



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:09:32	Hanuschik, Oliver	706		LAV Hückelhoven	1998	1	MSchB	03:48,8
2		2	00:10:01	Veugen, Frank	718		Munstergeleen	1965	1	M45	04:00,4
3	W	1	00:10:48	Coobs, Kimberley	753		DJK Gillrath 1911	1997	1	WSchA	04:19,2
4		3	00:11:03	Nebel, Eliah	848		KGS Birgden	2002	1	MSchD	04:25,2
5		4	00:11:03	Wienen, Phillip	890		KGS Birgden	1991	1	MHK	04:25,2
6		5	00:11:04	van Herk, Ruben	712		Unitas	1998	2	MSchB	04:25,6
7		6	00:11:08	Jochims, Benjamin	936		Nikolaus-Schule Breberen	2002	2	MSchD	04:27,2
8	W	2	00:11:09	Bos, Chantal	726		AV Unitas	1995	1	WJugB	04:27,6
9		7	00:11:29	Meures, Sander	973		VfR Tüddern D1	1998	3	MSchB	04:35,6
10		8	00:11:34	Lüttgens, Tom	941		Nikolaus-Schule Breberen	2002	3	MSchD	04:37,6
11	W	3	00:11:36	Petrow, Inga	870		KGS Birgden	2000	1	WSchC	04:38,4
12		9	00:11:41	Root, Daniel	856		KGS Birgden	2000	1	MSchC	04:40,4
13	W	4	00:11:44	Dohmen, Mona	957		Nikolaus-Schule Breberen	2001	2	WSchC	04:41,6
14	W	5	00:11:44	Backhaus, Anna-Lena	963		Nikolaus-Schule Breberen	2000	3	WSchC	04:41,6
15	W	6	00:11:45	Nebel, Theresa	849		KGS Birgden	2000	4	WSchC	04:42,0
16		10	00:11:49	Lersch, Robin	725		Süsterseel	1998	4	MSchB	04:43,6
17		11	00:11:57	Beckers, Gero	735		Gangelt	1999	5	MSchB	04:46,8
18		12	00:11:57	Schröder, Levin	979		Westzipfellschule	2001	2	MSchC	04:46,8
19	W	7	00:12:00	Nebel, Ann- Sophie	847		KGS Birgden	2000	5	WSchC	04:48,0
20		13	00:12:03	Janßen, Lennart	895		KGS Birgden	2001	3	MSchC	04:49,2
21		14	00:12:04	Frenken, Max	999		Gangelt	1999	6	MSchB	04:49,6
22		15	00:12:12	Friesen, Kevin	970		VfR Tüddern D1	1998	7	MSchB	04:52,8
23		16	00:12:12	Wijngaards, Dominik	903		VfR Tüddern D2	1999	8	MSchB	04:52,8
24		17	00:12:12	Nicolaes, Tom	850		KGS Birgden	2001	4	MSchC	04:52,8
25		18	00:12:20	Otten, André	719		FC Wanderlust	1999	9	MSchB	04:56,0
26	W	8	00:12:23	Bomanns, Judith	996		Gangelt	1999	1	WSchB	04:57,2
27		19	00:12:28	Palmen, Marius	852		KGS Birgden	2000	5	MSchC	04:59,2
28	W	9	00:12:31	Brind, Camelia	967		VfR Tüddern D1	1999	2	WSchB	05:00,4
29		20	00:12:36	Riffou, Charles	721		Höngen	1967	1	M40	05:02,4
30		21	00:12:44	Wijngaards, Henrik	901		VfR Tüddern F1	2002	4	MSchD	05:05,6
31		22	00:12:47	Frenken, Meik	824		KGS Birgden	2003	5	MSchD	05:06,8
32		23	00:12:47	Backhaus, Simon	906		Nikolaus-Schule Breberen	2003	6	MSchD	05:06,8
33		24	00:12:56	Weber, Patrick	992		FC Rheinland	1997	1	MSchA	05:10,4
34		25	00:13:02	Jansen, Nils	965		Nikolaus-Schule Breberen	1999	10	MSchB	05:12,8
35		26	00:13:03	Jansen, Lucas	773		Astrid-Lindgren-GS Selfkan	2002	7	MSchD	05:13,2
36		27	00:13:09	Geratz, Tim	828		KGS Birgden	2001	6	MSchC	05:15,6
37		28	00:13:11	Faustmann, Julian	811		KGS Birgden	1997	2	MSchA	05:16,4
38		29	00:13:11	Geratz, Arnd	713		Gangelt	1971	2	M40	05:16,4
39		30	00:13:14	Ratayczak, Lukas	918		Nikolaus-Schule Breberen	2003	8	MSchD	05:17,6
40		31	00:13:14	Ratayczak, David	929		Nikolaus-Schule Breberen	2000	7	MSchC	05:17,6
41		32	00:13:14	Rössel, Eric	972		VfR Tüddern D1	1998	11	MSchB	05:17,6
42		33	00:13:17	Köhnen, Konstantin	989		SV Rot-Weiß Schlafhorst	1958	1	M50	05:18,8
43		34	00:13:18	Hermanns, Jan Philipp	912		Nikolaus-Schule Breberen	2003	9	MSchD	05:19,2
44		35	00:13:21	Limpens, Maurice	975		VfR Tüddern E1	2000	8	MSchC	05:20,4
45		36	00:13:21	Paulis, Jens	974		VfR Tüddern E1	2000	9	MSchC	05:20,4
46		37	00:13:24	Wynands, Jan	898		Selfkant-Tüddern	2000	10	MSchC	05:21,6
47		38	00:13:27	Nießen, Maurice	943		Nikolaus-Schule Breberen	2002	10	MSchD	05:22,8
48	W	10	00:13:28	Übachs, Mira	883		KGS Birgden	2000	6	WSchC	05:23,2
49		39	00:13:32	Rombey, Jakob	779		Astrid-Lindgren-GS Selfkan	2001	11	MSchC	05:24,8
50	W	11	00:13:35	Nicolaes, Zena	851		KGS Birgden	2003	1	WSchD	05:26,0
51		40	00:13:40	Faustmann, Christian	821		KGS Birgden	2003	11	MSchD	05:28,0
52	W	12	00:13:41	Dragstra, Meike	817		KGS Birgden	1976	1	W35	05:28,4
53	W	13	00:13:41	Dragstra, Pia	816		KGS Birgden	2002	2	WSchD	05:28,4
54		41	00:13:47	Bönnen, Moritz	810		KGS Birgden	2001	12	MSchC	05:30,8
55		42	00:13:54	Weber, Horst	990		FC Rheinland	1965	2	M45	05:33,6
56		43	00:13:54	Weber, David	991		FC Rheinland	1999	12	MSchB	05:33,6
57		44	00:13:59	Claßen, Luca	814		KGS Birgden	2002	12	MSchD	05:35,6
58		45	00:14:00	Boennen, Jonas	717		Gangelt	1998	13	MSchB	05:36,0
59		46	00:14:04	Hacken, Timo	733		VfR Tüddern	1998	14	MSchB	05:37,6
60	W	14	00:14:07	Görtz, Lotte	702		Selfkant	1999	3	WSchB	05:38,8



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		47	00:14:11	Killen, Thorben	916		Nikolaus-Schule Breberen	2003	13	MSchD	05:40,4
62		48	00:14:14	Fladt, Florian	995		Übach-Palenberg	2000	13	MSchC	05:41,6
63		49	00:14:14	Backes, Justin	928		Nikolaus-Schule Breberen	2002	14	MSchD	05:41,6
64		50	00:14:14	Falk, Fabian	727		Gangelt	1996	3	MSchA	05:41,6
65	W	15	00:14:15	Jansen, Luisa	783		Astrid-Lindgren-GS Selfkan	2001	7	WSchC	05:42,0
66		51	00:14:19	Tholen, Jonas	924		Nikolaus-Schule Breberen	2003	15	MSchD	05:43,6
67		52	00:14:20	Geiser, Tom	827		KGS Birgden	2002	16	MSchD	05:44,0
68	W	16	00:14:24	Beckers, Anais	734		Gangelt	1999	4	WSchB	05:45,6
69		53	00:14:25	Garnan, Ilias	964		Nikolaus-Schule Breberen	2000	14	MSchC	05:46,0
70		54	00:14:28	Scheufen, Tim	860		KGS Birgden	2002	17	MSchD	05:47,2
71		55	00:14:35	Eidams, Lukas	932		Nikolaus-Schule Breberen	2002	18	MSchD	05:50,0
72		56	00:14:35	Mevissen, Marc	942		Nikolaus-Schule Breberen	2002	19	MSchD	05:50,0
73		57	00:14:43	Dohmen, Lars	969		VfR Tüddern D1	1998	15	MSchB	05:53,2
74		58	00:14:45	Gemheden, Simon	829		KGS Birgden	2001	15	MSchC	05:54,0
75	W	17	00:14:46	Wynands, Lena	795		Astrid-Lindgren-GS Selfkan	2002	3	WSchD	05:54,4
76		59	00:14:46	Wynands, Ralf	896		Selfkant-Tüddern	1967	3	M40	05:54,4
77		60	00:14:46	Schröder, Nils Arne	861		KGS Birgden	2004	20	MSchD	05:54,4
78	W	18	00:14:49	Dahlmanns, Sara	815		KGS Birgden	2001	8	WSchC	05:55,6
79		61	00:14:49	Dahlmanns, Arno	701		Rhenania Immendorf	1969	4	M40	05:55,6
80		62	00:14:52	Esther, David	800		Astrid-Lindgren-GS Selfkan	2002	21	MSchD	05:56,8
81		63	00:14:54	Dijksma, Sander	968		VfR Tüddern D1	1998	16	MSchB	05:57,6
82		64	00:14:57	Werth, Philip	730		FC Wanderlust	2001	16	MSchC	05:58,8
83		65	00:14:57	Schreiter, Yannik	862		KGS Birgden	2002	22	MSchD	05:58,8
84		66	00:14:59	Spets, Adrian	737		Birgden	2004	23	MSchD	05:59,6
85		67	00:14:59	Beland, Jacob	731		FC Wanderlust	1969	5	M40	05:59,6
86		68	00:15:00	Brax, Jerom	770		Astrid-Lindgren-GS Selfkan	2002	24	MSchD	06:00,0
87		69	00:15:02	Bönnen, Niklas	809		KGS Birgden	2001	17	MSchC	06:00,8
88		70	00:15:05	Limpens, Joshua	802		Astrid-Lindgren-GS Selfkan	2002	25	MSchD	06:02,0
89		71	00:15:06	Kelleners, Lars	798		Astrid-Lindgren-GS Selfkan	2002	26	MSchD	06:02,4
90		72	00:15:07	Philippen, Jonas	792		Astrid-Lindgren-GS Selfkan	2003	27	MSchD	06:02,8
91		73	00:15:08	Schulpen, Thimo	732		VfR Tüddern	1998	17	MSchB	06:03,2
92		74	00:15:08	Cremers, Luca	801		Astrid-Lindgren-GS Selfkan	2002	28	MSchD	06:03,2
93		75	00:15:09	Philippen, Wilfried	893		Astrid-Lindgren-GS Selfkan	1964	3	M45	06:03,6
94		76	00:15:12	Jacobs, Sören	836		KGS Birgden	2002	29	MSchD	06:04,8
95		77	00:15:15	Spets, Marcus	869		KGS Birgden	2001	18	MSchC	06:06,0
96	W	19	00:15:17	Kontio, Liisi	938		Nikolaus-Schule Breberen	2002	4	WSchD	06:06,8
97	W	20	00:15:18	Hermanns, Hannah	958		Nikolaus-Schule Breberen	2001	9	WSchC	06:07,2
98	W	21	00:15:20	Pioreck, Jenny	948		Nikolaus-Schule Breberen	2002	5	WSchD	06:08,0
99	W	22	00:15:22	Kleinschmidt, Luca Maria	960		Nikolaus-Schule Breberen	2001	10	WSchC	06:08,8
100		78	00:15:24	Peschen, Armin	966		Übach-Palenberg	1997	4	MSchA	06:09,6
101	W	23	00:15:27	Schröder, Melanie	980		KGS Selfkant II	1987	1	WHK	06:10,8
102		79	00:15:29	Händelkens, Kilian	832		KGS Birgden	2001	19	MSchC	06:11,6
103	W	24	00:15:34	Ditters, Lena	722		Rot-Weiß Schlafhorst	2003	6	WSchD	06:13,6
104		80	00:15:36	Lütgemeier, Matthias	917		Nikolaus-Schule Breberen	2003	30	MSchD	06:14,4
105		81	00:15:43	Falk, Domenik	820		KGS Birgden	1999	18	MSchB	06:17,2
106		82	00:15:44	Beumers, Simon	908		Nikolaus-Schule Breberen	2003	31	MSchD	06:17,6
107	W	25	00:15:44	Görtz, Jule	703		Westzipfelschule	2002	7	WSchD	06:17,6
108	W	26	00:15:46	Frenken, Mona	998		Gangelt	2000	11	WSchC	06:18,4
109		83	00:15:48	Palmen, David	853		KGS Birgden	2002	32	MSchD	06:19,2
110		84	00:15:56	Evertz, Marius	933		Nikolaus-Schule Breberen	2002	33	MSchD	06:22,4
111	W	27	00:15:56	Piepers, Mattea	855		KGS Birgden	2002	8	WSchD	06:22,4
112		85	00:15:56	Neutgens, Henrik	981		Westzipfelschule II Schalb	2002	34	MSchD	06:22,4
113		86	00:15:57	Neutgens, Frank	982		SV 67 Havert-Stein	1968	6	M40	06:22,8
114		87	00:16:01	Aretz, Pascal	983		Grundschule Birgden	1972	1	M35	06:24,4
115	W	28	00:16:02	Aretz, Bente	805		KGS Birgden	2003	9	WSchD	06:24,8
116		88	00:16:03	Piepers, Guido	984		KGS Birgden	1967	7	M40	06:25,2
117		89	00:16:05	Beumers, Alexander	807		KGS Birgden	2001	20	MSchC	06:26,0
118		90	00:16:13	Claßen, Len	760		Astrid-Lindgren-GS Selfkan	2004	35	MSchD	06:29,2
119	W	29	00:16:15	Haaren van, Francien	977		STB Landgraaf	1969	1	W40	06:30,0
120	W	30	00:16:15	Keulen, Merrit	766		Astrid-Lindgren-GS Selfkan	2004	10	WSchD	06:30,0

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121		91	00:16:16	Bax, Robert	736		FC Wanderlust	1968	8	M40	06:30,4
122	W	31	00:16:19	Olszewska, Kamila	961		Nikolaus-Schule Breberen	2001	12	WSchC	06:31,6
123	W	32	00:16:19	Olbertz, Marie	946		Nikolaus-Schule Breberen	2002	11	WSchD	06:31,6
124		92	00:16:25	Kleinschmidt, Dirk	716		Gangelt	1974	2	M35	06:34,0
125		93	00:16:28	Somers, Roman	772		Astrid-Lindgren-GS Selfkan	2003	36	MSchD	06:35,2
126		94	00:16:29	Bomanns, Luis	752		Gangelt	2004	37	MSchD	06:35,6
127	W	33	00:16:39	Dahlmanns, Nina	910		Nikolaus-Schule Breberen	2003	12	WSchD	06:39,6
128	W	34	00:16:48	Tholen, Larissa	962		Nikolaus-Schule Breberen	2001	13	WSchC	06:43,2
129	W	35	00:16:49	Dohmen, Jana	911		Nikolaus-Schule Breberen	2003	13	WSchD	06:43,6
130	W	36	00:16:53	Wolters, Simone	720		Waldfeucht	1980	1	W30	06:45,2
131	W	37	00:16:53	Mayer, Kathrin	905		Heinsberg-Kirchhoven	1981	2	W30	06:45,2
132		95	00:16:58	van der Boorn, Finnean	729		FC Wanderlust	2001	21	MSchC	06:47,2
133		96	00:17:01	Schreinemacher, Julius	863		KGS Birgden	2000	22	MSchC	06:48,4
134		97	00:17:02	Grotthaus, Yannik	831		KGS Birgden	2002	38	MSchD	06:48,8
135		98	00:17:02	Kluge, Paul	844		KGS Birgden	2003	39	MSchD	06:48,8
136	W	38	00:17:02	Tholen, Hannah	875		KGS Birgden	2001	14	WSchC	06:48,8
137	W	39	00:17:02	Gehlen, Britta	830		KGS Birgden	2002	14	WSchD	06:48,8
138		99	00:17:03	Otto, Thomas	728		FC Wanderlust	1989	2	MHK	06:49,2
139	W	40	00:17:06	Haaren van, Suzanne	976		STB Landgraaf	1993	1	WJugA	06:50,4
140	W	41	00:17:07	Philippen, Dana	705		Gangelt	2001	15	WSchC	06:50,8
141	W	42	00:17:07	Reiners, Marie	919		Nikolaus-Schule Breberen	2003	15	WSchD	06:50,8
142	W	43	00:17:13	Korsten, Birgit	937		Sonntagsläufer	1966	1	W45	06:53,2
143	W	46	00:17:14	Kunau, Julia	838		KGS Birgden	2003	18	WSchD	06:53,6
144	W	44	00:17:14	Meuffels, Lara	846		KGS Birgden	2003	16	WSchD	06:53,6
145	W	45	00:17:14	Stegemann, Anna	865		KGS Birgden	2002	17	WSchD	06:53,6
146		100	00:17:17	Kunau, Sven	704		Gangelt	1965	4	M45	06:54,8
147		101	00:17:18	Schneiders, Lukas	951		Nikolaus-Schule Breberen	2002	40	MSchD	06:55,2
148	W	47	00:17:18	Wynands, Paula	785		Astrid-Lindgren-GS Selfkan	2001	16	WSchC	06:55,2
149		102	00:17:19	Spätgens, Nils	768		Astrid-Lindgren-GS Selfkan	2002	41	MSchD	06:55,6
150	W	48	00:17:21	Wynands, Karla	784		Astrid-Lindgren-GS Selfkan	2001	17	WSchC	06:56,4
151		103	00:17:22	Kugan, Divjen	842		KGS Birgden	2002	42	MSchD	06:56,8
152	W	49	00:17:22	v.d.Zander, Luisa	767		Astrid-Lindgren-GS Selfkan	2003	19	WSchD	06:56,8
153		104	00:17:23	Bärmann, Felix	769		Astrid-Lindgren-GS Selfkan	2003	43	MSchD	06:57,2
154		105	00:17:23	Schneiders, Thomas	714		Gangelt	1965	5	M45	06:57,2
155	W	50	00:17:30	Eßer, Anne	757		Astrid-Lindgren-GS Selfkan	2003	20	WSchD	07:00,0
156		106	00:17:33	Hufkens, Branko	934		Nikolaus-Schule Breberen	2002	44	MSchD	07:01,2
157	W	51	00:17:35	Schürmann, Anouk	763		Astrid-Lindgren-GS Selfkan	2004	21	WSchD	07:02,0
158		107	00:17:40	Cremers, Malte	940		Selfkant-Tüddern	2004	45	MSchD	07:04,0
159		108	00:17:40	Cremers, Matthias	944		Selfkant-Tüddern	1971	9	M40	07:04,0
160	W	52	00:17:43	Rombey, Jule	904		Selfkant-Süsterseel	1999	5	WSchB	07:05,2
161	W	53	00:17:50	Smith, Caitlin	789		Astrid-Lindgren-GS Selfkan	2002	22	WSchD	07:08,0
162		109	00:17:51	Wienen, Nick	954		Nikolaus-Schule Breberen	2002	46	MSchD	07:08,4
163		110	00:17:53	Tobien, Philipp	879		KGS Birgden	1997	5	MSchA	07:09,2
164	W	54	00:17:58	Jessen, Cecile	793		Astrid-Lindgren-GS Selfkan	2002	23	WSchD	07:11,2
165	W	55	00:18:00	Hamacher, Jenna	790		Astrid-Lindgren-GS Selfkan	2002	24	WSchD	07:12,0
166	W	56	00:18:02	Jessen, Mercedes	786		Astrid-Lindgren-GS Selfkan	2001	18	WSchC	07:12,8
167		111	00:18:06	Beumers, Sebastian	808		KGS Birgden	2003	47	MSchD	07:14,4
168	W	57	00:18:10	Borgans, Saskia	778		Astrid-Lindgren-GS Selfkan	2002	25	WSchD	07:16,0
169		112	00:18:11	Schmitz, Florian	866		KGS Birgden	2003	48	MSchD	07:16,4
170	W	58	00:18:16	Kraus, Laura	723		Übach-Palenberg	1999	6	WSchB	07:18,4
171		113	00:18:16	Tobien, Pascal	880		KGS Birgden	2001	23	MSchC	07:18,4
172	W	59	00:18:29	Bittner, Lina	708		Westzipfelschule	2002	26	WSchD	07:23,6
173	W	60	00:18:29	Roessler, Lea	707		Westzipfelschule	2002	27	WSchD	07:23,6
174	W	61	00:18:38	Oberhoff, Kimberly	945		Nikolaus-Schule Breberen	2002	28	WSchD	07:27,2
175		114	00:18:39	Zwingelberg, Leon	927		Nikolaus-Schule Breberen	2003	49	MSchD	07:27,6
176		115	00:18:46	Scheufen, Marc	859		KGS Birgden	2004	50	MSchD	07:30,4
177	W	62	00:18:46	Übachs, Nele	881		KGS Birgden	2004	29	WSchD	07:30,4
178	W	63	00:18:46	Übachs, Melanie	882		KGS Birgden	1976	2	W35	07:30,4
179	W	64	00:18:47	Scheufen, Gisela	858		KGS Birgden	1972	3	W35	07:30,8
180	W	65	00:18:48	Knarren, Sasha	710		Selkant	2004	30	WSchD	07:31,2



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181	W	66	00:18:50	Pelzer, Talica	803		Astrid-Lindgren-GS Selfkan	2002	31	WSchD	07:32,0
182	W	67	00:18:54	Deprez, Jana	791		Astrid-Lindgren-GS Selfkan	2002	32	WSchD	07:33,6
183	W	68	00:18:56	Nomann, Karen	799		Astrid-Lindgren-GS Selfkan	2001	19	WSchC	07:34,4
184	W	69	00:19:02	Schürmann, Hannah	867		KGS Birgden	2003	33	WSchD	07:36,8
185	W	70	00:19:04	De Cauter, Leilah	758		Astrid-Lindgren-GS Selfkan	2004	34	WSchD	07:37,6
186	W	71	00:19:04	Knarren, Sandra	709		Tüddern	1973	4	W35	07:37,6
187	W	72	00:19:04	Knarren, Belana	711		Tüddern	2005	35	WSchD	07:37,6
188	W	73	00:19:05	Vossen, Birgit	884		KGS Birgden	1970	2	W40	07:38,0
189	W	74	00:19:05	Vossen, Hanna	885		KGS Birgden	2003	36	WSchD	07:38,0
190	W	75	00:19:09	Wynands, Heike	897		Selfkant-Tüddern	1970	3	W40	07:39,6
191	W	76	00:19:09	Wynands, Greta	899		Selfkant-Tüddern	2005	37	WSchD	07:39,6
192	W	77	00:19:20	Reh, Andrea	700			1974	5	W35	07:44,0
193	W	78	00:19:20	Gordziel, Silvia	756		Gangelt	1956	1	W55	07:44,0
194		116	00:19:22	Peters, Til	771		Astrid-Lindgren-GS Selfkan	2002	51	MSchD	07:44,8
195	W	79	00:19:22	Schlag, Maxima Samira	950		Nikolaus-Schule Breberen	2002	38	WSchD	07:44,8
196		117	00:19:29	Pelzer, Julien	761		Astrid-Lindgren-GS Selfkan	2004	52	MSchD	07:47,6
197	W	80	00:19:30	Sentis, Lina	952		Nikolaus-Schule Breberen	2002	39	WSchD	07:48,0
198	W	81	00:19:32	Grein, Emma	797		Astrid-Lindgren-GS Selfkan	2002	40	WSchD	07:48,8
199	W	82	00:19:32	Grein, Gisela	994		Selfkant-Millen	1969	4	W40	07:48,8
200	W	83	00:19:35	Schreinemacher, Maria	864		KGS Birgden	2002	41	WSchD	07:50,0
201		118	00:19:37	Theissen, Johannes	715		Grundschule Birgden	1967	10	M40	07:50,8
202		119	00:19:37	Theißen, Jonas	871		KGS Birgden	2000	24	MSchC	07:50,8
203		120	00:19:45	Korsten, Maurice	935		Sonntagsläufer	1998	19	MSchB	07:54,0
204		121	00:19:48	Korsten, Udo	902		Sonntagsläufer	1965	6	M45	07:55,2
205	W	84	00:19:53	Paulus, Hannah	947		Nikolaus-Schule Breberen	2002	42	WSchD	07:57,2
206	W	85	00:19:57	Friedrichs, Luca Franziska	825		KGS Birgden	2004	43	WSchD	07:58,8
207	W	86	00:19:59	Friedrichs, Simone	826		KGS Birgden	1976	6	W35	07:59,6
208	W	87	00:20:07	Steffen, Jule	759		Astrid-Lindgren-GS Selfkan	2004	44	WSchD	08:02,8
209	W	88	00:20:07	Wynands, Birgit	804		Astrid-Lindgren-GS Selfkan	1963	2	W45	08:02,8
210	W	89	00:20:36	van der Zander, Pauline	724		VfR Tüddern	2005	45	WSchD	08:14,4
211		122	00:25:30	Berger, John	765		Astrid-Lindgren-GS Selfkan	2004	53	MSchD	10:12,0

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:32:21	Diederer, Bas	596		Pegasus	1980	1	M30	03:14,1
2		2	00:35:11	Wynen, Ron	511		Stein	1978	2	M30	03:31,1
3		3	00:35:38	Da Silva, Joaquim	610		Mönchengladbach	1971	1	M40	03:33,8
4		4	00:36:40	Guypers, Roger	555		AV Caesar	1971	2	M40	03:40,0
5		5	00:37:05	Vaessen, John	567		Stein	1955	1	M55	03:42,5
6		6	00:37:38	Soeters, Frank	626	NED	Maastricht	1987	1	MHK	03:45,8
7		7	00:37:52	Rademacher, Jens	550		Dülkener SV 06	1976	1	M35	03:47,2
8		8	00:37:53	Rijk, Marco	568		Reuver	1971	3	M40	03:47,3
9		9	00:38:12	Stassen, René	418		DJK Löwe Hambach	1970	4	M40	03:49,2
10		10	00:38:31	Hilkens, Erik	533		AV Weert	1966	1	M45	03:51,1
11		11	00:38:37	Gommer, Henk	563		Heerlen	1962	2	M45	03:51,7
12		12	00:38:40	Jacobs, Ralph	554		TV Stein	1977	3	M30	03:52,0
13		13	00:38:56	Bohnen, Jos	642		Susteren	1962	3	M45	03:53,6
14		14	00:38:59	Bos, Cor	400		Geleen	1964	4	M45	03:53,9
15		15	00:39:04	Barth, Tobias	562		Aachen	1988	2	MHK	03:54,4
16		16	00:39:06	Vleeshommers, Sjaak	509		Gulik Runners Nedccar	1956	2	M55	03:54,6
17		17	00:39:08	Cruts, Ger	564		AV Caesar	1964	5	M45	03:54,8
18		18	00:39:11	Gijzen, Gerard	488		T.V.S.	1961	1	M50	03:55,1
19		19	00:39:14	Drove, Norbert	629		DJK Elmar Kohlscheid	1969	5	M40	03:55,4
20		20	00:39:21	Walter, Gerd	521		Mönchengladbach	1962	6	M45	03:56,1
21	W	1	00:39:27	Kostrzewa, Florence	495		DJK Löwe Hambach	1976	1	W35	03:56,7
22		21	00:39:43	Elfering, Paul	371		Medi-Sport	1969	6	M40	03:58,3
23		22	00:39:46	Thönnissen, Robert	339		VfR Unterbruch LG	1975	2	M35	03:58,6
24		23	00:39:54	Geelen, Henny	531		LGS Susteren	1959	2	M50	03:59,4
25		24	00:40:12	van de Veerdonk, Harold	528		Gulik Runners	1964	7	M45	04:01,2
26		25	00:40:21	Goossens, Arno	614		LGS Susteren	1964	8	M45	04:02,1
27	W	2	00:40:23	Quadflieg, Wendy	512		MACD	1978	1	W30	04:02,3
28		26	00:41:07	Bocken, Nicky	571		AV Caesar	1994	1	MJugB	04:06,7
29		27	00:41:19	Pluis, John	535		LG Catsop	1964	9	M45	04:07,9
30	W	3	00:41:28	Collaris, Niki	593		AV Caesar	1988	1	WHK	04:08,8
31		28	00:41:46	Paulussen, Maurice	343	NED	AV Caesar	1966	10	M45	04:10,6
32		29	00:42:16	Meuffels, Michael	620		LC Phoenix GK	1986	3	MHK	04:13,6
33		30	00:42:19	Vierschgens, Frank	625		SC Wegberg Abt. Radsport	1986	4	MHK	04:13,9
34		31	00:42:23	Smulders, Johnny	503	BEL	Tongeren	1957	3	M50	04:14,3
35		32	00:42:28	van Eert, Michel	320	NED	AV STB Landgraaf	1978	4	M30	04:14,8
36		33	00:42:31	Jansen, Toine	544		TV Stein	1963	11	M45	04:15,1
37		34	00:42:33	Dols, Ronald	505		Stein	1962	12	M45	04:15,3
38		35	00:42:40	Tydink, Rob	547		AV Caesar	1989	5	MHK	04:16,0
39	W	4	00:42:41	Vranken, Renée	546		AV Caesar	1991	2	WHK	04:16,1
40		36	00:42:42	Janssen, Gene	487	NED	Hoensbroek	1948	1	M60	04:16,2
41		37	00:43:00	Klingen, Jürgen	316		NVV Red Runners	1969	7	M40	04:18,0
42		38	00:43:17	Gerards, Herman	382		STB Landgraaf	1957	4	M50	04:19,7
43		39	00:43:29	Hoogeboom, Ronald	506		STB Landgraaf	1970	8	M40	04:20,9
44		40	00:43:30	Dohlen, Moritz	469		Geilenkirchen	1994	2	MJugB	04:21,0
45		41	00:43:52	Sabel, Ed	573		Maarsrunners	1962	13	M45	04:23,2
46		42	00:44:16	Fraussen, Jp	545		TV Stein	1963	14	M45	04:25,6
47		43	00:44:20	Spijkers, Jac	543		Unitas	1963	15	M45	04:26,0
48		44	00:44:21	Klose, Marko	417		Fit für 10	1975	3	M35	04:26,1
49		45	00:44:25	Gerighausen, Martin	522		VfR Tüddern	1995	3	MJugB	04:26,5
50		46	00:44:38	Maus, Hansjörg	574		Baesweiler	1961	5	M50	04:27,8
51		47	00:44:49	Janssen, Ton	538		LGS Susteren	1963	16	M45	04:28,9
52		48	00:45:16	Vermeulen, Ton	330	NED	AV Unitas	1957	6	M50	04:31,6
53		49	00:45:20	Jansen, Stefan	462		Heinsberg	1964	17	M45	04:32,0
54		50	00:45:24	Dols, Manuel	578		AV Unitas	1994	4	MJugB	04:32,4
55		51	00:45:41	Linden, Martin	627		Wegberg	1990	6	MHK	04:34,1
56		52	00:45:49	Dieteren, Jack	621		Geleen	1970	9	M40	04:34,9
57		53	00:45:51	Lux, Rico	335	NED	Heerlen	1967	10	M40	04:35,1
58	W	5	00:45:52	Kemper, Lisa	598		DJK Elmar Kohlscheid	1966	1	W45	04:35,2
59		54	00:45:57	Ditters, Jens	486		Team Erdinger	1974	4	M35	04:35,7
60		55	00:46:13	Hermans, Jean	510	BEL	Lanaken	1953	3	M55	04:37,3



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		56	00:46:14	Jansen, Marcel	561		Team Maxmo	1973	5	M35	04:37,4
62		57	00:46:21	Griffioen, Gerjo	592		Wehr	1962	18	M45	04:38,1
63		58	00:46:23	van der Zander, Jan	467		VfR Tüddern E1	2000	5	MJugB	04:38,3
64		59	00:46:30	Krämer, Oliver	317		TV 1848 Mönchengl.	1970	11	M40	04:39,0
65		60	00:46:36	Windeln, Lukas	358		VfR Unterbruch LG	2000	6	MJugB	04:39,6
66		61	00:46:36	Windeln, Franz-Willi	361		VfR Unterbruch LG	1962	19	M45	04:39,6
67		62	00:46:37	Andrae, Thomas	440		Mönchengladbach	1971	12	M40	04:39,7
68		63	00:46:53	Soofian, Achmaovi	496		VfR Tüddern	1996	7	MJugB	04:41,3
69		64	00:47:08	Bauer, Udo	301		Erkelenz	1961	7	M50	04:42,8
70		65	00:47:08	Beberen, Jeroen	523		Sittard	1981	5	M30	04:42,8
71		66	00:47:18	Gützkow, Rainer	385		LT MG Volksgarten	1952	4	M55	04:43,8
72		67	00:47:30	Niessen, Mark	645		Heinsberg	1974	6	M35	04:45,0
73		68	00:47:40	Schürlein, André	353		Mönchengladbach	1967	13	M40	04:46,0
74	W	6	00:47:48	Meyer, Monique	458		Aachen	1986	3	WHK	04:46,8
75		69	00:48:04	Biedenbach, Stefan	580		Baesweiler LT	1969	14	M40	04:48,4
76		70	00:48:28	Grunwald, Andreas	447		Korschenbroich	1968	15	M40	04:50,8
77		71	00:48:38	Geurts, Peter	336	NED	AV Unitas	1958	8	M50	04:51,8
78		72	00:48:42	Schenkluhn, Wolfgang	395		NVV RedRunners	1952	5	M55	04:52,2
79		73	00:48:45	Lückers, They	515		Gulik Runners	1948	2	M60	04:52,5
80		74	00:48:48	Ouwerkerk, JanWillem	497		Selfkant-Schalbruch	1972	7	M35	04:52,8
81		75	00:48:49	Wöller, Rüdiger	392		NVV RedRunners	1960	9	M50	04:52,9
82	W	7	00:48:54	Herben, Henriette	460	NED	Atletiek Maastricht	1974	2	W35	04:53,4
83		76	00:48:57	Kreis, Manfred	356		NVV RedRunners	1958	10	M50	04:53,7
84		77	00:48:58	Gorontzy, Bernd	449		DJK Kleinenbroich	1961	11	M50	04:53,8
85		78	00:49:11	Tartler, Raimund	532		DJK Lindern-Würm-Beeck	1950	3	M60	04:55,1
86		79	00:49:12	Stück von der, Stefan	319		Heinsberg	1983	7	MHK	04:55,2
87		80	00:49:12	Logister, Jerom	381		STB Landgraaf	1996	8	MJugB	04:55,2
88		81	00:49:14	Gehrt, Norbert	315		Aachen	1961	12	M50	04:55,4
89		82	00:49:18	Houben, Winfried	612		Rheinland Dremmen	1968	16	M40	04:55,8
90		83	00:49:23	Böker, Christian	431		LG 1947 Viersen	1971	17	M40	04:56,3
91	W	8	00:49:24	Offermans, Petra	622		Geleen	1966	2	W45	04:56,4
92		84	00:49:29	Voith, Rainer	589		LT Meutersweg	1973	8	M35	04:56,9
93		85	00:49:30	Windeln, Lars	359		VfR Unterbruch LG	1996	9	MJugB	04:57,0
94	W	9	00:49:41	Beckers, Cyrille	587		Mari Sheem Runners	1982	4	WHK	04:58,1
95		86	00:49:49	Hombach, Frank	347		Mönchengladbach	1967	18	M40	04:58,9
96		87	00:49:50	Logister, Leo	380		STB Landgraaf	1969	19	M40	04:59,0
97		88	00:49:53	Launen, Simon	570		Gangelt	1997	10	MJugB	04:59,3
98		89	00:49:54	Dohlen, Bernd	457		Geilenkirchen	1957	13	M50	04:59,4
99		90	00:50:16	Görtz, Dieter	539		Selfkant	1967	20	M40	05:01,6
100	W	10	00:50:22	Schumacher, Heike	445		Erkelenz	1970	1	W40	05:02,2
101		91	00:50:23	Mohr, Wolfgang	601		Dremmen	1965	20	M45	05:02,3
102		92	00:50:33	Jakobs, Udo	367		Turnerschaft Lürrip	1967	21	M40	05:03,3
103		93	00:50:45	Muijrsers, Pierre	338		STB Landgraaf	1948	4	M60	05:04,5
104	W	11	00:50:48	Maus, Anne	575		Baesweiler	1960	1	W50	05:04,8
105	W	12	00:50:57	Fröhlich, Erika	577		Niederrheinwerke Viersen	1961	2	W50	05:05,7
106		94	00:51:03	Piepmeyer, Manuel	349		Bobby's Crew	1986	8	MHK	05:06,3
107		95	00:51:27	Jansen, Karl-Heinz	591		NVV SG 26	1955	6	M55	05:08,7
108	W	13	00:51:28	Gross, Isabel	609		Heinsberg	1980	2	W30	05:08,8
109	W	14	00:51:41	Dimter, Sandra	314		DJK Gillrath 1911	1978	3	W30	05:10,1
110		96	00:51:53	Nicolaes, Martin	611		Gangelt	1962	21	M45	05:11,3
111	W	15	00:51:55	Nöthlings, Ilse	433		BSG KSK Heinsberg	1950	1	W60	05:11,5
112		97	00:51:56	Philippen, Marek	500		VfR Tüddern	1995	11	MJugB	05:11,6
113		98	00:51:57	Franzen, Michael	342		SV Breberen	1964	22	M45	05:11,7
114		99	00:51:59	Spauwen, Han	628	NED		1947	5	M60	05:11,9
115		100	00:52:11	Lambermon, Maurice	308	NED	AV Unitas	1963	23	M45	05:13,1
116	W	16	00:52:15	Opel, Melanie	321		Mönchengladbach	1978	4	W30	05:13,5
117		101	00:52:22	Hamacher, Fritz	623		Gangelt	1992	1	MJugA	05:14,2
118		102	00:52:22	Woitzik, Michael	615		Concordia Birgelen	1960	14	M50	05:14,2
119		103	00:52:45	Geratz, Arnd	483		Gangelt	1971	22	M40	05:16,5
120		104	00:52:50	Neukirchen, Heinz	485		Selfkant	1967	23	M40	05:17,0



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
121		105	00:53:00	Kesternich, Manfred	354		NVV RedRunners	1955	7	M55	05:18,0
122		106	00:53:06	Gruben, Anton	619		Germania Kirchberg	1955	8	M55	05:18,6
123		107	00:53:08	Hamers, Harry	549		STB Landgraaf	1954	9	M55	05:18,8
124		108	00:53:08	Bienert, Heinz Josef	643		Heinsberg	1953	10	M55	05:18,8
125		109	00:53:12	Laufs, Gerd-Josef	310		Geilenkirchen	1961	15	M50	05:19,2
126	W	17	00:53:12	Mertens-Nelles, Karin	507		Aachen	1957	3	W50	05:19,2
127		110	00:53:15	Szendeleit, Sascha	560		Team Maxmo	1984	9	MHK	05:19,5
128		111	00:53:18	Niessen, Jörg	644		Heinsberg	1974	9	M35	05:19,8
129	W	18	00:53:25	Houben, Verena	434		BSG KSK Heinsberg	1981	5	W30	05:20,5
130		112	00:53:25	Bürger, Olaf	432		BSG KSK Heinsberg	1968	24	M40	05:20,5
131	W	19	00:53:29	Schulte-Claßen, Dagmar	478		VSV Grenzland Wegberg	1968	2	W40	05:20,9
132		113	00:53:31	Schmidt, Manfred	482		VSV Grenzland Wegberg	1950	6	M60	05:21,1
133		114	00:53:32	Derouaux, Rene	559		Team Maxmo	1978	6	M30	05:21,2
134		115	00:53:54	Rese, Michael	519		Korschenbroich	1959	16	M50	05:23,4
135		116	00:53:56	Roth, Peter	613		Gillrath	1993	2	MJugA	05:23,6
136		117	00:53:56	Knarren, Gerd	501		Selfkant	1970	25	M40	05:23,6
137		118	00:53:58	Fahl, Thomas	473		Mönchengladbach	1967	26	M40	05:23,8
138		119	00:54:01	Breuer, Detlef	390		NVV RedRunners	1955	11	M55	05:24,1
139	W	20	00:54:10	Prieg, Helge	438		Jogman	1960	4	W50	05:25,0
140		120	00:54:14	Stock, Sören	373		Babenhausen Allstars&Frie	1975	10	M35	05:25,4
141		121	00:54:15	Heinen, Sebastian	491		Aachen	1981	7	M30	05:25,5
142		122	00:54:17	Beemelmans, Bernd	508		DJK Gillrath 1911	1970	27	M40	05:25,7
143		123	00:54:27	Brind, Gabriel	410		VfR Tüddern D1	1998	12	MJugB	05:26,7
144		124	00:54:27	Pach, Rolf-Dieter	375		Geilenkirchen	1959	17	M50	05:26,7
145		125	00:54:29	Wolf, Reinhard	484		Brander SV Tri Team	1941	1	M70	05:26,9
146		126	00:54:30	Bogazci, Ercan	542		Bierpäuschen	1975	11	M35	05:27,0
147		127	00:54:31	Dahlmanns, Martin	606		Gangelt	2000	13	MJugB	05:27,1
148		128	00:54:32	Klinkenberg, Hans-Willi	372		Übach-Palenberg	1961	18	M50	05:27,2
149		129	00:54:34	Schumacher, Detlef	389		SG 1926 NVV AG	1960	19	M50	05:27,4
150	W	21	00:54:39	Stüdgens, Silvia	579		Baesweiler LT	1965	3	W45	05:27,9
151		130	00:54:39	Dahlmanns, Gerd	608		Gangelt	1968	28	M40	05:27,9
152		131	00:54:40	Philippen, Ernst	566		Gangelt	1970	29	M40	05:28,0
153		132	00:54:42	Davids, Stefan	597		Golfpark Loherhof	1970	30	M40	05:28,2
154		133	00:54:45	Beckers, Paul	504		Selfkant	1964	24	M45	05:28,5
155		134	00:54:45	Peschen, Ralf	328		Übach-Palenberg	1969	31	M40	05:28,5
156	W	22	00:55:02	Römkens, Daniëlle	553		Geleen	1969	3	W40	05:30,2
157	W	23	00:55:03	Garbarini, Nicole	345		Heinsberg	1967	4	W40	05:30,3
158		135	00:55:06	Dyck, Herbert	427		Central Gesundheit bewegt	1961	20	M50	05:30,6
159	W	24	00:55:06	van den Zander, Julia	333		VfR Tüddern E1	1999	1	WJugB	05:30,6
160		136	00:55:11	Janssen, Wilfried	368		DJK Gillrath 1911	1957	21	M50	05:31,1
161		137	00:55:12	Zirpins, Hans	340		Mönchengladbach	1958	22	M50	05:31,2
162		138	00:55:14	Thönissen, Jürgen	357		Gangelt-Birgden	1964	25	M45	05:31,4
163		139	00:55:19	Vanwersch, Maurice	513		Sittard	1971	32	M40	05:31,9
164		140	00:55:42	Knopf, Marcus	394		NVV RedRunners	1972	12	M35	05:34,2
165	W	25	00:55:44	Engelke, Simone	312		Erkelenz	1966	4	W45	05:34,4
166		141	00:55:45	Frenken, Markus	428		Gangelt	1968	33	M40	05:34,5
167		142	00:55:45	Ohlenforst, Bernd	558		Svg Langbr.-Schierw.	1957	23	M50	05:34,5
168		143	00:55:49	Loreck, Armin	355		NVV RedRunners	1963	26	M45	05:34,9
169		144	00:55:50	Freyer, Martin	475		Heinsberg	1966	27	M45	05:35,0
170		145	00:55:52	Trautrimms, Michael	616		Hückelhoven	1972	13	M35	05:35,2
171	W	26	00:56:34	Müller, Silke	399		Übach-Palenberg	1971	5	W40	05:39,4
172		146	00:56:34	Kempf, Markus	403		Übach-Palenberg	1968	34	M40	05:39,4
173		147	00:56:35	Lehmann, Christoph	443		Laufteam Am Friedhof	1981	8	M30	05:39,5
174		148	00:56:35	Foetsch, Thomas	444		Laufteam Am Friedhof	1964	28	M45	05:39,5
175	W	27	00:56:39	Grunwald, Ute	446		Korschenbroich	1971	6	W40	05:39,9
176	W	28	00:56:44	Windeln, Iris	360		VfR Unterbruch LG	1968	7	W40	05:40,4
177	W	29	00:56:44	Cygon, Susann	452		VfR Unterbruch LG	1968	8	W40	05:40,4
178	W	30	00:56:56	Honold-Jansen, Sigrid	477		VSV Grenzland Wegberg	1955	1	W55	05:41,6
179		149	00:56:58	Hasen, Bernd	481		VSV Grenzland Wegberg	1948	7	M60	05:41,8
180		150	00:57:01	Wachtmeister, Ralf	313		Erkelenz	1968	35	M40	05:42,1



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
181		151	00:57:11	Ahrens, Jürgen	600		Selfkant	1971	36	M40	05:43,1
182		152	00:57:16	Meures, Sander	411		VfR Tüddern D1	1998	14	MJugB	05:43,6
183		153	00:57:17	Korsten, Udo	377		Sonntagsläufer	1965	29	M45	05:43,7
184	W	31	00:57:18	Jansen, Kirsten	329		Erkelenz	1968	9	W40	05:43,8
185	W	32	00:57:24	Hagenkötter, Ann-Cathrin	303		Muku&Hase	1985	5	WHK	05:44,4
186		154	00:57:24	Theeven, Theo	599		Unitas	1949	8	M60	05:44,4
187	W	33	00:57:26	Jansen, Marleen	595		Selfkant	1963	5	W45	05:44,6
188		155	00:57:27	Paech, Thomas	605		Erkelenz	1958	24	M50	05:44,7
189	W	34	00:57:28	Lange, Simone	422		Aachen	1985	6	WHK	05:44,8
190		156	00:57:41	Hartung, Uwe	304		Muku&Hase	1960	25	M50	05:46,1
191		157	00:57:53	Derichs, Jörg	307		SG 1926 NVV AG	1966	30	M45	05:47,3
192		158	00:58:13	Wackerzapp, Bernd	388		NVV RedRunners	1967	37	M40	05:49,3
193	W	35	00:58:16	Roggenbuck, Elke	471		LT Wickrath	1958	5	W50	05:49,6
194		159	00:58:17	Bihn, Heinrich	391		NVV RedRunners	1959	26	M50	05:49,7
195		160	00:58:19	Sentis, Leo	370		VSV Grenzland Wegberg	1936	1	M75	05:49,9
196	W	36	00:58:20	Folchitto, Gianna	499		DJK Löwe Hambach	1987	7	WHK	05:50,0
197	W	37	00:58:24	Gorontzy, Birgit	450		Korschenbroich	1963	6	W45	05:50,4
198	W	38	00:58:29	Ziegler, Barbara	322		NVV Red Runners	1954	2	W55	05:50,9
199		161	00:58:31	Schlömer, Fabian	466		VfR Tüddern E1	2000	15	MJugB	05:51,1
200	W	39	00:58:36	Dittmann, Roswitha	448		Korschenbroich	1967	10	W40	05:51,6
201	W	40	00:58:50	Hombach, Angelika	348		Mönchengladbach	1970	11	W40	05:53,0
202	W	41	00:58:50	Schönefeld, Anastasia	346		Duisburg	1987	8	WHK	05:53,0
203		162	00:58:50	Sieben, Mario	306		Mönchengladbach	1967	38	M40	05:53,0
204	W	42	00:58:52	Lehnen, Gaby	594		Heinsberg	1956	3	W55	05:53,2
205		163	00:59:00	Piepers, Guido	569		Gangelt	1967	39	M40	05:54,0
206		164	00:59:01	Neubauer, Sigmar	305		Geilenkirchen	1989	10	MHK	05:54,1
207		165	00:59:02	Laumen, Peter	524		Gangelt	1987	11	MHK	05:54,2
208		166	00:59:03	Kühnapfel, Heribert	479		VSV Grenzland Wegberg	1953	12	M55	05:54,3
209		167	00:59:35	Vaßen, Noah	465		VfR Tüddern E1	2001	16	MJugB	05:57,5
210		168	00:59:59	Claßen, Tom	464		VfR Tüddern E1	2001	17	MJugB	05:59,9
211		169	01:00:02	Rongen, Justin	463		VfR Tüddern E1	2001	18	MJugB	06:00,2
212		170	01:00:05	Claßen, Udo	468		VfR Tüddern E1	1970	40	M40	06:00,5
213	W	43	01:00:06	Pach, Jennifer	374		Geilenkirchen	1987	9	WHK	06:00,6
214	W	44	01:00:10	Bomanns, Maria	430		Gangelt	1996	2	WJugB	06:01,0
215		171	01:00:13	Bomanns, Karl	429		Gangelt	1962	31	M45	06:01,3
216		172	01:00:25	Rössel, Eric	404		VfR Tüddern D1	1998	19	MJugB	06:02,5
217		173	01:00:28	Meures, Jos	413		VfR Tüddern D1	1966	32	M45	06:02,8
218	W	45	01:00:49	Leinders, Monika	518		Waldfeucht	1967	12	W40	06:04,9
219		174	01:00:58	Coobs, Frank	302		DJK Gillrath 1911	1968	41	M40	06:05,8
220		175	01:01:17	Höck, Christoph	437		SG 1926 NVV AG	1965	33	M45	06:07,7
221	W	46	01:01:20	Tinneo, Magda	530			1968	13	W40	06:08,0
222	W	47	01:01:21	Küppers, Silvia	536		Wegberg	1970	14	W40	06:08,1
223		176	01:01:25	Winthagen, Gerry	442		Musado Alsdorf	1962	34	M45	06:08,5
224	W	48	01:01:30	Haas, Bettina	534		Wassenberg	1996	3	WJugB	06:09,0
225		177	01:01:32	Bündgens, Valentin	576		Aachen	1947	9	M60	06:09,2
226	W	49	01:01:39	Misera, Lara	525		Selkant	1989	10	WHK	06:09,9
227		178	01:01:40	Misera, Andreas	376		Selfkant	1965	35	M45	06:10,0
228		179	01:01:48	Frohnhofen, Jürgen	337		Wegberg	1955	13	M55	06:10,8
229		180	01:01:50	Haupt, Hartmut	548		DJK Gillrath 1911	1942	1	M65	06:11,0
230		181	01:01:52	Even, Ralf	517		Übach-Palenberg	1959	27	M50	06:11,2
231	W	50	01:01:53	Esser, Marion	529		Übach-Palenberg	1969	15	W40	06:11,3
232	W	51	01:02:01	Rath, Brigitte	502		TV Hochneukirch	1961	6	W50	06:12,1
233		182	01:02:13	Sieber, Joachim	454		VfR Unterbruch LG	1952	14	M55	06:13,3
234		183	01:02:37	Sturm, Frank	387		NVV RedRunners	1967	42	M40	06:15,7
235	W	52	01:03:04	Kremers, Christine	311		Heinsberg	1955	4	W55	06:18,4
236		184	01:03:07	Menke, Heinz-Josef	492		ATV 1927 Geilenkirchen	1938	2	M70	06:18,7
237	W	53	01:03:19	Olszewska, Sylvia	551		VfR Tüddern	1994	4	WJugB	06:19,9
238		185	01:03:20	Elands, Chris	618		Unitas	1947	10	M60	06:20,0
239	W	54	01:03:21	Scharte, Louisa	552		VfR Tüddern	1994	5	WJugB	06:20,1
240		186	01:03:22	Djajadisastira, Osman	490		VfR Tüddern Damenabteilu	1963	36	M45	06:20,2





Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
241		187	01:03:40	Breuer, Christoph	572		Übach-Palenberg	1964	37	M45	06:22,0
242	W	55	01:03:49	Kleinjans, Rosie	556		Unitas	1958	7	W50	06:22,9
243	W	56	01:04:22	Oswald, Astrid	604		Geilenkirchen	1962	7	W45	06:26,2
244		188	01:04:22	Oswald, Hans-Joachim	603		Geilenkirchen	1965	38	M45	06:26,2
245	W	57	01:04:27	Koczelnik, Andrea	365		LT Volksgarten	1966	8	W45	06:26,7
246	W	58	01:04:32	Kusch, Luzie	324		NVV Red Runners	1958	8	W50	06:27,2
247	W	59	01:04:33	Kesternich, Edith	401		NVV Red Runners	1953	5	W55	06:27,3
248	W	60	01:04:47	Jakobs, Ina	366		Turnerschaft Lürrip	1969	16	W40	06:28,7
249		189	01:04:56	Kohnen, Hubert	386		Erkelenz	1960	28	M50	06:29,6
250	W	61	01:05:04	Görtz, Bianca	540		Selfkant	1971	17	W40	06:30,4
251		190	01:06:10	Josephs, Wolfgang	421		Europaschule Herzogenrath	1949	11	M60	06:37,0
252		191	01:06:12	Andrae, Volker	441		Wegberg	1970	43	M40	06:37,2
253	W	62	01:06:14	Peschel, Raphaela	331		Judo Club Haaren	1997	6	WJugB	06:37,4
254		192	01:06:19	Ferguson, Erin	527		Tüddern	1982	12	MHK	06:37,9
255	W	63	01:06:23	Dobeleit, Kläre	435		BSG KSK Heinsberg	1963	9	W45	06:38,3
256		193	01:06:25	Torres, Zugie	526		Tüddern	1977	9	M30	06:38,5
257	W	64	01:06:25	Bessems, Anja	557		Sittard	1978	6	W30	06:38,5
258		194	01:06:48	Jansen, Oliver	516		Gangelt	1971	44	M40	06:40,8
259	W	65	01:07:18	Gräbe, Tanja	602		SV Lürrip	1981	7	W30	06:43,8
260	W	66	01:08:40	Nickel, Annette	624		Jülich	1960	9	W50	06:52,0
261		195	01:08:41	Jenrissen, Josef	8728		Steppbike	1991	13	MHK	06:52,1
262		196	01:08:43	Hamacher, Willi	8729		Steppbike	1991	14	MHK	06:52,3
263		197	01:08:43	Trepels, Ulrich	8730		Steppbike	1991	15	MHK	06:52,3
264	W	67	01:09:23	Philippen, Marita	541		Gangelt	1966	10	W45	06:56,3
265	W	68	01:09:24	Schröder, Monika	498		Selfkant	1972	3	W35	06:56,4
266	W	69	01:09:51	Görtz, Irene	363		NVV Sportgemeinschaft	1978	8	W30	06:59,1
267	W	70	01:11:10	Ohligschläger, Yvonne	426		Heinsberg	1981	9	W30	07:07,0
268		198	01:13:11	Frohnhofen, Bernd	334		Hückelhoven-Brachelen	1959	29	M50	07:19,1
269	W	71	01:13:13	Bimmermann, Katrin	362		Mönchengladbach	1965	11	W45	07:19,3
270		199	01:14:16	Küppers, Michael	419		Laufftreff Wickrath	1968	45	M40	07:25,6
271	W	72	01:14:28	Hanrath, Hanne	476		VSV Grenzland Wegberg	1948	2	W60	07:26,8
272	W	73	01:15:12	Stock, Christine	369		Laufftreff Wickrath	1964	12	W45	07:31,2
273	W	74	01:15:15	Peschel, Petra	332		Judo Club Haaren	1958	10	W50	07:31,5
274		200	01:16:48	Weikert, Dr. Georg	402		Hamich Runners	1955	15	M55	07:40,8
275	W	75	01:18:01	Olszewska, Dominika	514		Gangelt	1993	1	WJugA	07:48,1
276	W	76	01:19:53	Rütten, Marion	472		LT Wickrath	1971	18	W40	07:59,3
277	W	77	01:20:39	Braun, Daniela	378		Europaschule Herzogenrath	1971	19	W40	08:03,9
278	W	78	01:20:46	Dormeier, Silke	384		Europaschule Herzogenrath	1977	10	W30	08:04,6
279		201	01:23:45	Paulussen, Kevin	300		VfR Tüddern	1997	20	MJugB	08:22,5

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	01:07:05	Nickel, Frank	8748		LVS Stolberg	1957	1	M50	06:42,5
2		2	01:07:10	Schuchmann, Erwin	8709		Bergheim	1960	2	M50	06:43,0
3	W	1	01:07:17	Schuchmann, Barbara	8710		Bergheim	1951	1	W60	06:43,7
4		3	01:11:09	Frevel, Andreas	8714		Spvg 62 Rinsdorf	1960	3	M50	07:06,9
5		4	01:13:57	Weber, Josef	8723		Sternberg / Linz	1952	1	M55	07:23,7
6	W	2	01:14:42	Heinrichs, Anke	8703		Selfkant	1966	1	W45	07:28,2
7		5	01:14:42	Heinrichs, Bernd	8750		Selfkant	1967	1	M40	07:28,2
8		6	01:16:52	Büdenbender, Gregor	8712		Spvg 62 Rinsdorf	1962	1	M45	07:41,2
9	W	3	01:18:14	Büdenbender, Monika	8711		Spvg 62 Rinsdorf	1967	1	W40	07:49,4
10	W	4	01:19:27	Zander, Ruth	8740		Mönchengladbach	1955	1	W55	07:56,7
11	W	5	01:20:05	Kauth, Gabi	8741		Würselen	1970	2	W40	08:00,5
12		7	01:21:20	Severins, Franz	8751		Selfkant	1960	4	M50	08:08,0
13	W	6	01:21:21	Lüttgens, Waltrud	8722		FC Rhenania Immendorf	1953	2	W55	08:08,1
14	W	7	01:21:21	Penner, Christel	8704		Seepark Health Club	1967	3	W40	08:08,1
15	W	8	01:22:45	Köhlen, Brigitte	8754		Waldfeucht	1964	2	W45	08:16,5
16	W	9	01:23:18	Dahlmanns, Tamara	8742		Gangelt	1970	4	W40	08:19,8
17	W	10	01:23:37	Schmidt, Annemarie	8749		SG 1926 NVV AG	1960	1	W50	08:21,7
18		8	01:25:50	Köhlen, Erich	8715		Selfkant Powerwalker	1961	5	M50	08:35,0
19	W	11	01:27:41	Cals, Astrid	8725		Selfkant-Havert	1968	5	W40	08:46,1
20		9	01:27:43	Hasselberg, Jörg	8735		Gangelt	1969	2	M40	08:46,3
21		10	01:27:44	Thielmann, Albert	8738		Selfkant	1959	6	M50	08:46,4
22	W	12	01:29:07	Drossert-Steltges, Birgit	8739		Mönchengladbach	1959	2	W50	08:54,7
23	W	13	01:29:19	Ruch, Andrea	8747		Heinsberg	1958	3	W50	08:55,9
24	W	14	01:31:37	Frevel, Sibylle	8713		Spvg 62 Rinsdorf	1960	4	W50	09:09,7
25	W	15	01:32:10	Timmermans, Elke	8745		Selkant	1959	5	W50	09:13,0
26	W	16	01:32:11	Basten, Christa	8746		Selkant	1962	3	W45	09:13,1
27	W	17	01:32:13	Bach, Gabriele	8721		Die Bachstelzen	1948	2	W60	09:13,3
28		11	01:32:57	Hoekstra, Bruno	8702		Selfkant-Isenbruch	1964	2	M45	09:17,7
29	W	18	01:36:40	Vierheller, Martina	8720		Die 3 Mädels	1965	4	W45	09:40,0
30	W	19	01:36:40	Kühn-Plum, Christel	8719		Die 3 Mädels	1964	5	W45	09:40,0
31	W	20	01:36:42	Bönnen, Rita	8718		Die 3 Mädels	1967	6	W40	09:40,2
32		12	01:37:02	Kahlen, Karl-Josef	8706		Schwalmtal	1957	7	M50	09:42,2
33	W	21	01:37:02	Kahlen, Marita	8707		Schwalmtal	1958	6	W50	09:42,2
34	W	22	01:38:49	Tellers, Sonja	8733		Selfkant	1988	1	WHK	09:52,9
35		13	01:38:50	Altenschmidt, Roland	8736		Gangelt	1982	1	MHK	09:53,0
36		14	01:50:33	Quinkert, Volker	8743		Mönchengladbach	1958	8	M50	11:03,3
37		15	01:55:17	Gijenes, Vireze	8752		Sittard	1980	1	M30	11:31,7
38	W	23	01:55:17	Klein, Lia	8753		Schalbruch	1960	7	W50	11:31,7
39	W	24	01:58:42	Jarowski, Monika	8731		Gangelt	1952	3	W55	11:52,2
40		16	01:58:44	Hilger, Heinz-Lothar	8734		Gangelt	1960	9	M50	11:52,4
41		17	01:58:45	Hamacher, Dieter	8737		Flying Tornados Gangelt	1961	10	M50	11:52,5
42	W	25	01:58:45	von Heel, Melanie	8732		Geilenkirchen	1984	2	WHK	11:52,5

# Westzipfel-Halbmarathon



21.1 km

So., 13. März 2011

Westzipfellauf e.V.

TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	01:14:17	Theunissen, Iwan AJ	71		STB Landgraaf	1972	1	M35	03:31,2
2		2	01:16:23	Zaki, Asad	244		Lövenich-Sport	1970	1	M40	03:37,2
3		3	01:18:59	Tholen, Achim	49		Gangelt	1977	1	M30	03:44,5
4		4	01:19:55	Koopmans, Guido	225	NED	Sittard	1976	2	M35	03:47,2
5		5	01:21:15	Houben, Thomas	211		Triathlon Waldfeucht	1977	2	M30	03:51,0
6		6	01:21:57	Essing, Joop	228		Unitas	1971	2	M40	03:53,0
7		7	01:22:02	Ruwette, Maurice	296	NED	Achilles-Top Kerkrade	1971	3	M40	03:53,2
8		8	01:22:33	Mertens, Jürgen	272	BEL	LAC Eupen	1964	1	M45	03:54,7
9		9	01:23:43	Wijnen, Yves	298	BEL	Maasmechelen	1975	3	M35	03:58,0
10		10	01:23:45	Dekker, Martyn	299	NED	Sittard	1986	1	MHK	03:58,1
11		11	01:24:54	Feron, Raymond	205	NED	LG Catsop	1969	4	M40	04:01,4
12		12	01:25:18	Verreussel, Peter	293		Susteren	1968	5	M40	04:02,5
13		13	01:26:02	Barten, Bernd	62		SC Myhl LA	1954	1	M55	04:04,6
14		14	01:26:05	Schildermans, Bart	106		Opoeteren	1967	6	M40	04:04,7
15		15	01:26:09	Quadflieg, Marc	105		MACD	1957	1	M50	04:05,9
16		16	01:26:10	Adrian, Stephan	125		LT Lousberg	1973	4	M35	04:05,0
17		17	01:26:29	Hendriks, Roel	217	NED	AV Caesar	1963	2	M45	04:05,9
18		18	01:26:30	Claessen, Kurt	109		Atla Lanaken	1969	7	M40	04:06,9
19		19	01:27:21	Willems, Robert	127	NED	AV Ron Clarke	1963	3	M45	04:08,3
20		20	01:27:42	Pesch, Robin	53		DLRG Hochneukirch	1991	2	MHK	04:09,3
21		21	01:28:04	Kerinnis, Jürgen	87		Marathon-Club Eschweiler	1969	8	M40	04:10,4
22		22	01:28:33	Thielle, Jeff	240	NED	Stein	1952	2	M55	04:11,8
23		23	01:28:58	Claasen, Ludi	226		AV Caesar	1989	3	MHK	04:13,9
24		24	01:28:59	Pepels, Will	235	NED	Elsloo	1958	2	M50	04:13,0
25		25	01:29:00	Rohé, Karlheinz	206		/Alemannia Aachen	1963	4	M45	04:13,0
26		26	01:29:18	Isaak, Dirk	283		Alemannia Aachen	1969	9	M40	04:13,9
27		27	01:29:37	Wasser, Peter	262		LLG Kevelaer	1969	10	M40	04:14,8
28		28	01:29:40	Fuß, Heiko	96		LT Lousberg	1975	5	M35	04:15,9
29		29	01:30:10	Krüger, Dirk	75		TV Mönchengladbach	1974	6	M35	04:16,3
30		30	01:30:22	van Lieshout, Vincent	290	NED	Beek	1972	7	M35	04:16,9
31		31	01:30:32	Girelli Consolaro, Alberto	212		DLC Aachen	1980	3	M30	04:17,4
32		32	01:31:46	Speck, Luc	218	NED	AVON Heerlen	1966	5	M45	04:20,9
33		33	01:32:10	Figueiredo, Carlos	214		Aachen	1979	4	M30	04:22,0
34		34	01:32:26	Schoonbroodt, Jean-Piere	185	BEL	Energy Tri	1967	11	M40	04:22,8
35		35	01:32:28	Lambiet, Michael	271	BEL	Kelmis	1971	12	M40	04:22,9
36		36	01:32:31	Margoulies, Yves	246	BEL	CRT	1963	6	M45	04:23,0
37		37	01:32:38	Hinkelmann, Roman	213		DLC Aachen	1973	8	M35	04:23,4
38		38	01:32:49	Beckers, Denis	164		Triathlon Waldfeucht	1980	5	M30	04:23,9
39		39	01:33:03	Dreissen, Georg	224		Heinsberg	1981	6	M30	04:24,5
40		40	01:33:07	Goertz, Hubert	220		Erkelenz	1966	7	M45	04:24,7
41		41	01:33:12	Fischbach, Andreas	279		Jülich	1979	7	M30	04:25,0
42		42	01:33:26	Lempers, Jos	265		STB Landgraaf	1957	3	M50	04:25,6
43		43	01:33:47	Aussems, Raymond	249	NED	Bunde	1964	8	M45	04:26,6
44		44	01:34:01	Van den Broeck, Raphael	107		ACA	1953	3	M55	04:27,3
45		45	01:34:14	Bijsmans, Patrick	222		Maastricht	1977	8	M30	04:27,9
46		46	01:34:23	Göttlinger, Tobias	10		TSV Bayer Dormagen	1982	4	MHK	04:28,3
47		47	01:34:44	Parren, Jan	81		marisheemrunners	1956	4	M55	04:29,3
48		48	01:34:50	Snijders, Vincent	234	NED	AV Caesar	1986	5	MHK	04:29,6
49		49	01:35:02	Rath, Frank	268		Jüchen	1961	4	M50	04:30,2
50		50	01:35:08	Hamers, Roy	286	NED	LGS Susteren	1966	9	M45	04:30,5
51		51	01:35:09	Kam, Hans	184	NED	AVON Heerlen	1968	13	M40	04:30,5
52		52	01:35:40	Lodomez, Olivier	248	BEL	CRT	1981	9	M30	04:32,0
53		53	01:35:41	Hansen, Jos	47	NED	AV Unitas	1963	10	M45	04:32,0
54		54	01:35:46	Urllings, Peter	229	NED	Bergrunners Bemelen	1964	11	M45	04:32,3
55	W	1	01:36:15	Hellenbrand, Lilo	72		DJK Gillrath 1911	1956	1	W55	04:33,6
56		55	01:36:47	Timmer, Tibor	251		Atletiek Maastricht	1969	14	M40	04:35,2
57		56	01:37:34	Unbekannt, Andreas	273	NED	Hoensbroek	1983	6	MHK	04:37,4
58		57	01:37:34	Dierks, Matthias	270	NED	Tria Team Brunssum	1968	15	M40	04:37,4
59		58	01:37:41	Heß, Richard	76		LC Weilerswist	1962	12	M45	04:37,7
60		59	01:37:41	Lejeune, Christophe	247	BEL	Sprimont	1969	16	M40	04:37,7

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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		60	01:37:48	Schichler, Michael	86		Wellness-Jogger Merkstei	1975	9	M35	04:38,1
62		61	01:37:52	Op 't Broek, Ralf	38		TV Stein	1977	10	M30	04:38,2
63		62	01:38:01	Custers, Eugene	66	NED	Atletiek Maastricht	1961	5	M50	04:38,7
64	W	2	01:38:06	Heinrichs, Sandra	221		Alemannia Aachen	1973	1	W35	04:38,9
65		63	01:38:20	Niemann, Frank	260	NED		1965	13	M45	04:39,6
66		64	01:38:28	Visschers, Michel	63		Amstenrade	1951	1	M60	04:40,0
67		65	01:38:41	Daniels, Hans	129		Marathon-Club Eschweiler	1954	5	M55	04:40,6
68		66	01:38:55	Schröder, Mario	134		Deafrunners	1967	17	M40	04:41,2
69		67	01:39:11	Oostdijk, Jahn	277	NED	STB Landgraaf	1960	6	M50	04:42,0
70		68	01:39:32	Siborgs, Rommy	288	NED	Uitslover	1970	18	M40	04:43,0
71		69	01:39:32	Mitzner, Gerd	275		Niederkrüchten	1962	14	M45	04:43,0
72		70	01:39:33	Theunissen, Jos	294	NED	AVON Heerlen	1960	7	M50	04:43,0
73		71	01:39:33	Outjers, Stefan	238		AVON Heerlen	1972	10	M35	04:43,0
74		72	01:40:03	Fladt, Juergen	92		Übach-Palenberg	1973	11	M35	04:44,5
75		73	01:40:24	Staufmehl, Claus	22		TC Blau-Weiss-Erkelenz	1979	11	M30	04:45,4
76		74	01:41:04	Brueck, Dr. Heribert	231		Concardia	1954	6	M55	04:47,3
77		75	01:41:10	Schwidder, Harald	31		Heinsberg	1964	15	M45	04:47,6
78		76	01:41:11	Zelewski, Lothar	45		Gangelt	1967	19	M40	04:47,7
79		77	01:41:13	Hameleers, Han	41	NED	Unitas	1961	8	M50	04:47,8
80		78	01:41:22	Jarco, Volker	48		Caritas Pflegestation HS	1983	7	MHK	04:48,2
81		79	01:41:25	Kraus, Dirk	12		TEAM Erdinger Alkoholfrei	1970	20	M40	04:48,3
82		80	01:42:19	Schels, Markus	276		Heinsberg	1978	12	M30	04:50,9
83		81	01:42:32	Habets, Jef	73		Maastricht	1961	9	M50	04:51,5
84		82	01:42:41	van Ommen, Ramon	201		Kerkrade	1965	16	M45	04:52,9
85		83	01:42:58	Marsidis, Norbert	2		Waldfeucht	1966	17	M45	04:52,7
86		84	01:43:10	Houben, Sjoerd	230			1974	12	M35	04:53,3
87		85	01:43:18	Wijnands, Hub	120		STB Landgraaf	1964	18	M45	04:53,7
88	W	3	01:43:31	van Ommeln, Marjon	179		Achilles-Top Kerkrade	1967	1	W40	04:54,3
89		86	01:43:32	Eberson, Raymond	250	NED	Gulik Runners	1970	21	M40	04:54,4
90	W	4	01:43:32	Derichs, Gabi	115		Selfkant-Höngen	1967	2	W40	04:54,4
91		87	01:43:41	Schraudy, Jan	79		Rhenania Immendorf	1971	22	M40	04:54,8
92		88	01:43:55	Bulte, Harry	284	NED	Atla Lanaken	1968	23	M40	04:55,4
93		89	01:44:00	Szumski, Peter	33		Brunssum	1963	19	M45	04:55,7
94		90	01:44:04	Bischofs, Tim	102		Mönchengladbach	1977	13	M30	04:55,9
95		91	01:44:07	Koch, Jürgen	215		Eynatten	1966	20	M45	04:56,0
96		92	01:44:10	Braun, Lothar	99		Fortuna Düsseldorf	1949	2	M60	04:56,2
97		93	01:44:13	Berndt, Uli	88		TSV Bayer Dormagen	1965	21	M45	04:56,3
98		94	01:44:20	Hartmann, Stephan	287		VFR Unterbruch	1973	13	M35	04:56,6
99		95	01:44:20	Grates, Wolfgang	30		TuS Jan Hilfarth	1956	7	M55	04:56,6
100		96	01:44:24	Peeters, Benny	178		Lanken	1965	22	M45	04:56,8
101		97	01:44:29	Kemnitz, Juergen	232		TVS Porselen	1960	10	M50	04:57,1
102		98	01:44:41	Poschinski, Fred	104		SG Neukirchen	1964	23	M45	04:57,6
103		99	01:44:42	Eisenga, Frank	67		STB Landgraaf	1957	11	M50	04:57,7
104		100	01:45:14	Frenken, Dietmar	42		TuS Jan Hilfarth	1965	24	M45	04:59,2
105		101	01:45:25	Wicher Dr., Wolfgang	68		Raeren-Hauset - Belgien	1951	3	M60	04:59,7
106		102	01:45:32	Sester, Ralf	46		TuS Jan Hilfarth	1958	12	M50	05:00,0
107	W	5	01:45:47	Aengenheyster, Andrea	118		LLG Kevelaer	1969	3	W40	05:00,8
108		103	01:45:49	Billion, Norbert	259		Kevelaer	1960	13	M50	05:00,9
109		104	01:45:59	Pilich, Alois	278	NED	STB Landgraaf	1962	25	M45	05:01,3
110		105	01:46:19	Petrow, Uwe	25		Triathlon Waldfeucht	1960	14	M50	05:02,3
111		106	01:46:39	Pelzer, Guido	135		STB Landgraaf	1966	26	M45	05:03,2
112		107	01:47:02	Pouls, Geert	227	NED	STB Landgraaf	1959	15	M50	05:04,3
113		108	01:47:06	Babakan, Mahamed	219		Erkelenz	1968	24	M40	05:04,5
114		109	01:47:23	Rieger, Jens-Christoph	124		Deutsch Post Renten Servi	1969	25	M40	05:05,3
115		110	01:47:26	Rütten, Stefan	295		TV Ratheim	1973	14	M35	05:05,4
116		111	01:47:35	Pfeifer, Jo	126		STAP Brunssum	1947	4	M60	05:05,9
117		112	01:47:45	Grahn, Markus	78		TV Huchem-Stammeln	1974	15	M35	05:06,3
118		113	01:47:45	Kuesters, Michael	269		SV Waldfeucht Bocket	1975	16	M35	05:06,3
119		114	01:47:46	Servos, Christian	132		LLG Kevelaer	1982	8	MHK	05:06,4
120		115	01:48:04	Haaren van, Cor	82		STB Landgraaf	1966	27	M45	05:07,2

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Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
121		116	01:48:28	Jache, Holger	100		BSG KSK Heinsberg	1983	9	MHK	05:08,4
122		117	01:48:34	Hakim, Mark	137		Qosmotec GmbH	1973	17	M35	05:08,7
123		118	01:48:35	Logister, Ger	85		STB Landgraaf	1959	16	M50	05:08,7
124		119	01:48:54	Drießen, Gabriel	20		Waldfeucht	1975	18	M35	05:09,6
125		120	01:48:58	Kühnel, Ralf	32		Pulheim	1964	28	M45	05:09,8
126	W	6	01:49:05	Schieffer, Christa	242		LT Alsdorf-Ost	1951	1	W60	05:10,1
127	W	7	01:49:35	Barten, Monika	61		SC Myhl LA	1960	1	W50	05:11,6
128		121	01:49:38	Carmanns, Markus	208		Eschweiler	1965	29	M45	05:11,7
129		122	01:49:42	Scholz-Starke, Herbert	39		SWCV Xanten Vynen	1948	5	M60	05:11,9
130		123	01:49:42	Scholz-Starke, Björn	37		BSG Umweltbundesamt	1977	14	M30	05:11,9
131		124	01:49:52	Loeber, Jochen	233		Übach-Palenberg	1948	6	M60	05:12,4
132		125	01:49:56	Dahlmanns, Horst	147		Feuerwehr Selfkant	1969	26	M40	05:12,6
133	W	8	01:50:07	Houben, Nicole	113		Tanktops	1971	4	W40	05:13,1
134	W	9	01:50:26	Pauly, Gaby	6		Deutsche Post	1967	5	W40	05:14,0
135		126	01:50:36	Moeck, Detlev	209		Heinsberg	1961	17	M50	05:14,5
136		127	01:50:50	Vienken, Daniel	94		Selfkant-Tüddern	1984	10	MHK	05:15,1
137		128	01:50:51	Kauven, Ralf	258		Mönchengladbach	1962	30	M45	05:15,2
138	W	10	01:51:11	Beumers, Heike	14		Geilenkirchen	1973	2	W35	05:16,1
139		129	01:51:22	Thiele, Danny	239	NED	Maastricht	1954	8	M55	05:16,6
140	W	11	01:51:25	Wirtz, Maria	163		LT Voecht	1972	3	W35	05:16,8
141		130	01:51:50	Gooyen, Leo	110	NED	Heerlen	1955	9	M55	05:18,0
142		131	01:51:53	Hartig, Andreas	245		DLC Aachen	1968	27	M40	05:18,1
143		132	01:52:36	Vieten, Heinz	90		VSV-Grenzland Wegberg	1961	18	M50	05:20,1
144		133	01:52:57	Zander, Sebastian	263	NED	Tria Team Brunssum	1979	15	M30	05:21,1
145		134	01:52:57	Zander, Daniel	200		Koln	1984	11	MHK	05:21,1
146		135	01:53:08	Breidenbach, Peter	77		Brühl	1956	10	M55	05:21,7
147		136	01:53:14	Paulussen, Kevin	300		VfR Tüddern	1997	1	MJugB	05:22,9
148		137	01:53:27	Weber, Horst	95		FC Rheinland	1965	31	M45	05:22,6
149	W	12	01:53:27	Weber, Ruth	117		FC Rheinland	1965	1	W45	05:22,6
150		138	01:53:30	Straten, Matthias	210		Heinsberg	1979	16	M30	05:22,7
151	W	13	01:53:33	Leinesser, Karoline	130		TV Hochneukirch	1968	6	W40	05:22,8
152		139	01:53:33	Leinesser, Bernd	131		TV Hochneukirch	1966	32	M45	05:22,8
153		140	01:53:46	Böken, Axel	223		Mönchengladbach	1969	28	M40	05:23,5
154		141	01:54:01	Beemelmann, Dirk	285		DJK Gillrath 1911	1971	29	M40	05:24,2
155		142	01:54:04	Roth, Hermann	280		DJK Gillrath 1911	1958	19	M50	05:24,3
156		143	01:54:08	Ludebühl, Oliver	133		ich Verein	1979	17	M30	05:24,5
157		144	01:54:10	Schlösser, Elmar	23		Kerkrade	1970	30	M40	05:24,6
158		145	01:54:14	Martens, Henry	289	BEL	Sabic	1966	33	M45	05:24,8
159		146	01:54:23	Roob, Bert	141		Selfkant	1954	11	M55	05:25,2
160		147	01:54:27	Wünsche, Frank	281		VFR Unterbruch	1959	20	M50	05:25,4
161		148	01:54:31	Leinders, Ralf	161		Wadu Geilenkirchen	1965	34	M45	05:25,6
162		149	01:54:37	Olbertz, Stefan	160		Gangelt	1967	31	M40	05:25,9
163		150	01:55:12	Bräuer, Ralf	292		TSVE Bielefeld	1967	32	M40	05:27,5
164	W	14	01:55:46	Stolz, Ilona	122		BSG KSK Heinsberg	1975	4	W35	05:29,1
165		151	01:55:47	Gülpen, Ralf	252		Wadu Geilenkirchen	1968	33	M40	05:29,2
166	W	15	01:56:15	Schell, Julia	241		Herzogenrath	1984	1	WHK	05:30,5
167		152	01:57:09	Schroeder, Kurt	64		DJK Gillrath 1911	1959	21	M50	05:33,1
168		153	01:57:20	Reimer, Boyo	257		Erkelenz	1956	12	M55	05:33,6
169		154	01:57:42	Schrode, Hans Willi	182		Julich	1956	13	M55	05:34,6
170		155	01:58:16	Schuffelen, Jos	267	NED	Holtum	1953	14	M55	05:36,3
171		156	01:58:36	Maaßen, Herbert	136		Selfkant	1966	35	M45	05:37,2
172	W	16	01:58:43	Bertram, Maria	243		LT Alsdorf-Ost	1946	1	W65	05:37,5
173		157	01:58:44	Jansen, Sven	203		Erkelenz	1974	19	M35	05:37,6
174		158	01:58:44	Uhr, Ingo	180		Hundesportfreunde	1973	20	M35	05:37,6
175		159	01:58:50	Wnendt, Stepan	216		DLC Aachen	1962	36	M45	05:37,9
176		160	01:58:52	Lohn, Harald	291		Rhen Immendorf Tt	1967	34	M40	05:38,0
177		161	01:59:08	Hegt, Nick	297	NED	Geulle	1966	37	M45	05:38,7
178		162	01:59:18	Pompl, John	69	NED	AV Unitas	1959	22	M50	05:39,2
179		163	01:59:21	Bomanns, Ralf	3		Gangelt	1966	38	M45	05:39,3
180		164	01:59:36	Petermann, Thomas	74		Aachen	1968	35	M40	05:40,0

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181	W	17	01:59:43	Bus, Marleen	207	NED	AVON Heerlen	1961	2	W50	05:40,4
182	W	18	01:59:48	Gusday, Christel	162		LT Voecht	1949	2	W60	05:40,6
183	W	19	01:59:48	Heuser, Petra	40		Stolberg	1963	2	W45	05:40,6
184		165	02:00:08	Mankiewicz, Bernd	29		Stolberg	1965	39	M45	05:41,6
185	W	20	02:00:53	Beemelmans, Andrea	111		DJK Gillrath 1911	1965	3	W45	05:43,7
186	W	21	02:00:56	Moone, Katy	146		Tüddern	1979	1	W30	05:43,8
187	W	22	02:00:56	Grimm, Julie	139		Selfkant	1991	2	WHK	05:43,8
188	W	23	02:01:00	Engelen, Marion	114		TV Hochneukirch	1969	7	W40	05:44,0
189		166	02:02:05	Fädrieh, Frank	11		Deutsche Post	1960	23	M50	05:47,1
190	W	24	02:02:05	Gaens, Brigitte	93		SG Neukirchen	1960	3	W50	05:47,1
191		167	02:02:25	Aerts, Jean	56	BEL	Zonhoven-Belgien	1951	7	M60	05:48,1
192		168	02:02:44	Krings, Michael	52		Erkelenz	1976	21	M35	05:49,0
193		169	02:02:56	Tholen, Bernhard	159		Gangelt	1958	24	M50	05:49,5
194		170	02:02:57	Klein, Norbert	255		Europa-Läufer	1965	40	M45	05:49,6
195		171	02:03:04	Gerte, Conrad	27		LSV Grenzland	1964	41	M45	05:49,9
196	W	25	02:03:17	Misera, Natalie	98		Selfkant	1967	8	W40	05:50,5
197		172	02:04:05	Ormanns, Bernhard	183		DJK Gillrath 1911	1949	8	M60	05:52,8
198		173	02:04:08	Rudzki, Klaus	57		Millich	1970	36	M40	05:53,9
199		174	02:04:08	Krüger, Thorsten	18		Niederkrüchten	1970	37	M40	05:53,9
200		175	02:05:22	Eßer, Richard	26		Gangelt	1965	42	M45	05:56,4
201		176	02:06:20	Heidenthal, Michael	84		Hückelhoven	1967	38	M40	05:59,2
202		177	02:07:07	Reyer, Hans-Jürgen	35		Linnich	1966	43	M45	06:01,4
203	W	26	02:07:07	Reyer, Susanne	36		Linnich	1968	9	W40	06:01,4
204		178	02:08:59	Werner, Dirk	261		Aachen	1981	18	M30	06:06,7
205		179	02:09:40	Bach, Walter	97		Beimer-Team	1946	1	M65	06:08,7
206		180	02:09:50	Winels, Karl	204		LLG Kevelaer	1954	15	M55	06:09,1
207		181	02:10:38	Unruh, Thomas	17		Neuss	1966	44	M45	06:11,4
208		182	02:10:49	Eichenauer, Ralf	83		TV Ratheim	1960	25	M50	06:12,9
209	W	27	02:10:58	Keulen, Christina	145		Selfkant	1975	5	W35	06:12,4
210		183	02:11:13	Haas, Ulrich	253		Wassenberg	1970	39	M40	06:13,1
211	W	28	02:11:30	Houben-Schlag, Elvira	4		Selfkant-Höngen	1970	10	W40	06:13,9
212		184	02:11:51	Richter, Frank	237		Erkelenz	1970	40	M40	06:14,9
213		185	02:11:51	Scholz, Joachim	236		Erkelenz	1968	41	M40	06:14,9
214		186	02:15:44	Ohlenforst, Ion	24		Selfkant	1948	9	M60	06:26,9
215		187	02:16:34	Böser, Horst	148		Hömgen	1959	26	M50	06:28,3
216		188	02:18:42	Stevens, Will	140	NED	Schalbruch	1949	10	M60	06:34,4
217	W	29	02:18:49	Schönefeld, Kathleen	54		Wassenberg	1965	4	W45	06:34,7
218	W	30	02:23:52	Schmidt, Ute	123		Erkelenz	1966	5	W45	06:49,0
219	W	31	02:31:16	Janssen, Verona	119	NED	Geelen	1970	11	W40	07:10,1