



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:53:30	Monster, Daniel	698		AS Neukirchen-Vluyn	1972	1	M35	03:34,0
2		2	00:56:12	Strätling, Benedikt	869		Adler-Lanflauf Bottrop	1968	1	M40	03:44,8
3		3	00:58:48	Bullermann, Tim	926		SC Bayer 05 Uerdingen	1982	1	MHK	03:55,2
4		4	00:58:51	Paaßen, Bernd	916			1967	2	M40	03:55,4
5		5	00:59:05	Mai, Sebastian	915		Bochum	1982	2	MHK	03:56,3
6		6	00:59:14	Nierhaus, Peter	613		LT Mattlerbusch	1966	3	M40	03:56,9
7		7	00:59:57	Stüben, Georg	879		Osterrather TV	1955	1	M55	03:59,8
8		8	01:00:01	Oberndörfer, Martin	671		LLG St. Augustin	1972	2	M35	04:00,0
9		9	01:00:44	Salto de La Riva, Miguel	499		Madrid Feuerwehrmann	1964	1	M45	04:02,9
10		10	01:00:56	Lampert, Sascha	820		Essen	1976	1	M30	04:03,7
11		11	01:01:00	Gawlik, Arnold	893			1958	1	M50	04:04,0
12		12	01:01:15	van Haren, Marcel	59		AS Neukirchen-Vluyn	1962	2	M45	04:05,0
13		13	01:02:09	Weckwarth, Peter	711		Solingen	1960	2	M50	04:08,6
14		14	01:02:09	Inaba, Hideo	368		Düsseldorf	1963	3	M45	04:08,6
15		15	01:03:49	Steingrobe, Udo	876		Markrolon Runners Uerding	1952	2	M55	04:15,2
16		16	01:04:26	Kättnis, Daniel	598		da simma dabei	1983	3	MHK	04:17,7
17		17	01:04:56	Schieder, Mike	700		AS Neukirchen-Vluyn	1969	4	M40	04:19,7
18		18	01:04:59	Miessner, Mathias	42		SG Vacon	1961	4	M45	04:19,9
19		19	01:05:27	Bierschbach, Rainer	687		Oberhausener TV	1959	3	M50	04:21,8
20		20	01:05:36	Dammann, Mark	400		Neukirchen-Vluyn	1975	3	M35	04:22,4
21		21	01:05:59	Philipp, Frank	52		TuS Drevenack	1963	5	M45	04:23,9
22		22	01:06:09	Jakobs, Simon	188		Moers	1987	4	MHK	04:24,6
23		23	01:06:17	Elsner, Christian	661		Neukirchen-Vluyn	1966	5	M40	04:25,1
24		24	01:06:23	Arenz, Michael	24		Duisburg	1967	6	M40	04:25,5
25		25	01:06:26	Paulukuhn, Leif	643		Moers	1975	4	M35	04:25,7
26		26	01:06:29	Knauff, Marcel	720		Oberhausen	1979	2	M30	04:25,9
27		27	01:06:34	Lange, Bodo	619		SV Beeckerwerth	1941	1	M65	04:26,2
28		28	01:06:35	Decker, Norbert	688		Oberhausener TV	1978	3	M30	04:26,3
29		29	01:06:41	Lankes, Andre	559		Sparkasse Krefeld	1965	6	M45	04:26,7
30		30	01:06:42	Walter, Uwe	565		Sparkasse am Niederrhein	1963	7	M45	04:26,8
31		31	01:06:54	Koch, Peter	846			1970	7	M40	04:27,6
32		32	01:07:23	Schlechter, Marcus	150		Neukirchen-Vluyn	1972	5	M35	04:29,5
33		33	01:08:19	Maier, Steffen	448		Alpen	1992	1	MJugA	04:33,2
34		34	01:08:53	Müller, Andreas	132		AS Neukirchen-Vluyn	1962	8	M45	04:35,5
35		35	01:08:57	Echtenbruck, Dieter	201		Moers	1954	3	M55	04:35,8
36		36	01:09:07	Leschinski, Günter	875		LT Moers 06	1942	2	M65	04:36,4
37		37	01:09:24	Dick, Viktor	27		Neukirchen-Vluyn	1965	9	M45	04:37,6
38		38	01:09:24	Wellesen, Dirk	25		Moers	1967	8	M40	04:37,6
39		39	01:09:48	Krieg, Volker	54		LC Duisburg	1949	1	M60	04:39,2
40		40	01:09:56	Birnbach, Frank	418		Kamp-Lintfort	1970	9	M40	04:39,7
41		41	01:09:57	Echtenbruck, Peter	515		TV Walsum-Aldenrade	1956	4	M50	04:39,8
42	W	1	01:10:00	Lang, Sabine	677		Krefelder Kanu Klub	1967	1	W40	04:40,0
43		42	01:10:14	Klatt, Jürgen	558		Kottenbusch Runners	1967	10	M40	04:40,9
44	W	2	01:10:16	Runde, Andrea	557		Kottenbusch Runners	1972	1	W35	04:41,0
45		43	01:10:20	Lickes, Heinz-Theo	443		LT Krefeld-Oppum	1956	5	M50	04:41,3
46		44	01:10:25	Hessels, Yannick	270		AS Neukirchen-Vluyn	1996	1	MJugB	04:41,6
47		45	01:11:09	Maier, Frank	447		Alpen	1965	10	M45	04:44,6
48		46	01:11:20	Delli-Muti, Rocco	898		Homberger TV	1961	11	M45	04:45,3
49		47	01:11:39	Klinger, Ansgar	146		KSK Bayer-Uerdingen	1964	12	M45	04:46,6
50		48	01:11:40	Thülig, Bernd	584		VfL Bergheide Oberhausen	1936	1	M70	04:46,6
51		49	01:11:50	Jochims, Jörg	18		RSC Moers	1961	13	M45	04:47,3
52		50	01:11:52	Dammers, Hermann	106		Moerser TV 1850	1959	6	M50	04:47,4
53		51	01:12:03	Buchholz, Horst	279		SV Beeckerwerth	1954	4	M55	04:48,2
54		52	01:12:05	Bruckhaus, Dominik	826		SG Neukirchen-Vluyn	1990	5	MHK	04:48,3
55		53	01:12:08	Park, Alexander	748		Kamp-Lintfort	1974	6	M35	04:48,5
56		54	01:12:10	Martini, Thomas	500		Moers	1979	4	M30	04:48,6
57		55	01:12:10	Witt, Sebastian	501		Moers	1979	5	M30	04:48,6
58		56	01:12:21	Provost, Christian	460		Partnerstadt Mouvaux	1950	2	M60	04:49,4
59		57	01:12:24	Johannes, Horst	738		LT BUGA Düsseldorf 1999	1968	11	M40	04:49,6
60		58	01:12:26	Gocht, Oskar	722		Krefeld	1992	2	MJugA	04:49,7

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		59	01:12:27	Weinkath, Falk	691		TV Voerde Triminators	1973	7	M35	04:49,8
62		60	01:12:36	Weihnacht, Roger	852			1969	12	M40	04:50,4
63		61	01:12:40	Schmidt, Wilfried	526		FS Rheinkamp	1960	7	M50	04:50,6
64		62	01:12:52	Papalexandrou, Georg	95		Kamp-Lintfort	1969	13	M40	04:51,4
65		63	01:12:57	Inama, Renato	19		Neukirchen-Vluyn	1966	14	M40	04:51,8
66		64	01:13:02	Uffenkamp, Volker	921			1956	8	M50	04:52,1
67		65	01:13:04	Abel, Klaus	789		LC Duisburg	1950	3	M60	04:52,2
68		66	01:13:04	Smentoch, Michael	10		Rheinraketen	1964	14	M45	04:52,2
69		67	01:13:05	Tackowski, Jochen	564		Sparkasse am Niederrhein	1971	8	M35	04:52,3
70		68	01:13:14	Dames, Uwe	562		Sparkasse am Niederrhein	1962	15	M45	04:52,9
71		69	01:13:21	Metz, Andreas	714		Rheurdt	1965	16	M45	04:53,4
72		70	01:13:21	Bernard, Norbert	712		Bonn	1964	17	M45	04:53,4
73		71	01:13:38	Fritsch, Ingo	117		AS Neukirchen-Vluyn	1971	9	M35	04:54,5
74		72	01:13:50	Unger, Armin	349		Oberhausen	1962	18	M45	04:55,3
75		73	01:13:52	Henkel, Thomas	792		Moers	1974	10	M35	04:55,4
76		74	01:14:03	Czapla, Horst	93		St. Josef Krankenhaus Moe	1964	19	M45	04:56,2
77		75	01:14:13	Buske, Sebastian	888		VFL Rheinhausen	1982	6	MHK	04:56,8
78		76	01:14:18	Kufen, Frank	861		PSV Kamp-Lintfort	1967	15	M40	04:57,2
79		77	01:14:27	Gondermann, Martin	585		Die Stolperer	1961	20	M45	04:57,8
80		78	01:14:32	Steidl, Bernhard	721		Klosterkampeliteteam	1964	21	M45	04:58,1
81		79	01:14:39	Rau, Rüdiger	784		Moers	1961	22	M45	04:58,6
82		80	01:14:44	Kellings, Gerd	855			1961	23	M45	04:58,9
83	W	3	01:14:46	Leygraf, Sabine	421		LG Alpen	1961	1	W45	04:59,0
84	W	4	01:14:55	Koschare, Tanja	673		Team Sport Palast	1977	1	W30	04:59,6
85		81	01:15:11	Martinez, Jose	763		BKK Demag	1951	5	M55	05:00,7
86		82	01:15:12	Boes, Achim	762		BKK Demag	1959	9	M50	05:00,8
87		83	01:15:15	Winzen, Christian	776		Die Blasentreter	1966	16	M40	05:01,0
88		84	01:15:15	Gocht, Mathias	723		Krefeld	1952	6	M55	05:01,0
89		85	01:15:27	Janßen, Udo	83		AS Neukirchen-Vluyn	1958	10	M50	05:01,8
90		86	01:15:37	Fateh, Andreas	708		Rheinberg	1960	11	M50	05:02,4
91		87	01:15:40	Kremhoff, Dieter	689		Oberhausener TV	1955	7	M55	05:02,6
92		88	01:16:05	Keuthen, Thilo	194		Neukirchen-Vluyn	1980	6	M30	05:04,3
93		89	01:16:24	Solmierzik, Olli	715		Rheurdt	1965	24	M45	05:05,6
94	W	5	01:16:36	Weinkath, Wibke	690		TV Voerde Triminators	1976	2	W30	05:06,4
95		90	01:16:36	Remmert, Frederic	778		Viersen	1980	7	M30	05:06,4
96		91	01:16:40	Wegs, Bodo	745		Kamp-Lintfort	1964	25	M45	05:06,6
97		92	01:16:51	Grabow, Jürgen	578		LT Ennert Bonn	1968	17	M40	05:07,4
98		93	01:16:56	Wachtendonk, Peter	7		SignalAL Iduna	1966	18	M40	05:07,7
99		94	01:17:16	Pilarski, Georg	196		Neukirchen-Vluyn	1958	12	M50	05:09,0
100		95	01:17:26	Rentel, Thorsten	49		AS Neukirchen-Vluyn	1963	26	M45	05:09,7
101		96	01:17:47	Ingendahl, Heinz-Gerd	795		Neukirchen-Vluyn	1954	8	M55	05:11,1
102		97	01:17:50	Niemand, Max	631		Laufftreff Sterkrade-Nord	1994	2	MJugB	05:11,3
103		98	01:17:52	Schmitz, Holger	802		Sparkasse am Niederrhein	1963	27	M45	05:11,4
104		99	01:17:59	Hedfeld, Thorsten	635		AS Neukirchen-Vluyn	1965	28	M45	05:11,9
105	W	6	01:18:00	Petaszko, Joanna	863	POL	Marathony Polskie Team	1977	3	W30	05:12,0
106		100	01:18:14	Boß, Manfred	5		Grefrath	1954	9	M55	05:12,9
107	W	7	01:18:14	Moser Walter, Cecilia	388		Moers	1962	2	W45	05:12,9
108		101	01:18:18	Ruoff, Joachim	837		TV Obermaubach	1959	13	M50	05:13,2
109		102	01:18:23	Letellier, Bruno	459		Partnerstadt Mouvaux	1953	10	M55	05:13,5
110	W	8	01:18:26	Jablonka, Angela	286		Sportfreunde Wyler-Zyfflic	1959	1	W50	05:13,7
111		103	01:18:26	Schoofs, Günther	287		Sportfreunde Wyler-Zyfflic	1961	29	M45	05:13,7
112		104	01:18:27	Spemes, Hans-Peter	911		ISG Bio-Sport	1949	4	M60	05:13,8
113		105	01:18:28	Löschner, Stefan	560		Neukirchen-Vluyn	1984	7	MHK	05:13,8
114		106	01:18:43	Brauckmann, Ingo	96		Neuss	1970	19	M40	05:14,8
115		107	01:18:46	Stangl, Franz	862		Niederkamper Lauffreunde	1955	11	M55	05:15,0
116		108	01:18:47	Rössler, Frank	847			1968	20	M40	05:15,1
117		109	01:19:00	Laakmann, Theo	917		Tus 08 Rheinberg	1935	1	M75	05:16,0
118		110	01:19:09	Beer, Jürgen	868			1943	3	M65	05:16,6
119		111	01:19:12	Schlösser, Elmar	37		Kerkrade	1970	21	M40	05:16,8
120		112	01:19:15	Dellwo, Yannik	378		Rheinberg	1994	3	MJugB	05:17,0



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
121		113	01:19:40	Becker, Arne	865			1965	30	M45	05:18,6
122		114	01:20:07	Hein, Karsten	553		TV Ufort-Eick	1960	14	M50	05:20,4
123		115	01:20:19	Rohde, Hans-Günter	794		AS Neukirchen-Vluyn	1956	15	M50	05:21,2
124		116	01:20:23	Schwan, Reimund	53		Moers	1964	31	M45	05:21,5
125		117	01:20:44	Volk, Dr. Norbert	892		St. Josef Krankenhaus	1960	16	M50	05:22,9
126		118	01:20:46	Albien, Uwe	311		Neukirchen-Vluyn	1960	17	M50	05:23,0
127		119	01:20:46	Hirt, Rüdiger	464		NiersRunners Wachtendonk	1955	12	M55	05:23,0
128		120	01:20:54	Suhre, Ulrich	756		Neukirchen-Vluyn	1967	22	M40	05:23,6
129		121	01:20:58	Karatas, Michael	741		Kamp-Lintfort	1971	11	M35	05:23,8
130	W	9	01:21:07	Otten, Inge	563		Sparkasse am Niederrhein	1955	1	W55	05:24,4
131	W	10	01:21:20	Piechatzek, Gabriele	476		LC Duisburg	1954	2	W55	05:25,3
132		122	01:21:35	Bücker, Markus	881		Blasentreter	1970	23	M40	05:26,3
133	W	11	01:21:59	Finke-Gawlik, Gudrun	896			1962	3	W45	05:27,9
134		123	01:22:01	Dickmann, Pascal	120		Moers	1990	8	MHK	05:28,0
135	W	12	01:22:16	Henkel, Anke	793		Moers	1974	2	W35	05:29,0
136		124	01:22:22	Kiwitt, Michael	514		Voerde	1969	24	M40	05:29,4
137		125	01:22:28	Rensen, Johannes	877		Niepcooler Runners	1962	32	M45	05:29,8
138		126	01:22:51	Burg, Gunter	124		Rheinberg	1967	25	M40	05:31,4
139		127	01:23:01	Warkentin, Detlef	696		KTC Kapellen	1943	4	M65	05:32,0
140		128	01:23:27	Müller, Heinz-Gerd	746		TuS Xanten	1948	5	M60	05:33,8
141		129	01:23:35	Hinkelmann, Thomas	914			1985	9	MHK	05:34,3
142	W	13	01:23:37	Uhlig, Anja	633		Laufftreff Sterkrade-Nord	1971	3	W35	05:34,4
143	W	14	01:23:37	Niemand, Christiane	630		Laufftreff Sterkrade-Nord	1960	2	W50	05:34,4
144		130	01:23:37	Thyssen, Lothar	632		Laufftreff Sterkrade-Nord	1946	6	M60	05:34,4
145		131	01:23:37	Bunzeck, Peter	219		THW Duisburg	1969	26	M40	05:34,4
146		132	01:23:38	Cavalieri, Marco	556		TV Ufort-Eick	1962	33	M45	05:34,5
147	W	15	01:23:50	Cermak, Brigitte	370		Moerser TV 1850	1957	3	W50	05:35,3
148	W	16	01:24:00	Willemsen, Marie	35		Moers	1991	1	WJugA	05:36,0
149		133	01:24:00	Willemsen, Armin	34		Moers	1955	13	M55	05:36,0
150		134	01:24:20	Hüsken, Heinz	787		FS Rheinkamp	1949	7	M60	05:37,3
151		135	01:24:20	Krämer, Frank	709		Plattfuß Saelhuysen	1965	34	M45	05:37,3
152	W	17	01:24:20	Krämer, Rose-Marie	710		Plattfuß Saelhuysen	1966	2	W40	05:37,3
153		136	01:25:05	Martin, Carsten	849			1977	8	M30	05:40,3
154		137	01:25:11	Theis, Burkhard	848			1963	35	M45	05:40,7
155	W	18	01:25:13	Hoyer, Andrea	466		Schaephuysen	1970	3	W40	05:40,8
156		138	01:25:57	Vancapernolle, Michel	461		Partnerstadt Mouvaux	1949	8	M60	05:43,8
157		140	01:26:15	Steinhäuser, Bernd	200		RSGV Düsseldorf	1972	12	M35	05:45,0
158		139	01:26:15	Dietrich, Jörg	1		Rheinraketen	1967	27	M40	05:45,0
159		141	01:26:23	Hensel, Florian	597		da simma dabei	1992	3	MJugA	05:45,5
160	W	19	01:26:25	Wieczorek, Gertrud	107		Moerser TV 1850	1958	4	W50	05:45,6
161		142	01:26:26	Bunk, Jochen	66		Korschenbroich	1955	14	M55	05:45,7
162	W	20	01:26:35	Müller, Ulrike	133		AS Neukirchen-Vluyn	1968	4	W40	05:46,3
163	W	21	01:27:18	Wicklein-Höschen, Ute	451		Neukirchen-Vluyn	1972	4	W35	05:49,2
164	W	22	01:27:39	Hartschen-Nöthen, Nicole	839		ASV Neukirchen-Vluyn	1971	5	W35	05:50,6
165		143	01:27:53	Hinkelmann, Martin	121		Moers	1990	10	MHK	05:51,5
166	W	23	01:27:57	Schilling, Elli	788		LC Duisburg	1952	3	W55	05:51,8
167		144	01:28:57	Altenhoff, Lothar	867		THW	1953	15	M55	05:55,8
168		145	01:29:03	Hiller-Steckel, Henning	669		Feuerwehr Neukirchen-Vlu	1968	28	M40	05:56,2
169	W	24	01:29:04	Fritz, Sandra	901		TV Walsum-Aldenrade	1972	6	W35	05:56,2
170		146	01:31:06	Langer, Michael	74		Neukirchen-Vluyn	1966	29	M40	06:04,4
171	W	25	01:31:25	Krumm, Cornelia	88		Moers	1970	5	W40	06:05,6
172		147	01:31:26	Zimmermann, Werner	87		Moers	1962	36	M45	06:05,7
173	W	26	01:32:05	Bergmann, Cornelia	807		AS Neukirchen-Vluyn	1971	7	W35	06:08,3
174		148	01:32:06	Bergmann, Andre	806		AS Neukirchen-Vluyn	1971	13	M35	06:08,4
175		149	01:32:42	Martinez, Roberto	764		BKK Demag	1978	9	M30	06:10,8
176	W	27	01:33:01	Aschenbrenner, Ute	525		FS Rheinkamp	1958	5	W50	06:12,0
177		150	01:33:10	Kwiatkowski, Bernd	130		Neukirchen-Vluyn	1967	30	M40	06:12,6
178		151	01:34:37	Machill, Manfred	20		Moers	1965	37	M45	06:18,4
179		152	01:36:39	Göhlich, Thomas	775		Die Blasentreter	1962	38	M45	06:26,6
180	W	28	01:40:25	Börger, Annegret	906		TV Walsum-Aldenrade	1955	4	W55	06:41,6



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
181	W	29	01:40:53	Platzer, Michaela	100		Neukirchen-Vluyn	1984	1	WHK	06:43,5
182		153	01:40:53	Smit, Stefan	111		Neukirchen-Vluyn	1981	11	MHK	06:43,5
183	W	30	01:42:32	Vreden, Wanda	871		TV Kapellen	1979	4	W30	06:50,1
184		154	01:42:33	Mothes, Rainer	872		TV Kapellen	1937	2	M70	06:50,2
185		155	01:49:43	Drasba, Andreas	821		Kamp-Lintfort	1965	39	M45	07:18,8
186	W	31	01:55:27	Peldszus-Rentel, Dorothe	646		Neukirchen-Vluyn	1958	6	W50	07:41,8