



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:36:33	Radtke, Mathias	20		DJK Vierlinden 28	1966	1	M40	03:39,3
2		2	00:37:38	Eikermann, Lars	239			1967	2	M40	03:45,8
3		3	00:38:53	Helmich, Klaus	135		Rumelner TV	1968	3	M40	03:53,3
4		4	00:39:11	Thomauske, Norbert	240		Tuspo Huckingen 1898	1959	1	M50	03:55,1
5		5	00:39:56	Gehrke, Klaus	221		Velbert	1966	4	M40	03:59,6
6		6	00:40:00	Willuweit, Tobias	23		Neuss	1978	1	M30	04:00,0
7		7	00:40:01	Frey, Heinz-Gerd	209		Rheinberg	1957	2	M50	04:00,1
8		8	00:40:10	Manthey, Peter	68		Hamborn 07	1951	1	M55	04:01,0
9		9	00:40:37	Szalai, Michael	233		BSG Stadtwerke Duisburg	1965	5	M40	04:03,7
10	W	1	00:41:20	Krämer, Sabrina	215		LC Duisburg	1981	1	WHK	04:08,0
11		10	00:41:21	Severin, Tobias	236		LGO Bochum	1975	2	M30	04:08,1
12		11	00:41:22	Lösing, Martin	222		LG RWE Power	1958	3	M50	04:08,2
13		12	00:41:48	Wiedelbach, Frank	121		Rumelner TV	1964	1	M45	04:10,8
14		13	00:42:09	Zur, Rolf	246		ASV Duisburg	1970	1	M35	04:12,9
15		14	00:43:04	Glienke, Rainer	223		Die Stolperer	1963	2	M45	04:18,4
16		15	00:43:09	Urbanczyk, Günter	192		LV Mülheim	1965	6	M40	04:18,9
17		16	00:43:21	Winter, Stefan	71		TB Weiden	1975	3	M30	04:20,1
18		17	00:43:44	Henning, Rainer	113		Rumelner TV	1961	3	M45	04:22,4
19		18	00:43:50	Echtenbruck, Patrick	1		LG adesso	1980	1	MHK	04:23,0
20		19	00:43:51	Lange, Prof. Dr. Winand	212		Kempen	1957	4	M50	04:23,1
21		20	00:44:09	Timmerman, Christian	231		Duisburg	1989	2	MHK	04:24,9
22		21	00:44:17	Buhrmann, Ulrich	40		Düsseldorf	1967	7	M40	04:25,7
23		22	00:44:23	Hartmann, Fred	211		Die Stolperer	1961	4	M45	04:26,3
24		23	00:44:25	Roddeck, Markus	174		LC Duisburg	1968	8	M40	04:26,5
25		24	00:44:49	Detti, Manuel	177		Duisburg	1973	2	M35	04:28,9
26		25	00:44:53	Echtenbruck, Dieter	3		Moers	1954	2	M55	04:29,3
27		26	00:44:55	Kättnis, Daniel	42		da simma dabei	1983	3	MHK	04:29,5
28		27	00:45:01	Westphal, Jürgen	181		Moers	1967	9	M40	04:30,1
29		28	00:45:05	Markgraf, Jonas	195		OSC 04 Rheinhausen	1980	4	MHK	04:30,5
30		29	00:45:27	Giersch, Andreas	146		Duisburg	1974	3	M35	04:32,7
31		30	00:45:44	Nanz, Jörg	244		Duisburg	1965	10	M40	04:34,4
32		31	00:45:48	Jansen, Mario	219		Duisburg	1982	5	MHK	04:34,8
33		32	00:45:48	Buske, Sebastian	218		Vfl Rheinhausen	1982	6	MHK	04:34,8
34		33	00:45:51	Schwarz, Rainer	46		Duisburg	1961	5	M45	04:35,1
35		34	00:46:07	Ulitzka, Michael	52		BSG Stadtwerke Duisburg	1986	7	MHK	04:36,7
36		35	00:46:10	Echtenbruck, Peter	98		TV Walsum-Aldenrade	1956	5	M50	04:37,0
37		36	00:46:27	Krüger, Thorsten	75		Kempen-TV St. Hubert	1967	11	M40	04:38,7
38		37	00:46:37	Persicke, Armin	202			1962	6	M45	04:39,7
39		38	00:46:38	Möller, Thomas	171		Duisburg	1962	7	M45	04:39,8
40		39	00:46:43	Borkenhagen, Christian	17		Eick-West	1971	4	M35	04:40,3
41		40	00:46:45	Martinez, José	197		BKK Demag	1951	3	M55	04:40,5
42	W	2	00:46:46	Krüger, Katrin	76		TV St. Hubert	1969	1	W40	04:40,6
43		41	00:46:47	Beckmann, Ludger	227		RS Neukirchen- Vluyn	1956	6	M50	04:40,7
44		42	00:46:48	Marten, Jens	122		Rumelner TV	1971	5	M35	04:40,8
45	W	3	00:46:49	Pingen, Bini	39		LC Duisburg	1968	2	W40	04:40,9
46		43	00:47:25	Feltgen, Rüdiger	117		Rumelner TV	1959	7	M50	04:44,5
47		44	00:47:31	Koopmann, Franz	230		Rheurd	1945	1	M60	04:45,1
48		45	00:47:32	Lopez, Alberto	243		Duisburg	1966	12	M40	04:45,2
49		46	00:47:52	Pitsch, Hans-Werner	247		Die Stolperer	1953	4	M55	04:47,2
50		47	00:47:54	Wahl, Thomas	234		Duisburg	1968	13	M40	04:47,4
51		48	00:47:58	Wäldchen, Ulrich	120		Rumelner TV	1955	8	M50	04:47,8
52		49	00:48:05	Roth, Thomas	103		Essen	1965	14	M40	04:48,5
53		50	00:48:32	Jochims, Jörg	137		RSC-Moers	1961	8	M45	04:51,2
54		51	00:48:33	Gilmer, Florian	27		Essen	1976	4	M30	04:51,3
55		52	00:49:02	Hendricks, Christian	194		Duisburg	1975	5	M30	04:54,2
56		53	00:49:09	Wachholz, Thomas	119		Rumelner TV	1961	9	M45	04:54,9
57		54	00:49:37	Buske, Alexander	232		Duisburg	1985	8	MHK	04:57,7
58		55	00:49:45	Boes, Achim	180		BKK Demag	1959	9	M50	04:58,5



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
59		56	00:49:46	Krause, Manfred	201		Duisburg	1966	15	M40	04:58,6
60		57	00:50:48	Lutzer, Andreas	229		Duisburg	1967	16	M40	05:04,8
61		58	00:50:50	Sattlet, Wolfgang	228		Duisburg	1965	17	M40	05:05,0
62		59	00:51:04	Piechatzek, Edmund	106		LC Duisburg	1955	10	M50	05:06,4
63		60	00:51:23	Thelen, Dieter	248		Duisburg	1955	11	M50	05:08,3
64		61	00:51:50	Schwoerer, Andreas	214		Duisburg	1963	10	M45	05:11,0
65		62	00:51:52	Peter, Ronald	16		HLG 98 Wuppertal	1960	11	M45	05:11,2
66	W	4	00:52:06	Piechatzek, Gabriele	132		LC Duisburg	1954	1	W55	05:12,6
67		63	00:52:12	Damaschke, Dieter	104		Kamp-Lintfort	1956	12	M50	05:13,2
68		64	00:52:28	Ahlemeyer, Klaus	109		Rumelner TV	1943	1	M65	05:14,8
69	W	5	00:52:29	Gehrke, Bettina	210		Duisburg	1974	1	W35	05:14,9
70		65	00:52:45	Vahland, Frank	8		MSV Duisburg	1974	6	M35	05:16,5
71	W	6	00:52:47	König- Schröter, Manuela	224		Die Stolperer	1963	1	W45	05:16,7
72	W	7	00:52:48	Litz, Hildegard	69		AS Neukirchen-Vluyn	1956	1	W50	05:16,8
73		66	00:52:56	Phlipsen, Marcus	217		Krefeld	1966	18	M40	05:17,6
74		67	00:53:00	Licata, Antonio	54		Dudel-Runner	1966	19	M40	05:18,0
75	W	8	00:53:01	Metternich, Melanie	241		Palma Runners	1976	1	W30	05:18,1
76		68	00:53:11	Beckmann, Micha	242		Palma Runners	1965	20	M40	05:19,1
77	W	9	00:53:43	Friese, Martina	2		LG adesso	1977	2	W30	05:22,3
78		69	00:53:44	Friese, Gustav	6		Rumeln	1944	2	M65	05:22,4
79	W	10	00:54:01	Kok, Sabine	111		Rumelner TV	1965	3	W40	05:24,1
80		70	00:54:02	Rösner, Dietmar	31		OSC 04 Rheinhausen	1941	3	M65	05:24,2
81	W	11	00:54:08	Winnands, Marion	198		Die Stolperer	1977	3	W30	05:24,8
82		71	00:54:09	Gronau, Frank	237		Rumelner TV	1965	21	M40	05:24,9
83	W	12	00:54:22	Jekubczik, Christa	199		Duisburg	1952	2	W55	05:26,2
84	W	13	00:54:30	Markshausen-Fischer, Mar	47	PER	Rumelner TV	1961	2	W45	05:27,0
85		72	00:54:38	Hendricksen, Ernst	101		Viersen	1934	1	M75	05:27,8
86		73	00:54:47	Blum, Manfred	235		Krefeld	1943	4	M65	05:28,7
87	W	14	00:54:50	Rase, Sigrun	220		Duisburg	1974	2	W35	05:29,0
88	W	15	00:54:57	Schalk, Claudia	200		LC Duisburg	1964	3	W45	05:29,7
89		74	00:55:27	Menzel, Jürgen	53		Dudel-Runner	1955	13	M50	05:32,7
90		75	00:55:52	Berner, Dieter	208		OSC 04 Rheinhausen	1937	1	M70	05:35,2
91		76	00:55:56	Gangelhoff, Stefan	34		Duisburg	1964	12	M45	05:35,6
92	W	16	00:56:06	Emmerich, Lydia	216		Duisburg	1950	3	W55	05:36,6
93	W	17	00:56:07	Gaubatz, Jennifer	245		Oberhausen	1992	1	WJugB	05:36,7
94	W	18	00:56:12	Pitsch- Glienke, Verena	226		Die Stolperer	1963	4	W45	05:37,2
95	W	19	00:56:13	Jochem, Susanne	238		Duisburg	1968	4	W40	05:37,3
96	W	20	00:56:14	Adam, Silke	13		Duisburg	1968	5	W40	05:37,4
97	W	21	00:56:28	Hörstgen, Marlene	33		Duisburg	1963	5	W45	05:38,8
98		77	00:59:14	Manke, Rainer	15		Kamp-Lintfort	1954	5	M55	05:55,4
99	W	22	01:00:49	Echtenbruck, Yvonne	4		Bochum	1983	2	WHK	06:04,9
100	W	23	01:01:11	Henseler, Beatrix	77		Mettmann	1965	6	W40	06:07,1
101	W	24	01:02:16	Linnenberg, Anja	43		Herten	1979	4	W30	06:13,6
102		78	01:02:17	Humberg, Patrick	45		Solingen	1970	7	M35	06:13,7
103		79	01:02:18	Jahnke, Alfred	118		Rumelner TV	1945	2	M60	06:13,8
104		80	01:02:19	Keusemann, Heinrich	110		Rumelner TV	1935	2	M70	06:13,9
105	W	25	01:02:24	Hannecke, Jutta	193		Duisburg	1966	7	W40	06:14,4
106		81	01:02:28	Achteresch, Leo	213		Homberger TV	1934	2	M75	06:14,8
107	W	26	01:02:32	König, Stefanie	225		Meerbusch	1968	8	W40	06:15,2
108		82	01:06:25	Pschibil, Bernhard	99		Viersen	1956	14	M50	06:38,5