



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:18:27	Langhanki, Gerd	154		OSC Waldniel	1966	1	M40	03:41,4
2		2	00:19:26	Harder, Jens	182		Eintracht Duisburg	1968	2	M40	03:53,2
3		3	00:20:53	Jentzsch, Daniel	36		Duisburg	1988	1	MHK	04:10,6
4		4	00:21:10	Biella, Burkhard	66		Duisburg	1955	1	M50	04:14,0
5		5	00:22:00	Ketteler, Guido	157		Duisburg	1973	1	M35	04:24,0
6		6	00:22:02	Davidchyk, Nikita	107		OSC 04 Rheinhausen	1996	1	MJugB	04:24,4
7		7	00:22:07	Schröder, Lothar	166		Duisburg	1963	1	M45	04:25,4
8		8	00:22:13	Reisloh, Carsten	188		OSC 04 Rheinhausen	1976	1	M30	04:26,6
9		9	00:22:33	Jentzsch, Uwe	30		Duisburg	1955	2	M50	04:30,6
10		10	00:23:16	Volkenborn, Uwe	72		OSC 04 Rheinhausen	1964	2	M45	04:39,2
11		11	00:23:36	Winter, Heinz	167		LG Hünxe	1940	1	M65	04:43,2
12		12	00:24:43	Helmich, Timon	50		Rumelner TV	2001	2	MJugB	04:56,6
13		13	00:24:44	Helmich, Klaus	49		Rumelner TV	1968	3	M40	04:56,8
14	W	1	00:25:42	Langhanki, Ute	155		OSC Waldniel	1969	1	W40	05:08,4
15		14	00:25:43	Splettstößer, Stefan	169		Duisburg	1993	3	MJugB	05:08,6
16	W	2	00:25:59	Detti, Sonja	175		Duisburg	1972	1	W35	05:11,8
17		15	00:26:27	Brunke, Dieter	207		Duisburg	1954	1	M55	05:17,4
18		16	00:26:31	Zöllner, Robert	191		Marathon Dinslaken	1962	3	M45	05:18,2
19		17	00:26:34	Hensel, Florian	41		da simma dabei	1992	4	MJugB	05:18,8
20	W	3	00:26:41	Büscher, Svenja	176		Duisburg	1975	1	W30	05:20,2
21		18	00:26:59	Driessen, Wolfgang	134		Krefeld	1952	2	M55	05:23,8
22	W	4	00:27:07	Ingenpaß, Sarah	91		Duisburg	1988	1	WHK	05:25,4
23		19	00:27:11	Stolle, Peter	78		OSC 04 Rheinhausen	1962	4	M45	05:26,2
24		20	00:27:47	Verhoeven, Ernst	165		RTV Rumeln Boxabteilung	1943	2	M65	05:33,4
25		21	00:27:48	Hildmann, Thomas	127		Rumelner TV	1970	2	M35	05:33,6
26		22	00:28:04	Kautz, Luca	178		Duisburg	1997	5	MJugB	05:36,8
27		23	00:28:07	Arens, Armin	92		Moerser TV	1963	5	M45	05:37,4
28		24	00:28:34	GERRARDS, RALF	89		LT MG-Hardt	1965	4	M40	05:42,8
29	W	5	00:28:36	Küper, Ricarda	102		Duisburg	1999	1	WJugB	05:43,2
30	W	6	00:28:41	Winter, Beate	90		Duisburg	1959	1	W50	05:44,2
31		25	00:28:56	Oberst, Alfred	133		Krefeld	1951	3	M55	05:47,2
32		26	00:28:58	Blum, Reinhard	125		Rumelner TV	1941	3	M65	05:47,6
33		27	00:29:09	Freiberg, Frank	24		Team Griesson de Beukela	1963	6	M45	05:49,8
34		28	00:29:54	Kaffanke, Paul	114		Rumelner TV	1947	1	M60	05:58,8
35	W	7	00:30:02	Nusselein, Susanne	21		DJK Kempener LC	1959	2	W50	06:00,4
36	W	8	00:31:52	Fischer, Isabell	143		Duisburg	1992	2	WJugB	06:22,4
37		29	00:31:55	Gillat, Helmuth	115		Rumelner TV	1945	2	M60	06:23,0
38	W	9	00:32:00	Tremmel-Hensel, Elke	44		da simma dabei	1962	1	W45	06:24,0
39	W	10	00:32:03	Mathes, Gabriele	187		Duisburg	1957	3	W50	06:24,6
40		30	00:32:04	Fenyk, Ulrich	179		Rumelner TV	1964	7	M45	06:24,8
41		31	00:33:14	Albertini, Michael	162		Duisburg	1964	8	M45	06:38,8
42	W	11	00:33:37	Nolte, Julia	70		Berlin	1978	2	W30	06:43,4
43		32	00:34:45	von Rekowski, Stefan	170		Duisburg	1970	3	M35	06:57,0
44		33	00:35:05	Albertini, Werner	163		Rumelner TV	1943	4	M65	07:01,0
45	W	12	00:35:07	Stolle, Sabine	79		OSC 04 Rheinhausen	1967	2	W40	07:01,4
46	W	13	00:35:24	Stolle, Christina	80		OSC 04 Rheinhausen	1988	2	WHK	07:04,8
47		34	00:38:13	Kölven, Gerd	123		Rumelner TV	1948	3	M60	07:38,6