

Platz	Nr.	Name, Vorname	Verein/*Ort	Jahr	Platz	AK	Endzeit
1	2671	Werner, Michael	Söhne Schwafheims	1965	1	35	00:15:56
2	2622	Roßmann, Roman	TSV Bayer 04	1979	1	22	00:16:08
3	2301	Schlitzkus, Dirk	FC Stoppenberg	1967	2	35	00:16:22
4	3037	Wimmers, Bernd	LAV Bayer Uerdingen/Dorma	1985	1	18	00:16:38
5	2855	Schneider, Daniel	LT Starlight Team Essen	1984	2	18	00:16:45
6	3039	Keller, Alexander	LAV Bayer Uerdingen/Dorma	1985	3	18	00:16:47
7	2574	Mentzen, Jörg	SG Ruhrgas Essen	1979	2	22	00:16:59
8	2761	Knospe, Andreas	Bunert-Running-Team	1979	3	22	00:17:02
9	2591	Schwarz, Harald	DJK Teutonia St. Tönis	1960	1	40	00:17:09
10	2663	Schoemakers, Michael	VfL Merkur Kleve	1969	1	30	00:17:20
11	3191	Ammenwerth, Jan	LT Starlight Team Essen	1973	2	30	00:17:22
12	2563	Przibylla, Rudolf	MC Eschweiler	1960	2	40	00:17:23
13	2575	Mracsek, Peter	SG Ruhrgas Essen	1958	1	45	00:17:29
14	2596	Kuhnke, Lothar	Tusem Essen	1955	2	45	00:17:30
15	2707	Schneider, Axel	Söhne Schwafheims	1966	3	35	00:17:30
16	3178	Reckel, Wolfgang	TUS Breitscheid	1959	3	40	00:17:36
17	2580	Theisen, Dr Oliver	SG Ruhrgas Essen	1971	3	30	00:17:41
18	2551	Borchert, Wolfgang	MC Eschweiler	1963	4	40	00:17:44
19	2472	Harder, Jens	Eintracht Duisburg	1968	4	35	00:17:48
20	3038	Drop, Christian	LAV Bayer Uerdingen/Dorma	1986	4	18	00:17:53
21	2496	Hitzbleck, Karsten	Eintracht Duisburg	1971	4	30	00:17:57
22	3180	Runte, Meinolf	TUS Breitscheid	1961	5	40	00:18:02
23	2332	Kollender, Jan Philipp	LC Duisburg	1986	5	18	00:18:03
24	3192	Ammenwerth, Wim	LT Starlight Team Essen	1973	5	30	00:18:07
25	2999	Ebbrecht, Hartmut	TSV Hochdahl	1956	3	45	00:18:07
26	2300	Weiss, Annette	Siegburger TV	1968	1	35	00:18:08
27	2757	Lehmberg, Volker	Eintracht Duisburg	1972	6	30	00:18:08
28	3148	Kawelke, Thomas	SI Sport e.V.	1969	7	30	00:18:08
29	2450	Götzen, Fred	*Duisburg	1968	5	35	00:18:12
30	3036	Thielke, Jürgen	LAV Bayer Uerdingen/Dorma	1959	6	40	00:18:24
31	2593	Brahm, Thomas	DJK Teutonia St. Tönis	1985	6	18	00:18:28
32	3030	Buck, Daniel	*WUPPERTAL	1985	7	18	00:18:31
33	3189	Siekmann, Ulrich	TSV Viktoria Mülheim	1949	1	50	00:18:31
34	3285	Schröder, Werner	FC Nordkirchen	1950	2	50	00:18:32
35	2731	Eppendahl, Klaus	Berg u. Ski-Gilde Hatting	1946	1	55	00:18:39
36	3221	Stahr, Ralf	LG Mülheim	1962	7	40	00:18:44
37	2736	Gülzau, Fabian	LG Hünxe	1987	8	18	00:18:46
38	2756	Lübke, Oliver	PSV Wuppertal	1966	6	35	00:18:49
39	2412	Runge, Holger	LG Duisburg-Süd	1962	8	40	00:18:49
40	3182	Wagner, Patrick	TUS Breitscheid	1983	1	19	00:18:50
41	3264	Leifkes, Steffen	LG Coesfeld	1987	9	18	00:18:52
42	2602	Wolf, Marcel	TV Wanheimerort	1987	10	18	00:18:54
43	2452	Niklass, Kai	*Oberhausen	1986	11	18	00:18:55
44	2406	Wöhler, Thomas	FC Stoppenberg	1989	1	15	00:18:57
45	3175	Jerosch, Jan-Sebastian	TUS Breitscheid	1979	4	22	00:18:57
46	3185	Hermann, Klaus	TSV Viktoria Mülheim	1949	3	50	00:19:00
47	2447	Busch, Thomas	TUS Neumühl	1980	5	22	00:19:03
48	2772	Schostag, Jürgen	Homberger TV	1957	4	45	00:19:04
49	3100	Scharrenberg, Ulrich	TSV Hochdahl	1948	2	55	00:19:09
50	3203	Drop, Ulli	VFB Alemannia Pfalzdorf	1960	9	40	00:19:10
51	3236	Mroß, Thomas	Söhne Schwafheims	1967	7	35	00:19:12
52	2512	Thelen, Thomas	OSC Rheinhausen	1960	10	40	00:19:15
53	2749	Tohermes, Kurt	LG Hünxe	1955	5	45	00:19:16
54	3012	Haberscheidt, Ralf	FC Stoppenberg	1963	11	40	00:19:17
55	3041	Franzen, Jannis	LC Duisburg	1985	12	18	00:19:19
56	2419	Hanzen, Michael	Homberger TV	1954	6	45	00:19:21
57	3109	Schwoll, Detlef	Styrumer Turnverein 1880	1958	7	45	00:19:22
58	2536	Brose, Karl	Marathon Dinslaken	1952	4	50	00:19:22
59	2365	Bischoff, Bettina	SV Gladbeck 13	1966	2	35	00:19:27
60	2304	Ropertz, Ingo	LC Duisburg	1957	8	45	00:19:28
61	2767	Ettelt, Stefan	LT Starlight Team Essen	1983	2	19	00:19:28
62	3197	Dickmann, Roland	LAV Oberhausen	1941	1	60	00:19:29

63	2699 Gusek, Herbert	USC Bochum	1951	5	50	00:19:33
64	2605 Sommer, Martin	TV Wanheimerort	1968	8	35	00:19:34
65	3242 Bockholt, Andreas	Pego Lauftreff	1973	8	30	00:19:38
66	2691 Kaiser, Claudia	TSV Bayer 04 Leverkusen	1982	1	19	00:19:40
67	2706 Feyen, Ulrich	*Tönisvorst	1960	12	40	00:19:40
68	3097 Bündler, Heinz	FC Nordkirchen	1959	13	40	00:19:44
69	3229 Schoenfeld, Andreas	Osterather TV	1961	14	40	00:19:44
70	2360 Kawalleck, Andreas	Turbo Quartett	1972	9	30	00:19:46
70	2465 Echtenbruck, Peter	TV Walsum Aldenrade	1956	9	45	00:19:46
72	3239 Wilczek, Ralph	L-Carn-Team	1971	10	30	00:19:49
73	2589 Dohm, Markus	DJK Teutonia St. Tönis	1960	15	40	00:19:51
74	3040 Hauptstein, Jürgen	rennstall lichtenhagen	1959	16	40	00:19:55
75	2737 Makosch, Nils	LG Hünxe	1989	2	15	00:19:56
76	3190 Lenk, Rolf	TGÜ Gelsenkirchen	1945	3	55	00:19:57
77	2620 Nathofer, Karl-Heinz	TV Jahn Hiesfeld	1951	6	50	00:19:57
78	2330 Speckmann, Heike	LAV Oberhausen	1965	3	35	00:19:57
79	3263 Schumacher, Tobias	LG Coesfeld	1986	13	18	00:20:03
80	3091 Krsak, Günther	*Wesel	1949	7	50	00:20:07
81	2565 Stetter, Dieter	Homberger TV	1958	10	45	00:20:10
82	2587 Schuh, Andrea	DJK Teutonia St. Tönis	1963	1	40	00:20:12
83	2740 Renn, Florian	LG Hünxe	1990	3	15	00:20:12
84	2397 Abels, Markus	Viktoria Winnekendonk	1968	9	35	00:20:13
85	3266 Konert, Markus	LG Coesfeld	1976	6	22	00:20:13
86	2857 Großkämper, Ernst	GSV Geldern 09/34 e.V.	1946	4	55	00:20:14
87	3243 Malburg, Ulrich	TVE Essen-Burgattendorf	1960	17	40	00:20:14
88	3018 Kolb, Thomas	SV Siemens	1964	10	35	00:20:23
89	3244 Rohde, Achim	*Duisburg	1954	11	45	00:20:24
90	2951 Breitfeld, Susanne	Homberger TV	1967	4	35	00:20:29
91	2547 Salewsky, Michael	SG Stern Düsseldorf	1965	11	35	00:20:29
92	2367 Ries, Thomas	*Mülheim	1965	12	35	00:20:34
93	2627 Greilich, Florian	TUSPO Huckingen	1979	7	22	00:20:36
94	3110 Göbbels, Torsten	*Duisburg	1980	8	22	00:20:38
95	2323 Müller, Lisa	ASV Duisburg	1985	1	18	00:20:43
96	3250 Janissen, Anselm	*Duisburg	1963	18	40	00:20:44
97	2550 Barth, Friedhelm	MC Eschweiler	1959	19	40	00:20:48
98	2681 Hüsken, Stephan	*Essen	1963	20	40	00:20:48
99	2394 Brunmeier, Pierre	Family Team Fit 4 Run	1982	3	19	00:20:48
100	3265 Konert, Christian	LG Coesfeld	1979	9	22	00:20:49
101	3066 Baaske, Rolf	LG Wuppertal	1968	13	35	00:20:50
102	2573 Küntzer, Dirk	SG Ruhrgas Essen	1976	10	22	00:21:01
103	2705 Feyen, Rainer	*Tönisvorst	1954	12	45	00:21:03
104	3053 Maas, Steffen	*Moers	1982	4	19	00:21:04
105	2526 Becker, Udo	LC Duisburg	1945	5	55	00:21:04
106	2704 görlner, armin	SV Willich	1963	21	40	00:21:05
107	2329 Winter, David	TUS Hamborn-Neumühl	1988	4	15	00:21:06
108	2693 Coppel, John	Wilco 99	1946	6	55	00:21:08
109	2765 Schepker, Klaus	Duathlon Team Essen	1953	8	50	00:21:13
110	2557 Penner, Ralph	*Wuppertal	1953	9	50	00:21:14
111	2745 Liß, Carolin	LG Hünxe	1990	1	15	00:21:14
112	3099 Hirsch, Joachim	TSV Hochdahl	1952	10	50	00:21:18
113	3261 Wude, Steve	LG Coesfeld	1987	14	18	00:21:19
114	3202 Drop, Gabi	VFB Alemannia Pfalzendorf	1962	2	40	00:21:20
115	2516 Mellinghoff, Elke	Homberger TV	1956	1	45	00:21:20
116	2868 Buck, Michael	*Wuppertal	1954	13	45	00:21:21
116	2478 Kemna, Dominik	LC Duisburg	1986	15	18	00:21:21
118	2326 Jakobs, Manfred	ETUS Wedau	1945	7	55	00:21:24
119	3209 Wendelin, Gustav	LT Kettwig 2000	1947	8	55	00:21:29
120	2634 Hamann, Peter	*Mülheim an der Ruhr	1957	14	45	00:21:29
121	2393 Reinhold, Volker	Eintracht Duisburg	1954	15	45	00:21:36
122	3282 Reulecke, Nina	VT 1859 Kempen	1983	2	19	00:21:37
123	2328 Korstian, Peter	*Duisburg	1964	14	35	00:21:38
124	3002 Horrig, Volker	LC Duisburg	1959	22	40	00:21:39
125	2752 Backhaus, Sigrid	LG Hünxe	1954	2	45	00:21:41

126	2384 Zimmermann, Jörg	ASCD	1959	23	40	00:21:48
127	2471 Blomberg, Stefan	*Duisburg	1967	15	35	00:21:48
128	2760 Roeser, Sabine	LG Hünxe	1970	1	30	00:21:49
129	3183 Stelkens, Angela	TSV Viktoria Mülheim	1950	1	50	00:21:52
130	2753 Tohermes, Gabriele	LG Hünxe	1956	3	45	00:21:53
131	2407 Tintrop, Markus	SG Sparkasse Mülheim e. V	1971	11	30	00:21:53
131	3237 Blome, Jan	LG Coesfeld	1987	16	18	00:21:53
133	2364 Görigk, Silvia	Wedau-Runner Duisburg	1967	5	35	00:21:53
134	3082 Fretschen, Christian	AS Neukirchen-Vluyn	1968	16	35	00:21:53
135	3194 Niermann, Guido	LT Starlight Team Essen	1967	17	35	00:21:57
135	2739 Höpken, Björn	LG Hünxe	1990	5	15	00:21:57
137	2862 Uellenberg, Bernd	BSG SK Dinslaken-Voerde-H	1951	11	50	00:21:57
138	3158 Liefering, Wolfgang	KG Wanderfalke Essen	1936	1	65	00:21:57
139	2630 Kreuz, Matthias	LG Dorsten	1987	17	18	00:21:58
140	2631 Wirz-Fischer, Ursula	Tusem Essen	1953	2	50	00:21:58
141	2766 Melchert, Arno	*Nettetal	1970	12	30	00:22:01
142	3188 Schneiderbanger, Konrad	TSV Viktoria Mülheim	1933	1	70	00:22:02
143	2669 Engelhardt, Thomas	BSG Sparkasse Lüdenscheid	1964	18	35	00:22:05
144	2893 Jost, Helmut	BSG Langlauf SSK Duisburg	1956	16	45	00:22:08
145	2635 Rashid, Mäteling	TUB Bocholt	1986	18	18	00:22:11
146	2751 Schaaf, Detlef	LG Hünxe	1953	12	50	00:22:12
147	2368 Peter, Ronald	HLG 98 Wuppertal	1960	24	40	00:22:13
148	2588 Koop-Törkel, Gabriele	Marathon Dinslaken	1969	2	30	00:22:14
149	2750 Dera, Alfred	LG Hünxe	1937	2	65	00:22:16
149	2559 Slanina, Norbert	*Bottrop	1952	13	50	00:22:16
151	3186 Lingelmann, Jürgen	TSV Viktoria Mülheim	1963	25	40	00:22:17
152	2744 Haupt, Janina	LG Hünxe	1990	2	15	00:22:18
153	2910 Delmich, Markus	Vodafone Runners	1969	13	30	00:22:19
154	2590 Pötter, Thomas	DJK Teutonia St. Tönis	1962	26	40	00:22:19
155	3279 Litschke, Herbert	Haste Töne Dinslaken	1967	19	35	00:22:20
156	2431 Blauert, Uli	*Neukirchen-Vluyn	1953	14	50	00:22:21
157	2725 Plehnert, Michael	LC Duisburg	1955	17	45	00:22:21
158	unbekannt, DN825T2		1899			00:22:22
159	3015 Mihrmeister, Jan	*gelsenkirchen	1980	11	22	00:22:23
160	2359 Pamotat, Ralf	LT Bittermark	1963	27	40	00:22:24
161	3161 Stelzer, Georg	DJK VFR Saarn	1940	2	60	00:22:29
161	2321 Bluhm, Frank	Homberger TV	1966	20	35	00:22:29
163	2322 Müller, Nils	ASV Duisburg	1992	6	15	00:22:29
164	2678 Schnitgerhans, Birgit	BSG WAZ Essen	1965	6	35	00:22:30
165	2682 Budnik, Sven	LG Ratingen	1988	7	15	00:22:31
166	3174 Moog, Karlheinz	TUS Breitscheid	1938	3	65	00:22:33
167	2617 Hoerner, Peter	*Bottrop	1955	18	45	00:22:33
168	2769 Deelmann, Ursula	TSV Bayer 04 Leverkusen	1982	3	19	00:22:34
169	3033 Peters, Marc	*Düsseldorf	1980	12	22	00:22:35
170	3260 Schöttler, Nils	LG Coesfeld	1989	8	15	00:22:38
171	2343 Schier, Irmgard	Siegburger TV	1955	4	45	00:22:40
172	2892 Kalthoff, Jürgen	BSG Langlauf SSK Duisburg	1940	3	60	00:22:41
173	2535 Drews, Günter	Marathon Dinslaken	1954	19	45	00:22:42
174	3159 Dietsch, Christian	*Duisburg	1961	28	40	00:22:43
175	2965 Koschare, Andreas	Hot Feet	1965	21	35	00:22:43
176	2916 Hofbauer, Jörg	Vodafone Runners	1964	22	35	00:22:46
177	2913 Flaßkamp, Christian	Vodafone Runners	1968	23	35	00:22:48
178	3206 Jansen, Torsten	LT Kettwig 2000	1968	24	35	00:22:49
179	3086 Mandel, Eckhard	TB Heißen	1966	25	35	00:22:49
180	2444 Schneider, Udo	SC Bayer 05 Uerdingen	1947	9	55	00:22:50
181	2327 Kollender, Till Morten	LC Duisburg	1989	9	15	00:22:52
182	2453 Niklass, Peter	*Oberhausen	1961	29	40	00:22:54
183	3280 Littmann, Klaus	LAC THG Kettwig	1949	15	50	00:22:54
184	3193 Müller, Karolin	LT Starlight Team Essen	1985	19	18	00:22:55
185	2743 Laak, Van, Mareike	LG Hünxe	1986	2	18	00:22:56
186	3096 Bussing, Dirk	*Wesel	1968	26	35	00:22:57
187	2950 Wagner, Norbert	AS Neukirchen-Vluyn	1950	16	50	00:22:57
188	2621 Kolodziej, Jürgen	SV Siemens	1967	27	35	00:22:58

189	2508 Gbur, Gabriele	DSC Wanne-Eickel	1957	5	45	00:23:00
190	3171 Strubel, Thomas	Kanu-Club Friedrichsfeld	1973	14	30	00:23:01
191	2742 Sanders, Torsten	LG Hünxe	1994	10	15	00:23:03
192	2479 Liebern, Hans-Ulrich	TG 1856 Mülheim	1959	30	40	00:23:04
193	2932 Karney, Peter	Vodafone Runners	1972	15	30	00:23:04
194	2670 Schumacher, Holger	BSG Sparkasse Lüdenscheid	1965	28	35	00:23:04
195	3267 Wude, Michael	LG Coesfeld	1961	31	40	00:23:06
196	2560 Macke, Herbert	DJK Adler 07 Bottrop	1936	4	65	00:23:09
197	2476 Lempken, Heinz	*Duisburg	1932	2	70	00:23:10
198	3157 Rumpel, Michel	*Voerde	1985	20	18	00:23:10
199	3262 Bückers, Sebastian	LG Coesfeld	1986	21	18	00:23:10
200	3071 Senzek, Fabian	Lauftreff Issum,Turbo Sch	1986	22	18	00:23:11
201	2748 Dickmann, Volker	LG Hünxe	1966	29	35	00:23:12
202	3252 Terwey, Carolin	LG Coesfeld	1988	3	15	00:23:15
203	2505 Peters, Sven	Styrumer Turnverein 1880	1971	16	30	00:23:15
204	3253 Hemkemeyer, Nicole	LG Coesfeld	1987	3	18	00:23:15
205	2469 Cos, Philipp	*Duisburg	1989	11	15	00:23:16
206	2747 Sadlo, Laura	LG Hünxe	1993	4	15	00:23:16
207	3293 Hildebrandt, Michael	ÜWG Essen 94	1959	32	40	00:23:17
208	2872 Packroß, Stefan	LG Mülheim	1978	13	22	00:23:18
209	2582 Totzek, Detlev	SG Ruhrgas Essen	1955	20	45	00:23:18
210	3208 Grunau, Nils	LT Kettwig 2000	1991	12	15	00:23:19
211	2473 Ohlmann, Horst	LC Duisburg	1941	4	60	00:23:19
212	3258 Gerding, Verena	LG Coesfeld	1990	5	15	00:23:19
213	2642 Botz, Guido	*Moers	1964	30	35	00:23:23
214	3226 Lisec, Kurt	LAV Oberhausen	1932	3	70	00:23:26
215	2391 Matle, Herbert	*Mülheim an der Ruhr	1956	21	45	00:23:28
216	2492 Gaber, Norbert	*Kaarst	1941	5	60	00:23:29
217	3143 Packross, Barbara	LG Mülheim	1954	6	45	00:23:29
218	2647 Tack, Peter	BSG Sparkasse Essen e.V.	1962	33	40	00:23:31
219	2914 Hark, Andreas	Vodafone Runners	1967	31	35	00:23:31
220	2718 Lupp, Monika	Marathon Mülheim	1955	7	45	00:23:32
221	3215 Ruf, Christian	SG Stern Wuppertal	1973	17	30	00:23:33
222	3207 Wieder, Ulrich	LT Kettwig 2000	1966	32	35	00:23:33
222	3281 Brieden, Karin	VT 1859 Kempen	1960	3	40	00:23:33
224	3121 Schöll, Elmar	Trimet Aluminium AG	1964	33	35	00:23:38
225	2672 Stiewe, Thomas	OSC Waldniel	1961	34	40	00:23:39
226	2398 Gipmans, Daniela	Viktoria Winnekendonk	1973	3	30	00:23:39
227	3114 Wolff, Werner	*Duisburg	1953	17	50	00:23:42
228	3200 Schäben, Inge	OSC Waldniel	1976	1	22	00:23:43
229	2906 Beerlage, Bernhard	Vodafone Runners	1967	34	35	00:23:44
230	3133 Soltysik, Stephan	*Duisburg	1991	13	15	00:23:44
231	2409 Szkudlarek, Marco	*Castrop-Rauxel	1991	14	15	00:23:44
232	2924 Plieth, Stefan	Vodafone Runners	1960	35	40	00:23:47
233	2644 Dudenbostel, Friedhelm	DJK VFR Saarn	1943	6	60	00:23:47
234	3220 van Loosen, Gerhard	LG Mülheim	1939	7	60	00:23:47
235	2481 Steins, Reinhard	*Meerbusch	1960	36	40	00:23:51
236	2355 Brauner, Kirstin	TUS Hamborn-Neumühl	1968	7	35	00:23:52
237	3120 Ruckelshauß, Rolf	Trimet Aluminium AG	1949	18	50	00:23:54
238	3256 Hilgert, Ruth	LG Coesfeld	1961	4	40	00:23:55
239	2445 Scharnholtz, Christian	running fish	1973	18	30	00:23:56
240	3056 Guddorf, Günter	*Ratingen	1956	22	45	00:23:57
241	3164 Borgmeier, Jutta	*Mülheim	1969	4	30	00:23:57
242	2585 Jacobs, Claudia	DJK Teutonia St. Tönis	1959	5	40	00:23:59
243	2981 Wrobel, Frank	BSG SSK Oberhausen	1971	19	30	00:24:00
244	2451 Braun, Klaus-Peter	*Duisburg	1948	10	55	00:24:04
244	2401 Müller, Dr. Frank	TC Solvay	1963	37	40	00:24:04
246	3101 Mühlberg, Martin	SG EVO/STOAG 1960	1965	35	35	00:24:04
247	3179 Reichenberger, Carmen	TUS Breitscheid	1959	6	40	00:24:05
248	3259 Strickling, Maren	LG Coesfeld	1986	4	18	00:24:05
249	2928 Schrammen, Olaf	Vodafone Runners	1968	36	35	00:24:05
250	3210 Nowatzki, Dirk	Oberhausener TV	1982	5	19	00:24:07
251	2665 Hellen, Jörg	*Hünxe	1964	37	35	00:24:09

252	2874 Hilder, Friedhelm	*Oberhausen	1936	5	65	00:24:10
253	3168 Hillen, Tobias	DLRG-Rheurd	1981	6	19	00:24:11
254	3283 Höller, Ralf	*radevormwald	1964	38	35	00:24:12
255	3145 Lehr, Jürgen	SI Sport e.V.	1971	20	30	00:24:15
256	3152 Berg, Arne	SI Sport e.V.	1944	11	55	00:24:15
257	2687 Krein, Bernd	SG 93 / 09 e.V. Essen	1963	38	40	00:24:16
258	3119 Reck, Sandra	Trimet Aluminium AG	1976	2	22	00:24:16
259	2677 Heydt, von der, Bernd	GSV 66 Essen	1948	12	55	00:24:17
260	3070 Lauritsch, Tobias	*Duisburg	1990	15	15	00:24:19
261	2507 Gbur, Peter	DJK TUS 1910 Rotthausen	1951	19	50	00:24:20
262	2443 Märker, Reinhard	*Duisburg	1956	23	45	00:24:21
263	2358 Leesten, Robert	SSV Erkrath	1960	39	40	00:24:21
264	2562 Steinbach, Jürgen	LC Duisburg	1956	24	45	00:24:22
265	3245 Tekath, Timm	*Duisburg	1989	16	15	00:24:22
266	2336 Blaß, Udo	*Dinslaken	1952	20	50	00:24:22
267	2659 Körschgen, Britta	RTB Remscheid Marathon-Te	1960	7	40	00:24:23
268	2713 Fiedler, Michael	*Voerde	1963	40	40	00:24:28
269	2907 Böhler, Markus	Vodafone Runners	1974	14	22	00:24:28
270	2964 Schüttrigkeit, Horst	Hot Feet	1968	39	35	00:24:28
271	3029 Schumacher, Peter	*Dinslaken	1962	41	40	00:24:30
272	3076 Knoch, Jörg	Spalter Rhede	1970	21	30	00:24:30
273	2456 Schilling-Frenk, Peter	Spalter Rhede	1975	15	22	00:24:30
274	3213 Simon, Frank	SG Stern Wuppertal	1964	40	35	00:24:33
275	2615 Stoppa, Frank	*Duisburg	1964	41	35	00:24:33
276	2957 Edeler, Veronika	Bunert Running Team	1966	8	35	00:24:34
277	2475 Schörken, Hanna	Ruhrorter TV	1985	5	18	00:24:34
278	2638 Brinkert, Ulrich	Taekwondo Center OB	1963	42	40	00:24:35
279	2771 Kunkel, Lothar	TV Jahn Duisburg	1955	25	45	00:24:35
280	2518 Meinke-Henn, Sabine	Homberger TV	1964	9	35	00:24:36
281	2545 Nottebohm, Helga	TS 1912 Mülheim-Ruhr-Saar	1960	8	40	00:24:36
282	2594 Bercz, Stefan	DJK Teutonia St. Tönis	1964	42	35	00:24:36
283	2584 Plischke, Gaby	DJK Teutonia St. Tönis	1958	8	45	00:24:38
284	3176 Holthaus, Markus	TUS Breitscheid	1965	43	35	00:24:44
285	2640 POHL, GUIDO	GRUBENWEHR BW WEST	1966	44	35	00:24:44
286	2609 Bieniek, Robin	*Dinslaken	1991	17	15	00:24:44
287	3025 Benning, Klaus	*Mülheim	1961	43	40	00:24:46
288	2623 Fieser, Heinz	*Duisburg	1951	21	50	00:24:46
289	2945 Röse, Alfred	LT Barmenia	1945	13	55	00:24:48
290	2946 Miloszewski, Detlef	LT Barmenia	1952	22	50	00:24:48
291	3170 Ries, Holger	*Duisburg	1970	22	30	00:24:50
292	3003 von Wolff, Markus	VC Fabrik Duisburg	1960	44	40	00:24:51
293	2896 Adams, Hans-Jürgen	BSG Langlauf SSK Duisburg	1953	23	50	00:24:54
294	2741 Tohermes, Yves	LG Hünxe	1991	18	15	00:24:57
295	2519 Götzen-Börke, Gabriele	Homberger TV	1965	10	35	00:24:58
296	2528 Mende, Michael	*Ratingen	1965	45	35	00:24:59
297	2374 Wallhorn, Marius	MSV Duisburg	1987	23	18	00:25:00
298	2686 Malgut, Lothar	SG 93 / 09 e.V. Essen	1950	24	50	00:25:00
299	2733 Rütther, Rebekka	*Mülheim	1985	6	18	00:25:01
300	2379 Luetzenkirchen, Christoph	*Duisburg	1959	45	40	00:25:04
300	2993 Fileccia, Salvatore	BSG SSK Oberhausen	1966	46	35	00:25:04
302	2870 Schmitz, Reiner	LG Mülheim	1958	26	45	00:25:04
303	2887 Walschus, Martina	LC Duisburg	1964	11	35	00:25:04
304	2403 Burs, Karl-Heinz	*Duisburg	1954	27	45	00:25:04
305	3219 Ettelt, Elfi	TLV Germania Überruhr	1953	3	50	00:25:05
306	2468 Buklewski, Theo	BWN Dental Technik	1951	25	50	00:25:07
307	2350 Rösken, Bettina	FC Viktoria Alpen	1966	12	35	00:25:11
308	3238 Konert, Anna-Lena	LG Coesfeld	1989	6	15	00:25:12
309	3067 Schmitz, Nicole	*Essen	1969	5	30	00:25:13
310	3184 Engels, Klaus-Dieter	TSV Viktoria Mülheim	1957	28	45	00:25:13
311	3284 Hilgert, Theresa	LG Coesfeld	1989	7	15	00:25:13
312	3052 Lauritsch, Wilhelm-Hendri	*Duisburg	1967	47	35	00:25:14
313	2346 Quinders, Hannelore	FC Viktoria Alpen	1958	9	45	00:25:14
314	2953 Stienen, Willi	WWDI	1956	29	45	00:25:14

315	2679 Staats, Klaus	Pallas-Gym	1964	48	35	00:25:14
316	2880 Bialik, Matthias	Logger Jogger Duisburg	1970	23	30	00:25:15
317	2352 Rösken, Jörg	FC Viktoria Alpen	1963	46	40	00:25:17
318	3089 Lüdtkke, Mischa	*Oberhausen	1955	30	45	00:25:19
319	2996 Schneider, Sabine	BSG SSK Oberhausen	1975	3	22	00:25:19
320	3102 Welz, Franziska	LF HADI Wesel	1992	8	15	00:25:19
321	3075 Koopmann, Silvia	*Duisburg	1971	6	30	00:25:20
322	2546 Hasselkamp, Klaus-Peter	LG Malteser Krankenhaus	1947	14	55	00:25:20
323	3050 Schmid, Frank	*Langenfeld	1970	24	30	00:25:21
324	2458 Bongers, Dennis	MSV Duisburg LT	1986	24	18	00:25:21
325	3274 Dohmes, Gerd	Marathon Krefeld	1938	6	65	00:25:21
326	2306 Stratmann, Norbert	SG Ruhrgas Essen	1940	8	60	00:25:23
327	3195 Niehaus, Frederik	Coolrunners Gescher	1991	19	15	00:25:23
328	3046 Rueben, Sabine	SC Bayer 05 Uerdingen	1981	4	19	00:25:25
329	2422 Beese, Klaus	*Mülheim	1951	26	50	00:25:26
330	3045 Lenzen, Jürgen	Bockumer SV 1924e.V.	1964	49	35	00:25:27
331	2613 Büchel, Johannes	*Mülheim an der Ruhr	1986	25	18	00:25:28
332	2421 Kostanowicz, Frank	*Duisburg	1971	25	30	00:25:29
333	2523 Hellermann, Klaus	Squash Club Wipperf.	1961	47	40	00:25:29
334	3019 Kolb, Stefan	TG 1856 Mülheim	1994	20	15	00:25:30
335	2911 Dewes, Rainer	Vodafone Runners	1961	48	40	00:25:32
336	2922 Lojewski, Sascha	Vodafone Runners	1973	26	30	00:25:33
337	2952 Sondermeier, Ulli	WWDI	1957	31	45	00:25:33
338	2863 Lehmann, Ralf	TS Rahm	1966	50	35	00:25:34
339	2998 Krieger, Ingeborg	TSV Hochdahl	1950	4	50	00:25:35
340	3166 Deselaers, Kerstin	DLRG-Rheurdt	1986	7	18	00:25:36
341	2501 Rafalski, Karl	BSG Stadtwerke Duisburg	1953	27	50	00:25:37
342	2325 Neudam, Horst	TUS Xanten	1937	7	65	00:25:38
343	2337 Schroer, Carolin	TUSPO Huckingen	1989	9	15	00:25:38
344	2969 Wermelskirchen, David	BSG VICTORIA	1976	16	22	00:25:38
345	3014 Haar, Christian	*Duisburg	1969	27	30	00:25:38
346	2556 Bender, Siggi	TUSPO Huckingen	1956	32	45	00:25:40
347	3064 Demmel, Thorsten	*Duisburg	1967	51	35	00:25:42
348	3011 Kraye, Rudolf	*Ratingen	1946	15	55	00:25:42
349	3063 Neumann, Thomas	*Duisburg	1967	52	35	00:25:42
350	2309 Dumschat, Thomas	LC Duisburg	1955	33	45	00:25:43
351	3023 Urban, Klaus	*Mülheim	1955	34	45	00:25:43
352	2569 Blümer, Dr. Dietmar	SG Ruhrgas Essen	1957	35	45	00:25:44
353	2339 Naroska, Wolfgang	*Essen	1942	9	60	00:25:45
354	2531 Dumschat, Linda	ASV Duisburg	1986	8	18	00:25:45
355	2493 Seidel, Edeltraut	Lauftreff Wesel 130	1936	1	65	00:25:47
356	2534 Bochmann, Tankred	Marathon Dinslaken	1962	49	40	00:25:49
357	2734 Galhofer, Frank	*Duisburg	1965	53	35	00:25:50
358	2498 Horn, Helmut	BSG Stadtwerke Duisburg	1951	28	50	00:25:52
359	2345 Bredick, Petra	LF Serm	1962	9	40	00:25:53
360	2544 Braun, Marina	TS 1912 Mülheim-Ruhr-Saar	1990	10	15	00:25:53
360	2347 Hörskken, Bernadette	FC Viktoria Alpen	1959	10	40	00:25:53
362	2314 Flick, Ricardo	*Westerburg	1992	21	15	00:25:53
363	2316 Flick, Katja	*Duisburg	1969	7	30	00:25:53
364	3069 Kasper, Iris	*Oberhausen	1967	13	35	00:25:54
365	2408 Kellner, Karin	SG Sparkasse Mülheim e. V	1969	8	30	00:25:54
366	3246 Holthaus, Claudia	TUS Breitscheid	1966	14	35	00:25:56
367	2867 Buck, Monika	*Wuppertal	1953	5	50	00:25:57
368	2948 Neubauer, Wolfgang	AS Neukirchen-Vluyn	1936	8	65	00:25:58
369	3248 Weller, Angelika	TSV Hochdahl	1937	2	65	00:25:58
370	2576 Pokora, Gregor	SG Ruhrgas Essen	1966	54	35	00:25:58
371	2577 Schmuck, Martin	SG Ruhrgas Essen	1975	17	22	00:25:59
372	2697 Langs, Stefan	BSG Sparkasse Lüdenscheid	1968	55	35	00:25:59
373	2385 Runkel, Dirk	*Mülheim an der Ruhr	1976	18	22	00:26:00
374	2592 Block, Klaus	DJK Teutonia St. Tönis	1953	29	50	00:26:00
375	3139 Philipp, Melanie	*Gelderneldern	1973	9	30	00:26:02
376	3140 Goertz, Gerhard	LT Schnecke Sonsbeck	1939	10	60	00:26:04
377	2363 Dulisch, Doris	*Krefeld	1961	11	40	00:26:04

378	2520	Krusdick, Uschi	Weseler LT	1943	1	60	00:26:04
379	2497	Ercan, Mehmet	BSG Stadtwerke Duisburg	1960	50	40	00:26:06
380	2349	Schmeer, Elke	FC Viktoria Alpen	1962	12	40	00:26:06
381	2595	Günther, Karl-Heinz	ETUS Wedau	1957	36	45	00:26:09
382	2502	Wahn, Michael	BSG Stadtwerke Duisburg	1958	37	45	00:26:10
383	2612	Büchel, Manfred	DJK VFR Saarn	1950	30	50	00:26:10
384	2539	Karden, Wilfried	Marathon Dinslaken	1936	9	65	00:26:11
384	2643	Dudenbostel, Anne	DJK VFR Saarn	1948	1	55	00:26:11
386	2703	Dewald, Karl-Heinz	*Duisburg	1944	16	55	00:26:12
387	2958	Niederort, Nicole	TV Friesen Wuppertal	1982	5	19	00:26:12
388	2690	Bäumer, Stefan	*Essen	1958	38	45	00:26:12
389	2500	Neuburg, Werner	BSG Stadtwerke Duisburg	1952	31	50	00:26:13
390	3095	Both, Andrea	*Ratingen	1978	4	22	00:26:15
391	2540	Bruchhausen, Anja	Marathon Dinslaken	1970	10	30	00:26:18
392	3273	Berendes, Reinhard	*Essen	1953	32	50	00:26:19
393	2353	Schmeer, Michael	FC Viktoria Alpen	1961	51	40	00:26:19
394	2954	Kocks, Wolfgang	WWDI	1946	17	55	00:26:20
395	2598	Dengler, Lothar	Marathon Dinslaken	1956	39	45	00:26:20
396	3151	Mehlich, Hans-Peter	SI Sport e.V.	1959	52	40	00:26:21
397	2722	Rollmann, Georg	RV Oberhausen	1975	19	22	00:26:21
398	3022	Menken, Prof. Dr. Frankov	*Duisburg	1971	28	30	00:26:23
399	2335	Neikes, Holger	*Duisburg	1956	40	45	00:26:24
400	2491	Vaassen, Wilfried	TV 1865 Ratingen	1944	18	55	00:26:24
401	2925	Pschyrrer, Thomas	Vodafone Runners	1966	56	35	00:26:24
402	3268	Hülsmann, Marcel	LG Coesfeld	1990	22	15	00:26:26
403	2657	Nest, Wolfgang	*Duisburg	1962	53	40	00:26:26
404	3165	Geiger, Harald	BSV König Brauerei	1961	54	40	00:26:27
405	2506	Esser, Stephanie	Styrumer Turnverein 1880	1989	11	15	00:26:27
406	2581	Totzek, Andrea	SG Ruhrgas Essen	1963	13	40	00:26:29
407	2968	Lehmann, Kersten	BSG VICTORIA	1965	57	35	00:26:32
408	2426	Bischof, Helmut	Stadt Duisburg	1950	33	50	00:26:32
409	3106	Schulze, Karsten	*Mülheim	1956	41	45	00:26:33
410	2474	Schörken, Dr., Gerhard	*Duisburg	1977	20	22	00:26:33
411	2428	Verfürth, Andreas	*Neukirchen-Vluyn	1963	55	40	00:26:34
412	2685	Aust, Sabrina	*Duisburg	1980	5	22	00:26:36
413	2533	Hallmann, Ulrich	Marathon Dinslaken	1960	56	40	00:26:36
414	2510	Oestreich, Uschi	TV Trebur	1959	14	40	00:26:37
415	3287	Stangel, Karsten	*Mülheim	1970	29	30	00:26:38
416	3254	Lanfer, Daniela	LG Coesfeld	1977	6	22	00:26:39
417	2936	Wöhrmann, Ken	TUSPO Huckingen	1991	23	15	00:26:39
418	2607	Brinkmann, Sandra	*Rheurdt	1969	11	30	00:26:42
419	2377	Becker, Heike	TV Trebur	1963	15	40	00:26:42
420	2675	Buchloh, Günter	*Mülheim an der Ruhr	1965	58	35	00:26:43
421	2777	Pohl, Tim	*Moers	1993	24	15	00:26:43
422	3169	Steinke, Mathias	Stone Alone	1969	30	30	00:26:44
423	2566	Schepers, Bernd	Homburger TV	1937	10	65	00:26:45
424	3232	Roth, Ulrike	Tusem Essen	1955	10	45	00:26:47
425	2429	Fritsch, Marion	*Neukirchen-Vluyn	1959	16	40	00:26:49
426	3162	Bliesner, Friedhelm	*Duisburg	1948	19	55	00:26:51
426	3172	Strubel, Wolfgang	Kanu-Club Friedrichsfeld	1971	31	30	00:26:51
428	2995	Berger, Ulrich	BSG SSK Oberhausen	1953	34	50	00:26:51
429	2315	Simon, Gaby	*Meerbusch	1946	2	55	00:26:52
430	2768	Schwalbe, Dietmar	*Dinslaken	1942	11	60	00:26:52
431	2724	Speh, Michael	*Duisburg	1971	32	30	00:26:54
432	2972	Howahl, Friedel	LT Schnecke Sonsbeck	1946	20	55	00:26:57
433	2729	Boruszewski, Wilfried	BSG König Brauerei	1954	42	45	00:26:59
434	3141	Räth, Werner	LT Barmenia	1942	12	60	00:26:59
435	2949	Krude, Horst	AS Neukirchen-Vluyn	1940	13	60	00:26:59
436	2905	Flores, Dagmar	Essener Skiklub	1969	12	30	00:27:00
437	2877	Winkler, Wolfgang	*Düsseldorf	1952	35	50	00:27:00
438	2341	Karcher, Gerd	*Duisburg	1953	36	50	00:27:01
439	2926	Sadlowski, Erich	Vodafone Runners	1966	59	35	00:27:02
440	2902	Vanscheidt, Jürgen	*Mülheim	1957	43	45	00:27:02

441	2850 Brodowski, Boris	DLRG Alpen	1970	33	30	00:27:03
442	3204 Büsching, Gitta	LT Kettwig 2000	1947	3	55	00:27:04
443	2488 Eick, Heinz	LBN Duisburg	1927	1	75	00:27:04
444	2324 Romey, Wolfgang	*Düsseldorf	1948	21	55	00:27:04
445	2730 Happe, Kerstin	MTG Horst Essen	1967	15	35	00:27:05
446	2446 Niekamp, Sara	running fish	1976	7	22	00:27:06
447	2603 Wolff, Angelika	TV Wanheimerort	1951	6	50	00:27:09
448	3054 Fell, Marc	Running Gag	1969	34	30	00:27:09
448	2303 Fünten, aus der, Anja	*Duisburg	1975	8	22	00:27:09
450	2351 Peiter, Ingrid	FC Viktoria Alpen	1968	16	35	00:27:09
451	2908 Brand, Martin	Vodafone Runners	1968	60	35	00:27:10
452	2366 Fettes, Nicole	LT Krefelder Sprudel	1970	13	30	00:27:11
453	2676 Kamp, Diane	*Moers	1974	9	22	00:27:13
454	2333 Nitsch, Peter	*Dinslaken	1959	57	40	00:27:14
455	2973 Hageney, Willi	LT Schnecke Sonsbeck	1952	37	50	00:27:14
456	2854 Ecker, Gaby	LT Mismahlshof	1958	11	45	00:27:15
457	2987 Kuhlmann, Simone	BSG SSK Oberhausen	1978	10	22	00:27:16
458	2992 Jurtz, Ralf	BSG SSK Oberhausen	1971	35	30	00:27:16
459	2308 Hottenrott, Ines	Angertreff	1959	17	40	00:27:16
460	2898 Lamerz, Heike	BSG Langlauf SSK Duisburg	1960	18	40	00:27:16
461	3275 Berndt, Wilfried	CSV Marathon Krefeld	1949	38	50	00:27:17
462	3255 Wude, Annett	LG Coesfeld	1964	17	35	00:27:17
463	3205 Dudjan, Christel	LT Kettwig 2000	1951	7	50	00:27:19
464	2923 Müller, Claudia	Vodafone Runners	1977	11	22	00:27:19
465	2525 Lanfermann, Johannes	Squash Club Wipperf.	1961	58	40	00:27:20
466	3228 Upietz, Peter	*Oberhausen	1956	44	45	00:27:22
467	3235 Hegerich, Wolfgang	TG 1881 Düsseldorf	1946	22	55	00:27:24
468	2561 Gerlach, Irmgard	TV Walsum Aldenrade	1953	8	50	00:27:27
469	2441 Karger, Thomas	running fish	1971	36	30	00:27:28
470	2990 Ringert, Michael	BSG SSK Oberhausen	1968	61	35	00:27:28
471	2915 Lars, Heinz	Vodafone Runners	1972	37	30	00:27:28
472	3257 Konert, Doris	LG Coesfeld	1954	12	45	00:27:31
473	3077 Gelszat, Alfred	*Oberhausen	1961	59	40	00:27:31
474	3286 Jong, de, Christiane	*Duisburg	1968	18	35	00:27:32
475	2509 Kujas, Ariane	*Langenfeld	1958	13	45	00:27:33
476	3251 Buchholz-Janissen, Bärbel	*Duisburg	1965	19	35	00:27:33
477	2935 Kemperdick, Silke	*Duisburg	1962	19	40	00:27:33
478	2430 Fetzer, Karin	*Neukirchen-Vluyn	1959	20	40	00:27:35
479	2934 Postmeyer, Astrid	*Duisburg	1955	14	45	00:27:38
480	3147 Jagalski, Dirk	SI Sport e.V.	1968	62	35	00:27:38
481	3224 Eicker, Christian	TUS Ennepe 1926	1988	25	15	00:27:38
482	2960 Stumm, Udo	*Duisburg	1948	23	55	00:27:40
483	2897 Paffrath, Andrea	BSG Langlauf SSK Duisburg	1968	20	35	00:27:41
484	3132 Reißner, Sabrina	*Duisburg	1980	12	22	00:27:41
485	2380 Schmidt, Hans-Werner	*Duisburg	1952	39	50	00:27:42
486	2876 Heistermann, Barbara	*Duisburg	1958	15	45	00:27:44
487	3217 Birwe, Margrit	TLV Germania Überruhr	1943	2	60	00:27:45
488	2433 Arentz, Klaus-Peter	*Duisburg	1958	45	45	00:27:46
489	2717 Fricke, Carmen	*Mülheim an der Ruhr	1964	21	35	00:27:46
490	2727 Michely, Helen	*Moers	1948	4	55	00:27:49
491	2728 Röllecke, Martin	*Heiligenhaus	1975	21	22	00:27:49
492	3177 Neumann, Dieter	TUS Breitscheid	1934	11	65	00:27:50
493	3167 Mölders, Andrea	DLRG-Rheurdt	1987	9	18	00:27:51
494	3073 Richter-Nolte, Heidi	LT Issum, Turbo Schnecken	1962	21	40	00:27:53
495	2434 Beese, Ralf	*Mülheim	1987	26	18	00:27:53
496	3021 Haves, Anne	*Duisburg	1971	14	30	00:27:53
497	2858 Schelhas, Volker	MTG Horst Essen	1971	38	30	00:27:57
498	3092 Biermann, Ulrike	*Ratingen	1956	16	45	00:27:57
499	2879 Sauer, Manuela	*Mülheim	1963	22	40	00:27:57
500	2454 Kramer, Anna	TV Eppinghofen Mülheim	1992	12	15	00:27:59
501	2568 Brautzsch, Edith	BSG Springorum	1949	9	50	00:28:00
502	2943 Staudt, Heiner	LT Barmenia	1973	39	30	00:28:00
503	2477 Kemna, Michaela	Angerrunner Duisburg	1955	17	45	00:28:01

504	3093	Krebber, Sarah	*Geldern	1984	27	18	00:28:03
505	2856	van Vugt, Katja	GSV Geldern 09/34 e.V.	1983	6	19	00:28:03
506	2878	Seckler, Frank	*Oberhausen	1960	60	40	00:28:04
507	2400	Milz, Gabriele	*Mönchengladbach	1964	22	35	00:28:07
508	2859	Swillus, Sonja	LG Meidericher Laufteufel	1968	23	35	00:28:07
509	3270	Heese, Joachim	TC Köln Jena	1954	46	45	00:28:09
510	2567	Schepers, Dorothea	Homberger TV	1939	3	60	00:28:10
511	3087	Burs, David	*Duisburg	1989	26	15	00:28:10
512	2632	Juschka, Bettina	*Duisburg	1062			00:28:11
513	3218	Struwe, Susanne	TLV Germania Überruhr	1959	23	40	00:28:12
514	3249	Koberg, Dorothee	*Bochum	1966	24	35	00:28:12
515	2698	Petrick, Beate	*Ratingen	1969	15	30	00:28:14
516	2864	Waßer, Karina	*Mülheim	1962	24	40	00:28:15
516	2694	Lis, Gerd	*Dinslaken	1955	47	45	00:28:15
518	3047	Jakobs, Karl-Heinz	TSV Berge-Westerbauer 187	1949	40	50	00:28:15
519	3269	Haefs, Regina	*Bochum	1966	25	35	00:28:15
520	2625	Donner, Klaus	LT Winnekendonk	1958	48	45	00:28:16
521	2312	Simon, Peter	*Meerbusch	1940	14	60	00:28:17
522	2413	Burmann, Dieter	*Duisburg	1960	61	40	00:28:17
523	2653	Kridde, Axel	*Rheinberg	1961	62	40	00:28:18
524	2514	Florin, Martin	Running Crag	1980	22	22	00:28:18
525	3094	Doll, Mario	LC Nettetal	1969	40	30	00:28:20
526	2889	Bolling, Annette	BSG Langlauf SSK Duisburg	1979	13	22	00:28:21
527	3048	Geidel, Karin	*Duisburg	1957	18	45	00:28:22
528	2310	Siepen, Anja	*Oberhausen	1971	16	30	00:28:25
529	3128	Hoffmann, Ute	Essener Skiklub	1961	25	40	00:28:26
530	2553	Diemers, Georg	TUSPO Huckingen	1961	63	40	00:28:28
530	2726	Graf, Christian	*Siegen	1977	23	22	00:28:28
532	3223	Steinbach, Marius	TUS Ennepe 1926	1992	27	15	00:28:29
533	3000	Daube, Dr. Thomas	*Duisburg	1969	41	30	00:28:29
534	3017	Selle, Thomas, E.R.	*Essen	1971	42	30	00:28:31
535	2853	Dietrich, Anne	*Duisburg	1961	26	40	00:28:33
536	3111	Bartels, Swantje	Wassersportverein Mülheim	1971	17	30	00:28:36
537	2382	Schulz, Olaf	running fish	1969	43	30	00:28:36
538	2414	Erlenstedt, Peter	*Duisburg	1956	49	45	00:28:38
538	2538	Rühl, Günter	Marathon Dinslaken	1939	15	60	00:28:38
540	2939	Weingran, Hans	LG DEMAG	1943	16	60	00:28:38
541	2873	Hofrichter, Siegfried	LG DEMAG	1953	41	50	00:28:38
542	2543	Ludwig, Birgit	Marathon Dinslaken	1957	19	45	00:28:42
543	2415	Klees, Tanja	Styrumer Turnverein 1880	1975	14	22	00:28:42
544	2517	Stangel, Sabine	Styrumer Turnverein 1880	1974	15	22	00:28:43
545	3068	Schmidt, Bernd	*Duisburg	1966	63	35	00:28:43
546	3004	David, Bianca	Grindsbruchgazellen	1973	18	30	00:28:43
547	3024	Urban, Michaela	DTV 1885	1963	27	40	00:28:43
548	3271	Scheuerer, Angelika	LT Rennhamster	1956	20	45	00:28:43
549	3049	Stephanik, Reiner	MSV Duisburg LT	1950	42	50	00:28:47
550	2494	Schmitt, Rudolf	*Duisburg	1944	24	55	00:28:47
551	2608	Tommek, Monika	*Düsseldorf	1961	28	40	00:28:48
551	2606	Bär, Petra	*Düsseldorf	1962	28	40	00:28:48
553	3155	Bremenkamp, Volker	*Duisburg	1968	64	35	00:28:49
554	2420	Preuß, Petra	*Duisburg	1969	19	30	00:28:49
555	3154	Bremenkamp, Sabine	*Duisburg	1971	20	30	00:28:50
556	2572	Klimm, Petra	SG Ruhrgas Essen	1979	16	22	00:28:51
557	2376	Drechsler, Ulrike	TV Jahn Hiesfeld	1982	7	19	00:28:52
558	2583	Wegner, Laura	SG Ruhrgas Essen	1981	8	19	00:28:53
559	2417	Lohmann, Brigitte	LT Krefeld- Oppum	1966	26	35	00:28:54
560	2959	Melcher, Beate	TV Friesen Wuppertal	1950	10	50	00:28:54
561	2499	Keuser, Hans-Joachim	BSG Stadtwerke Duisburg	1950	43	50	00:28:57
562	3146	Fischbach, Alexandra	SI Sport e.V.	1970	21	30	00:28:58
563	2624	Schilbach, Marion	LT Krefelder Sprudel	1959	30	40	00:28:58
564	3088	Rösch, Julia	*Duisburg	1982	9	19	00:28:59
565	3105	Fenke, Monika	*Duisburg	1960	31	40	00:28:59
566	2416	Lorz, Jörg	ESV-Hohenbudberg	1965	65	35	00:29:00

567	3010 Kreifelts, Alexandra	*Duisburg	1969	22	30	00:29:00
567	2530 Lackum, von, Kai	*Duisburg	1976	24	22	00:29:00
569	3107 Köller, Ulrich	TV Jahn DU-Hochfeld	1935	12	65	00:29:01
570	2903 Leukel, Birgit	Essener Skiklub	1963	32	40	00:29:01
571	2652 Mrozek, Thomas	*Rheinberg	1961	64	40	00:29:03
572	2439 Reichel, Martina	*Moers	1975	17	22	00:29:06
573	3116 Laub, Joachim	Trimet Aluminium AG	1948	25	55	00:29:06
574	2552 Diemers, Monika	TUSPO Huckingen	1962	33	40	00:29:06
575	2901 Harzheim, Claudia	Essener Skiklub	1959	34	40	00:29:07
576	2904 Bukowski, Susanne	Essener Skiklub	1965	27	35	00:29:07
577	2495 Giesberg, Rita	*Duisburg	1959	35	40	00:29:08
578	2762 Kluth, Andrea	BSG Stadtwerke Duisburg	1966	28	35	00:29:10
579	2851 Fürst, Anica	*Velbert	1982	10	19	00:29:10
580	2655 Schauties, Melanie	BSG Sparkasse Lüdenscheid	1973	23	30	00:29:10
581	2641 Potschka, Volker	*Moers	1966	66	35	00:29:10
582	3233 Neumann, Ulrich	Ski Club Remscheid	1943	17	60	00:29:12
583	2480 Fierlings, Inge	LC Duisburg	1942	4	60	00:29:15
584	3083 Krah, Bettina	VFL Gladbeck	1975	18	22	00:29:17
585	3084 Schulz, Lothar	VFL Gladbeck	1952	44	50	00:29:17
586	2470 Starzan, Ulrike	*Duisburg	1960	36	40	00:29:19
587	3061 Aust, Günter	*Krefeld	1957	50	45	00:29:20
588	2890 Scholzen, Jana	BSG Langlauf SSK Duisburg	1977	25	22	00:29:21
589	2487 Pelzer, Dieter	LBN Duisburg	1939	18	60	00:29:21
590	3059 van de Loo, Annette	Lauftreff Hülser Bruch	1959	37	40	00:29:22
591	2418 Gocke, Dr. med. Carola	*Essen	1964	29	35	00:29:22
592	2616 Schmitz-Justen, Andreas	LT Krefelder Sprudel	1960	65	40	00:29:22
593	3005 Gerhards, Martina	Grindsbruchgazellen	1972	24	30	00:29:27
594	2871 Simon-Kürsten, Karin	LG Mülheim	1958	21	45	00:29:28
595	2628 Schaechner-masurek, chris	TC Köln Jena	1960	38	40	00:29:30
596	3016 Reinhold, Meike	*Duisburg	1972	25	30	00:29:31
597	3129 Albertini, Werner	Rumelner TV 1900	1943	19	60	00:29:31
598	2313 Baur, Willi	*Meerbusch	1940	20	60	00:29:34
599	2532 Wichert, Sebastian	Marathon Dinslaken	1988	28	15	00:29:34
600	3060 Aust, Heike	LT Hülser Bruch	1961	39	40	00:29:36
601	2976 Hemmers, Ulla	LT Schnecke Sonsbeck	1955	22	45	00:29:37
602	2977 Schulte, Uschi	LT Schnecke Sonsbeck	1950	11	50	00:29:37
603	2978 Paßens, Elfriede	LT Schnecke Sonsbeck	1952	12	50	00:29:38
604	2402 Müller, Ute	TC Solvay	1963	40	40	00:29:38
605	2541 Lonny, Andrea	Marathon Dinslaken	1964	30	35	00:29:39
606	2646 Tack, Elfriede	BSG Sparkasse Essen e.V.	1961	41	40	00:29:41
607	2537 Lentzen, Friedel	Marathon Dinslaken	1946	26	55	00:29:41
608	2985 Vermassen, Rüdiger	BSG SSK Oberhausen	1963	66	40	00:29:42
609	3007 Lange, Jörg	SV Beeckerwerth	1967	67	35	00:29:44
610	2390 Keller, Klaudia	*Duisburg	1958	23	45	00:29:44
611	2875 Lippke, Rainer	Eintracht Duisburg	1947	27	55	00:29:45
612	2888 Wagner, Birgit	*Duisburg	1965	31	35	00:29:47
613	3026 Laub, Gabi	*Düsseldorf	1951	13	50	00:29:48
614	3247 Loeffler, Stefanie	*Dinslaken	1968	32	35	00:29:48
615	3108 Baum, Christoph	*Ratingen	1965	68	35	00:29:49
616	3009 Kropp, Annette	*Düsseldorf	1966	33	35	00:29:50
617	3085 Dams, Sabine	*Mülheim	1962	42	40	00:29:51
618	2941 Klaus, Elke	LT Barmenia	1959	43	40	00:29:51
619	3241 Hausmann, Anja	*Willich	1970	26	30	00:29:54
620	2668 Kortmann, Iris	BSG Sparkasse Lüdenscheid	1967	34	35	00:29:55
621	2975 Howahl, Gabi	LT Schnecke Sonsbeck	1949	14	50	00:29:57
622	2425 Bremer, Cornelia	*Essen	1965	35	35	00:29:58
623	2755 Block Dr., Helga	Tusem Essen	1956	24	45	00:29:58
624	2645 Borgards, Andrea	*Sonsbeck	1970	27	30	00:29:58
625	2524 Kietzmann, Beate	Squash Club Wipperf.	1960	44	40	00:29:59
626	2571 Kiel-Tippner, Stephanie	SG Ruhrgas Essen	1967	36	35	00:30:00
627	2579 Rohr, Swantje	SG Ruhrgas Essen	1966	37	35	00:30:00
628	2770 Schilling, Elli	*Moers	1983	11	19	00:30:02
629	2461 Schäferdiek, Bernd	BSG WAZ Essen	1941	21	60	00:30:02

630	2962 Mengede, Heike	*Marl	1968	38	35	00:30:02
631	3028 Körner, Heike	Essener Skiklub	1964	39	35	00:30:02
632	2684 Budnik, Joachim	LG Ratingen	1957	51	45	00:30:04
633	2317 Emmer, Norbert	*Meerbusch	1933	4	70	00:30:04
634	2437 Hardt, Jürgen	*Duisburg	1956	52	45	00:30:05
635	2386 Deffke, Frank	*Duisburg	1957	53	45	00:30:05
636	3163 Schneider, Martin	*Duisburg	1966	69	35	00:30:06
637	2399 Flügel, Frank	GSV Moers	1956	54	45	00:30:07
638	3072 Senzek, Nora	LT Issum, Turbo Schnecken	1954	25	45	00:30:07
639	2662 Klemann, Birgit	*Möhnesee	1952	15	50	00:30:11
640	2466 Nieder, Angelika	*Duisburg	1957	26	45	00:30:11
641	3117 Wegner, Norbert	Trimet Aluminium AG	1950	45	50	00:30:11
642	2354 Weitzel, Uschi	*Monheim	1956	27	45	00:30:12
643	2318 Pärschke, Andrea	*Oberhausen	1986	10	18	00:30:18
644	2319 Pärschke, Klaus	*Oberhausen	1956	55	45	00:30:18
645	2467 Gornik, Peter	*Bottrop	1964	70	35	00:30:19
646	2342 Hitzbleck, Alexandra	*Ratingen	1972	28	30	00:30:19
647	2614 Schlierkamp, Franz-Josef	BSG WAZ Essen	1939	22	60	00:30:19
648	2482 Röttinger, Detlef	*Gladbeck	1962	67	40	00:30:19
649	3118 Heun, Michael	Trimet Aluminium AG	1957	56	45	00:30:23
650	2554 Bender, Marita	TUSPO Huckingen	1953	16	50	00:30:25
651	2375 Drechsler, Renate	TV Jahn Hiesfeld	1956	28	45	00:30:26
652	2378 Granzen, Anja	LC Duisburg	1968	40	35	00:30:26
653	2912 Engelhardt, Sabine	Vodafone Runners	1961	45	40	00:30:29
654	3225 Eicker, Carolin	TUS Ennepe 1926	1992	13	15	00:30:30
655	2424 Beese, Sonja	*Mülheim	1984	11	18	00:30:34
656	3115 Bramhoff, Dietmar	Trimet Aluminium AG	1959	68	40	00:30:37
657	3122 Sandkühler, Rolf	Trimet Aluminium AG	1944	28	55	00:30:37
658	2715 Hucken, Sabine	LT Rennhamster	1969	29	30	00:30:41
659	2311 Idelberger, Birgit	*Duisburg	1959	46	40	00:30:42
660	3144 Stöcker, Nicole	SI Sport e.V.	1970	30	30	00:30:44
661	3058 Jürgen, Krausse	Die Schlappis	1955	57	45	00:30:48
662	2673 Fux, Susanne	*Mülheim an der Ruhr	1969	31	30	00:30:49
663	2440 Baumgartner, Dorit	Angerrunner Duisburg	1948	5	55	00:30:50
664	2357 Schlott, Frank	Tuspo Saarn	1966	71	35	00:30:53
665	2356 Brack, Heike	*Duisburg	1965	41	35	00:30:53
666	3222 Steinbach, Annette	TUS Ennepe 1926	1962	47	40	00:30:53
667	3104 Heikamp, Sandra	LF HADI Wesel	1970	32	30	00:30:54
668	3216 Stahhuber, Josef	SG Stern Wuppertal	1949	46	50	00:30:56
669	2674 Fux, Hans	*Mülheim an der Ruhr	1964	72	35	00:30:59
670	2529 Butry, Nicole	SSB Duisburg	1968	42	35	00:31:01
671	2984 Vermassen, Petra	BSG SSK Oberhausen	1969	33	30	00:31:02
672	2723 Silfang, Jana	*Mülheim an der Ruhr	1988	14	15	00:31:03
673	2735 Vorrath, Birte	*Mülheim	1988	15	15	00:31:03
674	3103 Rieck, Charlotte	LF HADI Wesel	1957	29	45	00:31:03
675	2688 Schmidt, Claudia	SG 93 / 09 e.V. Essen	1958	30	45	00:31:04
676	3136 Bock, Heidrun	*Oberhausen	1963	48	40	00:31:04
677	2457 Machowinski, Natalie	LC Duisburg	1980	19	22	00:31:05
678	2604 Saiid, Melanie	TV Wanheimerort	1984	12	18	00:31:07
679	2464 Hermanns, Franziska	*Mülheim	1969	34	30	00:31:08
680	3156 Gooßes, Wolfgang	Viktoria Beeck	1947	29	55	00:31:09
681	2886 Kemna, Klaus	LC Duisburg	1950	47	50	00:31:09
682	2758 Garden, Heinz	LG Hünxe	1946	30	55	00:31:12
683	2369 Heinen, Mark	Ski-Club Cronenberg 1929	1989	29	15	00:31:13
684	3113 Schürmann, Susanne	*Mülheim	1961	49	40	00:31:14
685	2362 Scharlowsky, Manfred	*Erkrath	1958	58	45	00:31:16
686	2388 Hufen, Dieter	*Moers	1962	69	40	00:31:17
687	2427 Arentz, Elisabeth	*Duisburg	1961	50	40	00:31:20
688	2438 Hardt, Ulrike	*Duisburg	1957	31	45	00:31:22
689	2860 Altenweg, Sandra	*Duisburg	1971	35	30	00:31:25
690	2763 Kaminski, Annette	KSV Wedau	1968	43	35	00:31:28
691	2989 Schreiber, Judith	BSG SSK Oberhausen	1971	36	30	00:31:29
692	2714 Lücker, Sabine	*Ratingen	1973	37	30	00:31:30

693	2436 Welz, Christl	ETUS Wedau	1956	32	45	00:31:34
694	3214 Drossard, Andreas	SG Stern Wuppertal	1964	73	35	00:31:35
695	2938 Förster, Ulrike	*Duisburg	1962	51	40	00:31:38
696	2600 Stahmer, Charlotte	RC Musketiere Wuppertal	1937	3	65	00:31:41
697	2695 Lis, Karin	*Dinslaken	1959	70	40	00:31:43
698	2522 Hellermann, Beatrix	Squash Club Wipperf.	1960	52	40	00:31:45
699	2881 Küpper, Wilfried	*Duisburg	1955	59	45	00:31:45
700	2372 Nusselein, Susanne	Kempener Leichtathletik-C	1959	53	40	00:31:45
701	2654 Schröder, Alexandra	*Bottrop	1974	20	22	00:31:45
702	2637 Grabow, Petra	*Duisburg	1961	54	40	00:31:45
703	3142 Hustadt, Rainer	LT Barmenia	1951	48	50	00:31:46
704	2940 Siemens, Ludmilla	LT Barmenia	1958	33	45	00:31:46
705	2486 Weidenmüller, Werner	Angerrunner Duisburg	1955	60	45	00:31:46
706	3074 Norkowski, Elke	LT Issum, Turbo Schnecken	1975	21	22	00:31:47
707	2381 Schmidt, Karina	*Duisburg	1953	17	50	00:31:53
708	2942 Klaus, Ralf	LT Barmenia	1958	61	45	00:31:54
709	2648 Gieche, Britta	LC Duisburg	1964	44	35	00:31:56
710	3013 Vaupel, Stefanie	LSG Kamp-Lintfort	1971	38	30	00:31:57
711	2459 Pilmaier, Monika	*Duisburg	1960	55	40	00:32:00
712	2370 Tournée, Irene	*Duisburg	1965	45	35	00:32:00
713	2597 Üzel, Gabriele	Marathon Dinslaken	1955	34	45	00:32:03
714	2899 Lamerz, Bernward	BSG Langlauf SSK Duisburg	1959	71	40	00:32:04
715	2558 Watzin, Heike	*Ratingen	1978	22	22	00:32:04
716	3137 Brüggemann, Birgit	*Oberhausen	1957	35	45	00:32:04
717	2387 Theißen, Dorothee	*Duisburg	1969	39	30	00:32:08
718	2442 Teggers, Angelika	KG Marxloher-Jecken	1963	56	40	00:32:13
719	2527 Moser, Fritz	ETUS Wedau	1928	2	75	00:32:19
720	3035 Lassmann, Claudia	*Hilden	1969	40	30	00:32:27
721	3150 Spano-Mehlich, Gudrun	SI Sport e.V.	1955	36	45	00:32:27
722	2344 Wojak, Petra	*Essen	1966	46	35	00:32:28
723	2307 Stratmann, Luise	SG Ruhrgas Essen	1942	23	60	00:32:29
724	2861 Möring, Wilhelm	LG Meidericher Laufteufel	1938	13	65	00:32:31
725	2578 Schmuck, Nicole	SG Ruhrgas Essen	1975	23	22	00:32:35
726	3034 Hahn, Marion	Rasende Hasen Düsseldorf	1971	41	30	00:32:36
727	2570 Hermann, Andrea	SG Ruhrgas Essen	1968	47	35	00:32:36
728	3008 Lange, Sabine	*Duisburg	1964	48	35	00:32:38
729	3181 Thom, Ulrike	TUS Breitscheid	1971	42	30	00:32:47
730	2966 Koschare, Jürgen	Hot Feet	1973	44	30	00:32:52
731	2719 Unterberg, Ursula	*Duisburg	1963	57	40	00:33:00
732	2720 van Treel, Annette	*Duisburg	1962	58	40	00:33:00
733	2404 Kraus, Claudia	*Duisburg	1972	43	30	00:33:00
734	2405 Unterberg, Silvia	*Duisburg	1972	44	30	00:33:01
735	3131 Kostrzewa, Tamsin	*Düsseldorfsfeldorf	1966	49	35	00:33:02
736	2944 Mierswa, Ralf	LT Barmenia	1948	31	55	00:33:02
737	2721 Beyer, Gaby	*Duisburg	1958	37	45	00:33:03
738	2709 Lohsin, Annette	*Mülheim an der Ruhr	1968	50	35	00:33:05
739	3134 Soltysik, Dagmar	*Duisburg	1956	38	45	00:33:08
740	3135 Reichling, Iris	*Duisburg	1962	59	40	00:33:09
741	2918 Koch, Joachim	Vodafone Runners	1969	45	30	00:33:12
742	2937 Pingel, Britta	*Duisburg	1959	60	40	00:33:14
743	2305 Stratmann, Kirsten	SG Ruhrgas Essen	1966	51	35	00:33:16
744	3032 Küsgen, Katharina	Fun Runner VfL Gladbeck	1982	12	19	00:33:17
745	3031 Küsgen, Marlis	Fun Runner VfL Gladbeck	1948	6	55	00:33:17
746	2302 Vielhaber, Barbara	SC Phönix Essen	1951	18	50	00:33:19
747	2639 Schulz, Cordula	*Düsseldorf	1972	45	30	00:33:19
748	2371 Handke, Monika	TV Wanhheim 1900	1966	52	35	00:33:20
749	2521 Berghaus, Petra	Squash Club Wipperf.	1964	53	35	00:33:24
750	2651 Strote, Raimund	*Moers	1960	72	40	00:33:24
751	2650 Strote, Nanni	*Moers	1960	61	40	00:33:24
752	3112 Michelbrink, Sophie	*Düsseldorf	1972	46	30	00:33:24
753	3277 Dammert, Bernd	DJK VfL Forstwald	1950	49	50	00:33:31
754	2921 Lohrke, Sigrid	Vodafone Runners	1965	54	35	00:33:34
755	2503 Kaufhold, Beate	BSG Stadtwerke Duisburg	1963	62	40	00:33:37

756	2991 Kircher, Sabine	BSG SSK Oberhausen	1972	47	30	00:33:46
757	2710 Bajorat, Petra	*Essen	1966	55	35	00:33:47
758	3230 Utner, Elke	*Mülheim an der Ruhr	1964	56	35	00:33:56
759	2435 Raczek, Corina	*Bottrop	1966	57	35	00:33:58
760	2599 Niedt, Rolf	LC Wuppertal	1935	14	65	00:33:59
761	2455 Schilling-Frenk, Wilma	Spalter Rhede	1970	48	30	00:34:03
762	3055 Löschmann, Bettina	Spalter Rhede	1972	49	30	00:34:07
763	2619 Wenk, Marion	LG FSUe	1971	50	30	00:34:07
764	2666 Seeber, Anika	LT Laufmasche Bottrop	1975	24	22	00:34:07
765	2618 Hoppe, Simone	LG FSUe	1978	25	22	00:34:10
765	2885 Fliege, Andrea	Sterkrade Nord	1969	51	30	00:34:10
767	3234 Hofmann, Horst	*Erkrath	1935	15	65	00:34:20
768	2489 Pelzer, Karin	LBN Duisburg	1956	39	45	00:34:23
769	3079 Edelmeyer, Birgit	*Dinslaken	1956	40	45	00:34:24
770	3080 Speckamp, Friedel	*Dinslaken	1948	32	55	00:34:24
771	3276 Kox, Viktor	DJK VfL Forstwald	1941	24	60	00:34:25
772	2542 Greifenberger, Renate	Marathon Dinslaken	1961	63	40	00:34:35
773	2373 Heinen, Britta	HLG 98 Wuppertal	1959	64	40	00:34:56
774	2974 Hegger, Marlene	LT Schnecke Sonsbeck	1965	58	35	00:35:14
775	2548 Dorscheid, Astrid	*Duisburg	1960	65	40	00:35:18
776	2891 Kubus, Kerstin	BSG Langlauf SSK Duisburg	1971	52	30	00:35:28
777	2852 Eggert, Petronella	*Essen	1956	41	45	00:35:33
778	2411 Bachran, Petra	*Duisburg	1958	42	45	00:35:41
779	2432 Stein, Renate	Fun Runner	1943	5	60	00:35:59
780	3042 Schwieder, Ingeburg	*Hilden	1960	66	40	00:36:26
781	2963 Tüllmann, Silke	*Marl	1971	53	30	00:36:28
782	2967 Koschare, Rüdiger	Hot Feet	1971	46	30	00:36:36
783	3062 Mosch, Stefan	Osterather TV	1967	74	35	00:36:57
784	3065 Roderfeld, Margit	Realschule Fahrn	1971	54	30	00:37:24
785	2649 Fischer, Katrin	Turboschnecken Lüdenschei	1965	59	35	00:37:35
786	2746 Winkler, Cora	LG Hünxe	1992	16	15	00:42:58

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