

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:33:30	770	Kurul, Ronald		Team Woolf-Shoes.co	1987	1	MHK	03:21,0	00:00:00
2		00:34:14	1	Berger, Sascha		TV Erkelenz	1979	2	MHK	03:25,4	00:00:44
3		00:36:57	1021	Paulussen, Michael		LG Ameln-Linnich	1966	1	M35	03:41,7	00:03:27
4		00:37:30	1027	Kulick, Stefan		TS 1912 Mülheim-Saar	1985	3	MHK	03:45,0	00:04:00
5		00:37:58	748	Jilg, Michael		SC Myhl	1960	1	M45	03:47,8	00:04:28
6		00:38:04	1023	Müller, Burkhard		Tura Brügggen	1954	1	M50	03:48,4	00:04:34
7		00:38:15	580	Koenen, Michael		LC Nettetal	1963	1	M40	03:49,5	00:04:45
8		00:38:24	1024	Barten, Bernd		SC Myhl	1954	2	M50	03:50,4	00:04:54
<b>1</b>	<b>W</b>	<b>00:38:41</b>	<b>771</b>	<b>Wanjiru, Grace</b>		<b>Team Woolf-Shoes.co</b>	<b>1980</b>	<b>1</b>	<b>WHK</b>	<b>03:52,1</b>	<b>00:00:00</b>
9		00:39:13	1025	Truschzinski, Klaus		Hückelhoven	1964	2	M40	03:55,3	00:05:43
10		00:39:33	949	Lingen, Thomas		ASV Süchteln	1973	1	M30	03:57,3	00:06:03
11		00:40:12	173	Hennig, Jürgen		SC Myhl LA	1955	3	M50	04:01,2	00:06:42
12		00:40:21	750	Adomeit, Jochen		Osterather TV	1941	1	M60	04:02,1	00:06:51
13		00:40:25	129	Müller, Andreas		VFR Unterbruch	1974	2	M30	04:02,5	00:06:55
14		00:40:46	58	Alhäuser, Jochen		SC Myhl LA	1967	2	M35	04:04,6	00:07:16
15		00:41:19	613	Taschoksky, Jörg		Erkelenz	1965	3	M40	04:07,9	00:07:49
16		00:41:31	6	Koch, Johannes		LT Keyenberg	1957	2	M45	04:09,1	00:08:01
17		00:41:51	1029	Bohnen, Reiner		Athletik Waldniel	1972	3	M30	04:11,1	00:08:21
18		00:41:51	154	Hopfenheit, Guido		Leverkusen	1967	3	M35	04:11,1	00:08:21
19		00:41:58	168	Krüger-Sebastian,		Grubenwehr Bergwerk	1961	4	M40	04:11,8	00:08:28
20		00:42:09	132	Langhanki, Gerd		TV Arsbeck-Büch	1966	4	M35	04:12,9	00:08:39
21		00:42:19	576	Hagmanns, Ing. He		Selfkant	1965	5	M40	04:13,9	00:08:49
22		00:42:26	1033	Spanier, Volker		SC Myhl	1959	3	M45	04:14,6	00:08:56
23		00:42:37	611	Reimer, Bojo		LT Keyenberg	1956	4	M45	04:15,7	00:09:07
24		00:42:53	999	Schurse, Herbert		Tüddern	1941	2	M60	04:17,3	00:09:23
25		00:43:07	925	Schöngen, Peter		Heinsberg	1965	6	M40	04:18,7	00:09:37
26		00:43:09	1028	Vierschgens, Frank		SC-Wegberg	1986	4	MHK	04:18,9	00:09:39
27		00:43:12	82	Klingen, Jürgen		BSG west Erkelenz	1969	5	M35	04:19,2	00:09:42
28		00:43:13	944	Bätz, Thorsten		Hückeloven	1980	5	MHK	04:19,3	00:09:43
29		00:43:21	974	Hunelke, Otto		LT Bresges-Park	1948	1	M55	04:20,1	00:09:51
30		00:43:23	346	Bick, Joachim		Heinsberg	1960	5	M45	04:20,3	00:09:53
31		00:43:24	281	Lentzen, Georg		Erkelenz	1969	6	M35	04:20,4	00:09:54
32		00:43:25	464	Wagner, Johannes		SC Myhl	1950	2	M55	04:20,5	00:09:55
<b>2</b>	<b>W</b>	<b>00:43:28</b>	<b>139</b>	<b>Bredt, Tanja</b>		<b>Erkelenz</b>	<b>1973</b>	<b>1</b>	<b>W30</b>	<b>04:20,8</b>	<b>00:04:47</b>
33		00:43:33	609	Kremers, Frank		LT Keyenberg	1969	7	M35	04:21,3	00:10:03
34		00:43:52	1017	Hennen, Florian		LG Oberbruch-Dremme	1987	6	MHK	04:23,2	00:10:22
35		00:43:58	1019	Kreiss, Bjorn		Köln	1966	8	M35	04:23,8	00:10:28
36		00:44:16	823	Printzen, Dieter		TV 1860 Erkelenz	1965	7	M40	04:25,6	00:10:46
37		00:44:19	610	Mohrhenn, Kurt		LT Keyenberg	1956	6	M45	04:25,9	00:10:49
38		00:44:26	964	Bergert, Wolfgang		TV Schwanenberg	1943	3	M60	04:26,6	00:10:56
39		00:44:30	1022	Zangers, Roland		ASV Süchteln	1958	7	M45	04:27,0	00:11:00
40		00:44:32	103	Langhanki, Arno		Wegberg	1960	8	M45	04:27,2	00:11:02
41		00:44:43	463	Frenken, Dietmar		SC Myhl	1965	8	M40	04:28,3	00:11:13
42		00:44:47	1031	Emonds, Mario		Vorwärts Hammerscho	1969	9	M35	04:28,7	00:11:17
43		00:45:07	577	Dahlmanns, Horst		Selfkant	1969	10	M35	04:30,7	00:11:37
44		00:45:09	578	Jansen, Manfred		LC Nettetal	1964	9	M40	04:30,9	00:11:39
45		00:45:19	624	Töpfer, Klaus		1927 Blau-Weiss Niede	1957	9	M45	04:31,9	00:11:49
46		00:45:22	935	Küppers, Stefan		VfR Granterath	1985	7	MHK	04:32,2	00:11:52
47		00:45:36	734	Vieten, Christian		TV Erkelenz	1991	8	MHK	04:33,6	00:12:06
48		00:45:46	53	Schneider, Klaus		Erkelenz	1964	10	M40	04:34,6	00:12:16
49		00:45:51	9	Coun, Ing. Hans		Hückelhoven-Ratheim	1958	10	M45	04:35,1	00:12:21
50		00:46:04	1030	Seidel, Stephan		Gymnasium Hückelhov	1986	9	MHK	04:36,4	00:12:34
51		00:46:18	986	Ziebura, Dawid		Realschule Übach-Pale	1988	10	MHK	04:37,8	00:12:48
52		00:46:18	996	Tuchscher, Rainer		Erkrath	1952	4	M50	04:37,8	00:12:48
53		00:46:19	561	Pfitzner, Klaus		Hückelhoven	1988	11	MHK	04:37,9	00:12:49
54		00:46:20	416	Gijsemans, Gustaa		Kempfen	1949	3	M55	04:38,0	00:12:50
55		00:46:22	830	Wirtz, Thomas		TV Rheindahlen	1978	12	MHK	04:38,2	00:12:52
56		00:46:24	126	Jansen, Dirk		Erkelenz	1965	11	M40	04:38,4	00:12:54

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
57		00:46:25	27	Kähler, Volker		Erkelenz	1968	11	M35	04:38,5	00:12:55
58		00:46:27	336	Strumpen, Patrick		Viersen	1985	13	MHK	04:38,7	00:12:57
59		00:46:38	131	Heulmanns, Bernh		SFC Erkelenz	1969	12	M35	04:39,8	00:13:08
60		00:47:09	958	Reichert, Heinz		Wegberg	1944	4	M60	04:42,9	00:13:39
61		00:47:34	133	Esser, Heinz-Josef		Tenhold	1962	12	M40	04:45,4	00:14:04
62		00:47:52	172	Fritzmann, Willi		Hückelhoven	1961	13	M40	04:47,2	00:14:22
63		00:47:54	306	Wintz, Gerd		BSG Volksbank Erkelei	1959	11	M45	04:47,4	00:14:24
64		00:48:24	558	Thönnissen, Rober		TV Hückelhoven-Rathe	1975	4	M30	04:50,4	00:14:54
65		00:48:32	5	Staiger, Jürgen		Hetzerath	1965	14	M40	04:51,2	00:15:02
66		00:48:44	937	Büchers, Manfred		Heinsberg	1963	15	M40	04:52,4	00:15:14
3	W	00:48:45	948	Siemes, Conny		ASV Süchteln Triathlon	1978	2	WHK	04:52,5	00:10:04
67		00:49:01	691	Brück, Dr. Heriber		ConCardio	1954	5	M50	04:54,1	00:15:31
68		00:49:02	1002	Prell, Jörg		Baaler Küchenstudio	1963	16	M40	04:54,2	00:15:32
69		00:49:08	562	Lücker, Frank		Hückelhoven-Ratheim	1988	14	MHK	04:54,8	00:15:38
70		00:49:10	124	van Gumpel, Guido		Erkelenz	1961	17	M40	04:55,0	00:15:40
71		00:49:11	441	Pieck, Hans		Düsseldorf	1952	6	M50	04:55,1	00:15:41
72		00:49:24	1001	Ormanns, Bernhar		DJK Gillrath	1949	4	M55	04:56,4	00:15:54
73		00:49:26	178	Munker, Andreas		Erkelenz	1968	13	M35	04:56,6	00:15:56
74		00:49:29	99	Maaß, Andre		Kohlscheid	1967	14	M35	04:56,9	00:15:59
75		00:49:31	601	Richter, Gerd		LT Keyenberg	1955	7	M50	04:57,1	00:16:01
4	W	00:49:33	607	Erdweg, Anita		SFC Erkelenz	1955	1	W50	04:57,3	00:10:52
76		00:49:53	1014	Tetz, Dieter		VfR Unterbruch	1968	15	M35	04:59,3	00:16:23
5	W	00:49:55	460	Nöthlings, Ilse		SC Myhl	1950	1	W55	04:59,5	00:11:14
77		00:49:56	31	Brücher, Udo		TV Beckrath	1963	18	M40	04:59,6	00:16:26
78		00:49:59	423	Rütten, Stefan		TV Ratheim	1973	5	M30	04:59,9	00:16:29
79		00:49:59	1009	Görtz, Friedhelm		BSG KSK Heinsberg	1955	8	M50	04:59,9	00:16:29
80		00:49:59	844	Matz, Jürgen		Erkelenz	1964	19	M40	04:59,9	00:16:29
81		00:50:21	934	Jäger, Patrick		LT Lövenich	1985	15	MHK	05:02,1	00:16:51
82		00:50:03	432	Ullrich, Markus		Selection Fitness	1974	6	M30	05:00,3	00:16:33
83		00:50:06	917	Kempa, Heinrich		Erkelenz	1971	7	M30	05:00,6	00:16:36
84		00:50:07	1016	Martinek, Alfred		LC Nettetal	1943	5	M60	05:00,7	00:16:37
85		00:50:09	598	Heggen, Heinz		LT Keyenberg	1947	5	M55	05:00,9	00:16:39
86		00:50:10	954	Richau, Alexander		Köln	1944	6	M60	05:01,0	00:16:40
87		00:50:19	526	Moll, Johannes		Viersener TV 1848	1962	20	M40	05:01,9	00:16:49
88		00:50:26	608	Hinz, Hans-Werner		LT Keyenberg	1960	12	M45	05:02,6	00:16:56
89		00:50:40	992	Müller, Peter		Erkelenz	1960	13	M45	05:04,0	00:17:10
90		00:50:46	985	Benn, Volker		Erkelenz	1963	21	M40	05:04,6	00:17:16
91		00:50:49	63	Königs, Gottfried		VSV Grenzland Wegbe	1959	14	M45	05:04,9	00:17:19
92		00:50:49	153	Vieten, Heinz		VSV Grenzland Wegbe	1961	22	M40	05:04,9	00:17:19
93		00:50:58	628	Karl, Markus		AOK Erkelenz	1983	16	MHK	05:05,8	00:17:28
94		00:51:12	806	Hanitzsch, Patrick		Erkelenz	1985	17	MHK	05:07,2	00:17:42
95		00:51:37	560	Tomalla, Heiko		LAV Hückelhoven	1972	8	M30	05:09,7	00:18:07
96		00:51:52	100	Grasmehr, Frank		Erkelenz	1968	16	M35	05:11,2	00:18:22
97		00:52:02	279	Ewald, Wolfgang		AOK Erkelenz	1960	15	M45	05:12,2	00:18:32
98		00:52:09	305	Heinen, Frank		Erkelenz	1969	17	M35	05:12,9	00:18:39
99		00:52:18	125	Winkler, Mike		Erkelenz	1971	9	M30	05:13,8	00:18:48
6	W	00:52:18	995	Jacobs, Judith		Erkelenz	1984	3	WHK	05:13,8	00:13:37
100		00:52:19	883	Vochsen, Jochen		Erkelenz	1963	23	M40	05:13,9	00:18:49
101		00:52:21	772	Horacez, Dieter		Mönchengladbach	1964	24	M40	05:14,1	00:18:51
102		00:52:23	329	Mangold, Peter		Mönchengladbach	1982	18	MHK	05:14,3	00:18:53
103		00:52:34	344	Zumbroich, Heinz-		VSV Grenzland-Wegbe	1958	16	M45	05:15,4	00:19:04
104		00:52:51	604	Vollmer, Emil		SFC Erkelenz	1956	17	M45	05:17,1	00:19:21
105		00:52:58	597	Eickels, Simon		LT Keyenberg	1984	19	MHK	05:17,8	00:19:28
7	W	00:53:03	55	Kittner, Svenja		TV Erkelenz	1991	4	WHK	05:18,3	00:14:22
106		00:53:03	81	Van Haeff, Heinz		BSG west Erkelenz	1950	6	M55	05:18,3	00:19:33
8	W	00:53:03	1006	Hermelingmeier, A		Baaler Küchenstudio	1977	5	WHK	05:18,3	00:14:22
107		00:53:04	1007	Neipp, Martin		Baaler Küchenstudio	1974	10	M30	05:18,4	00:19:34
9	W	00:53:05	459	Straßburg, Brigitte		SC Myhl	1958	1	W45	05:18,5	00:14:24

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
10	W	00:53:13	593	Claßen, Susen		Rath-Anh.	1977	6	WHK	05:19,3	00:14:32
108		00:53:17	1032	Winzen, Norbert		Erkelenz	1964	25	M40	05:19,7	00:19:47
109		00:53:19	56	Schröter, Ralph		Niederzier	1963	26	M40	05:19,9	00:19:49
110		00:53:24	331	Nürnberg, Udo		Mönchengladbach	1948	7	M55	05:20,4	00:19:54
111		00:54:11	25	Windelschmidt, Se		Leverkusen	1969	18	M35	05:25,1	00:20:41
112		00:54:22	175	Groob, André		Erkelenz	1979	20	MHK	05:26,2	00:20:52
113		00:54:24	599	Kamphausen, Chri		Aachen	1981	21	MHK	05:26,4	00:20:54
114		00:54:26	975	Keeley, Miles		Titz	1968	19	M35	05:26,6	00:20:56
115		00:54:33	953	Schwoch, Frank		Düsseldorf	1969	20	M35	05:27,3	00:21:03
116		00:54:34	997	Bieber, Christian		Willich	1968	21	M35	05:27,4	00:21:04
117		00:54:37	522	Uhr, Ingo		Erkelenz	1973	11	M30	05:27,7	00:21:07
118		00:54:43	91	Jakobs, Mark		Erkelenz	1974	12	M30	05:28,3	00:21:13
119		00:54:44	616	Schopen, Burkhard		Erkelenz	1964	27	M40	05:28,4	00:21:14
120		00:54:45	138	Behrens, Rene		Erkelenz	1974	13	M30	05:28,5	00:21:15
121		00:54:46	932	Koenigs, Raimund		SC Myhl LA	1958	18	M45	05:28,6	00:21:16
122		00:54:54	146	van Husen, Manfre		Wegberg	1966	22	M35	05:29,4	00:21:24
123		00:54:56	64	Kroppach, Markus		Hückelhoven	1970	23	M35	05:29,6	00:21:26
11	W	00:54:58	1015	Tetz, Sancia		VfR Unterbruch	1975	2	W30	05:29,8	00:16:17
124		00:55:01	976	Ziebura, Kristian		Willy Brand Gesamtsch	1991	22	MHK	05:30,1	00:21:31
125		00:55:02	48	Dohlen, Bernd		Geilenkirchen	1957	19	M45	05:30,2	00:21:32
12	W	00:55:12	176	Gerber, Kunigunde		Erkelenz	1962	1	W40	05:31,2	00:16:31
126		00:55:15	33	Bresser, Stefan		Mönchengladbach	1966	24	M35	05:31,5	00:21:45
127		00:55:21	272	Pörner, Manfred		AOK Erkelenz	1948	8	M55	05:32,1	00:21:51
128		00:55:22	521	Jansen, Sven		Erkelenz	1974	14	M30	05:32,2	00:21:52
13	W	00:55:36	956	Zwies, Andrea		Baal	1966	1	W35	05:33,6	00:16:55
129		00:56:00	988	Hermans, Nikolas		Erkelenz	1987	23	MHK	05:36,0	00:22:30
130		00:56:00	1018	Urbach, Detlef		Erkelenz	1966	25	M35	05:36,0	00:22:30
131		00:56:15	711	Heinen, Bernd		Wegberg	1967	26	M35	05:37,5	00:22:45
132		00:56:17	987	Rütten, Paul		Erkelenz	1936	1	M65	05:37,7	00:22:47
133		00:56:23	519	Schommertz, Ralf		Erkelenz	1973	15	M30	05:38,3	00:22:53
134		00:56:25	1008	Aster, Daniel		Vrhs. Geilenkirchen	1980	24	MHK	05:38,5	00:22:55
135		00:56:55	570	Bölling, Johannes		Heinsberg	1960	20	M45	05:41,5	00:23:25
136		00:56:55	93	Wilms, Friedel		TV Schwanenberg	1963	28	M40	05:41,5	00:23:25
14	W	00:57:01	161	Ligensa, Andrea		Erkelenz	1967	2	W35	05:42,1	00:18:20
15	W	00:57:07	339	Landmesser, Beate		Erkelenz	1963	2	W40	05:42,7	00:18:26
16	W	00:57:19	94	Wilms, Iris		TV Schwanenberg	1965	3	W40	05:43,9	00:18:38
137		00:57:23	276	Korb, Christoph		AOK Erkelenz	1972	16	M30	05:44,3	00:23:53
138		00:57:32	335	Plein, Peter		TEAM New Service SEF	1955	9	M50	05:45,2	00:24:02
139		00:57:57	322	Schröder, Gerhard		Erkelenz	1957	21	M45	05:47,7	00:24:27
17	W	00:58:00	603	Schwieger, Brigitte		LT Keyenberg	1960	2	W45	05:48,0	00:19:19
140		00:58:00	605	Wolthausen, Dierk		LT Keyenberg	1958	22	M45	05:48,0	00:24:30
141		00:58:00	3	Knott, Frank		Erkelenz	1974	17	M30	05:48,0	00:24:30
142		00:58:08	35	Brücher, Armin		Beckrath	1969	27	M35	05:48,8	00:24:38
18	W	00:58:23	980	Eßer, Irmgard		TV Schwanenberg	1958	3	W45	05:50,3	00:19:42
19	W	00:58:37	1003	Senderek, Nicole		Baaler Küchenstudio	1970	3	W35	05:51,7	00:19:56
20	W	00:58:38	602	Rinkens, Manuela		LT Keyenberg	1985	7	WHK	05:51,8	00:19:57
143		00:58:38	606	Zimmermann, Pau		LT Keyenberg	1958	23	M45	05:51,8	00:25:08
144		00:59:35	330	Reiner, Marcel		Mönchengladbach	1987	25	MHK	05:57,5	00:26:05
21	W	00:59:36	412	Schneider, Käthe		SFC Erkelenz	1959	4	W45	05:57,6	00:20:55
145		00:59:55	756	Schmidt-Dobrowol		TAWP.de	1983	26	MHK	05:59,5	00:26:25
146		00:59:57	19	Rikken, Andreas		Erkelenz	1965	29	M40	05:59,7	00:26:27
22	W	01:00:20	595	Coenen, Elke		LT Keyenberg	1960	5	W45	06:02,0	00:21:39
23	W	01:00:20	600	Mohrhenn, Gabi		TV Erkelenz	1955	2	W50	06:02,0	00:21:39
147		01:00:21	594	Coenen, Wilfried		LT Keyenberg	1955	10	M50	06:02,1	00:26:51
24	W	01:00:37	4	Jansen, Verena		Rathheim	1976	8	WHK	06:03,7	00:21:56
148		01:00:49	275	Schmitz, Peter		AOK Erkelenz	1981	27	MHK	06:04,9	00:27:19
149		01:00:52	277	Königs, Norbert		AOK Erkelenz	1962	30	M40	06:05,2	00:27:22
150		01:00:53	278	Meyer, Peter		AOK Erkelenz	1953	11	M50	06:05,3	00:27:23

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
151		01:00:58	757	Hanßen, Prof. Dr.		TAWP.de	1982	28	MHK	06:05,8	00:27:28
152		01:01:02	92	Zahren, Bernd		Erkelenz	1965	31	M40	06:06,2	00:27:32
153		01:01:05	325	Sanuri, Mazin		Essen	1968	28	M35	06:06,5	00:27:35
154		01:01:07	973	Welfers, Wilfried		Heinsberg	1962	32	M40	06:06,7	00:27:37
155		01:01:08	1004	Mrasek, Rolf		Athletik Waldniel	1956	24	M45	06:06,8	00:27:38
25	W	01:01:08	1005	Intorp, Annette		Athletik Waldniel	1950	2	W55	06:06,8	00:22:27
156		01:01:09	744	Schmidt-Dobrowol		TAWP.de	1981	29	MHK	06:06,9	00:27:39
157		01:01:20	337	Fehrmann, Jürgen		NEW Service/Mönchen	1950	9	M55	06:08,0	00:27:50
26	W	01:01:27	690	Vogel, Andrea		Erkelenz	1966	4	W35	06:08,7	00:22:46
158		01:01:43	20	Graus, Udo		Wegberg	1964	33	M40	06:10,3	00:28:13
27	W	01:01:45	461	Schukahl, Petra		SC Myhl	1959	6	W45	06:10,5	00:23:04
159		01:02:14	715	Barthelomä, Lutz		Erkelenz	1968	29	M35	06:13,4	00:28:44
160		01:02:20	740	Welters, Klaus		Mönchengladbach	1964	34	M40	06:14,0	00:28:50
28	W	01:02:33	990	Hermanns, Ruth		Erkelenz	1984	9	WHK	06:15,3	00:23:52
161		01:02:43	1013	Haulenbeek, Rob		Dremmen	1974	18	M30	06:16,3	00:29:13
29	W	01:03:05	989	Hermanns, Barbar		Erkelenz	1957	7	W45	06:18,5	00:24:24
162		01:03:33	90	Cremer, Georg		Wegberg	1974	19	M30	06:21,3	00:30:03
30	W	01:03:40	596	Coenen, Berit		LT Keyenberg	1984	10	WHK	06:22,0	00:24:59
163		01:03:42	2	Hollmann, Christop		Viersen	1959	25	M45	06:22,2	00:30:12
31	W	01:03:42	271	Tschoepe, Ursula		Viersen	1966	5	W35	06:22,2	00:25:01
164		01:03:47	1000	Lensches, Andreas		Schwalmtal	1968	30	M35	06:22,7	00:30:17
165		01:03:58	319	Lomott, Simon	WLT	Team NEW Service	1980	30	MHK	06:23,8	00:30:28
166		01:03:59	962	Noever, Frank		Physiotherapie Hanswil	1969	31	M35	06:23,9	00:30:29
167		01:04:45	142	Strauch, Peter		Hückelhoven	1957	26	M45	06:28,5	00:31:15
168		01:04:49	955	Beckers, Christof		VSV Grenzland-Wegbe	1966	32	M35	06:28,9	00:31:19
169		01:05:07	945	Pisters, Norbert		Hückelhoven	1965	35	M40	06:30,7	00:31:37
170		01:06:01	165	Kox, Johannes		Mönchengladbach	1964	36	M40	06:36,1	00:32:31
32	W	01:06:01	164	Liedgens, Sigrid		Mönchengladbach	1966	6	W35	06:36,1	00:27:20
171		01:07:03	978	Rick, Oliver		Hückelhoven	1984	31	MHK	06:42,3	00:33:33
172		01:07:25	977	Rick, Herbert		Hückelhoven	1956	27	M45	06:44,5	00:33:55
33	W	01:07:33	431	Vanselow, Karin		Selection Fitness	1959	8	W45	06:45,3	00:28:52
173		01:08:09	591	Abels, Alfons		LT Keyenberg	1946	10	M55	06:48,9	00:34:39
34	W	01:09:23	1011	Pereira, Ana Maria		BSG KSK Heinsberg	1964	4	W40	06:56,3	00:30:42
174		01:09:24	1010	Gaspers, Reinhard		BSG KSK Heinsberg	1944	7	M60	06:56,4	00:35:54
35	W	01:09:53	959	Sybon, Danuta		Physiotherapie Hanswil	1970	7	W35	06:59,3	00:31:12
36	W	01:11:28	982	Schmitz, Julia		Erkelenz	1981	11	WHK	07:08,8	00:32:47
175		01:11:30	984	Somodji, Carlo		Dormagen	1970	33	M35	07:09,0	00:38:00
37	W	01:12:35	979	Kischporski, Renat		Erkelenz	1964	5	W40	07:15,5	00:33:54