



Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
1		1	00:17:02	Völling, Daniel	204		Moerser TV	1981	1	MHK	03:24,4
2		2	00:18:16	Jakoby, Tyll	240		FC Stoppenberg LT	1994	1	MJugB	03:39,2
3		3	00:18:28	Kölven, Ludger	227		Rumelner TV	1976	1	M30	03:41,6
4		4	00:19:03	Langhanki, Gerd	225		OSC Waldniel	1966	1	M40	03:48,6
5		5	00:19:19	Kieslich, Marcus	230		Schermbeck	1983	2	MHK	03:51,8
6		6	00:19:48	Harder, Jens	259		Eintracht Duisburg	1968	2	M40	03:57,6
7		7	00:20:10	Winter, Andreas	32		Die Eiszapfen	1991	1	MJugA	04:02,0
8		8	00:20:16	Jakoby, Thomas	242		Team Essen	1967	3	M40	04:03,2
9	W	1	00:20:18	Suthon, Claudia	243		LG Mönchengladbach	1980	1	W30	04:03,6
10		9	00:20:56	Jakoby, Jan	241		FC Stoppenberg LT	1995	2	MJugB	04:11,2
11		10	00:20:59	Miguel, Carlos	203	ESP	Duisburg	1964	1	M45	04:11,8
12		11	00:21:13	Biella, Burkhard	118		Duisburg	1955	1	M55	04:14,6
13		12	00:21:25	Diederichs, Gregor	260		Duisburg	1969	4	M40	04:17,0
14		13	00:21:45	Fijalkowski, André	69		TuS Hamborn-Neumühl	1981	3	MHK	04:21,0
15	W	2	00:21:53	Sapendowski, Diana	146		Duisburg	1978	2	W30	04:22,6
16		14	00:22:26	Jentzsch, Uwe	34		Duisburg	1955	2	M55	04:29,2
17	W	3	00:22:32	Schünemann, Christiane	113		Eintracht Duisburg	1968	1	W40	04:30,4
18		15	00:23:21	Volkenborn, Uwe	177		OSC 04 Rheinhausen	1964	2	M45	04:40,2
19		16	00:24:13	Jentzsch, David	35		Duisburg	1996	3	MJugB	04:50,6
20	W	4	00:24:26	Weick, Lena	7		OSC 04 Rheinhausen	1998	1	WJugB	04:53,2
21	W	5	00:24:42	Gornetzki, Bettina	165		Duisburg	1988	1	WHK	04:56,4
22		17	00:24:43	Speh, Michael	166		Duisburg	1971	1	M35	04:56,6
23		18	00:24:58	Winter, Martin	33		Die Eiszapfen	1959	1	M50	04:59,6
24	W	6	00:25:06	Langhanki, Ute	117		OSC Waldniel	1969	2	W40	05:01,2
25		19	00:25:12	Koch, Boris	78		Duisburg	1971	2	M35	05:02,4
26		20	00:25:28	Buch, Michael	237		Apotheke Mattenklotz	1967	5	M40	05:05,6
27	W	7	00:25:31	Schachner, Andrea	205		Mülheim an der Ruhr	1963	1	W45	05:06,2
28		21	00:25:37	Jahnke, Alfred	93		Rumelner TV	1945	1	M65	05:07,4
29		22	00:26:03	Bernstein, Cedric	224		OSC 04 Rheinhausen	2003	4	MJugB	05:12,6
30	W	8	00:26:04	Heidel, Eleonore	244		Tus Neumühl Duisburg	1956	1	W50	05:12,8
31		23	00:26:05	Hasshoff, Nikolai	196		OSC 04 Rheinhausen	1995	5	MJugB	05:13,0
32		24	00:26:15	Hildmann, Thomas	101		Rumelner TV	1971	3	M35	05:15,0
33		25	00:26:28	Zander, Ferdinand	198		OSC 04 Rheinhausen	1998	6	MJugB	05:17,6
34	W	9	00:26:29	Hillmer, Frauke	250		FSR	1958	2	W50	05:17,8
35		26	00:27:20	Stolle, Peter	163		Rheinhausen	1962	3	M45	05:28,0
36	W	10	00:27:31	Melchiorre, Cosima	44	ITA	Duisburg	1963	2	W45	05:30,2
37		27	00:27:41	Kalthoff, Jürgen	176		BSG Sparkasse Duisburg	1940	1	M70	05:32,2
38		28	00:27:55	Winterberg, Leon	220		Duisburg	1999	7	MJugB	05:35,0
39		29	00:27:59	Heisig, Jörg	221		LC Duisburg	1969	6	M40	05:35,8
40	W	11	00:28:12	Nitschke, Tanja	84		Rumelner TV	1990	2	WHK	05:38,4
41	W	12	00:28:14	Rettberg, Carina	85		Rumelner TV	1990	3	WHK	05:38,8
42		30	00:28:16	Zander, Thomas	246		OSC 04 Rheinhausen	1968	7	M40	05:39,2
43	W	13	00:28:26	Börger, Annegret	258		TV Walsum-Aldenrade	1955	1	W55	05:41,2
44		31	00:28:31	Ixlatt, Dieter	236		Apotheke Mattenklotz	1960	2	M50	05:42,2
45		32	00:28:49	Bürsten, Dieter	40		OSC 04 Rheinhausen	1938	2	M70	05:45,8
46	W	14	00:28:56	Schlott, Heike	149		Duisburg	1965	3	W45	05:47,2
47		33	00:29:11	Meinke, Wolfgang	266		Homberger TV	1960	3	M50	05:50,2
48		34	00:29:47	Blum, Reiner	100		Rumelner TV	1941	2	M65	05:57,4
49		35	00:30:05	Kunze, Olaf	188		OSC 04 Rheinhausen	1971	4	M35	06:01,0
50	W	15	00:30:06	Nusselein, Susanne	19		Team Kleine Kneipe	1959	3	W50	06:01,2
51		36	00:30:08	Freiberg, Frank	21		Team Kleine Kneipe	1963	4	M45	06:01,6
52	W	16	00:30:31	Bruckschen, Melanie	272		Duisburg	1971	1	W35	06:06,2
53	W	17	00:30:33	Eibrecht, Vera	39		OSC 04 Rheinhausen	1958	4	W50	06:06,6
54	W	18	00:32:09	Bartels, Heike	169		Düsseldorf	1975	2	W35	06:25,8
55	W	19	00:32:15	Meinke- Henn, Sabine	265		Homberger TV	1964	4	W45	06:27,0
56		37	00:32:30	Kölven, Markus	226		Neuss	1973	5	M35	06:30,0
57		38	00:33:09	Keusemann, Heinrich	104		Rumelner TV	1935	1	M75	06:37,8
58		39	00:33:13	Fenyk, Ulrich	212		Rumelner TV	1965	5	M45	06:38,6
59	W	20	00:34:03	Matthes, Gabriele	261		Duisburg	1957	5	W50	06:48,6
60		40	00:34:43	Dörnenburg, Sven	170		Duisburg	1974	6	M35	06:56,6

Volksparklauf Duisburg



5 km
So., 13. Juni 2010
OSC Rheinhausen

TEAMSOFT-SPORTZEIT.DE

Rang	G	Platz	Zeit	Name	St.-Nr	NAT	Verein	Jahr	PAK	AK	Min/KM
61		41	00:34:55	Albertini, Michael	28		Rumelner TV	1964	6	M45	06:59,0
62	W	21	00:35:52	Stanaitis, Melanie	248		Einzelhäupter	1974	3	W35	07:10,4
63		42	00:35:55	Albertini, Werner	27		Rumelner TV	1943	3	M65	07:11,0
64	W	22	00:37:00	Plauschin, Brigitte	247		Duisburg	1955	2	W55	07:24,0
65		43	00:38:35	Kölven, Gerd	103		Rumelner TV	1948	1	M60	07:43,0