

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		38	00:10:31	Mohrhenn, Manuel	1481		TV Erkelenz	1988	1	MHK	03:17,1
2		39	00:10:45	Weyers, Kai	1380		OSC Waldniel	1994	1	MJugB	03:21,5
3		40	00:10:52	Schäfer, Martin	1627			1990	2	MHK	03:23,7
4		42	00:10:55	Ruhl, Alexander	1632		TV Erkelenz	1992	1	MJugA	03:24,6
5		43	00:11:16	Phlippen, Dennis	1631		TV Erkelenz	1990	3	MHK	03:31,2
6		44	00:11:28	Rohbeck, Martin	1379		OSC Waldniel	1993	2	MJugB	03:35,0
7		45	00:11:33	Honold, Peter	1662		SC Myhl LA	1954	1	M55	03:36,5
8		46	00:11:41	Thönnessen, Robert	4185		VfR Unterbruch LG	1975	1	M35	03:39,0
9	W	47	00:11:42	Schönbrodt, Sarah	1669		OSC Waldniel	1992	1	WJugA	03:39,3
10		48	00:12:11	Bodens, Bernd	540		VSV Grenzland Wegberg	1967	1	M40	03:48,4
11	W	612	00:12:33	Stanley, Laura	1381		OSC Waldniel	1989	1	WHK	03:55,3
12		613	00:12:35	Papanastasiou, Athanasio	1698		TC Triathlon Waldfeucht	1972	2	M35	03:55,9
13		614	00:12:42	Reuter, Tobias	1319		TV Erkelenz	1993	3	MJugB	03:58,1
14		615	00:12:46	Windelen, Franz-Willi	1734		Heinsberg	1962	1	M45	03:59,3
15	W	616	00:12:57	Fox, Abbie	1565		Erkelenz	1997	1	WJugB	04:02,8
16		617	00:12:58	Masjosthusmann, Gerd	1652		Brachelen	1962	2	M45	04:03,1
17		618	00:13:00	Tetz, Dieter	1390		Triathlon Waldfeucht	1968	2	M40	04:03,7
18		619	00:13:00	Weber, Horst	1680		Übach-Palenberg	1965	3	M45	04:03,7
19		620	00:13:02	Windelen, Lars	1736		VfR Unterbruch	1996	4	MJugB	04:04,3
20		621	00:13:04	Hitzmann, Dieter	1697		VT Kempen	1957	1	M50	04:05,0
21		622	00:13:17	Hollen, Harald	1621		Erkelenser TV	1966	3	M40	04:09,0
22		623	00:13:22	Michel, Stefan	1183		Pleines Erkelenz	1990	4	MHK	04:10,6
23		624	00:13:29	Schafhausen, Christian	1653			1996	5	MJugB	04:12,8
24		625	00:13:34	Trautmann, Hendrik	1665		TV Erkelenz	1996	6	MJugB	04:14,3
25		626	00:13:36	Fothen, Lukas	1644		Junge Union Erkelenz	1990	5	MHK	04:15,0
26	W	627	00:13:42	Fox, Ella	1564		Erkelenz	1999	2	WJugB	04:16,8
27		628	00:13:43	Bauer, Udo	13		Fitness-Hall	1961	4	M45	04:17,1
28	W	629	00:13:43	Beckers, Sonja	1708		Geilenkirchen	1969	1	W40	04:17,1
29		630	00:13:45	Sieben, Sven	4240		SC Myhl LA	2000	7	MJugB	04:17,8
30		631	00:13:49	Garner, Max	1626		TV Erkelenz	1995	8	MJugB	04:19,0
31		632	00:13:52	Moll, Harald	1618		TV Erkelenz	1962	5	M45	04:20,0
32		633	00:13:54	Blunden, Hubert	4274		SV Rot-Weiß Schlafhorst	1965	6	M45	04:20,6
33		634	00:13:56	Vonderbank, Tobias	716		Budo-Club Erkelenz	1993	9	MJugB	04:21,2
34		635	00:13:57	Sachsenhausen, Dominik	4239		Erkelenz	1993	10	MJugB	04:21,5
35	W	636	00:14:04	Frenken, Lara Jane	1523		TuS Jahn Hilfarth	1999	3	WJugB	04:23,7
36		637	00:14:06	Frenken, Detlev	1522		TuS Jahn Hilfarth	1972	3	M35	04:24,3
37		638	00:14:16	Caplan, Jonas	1360		Gymnasium Rheindahlen	1997	11	MJugB	04:27,5
38		639	00:14:30	Windelen, Lukas	1735		VfR Unterbruch	2000	12	MJugB	04:31,8
39		640	00:14:34	Reuter, Achim	1416		Schwanenberg	1970	4	M40	04:33,1
40	W	641	00:14:37	Mundt, Marion	1359		LG Oberbruch-Dremmen	1991	2	WJugA	04:34,0
41		642	00:14:38	Hansen, Heiner	1667		Mönchengladbacher LG	1958	2	M50	04:34,3
42		643	00:14:39	Kaempgen, Nick	1580		SV Niederkrüchten	2001	13	MJugB	04:34,6
43		644	00:14:39	Warmers, Simon	4215		Luise Hensel GS	2001	14	MJugB	04:34,6
44	W	645	00:14:47	Reitinger, Christina	1636		SC Myhl LA	1999	4	WJugB	04:37,1
45	W	646	00:14:55	Pohl, Theresa	1625		Erkelenz	1998	5	WJugB	04:39,6
46		647	00:14:55	Warmers, Michael	4216		Erkelenz	1968	5	M40	04:39,6
47		648	00:15:05	Beckers, Michael	1711		LC Phönix Geilenkirchen	1998	15	MJugB	04:42,8
48		649	00:15:10	Galz, Markus	1412		I-2 Fitness	1974	4	M35	04:44,3
49		650	00:15:11	Weber, Patrick	1678		Übach-Palenberg	1997	16	MJugB	04:44,6
50		651	00:15:13	Tegelaers, Dominik	1517		Erkelenz	1995	17	MJugB	04:45,3
51	W	652	00:15:13	Thönnessen, Laura	1517		Mönchengladbach	2002	6	WJugB	04:45,3
52		653	00:15:14	Risters, Lucas	1169		Erkelenz	1999	18	MJugB	04:45,6
53		654	00:15:21	Sieben, Harald	4241			1965	7	M45	04:47,8
54	W	655	00:15:24	Klingen, Verena	1471		OSC Waldniel	1984	2	WHK	04:48,7
55	W	656	00:15:25	Austin, Melanie	1603		PSV GW Kassel	1972	1	W35	04:49,0
56		657	00:15:26	Leucht, Stefan	1403		Mönchengladbach	1976	1	M30	04:49,3
57		658	00:15:30	Raab, Julius	1318		TV Erkelenz	1996	19	MJugB	04:50,6
58	W	659	00:15:31	Winkens, Julia	1106		DJK Wassenberg	1999	7	WJugB	04:50,9

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
59		660	00:15:38	Settels, Walter	1561		SC Myhl LA	1952	2	M55	04:53,1
60		661	00:15:45	Schwark, Maximilian	1182		Pleines Erkelenz	1993	20	MJugB	04:55,3
61		662	00:15:46	Reinhardt, Horst	1420		Erkelenz	1963	8	M45	04:55,6
62		663	00:15:49	Zimmermann, Paul	1554		LT Kayenberg	1958	3	M50	04:56,5
63		664	00:15:49	Altmann, Marvin	1645		Junge Union Erkelenz	1984	6	MHK	04:56,5
64		665	00:15:54	Cremer, Ralf	1659		Übach-Palenberg	1968	6	M40	04:58,1
65		666	00:15:55	Köhnen, Konstantin	4273		SV Rot-Weiß Schlafhorst	1958	4	M50	04:58,4
66		667	00:15:57	Thönnissen, Ludwig	1467		Erkelenz	1970	7	M40	04:59,0
67		668	00:15:57	Schüren, Stephan	1180		Pleines Erkelenz	1973	5	M35	04:59,0
68		669	00:16:00	Sachsenhausen, Pascal	4248		Erkelenz	1997	21	MJugB	05:00,0
69		670	00:16:04	Bündgens, Valentin	3899		TSV Alemannia Aachen	1947	1	M60	05:01,2
70	W	671	00:16:10	Vieten, Claudia	1751		ETV Erkelenz	1993	8	WJugB	05:03,1
71		672	00:16:11	Weber, David	1677		Übach-Palenberg	1999	22	MJugB	05:03,4
72	W	673	00:16:11	Weber, Ruth	1679		Übach-Palenberg	1965	1	W45	05:03,4
73		674	00:16:26	Sieber, Joachim	1641		Vfr Unterbruch LG	1952	3	M55	05:08,1
74		675	00:16:30	Döhmen, Heiner	4220		Korschenbroich	1960	5	M50	05:09,3
75		676	00:16:46	Schiefer, Roland	1647		Junge Union Erkelenz	1984	7	MHK	05:14,3
76		677	00:16:46	Steingießer, Simon	1646		Junge Union Erkelenz	1984	8	MHK	05:14,3
77	W	678	00:16:50	Döhmen, Mady	4221		Korschenbroich	1963	2	W45	05:15,6
78		679	00:16:52	Jansen, Michael	1541		Erkelenz	1962	9	M45	05:16,2
79		680	00:16:54	Derouaux, Rene	1178		Pleines Erkelenz	1978	2	M30	05:16,8
80		681	00:16:55	Tetz, Tamino	1391		Landbäckerei Stinges	2002	23	MJugB	05:17,1
81		682	00:16:55	Mettler, Andreas	1176		Pleines Erkelenz	1964	10	M45	05:17,1
82		683	00:16:55	Riewe, Carsten	1179		Pleines Erkelenz	1976	3	M30	05:17,1
83		684	00:16:57	Graef, Timothy	4293		Budo-Club-Erkelenz	1994	24	MJugB	05:17,8
84		685	00:17:09	Risters, Friedhard	1168		Erkelenz	1957	6	M50	05:21,5
85	W	686	00:17:10	Hammer, Nina	4175		TV Schwanenberg	1992	3	WJugA	05:21,8
86		687	00:17:24	Ramrath, Patrick	1174		Pleines Erkelenz	1984	9	MHK	05:26,2
87	W	688	00:17:25	Jacobs, Judith	1663			1984	3	WHK	05:26,5
88	W	689	00:17:28	Schopen, Verena	1441		Christels Dreamteam	1964	3	W45	05:27,5
89	W	690	00:17:29	Becker, Frederike	1326		Gymnasium Rheindahlen	1997	9	WJugB	05:27,8
90		691	00:17:33	Kwicien, Raphael	1175		Pleines Erkelenz	1979	4	M30	05:29,0
91	W	692	00:17:36	Blaeser, Anja	4199		Wassenberg	1970	2	W40	05:30,0
92		693	00:17:36	Blaeser, Dr. Achim	4200		Wassenberg	1969	8	M40	05:30,0
93	W	694	00:17:36	Steiner, Lea-Soraya	1460		Erkelenz	1997	10	WJugB	05:30,0
94		695	00:17:39	Mathesius, Patric	1672			1978	5	M30	05:30,9
95	W	696	00:17:42	Wings, Brigitte	427		Aldenhoven	1943	1	W65	05:31,8
96		697	00:17:43	Reiners, Heinz Josef	4305		Erkelenz	1959	7	M50	05:32,1
97	W	698	00:17:55	Immel, Svenja	1115		AOK Rheinland	1989	4	WHK	05:35,9
98		699	00:17:59	Steiner, Thomas	1461		Erkelenz	1964	11	M45	05:37,1
99	W	700	00:18:00	Klingen-Bröxkes, Vera	4231		Wegberg	1972	2	W35	05:37,5
100		701	00:18:00	Puttin, Manuel	1340		Gymnasium Rheindahlen	1997	25	MJugB	05:37,5
101		702	00:18:02	Kerl, Jan-Niklas	1605		PSV GW Kassel	1995	26	MJugB	05:38,1
102	W	703	00:18:06	Emmerich, Stephanie	1501		Erkelenz	1989	5	WHK	05:39,3
103	W	704	00:18:10	Reiting, Annika	1638		SC Myhl LA	2002	11	WJugB	05:40,6
104	W	705	00:18:11	Beckers, Anna	1710		LC Phönix Geilenkirchen	2001	12	WJugB	05:40,9
105	W	706	00:18:16	Bodens, Dagmar	1322		TV Erkelenz	1968	3	W40	05:42,5
106		707	00:18:24	Davis, Kryl	1673		Wales	1941	1	M65	05:45,0
107	W	708	00:18:46	Honold, Tina	1661		Erkelenz	1994	13	WJugB	05:51,8
108		709	00:18:47	Lehmann, Karsten	1414		Erkelenz	1970	9	M40	05:52,1
109	W	710	00:18:48	Schwark, Anna	1181		Pleines Erkelenz	1990	6	WHK	05:52,5
110	W	711	00:18:53	Settels, Karla	1560		SC Myhl LA	1953	1	W55	05:54,0
111	W	712	00:18:54	Lüttke, Sandra	1520		Fun Runner	1976	1	W30	05:54,3
112	W	713	00:19:02	Belisario, Doris	1494			1992	4	WJugA	05:56,8
113	W	714	00:19:07	Becker, Claudia	1324		TV Rheindahlen	1965	4	W45	05:58,4
114	W	715	00:19:07	Kanters, Petra	1493			1963	5	W45	05:58,4
115		716	00:19:13	Niessen, Christian	1594		Erkelenz	1974	6	M35	06:00,3
116	W	717	00:19:26	Derouaux, Tanja	1177		Pleines Erkelenz	1979	2	W30	06:04,3

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
117	W	718	00:19:29	Erisch, Eva	1499		Erkelenz	1988	7	WHK	06:05,3
118		719	00:19:33	Thedt, Michael	1614		Alemannia Aachen	1963	12	M45	06:06,5
119		720	00:19:34	Schwark, Meinhard	1187		Pleines Erkelenz	1960	8	M50	06:06,8
120		721	00:19:39	Sassen, Meinhard	4226		Alemannia Aachen	1955	4	M55	06:08,4
121	W	722	00:19:43	Fechner, Julia	4214		Düsseldorf	1983	8	WHK	06:09,6
122	W	723	00:19:51	Görtz, Irene	4191		Erkelenz	1978	3	W30	06:12,1
123	W	724	00:20:05	Moll, Michaela	4267		Viersener TV	1994	14	WJugB	06:16,5
124	W	725	00:20:07	Wilczek, Eva	4233		BSG Hilden	1946	1	W60	06:17,1
125	W	726	00:20:20	Woche-Büscher, Ina	1598		Erkelenz	1970	4	W40	06:21,2
126	W	727	00:20:22	Klausch, Elke	1422		Erkelenz	1957	1	W50	06:21,8
127	W	728	00:20:24	Aglan, Nadia	1615		ASV Rurtal	2000	15	WJugB	06:22,5
128	W	729	00:20:24	Lüttke, Hannah Lena	1519		Fun Runner	1976	4	W30	06:22,5
129		730	00:20:37	Matzerath, Christoph	1173		Erkelenz-Kückhoven	1965	13	M45	06:26,5
130		731	00:20:59	Schmitz, Wilhelm	1567		VSV Grenzland Wegberg	1933	1	M75	06:33,4
131	W	732	00:21:12	Moll, Miriam	4266		Viersener TV	1993	16	WJugB	06:37,5
132	W	733	00:21:15	Tetz, Sanica	1392		Landbäckerei Stinges	1975	3	W35	06:38,4
133		734	00:21:15	Jansen, Wolfgang	1691		Ratheim	1970	10	M40	06:38,4
134	W	735	00:21:17	Risters, Heike	1393		Landbäckerei Stinges	1964	6	W45	06:39,0
135	W	736	00:21:31	Prihodko, Olga	1396		Landbäckerei Stinges	1984	9	WHK	06:43,4
136	W	737	00:21:31	Schröders, Gerlinde	1394		Landbäckerei Stinges	1963	7	W45	06:43,4
137		738	00:22:25	Hackbarth, Dirk	4251		Erkelenz	1979	6	M30	07:00,3
138	W	739	00:23:06	Glöck, Nadja	1186		Pleines Erkelenz	1983	10	WHK	07:13,1
139	W	740	00:23:07	Kazimirski, Tatjana	1185		Pleines Erkelenz	1990	11	WHK	07:13,4
140		741	00:23:41	Moll, Markus	4270		Viersener TV	1996	27	MJugB	07:24,0
141	W	742	00:25:04	Moll, Karin	4265		Viersener TV	1961	8	W45	07:50,0