



Halbmarathon

Ergebnisse Männer

Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
1	1001	Graute, Matthias	83	GER	TRC Essen 84/Essen	MH	1	1	0:16:32	0:33:29	0:50:31	1:07:11	1:07:13	03:11
2	2372	Schönherr, David	89	GER	PV Triathlon Witten/-	MH	2	2	0:18:49	0:37:29	0:56:07	1:14:13	1:14:15	03:31
3	1389	Rosenberg, Sebastian	90	GER	Moerser TV/Neukirchen-Vluyn	MH	3	3	0:18:50	0:37:30	0:56:13	1:14:26	1:14:27	03:31
4	1004	Ritterswürden, Marc	77	GER	TUSEM Essen/-	M30	1	4	0:18:50	0:37:29	0:56:13	1:14:27	1:14:30	03:31
5	2381	Brinkmann, Sebastian	83	GER	LTZ Puma Troisdorf/Siegburg/Sankt August	MH	4	5	0:18:16	0:36:50	0:55:58	1:14:47	1:14:49	03:32
6	1003	Yilmaz, Muharrem	70	TUR	Ayyo Team Essen e.V./Essen	M40	1	6	0:18:50	0:37:31	0:56:14	1:15:06	1:15:08	03:33
7	1668	Seewald, Jan	84	GER	TRC Essen 84/Essen	MH	5	7	0:19:20	0:39:07	0:58:50	1:18:18	1:18:20	03:42
8	1171	Thaler, Stefan	66	GER	-/Essen	M45	1	8	0:19:47	0:39:38	1:00:01	1:20:06	1:20:08	03:47
9	2359	Kremer, Mathias	79	GER	-/Bochum	M30	2	9	0:19:36	0:39:30	0:59:50	1:20:08	1:20:11	03:47
10	2360	Breitbach, Dominik	86	GER	domstadtläufer.de/Bergheim	MH	6	10	0:19:45	0:39:36	0:59:58	1:20:30	1:20:33	03:48
11	457	Göktas, Nihat	76	GER	Ayyo Team Essen e.V./Essen	M35	1	11	0:19:46	0:39:42	1:00:08	1:20:42	1:20:45	03:49
12	1050	Heddendorp, Daniel	88	GER	Team Roseversand Bocholter WSV/Bocholt	MH	7	12	0:19:07	0:38:56	0:59:18	1:21:14	1:21:16	03:51
13	1094	Gundelach, Benjamin	79	GER	LG Solling/Uslar/Schönhagen	M30	3	13	0:20:44	0:41:26	1:02:21	1:22:41	1:22:45	03:55
14	2366	Zöllner, Johnnes	88	GER	CyclingTeam Bochum/-	MH	8	14	0:20:28	0:40:52	1:01:23	1:22:48	1:22:51	03:55
15	1302	Eisenberg, Matthias	63	GER	MTG Horst Essen/Bochum	M45	2	16	0:20:38	0:41:25	1:02:23	1:23:29	1:23:32	03:57
16	2342	Köhler, Roman	74	GER	Team - Speiche Witten/-	M35	2	17	0:20:15	0:40:47	1:01:49	1:23:32	1:23:36	03:57
17	1365	Marek, Reinhold	63	GER	-/Paderborn	M45	3	18	0:20:27	0:41:17	1:02:24	1:23:37	1:23:40	03:57
18	1399	Over, Björn	82	GER	LT Bittermark Dortmund/Dortmund	MH	9	19	0:21:28	0:42:26	1:03:31	1:24:06	1:24:20	03:59
19	1360	Schwering, Stefan	88	GER	RWTH Aachen/Aachen	MH	10	20	0:19:33	0:40:00	1:01:41	1:24:08	1:24:11	03:59
20	2379	Schneider, Christoph	57	GER	TB Hassels/-	M50	1	21	0:20:38	0:41:39	1:03:12	1:24:56	1:25:01	04:01
21	1266	Glowatzki, Micha	87	GER	CyclingTeam-Bochum/Bochum	MH	11	22	0:20:45	0:42:04	1:03:49	1:25:12	1:25:15	04:02
22	2367	Becker, Fabian	88	GER	TSV 1863 Herdecke/-	MH	12	23	0:20:28	0:41:14	1:02:40	1:25:20	1:25:24	04:02
23	1335	Herberg, Rainer	84	GER	Marathon Mülheim/Mülheim	MH	13	24	0:20:54	0:42:04	1:03:45	1:25:35	1:25:42	04:03
24	1142	Kämper, Andreas	68	GER	mettmann-sport e.V./Mettmann	M40	2	25	0:21:25	0:42:35	1:04:10	1:25:40	1:25:44	04:03
25	1315	Jungwirth, Rudi	65	GER	Moerser TV/Moers	M45	4	26	0:20:24	0:41:39	1:03:36	1:25:52	1:25:54	04:04
26	1089	Homann, Guido	76	GER	-/Attendom	M35	3	27	0:21:08	0:42:33	1:04:20	1:25:55	1:26:01	04:04
27	1285	Baltes, Maik	76	GER	tri.Si (Triathlon Siegen)/Betzdorf	M35	4	28	0:20:49	0:42:12	1:04:18	1:26:03	1:26:07	04:04
28	1300	Rodriguez, Pierre-François	87	FRA	-/Düsseldorf	MH	14	29	0:21:10	0:42:35	1:04:23	1:26:18	1:26:23	04:05
29	1367	Gertsch, Stephen	81	USA	-/Hattingen	M30	4	30	0:21:49	0:43:37	1:05:29	1:26:29	1:26:37	04:05
30	1015	Voll, Philip	81	GER	-/Aachen	M30	5	31	0:22:00	0:44:05	1:06:09	1:27:08	1:27:14	04:07
31	1319	Ebel, Uli	69	GER	Schwelmer Jungs/Schwelom	M40	3	32	0:21:14	0:43:20	1:05:44	1:27:09	1:27:14	04:07
32	1150	Robering, André	74	GER	-/Oer-Erkenschwick	M35	5	33	0:24:39	0:50:45		1:27:11	1:27:25	04:07
33	1175	Rosenträger, Stefan	75	GER	LGO Bochum/Bochum	M35	6	34	0:21:57	0:43:43	1:05:39	1:27:16	1:27:27	04:08
34	1190	Sabelek, Armin	63	GER	MTG Horst Essen/Essen	M45	5	35	0:21:41	0:43:51	1:05:44	1:27:25	1:27:28	04:08
35	1673	Weber, Frank	71	GER	Ayyo Team Essen e.V./Essen	M40	4	36	0:20:56	0:42:25	1:05:19	1:27:53	1:27:56	04:09
36	1128	Seegenschmiedt, Heinrich	55	GER	TUSEM Essen/Essen	M55	1	37	0:21:47	0:43:39	1:05:41	1:27:58	1:28:05	04:10
37	1239	Peters, Michael	79	GER	-/Duisburg	M30	6	38	0:21:04	0:42:48	1:05:27	1:28:21	1:28:26	04:11
38	1316	Lorenz, Frank	68	GER	LT Gruiten-Neandertal/Mettmann	M40	5	39	0:22:36	0:44:21	1:06:24	1:28:28	1:28:33	04:11
39	1299	Brinkmann, Wolfgang	51	GER	MTG Horst Essen/Essen	M60	1	40	0:21:43	0:43:47	1:06:29	1:28:43	1:28:58	04:12
40	1158	Fritsch, Franz	53	GER	-/Rheinberg	M55	2	41	0:21:53	0:44:02	1:06:14	1:28:46	1:28:54	04:12
41	1265	Hoff, Fabian	88	GER	CyclingTeam-Bochum/Bochum	MH	15	42	0:20:47	0:42:13	1:04:55	1:28:49	1:28:52	04:12
42	1609	Kriener, Luca	90	GER	CyclingTeam-Bochum/Bochum	MH	16	43	0:20:45	0:42:04	1:05:39	1:29:02	1:29:05	04:13
43	2345	Scholtissek, Bernhard	60	GER	Spiridon Haltern/Haltern	M50	2	44	0:21:49	0:43:52	1:06:44	1:29:09	1:29:15	04:13
44	1295	Joswig, Andreas	65	GER	Schwelmer Jungs/Ennepetal	M45	6	45	0:21:15	0:43:20	1:06:22	1:29:13	1:29:17	04:13
45	1347	Thra, Dustin	85	GER	CyclingTeam-Bochum/Bochum	MH	17	46	0:22:07	0:44:22	1:07:12	1:29:31	1:29:36	04:14
46	1666	Löschner, Uwe	60	GER	Runners Point Dortmund/Wuppertal	M50	3	47	0:21:34	0:43:36	1:06:21	1:29:36	1:29:39	04:14
47	2382	Hamann, Jan Simon	86	GER	VSC Bochum/-	MH	18	49	0:21:59	0:44:20	1:07:13	1:29:36	1:29:40	04:14



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
48	2371	Giessau, Reiner	60	GER	Soester Tri Team/-	M50	4	50	0:22:19	0:44:37	1:07:18	1:29:54	1:30:06	04:15
49	2349	Winse, Matthias	73	GER	BSG Springorum/-	M35	7	51	0:23:01	0:45:32	1:08:04	1:30:01	1:30:10	04:15
50	1044	Steinig, Marco	68	GER	-/Kaarst	M40	6	52	0:22:55	0:45:31	1:08:04	1:30:09	1:30:19	04:16
51	2357	Just, Roland	64	GER	Kilometerfresser Wittringen/Gladbeck	M45	7	53	0:21:58	0:44:18	1:07:26	1:30:12	1:30:16	04:16
52	1253	Rodriguez-Baena, Rafael	69	GER	TC Kray 1892/-	M40	7	54	0:22:17	0:44:42	1:07:26	1:30:34	1:30:43	04:17
53	1074	Parusel, Stefan	68	GER	B-W-Bochum/Bochumn	M40	8	55	0:21:56	0:44:19	1:07:53	1:31:22	1:31:31	04:19
54	1642	Stöckigt, Niko	86	GER	-/Aachen	MH	19	56	0:22:24	0:44:52	1:08:20	1:31:23	1:31:31	04:19
55	1301	Berger, Christian	71	GER	Laufftreff R(h)einkaller/Hünxe	M40	9	57	0:21:55	0:44:08	1:07:21	1:31:27	1:31:38	04:20
56	1056	Horn, Matthias	81	GER	DJK VfR Mülheim Saarn/Mülheim an der Ru	M30	7	59	0:22:21	0:45:07	1:08:28	1:31:40	1:31:51	04:20
57	1251	Schuster, Ralf	61	GER	TC Kray 1892/-	M50	5	60	0:22:37	0:45:18	1:08:28	1:31:41	1:31:52	04:20
58	1206	Webelsiep, Jan	85	GER	Erlar Laufftreff/Esseb	MH	20	62	0:21:00	0:42:43	1:06:15	1:32:18	1:32:22	04:22
59	1305	Liebchen, Peter	60	GER	LAV Essen/Werdener TB/Essen	M50	6	63	0:23:18	0:46:20	1:09:24	1:32:18	1:32:34	04:22
60	1196	John, Dennis	82	GER	Team Erdinger Alkoholfrei/Essen	MH	21	64	0:23:28	0:46:18	1:09:53	1:32:26	1:33:02	04:22
61	1281	Lange, Roland	72	GER	-/Krefeld	M35	8	65	0:22:22	0:45:04	1:08:43	1:32:35	1:32:44	04:23
62	1371	Vogt, Michael	64	GER	SV Blau-Weiß Bochum Triathlon/Bochum	M45	8	66	0:22:51	0:45:38	1:09:24	1:32:46	1:32:56	04:23
63	2374	Kortmann, Thomas	71	GER	-/	M40	10	67	0:23:33	0:46:24	1:09:33	1:32:47	1:33:04	04:23
64	1604	Kilicarslan, Fikret	61	TUR	Ayyo Team Essen e.V./-	M50	7	68	0:21:56	0:44:27	1:08:42	1:32:58	1:33:02	04:24
65	1675	Öztekin, Ali	64	TUR	Ayyo Team Essen e.V./-	M45	9	69	0:22:47	0:45:44	1:09:37	1:32:58	1:33:07	04:24
66	2392	Krebs, Werner	62	GER	DJK VfR Saarn/-	M45	10	70	0:22:10	0:44:53	1:08:47	1:33:03	1:33:09	04:24
67	1339	Kreutz, Stephan	68	GER	MTG Horst Essen/Essen	M40	11	71	0:22:48	0:45:56	1:09:29	1:33:04	1:33:19	04:24
68	1241	Schmitz, Bernd	62	GER	-/Essen	M45	11	72	0:22:44	0:45:33	1:09:23	1:33:12	1:33:21	04:25
69	1226	Kudritzki, Peter	65	GER	-/Essen	M45	12	74	0:22:57	0:46:06	1:09:37	1:33:25	1:33:34	04:25
70	1189	Van der Pluijm, Cornelis	63	GER	FIZ-Team/Duisburg	M45	13	75	0:23:27	0:46:24	1:09:34	1:33:25	1:33:37	04:25
71	1646	Damm, Harald	60	GER	LG Wuppertal/Wülfrath	M50	8	76	0:22:52	0:45:33	1:09:10	1:33:34	1:33:44	04:26
72	1215	Weiss, Thomas	59	GER	BSG Springorum Bochum/Bochum	M50	9	79	0:23:02	0:45:55	1:09:44	1:33:56	1:34:04	04:27
73	1611	Hackstein, Stefan	82	GER	LG Alpen/Alpen	MH	22	80	0:24:01	0:47:32	1:11:01	1:34:04	1:34:09	04:27
74	1359	Duran, Peter	87	USA	CyclingTeam-Bochum/Bochum	MH	23	81	0:21:59	0:44:57	1:09:31	1:34:15	1:34:18	04:28
75	1195	Büskens, Jens	69	GER	-/Duisburg	M40	12	82	0:24:26	0:48:08	1:11:32	1:34:16	1:34:44	04:28
76	1349	Niederholtmeyer, Daniel	73	GER	-/Gladbeck	M35	9	83	0:23:21	0:47:02	1:10:58	1:34:21	1:34:47	04:28
77	1377	Jaenichen, Dieter	56	GER	TSV Viktoria Mülheim/Krefeld	M55	3	84	0:23:37	0:47:17	1:11:14	1:34:32	1:34:41	04:28
78	2347	Gosling, Andreas	67	GER	LG Theater Essen/Essen	M40	13	85	0:22:53	0:46:17	1:10:52	1:34:34	1:34:40	04:28
79	1298	Kern, Christian	68	GER	Rote Erde, Schwelm/Schwelm	M40	14	86	0:22:57	0:46:06	1:10:37	1:34:35	1:34:39	04:28
80	1224	Hennecke, Matthias	83	GER	Mat & Intern. Running Team/Bergisch Gladb	MH	24	87	0:22:56	0:46:19	1:10:12	1:34:41	1:34:46	04:29
81	1076	Zielinski, Bernd	73	GER	-/Paderborn	M35	10	88	0:24:50	0:48:31	1:12:07	1:34:47	1:35:27	04:29
82	2377	Schönfeldt, Jörg	61	GER	Team Spirich Witten/-	M50	10	89	0:23:06	0:46:40	1:10:53	1:34:53	1:34:59	04:29
83	1346	Pellen, Ferdi	45	GER	Leichtathletik Nütterden/Kranenburg	M65	1	90	0:23:41	0:47:21	1:11:18	1:34:57	1:35:02	04:30
84	1655	Klaus, Harald	47	GER	LAV Essen/Werdener TB/Essen	M60	2	91	0:22:50	0:46:09	1:10:33	1:34:59	1:35:09	04:30
85	1211	Grüner, Christian	70	GER	Tus Nachrodt-Obstfeld/Nachrodt	M40	15	92	0:24:03	0:47:36	1:11:30	1:35:02	1:35:21	04:30
86	1255	Wittoesch, Stephan	76	GER	TC Kray 1892/-	M35	11	93	0:22:11	0:44:53	1:09:28	1:35:04	1:35:11	04:30
87	2386	Holtkötter, Michael	56	GER	LSF Münster/-	M55	4	95	0:23:30	0:46:58	1:11:00	1:35:09	1:35:17	04:30
88	1625	Natschke, Jörg	61	GER	Doppelrunde/Essen	M50	11	96	0:22:57	0:46:14	1:10:40	1:35:14	1:35:21	04:30
89	1340	Kaczmarczyk, Adam	72	GER	Marathonteam Ratingen/Ratingen	M35	12	97	0:22:33	0:45:44	1:10:12	1:35:16	1:35:23	04:30
90	1278	von Derschau, Gerhard	60	GER	BSG Springorum Bochum/Bochum	M50	12	98	0:23:12	0:47:11	1:11:22	1:35:56	1:36:05	04:32
91	1638	Wöhrmann, Dr. Jörn	59	GER	-/Essen	M50	13	99	0:22:59	0:46:28	1:10:42	1:35:56	1:36:06	04:32
92	1254	Fuchs, Volker	58	GER	TC Kray 1892/-	M50	14	100	0:22:53	0:46:10	1:10:37	1:35:58	1:36:08	04:32
93	1612	Eberhardt, Torsten	69	GER	RW Lüdenscheid/Meinerzhagen	M40	16	101	0:24:17	0:48:10	1:12:18	1:36:09	1:36:35	04:33
94	1130	Kiphardt, Heinz-Michael	69	GER	LGO Bochum/Bochum	M40	17	102	0:24:30	0:48:41	1:12:41	1:36:15	1:36:26	04:33



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
95	1067	Lockowandt, Stefan	92	GER	-/Essen	MJG	1	103	0:26:43	0:51:03	1:13:57	1:36:17	1:36:51	04:33
96	1290	Eckey, Kai	69	GER	-/Witten	M40	18	104	0:22:02	0:45:35	1:10:40	1:36:18	1:36:24	04:33
97	1392	Czarsbon, Dirk	70	GER	-/Mülheim	M40	19	106	0:23:51	0:47:52	1:12:15	1:36:28	1:36:50	04:34
98	1637	Behrendt, Joerg	60	GER	JB sports/Bergisch Gladbach	M50	15	107	0:24:13	0:48:14	1:12:33	1:36:32	1:36:40	04:34
99	1303	Teuber, Michael	67	GER	MTG Horst Essen/Essen	M40	20	108	0:22:00	0:44:36	1:09:38	1:36:35	1:36:40	04:34
100	1379	Farat, Christoph	73	GER	-/Essen	M35	13	109	0:24:10	0:48:04	1:12:25	1:36:39	1:36:55	04:34
101	1610	Eerden, Günther	61	GER	Leichtathletik Nütterden/Kleve	M50	16	110	0:24:10	0:48:29	1:12:50	1:36:51	1:36:57	04:35
102	1343	Léger, Sacha	71	GER	-/Wuppertal	M40	21	111	0:23:32	0:47:17	1:12:04	1:36:55	1:37:08	04:35
103	1364	Schmidt, Uwe	61	GER	bikersbean.de/Werne	M50	17	112	0:24:19	0:48:03	1:12:20	1:36:57	1:37:25	04:35
104	2339	Teigelkamp, Guido	68	GER	Adler-Langlauf Bottrop/Bottrop	M40	22	113	0:24:00	0:48:07	1:12:41	1:36:59	1:37:10	04:35
105	1040	Regenbrecht, Gero	79	GER	-/Essen	M30	8	114	0:23:59	0:48:00	1:12:27	1:37:22	1:37:37	04:36
106	1139	Müller, Andreas	62	GER	AS Neukirchen-Vluyn/Neukirchen - Vluyn	M45	14	115	0:24:35	0:48:41	1:12:49	1:37:23	1:37:59	04:36
107	1334	Borrmann, Nicolai	71	GER	-/Iserlohn	M40	23	116	0:23:03	0:46:31	1:11:02	1:37:32	1:37:41	04:37
108	1620	Klingenberg, Jörg	55	GER	Stadt Bochum Team/Bochum	M55	5	117	0:23:45	0:48:16	1:13:23	1:37:51	1:38:01	04:38
109	2338	Schomburg, Michael	60	GER	Erler Sportgemeinschaft/Gelsenkirchen	M50	18	118	0:23:34	0:47:38	1:12:43	1:37:52	1:37:55	04:38
110	2062	Zindler, Markus	69	GER	-/Düsseldorf	M40	24	119	0:23:30	0:47:24	1:12:38	1:37:58	1:38:11	04:38
111	1355	Meyer, Paul	59	GER	-/Marl	M50	19	120	0:22:54	0:46:48	1:11:56	1:38:02	1:38:13	04:38
112	1660	Kastrup, Benedikt	65	GER	TSVE 1890 Bielefeld e.V./Bielefeld	M45	15	121	0:24:28	0:48:51	1:13:26	1:38:07	1:38:19	04:39
113	1186	Killius, Klaus	59	GER	Borbecker Raketen Essen/Essen	M50	20	122	0:23:53	0:48:00	1:12:47	1:38:08	1:38:26	04:39
114	1193	Dombrowsky, Detlef	59	GER	Vfl Gladbeck FunRunners/gelsenkirchen	M50	21	123	0:23:29	0:47:34	1:12:44	1:38:25	1:38:31	04:39
115	1639	Grigoleit, Axel	63	GER	-/Leichlingen	M45	16	124	0:24:30	0:48:58	1:13:43	1:38:26	1:38:35	04:39
116	1674	Sholix, Stefan	71	GER	-/	M40	25	125	0:23:10	0:47:08	1:11:51	1:38:27	1:38:40	04:39
117	1151	Gniffke, Michael	72	GER	Herner Triathlon Team 11/Herne	M35	14	126	0:23:53	0:48:25	1:13:17	1:38:38	1:38:40	04:40
118	1337	Fourgeaud, Julien	86	FRA	-/Wuppertal	MH	25	128	0:24:58	0:49:32	1:14:13	1:38:48	1:39:06	04:40
119	2352	Lambard, Reiner	56	GER	-/Oberhausen	M55	6	129	0:25:03	0:49:31	1:14:16	1:38:49	1:39:06	04:41
120	1238	Ritterbach, Christian	93	GER	ETUF Essen/Essen	MJG	2	130	0:26:23	0:51:25	1:15:41	1:39:00	1:39:20	04:41
121	1228	van Gemmen, Stefan	70	GER	-/Essen	M40	26	131	0:24:25	0:48:55	1:14:06	1:39:02	1:39:18	04:41
122	1294	Gersch, Jürgen	56	GER	Moerser TV/Moers	M55	7	133	0:24:09	0:48:51	1:14:15	1:39:21	1:39:32	04:42
123	1163	Batz, Dominik	83	GER	SpVgg Adler 72/Essen	MH	26	134	0:24:16	0:49:15	1:14:40	1:39:30	1:40:13	04:42
124	2373	Schneider, Reiner	65	GER	Lauflöwe 65/-	M45	17	135	0:24:26	0:49:06	1:14:15	1:39:39	1:39:42	04:43
125	1672	Fuhrmann, Peter	65	GER	-/	M45	18	138	0:24:24	0:49:20	1:14:52	1:39:59	1:40:30	04:44
126	1662	Rutschke, Dirk	72	GER	-/Hattingen	M35	15	139	0:23:55	0:48:23	1:14:24	1:40:08	1:40:25	04:44
127	1098	Dohmen, Christian	75	GER	LG 284/Oberhausen	M35	16	140	0:25:08	0:50:01	1:15:17	1:40:17	1:40:42	04:45
128	1052	Dassel, Markus	71	GER	-/Essen	M40	27	141	0:24:55	0:49:40	1:14:57	1:40:28	1:41:13	04:45
129	1663	Rohr, Francis	95	GHA	-/Essen	MJG	3	142	0:25:06	0:49:42	1:15:12	1:40:30	1:40:38	04:45
130	2375	Kremer, Hans Peter	41	GER	Tri Team Hagen/-	M70	1	143	0:25:10	0:50:11	1:15:28	1:40:31	1:40:44	04:45
131	1651	Dzaak, Walter	49	GER	-/Kreuztal	M60	3	144	0:24:15	0:48:59	1:14:56	1:40:33	1:40:39	04:45
132	1616	Grote, Harald	59	GER	LT Gruiten-Neandertal/Wuppertal	M50	22	145	0:24:42	0:49:25	1:15:18	1:40:40	1:41:13	04:46
133	1146	Parthe, Manfred	57	GER	SV Benediktushof/Reken	M50	23	146	0:25:09	0:50:16	1:15:53	1:40:41	1:41:07	04:46
134	1621	Fabricius, Harald	58	GER	-/Hattingen	M50	24	148	0:24:41	0:50:00	1:15:29	1:40:48	1:41:03	04:46
135	1153	Bühne, Stan	74	GER	-/Düsseldorf	M35	17	149	0:24:40	0:50:42	1:16:12	1:40:49	1:41:03	04:46
136	1112	Broetz, Felix	66	GER	-/Gelsenkirchen	M45	19	150	0:25:41	0:50:55	1:16:07	1:40:59	1:41:12	04:47
137	1291	Gruschlewski, Andreas	61	GER	-/Dortmund	M50	25	151	0:24:33	0:49:54	1:15:57	1:41:00	1:41:06	04:47
138	1229	Schumacher, Markus	68	GER	-/Mülheim an der Ruhr	M40	28	152	0:25:02	0:49:38	1:14:59	1:41:06	1:41:27	04:47
139	1325	Gösmann, Wolfgang	58	GER	TUS Ickern/Castrop-Rauxel	M50	26	153	0:24:26	0:49:27	1:15:09	1:41:12	1:41:25	04:47
140	1147	Krieg, Jürgen	56	GER	SUS Oberaden/Lünen	M55	8	154	0:24:55	0:49:44	1:15:04	1:41:13	1:41:29	04:47
141	1185	Bormann, Hartmut	63	GER	LC Duisburg/Duisburg	M45	20	155	0:24:35	0:49:43	1:15:32	1:41:16	1:41:27	04:47



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
142	2076	Schützner, Sören	91	GER	-/-	MH	27	156	0:23:33	0:48:37	1:14:59	1:41:23	1:41:40	04:48
143	1279	Goldmann, Achim	72	GER	-/Herne	M35	18	157	0:25:46	0:51:01	1:16:21	1:41:24	1:41:41	04:48
144	1216	Reinhardt, Dr. Jens-Peter	67	GER	-/Frankfurt	M40	29	158	0:24:52	0:49:58	1:15:43	1:41:34	1:42:03	04:48
145	1369	Lindgraf, Christian	70	GER	-/Bochum	M40	30	159	0:25:27	0:50:57	1:16:42	1:41:42	1:42:05	04:49
146	2340	Hilke, Friedel	56	GER	LG Weku Essen/-	M55	9	160	0:25:11	0:50:39	1:16:55	1:41:52	1:42:10	04:49
147	1390	Lodenkämper, Klaus	63	GER	BSG 96 Jugendamt/Essen	M45	21	162	0:25:17	0:51:13	1:16:56	1:42:06	1:42:16	04:50
148	1157	Helten, Martin	65	GER	Triclub Wuppertal/Essen	M45	22	163	0:25:51	0:51:25	1:16:54	1:42:08	1:42:41	04:50
149	1219	Döring, Peter	59	GER	TLV Germania Überruhr/Essen	M50	27	164	0:24:35	0:49:36	1:15:35	1:42:09	1:42:22	04:50
150	2391	Kauth, Erwin	57	GER	LT MG Volksgarten/-	M50	28	165	0:25:48	0:51:22	1:17:11	1:42:19	1:43:02	04:50
151	1134	Feigl, Henning	86	GER	Team Pirate/Castrop-Rauxel	MH	28	166	0:23:56	0:48:11	1:13:51	1:42:25	1:42:41	04:51
152	1031	Vollbracht, Ralf	63	GER	LC Duisburg/45136 Essen	M45	23	167	0:25:30	0:50:56	1:16:50	1:42:32	1:43:09	04:51
153	1633	Dahlmann, Hartmut	57	GER	Haxter Lauffreunde Paderborn/Paderborn	M50	29	168	0:25:57	0:51:26	1:17:16	1:42:40	1:42:44	04:51
154	2383	Koschlitzi, Norbert	63	GER	Eintracht Duisburg 1848 eV/Duisburg	M45	24	169	0:24:08	0:50:44	1:16:38	1:42:51	1:43:05	04:52
155	1025	Reppmann, Reinhard	55	GER	Aktion Canchanabury Aidsweisen/Essen	M55	10	170	0:24:28	0:49:58	1:16:05	1:42:52	1:42:57	04:52
156	1608	Draxler, Marc	82	GER	SU Nieder-Florstadt/Florstadt	MH	29	171	0:25:11	0:50:23	1:16:38	1:43:05	1:43:27	04:53
157	1373	Weber, Erich	40	GER	-/Herne	M70	2	173	0:24:50	0:49:52	1:16:17	1:43:08	1:43:13	04:53
158	1289	Nowak, Carsten	70	GER	Ausdauer Schule by Bunert/Duisburg	M40	31	174	0:25:38	0:50:40	1:16:58	1:43:16	1:43:50	04:53
159	2397	Milch, Michael	70	GER	-/-	M40	32	175	0:25:52	0:51:33	1:17:47	1:43:18	1:43:35	04:53
160	2350	Zoch, Roger	58	GER	SG Welper Triathlon/Hattingen	M50	30	176	0:25:41	0:51:31	1:17:42	1:43:23	1:43:43	04:54
161	2353	Götz, Wolle	69	GER	Wo wir sind ist vorn/Bochum	M40	33	177	0:25:19	0:50:41	1:17:08	1:43:28	1:43:37	04:54
162	1619	Walczak, Thomas	91	GER	MTG Horst Essen/Essen	MH	30	179	0:25:03	0:50:04	1:16:01	1:43:39	1:44:09	04:54
163	2394	Tretenberg, Jörg	65	GER	-/-	M45	25	180	0:26:17	0:52:36	1:18:33	1:43:46	1:44:07	04:55
164	1154	Roggeband, Pieter	66	NED	-/Essen	M45	26	181	0:26:17	0:52:15	1:18:10	1:43:49	1:44:24	04:55
165	1677	Schwarz, Rainer	61	GER	-/-	M50	31	182	0:24:52	0:50:04	1:17:18	1:43:57	1:44:26	04:55
166	1271	Gröbke, Günter	54	GER	-/Düsseldorf	M55	11	183	0:25:16	0:50:50	1:17:16	1:43:58	1:44:14	04:55
167	2351	Leese, Dirk	69	GER	SG Welper Triathlon/Sprockhövel	M40	34	184	0:25:42	0:51:32	1:17:44	1:44:04	1:44:22	04:55
168	1053	Meier, Wolfgang	61	GER	Angerland LT Lintorf/Düsseldorf	M50	32	185	0:25:08	0:52:23	1:18:18	1:44:09	1:44:36	04:56
169	1670	Andernach, Helmut	50	GER	LT TuS Mondorf/Niederkassel	M60	4	186	0:25:47	0:51:33	1:17:45	1:44:24	1:44:44	04:56
170	1357	Scheitza, Falko	61	GER	DJK Preussen 1911 Bochum/Bochum	M50	33	187	0:24:36	0:50:18	1:17:23	1:44:34	1:44:45	04:57
171	1352	Respondeck, Carsten	76	GER	-/Essen	M35	19	188	0:25:10	0:50:44	1:16:48	1:44:38	1:45:03	04:57
172	2346	Mertens, Christoph	67	GER	-/-	M40	35	190	0:24:16	0:50:31	1:17:38	1:44:39	1:44:55	04:57
173	1644	Noack, Frank	66	GER	-/Hemer	M45	27	191	0:25:09	0:50:41	1:17:22	1:44:41	1:44:52	04:57
174	1269	Figge, Dr. Christian	60	GER	-/Bremen	M50	34	192	0:24:37	0:50:32	1:17:43	1:44:47	1:44:54	04:58
175	1069	Buch, Florian	80	GER	Sporting Mülheim/Mülheim an der Ruhr	M30	9	195	0:28:00	0:54:48	1:20:11	1:44:59	1:45:20	04:58
176	1669	Buschfort, Friedhelm	64	GER	-/Bocholt	M45	28	196	0:26:01	0:51:55	1:18:04	1:45:02	1:45:22	04:58
177	1141	Abendhöfer, Matthias	74	GER	LiVe - Lauftreff in Versmold/Bad Laer	M35	20	197	0:25:13	0:51:27	1:18:36	1:45:06	1:45:17	04:58
178	1366	Schwaneckamp, Prof. Christ	75	GER	Team NGW/Oberhausen	M35	21	202	0:27:02	0:54:07	1:20:03	1:45:33	1:45:58	05:00
179	1162	Pruss, Stefan	68	GER	Team NGW/Mülheim an der Ruhr	M40	36	203	0:27:01	0:54:07	1:20:03	1:45:34	1:45:58	05:00
180	1183	Liebich-Eisele, Georg	59	GER	-/Gladbeck	M50	35	205	0:26:14	0:52:26	1:19:27	1:46:02	1:46:33	05:01
181	1641	Estévez González, Abora Tin	81	ESP	-/La Laguna	M30	10	206	0:25:41	0:51:05	1:17:17	1:46:12	1:46:40	05:02
182	1104	Diex, Uwe	60	GER	-/Essen	M50	36	208	0:27:31	0:53:56	1:20:38	1:46:45	1:47:22	05:03
183	2395	Sommer, Bernd	69	GER	MIB/-	M40	37	209	0:26:35	0:52:58	1:19:44	1:46:59	1:47:17	05:04
184	2396	Milch, Markus	73	GER	MIB/Grefrath	M35	22	210	0:26:35	0:52:58	1:19:45	1:47:02	1:47:19	05:04
185	1184	Arcypowski, Eckhard	54	GER	TRC Essen 84/Bochum	M55	12	211	0:25:32	0:51:44	1:19:12	1:47:19	1:47:40	05:05
186	1116	Hofmann, Frank Thomas	82	GER	-/Dortmund	MH	31	212	0:25:05	0:51:28	1:19:40	1:47:31	1:48:04	05:05
187	1632	Schmidt, Michael	83	GER	Coswiger Kanu Verein e.V./Bochum	MH	32	213	0:27:55	0:55:27	1:21:54	1:47:33	1:47:53	05:05
188	1133	Tempesta, Michael	83	GER	SV Neukirchen Schwimmabteilung/Neukirc	MH	33	215	0:26:55	0:53:48	1:20:38	1:48:03	1:48:40	05:07



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
189	1248	Lenders, Ulrich	66	GER	TC Kray 1892/-	M45	29	216	0:27:16	0:54:21	1:21:17	1:48:04	1:48:13	05:07
190	1249	Böttcher, Günter	49	GER	TC Kray 1892/-	M60	5	218	0:26:07	0:52:56	1:20:44	1:48:11	1:48:24	05:07
191	2365	Wiegand, Axel	73	GER	Borbecker TC/-	M35	23	219	0:24:34	0:50:17	1:18:08	1:48:20	1:48:37	05:08
192	1631	Poetschki, Thomas	71	GER	LC Duisburg/Duisburg	M40	38	221	0:24:08	0:50:05	1:17:57	1:48:26	1:48:38	05:08
193	1013	Schrumpf, Hans-Georg	49	GER	Stadt Bochum Team/Bochum	M60	6	222	0:26:20	0:53:25	1:21:13	1:48:33	1:48:44	05:08
194	2341	Störmer, Manfred	65	GER	-/Schwerte	M45	30	223	0:26:49	0:53:39	1:21:02	1:48:34	1:48:57	05:08
195	1168	Klenovsek, Sascha	74	GER	AS Neukirchen-Vluyn/Rheurd	M35	24	226	0:28:14	0:55:18	1:22:33	1:48:42	1:49:17	05:09
196	1097	Geisler, Michael	61	GER	LG 284/Coesfeld	M50	37	227	0:26:19	0:53:05	1:20:38	1:48:46	1:49:10	05:09
197	1106	Butterweck, Andreas	71	GER	TuS Breckerfeld/Breckerfeld	M40	39	229	0:26:05	0:52:19	1:20:20	1:49:05	1:49:36	05:10
198	1213	Ricken, Tobias	77	GER	Borbecker Raketen Essen/Essen	M30	11	230	0:25:30	0:52:24	1:20:39	1:49:15	1:49:38	05:10
199	1333	Kindermann, Andreas	78	GER	-/Oer-Erkenschwick	M30	12	232	0:27:00	0:53:50	1:21:18	1:49:21	1:49:56	05:10
200	1152	Plöger, Jörg	72	GER	-/Dortmund	M35	25	233	0:27:52	0:55:06	1:23:01	1:49:21	1:49:51	05:10
201	1125	Wienecke, Frederic	87	GER	Die Lobby/Bochum	MH	34	234	0:25:40	0:51:24	1:18:11	1:49:25	1:50:04	05:11
202	1323	Klös, Rainer	48	GER	Borbecker Raketen Essen/Essen	M60	7	235	0:28:07	0:55:16	1:22:35	1:49:32	1:50:04	05:11
203	1318	Dammers, Hermann	59	GER	Moerser TV/Moers	M50	38	236	0:27:22	0:54:27	1:22:11	1:49:35	1:50:12	05:11
204	1135	Gehrke, Wolfgang	58	GER	-/Dortmund	M50	39	237	0:26:41	0:53:45	1:21:05	1:49:41	1:50:12	05:11
205	1045	Kellerhoff, Sven	73	GER	Team Aroma Ahoi/Duisburg	M35	26	238	0:27:00	0:54:05	1:21:55	1:49:41	1:50:09	05:11
206	1161	Jäger, Andreas	66	GER	-/Dormagen	M45	31	239	0:27:24	0:54:57	1:22:41	1:49:44	1:50:13	05:12
207	1277	van Lochem, Georg	62	GER	-/Essen	M45	32	240	0:26:24	0:53:18	1:21:15	1:49:47	1:50:06	05:12
208	1093	Imberger, Frank	65	GER	-/Bochum	M45	33	241	0:25:14	0:50:55	1:18:04	1:49:51	1:50:13	05:12
209	1653	Küpper, Philip	74	GER	Xhosaland/Oberursel	M35	27	243	0:28:38	0:57:10	1:23:20	1:49:55	1:50:47	05:12
210	1124	Austrup, Matthias	85	GER	-/Duisburg	MH	35	244	0:28:54	0:57:04	1:24:20	1:49:58	1:50:45	05:12
211	1059	Goretzki, Michael	85	GER	Luhns Currywurstkönige/Gelsenkirchen	MH	36	245	0:26:27	0:52:34	1:20:31	1:49:58	1:50:52	05:12
212	1656	Söhngen, Thomas	65	GER	-/Bochum	M45	34	246	0:27:00	0:53:58	1:21:24	1:50:00	1:50:27	05:12
213	2072	Hellbusch, Lutz	58	GER	-/	M50	40	247	0:27:52	0:55:35	1:23:13	1:50:01	1:50:36	05:12
214	2378	Dortmann, Friedhelm	51	GER	-/	M60	8	248	0:27:14	0:54:31	1:22:27	1:50:12	1:50:24	05:13
215	1649	Küpper, Steffen	77	GER	Tipton Devils/Düsseldorf	M30	13	250	0:28:38	0:56:36	1:23:19	1:50:12	1:51:04	05:13
216	1039	Fehlken, Siegfried	64	GER	-/Essen	M45	35	251	0:27:17	0:54:56	1:22:46	1:50:21	1:51:05	05:13
217	2390	Heinen, Lars-Erik	72	GER	Moc 89/-	M35	28	252	0:29:10	0:57:40	1:25:01	1:50:23	1:50:50	05:13
218	1314	Buntins, Michael	50	GER	BSG Springorum Bochum/Duisburg	M60	9	254	0:25:56	0:53:18	1:21:47	1:50:25	1:50:41	05:14
219	1654	Beckmann, Jan	77	GER	-/Hattingen	M30	14	255	0:25:54	0:52:05	1:20:20	1:50:30	1:50:58	05:14
220	1263	Heinig, Peter	59	GER	-/Duisburg	M50	41	256	0:26:37	0:53:56	1:22:14	1:50:31	1:50:54	05:14
221	2384	Pfannkuche, Olaf	67	GER	-/Essen	M40	40	258	0:25:48	0:52:34	1:21:00	1:50:47	1:50:53	05:15
222	1307	Unterein, Dominik	89	GER	-/Essen	MH	37	259	0:28:46	0:57:09	1:24:35	1:50:54	1:51:18	05:15
223	1075	Mämecke, Gero	59	GER	-/Bochum	M50	42	261	0:26:43	0:54:20	1:22:52	1:51:05	1:51:43	05:15
224	1234	Münstermann, Jörg	44	GER	TSV Viktoria Mülheim/Mülheim	M65	2	262	0:27:28	0:55:11	1:23:25	1:51:08	1:51:43	05:16
225	1321	Schenten, Volkmar	63	GER	-/Essen	M45	36	263	0:28:44	0:57:24	1:25:19	1:51:09	1:51:18	05:16
226	1272	Peckhaus, Andreas	86	GER	-/Essen	MH	38	265	0:27:01	0:54:28	1:22:17	1:51:15	1:51:52	05:16
227	1287	Buttler, Jens	75	GER	-/Wuppertal	M35	29	266	0:28:38	0:56:37	1:23:18	1:51:33	1:52:25	05:17
228	1060	hartstock, helmut	57	GER	-/Essen	M50	43	267	0:28:36	0:56:48	1:24:46	1:51:34	1:52:17	05:17
229	1017	Höll, Karsten	68	GER	Doppelrunde/Essen	M40	41	268	0:27:05	0:53:29	1:20:35	1:51:34	1:52:13	05:17
230	2361	Hirsch, Reiner	59	GER	BSG König Brauerei/Duisburg	M50	44	269	0:27:43	0:54:46	1:23:14	1:51:38	1:51:53	05:17
231	1222	Florian, Hans-Gerd	55	GER	-/ESSEN	M55	13	270	0:28:26	0:56:42	1:25:02	1:51:41	1:52:09	05:17
232	2064	Kieper, Klaus	55	GER	Laufftreff Rathelbecker Weg/-	M55	14	272	0:27:47	0:55:23	1:23:33	1:51:43	1:52:02	05:17
233	1179	Norbert, Kleeberg	64	GER	-/Duesseldorf	M45	37	273	0:27:35	0:54:44	1:22:28	1:51:47	1:52:13	05:17
234	1072	Holtz, Brian	83	DEN	-/Essen	MH	39	274	0:27:15	0:54:16	1:21:50	1:51:57	1:52:41	05:18
235	1100	Grundmann, Alfred	52	GER	TuS Breckerfeld/Breckerfeld	M55	15	276	0:27:07	0:54:55	1:23:35	1:52:11	1:52:45	05:19



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
236	1623	Bsdurek, Martin	62	GER	Stadt Bochum Team/Bochum	M45	38	278	0:27:25	0:55:23	1:24:05	1:52:21	1:52:27	05:19
237	1613	Klan, Ralf	62	GER	-/Hattingen	M45	39	279	0:29:09	0:57:39	1:25:01	1:52:23	1:52:53	05:19
238	1088	Schramm, Dr. Alexander	68	GER	Uniklinikum Kinderonkologie/Essen	M40	42	280	0:28:21	0:56:36	1:25:10	1:52:24	1:52:54	05:19
239	2354	Schönfeld, Volker	59	GER	-/Bochum	M50	45	282	0:26:07	0:53:51	1:23:08	1:52:29	1:52:38	05:19
240	1199	Klingebiel, Volker	59	GER	Ruhrrunner Essen/Essen	M50	46	283	0:27:23	0:55:12	1:23:48	1:52:30	1:53:03	05:19
241	1385	Scheid, Christian	69	GER	-/Hattingen	M40	43	284	0:28:46	0:57:10	1:25:16	1:52:32	1:53:01	05:20
242	1356	Raback, Uwe	66	GER	Laufftreff Weitmarer Holz/Bochum	M45	40	285	0:28:22	0:56:14	1:24:18	1:52:51	1:53:06	05:20
243	1119	Witt, Frank	62	GER	-/Essen	M45	41	286	0:27:00	0:54:20	1:23:21	1:52:56	1:53:15	05:21
244	1118	Neuheuser, Jörg	64	GER	ASV Duisburg/Mülheim	M45	42	287	0:27:00	0:54:20	1:23:21	1:52:58	1:53:18	05:21
245		Bajohr, Andreas	68	GER	Ruhrrunner Essen/Essen	M40	44	289	0:27:42	0:55:29	1:24:19	1:53:16	1:53:48	05:22
246	1174	Lohmann, Bernd	56	GER	Team ForeverYoung/Bochum	M55	16	292	0:27:54	0:55:26	1:24:24	1:53:22	1:53:43	05:22
247	1078	Zimmermann, Walter	62	GER	LG Mettmann/Mettmann	M45	43	293	0:29:05	0:57:41	1:26:22	1:53:30	1:54:10	05:22
248	1061	Twelmeyer, Thomas	84	GER	-/Düsseldorf	MH	40	294	0:28:27	0:56:42	1:25:02	1:53:33	1:54:02	05:22
249	1083	Schindler, Tom	67	GER	Duisburg City Rockers/Duisburg	M40	45	296	0:28:55	0:57:04	1:25:29	1:53:36	1:54:23	05:23
250	1058	Scheidtmann, Andre	82	GER	-/Essen	MH	41	297	0:29:25	0:58:32	1:26:22	1:54:04	1:54:57	05:24
251	1304	Fresemann, Michael	65	GER	Lüttringhauser TV/Remscheid	M45	44	298	0:25:01	0:51:52	1:21:36	1:54:09	1:54:16	05:24
252	1079	Jordan, Dirk	70	GER	LG Mettmann/Mettmann	M40	46	301	0:29:05	0:57:41	1:26:22	1:54:29	1:55:09	05:25
253	1042	Frey, Michael	73	GER	Die Rennsemmeln/Essen	M35	30	302	0:27:40	0:54:52	1:22:51	1:54:32	1:54:45	05:25
254	1310	Dolz, Daniel	74	GER	Deutsches Rotes Kreuz/Remscheid	M35	31	303	0:25:01	0:51:52	1:21:35	1:54:35	1:54:42	05:25
255	1606	Woiwode, Robin	79	GER	Ayyo Team Essen e.V./Gelsenkirchen	M30	15	305	0:29:02	0:57:58	1:26:46	1:54:43	1:55:24	05:26
256	1358	Hermesmeier, Martin	84	GER	-/Bochum	MH	42	307	0:26:59	0:55:24	1:25:16	1:54:50	1:55:20	05:26
257	1308	Kloos, Wilhelm	64	GER	-/Köln	M45	45	308	0:29:05	0:57:36	1:26:15	1:54:55	1:55:08	05:26
258	1180	Kähning, Roland	71	GER	-/Oer-Erkenschwick	M40	47	310	0:29:50	0:57:57	1:26:39	1:55:11	1:56:00	05:27
259	1327	Margolf, York	77	GER	-/Wuppertal	M30	16	311	0:27:53	0:56:21	1:25:31	1:55:16	1:55:28	05:27
260	1336	Gottschalk, Bernd	68	GER	TV 1877 Kupferdreh/-	M40	48	312	0:24:25	0:51:50	1:19:52	1:55:21	1:55:25	05:28
261	1397	Grosse, Karl-Heinz	52	GER	Team Erdinger Alkoholfrei/Essen	M55	17	313	0:28:39	0:56:54	1:25:48	1:55:29	1:56:05	05:28
262	1296	Mendack, Thomas	84	GER	-/Essen	MH	43	314	0:27:26	0:55:59	1:25:29	1:55:32	1:55:51	05:28
263	1664	Emminger, Thomas	67	GER	Bunert Afterwork Running Team/Dortmund	M40	49	316	0:29:09	0:58:43	1:27:37	1:55:45	1:56:26	05:29
264	1400	Menkinoski, Saso	79	MK	Der glorreiche Alleinläufer/Mülheim an der R	M30	17	318	0:26:25	0:53:08	1:21:51	1:55:47	1:55:56	05:29
265	2068	Krehut, Michael	64	GER	-/	M45	46	319	0:29:04	0:57:07	1:26:36	1:55:52	1:56:56	05:29
266	1232	Tüttelmann, Rainer	50	GER	-/Iserlohn	M60	10	320	0:28:30	0:57:29	1:26:47	1:55:54	1:56:13	05:29
267	2071	Reinhard, Gereon	60	GER	Fit Gym/-	M50	47	321	0:28:26	0:56:38	1:25:31	1:55:55	1:56:43	05:29
268	1256	Heite, Mathis	83	GER	TC Kray 1892/-	MH	44	322	0:27:15	0:55:07	1:25:06	1:55:58	1:56:09	05:29
269	1063	Schäpers, Ulrich	56	GER	-/Essen	M55	18	323	0:28:13	0:57:07	1:26:55	1:56:08	1:56:22	05:30
270	1165	Gerbrecht, Klaus	54	GER	LT Lustige Schleicher Essen/Essen	M55	19	325	0:29:03	0:57:35	1:27:01	1:56:20	1:56:57	05:30
271	1361	Flohr, Dieter	53	GER	-/Essen	M55	20	327	0:29:37	0:58:06	1:27:15	1:56:21	1:57:04	05:30
272	1129	Hamann, Bert	67	GER	LT TuS Meindorf/Sankt Augustin	M40	50	328	0:28:29	0:57:11	1:26:48	1:56:32	1:57:21	05:31
273	2066	Hostadt, Rolf	52	GER	Essener RG 1900/-	M55	21	331	0:29:12	0:58:22	1:27:32	1:56:34	1:56:53	05:31
274	1172	Böcker, Bernd	56	GER	-/Essen	M55	22	332	0:30:54	1:00:02	1:28:39	1:56:35	1:57:25	05:31
275	1351	Pasch, Stefan	68	GER	Ausdauerschule by Bunert/Duisburg	M40	51	333	0:28:49	0:57:31	1:27:16	1:56:36	1:57:22	05:31
276	2056	Jost, Mathias	72	GER	-/	M35	32	336	0:29:34	0:59:00	1:28:40	1:56:56	1:57:27	05:32
277	2077	Neugebauer, Markus	67	GER	Homburg/Ratingen	M40	52	338	0:29:13	0:58:25	1:28:04	1:57:08	1:57:28	05:33
278	1372	Glockner, Hans-Joachim	50	GER	-/Bochum	M60	11	339	0:28:21	0:57:21	1:26:20	1:57:17	1:57:42	05:33
279	1311	Retz, Holger	63	GER	-/Moers	M45	47	340	0:29:19	0:58:13	1:27:32	1:57:17	1:57:51	05:33
280	1197	augustynak, frank	75	GER	running4charity e.v./oberhausen	M35	33	342	0:28:27	0:57:03	1:26:41	1:57:28	1:57:54	05:34
281	2074	Abels, Peter	69	GER	-/	M40	53	343	0:30:53	1:01:55	1:30:04	1:57:29	1:58:19	05:34
282	1270	Blasius, Dr. Tobias	74	GER	-/Viersen	M35	34	344	0:28:39	0:57:12	1:27:16	1:57:37	1:58:29	05:34



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
283	1658	Santikko, Juha	69	FIN	-/Turku	M40	54	346	0:31:36	1:01:16	1:30:02	1:58:07	1:59:03	05:35
284	2069	Andresiak, Christoph	70	GER	-/-	M40	55	351	0:28:55	0:59:04	1:29:06	1:58:16	1:58:21	05:36
285	1081	Unruh, Erich	51	GER	-/Velbert	M60	12	354	0:28:46	0:59:12	1:29:13	1:58:27	1:58:32	05:36
286	1661	Obel, Bernd	56	GER	LC Duisburg/Essen	M55	23	355	0:30:08	0:59:48	1:29:08	1:58:36	1:59:12	05:37
287	1113	Hamm, Volker	64	GER	LT Weitmarer Holz Bochum/Bochum	M45	48	357	0:30:08	0:59:42	1:29:33	1:58:59	1:59:14	05:38
288	1065	Zimmermann, Sven	74	GER	-/Herne	M35	35	358	0:27:27	0:55:41	1:26:34	1:59:00	1:59:17	05:38
289	1159	Lentner, Dominik	87	GER	-/Dortmund	MH	45	360	0:30:11	1:00:02	1:30:52	1:59:05	1:59:25	05:38
290	1091	Gettler, Frank	69	GER	TSC Mülheim/Radevormwald	M40	56	361	0:28:38	0:57:43	1:27:58	1:59:11	1:59:42	05:38
291	2065	Zimmermann, Christian	81	GER	-/Dortmund	M30	18	362	0:30:27	0:59:50	1:29:08	1:59:24	1:59:50	05:39
292	2376	Meyer, Stefan	73	GER	-/Dortmund	M35	36	363	0:30:28	0:59:50	1:29:09	1:59:24	1:59:50	05:39
293	1187	Goepfert, Matthias	87	GER	-/Essen	MH	46	364	0:30:10	1:00:02	1:29:03	1:59:26	1:59:46	05:39
294	1166	Skarda, Hardmut	67	GER	-/Wesel	M40	57	365	0:28:11	0:57:28	1:28:22	1:59:29	2:00:08	05:39
295	2067	Incebacak, Cengiz	71	GER	-/Oberhausen	M40	58	366	0:26:15	0:54:59	1:26:11	1:59:43	1:59:48	05:40
296	1378	Rühl, Heinz	37	GER	TSV Viktoria Mülheim/Mülheim	M70	3	367	0:29:48	0:59:49	1:30:02	1:59:48	2:00:07	05:40
297	1032	Staats, Ulrich	70	GER	Fluktuation 8/Duisburg	M40	59	368	0:30:39	1:01:16	1:31:36	1:59:53	2:00:29	05:40
298	1607	Starost, Jens	71	GER	-/Essen	M40	60	370	0:27:19	0:56:43	1:28:17	2:00:03	2:00:20	05:41
299	2312	Günther, Stephan	70	GER	-/-	M40	61	371	0:28:43	0:57:24	1:27:29	2:00:20	2:00:46	05:42
300	1148	Krieg, Horst	28	GER	SUS Oberaden/Lünen	M80	1	372	0:29:35	0:59:26	1:29:39	2:00:20	2:00:27	05:42
301	2387	Stöffler, Ulrich	73	GER	BSG Emschergenossenschaft/-	M35	37	373	0:30:07	0:59:35	1:29:40	2:00:50	2:01:26	05:43
302	1138	Küppers, Michael	60	GER	-/Ratingen	M50	48	374	0:30:28	1:01:08	1:32:00	2:01:00	2:01:29	05:44
303	1127	Winter, Martin	59	GER	Die Eiszapfen/Duisburg	M50	49	375	0:29:08	0:58:50	1:29:32	2:01:34	2:01:49	05:45
304	1393	Finken, Jürgen	64	GER	Mosbacher Fighters/Duisburg	M45	49	378	0:29:40	0:59:31	1:30:26	2:02:03	2:02:36	05:47
305	1218	Lohmyer, Ralf	63	GER	LG Theater Essen/Essen	M45	50	379	0:30:26	1:00:51	1:31:47	2:02:11	2:02:44	05:47
306	1033	Pathe, Jürgen	63	GER	-/Mülheim	M45	51	381	0:30:12	1:01:09	1:32:14	2:02:45	2:03:10	05:49
307	1322	Pollack, Udo	61	GER	Laufftreff R(h)einknaller/Voerde	M50	50	382	0:30:18	1:00:10	1:30:30	2:03:28	2:03:55	05:51
308	1209	Stettner, Bruno	37	GER	:anlauf Siegen/Siegen	M70	4	384	0:29:45	0:58:58	1:30:41	2:03:51	2:04:16	05:52
309	1353	Robrook, Markus	82	GER	-/Essen	MH	47	385	0:31:46	1:02:48	1:33:36	2:04:32	2:05:13	05:54
310	1203	Hegels, Hermann	82	GER	-/Essen	MH	48	386	0:31:49	1:02:39	1:33:39	2:04:32	2:05:13	05:54
311	1244	Holder, James	81	NZL	-/Mt Maunganui	M30	19	387	0:29:35	0:58:24	1:28:29	2:04:53	2:05:35	05:55
312	1260	Tillmann, Frank	70	GER	LAV Essen/Werdener TB/Essen	M40	62	389	0:30:18	1:01:04	1:32:22	2:05:16	2:05:45	05:56
313	1636	Schmid, Michael	65	GER	Mensa/Marl	M45	52	390	0:30:01	1:02:04	1:34:56	2:05:17	2:06:03	05:56
314	1659	Keybeck, Heinz-Josef	39	GER	Borbecker Raketen/Essen	M70	5	391	0:30:41	1:01:42	1:33:08	2:05:27	2:05:55	05:56
315	1207	Listmann, Ingo	66	GER	jogmap.de/Düsseldorf	M45	53	392	0:30:22	1:01:50	1:33:30	2:05:28	2:05:48	05:56
316	2073	Kemper, Ulrich	54	GER	-/-	M55	24	393	0:28:31	0:58:53	1:31:00	2:05:54	2:06:17	05:58
317	1087	Lederbogen, Dr. Sebastian	56	GER	-/Essen	M55	25	395	0:29:52	1:00:52	1:32:59	2:06:15	2:06:56	05:59
318	1243	Hoell, Michael	59	GER	-/Mülheim an der Ruhr	M50	51	396	0:27:38	0:56:36	1:30:31	2:06:20	2:06:59	05:59
319	1261	Robrook, Daniel	82	GER	-/Essen	MH	49	401	0:31:50	1:04:19	1:36:24	2:08:48	2:09:29	06:06
320	1341	Bliesner, Friedhelm	48	GER	Apotheke Mattenklotz/Duisburg	M60	13	403	0:33:20	1:06:49	1:39:05	2:09:09	2:09:55	06:07
321	2063	Pfaff, Jens	65	GER	-/-	M45	54	404	0:30:03	1:02:17	1:36:01	2:09:18	2:10:22	06:07
322	1064	Mc Anea, Prof. Thomas	70	GER	-/London	M40	63	405	0:31:00	1:01:32	1:34:24	2:09:30	2:10:19	06:08
323	1048	Kempin, Dr. Hans-Friedhelm	43	GER	-/Kirchheim	M65	3	410	0:30:40	1:04:46	1:37:40	2:10:44	2:11:18	06:11
324	1324	Rottmann, Lutz	69	GER	-/Dortmund	M40	64	411	0:30:35	1:02:02	1:35:08	2:10:56	2:11:38	06:12
325	1628	Quick, Ulrich	59	GER	-/Wetter	M50	52	412	0:31:36	1:02:39	1:35:06	2:11:20	2:11:53	06:13
326	1043	Oswald, Johann	46	AUT	VfL Stade/Stade	M65	4	416	0:33:22	1:06:16	1:39:32	2:11:55	2:12:40	06:15
327	2380	Karau, Jutta	70	GER	RV - Emscher/-	M40	65	417	0:32:36	1:05:16	1:38:52	2:11:55	2:12:25	06:15
328	2348	Schramm, Dietmar	52	GER	-/-	M55	26	418	0:32:29	1:05:13	1:38:35	2:11:57	2:12:47	06:15
329	1136	Tamburro, Rosaria	71	GER	-/Herne	M40	66	419	0:31:21	1:03:39	1:37:26	2:12:10	2:12:33	06:15



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Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
330	1177	Kowalsky, Paul	35	GER	Gerscheder SV Essen/Essen	M75	1	420	0:33:13	1:05:43	1:39:40	2:12:29	2:13:01	06:16
331	2059	Pyziak, Barbara	63	GER	-/-	M45	55	421	0:33:22	1:06:32	1:39:39	2:12:29	2:13:06	06:16
332	2368	Sasse, Peter	71	GER	-/-	M40	67	422	0:31:23	1:02:31	1:35:35	2:12:34	2:13:06	06:16
333	2363	Boruszewski, Wilfried	54	GER	BSG König Brauerei/-	M55	27	423	0:30:06	1:01:25	1:35:56	2:12:37	2:12:51	06:17
334	1217	Rösmann, Christoph	88	GER	-/Dortmund	MH	50	425	0:29:57	1:01:54	1:38:02	2:14:53	2:15:40	06:23
335	1344	Smirek, Prof. Theo	89	GER	Komatös/Emsdetten	MH	51	426	0:29:56	1:01:55	1:38:01	2:14:53	2:15:41	06:23
336	1388	Koch, Florian	92	GER	-/Lünen	MJG	4	427	0:28:27	1:01:34	1:37:20	2:14:57	2:15:13	06:23
337	1237	Schulte, Thomas	63	GER	-/Gevelsberg	M45	56	428	0:31:30	1:03:38	1:37:56	2:15:24	2:16:09	06:25
338	1036	Zachcial, Dr. Andreas	73	GER	Fluktuation 8/Duisburg	M35	38	429	0:30:39	1:03:36	1:38:37	2:15:34	2:16:11	06:25
339	2355	Plückelmann, Willi	48	GER	TUS Neumühl/Duisburg	M60	14	431	0:33:37	1:06:28	1:40:10	2:16:49	2:17:08	06:29
340	2358	Ollig, Arnolt	65	GER	Running at Cologne/Leverkusen	M45	57	433	0:33:53	1:07:48	1:42:44	2:17:09	2:17:37	06:30
341	1640	Parussel, Gernot	48	GER	anlauf-siegen/Siegen	M60	15	435	0:31:41	1:05:11	1:40:38	2:18:00	2:18:24	06:32
342	2060	Bania, Wanda	60	GER	-/-	M50	53	436	0:33:22	1:06:32	1:41:59	2:18:13	2:18:51	06:33
343	1648	Stoltefaut, Frank	57	GER	ASV-Duisburg/Duisburg	M50	54	437	0:32:29	1:05:09	1:39:29	2:18:20	2:18:55	06:33
344	1120	Kairies, Klaus-Dieter	50	GER	-/Essen	M60	16	438	0:31:39	1:04:13	1:38:16	2:18:33	2:19:08	06:34
345	1029	Kemper, Klaus	54	GER	TV Vennikel/Moers	M55	28	442	0:33:47	1:08:27	1:44:56	2:21:59	2:22:47	06:43
346	1115	Grundmann, Jens	63	GER	DAV Hagen/Gevelsberg	M45	58	443	0:35:47	1:11:58	1:48:38	2:23:12	2:23:33	06:47
347	1030	Oswald, Hans Christian	79	GER	MTV Stuttgart/Stuttgart	M30	20	444	0:33:25	1:08:23	1:44:56	2:24:44	2:25:30	06:51
348	1645	Pietsch, Herbert	51	GER	DJK Preußen 1911 Bochum e.V./Bochum	M60	17	446	0:36:04	1:12:00	1:50:55	2:29:49	2:30:36	07:06
349	1273	Jansen, Hermann	64	GER	-/Wesel	M45	59	447	0:34:52	1:11:51	1:50:24	2:30:29	2:31:12	07:07
350	1332	Aretz, Henning	56	GER	-/Essen	M55	29	448	0:34:24	1:10:02	1:48:27	2:46:06	2:46:36	07:52



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Ergebnisse Frauen

Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
1	1227	Jaschke, Lisa	90	GER	ASV Köln/Köln	WH	1	15	0:20:00	0:40:20	1:01:41	1:22:55	1:22:57	03:55
2	1035	Gomell, Annika	91	GER	USC Bochum/Bochum	WH	2	48	0:21:58	0:44:20	1:07:12	1:29:36	1:29:40	04:14
3	1084	Bannert, Birte	73	GER	-/Wuppertal	W35	1	58	0:22:53	0:46:03	1:09:14	1:31:38	1:31:44	04:20
4	2362	Spicker, Ute	61	GER	Team-Essen 99/Mettmann	W50	1	61	0:21:54	0:44:14	1:07:45	1:32:14	1:32:22	04:22
5	1643	van Hüüt, Annika	90	GER	LG Alpen/Xanten	WH	3	73	0:22:56	0:45:43	1:09:29	1:33:16	1:33:20	04:25
6	1145	Parthe, Maria	58	GER	SV Benediktushof/Reken	W50	2	77	0:22:43	0:45:49	1:09:33	1:33:45	1:33:49	04:26
7	1622	Demi, Ümran	72	TUR	Ayyo Team Essen e.V./Essen	W35	2	78	0:22:57	0:45:47	1:09:42	1:33:50	1:33:53	04:26
8	2385	Holtkötter, Anne	58	GER	LSF Münster/-	W50	3	94	0:23:31	0:46:59	1:11:01	1:35:09	1:35:17	04:30
9	2369	Rosenthal, Ruth	69	GER	Soester Tri Team/-	W40	1	105	0:23:10	0:47:10	1:11:34	1:36:27	1:36:39	04:34
10	1350	Bruns, Klaudia	61	GER	Borbecker Raketten Essen/Essen	W50	4	127	0:24:08	0:48:33	1:13:52	1:38:45	1:39:08	04:40
11	1603	Büttner, Melanie	74	GER	Ayyo Team Essen e.V./-	W35	3	132	0:24:10	0:48:43	1:13:59	1:39:11	1:39:26	04:42
12	1617	Nies, Carla	89	GER	TSG Valbert/Meinerzhagen	WH	4	136	0:24:40	0:49:44	1:15:06	1:39:52	1:40:02	04:44
13	1313	Preuß, Marianne	56	GER	BSG Springorum Bochum/Bochum	W55	1	137	0:24:07	0:48:55	1:14:34	1:39:57	1:40:04	04:44
14	1370	Hein, Susanne	62	GER	:anlauf Siegen/Hilchenbach	W45	1	147	0:24:49	0:49:48	1:15:24	1:40:48	1:40:54	04:46
15	1600	Baumert, Dr. Saskia	76	GER	-/Siegen	W35	4	161	0:24:52	0:49:37	1:15:25	1:42:03	1:42:17	04:50
16	1169	Polanz, Dorothe	49	GER	-/Mettmann	W60	1	172	0:25:30	0:51:09	1:17:26	1:43:07	1:43:21	04:53
17	1070	Erdmann, Wiebke	80	GER	Sporting Mülheim/Mülheim	W30	1	178	0:25:48	0:51:34	1:17:47	1:43:29	1:43:46	04:54
18	1665	Goslin, Jennifer	85	GER	-/Essen	WH	5	189	0:25:35	0:51:19	1:17:56	1:44:38	1:45:11	04:57
19	1362	Hüther, Elfie	54	GER	VfB Salzkotten/Delbrück	W55	2	193	0:25:56	0:51:53	1:18:21	1:44:51	1:45:00	04:58
20	1363	Rump, Beate	58	GER	VfB Salzkotten/Paderborn	W50	5	194	0:25:57	0:51:54	1:18:22	1:44:51	1:44:59	04:58
21	1275	Richter, Désirée	80	GER	Waldschleicher Gräfrath/Solingen	W30	2	198	0:25:13	0:51:27	1:18:36	1:45:13	1:45:24	04:59
22	1257	Lymann, Jessica	80	GER	TC Kray 1892/-	W30	3	199	0:26:04	0:52:21	1:19:12	1:45:15	1:45:26	04:59
23	1259	Tillmann, Ina	67	GER	LAV Essen/Werdener TB/Essen	W40	2	200	0:25:36	0:51:14	1:17:39	1:45:22	1:45:30	04:59
24	1230	Haan-Witte, Andrea	68	GER	-/Essen	W40	3	201	0:25:32	0:51:46	1:18:35	1:45:28	1:45:45	04:59
25	1242	Karakas, Tomris	68	TUR	-/Betzdorf	W40	4	204	0:25:43	0:51:51	1:18:44	1:45:34	1:45:47	05:00
26	1247	Sult, Barbara	53	GER	TC Kray 1892/-	W55	3	207	0:26:04	0:52:20	1:19:17	1:46:20	1:46:32	05:02
27	1624	Papajewski, Birgit	60	GER	Renntiere/Marl	W50	6	214	0:24:39	0:50:42	1:18:34	1:47:43	1:47:53	05:06
28	1170	Polanz, Ellen	77	GER	-/Mettmann	W30	4	217	0:26:10	0:52:30	1:20:15	1:48:05	1:48:29	05:07
29	1338	Halisch, Josefine	58	GER	LT TuS Mondorf/Troisdorf	W50	7	220	0:26:53	0:53:57	1:21:19	1:48:24	1:48:42	05:08
30	1652	Wanke, Alexandra	81	GER	-/Düsseldorf	W30	5	224	0:25:48	0:52:41	1:20:57	1:48:37	1:48:45	05:08
31	1326	Krügel, Simone	86	GER	-/Essen	WH	6	225	0:26:07	0:52:49	1:20:32	1:48:42	1:49:09	05:09
32	1376	Stelkens, Angela	50	GER	TSV Viktoria Mülheim/Mülheim	W60	2	228	0:26:40	0:53:50	1:21:35	1:48:52	1:48:59	05:09
33	1143	Kuckelsberg, Denise	82	GER	LGO Bochum/Bochum	WH	7	231	0:27:40	0:55:04	1:22:25	1:49:19	1:49:46	05:10
34	1250	Stützer, Kerstin	73	GER	TC Kray 1892/-	W35	5	242	0:27:13	0:54:39	1:22:25	1:49:55	1:50:06	05:12
35	1396	Tafesse-Mandl, Mene	58	GER	-/Düsseldorf	W50	8	249	0:25:14	0:52:21	1:21:08	1:50:12	1:50:34	05:13
36	2389	Baxmann, Natalie	78	GER	-/	W30	6	253	0:29:09	0:57:41	1:25:01	1:50:23	1:50:51	05:13
37	1284	Moog, Michaela	63	GER	-/Siegen	W45	2	257	0:27:08	0:54:45	1:22:44	1:50:46	1:50:54	05:14
38	1105	Hoyer, Julia	63	GER	TuS-Breckerfeld, GSG-Hagen/Breckerfeld	W45	3	260	0:26:52	0:54:18	1:23:19	1:51:05	1:51:37	05:15
39	1268	Lutz, Karen	85	GER	LGO Bochum/Herne	WH	8	264	0:27:41	0:55:20	1:23:35	1:51:11	1:51:37	05:16
40	1026	Alizadeh, Maryam	63	GER	-/Essen	W45	4	271	0:26:41	0:54:02	1:22:49	1:51:42	1:52:03	05:17
41	1288	Grenzbach, Vera	73	GER	-/Bochum	W35	6	275	0:27:39	0:55:30	1:24:02	1:51:58	1:52:14	05:18
42	1368	Michel, Ronja	91	GER	TLV Germania Überryhr/Essen	WH	9	277	0:26:40	0:54:07	1:22:50	1:52:13	1:52:27	05:19
43	2370	Haghgu, Katrin	77	GER	-/	W30	7	281	0:27:01	0:54:39	1:23:19	1:52:26	1:52:39	05:19
44	2356	Just, Angelika	70	GER	Kilometerfresser Wittringen/Gladbeck	W40	5	288	0:27:35	0:55:08	1:23:45	1:53:04	1:53:21	05:21
45	1283	Söhler, Annette	63	GER	-/Siegen	W45	5	290	0:26:43	0:54:58	1:23:56	1:53:20	1:53:28	05:22
46	1317	Mols, Dagmar	66	GER	Lauffreff R(h)einkaller/Dinslaken	W45	6	291	0:27:10	0:54:45	1:23:59	1:53:21	1:53:47	05:22
47	2393	Macken-Reinirkens, Catheri	59	IRL	Ireland/Mülheim	W50	9	295	0:27:03	0:55:10	1:24:09	1:53:34	1:53:54	05:22



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Ergebnisse Frauen

Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
48	1282	Klein, Barbara	63	GER	-/Siegen	W45	7	299	0:27:15	0:55:29	1:24:42	1:54:10	1:54:18	05:24
49	1018	Vogt, Andrea	75	GER	-/Essen	W35	7	300	0:28:39	0:56:47	1:25:44	1:54:26	1:55:01	05:25
50	1605	Szymczyk, Nicole	71	GER	Ayyo Team Essen e.V./-	W40	6	304	0:29:02	0:57:58	1:26:46	1:54:42	1:55:24	05:26
51	1614	Denton, Alisandra	88	USA	-/Düsseldorf	WH	10	306	0:26:35	0:55:40	1:25:24	1:54:48	1:55:02	05:26
52	1309	Kaute, Bianca	86	GER	-/Dülmen	WH	11	309	0:29:05	0:57:37	1:26:14	1:54:57	1:55:09	05:26
53	2343	Wecke, Sabine	61	GER	LSF Werne/-	W50	10	315	0:29:05	0:57:46	1:27:13	1:55:33	1:56:16	05:28
54	1627	Quick, Susanne	70	GER	TSV Vorhalle Hagen/Wetter	W40	7	317	0:28:35	0:57:06	1:26:18	1:55:45	1:56:17	05:29
55	1657	Goepfert, Johanna	90	GER	-/Lünen	WH	12	324	0:30:12	1:00:02	1:28:58	1:56:20	1:56:39	05:30
56	1276	Laschke, Ulrike	60	GER	Borbecker Raketen Essen/Essen	W50	11	326	0:29:15	0:57:56	1:27:25	1:56:21	1:56:53	05:30
57	1205	Scheja, Birgitt	66	GER	LT TuS Meindorf/Sankt Augustin	W45	8	329	0:28:29	0:57:12	1:26:49	1:56:32	1:57:21	05:31
58	1262	Pasch, Anja	81	GER	Ausdauerschule Bunert/Duisburg	W30	8	330	0:28:50	0:57:31	1:27:16	1:56:33	1:57:19	05:31
59	1201	Dincklage, Melanie	72	GER	Triminators TV Voerde/voerde	W35	8	334	0:27:22	0:56:09	1:26:10	1:56:49	1:57:12	05:32
60	1647	Stoltefaut-Linke, Brigitte	62	GER	ASV-Duisburg/Duisburg	W45	9	335	0:29:20	0:58:13	1:27:33	1:56:51	1:57:26	05:32
61	1601	Flach, Marion	56	GER	RTB-Marathonteam/Remscheid	W55	4	337	0:28:56	0:57:35	1:27:13	1:57:05	1:57:46	05:32
62	1107	Schubert, Birgit	66	GER	TuS Breckerfeld/Breckerfeld	W45	10	341	0:26:53	0:55:46	1:26:11	1:57:28	1:58:00	05:34
63	1233	Schmidt, Hildegard	48	GER	LBN Duisburg/Ratingen	W60	3	345	0:28:19	0:57:24	1:27:40	1:57:58	1:58:13	05:35
64	1038	Mathes, Nicole	71	GER	-/Ratingen	W40	8	347	0:29:14	0:58:57	1:28:59	1:58:10	1:58:20	05:36
65	2078	Brückner, Bionda	75	GER	-/Duisburg	W35	9	348	0:30:04	0:59:21	1:28:57	1:58:11	1:58:40	05:36
66	1103	Dzieia, Annette	62	GER	TuS Breckerfeld/Breckerfeld	W45	11	349	0:29:17	0:58:22	1:28:03	1:58:11	1:58:41	05:36
67	1395	Jauert, Ariane	75	GER	-/Iserlohn	W35	10	350	0:30:04	0:59:56	1:29:16	1:58:11	1:58:38	05:36
68	1676	Hommel, Claudia		GER	LC Duisburg/-			352	0:28:44	0:58:13	1:28:26	1:58:16	1:58:30	05:36
69	1246	Steege, Claudia	66	GER	TC Kray 1892/-	W45	12	353	0:29:04	0:57:35	1:28:02	1:58:19	1:58:31	05:36
70	2388	Moser, Susanne	65	GER	LC Duisburg/-	W45	13	356	0:28:44	0:58:14	1:28:30	1:58:57	1:59:11	05:38
71	1630	Michels, Sonja	80	GER	Stockenten e.V./Köln	W30	9	359	0:28:36	0:57:00	1:27:02	1:59:04	1:59:47	05:38
72	1208	Stettner, Marlene	46	GER	:anlauf Siegen/Siegen	W65	1	369	0:29:46	0:58:59	1:29:21	2:00:01	2:00:25	05:41
73	1021	Wink, Tanja	75	GER	Bocholter WSV/Bocholt	W35	11	376	0:28:22	0:58:12	1:30:22	2:02:01	2:02:27	05:46
74	1024	Böing, Britta	72	GER	Tsv Bocholt/Bocholt	W35	12	377	0:28:22	0:58:13	1:29:48	2:02:02	2:02:27	05:47
75	2061	Brink, Dana		GER	-/			380	0:29:43	0:59:12	1:29:14	2:02:37	2:02:58	05:48
76	1034	Conzen, Gerda	57	GER	-/Mülheim	W50	12	383	0:30:14	1:01:12	1:32:33	2:03:33	2:03:58	05:51
77	1245	Holder, Julie	81	NZL	-/Mt Maunganui	W30	10	388	0:29:35	0:58:25	1:30:27	2:04:53	2:05:35	05:55
78	1055	Schugall, Nicole	81	GER	-/Recklinghausen	W30	11	394	0:29:47	0:58:48	1:31:28	2:06:00	2:06:31	05:58
79	1330	Wieczorek, Alba	76	ESA	-/Dortmund	W35	13	397	0:31:49	1:02:45	1:34:43	2:06:49	2:07:30	06:00
80	1375	Fahr, Bettina	64	GER	TSV Viktoria Mülheim/-	W45	14	398	0:32:02	1:04:03	1:36:19	2:07:49	2:08:11	06:03
81	1374	Engel, Corinna	70	GER	TSV Viktoria Mülheim/Duisburg	W40	9	399	0:32:01	1:04:03	1:36:18	2:07:59	2:08:21	06:03
82	1173	Lohmann, Avelina	51	GER	Team ForeverYoung/Bochum	W60	4	400	0:29:50	1:00:48	1:34:09	2:08:23	2:08:44	06:05
83	1306	Westphal, Margaret	57	GBR	-/Essen	W50	13	402	0:32:27	1:04:12	1:36:29	2:09:08	2:09:46	06:07
84	1348	Behrens, Jeannette	67	GER	-/Dortmund	W40	10	406	0:33:22	1:06:24	1:39:06	2:09:36	2:10:13	06:08
85	1615	Maß, Janina	86	GER	-/Düsseldorf	WH	13	407	0:29:49	1:02:23	1:35:58	2:10:15	2:10:30	06:10
86	1181	Eling, Hildegard	58	GER	E.ON Ruhrgas SG/Essen	W50	14	408	0:30:44	1:02:19	1:35:46	2:10:17	2:10:46	06:10
87	1041	Kost, Julia	85	GER	-/Bochum	WH	14	409	0:31:40	1:04:08	1:38:04	2:10:23	2:10:57	06:10
88	1123	Janzhoff, Arba	81	GER	-/Recklinghausen	W30	12	413	0:33:16	1:06:03	1:38:45	2:11:52	2:12:15	06:15
89	1109	Rickertsen, Jana	88	GER	VfL SF 07/Bochum	WH	15	414	0:33:17	1:06:03	1:38:45	2:11:52	2:12:15	06:15
90	1176	Seebold, Michaela	74	GER	-/Oer-Erkenschwick	W35	14	415	0:32:16	1:04:08	1:37:21	2:11:53	2:12:41	06:15
91	1210	Aretz, Diane	89	GER	-/Dortmund	WH	16	424	0:29:58	1:01:55	1:38:02	2:14:53	2:15:39	06:23
92	1223	Schumann, Johanna	74	GER	Tribulls/Paderborn	W35	15	430	0:31:24	1:03:52	1:39:26	2:15:58	2:16:36	06:26
93	1101	Claus, Jana	76	GER	-/Köln	W35	16	432	0:33:54	1:07:48	1:42:44	2:17:09	2:17:36	06:30
94	1200	Klingebiel, Sabine	58	GER	Ruhrrunner Essen/Essen	W50	15	434	0:33:29	1:07:17	1:42:49	2:17:32	2:18:06	06:31



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Ergebnisse Frauen

Platz	St-Nr.	Name	JG	NAT	Verein/*Ort	AK	AK-Pl.	Pos	1.Wende	2.Wende	3.Wende	Netto	Brutto	M/km
95	1085	Pauli, Daniela	76	GER	-/Wetter	W35	17	439	0:31:59	1:05:04	1:40:43	2:18:39	2:18:54	06:34
96	1626	Frey, Nina	93	GER	VTKFAE Münster/Münster	WJ	1	440	0:33:56	1:07:50	1:44:09	2:19:16	2:19:38	06:36
97	1020	Objartel, Sylke	69	GER	-/Essen	W40	11	441	0:31:32	1:06:20	1:42:46	2:19:32	2:20:12	06:36
98	1057	Lobner, Kerstin	72	GER	-/Dinslaken	W35	18	445	0:36:20	1:12:03	1:48:24	2:26:53	2:27:38	06:57