



Halbmarathon

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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	1174	Ocklenburg, Marc-André	85	GER	Ayyo Team Essen e.V./Essen	MH	1	1	0:17:16	0:34:40	0:51:57	1:09:23	1:09:25	03:17
2	1329	Schönherr, David	89	GER	LSF Münster/Münster	MH	2	2	0:18:08	0:36:03	0:54:07	1:12:22	1:12:24	03:25
3	1299	Muharrem, Yilmaz	71	TUR	Ayyo Team Essen e.V./Essen	M40	1	3	0:18:27	0:37:11	0:55:43	1:14:38	1:14:40	03:32
4	1285	Fiedler, Sascha	83	GER	TuS Deuz/Siegen	MH	3	4	0:18:39	0:37:23	0:56:17	1:15:04	1:15:05	03:33
5	1211	Heuschen, Dirk	64	GER	TV Refrath/Kürten	M45	1	5	0:18:38	0:37:23	0:56:16	1:15:11	1:15:13	03:33
6	2558	Wiese, Stefan	84	GER	HSP Münster Laufteam/-	MH	4	6	0:18:12	0:37:04	0:56:08	1:15:17	1:15:20	03:34
7	2037	Albrecht, Jörg	69	GER	RWE Starlight Team Essen/-	M40	2	7	0:18:37	0:37:23	0:56:18	1:15:38	1:15:41	03:35
8	1297	Rosenberg, Sebastian	90	GER	Moerser TV/Geldern	MH	5	8	0:18:17	0:37:23	0:56:42	1:16:13	1:16:14	03:36
9	2559	Girg, Sebastian	76	GER	TV Braunfels/-	M35	1	9	0:19:03	0:38:33	0:58:10	1:17:47	1:17:48	03:41
9	2559	Giro, Sebastian		GER	TV Braunfels/-			9	0:19:03	0:38:33	0:58:10	1:17:47	1:17:48	03:41
11	1239	Peltzer, Björn	85	GER	-/Bochum	MH	6	11	0:19:09	0:38:35	0:58:13	1:18:04	1:18:05	03:41
12	1296	Temmler, Björn	78	GER	Moerser TV/Moers	M30	1	12	0:19:01	0:38:33	0:58:24	1:18:13	1:18:16	03:42
13	1303	Celik, Selami	67	TUR	Ayyo Team Essen e.V./Essen	M45	2	13	0:18:38	0:37:55	0:58:03	1:18:38	1:18:41	03:43
14	2010	Schewalje, Andreas	88	GER	TUS Breckerfeld/-	MH	7	14	0:19:52	0:39:57	1:00:10	1:19:46	1:19:47	03:46
15	2015	Concha, Fernando	84	GER	Triathlon Team Rheinberg/-	MH	8	15	0:19:56	0:40:03	1:00:35	1:21:22	1:21:27	03:51
16	1003	Laesges, Michael	64	GER	ASV LT Kemperdick/-	M45	3	16	0:19:51	0:39:57	1:00:16	1:21:40	1:21:43	03:52
17	1009	Kremer, Mathias	79	GER	BSG Springorum Bochum/Bochum	M30	2	17	0:19:52	0:40:05	1:00:40	1:22:10	1:22:14	03:53
18	2505	Grell, Thomas	65	GER	BSG Sparkasse Siegen/Siegen	M45	4	18	0:20:07	0:40:53	1:01:44	1:22:14	1:22:17	03:53
19	1164	Wattenberg, Christian	80	GER	WaWaRunners/Essen	M30	3	19	0:22:13	0:45:02		1:22:42	1:22:47	03:55
20	1293	Hanke, Ingo	74	GER	Lauffreunde Bönen/Bönen	M35	2	20	0:20:34	0:41:25	1:02:19	1:23:17	1:23:20	03:56
21	2570	Lampert, Sascha	76	GER	Ausdauerschule by Bunert/-	M35	3	21	0:21:03	0:42:00	1:02:59	1:23:20	1:23:24	03:56
22	1004	Schultz-Bargmann, Sven	78	GER	Ausdauerschule by Bunert/-	M30	4	22	0:20:53	0:42:02	1:02:37	1:23:30	1:23:33	03:57
23	1304	Göktas, Nihat	76	TUR	Ayyo Team Essen e.V./Essen	M35	4	23	0:21:00	0:41:55	1:02:37	1:23:32	1:23:38	03:57
24	1128	Juckel, Dr. Bernd	50	GER	SG Neukirchen-Hülchrath/Grevenbroich	M60	1	24	0:20:51	0:41:37	1:02:34	1:23:38	1:23:41	03:57
25	1145	Marek, Reinhold	63	GER	-/Paderborn	M45	5	25	0:20:37	0:41:38	1:02:44	1:23:47	1:23:50	03:58
26	1166	van de Weyer, Stephan J.	75	GER	SSF Bonn/Bonn	M35	5	26	0:21:05	0:42:00	1:03:01	1:24:07	1:24:10	03:59
27	1248	Schmidt, Walter	58	GER	TuS Bersenbrück/Bersenbrück	M50	1	27	0:20:43	0:41:49	1:03:02	1:24:09	1:24:12	03:59
28	1302	Öztekin, Ali	63	TUR	Ayyo Team Essen e.V./Essen	M45	6	28	0:20:54	0:41:50	1:02:56	1:24:15	1:24:27	03:59
29	1324	Risko, Sebastian	91	GER	Team Erdinger Alkoholfrei/Mönchengladbac	MH	9	30	0:19:56	0:41:02	1:02:51	1:24:47	1:27:31	04:01
30	2019	Bauer, Martin	72	GER	-/Bochum	M40	3	31	0:20:20	0:41:33	1:02:54	1:24:49	1:24:59	04:01
31	1342	Bathe, Steven	86	GER	Bathe Unna/Unna	MH	10	32	0:20:20	0:41:24	1:03:09	1:24:55	1:24:58	04:01
32	1194	Mai, Sebastian	82	GER	KSM Tridurancia/Bochum	M30	5	33	0:20:03	0:41:16	1:02:56	1:24:55	1:25:00	04:01
33	1262	Wintermayr, Jens	86	GER	-/Essen	MH	11	34	0:20:58	0:42:07	1:03:36	1:25:01	1:25:45	04:01
34	1058	Wohlfahrt, Jörg	71	GER	SV 19 Straelen/47608 geldern	M40	4	35	0:20:37	0:41:43	1:03:09	1:25:06	1:25:26	04:01
35	1127	Evermann, Mark	79	GER	Ausdauerschule by bunert/Oberhausen	M30	6	36	0:21:03	0:42:00	1:03:13	1:25:11	1:25:14	04:02
36	1298	Jungwirth, Rudi	65	GER	Moerser TV/Moers	M45	7	37	0:20:12	0:41:41	1:03:20	1:25:26	1:25:32	04:02
37	1309	Sieverding, Jan	85	GER	-/Bochum	MH	12	38	0:21:46	0:43:04	1:04:31	1:25:46	1:26:29	04:03
38	2404	Knorre, Stephan	85	GER	SuS Schalke 96/Gelsenkirchen	MH	13	39	0:20:46	0:41:56	1:03:58	1:25:48	1:25:57	04:03
39	2527	Grunenberg, Lars	72	GER	Lauffreunde Bönen/Bönen	M40	5	40	0:21:24	0:43:01	1:04:34	1:25:50	1:26:22	04:04
40	2524	Timmermann, Thomas	70	GER	-/Schermebeck	M40	6	41	0:20:45	0:41:48	1:03:26	1:25:50	1:25:54	04:04
41	1201	Kennedy, Martin	71	IRL	-/Clonmel	M40	7	42	0:21:49	0:43:19	1:05:03	1:26:11	1:26:42	04:05
42	1331	Kockro, Dietmar	62	GER	TLV Germania Überryhr/Essen	M50	2	43	0:21:01	0:42:12	1:04:06	1:26:20	1:26:26	04:05
43	1242	Jalc, Miroslav	81	SVK	-/Essen	M30	7	44	0:22:07	0:43:57	1:05:21	1:26:24	1:26:36	04:05
44	1219	Esposito, Gennaro	62	ITA	ASV Duisburg/Duisburg	M50	3	45	0:21:25	0:42:44	1:04:40	1:26:44	1:26:49	04:06
45	1276	Rodríguez-Baena, Rafael	69	GER	TC Kray 1892 e.V./Essen	M40	8	46	0:21:31	0:43:06	1:05:13	1:27:11	1:27:16	04:07
46	1292	Bauer, Alex	75	GER	Montagebauer/Lübbecke	M35	6	47	0:21:15	0:42:57	1:05:14	1:27:33	1:27:39	04:08
47	1343	Winnen, André	71	GER	ASV Duisburg/Dinslaken	M40	9	48	0:20:55	0:42:45	1:05:17	1:27:41	1:27:43	04:09



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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	2562	Strack, Sascha	76	GER	Marathon Dinslaken/Duisburg	M35	7	50	0:21:31	0:43:27	1:05:33	1:27:49	1:27:52	04:09
48	1277	Lorenz, Frank	68	GER	LT Gruiten-Neandertal/Mettmann	M40	10	50	0:21:02	0:42:45	1:05:02	1:27:49	1:27:53	04:09
50	2554	Bretthauer, Matthias	67	GER	LG Haarstrang/Werl	M45	8	52	0:21:39	0:43:45	1:06:05	1:28:44	1:28:53	04:12
51	2571	Busch, Hartwig	75	GER	ESV Siegerland/-	M35	8	53	0:21:29	0:43:34	1:05:48	1:28:49	1:28:57	04:12
52	1308	Mensing, Ulrich	81	GER	-/Reken	M30	8	54	0:22:13	0:44:30	1:06:40	1:28:51	1:28:55	04:12
53	1165	Petrikowski, Oliver	72	GER	-/Oberhausen	M40	11	55	0:22:07	0:44:06	1:06:51	1:28:53	1:29:05	04:12
54	1357	Laumann, Marco	90	GER	-/Essen	MH	14	56	0:21:47	0:44:13	1:06:43	1:28:57	1:29:34	04:12
55	1217	Kamphaus, Rainer	68	GER	-/Bochum	M40	12	57	0:21:52	0:44:09	1:06:40	1:28:58	1:29:09	04:12
56	2033	Winse, Matthias	73	GER	BSG Springorium/-	M35	9	58	0:22:15	0:44:45	1:07:13	1:29:07	1:29:15	04:13
57	2519	Starrach, Carsten	73	GER	Ausdauerschule by Bunert/-	M35	10	60	0:21:06	0:43:22	1:06:03	1:29:08	1:29:13	04:13
58	1294	Weber, Frank	71	GER	neue Arbeit Essen/Essen	M40	13	61	0:21:04	0:42:37	1:05:29	1:29:22	1:29:25	04:14
59	2047	Lang, Udo	65	GER	-/Kaarst	M45	9	63	0:22:11	0:44:25	1:07:10	1:29:46	1:29:51	04:15
60	1333	Tegatz, Andre	73	GER	LC Duisburg/Duisburg	M35	11	64	0:22:33	0:44:55	1:07:39	1:30:06	1:30:29	04:16
61	2553	Over, Björn	82	GER	LT Bittermark Dortmund/Dortmund	M30	9	65	0:21:58	0:44:25	1:07:28	1:30:18	1:30:32	04:16
62	1606	Severin, Sascha	71	GER	Spiridon Frankfurt/-	M40	14	66	0:20:56	0:43:13	1:06:14	1:30:27	1:30:33	04:17
63	2007	Michalka, Ralph	69	GER	Eifelduo R&S/-	M40	15	67	0:22:08	0:44:18	1:07:09	1:30:29	1:30:36	04:17
64	2523	Krebs, Dr. Werner	62	GER	DJK VfR Mülheim Saarn/Mülheim	M50	4	68	0:22:16	0:44:50	1:07:45	1:30:36	1:30:41	04:17
65	1184	Mescher, Stefan	71	GER	-/Essen	M40	16	69	0:22:15	0:45:07	1:08:34	1:30:37	1:30:46	04:17
66	1116	Werba, Dr. Ulf	71	GER	-/Düsseldorf	M40	17	70	0:22:47	0:45:44	1:08:37	1:30:39	1:30:54	04:17
67	2501	Meyer, Jens	75	GER	-/-	M35	12	71	0:21:58	0:44:24	1:07:28	1:30:49	1:31:02	04:18
68	1335	Niederholtmeyer, Daniel	73	GER	-/Gladbeck	M35	13	72	0:22:15	0:44:50	1:07:47	1:30:59	1:31:07	04:18
69	1291	Wittig, Klemens	37	GER	LC Rapid Dortmund/Dortmund	M75	1	73	0:22:15	0:44:51	1:07:50	1:31:03	1:31:04	04:18
70	2042	Floeth, Markus	71	GER	SC Straelen/-	M40	18	74	0:22:27	0:45:21	1:08:29	1:31:11	1:31:31	04:19
71	1275	Parusel, Stefan	68	GER	Blau-Weiss-Bochum/Bochum	M40	19	75	0:22:10	0:44:46	1:08:08	1:31:15	1:31:28	04:19
72	1328	Janzen, Dieter	65	GER	RSF Südlohn/Südlohn	M45	10	76	0:21:33	0:44:02	1:07:31	1:31:41	1:31:45	04:20
73	2415	Hill, Frank	59	GER	Piesport/Piesport	M50	5	77	0:21:48	0:44:47	1:08:19	1:32:01	1:32:05	04:21
74	1301	Caner, Osman	64	TUR	Ayyo Team Essen e.V./Essen	M45	11	78	0:22:52	0:46:13	1:09:30	1:32:24	1:32:35	04:22
75	1118	homuth, andreas	81	GER	ats buntentor/bremen	M30	10	79	0:22:54	0:46:37	1:10:05	1:32:28	1:32:34	04:22
76	1173	Kudritzki, Peter	65	GER	Essen/Essen	M45	12	80	0:22:46	0:45:50	1:08:57	1:32:45	1:32:52	04:23
77	1088	Weiss, Thomas	59	GER	Aktion Canchanaburry e.V./Bochum	M50	6	81	0:22:33	0:45:33	1:08:53	1:32:57	1:33:04	04:24
78	1001	Fuhrig, Bodo	57	GER	-/Essen	M55	1	82	0:23:00	0:46:16	1:09:37	1:33:03	1:33:35	04:24
79	2522	Goedecke, Bernward	53	GER	LTV Obereichsfeld/Kirchworbis	M55	2	83	0:22:28	0:45:38	1:09:29	1:33:07	1:33:14	04:24
80	1350	Rose, Steffen	84	GER	-/Köln	MH	15	84	0:23:17	0:46:41	1:10:06	1:33:09	1:33:29	04:24
81	2520	Wilczek, Christian	85	GER	-/Paderborn	MH	16	85	0:23:17	0:46:42	1:10:06	1:33:10	1:33:29	04:24
82	2027	Traeger, Thorsten	65	GER	-/Haan	M45	13	86	0:23:19	0:46:39	1:10:03	1:33:29	1:33:39	04:25
83	1300	Koca, Erdal	62	TUR	Ayyo Team Essen e.V./Essen	M50	7	87	0:23:16	0:46:33	1:10:06	1:33:47	1:33:59	04:26
84	1178	Kiphardt, Heinz-Michael	69	GER	LGO Bochum/Bochum	M40	20	88	0:23:07	0:46:37	1:10:08	1:33:52	1:34:03	04:26
85	2531	Kühnel, Andreas	60	GER	TV 1877 Kupferdreh/Essen	M50	8	89	0:21:36	0:44:32	1:08:59	1:33:52	1:33:57	04:26
86	1227	Lauer, Thomas	69	GER	-/Essen	M40	21	90	0:23:14	0:46:40	1:10:20	1:34:00	1:34:08	04:27
87	1189	Brinkmann, Wolfgang	51	GER	MTG Horst Essen/Essen	M60	2	91	0:21:40	0:44:11	1:08:02	1:34:27	1:34:32	04:28
88	1273	Klaus, Harald	47	GER	Werdener Turnerbund/Essen	M65	1	92	0:23:00	0:46:30	1:10:12	1:34:40	1:34:46	04:29
89	2471	Schulz, Peter	63	GER	ADS Löffingen/-	M45	14	93	0:23:42	0:47:14	1:11:00	1:34:42	1:34:49	04:29
90	2031	Sahin, Ibrahim	63	GER	Elbstein Ultra Marathon/-	M45	15	94	0:23:27	0:47:36	1:11:22	1:34:44	1:34:56	04:29
91	1306	von Derschau, Gerhard	60	GER	BSG Springorum Bochum/Bochum	M50	9	95	0:22:57	0:46:19	1:10:17	1:34:46	1:34:51	04:29
92	1043	Torkhani, Imad	74	GER	TC Kray 1892 e.V./Oberhausen	M35	14	97	0:23:30	0:47:02	1:10:47	1:35:01	1:35:19	04:30
93	2419	Rob, Sören	95	GER	-/Düsseldorf	MU2	1	100	0:24:07	0:47:27	1:11:00	1:35:16	1:35:57	04:30
94	1344	Rohr, Francis	95	GHA	-/Essen	MU2	2	101	0:24:08	0:48:19	1:12:07	1:35:21	1:35:34	04:31



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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	1382	Gunsenheimer, Uwe	64	GER	Thüringerwaldverein/Düsseldorf	M45	16	102	0:23:32	0:47:18	1:11:41	1:35:33	1:36:10	04:31
96	2038	Heise, Andreas	68	GER	Weseler TV Triathlon/-	M40	22	103	0:23:34	0:47:07	1:11:12	1:35:37	1:35:52	04:31
97	2421	Rutschke, Dirk	72	GER	-/Hattingen	M40	23	104	0:22:53	0:46:27	1:10:56	1:35:38	1:35:53	04:31
98	2548	Knepper, Michael	63	GER	Marathon Mülheim/Mülheim	M45	17	105	0:23:20	0:47:15	1:11:44	1:35:42	1:36:01	04:32
99	2034	Voß, Torsten	63	GER	-/Essen	M45	18	106	0:22:43	0:46:31	1:10:50	1:35:46	1:36:00	04:32
100	1264	Gäde, Christian	68	GER	-/Düsseldorf	M40	24	107	0:24:12	0:48:30	1:12:07	1:35:46	1:36:01	04:32
101	2569	Jonkmanns, Guido	69	GER	TSV Weeze/-	M40	25	108	0:24:18	0:48:21	1:12:16	1:35:58	1:36:18	04:32
102	2478	Hösing, Michael	69	GER	VB Bocholt/-	M40	26	109	0:24:32	0:48:10	1:11:53	1:36:02	1:36:24	04:33
103	1252	Kropff, Dr. Joa	66	GER	PSV Essen/Essen	M45	19	110	0:24:25	0:48:01	1:11:46	1:36:02	1:36:34	04:33
104	1028	Busmann, Ingo	75	GER	-/Essen	M35	15	111	0:24:05	0:48:01	1:12:06	1:36:05	1:36:44	04:33
105	1386	Butschko, Werner	48	GER	ASV Duisburg/Moers	M60	3	112	0:23:34	0:47:32	1:11:57	1:36:07	1:36:13	04:33
106	2514	Lohrengel, Udo	51	GER	LLG St. Augustin/Lohmar	M60	4	113	0:23:58	0:47:58	1:12:08	1:36:11	1:36:18	04:33
107	1223	Dannowski, Dirk	63	GER	SuS Schalke 96/Herten	M45	20	115	0:24:13	0:48:25	1:12:30	1:36:19	1:36:26	04:33
108	1083	BlockSvenB, Sven	74	GER	-/Hattingen	M35	16	117	0:22:56	0:47:45	1:12:06	1:36:23	1:36:25	04:34
109	2012	Müller, Ralph	63	GER	Dropsa Sport Club/-	M45	21	119	0:22:58	0:46:47	1:11:19	1:36:44	1:37:03	04:35
110	2511	Kubitsch, Karsten	65	GER	Hochschule für Gesundheit/Hattingen	M45	22	120	0:23:32	0:47:39	1:11:58	1:36:48	1:36:54	04:35
111	1002	Meyer, Heinz-Jürgen	53	GER	Dropsa Sport Club/-	M55	3	121	0:24:13	0:48:38	1:12:40	1:36:56	1:37:13	04:35
112	2041	Schürmann, Tim	81	GER	-/Mülheim	M30	11	122	0:23:36	0:47:48	1:12:11	1:37:01	1:37:05	04:35
113	2550	Farat, Christoph	73	GER	-/Essen	M35	17	123	0:23:28	0:47:24	1:12:07	1:37:13	1:37:21	04:36
114	2526	Scheitza, Falko	61	GER	DJK Preussen 1911 Bochum/Bochum	M50	10	124	0:23:31	0:47:26	1:12:17	1:37:23	1:37:34	04:36
115	2464	Schulz, Ingo	65	GER	-/Plettenberg	M45	23	126	0:23:52	0:48:10	1:12:37	1:37:24	1:37:33	04:36
116	2453	Vogt, Viktor	88	GER	-/Dortmund	MH	17	127	0:24:10	0:47:44	1:11:52	1:37:32	1:37:57	04:37
117	2403	Knorre, Jürgen	50	GER	SuS Schalke 96/Gelsenkirchen	M60	5	128	0:23:11	0:47:23	1:12:07	1:37:34	1:37:45	04:37
118	2023	Goldmann, Achim	72	GER	-/Herne	M40	27	130	0:24:29	0:48:54	1:13:40	1:37:40	1:38:10	04:37
119	1163	Walterscheid, Bernhard	77	GER	WaWaRunners/Düsseldorf	M35	18	131	0:24:22	0:48:35	1:12:52	1:37:41	1:37:50	04:37
120	2411	Löbber, Karl-Michael	68	GER	-/Bochum	M40	28	132	0:23:29	0:47:30	1:12:13	1:37:42	1:37:54	04:37
121	1368	Noll, Daniel	85	GER	-/Düsseldorf	MH	18	133	0:24:32	0:48:48	1:13:10	1:37:43	1:38:22	04:37
122	2452	Splithoff, Philipp	87	GER	-/Dortmund	MH	19	136	0:24:10	0:48:29	1:13:46	1:38:07	1:38:32	04:39
123	2046	Kraczewski, Stephan	60	GER	-/	M50	11	137	0:23:42	0:47:47	1:12:39	1:38:07	1:38:10	04:39
124	1250	Vennebusch, Mario	77	GER	Polizei NRW/Dülmen	M35	19	138	0:23:32	0:48:15	1:13:06	1:38:12	1:38:19	04:39
125	1078	Zielinski, Bernd	73	GER	-/Paderborn	M35	20	141	0:24:28	0:48:48	1:12:57	1:38:26	1:38:48	04:39
126	2467	Hüsken, Christoph	81	GER	Adler Langlauf Bottrop/-	M30	12	142	0:24:22	0:48:55	1:13:59	1:38:28	1:38:41	04:40
127	1230	Petersen, Niklas	84	GER	Lauffreunde HADI Wesel/Viersen	MH	20	143	0:23:48	0:48:20	1:13:29	1:38:39	1:38:53	04:40
128	1064	Kähning, Roland	71	GER	-/Oer-Erkenschwick	M40	29	144	0:23:36	0:47:33	1:11:52	1:38:55	1:39:42	04:41
129	2565	Theis, Marcus	66	GER	-/Solingen	M45	24	145	0:24:19	0:48:55	1:13:38	1:38:55	1:39:27	04:41
130	1307	Rolle, Matthias	66	GER	Spaziergänger/Gevelsberg	M45	25	146	0:24:19	0:48:59	1:14:13	1:39:06	1:39:21	04:41
131	1049	Butterweck, Dr. Ulf	78	GER	TRC Essen 84/Essen	M30	13	147	0:23:39	0:48:05	1:13:25	1:39:07	1:39:23	04:41
132	1186	Tempesta, Michael	83	GER	SV Neukirchen Schwimmabteilung/Neukirc	MH	21	148	0:25:34	0:50:42	1:15:24	1:39:24	1:39:52	04:42
133	1326	Ullrich, Sebastian	80	GER	-/Köln	M30	14	149	0:22:47	0:47:41	1:14:01	1:39:26	1:40:22	04:42
134	1188	David, O'Connell	63	GBR	-/Essen	M45	26	150	0:23:27	0:48:08	1:13:54	1:39:34	1:39:45	04:43
135	1075	Graeber, Jürgen	47	GER	DJK Sparta Langenhagen/Kamen	M65	2	151	0:24:14	0:48:56	1:14:30	1:39:34	1:39:43	04:43
136	1265	Langenbeck, Michael	67	GER	bujin-gym essen e. v./essen	M45	27	152	0:23:53	0:48:16	1:13:38	1:39:38	1:39:48	04:43
137	1244	Döring, Andreas	60	GER	-/Gelsenkirchen	M50	12	153	0:23:49	0:48:06	1:13:08	1:39:41	1:40:12	04:43
138	1340	Gösmann, Wolfgang	58	GER	TUS Ickern/Castrop-Rauxel	M50	13	155	0:24:24	0:49:27	1:15:03	1:40:18	1:40:28	04:45
139	1022	Mottweiler, Jürgen	65	GER	-/Duisburg	M45	28	156	0:24:11	0:48:53	1:14:43	1:40:28	1:40:42	04:45
140	1070	Kowalski, Sascha	82	GER	LG Freischwinger/Oberhausen	M30	15	157	0:24:18	0:49:21	1:15:00	1:40:37	1:40:53	04:46
141	2414	Pfannkuche, Olaf	67	GER	-/Essen	M45	29	159	0:24:43	0:49:45	1:15:14	1:40:40	1:40:49	04:46



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142	1374	Teklic, Marijo	75	GER	FVV Frankfurt/Frankfurt am Main	M35	21	160	0:24:20	0:48:57	1:14:47	1:40:48	1:40:57	04:46
143	2566	Frey, Rob	63	NED	Scopias Venlo/Venlo	M45	30	161	0:25:55	0:50:34	1:15:42	1:40:49	1:41:27	04:46
144	2030	Althaus, Frank	60	GER	SV Blau Weiss Bochum/Bochum	M50	14	162	0:24:41	0:50:13	1:15:35	1:40:51	1:41:04	04:46
145	1338	van Gemmern, Stefan	70	GER	-/Essen	M40	30	163	0:23:26	0:47:54	1:13:29	1:40:55	1:41:06	04:46
146	1247	Lange, Henning	82	GER	-/Essen	M30	16	164	0:24:38	0:50:13	1:16:05	1:40:57	1:41:25	04:47
147	1191	Otten, Thomas	58	GER	TC Kray 1892 e.V./Essen	M50	15	165	0:24:33	0:49:37	1:15:18	1:41:06	1:41:26	04:47
148	2003	Gerbrecht, Klaus	54	GER	-/	M55	4	167	0:25:26	0:50:30	1:15:58	1:41:16	1:41:39	04:47
149	2409	Parthe, Manfred	57	GER	SV Benediktushof/Reken	M55	5	168	0:25:01	0:50:22	1:15:48	1:41:21	1:41:45	04:48
150	1106	Hartnett, Sean	71	IRL	-/Essen	M40	31	169	0:27:40	0:52:16	1:17:03	1:41:30	1:42:02	04:48
151	1274	Jansen, Andreas	73	GER	-/Neuss	M35	22	170	0:24:03	0:48:32	1:14:29	1:41:31	1:41:47	04:48
152	1226	Geiger, Matthias	60	GER	NiersRunners Wachtendonk/Wachtendonk	M50	16	171	0:24:34	0:49:40	1:15:23	1:41:59	1:42:18	04:50
153	1094	Döring, Peter	59	GER	TLV Germania Überruhr/Essen	M50	17	173	0:24:08	0:49:18	1:15:29	1:42:11	1:42:23	04:50
154	1067	Trzcinski, Kazimierz	59	GER	GAH Alberts Herscheid/Plettenberg	M50	18	174	0:24:16	0:49:41	1:15:51	1:42:15	1:42:39	04:50
155	2556	Wnuk, Martin	88	GER	Löwenzahn/Bochum	MH	22	175	0:24:37	0:51:00	1:17:12	1:42:33	1:42:43	04:51
156	1354	Uhlenkotte, Georg	61	GER	-/Essen	M50	19	176	0:23:03	0:47:49	1:14:40	1:42:37	1:42:47	04:51
157	2028	Quast, Thomas	62	GER	SV Blau-Weiß Bochum/-	M50	20	177	0:24:43	0:50:23	1:16:17	1:42:40	1:42:50	04:51
158	1366	Bieker, Christian	61	GER	Spaziergänger/Gevelsberg	M50	21	179	0:26:08	0:52:10	1:18:06	1:42:42	1:42:57	04:52
159	2470	Sommer, Stefan	63	GER	-/	M45	31	180	0:24:49	0:50:11	1:15:48	1:42:43	1:43:10	04:52
160	2528	van Beek, Wolfgang	55	GER	Amprion/Essen	M55	6	181	0:24:30	0:50:08	1:16:26	1:42:58	1:43:06	04:52
161	2036	Sommer, Bernd	69	GER	VT Kempen/-	M40	32	182	0:25:52	0:51:42	1:17:32	1:42:59	1:43:09	04:52
162	1283	Flach, Gerhard	51	GER	RTB-Marathonteam Remscheid/Remscheid	M60	6	183	0:24:17	0:49:31	1:16:21	1:43:04	1:43:16	04:53
163	1192	Fabricius, Harald	58	GER	1.JJJC Hattingen/Hattingen	M50	22	184	0:25:09	0:51:09	1:17:18	1:43:07	1:43:31	04:53
164	1372	Johannes, Horst	68	GER	LT BUGA Düsseldorf 1999/Hilden	M40	33	185	0:25:47	0:51:32	1:17:33	1:43:08	1:43:36	04:53
165	1202	Merlé, Ralf	63	GER	Drei Engel für Ralle/Essen	M45	32	186	0:25:44	0:51:34	1:17:33	1:43:10	1:43:37	04:53
166	2552	Beck, Sven	66	GER	Team Pilgrimhaus/-	M45	33	187	0:26:08	0:51:41	1:18:13	1:43:13	1:43:45	04:53
167	2032	Zeppa, Daniel	66	GER	-/	M45	34	188	0:25:16	0:51:07	1:17:01	1:43:14	1:43:57	04:53
168	1289	Ribbeck, Holger	63	GER	SuS Waldenau/Pinneberg	M45	35	189	0:24:53	0:50:25	1:16:14	1:43:14	1:43:29	04:53
169	2575	Horsch, A.		GER	-/			190	0:26:28	0:51:53	1:17:37	1:43:20	1:43:46	04:53
170	1379	Reger, Thomas	63	GER	DELTA Lauftreff Ahlen/Ahlen	M45	36	191	0:25:18	0:51:03	1:17:23	1:43:24	1:44:23	04:54
171	2014	Lombard, Reiner	56	GER	Kanalratten Oberhausen/Oberhausen	M55	7	192	0:25:35	0:51:22	1:17:32	1:43:28	1:43:41	04:54
172	1257	Roschanski, Marc	74	GER	Rheinläufer Düsseldorf/Düsseldorf	M35	23	193	0:25:31	0:50:51	1:17:03	1:43:37	1:44:01	04:54
173	1095	Krause, Manfred	66	GER	-/Duisburg	M45	37	194	0:24:09	0:48:55	1:14:46	1:43:46	1:43:56	04:55
174	2574	Weber, Frederick	92	GER	Goetheschule Essen/Essen	MH	23	196	0:26:34	0:52:05	1:18:12	1:43:53	1:44:29	04:55
175	2473	Weegen, Lennart	84	GER	-/	MH	24	198	0:23:26	0:48:38	1:15:33	1:44:17	1:44:38	04:56
176	1161	Bachler, Oliver	67	GER	Marys Lauflinge Bocholt/Bocholt	M45	38	199	0:25:21	0:51:16	1:17:28	1:44:20	1:44:39	04:56
177	1027	Busmann, Björn	89	GER	-/Schüttorf	MH	25	200	0:27:06	0:53:27	1:18:56	1:44:21	1:45:00	04:56
178	1243	Emde, Robert	91	GER	-/Ennepetal	MH	26	201	0:25:17	0:51:00	1:17:07	1:44:22	1:44:46	04:56
179	1061	Robering, André	74	GER	-/Oer-Erkenschwick	M35	24	202	0:24:19	0:49:43	1:16:20	1:44:29	1:44:44	04:57
180	1084	Migas, Florian	81	GER	-/Mülheim an der Ruhr	M30	17	203	0:26:16	0:52:23	1:18:53	1:44:42	1:45:04	04:57
181	1133	Hartstock, Helmut	57	GER	-/Essen	M55	8	204	0:26:27	0:52:26	1:18:50	1:45:01	1:45:45	04:58
182	1130	Riecke, Volker	59	GER	TuS Neuenrade/Neuenrade	M50	23	205	0:24:54	0:51:05	1:17:52	1:45:03	1:45:09	04:58
183	1224	Timmer, Stephan	76	GER	-/Dortmund	M35	25	206	0:26:23	0:52:48	1:19:14	1:45:05	1:45:46	04:58
184	1069	Klytta, Florian	86	GER	LG Freischwinger/Oberhausen	MH	27	207	0:24:16	0:49:06	1:15:12	1:45:08	1:45:24	04:58
185	1234	Filipov, Robert	71	MK	LGO Bochum/Bochum	M40	34	208	0:25:09	0:51:14	1:17:56	1:45:14	1:45:38	04:59
186	2450	Dubbi, Michael	57	GER	TTC Pelkum e.V./Hamm	M55	9	209	0:25:09	0:50:30	1:16:56	1:45:18	1:45:28	04:59
187	2430	Ricken, Tobias	77	GER	Borbecker Raketen Essen/Essen	M35	26	212	0:27:09	0:53:38	1:19:45	1:45:45	1:46:14	05:00
188	1251	Fuchs, Günter	60	GER	-/Radevormwald	M50	24	214	0:23:31	0:46:57	1:11:44	1:45:53	1:46:25	05:01



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189	1170	Killius, Klaus	59	GER	Borbecker Raketen Essen/Essen	M50	25	215	0:25:16	0:51:19	1:18:52	1:45:54	1:46:22	05:01
190	2530	Sattler, Jens	70	GER	-/Krefeld	M40	35	218	0:25:36	0:50:50	1:17:13	1:46:19	1:46:30	05:02
191	1249	Gärtner, Dr. Felix	82	GER	-/Essen	M30	18	221	0:25:44	0:51:48	1:18:27	1:46:48	1:46:53	05:03
192	1352	Meyer, Rolf-Dieter	50	GER	-/Hamburg	M60	7	222	0:25:41	0:52:11	1:19:06	1:46:59	1:47:31	05:04
193	1045	Unkelbach, Friedrich-Wilhelm	64	GER	TC Kray 1892 e.V./Essen	M45	39	224	0:25:53	0:52:41	1:19:26	1:47:04	1:47:31	05:04
194	1351	Heite, Mathis	83	GER	TC Kray 1892 e.V./Essen	MH	28	225	0:25:37	0:51:45	1:19:14	1:47:10	1:47:26	05:04
195	1266	Crawford, Kyle	82	GER	-/Kelkheim	M30	19	226	0:25:58	0:52:33	1:19:29	1:47:16	1:47:49	05:05
196	1261	Brabender, Klaus Jürgen	58	GER	Werricher Lauftreff/Wesel	M50	26	227	0:25:56	0:52:42	1:19:31	1:47:25	1:47:40	05:05
197	2029	Kück, Barthel	64	GER	-/Düsseldorf	M45	40	229	0:26:49	0:54:11	1:21:06	1:47:32	1:47:55	05:05
198	1157	Gödden, Dominik	92	GER	-/Duisburg	MH	29	230	0:24:01	0:50:32	1:18:41	1:47:45	1:47:51	05:06
199	1093	Skarda, Hardmut	67	GER	Lauffreunde HADI Wesel/Wesel	M45	41	232	0:25:37	0:52:15	1:20:08	1:47:58	1:48:23	05:07
200	2480	Leiner, Florian	85	GER	-/Düsseldorf	MH	30	233	0:24:37	0:51:16	1:19:33	1:48:33	1:49:13	05:08
201	1154	Pilzecker, Friedel	42	GER	TC Kray 1892 e.V./Essen	M70	1	234	0:26:10	0:52:51	1:20:40	1:48:33	1:48:52	05:08
202	1005	Flory, Michael	63	GER	Lauffreunde Bönen/-	M45	42	237	0:27:22	0:54:59	1:22:29	1:48:41	1:49:17	05:09
203	2001	Hüsken, Norbert	52	GER	Adler Langlauf Bottrop/-	M60	8	238	0:26:34	0:53:38	1:21:05	1:48:44	1:48:58	05:09
204	2021	Schubbert, Michael	69	GER	Ream CATMIC/Duisburg	M40	36	239	0:26:35	0:53:29	1:21:02	1:48:45	1:48:59	05:09
205	1282	Prass, Andreas	63	GER	TLV Germania Überruhr/Essen	M45	43	241	0:25:32	0:51:46	1:19:28	1:49:00	1:49:14	05:09
206	1245	Kindermann, Andreas	78	GER	-/Oer-Erkenschwick	M30	20	242	0:27:23	0:54:41	1:21:46	1:49:07	1:49:41	05:10
207	1171	Otremba, Edwin	63	GER	SF Katernberg 1913 e.V./Essen	M45	44	243	0:27:30	0:54:51	1:21:53	1:49:17	1:49:45	05:10
208	2521	Weimer, Claus	59	GER	TV Georgsmarienhütte/Osnabrück	M50	27	244	0:26:30	0:53:54	1:21:49	1:49:17	1:49:32	05:10
209	1205	Stetza, Thomas	68	GER	-/Sprockhövel	M40	37	245	0:28:06	0:55:25	1:22:57	1:49:17	1:49:44	05:10
210	2040	Kujas, Michael	63	GER	-/Remscheid	M45	45	247	0:26:37	0:54:06	1:21:25	1:49:21	1:50:01	05:10
211	2048	Klös, Rainer	48	GER	Borbecker Raketen Essen/Essen	M60	9	248	0:27:46	0:55:05	1:22:23	1:49:23	1:50:03	05:11
212	2568	Trelenberg, Jörg	65	GER	CVJM Iserlohn/Hemer	M45	46	249	0:26:27	0:53:20	1:20:20	1:49:26	1:49:51	05:11
213	2008	Ostapink, Sebastian	89	GER	-/Gelsenkirchen	MH	31	250	0:23:58	0:50:23	1:18:35	1:49:26	1:49:39	05:11
214	1380	Raback, Uwe	66	GER	Lauffreff Weitmarer Holz/Bochum	M45	47	251	0:25:19	0:51:39	1:19:14	1:49:26	1:49:38	05:11
215	2025	Schomburg, Dieter	44	GER	Weinpalette Essen/-	M65	3	252	0:25:50	0:51:54	1:18:52	1:49:26	1:50:16	05:11
216	1193	Markowitz, Martin	69	GER	ZZZ/Düsseldorf	M40	38	253	0:26:49	0:54:26	1:21:57	1:49:27	1:49:49	05:11
217	1348	Brodowski, Gregor	63	GER	LT Weitmarer Holz Bochum/Bochum	M45	48	254	0:24:47	0:50:59	1:18:46	1:49:28	1:49:38	05:11
218	1280	Weymann, Andreas	68	GER	-/Mülheim an der Ruhr	M40	39	255	0:24:54	0:51:29	1:19:13	1:49:30	1:50:01	05:11
219	1080	Klan, Ralf	62	GER	-/Hattingen	M50	28	256	0:28:04	0:56:29	1:22:56	1:49:47	1:50:11	05:12
220	1138	Geisler, Michael	61	GER	-/Coesfeld	M50	29	259	0:26:33	0:53:46	1:22:00	1:50:07	1:50:37	05:13
221	1253	Caspers, Peter	73	GER	Independent/Erkelenz	M35	27	260	0:24:35	0:51:10	1:19:33	1:50:14	1:50:53	05:13
222	1318	Schulte, Stefan	65	GER	-/Essen	M45	49	261	0:27:26	0:54:42	1:21:50	1:50:29	1:51:00	05:14
223	1065	Mertens, Christoph	67	GER	-/Bonn	M45	50	262	0:25:18	0:52:48	1:21:28	1:50:37	1:51:05	05:14
224	2011	Kurek, Rafael	89	GER	-/Gelsenkirchen	MH	32	263	0:24:01	0:50:22	1:19:45	1:50:44	1:50:57	05:14
225	1179	Büser, Michael	65	GER	Team Erdinger Alkoholfrei/Holzwickede	M45	51	264	0:27:06	0:54:26	1:22:11	1:50:53	1:51:41	05:15
226	1019	Diex, Uwe	60	GER	-/Essen	M50	30	265	0:27:53	0:55:34	1:23:20	1:50:57	1:51:34	05:15
227	2577	Plank, Peter	66	GER	-/Wesel	M45	52	266	0:26:17	0:52:46	1:21:19	1:50:58	1:51:35	05:15
228	1365	Schardin, Markus	66	GER	Haaner TV/Haan	M45	53	267	0:27:04	0:54:22	1:22:32	1:51:01	1:51:12	05:15
229	1129	Wynands, Christoph	82	GER	KC Hagen/Mülheim	M30	21	268	0:27:00	0:54:24	1:21:51	1:51:14	1:51:32	05:16
230	1235	Lang, Andreas	68	GER	-/Essen	M40	40	269	0:27:39	0:55:19	1:23:07	1:51:30	1:51:50	05:17
231	2532	Kosub, Heinz	54	GER	-/Sprockhövel	M55	10	270	0:26:39	0:53:52	1:22:16	1:51:33	1:51:56	05:17
232	2555	Söhngen, Thomas	65	GER	-/Bochum	M45	54	272	0:27:26	0:54:34	1:22:28	1:51:41	1:52:10	05:17
233	1137	Dohmen, Christian	75	GER	-/Oberhausen	M35	28	273	0:26:30	0:53:17	1:25:22	1:51:46	1:52:15	05:17
234	1068	Fehlken, Siegfried	64	GER	-/Essen	M45	55	274	0:27:04	0:54:25	1:22:09	1:51:48	1:52:21	05:17
235	1168	Michels, Georg	62	GER	NiersRunners Wachtendonk/Wachtendonk	M50	31	275	0:27:37	0:55:32	1:23:30	1:51:55	1:52:13	05:18



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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	2469	Divisi, Jacomo	75	GER	Dropsa Sport Club/-	M35	29	276	0:24:14	0:49:49	1:24:04	1:52:04	1:52:22	05:18
237	2049	Vogt, André	71	GER	LC Duisburg/Duisburg	M40	41	277	0:26:44	0:54:15	1:22:29	1:52:25	1:52:51	05:19
237	1016	Tappen, Markus	65	GER	-/Neuss	M45	56	277	0:26:44	0:54:15	1:22:29	1:52:25	1:52:51	05:19
239	1279	Bücker, Christian	66	GER	-/Werl	M45	57	279	0:26:32	0:53:45	1:23:02	1:52:31	1:52:53	05:19
240	1055	Kaminakis, Chris	77	GRE	-/Straelen	M35	30	280	0:28:10	0:56:18	1:24:14	1:52:43	1:53:04	05:20
241	2468	Kieper, Klaus	55	GER	-/-	M55	11	281	0:27:56	0:56:28	1:24:40	1:52:44	1:53:10	05:20
242	2423	Münstermann, Jörg	44	GER	TSV Viktoria Mülheim/-	M65	4	282	0:27:47	0:55:58	1:24:22	1:52:45	1:53:14	05:20
243	1126	Schwarzkopf, Sascha	72	GER	-/Essen	M40	42	284	0:27:07	0:54:56	1:22:57	1:52:47	1:53:03	05:20
244	1017	Görtz, Thorsten	70	GER	-/Oberhausen	M40	43	285	0:29:20	0:57:33	1:24:23	1:52:54	1:53:44	05:21
245	2447	Petry, Tobias	80	GER	LAV Oberhausen/Duisburg	M30	22	287	0:28:03	0:56:09	1:24:14	1:53:04	1:53:46	05:21
246	2482	Krehut, Michael	64	GER	-/-	M45	58	288	0:26:43	0:54:23	1:22:23	1:53:04	1:53:48	05:21
247	2406	Palinkas, Lajos	59	GER	-/Oberhausen	M50	32	291	0:25:29	0:53:01	1:22:00	1:53:16	1:53:27	05:22
248	2004	Heymann, Dietmold	51	GER	Elvis-Run/-	M60	10	292	0:26:16	0:54:16	1:23:23	1:53:22	1:53:44	05:22
249	1389	Heinig, Peter	59	GER	-/Duisburg	M50	33	293	0:28:09	0:56:33	1:25:20	1:53:44	1:54:17	05:23
250	1089	Wiebe, Johannes	87	GER	-/Duisburg	MH	33	294	0:27:43	0:55:55	1:25:28	1:53:48	1:54:29	05:23
251	1370	Mais, Wolfgang	62	GER	-/Essen	M50	34	296	0:26:25	0:53:36	1:22:23	1:53:56	1:54:25	05:23
252	1114	Neumann, Marc	64	GER	TSG Kastel 1846/Bischofsheim	M45	59	297	0:26:55	0:55:00	1:24:31	1:54:07	1:54:30	05:24
253	1327	Adams, Josef	50	GER	-/Erkelenz	M60	11	298	0:27:09	0:54:42	1:23:18	1:54:12	1:54:19	05:24
254	1229	Rutekolk, Rainer	77	GER	Ausdauerschule by bunert/Duisburg	M35	31	301	0:27:06	0:55:24	1:24:41	1:54:23	1:54:32	05:25
255	1147	Gettler, Frank	69	GER	TSC Mülheim, BSG Remscheid/Radevormw	M40	44	302	0:28:20	0:56:21	1:25:23	1:54:35	1:55:16	05:25
256	1212	Sander, Dietmar	61	GER	LG Burg Wiedenbrück/Lippstadt	M50	35	304	0:28:12	0:56:58	1:26:07	1:54:56	1:55:12	05:26
257	1100	Vortmeier, Martin	57	GER	jogmap ruhr/Oer-Erkenschwick	M55	12	306	0:28:05	0:56:24	1:25:57	1:55:14	1:55:56	05:27
258	2458	Teutloff, Volker	58	GER	Rhein Ruhr Marathon Duisburg/-	M50	36	307	0:28:36	0:57:16	1:25:59	1:55:25	1:55:50	05:28
259	1336	Leenen, Klaus	54	GER	NiersRunners Wachtendonk/Kerken	M55	13	308	0:28:07	0:56:48	1:25:36	1:55:27	1:55:46	05:28
260	1008	Seeger, Burkhard	66	GER	LGO Bochum/Bochum	M45	60	309	0:27:08	0:55:52	1:25:41	1:55:27	1:55:40	05:28
261	1238	Bischke, Alf-Henrik	63	GER	-/Essen	M45	61	310	0:27:34	0:55:50	1:24:26	1:55:33	1:56:04	05:28
262	1047	Trieba, Thomas	68	GER	-/Oer-Erkenschwick	M40	45	311	0:28:03	0:56:08	1:25:10	1:55:33	1:56:21	05:28
263	1085	Hilse, Markus	64	GER	Vorwärts Köln/Düsseldorf	M45	62	312	0:26:51	0:54:27	1:23:34	1:55:47	1:56:09	05:29
264	2401	Drath, Rüdiger	56	GER	DELTA Lauftreff Ahlen/Ahlen	M55	14	313	0:28:10	0:56:51	1:26:08	1:55:49	1:56:48	05:29
265	1120	Spiekermann, Peter	62	GER	DELTA Lauftreff Ahlen/Ahlen	M50	37	314	0:28:10	0:56:51	1:26:09	1:55:49	1:56:47	05:29
266	1125	Wiesmann, Heinz	53	GER	-/Bochum	M55	15	315	0:28:35	0:57:11	1:26:39	1:55:56	1:56:31	05:29
267	2503	Wilbuer, Andreas	53	GER	-/Essen	M55	16	317	0:28:14	0:57:04	1:26:29	1:55:59	1:56:14	05:29
268	1143	Schwan, Reimund	64	GER	-/Moers	M45	63	318	0:28:21	0:57:17	1:26:23	1:56:03	1:56:12	05:30
269	2551	Klever, Detlef	54	GER	Ruhrrunner Essen/-	M55	17	321	0:28:29	0:57:07	1:26:31	1:56:11	1:56:47	05:30
270	1077	Grabenkamp, Siegfried	61	GER	-/Essen	M50	38	323	0:28:50	0:57:30	1:26:14	1:56:24	1:56:37	05:31
271	2479	Jorgas, Matthias	82	GER	-/-	M30	23	324	0:29:44	0:58:46	1:27:47	1:56:38	1:57:01	05:31
272	1158	Detering, Ricardo	92	GER	-/Duisburg	MH	34	325	0:24:00	0:50:23	1:18:33	1:56:46	1:56:51	05:32
273	1025	Jerig, Ludger	59	GER	-/Duisburg	M50	39	326	0:27:41	0:56:44	1:26:50	1:57:08	1:57:50	05:33
274	2449	Kuckelsberg, Bernd	56	GER	-/Wuppertal	M55	18	327	0:28:56	0:58:24	1:28:03	1:57:10	1:57:54	05:33
275	1317	Galk, Markus	89	GER	-/Oberhausen	MH	35	328	0:30:44	1:00:53	1:30:05	1:57:13	1:57:43	05:33
276	1144	Böcker, Björn	84	GER	-/Herne	MH	36	331	0:30:18	1:00:19	1:30:27	1:57:30	1:58:03	05:34
277	1176	Eßer, Jörg	70	GER	-/Mechernich	M40	46	333	0:29:05	0:58:22	1:27:30	1:57:37	1:58:23	05:34
278	1072	Siekmann, Michael	70	GER	-/Velbert	M40	47	334	0:28:39	0:57:53	1:27:13	1:57:40	1:58:20	05:34
279	1155	Wegener-Gärtner, Kai Uwe	67	GER	SV Büren/Dortmund	M45	64	337	0:27:57	0:57:02	1:27:38	1:57:42	1:58:05	05:34
280	2506	Herberg, Jurgen	46	GER	-/Köln	M65	5	338	0:28:12	0:57:12	1:27:10	1:57:53	1:58:11	05:35
281	2445	Schickhoff, Christian	76	GER	-/-	M35	32	339	0:28:42	0:58:12	1:27:45	1:58:06	1:58:35	05:35
282	1050	Höll, Michael	59	GER	-/Mülheim an der Ruhr	M50	40	340	0:27:40	0:55:26	1:25:39	1:58:19	1:59:01	05:36



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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	1097	Pawlowski, David	87	GER	-/Essen	MH	37	342	0:28:37	0:58:27	1:28:18	1:58:30	1:59:12	05:36
284	1363	Respondeck, Carsten	76	GER	-/Essen	M35	33	343	0:26:30	0:53:34	1:24:08	1:58:36	1:59:06	05:37
285	1175	Seelend, Nico	91	GER	KSV Borbeck/Essen	MH	38	346	0:27:03	0:56:25	1:27:24	1:58:48	1:58:55	05:37
286	2000	Kampmann, Horst	54	GER	-/Hagen	M55	19	349	0:29:07	0:58:42	1:28:55	1:59:11	1:59:44	05:38
287	2045	Gubesch, Jörg	64	GER	Ruhrrunner Essen/-	M45	65	350	0:28:30	0:57:09	1:27:05	1:59:19	1:59:56	05:39
288	2410	Malingriaux, Stephan	76	GER	-/Essen	M35	34	352	0:30:09	1:00:21	1:30:25	1:59:32	2:00:10	05:39
289	1310	Hostadt, Rolf	52	GER	Essener RG 1900/Essen	M60	12	353	0:29:13	0:58:15	1:27:46	1:59:33	2:00:03	05:39
290	1215	Lamp, Frank	61	GER	-/Hamm	M50	41	355	0:28:00	0:57:05	1:27:40	1:59:48	2:00:10	05:40
291	1392	Sommer, Berthold	96	GER	Lauffreunde Bönen/Bönen	MU2	3	357	0:28:27	0:58:02	1:28:36	1:59:56	2:00:29	05:41
292	1167	Kutsch, Heiko	69	GER	LC Duisburg/Oberhausen	M40	48	358	0:28:08	0:56:53	1:27:34	1:59:59	2:00:25	05:41
293	1140	Unruh, Erich	51	GER	-/Velbert	M60	13	362	0:29:11	0:58:43	1:30:04	2:00:21	2:00:44	05:42
294	2441	Tian, Yue	89	GER	-/Düsseldorf	MH	39	363	0:25:54	0:53:54	1:26:38	2:00:26	2:01:07	05:42
295	2466	Arnold, Frank	58	GER	-/Iserlohn	M50	42	365	0:28:49	0:58:54	1:29:33	2:01:13	2:01:41	05:44
296	2572	Krause, Ralf	65	GER	-/Kamp-Lintfort	M45	66	366	0:28:39	0:58:06	1:27:40	2:01:25	2:02:00	05:45
297	2517	Miszewski, Markus	62	GER	Ausdauer Schule by Bunert/-	M50	43	367	0:31:09	1:01:20	1:31:02	2:01:33	2:02:11	05:45
298	1375	Kanthak, Niklas	70	GER	-/Essen	M40	49	371	0:31:08	1:01:08	1:31:19	2:01:48	2:02:30	05:46
299	2431	Funk, Wolfgang	35	GER	TV 1877 Kupferdreh/Essen	M75	2	372	0:28:56	0:58:58	1:30:06	2:02:11	2:02:29	05:47
300	2020	Platz, Peter	59	GER	:anlauf Siegen/-	M50	44	374	0:30:34	1:01:38	1:32:46	2:02:24	2:02:46	05:48
301	1358	Hertel, Tobias	77	GER	-/Aachen	M35	35	378	0:30:14	1:00:51	1:32:11	2:02:50	2:03:21	05:49
302	2013	Hengstenberg, Georg	73	GER	-/	M35	36	380	0:30:56	1:01:21	1:31:39	2:03:41	2:04:27	05:51
303	1187	Callies, Arnd	66	GER	-/Neukirchen-Vluyn	M45	67	385	0:27:41	0:57:42	1:29:54	2:04:44	2:05:13	05:54
304	1162	Gierhold, Georg	57	GER	Marys Laufing e Bocholt/Bocholt	M55	20	387	0:29:44	1:00:06	1:31:58	2:04:54	2:05:17	05:55
305	2576	Schreyer, Thilo	65	GER	-/Leverkusen	M45	68	388	0:29:06	0:59:31	1:30:48	2:04:54	2:05:17	05:55
306	1345	Kacan, Ümit	66	GER	-/Essen	M45	69	389	0:27:54	0:58:23	1:30:05	2:05:05	2:05:41	05:55
307	2424	Rühl, Heinz	37	GER	TSV Viktoria Mülheim/Mülheim	M75	3	390	0:30:27	1:01:48	1:33:32	2:05:12	2:05:24	05:56
308	1087	Schnabel, Christoph	83	GER	LG Freischwinger/Oberhausen	MH	40	393	0:29:01	0:59:04	1:31:18	2:05:22	2:05:47	05:56
309	1030	Kornetzky, Kai	83	GER	-/Essen	MH	41	394	0:31:26	1:03:04	1:34:43	2:05:39	2:06:23	05:57
310	1237	Friedrich, Marcus	63	GER	-/Mörfelden-Walldorf	M45	70	405	0:30:11	1:01:00	1:33:18	2:09:14	2:09:29	06:07
311	1076	Spinner, Waldemar	54	GER	-/Recklinghausen	M55	21	406	0:32:17	1:04:09	1:36:56	2:09:33	2:10:17	06:08
312	1321	Andorf, Dr. Renato	62	GER	-/Notzingen	M50	45	408	0:31:52	1:04:04	1:36:14	2:10:08	2:10:54	06:10
313	1228	Tackenberg, Thorsten	68	GER	-/ESSEN	M40	50	409	0:29:21	1:00:21	1:34:29	2:10:22	2:10:48	06:10
314	1041	Wagner, Klaus D.	68	GER	Ferrostaal/Wetzlar	M40	51	411	0:31:18	1:03:13	1:36:44	2:11:08	2:11:36	06:12
315	1220	Bartulovic, Antonio	84	CR	-/Moers	MH	42	415	0:29:54	1:01:28	1:35:16	2:12:09	2:12:32	06:15
316	1060	Koch, Hannes	79	GER	-/Willich	M30	24	417	0:27:43	0:58:19	1:33:27	2:12:39	2:13:01	06:17
317	1183	Daghbor, Abdellatif	71	GER	-/Essen	M40	52	421	0:27:50	0:58:25	1:33:02	2:13:31	2:13:37	06:19
318	1071	Thomas, Leonard	92	GER	-/Essen	MH	43	423	0:28:47	1:01:05	1:36:07	2:14:01	2:14:06	06:21
319	1132	Parussel, Gemot	48	GER	:anlauf Siegen/Siegen	M60	14	427	0:30:50	1:03:28	1:38:34	2:15:18	2:15:37	06:24
320	2525	Marzinzik, Frank	70	GER	Luttermann/-	M40	53	428	0:36:38	1:11:34	1:44:19	2:16:34	2:17:19	06:28
320	1015	Geisler, Fritz	53	GER	ESG Gelsenkirchen/Gelsenkirchen	M55	22	428	0:36:38	1:11:34	1:44:19	2:16:34	2:17:19	06:28
322	1024	Geisler, Michèl	77	GER	-/Gelsenkirchen	M35	37	430	0:36:38	1:11:34	1:44:19	2:16:34	2:17:20	06:28
323	1104	O Connell, Neil	71	IRL	-/Essen	M40	54	431	0:29:02	1:03:04	1:38:32	2:18:41	2:19:13	06:34
324	1278	Kowalsky, Paul	35	GER	Gerscheder SV Essen/Essen	M75	4	435	0:35:05	1:10:32	1:46:51	2:22:52	2:23:36	06:46
325	1035	Ivo, Peter Karl	54	GER	-/Essen	M55	23	437	0:34:26	1:10:24	1:46:53	2:22:52	2:23:30	06:46
326	2573	Aretz, Henning	56	GER	-/Essen	M55	24	438	0:34:20	1:09:29	1:45:41	2:25:16	2:25:57	06:53
327	2472	Nowak, Adolf	39	GER	-/	M70	2	441	0:32:11	1:07:46	1:45:09	2:27:20	2:27:57	06:58
328	1034	Ivo, Dieter	59	GER	-/Essen	M50	46	442	0:34:26	1:10:27	1:48:28	2:27:59	2:28:37	07:00
329	1136	McAnea, Dr. Thomas	70	GBR	-/London	M40	55	443	0:31:50	1:06:49	1:47:18	2:28:37	2:29:43	07:02



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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	1135	Marzo, Prof. Alberto	73	ITA	-/Sheffield	M35	38	444	0:31:51	1:06:53	1:47:21	2:28:37	2:29:43	07:02
331	1360	Böse, Jürgen	60	GER	-/Remscheid	M50	47	446	0:32:55	1:09:49	1:50:01	2:29:36	2:30:08	07:05
332	2455	Mullins, Jason	76	USA	-/Howell, MI	M35	39	447	0:33:04	1:08:00	1:45:00	2:29:40	2:30:14	07:05



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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
1	2557	Salzwedel, Sophia	87	GER	HSP Münster Laufteam/-	WH	1	29	0:20:42	0:41:47	1:03:01	1:24:25	1:24:29	04:00
2	2412	Wand, Dr. Katrin	81	GER	-/Essen	W30	1	49	0:21:33	0:43:30	1:05:38	1:27:48	1:27:50	04:09
3	2017	Just, Gladys	74	GER	Team Hinkesforst/Ratingen	W35	1	59	0:21:52	0:43:59	1:06:28	1:29:08	1:29:11	04:13
4	2005	Niehues, Silke	72	GER	TUSEM Essen/-	W40	1	62	0:21:38	0:43:53	1:06:40	1:29:34	1:29:38	04:14
5	1007	Quincke, Anja	75	GER	Marathon Club Menden/-	W35	2	96	0:22:47	0:46:59	1:11:17	1:34:58	1:35:02	04:30
6	1400	Parthe, Maria	58	GER	SV Benediktushof/Reken	W50	1	98	0:22:34	0:46:06	1:10:25	1:35:07	1:35:10	04:30
7	1195	Metz, Sarah	78	GBR	VfB Salzkotten/Salzkotten	W30	2	99	0:23:10	0:46:38	1:10:28	1:35:14	1:35:22	04:30
8	1260	Szymczak, Nicole	71	GER	Ayyo Team Essen e.V./Bochum	W40	2	114	0:23:36	0:47:44	1:12:05	1:36:12	1:36:15	04:33
9	2549	Abratis, Anja	71	GER	Triteam SC Bayer Uerdingen/-	W40	3	116	0:23:31	0:47:11	1:11:27	1:36:21	1:36:29	04:33
10	1359	Gaspercic, Martina	66	GER	ASV Duisburg/Duisburg	W45	1	118	0:23:39	0:47:34	1:11:58	1:36:43	1:36:49	04:35
11	2560	Falkenstein, Britta	67	GER	-/	W45	2	125	0:23:56	0:47:56	1:12:09	1:37:23	1:37:30	04:36
12	1111	Slimana, Kahina	83	GER	SuS Schalke 96/Gelsenkirchen	WH	2	129	0:23:55	0:48:14	1:12:52	1:37:36	1:37:46	04:37
13	1394	Nösekabel, Gisela	55	GER	Marathonteam Ratingen/Ratingen	W55	1	134	0:23:33	0:48:08	1:13:02	1:37:44	1:37:53	04:37
14	2509	Hüther, Elfie	54	GER	VfB Salzkotten/Delbrück	W55	2	135	0:24:44	0:49:25	1:14:03	1:38:04	1:38:13	04:38
15	2006	Michalka, Silvia	67	GER	Eifelduo R&S/-	W45	3	139	0:24:15	0:48:40	1:13:48	1:38:16	1:38:32	04:39
16	1305	Demir, Ümran	72	TUR	Ayyo Team Essen e.V./Essen	W40	4	140	0:23:35	0:47:44	1:12:57	1:38:25	1:38:28	04:39
17	1349	Nickl, Isabella	77	GER	-/Essen	W35	3	154	0:28:23	0:58:07		1:40:01	1:40:35	04:44
18	1371	Strohmann, Kim	93	GER	-/Essen	WU	1	158	0:24:29	0:49:34	1:15:01	1:40:39	1:41:16	04:46
19	2044	Hölter, Agnes	56	GER	SG Borken/-	W55	3	166	0:25:03	0:50:22	1:15:48	1:41:10	1:41:33	04:47
20	1151	Tillmann, Ina	67	GER	Werdener Turnerbund/Essen	W45	4	172	0:25:11	0:50:33	1:16:07	1:42:06	1:42:12	04:50
21	1233	Huber, Anita	65	GER	SuS Olfen/Olfen	W45	5	178	0:24:32	0:50:21	1:16:45	1:42:40	1:42:46	04:51
22	2476	Gerken, Claudia	95	GER	-/	WU	2	195	0:26:34	0:52:05	1:18:11	1:43:52	1:44:28	04:55
23	1141	Sult, Barbara	53	GER	TC Kray 1892 e.V./Essen	W55	4	197	0:25:26	0:51:18	1:17:30	1:43:57	1:44:13	04:55
24	1339	Tegatz, Anja	74	GER	LC Duisburg / Tiger Balm Team/Duisburg	W35	4	210	0:26:04	0:52:23	1:19:19	1:45:20	1:45:44	04:59
25	1254	Polanz, Dorothe	49	GER	-/Mettmann	W60	1	211	0:25:33	0:51:37	1:19:00	1:45:42	1:45:50	05:00
26	1096	Deutzmann, Katharina	89	GER	Southern Oregon Runners/Langenfeld	WH	3	213	0:25:27	0:51:23	1:18:00	1:45:49	1:46:05	05:00
27	2561	Vairavanathan, Sinthuya	88	GER	-/Bochum	WH	4	216	0:24:22	0:50:21	1:17:56	1:45:56	1:46:06	05:01
28	2513	Rump, Beate	58	GER	VfB Salzkotten/Paderborn	W50	2	217	0:25:39	0:51:41	1:18:40	1:46:09	1:46:17	05:01
29	2407	Michel, Ronja	91	GER	TLV Germania Überryhr/Essen	WH	5	219	0:25:33	0:52:25	1:19:54	1:46:31	1:46:45	05:02
30	2456	Rahn, Sandra	70	GER	TC Kray 1892 e.V./-	W40	5	220	0:24:36	0:50:29	1:17:29	1:46:43	1:47:00	05:03
31	1330	Albrecht, Denise	88	GER	-/Herne	WH	6	223	0:25:39	0:52:22	1:20:07	1:47:04	1:47:10	05:04
32	2481	Baßiere, Nina	82	GER	-/Essen	W30	3	228	0:25:33	0:51:19	1:17:48	1:47:28	1:47:48	05:05
33	1395	Kawano, Yukako	75	JPN	-/Duesseldorf	W35	5	231	0:26:42	0:53:39	1:20:50	1:47:57	1:48:14	05:06
34	1108	Trant, Steffi	72	GER	ruhrarias/essen	W40	6	235	0:26:40	0:53:21	1:20:34	1:48:36	1:48:54	05:08
35	1109	Binder, Petri	84	GER	ruhrarias/essen	WH	7	236	0:26:40	0:53:21	1:20:35	1:48:37	1:48:54	05:08
36	2022	Pautzke, Catrin	61	GER	Team CATMIC/Duisburg	W50	3	240	0:26:35	0:53:31	1:21:03	1:48:45	1:48:59	05:09
37	1172	Boonekamp, Sabine	69	GER	BSG Barmenia Versicherungen/Wuppertal	W40	7	246	0:27:43	0:55:02	1:22:40	1:49:19	1:49:33	05:10
38	1255	Polanz, Ellen	77	GER	-/Mettmann	W35	6	257	0:26:29	0:53:00	1:21:00	1:49:54	1:50:07	05:12
39	2024	Matthiesen, Claudia	68	GER	Radiergummiliga.de/-	W40	8	258	0:27:33	0:54:58	1:22:35	1:49:57	1:50:22	05:12
40	2474	Grunwald, Angela	75	GER	-/Iserlohn	W35	7	271	0:26:51	0:55:02	1:23:03	1:51:38	1:51:48	05:17
41	1387	Schröer, Astrid	80	GER	-/Bochum	W30	4	283	0:26:54	0:55:09	1:23:53	1:52:46	1:53:02	05:20
42	1115	Mehl, Monika	71	GER	Ayyo Team Essen e.V./Essen	W40	9	286	0:28:04	0:56:31	1:24:48	1:53:03	1:53:22	05:21
43	1268	Söhler, Annette	63	GER	-/Siegen	W45	6	289	0:26:56	0:54:54	1:23:36	1:53:06	1:53:26	05:21
44	1098	Krämer, Simone	82	GER	-/Hamm	W30	5	290	0:28:31	0:56:43	1:25:24	1:53:12	1:53:52	05:21
45	2477	Hösing, Gisela	72	GER	-/	W40	10	295	0:26:07	0:53:53	1:23:25	1:53:54	1:54:14	05:23
46	1081	Schwedt, Bianca	81	GER	-/Essen	W30	6	299	0:26:21	0:54:01	1:23:47	1:54:13	1:55:12	05:24
47	1218	Michel, Karin	62	GER	TLV Germania Überryhr/Essen	W50	4	300	0:26:25	0:54:51	1:23:52	1:54:22	1:54:39	05:25



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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	1269	Moog, Michaela	63	GER	-/Siegen	W45	7	303	0:27:57	0:56:28	1:25:03	1:54:42	1:55:02	05:26
49	1221	Schepers, Dr. Susanne	65	GER	LG Burg Wiedenbrück/Rheda-Wiedenbrück	W45	8	305	0:28:12	0:56:57	1:26:07	1:54:56	1:55:12	05:26
50	1159	Kernebeck, Birgit	74	GER	Oma Gum Running Team/Essen	W35	8	316	0:29:36	0:59:04	1:27:57	1:55:58	1:56:38	05:29
51	1267	Klein, Barbara	63	GER	-/Siegen	W45	9	319	0:26:59	0:56:09	1:25:15	1:56:03	1:56:22	05:30
52	1284	Flach, Marion	56	GER	RTB-Marathonteam Remscheid/Remscheid	W55	5	320	0:27:50	0:56:27	1:25:53	1:56:08	1:56:40	05:30
53	2475	Middel, Kathrin	79	GER	-/Essen	W30	7	322	0:28:30	0:57:06	1:26:30	1:56:11	1:56:47	05:30
54	2426	Küppers, Kristina	81	GER	OSC Waldniel/Nettetal	W30	8	329	0:28:34	0:57:36	1:27:33	1:57:19	1:57:37	05:33
55	1214	Gellert, Linda	71	GER	-/Bochum	W40	11	330	0:28:28	0:57:29	1:26:54	1:57:21	1:57:42	05:33
56	2529	Grunenberg, Claudia	69	GER	Lauffreunde Bönen/Bönen	W40	12	332	0:28:28	0:57:43	1:27:41	1:57:33	1:58:06	05:34
57	1152	Bisanz, Judith	73	GER	-/Essen	W35	9	335	0:28:06	0:56:59	1:27:07	1:57:41	1:57:56	05:34
58	2515	Schulte, Sabine	68	GER	Lauffreunde Bönen/-	W40	13	336	0:28:19	0:57:10	1:27:03	1:57:41	1:58:14	05:34
59	1124	Fortmann-Dion, Ulrike	66	GER	-/Voerde	W45	10	341	0:28:24	0:57:02	1:26:39	1:58:22	1:58:57	05:36
60	2043	Hülse, Renate	57	GER	LG DUV/Krefeld	W55	6	344	0:27:22	0:56:04	1:26:18	1:58:37	1:58:50	05:37
61	1332	Stummbillig, Pia	87	GER	-/Herne	WH	8	345	0:28:55	0:58:07	1:28:54	1:58:47	1:58:54	05:37
62	2018	Averesch, Karin	70	GER	-/	W40	14	347	0:28:57	0:58:25	1:28:24	1:58:49	1:59:34	05:37
63	1107	Mannel, Claudia	63	GER	Neustrelitz/Neustrelitz	W45	11	348	0:26:55	0:55:53	1:26:09	1:58:52	1:59:03	05:38
64	1190	Schäfer, Ulrike	61	GER	TC Kray 1892 e.V./Essen	W50	5	351	0:29:06	0:58:33	1:29:01	1:59:25	1:59:42	05:39
65	1156	Paar, Lisa	83	GER	-/Münster	WH	9	354	0:27:59	0:57:03	1:27:39	1:59:47	2:00:10	05:40
66	2035	Moser, Susanne	65	GER	LC Duisburg/-	W45	12	356	0:28:26	0:58:13	1:28:35	1:59:55	2:00:24	05:41
67	1270	Henszelewski, Christina	77	GER	-/Düsseldorf	W35	10	359	0:30:36	1:01:02	1:30:40	2:00:05	2:00:48	05:41
68	2026	Wochnik, Petra	64	GER	Marathonprojekt Darmstadt/-	W45	13	360	0:30:07	0:59:50	1:30:05	2:00:10	2:00:31	05:41
69	1021	Eisenberg, Martina	74	GER	LT Turnerbund Frintrop/Essen	W35	11	361	0:28:01	0:57:22	1:28:18	2:00:21	2:00:47	05:42
70	2444	Meier, Karin	66	GER	TuS Eintracht Minden/Porta Westfalica	W45	14	364	0:27:40	0:56:49	1:27:52	2:00:59	2:01:15	05:44
71	2516	Gerstmann-Lange, Jutta	57	GER	Ausdauerschule by Bunert/-	W55	7	368	0:31:08	1:01:08	1:31:01	2:01:36	2:02:15	05:45
72	2518	Suck, Sabine	67	GER	Ausdauerschule by Bunert/Essen	W45	15	369	0:31:08	1:01:09	1:31:01	2:01:37	2:02:15	05:45
73	2009	Schewalje, Sophia	91	GER	TuS Breckerfeld/-	WH	10	370	0:30:16	1:01:22	1:32:15	2:01:37	2:02:08	05:45
74	2567	von Scheidt, Petra	65	GER	Borbecker Raketen/Essen	W45	16	373	0:29:28	0:59:30	1:30:49	2:02:20	2:03:01	05:47
75	1272	Müller, Renate	50	GER	:anlauf Siegen/Siegen	W60	2	375	0:28:55	0:58:59	1:30:20	2:02:25	2:02:47	05:48
76	1288	Panthofer, Anke	63	GER	:anlauf Siegen/Siegen	W45	17	376	0:28:55	0:58:58	1:30:22	2:02:25	2:02:46	05:48
77	2454	Ender, Tanja	74	GER	-/Essen	W35	12	377	0:29:01	0:59:20	1:30:25	2:02:28	2:03:04	05:48
78	1122	Frank, Renate	89	GER	-/Bochum	WH	11	379	0:27:40	0:57:28	1:29:32	2:03:16	2:03:26	05:50
79	1397	Rupp, Ulla	77	GER	-/Frankfurt	W35	13	381	0:30:58	1:00:57	1:32:06	2:03:50	2:04:31	05:52
80	1032	Rogoza, Jennifer	85	GER	-/Bochum	WH	12	382	0:31:05	1:01:01	1:32:07	2:03:59	2:04:42	05:52
81	2039	Schaumburg, Sylvia	65	GER	-/	W45	18	383	0:29:10	1:00:08	1:32:06	2:04:36	2:05:05	05:54
82	1063	Seibel, Tatjana	66	AUT	-/Kassel	W45	19	384	0:29:10	1:00:08	1:32:07	2:04:36	2:05:06	05:54
83	1153	Braitsch, Angela	74	GER	-/Essen	W35	14	386	0:30:40	1:01:33	1:32:55	2:04:48	2:05:04	05:54
84	1396	Mai, Christina	85	GER	-/Düsseldorf	WH	13	391	0:30:39	1:00:55	1:31:49	2:05:18	2:06:00	05:56
85	1364	Bachhofer, Christina	65	GER	:anlauf Siegen/Siegen	W45	20	392	0:29:39	1:00:36	1:32:39	2:05:21	2:05:42	05:56
86	1031	Markus, Charlotte	85	GER	-/Essen	WH	14	395	0:31:26	1:03:04	1:34:43	2:05:40	2:06:23	05:57
87	2508	Strunz, Elisabeth	39	GER	VfB Salzkotten/Delbrück	W70	1	396	0:30:13	1:01:00	1:32:47	2:06:18	2:06:53	05:59
88	1086	Seebold, Michaela	74	GER	-/Oer-Erkenschwick	W35	15	397	0:29:29	0:59:32	1:32:27	2:06:19	2:07:06	05:59
89	1341	Weiß, Anja	68	GER	DELTA Laufftreff Ahlen/Ahlen	W40	15	398	0:30:03	1:01:26	1:34:16	2:06:19	2:06:57	05:59
90	1369	Westphal, Margaret	57	GBR	-/Essen	W55	8	399	0:31:15	1:02:42	1:34:34	2:06:53	2:07:17	06:00
91	1012	Objartel, Sylke	69	GER	Pink Panther/Essen	W40	16	400	0:30:14	1:01:40	1:34:57	2:07:51	2:08:27	06:03
92	1185	Thiel, Marion	69	GER	TuS 08 Lintorf/Duisburg	W40	17	401	0:32:06	1:04:03	1:35:59	2:08:19	2:09:00	06:04
93	1110	Grävenstein, Claudia	66	GER	TuS 08 Lintorf/Duisburg	W45	21	402	0:32:06	1:04:04	1:36:07	2:08:20	2:09:01	06:04
94	2425	Heimann, Birgit	80	GER	OSC Waldniel/-	W30	9	403	0:27:43	0:56:38	1:30:11	2:08:39	2:08:56	06:05



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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	1236	Jäger, Simone	80	GER	-/Ober-Mörlen	W30	10	404	0:30:10	1:01:00	1:33:17	2:09:14	2:09:29	06:07
96	1196	Gilbers, Claudia	71	GER	-/Koeln	W40	18	407	0:30:50	1:02:31	1:35:44	2:09:58	2:10:29	06:09
97	1010	Deelmann, Gabriele	85	GER	-/Rhede	WH	15	410	0:31:15	1:03:09	1:36:38	2:11:03	2:11:37	06:12
98	2519	Gutschow, Jutta	66	GER	Lauffreunde Bönen/Bönen	W45	22	412	0:30:01	1:02:03	1:35:55	2:11:19	2:11:46	06:13
99	2457	Dubbi, Anita	60	GER	KJC Hamm/Hamm	W50	6	413	0:30:01	1:02:03	1:35:55	2:11:19	2:11:46	06:13
100	1231	Mader, Rita	50	GER	-/Bochum	W60	3	414	0:32:32	1:05:12	1:38:03	2:11:22	2:11:57	06:13
101	2016	Schmidt, Karin	56	GER	Sportabzeichen Siegen/-	W55	9	416	0:32:43	1:05:29	1:38:46	2:12:20	2:13:00	06:16
102	1362	Böse, Annette	69	GER	BSG Delphi-Draka/Remscheid	W40	19	418	0:29:09	1:09:19	1:40:28	2:12:50	2:13:23	06:17
103	2533	Tschertow, Eugenia	75	GER	SV Viktoria Goch/Kerken	W35	16	419	0:34:36	1:09:01	1:41:50	2:12:58	2:23:20	06:18
104	1112	Jahn, Birgit	73	GER	TC Kray 1892 e.V./Essen	W35	17	420	0:30:08	1:00:26	1:32:37	2:13:28	2:13:48	06:19
105	1207	Eling, Hildegard	58	GER	-/Essen	W50	7	422	0:30:21	1:02:10	1:36:35	2:13:53	2:14:19	06:20
106	2534	Hausmann, Ines	76	GER	SV Viktoria Goch/Weeze	W35	18	424	0:34:37	1:09:02	1:41:51	2:14:08	2:24:30	06:21
107	1039	Lebendig, Lena	94	GER	-/Wesel	WU	3	425	0:32:22	1:05:47	1:39:41	2:14:48	2:15:09	06:23
108	1119	Bretthauer, Petra	70	GER	DJK Grün-Weiß Werl/Werl	W40	20	426	0:32:22	1:05:36	1:39:58	2:15:18	2:15:51	06:24
109	1082	Bleibtreu-Völker, Christina	78	GER	-/Heiligenhaus	W30	11	432	0:34:36	1:09:45	1:44:49	2:19:24	2:20:02	06:36
110	1246	Gnaß, Brigitte	62	GER	-/Essen	W50	8	433	0:31:43	1:05:21	1:41:26	2:19:35	2:20:20	06:36
111	1322	Andorf, Marisa	61	GER	-/Essen	W50	9	434	0:33:16	1:08:41	1:44:50	2:20:47	2:21:32	06:40
112	1036	Ivo, Stefanie	85	GER	-/Mülheim an der Ruhr	WH	16	436	0:34:26	1:10:25	1:46:53	2:22:52	2:23:30	06:46
113	1000	Vies, Svenja	94	GER	DJK TuS Rotthausen/-	WU	4	439	0:35:28	1:10:59	1:49:13	2:25:25	2:26:02	06:53
114	1131	Riecke, Elisabeth	66	GER	DLRG Neuenrade/Neuenrade	W45	23	440	0:33:15	1:08:35	1:45:54	2:25:36	2:26:19	06:54
115	1204	Lenk, Annett	77	GER	-/Dortmund	W35	19	445	0:35:50	1:11:36	1:48:46	2:28:39	2:29:26	07:02