



1. OSC-Johanniterlauf über 10 KM

Sonntag, 18. Juli 2004

TEAMSOFT-SPORTZEIT.DE

OSC Rheinhausen + Johanniter Krankenhaus Duisburg

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
1		00:34:52.8	228	Rueck, Matthias		LAV Bayer Uerdingen	1982	1	MHK	03:29,2	00:00:00
2		00:35:36.9	9031	Bunert, Jörg		LC Duisburg	1954	1	M50	03:33,6	00:00:44
3		00:36:07.3	41	Radtke, Mathias		DJK Vierlinden 1928	1966	1	M35	03:36,7	00:01:15
4		00:37:30.6	9044	Schneider, Axel		LC Duisburg	1966	2	M35	03:45,0	00:02:38
5		00:38:46.6	9028	Vennebusch, Mari		Polizei SV Bochum	1977	2	MHK	03:52,6	00:03:54
6		00:38:53.6	9043	Zellmer, Andreas		BSG REWE Köln	1966	3	M35	03:53,3	00:04:01
7		00:39:00.1	233	Busch, Thomas		TuS Neumühl	1980	3	MHK	03:54,0	00:04:08
8		00:39:14.0	85	Thelen, Thomas		OSC Rheinhausen	1960	1	M40	03:55,4	00:04:22
9		00:39:28.8	202	Kölven, Ludger		Rumelner TV	1976	4	MHK	03:56,8	00:04:36
10		00:39:31.9	31	Grenzen, Thorste		LC Duisburg	1968	4	M35	03:57,1	00:04:39
11		00:39:34.1	9052	Mölders, Dirk		BSV Grün Weiss Wes	1966	5	M35	03:57,4	00:04:42
12		00:39:46.7	34	Hellmuth, Michael		LC Duisburg	1950	2	M50	03:58,6	00:04:54
13		00:40:16.4	40	Szalai, Michael		BSG Stadtwerke Duis	1965	6	M35	04:01,6	00:05:24
14		00:40:42.3	9039	Bethke, Thomas		ABC Duisburg	1968	7	M35	04:04,2	00:05:50
15		00:40:46.0	43	Glienke, Rainer		MSV Moers	1963	2	M40	04:04,6	00:05:54
16		00:41:11.3	238	Vallant, Oliver		KC Santa Monica	1970	1	M30	04:07,1	00:06:19
17		00:41:21.2	260	Lange, Bodo		SV Beeckerwerth	1941	1	M60	04:08,1	00:06:29
18		00:41:30.4	231	Stetter, Dieter		Homberger TV	1958	1	M45	04:09,0	00:06:38
19		00:41:39.4	219	Köhler, Martin		FC Stoppenberg	1966	8	M35	04:09,9	00:06:47
20		00:41:56.0	58	Marzin, Herbert		Eintracht Duisburg	1939	1	M65	04:11,6	00:07:04
21		00:42:43.4	11	Grunert, Dr. Sasc		Johanniter Krankenha	1969	9	M35	04:16,3	00:07:51
22		00:42:51.0	36	Lingenauer, Haral		AS Neukirchen-Vluyn	1957	2	M45	04:17,1	00:07:59
23		00:42:59.4	9026	Lachmann, Guido		TuS Preußen Vluyn	1966	10	M35	04:17,9	00:08:07
24		00:43:14.5	9008	Bremer, Andreas		Triathlon Team Witten	1956	3	M45	04:19,4	00:08:22
25		00:43:33.4	99	Bauer, Jochen		BTC Herne	1959	4	M45	04:21,3	00:08:41
26		00:43:36.5	115	Ganz, Bertram		Moerser TV	1957	5	M45	04:21,6	00:08:44
27		00:43:52.2	9003	Falke, Dieter		Duisburg	1955	6	M45	04:23,2	00:09:00
28		00:43:53.2	320	Beller, Michael		TuS St. Hubert	1968	11	M35	04:23,3	00:09:01
29		00:43:55.5	239	Uffelmann, Ulrich		Duisburg	1952	3	M50	04:23,5	00:09:03
30		00:44:07.0	9053	Becker, Andreas		Bielefeld	1968	12	M35	04:24,7	00:09:15
31		00:44:07.2	289	Heringer, Markus		Albert-Schweizer Apo	1968	13	M35	04:24,7	00:09:15
32		00:44:10.3	9034	Gijsemans, Gusta	BEL	Kempen	1949	1	M55	04:25,0	00:09:18
33		00:44:13.7	210	Nitschke, Dirk		Rumelner TV	1963	3	M40	04:25,3	00:09:21
34		00:44:29.5	283	Bongers, Norbert		DJK VFL Forstwald	1959	7	M45	04:26,9	00:09:37
35		00:44:35.3	265	Piost, Carsten		SV Beeckerwerth	1962	4	M40	04:27,5	00:09:43
36		00:44:36.6	271	Chrostek, Tadek		Duisburg	1968	14	M35	04:27,6	00:09:44
37		00:44:39.1	9023	Hendriks, Hans-G		Moers	1945	2	M55	04:27,9	00:09:47
38		00:44:46.3	42	Hellmann, Peter		Duisburg	1963	5	M40	04:28,6	00:09:54
39		00:44:53.3	261	Meyer, Eckhardt		Duisburg	1950	4	M50	04:29,3	00:10:01
40		00:45:01.2	294	Lehmann, Roland		Homberger TV	1957	8	M45	04:30,1	00:10:09
41		00:45:12.1	161	Schaary, Bernd		Running Team Johann	1956	9	M45	04:31,2	00:10:20
42		00:45:15.8	312	May, Axel		WSR/DLRG	1968	15	M35	04:31,5	00:10:23
1	W	00:45:16.3	135	Kohler, Laura		Gütersloh	1977	1	WHK	04:31,6	00:00:00
2	W	00:45:16.3	9036	Kohler, Iris		LAC Dortmund	1974	1	W30	04:31,6	00:00:00
43		00:45:20.4	212	Raithel, Karl-Hein		Rumelner TV	1955	10	M45	04:32,0	00:10:28
44		00:45:24.9	207	Müller-Pickardt, Si		Rumelner TV	1952	5	M50	04:32,4	00:10:32
3	W	00:45:32.4	220	Mellinghoff, Elke		Homberger TV	1956	1	W45	04:33,2	00:00:16
45		00:45:44.7	124	Angenendt, Addie		Kinderheim St. Josef	1968	16	M35	04:34,4	00:10:52
46		00:45:46.5	257	Hendricksen, Han		TSV Quakenbrück	1959	11	M45	04:34,6	00:10:54
47		00:45:53.8	9027	Walter, Peter		Krefeld	1964	6	M40	04:35,3	00:11:01
48		00:46:12.5	268	Sadowski, Markus		BSG SK Duisburg	1975	5	MHK	04:37,2	00:11:20
49		00:46:12.5	9047	Reimann, Ralf		BSG DVG	1961	7	M40	04:37,2	00:11:20
50		00:46:22.0	248	Reinhold, Volker		Eintracht Duisburg	1954	6	M50	04:38,2	00:11:30
51		00:46:33.8	9038	Enteneuer, Ulrich		Homburger TV	1955	12	M45	04:39,3	00:11:41
52		00:46:40.2	9001	Möller, Thomas		Duisburg	1962	8	M40	04:40,0	00:11:48
53		00:46:41.4	195	Birnbaum, Bernd		Rumelner TV	1966	17	M35	04:40,1	00:11:49
54		00:46:46.1	9020	Pöschel, Sven			1984	6	MHK	04:40,6	00:11:54
55		00:46:57.2	215	Wachholz, Thoma		Rumelner TV	1961	9	M40	04:41,7	00:12:05

G=Geschlecht (kein Eintrag bei M) - NAT=Nation (kein Eintrag bei GER) - PAK=Platz Altersklasse - Z-Diff=Zeitdifferenz zum 1. Platz

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
56		00:47:13.9	298	Ullein, Rolf		Moerser TV	1955	13	M45	04:43,3	00:12:21
4	W	00:47:32.6	336	Goebel, Doris		Rheinhausen	1957	2	W45	04:45,2	00:02:16
57		00:47:34.0	35	Seliger, Ralf		Duisburg	1961	10	M40	04:45,4	00:12:42
58		00:47:45.0	1	Noetzel, Dirk		Jülich	1967	18	M35	04:46,5	00:12:53
59		00:47:52.6	359	Hartmann, Fred		LG Lohheider	1961	11	M40	04:47,2	00:13:00
60		00:47:52.8	258	Steinbach, Tim		Duisburg	1990	1	MJugB	04:47,2	00:13:00
61		00:47:54.1	9022	Brauer, Hans-Pet		LC Duisburg	1957	14	M45	04:47,4	00:13:02
62		00:48:04.0	9009	Reithmayer, Lutz		VC 75 Dortmund	1945	3	M55	04:48,4	00:13:12
63		00:48:05.0	306	Krause, Jürgen			1953	7	M50	04:48,5	00:13:13
64		00:48:15.7	309	Reisloh, Carsten		OSC Rheinhausen	1976	7	MHK	04:49,5	00:13:23
65		00:48:23.5	9017	Baumann, Norber			1960	12	M40	04:50,3	00:13:31
66		00:48:32.7	206	Mey, Ulrich		Rumelner TV	1968	19	M35	04:51,2	00:13:40
67		00:48:34.2	9050	Jaensch, Wolfgang		Friedberg	1961	13	M40	04:51,4	00:13:42
68		00:48:43.2	16	Bialik, Matthias		Logger Jogger Duisbu	1970	2	M30	04:52,3	00:13:51
69		00:48:44.1	9046	Wolff, Klaus Diete		Wuppertal	1959	15	M45	04:52,4	00:13:52
70		00:48:50.0	9045	Lipinski, Simon		DSC Kaiserberg	1989	2	MJugB	04:53,0	00:13:58
71		00:49:06.3	9005	Thau, Marcel		Die Happy Duisburg	1977	8	MHK	04:54,6	00:14:14
72		00:49:07.7	322	Krause, Walter		OSC Rheinhausen	1953	8	M50	04:54,7	00:14:15
73		00:49:20.9	329	Blumenfeld, Frank		LTD Köln- Dellbrück	1967	20	M35	04:56,0	00:14:28
74		00:49:21.0	9006	Synofzik, Tobias		Die Happy Duisburg	1979	9	MHK	04:56,1	00:14:29
75		00:49:24.7	284	Steinbach, Marc		Duisburg	1986	1	MJugA	04:56,4	00:14:32
76		00:49:24.9	368	Spletstößer, Jörg		Duisburg	1967	21	M35	04:56,4	00:14:32
77		00:49:27.0	204	Lapsien, Manfred		Rumelner TV	1962	14	M40	04:56,7	00:14:35
78		00:49:31.8	9040	Paul, Heiner		Herne	1936	2	M65	04:57,1	00:14:39
79		00:49:39.2	216	Wäldchen, Ulrich		Rumelner TV	1955	16	M45	04:57,9	00:14:47
80		00:49:43.5	9013	Romanik, Stacho			1955	17	M45	04:58,3	00:14:51
5	W	00:49:45.5	198	Diamant Raithel,		Rumelner TV	1957	3	W45	04:58,5	00:04:29
6	W	00:49:47.2	211	Nitschke, Waltrau		Rumelner TV	1963	1	W40	04:58,7	00:04:31
81		00:50:00.3	250	Ziemes, Marc		Duisburg	1968	22	M35	05:00,0	00:15:08
82		00:50:12.1	346	Kuchta, Robert		Physiotherapie Schm	1981	10	MHK	05:01,2	00:15:20
83		00:50:13.2	338	Üvük, Ozcan		Physiotherapie Schm	1984	11	MHK	05:01,3	00:15:21
84		00:50:22.3	13	Ettlinger, Wolfgang		Duisburg	1950	9	M50	05:02,2	00:15:30
85		00:50:28.7	352	Burek, Paul		Physiotherapie Schm	1984	12	MHK	05:02,8	00:15:36
86		00:50:29.5	349	Gehnen, Markus		Physiotherapie Schm	1977	13	MHK	05:02,9	00:15:37
87		00:50:29.8	342	Aksoy, Denniz		Physiotherapie Schm	1981	14	MHK	05:02,9	00:15:37
88		00:50:30.0	351	Fischer, Hennig		Physiotherapie Schm	1981	15	MHK	05:03,0	00:15:38
89		00:50:31.7	164	Finger, Hartmut		DJK Adler 07 Bottrop	1962	15	M40	05:03,1	00:15:39
90		00:50:40.6	350	Gietz, Maik		Physiotherapie Schm	1977	16	MHK	05:04,0	00:15:48
7	W	00:50:40.9	165	Grüter, Ulrike		DJK Adler 07 Bottrop	1969	1	W35	05:04,0	00:05:24
91		00:50:42.8	9037	Eder, Karl-Dieter		Wuppertal	1950	10	M50	05:04,2	00:15:50
92		00:50:48.8	9033	Szardien, Siegfrie		Duisburg	1954	11	M50	05:04,8	00:15:56
93		00:50:55.2	194	Ahlemeyer, Klaus		Rumelner TV	1942	2	M60	05:05,5	00:16:03
94		00:51:01.4	9019	Windgassen, Götz			1960	16	M40	05:06,1	00:16:09
95		00:51:06.4	9030	Zabel, Jochen		Duisburg	1957	18	M45	05:06,6	00:16:14
96		00:51:23.1	166	Kaub, Helmut		Friemersheimer Orgel	1960	17	M40	05:08,3	00:16:31
97		00:51:24.9	251	Knufinke, Hans-U		Gütersloh	1956	19	M45	05:08,4	00:16:32
8	W	00:51:26.1	9018	Windgassen, Astri			1960	2	W40	05:08,6	00:06:10
9	W	00:51:28.7	123	Kallmayer, Dr. Ma		Moers	1956	4	W45	05:08,8	00:06:12
98		00:51:30.8	307	Igel, Claus			1952	12	M50	05:09,0	00:16:38
10	W	00:51:36.5	4	Boes, Barbara		OSC Rheinhausen	1947	1	W55	05:09,6	00:06:20
99		00:51:54.0	347	Kizilkaya, Tayfun		Physiotherapie Schm	1983	17	MHK	05:11,4	00:17:02
100		00:51:54.2	339	Wagner, Jewgeni		Physiotherapie Schm	1986	2	MJugA	05:11,4	00:17:02
101		00:52:06.4	162	Schaary, Ernst		Duisburg	1955	20	M45	05:12,6	00:17:14
102		00:52:18.6	376	Wawrock, Mike		Duisburg	1970	3	M30	05:13,8	00:17:26
103		00:52:24.4	9035	Beerking, Willi		OW Wesel Flüren	1949	4	M55	05:14,4	00:17:32
104		00:52:33.7	208	Neumann, Hagen		Rumelner TV	1944	3	M60	05:15,3	00:17:41
105		00:52:43.3	9051	Kreutner, Walter		Rote Laterne Bilk	1950	13	M50	05:16,3	00:17:51
11	W	00:52:47.0	52	Börger, Annegret		TV Walsum-Aldenrad	1955	5	W45	05:16,7	00:07:31

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Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
12	W	00:52:48.5	203	Körner, Ruth		Rumelner TV	1962	3	W40	05:16,8	00:07:32
106		00:52:50.1	6	Lang, Rüdiger		Duisburg	1956	21	M45	05:17,0	00:17:58
107		00:52:50.2	209	Nies, Rolf		Rumelner TV	1958	22	M45	05:17,0	00:17:58
108		00:53:08.1	9032	Senicar, Heinz-Jür		SV Beeckerwerth 192	1947	5	M55	05:18,8	00:18:16
109		00:53:14.7	221	Bennett, Peter	GBR	26.2 Roadrunners Clu	1959	23	M45	05:19,4	00:18:22
110		00:53:22.4	79	Ufermann, Gerhar		Duisburg	1952	14	M50	05:20,2	00:18:30
111		00:53:27.4	197	Bring, Dirk		Rumelner TV	1967	23	M35	05:20,7	00:18:35
13	W	00:53:41.9	9025	von Gruchalla, Iri		Duisburg	1965	2	W35	05:22,1	00:08:25
112		00:53:52.1	270	Weissgerber, Stef		Duisburg	1968	24	M35	05:23,2	00:19:00
113		00:54:00.6	354	Armiento, Marco		Physiotherapie Schm	1978	18	MHK	05:24,0	00:19:08
114		00:54:03.1	318	Broll, Adam Sylve		Duisburg	1973	4	M30	05:24,3	00:19:11
115		00:54:06.2	3	Wulf, Roland		Praxis Schnorbus	1975	19	MHK	05:24,6	00:19:14
116		00:54:13.1	101	Karcher, Gerd		Duisburg	1953	15	M50	05:25,3	00:19:21
117		00:54:18.7	111	Schiebener, Marti		TB Rheinhausen	1955	24	M45	05:25,8	00:19:26
118		00:54:31.5	5	Boes, Hans-Jürge		OSC Rheinhausen	1947	6	M55	05:27,1	00:19:39
14	W	00:54:31.9	9029	Hornschuh, Claudi		Essen	1977	2	WHK	05:27,1	00:09:15
119		00:54:34.0	343	Grimm, Roman		Physiotherapie Schm	1968	25	M35	05:27,4	00:19:42
120		00:54:44.3	9012	Görz, Stephan		Ratingen	1950	16	M50	05:28,4	00:19:52
121		00:54:47.5	122	Schill, Michael		Kaldenhausen	1970	5	M30	05:28,7	00:19:55
122		00:54:49.3	9021	Nest, Wolfgang			1962	18	M40	05:28,9	00:19:57
123		00:54:56.2	334	Weidlich, Jürgen		Kamp-Lintfort	1941	4	M60	05:29,6	00:20:04
124		00:54:57.2	83	Janssen, Andreas		Homberg	1968	26	M35	05:29,7	00:20:05
15	W	00:54:57.2	84	Janssen, Kirsten		Homberg	1971	2	W30	05:29,7	00:09:41
125		00:55:07.2	340	Cenk, Tomasz		Physiotherapie Schm	1974	6	M30	05:30,7	00:20:15
126		00:55:14.8	353	Aslan, Mevlit		Physiotherapie Schm	1979	20	MHK	05:31,4	00:20:22
127		00:55:21.1	66	Wurzel, Martin		Kinderheim St. Josef	1955	25	M45	05:32,1	00:20:29
16	W	00:55:21.2	93	Heidtmann, Tanja		Kinderheim St. Josef	1974	3	W30	05:32,1	00:10:05
128		00:55:25.5	9002	Eitrich, Dieter		Duisburg	1954	17	M50	05:32,5	00:20:33
129		00:55:25.7	9000	Wittek, Christian		Duisburg	1964	19	M40	05:32,5	00:20:33
130		00:55:25.9	24	Vahland, Frank		Duisburg	1974	7	M30	05:32,5	00:20:33
17	W	00:55:31.0	26	Litz, Hildegard		Johanniter Krankenha	1956	6	W45	05:33,1	00:10:15
131		00:55:55.4	288	Kleinebeck, Andre		Albert-Schweizer Apo	1983	21	MHK	05:35,5	00:21:03
132		00:56:07.7	9011	Herbst, Manfred		Duisburg	1950	18	M50	05:36,7	00:21:15
133		00:56:21.6	200	Förster, Willi		Rumelner TV	1955	26	M45	05:38,1	00:21:29
134		00:56:26.6	278	Rösler, Guido		Duisburg	1966	27	M35	05:38,6	00:21:34
135		00:56:26.7	273	Baus, Andreas		Runner Friends	1962	20	M40	05:38,6	00:21:34
136		00:56:28.5	9015	Rösch, Detlef		LC Duisburg	1954	19	M50	05:38,8	00:21:36
137		00:56:30.9	9016	Richter, Reinhard		Duisburg	1948	7	M55	05:39,0	00:21:38
138		00:56:31.1	308	Rohde, Dieter		KSV Duisburg	1955	27	M45	05:39,1	00:21:39
139		00:56:41.9	92	Scherer, Georg		Hückeswagen	1965	28	M35	05:40,1	00:21:49
140		00:56:46.8	22	Berner, Dieter		OSC Rheinhausen	1937	3	M65	05:40,6	00:21:54
18	W	00:56:47.4	75	van Weßel, Kersti		Flossenteam Duisburg	1959	7	W45	05:40,7	00:11:31
141		00:56:47.5	74	van Weßel, Simon		Flossenteam Duisburg	1985	3	MJugA	05:40,7	00:21:55
142		00:56:51.0	8	Banik, Stefan		Mönchengladbach	1965	29	M35	05:41,1	00:21:59
19	W	00:57:05.0	199	Förster, Anke		Rumelner TV	1955	8	W45	05:42,5	00:11:49
143		00:57:07.5	295	Witzel, Andreas		Gelsenkirchen	1967	30	M35	05:42,7	00:22:15
144		00:57:08.9	100	Rösner, Dietmar		OSC Rheinhausen	1941	5	M60	05:42,8	00:22:16
145		00:57:15.3	44	Voss, Detlef		Duisburg	1952	20	M50	05:43,5	00:22:23
146		00:57:20.2	348	Hendrich, Christia		Physiotherapie Schm	1984	22	MHK	05:44,0	00:22:28
147		00:57:21.8	344	Yalinci, Özgür		Physiotherapie Schm	1982	23	MHK	05:44,1	00:22:29
20	W	00:57:52.9	310	Müller-Backhaus,		Duisburg	1965	3	W35	05:47,2	00:12:36
148		00:58:05.4	341	Poeggel, Andre		Physiotherapie Schm	1974	8	M30	05:48,5	00:23:13
149		00:58:15.1	113	Trispel, Joachim		HRK Germania	1957	28	M45	05:49,5	00:23:23
21	W	00:58:24.2	256	Hendricksen, Heik		TSV Quakenbrück	1961	4	W40	05:50,4	00:13:08
150		00:58:30.5	9049	Lenk, Michael			1960	21	M40	05:51,0	00:23:38
22	W	00:58:31.5	156	Schuck, Beate		Duisburg	1962	5	W40	05:51,1	00:13:15
151		00:58:44.4	335	de Pace, Biagio	ITA	Duisburg	1950	21	M50	05:52,4	00:23:52
23	W	00:58:46.1	196	Blöcher Nies, Ina		Rumelner TV	1960	6	W40	05:52,6	00:13:30

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1. OSC-Johanniterlauf über 10 KM

Sonntag, 18. Juli 2004

TEAMSOFT-SPORTZEIT.DE

OSC Rheinhausen + Johanniter Krankenhaus Duisburg

Platz	G	Zeit	St.-Nr	Name	NAT	Verein	Jahr	PAK	AK	Min/KM	Z-Diff
24	W	00:58:53.5	9042	Scarteddu, Angel		Johanniter Krankenha	1953	1	W50	05:53,3	00:13:37
152		00:59:14.9	9048	Schweizer, Manfr		Duisburg	1949	8	M55	05:55,4	00:24:22
153		00:59:15.8	30	Bücken, Dirk		Duisburg	1965	31	M35	05:55,5	00:24:23
25	W	00:59:17.8	311	Kling, Christina		Duisburg	1965	4	W35	05:55,7	00:14:01
154		00:59:21.2	274	Louis, Herbert		Runner Friends	1947	9	M55	05:56,1	00:24:29
155		00:59:41.3	9041	Peters, Gerald		Duisburg	1965	32	M35	05:58,1	00:24:49
26	W	00:59:43.3	337	Brack, Heike		Duisburg	1965	5	W35	05:58,3	00:14:27
156		00:59:58.0	290	Menzel, Helmut		laufen-aktuell.de	1955	29	M45	05:59,8	00:25:06
27	W	00:59:59.3	9014	Berger, Heike		Duisburg	1964	7	W40	05:59,9	00:14:43
28	W	01:00:52.2	223	Quade, Birgit		Düsseldorf	1962	8	W40	06:05,2	00:15:36
157		01:01:03.5	37	Sonnenwald, Chri		OSC Rheinhausen	1962	22	M40	06:06,3	00:26:11
158		01:01:03.9	9024	Blättermann, Tho		Duisburg	1962	23	M40	06:06,3	00:26:11
159		01:01:04.2	382	Minx, Michael		OSC Rheinhausen	1962	24	M40	06:06,4	00:26:12
29	W	01:01:07.7	9054	Wolbck, Petra		Münster	1969	6	W35	06:06,7	00:15:51
30	W	01:01:08.8	142	Samek, Gisela		BSG SK Niederrhein	1955	9	W45	06:06,8	00:15:52
31	W	01:01:09.9	18	Schmidt, Kerstin		OSC Rheinhausen	1968	7	W35	06:06,9	00:15:53
160		01:01:26.0	356	Oberst, Dieter		Duisburg	1962	25	M40	06:08,6	00:26:34
161		01:01:26.0	357	Beumler, Udo		Duisburg	1958	30	M45	06:08,6	00:26:34
32	W	01:01:33.2	377	Bellingrodt, Manu		Duisburg	1970	4	W30	06:09,3	00:16:17
33	W	01:01:36.8	118	Wilczek, Eva		BSG Hilden	1946	2	W55	06:09,6	00:16:20
34	W	01:01:45.1	276	Rösler, Andrea		Duisburg	1967	8	W35	06:10,5	00:16:29
162		01:01:46.2	275	Licata, Antonio		Runner Friends	1966	33	M35	06:10,6	00:26:54
35	W	01:01:51.1	12	Schalk, Claudia		Duisburg	1964	9	W40	06:11,1	00:16:35
36	W	01:02:01.5	15	Holler, Katrin		Duisburg	1964	10	W40	06:12,1	00:16:45
163		01:02:01.6	14	Holler, Michael		Duisburg	1961	26	M40	06:12,1	00:27:09
37	W	01:02:13.3	205	Meier, Monika		Rumelner TV	1955	10	W45	06:13,3	00:16:57
164		01:02:46.1	9010	Frohlich, Dr.Tobia		Johanniter Krankenha	1968	34	M35	06:16,6	00:27:54
38	W	01:02:56.7	314	Tingelhoff, Heike		Duisburg	1965	9	W35	06:17,6	00:17:40
39	W	01:02:58.1	259	Ziemes, Heike-Su		Duisburg	1965	10	W35	06:17,8	00:17:42
165		01:03:35.1	121	Kemper, Klaus		Moers	1954	22	M50	06:21,5	00:28:43
40	W	01:03:36.2	229	Kox, Petra		Geldern	1969	11	W35	06:21,6	00:18:20
41	W	01:03:40.4	282	Quinones-Höfels,		Duisburg	1962	11	W40	06:22,0	00:18:24
42	W	01:03:54.7	27	Buntenschoen, Sa		Duisburg	1970	5	W30	06:23,4	00:18:38
43	W	01:03:55.0	28	Buntenschoen, Gu		Duisburg	1941	1	W60	06:23,5	00:18:39
44	W	01:04:14.8	396	Brosig, Claudia		Rheinhausen	1959	11	W45	06:25,4	00:18:58
166		01:05:14.0	72	Hinze, Dennis		Kinderheim St. Josef	1990	3	MJugB	06:31,4	00:30:22
45	W	01:05:32.4	262	Waschke, Roswith		Duisburg	1954	2	W50	06:33,2	00:20:16
46	W	01:05:59.9	102	Steven, Regina		Duisburg	1965	12	W35	06:35,9	00:20:43
47	W	01:06:02.6	213	Schwervers, Gisel		Rumelner TV	1956	12	W45	06:36,2	00:20:46
48	W	01:06:03.6	225	Thelen, Erika		OSC Rheinhausen	1962	12	W40	06:36,3	00:20:47
49	W	01:06:03.7	355	Oberst, Ute		Duisburg	1965	13	W35	06:36,3	00:20:47
50	W	01:06:55.2	214	Vogt, Petra		Rumelner TV	1961	13	W40	06:41,5	00:21:39
51	W	01:13:22.6	120	Saftig, Gudrun		Kiel	1957	13	W45	07:20,2	00:28:06

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