 10.     | 4:27:04 | 4:27:44 |
| 2.  | F137  | Forg, Corinna            | 71  | DEU | VSG Duisburg/*Duisburg | 12.     | 4:48:58 | 4:49:44 |
| 3.  | F1028 | Pereira-Förster, Andréia | 69  | BRA | LC Duisburg/*Duisburg  | 14.     | 4:57:40 |         |

#### Ergebnisse Frauen AK W55

| Pl. | BIB  | Lastname, Firstname | YoB | NAT | Team / Club / *City     | Pl. m/w | Netto   | Brutto  |
|-----|------|---------------------|-----|-----|-------------------------|---------|---------|---------|
| 1.  | F217 | Kirchberg, Angelika | 67  | DEU | LC Duisburg/*Oberhausen | 8.      | 4:10:51 | 4:11:41 |
| 2.  | F78  | Rzyski, Claudia     | 65  | DEU | LC Duisburg/*Duisburg   | 16.     | 4:58:46 | 4:59:55 |

#### Ergebnisse Frauen AK W65

| Pl. | BIB   | Lastname, Firstname | YoB | NAT | Team / Club / *City    | Pl. m/w | Netto   | Brutto  |
|-----|-------|---------------------|-----|-----|------------------------|---------|---------|---------|
| 1.  | F4065 | Friese, Petra       | 58  | DEU | LC Duisburg/*Dinslaken | 17.     | 5:06:51 | 5:08:00 |