

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:33:57.7	5	Lüttgerhorst	Klaus		ASV Duisburg	1965	1	M35	03:23,7	00:00:00,0
2		00:35:40.4	502	Aleksander	Raoul		TuS Neumühl	1968	1	M30	03:34,0	00:01:42,7
3		00:35:54.9	1021	Ewald	Daniel		LG Opelaner Bochum	1977	1	MHK	03:35,4	00:01:57,2
4		00:35:57.0	362	Kominski	Zbigniew		Viktoria	1963	2	M35	03:35,7	00:01:59,3
5		00:36:34.9	4	Schramm	Michael		ASV Duisburg	1980	2	MHK	03:39,4	00:02:37,2
6		00:37:06.3	113	Radtke	Matthias		DJK Vierlinden	1966	3	M35	03:42,6	00:03:08,6
7		00:37:07.2	421	Bonnecke	Tim		Ratingen	1979	3	MHK	03:42,7	00:03:09,5
8		00:37:37.4	9	Matle`	Hans-Peter		Eintracht Duisburg	1964	4	M35	03:45,7	00:03:39,7
9		00:37:38.5	329	Henerich	Rainer		Gerscheder SV	1952	1	M50	03:45,8	00:03:40,8
10		00:37:39.4	8	Kasel	Thorsten		ASV Duisburg	1974	4	MHK	03:45,9	00:03:41,7
11		00:37:43.5	509	Hentschel	Michael		Duisburg	1967	5	M35	03:46,3	00:03:45,8
12		00:37:46.2	540	Eiker	Lars		Duisburg	1967	6	M35	03:46,6	00:03:48,5
13		00:37:56.0	542	Edel	Kai		Pedalero	1976	5	MHK	03:47,6	00:03:58,3
14		00:38:00.1	238	Holubeck	Bela		DJK VFR Saarn	1962	1	M40	03:48,0	00:04:02,4
15		00:38:26.2	543	Weidner	Boris		ASV Duisburg	1973	6	MHK	03:50,6	00:04:28,5
16		00:38:38.2	1020	Rosenbaum	Jörg		SV Siemens	1966	7	M35	03:51,8	00:04:40,5
17		00:38:41.8	3	Römerscheidt	René		ASV Duisburg	1974	7	MHK	03:52,1	00:04:44,1
18		00:38:46.0	85	Reimann	Rolf		GSV Geldern	1972	2	M30	03:52,6	00:04:48,3
19		00:38:47.2	361	Jacobi	Michael		TSV Viktoria Mülhei	1964	8	M35	03:52,7	00:04:49,5
20		00:38:57.3	438	Mehtieff	Alex		Duisburg	1966	9	M35	03:53,7	00:04:59,6
21		00:39:12.3	480	Schneider	Peter		Moers	1948	2	M50	03:55,2	00:05:14,6
22		00:39:16.6	345	Loos	Patrick		Lolo Mh	1979	8	MHK	03:55,6	00:05:18,9
23		00:39:17.7	140	Holz	Harald		Waltrop	1956	1	M45	03:55,7	00:05:20,0
24		00:39:28.0	512	Süßmuth	Jürgen		Duisburg	1958	2	M40	03:56,8	00:05:30,3
25		00:39:33.3	173	Bäumer	Stefan		Duisburg	1976	9	MHK	03:57,3	00:05:35,6
26		00:39:52.7	433	Rosser	Volker		PSV Lurig Bonn	1966	10	M35	03:59,2	00:05:55,0
27		00:40:02.0	2	Janowski	Marcus		Marathon Mülheim	1979	10	MHK	04:00,2	00:06:04,3
28		00:40:11.0	514	Isselstein	Willi		SG Suderwich	1962	3	M40	04:01,1	00:06:13,3
29		00:40:14.8	6	Pfeiffer	Dirk		ASV Duisburg	1961	4	M40	04:01,4	00:06:17,1
30		00:40:23.7	163	Sommerfeld	Heinz-Friede		Sprockhövel	1952	3	M50	04:02,3	00:06:26,0
31		00:40:38.3	526	Wobisch	Tobias		FS Duisburg	1968	3	M30	04:03,8	00:06:40,6
32		00:40:45.5	323	Thiel	Christian		LSV Triteam Remsch	1976	11	MHK	04:04,5	00:06:47,8
33		00:40:46.5	504	Pamitz	Ralf		RSV Mülheim/Ruhr	1960	5	M40	04:04,6	00:06:48,8
34		00:40:47.6	491	Loeb	Patrick		Duisburg	1974	12	MHK	04:04,7	00:06:49,9
35		00:40:49.9	280	Mies	Markus		ASV Duisburg	1966	11	M35	04:04,9	00:06:52,2
36		00:40:52.0	251	Koßmann	Reinhard			1962	6	M40	04:05,2	00:06:54,3
37		00:40:52.3	484	Jago	Andreas		MTV Gitteloe	1962	7	M40	04:05,2	00:06:54,6
38		00:40:53.0	450	Hof	Matthias		ASV Duisburg	1968	4	M30	04:05,3	00:06:55,3
39		00:40:53.6	546	Kuepper	Thomas		LC Duisburg	1965	12	M35	04:05,3	00:06:55,9
40		00:40:55.3	197	Fröde	Volker		TuS Hamborn-Neum	1945	1	M55	04:05,5	00:06:57,6
41		00:40:56.9	430	Mueller	Peter		LC Duisburg	1947	2	M55	04:05,6	00:06:59,2
42		00:41:08.2	530	Knabben	Joachim		Duisburg	1957	2	M45	04:06,8	00:07:10,5
43		00:41:15.2	340	Dueren	Stephan		Segelfluggruppe Duis	1963	13	M35	04:07,5	00:07:17,5
44		00:41:29.7	528	Naumann	Frank		Marathon Mülheim	1967	14	M35	04:08,9	00:07:32,0
45		00:41:34.5	738	Goetze	Helmut		Oberhausen	1963	15	M35	04:09,4	00:07:36,8
46		00:41:43.3	240	Becks	Markus		FS Rheinkamp	1972	5	M30	04:10,3	00:07:45,6
47		00:41:48.6	538	Hölz	Marcus		Duisburg	1970	6	M30	04:10,8	00:07:50,9
48		00:41:48.9	537	Irnich	Stefan		Aachen	1969	7	M30	04:10,8	00:07:51,2
49		00:41:53.6	416	Wesolowski	Jörg		Duisburg	1962	8	M40	04:11,3	00:07:55,9
50		00:42:04.9	524	Peters	Sven		Styrumer TV	1971	8	M30	04:12,4	00:08:07,2
51		00:42:10.7	125	Koch	Thomas		Duisburg	1981	13	MHK	04:13,0	00:08:13,0
52		00:42:19.7	444	Bartsch	Roland		Heiligenhaus	1963	16	M35	04:13,9	00:08:22,0
53		00:42:21.2	7	Butschko	Werner		ASV Duisburg	1948	4	M50	04:14,1	00:08:23,5
54		00:42:22.0	272	Behnsch	Michael		ASV Duisburg	1960	9	M40	04:14,2	00:08:24,3
55		00:42:27.2	175	Wellmann	Rüdiger		BSG Stadtwerke Duis	1960	10	M40	04:14,7	00:08:29,5
56		00:42:30.9	41	Arnold	Gerald		LT Velbert	1953	3	M45	04:15,0	00:08:33,2
57		00:42:32.6	212	Simon	Dr. Dieter		LG Mülheim/Ruhr	1958	11	M40	04:15,2	00:08:34,9
58		00:42:37.7	360	Lange	Bodo		SV Beeckerwerth 192	1941	1	M60	04:15,7	00:08:40,0

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
59		00:42:40.1	294	Grospitz	Dirk		Angerland LT Lintorf	1966	17	M35	04:16,0	00:08:42,4
60		00:42:45.1	162	Ochel	Jörg		Duisburg	1969	9	M30	04:16,5	00:08:47,4
61		00:42:45.8	271	Kaiser	Michael		TuS Breitscheid	1968	10	M30	04:16,5	00:08:48,1
<b>1</b>	<b>W</b>	<b>00:42:46.3</b>	<b>284</b>	<b>Sinha</b>	<b>Chantal</b>		<b>ASV Duisburg</b>	<b>1971</b>	<b>1</b>	<b>W30</b>	<b>04:16,6</b>	<b>00:00:00,0</b>
62		00:42:58.0	87	Brings	Jürgen		DJK VFR Saarn	1961	12	M40	04:17,8	00:09:00,3
63		00:43:07.4	393	Pfennigwerth	Dieter		WAZ Essen	1954	4	M45	04:18,7	00:09:09,7
64		00:43:20.4	19	Breilmann	Ralf		SG Stern	1955	5	M45	04:20,0	00:09:22,7
65		00:43:21.4	117	Weis	Erich		Duisburg	1952	5	M50	04:20,1	00:09:23,7
66		00:43:23.6	403	Lawrenz	Hans-Dieter		LC Duisburg	1953	6	M45	04:20,3	00:09:25,9
67		00:43:24.3	466	Lawrenz	Jürgen		LC Duisburg	1955	7	M45	04:20,4	00:09:26,6
68		00:43:26.2	195	Ortberg	Andreas		Duisburg	1966	18	M35	04:20,6	00:09:28,5
69		00:43:26.8	336	Krause	Frank		Duisburg	1964	19	M35	04:20,6	00:09:29,1
70		00:43:28.5	520	Stetter	Dieter		Homberger TV	1958	13	M40	04:20,8	00:09:30,8
71		00:43:30.5	16	Konrad	Ulrich		RSV Mülheim/Ruhr	1946	3	M55	04:21,0	00:09:32,8
72		00:43:39.7	341	Dueren	Andreas		Duisburg	1965	20	M35	04:21,9	00:09:42,0
<b>2</b>	<b>W</b>	<b>00:43:43.2</b>	<b>278</b>	<b>Kroon</b>	<b>Petra</b>		<b>ASV Duisburg</b>	<b>1967</b>	<b>1</b>	<b>W35</b>	<b>04:22,3</b>	<b>00:00:56,9</b>
73		00:43:44.8	287	Brüll	Felix		ASV Duisburg	1951	6	M50	04:22,4	00:09:47,1
74		00:43:45.4	511	Lehmkuhl	Ludger		Duisburg	1955	8	M45	04:22,5	00:09:47,7
75		00:44:01.1	390	Brandenstein	Frederik		Essen	1980	14	MHK	04:24,1	00:10:03,4
76		00:44:08.9	209	Mazat	Steffen		Duisburg	1983	15	MHK	04:24,8	00:10:11,2
77		00:44:09.7	490	Neuhaus	Bernd		LT Fitnesspark Boch	1958	14	M40	04:24,9	00:10:12,0
78		00:44:11.4	545	Schulz	Hans-Gerd		LSV Bayer Uerdingen	1961	15	M40	04:25,1	00:10:13,7
79		00:44:12.6	500	Doetsch	Wolfgang		Gelsenkirchen	1962	16	M40	04:25,2	00:10:14,9
<b>3</b>	<b>W</b>	<b>00:44:14.4</b>	<b>277</b>	<b>Kons</b>	<b>Nicole</b>		<b>ASV Duisburg</b>	<b>1974</b>	<b>1</b>	<b>WHK</b>	<b>04:25,4</b>	<b>00:01:28,1</b>
80		00:44:14.9	521	Pickartz	Jürgen		LC Duisburg	1959	17	M40	04:25,4	00:10:17,2
81		00:44:15.5	467	Behrendt	Christian		Mülheim	1955	9	M45	04:25,5	00:10:17,8
82		00:44:15.9	515	Yamagata	Yasua		International Runners	1963	21	M35	04:25,5	00:10:18,2
83		00:44:16.3	327	Nest	Michael		TG Roadrunner	1965	22	M35	04:25,6	00:10:18,6
84		00:44:18.7	97	Huelser	Thomas		Duisburg	1962	18	M40	04:25,8	00:10:21,0
85		00:44:19.5	228	Ludwig	Axel		SV Siemens	1956	10	M45	04:25,9	00:10:21,8
86		00:44:20.1	535	Hennesen	Jürgen		FSC Duisburg-Süd	1969	11	M30	04:26,0	00:10:22,4
87		00:44:21.7	198	Meyer	Thomas		Duisburg	1974	16	MHK	04:26,1	00:10:24,0
88		00:44:22.4	384	Stöckmann	Alfons		LT Hünxe	1955	11	M45	04:26,2	00:10:24,7
89		00:44:26.2	188	Brosch	Reinhard			1964	23	M35	04:26,6	00:10:28,5
90		00:44:28.1	25	Zwartz	Holger		BSG SK Duisburg	1969	12	M30	04:26,8	00:10:30,4
91		00:44:28.7	364	Kwasniok	Dennis		Oberhausen	1977	17	MHK	04:26,8	00:10:31,0
92		00:44:30.1	483	Krieger	René		Moers	1970	13	M30	04:27,0	00:10:32,4
93		00:44:31.1	324	Potthof	Stefan		LSV Triteam Remsch	1976	18	MHK	04:27,1	00:10:33,4
94		00:44:37.5	331	Kappes	Georg		Bochum	1961	19	M40	04:27,7	00:10:39,8
95		00:44:39.4	523	Giesche	Jan		Oberhausen	1983	19	MHK	04:27,9	00:10:41,7
96		00:44:44.6	300	Braun	Norbert		DJK VFR Saarn	1958	20	M40	04:28,4	00:10:46,9
97		00:44:45.2	413	Schneiderbanger	Konrad		TSV Viktoria Mülhei	1933	1	M65	04:28,5	00:10:47,5
98		00:44:53.0	112	Pawlik	Bernd		Ratingen	1963	24	M35	04:29,3	00:10:55,3
99		00:44:54.0	229	Ercmann	Jaci		SV Siemens	1951	7	M50	04:29,4	00:10:56,3
100		00:44:58.2	516	Somend	Shindbu		International Runners	1959	21	M40	04:29,8	00:11:00,5
101		00:45:02.5	424	Haase	Sven		Essen	1971	14	M30	04:30,2	00:11:04,8
102		00:45:06.1	431	Feldmann	Thorsten		Moers	1967	25	M35	04:30,6	00:11:08,4
103		00:45:06.4	180	Korb	Klaus		BSG Stadtwerke Duis	1964	26	M35	04:30,6	00:11:08,7
104		00:45:07.6	107	Wohlgemuth	Willi		LT Mattlerbusch	1955	12	M45	04:30,7	00:11:09,9
105		00:45:10.0	332	Dannehl	Helmut		Essen	1953	13	M45	04:31,0	00:11:12,3
106		00:45:11.3	237	Mölders	Klaus		DJK VFR Saarn	1948	8	M50	04:31,1	00:11:13,6
107		00:45:13.7	275	Hillig	Steffen		ASV Duisburg	1978	20	MHK	04:31,3	00:11:16,0
108		00:45:14.4	291	Matzat	Andre			1960	22	M40	04:31,4	00:11:16,7
109		00:45:15.4	522	Giesche	Bert		Oberhausen	1967	27	M35	04:31,5	00:11:17,7
110		00:45:16.8	513	Wiesner	Frank		Essen	1972	15	M30	04:31,6	00:11:19,1
111		00:45:21.8	30	Müller	Jürgen		Düsseldorf	1962	23	M40	04:32,1	00:11:24,1
112		00:45:24.3	154	Strassburger	Uwe		Ratingen	1960	24	M40	04:32,4	00:11:26,6
113		00:45:24.9	529	Strelzyk	Holger		Duisburg	1969	16	M30	04:32,4	00:11:27,2

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
114		00:45:26.8	24	Jost	Helmut		BSG SK Duisburg	1956	14	M45	04:32,6	00:11:29,1
4	W	00:45:27.8	211	Schmidt	Petra		LG Mülheim/Ruhr	1965	2	W35	04:32,7	00:02:41,5
115		00:45:28.8	344	Arndt	Uwe		Duisburg	1964	28	M35	04:32,8	00:11:31,1
116		00:45:30.0	286	Van Der Kaaij	Rens		ASV Duisburg	1968	17	M30	04:33,0	00:11:32,3
117		00:45:31.6	355	Gehrmann	Rainer		Gelsenkirchen	1968	18	M30	04:33,1	00:11:33,9
5	W	00:45:33.9	176	Pauls	Anja		BSG Stadtwerke Duis	1969	2	W30	04:33,3	00:02:47,6
118		00:45:34.8	282	Schwidder	Udo		ASV Duisburg	1959	25	M40	04:33,4	00:11:37,1
119		00:45:36.6	350	Hochstrat	Ludger		Weseler TV	1962	26	M40	04:33,6	00:11:38,9
120		00:45:37.1	11	Koektuerk	Ogven		Duisburg	1972	19	M30	04:33,7	00:11:39,4
121		00:45:44.8	199	Wirtz	Dirk			1975	21	MHK	04:34,4	00:11:47,1
122		00:45:48.2	363	Chrobok	Roland		TV Einigkeit 06 Mülh	1975	22	MHK	04:34,8	00:11:50,5
123		00:45:49.0	325	Eckstein	Andreas		SuS Schalke 96	1969	20	M30	04:34,9	00:11:51,3
124		00:45:53.3	463	Berg	Wolfgang		Duisburg	1952	9	M50	04:35,3	00:11:55,6
125		00:45:55.4	418	Langjahr	Peter		Korschenbroich	1968	21	M30	04:35,5	00:11:57,7
126		00:45:57.6	311	Koch	Andreas		LG Hünxe	1970	22	M30	04:35,7	00:11:59,9
127		00:46:02.5	455	Eickvonder	Guido		LC Duisburg	1971	23	M30	04:36,2	00:12:04,8
6	W	00:46:04.9	487	Gambula	Berhardina		Oberhausener TV	1958	1	W40	04:36,4	00:03:18,6
128		00:46:09.9	401	Scharf	Thomas		Düsseldorf	1950	10	M50	04:36,9	00:12:12,2
129		00:46:17.2	83	Knümann	Andreas		TBF Turnerbund Frin	1967	29	M35	04:37,7	00:12:19,5
130		00:46:21.7	191	Zellner	Carsten		Oberhausen	1972	24	M30	04:38,1	00:12:24,0
131		00:46:22.7	365	Kwasniok	Sascha		Oberhausen	1973	23	MHK	04:38,2	00:12:25,0
132		00:46:23.7	501	Damke	Erich		Marathon Mülheim	1950	11	M50	04:38,3	00:12:26,0
133		00:46:27.7	339	Scholl	Holger		Duisburg	1963	30	M35	04:38,7	00:12:30,0
7	W	00:46:30.1	106	Wohlgemuth	Monika		LT Mattlerbusch	1953	1	W45	04:39,0	00:03:43,8
134		00:46:30.7	298	Juretzko	Markus		Duisburg	1968	25	M30	04:39,0	00:12:33,0
135		00:46:35.8	270	Bühler	Lars		LG Bonn/Troisdorf	1986	24	MHK	04:39,5	00:12:38,1
136		00:46:36.2	322	Blatzheim	Simon		LG Bonn/Troisdorf	1984	25	MHK	04:39,6	00:12:38,5
137		00:46:36.7	268	Eickmann	Thomas			1954	15	M45	04:39,6	00:12:39,0
138		00:46:37.2	507	Pauls	Hermann		Neuss	1971	26	M30	04:39,7	00:12:39,5
139		00:46:39.5	91	Makurath	Peter		Realschule Fahrn	1965	31	M35	04:39,9	00:12:41,8
140		00:46:40.7	411	Cegla	Thomas		Bottrop	1960	27	M40	04:40,0	00:12:43,0
141		00:46:41.1	395	Schürmann	Karl-Heinz		Duisburg	1956	16	M45	04:40,1	00:12:43,4
142		00:46:42.9	202	Heinzen	Michael		LC Duisburg	1962	28	M40	04:40,2	00:12:45,2
143		00:46:46.1	131	Ohlmann	Horst		LC Duisburg	1941	2	M60	04:40,6	00:12:48,4
144		00:46:47.0	88	Buchholz	Horst		SV Beeckerwerth 192	1954	17	M45	04:40,7	00:12:49,3
145		00:46:50.4	12	Graebel	Gunter		Crepe & Baguette	1953	18	M45	04:41,0	00:12:52,7
146		00:46:52.5	227	Ragenow	Christian		SV Siemens	1976	26	MHK	04:41,2	00:12:54,8
147		00:46:54.0	61	Eiben	Dr. Bernd		Mülheim	1954	19	M45	04:41,4	00:12:56,3
148		00:46:58.3	82	Paulus	Swen		Essen	1975	27	MHK	04:41,8	00:13:00,6
149		00:46:58.8	196	Moritz	Peter		Mülheim	1952	12	M50	04:41,8	00:13:01,1
8	W	00:47:00.1	141	Uhl	Marion		Düsseldorf	1967	3	W35	04:42,0	00:04:13,8
150		00:47:00.6	110	Meier	Ruediger		Duisburg	1965	32	M35	04:42,0	00:13:02,9
151		00:47:01.9	342	Dziura	Carsten		Mülheim	1966	33	M35	04:42,1	00:13:04,2
152		00:47:02.4	414	Haferkamp	Jürgen		Oberhausen	1952	13	M50	04:42,2	00:13:04,7
153		00:47:03.3	101	Kolla	Harald		Duisburg	1953	20	M45	04:42,3	00:13:05,6
154		00:47:18.1	207	Buk	Wilhelm			1959	29	M40	04:43,8	00:13:20,4
155		00:47:20.4	111	Issel	Roland		Tri. Verein Deutdcher	1967	34	M35	04:44,0	00:13:22,7
9	W	00:47:23.3	233	Müller	Gertraud		DJK VFR Saarn	1950	1	W50	04:44,3	00:04:37,0
10	W	00:47:24.0	742	Naumann	Ines		Krefeld	1965	4	W35	04:44,4	00:04:37,7
11	W	00:47:34.3	285	Wisnewski	Tanja		ASV Duisburg	1970	3	W30	04:45,4	00:04:48,0
156		00:47:35.6	114	Bonnen	Michael		Düsseldorf	1958	30	M40	04:45,5	00:13:37,9
157		00:47:38.5	739	Wahl	Thomas		Duisburg	1968	27	M30	04:45,8	00:13:40,8
158		00:47:41.7	119	Neumann	Jürgen		Duisburg	1955	21	M45	04:46,1	00:13:44,0
159		00:47:46.6	213	Scheffer	Thorsten		Oberhausen	1982	28	MHK	04:46,6	00:13:48,9
160		00:47:47.6	533	Hoehnen	Thorsten		Moers	1965	35	M35	04:46,7	00:13:49,9
161		00:47:49.9	84	Tegggers	Michael		KG Marxloher Jecken	1954	22	M45	04:46,9	00:13:52,2
162		00:47:51.7	510	Bach	Albert		Duisburg	1962	31	M40	04:47,1	00:13:54,0
163		00:47:56.0	443	Ebel	Volker		Heiligenhaus	1964	36	M35	04:47,6	00:13:58,3

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
164		00:48:06.1	473	Minning	Jürgen		Bochum	1959	32	M40	04:48,6	00:14:08,4
165		00:48:08.4	67	Gocke	Dr. Peter		Essen	1963	37	M35	04:48,8	00:14:10,7
166		00:48:12.2	157	Mai	Wolf-Dieter		Duisburg	1943	4	M55	04:49,2	00:14:14,5
167		00:48:16.0	40	Bumkus	Wolfgang		MSV Duisburg	1947	5	M55	04:49,6	00:14:18,3
168		00:48:17.0	472	Kaub	Helmut		AKS Rheinhausen	1960	33	M40	04:49,7	00:14:19,3
169		00:48:19.7	243	Halfar	Ingo		FS Rheinkamp	1963	38	M35	04:49,9	00:14:22,0
170		00:48:20.4	486	Jadczak	Klaus		Berlin	1948	14	M50	04:50,0	00:14:22,7
171		00:48:23.2	506	Scholz	Lothar		DT Skiverband	1932	1	M70	04:50,3	00:14:25,5
172		00:48:28.6	326	Eckstein	Klaus		Borken	1964	39	M35	04:50,8	00:14:30,9
173		00:48:31.0	218	Falkenburg	Ingo		Mülheim	1960	34	M40	04:51,1	00:14:33,3
174		00:48:31.5	262	Schuster	Ulrich			1962	35	M40	04:51,1	00:14:33,8
175		00:48:32.3	150	Haase	Heinz		Duisburg	1950	15	M50	04:51,2	00:14:34,6
176		00:48:35.9	148	Cammerer	Uwe		LG Anger	1965	40	M35	04:51,5	00:14:38,2
177		00:48:38.4	426	Willingner	Lothar		Duisburg	1961	36	M40	04:51,8	00:14:40,7
178		00:48:40.4	353	Schmidt	Jürgen		Düsseldorf	1948	16	M50	04:52,0	00:14:42,7
179		00:48:41.3	310	Kalthoff	Jürgen		Sparkasse Duisburg	1940	3	M60	04:52,1	00:14:43,6
180		00:48:41.6	42	Schmitz	Hans-Jürgen		Duisburg	1947	6	M55	04:52,1	00:14:43,9
181		00:48:47.2	128	Steinhardt	Stefan		Werne	1982	29	MHK	04:52,7	00:14:49,5
182		00:48:47.9	109	Borgolte	Malte		Moers	1983	30	MHK	04:52,7	00:14:50,2
12	W	00:48:49.0	288	Schie	Johanna		ASV Duisburg	1953	2	W45	04:52,9	00:06:02,7
183		00:48:49.6	289	Jamsek	Peter		Essen	1958	37	M40	04:52,9	00:14:51,9
184		00:48:50.3	187	Sot	Lou		Duisburg	1975	31	MHK	04:53,0	00:14:52,6
185		00:48:51.6	307	Valjak	Josip			1967	41	M35	04:53,1	00:14:53,9
13	W	00:48:52.8	234	Bremer	Monika		DJK VFR Saarn	1957	3	W45	04:53,2	00:06:06,5
186		00:48:53.4	32	Beuth	Christian		Duisburg	1976	32	MHK	04:53,3	00:14:55,7
187		00:48:54.5	357	Contzen	Hermann		Blues Runner	1962	38	M40	04:53,4	00:14:56,8
188		00:48:55.0	408	Pettke	Markus		Mülheim	1974	33	MHK	04:53,5	00:14:57,3
189		00:48:55.6	475	Greifendorf	Milke		Mülheim	1982	34	MHK	04:53,5	00:14:57,9
190		00:49:01.0	170	Stuber	Holger		Ratingen	1969	28	M30	04:54,1	00:15:03,3
191		00:49:03.6	494	Schueller	Peter		Mülheim	1948	17	M50	04:54,3	00:15:05,9
192		00:49:06.2	250	Weißer	Herbert		FS Rheinkamp	1936	2	M65	04:54,6	00:15:08,5
193		00:49:07.3	168	Reimann	Ralf		BSG DVG e.V.	1961	39	M40	04:54,7	00:15:09,6
14	W	00:49:09.5	292	Pfützenreuter	Heike		Angerland LT Lintorf	1960	2	W40	04:54,9	00:06:23,2
194		00:49:09.8	293	Haarmann	Wolfgang		Angerland LT Lintorf	1962	40	M40	04:54,9	00:15:12,1
195		00:49:13.0	33	Burckardt	Frank		Mülheim	1970	29	M30	04:55,3	00:15:15,3
196		00:49:14.7	171	Hallwaß	Sven		Duisburg	1975	35	MHK	04:55,4	00:15:17,0
197		00:49:16.4	314	Wolff	Edgar		Mülheim	1965	42	M35	04:55,6	00:15:18,7
198		00:49:19.7	488	Kordel	Klaus		Oberhausen	1949	18	M50	04:55,9	00:15:22,0
199		00:49:21.2	464	Janischkeit	Günter		Moers	1956	23	M45	04:56,1	00:15:23,5
200		00:49:21.9	539	Franken	Peter		Team Walsum	1955	24	M45	04:56,1	00:15:24,2
201		00:49:22.5	404	Veljovic	Radoslav		Wuppertal	1948	19	M50	04:56,2	00:15:24,8
202		00:49:23.1	425	Stern	Josef		BSG Thyssengas	1936	3	M65	04:56,3	00:15:25,4
203		00:49:23.6	174	Sander	Rolf		BSG Stadtwerke Duis	1944	7	M55	04:56,3	00:15:25,9
204		00:49:23.9	374	Biesemann	Martin		Wesel	1960	41	M40	04:56,3	00:15:26,2
205		00:49:24.4	201	Heinzen	Michael		LC Duisburg	1988	36	MHK	04:56,4	00:15:26,7
206		00:49:25.4	206	Bast	Helmut		BSG Siemens Wesel	1957	25	M45	04:56,5	00:15:27,7
207		00:49:27.2	75	van Loon	Carsten		Flugverein Niederrhei	1967	43	M35	04:56,7	00:15:29,5
15	W	00:49:28.3	370	Scholten-Reintje	Maria		TSV Viktoria Mülhei	1963	5	W35	04:56,8	00:06:42,0
208		00:49:28.8	429	Fischer	Stefan			1966	44	M35	04:56,8	00:15:31,1
209		00:49:29.4	160	Liebern	Hans-Ulrich		Team Atem!los Mülh	1959	42	M40	04:56,9	00:15:31,7
210		00:49:30.6	485	Bauer	Andre		Bochum	1965	45	M35	04:57,0	00:15:32,9
211		00:49:34.8	377	Möller	Werner		Essen	1951	20	M50	04:57,4	00:15:37,1
212		00:49:37.2	346	Wachtmeister	Rainer		Essen	1940	4	M60	04:57,7	00:15:39,5
213		00:49:44.3	454	Hofmann	Dieter		Fortuna Düsseldorf	1964	46	M35	04:58,4	00:15:46,6
16	W	00:49:46.1	235	Beermann	Marita		DJK VFR Saarn	1962	3	W40	04:58,6	00:06:59,8
214		00:49:47.9	231	Freymuth	Frank		SV Siemens	1959	43	M40	04:58,7	00:15:50,2
215		00:49:49.2	517	Waffner	Volker		DJK Adler Frintrop	1966	47	M35	04:58,9	00:15:51,5
216		00:49:49.8	518	Waffner	Jürgen		MTG Horst Essen	1964	48	M35	04:58,9	00:15:52,1

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
17	W	00:49:55.3	297	Lupp	Monika		Marathon Mülheim	1955	4	W45	04:59,5	00:07:09,0
217		00:49:57.1	31	Siepen	Heribert		Oberhausen	1940	5	M60	04:59,7	00:15:59,4
218		00:49:59.6	334	Schulte	Andreas		TuS Onkel Lecker	1977	37	MHK	04:59,9	00:16:01,9
219		00:50:01.7	427	Carus	Karl Heinz		BSG West LB	1943	8	M55	05:00,1	00:16:04,0
220		00:50:04.8	397	von der Heiden	Klaus		Mülheim	1964	49	M35	05:00,4	00:16:07,1
221		00:50:05.5	55	Pottbaecker	Hans-Gerd		DJK Arminia Lirich	1950	21	M50	05:00,5	00:16:07,8
18	W	00:50:08.0	46	Theißen	Kristina		Eintracht Duisburg	1981	2	WHK	05:00,8	00:07:21,7
222		00:50:08.5	165	Müller	Wolfgang		BSG DVG e.V.	1956	26	M45	05:00,8	00:16:10,8
223		00:50:09.7	44	Geiser	Helmut		ASV Duisburg	1949	22	M50	05:00,9	00:16:12,0
224		00:50:13.2	62	Elm	Michael		Essen	1951	23	M50	05:01,3	00:16:15,5
225		00:50:16.8	407	Luhmann	Sven		TV Röhlingshausen	1971	30	M30	05:01,6	00:16:19,1
226		00:50:17.8	252	Powierski	Ralf			1963	50	M35	05:01,7	00:16:20,1
227		00:50:19.4	378	Koch	Dieter		Bochum	1960	44	M40	05:01,9	00:16:21,7
228		00:50:30.8	74	Becker	Christoph		WAZ Duisburg	1964	51	M35	05:03,0	00:16:33,1
229		00:50:35.0	489	Stammer	Willi		SLC Solingen	1943	9	M55	05:03,5	00:16:37,3
230		00:50:39.3	337	Hindricksen	Franz-Josef		Schermbeck	1963	52	M35	05:03,9	00:16:41,6
231		00:50:48.2	281	Nowacki	Peter		ASV Duisburg	1956	27	M45	05:04,8	00:16:50,5
232		00:50:49.6	315	Wolff	Ulrich		Bonn	1958	45	M40	05:04,9	00:16:51,9
233		00:50:52.3	318	Krobok	Andreas		Muah	1970	31	M30	05:05,2	00:16:54,6
234		00:50:52.6	541	Reimers	Bernd		Zebra Trab Lintorf	1960	46	M40	05:05,2	00:16:54,9
235		00:50:53.3	267	Kilian	Harald			1961	47	M40	05:05,3	00:16:55,6
236		00:50:53.7	126	Tünnermann	Uwe		Duisburg	1970	32	M30	05:05,3	00:16:56,0
237		00:50:54.3	498	Seliger	Ralf		Duisburg	1961	48	M40	05:05,4	00:16:56,6
238		00:50:55.6	320	Ehrig	Juergen		Oberhausen	1964	53	M35	05:05,5	00:16:57,9
239		00:50:56.9	37	Plicht	Christian		FC Stoppenberg	1988	38	MHK	05:05,6	00:16:59,2
240		00:50:58.0	279	Scheerer	Klaus		ASV Duisburg	1941	6	M60	05:05,8	00:17:00,3
241		00:51:00.1	547	Möllhof	Udo		Mülheim	1957	28	M45	05:06,0	00:17:02,4
242		00:51:01.0	13	Beuschold	Rolf		Moers	1956	29	M45	05:06,1	00:17:03,3
243		00:51:03.1	248	Mothes	Rafael		FS Rheinkamp	1959	49	M40	05:06,3	00:17:05,4
244		00:51:04.3	70	Büschken	Horst-Dieter		LC Duisburg	1951	24	M50	05:06,4	00:17:06,6
245		00:51:05.2	380	Lach	Reinhard		Duisburg	1940	7	M60	05:06,5	00:17:07,5
246		00:51:06.7	29	Becker	Thomas		WAZ Duisburg	1956	30	M45	05:06,6	00:17:09,0
19	W	00:51:07.6	192	Zellner	Martina		Dinslaken	1971	4	W30	05:06,7	00:08:21,3
20	W	00:51:11.0	276	Kaß	Hildegard		ASV Duisburg	1967	6	W35	05:07,1	00:08:24,7
247		00:51:11.4	129	Kirsten	Patrick		Duisburg	1969	33	M30	05:07,1	00:17:13,7
248		00:51:16.0	53	Hilder	Friedhelm		Oberhausen	1936	4	M65	05:07,6	00:17:18,3
249		00:51:18.5	399	Hempel	Ingo		ASV Henrichshütte	1961	50	M40	05:07,8	00:17:20,8
250		00:51:19.7	54	Langerwisch	Joachim		Mülheim	1981	39	MHK	05:07,9	00:17:22,0
251		00:51:22.4	398	Macher	Ulrich		Essen	1959	51	M40	05:08,2	00:17:24,7
252		00:51:31.7	534	Schulz	Detlef		Duisburg	1960	52	M40	05:09,1	00:17:34,0
253		00:51:34.5	193	Muehlberg	Martin		SG EVO/Stoag Oberh	1965	54	M35	05:09,4	00:17:36,8
254		00:51:37.3	27	Kroll	Dietmar		BSG SK Duisburg	1944	10	M55	05:09,7	00:17:39,6
255		00:51:38.3	409	Herrenbrück	Andre		Mülheim	1971	34	M30	05:09,8	00:17:40,6
256		00:51:39.0	536	Brandl	Michael		Si - Sport	1948	25	M50	05:09,9	00:17:41,3
257		00:51:39.6	23	Butgereit	Jochen		Mülheim	1958	53	M40	05:09,9	00:17:41,9
258		00:51:40.4	161	Jakob	Andre		Dinslaken	1970	35	M30	05:10,0	00:17:42,7
259		00:51:45.4	441	Anderson	Carl		The Pimps	1970	36	M30	05:10,5	00:17:47,7
260		00:51:46.0	442	Oerdinger	Sascha		The Pimps	1970	37	M30	05:10,6	00:17:48,3
261		00:51:51.1	26	Bilgic	Rifki		BSG SK Duisburg	1940	8	M60	05:11,1	00:17:53,4
21	W	00:51:54.2	471	Stoltefaut-Linke	Brigitte		LC Duisburg	1962	4	W40	05:11,4	00:09:07,9
262		00:51:55.0	66	Januschek	Uwe		Duisburg	1969	38	M30	05:11,5	00:17:57,3
22	W	00:51:56.1	388	Riebel	Ulrike		DJK Heisingen	1956	5	W45	05:11,6	00:09:09,8
263		00:51:56.6	259	Fürst	Dr. Peter			1956	31	M45	05:11,6	00:17:58,9
264		00:52:01.5	265	Bergmann	Thorsten		Moerser TV	1971	39	M30	05:12,1	00:18:03,8
23	W	00:52:06.2	156	Runge	Regina		ASV Duisburg	1963	7	W35	05:12,6	00:09:19,9
265		00:52:09.4	400	Hempel	Uwe		ASV Henrichshütte	1963	55	M35	05:12,9	00:18:11,7
266		00:52:11.4	186	Cossmann	Michael		TC Köln-Jena	1956	32	M45	05:13,1	00:18:13,7
267		00:52:14.8	247	Lips	Peter		FS Rheinkamp	1964	56	M35	05:13,4	00:18:17,1

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
24	W	00:52:15.7	123	Van Holt	Claudia		BSG Mitsubishi	1971	5	W30	05:13,5	00:09:29,4
268		00:52:21.9	220	Scheffler	Jürgen		SSG Begnadete Koer	1963	57	M35	05:14,1	00:18:24,2
269		00:52:22.6	90	Fujkic	Sasa		Duisburg	1974	40	MHK	05:14,2	00:18:24,9
270		00:52:23.9	319	Brozis	Wilfried		Kamp-Lintfort	1960	54	M40	05:14,3	00:18:26,2
271		00:52:26.4	239	Dudenbostel	Friedhelm		DJK VFR Saarn	1955	33	M45	05:14,6	00:18:28,7
272		00:52:27.6	167	Bade	Daniel		BSG DVG e.V.	1974	41	MHK	05:14,7	00:18:29,9
273		00:52:28.5	35	Karutz	Heinz		Ratingen	1940	9	M60	05:14,8	00:18:30,8
274		00:52:29.8	58	Gall	Werner		TSV Viktoria Mülhei	1949	26	M50	05:14,9	00:18:32,1
275		00:52:31.4	99	Weyh	Stefan		Duisburg	1978	42	MHK	05:15,1	00:18:33,7
25	W	00:52:35.6	76	Feldmann	Christiane		Flugverein Niederhei	1973	3	WHK	05:15,5	00:09:49,3
276		00:52:36.7	118	Banowski	Karl-Heinz		Duisburg	1955	34	M45	05:15,6	00:18:39,0
277		00:52:43.4	290	Koopmann	Oliver		ASV Duisburg	1967	58	M35	05:16,3	00:18:45,7
278		00:52:48.8	482	Langkau	Markus		Gelsenkirchen	1968	40	M30	05:16,8	00:18:51,1
279		00:52:58.5	208	König	André			1969	41	M30	05:17,8	00:19:00,8
280		00:53:07.5	20	Krein	Uwe		Essen	1960	55	M40	05:18,7	00:19:09,8
281		00:53:12.5	396	von der Heiden	Markus		Mülheim	1979	43	MHK	05:19,2	00:19:14,8
282		00:53:15.8	254	Schmidt	Bernd			1966	59	M35	05:19,5	00:19:18,1
283		00:53:17.0	741	Ernesti	Peter		Marathon Mülheim	1959	56	M40	05:19,7	00:19:19,3
26	W	00:53:19.5	224	Strehl	Gaby		Mülheim	1966	8	W35	05:19,9	00:10:33,2
284		00:53:19.9	225	Hendricks	Edgar		Mülheim	1962	57	M40	05:19,9	00:19:22,2
285		00:53:20.4	127	Breithecker	Dieter		LC Duisburg	1954	35	M45	05:20,0	00:19:22,7
286		00:53:20.8	103	Biegert	Dieter		VfL Bergheide	1942	10	M60	05:20,0	00:19:23,1
287		00:53:25.8	481	Nolte	Frank		Gelsenkirchen	1968	42	M30	05:20,5	00:19:28,1
288		00:53:26.6	492	Wienholt	Bernd		Duisburg	1961	58	M40	05:20,6	00:19:28,9
289		00:53:27.1	392	Rokitt	Andreas		Duisburg	1966	60	M35	05:20,7	00:19:29,4
290		00:53:28.8	458	Stoll	Karsten		Garather SV Düsseldorf	1969	43	M30	05:20,8	00:19:31,1
291		00:53:30.0	301	Mehlich	Hans-Peter		Oberhausen	1959	59	M40	05:21,0	00:19:32,3
27	W	00:53:33.3	72	Seitz	Ines		Duisburg	1967	9	W35	05:21,3	00:10:47,0
292		00:53:33.7	335	Kockmann	Volker		Oberhausen	1961	60	M40	05:21,3	00:19:36,0
293		00:53:34.1	22	Blume	Wolfgang		TC Selbeck	1964	61	M35	05:21,4	00:19:36,4
294		00:53:34.4	79	Mandel	Eckhard		TB Heissen	1966	62	M35	05:21,4	00:19:36,7
28	W	00:53:35.1	71	Huegel	Olga		Moers	1965	10	W35	05:21,5	00:10:48,8
29	W	00:53:35.7	258	Fürst	Marga			1959	5	W40	05:21,5	00:10:49,4
295		00:53:37.3	269	Bühler	Friedrich			1954	36	M45	05:21,7	00:19:39,6
296		00:53:38.1	152	Buske	Manfred		Duisburg	1953	37	M45	05:21,8	00:19:40,4
297		00:53:39.0	147	Krause	Peter		TuS Baerl	1963	63	M35	05:21,9	00:19:41,3
298		00:53:42.3	525	Czarnetzki	Reinhold		Duisburg	1961	61	M40	05:22,2	00:19:44,6
299		00:53:45.9	415	von Wolff	Markus		VC Fabrik 04	1960	62	M40	05:22,5	00:19:48,2
300		00:53:46.9	410	Heistermann	Ludger		BSG Stadtwerke Duis	1952	27	M50	05:22,6	00:19:49,2
301		00:53:48.6	505	Rösner	Marcus		Moers	1968	44	M30	05:22,8	00:19:50,9
302		00:53:49.1	412	Klein	Oliver		Solingen	1969	45	M30	05:22,9	00:19:51,4
303		00:53:55.4	462	Lockert	Gerd		Mülheim	1964	64	M35	05:23,5	00:19:57,7
304		00:53:57.2	102	Heidenreich	Tobias		Duisburg	1976	44	MHK	05:23,7	00:19:59,5
305		00:54:05.3	519	Harrington	Michael		Duisburg	1951	28	M50	05:24,5	00:20:07,6
306		00:54:06.0	43	Griebeling	Christian		Duisburg	1979	45	MHK	05:24,6	00:20:08,3
307		00:54:09.0	50	Buch	Peter		Duisburg	1964	65	M35	05:24,9	00:20:11,3
308		00:54:10.2	386	Trost	Frank		MSV Duisburg LT	1951	29	M50	05:25,0	00:20:12,5
309		00:54:11.1	182	Haberland	Andre		Ratingen	1948	30	M50	05:25,1	00:20:13,4
310		00:54:19.1	10	Altenweg	Erik		Grindsbruchgazellen	1970	46	M30	05:25,9	00:20:21,4
311		00:54:21.1	178	Leusink	Dirk		BSG SK Duisburg	1974	46	MHK	05:26,1	00:20:23,4
312		00:54:21.6	177	Rafalski	Karl		BSG Stadtwerke Duis	1953	38	M45	05:26,1	00:20:23,9
313		00:54:22.0	465	Steinert	Harry		Duisburg	1953	39	M45	05:26,2	00:20:24,3
314		00:54:22.5	139	Leinweber	Markus		Mülheim	1966	66	M35	05:26,2	00:20:24,8
315		00:54:24.9	236	Höschchen	Willi		DJK VFR Saarn	1950	31	M50	05:26,4	00:20:27,2
30	W	00:54:26.2	104	Grafen	Francesca		RSC Stolberg	1956	6	W45	05:26,6	00:11:39,9
316		00:54:26.6	108	De Falco	Nino C.		Ratingen	1958	63	M40	05:26,6	00:20:28,9
317		00:54:27.0	274	Echtenbruck	Dieter		ASV Duisburg	1954	40	M45	05:26,7	00:20:29,3
31	W	00:54:30.2	740	Dembowiak	Martina		Duisburg	1962	6	W40	05:27,0	00:11:43,9

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
318		00:54:31.0	245	Kazmierczak	Frank	FS	Rheinkamp	1968	47	M30	05:27,1	00:20:33,3
319		00:54:34.5	478	Neuschwinger	Willi		Essen	1939	11	M60	05:27,4	00:20:36,8
32	W	00:54:35.5	45	Geiser	Zuzanna		ASV Duisburg	1952	2	W50	05:27,5	00:11:49,2
33	W	00:54:40.0	405	Evertz	Nicole		Wuppertal	1971	6	W30	05:28,0	00:11:53,7
320		00:54:45.6	423	Häuser	Rudolf	BSV	Grün-Weiß-Wes	1934	5	M65	05:28,5	00:20:47,9
321		00:54:56.1	189	Frochte	Klaus		Eintracht Duisburg	1951	32	M50	05:29,6	00:20:58,4
322		00:54:59.0	420	Brandl	Axel	MSV	Duisburg LT	1951	33	M50	05:29,9	00:21:01,3
323		00:55:05.8	56	Schiebener	Martin	TB	Rheinhausen	1955	41	M45	05:30,5	00:21:08,1
324		00:55:07.3	153	Liedtke	Wilfried		Heiligenhaus	1937	6	M65	05:30,7	00:21:09,6
325		00:55:08.6	260	Groß	Thomas			1969	48	M30	05:30,8	00:21:10,9
34	W	00:55:10.5	338	Kuhnen	Rosemarie	TUSEM	Essen	1935	1	W65	05:31,0	00:12:24,2
326		00:55:16.5	81	Nitschke	Michael	SV	Ruhrwiese	1961	64	M40	05:31,6	00:21:18,8
327		00:55:17.7	347	Lehne	Hauke		Gerscherder SV	1974	47	MHK	05:31,7	00:21:20,0
328		00:55:20.9	216	Lang	Hans-Jürgen		Essen	1962	65	M40	05:32,0	00:21:23,2
329		00:55:25.0	477	Ehrentraut	Ulrich		Konfetti 97	1964	67	M35	05:32,5	00:21:27,3
35	W	00:55:28.8	190	Harder	Andrea		Oberhausen	1966	11	W35	05:32,8	00:12:42,5
36	W	00:55:31.0	242	Glücks	Ines	FS	Rheinkamp	1977	4	WHK	05:33,1	00:12:44,7
330		00:55:34.3	223	Modler	Georg	SSG	Begnadete Koer	1962	66	M40	05:33,4	00:21:36,6
37	W	00:55:41.9	69	Büschken	Erika	LC	Duisburg	1951	3	W50	05:34,1	00:12:55,6
331		00:55:42.6	78	Hoffmann	Werner		Mülheim	1941	12	M60	05:34,2	00:21:44,9
38	W	00:55:43.2	474	Woermann	Gabi		Essen	1962	7	W40	05:34,3	00:12:56,9
39	W	00:55:46.2	348	Feifer	Sandra	SV	Xanten	1971	7	W30	05:34,6	00:12:59,9
40	W	00:55:50.7	38	Plicht	Manuela		Essen	1960	8	W40	05:35,0	00:13:04,4
332		00:55:51.1	381	Gontzen	Josef	Blues	Runners	1939	13	M60	05:35,1	00:21:53,4
41	W	00:55:53.3	232	Dudenbostel	Anne	DJK	VFR Saarn	1948	4	W50	05:35,3	00:13:07,0
333		00:56:04.2	1	Kiesendahl	Rolf	WAZ	Duisburg	1952	34	M50	05:36,4	00:22:06,5
334		00:56:06.6	261	Benning	Klaus			1961	67	M40	05:36,6	00:22:08,9
42	W	00:56:07.1	394	Wieckowicz	Elke		Mülheim	1964	12	W35	05:36,7	00:13:20,8
335		00:56:13.5	226	Wehran	Frank		Oberhausen	1968	49	M30	05:37,3	00:22:15,8
336		00:56:14.3	351	von Gehlen	Birger		Hilden	1954	42	M45	05:37,4	00:22:16,6
337		00:56:15.1	369	Schlüsener	Heinz	DJK	Adler 07 Bottro	1948	35	M50	05:37,5	00:22:17,4
338		00:56:16.2	130	Kolenbrander	Karl-Heinz		Düsseldorf	1952	36	M50	05:37,6	00:22:18,5
339		00:56:20.8	183	Keimer	Manfred	LC	Duisburg	1946	11	M55	05:38,0	00:22:23,1
43	W	00:56:24.7	68	Gocke	Dr. Carola		Essen	1964	13	W35	05:38,4	00:13:38,4
340		00:56:28.9	144	Neudam	Horst	TuS	Xanten	1937	7	M65	05:38,8	00:22:31,2
341		00:56:33.5	406	Seperdanis	Constantino		Wuppertal	1971	50	M30	05:39,3	00:22:35,8
342		00:56:36.7	352	Dirks	Arno		Moers	1956	43	M45	05:39,6	00:22:39,0
343		00:56:37.1	73	Hoffmann	Michael		Grindsbruchgazellen	1963	68	M35	05:39,7	00:22:39,4
344		00:56:37.9	120	Gondermann	Gilbert		Duisburg	1964	69	M35	05:39,7	00:22:40,2
44	W	00:56:38.6	744	Ditz	Antje		Krefeld	1965	14	W35	05:39,8	00:13:52,3
345		00:56:41.6	417	Jeizorski	Thorsten		Duisburg	1968	51	M30	05:40,1	00:22:43,9
346		00:56:45.1	217	Luettschwager	Thomas		Mülheim	1966	70	M35	05:40,5	00:22:47,4
45	W	00:56:45.9	222	Drönner	Marion	SSG	Begnadete Koer	1961	9	W40	05:40,5	00:13:59,6
347		00:57:07.2	375	Franke	Dietmar		Duisburg	1964	71	M35	05:42,7	00:23:09,5
348		00:57:07.9	402	Richtmann	Michael		Essen	1967	72	M35	05:42,7	00:23:10,2
349		00:57:09.7	306	Altriss	Sami			1967	73	M35	05:42,9	00:23:12,0
46	W	00:57:11.4	316	Meissner	Iris		Bonn	1962	10	W40	05:43,1	00:14:25,1
350		00:57:12.8	136	Schmück	Thomas		Mülheim	1962	68	M40	05:43,2	00:23:15,1
47	W	00:57:15.1	124	Van Amsterdam	Andrea		Duisburg	1969	8	W30	05:43,5	00:14:28,8
48	W	00:57:15.4	65	Grubing	Mechthild	LC	Duisburg	1954	7	W45	05:43,5	00:14:29,1
351		00:57:17.2	273	Echtenbruck	Patrick	ASV	Duisburg	1980	48	MHK	05:43,7	00:23:19,5
352		00:57:19.6	508	Mindthoff	Uwe		Wesel	1958	69	M40	05:43,9	00:23:21,9
353		00:57:30.0	266	Kessler	Michael			1967	74	M35	05:45,0	00:23:32,3
354		00:57:36.6	184	Scholz	Dirk		Duisburg	1980	49	MHK	05:45,6	00:23:38,9
355		00:57:37.0	185	Bonnet	Jan		Duisburg	1979	50	MHK	05:45,7	00:23:39,3
356		00:57:39.8	354	Dorloff	Jürgen	Freibad	Großenbaum	1939	14	M60	05:45,9	00:23:42,1
357		00:57:51.0	49	Schulz	Jürgen	SSVG	02 Velbert	1939	15	M60	05:47,1	00:23:53,3
358		00:57:57.4	256	Görtz	Dirk	TV	1900 Duisburg-W	1967	75	M35	05:47,7	00:23:59,7

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
359		00:57:58.1	255	Brands	Thomas			1965	76	M35	05:47,8	00:24:00,4
360		00:57:59.9	263	Hellwig	Stephan			1978	51	MHK	05:47,9	00:24:02,2
361		00:58:06.5	295	Cremer	Dr. Jörn		Oberhausen	1953	44	M45	05:48,6	00:24:08,8
362		00:58:08.3	172	Höschen	Dieter		Issum	1953	45	M45	05:48,8	00:24:10,6
363		00:58:15.8	383	Kaps	Michael		Duisburg	1967	77	M35	05:49,5	00:24:18,1
49	W	00:58:16.3	382	Peterlechner	Barbara		Duisburg	1962	11	W40	05:49,6	00:15:30,0
50	W	00:58:17.1	155	Mai	Hannelore		Duisburg	1946	1	W55	05:49,7	00:15:30,8
364		00:58:17.6	166	Kowalzik	Michael		BSG DVG e.V.	1966	78	M35	05:49,7	00:24:19,9
51	W	00:58:18.0	221	Modler	Heike		SSG Begnadete Koer	1962	12	W40	05:49,8	00:15:31,7
52	W	00:58:21.4	244	Hillmer	Frauke		FS Rheinkamp	1958	13	W40	05:50,1	00:15:35,1
365		00:58:21.9	249	Neumann	Walter		FS Rheinkamp	1949	37	M50	05:50,1	00:24:24,2
366		00:58:24.6	158	Gerschwitz	Daniel		Castrop - Rauxel	1969	52	M30	05:50,4	00:24:26,9
53	W	00:58:26.5	496	Kreutz	Dagmar		TV 1848 Moenchengl	1962	14	W40	05:50,6	00:15:40,2
367		00:58:27.0	495	Barth	Felix		LT Venn	1957	46	M45	05:50,7	00:24:29,3
368		00:58:33.1	48	Timm	Christian		Duisburg	1961	70	M40	05:51,3	00:24:35,4
54	W	00:58:38.4	434	Anrolin	Sabrina		Duisburg	1976	5	WHK	05:51,8	00:15:52,1
369		00:58:39.2	373	Strubel	Wolfgang		Wesel	1971	53	M30	05:51,9	00:24:41,5
370		00:58:40.1	435	Eupper	Dennis		duisburg	1976	52	MHK	05:52,0	00:24:42,4
55	W	00:58:49.9	356	Treckmann	Nicole		Ratingen	1972	9	W30	05:52,9	00:16:03,6
56	W	00:58:50.4	57	Reichow	Antje		Duisburg	1957	8	W45	05:53,0	00:16:04,1
57	W	00:58:56.1	343	Rosskopf	Silvia		Recklinghausen	1958	15	W40	05:53,6	00:16:09,8
58	W	00:59:00.1	121	Gieche	Britta		Duisburg	1964	15	W35	05:54,0	00:16:13,8
371		00:59:07.7	264	Hafemeister	Olaf			1969	54	M30	05:54,7	00:25:10,0
59	W	00:59:29.8	446	Wipperfürth	Trixi		Eintracht Duisburg	1971	10	W30	05:56,9	00:16:43,5
372		00:59:30.2	544	Günther	Achim		Grevenbroich	1965	79	M35	05:57,0	00:25:32,5
60	W	00:59:31.8	205	Tenbrink	Gabriele			1951	5	W50	05:57,1	00:16:45,5
61	W	00:59:35.2	439	Jung	Ulrike		VFB Gelsienkirchen	1956	9	W45	05:57,5	00:16:48,9
373		00:59:36.4	321	Barthen	Volker		Duisburg	1956	47	M45	05:57,6	00:25:38,7
62	W	00:59:39.3	437	Kaping	Gisela		Mülheim	1953	10	W45	05:57,9	00:16:53,0
374		00:59:39.7	436	Kaping	Harald		Club Raffelberg	1948	38	M50	05:57,9	00:25:42,0
63	W	00:59:47.2	440	Quetschke	Kimberley		TV Wanne Eickel	1967	16	W35	05:58,7	00:17:00,9
375		00:59:53.3	296	Burkhardt	Friedhelm		LC Duisburg	1954	48	M45	05:59,3	00:25:55,6
376		00:59:53.8	59	Weingran	Hans		LG Demag-Duisburg	1943	12	M55	05:59,3	00:25:56,1
377		00:59:56.9	527	Hqartke	Daniel		Mönchengladbach	1976	53	MHK	05:59,6	00:25:59,2
64	W	01:00:01.0	503	Nook	Karine		Duisburg	1969	11	W30	06:00,1	00:17:14,7
378		01:00:08.1	215	Schilling	Christian		Essen	1970	55	M30	06:00,8	00:26:10,4
379		01:00:10.5	14	Beuschold	Paul		Moers	1927	1	M75	06:01,0	00:26:12,8
380		01:00:15.9	317	Bechel	Klaus		Velbert	1938	16	M60	06:01,5	00:26:18,2
65	W	01:00:18.4	149	Boy	Ulrike		TSV Viktoria Mülhei	1957	11	W45	06:01,8	00:17:32,1
66	W	01:00:21.0	63	Elm	Heike		Essen	1959	16	W40	06:02,1	00:17:34,7
381		01:00:22.7	304	Tostes	Frank		Magic Five Duisburg	1943	13	M55	06:02,2	00:26:25,0
67	W	01:00:33.7	28	Halberschmidt	Tina		WAZ Duisburg	1975	6	WHK	06:03,3	00:17:47,4
68	W	01:00:34.9	283	Sinha	Sonja		ASV Duisburg	1971	12	W30	06:03,4	00:17:48,6
382		01:00:51.8	372	Stephanik	Reiner		MSV Duisburg LT	1950	39	M50	06:05,1	00:26:54,1
383		01:00:52.6	371	Gersch	Dieter		Voerde	1963	80	M35	06:05,2	00:26:54,9
384		01:00:53.5	391	Pieper	Norbert		Wesel	1969	56	M30	06:05,3	00:26:55,8
69	W	01:01:04.6	333	Schmitz	Meike		Tuspo Huckingen 18	1978	7	WHK	06:06,4	00:18:18,3
385		01:01:20.5	387	Giese	Michael		TV Jahn 1899	1967	81	M35	06:08,0	00:27:22,8
386		01:01:27.4	531	Koch	Peter		Duisburg	1956	49	M45	06:08,7	00:27:29,7
70	W	01:01:34.8	428	Carus	Ingrid		BSG West LB	1947	2	W55	06:09,4	00:18:48,5
71	W	01:01:41.6	151	Buske	Ulrike		Duisburg	1957	12	W45	06:10,1	00:18:55,3
72	W	01:01:53.9	359	Staiber	Ute		Tuspo Huckingen 18	1953	13	W45	06:11,3	00:19:07,6
387		01:02:26.1	493	Scheffler	Ulrich		Oberhausen	1957	50	M45	06:14,6	00:28:28,4
388		01:02:29.1	461	Lohscheidt	Dietmar		SV Spellen	1964	82	M35	06:14,9	00:28:31,4
73	W	01:02:29.4	460	Lohscheidt	Ursula		Mülheim	1965	17	W35	06:14,9	00:19:43,1
74	W	01:02:40.5	47	Timm	Sabrina		Duisburg	1964	18	W35	06:16,0	00:19:54,2
389		01:02:59.1	51	Kipp	Andreas		Duisburg	1973	54	MHK	06:17,9	00:29:01,4
75	W	01:02:59.5	358	Weidenmüller	Gudrun		Tuspo Huckingen 18	1959	17	W40	06:17,9	00:20:13,2



Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
390		01:03:02.1	146	Schröder	Bernd		Duisburg	1961	71	M40	06:18,2	00:29:04,4
76	W	01:03:02.4	39	Witte	Cornelia		Dinslaken	1965	19	W35	06:18,2	00:20:16,1
77	W	01:03:05.8	52	Behrendt	Ursula		TLV Germania Überr	1947	3	W55	06:18,5	00:20:19,5
78	W	01:03:25.8	145	Kamradt	Ulrike		Moers	1966	20	W35	06:20,5	00:20:39,5
79	W	01:03:28.5	246	Lange	Monika		FS Rheinkamp	1958	18	W40	06:20,8	00:20:42,2
80	W	01:03:28.8	241	Brauch	Christa		FS Rheinkamp	1960	19	W40	06:20,8	00:20:42,5
81	W	01:03:34.9	376	Standke	Angelika		LC Duisburg	1954	14	W45	06:21,4	00:20:48,6
82	W	01:03:36.6	98	Hucken	Sabine		LT Rennhamster	1969	13	W30	06:21,6	00:20:50,3
83	W	01:03:48.0	219	Fierlings	Inge		LC Duisburg	1942	1	W60	06:22,8	00:21:01,7
391		01:03:59.7	15	Zarbock	Andreas		Alpen	1962	72	M40	06:23,9	00:30:02,0
392		01:04:55.5	532	Behrendt	Günter		Moers	1957	51	M45	06:29,5	00:30:57,8
84	W	01:05:07.8	93	Rohr	Martina		Dicke Weiber Walsu	1963	21	W35	06:30,7	00:22:21,5
393		01:05:08.3	94	Rohr	Dieter		Dicke Weiber Walsu	1956	52	M45	06:30,8	00:31:10,6
85	W	01:05:14.1	330	Becker	Monika		Duisburg	1974	8	WHK	06:31,4	00:22:27,8
394		01:05:15.4	96	Lempken	Heinz		Duisburg	1932	2	M70	06:31,5	00:31:17,7
395		01:05:17.1	419	Brans	Michael Ralf		Duisburg	1971	57	M30	06:31,7	00:31:19,4
86	W	01:05:30.0	445	von Sachs	Melanie		Mülheim	1966	22	W35	06:33,0	00:22:43,7
396		01:05:46.2	86	Berndt	Wilfried		CSV Marathon Krefel	1949	40	M50	06:34,6	00:31:48,5
87	W	01:05:58.0	305	Wadewitz	Simone		Magic Five Duisburg	1969	14	W30	06:35,8	00:23:11,7
397		01:05:58.7	303	Muhlbach	Frank		Magic Five Duisburg	1967	83	M35	06:35,8	00:32:01,0
398		01:06:14.2	313	Bergendahl	Wolfgang		Duisburg	1954	53	M45	06:37,4	00:32:16,5
399		01:07:06.1	312	Kruska	Lutz		Duisburg	1963	84	M35	06:42,6	00:33:08,4
88	W	01:07:52.9	179	Korb	Marika		BSG Stadtwerke Duis	1966	23	W35	06:47,2	00:25:06,6
89	W	01:07:58.9	164	Brack	Kerstin		Duisburg	1964	24	W35	06:47,8	00:25:12,6
400		01:08:30.1	499	Schwarz	Thomas		Duisburg	1962	73	M40	06:51,0	00:34:32,4
90	W	01:08:55.0	422	Lotz	Annemarie		SG Neukirchen-Vluy	1957	15	W45	06:53,5	00:26:08,7
401		01:09:15.4	447	Lewrick	Carsten		Essen	1966	85	M35	06:55,5	00:35:17,7
91	W	01:09:31.5	349	Gamerad	Beate		FC Stoppenberg	1964	25	W35	06:57,1	00:26:45,2
92	W	01:09:54.2	214	Jung	Dagmar			1952	6	W50	06:59,4	00:27:07,9
402		01:10:16.8	169	Polenz	Adolf		BSG DVG e.V.	1950	41	M50	07:01,6	00:36:19,1
403		01:10:25.2	389	Brandenstein	Friedhelm		Essen	1947	14	M55	07:02,5	00:36:27,5
93	W	01:10:27.5	95	Jasinek	Sonia		Dicke Weiber Walsu	1963	26	W35	07:02,7	00:27:41,2
94	W	01:10:27.8	92	Lachmitt	Karin		Dicke Weiber Walsu	1962	20	W40	07:02,7	00:27:41,5
95	W	01:11:27.0	115	Tolzmann	Jutta		Mülheim	1960	21	W40	07:08,7	00:28:40,7
404		01:11:40.9	77	Engel	Aaron		MSV Duisburg	1993	55	MHK	07:10,0	00:37:43,2
96	W	01:12:04.5	469	Baus	Maritta		Realschule Fahrn	1963	27	W35	07:12,4	00:29:18,2
405		01:12:04.9	468	Baus	Andreas		Realschule Fahrn	1962	74	M40	07:12,4	00:38:07,2
406		01:12:06.6	470	Louis	Herbert		Realschule Fehrn	1947	15	M55	07:12,6	00:38:08,9
97	W	01:12:56.1	134	Christiansen	Sabine		Essen	1967	28	W35	07:17,6	00:30:09,8
98	W	01:12:56.5	135	Vierhaus	Stephanie		Neuss	1972	15	W30	07:17,6	00:30:10,2
99	W	01:13:15.8	159	Droste	Anntrien		Castrop - Rauxel	1965	29	W35	07:19,5	00:30:29,5
100	W	01:13:50.7	302	Spano-Mehlich	Gudrun			1955	16	W45	07:23,0	00:31:04,4
101	W	01:16:19.1	385	Gronau	Angelika		MSV Duisburg LT	1955	17	W45	07:37,9	00:33:32,8
102	W	01:16:38.1	459	Wacker	Kornelia		Essen	1953	18	W45	07:39,8	00:33:51,8
103	W	01:21:23.1	36	Drechsler	Renate		TV Jahn Hiesfeld	1956	19	W45	08:08,3	00:38:36,8
407		01:22:19.1	479	Berendes	Reinhard		Essen	1953	54	M45	08:13,9	00:48:21,4
408		01:26:19.1	366	Hof	Helmut		TC Babcock	1949	42	M50	08:37,9	00:52:21,4
104	W	01:26:19.4	367	Hof	Ute		TC Babcock	1952	7	W50	08:37,9	00:43:33,1
105	W	01:26:19.9	368	Tritt	Gisela		TC Babcock	1949	8	W50	08:37,9	00:43:33,6