

Platz	St.-Nr.	m/w	Nat.	Verein	AK	AK-Pl.	m/w-Pl.	Zeit
1	462	m		Severin, Tobias	LGO Bochum	M35	1	00:33:26.7
2	461	m		Temmler, Björn	Moerser TV	M30	2	00:36:15.8
3	255	m		Herberg, Rainer	Mülheim	MHK	3	00:36:42.4
4	431	m		Feichtinger, Stefan	Bad Ischl	MHK	4	00:37:02.9
5	12	m		Radtke, Mathias	DJK Vierlinden 28	M45	5	00:37:19.8
6	452	m		Prinz, Joachim	Silvesterlauf ...	M40	6	00:37:43.2
7	494	m		Harrou, Issa	ASV Duisburg	M30	7	00:38:23.4
8	463	m		Schubbert, Michael	BSG Stadtwerke...	M40	8	00:38:40.7
9	459	m		Jungwirth, Rudi	Moerser TV	M45	9	00:38:57.0
10	76	m		Fein, Axel	42tausend	M35	10	00:39:24.1
11	441	m		Hahn, Hendrik	Makrolon Runne...	MHK	11	00:39:38.5
12	350	m		Buckstegge, Gerrit	Sportklinik	MHK	12	00:39:41.6
13	84	m		Fritsch, Franz	TV Utfoot-Eick	M55	13	00:39:42.6
14	454	m		Lojak, Thomas	Moers	MJugA	14	00:39:44.5
15	204	m		Büskens, Jens		M40	15	00:39:50.4
16	181	m		Lösing, Martin	LG RWE Power	M50	16	00:40:28.4
17	123	m		Wazna, Holger	Makrolon Runne...	M35	17	00:40:34.5
18	271	m		Neiß, Wolfgang	LT Düsseldorf...	M55	18	00:40:54.3
19	352	m		Thorwarth, Ulrich	KSK Bayer Uerd...	M40	19	00:40:55.4
20	259	m		Paulukuhn, Dr. Leif	Moers	M35	20	00:41:04.2
21	128	m		Gehrke, Klaus	Velbert	M45	21	00:41:05.4
22	481	m		Runte, Meinolf	TuS Breitscheid	M50	22	00:41:18.4
23	490	m		Schulz, Thomas	Mülheim-Ruhr	M45	23	00:41:39.4
24	213	m		Riemann, Michael	Duisburg	M40	24	00:41:51.5
25	496	m		Dick, Viktor	Neukirchen-Vluyn	M45	25	00:42:00.4
26	150	m		Schneider, Peter	Korschenbroich	M45	26	00:42:03.9
27	89	m		Daemen, Oliver	OSC 04 Rheinhausen	M45	27	00:42:08.0
28	3	m		Giersch, Andreas	Duisburg	M35	28	00:42:27.5
29	273	m		Schlüter, Marco	Ahlen	MHK	29	00:42:41.8
30	132	m		Kühn, Dirk	Lanxess	M40	30	00:43:16.0
31	65	m		Schmitz, Michael	LC Duisburg	M50	31	00:43:19.2
32	158	m		Wiedekbach, Frank	Rumelner TV	M45	32	00:43:43.9
33	477	m		Schlender, Horst	LG Hünxe	M45	33	00:43:52.1
34	114	m		Schütze, Daniel	Rumeln Runners	M35	34	00:43:54.8
35	495	m		Roesche, Thomas	TV Utfoot-Eick	MHK	35	00:43:58.5
36	13	m		Schwarz, Rainer	Strongman Helden	M50	36	00:43:59.0
37	175	w		Breuer, Sabine	LC Duisburg	W45	1	00:44:11.6
38	446	m		Wortmann, Jörg	Makrolon Runne...	M40	37	00:44:27.1
39	164	m		Marten, Jens	Rumelner TV	M40	38	00:44:30.8
40	154	m		Henning, Rainer	Rumelner TV	M50	39	00:44:33.5
41	75	m		Pawellek, Karsten	Bochum	M30	40	00:44:42.6

42	176	w	Schanzenbach, Cerstin	LC Duisburg	W40	1	2	00:44:55.8
43	475	m	Esser, Roman	Team Geist	MHK	7	41	00:45:03.0
44	256	m	Leschinski, Günter	LT Moers 06	M65	1	42	00:45:13.1
45	469	m	Szardien, Siegfried	Www.szardien.de	M55	3	43	00:45:17.0
46	453	m	Hartmann, Fred	Die Stolperer	M50	6	44	00:45:21.9
47	483	m	Krichel, Michael		M45	10	45	00:45:26.1
48	68	m	Stuhlmacher, Michael	OSC 04 Rheinhausen	M50	7	46	00:45:42.0
49	16	w	Zacharias, Anina	Essen	W30	1	3	00:46:19.1
50	110	m	Sanders, Joachim	Essen	M60	1	47	00:46:20.4
51	113	m	Müller, Ralf	Schnaufgruppe	M55	4	48	00:46:37.6
52	266	w	Chamberlain, Kim	Duisburg	WHK	1	4	00:46:40.1
53	74	w	Eller, Desi	WSV Mülheim von 1906	WHK	2	5	00:46:43.8
54	474	m	Lee, Hann	Team Geist	M30	4	49	00:46:52.5
55	430	m	Reisloh, Carsten	OSC 04 Rheinhausen	M35	7	50	00:46:55.8
56	106	m	Klein, Marcel	Moers	MHK	8	51	00:47:05.4
57	198	w	Hermann, Anita	TV Sevelen	W50	1	6	00:47:09.1
58	451	m	Saubier, Stephan	Ozzy Und Dumbo	M50	8	52	00:47:16.2
59	44	w	Pingen, Bini	LC Duisburg	W40	2	7	00:47:21.6
60	60	m	Krause, Manfred	Duisburg	M45	11	53	00:47:25.2
61	468	m	Koopmann, Franz	Laufschmiede R...	M65	2	54	00:47:27.1
62	447	m	Martinez, José	BKK-Demag	M60	2	55	00:47:29.9
63	88	m	Rudolph, Uwe	Duisburg	M50	9	56	00:47:42.2
64	478	w	März, Leonie	Düsseldorf	W45	2	8	00:47:44.8
65	54	m	Moser, Harald W.	GC Soltau	M55	5	57	00:47:50.6
66	166	m	Nitschke, Dirk	Rumelner TV	M45	12	58	00:48:09.8
67	442	m	Hendriks, Günter	Homberger TV	M65	3	59	00:48:11.9
68	153	m	Schlothmann, Heinz	Rumelner TV	M35	8	60	00:48:12.4
69	433	m	Lochow, Daniel	Team Erdinger ...	MHK	9	61	00:48:16.4
70	189	m	Marißen, Klaus-D.	Die Stolperer	M60	3	62	00:48:19.8
71	111	m	Körper, Sören	Duisburg	M50	10	63	00:48:22.4
72	335	m	Grütering, Etti	Sportklinik	M50	11	64	00:48:29.8
73	36	w	Pilz, Melanie	Homberger TV	WJugB	1	9	00:48:46.0
74	58	m	Toebe, Volker	Duisburg	M45	13	65	00:49:06.4
75	381	m	Thelen, Dieter	LC Duisburg	M55	6	66	00:49:14.0
76	334	m	Wistuba, Sascha	Sportklinik	MHK	10	67	00:49:21.3
77	104	m	Becker, Reinhard	Kreuztal	M50	12	68	00:49:25.9
78	472	m	Lander, Stefan	Moers	M40	9	69	00:49:43.4
79	105	m	Skotarczyk, Stefan	Duisburg	MHK	11	70	00:49:48.2
80	482	m	Sattler, Wolfgang	Rumelner TV	M45	14	71	00:49:52.0
81	162	m	Wachholz, Thomas	Rumelner TV	M50	13	72	00:49:53.4
82	466	w	Metternich, Melanie	Palma Runners	W35	1	10	00:49:58.2
83	467	m	Beckmann, Micha	Palma Runners	M45	15	73	00:49:58.4
84	464	w	Pautzke, Catrin	BSG Stadtwerke...	W50	2	11	00:50:02.6
85	269	m	Verfürth, Peter G.	TuS Hamborn - ...	M55	7	74	00:50:08.3
86	449	m	Walter, Sebastian	Duisburg	MHK	12	75	00:50:16.1
87	373	m	Binias, Jürgen	LC Duisburg	M50	14	76	00:50:31.6

88	339	w		Haupt, Ulrike	TC Tönisvorst	WHK	3	12	00:50:33.3
89	465	w		Blachny, Jana	Eintracht Duis...	WHK	4	13	00:50:46.2
90	97	m		Schaary, Alexander	Duisburg	MHK	13	77	00:50:53.0
91	439	m		Persicke, Armin	Neuss	M45	16	78	00:51:05.9
92	178	w		Warschnauer, Sylke	SSV Strümp	W40	3	14	00:51:16.5
93	208	w		Gangelhoff, Alexandra	Duisburg	W35	2	15	00:51:17.9
94	488	m		Figueiras, Manuel	Krefeld	M50	15	79	00:51:45.6
95	427	m		Schweig, Norbert	VT Kempen	M55	8	80	00:51:46.0
96	448	w		Fendyck, Juliane	Kempen	WHK	5	16	00:51:46.4
97	458	w		Krüger, Katrin	TV St. Hubert	W40	4	17	00:51:48.2
98	491	m	ITA	Rizzi, Franco	Mülheim-Ruhr	M65	4	81	00:52:05.2
99	238	m		Winkel, Stefan	Duisburg	M40	10	82	00:52:06.5
100	239	m		Anuszewski, Marian	Duisburg	M50	16	83	00:52:07.2
101	73	m		Münstermann, Jörg	TSV Viktoria M...	M65	5	84	00:52:12.0
102	347	m		Teutloff, Volker	LC Duisburg	M50	17	85	00:52:28.1
103	432	w		Jendrysik, Bozena	Duisburg	W40	5	18	00:52:33.4
104	460	w		Fulga, Daniela-Luana	Moers	W40	6	19	00:52:36.6
105	66	m		Wolf, Horst	Team Flow	M60	4	86	00:52:53.6
106	187	w		Lingner-Czernik, Nicole	Moers	W40	7	20	00:53:08.0
107	249	m		Piechatzek, Edmund	LC Duisburg	M55	9	87	00:53:14.2
108	109	m		Ott, Sascha	Kamp-Lintfort	M35	9	88	00:53:14.6
109	493	w		Keggenhoff-Ehrlich, Elisabeth	Die Stolperer	W55	1	21	00:53:17.0
110	455	m		Nagel, Thomas	Rheinberg	M45	17	89	00:53:25.6
111	489	m		Schaary, Bernhard	Die Stolperer	M55	10	90	00:53:33.2
112	52	m		Franke, Thomas	SG Alte Mühle	M35	10	91	00:53:35.7
113	205	w		Piechatzek, Gabriele	LC Duisburg	W55	2	22	00:54:08.2
114	191	m		Rose, Jonathan	Dortmund	MJugB	1	92	00:54:19.0
115	192	m		Rose, Alexander	Berlin	MHK	14	93	00:54:19.3
116	336	m		Langelage, Benjamin	Sportklinik	MHK	15	94	00:54:22.7
117	499	m		Friese, Gustav		M65	6	95	00:54:46.5
118	486	w		Göppert, Sandra	TV Walsum-Alde...	W35	3	23	00:54:47.3
119	96	w		Litz, Hildegard	Die Stolperer	W55	3	24	00:55:04.2
120	197	m		Schötten, Werner	Tus Hamborn-Ne...	M65	7	96	00:55:05.4
121	264	m		Schreiter, Thomas	Essen	M45	18	97	00:55:08.9
122	45	m		Pingen, Volker	LC Duisburg	M45	19	98	00:55:10.1
123	11	m		Ettwig, Wolfgang	OSC 04 Rheinhausen	M60	5	99	00:55:19.5
124	8	m		Vahland, Frank	MSV Duisburg	M35	11	100	00:55:45.6
125	28	m		Waldschmidt, Daniel	Duisburg	M30	5	101	00:55:49.8
126	450	m		Zach, Wolfgang	Oberhausen	M45	20	102	00:55:50.4
127	57	m		Dumke, Kevin	Duisburg	MHK	16	103	00:56:13.8
128	440	w		Koske-Giersch, Sandra	Duisburg	W35	4	25	00:56:19.8
129	445	m		Roddeck, Markus	Duisburg	M40	11	104	00:56:21.3
130	180	m		Wäldchen, Ulrich	Rumelner TV	M55	11	105	00:56:23.6
131	399	w		Voll, Susanne	Krefelder Kanu...	W45	3	26	00:56:26.2
132	161	m		Lang, Rüdiger	Rumelner TV	M55	12	106	00:56:36.9
133	92	m		Bliesner, Friedhelm	Apotheke Matte...	M60	6	107	00:56:56.9

134	470	m	Marenberg, Jürgen	Duisburg	M55	13	108	00:57:01.4
135	492	w	Schalk, Claudia	LC Duisburg	W45	4	27	00:57:09.5
136	394	m	Kroggel, Horst	Dorsten	M55	14	109	00:57:29.5
137	342	m	Petri, Wolfgang	OSC 04 Rheinhausen	M45	21	110	00:57:37.2
138	9	w	Winter, Beate	Makrolon Runne...	W50	3	28	00:57:55.8
139	498	m	Störch, Jürgen	Makrolon Runne...	M45	22	111	00:57:56.4
140	50	m	Lyko, Uwe	Essen	M55	15	112	00:58:09.0
141	134	m	Markowsky, Günter	Duisburg	M55	16	113	00:58:09.4
142	188	m	Stephan, Bernd	LC Duisburg	M50	18	114	00:58:10.5
143	151	m	Jahnke, Alfred	Rumelner TV	M65	8	115	00:58:23.7
144	155	m	Herrmann, Holger	Rumelner TV	M50	19	116	00:58:24.7
145	485	w	Börger, Annegret	TV Walsum-Alde...	W55	4	29	00:59:10.9
146	444	w	Wagner, Karin	Die Stolperer	W40	8	30	00:59:45.8
147	443	m	Wagner, Burkhard	Die Stolperer	M50	20	117	00:59:46.2
148	217	m	Wissing, Karl	IG EMS	M65	9	118	01:00:02.8
149	457	m	Jakobs, Hans	LC Duisburg	M75	1	119	01:00:20.4
150	206	m	Graßhoff, Tim	Duisburg	MJugB	2	120	01:00:39.0
151	207	m	Graßhoff, Frank	Duisburg	M40	12	121	01:00:39.5
152	487	w	Henn-Lange, Anja	Homberger TV	W45	5	31	01:00:57.1
153	479	w	Objartel, Sylke	Essen	W40	9	32	01:01:27.6
154	260	w	Hillen, Corinna	Oberhausen	W40	10	33	01:01:29.0
155	471	m	Lzernik, Werner	Moers	M50	21	122	01:01:55.7
156	426	m	Plückelmann, Willi	TuS Hamborn-Ne...	M60	7	123	01:02:13.4
157	484	w	Winnands, Marion	Die Stolperer	W30	2	34	01:02:15.1
158	476	w	Emmerich, Lydia	Duisburg	W60	1	35	01:02:19.0
159	216	m	Wissing, Heinz	IG EMS	M70	1	124	01:03:53.8
160	167	w	Ingenwelpelt, Petra	Rumelner TV	W45	6	36	01:05:03.9
161	196	w	Valdés, Christel	LC Duisburg	W50	4	37	01:05:04.3
162	272	w	Nitschke, Waltraud	Rumelner TV	W45	7	38	01:05:04.7
163	270	w	Greivenstein, Claudia	LC Duisburg	W45	8	39	01:05:05.2
164	333	m	Letsch, Stephan	Sportklinik	M45	23	125	01:05:33.4
165	375	w	Van Borck, Dorit	Duisburg	W40	11	40	01:05:37.8
166	168	w	Kölven, Kerstin	Rumelner TV	W30	3	41	01:05:39.8
167	337	w	Bröker, Anke	Duisburg	W40	12	42	01:07:38.1
168	341	w	Schultheis, Ursula	Duisburg	W35	5	43	01:07:38.3
169	48	w	Sahinoglu, Fatma	Duisburg	W30	4	44	01:07:47.4
170	49	w	Sapendowski, Diana	Duisburg	W30	5	45	01:07:48.4
171	212	w	Welz, Christl	LC Duisburg	W55	5	46	01:07:52.5
172	86	m	Honus, Frank	Neukirchen-Vluyn	M45	24	126	01:08:45.8
173	473	w	Wolff, Angelika	Die Stolperer	W55	6	47	01:10:59.3
174	497	w	Störch, Carola	Makrolon Runne...	W45	9	48	01:12:04.7
175	172	w	Fingerle, Monika	Rumelner TV	W55	7	49	01:12:47.2
176	157	m	Fenyk, Ulrich	Rumelner TV	M45	25	127	01:12:47.6
177	159	m	Gillat, Helmuth	Rumelner TV	M65	10	128	01:12:48.5
178	265	m	Abady, Mohamed	Duisburg	M40	13	129	01:13:31.8
179	6	m	Brouwers, Michael	Duisburg	M50	22	130	01:17:42.1