

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:16:54.8	2307	Coen	Christian		TV Wattenscheid	1985	1	MJugB	03:22,8	00:00:00,0
2		00:17:45.0	74	Matle´	Hans-Peter		Eintracht Duisburg	1964	1	M35	03:33,0	00:00:50,2
3		00:18:23.4	2309	Bochholt	Peter		Tri Team Blau-Weiß	1966	2	M35	03:40,6	00:01:28,6
4		00:18:31.9	2011	Hetmarski	Adam		Mülheim	1970	1	M30	03:42,2	00:01:37,1
5		00:18:34.3	52	Bockholt	Andreas		Pego-Lauftreff	1973	1	MHK	03:42,8	00:01:39,5
6		00:18:38.3	2013	van der Mazen	Detlef		MAN Turbomaschin	1954	1	M45	03:43,6	00:01:43,5
7		00:18:42.6	57	Hartmann	Volker		Bunert Running Team	1962	1	M40	03:44,4	00:01:47,8
8		00:19:01.6	69	Koch	Thomas		Duisburg	1981	2	MHK	03:48,2	00:02:06,8
9		00:19:04.4	2328	Kornfeld	Uwe		LC Duisburg	1960	2	M40	03:48,8	00:02:09,6
10		00:19:13.0	367	Biandra	Mirko		FC Stoppenberg	1987	1	MSchü15	03:50,6	00:02:18,2
11		00:19:16.0	354	Jubt	Guido		Team SUPERGAME	1972	2	M30	03:51,2	00:02:21,2
12		00:19:23.6	2302	Strack	Sascha		FC Sterkrade	1976	3	MHK	03:52,6	00:02:28,8
13		00:19:32.6	373	Wöhler	Thomas		FC Stoppenberg	1989	1	MSchü13	03:54,4	00:02:37,8
14		00:19:41.0	2304	Giesche	Bert		Oberhausen	1967	3	M35	03:56,2	00:02:46,2
15		00:19:51.0	2283	Brinkhaus	Udo		Oberhausen	1955	2	M45	03:58,2	00:02:56,2
16		00:19:55.1	428	Riedel	Bernhard		OTV 1873	1966	4	M35	03:59,0	00:03:00,3
17		00:19:59.5	403	Bierschbach	Rainer		OTV 1873	1959	3	M40	03:59,8	00:03:04,7
1	W	00:20:00.5	172	aus der Fünten	Karen		Mülheimer TG	1972	1	W30	04:00,0	00:00:00,0
18		00:20:15.2	2017	Metzkowitz	Gerd		FC Stoppenberg	1954	3	M45	04:03,0	00:03:20,4
19		00:20:24.0	423	Kremhoff	Dieter		OTV 1873	1955	4	M45	04:04,8	00:03:29,2
2	W	00:20:27.8	440	Wortelkamp	Jassima		OTV 1873	1989	1	WSchü13	04:05,4	00:00:27,3
20		00:20:29.8	113	Kieslich	Simon		LG Haltern	1989	2	MSchü13	04:05,8	00:03:35,0
21		00:20:53.5	372	Plicht	Christian		FC Stoppenberg	1988	1	MSchü14	04:10,6	00:03:58,7
22		00:21:00.2	2012	Ragenow	Christian		SV Siemens	1976	4	MHK	04:12,0	00:04:05,4
23		00:21:02.6	310	Sporkmann	Tim		LAV Oberhausen	1991	1	MSchü11	04:12,4	00:04:07,8
3	W	00:21:05.2	434	Sporkmann	Katrin		OTV 1873	1988	1	WSchü14	04:13,0	00:01:04,7
24		00:21:07.6	433	Sonntag	Detlef		OTV 1873	1952	1	M50	04:13,4	00:04:12,8
25		00:21:18.9	364	Sporkmann	Dominik		LAV Oberhausen	1989	3	MSchü13	04:15,6	00:04:24,1
26		00:21:35.0	1998	Weiß	Manfred		Ratingen 89	1955	5	M45	04:19,0	00:04:40,2
4	W	00:21:37.0	312	Freigang	Farina		LAV Oberhausen	1984	1	WJugA	04:19,4	00:01:36,5
5	W	00:21:37.9	351	Gambula	Bernadina		OTV 1873	1958	1	W40	04:19,4	00:01:37,4
27		00:22:03.5	387	Klein	Carsten		LAV Oberhausen	1985	2	MJugB	04:24,6	00:05:08,7
28		00:22:04.8	2290	Lange	Erik		TUSEM Essen	1990	1	MSchü12	04:24,8	00:05:10,0
6	W	00:22:06.3	178	Schwibbe	Kathrin		TUSEM Essen	1990	1	WSchü12	04:25,2	00:02:05,8
29		00:22:12.6	452	Perus	Andreas		TB Osterfeld	1964	5	M35	04:26,4	00:05:17,8
7	W	00:22:13.8	468	Schönebeck	Grete		DJK Adler 07 Bottro	1989	2	WSchü13	04:26,6	00:02:13,3
30		00:22:20.3	476	Prada	Carlos		Fußball SK Kreis 10	1966	6	M35	04:28,0	00:05:25,5
31		00:22:23.8	208	Scheffer	Thorsten		Oberhausen	1971	3	M30	04:28,6	00:05:29,0
32		00:22:26.9	390	Sauer	Alexander		DJK SG Tackenberg	1990	2	MSchü12	04:29,2	00:05:32,1
33		00:22:46.9	221	Hickmann	Daniel		Oberhausen	1979	5	MHK	04:33,2	00:05:52,1
34		00:22:49.9	296	Powierski	Ralf		Bottrop	1963	7	M35	04:33,8	00:05:55,1
35		00:22:52.0	171	Großmann	Michael		ETB SW Essen	1968	4	M30	04:34,4	00:05:57,2
8	W	00:23:00.1	366	Kahlen	Nadine		LAV Oberhausen	1990	2	WSchü12	04:36,0	00:02:59,6
9	W	00:23:02.8	415	Herres	Janina		OTV 1873	1989	3	WSchü13	04:36,4	00:03:02,3
36		00:23:10.4	375	Köhler	Martin		FC Stoppenberg	1967	8	M35	04:38,0	00:06:15,6
37		00:23:23.8	168	Essing	Bernd		SG EVO/Stoag	1954	6	M45	04:40,6	00:06:29,0
38		00:23:32.8	487	Kemper	Thomas		Oberhausen	1976	6	MHK	04:42,4	00:06:38,0
39		00:23:32.9	490	Schuster	Michael		Simmerath	1974	7	MHK	04:42,4	00:06:38,1
40		00:23:38.2	169	Morawietz	Frank		Oberhausen	1967	9	M35	04:43,6	00:06:43,4
41		00:23:41.3	64	Schreiber	Ralf		Oberhausen	1956	7	M45	04:44,2	00:06:46,5
42		00:23:58.5	442	Hasley	Christian		OTV 1873	1972	5	M30	04:47,6	00:07:03,7
43		00:24:00.9	339	Bieber	Marcel		Oberhausener Kanuve	1990	3	MSchü12	04:48,0	00:07:06,1
44		00:24:18.9	489	Erkens	Rainer		Simmerath	1972	6	M30	04:51,6	00:07:24,1
45		00:24:19.6	455	Seelig	Tim		TB Osterfeld	1992	1	MSchü10	04:51,8	00:07:24,8
46		00:24:34.3	349	Rabbe	Kai-Uwe		Essen	1962	4	M40	04:54,8	00:07:39,5
47		00:24:38.2	2301	Baum	Manfred		SV Siemens	1953	8	M45	04:55,6	00:07:43,4
48		00:24:38.9	122	Brinkert	Ulrich		Taekwondo Center O	1963	10	M35	04:55,6	00:07:44,1
10	W	00:24:51.2	2008	Schumann	Michaela		Oberhausen	1986	1	WJugB	04:58,2	00:04:50,7

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
49		00:24:53.9	179	Hilger	Michael		Oberhausen	1964	11	M35	04:58,6	00:07:59,1
50		00:24:58.6	398	Jahnke	Nikolas		DJK SG Tackenberg	1990	4	MSchü12	04:59,6	00:08:03,8
51		00:24:58.8	2312	Zimmert	Stefan			1964	12	M35	04:59,6	00:08:04,0
52		00:25:04.0	355	Bido	Dieter		Laufftreff Sterkrade-N	1960	5	M40	05:00,8	00:08:09,2
53		00:25:05.1	58	Janke	Ulrich		TV Jahn Königshardt	1949	2	M50	05:01,0	00:08:10,3
11	W	00:25:15.5	2274	Dembowiak	Martina			1962	2	W40	05:03,0	00:05:15,0
54		00:25:24.7	348	Polenz	Heinz-Gerd		Dinslaken	1957	9	M45	05:04,8	00:08:29,9
55		00:25:35.3	2288	Saralin	Nikolaus			1990	5	MSchü12	05:07,0	00:08:40,5
12	W	00:25:35.6	292	Plicht	Manuela		Essen	1960	3	W40	05:07,0	00:05:35,1
56		00:25:35.6	2299	Grubbert	Jan		VFR 08 Oberhausen	1990	6	MSchü12	05:07,0	00:08:40,8
57		00:25:35.9	2298	Stender	Stefan		VFR 08 Oberhausen	1990	7	MSchü12	05:07,0	00:08:41,1
58		00:25:43.6	2015	Baumann	Jens		Duisburg	1967	13	M35	05:08,6	00:08:48,8
59		00:25:54.1	294	Düffels	Jeffrey		Oberhausen	1985	3	MJugB	05:10,8	00:08:59,3
60		00:26:05.2	173	Kratzke	Ingo		Oberhausen	1969	7	M30	05:13,0	00:09:10,4
61		00:26:25.1	177	Anderl	Andreas		Oberhausen	1960	6	M40	05:17,0	00:09:30,3
62		00:26:28.2	287	Lowack	Michael		Essen	1976	8	MHK	05:17,6	00:09:33,4
63		00:26:30.1	54	Hartmann	Benjamin		Oberhausen	1989	4	MSchü13	05:18,0	00:09:35,3
13	W	00:26:34.0	410	Etges	Lilian		OTV 1873	1990	3	WSchü12	05:18,8	00:06:33,5
64		00:26:42.2	151	Hoff	Walter		OTV 1873	1954	10	M45	05:20,4	00:09:47,4
65		00:26:58.8	61	Wartema	Björd		VFL Bergheide Sterkr	1947	1	M55	05:23,6	00:10:04,0
14	W	00:27:18.7	379	Beeking	Kerstin		LF HaDi	1974	1	WHK	05:27,6	00:07:18,2
66		00:27:37.4	68	Kalthoff	Johannes		SG EVO/Stoag	1948	3	M50	05:31,4	00:10:42,6
67		00:27:41.8	451	Wiebe-Seelig	Thomas		TB Osterfeld	1964	14	M35	05:32,2	00:10:47,0
68		00:27:44.3	2014	Stephanuk	Reiner		MSV Duisburg	1950	4	M50	05:32,8	00:10:49,5
15	W	00:27:45.8	63	Boy	Ulrike		TSV Viktoria Mülhei	1957	1	W45	05:33,0	00:07:45,3
69		00:27:46.0	338	Van Den Berg	Friedrich		LAC Oberhausen	1938	1	M60	05:33,2	00:10:51,2
16	W	00:27:48.7	2305	Jürgens	Melanie		TV 1848 Mönchengla	1963	1	W35	05:33,6	00:07:48,2
70		00:28:20.8	300	Schlieper	Jürgen		Oberhausen	1959	7	M40	05:40,0	00:11:26,0
71		00:28:35.4	231	Ludwig	Rolf		Oberhausen	1971	8	M30	05:43,0	00:11:40,6
72		00:28:35.9	238	Pfeiffer	Marvin		Oberhausen	1986	4	MJugB	05:43,0	00:11:41,1
17	W	00:29:17.5	391	Leitzgen	Ulrike		DJK SG Tackenberg	1964	2	W35	05:51,4	00:09:17,0
73		00:29:20.1	453	Staszewski	Günther		TB Osterfeld	1934	1	M65	05:52,0	00:12:25,3
18	W	00:29:20.2	450	Griese	Inge		TB Osterfeld	1940	1	W60	05:52,0	00:09:19,7
19	W	00:30:03.2	214	Schneider	Manuela		Oberhausen	1974	2	WHK	06:00,6	00:10:02,7
74		00:30:03.3	213	Bachran	Rainer		Duisburg	1958	8	M40	06:00,6	00:13:08,5
75		00:30:08.0	65	Putzmoser	Adolf		Oberhausen	1939	2	M60	06:01,6	00:13:13,2
20	W	00:30:10.7	2280	Bieroth	Eva		SG EVO STOAG	1948	1	W50	06:02,0	00:10:10,2
76		00:30:17.3	62	Kiesel	Klaus-Dieter		Voerde	1948	5	M50	06:03,4	00:13:22,5
21	W	00:30:28.2	196	Felix	Daniela		OTHC	1962	4	W40	06:05,6	00:10:27,7
22	W	00:30:34.4	381	Rieck	Charlotte		LF HaDi	1957	2	W45	06:06,8	00:10:33,9
77		00:30:42.7	175	Ott	Wilbert		TUS Neumühl	1940	3	M60	06:08,4	00:13:47,9
78		00:30:46.3	170	Brinkert	Georg		Oberhausen	1964	15	M35	06:09,2	00:13:51,5
79		00:30:46.7	269	Urbatsch	Peter		Mülheim	1954	11	M45	06:09,2	00:13:51,9
80		00:30:51.2	239	Volkman	Volker		Oberhausen	1961	9	M40	06:10,2	00:13:56,4
23	W	00:30:51.3	237	Volkman	Julia		Duisburg	1986	2	WJugB	06:10,2	00:10:50,8
24	W	00:30:55.5	67	Tödter	Irmgard		Jesteburg	1961	5	W40	06:11,0	00:10:55,0
81		00:30:56.7	60	Schliebach	Theo		VFL Bergheide Sterkr	1934	2	M65	06:11,2	00:14:01,9
82		00:30:57.7	467	Koppers	Günter		VFL Bergheide Sterkr	1980	9	MHK	06:11,4	00:14:02,9
25	W	00:31:13.3	473	Kinter	Susanne		Oberhausen	1965	3	W35	06:14,6	00:11:12,8
26	W	00:31:27.2	378	Heikamp	Sandra		LF HaDi	1970	2	W30	06:17,4	00:11:26,7
27	W	00:31:40.0	301	Hickmann	Margitta		Oberhausen	1947	1	W55	06:20,0	00:11:39,5
28	W	00:31:48.4	380	Beeking	Renate		LF HaDi	1950	2	W50	06:21,6	00:11:47,9
29	W	00:34:49.8	2308	Hauer	Tanja		Dortmund	1973	3	WHK	06:57,8	00:14:49,3
30	W	00:34:55.3	66	Kerslake-Bösch	Patricia		Oberhausen	1958	6	W40	06:59,0	00:14:54,8
31	W	00:35:17.9	270	Urbatsch	Gabriele		Mülheim	1953	3	W45	07:03,4	00:15:17,4
32	W	00:36:57.7	350	Boehner	Katja		Oberhausen	1972	3	W30	07:23,4	00:16:57,2
33	W	00:38:30.4	59	Hartmann	Monika		VFL Bergheide Sterkr	1959	7	W40	07:42,0	00:18:29,9
83		00:38:30.9	55	Scholz	Rene		Duisburg	1971	9	M30	07:42,0	00:21:36,1