



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	1373	Schönherr, David	89	GER	LSF Münster/Münster	MH	1	1	0:17:38	0:35:22	0:53:44	1:11:48	1:11:50	03:24
2	1426	Risko, Sebastian	91	GER	Team-Essen 99/Mönchengladbach	MH	2	2	0:19:15	0:38:14	0:57:30	1:16:54	1:16:56	03:38
3	1699	Celik, Selami	67	TUR	Ayyo Team Essen/Essen	M45	1	3	0:18:47	0:37:42	0:57:31	1:17:12	1:17:14	03:39
4	1317	Heuschen, Dirk	64	GER	TV Refrath/Kürten	M45	2	4	0:18:46	0:38:02	0:58:12	1:18:05	1:18:08	03:42
5	1371	Schäfer, Michel	85	GER	RWE S&T - Marx Brothers/Mülheim	MH	3	5	0:19:16	0:38:11	0:57:55	1:18:23	1:18:29	03:42
6	1651	Majewski, Michael	93	GER	BV Garrel/-	MH	4	6	0:19:23	0:38:39	0:58:29	1:18:35	1:18:37	03:43
7	1158	Wagner, Nils	76	GER	TuS Deuz/-	M35	1	7	0:19:21	0:38:50	0:58:58	1:19:26	1:19:28	03:45
8	1146	Herberg, Rainer	84	GER	ASV Duisburg/Mülheim	MH	5	8	0:19:35	0:39:08	0:59:10	1:19:50	1:19:53	03:47
9	1341	Eble, Christian	88	GER	Frankener SV/Bochum	MH	6	9	0:19:58	0:39:41	0:59:59	1:20:21	1:20:23	03:48
10	1432	Gösmann, Raphael	86	GER	Triathlon TEAM TG Witten/Castrop-Rauxel	MH	7	11	0:19:23	0:39:07	0:59:53	1:20:36	1:20:39	03:49
11	1472	Schultz-Bargmann, Sven	78	GER	Ausdauer Schule by Bunert/-	M35	2	12	0:20:10	0:40:17	1:00:40	1:20:52	1:20:54	03:49
12	1364	Wintermayr, Jens	86	GER	TVK 1877 Essen-Kupferdreh/-	MH	8	13	0:19:27	0:39:39	1:00:18	1:20:53	1:20:56	03:49
13	1500	Krannich, Ingmar	77	GER	ART Düsseldorf/Düsseldorf	M35	3	14	0:20:00	0:39:55	1:00:33	1:20:56	1:20:58	03:50
14	1167	Agren, Henrik	89	SW	HSP Münster Laufteam/Münster	MH	9	15	0:20:09	0:40:17	1:00:38	1:21:05	1:21:10	03:50
15	1698	Cam, Sefai	73	GER	Ayyo Team Essen/-	M40	1	16	0:20:01	0:40:15	1:01:21	1:22:25	1:22:27	03:54
16	1733	Birghöller, Patrick	76	GER	SV Norsbach/-	M35	4	17	0:21:27	0:42:22	1:02:52	1:22:55	1:22:59	03:55
17	1477	Kerim, Peter	56	GER	Haaner TV/-	M55	1	18	0:20:14	0:40:56	1:02:08	1:23:01	1:23:03	03:56
18	1056	Heddendorf, Daniel	88	GER	Team Roseversand Bocholter WSV/Bocholter	MH	10	19	0:19:26	0:40:16	1:01:20	1:23:14	1:23:17	03:56
19	1342	Müller, Jan-Kristof	79	GER	Triathlon TEAM TG Witten/Witten	M30	1	20	0:21:05	0:42:02	1:03:01	1:23:50	1:24:00	03:58
20	1100	Marek, Reinhold	63	GER	-/Paderborn	M50	1	21	0:20:59	0:41:52	1:03:02	1:23:58	1:24:08	03:58
21	1377	Bauer, Martin	72	GER	Pottraccer Bochum/Bochum	M40	2	22	0:20:07	0:40:14	1:01:25	1:24:10	1:24:16	03:59
22	1066	Kowalski, Sascha	82	GER	DJK SG Tackenberg/Oberhausen	M30	2	23	0:19:53	0:40:44	1:02:22	1:24:10	1:24:14	03:59
23	1398	Peters, Michael	79	GER	Laufjunkies/Duisburg	M30	3	24	0:20:45	0:41:38	1:03:01	1:24:20	1:24:23	03:59
24	1087	Schubbert, Michael	69	GER	Team CatMic/Duisburg	M40	3	25	0:20:57	0:41:53	1:03:15	1:24:20	1:24:26	03:59
25	1105	Stein, Marco	83	GER	-/Düsseldorf	M30	4	26	0:20:49	0:41:41	1:03:10	1:24:28	1:24:34	04:00
26	1384	Weckwarth, Peter	60	GER	-/Solingen	M50	2	27	0:20:40	0:41:44	1:03:12	1:24:38	1:24:41	04:00
27	1730	Mai, Dr. Sebastian	82	GER	Moerser TV Triathlon/Bochum	M30	5	28	0:20:26	0:41:28	1:03:10	1:24:42	1:24:46	04:00
28	1399	Stader, Andreas	87	GER	-/Essen	MH	11	29	0:21:10	0:42:20	1:03:48	1:24:59	1:25:05	04:01
29	1162	van der Pluijm, Cornelis	63	GER	LC Duisburg/Duisburg	M50	3	30	0:21:15	0:42:11	1:03:31	1:25:08	1:25:24	04:02
30	1129	Neupert, Tobias	72	GER	Schwimmverein Langenfeld 1912/Monheim	M40	4	31	0:21:05	0:42:13	1:03:40	1:25:15	1:25:28	04:02
31	1331	Lorenz, Frank	68	GER	LT Gruiten-Neandertal/Mettmann	M45	3	32	0:21:20	0:42:25	1:03:45	1:25:18	1:25:22	04:02
32	1711	Jungblut, Martin	75	GER	-/Dorsten	M35	5	33	0:20:28	0:41:34	1:03:11	1:25:24	1:25:27	04:02
33	1249	Bürge, Manfred	60	SUI	LSC Wil/Sankt Gallen	M50	4	34	0:21:11	0:42:22	1:03:52	1:25:28	1:25:32	04:03
34	1157	Natzke, Holger	58	GER	TuS Deuz/-	M55	2	35	0:20:55	0:41:59	1:03:45	1:25:39	1:25:41	04:03
35	1074	Schneider, Michael	64	GER	LG Deiringsen/Werl	M45	4	36	0:20:25	0:41:43	1:04:27	1:25:50	1:25:53	04:04
36	1685	Caner, Osman	64	GER	Ayyo Team Essen/-	M45	5	37	0:21:52	0:43:07	1:04:48	1:26:04	1:26:10	04:04
37	1301	Wittoesch, Daniel	81	GER	TC Kray 1892 e.V./Essen	M30	6	38	0:21:40	0:42:44	1:04:37	1:26:05	1:26:14	04:04
38	1413	Knorre, Stephan	85	GER	SuS Schalke 96/Gelsenkirchen	MH	12	40	0:21:52	0:43:08	1:04:48	1:26:16	1:26:22	04:05
39	1277	Kämper, Andreas	68	GER	Mettmann-Sport/Mettmann	M45	6	41	0:21:30	0:42:52	1:04:47	1:26:18	1:26:23	04:05
40	1429	Bergmann, Eik	70	GER	Team Germanistensofa/Ratingen	M40	5	42	0:21:34	0:43:07	1:05:02	1:26:44	1:26:48	04:06
41	1327	Schumacher, Andreas	68	GER	-/Essen	M45	7	43	0:21:46	0:43:08	1:05:06	1:26:54	1:27:02	04:07
42	1348	Busch, Dr. Hartwig	75	GER	ESV Siegerland/Siegen	M35	6	45	0:21:17	0:42:54	1:04:43	1:27:03	1:27:19	04:07
43	1726	Geilenberg, Mark	76	GER	Hildener AT/Solingen	M35	7	46	0:21:09	0:42:21	1:03:50	1:27:09	1:27:13	04:07
44	1718	Rösler, Denis	70	GER	Team Erdinger Alkoholfrei/-	M40	6	47	0:21:51	0:43:42	1:05:44	1:27:25	1:27:30	04:08
45	1433	Lange, Harald	62	GER	SCC Berlin/Kerpen	M50	5	48	0:21:51	0:43:43	1:05:45	1:27:26	1:27:31	04:08
46	1375	Scaramuzzo, Giuseppe	65	ITA	TGH Wetter/Wetter	M45	8	49	0:21:52	0:43:13	1:05:08	1:27:36	1:27:41	04:09
47	1378	Wilczek, Christian	85	GER	-/Paderborn	MH	13	50	0:21:55	0:43:52	1:06:23	1:28:22	1:28:32	04:11



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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
47	1381	Telges, Dr. Klaus	64	GER	SG Ruhrgas 1929/Essen	M45	9	50	0:20:49	0:42:25	1:05:26	1:28:22	1:28:25	04:11
49	1492	Fricke, Thomas	85	GER	LSF Münster/-	MH	14	52	0:21:59	0:44:01	1:06:19	1:28:38	1:28:42	04:12
50	1438	Jürgens, Stephan	78	GER	VfL Bochum 1848/Dortmund	M35	8	53	0:22:09	0:44:20	1:06:45	1:28:39	1:28:51	04:12
51	1713	Holtkötter, Michael	56	GER	LSF Münster/-	M55	3	54	0:22:00	0:44:00	1:06:20	1:28:40	1:28:44	04:12
52	1296	Telahr, Jürgen	72	GER	Bocholter WSV/Bocholt	M40	7	55	0:21:55	0:43:53	1:06:18	1:28:44	1:28:47	04:12
53	1363	Freese, Simon	73	GER	-/Wuppertal	M40	8	56	0:21:51	0:44:23	1:06:52	1:28:47	1:28:50	04:12
54	1700	Bretthauer, Matthias	67	GER	LG Haarstrang/Werl	M45	10	57	0:22:19	0:44:32	1:07:08	1:29:36	1:29:40	04:14
55	1163	Schneider, Roman	62	GER	-/Hannover	M50	6	58	0:22:22	0:44:41	1:07:21	1:29:38	1:29:42	04:14
56	1704	Schmiing, Reinhard	68	GER	LSF Münster/-	M45	11	59	0:22:32	0:44:27	1:06:47	1:29:43	1:29:53	04:15
57	1144	Zömer, Clemens	84	GER	MSV Steele 2011 e.V./Essen	MH	15	60	0:22:02	0:44:17	1:06:49	1:29:50	1:30:00	04:15
58	1138	Wember, Tobias	81	GER	-/Essen	M30	7	61	0:21:51	0:43:44	1:06:23	1:29:53	1:29:58	04:15
59	1721	Nowakowski, Marc	67	GER	-/-	M45	12	62	0:22:13	0:44:24	1:07:16	1:30:10	1:30:18	04:16
60	1189	Kohl, Marcus	79	GER	LG BSN/Mörfelden Walldorf	M30	8	63	0:22:11	0:44:22	1:07:14	1:30:19	1:30:29	04:16
61	1374	Schäfer, Matthias	64	GER	BV Garrel/Garrel	M45	13	64	0:22:21	0:44:44	1:07:29	1:30:26	1:30:32	04:17
62	1402	Unverzagt, Malte	91	GER	-/Bochum	MH	16	65	0:21:15	0:43:06	1:06:37	1:30:48	1:30:54	04:18
63	1720	Wolsiffer, Frank	65	GER	-/-	M45	14	66	0:23:10	0:45:35	1:08:31	1:31:01	1:31:12	04:18
64	1137	Brehm, Andreas	91	GER	-/Trier-Kürenz	MH	17	67	0:23:04	0:45:41	1:08:37	1:31:04	1:31:08	04:18
65	1456	Holtzka, Patrick	71	GER	-/Velbert	M40	9	68	0:22:04	0:44:20	1:07:49	1:31:24	1:31:31	04:19
66	1115	Trümper, Karl Walter	39	GER	LC Rapid Dortmund/Dortmund	M70	1	69	0:23:11	0:45:52	1:09:16	1:31:31	1:31:37	04:20
66	1488	Bohn, Michael	53	GER	-/-	M60	1	69	0:22:25	0:45:19	1:08:40	1:31:31	1:31:36	04:20
68	1420	Niederholtmeyer, Daniel	73	GER	-/Gladbeck	M40	10	71	0:22:37	0:45:33	1:08:34	1:31:42	1:31:53	04:20
69	1380	Schülke, Frank	63	GER	SG Ruhrgas 1929/Witten	M50	7	72	0:23:34	0:46:26	1:09:37	1:31:42	1:31:48	04:20
70	1255	Sabelek, Armin	63	GER	MTG Horst Essen/Essen	M50	8	73	0:22:24	0:45:08	1:08:26	1:31:57	1:32:10	04:21
71	1737	Krebs, Werner	62	GER	DJK VfR Saarn/-	M50	9	74	0:22:36	0:45:32	1:08:55	1:32:07	1:32:32	04:21
72	1280	Kleineborgmann, Ron	76	GER	-/Velbert	M35	9	76	0:22:22	0:45:41	1:09:19	1:32:35	1:32:40	04:23
73	1669	Gaida, Norbert	72	GER	-/-	M40	11	78	0:22:56	0:46:00	1:09:20	1:32:38	1:32:57	04:23
74	1646	Eisenblätter, Marc	71	GER	Vita-Gesundheit-Breitscheid/-	M40	12	79	0:24:37	0:47:28	1:10:12	1:32:41	1:33:11	04:23
75	1338	Eschweiler, Claus	67	GER	-/Dortmund	M45	15	80	0:22:04	0:44:23	1:07:15	1:32:44	1:32:48	04:23
76	1271	Parusel, Stefan	68	GER	Blau-Weiss-Bochum/Bochum	M45	16	81	0:22:54	0:45:57	1:09:46	1:32:52	1:33:02	04:24
77	1242	Hüssen, Ralf	86	GER	-/Essen	MH	18	82	0:22:45	0:46:05	1:09:41	1:33:02	1:33:16	04:24
78	1281	Strack, Sascha	76	GER	Marathon Dinslaken/Oberhausen	M35	10	83	0:21:44	0:43:01	1:05:56	1:33:25	1:33:31	04:25
79	1122	Rand, Axel	86	GER	-/Bochum	MH	19	84	0:23:08	0:46:13	1:09:38	1:33:39	1:33:58	04:26
80	1475	Stolpmann, Christian	72	GER	-/-	M40	13	85	0:23:30	0:46:48	1:10:20	1:33:47	1:34:07	04:26
81	1282	Klamrowski, Patrick	82	GER	-/Duisburg	M30	9	86	0:22:45	0:45:16	1:08:39	1:34:08	1:34:22	04:27
82	1716	Block, Sven	74	GER	Triathlon Team TG Witten/-	M35	11	87	0:23:08	0:46:21	1:10:06	1:34:42	1:34:50	04:29
83	1106	Müller, Andreas	62	GER	AS Neukirchen-Vluyn/Neukirchen - Vluyn	M50	10	88	0:23:50	0:46:59	1:10:47	1:34:50	1:35:19	04:29
84	1441	Klein, Hubertus	53	GER	LG Olympia Dortmund/Dortmund	M60	2	89	0:23:11	0:46:32	1:10:40	1:34:54	1:35:00	04:29
85	1346	Mattes, Philip	96	GER	Western Albemarle CC/Mülheim An Der Ru	MU2	1	90	0:24:30	0:47:01	1:10:31	1:34:58	1:35:27	04:30
86	1351	Kloß, Michael	64	GER	Velborado Runners/Velbert	M45	17	91	0:23:50	0:47:17	1:11:15	1:35:03	1:35:26	04:30
87	1735	Müller, Christian	68	GER	CVJM Iserlohn/-	M45	18	92	0:23:22	0:46:42	1:10:31	1:35:16	1:35:29	04:30
88	1428	Noga, Michael	62	GER	Triathlon TEAM TG Witten/Witten	M50	11	94	0:23:35	0:47:09	1:11:25	1:35:37	1:35:46	04:31
89	1290	Zielinski, Bernd	73	GER	-/Paderborn	M40	14	96	0:24:48	0:48:32	1:12:18	1:35:51	1:36:25	04:32
90	1647	Dammer, Kai Uwe	87	GER	RUNNERS POINT WORLD OF RUNNING/-	MH	20	98	0:22:42	0:45:53	1:10:58	1:36:14	1:36:37	04:33
91	1442	Behnisch, Jan Christian	96	GER	-/Duisburg	MU2	2	99	0:23:52	0:47:22	1:12:01	1:36:18	1:36:47	04:33
92	1386	Sattler, Jens	70	GER	-/Krefeld	M40	15	100	0:24:01	0:47:51	1:12:27	1:36:19	1:36:42	04:33
93	1347	Schmidtchen, Ralf	68	GER	-/Kaarst	M45	19	101	0:24:03	0:47:57	1:12:01	1:36:36	1:36:45	04:34
94	1188	Kiphardt, Heinz-Michael	69	GER	LGO Bochum/Bochum	M40	16	104	0:23:49	0:47:48	1:12:19	1:36:48	1:36:56	04:35



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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
94	1734	Kreisel, Bernd	45	GER	LG Monheim / Baumberg/-	M65	1	104	0:23:51	0:47:36	1:12:00	1:36:48	1:36:52	04:35
96	1482	Ludden, Peter	62	GER	Gerscheder SV Essen/-	M50	12	106	0:23:47	0:47:45	1:12:21	1:36:57	1:37:06	04:35
97	1195	Hegemann, Karsten	67	GER	Triathlon Team Ratingen 08/Essen	M45	20	107	0:24:10	0:48:24	1:12:57	1:36:57	1:37:22	04:35
98	1410	Knorre, Jürgen	50	GER	SuS Schalke 96/Gelsenkirchen	M60	3	109	0:24:07	0:47:52	1:12:11	1:36:59	1:37:12	04:35
99	1724	Mews, Dirk	68	GER	SFD 75/-	M45	21	110	0:23:38	0:47:01	1:11:41	1:37:13	1:37:31	04:36
100	1111	Schmitz, Bernd	62	GER	-/Essen	M50	13	112	0:23:10	0:46:26	1:11:14	1:37:22	1:37:26	04:36
101	1487	Kämpgen, Ralf	58	GER	ASV Duisburg/Duisburg	M55	4	113	0:24:09	0:48:23	1:12:50	1:37:27	1:37:44	04:37
102	1365	Meyer, Jens	75	GER	LT Bittermark Dortmund/Dortmund	M35	12	114	0:23:55	0:48:07	1:13:04	1:37:32	1:37:54	04:37
103	1383	Steffen, Marcel	72	GER	TSV Viktoria Mülheim/-	M40	17	116	0:23:39	0:47:30	1:12:29	1:37:34	1:37:41	04:37
104	1419	Rieth, Thorsten	65	GER	-/Dorsten	M45	22	117	0:24:15	0:48:50	1:13:46	1:37:42	1:37:49	04:37
105	1382	Schönlau, Dieter	40	GER	TSV Viktoria Mülheim/Mülheim	M70	2	118	0:24:10	0:48:30	1:13:19	1:37:42	1:37:47	04:37
106	1483	Weber, Frank	71	GER	Ayyo Team Essen/-	M40	18	120	0:24:26	0:48:09	1:11:49	1:38:06	1:38:13	04:38
107	1445	Grigoleit, Axel	63	GER	-/Leichlingen	M50	14	121	0:25:08	0:49:40	1:14:09	1:38:10	1:38:32	04:39
108	1091	Cyranka, Claus	61	GER	CC/Bochum	M50	15	124	0:24:08	0:48:48	1:13:50	1:38:24	1:38:45	04:39
109	1112	Weiß, Christoph	69	GER	MTG Horst Essen/Essen	M40	19	126	0:23:12	0:47:17	1:13:20	1:38:53	1:39:05	04:41
110	1448	Eckrodt, Manfred	62	GER	TuS Germania Lohausenholz/Hamm	M50	16	127	0:23:51	0:48:17	1:13:26	1:39:06	1:39:43	04:41
111	1352	Uhlenkotte, Georg	61	GER	-/Essen	M50	17	128	0:24:34	0:49:18	1:14:16	1:39:07	1:39:26	04:41
112	1705	Gerbrecht, Klaus	54	GER	LT Lustige Schleicher Essen/-	M55	5	130	0:25:15	0:50:11	1:15:00	1:39:14	1:39:34	04:42
113	1370	Hörmeyer, Heinrich	52	GER	-/Essen	M60	4	131	0:24:18	0:49:23	1:14:30	1:39:25	1:39:37	04:42
114	1670	Niesenhaus, David	76	GER	:anlauf Siegen/Siegen	M35	13	132	0:23:53	0:48:26	1:13:57	1:39:30	1:39:45	04:42
115	1723	Beck, Sven	66	GER	-/	M45	23	133	0:24:52	0:49:38	1:14:54	1:39:35	1:39:43	04:43
116	1222	Weiss, Thomas	59	GER	Aktion Chanchanabury/Bochum	M50	18	134	0:24:17	0:48:40	1:14:09	1:39:37	1:39:46	04:43
117	1168	Halbscheffel, Klaus	49	GER	LGO Bochum/Bochum	M60	5	135	0:24:58	0:49:41	1:14:45	1:39:46	1:39:51	04:43
118	1715	Zeppa, Daniel	66	GER	TSV Herdecke/-	M45	24	136	0:24:21	0:48:37	1:13:08	1:39:48	1:40:01	04:43
119	1443	Nar, Sucha Singh	58	GER	Tariathlon Team TG Witten/Witten	M55	6	138	0:24:28	0:49:36	1:15:21	1:40:00	1:40:09	04:44
120	1677	Puzicha, Andre	72	GER	-/	M40	20	139	0:24:40	0:49:39	1:14:58	1:40:05	1:40:28	04:44
121	1339	Geldmacher, Christoph	81	GER	-/Köln	M30	10	140	0:25:16	0:50:33	1:15:38	1:40:10	1:40:18	04:44
122	1150	Ankel, Markus	67	GER	RWE Starlight Team Essen/Essen	M45	25	141	0:24:09	0:48:20	1:13:37	1:40:11	1:40:25	04:44
123	1278	Petersen, Niklas	84	GER	Lauffreunde HADI Wesel/Viersen	MH	21	142	0:24:55	0:49:39	1:14:47	1:40:13	1:40:28	04:44
124	1476	Riepenhausen, Ralf	61	GER	LT Lukas/-	M50	19	143	0:24:09	0:48:44	1:14:30	1:40:24	1:40:35	04:45
125	1480	Döring, Peter	59	GER	TLV Germania Überryhr/Essen	M50	20	144	0:24:43	0:49:25	1:14:40	1:40:25	1:40:35	04:45
126	1166	Rensinghoff, Dieter	54	GER	Viermärker Dortmund/Dortmund	M55	7	145	0:24:21	0:48:53	1:14:13	1:40:26	1:40:34	04:45
127	1194	Goetz, Hagen	68	GER	fair-gewinnt e.V./Dinslaken	M45	26	146	0:24:36	0:49:21	1:14:55	1:40:29	1:40:54	04:45
128	1263	Bieder, Bastian	84	GER	RUNNERS POINT/Münster	MH	22	147	0:27:13	0:52:37	1:17:19	1:40:29	1:41:11	04:45
129	1697	Gelburth, Markus	71	GER	LT Lukas/-	M40	21	148	0:24:07	0:48:44	1:14:27	1:40:30	1:40:40	04:45
130	1088	Schwarz, Frank	62	GER	PV-Triathlon Witten/Witten	M50	21	149	0:24:53	0:49:38	1:15:07	1:40:34	1:40:57	04:45
131	1234	Fontana, Fabian	85	NED	-/Bochum	MH	23	150	0:24:49	0:49:25	1:14:50	1:40:42	1:41:09	04:46
132	1710	Wöhrmann, Jörn	59	GER	-/	M50	22	151	0:24:53	0:49:38	1:15:08	1:40:49	1:41:12	04:46
133	1198	Scherkenbeck, Timo	79	GER	Ausdauerschule by Bunert/Velbert	M30	11	152	0:26:07	0:51:29	1:16:15	1:41:10	1:41:33	04:47
134	1714	Van Gemmen, Stefan	70	GER	-/	M40	22	153	0:24:17	0:48:43	1:14:27	1:41:11	1:41:25	04:47
135	1427	Gerlach, Arndt	68	GER	Lauffreunde HADI Wesel/Hünxe	M45	27	154	0:25:16	0:50:35	1:16:04	1:41:15	1:41:28	04:47
136	1452	Braun, Andreas	63	GER	SG Zons/Dormagen	M50	23	155	0:25:19	0:51:15	1:17:03	1:41:19	1:41:49	04:48
137	1416	Müller, Rainer	50	GER	Siegen/Siegen	M60	6	156	0:24:25	0:49:04	1:14:54	1:41:19	1:41:34	04:48
138	1650	Schulz, Ingo	65	GER	-/	M45	28	157	0:25:00	0:49:56	1:15:45	1:41:19	1:41:35	04:48
139	1060	Romary, Mirco	77	GER	-/Münster	M35	14	159	0:24:46	0:50:19	1:15:57	1:41:46	1:42:05	04:49
140	1461	Grote, Harald	59	GER	LT Gruiten-Neandertal/Wuppertal	M50	24	160	0:23:47	0:48:28	1:14:58	1:42:01	1:42:21	04:50
141	1481	Steinbach, Michael	55	GER	BSG Emscherogenossenschaft/-	M55	8	162	0:25:00	0:49:48	1:15:52	1:42:08	1:42:19	04:50



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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	1165	Liesegang, Stefan	71	GER	-/Hamm	M40	23	163	0:25:16	0:50:37	1:16:16	1:42:14	1:42:23	04:50
143	1305	Fuchs, Volker	58	GER	TC Kray 1892 e.V./Herne	M55	9	164	0:23:42	0:48:12	1:14:16	1:42:22	1:42:40	04:51
144	1356	Obeid, Mohamad	87	LIB	-/Bochum	MH	24	166	0:25:22	0:50:59	1:17:02	1:42:31	1:42:38	04:51
145	1367	Gösmann, Wolfgang	58	GER	TUS Ickern/Castrop-Rauxel	M55	10	169	0:24:29	0:49:37	1:15:52	1:42:46	1:42:55	04:52
146	1385	Böhme, Gerd	58	GER	-/Essen	M55	11	170	0:25:58	0:51:52	1:18:01	1:42:47	1:43:03	04:52
147	1465	Sander, Dietmar	64	GER	TV Werne 03/Werne	M45	29	171	0:25:40	0:51:30	1:17:45	1:42:47	1:43:08	04:52
148	1490	Telxlic, Marijo	75	GER	FVV Frankfurt/-	M35	15	173	0:23:47	0:48:17	1:14:09	1:42:48	1:42:59	04:52
149	1316	Beick, Uwe	64	GER	BSG Springorum Bochum/Bochum	M45	30	174	0:25:50	0:51:08	1:17:05	1:43:02	1:43:16	04:52
150	1407	Rommel, Andre	69	GER	-/Mülheim	M40	24	175	0:25:32	0:51:00	1:17:07	1:43:04	1:43:23	04:53
151	1092	Schaffeld, Peter	59	GER	Isselburg/Isselburg	M50	25	176	0:24:07	0:49:11	1:15:41	1:43:07	1:43:29	04:53
152	1294	Langenbeck, Michael	67	GER	Bujin-Gym Essen e. V./Essen	M45	31	177	0:24:02	0:49:01	1:15:00	1:43:08	1:43:16	04:53
153	1485	Hoppe, Markus	62	GER	-/-	M50	26	178	0:25:00	0:50:09	1:16:29	1:43:13	1:43:34	04:53
154	1406	Pfannkuche, Olaf	67	GER	-/Essen	M45	32	179	0:24:45	0:50:03	1:16:17	1:43:17	1:43:25	04:53
155	1208	Siggemann, Jannik	89	GER	-/Essen	MH	25	181	0:25:19	0:50:42	1:16:51	1:43:21	1:43:37	04:53
156	1110	Kloppe, Harun	57	GER	-/Mainz	M55	12	182	0:26:14	0:51:16	1:17:06	1:43:22	1:44:02	04:53
157	1434	Wichers, Hauke	65	GER	-/Hamburg	M45	33	183	0:25:44	0:51:16	1:17:13	1:43:22	1:44:10	04:53
158	1478	Fiß, Felix	96	GER	Team-Essen 99/-	MU2	3	184	0:23:28	0:48:12	1:13:18	1:43:23	1:43:28	04:53
159	1310	da Silva Martins, Victor	70	GER	-/Hattingen	M40	25	186	0:23:47	0:49:05	1:15:35	1:43:30	1:43:38	04:54
160	1675	Rietkötter, Jan	87	GER	Grün-Weiss Lankern/-	MH	26	187	0:25:09	0:50:22	1:15:59	1:43:38	1:44:05	04:54
161	1392	Steins, Egbert	54	GER	SuS Olfen/Olfen	M55	13	188	0:25:18	0:50:38	1:16:46	1:43:40	1:43:50	04:54
162	1248	O'Connell, David	63	GER	-/Essen	M50	27	189	0:24:39	0:50:22	1:16:57	1:43:41	1:43:55	04:54
163	1109	Flory, Michael	63	GER	Lauffreunde Bönen/Bönen	M50	28	191	0:25:22	0:51:08	1:17:23	1:43:47	1:43:55	04:55
164	1422	Schlickerieder, Thomas	68	GER	-/Königswinter	M45	34	192	0:26:01	0:51:39	1:17:55	1:43:51	1:44:11	04:55
165	1701	Kreft, Jens	64	GER	-/-	M45	35	193	0:25:11	0:50:37	1:16:55	1:43:51	1:44:09	04:55
166	1190	Bieger, Jens	75	GER	-/Mörfelden Walldorf	M35	16	194	0:24:29	0:49:39	1:16:03	1:44:00	1:44:10	04:55
167	1269	Kreuzburg, Robert	62	AUT	Crazy Ironman Arnoldstein/Essen	M50	29	195	0:24:35	0:50:00	1:17:02	1:44:10	1:44:37	04:56
168	1113	Scheitza, Falko	61	GER	LGO Bochum/Bochum	M50	30	196	0:24:36	0:50:07	1:17:08	1:44:16	1:44:25	04:56
169	1302	Jahnke, Siegfried	49	GER	TC Kray 1892 e.V./Essen	M60	7	197	0:25:21	0:50:37	1:17:47	1:44:49	1:45:01	04:58
170	1139	Niklas, Klaus	67	GER	SV Budberg/Rheinberg	M45	36	198	0:25:37	0:50:52	1:19:28	1:44:49	1:45:02	04:58
171	1121	Gülich, Alexander	75	GER	-/Essen	M35	17	199	0:26:03	0:51:29	1:17:54	1:44:51	1:45:20	04:58
172	1245	Schmidt, Uwe	61	GER	-/Werne	M50	31	200	0:25:33	0:50:37	1:16:51	1:44:52	1:46:10	04:58
173	1728	Frelenberg, Jörg	65	GER	CVVJM Iserlohn/-	M45	37	201	0:25:14	0:50:37	1:17:13	1:44:53	1:45:06	04:58
174	1246	Weber, Ulrich	64	GER	-/Werne	M45	38	202	0:25:34	0:50:38	1:16:52	1:44:53	1:46:11	04:58
175	1015	Diex, Uwe	60	GER	-/Esen	M50	32	203	0:26:47	0:53:08	1:19:40	1:45:04	1:45:30	04:58
176	1049	Brabender, Klaus Jürgen	58	GER	Werricher Lauffreff/Wesel	M55	14	204	0:25:56	0:51:42	1:17:55	1:45:07	1:45:28	04:58
177	1216	Hunnewinkel, Timo	86	GER	-/Münster	MH	27	208	0:26:09	0:51:28	1:17:54	1:45:42	1:46:08	05:00
178	1648	Kreisel, Frank	67	GER	-/-	M45	39	209	0:26:12	0:52:39	1:19:13	1:45:44	1:46:12	05:00
179	1446	Fabricius, Harald	58	GER	-/Hattingen	M55	15	210	0:25:11	0:51:20	1:18:35	1:45:51	1:45:59	05:01
180	1262	Dohmen, Michael	70	GER	Lank-Latum/Meerbusch	M40	26	211	0:26:06	0:52:04	1:18:53	1:45:56	1:46:28	05:01
181	1355	Peterson, Matthew	81	USA	-/Oberweis	M30	12	212	0:26:37	0:51:35	1:17:43	1:46:03	1:46:50	05:01
182	1040	Robering, André	74	GER	-/Oer-Erkenschwick	M35	18	213	0:25:21	0:51:16	1:18:18	1:46:06	1:46:21	05:01
183	1343	Wenner, Thomas	68	GER	S+B Team/Bad Sassendorf	M45	40	214	0:24:53	0:50:16	1:17:41	1:46:11	1:46:20	05:01
184	1152	Küpper, Philip	74	GER	Xhosaland/Oberursel	M35	19	215	0:29:28	0:55:28	1:21:36	1:46:11	1:46:52	05:01
185	1252	van Beek, Wolfgang	55	GER	AMPRION/Essen	M55	16	216	0:25:28	0:51:32	1:18:56	1:46:12	1:46:35	05:02
186	1274	Skarda, Hardmut	67	GER	Lauffreunde HADI Wesel/Wesel	M45	41	217	0:25:49	0:52:10	1:19:30	1:46:13	1:46:36	05:02
187	1306	Orlowski, Jörg	69	GER	TC Kray 1892 e.V./Herne	M40	27	218	0:25:15	0:51:32	1:18:55	1:46:16	1:46:45	05:02
188	1479	Altin, Abdullah	60	GER	Tura Süd REmscheid/-	M50	33	220	0:26:40	0:52:43	1:19:24	1:46:44	1:47:06	05:03



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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	1719	Grabig, Mirco	78	GER	VfR 1920 Krefeld-Fischeln e.V./-	M35	20	221	0:25:59	0:51:50	1:18:59	1:46:44	1:47:00	05:03
190	1183	Albrecht, Jens	83	GER	-/Essen	M30	13	222	0:24:29	0:50:02	1:18:00	1:46:47	1:47:05	05:03
191	1686	Kohlmetz, Maik	66	GER	:anlauf Siegen/-	M45	42	224	0:25:52	0:51:40	1:18:53	1:46:57	1:47:10	05:04
192	1467	Müller, Olaf	65	GER	DELTA Laufftreff Ahlen/Ahlen	M45	43	225	0:25:21	0:51:53	1:19:19	1:47:04	1:47:28	05:04
193	1405	Jungesblut, Frank	71	GER	Tri Team Selm e.V./Olfen	M40	28	226	0:26:53	0:53:35	1:20:41	1:47:07	1:47:33	05:04
194	1268	Schepers, Mike	85	GER	-/Gescher	MH	28	227	0:28:04	0:55:39	1:22:34	1:47:15	1:47:41	05:05
195	1118	Otto, Hans-Peter	57	GER	PV-Triathlon Witten/Herne	M55	17	228	0:26:36	0:53:50	1:21:03	1:47:20	1:47:44	05:05
196	1126	Krayer, Bernd	62	GER	TUS Breitscheid/Ratingen	M50	34	230	0:27:01	0:54:15	1:21:48	1:47:41	1:47:48	05:06
197	1052	Spiekermann, Peter	62	GER	DELTA Laufftreff Ahlen/Ahlen	M50	35	231	0:27:23	0:54:34	1:21:36	1:47:50	1:49:01	05:06
198	1212	Wesemann, Tobias	67	GER	TV Hangelar 1962 e.V./Sankt Augustin	M45	44	232	0:26:52	0:53:49	1:21:08	1:47:57	1:48:18	05:06
199	1193	Drath, Rüdiger	56	GER	DELTA Laufftreff Ahlen/Ahlen	M55	18	233	0:27:22	0:54:34	1:21:35	1:47:58	1:49:08	05:07
200	1213	Kosfeld, Klaus	50	GER	-/Essen	M60	8	234	0:26:34	0:53:06	1:20:20	1:48:03	1:48:17	05:07
201	888	Chrzanowski, Stefan	66	GER	LSF Münster/-	M45	45	235	0:26:11	0:51:55	1:18:56	1:48:06	1:48:53	05:07
202	1095	Lange, Frank	67	GER	Team Erdinger Alkoholfrei/Wuppertal	M45	46	237	0:26:23	0:53:34	1:21:18	1:48:09	1:48:13	05:07
203	1219	Metzkowitz, Gerd	54	GER	FC Stoppenberg LT/Erkrath	M55	19	238	0:26:36	0:53:06	1:20:07	1:48:12	1:48:34	05:07
204	1181	Reger, Thomas	63	GER	DELTA Laufftreff Ahlen/Ahlen	M50	36	240	0:25:49	0:52:41	1:20:11	1:48:16	1:48:46	05:07
205	1430	Bergmann, Konrad	97	GER	Team Germanistensofa/Ratingen	MU2	4	241	0:26:43	0:53:24	1:20:53	1:48:20	1:48:25	05:08
206	1161	Kieper, Klaus	55	GER	LT Gruiten-Neandertal/Erkrath	M55	20	242	0:26:46	0:53:46	1:21:28	1:48:20	1:48:38	05:08
207	1081	Carl, Thomas	73	GER	-/Dortmund	M40	29	243	0:25:48	0:52:07	1:19:20	1:48:29	1:48:37	05:08
208	1297	Reinhardt, Dr. Jens-Peter	67	GER	-/Frankfurt	M45	47	244	0:26:21	0:53:11	1:21:02	1:48:39	1:49:01	05:08
209	1672	Heuser, Thilo	73	GER	-/	M40	30	246	0:23:51	0:48:35	1:15:50	1:48:56	1:49:08	05:09
210	1097	Strotmann, Michael	64	GER	-/Düsseldorf	M45	48	247	0:27:37	0:54:48	1:22:16	1:49:01	1:49:25	05:10
211	1124	Kindermann, Andreas	78	GER	-/Oer-Erkenschwick	M35	21	249	0:27:46	0:55:41	1:22:58	1:49:47	1:50:17	05:12
212	1185	Braag, Oliver	73	GER	-/Gevelsberg	M40	31	250	0:26:46	0:53:44	1:21:33	1:49:49	1:50:06	05:12
213	1134	Stadtman-Deniro, Matthias	69	GER	Die dicken Berthas/Essen	M40	32	252	0:26:13	0:52:38	1:21:21	1:50:00	1:50:12	05:12
214	1275	Liebich-Eisele, Georg	59	GER	Hetis Junge/Gladbeck/Gladbeck	M50	37	253	0:25:58	0:52:09	1:18:54	1:50:01	1:50:24	05:12
215	1350	Thieme, Michael	69	GER	-/Gevelsberg	M40	33	256	0:28:39	0:56:41	1:24:26	1:50:18	1:51:02	05:13
216	1354	Kuckelsberg, Bernd	56	GER	ABUS/Wuppertal	M55	21	257	0:28:39	0:56:42	1:24:28	1:50:31	1:51:14	05:14
217	1459	Sonnen, Stephan	69	GER	-/Essen	M40	34	258	0:27:45	0:55:10	1:22:53	1:50:37	1:51:17	05:14
218	1466	Münter, Uwe	65	GER	LGO Bochum/Bochum	M45	49	260	0:28:33	0:56:13	1:23:46	1:51:03	1:51:24	05:15
219	1107	Golding, Thomas	61	GER	-/Dinslaken	M50	38	261	0:26:29	0:53:56	1:22:20	1:51:11	1:51:29	05:16
220	1291	Brodowski, Gregor	63	GER	LT Weitmarer Holz Bochum/Bochum	M50	39	264	0:26:44	0:53:20	1:21:53	1:51:36	1:51:47	05:17
221	1292	Palinkas, Lajos	59	GER	-/Oberhausen	M50	40	265	0:26:44	0:53:21	1:21:54	1:51:36	1:51:48	05:17
222	1687	Müller, Thomas	83	GER	-/	M30	14	266	0:28:18	0:56:00	1:23:40	1:51:50	1:52:17	05:18
223	1390	Gehrke, Wolfgang	58	GER	-/Dortmund	M55	22	267	0:28:01	0:56:02	1:24:16	1:51:51	1:52:32	05:18
224	1125	Smeets, Georg	70	GER	Marathon-Dinslaken/Voerde	M40	35	268	0:27:49	0:55:32	1:23:37	1:52:10	1:52:37	05:18
225	1130	Hermes, Christian	64	GER	BSG Sparkasse Essen/Essen	M45	50	269	0:27:46	0:55:30	1:23:52	1:52:12	1:52:44	05:19
226	1199	Ruf, Christian	59	GER	Asphaltschleichen/Mönchengladbach	M50	41	270	0:29:25	0:57:16	1:25:18	1:52:15	1:52:36	05:19
227	1114	Wagener, Dennis	77	GER	Team Erdinger Alkoholfrei/Mülheim	M35	22	273	0:26:13	0:52:40	1:20:07	1:52:43	1:53:16	05:20
228	1322	Eilebrecht, Dr. Sebastian	79	GER	-/Hattingen	M30	15	274	0:28:21	0:55:59	1:24:09	1:52:44	1:53:24	05:20
229	1064	Wischolek, Markus	71	GER	LT Serotoninjas/Essen	M40	36	276	0:28:13	0:56:04	1:24:16	1:52:44	1:53:27	05:20
230	1349	Menkinoski, Saso	79	MK	Der glorreiche Alleinläufer/Mülheim	M30	16	277	0:26:13	0:52:40	1:20:07	1:52:47	1:53:20	05:20
231	1360	Caspers, Peter	73	GER	-/Erkelenz	M40	37	278	0:26:33	0:53:35	1:22:20	1:52:53	1:53:17	05:21
232	1207	Franz, Wolfgang	69	GER	Schwarz-Rot Hügel/Essen	M40	38	282	0:28:21	0:56:29	1:25:13	1:53:02	1:53:22	05:21
233	1387	Hartmann, Jürgen	67	GER	-/Schwerte	M45	51	283	0:28:39	0:56:45	1:24:53	1:53:02	1:53:48	05:21
234	1253	Kroker, Christoph	81	GER	vereinslos/Leverkusen	M30	17	284	0:24:33	0:50:59	1:20:05	1:53:04	1:53:21	05:21
235	1224	Parish, Alan	85	GBR	-/Southend On Sea	MH	29	285	0:27:43	0:55:24	1:24:24	1:53:05	1:53:37	05:21



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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	1470	Schütte, Matthias	83	GER	-/Bochum	M30	18	287	0:26:51	0:54:06	1:22:43	1:53:09	1:53:40	05:21
237	1035	Ermisch, Heinz-Werner	66	GER	Happy Running Family/Nettetal	M45	52	289	0:28:14	0:56:30	1:25:40	1:53:21	1:53:55	05:22
238	1143	Abualjubain, Zaher	70	GER	-/Mülheim An Der Ruhr	M40	39	291	0:25:19	0:52:00	1:21:49	1:53:37	1:54:06	05:23
239	1096	Lindberg, Dietmar	63	GER	-/Dorsten	M50	42	292	0:28:12	0:56:00	1:24:13	1:53:38	1:54:25	05:23
240	1727	Dingel, Wolfgang	51	GER	-/-	M60	9	293	0:28:16	0:56:29	1:25:12	1:53:45	1:54:14	05:23
241	1332	Böttcher, Werner	46	GER	SC Fortuna Bonn/Bonn	M65	2	294	0:28:05	0:56:28	1:25:51	1:53:48	1:54:10	05:23
242	1014	Imberger, Frank	65	GER	-/Bochum	M45	53	295	0:26:08	0:52:36	1:20:55	1:54:16	1:54:52	05:24
243	1148	Klein, Dr. Karl	66	GER	SV Siemens/Essen	M45	54	297	0:28:29	0:56:33	1:25:43	1:54:31	1:55:00	05:25
244	1068	Schmitz, Michael	66	GER	LT Serotoninjas/Essen	M45	55	298	0:28:13	0:56:05	1:24:38	1:54:33	1:55:16	05:25
245	1345	Geiser, Marcus	60	GER	-/Korschenbroich	M50	43	299	0:28:53	0:57:13	1:26:01	1:54:37	1:55:15	05:25
246	1211	Schneider, Achim	67	GER	-/Essen	M45	56	300	0:29:02	0:57:29	1:26:38	1:54:38	1:55:17	05:26
247	1164	Margolf, York	77	GER	-/Wuppertal	M35	23	302	0:27:37	0:55:26	1:24:35	1:54:39	1:55:03	05:26
248	1284	Kunze, Dr. Andreas	77	GER	-/Dinslaken	M35	24	304	0:28:03	0:56:20	1:24:54	1:54:45	1:55:10	05:26
249	1308	Bielitzki, Oliver	76	GER	-/Oberhausen	M35	25	305	0:28:04	0:56:20	1:24:55	1:54:46	1:55:11	05:26
250	1489	Leenen, Klaus	54	GER	NiersRunners Wachtendonk/Kerken	M55	23	306	0:28:20	0:56:08	1:24:21	1:54:46	1:55:26	05:26
251	1439	Tegeler, Jürgen	65	GER	BSG Sparkasse Bochum/Bochum	M45	57	307	0:27:15	0:55:37	1:24:54	1:54:56	1:55:16	05:26
252	1136	Hüsson, Jan	89	GER	-/Essen	MH	30	308	0:28:32	0:55:37	1:23:18	1:54:57	1:55:26	05:26
253	1080	Winoto, Kim David	88	GER	DSC Wanne Eickel/Essen	MH	31	309	0:28:32	0:56:10	1:25:14	1:55:13	1:55:42	05:27
254	1235	Machujski, Stefan	81	GER	-/Bochum	M30	19	310	0:25:56	0:53:30	1:22:28	1:55:22	1:55:50	05:28
255	1147	Sevi, Giacomo	84	ITA	-/Düsseldorf	MH	32	311	0:29:10	0:57:05	1:24:46	1:55:28	1:55:55	05:28
256	1307	Rennspies, Klaus	57	GER	-/Essen	M55	24	312	0:28:29	0:56:29	1:26:02	1:55:29	1:56:00	05:28
257	1498	Raback, Uwe	66	GER	LT Weitmarer Holz Bochum/-	M45	58	313	0:28:17	0:56:44	1:25:35	1:55:32	1:55:45	05:28
258	1054	Kacan, Ümit	66	GER	-/Essen	M45	59	314	0:27:15	0:55:54	1:25:28	1:55:41	1:56:24	05:28
259	1694	Itoh, Yutuka	81	GER	-/-	M30	20	316	0:26:11	0:53:29	1:23:18	1:55:54	1:56:11	05:29
260	1388	Wiesen, Harald	57	GER	-/Wuppertal	M55	25	317	0:28:23	0:56:31	1:25:44	1:55:57	1:56:32	05:29
260	1421	Stövesand, Christian	75	GER	Düsseldorfer TV 1847/Düsseldorf	M35	26	317	0:26:17	0:53:41	1:22:15	1:55:57	1:56:30	05:29
262	1411	Loskamp, Karl-Heinz	54	GER	Grün-Weiss Lankern/Hamminkeln-Dingden	M55	26	321	0:28:42	0:57:07	1:26:21	1:56:56	1:57:24	05:32
263	1709	Horst, Michael	68	GER	-/-	M45	60	324	0:27:44	0:55:30	1:24:53	1:57:27	1:57:44	05:34
264	1708	Götz, Wolle	69	GER	Wo wir sind ist vorn/-	M40	40	325	0:27:43	0:55:30	1:24:52	1:57:28	1:57:45	05:34
265	1703	Prass, Andreas	63	GER	TLV Germania Überruhr/Essen	M50	44	326	0:28:28	0:56:34	1:25:47	1:58:03	1:58:32	05:35
266	1200	Herzmann, Udo	67	GER	Asphaltschleichen/Moenchengladbach	M45	61	327	0:29:25	0:58:35	1:28:21	1:58:22	1:58:43	05:36
267	1495	Hagenhoff, Holger	87	GER	Triathlon Team TG Witten/-	MH	33	328	0:27:28	0:55:20	1:25:13	1:58:25	1:58:37	05:36
268	1231	Dolle, Stefan	73	GER	Team Erdinger Alkoholfrei/Bochum	M40	41	331	0:29:10	0:58:32	1:28:33	1:58:37	1:59:04	05:37
269	1394	Stockhausen, Norbert	55	GER	Active Lauffreunde Hamm/Hamm	M55	27	333	0:29:30	0:59:08	1:29:06	1:58:40	1:59:15	05:37
270	1493	Fromme, Andreas	68	GER	-/-	M45	62	334	0:31:30	1:01:10	1:30:13	1:58:42	1:59:27	05:37
271	1098	Blasius, Tobias	74	GER	-/Viersen	M35	27	336	0:29:29	0:58:22	1:28:28	1:59:06	1:59:47	05:38
272	1287	Thiele, Jonas	84	GER	-/Köln	MH	34	339	0:29:38	0:58:55	1:28:28	1:59:11	1:59:55	05:38
273	1435	Winschermann, Jörg	64	GER	SG DJK Tackenberg/Oberhausen	M45	63	340	0:28:32	0:58:06	1:28:40	1:59:14	1:59:52	05:39
274	1309	Nogueira, Flavio	65	GER	-/Bochum	M45	64	341	0:27:03	0:56:03	1:27:03	1:59:27	1:59:56	05:39
275	1673	Bernshausen, Lars	94	GER	-/-	MU2	5	344	0:28:06	0:56:39	1:27:24	2:00:05	2:00:20	05:41
276	1254	Egin-Richter, Taner	75	GER	-/Heiligenhaus	M35	28	351	0:26:18	0:53:37	1:24:42	2:01:31	2:01:44	05:45
277	1362	Wöller, Dr. Martin	60	GER	LT Dammsteg/Düsseldorf	M50	45	352	0:29:23	0:59:03	1:29:49	2:01:41	2:02:19	05:46
278	1676	Damaske, Simon	84	GER	-/-	MH	35	353	0:30:53	1:01:09	1:31:17	2:01:48	2:02:16	05:46
279	1458	Hostadt, Rolf	52	GER	Essener RG 1900/Essen	M60	10	354	0:28:10	0:57:01	1:28:06	2:01:49	2:01:56	05:46
280	1447	Walendy, Friedhelm	51	GER	TuS Germania Lohausenholz/Hamm	M60	11	356	0:30:32	1:00:31	1:31:21	2:02:43	2:03:20	05:48
281	1011	Gettler, Frank	69	GER	TSC Mülheim / BSG Remscheid/Radevormw	M40	42	357	0:30:21	1:00:21	1:31:18	2:03:06	2:03:43	05:50
282	1082	Pörsch, Dirk	67	GER	Meddys LWT Koblenz/Boppard	M45	65	358	0:29:41	0:59:26	1:30:33	2:03:41	2:04:15	05:51



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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	1257	Körner, René	81	GER	-/Essen	M30	21	360	0:27:15	0:55:44	1:27:23	2:04:23	2:04:44	05:53
284	1497	Radtko, Christian	72	GER	-/-	M40	43	363	0:29:23	0:59:40	1:31:45	2:05:01	2:05:19	05:55
285	1496	Wiethoff, Hubert	51	GER	DJK SpaNordhorn/-	M60	12	364	0:29:24	0:59:41	1:31:45	2:05:02	2:05:19	05:55
286	1285	Wilking, Tim	84	GER	-/Bochum	MH	36	365	0:30:35	1:00:18	1:31:59	2:05:04	2:05:38	05:55
287	1119	Reining, Hubert	66	GER	-/Borken	M45	66	368	0:31:35	1:02:53	1:34:46	2:05:47	2:06:22	05:57
288	1471	Jost, Mathias	72	GER	-/-	M40	44	369	0:31:36	1:02:54	1:34:25	2:05:53	2:06:36	05:58
289	1462	Karlisch, Heiko	66	GER	hetz mich nicht.../Duisburg	M45	67	370	0:31:49	1:04:44	1:35:20	2:06:00	2:06:33	05:58
290	1451	Wiecek, Rolf	61	GER	TuS Germania Lohausenholz/Hamm	M50	46	374	0:31:34	1:03:07	1:34:45	2:07:01	2:07:39	06:01
291	1695	Bölke, Edwin	63	GER	LT run 4 fun/-	M50	47	376	0:31:20	1:03:15	1:35:59	2:08:04	2:08:21	06:04
292	1358	Stettner, Bruno	37	GER	:anlauf Siegen/Siegen	M75	1	378	0:30:25	1:01:34	1:34:39	2:08:18	2:08:49	06:04
293	1499	Geldmacher, Wilfried	55	GER	-/Bochum	M55	28	379	0:30:55	1:02:03	1:34:06	2:08:29	2:08:59	06:05
294	1323	Fiß, Martin	62	GER	Ausdauerschule by Bunert/Mülheim An Der F	M50	48	380	0:28:55	1:00:03	1:34:06	2:08:46	2:09:01	06:06
295	1244	Pfaff, Jens	65	GER	-/Essen	M45	68	381	0:32:02	1:03:26	1:36:00	2:08:55	2:09:47	06:06
296	1170	Kollnig, Dr. Henner	66	GER	Gesellschaft Casino Mülheim eV/Mülheim	M45	69	382	0:29:16	0:59:10	1:31:11	2:09:19	2:09:38	06:07
297	1361	Medeweller, Albert	58	GER	-/Düsseldorf	M55	29	384	0:33:09	1:05:16	1:37:49	2:10:19	2:11:04	06:10
298	1725	Nelli, Eduardo	43	GER	-/-	M70	3	386	0:32:51	1:04:59	1:37:53	2:10:49	2:11:51	06:12
299	1220	Andorf, Renato	62	GER	-/Notzingen	M50	49	387	0:30:54	1:01:48	1:34:41	2:12:37	2:13:09	06:17
300	1652	Tackenberg, Thorsten	68	GER	-/ESSEN	M45	70	389	0:31:45	1:03:23	1:37:02	2:13:14	2:13:56	06:18
301	1070	Parussel, Gernot	48	GER	:anlauf Siegen/Siegen	M65	3	395	0:32:37	1:06:06	1:41:18	2:16:40	2:17:11	06:28
302	1065	Peters, Georg	62	GER	-/Essen	M50	50	396	0:32:30	1:03:54	1:36:58	2:17:10	2:17:59	06:30
303	1191	Mcanea, Dr. Thomas	70	GBR	-/London	M40	45	397	0:33:01	1:05:56	1:39:41	2:17:12	2:17:57	06:30
304	1230	Kowol, Raimund	56	GER	-/Arnsberg	M55	30	398	0:35:23	1:10:07	1:44:56	2:17:33	2:18:08	06:31
305	1312	Schiemann, Dirk	69	GER	ELOMECH Elektroanlagen GmbH/Mülheim /	M40	46	399	0:32:54	1:05:54	1:41:00	2:18:49	2:19:26	06:34
306	1010	Wagner, Klaus D.	68	GER	Beat 2/Wetzlar	M45	71	401	0:30:55	1:05:09	1:41:44	2:20:06	2:20:33	06:38
307	1671	Lucas, Frank	71	GER	-/-	M40	47	402	0:31:49	1:04:24	1:40:19	2:20:54	2:21:40	06:40
308	1187	Kemper, Klaus	54	GER	TV Vennikel/Moers	M55	31	406	0:35:11	1:09:41	1:45:20	2:21:36	2:22:11	06:42
309	1366	Falck, Gereon	68	GER	-/Bochum	M45	72	412	0:35:16	1:10:03	1:46:43	2:23:40	2:24:17	06:48
310	1464	Aretz, Henning	56	GER	-/Essen	M55	32	416	0:34:32	1:09:19	1:45:13	2:26:33	2:27:13	06:56
311	1288	Fritz, Joachim	56	GER	-/Duisburg	M55	33	417	0:33:33	1:08:07	1:44:14	2:27:11	2:27:55	06:58
312	1046	Meis, Benjamin	85	GER	-/Hünxe	MH	37	418	0:33:01	1:06:02	1:43:17	2:27:16	2:28:04	06:58
313	1261	Kremer, Reiner	58	GER	-/Kaarst	M55	34	422	0:36:50	1:13:36	1:51:11	2:28:03	2:31:18	07:01
314	1260	Deichmann, Julien	82	GER	-/Aachen	M30	22	423	0:36:50	1:13:36	1:51:12	2:28:04	2:31:18	07:01
315	1678	Meister, Sven	81	GER	-/-	M30	23	429	0:30:40	1:01:13	1:43:44	2:30:11	2:30:46	07:07
316	1314	Michalik, Florian	81	GER	-/Dortmund	M30	24	430	0:33:02	1:07:32	1:45:16	2:31:42	2:32:24	07:11



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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	1491	Rellensmann, Johanna	90	GER	LSF Münster/-	WH	1	10	0:20:10	0:40:17	1:00:40	1:20:28	1:20:30	03:48
2	934	Niehues, Silke	72	GER	TuSEM Essen/-	W40	1	39	0:21:33	0:43:04	1:04:50	1:26:13	1:26:18	04:05
3	1440	Just, Gladys	74	GER	Angerland LT Lintorf/Ratingen	W35	1	44	0:21:34	0:43:06	1:05:02	1:26:59	1:27:03	04:07
4	1738	Wegner, Jennifer Monique	83	GER	ASV Duisburg/-	W30	1	75	0:22:55	0:45:33	1:09:02	1:32:26	1:32:51	04:22
5	1712	Holtkötter, Anne	58	GER	LSF Münster/-	W55	1	77	0:23:13	0:46:27	1:09:53	1:32:37	1:32:41	04:23
6	1414	Rosenblatt, Lisa	63	USA	Mettmann-Sport/Mettmann	W50	1	93	0:23:10	0:46:45	1:10:58	1:35:35	1:35:54	04:31
7	1131	Hüther, Elfie	54	GER	VfB Salzkotten/Delbrück	W55	2	95	0:23:50	0:47:24	1:11:40	1:35:42	1:35:48	04:32
8	1415	Hamacher, Silke	68	GER	Mettmann-Sport/Mettmann	W45	1	97	0:23:20	0:47:11	1:11:38	1:36:13	1:36:32	04:33
9	1494	Kortmann, Tatjana	89	GER	Triathlon Team TG Witten/-	WH	2	102	0:23:08	0:46:26	1:11:16	1:36:37	1:36:44	04:34
10	1333	Schedlbauer, Ruth	76	GER	SV Morsbach/München	W35	2	103	0:24:08	0:47:54	1:11:48	1:36:37	1:36:48	04:34
11	1293	Huber, Anita	65	GER	SuS Olfen/Olfen	W45	2	108	0:24:19	0:48:31	1:12:56	1:36:57	1:37:07	04:35
12	1172	Klimm, Anke	66	GER	Tri-Team Hagen/Hagen	W45	3	111	0:24:26	0:48:42	1:13:13	1:37:19	1:37:27	04:36
13	1340	Weßelmann, Jutta	80	GER	LT Bittermark/Dortmund	W30	2	115	0:23:55	0:48:07	1:13:04	1:37:33	1:37:55	04:37
14	1400	Berning, Kristina	82	GER	-/Dinslaken	W30	3	119	0:24:25	0:48:34	1:13:14	1:38:00	1:38:07	04:38
15	1159	Reiter, Claudia	72	GER	TuS Deuz/-	W40	2	122	0:24:08	0:48:27	1:13:15	1:38:17	1:38:24	04:39
16	1328	Denton, Alisandra	88	USA	Gauche Glyptodons/Duesseldorf	WH	3	123	0:24:29	0:48:37	1:13:16	1:38:22	1:38:50	04:39
17	1474	Vairavanathan, Sinhuya	89	GER	Triathlon TEAM TG Witten/Bochum	WH	4	125	0:23:26	0:47:31	1:12:53	1:38:49	1:38:57	04:41
18	1379	Szymczak, Nicci	71	GER	Ayyo Team Essen/Bohum	W40	3	129	0:24:27	0:49:15	1:14:16	1:39:08	1:39:14	04:41
19	1044	Kunze, Anne	68	GER	Lauffreunde HADI Wesel/Wesel	W45	4	137	0:24:56	0:49:46	1:15:13	1:39:58	1:40:12	04:44
20	1389	Sander, Dr. Ingrid	62	GER	LGO Bochum/Bochum	W50	2	158	0:24:45	0:49:29	1:14:32	1:41:23	1:41:31	04:48
21	1206	Große Gehling, Heidi	71	GER	:anlauf Siegen/Kreuztal	W40	4	161	0:25:15	0:50:35	1:16:14	1:42:05	1:42:17	04:50
22	1196	Thole, Sonja	71	GER	fair-gewinnt e.V./Dinslaken	W40	5	165	0:24:57	0:50:04	1:16:26	1:42:26	1:42:52	04:51
23	1324	Richter, Désirée	80	GER	Waldschleicher Gräfrath/Solingen	W30	4	167	0:24:27	0:49:29	1:15:51	1:42:33	1:42:45	04:51
24	1089	Deutzmann, Katharina	89	GER	Southern Oregon Runners/Langenfeld	WH	5	168	0:25:07	0:50:16	1:16:20	1:42:40	1:43:00	04:51
25	1140	Michel, Ronja	91	GER	TLV Germania Überuhr/Essen	WH	6	172	0:24:51	0:50:26	1:16:29	1:42:47	1:42:58	04:52
26	1209	Binder, Petra	84	GER	-/Essen	WH	7	180	0:25:19	0:50:41	1:16:51	1:43:21	1:43:37	04:53
27	1251	Tietz, Victoria	90	GER	-/Essen	WH	8	185	0:24:09	0:49:11	1:15:33	1:43:26	1:43:32	04:54
28	1391	Steins, Uta	87	GER	-/Ahaus	WH	9	189	0:25:17	0:50:38	1:16:46	1:43:41	1:43:51	04:54
29	1486	Kämpgen, Ines	88	GER	ASV-Duisburg/-	WH	10	205	0:26:02	0:52:14	1:18:44	1:45:08	1:45:25	04:58
30	1154	Miketta, Helga	41	GER	Birkedorfer TV/Düren	W70	1	206	0:27:21	0:53:25	1:19:23	1:45:21	1:45:55	04:59
31	1250	Tillmann, Ina	67	GER	Werdener TB 1886/Essen	W45	5	207	0:25:46	0:51:26	1:18:03	1:45:24	1:45:29	04:59
32	1086	Oldenburger, Hilla	65	GER	DELTA Laufftreff Ahlen/Ahlen	W45	6	219	0:25:52	0:52:05	1:19:04	1:46:20	1:46:47	05:02
33	1722	Wulhorst, Carolin	76	GER	Waltruper LC 06/-	W35	3	223	0:25:50	0:51:42	1:18:49	1:46:52	1:47:17	05:03
34	1127	Sanda, Daniela	70	GER	TUS Breitscheid/Ratingen	W40	6	229	0:27:01	0:54:15	1:21:48	1:47:40	1:47:47	05:06
35	1103	Hermann, Anne	68	GER	Fun Runner VfL Gladbeck/Gladbeck	W45	7	236	0:26:23	0:53:34	1:21:19	1:48:09	1:48:13	05:07
36	1706	Konrad, Bettina	61	GER	-/	W50	3	239	0:25:48	0:52:26	1:19:59	1:48:14	1:48:28	05:07
37	1329	Maß, Janina	86	GER	Gauche Glyptodons/Düsseldorf	WH	11	245	0:26:44	0:53:48	1:21:55	1:48:49	1:49:17	05:09
38	1303	Sult, Barbara	53	GER	TC Kray 1892 e.V./Essen	W60	1	248	0:25:42	0:52:29	1:20:04	1:49:16	1:49:28	05:10
39	1729	Gelling, Daniela	79	GER	-/	W30	5	251	0:28:33	0:56:05	1:23:45	1:49:51	1:50:12	05:12
40	1423	Gawor, Julianne	82	GER	-/Königswinter	W30	6	254	0:26:02	0:52:33	1:20:41	1:50:05	1:50:25	05:13
41	1436	Blach, Katharina	94	GER	-/Kreuztal	WU	1	255	0:25:31	0:53:10	1:21:35	1:50:05	1:50:20	05:13
42	1083	Pörsch, Andrea	69	GER	Meddys LWT Koblenz/Boppard	W40	7	259	0:27:50	0:55:27	1:23:30	1:50:52	1:51:26	05:15
43	1418	Frank, Monika	53	GER	:anlauf Siegen/Siegen	W60	2	262	0:28:22	0:56:05	1:23:38	1:51:21	1:51:51	05:16
44	1707	Weigel, Tanja	82	GER	-/	W30	7	263	0:26:19	0:53:42	1:22:40	1:51:34	1:51:50	05:17
45	1067	Schmitz, Nicole	69	GER	-/Essen	W40	8	271	0:28:13	0:56:04	1:24:13	1:52:30	1:53:13	05:19
46	1153	Hill, Chelsea	76	GBR	-/Harsewinkle	W35	4	272	0:26:27	0:53:55	1:23:12	1:52:37	1:53:07	05:20
47	1102	Schmidt, Nicole	73	GER	Ford Freizeit Organisation e.V./Frechen	W40	9	274	0:26:49	0:54:12	1:22:52	1:52:44	1:52:50	05:20



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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	1071	Neubauer, Karin	85	GER	Team Erdinger Alkoholfrei/Essen	WH	12	279	0:28:13	0:56:10	1:24:52	1:52:53	1:53:25	05:21
49	1182	Lehmann, Sabine	69	GER	-/Zierenberg	W40	10	280	0:28:09	0:56:14	1:24:40	1:52:54	1:53:11	05:21
50	1215	Schupp, Sabine	65	GER	-/Essen	W45	8	281	0:27:48	0:55:42	1:23:47	1:52:57	1:53:30	05:21
51	1321	Muth-Köhne, Dr. Elke	78	GER	-/Aachen	W35	5	286	0:28:21	0:55:59	1:24:10	1:53:06	1:53:46	05:21
52	1218	Hintze, Annett	74	GER	DTV 1847/Düsseldorf	W35	6	288	0:26:52	0:54:06	1:22:45	1:53:09	1:53:41	05:21
53	1736	Wöstefeld, Timo	86	GER	Team ultra Sports/-	WH	13	290	0:27:36	0:54:12	1:22:50	1:53:27	1:54:13	05:22
54	1145	Jahn, Birgit	73	GER	TC Kray 1892 e.V./Bochum	W40	11	296	0:27:45	0:55:59	1:24:50	1:54:16	1:54:29	05:24
55	1344	Geiser-Lindenbeck, Dr. Anke	64	GER	-/Korschenbroich	W45	9	301	0:28:54	0:57:14	1:26:01	1:54:39	1:55:17	05:26
56	1330	Koch, Maren	86	GER	-/Wiesbaden	WH	14	303	0:27:56	0:55:39	1:25:15	1:54:42	1:55:39	05:26
57	1674	Churchward, Sandy	70	GER	-/	W40	12	315	0:26:55	0:54:30	1:23:56	1:55:43	1:56:13	05:29
58	1228	Weltermann, Prisca	68	GER	-/Essen	W45	10	319	0:28:05	0:56:29	1:25:53	1:55:59	1:56:20	05:29
59	1717	Küpper, Susanne	65	GER	Delta Lauftreff/-	W45	11	320	0:27:23	0:55:44	1:25:38	1:56:04	1:56:30	05:30
60	1210	Vogt, Andrea	75	GER	-/Essen	W35	7	322	0:29:02	0:57:34	1:26:40	1:56:56	1:57:36	05:32
61	1072	Dreyer, Alex	71	GER	SFD`75 Düsseldorf/Düsseldorf	W40	13	323	0:27:21	0:55:13	1:26:01	1:57:00	1:57:19	05:32
62	1075	Ender, Tanja	74	GER	Ender Running Team/Essen	W35	8	329	0:28:55	0:58:20	1:28:31	1:58:36	1:59:09	05:37
63	1022	Moos, Nicola	70	GER	-/Bochum	W40	14	330	0:29:10	0:58:32	1:28:33	1:58:37	1:59:04	05:37
64	1397	Martina, Brennecke	63	GER	Active Lauffreunde Hamm/Wickede	W50	4	332	0:29:30	0:59:06	1:29:05	1:58:39	1:59:15	05:37
65	1238	Steeg, Claudia	66	GER	TC Kray 1892 e.V./Essen	W45	12	335	0:28:17	0:57:15	1:28:17	1:58:44	1:58:56	05:37
66	1357	Stettner, Marlene	46	GER	:anlauf Siegen/Siegen	W65	1	337	0:29:48	0:59:03	1:29:04	1:59:08	1:59:38	05:38
67	739	Bertsch, Amira	65	GER	-/	W45	13	338	0:28:41	0:58:04	1:28:04	1:59:09	1:59:44	05:38
68	1279	Géronne, Noemi	84	GER	-/Düsseldorf	WH	15	342	0:30:06	1:00:28	1:30:49	1:59:31	1:59:56	05:39
69	1197	Wendefeier, Yasmin	77	GER	Triathlon Team Ratingen 08/Essen	W35	9	343	0:28:05	0:57:07	1:28:14	1:59:54	2:00:19	05:40
70	1267	Hölter, Katharina	92	GER	-/Gescher	WH	16	345	0:28:32	0:57:58	1:29:04	2:00:07	2:00:33	05:41
71	1062	Wibbels, Verena	78	GER	-/Münster	W35	10	346	0:30:40	1:00:51	1:30:53	2:00:18	2:01:02	05:42
72	79	Schwinge, Erika	49	GER	Ich AG/Moers	W60	3	347	0:30:40	1:00:16		2:00:50	2:01:15	05:43
73	1437	Bachhofer, Christina	65	GER	:anlauf Siegen/Siegen	W45	14	348	0:30:23	1:00:13	1:30:43	2:01:09	2:01:41	05:44
74	1412	Loskamp, Marlen	91	GER	Grün-Weiss Lankern/Hamminkeln-Dingden	WH	17	349	0:28:49	0:58:12	1:29:37	2:01:18	2:01:45	05:44
75	1393	Jauert, Ariane	75	GER	-/Iserlohn	W35	11	350	0:32:52	1:02:20	1:32:07	2:01:19	2:02:05	05:45
76	1053	Weiß, Anja	68	GER	Delta Lauftreff Ahlen/Ahlen	W45	15	355	0:30:24	1:00:23	1:31:13	2:02:35	2:03:20	05:48
77	1431	Keilhau, Silke	65	GER	Team Germanistensofa/Ratingen	W45	16	359	0:29:28	0:59:44	1:31:50	2:03:48	2:04:01	05:52
78	1468	Dubina, Elina	83	GER	-/Essen	W30	8	361	0:29:50	1:01:01	1:32:36	2:04:27	2:07:03	05:53
79	1061	Bücker, Martina	68	GER	-/Münster	W45	17	362	0:30:40	1:00:51	1:32:08	2:04:29	2:05:12	05:54
80	1085	Jansen, Dorothea	58	GER	TC Kray 1892 e.V./Essen	W55	3	366	0:29:27	1:00:14	1:32:26	2:05:35	2:05:48	05:57
81	1169	Ingenbleek, Andrea	69	GER	SV Viktoria Goch/Uedem	W40	15	367	0:31:44	1:03:07	1:34:56	2:05:40	2:06:14	05:57
82	1315	Gneupel, Susanne	80	GER	-/Dortmund	W30	9	371	0:32:14	1:03:21	1:34:53	2:06:14	2:06:55	05:58
83	1123	Romary, Alexandra	70	FRA	-/Münster	W40	16	372	0:31:05	1:02:14	1:34:20	2:06:46	2:07:05	06:00
84	1133	Brühl, Andrea	81	GER	-/Köln	W30	10	373	0:28:50	0:58:08	1:30:12	2:06:55	2:07:32	06:00
85	1141	Possienke, Stefanie	86	GER	-/Essen	WH	18	375	0:30:06	1:01:07	1:33:43	2:07:26	2:07:52	06:02
86	1318	Greve, Marion	65	GER	-/Essen	W45	18	377	0:31:43	1:02:57	1:34:40	2:08:11	2:08:48	06:04
87	1298	Fischel, Isabella	76	GER	Team Forrest/Troisdorf	W35	12	383	0:31:40	1:03:46	1:36:59	2:09:52	2:10:13	06:09
88	1204	Baumeister, Nadine	81	GER	-/Oberhausen	W30	11	385	0:30:45	1:02:47	1:35:33	2:10:39	2:10:57	06:11
89	1454	Franzen, Heike	70	GER	TuS Germania Lohausenholz/Hamm	W40	17	388	0:32:48	1:05:34	1:39:20	2:13:08	2:13:45	06:18
90	1417	Flach, Marianne	57	GER	Borbecker Raketen Essen/Essen	W55	4	390	0:32:27	1:05:16	1:39:07	2:13:45	2:14:23	06:20
91	1449	Vesely, Tanja	76	GER	TuS Germania Lohausenholz/Hamm	W35	13	391	0:32:41	1:05:34	1:39:19	2:14:23	2:15:00	06:22
92	1450	Havers, Gudrun	61	GER	TuS Germania Lohausenholz/Hamm	W50	5	392	0:32:42	1:05:35	1:39:26	2:14:24	2:15:00	06:22
93	1463	Karlisch, Doris	67	GER	hetz mich nicht.../Duisburg	W45	19	393	0:31:49	1:04:44	1:39:34	2:16:17	2:16:50	06:27
94	1401	Weckwert, Astrid	61	GER	:anlauf Siegen/Siegen	W50	6	394	0:32:37	1:06:05	1:41:17	2:16:40	2:17:11	06:28



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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	1283	Goswin, Andrea	74	GER	-/Gelsenkirchen	W35	14	400	0:32:53	1:05:54	1:40:59	2:18:51	2:19:29	06:34
96	1265	Suttarp, Vera	85	GER	-/Münster	WH	19	403	0:35:22	1:10:02	1:45:28	2:21:07	2:21:49	06:41
97	1266	Kappenberg, Anja	87	GER	-/Münster	WH	20	404	0:35:22	1:10:02	1:45:28	2:21:07	2:21:49	06:41
98	1289	Werner, Vanessa	79	GER	-/Witten	W30	12	405	0:33:08	1:07:18	1:44:02	2:21:31	2:22:06	06:42
99	1259	Rohl, Christine	82	GER	-/Duisburg	W30	13	407	0:36:50	1:13:34	1:47:43	2:21:40	2:24:55	06:42
100	1409	Schmidt, Karin	56	GER	Sportabzeichen Siegen/Neunkirchen	W55	5	408	0:34:03	1:08:58	1:45:01	2:21:52	2:22:23	06:43
101	1079	Ujma, Carla	70	GER	-/Essen	W40	18	409	0:33:05	1:07:02	1:43:59	2:22:04	2:22:40	06:44
102	1424	Bensch, Sabine	62	GER	-/Schwerte	W50	7	410	0:34:57	1:09:51	1:45:49	2:23:26	2:24:17	06:47
103	1135	Kleinhollenhorst, Julia	78	GER	-/Essen	W35	15	411	0:35:18	1:10:03	1:46:44	2:23:40	2:24:16	06:48
104	1132	Peters, Barbara	75	GER	-/Essen	W35	16	413	0:35:18	1:10:04	1:46:44	2:23:40	2:24:16	06:48
105	1025	Gausche, Sandra	74	GER	Die Schnecken/Isselburg	W35	17	414	0:35:52	1:10:56	1:47:40	2:25:28	2:26:11	06:53
106	1160	Zottmann, Christina	91	GER	-/Essen	WH	21	415	0:35:41	1:12:39	1:50:20	2:26:29	2:27:09	06:56
107	1047	Maas, Hanna	76	GER	-/Hünxe	W35	18	418	0:33:02	1:06:02	1:43:16	2:27:16	2:28:03	06:58
108	1221	Andorf, Marisa	61	GER	-/Essen	W50	8	420	0:36:02	1:12:41	1:50:56	2:27:44	2:28:21	07:00
109	1396	Müller, Kathrin	84	GER	-/Dinslaken	WH	22	421	0:35:26	1:10:16	1:48:11	2:28:02	2:28:34	07:01
110	1376	Essel, Petra	64	NED	-/Mülheim An Der Ruhr	W45	20	424	0:37:25	1:14:05	1:51:08	2:28:38	2:29:22	07:02
111	1155	Berry, Kat	82	GBR	-/Gutersloh	W30	14	425	0:33:36	1:09:42	1:48:21	2:29:11	2:29:44	07:04
112	1205	Berger, Tanja	82	GER	-/Oberhausen	W30	15	426	0:32:04	1:07:18	1:46:15	2:29:17	2:29:35	07:04
113	1469	Stevens, Petra	69	GER	Blau-Weiß Hand/Bergisch Gladbach	W40	19	427	0:35:13	1:09:58	1:47:59	2:29:31	2:30:14	07:05
114	1058	Grimm, Johanna	56	GER	-/Osnabrück	W55	6	428	0:32:16	1:06:05	1:45:06	2:29:31	2:30:11	07:05
115	1457	Frisse, Petra	73	GER	Laufftreff Nottuln/Havixbeck	W40	20	431	0:34:06	1:11:15	1:51:30	2:32:10	2:32:49	07:12
116	1104	Pfaff, Anja	68	GER	-/Essen	W45	21	432	0:37:15	1:14:00	1:52:33	2:32:17	2:33:07	07:13
117	1142	Badinger, Sylvia	77	GER	-/Essen	W35	19	433	0:37:15	1:14:00	1:52:35	2:32:19	2:33:08	07:13
118	1024	Sterneborg, Bianca	82	GER	Die Schnecken/Isselburg	W30	16	434	0:36:22	1:15:19	1:55:07	2:35:13	2:35:55	07:21