

Platz	St.Nr.	Zeit	M/W	Name, Vornahme	Verein	AK	Pl.AK
1	284	00:16:47.3	M	Neuens, Jan	ASV Duisburg	MJ U20	1
2	262	00:16:54.9	M	Monster, Daniel	AS Neukirchen-Vluyn	M40	1
3	172	00:17:22.1	M	Loeb, Patrick	ASV Duisburg	M40	2
4	270	00:18:10.7	M	Costa, Julio	AS Neukirchen-Vluyn	M40	3
5	98	00:18:17.8	M	Gast, Klaus	Rumelner TV	M50	1
6	295	00:18:17.8	M	Gschwandtner, Rene	Blau-Gelb Neumühl Duisburg	M45	1
7	267	00:18:22.1	M	Schlechter, Marcus	AS Neukirchen-Vluyn	M40	4
8	289	00:18:53.8	M	Scholz, Andreas	Bunert Duisburg	M	1
9	297	00:19:05.1	M	Raffler, Bastian	ASV Duisburg	M35	1
10	274	00:19:06.9	M	Peters, Michael	Lauffreunde Hadi Wesel	M35	2
11	288	00:19:23.2	M	Jilg, Michael	SC Myhl LA	M55	1
12	23	00:19:38.8	M	Hintzsche, Ekki	Ostseebad Kühlungsborn	M50	2
13	168	00:20:00.4	M	Klaess, Maximilian	ASV Duisburg	MJ U14	1
14	296	00:20:01.4	M	Funke, Georg		M40	5
15	94	00:20:01.9	M	Miguel, Carlos		M50	3
16	299	00:20:17.1	M	Hecker, Erik	Krefeld-Bockum	M40	6
1	307	00:20:24.1	W	Beba, Sonja	ASC Rosellen/Neuss	W	1
17	136	00:20:25.2	M	Mascia, Mario		M50	4
18	164	00:20:54.8	M	Wagner, Theo	ASV Duisburg	M55	2
19	191	00:21:16.0	M	Ehlert, Martin	Homberger TV	M45	2
20	326	00:21:19.3	M	Riemann, Michael		M40	7
21	100	00:21:25.4	M	Löll, Markus	Moers-Utfort	M40	8
22	313	00:21:25.7	M	Sommer, Jürgen		M55	3
23	171	00:21:31.6	M	Fijalkowski, Andre	ASV Duisburg	M30	1
24	265	00:21:35.7	M	Albrecht, Fabian	Die Siegerländer	MJ U16	1
25	255	00:21:37.1	M	Ortmanns, Uwe	Rumelner TV	M40	9
26	324	00:21:50.9	M	Kornfeld, Uwe	Team Erdinger Alkoholfrei	M55	4
2	88	00:21:54.5	W	Verheyen, Barbara	Rumelner TV	W30	1
27	113	00:21:57.9	M	Fröde, Volker	TuS Hamborn-Neumühl	M70	1
28	298	00:22:06.6	M	Klütz, Hartmut	ASV Duisburg	M40	10
3	329	00:22:09.3	W	Seegers, Claudia	GSV-Geldern	W50	1
29	97	00:22:17.7	M	Löll, Thorsten		M40	11
30	99	00:22:18.2	M	Friedrich, Frank		M40	12
4	17	00:22:28.8	W	Peters, Jasmin	OSC 04 Rheinhausen	WJ U20	1
31	132	00:22:31.3	M	Keßel, Torsten		M40	13
5	287	00:22:39.5	W	Maßmann, Marlene	Bunert Running Team	WJ U18	1
32	290	00:22:44.3	M	Wolf, Tobias	MSV Duisburg	M30	2
33	29	00:22:44.7	M	Winter, Andreas	Die Eiszapfen	M	2
34	170	00:22:51.4	M	Kaminski, Nils	ASV Duisburg	MJ U18	1
35	189	00:23:10.9	M	Pohle, Stefan		M40	14
36	149	00:23:11.9	M	Butschko, Werner	ASV Duisburg	M65	1
6	286	00:23:12.8	W	Kocks, Angelique	DJK Adler 07 Bottrop Lauftreff	W45	1
7	188	00:23:16.4	W	Sikora, Beate	ASV Duisburg	W35	1
37	66	00:23:56.7	M	Peter, Ronald	HLG 98 Wuppertal	M55	5
38	246	00:24:08.7	M	Verfürth, Peter G.	TuS Hamborn-Neumühl	M60	1
39	280	00:24:18.6	M	Plean, Dr. Gunner	Johanniter-Team	M45	3
8	165	00:24:20.6	W	Stevens, Karina	ASV Duisburg	W30	2
40	259	00:24:28.5	M	Lachmann, Guido	Homberger TV	M45	4
41	316	00:24:29.3	M	Hausburg, Marc	ASV Duisburg	M40	15
9	174	00:24:39.4	W	Stoltefaut, Brigitte	ASV Duisburg	W50	2
42	47	00:24:46.1	M	Roeske, Wolfgang	TuS Hamborn-Neumühl	M60	2
10	276	00:24:48.7	W	Kunn, Maria	LAZ -Mönchengladbach	W60	1
11	38	00:24:54.3	W	Hanowski, Andrea		W30	3
12	46	00:25:00.3	W	Roeske, Erika	TuS Hamborn-Neumühl	W50	3
43	51	00:25:40.4	M	Stolle, Peter		M50	5
13	169	00:25:50.3	W	Maul, Kirsten	ASV Duisburg	W45	2

44	306	00:25:53.2	M	Bergter, Uwe	TuS Hamborn-Neumühl	M50	6
14	180	00:26:07.9	W	Charretteur, Jana		W35	2
45	186	00:26:21.5	M	Klein, Dirk		M40	16
46	311	00:26:33.1	M	Kamps, Jochen	Rumelner TV	M60	3
15	86	00:26:58.9	W	Golusda, Astrid	Rumelner TV	W45	3
47	78	00:26:59.3	M	Kriewald, Markus	Rumelner TV	M35	3
48	145	00:27:10.8	M	Wolf, Horst		M60	4
49	36	00:27:12.3	M	Huwald, Detlef	BSG WAZ Essen	M65	2
50	80	00:27:24.2	M	Jahnke, Alfred	Rumelner TV	M70	2
51	28	00:27:43.1	M	Winter, Martin	Die Eiszapfen	M55	6
16	166	00:27:57.9	W	Rieken, Christa	ASV Duisburg	W65	1
52	291	00:28:30.3	M	Seifert, Peter	TVK 1877 Essen	M70	3
53	173	00:28:35.1	M	Stoltefaut, Frank	ASV Duisburg	M55	7
17	192	00:28:47.1	W	Wolter, Jutta	OTV Endurance Team	W50	4
18	318	00:28:47.9	W	Muschalla, Sylke	ASV Duisburg	W45	4
19	317	00:28:55.8	W	Hausburg, Martina	ASV Duisburg	W40	1
54	120	00:28:58.9	M	Schieffer, Ludger	Die Asphaltsschleicher	M55	8
55	111	00:29:12.9	M	Heinrich, Uwe	TuS Hamborn-Neumühl	M70	4
20	314	00:29:13.2	W	Schulte, Simona	Van Gogh Schule	W40	2
21	163	00:29:14.4	W	Wagner, Marlene	ASV Duisburg	W55	1
22	118	00:29:17.0	W	Schraven, Miriam		W	2
23	65	00:29:17.6	W	Klesse, Renate	TuS Hamborn-Neumühl	W60	2
56	20	00:29:23.4	M	Bischoff, Rainer	Rheinhausen	M55	9
24	115	00:29:29.0	W	Haßelberg, Marianne	TuS Hamborn-Neumühl	W65	2
57	114	00:29:31.7	M	Bürsten, Dieter	FC Rumeln	M75	1
25	309	00:29:32.8	W	Zeihe, Ariane		W35	3
58	310	00:29:33.2	M	Holzwarth, Michael		M40	17
26	211	00:29:44.4	W	Buunk, Magdalena	GGs Van-Gogh-Straße	WJ U14	1
59	212	00:29:44.6	M	Blettermann-Buunk, Thomas	GGs Van-Gogh-Straße	M50	7
27	85	00:29:48.1	W	Heuer-Hendriks, Carla	Rumelner TV	W50	5
28	319	00:30:01.6	W	Meinke-Henn, Sabine	Homberger TV	W50	6
60	253	00:30:07.2	M	Worbs, Frederik	SV Bayer 08	MJ U20	2
61	105	00:30:19.1	M	Nühlen, Jürgen	Johanniter-Krankenhaus Rheinha...	M50	8
29	137	00:31:05.4	W	Treptow, Eveline		W45	5
62	62	00:31:36.9	M	Jansen, Philipp	Sparda-Bank West eG	M	3
30	61	00:31:37.3	W	Drewes, Anika	Sparda-Bank West eG	W	3
63	167	00:31:47.3	M	Wiacker, Wilfried	ASV Duisburg	M65	3
64	321	00:31:49.4	M	Blume, Baldo	SG Langenfeld	M80	1
31	183	00:31:58.6	W	Klippel, Silke		W35	4
32	30	00:32:30.1	W	Hoppermann, Anja	GGs Van-Gogh-Strasse	W45	6
65	320	00:32:41.8	M	Meinke, Wolfgang	Homberger TV	M55	10
33	8	00:32:45.8	W	Nusselein, Susanne	DJK Kempener LC	W55	2
34	54	00:33:30.8	W	Schütze, Anja	TuS Hamborn-Neumühl	W45	7
35	73	00:33:49.1	W	Marten, Ines	Rumelner TV	WJ U16	1
66	121	00:34:29.6	M	Gappmaier, Hubert	Die Asphaltsschleicher	M60	5
36	55	00:35:08.1	W	Brüggemann, Inge	TuS Hamborn-Neumühl	W65	3
67	67	00:35:19.6	M	Gillat, Helmuth	Rumelner TV	M70	5
68	79	00:35:20.0	M	Fenyk, Ulrich	Rumelner TV	M50	9
69	9	00:35:26.9	M	Freiberg, Frank	Team Griesson de Beukelaer	M50	10
70	269	00:35:29.5	M	Plückelmann, Willi	TuS Hamborn-Neumühl	M65	4
37	334	00:35:42.0	W	Möhrstedt, Daniela		W35	5
71	303	00:36:44.5	M	Liebscher, Rene		M35	4
38	315	00:36:47.1	W	Blank, Gudrun	Rheindeich Schleicher	W55	3
72	301	00:36:48.4	M	Schmidt, Hans-Werner		M	4
73	69	00:37:56.1	M	Kaffanke, Paul	Rumelner TV	M65	5
74	312	00:39:25.2	M	Küssner, Michael	Rumelner TV	M50	11
39	72	00:40:43.4	W	Marten, Gaby	Rumelner TV	W45	8

75	330	00:42:45.3	M	Kölven, Gerhard		M65	6
40	327	00:42:49.1	W	Zackerts, Kerstin		W45	9
41	125	00:43:01.3	W	Gietmann, Judith	Laufjunkies	W40	3
76	81	01:00:56.5	M	Brauer, Jürgen	Rumelner TV	M55	11
42	152	01:01:02.1	W	Spöntjes, Mina	ASV Duisburg	W30	4
77	190	01:01:03.1	M	Mahlerwein, Sebastian		M30	3
78	64	01:01:11.1	M	Raifura, Michel		M35	5