



Rang	G	Platz	Name	Zeit	St.-Nr	NAT	Verein	Jahr	PAK	AK	NZeit	NPlatz
1		1	Heßelmann, Jürgen	00:16:45	2792		LG Hünxe	1965	1	M45	00:16:42	1
2		2	Möller, Jonah	00:16:59	2799		SV Sonsbeck	1990	1	MHK	00:16:57	2
3		3	Rosenberg, Sebastian	00:17:05	805		Moerser TV	1990	2	MHK	00:17:02	3
4		4	Brauckmann, Jürgen	00:17:47	2818		St. Josef Krankenhau	1966	2	M45	00:17:44	4
5		5	Schmude, Philipp	00:17:56	135		LC Duisburg	1995	1	MJugB	00:17:53	5
6		6	Schumacher, Martin	00:18:10	2803		SV 1919 Sonsbeck	1988	3	MHK	00:18:07	6
7		7	Heyer, Tim	00:18:47	786		Bayer Uerdingen/Dor	1992	1	MJugA	00:18:42	7
8		8	Süß, Tobias	00:18:53	721		Moers	1989	4	MHK	00:18:47	8
9		9	Bbachmann, Matthias	00:19:03	2807		LG Alpen	1983	5	MHK	00:18:59	9
10		10	Bullemann, Alex Cedric	00:19:21	2617		LG Wanderhoden	1989	6	MHK	00:19:18	10
11	W	1	van Hütt, Annika	00:19:32	719		LG Alpen	1990	1	WHK	00:19:29	1
12		11	Kwekkeboom, Thorsten	00:19:34	799		LG Alpen	1972	1	M35	00:19:30	11
13		12	Boom, Van Den, Klaus	00:19:44	684		Kleve	1967	1	M40	00:19:40	12
14		13	Senn, Fabian	00:19:47	2829		LG Wanderhoden	1989	7	MHK	00:19:43	13
15		14	Bryll, Holger	00:19:54	776		Duisburg	1968	2	M40	00:19:50	15
16		15	Bockholt, Andreas	00:19:54	305		Trockenbau-Bockholt	1973	2	M35	00:19:47	14
17		16	Anhut, Michael	00:20:07	227		St. Josef Krankenhau	1967	3	M40	00:19:57	16
18		17	Kardamanidis, Christodalo	00:20:12	2811		Fortuna Düsseldorf	1988	8	MHK	00:20:05	17
19		18	Lojak, Thomas	00:20:15	100		Moers	1993	2	MJugA	00:20:10	19
20		19	Kisielinski, Dr. Kai	00:20:16	613		Dinslaken	1972	3	M35	00:20:13	22
21		20	Börke, Janik	00:20:19	506		Homberger TV	1992	3	MJugA	00:20:10	18
22		21	Hau, Bastian	00:20:22	184		TuS Hamborn-Neumü	1986	9	MHK	00:20:13	20
23		22	Gschwandtner, René	00:20:22	2168			1969	4	M40	00:20:13	21
24		23	Fijalkowski, André	00:20:23	635		TuS Hamborn-Neumü	1981	1	M30	00:20:14	23
25		24	Peters, Michael	00:20:39	287		Duisburg	1979	2	M30	00:20:30	24
26		25	Tegatz, Noah-Yoshua	00:20:47	377		LC Duisburg	1998	2	MJugB	00:20:44	25
27	W	2	Windhausen, Nina	00:21:00	370		OSC Waldniel	1981	1	W30	00:20:56	2
28		26	Langhanki, Gerd	00:21:00	337		OSC Waldniel	1966	3	M45	00:20:56	26
29		27	Schulz, Thomas	00:21:04	2234			1966	4	M45	00:21:01	27
30	W	3	Englisch, Simona	00:21:11	811		Moerser TV	1989	2	WHK	00:21:07	3
31		28	Schäfer, Niklas	00:21:19	2797		Moerser TV	1995	3	MJugB	00:21:16	28
32		29	Killewald, Frank	00:21:24	389		Deutsche Post	1959	1	M50	00:21:17	29
33		30	Steinke, Marten	00:21:26	23		LC Duisburg	1999	4	MJugB	00:21:23	31
34		31	Grüner, Tobias	00:21:26	2373		Moerser TV	1995	5	MJugB	00:21:23	32
35	W	4	Suthor, Claudia	00:21:32	2816		St. Josef Krankenhau	1980	2	W30	00:21:28	4
36		32	Kersbaum, Sandro	00:21:37	2798		AS Neukirchen-Vluyn	1976	4	M35	00:21:33	36
37		33	Weber, Mark	00:21:39	2802		Duisburg	1969	5	M40	00:21:32	35
38		34	Hausburg, Marcel	00:21:44	114		LC Duisburg	2000	6	MJugB	00:21:40	38
39		35	Voith, Michael	00:21:44	2833		LT Mattlerbusch	1960	2	M50	00:21:37	37
40		36	Minning, Jürgen	00:21:45	2619		BSG Springorum Boc	1959	3	M50	00:21:25	33
41		37	Porcu, Luca	00:21:50	483	ITA	FC Viktoria Alpen	1999	7	MJugB	00:21:22	30
42		38	Philipp, Frank	00:21:55	861		LG Hünxe	1963	5	M45	00:21:27	34
43	W	5	Musmann, Carola	00:21:59	2810		Moerser TV	1989	3	WHK	00:21:52	5
44	W	6	Heasters, Annika	00:22:05	664		Kids Aktiv	1998	1	WJugB	00:22:02	6
45	W	7	Vella, Giulia	00:22:19	2600		LC Duisburg	1988	4	WHK	00:22:16	7
46		39	Levy, Thomas	00:22:21	638		Moers	1974	5	M35	00:22:12	39
47		40	Dornbusch, Duncan	00:22:26	1946			1996	8	MJugB	00:22:22	41
48		41	Stoick, Patrick	00:22:31	42		Moers	1992	4	MJugA	00:22:21	40
49		42	Kaminski, Nils	00:22:42	580		LC Duisburg	1998	9	MJugB	00:22:38	45
50		43	Senftleben, Till	00:22:50	405		Moers	2002	10	MJugB	00:22:48	46
51	W	8	Fleischer, Louisa	00:22:51	855		LC Duisburg	1999	2	WJugB	00:22:48	8
52		44	Schütten, Tim	00:23:00	217		Ingenieur- und Planu	1991	10	MHK	00:22:32	42
53		45	Strehlau, Ulrich	00:23:01	501		Homberger TV	1948	1	M60	00:22:33	43
54		46	Engelmann, Marius	00:23:04	531		Moerser TV	1998	11	MJugB	00:22:57	48
55		47	Peters, Detlef	00:23:05	2825		LN Nütterden	1966	6	M45	00:22:52	47
56		48	Senftleben, Luca	00:23:07	284		Moers	1999	12	MJugB	00:23:05	50
57		49	Gütte, Peter	00:23:08	2397		RAG	1960	4	M50	00:22:58	49

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58		50	Peters, Dominik	00:23:12	747		Duisburg	1985	11	MHK	00:22:37	44
59		51	Eggert, Markus	00:23:14	616		Duisburg	1975	6	M35	00:23:05	51
60		52	Peifer, Lothar	00:23:21	103		Duisburg	1950	2	M60	00:23:14	52
61	W	9	Meck, Nina	00:23:27	2832			1982	5	WHK	00:23:17	9
62		53	Senftleben, Reiner	00:23:29	283		Moers	1966	7	M45	00:23:26	58
63		54	Hüschen, Nils	00:23:31	663		Kids Aktiv	1998	13	MJugB	00:23:28	60
64		55	Hüschen, Dirk	00:23:31	1514		Moerser TV	1965	8	M45	00:23:23	55
65		56	Darda, Tobias	00:23:35	2809		AS Neukirchen-Vluyn	1992	5	MJugA	00:23:22	54
66		57	Peuser, Uwe	00:23:36	189		SV Bayer 08 Uerding	1960	5	M50	00:23:25	57
67		58	Peuser, Fabian	00:23:37	187		Rumelner TV	1997	14	MJugB	00:23:24	56
68		59	Bemsdorf, Denis	00:23:37	2270			1983	12	MHK	00:23:21	53
69	W	10	Bullermann, Pola	00:23:39	94		Moers	1988	6	WHK	00:23:23	10
70		60	Meier, Dominik	00:23:44	178		Moerser TV Hockey	1998	15	MJugB	00:23:40	64
71	W	11	Heuer, Susanne	00:23:53	121		St. Josef Krankenhau	1964	1	W45	00:23:27	11
72		61	Hillmann, Dr. Carsten	00:23:54	617		Kamp-Lintfort	1967	6	M40	00:23:35	63
73	W	12	Borowski, Rut	00:23:55	709		BSG Sparkasse Duisb	1967	1	W40	00:23:43	12
74		62	Henze, Hans	00:23:56	1639			1963	9	M45	00:23:35	62
75	W	13	Verfürth, Elisa	00:23:58	558		VfL 08 Repelen	1993	1	WJugA	00:23:48	13
76		63	Wehr, Oliver	00:23:58	2828			1992	6	MJugA	00:23:48	65
77		64	Marcelli, Alessandro	00:24:00	1901			1993	7	MJugA	00:23:50	66
78		65	Haßler, Tillmann	00:24:02	863		Moers	1969	7	M40	00:23:52	68
79		66	Müller, Stephan	00:24:03	857		Duisburg	1981	3	M30	00:23:27	59
80		67	Loogen, Dorian	00:24:04	2530			1991	13	MHK	00:23:28	61
81		68	Albrecht, Markus	00:24:16	540		Moerser TV	1991	14	MHK	00:24:13	73
82	W	14	Herholz, Silja	00:24:18	772		AS Neukirchen-Vluyn	1999	3	WJugB	00:24:04	14
83		69	Herholz, Volkmar	00:24:19	2296		AS Neukirchen-Vluyn	1967	8	M40	00:24:05	70
84		70	Lander, Stefan	00:24:19	838		Moers	1969	9	M40	00:23:51	67
85	W	15	Hümb, Marie	00:24:20	771		AS Neukirchen-Vluyn	1994	4	WJugB	00:24:08	15
86		71	Müller, Benjamin	00:24:22	730		Moers	1984	15	MHK	00:24:05	69
87		72	Bacher, Tim	00:24:29	854		Moers	1964	10	M45	00:24:07	71
88		73	Rehwinkel, Vincent	00:24:38	622		Die Bleifüße	1986	16	MHK	00:24:10	72
89	W	16	Hüschen, Sabine	00:24:40	1538		Moerser TV	1968	2	W40	00:24:31	16
90	W	17	Heßelmann, Gabriele	00:24:41	2791			1966	2	W45	00:24:33	17
91		74	Borkenhagen, Christian	00:24:47	41		Eick-West	1971	10	M40	00:24:39	76
92		75	Veltges, Lukas	00:24:50	538		Moerser TV	2002	16	MJugB	00:24:47	79
93	W	18	Börke, Wibke	00:24:52	504		Homberger TV	1996	5	WJugB	00:24:36	18
94	W	19	Wehr, Stephanie	00:24:53	93		Bochum	1988	7	WHK	00:24:37	19
95		76	Mätzkow, Rolf	00:24:53	571		Team Havelweg	1958	6	M50	00:24:18	74
96		77	Czaja, Rafael	00:24:54	751		Deutsche Post	1983	17	MHK	00:24:47	80
97		78	Schmidt, Jürgen	00:24:56	579			1948	3	M60	00:24:46	78
98	W	20	Meier, Johanna	00:24:57	181		SKBUe	1996	6	WJugB	00:24:47	20
99		79	Spemes, Hans-Peter	00:24:57	623		Moers	1949	4	M60	00:24:38	75
100		80	Karakas, Ayhan	00:24:59	731		Verwey GmbH	1979	4	M30	00:24:41	77
101		81	Tersteegen, Torben	00:25:02	756		AS Neukirchen-Vluyn	2000	17	MJugB	00:24:48	81
102	W	21	Veltges, Judith	00:25:08	539		Moerser TV	2000	7	WJugB	00:24:55	21
103		82	Krüger, Michael	00:25:19	815		Apotheke Mattenklotz	1973	7	M35	00:24:52	82
104		83	Otermann, Ulrich	00:25:44	138		Moers	1949	5	M60	00:25:35	84
105	W	22	Henrichs, Claudia	00:25:50	837		Bethanien	1978	3	W30	00:25:13	22
106		84	Hülsmann, Patrik	00:26:03	564		Moers	1987	18	MHK	00:25:55	86
107		85	Schäfer, Eugen	00:26:08	836		Bethanien	1967	11	M40	00:25:30	83
108		86	Borowski, Nick	00:26:10	710		BSG Sparkasse Duisb	1997	18	MJugB	00:25:58	87
109	W	23	Kuhn, Maria	00:26:13	880		LAZ Mönchengladbac	1951	1	W60	00:26:01	23
110		87	Arning, Michael	00:26:15	485		Castrop-Rauxel	1965	11	M45	00:25:50	85
111		88	Schweig, Dr. Norbert	00:26:18	850		VT 1859 Kempen	1953	1	M55	00:26:01	89
112		89	Kollnig, Dr. Henner	00:26:21	195		Mülheim	1966	12	M45	00:26:15	91
113	W	24	Rohde, Anja	00:26:23	1991		SC Bayer 05 Uerding	1971	3	W40	00:26:05	24
114	W	25	Klingen, Verena	00:26:23	2817		OSC Waldniel	1984	8	WHK	00:26:08	25

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Rang	G	Platz	Name	Zeit	St.-Nr	NAT	Verein	Jahr	PAK	AK	NZeit	NPlatz
115		90	Plinius, Christian	00:26:24	735		Verwey GmbH	1988	19	MHK	00:26:06	90
116		91	Ruschke, Siegfried	00:26:26	727		TV Voerde	1966	13	M45	00:26:15	92
117		92	Winter, Heinz	00:26:27	228		LG Hünxe	1940	1	M70	00:26:18	93
118		93	Buch, Michael	00:26:29	813		Apotheke Mattenklotz	1970	12	M40	00:26:01	88
119	W	26	Langhanki, Ute	00:26:34	449		OSC Waldniel	1969	4	W40	00:26:17	26
120	W	27	Tersteegen, Gudrun	00:26:37	677		AS Neukirchen-Vluyn	1967	5	W40	00:26:24	27
121		94	Pfeiffer, Ben	00:26:45	2805			2000	19	MJugB	00:26:34	95
122		95	Karutz, Dr. Philipp	00:26:45	678		Ident.africa	1981	5	M30	00:26:33	94
123		96	Hillen, Simon	00:26:48	2804			2000	20	MJugB	00:26:36	97
124	W	28	Lütgemeier, Jasmin	00:26:51	260		AS Neukirchen-Vluyn	1996	8	WJugB	00:26:37	28
125		97	Oles, David	00:26:52	341		Fernseh Suhr	1991	20	MHK	00:26:42	98
126		98	Piotrowski, Stefan	00:26:54	732		Verwey GmbH	1973	8	M35	00:26:36	96
127	W	29	Riese, Insa	00:26:55	679		Ident.africa	1979	4	W30	00:26:42	31
128	W	30	Strehlau, Margret	00:26:58	502		Homberger TV	1950	2	W60	00:26:41	30
129	W	31	Börke, Gabi	00:26:58	505		Homberger TV	1965	3	W45	00:26:40	29
130		99	Pfeiffer, Karl	00:27:02	2806			1965	14	M45	00:26:51	102
131		100	Sobeck, Oskar	00:27:06	672		OSC Rheinhausen	2002	21	MJugB	00:26:43	99
132		101	Sobeck, Swen	00:27:07	673		Bayer 08 Uerdingen	1969	13	M40	00:26:43	100
133	W	32	Gornetzki, Bettina	00:27:14	636		Duisburg	1988	9	WHK	00:26:57	33
134		102	Speh, Michael	00:27:14	787		Duisburg	1971	14	M40	00:26:59	103
135		103	Florian, Pluschkat	00:27:17	301		Kamp-Lintfort	1983	21	MHK	00:26:45	101
136		104	Hoffmann, Dirk	00:27:18	197		Moers	1957	7	M50	00:27:09	108
137		105	Pingen, Lennart	00:27:19	745		Duisburg	1996	22	MJugB	00:27:07	105
138	W	33	Grupe, Katharina	00:27:25	669		Tri19 Straelen	1985	10	WHK	00:26:56	32
139		106	Döring, Anton	00:27:26	402		Moers	2001	23	MJugB	00:27:23	114
140		107	Busekrus, Kurt	00:27:30	675		Mülheim	1950	6	M60	00:27:09	107
141		108	Krämer, Birger	00:27:33	77		Rheinberg	1977	6	M30	00:27:18	110
142		109	Laakmann, Jan	00:27:33	223		FDP Moers	1977	7	M30	00:27:09	106
143		110	Schünemann, Thomas	00:27:33	589		Kamp-Lintfort	1964	15	M45	00:27:07	104
144		111	Baars, Ralf	00:27:34	61		Die Kokser	1963	16	M45	00:27:20	112
145		112	Ohm, Torsten	00:27:35	317		Moers	1968	15	M40	00:27:21	113
146		113	Wagner, Bernd	00:27:35	302		TC Blau-Weiß Kamp-	1952	2	M55	00:27:26	115
147	W	34	Laakmann, Lisa	00:27:36	168		LG Wanderhoden	1983	11	WHK	00:27:14	34
148		114	Lange, Erik	00:27:39	634	BRA	LG Wanderhoden	2000	24	MJugB	00:27:18	111
149	W	35	Reinking, Fabienne	00:27:42	869		Moers	1991	12	WHK	00:27:26	36
150		115	Louven, Werner	00:27:42	2826		VfL 08 Repelen	1947	7	M60	00:27:32	117
151	W	36	Groth, Janine	00:27:47	729		Wesel	1980	5	W30	00:27:37	37
152		116	Zimmermann, Stefan	00:27:48	698		Moers	1980	8	M30	00:27:28	116
153		117	Michels, Moritz	00:27:48	430		Hilda-Heinemann-Sch	1993	8	MJugA	00:27:35	118
154	W	37	Buchda, Veronika	00:27:49	369		Depotrunners Bracht	1986	13	WHK	00:27:18	35
155		118	Kügler, Kevin	00:27:58	2814		Suhr Running	1996	25	MJugB	00:27:18	109
156		119	Richter, Dieter	00:28:11	2329		Tus 04 Bösinghoven	1951	8	M60	00:27:45	119
157	W	38	Rizzi-Schulz, Sandra	00:28:15	2238			1968	6	W40	00:27:49	38
158		120	Lange, Nils	00:28:19	652		Moerser TV Hockey	1997	26	MJugB	00:27:59	121
159		121	Baltes, Aron	00:28:19	563		Moerser TV	1997	27	MJugB	00:28:00	122
160		122	Hüsges, Peter	00:28:20	15		Los Diletantos	1973	9	M35	00:27:54	120
161	W	39	Rodriguez Cortes, Rosa	00:28:23	155	ESP	Moers	1960	1	W50	00:28:16	48
162		123	Beyer, Andreas	00:28:24	203		Krefeld	1962	17	M45	00:28:07	123
163	W	40	Juchnewski, Sandra	00:28:24	278		Duisburg	1978	6	W30	00:27:58	40
164	W	41	Kolberg, Christina	00:28:26	752		LT Orsoyerberg	1972	1	W35	00:28:03	41
165	W	42	Klaus, Karinna	00:28:27	817		Apotheke Mattenklotz	1988	14	WHK	00:27:55	39
166	W	43	Schüler, Bianca	00:28:29	734		Verwey GmbH	1977	7	W30	00:28:10	47
167	W	45	Lütgemeier, Ellen	00:28:29	259		AS Neukirchen-Vluyn	1962	4	W45	00:28:04	45
168	W	46	Lenhart, Claudia	00:28:29	258		AS Neukirchen-Vluyn	1960	2	W50	00:28:04	43
169	W	44	Föhr, Kirsten	00:28:29	252		AS Neukirchen-Vluyn	1973	2	W35	00:28:04	44
170		124	Schumann, Gernot	00:28:32	196		BSG Sparkasse Krefe	1966	18	M45	00:28:14	126
171		125	Wetzling, Henri	00:28:33	1588		Moerser TV	1964	19	M45	00:28:23	129

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172	W	47	Jansen, Anna	00:28:40	551		St. Josef Krankenhau	1985	15	WHK	00:28:10	46
173		126	Knapp, Niklas	00:28:41	2820			1999	28	MJugB	00:28:29	131
174		127	Fieser, Heinz	00:28:43	496		Kaldenhausen Roadru	1951	9	M60	00:28:26	130
175	W	48	Kuhny, Sabrina	00:28:43	499		FI Sport	1980	8	W30	00:28:03	42
176	W	49	Tausch, Myriam	00:28:44	266		AS Neukirchen-Vluyn	1972	3	W35	00:28:18	49
177		128	Traykov, Dr. Peter	00:28:50	830		Bethanien	1982	22	MHK	00:28:17	127
178		129	Klatt, Dieter	00:28:51	812		Apotheke Mattenklotz	1960	8	M50	00:28:21	128
179		130	Bettermann, Fabian	00:28:53	806		OEFK Eichenstraße	1988	23	MHK	00:28:11	124
180		131	Hamaczek, Marvin	00:28:53	321		OEFK Eichenstraße	1998	29	MJugB	00:28:12	125
181	W	50	Klesse, Renate	00:28:55	177		TuS Hamborn-Neumü	1955	1	W55	00:28:32	50
182		132	Brunke, Dieter	00:29:04	2813			1954	3	M55	00:28:33	132
183		133	Honig, Bernd	00:29:07	481		Düsseldorf	1964	20	M45	00:28:40	133
184	W	51	Sauerbier, Magda	00:29:07	352		Fernseh Suhr	1958	3	W50	00:29:00	53
185	W	52	Pingen, Louisa	00:29:16	744		LC Duisburg	1996	9	WJugB	00:29:05	55
186		134	Drawert, Achim	00:29:18	118		Moers	1963	21	M45	00:28:45	134
187	W	53	Drawert, Antje	00:29:19	117		Moers	1969	7	W40	00:28:45	51
188		135	Becker, Herbert	00:29:20	2347		SC Bayer 05 Uerding	1943	1	M65	00:28:47	135
189		136	Hitter, Tristan	00:29:22	703		Moers	1999	30	MJugB	00:29:10	138
190	W	54	Dorn, Barbara	00:29:23	674		Mülheim	1952	2	W55	00:29:02	54
191		137	Laakmann, Otto	00:29:24	222		FDP Moers	1946	2	M65	00:29:02	136
192		138	Schmidt, Fabian	00:29:32	2796		Hilda-Heinemann-Sch	1994	31	MJugB	00:29:22	142
193	W	55	Koske-Giersch, Sandra	00:29:35	397		Team GiRo	1974	4	W35	00:29:24	58
194		139	Kollasa, Michael	00:29:35	722		AS Neukirchen-Vluyn	1971	16	M40	00:29:19	140
195		140	Kollasa, Christian	00:29:35	763		AS Neukirchen-Vluyn	1999	32	MJugB	00:29:20	141
196	W	56	Radojewski, Monika	00:29:35	401		Moers	1964	5	W45	00:29:12	56
197		141	Gerber, Cord	00:29:37	403		Moers	1965	22	M45	00:29:14	139
198	W	57	Bösken, Johanna	00:29:38	619		Moers	1999	10	WJugB	00:29:26	59
199		142	Bösken, Norbert	00:29:39	618		Moers	1966	23	M45	00:29:26	143
200	W	58	Lange, Monika	00:29:39	480		Lauftreff Alt-Erkrath	1958	4	W50	00:29:00	52
201	W	59	Kawik, Petra	00:29:41	493		St. Josef Krankenhau	1965	6	W45	00:29:15	57
202		143	Koss, Klaus	00:29:43	270		Moers	1959	9	M50	00:29:06	137
203		144	Hitter, Stefan	00:29:45	702		Moers	1972	10	M35	00:29:33	145
204		145	Kambartel, Dr. Kato	00:29:45	831		Bethanien	1969	17	M40	00:29:33	146
205		146	Schamberg, Johannes	00:29:53	355		Fernseh Suhr	1962	24	M45	00:29:34	147
206		147	Gooßes, Wolfgang	00:29:57	785		FC St. Pauly 1910	1947	10	M60	00:29:31	144
207	W	60	Kutscher, Sandy	00:29:58	194		Kamp Lintfort	1980	9	W30	00:29:32	61
208		148	Kalthoff, Jürgen	00:30:02	711		BSG Sparkasse Duisb	1940	2	M70	00:29:48	148
209	W	61	Schlegel, Nina	00:30:04	236		Moerser TV	1993	2	WJugA	00:29:26	60
210	W	62	Lange, Simone	00:30:07	633	BRA	LG Wanderhoden	1966	7	W45	00:29:45	62
211		149	Jacob, Heiko	00:30:18	637		Moers	1969	18	M40	00:29:59	149
212	W	63	Fetzer, Karin	00:30:30	603		Neukirchen-Vluyn	1959	5	W50	00:30:01	65
213	W	64	Talarczyk, Susanne	00:30:38	414		Hilda-Heinemann-Sch	1975	5	W35	00:29:59	63
214	W	65	Banner, Rhoda	00:30:40	275		Moers	1962	8	W45	00:30:00	64
215		150	Morawietz, David	00:30:41	343		Fernseh Suhr	1990	24	MHK	00:30:29	151
216	W	66	Esser, Theresia	00:30:51	388		Deutsche Post	1952	3	W55	00:30:44	70
217		151	Rathai, Nico	00:30:58	29		Duisburg	1993	9	MJugA	00:30:21	150
218	W	67	Hamaczek, Angelina	00:30:58	320		OEFK Eichenstraße	1998	11	WJugB	00:30:17	66
219		152	Suhr, Frank	00:31:03	362		Fernseh Suhr	1959	10	M50	00:30:52	155
220	W	68	Nösner, Michelle	00:31:04	318		SV Bayer 08 Uerding	1976	6	W35	00:30:49	72
221		153	Gnajda, Andreas	00:31:08	2831		Lichtzentrum Sonsbe	1951	11	M60	00:30:38	152
222	W	69	Aresu, Sandra	00:31:08	211		Ingenieur- und Planu	1978	10	W30	00:30:40	68
223	W	70	Van Gen Haßend, Helene	00:31:12	488		Düsseldorf	1968	8	W40	00:30:38	67
224	W	71	Becker, Mary	00:31:17	2344		SC Bayer 05 Uerding	1952	4	W55	00:30:43	69
225		154	Schulze, Willi	00:31:19	900			1936	1	M75	00:30:57	156
226		155	Lochow, Daniel	00:31:24	2822		Team Erdinger Alkoh	1984	25	MHK	00:31:01	157
227	W	72	Massauer, Mareike	00:31:24	2821		Rumelner TV	1985	16	WHK	00:31:03	74
228	W	73	Bayer, Muriel	00:31:26	323		OEFK Eichenstraße	2000	12	WJugB	00:30:45	71

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TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Name	Zeit	St.-Nr	NAT	Verein	Jahr	PAK	AK	NZeit	NPlatz
229		156	Geier, Dr. Bruno	00:31:27	833		Bethanien	1967	19	M40	00:30:51	154
230	W	74	Repper, Doreen	00:31:28	697		Moers	1981	11	W30	00:31:08	75
231	W	75	Klenovsek, Ulrike	00:31:30	145		Rheurdt	1967	9	W40	00:31:15	76
232	W	76	Bayer, Carolin	00:31:32	324		OEFK Eichenstraße	2000	13	WJugB	00:30:49	73
233		157	Pecak, Patrick	00:31:32	319		OEFK Eichenstraße	1988	26	MHK	00:30:49	153
234		158	Rehwinkel, Hans Peter	00:31:34	620		Die Bleifüße	1951	12	M60	00:31:08	159
235		159	Ruthemeier, Ralf	00:31:43	86		Moers	1963	25	M45	00:31:03	158
236		160	Chylarecki, Dr. Christoph	00:31:47	835		Bethanien	1956	4	M55	00:31:10	160
237		161	Kotschwar, Georg	00:32:05	109		TuS Alstaden	1961	11	M50	00:31:29	161
238		162	de Vries, Marcel	00:32:10	577		Fernseh Suhr	1974	11	M35	00:31:36	163
239		163	Honnen, Michael	00:32:11	733		Verwey GmbH	1983	27	MHK	00:31:52	165
240		164	Krinke, Uwe	00:32:13	2808		LS Meerfeld	1962	26	M45	00:31:36	164
241		165	Hahn, Norbert	00:32:16	444		Fernseh Suhr	1955	5	M55	00:31:35	162
242		166	Schneider, Tristan	00:32:17	567		Duisburg	2001	33	MJugB	00:31:57	168
243	W	77	Heintel, Karin	00:32:18	255		AS Neukirchen-Vluyn	1958	6	W50	00:31:43	77
244		167	Brand, Niko	00:32:22	725		Moers	1980	9	M30	00:31:54	167
245		168	Schneider, Roland	00:32:24	569		Duisburg	1965	27	M45	00:32:06	170
246		169	Klaus, Norbert	00:32:25	816		Apotheke Mattenklotz	1961	12	M50	00:31:54	166
247		170	Buchholz, Rainer	00:32:27	387		Deutsche Post	1957	13	M50	00:32:20	172
248	W	78	Henn-Lange, Anja	00:32:32	503		Homberger TV	1962	9	W45	00:32:00	78
249	W	79	Porcu, Regina	00:32:35	216		Ingenieur- und Planu	1966	10	W45	00:32:05	79
250		171	Koreik, Rainer	00:32:36	250		AS Neukirchen-Vluyn	1957	14	M50	00:32:02	169
251	W	80	Saure, Dagma	00:32:38	353		Fernseh Suhr	1966	11	W45	00:32:23	83
252	W	81	Schlayer, Sabine	00:32:39	231		Moers	1975	7	W35	00:32:12	80
253	W	82	Gestmann-Schneider, Hei	00:32:40	568		Duisburg	1967	10	W40	00:32:20	81
254		172	Schulz, Martin	00:32:46	2815			1940	3	M70	00:32:16	171
255	W	83	Tremmel-Hensel, Elke	00:32:54	200		Da Simma Dabei	1962	12	W45	00:32:23	82
256		173	Kättnis, Daniel	00:32:54	201		Da Simma Dabei	1983	28	MHK	00:32:23	174
257		174	Koppe, Jakob	00:33:01	2812		Suhr Running Team	2000	34	MJugB	00:32:20	173
258		175	Christ, Patrick	00:33:05	767		AS Neukirchen-Vluyn	1998	35	MJugB	00:32:50	175
259	W	84	Tervooren, Silke	00:33:06	436		Moers	1976	8	W35	00:32:34	86
260	W	85	Nacke, Alexandra	00:33:07	71		LT Krefeld-Oppum	1969	11	W40	00:32:31	85
261	W	86	Breuer, Sabine	00:33:09	53		Kamp-Lintfort	1971	12	W40	00:32:46	88
262	W	87	Grommes, Anja	00:33:09	55		Rheinberg	1969	13	W40	00:32:47	89
263	W	88	Döffinger, Heike	00:33:09	54		Kamp-Lintfort	1967	14	W40	00:32:46	87
264	W	89	Sell, Simone	00:33:10	166		Moers	1969	15	W40	00:32:31	84
265		176	Groß, Joshua Meik	00:33:13	892		AS Neukirchen-Vluyn	2001	36	MJugB	00:33:09	177
266		177	Schmitz, Alexander	00:33:21	1848			1995	37	MJugB	00:33:17	179
267	W	90	Bongardt, Katja	00:33:21	897		Frankfurt	1970	16	W40	00:32:48	90
268		178	Brentano, Ulrich	00:33:21	115		BSG WAZ Essen	1955	6	M55	00:33:08	176
269	W	91	Krohn, Rebecca	00:33:25	462		Moers	1982	17	WHK	00:32:57	91
270	W	92	Toschki, Barbara	00:33:27	364		Fernseh Suhr	1965	13	W45	00:33:07	92
271	W	93	Halmans, Monika	00:33:44	452		Tri 19 Straelen	1979	12	W30	00:33:17	94
272		179	Maennersdoerfer, Dennis	00:33:46	340		Fernseh Suhr	1973	12	M35	00:33:39	182
273	W	94	Riedel, Gabriele	00:33:47	2835		SV Viktoria Goch	1955	5	W55	00:33:14	93
274		180	Mohrmann, Siegfried	00:33:47	97		Fernseh Suhr	1962	28	M45	00:33:13	178
275		181	Aschhoff, Anton	00:33:51	40		Fernseh Suhr	1954	7	M55	00:33:35	180
276	W	95	Cliemas, Andrea	00:33:55	391		AS Neukirchen-Vluyn	1962	14	W45	00:33:20	95
277	W	96	Fenger, Susanne	00:33:58	859		AS Neukirchen-Vluyn	1965	15	W45	00:33:26	96
278	W	97	Gayk, Lisa-Marie	00:34:05	766		AS Neukirchen-Vluyn	1998	14	WJugB	00:33:49	100
279	W	98	Fabri, Sara	00:34:06	757		AS Neukirchen-Vluyn	2001	15	WJugB	00:33:34	97
280	W	99	Wippich, Claudia	00:34:08	431		Magic Five	1963	16	W45	00:33:58	102
281	W	100	Zapp, Simone	00:34:08	581		Homberger TV	1979	13	W30	00:33:36	98
282		182	Fabri, Markus	00:34:08	615		AS Neukirchen-Vluyn	1966	29	M45	00:33:37	181
283	W	101	Rosendahl, Elke	00:34:09	52		Duisburg	1961	7	W50	00:33:58	101
284		183	Heinrich, Pascal	00:34:26	336		Fernseh Suhr	1996	38	MJugB	00:33:46	183
285	W	102	Lichtenstein, Natascha	00:34:26	769		AS Neukirchen-Vluyn	1999	16	WJugB	00:34:11	106

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Rang	G	Platz	Name	Zeit	St.-Nr	NAT	Verein	Jahr	PAK	AK	NZeit	NPlatz
286	W	103	Altenschmidt, Julina-Jill	00:34:27	329		OEFK Eichenstraße	2002	17	WJugB	00:33:45	99
287	W	104	Breder, Monika	00:34:28	440		Fernseh Suhr	1965	17	W45	00:34:09	103
288	W	105	Remmer, Nina	00:34:35	597		Essen	1978	14	W30	00:34:09	104
289	W	106	Heuer, Gabriela	00:34:36	172		Moers	1975	9	W35	00:34:10	105
290		184	Sommer, Hermann	00:34:37	67		LT Vynen The Road R	1953	8	M55	00:34:01	184
291		185	Wimmershoff, Udo	00:34:39	153		Moers	1951	13	M60	00:34:10	186
292		186	Wolfgang, Boldt	00:34:41	298		TV Ufort-Eick	1955	9	M55	00:34:10	185
293	W	107	Boldt, Gabriele	00:34:41	297		TV Ufort-Eick	1958	8	W50	00:34:11	107
294	W	108	Hinz, Monika	00:34:47	458		Moers	1966	18	W45	00:34:24	112
295	W	109	Öztürk, Muhbeth	00:34:47	460	TÜR	Moers	1970	17	W40	00:34:23	111
296	W	110	Louven, Dr. Hanna	00:34:48	2827		VfL O8 Repelen	1949	3	W60	00:34:31	113
297	W	111	Holler, Katrin	00:34:51	832		Bethanien	1964	19	W45	00:34:18	108
298		187	Heinrich, Julian	00:34:57	447		Fernseh Suhr	1999	39	MJugB	00:34:23	187
299	W	112	Lucke, Katharina	00:35:04	332		OEFK Eichenstraße	1991	18	WHK	00:34:22	110
300	W	113	Hamaczek, Jennifer	00:35:04	331		OEFK Eichenstraße	1991	19	WHK	00:34:22	109
301		188	Krummschmidt, Sven	00:35:08	881		CWWN	1987	29	MHK	00:34:35	188
302		189	Zurstege, Alexander	00:35:08	1923			1996	40	MJugB	00:34:35	189
303		190	Botombia-Boyoko, Loic	00:35:08	1966			1997	41	MJugB	00:34:35	190
304	W	114	Lichtenstein, Vanessa	00:35:19	768		AS Neukirchen-Vluyn	1997	18	WJugB	00:35:03	114
305		191	Wiedig, Henk	00:35:26	810			1980	10	M30	00:34:58	191
306		192	Süßer, Paul	00:35:28	225		FDP Moers	1956	10	M55	00:35:05	192
307	W	115	Hinz, Laura	00:35:40	459		Moers	1996	19	WJugB	00:35:18	115
308	W	116	Suhr, Sabine	00:36:00	363		Fernseh Suhr	1961	9	W50	00:35:45	116
309		193	Auth, Jürgen	00:36:00	365		Fernseh Suhr	1964	30	M45	00:35:45	193
310	W	117	Emler, Stephanie	00:36:15	347		Tri 19 Straelen	1988	20	WHK	00:35:48	117
311	W	118	Jansen, Renate	00:36:35	550		St. Josef Krankenhau	1956	6	W55	00:36:06	118
312	W	119	Göx, Sabine	00:36:42	582		St. Josef Krankenhau	1965	20	W45	00:36:32	119
313		194	Bruch, Maximilian	00:37:11	777		Hilda-Heinemann-Sch	1987	30	MHK	00:36:58	195
314		195	Jakob, Marco	00:37:30	775		AS Neukirchen-Vluyn	1997	42	MJugB	00:37:13	198
315		196	Knebel, Marvin	00:37:33	439		OEFK Eichenstraße	2002	43	MJugB	00:36:50	194
316		197	Kapica, Lukas	00:37:48	746		Duisburg	1983	31	MHK	00:37:13	197
317		198	Weiss, Volker	00:37:51	500		FI Sport	1969	20	M40	00:37:12	196
318	W	120	Weinrich, Katharina	00:38:04	219		Ingenieur- und Planu	1985	21	WHK	00:37:34	121
319	W	121	Pustar, Tania	00:38:04	349		Fernseh Suhr	1969	18	W40	00:37:49	124
320	W	122	Van De Fliedrt, Melanie	00:38:04	218		Ingenieur- und Planu	1971	19	W40	00:37:34	122
321	W	123	Schwitalla, Nicole	00:38:04	342		Duisburg	1993	3	WJugA	00:37:27	120
322		199	Weidenmüller, Werner	00:38:13	846		Duisburg	1955	11	M55	00:37:39	199
323	W	124	Fedorczuk, Melanie	00:38:16	690		Hamminkeln	1981	15	W30	00:37:43	123
324	W	125	Schamberg, Andrea	00:38:59	356		Fernseh Suhr	1965	21	W45	00:38:26	125
325	W	126	Altenschmidt, Vanessa-Ki	00:39:26	330		OEFK Eichenstraße	1998	20	WJugB	00:38:43	126
326	W	127	Kocher, Daniela	00:39:27	665		Moers	1999	21	WJugB	00:38:46	127
327		200	Dekow, Jan Philip	00:39:27	442		OEFK Eichenstraße	2002	44	MJugB	00:38:45	200
328	W	128	Noichl, Svenja	00:40:20	63		Eschweiler	1989	22	WHK	00:40:09	133
329	W	129	Fedorczuk, Stephanie	00:40:32	691		Hamminkeln	1981	16	W30	00:39:58	131
330	W	130	Höfs, Sabrina	00:40:37	819		Bethanien	1984	23	WHK	00:39:57	130
331	W	131	Brehme, Sandra	00:40:37	819		Moers	1970	20	W40	00:39:57	129
332	W	132	Rau-Czernik, Silvia	00:40:37	818		Moers	1976	10	W35	00:39:57	128
333	W	133	Krüll, Chiara	00:40:50	322		OEFK Eichenstraße	2002	22	WJugB	00:40:08	132
334		201	Tholl, Leon	00:40:53	326		OEFK Eichenstraße	2004	45	MJugB	00:40:09	201
335	W	134	Schulten, Petra	00:40:54	333		OEFK Eichenstraße	1969	21	W40	00:40:10	134
336	W	135	Moll, Karin	00:41:40	411		Viersener TV	1961	10	W50	00:41:01	135
337	W	136	Wiese, Ursula	00:43:20	48		Moers	1950	4	W60	00:43:11	136