

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:32:10	Austin-Kerl, Jürgen	1606		PSV Grün-Weiß Kassel	1970	1	M40	03:13,0
2		2	00:32:52	Giesen, Boris	4301		PSV Grün-Weiß Kassel	1977	1	M30	03:17,2
3		3	00:34:36	Funke, Jakob	1630		TV Erkelenz	1991	1	MJUGA	03:27,6
4		4	00:36:18	Zachert, Rüdiger	1383		OSC Waldniel	1965	1	M45	03:37,8
5		5	00:36:36	Willuweit, Tobias	1765		TG Neuss	1978	2	M30	03:39,6
6		6	00:36:52	Giesen, Rene	1514		OSC Waldniel	1993	1	MJUGB	03:41,2
7		7	00:36:57	Berger, Sascha	4318		TV Erkelenz	1979	3	M30	03:41,7
8		8	00:37:42	Mohrhenn, Manuel	1450		TV Erkelenz	1988	1	MHK	03:46,2
9		9	00:38:07	Olbrich, Rene	4261		Tura Brügggen	1976	4	M30	03:48,7
10		10	00:38:15	Beckers, Denis	1762		Trathlon Waldfeucht	1980	5	M30	03:49,5
11		11	00:38:23	Gebhardt, Andreas	1756		Baesweiler LT	1986	2	MHK	03:50,3
12		12	00:38:24	Schopen, Marcus	1444		Christels Dream Team	1992	2	MJUGA	03:50,4
13		13	00:38:32	Koenigs, Raimund	1439		Christels Dream Team	1958	1	M50	03:51,2
14		14	00:39:00	Barten, Bernd	1563		SC Myhl LA	1954	1	M55	03:54,0
15		15	00:39:39	Schuhmachers, Dirk	1167		SC Wegberg-Radsport	1974	1	M35	03:57,9
16		16	00:39:40	Krause, Christian	1384		LC Phönix Geilenkirchen	1970	2	M40	03:58,0
17		17	00:39:54	Hohn, Matthias	3900		Erkelenz	1972	2	M35	03:59,4
18		18	00:40:20	Vierschgens, Frank	1770		SC Wegberg	1986	3	MHK	04:02,0
19		19	00:40:30	Laufs, Tobias	1147		RV Viktoria Hoven	1987	4	MHK	04:03,0
20		20	00:40:44	Vieten, Christian	1628		TV Erkelenz	1991	3	MJUGA	04:04,4
21	W	1	00:40:45	Rausch, Monika	1763		TV Erkelenz	1990	1	WHK	04:04,5
22		21	00:40:59	Rüttgens, Bernd	1524		Erkelenz	1969	3	M40	04:05,9
23		22	00:41:02	Zimmermann, Jan	1761		GBG Köln-Weiden	1982	5	MHK	04:06,2
24		23	00:41:06	Brunen, Burkhard	4302		Hückelhoven-Baal	1969	4	M40	04:06,6
25	W	2	00:41:13	Kostrzewa, Florence	1758		VfR Unterbruch LG	1976	1	W30	04:07,3
26		24	00:41:26	Emonds, Mario	765		Vorwärts Hammerschorsch	1969	5	M40	04:08,6
27		25	00:41:33	Trauschinski, Klaus	1764		Hückelhoven	1964	2	M45	04:09,3
28		26	00:41:47	Pries, Ralf	1768		Mönchengladbach	1974	3	M35	04:10,7
29		27	00:41:47	Mohrhenn, Sebastian	1448		TV Erkelenz	1985	6	MHK	04:10,7
30		28	00:41:51	Coenen, Ralf	1769		LG Ameln-Linnich	1965	3	M45	04:11,1
31		29	00:41:55	Alhäuser, Jochen	3057		LC Duisburg	1967	6	M40	04:11,5
32	W	3	00:41:58	Schmitz, Anna	1382		OSC Waldniel	1993	1	WJUGB	04:11,8
33		30	00:42:08	Wolters, Friedhelm	1690		LT MG-Volksgarten	1961	4	M45	04:12,8
34		31	00:42:13	Eßer, Volker	1718		TV Schwanenberg	1987	7	MHK	04:13,3
35		32	00:42:14	Klingen, Jürgen	12		VSV Grenzland Wegberg	1969	7	M40	04:13,4
36		33	00:42:15	Verhülsdonk, Bernhard	4285		Ratheim	1976	6	M30	04:13,5
37		34	00:42:34	Niessen, Mark	1767		Heinsberg	1974	4	M35	04:15,4
38		35	00:42:39	Nyskens, Andreas	4182		LC Nettetal	1968	8	M40	04:15,9
39		36	00:42:43	Peters, Joachim	715		Köln	1974	5	M35	04:16,3
40		37	00:42:55	Linden, Martin	1750		Wegberg	1990	8	MHK	04:17,5
41		38	00:42:57	Hunecke, Otto	1455		Team Maxmo	1948	1	M60	04:17,7
42		39	00:43:04	Stähler, Nico	1682		TV Erkelenz	1993	2	MJUGB	04:18,4
43		40	00:43:04	Staiger, Ing. Jürgen	3212		Hetzerath	1965	5	M45	04:18,4
44		41	00:43:13	Feldges, Sven	1741		Laufteam C.N. MG	1970	9	M40	04:19,3
45		42	00:43:16	Ranglack, Udo	586		Mönchengladbach	1964	6	M45	04:19,6
46		43	00:43:38	Klatz, Markus	1752		Mönchengladbach	1965	7	M45	04:21,8
47		44	00:43:39	Stoffels, Michael	4225		Erkelenz	1963	8	M45	04:21,9
48		45	00:43:39	Hallen, Peter	1759		TV Erkelenz	1993	3	MJUGB	04:21,9
49		46	00:43:47	Hilgers, Thomas	1681		Bourheim	1973	6	M35	04:22,7
50		47	00:43:51	Gdanitz, Peter	3790	NED	LT MG-Volksgarten	1967	10	M40	04:23,1
51		48	00:44:03	Papanastasiou, Athamasio	1699		Triathlon Waldfeucht	1972	7	M35	04:24,3
52		49	00:44:38	Schoch, Christian	3206		Essen	1983	9	MHK	04:27,8
53		50	00:44:49	Goertz, Hubert	4249		VW-Buggyclub-Rheinland	1966	11	M40	04:28,9
54		51	00:44:49	Brede, Christian	1701		Erkelenz	1974	8	M35	04:28,9
55		52	00:44:52	Gijsemans, Gustaaf	1696		DJK VFL Forstwald	1949	2	M60	04:29,2
56		53	00:45:06	Mohrhenn, Kurt	1449		TV Erkelenz	1956	2	M50	04:30,6
57		54	00:45:15	Bläsen, Michael	1642		VfR Granterath	1980	7	M30	04:31,5
58		55	00:45:15	Lanske, Kristian	1189		SV Baal	1981	10	MHK	04:31,5

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
59	W	4	00:45:20	Kampf, Lea-Elisa	1321		TV Erkelenz	1998	2	WJugB	04:32,0
60		56	00:45:28	Grasmehr, Frank	683		Team Erkelenz	1968	12	M40	04:32,8
61		57	00:45:41	Dammer, Mirco	1547		Erkelenz	1977	8	M30	04:34,1
62		58	00:45:46	Bongartz, Otmar	1480		Erkelenz	1952	2	M55	04:34,6
63		59	00:45:57	Hendrickx, Hans	4260	NED	AV Scopias Venlo	1947	3	M60	04:35,7
64		60	00:45:57	Schmidt, Christoph	1664		Erkelenz	1967	13	M40	04:35,7
65		61	00:46:04	Schröders, Norbert	3888		VSV Grenzland Wegberg	1966	14	M40	04:36,4
66		62	00:46:06	Gellissen, Karl-Heinz	1748		Marathonteam-Online	1955	3	M55	04:36,6
67		63	00:46:09	Wagner, Johannes	4237		SC Myhl LA	1950	4	M60	04:36,9
68		64	00:46:18	Neufert, Uwe	1760		Gerderath	1961	9	M45	04:37,8
69		65	00:46:30	Lale-Lopez, Jorge	1717		Feuerwehr Holzweiler	1972	9	M35	04:39,0
70		66	00:46:38	Hanitzsch, Patrick	1451		Erkelenz	1985	11	MHK	04:39,8
71		67	00:46:44	Braune, Lutz	4238		Wegberg	1969	15	M40	04:40,4
72		68	00:46:46	Reinartz, Wilfried	1686		Rath	1965	10	M45	04:40,6
73		69	00:46:51	Hansen, Bodo	1715		Holzweiler	1962	11	M45	04:41,1
74		70	00:46:51	Windheuser, Dirk	4289		Erkelenz	1975	10	M35	04:41,1
75	W	5	00:46:56	Bachmann, Sarah	1623		TV Schwanenberg	1977	2	W30	04:41,6
76		71	00:46:56	Uhr, Ingo	1745		Hundesportverein Erkelenz	1973	11	M35	04:41,6
77		72	00:46:59	Luenskens, Dr. Stephan	3655		Erkelenz	1965	12	M45	04:41,9
78		73	00:47:11	Abels, Harald	3463		Mönchengladbach	1951	4	M55	04:43,1
79		74	00:47:15	Niessen, Joerg	1766		Heinsberg	1974	12	M35	04:43,5
80	W	6	00:47:18	Erdweg, Anita	4250		SFC Erkelenz	1954	1	W55	04:43,8
81		75	00:47:26	Heutz, Dennis	103		Feuerwehr Gerderath	1981	12	MHK	04:44,6
82		76	00:47:29	Vollbrecht, Martin	684		Team Erkelenz	1964	13	M45	04:44,9
83	W	7	00:47:30	Schumacher, Heike	215		Erkelenz	1970	1	W40	04:45,0
84		77	00:47:35	Piry, Michael	4316		Übach-Palenberg	1986	13	MHK	04:45,5
85		78	00:47:41	Kreis, Manfred	4232		SG NVV 26 Mönchengladba	1958	3	M50	04:46,1
86		79	00:47:46	Jansen, Sven	1746		Erkelenz	1974	13	M35	04:46,6
87		80	00:47:49	Simon, Oliver	1145		SSV Kückhoven	1972	14	M35	04:46,9
88		81	00:47:51	Möhle, Eric	4303		Mönchengladbach	1967	16	M40	04:47,1
89		82	00:47:59	van Bree, Stephan	115		Erkelenz	1992	4	MJugA	04:47,9
90		83	00:48:31	Driessen, Gabriel	1688		Waldfeucht	1975	15	M35	04:51,1
91		84	00:48:37	Hartung, Alexander	1693		SV Werder Bremen	1990	14	MHK	04:51,7
92		85	00:48:38	Uhle, Joachim	4188		Hückelhoven	1964	14	M45	04:51,8
93		86	00:48:41	Moll, Johannes	4264		Viersener TV	1962	15	M45	04:52,1
94		87	00:48:45	Van Gumpel, Guido	4243		Erkelenz	1961	16	M45	04:52,5
95	W	8	00:48:55	Landmesser, Beate	4315		Schwanenberg	1963	1	W45	04:53,5
96		88	00:48:58	Becker, Georg	4157		slow runners Bedburg	1964	17	M45	04:53,8
97	W	9	00:49:13	Barten, Monika	1562		SC Myhl LA	1960	1	W50	04:55,3
98		89	00:49:18	Laufs, Gerd Josef	4234		Geilenkirchen	1961	18	M45	04:55,8
99		90	00:49:30	Brücher, Udo	1716		TV Beckrath	1963	19	M45	04:57,0
100		91	00:49:31	Söntgen, Ralf	4320		Wegberg	1964	20	M45	04:57,1
101		92	00:49:38	Schulz, David	1113		AOK Rheinland	1987	15	MHK	04:57,8
102		93	00:49:38	Bennewitz, Andreas	1771		Hückelhoven	1959	4	M50	04:57,8
103		94	00:49:45	Kemmerling, Manfred	4247		Duo Geniale/Bergheim	1962	21	M45	04:58,5
104		95	00:49:46	Wehner, Andreas	1740		Jüchen	1973	16	M35	04:58,6
105		96	00:50:01	Kops, Dieter	3465		marathonteam-online MG	1945	1	M65	05:00,1
106		97	00:50:07	Hombach, Frank	4304		Mönchengladbach	1967	17	M40	05:00,7
107		98	00:50:09	Klebula, Sascha	1333		Segelgruppe Otzenrath	1963	22	M45	05:00,9
108		99	00:50:09	Jansen, Norbert	1757		Mönchengladbach	1964	23	M45	05:00,9
109	W	10	00:50:12	Jansen, Claudia	177		Erkelenz	1962	2	W45	05:01,2
110		100	00:50:16	Nowack, Michael	1737		SVBS Preussen	1951	5	M55	05:01,6
111	W	11	00:50:27	Dimter, Sandra	1707		DJK Gillrath	1978	3	W30	05:02,7
112		101	00:50:29	Boes, Christian	1149		Golkkrath	1987	16	MHK	05:02,9
113	W	12	00:50:29	Wambach, Mona	4257		Aachen	1981	2	WHK	05:02,9
114		102	00:50:31	Neeten, Wolfgang	1712		VTK Kempen	1954	6	M55	05:03,1
115		103	00:50:33	Willms, Michael	1743		Hückelhoven	1981	17	MHK	05:03,3
116		104	00:50:37	Bock, Klaus	1685		Übach-Palenberg	1961	24	M45	05:03,7

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
117		105	00:50:39	Peters, Christian	1744		Hückelhoven	1982	18	MHK	05:03,9
118		106	00:50:42	Bork, Christian	4235		Wegberg	1963	25	M45	05:04,2
119		107	00:50:42	Dohmen-Funke, Christop	1747		TV Erkelenz	1954	7	M55	05:04,2
120	W	13	00:50:43	Hochgürtel, Anne-Christin	3896		Vaals	1983	3	WHK	05:04,3
121		108	00:50:47	Jakobs, Udo	1148		Mönchengladbach	1967	18	M40	05:04,7
122	W	14	00:50:51	Koch, Petra	4242		Erkelenz	1986	4	WHK	05:05,1
123		109	00:51:04	Caspers, Peter	4195		Erkelenz	1973	17	M35	05:06,4
124	W	15	00:51:07	Müller, Ines	1660		Erkelenz	1958	2	W50	05:06,7
125		110	00:51:11	Neidig, Patrick	4224		Hückelhoven	1985	19	MHK	05:07,1
126		111	00:51:14	Ahrend, Walter	1521			1967	19	M40	05:07,4
127		112	00:51:18	Rasamogan, Thanuyan	1399		Wassenberg	1993	4	MJugB	05:07,8
128		113	00:51:18	Scholz, Joachim	2504		Erkelenz	1968	20	M40	05:07,8
129		114	00:51:19	Hurtz, Guido	1733		FF10 Mönchengladbach	1962	26	M45	05:07,9
130	W	16	00:51:23	Ligensa, Andrea	1549		Erkelenz	1967	2	W40	05:08,3
131	W	17	00:51:31	Jennißen, Elke	1161		Erkelenz	1968	3	W40	05:09,1
132		115	00:51:33	Vollmer, Emil	4190		SFC Erkelenz	1956	5	M50	05:09,3
133		116	00:51:33	Steffens, Heinz-Josef	4211		SFC Erkelenz	1953	8	M55	05:09,3
134		117	00:51:45	Fahl, Thomas	1143		Fahl4Fit Mönchengladbach	1967	21	M40	05:10,5
135		118	00:51:53	Kreutzer, Manfred	1705		Oberbruch	1962	27	M45	05:11,3
136		119	00:51:55	Kuhn, Sebastian	1151		Erkelenz	1990	20	MHK	05:11,5
137		120	00:52:04	Dümmen, Christoph	1334		SFC Erkelenz	1963	28	M45	05:12,4
138		121	00:52:08	Gollatz, Holger	15		Erkelenz	1969	22	M40	05:12,8
139		122	00:52:09	Scheufens, Bert	693		Übach-Palenberg	1978	9	M30	05:12,9
140		123	00:52:10	Reimer, Boyo	4286	SEN	Erkelenz	1956	6	M50	05:13,0
141		124	00:52:12	Ormanns, Bernhard	1542		DJK Gillrath	1949	5	M60	05:13,2
142	W	18	00:52:13	Strassburg, Brigitte	1566		SC Myhl LA	1958	3	W50	05:13,3
143		125	00:52:14	Schafhausen, Edgar	1654		TuS Jahn Hilfarth	1959	7	M50	05:13,4
144	W	19	00:52:16	Eleni, Kioumourtzi	1704	GRE		1975	1	W35	05:13,6
145	W	20	00:52:17	Kreutzer, Dora	1706		Oberbruch	1979	4	W30	05:13,7
146		126	00:52:22	Lamberti, Dr. Michael	1157		Geilenkirchen	1962	29	M45	05:14,2
147		127	00:52:24	Rocholl, Dirk	94		Mönchengladbach	1972	18	M35	05:14,4
148		128	00:52:41	Hennig, Udo	3904		LT MG-Volkgarten	1951	9	M55	05:16,1
149	W	21	00:52:47	Stenger-Langen, Wiltrud	1385		LC Phönix Geilenkirchen	1965	3	W45	05:16,7
150		129	00:52:53	Schopen, Burkhard	1442		Christels Dream Team	1964	30	M45	05:17,3
151		130	00:52:57	Richter, Gerd	1749		LT Keyenberg	1955	10	M55	05:17,7
152		131	00:53:01	Schlicht, Dr. Axel	1656		TV Erkelenz	1949	6	M60	05:18,1
153		132	00:53:11	Lüttke, Wolfgang	1518		Fun Runners	1966	23	M40	05:19,1
154	W	22	00:53:12	Krüger, Monika	4280		VSV Wegberg	1965	4	W45	05:19,2
155		133	00:53:18	Paesch, Thomas	1670		Erkelenz	1958	8	M50	05:19,8
156		134	00:53:20	Schopen, Gernot	1443		Christels Dream Team	1978	10	M30	05:20,0
157	W	23	00:53:29	Laser, Claudia	1475		TV Hochneukirch	1969	4	W40	05:20,9
158		135	00:53:38	Butterweck, Andreas	152		Breckerfeld	1971	19	M35	05:21,8
159		136	00:53:45	Bartel, Franz-Josef	20		Tooor Runners	1967	24	M40	05:22,5
160	W	24	00:53:49	Wings, Andrea	401		Aldenhoven	1969	5	W40	05:22,9
161		137	00:53:50	Dammer, Gottfried	1702		VT Kempen	1953	11	M55	05:23,0
162		138	00:54:03	Oellers, Udo	1		Erkelenz	1962	31	M45	05:24,3
163		139	00:54:04	Kuhlen, Peter	5		Erkelenz	1962	32	M45	05:24,4
164		140	00:54:05	Otten, Elmar	1692		Erkelenz	1968	25	M40	05:24,5
165		141	00:54:08	Neidig, Herbert	4223		DJK Gillrath	1953	12	M55	05:24,8
166		142	00:54:14	Hudspeth, Tony	1676		Viktoria Huppenbroich	1963	33	M45	05:25,4
167		143	00:54:36	Wagner, Julian	1675		Erkelenz	1992	5	MJugA	05:27,6
168		144	00:54:36	Gottschalk, Sascha	1622		Hetzerath	1976	11	M30	05:27,6
169		145	00:54:37	Betz, Michael	1742		Erkelenz	1959	9	M50	05:27,7
170		146	00:54:38	Dreesen, Marco	4262		Köln	1982	21	MHK	05:27,8
171	W	25	00:54:45	Jansen, Kirsten	68		Erkelenz-Gerderath	1968	6	W40	05:28,5
172		147	00:54:46	Jansen, Volker	4183		Erkelenz- Gerderath	1966	26	M40	05:28,6
173		148	00:54:57	Buschen, Andreas	1558		Kleingladbach	1967	27	M40	05:29,7
174		149	00:55:00	Eckert, Bjoern	1166		Erkelenz	1971	20	M35	05:30,0

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
175		150	00:55:04	Thönissen, Jürgen	1141		Birgden	1964	34	M45	05:30,4
176	W	26	00:55:04	Intorp, Annette	1160		Athletik Waldniel	1950	1	W60	05:30,4
177		151	00:55:16	Schwarz, Markus	1470		Wegberg	1974	21	M35	05:31,6
178		152	00:55:37	Küppers, Hermann	1568		Erkelenz	1961	35	M45	05:33,7
179		153	00:55:38	Tryba, Julian	1593		Erkelenz	1994	5	MJugB	05:33,8
180		154	00:55:39	Ewald, Wolfgang	1114		AOK Rheinland	1960	10	M50	05:33,9
181	W	27	00:55:41	Bennek, Nicole	4297		ASV-Rurtal	1964	5	W45	05:34,1
182		155	00:55:43	K, V	1648		Erkelenz	1968	28	M40	05:34,3
183		156	00:55:43	Janssen, Wilfried	1335		DJK Gillrath	1957	11	M50	05:34,3
184	W	28	00:55:43	Funke, Anette	4294		Die Grünen Erkelenz	1959	4	W50	05:34,3
185		158	00:55:43	Hartung, Uwe	788		MUKU + HASE	1960	12	M50	05:34,3
186		157	00:55:43	Schmidt, Axel	4294		Erkelenz	1964	36	M45	05:34,3
187	W	29	00:55:44	Langebartels, Ruth	1739		ASV Rurtal Hückelhoven	1964	6	W45	05:34,4
188	W	30	00:55:44	Vogel, Andrea	1671		Erkelenz	1964	7	W45	05:34,4
189	W	31	00:55:48	Aglan, Gabi	4298		ASV-Rurtal	1969	7	W40	05:34,8
190		159	00:55:56	Odenthal, Thorsten	4181		Erkelenz	1977	12	M30	05:35,6
191		160	00:56:04	Schmitz, Rolf	3512		TuS Jahn Hilfarth	1966	29	M40	05:36,4
192		161	00:56:09	Koch, Hans-Eckhard	1689		Erkelenz	1953	13	M55	05:36,9
193		162	00:56:23	Konrath, Paul	1684		Relax Sport Linnich	1948	7	M60	05:38,3
194		163	00:56:44	Cremer, Georg	162		Wegberg	1974	22	M35	05:40,4
195	W	32	00:56:47	Steinwartz, Hille	1624		Erkelenz	1962	8	W45	05:40,7
196		164	00:56:49	Rose, Harald	4279		TV Ratheim	1955	14	M55	05:40,9
197		165	00:56:49	Engels, Marco	1703		Pulheimer SC	1966	30	M40	05:40,9
198	W	33	00:56:50	Grimm, Julia	4263		Köln	1984	5	WHK	05:41,0
199		166	00:56:56	Hollmann, Christoph	4196		Viersen	1959	13	M50	05:41,6
200		167	00:57:02	Pohl, Jürgen	1687		Geilenkirchen	1955	15	M55	05:42,2
201	W	34	00:57:08	Pulm, Stefanie	1146		Erkelenz	1979	5	W30	05:42,8
202	W	35	00:57:10	Sanne, Barbara-Benigna	1184		SSF Bonn Triathlon	1964	9	W45	05:43,0
203	W	36	00:57:12	Trebels, Christine	1613		Lotta Kiel	1977	6	W30	05:43,2
204	W	37	00:57:17	Hagenkötter, Ann-Cathrin	769		MUKU + HASE	1985	6	WHK	05:43,7
205		168	00:57:25	Jakobs, Mark	176		Erkelenz	1974	23	M35	05:44,5
206	W	38	00:57:32	Muhlmann-Groten, Veroni	4255		Millich	1965	10	W45	05:45,2
207		169	00:57:45	Schmidt-Dobrowolny, Jen	93		Erkelenz	1983	22	MHK	05:46,5
208		170	00:57:48	Meyer zu Altenschildesche	4228		Erkelenz	1966	31	M40	05:46,8
209	W	39	00:57:53	Simon, Mirjam	1608		Niederkrüchten	1972	2	W35	05:47,3
210		171	00:58:15	Böhmelt, Stefan	1489		BSG Ergo	1966	32	M40	05:49,5
211	W	40	00:58:21	Lenzen, Anja	150		Wegberg	1985	7	WHK	05:50,1
212		172	00:58:54	Sentis, Leo	1323		VSV Grenzland Wegberg	1936	1	M70	05:53,4
213		173	00:59:13	Esser, Markus	1512		Erkelenz	1970	33	M40	05:55,3
214		174	00:59:13	Tautges, Burkhard	1650		Erkelenz	1967	34	M40	05:55,3
215		175	00:59:15	Heck, Michael	1683		TVE Holt	1963	37	M45	05:55,5
216	W	41	00:59:15	Reitinger, Monika	1639		SC Myhl LA	1969	8	W40	05:55,5
217		176	00:59:24	Nebeling, Andreas	1640		Erkelenz	1962	38	M45	05:56,4
218	W	42	00:59:54	Urban, Ruth	4287		Keyenberg	1972	3	W35	05:59,4
219	W	43	00:59:59	Kreutzer, Angelika	372		Aldenhoven	1965	11	W45	05:59,9
220		177	00:59:59	Lorbach, Mark	3203		Eschweiler	1992	6	MJugA	05:59,9
221		178	00:59:59	Uhle, Eric	4187		Herne	1985	23	MHK	05:59,9
222		179	01:00:05	Kanters, Heinz	1490			1962	39	M45	06:00,5
223		180	01:00:14	Weuthen, Heribert	4184		Mönchengladbach	1956	14	M50	06:01,4
224	W	44	01:01:05	Braun, Sabine	1713		Erkelenz	1967	9	W40	06:06,5
225		181	01:01:05	Wagner, Olaf	1503			1960	15	M50	06:06,5
226		182	01:01:11	Haupt, Hartmut	1753		DJK Gillrath	1942	2	M65	06:07,1
227	W	45	01:01:26	Coenen, Elke	1754		LT Keyenberg	1956	5	W50	06:08,6
228		183	01:01:26	Coenen, Wilfried	1755		LT Keyenberg	1954	16	M55	06:08,6
229		184	01:02:21	Aster, Daniel	1657		Relaxsport.de	1980	13	M30	06:14,1
230		185	01:02:48	Kranz, Volker	1738		Geilenkirchen	1984	24	MHK	06:16,8
231	W	46	01:02:51	Borchardt, Caroline	1447		TV Erkelenz	1993	3	WJugB	06:17,1
232		186	01:03:20	Risters, Frank	1404		Erkelenz	1956	16	M50	06:20,0



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
233	W	47	01:03:21	Goergens, Ulrike	1406		Alsdorf	1954	2	W55	06:20,1
234		187	01:03:28	Schröder, Gerhard	1668		Wegberg	1957	17	M50	06:20,8
235	W	48	01:03:56	Schmidt, Ute	1401		Erkelenz	1966	10	W40	06:23,6
236		188	01:04:16	Zenzes, Herbert	4158		Mönchengladbach	1957	18	M50	06:25,6
237	W	49	01:05:38	Jakobs, Ina	1150		Turnerschaft Lürrip	1969	11	W40	06:33,8
238		189	01:06:33	Peters, Michael	1165		SV Schwanenberg	1971	24	M35	06:39,3
239	W	50	01:06:48	Bals, Kathrin	1457		Team Maxmo	1976	7	W30	06:40,8
240	W	51	01:06:51	Ruhrmann, Gitti	1458		Team Maxmo	1960	6	W50	06:41,1
241		190	01:06:51	Bals, Gregor	1456		Team Maxmo	1966	35	M40	06:41,1
242	W	52	01:07:46	Lorbach, Stepahnie	271		Aldenhoven	1967	12	W40	06:46,6
243	W	53	01:07:46	Jansen, Beate	1695		Erkelenz	1967	13	W40	06:46,6
244	W	54	01:08:57	Intorp, Nina	1162		Erkelenz	1984	8	WHK	06:53,7
245	W	55	01:11:57	Grobholz, Melanie	1164		SV Schwanenberg	1973	4	W35	07:11,7