

Männer

Platz	Startnr	Name	Verein/*Ort	Nat	Gesamt	AK-PI	AK	Jahr	Düsseldorf	Duisburg
1	6	Jäkel Robert	SG Stern Düsseldorf	GER	05:07:38		M45	64	2:32:54	2:34:44
2	1128	Markiewicz Darius	kein	GER	05:45:39		M40	70	2:53:27	2:52:12
3	9011	Torke Fred	ASV Duisburg	GER	05:49:13		M45	63	2:53:43	2:55:30
4	120	Helmich Klaus	Rumelner TV	GER	05:52:14		M40	68	2:57:50	2:54:24
5	1579	Schmidt-Fehrenbacher Vo	Vodafone	GER	05:55:03		M50	58	2:56:22	2:58:41
6	1035	Klaas Jens	*Mülheim an der Ruhr	GER	05:56:19		M40	70	2:57:42	2:58:37
7	1139	Beerens Marco	Athletik Waldniel	GER	06:01:56		M35	75	3:11:47	2:50:09
8	315	Hampel Marco	LSF Münster	GER	06:05:12		M35	73	2:50:23	3:14:49
9	327	Jungwirth Rudi	TV Uffort-Eick	GER	06:08:15		M45	65	3:08:37	2:59:38
10	639	Gers Norbert	TUSEM Essen	GER	06:12:19		M50	60	3:01:45	3:10:34
11	267	Kalpein Andreas	VHS Selm	GER	06:25:16		M45	63	3:04:15	3:21:01
12	1006	Sievert Holger	VfL Hüls	GER	06:32:08		M35	74	3:15:41	3:16:27
13	113	Wazna Holger	Makrolon Runners Uerding	GER	06:36:12		M35	73	3:18:24	3:17:48
14	1124	Sickmann Christian	SF Ennepetal	GER	06:45:48		M40	69	3:23:10	3:22:38
15	185	Scheidle Dirk	Henkel Team	GER	06:45:51		M40	68	3:27:55	3:17:56
16	210	Leonhard Wilfried	PV Triathlon Witten	GER	06:47:48		M50	58	3:18:33	3:29:15
17	1005	Ebert Udo	*Essen	GER	06:50:07		M50	56	3:25:36	3:24:31
18	1559	Bückert Paul	Team L'Oréal	GER	06:51:58		M50	57	3:23:48	3:28:10
19	134	Vogt Wolfgang	Feuerwehr SV Düsseldorf	GER	06:53:04		M50	59	3:21:47	3:31:17
20	1593	Kersting Manfred	*Jüchen	GER	06:57:45		M50	60	3:15:43	3:42:02
21	1551	Roggow Frank	*Meerbusch	GER	07:02:07		M45	65	3:27:05	3:35:02
22	1022	Pieper Andreas	Lauffrösche	GER	07:08:44		M45	64	3:35:10	3:33:34
23	1036	Jaenichen Dieter	Schmolz+Bickenbach Dist	GER	07:12:31		M50	56	3:37:47	3:34:44
24	1195	Drescher Hans	Solinger LC	GER	07:12:31		M50	58	3:34:10	3:38:21
25	896	Stricker Karsten	Medisportlauf Dortmund	GER	07:14:14		M40	68	3:28:23	3:45:51
26	374	Plitt Carsten	Team ERDINGER Alkoho	GER	07:18:10		M40	66	3:48:56	3:29:14
27	9043	Rustenbach Jürgen	LT Lustige Schleicher Esse	GER	07:20:55		M50	60	3:47:32	3:33:23
28	1569	Brandenburg Martin	Angerland LT Lintorf	GER	07:21:03		M45	63	3:38:35	3:42:28
29	855	Meier André	*Hatingen	GER	07:23:18		M35	73	3:36:44	3:46:34
30	742	Dumke Holger	BSG WAZ Medien	GER	07:24:41		M35	74	3:28:19	3:56:22
31	471	Jäger Axel	*Düsseldorf	GER	07:25:01		M40	69	3:43:15	3:41:46
32	1131	Krefta Andreas	Feuerwehr SV Düsseldorf	GER	07:25:13		M45	61	3:31:37	3:53:36
33	266	Gomell Thomas	Aktion Canchanabury	GER	07:26:01		M45	63	3:40:40	3:45:21
34	467	Schulte-Zweckel Michael	*Bottrop	GER	07:29:53		M50	60	3:42:16	3:47:37
35	368	Heinz Peter	VFL Bergheide	GER	07:31:32		M50	59	3:51:45	3:39:47
36	383	Radis Wolfgang	*Witten	GER	07:31:46		M40	68	4:00:16	3:31:30
37	776	Lansen Ralph	TG Neuss	GER	07:34:07		M30	77	3:36:30	3:57:37
38	1012	Scharrenberg Ulrich	ASV-LT Kemperdick	GER	07:34:16		M60	48	3:50:52	3:43:24
39	71	Vohl Stefan	*Duisburg	GER	07:36:27		M40	70	3:48:44	3:47:43
40	1027	Schorn Ralf	ASC Düsseldorf	GER	07:37:38		M45	64	3:49:23	3:48:15
41	315	Bergstein Stefan	TG Neuss	GER	07:38:49		M40	67	3:57:41	3:41:08
42	561	Kaczmarczyk Adam	LT mayadam	GER	07:39:12		M35	72	3:44:51	3:54:21
43	747	Lücking Markus	Endorphinjunkies.de Dortm	GER	07:39:31		M35	71	3:44:27	3:55:04
44	288	Beckmann Thomas	LG Niers	GER	07:42:32		M45	65	3:45:18	3:57:14
45	688	Glockner Hans-Joachim	*Bochum	GER	07:44:17		M60	50	3:46:21	3:57:56
46	1218	Van Reemst Ceas	ACTION48.nl	NEL	07:46:30		M55	53	3:48:00	3:58:30
47	608	Müller Frank	Twin-Projekt 2010	GER	07:46:48		M45	65	4:05:06	3:41:42
48	1033	Wieker Dimitri	LT Haumannplatz Essen	GER	07:49:08		M45	61	3:39:45	4:09:23
49	709	Herzhoff Peter	*jüchen	GER	07:49:46		M55	55	3:55:11	3:54:35
50	662	Bauhs Henrik	Seeigel Rügen	GER	07:50:04		M40	66	3:55:12	3:54:52
51	555	Alber Sebastian	*Lünen	GER	07:51:27		M35	71	3:53:56	3:57:31
52	766	Schreiber Axel	*Herne	GER	07:53:32		M45	65	3:58:51	3:54:41
53	1599	Heeger Mario	Gladbeck	GER	07:54:48		M40	67	3:47:22	4:07:26
54	586	Fergon Zbigniew	*Duisburg	GER	07:55:18		M45	64	3:48:58	4:06:20
55	756	Podschwadek Axel	FunRunner Gladbeck	GER	07:57:10		M45	65	3:53:25	4:03:45
56	251	Mittreiter Frank	*Moers	GER	07:57:37		M55	55	3:55:37	4:02:00
57	689	Teigelkamp Stefan	Adler-Langlauf Bottrop	GER	07:58:40		M35	72	3:57:27	4:01:13
58	476	Faulhaber Matthias	Unterwegs im Auftrag des H	GER	07:59:32		M35	72	3:48:43	4:10:49
59	441	Teigelkamp Guido	Adler-Langlauf Bottrop	GER	07:59:41		M40	68	4:02:15	3:57:26
60	1089	Schmitz Michael	*Duisburg	GER	07:59:54		M50	60	4:21:25	3:38:29
61	601	Kreis Manfred	SG26 NVV Mönchengladb	GER	08:02:54		M50	58	3:44:32	4:18:22

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62	1596	Contzen Hermann	Bluesrunners	GER	08:07:09		M45	62	4:01:02	4:06:07
63	1600	Klugiewicz Peter	LC Duisburg	GER	08:10:54		M45	63	3:57:39	4:13:15
64	770	Müller Frank	Twin-Projekt 2010	GER	08:11:23		M45	65	4:05:06	4:06:17
65	488	Niemann Detlev	*Herne	GER	08:12:06		M45	62	4:32:36	3:39:30
66	1155	Bruxmeier Thorsten	*Düsseldorf	GER	08:12:32		M45	63	4:15:16	3:57:16
67	1016	Kerkenbusch Werner	marathon4you	GER	08:14:13		M60	47	4:03:58	4:10:15
68	74	Dretzke Jürgen	LT MG-Volksgarten	GER	08:14:47		M40	67	3:59:38	4:15:09
69	117	Graebel Gunther	Crepe & Baguette Duisburg	GER	08:19:13		M55	53	3:49:13	4:30:00
70	1100	Dröge Ralf	*Gladbeck	GER	08:19:24		M35	75	3:53:44	4:25:40
71	93	Spröbig Lutz	*Dresden	GER	08:20:09		M65	42	4:13:20	4:06:49
72	215	Lachmann Thomas	METRO Runners	GER	08:24:36		M35	71	4:10:27	4:14:09
73	1045	Böker Peter	Total Chaos Runners	GER	08:29:36		M45	62	4:05:00	4:24:36
74	1029	König Nico	METRO Runners	GER	08:34:32		M30	78	4:35:56	3:58:36
75	102	Glockner Wolf	*Düsseldorf	GER	08:34:59		M50	58	4:01:46	4:33:13
76	1542	Bartholot Jörg	*Korschenbroich	GER	08:35:24		M40	69	4:06:04	4:29:20
77	1137	Helleckes Lutz	BSG Wocklum	GER	08:36:31		M50	59	4:12:21	4:24:10
78	125	Ludwitzack Harry	Ultra-Marathonläufer	GER	08:52:04		M55	54	4:01:45	4:50:19
79	430	Westen Lothar	LC Duisburg	GER	08:53:37		M55	55	4:25:05	4:28:32
80	429	Koritki Benno	*Düsseldorf	GER	08:55:53		M50	57	4:25:19	4:30:34
81	551	Juschka Axel	*Duisburg	GER	08:56:03		M45	63	4:28:28	4:27:35
82	373	Boelen-Theile Claus	*Rösrath	GER	08:57:53		M40	66	4:28:24	4:29:29
83	445	Littwin Rüdiger	LT Lippehasen	GER	09:03:14		M55	53	4:18:36	4:44:38
84	1104	Pachura Frank	Laufen-in-Dortmund.de	GER	09:31:16		M45	63	4:34:03	4:57:13
85	100	Philipsenburg Dieter	Lucky Runners Essen	GER	09:34:32		M70	40	4:57:36	4:36:56
86	641	Wenda Herbert	TUSEM Essen	GER	09:44:54		M60	48	4:52:01	4:52:53
87	500	Schranz Jörg	Borbecker Raketen Essen	GER	09:46:10		M45	65	4:47:04	4:59:06
88	880	Kunz Rainer	LT Gruiten-Neandertal	GER	09:50:14		M45	65	5:07:32	4:42:42
89	273	Otto Christof	*Niedernhausen	GER	10:02:42		M45	64	4:56:10	5:06:32