

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:33:02.1	2337	Kruck	Karsten		TUSEM Essen	1978	1	MHK	03:18,2	00:00:00,0
2		00:33:59.4	265	Rademacher	Heinz		DJK Elmar Kohlschei	1953	1	M45	03:23,9	00:00:57,3
3		00:34:28.0	2023	Keienburg	Jens		LG Bonn/Troisdorf	1982	2	MHK	03:26,8	00:01:25,9
4		00:35:21.1	281	Glahn	Florian		Mülheim	1976	3	MHK	03:32,1	00:02:19,0
5		00:37:05.8	2267	Just	Jörg			1969	1	M30	03:42,5	00:04:03,7
6		00:37:10.1	2320	Zawadzinski	Matthias		FC Stoppenberg	1984	1	MJugA	03:43,0	00:04:08,0
7		00:37:19.0	144	Wagner	Rüdiger		Fraunhofer Institut U	1970	2	M30	03:43,9	00:04:16,9
8		00:37:23.8	234	Glennemeier	Andreas		Essen	1969	3	M30	03:44,3	00:04:21,7
9		00:37:34.9	236	Kumherr	Günter		TuS 84/10 Essen	1956	2	M45	03:45,4	00:04:32,8
10		00:37:41.5	449	Gördes	Markus		TB Osterfeld	1972	4	M30	03:46,1	00:04:39,4
11		00:37:45.0	2315	Falkenhagen	Harald		Duisburg	1951	1	M50	03:46,5	00:04:42,9
12		00:37:47.3	195	Hallerbach	Thomas		LAV Oberhausen	1961	1	M40	03:46,7	00:04:45,2
13		00:38:09.8	197	Respondek	Carsten		Essen	1976	4	MHK	03:48,9	00:05:07,7
14		00:38:12.6	226	Packroß	Ulrich		LG Mülheim/Ruhr	1950	2	M50	03:49,2	00:05:10,5
15		00:38:32.2	247	Rosenbaum	Jörg		SV Siemens	1966	1	M35	03:51,2	00:05:30,1
16		00:39:35.4	2313	Hein	Stefan		Essen	1976	5	MHK	03:57,5	00:06:33,3
17		00:39:51.8	105	Stöckert	Uwe		LAV Oberhausen	1958	2	M40	03:59,1	00:06:49,7
18		00:40:06.4	2273	Groetze	Helmut		Team Fraunhofer U	1963	2	M35	04:00,6	00:07:04,3
19		00:40:17.5	2327	Rechberger	Marcus		Fraunhofer Umsicht	1972	5	M30	04:01,7	00:07:15,4
20		00:40:21.2	143	Brockhoff	Berthold		LAV Oberhausen	1958	3	M40	04:02,1	00:07:19,1
21		00:40:28.3	388	Leitzgen	Georg		DJK SG Tackenberg	1964	3	M35	04:02,8	00:07:26,2
22		00:40:29.1	85	Vielhaber	Burkard		Essen	1965	4	M35	04:02,9	00:07:27,0
23		00:40:59.6	322	Dickmann	Roland		LAV Oberhausen	1941	1	M60	04:05,9	00:07:57,5
24		00:41:07.8	290	Lange	Michael		SC Buschhausen 191	1963	5	M35	04:06,7	00:08:05,7
25		00:41:23.1	2019	Klein	Carsten		Oberhausen	1967	6	M35	04:08,3	00:08:21,0
26		00:41:32.7	2351	Lüther	Markus		DJK VFR Saarn	1963	7	M35	04:09,2	00:08:30,6
27		00:41:35.8	2292	Lange	Bodo		SV Beeckerwerth 192	1941	2	M60	04:09,5	00:08:33,7
28		00:41:43.0	202	Schanze	Wolfgang Ch		Oberhausen	1961	4	M40	04:10,3	00:08:40,9
29		00:41:43.4	268	Burr	Ehrenfried		DJK VFR Saarn	1945	1	M55	04:10,3	00:08:41,3
30		00:41:49.2	201	Schmitz	Günter		Oberhausen	1960	5	M40	04:10,9	00:08:47,1
31		00:41:57.9	2335	Kretschmann	Ernest		Oberhausen	1953	3	M45	04:11,7	00:08:55,8
32		00:42:02.4	76	Weber	Andreas		Ski-Club Wuppertal-	1970	6	M30	04:12,2	00:09:00,3
33		00:42:06.5	163	Kalweit	Siegfried		TSV Viktoria Mülhei	1942	3	M60	04:12,6	00:09:04,4
34		00:42:07.7	275	Haefs	Michael		KTSV Preußen Krefel	1962	6	M40	04:12,7	00:09:05,6
35		00:42:12.5	223	Kuhnert	Waldemar		Trinimators Voerde	1963	8	M35	04:13,2	00:09:10,4
36		00:42:27.5	245	Schwerdt	Peter		Fraunhofer Umsicht	1958	7	M40	04:14,7	00:09:25,4
37		00:42:30.0	2295	Quast	Rudolf		Oberhausen	1958	8	M40	04:15,0	00:09:27,9
38		00:42:40.8	101	Mogk	Oliver		BC Turbinenhalle Ob	1975	6	MHK	04:16,0	00:09:38,7
39		00:42:54.4	316	Abläss	Marko		Oberhausen	1979	7	MHK	04:17,4	00:09:52,3
40		00:43:03.4	110	Fischer	Oliver		Duisburg Dockers	1980	8	MHK	04:18,3	00:10:01,3
41		00:43:08.0	188	Vogt	Dirk		Mülheim	1956	4	M45	04:18,8	00:10:05,9
42		00:43:11.0	20	Splottorf	Michael		LAV Oberhausen	1961	9	M40	04:19,1	00:10:08,9
43		00:43:13.6	232	Paulus	Sven		Essen	1975	9	MHK	04:19,3	00:10:11,5
44		00:43:14.3	80	Teuber	Bernd		Düsseldorf	1965	9	M35	04:19,4	00:10:12,2
45		00:43:15.3	164	Adam	Marcel		TSV Bayer 04 Leverk	1984	2	MJugA	04:19,5	00:10:13,2
46		00:43:35.3	222	Hauffe	Chris		Oberhausen	1970	7	M30	04:21,5	00:10:33,2
47		00:43:44.0	457	Schlutius	Reinhard		VFL Bergheide Sterkr	1946	2	M55	04:22,4	00:10:41,9
48		00:43:46.8	2331	Kieslich	Marcus		Raesfeld	1983	3	MJugA	04:22,6	00:10:44,7
49		00:43:57.4	264	Kiy	Rolf		Die Weißen Kenianer	1967	10	M35	04:23,7	00:10:55,3
1	W	00:43:57.6	309	Lockhorn	Maria		Lauffreunde Emsland	1954	1	W45	04:23,7	00:00:00,0
50		00:44:58.0	2306	Jürgens	Johannes		TV 1848 Mönchengla	1969	8	M30	04:29,8	00:11:55,9
51		00:44:00.8	243	Dienststuhl	Jens		Oberhausen	1974	10	MHK	04:24,0	00:10:58,7
52		00:44:08.4	13	Hüsken	Martin		DJK Adler 07 Bottro	1973	11	MHK	04:24,8	00:11:06,3
53		00:44:09.8	2346	Schelte	Thomas		Oberhausen	1964	11	M35	04:24,9	00:11:07,7
54		00:44:21.0	233	Knümann	Andreas		TB Essen Frintrop	1967	12	M35	04:26,1	00:11:18,9
2	W	00:44:21.7	259	Berghaus	Bärbel		Solinger LC	1940	1	W60	04:26,1	00:00:24,1
3	W	00:44:27.7	11	Behrends	Doris		Oberhausen	1961	1	W40	04:26,7	00:00:30,1
55		00:44:31.5	427	Poß	Robert		OTV 1873	1985	1	MJugB	04:27,1	00:11:29,4

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
56		00:44:31.5	84	Kautz	Rene´		Mülheim	1978	12	MHK	04:27,1	00:11:29,4
57		00:44:35.9	108	Kwasniok	Dennis		Oberhausen	1977	13	MHK	04:27,5	00:11:33,8
4	W	00:44:39.3	392	Wochnik	Corinne		DJK SG Tackenberg	1986	1	WJugB	04:27,9	00:00:41,7
58		00:44:42.0	274	Burckardt	Frank		Mülheim	1970	9	M30	04:28,2	00:11:39,9
59		00:44:43.7	501	Schneiderbanger	Konrad		TSV Viktoria Mülhei	1933	1	M65	04:28,3	00:11:41,6
60		00:44:48.9	107	Kwasniok	Sascha		Oberhausen	1973	14	MHK	04:28,8	00:11:46,8
61		00:44:51.6	382	Beeking	Michael		LF HaDi	1970	10	M30	04:29,1	00:11:49,5
62		00:45:03.5	361	Hake	Michael		Ruderverein Oberhau	1958	10	M40	04:30,3	00:12:01,4
63		00:45:04.4	250	Luers	Wolfgang		SC Lechia Danzig	1944	3	M55	04:30,4	00:12:02,3
64		00:45:07.2	161	Löer	Hans-Ulrich		Oberhausen	1972	11	M30	04:30,7	00:12:05,1
65		00:45:18.0	2323	Zachow	Hartmut		DJK Adler 07 Bottro	1957	5	M45	04:31,8	00:12:15,9
66		00:45:19.9	2350	Rüter	Reinhard		Gelsenkirchen	1955	6	M45	04:31,9	00:12:17,8
67		00:45:29.0	187	Ebert	Ulrich		Oberhausen	1959	11	M40	04:32,9	00:12:26,9
68		00:45:32.0	249	Heisel	Wolfgang		Essen	1967	13	M35	04:33,2	00:12:29,9
69		00:45:36.2	325	Sobolewski	Rolf		Oberhausen	1961	12	M40	04:33,6	00:12:34,1
70		00:45:42.5	252	Minzenmay	Daniel		Dinslaken	1973	15	MHK	04:34,2	00:12:40,4
5	W	00:45:43.3	2342	Weigand	Eveline			1951	1	W50	04:34,3	00:01:45,7
71		00:45:54.0	377	Schlitzkus	Jürgen		FC Stoppenberg	1940	4	M60	04:35,4	00:12:51,9
72		00:45:55.2	358	Koppen	Michael		Oberhausen	1949	3	M50	04:35,5	00:12:53,1
73		00:46:15.0	2344	Weyh	Harald		ASV Duisburg	1962	13	M40	04:37,5	00:13:12,9
74		00:46:08.8	2349	Bankoski	Friedrich			1957	7	M45	04:36,8	00:13:06,7
75		00:46:18.5	323	Lampe	Siegfried		Oberhausen	1962	14	M40	04:37,8	00:13:16,4
76		00:46:20.4	2341	Bauer	André			1965	14	M35	04:38,0	00:13:18,3
77		00:46:21.1	2347	Bens	David		Essen	1974	16	MHK	04:38,1	00:13:19,0
6	W	00:46:24.1	186	Daniel	Jessica		Oberhausen	1977	1	WHK	04:38,4	00:02:26,5
78		00:46:25.6	242	Beyer	Bernd		Mülheim	1966	15	M35	04:38,5	00:13:23,5
79		00:46:30.4	357	Haferkamp	Jürgen		Oberhausen	1952	4	M50	04:39,0	00:13:28,3
80		00:46:31.6	192	Kelka	Frank		Oberhausen	1968	12	M30	04:39,1	00:13:29,5
81		00:46:31.8	121	Löhndorf	Markus		SG Dresdner Bank A	1963	16	M35	04:39,1	00:13:29,7
7	W	00:46:33.8	225	Packroß	Barbara		LG Mülheim/Ruhr	1954	2	W45	04:39,3	00:02:36,2
82		00:46:35.1	100	Zippel	Heinz		Laufftreff	1958	15	M40	04:39,5	00:13:33,0
83		00:46:36.8	412	Gebhardt	Heinz		OTHC	1955	8	M45	04:39,6	00:13:34,7
8	W	00:46:38.4	89	Theißen	Kristina		Eintracht Duisburg	1981	2	WHK	04:39,8	00:02:40,8
84		00:46:38.9	70	Matle´	Hans-Peter		Eintracht Duisburg	1964	17	M35	04:39,8	00:13:36,8
85		00:46:46.0	99	Süßelbeck	Ralf		Oberhausen	1965	18	M35	04:40,6	00:13:43,9
86		00:46:46.1	93	Dicke	Patrick		Oberhausen	1965	19	M35	04:40,6	00:13:44,0
87		00:46:48.1	491	Jakobs	Daniel			1965	20	M35	04:40,8	00:13:46,0
88		00:46:49.0	456	Rieforth	Bernhard		VFL Bergheide Sterkr	1960	16	M40	04:40,9	00:13:46,9
89		00:46:50.3	273	Lieske	Frank		Essen	1967	21	M35	04:41,0	00:13:48,2
90		00:46:56.7	135	Pientka	Thilo		Essen	1972	13	M30	04:41,6	00:13:54,6
91		00:46:58.2	2319	Lou	Sot			1975	17	MHK	04:41,8	00:13:56,1
92		00:46:58.8	165	Brost	Erwin		Marathon Dinslaken	1957	9	M45	04:41,8	00:13:56,7
93		00:47:16.4	444	Walbert	Bernd		OTV 1873	1944	4	M55	04:43,6	00:14:14,3
94		00:47:18.1	302	Lindner	Günter		Oberhausen	1954	10	M45	04:43,8	00:14:16,0
95		00:47:30.5	2355	Hippenstil	Jörg		Marathon Mülheim	1964	22	M35	04:45,0	00:14:28,4
96		00:47:30.6	408	Bruns	Klaus		OTV 1873	1966	23	M35	04:45,0	00:14:28,5
97		00:47:37.0	2353	Böhringer	Frank		Oberhausen	1969	14	M30	04:45,7	00:14:34,9
9	W	00:47:38.6	95	Fischer	Jessica		LC Duisburg	1980	3	WHK	04:45,8	00:03:41,0
98		00:47:41.7	124	Schäfer	Jürgen		Essen	1966	24	M35	04:46,1	00:14:39,6
10	W	00:47:46.9	402	Bierschbach	Angelika		OTV 1873	1958	2	W40	04:46,6	00:03:49,3
99		00:47:47.5	286	Robbers	Joachim		Oberhausen	1949	5	M50	04:46,7	00:14:45,4
100		00:47:48.6	2348	Bott	Udo		Mülheim	1959	17	M40	04:46,8	00:14:46,5
101		00:47:50.3	92	Barwenczik	Reiner Lotha		EVO/STOAG	1964	25	M35	04:47,0	00:14:48,2
102		00:47:51.0	116	Lorenz	Reiner		SPVGG Sterkrade-No	1963	26	M35	04:47,1	00:14:48,9
103		00:48:01.6	2026	Matzat	André		Oberhausen	1960	18	M40	04:48,1	00:14:59,5
104		00:48:03.8	224	Börsing	Wolfgang		Gelsenkirchen	1952	6	M50	04:48,3	00:15:01,7
105		00:48:08.2	461	Biegert	Dietrich		VFL Bergheide Sterkr	1942	5	M60	04:48,8	00:15:06,1
106		00:48:12.0	98	Borgolte	Malte		Moers	1986	2	MJugB	04:49,2	00:15:09,9

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
107		00:48:16.6	478	Reimers	Bernd		Zebra-Strab-Lintorf	1960	19	M40	04:49,6	00:15:14,5
11	W	00:48:19.6	485	Dick	Maren		Sterkrader Schwimmv	1976	4	WHK	04:49,9	00:04:22,0
108		00:48:34.5	205	Blumenfeld	Frank		Köln	1967	27	M35	04:51,4	00:15:32,4
12	W	00:48:35.9	2343	Jasmin	Yasmin			1959	3	W40	04:51,5	00:04:38,3
109		00:48:39.3	2345	Grzenia	Klaus		Marathon Lirich	1960	20	M40	04:51,9	00:15:37,2
110		00:48:44.4	297	Kütemeier	Andreas		LC 92 Bad Salzuflen	1962	21	M40	04:52,4	00:15:42,3
111		00:48:46.9	255	Michalik	Dietmar		Oberhausen	1961	22	M40	04:52,6	00:15:44,8
112		00:48:47.3	426	Naunheim	Sebastian		OTV 1873	1985	3	MJugB	04:52,7	00:15:45,2
113		00:48:47.9	384	Benninghoff	Helmut		TV Jahn Königshardt	1949	7	M50	04:52,7	00:15:45,8
114		00:48:48.4	460	Scheuer	Jochen		VFL Bergheide Sterkr	1954	11	M45	04:52,8	00:15:46,3
115		00:48:50.4	112	Meyer	Thorsten		Oberhausen	1969	15	M30	04:53,0	00:15:48,3
116		00:48:51.0	94	Kruse	Ralf		FC Pappnasen	1966	28	M35	04:53,1	00:15:48,9
117		00:49:08.1	86	Gassen	Toni		Bottrop	1958	23	M40	04:54,8	00:16:06,0
118		00:49:15.0	158	Berger	Thomas		Oberhausen	1964	29	M35	04:55,5	00:16:12,9
119		00:49:16.6	193	Zimmermann	Joachim		HSCB	1956	12	M45	04:55,6	00:16:14,5
13	W	00:49:18.2	155	Stolle	Birgit		TUSEM Essen	1959	4	W40	04:55,8	00:05:20,6
120		00:49:23.5	218	Lisec	Kurt		LAV Oberhausen	1932	1	M70	04:56,3	00:16:21,4
121		00:49:27.3	75	Schürhaus	Rainer		Oberhausen	1964	30	M35	04:56,7	00:16:25,2
14	W	00:49:32.8	2339	Fritz	Doris		Wesel	1955	3	W45	04:57,2	00:05:35,2
122		00:49:41.4	2332	Erners	Marcus		Oberhausen	1968	16	M30	04:58,1	00:16:39,3
123		00:49:44.1	285	Wittich	Helge		Oberhausen	1965	31	M35	04:58,4	00:16:42,0
15	W	00:49:44.5	2352	Ruschke	Monika		LG Mülheim/Ruhr	1957	4	W45	04:58,4	00:05:46,9
124		00:49:51.3	446	Bierbrauer	Wolfgang		TB Osterfeld	1936	2	M65	04:59,1	00:16:49,2
125		00:49:52.8	267	Te Kate	Werner		Bottrop	1952	8	M50	04:59,2	00:16:50,7
126		00:49:53.1	87	Maroschek	Heiko		SG EVO/Stoag	1964	32	M35	04:59,3	00:16:51,0
127		00:50:21.9	111	Paulus	Ludwig		Düsseldorf	1970	17	M30	05:02,1	00:17:19,8
128		00:50:51.0	254	Soling	Sascha		LG Ikone Ruhrpott	1971	18	M30	05:05,1	00:17:48,9
16	W	00:50:59.3	132	Lotockyj	Evangalina		Nettetal	1974	5	WHK	05:05,9	00:07:01,7
17	W	00:51:02.1	500	Engel	Annika		Ruderverein Oberhau	1985	2	WJugB	05:06,2	00:07:04,5
129		00:51:03.1	167	Hanacher	Andreas		Mülheim	1972	19	M30	05:06,3	00:18:01,0
130		00:51:07.7	276	Pottbäcker	Hans-Gerd		DJK Arminia Lirich	1950	9	M50	05:06,7	00:18:05,6
131		00:51:09.9	319	Mühlberg	Martin		SG EVO/Stoag	1965	33	M35	05:06,9	00:18:07,8
132		00:51:10.0	2358	Komes	Uwe			1955	13	M45	05:07,0	00:18:07,9
133		00:51:11.5	77	May	Jörg		Dinslaken	1962	24	M40	05:07,1	00:18:09,4
134		00:51:22.2	266	Hahnefeld	Christian		Castrop - Rauxel	1958	25	M40	05:08,2	00:18:20,1
135		00:51:34.4	90	Schulze	Karsten		Mülheim	1956	14	M45	05:09,4	00:18:32,3
136		00:51:40.0	2322	Altuner	Adam		Wuppertal	1963	34	M35	05:10,0	00:18:37,9
137		00:51:40.7	462	Kaufmes	Robert		VFL Bergheide Sterkr	1957	15	M45	05:10,0	00:18:38,6
138		00:51:42.5	184	Pohlmann	Andre´		Oberhausen	1973	18	MHK	05:10,2	00:18:40,4
139		00:51:48.2	198	Galle	Werner		TSV Viktoria Mülhei	1949	10	M50	05:10,8	00:18:46,1
140		00:51:52.9	291	Kiszio	Werner		Bochum	1967	35	M35	05:11,2	00:18:50,8
18	W	00:51:53.7	119	Seitz	Ines		Duisburg	1967	1	W35	05:11,3	00:07:56,1
141		00:52:02.8	263	Bruns	Markus			1973	19	MHK	05:12,2	00:19:00,7
19	W	00:52:04.2	333	Van Holt	Claudia		BSG Mitsubishi	1971	1	W30	05:12,4	00:08:06,6
142		00:52:04.5	109	Vosskühler	Harald		Oberhausen	1956	16	M45	05:12,4	00:19:02,4
143		00:52:06.3	191	Lumer	Lambert		VFL Bergheide Sterkr	1941	6	M60	05:12,6	00:19:04,2
144		00:52:09.3	73	Schreiber	Hartmut		Mülheim	1954	17	M45	05:12,9	00:19:07,2
20	W	00:52:14.9	251	Schulz	Stefanie		Dinslaken	1974	6	WHK	05:13,4	00:08:17,3
145		00:52:19.8	134	Klug	Andreas		Dinslaken	1965	36	M35	05:13,9	00:19:17,7
146		00:52:20.9	12	Heinze	Gert			1949	11	M50	05:14,0	00:19:18,8
147		00:52:25.0	153	Spelleken	Jörg		Hamminkeln	1960	26	M40	05:14,5	00:19:22,9
148		00:52:27.2	79	Kendzior	Stefan		Oberhausen	1975	20	MHK	05:14,7	00:19:25,1
149		00:52:30.1	436	Van Löchtern	Theo		OTV 1873	1934	3	M65	05:15,0	00:19:28,0
150		00:52:35.3	459	Hamm	Karl		VFL Bergheide Sterkr	1942	7	M60	05:15,5	00:19:33,2
151		00:52:36.0	383	Beeking	Willi		LF HaDi	1949	12	M50	05:15,6	00:19:33,9
152		00:52:52.1	465	Angenend	Hans		VFL Bergheide Sterkr	1936	4	M65	05:17,2	00:19:50,0
153		00:52:56.9	315	Otten	Willi		TB Osterfeld	1942	8	M60	05:17,6	00:19:54,8
154		00:53:05.0	2325	Zebs	Frank		Hamminkeln	1971	20	M30	05:18,5	00:20:02,9

Platz	G	Zeit	St.-Nr	Name	Vorname	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
155		00:53:08.0	2354	Fandrey	Jürgen		Voerde	1958	27	M40	05:18,8	00:20:05,9
156		00:53:08.5	139	Gronauer	Manfred		Essen	1959	28	M40	05:18,8	00:20:06,4
21	W	00:53:10.6	166	Schacht	Sylke		Oberhausen	1969	2	W30	05:19,0	00:09:13,0
22	W	00:53:14.9	262	Bruns	Ursula		Oberhausen	1952	2	W50	05:19,4	00:09:17,3
157		00:53:31.8	2329	Cramer	Andreas		SG Unna Massen	1967	37	M35	05:21,1	00:20:29,7
158		00:53:44.0	102	Suster	Andreas		Oberhausen	1969	21	M30	05:22,4	00:20:41,9
159		00:53:45.5	447	Griese	Horst		TB Osterfeld	1935	5	M65	05:22,5	00:20:43,4
23	W	00:53:52.7	494	Thissen	Helga		TSV Weeze	1952	3	W50	05:23,2	00:09:55,1
160		00:53:53.4	475	Rychwalski	Daniel		Oberhausen	1976	21	MHK	05:23,3	00:20:51,3
161		00:53:56.6	445	Dennig	Gerhard		TB Osterfeld	1936	6	M65	05:23,6	00:20:54,5
162		00:53:58.2	136	Buchholz	Michael		Oberhausen	1964	38	M35	05:23,8	00:20:56,1
163		00:53:58.9	253	Steinweg	Roland		Herne	1961	29	M40	05:23,8	00:20:56,8
24	W	00:54:23.5	115	Hügel	Olga		Moers	1965	2	W35	05:26,3	00:10:25,9
25	W	00:54:34.5	293	Jungblut-Wagner	Cornelia		Oberhausen	1957	5	W45	05:27,4	00:10:36,9
164		00:54:36.3	142	Ringert	Michael		Oberhausen	1968	22	M30	05:27,6	00:21:34,2
26	W	00:54:39.2	284	Hetkämper	Kirsten		Bottrop	1975	7	WHK	05:27,9	00:10:41,6
27	W	00:54:57.5	2303	Gebhardt	Jennifer		Oberhausener TV	1980	8	WHK	05:29,7	00:10:59,9
28	W	00:55:16.0	82	Fehr	Cornelia		Oberhausen	1968	3	W30	05:31,6	00:11:18,4
165		00:55:16.6	278	Schreiber	Stefan		Oberhausen	1966	39	M35	05:31,6	00:22:14,5
29	W	00:55:22.8	2359	Varmbaum	Irene		Oberhausen	1962	5	W40	05:32,2	00:11:25,2
166		00:55:30.7	189	Hermosin	Manuel		SG Oberhausen	1967	40	M35	05:33,0	00:22:28,6
167		00:55:32.3	185	Winschermann	Jörg		Oberhausen	1964	41	M35	05:33,2	00:22:30,2
168		00:55:41.5	448	Borghoff	Karl-Heinz		TB Osterfeld	1940	9	M60	05:34,1	00:22:39,4
169		00:55:48.3	159	Kortz	Christian		Oberhausen	1967	42	M35	05:34,8	00:22:46,2
170		00:55:58.5	335	Königsmann	Udo		Oberhausen	1965	43	M35	05:35,8	00:22:56,4
30	W	00:56:21.6	320	Vaszita	Renate		SG EVO/Stoag	1941	2	W60	05:38,1	00:12:24,0
171		00:56:22.0	150	Rühl	Hans-Jürgen		SG EVO/Stoag	1955	18	M45	05:38,2	00:23:19,9
31	W	00:56:23.5	244	Tenbrink	Gabriele		Duisburg	1951	4	W50	05:38,3	00:12:25,9
172		00:56:32.6	463	Dickhoff	Friedel		VFL Bergheide Sterkr	1939	10	M60	05:39,2	00:23:30,5
173		00:56:47.4	14	Müller	Frank		Oberhausen	1955	19	M45	05:40,7	00:23:45,3
174		00:57:12.0	97	Kohler	Dirk		Oberhausen	1961	30	M40	05:43,2	00:24:09,9
32	W	00:57:20.7	138	Kistermann	Erika		SPVGG Sterkrade-No	1952	5	W50	05:44,0	00:13:23,1
33	W	00:57:21.1	91	Weller	Heike		Oberhausen	1964	3	W35	05:44,1	00:13:23,5
34	W	00:57:33.4	216	Nienhaus	Beritt		Oberhausen	1976	9	WHK	05:45,3	00:13:35,8
35	W	00:57:33.5	217	Radner	Andrea		Gelsenkirchen	1977	10	WHK	05:45,3	00:13:35,9
175		00:58:21.3	140	Jaeger	Ewald		Mülheim	1962	31	M40	05:50,1	00:25:19,2
176		00:58:24.1	131	Meters	Frank		Oberhausen	1963	44	M35	05:50,4	00:25:22,0
36	W	00:58:30.5	137	Krings-Kröll	Michaela		Oberhausen	1957	6	W45	05:51,0	00:14:32,9
177		00:58:31.3	486	Richter	Werner		Oberhausen	1947	5	M55	05:51,1	00:25:29,2
178		00:59:06.7	156	Grigull	Jörg		Herne	1961	32	M40	05:54,6	00:26:04,6
179		00:59:07.1	128	Gruss	Jürgen		Oberhausen	1961	33	M40	05:54,7	00:26:05,0
180		00:59:19.7	219	Kullmann	Manfred		Oberhausen	1959	34	M40	05:55,9	00:26:17,6
37	W	00:59:19.7	220	Göddertz	Mechthild		Oberhausen	1953	7	W45	05:55,9	00:15:22,1
181		00:59:20.9	458	Thülig	Bernhard		VFL Bergheide Sterkr	1936	7	M65	05:56,0	00:26:18,8
38	W	00:59:27.9	334	Königsmann	Francesca		Oberhausen	1963	4	W35	05:56,7	00:15:30,3
182		01:00:05.4	71	Hamacher	Michael		Mülheim	1959	35	M40	06:00,5	00:27:03,3
39	W	01:00:22.9	280	Schmidt	Anke		Bottrop	1964	5	W35	06:02,2	00:16:25,3
183		01:00:23.4	106	Kollnitz	Andreas		Frankfurt	1967	45	M35	06:02,3	00:27:21,3
40	W	01:00:40.2	129	Kuchel	Betty		LG Ikone Ruhrpott	1967	6	W35	06:04,0	00:16:42,6
184		01:01:14.4	96	Schumann	Peter		Oberhausen	1965	46	M35	06:07,4	00:28:12,3
41	W	01:01:40.3	295	Dech	Dagmar		TKV Essen Kupferdr	1949	6	W50	06:10,0	00:17:42,7
185		01:01:40.9	162	Grone	Wolfgang		Oberhausen	1946	6	M55	06:10,0	00:28:38,8
42	W	01:03:17.0	330	Ritter-Beutling	Stefanie		Oberhausen	1974	11	WHK	06:19,7	00:19:19,4
43	W	01:03:17.2	336	Schönberger	Christa		Budo Sport Center O	1964	7	W35	06:19,7	00:19:19,6
44	W	01:03:20.5	248	Nagel	Maria		Oberhausen	1951	7	W50	06:20,0	00:19:22,9
45	W	01:03:26.3	203	Diefenbach	Andrea		Oberhausen	1967	8	W35	06:20,6	00:19:28,7
186		01:03:37.0	362	Hörnsemeyer	Heinz		Oberhausen	1955	20	M45	06:21,7	00:30:34,9
46	W	01:04:12.2	328	Schacherl-Richte	Kornelia		Oberhausen	1956	8	W45	06:25,2	00:20:14,6

<i>Platz</i>	<i>G</i>	<i>Zeit</i>	<i>St.-Nr</i>	<i>Name</i>	<i>Vorname</i>	<i>NAT</i>	<i>Verein</i>	<i>Jahr</i>	<i>PAK</i>	<i>AK</i>	<i>Min/KM</i>	<i>Z-Diff</i>
47	W	01:04:42.8	329	Wicht	Angelika		Oberhausen	1957	9	W45	06:28,2	00:20:45,2
48	W	01:04:43.6	81	Born	Ursula		Oberhausen	1958	6	W40	06:28,3	00:20:46,0
49	W	01:05:20.9	1997	Amenda	Jutta		Stuttgart	1957	10	W45	06:32,0	00:21:23,3
50	W	01:06:41.2	141	Kircher	Sabine		Oberhausen	1972	4	W30	06:40,1	00:22:43,6
51	W	01:08:38.7	199	Gerbracht	Andrea		SPVGG Sterkrade-No	1959	7	W40	06:51,8	00:24:41,1
52	W	01:08:42.8	200	Krautkrämer	Nicole		Oberhausen	1969	5	W30	06:52,2	00:24:45,2
53	W	01:09:58.6	258	Sawitza	Margret		Oberhausen	1959	8	W40	06:59,8	00:26:01,0
54	W	01:09:58.8	257	Reich	Beatrix		Oberhausen	1960	9	W40	06:59,8	00:26:01,2
55	W	01:10:59.5	130	Meters	Susanne		Oberhausen	1966	9	W35	07:05,9	00:27:01,9
56	W	01:16:11.1	51	Borgolte	Ronja		Moers	1987	3	WJugB	07:37,1	00:32:13,5