

Platz	St.-Nr.	m/w	Nat.	Verein	AK	AK-Pl.	m/w-Pl.	Zeit
1	437	m		Heikamp, Matthias	LAV Bayer Uerd...	M30	1	00:18:00.2
2	274	m		Meyer, Thomas	Rumelner TV	M35	2	00:18:05.8
3	225	m		Langhanki, Gerd	OSV Waldniel	M45	3	00:18:36.4
4	258	m		Bergstein, Stefan	TG Neuss	M40	4	00:18:46.5
5	388	m		Gschwandtner, René	Duisburg	M40	5	00:19:23.2
6	245	m		Davudchik, Nikita	OSC 04 Rheinhausen	MJugB	6	00:19:33.5
7	401	m		Falke, Aaron	Eintracht Duis...	MJugA	7	00:19:41.4
8	182	w		Kanditt, Katja	Mönchengladba...	W30	1	00:19:43.4
9	386	m		Szalai, Michael	ASV Duisburg	M45	8	00:19:52.2
10	218	m	ESP	Miguel, Carlos	Duisburg	M45	9	00:19:53.6
11	355	m		Schmeitz, Patrick	Sankt-Josef Ki...	MJugA	10	00:20:43.9
12	385	m		Höhling, Torsten	ASV Duisburg	M40	11	00:20:48.0
13	190	w		Scherf, Maria	Uedem	W50	2	00:21:06.0
14	400	m		Falke, Dieter	Duisburg	M55	12	00:21:18.1
15	102	m		Van Den Boom, Arnd	Familienzentru...	M30	13	00:21:31.1
16	214	m		Tempesta, Michael	SV Neukirchen ...	MHK	14	00:21:34.9
17	344	m		Marthin, Dieter	ASV Süchteln	M50	15	00:21:43.7
18	15	m		Jentzsch, Uwe	Duisburg	M55	16	00:22:12.5
19	10	m		Peifer, Lothar	Duisburg	M60	17	00:22:19.5
20	403	m		Suleiman, Shahin	Duisburg	MJugB	18	00:22:26.9
21	215	m		Spitzbart, Mark	SV Neukirchen ...	MJugB	19	00:22:41.7
22	330	m		Reisewitz, Dennis	Sportklinik	MJugA	20	00:22:42.3
23	115	m		Smolni, Roman	Duisburg	M30	21	00:22:48.9
24	80	m		Mindthoff, Uwe	VHS Fitness Wesel	M50	22	00:22:55.4
25	359	m		Kleinertland, Reinhold	VFL Duisburg-Süd	M60	23	00:23:05.0
26	37	m		Lauritsch, Wilhelm-Hendrik	Makrolon Runne...	M40	24	00:23:06.9
27	390	w		Steinke, Karoline	LC Duisburg	WJugB	3	00:23:11.3
28	389	m		Steinke, Marten	LC Duisburg	MJugB	25	00:23:11.7
29	372	m		Binias, Jürgen	LC Duisburg	M50	26	00:23:27.4
30	118	m		Czichy, Rene	Duisburg	M35	27	00:23:56.9
31	415	m		Winter, Maurice	Makrolon Runne...	MHK	28	00:24:16.2
32	409	m		Schiffer, Georg	Duisburg	M45	29	00:24:16.5
33	69	m		Winter, Martin	Die Eiszapfen	M50	30	00:24:31.1
34	130	m		Koch, Boris	Duisburg	M40	31	00:24:35.1
35	14	m		Jentzsch, David	Duisburg	MJugB	32	00:24:36.0
36	78	w		Leist, Indra	CSV Marathon K...	W30	4	00:24:38.8
37	85	w		Driske, Tessa	Eintracht Duis...	WJugB	5	00:25:08.0
38	224	w		Langhanki, Ute	OSV Waldniel	W40	6	00:25:10.4
39	402	m		Suleiman, Sami	Duisburg	M40	33	00:25:13.5
40	19	w		Karim, Melanie	LC Duisburg	W35	7	00:25:20.6
41	338	m		Pechtheiden, Markus	Marathon Mülheim	M40	34	00:25:23.1

42	349	m		Teutloff, Volker	LC Duisburg	M50	5	35	00:25:31.7
43	423	m		Hennen, Sascha	AWG Süd	MJugB	6	36	00:25:32.6
44	412	m		Gosewinkel, Heiko	Duisburg	M35	3	37	00:25:42.7
45	411	m		Knaup, Thomas	FC Karnap	M40	8	38	00:25:48.2
46	398	m		Gervers, André	Duisburg	MHK	3	39	00:25:56.4
47	429	m		Ludowisy, Hans	Solingen	M75	1	40	00:26:03.0
48	395	w		Heidel, Eleonore	TuS Hamborn-Ne...	W55	1	8	00:26:09.1
49	424	w		Cristobal, Anabel	Moers	W45	1	9	00:26:22.7
50	18	m		Rodenjohann, Marc	LC Duisburg	M40	9	41	00:26:26.2
51	55	w		Wienke, Annika	Duisburg	WHK	1	10	00:26:35.8
52	107	w		Klesse, Renate	TuS Hamborn-Ne...	W55	2	11	00:26:55.9
53	435	w		Just, Gladys	Ratingen	W35	2	12	00:27:07.3
54	436	m		Just, Yves	Ratingen	MJugB	7	42	00:27:26.2
55	340	w		Butenschön, Sabine	Duisburg	W40	2	13	00:27:27.0
56	329	w		Buckstegge, Sarah	Sportklinik	WHK	2	14	00:27:51.5
57	332	w		Preuß, Christina	Sportklinik	WHK	3	15	00:27:51.9
58	72	w		Schwarz, Ilona	Duisburg	W50	2	16	00:27:53.1
59	87	w		Lehmann, Sabine	Zierenberg	W40	3	17	00:27:54.1
60	253	m		Grefen, Jochen	OSC 04 Rheinhausen	M40	10	43	00:27:55.8
61	42	m		Stolle, Peter	Duisburg	M45	5	44	00:28:04.2
62	79	m		Hartung, Horst	CSV Marathon K...	M60	3	45	00:28:11.5
63	416	m		Kalthoff, Jürgen	BSG Sparkasse ...	M70	1	46	00:28:12.6
64	420	w		Meinke-Henn, Sabine	Homberger TV	W45	2	18	00:28:14.8
65	244	m		Zander, Thomas	OSC 04 Rheinhausen	M40	11	47	00:28:15.3
66	29	m		Freiberg, Frank	Team Griesson ...	M45	6	48	00:28:27.9
67	380	m		Verhoeven, Ernst	RTV Rumeln	M65	1	49	00:28:48.3
68	133	w		Lehmann, Stephanie	Komma Theater	W45	3	19	00:28:57.5
69	267	m		Bürsten, Dieter	OSC 04 Rheinhausen	M70	2	50	00:29:02.8
70	30	w		Nusselein, Susanne	DJK Kempener LC	W50	3	20	00:29:52.3
71	83	m		Bischoff, Rainer	Rheinhausen	M50	6	51	00:30:20.5
72	185	m		Lingner, Dirk	Moers	M40	12	52	00:30:39.8
73	186	w		Lingner-Czernik, Nicole	Moers	W40	4	21	00:30:40.3
74	356	w		Schmeitz, Katrin	Sankt-Josef Ki...	WJugB	3	22	00:30:42.1
75	174	w		Steffl, Daniela	SV Viktoria Goch	W45	4	23	00:30:43.4
76	419	m		Meinke, Wolfgang	Homberger TV	M50	7	53	00:30:49.7
77	71	w		Friedrichs, Astrid	Duisburg	W40	5	24	00:31:00.4
78	121	w	AUT	Potzmann, Sandra	Sportunion Pot...	WJugA	1	25	00:31:01.4
79	362	m		Dietrich, Robin	Duisburg	MJugB	8	54	00:31:22.4
80	171	m		Keusemann, Heinrich	Rumelner TV	M75	2	55	00:31:32.3
81	23	w		Schuster, Jennifer	Duisburg	WHK	4	26	00:31:33.2
82	39	w		Siegmund, Davina	Duisburg	WHK	5	27	00:31:33.6
83	354	m		Kaub, Cedric	Sankt-Josef Ki...	MJugB	9	56	00:31:34.9
84	370	w		Bunzel, Sabine	RTV Laufftreff	W50	4	28	00:32:02.8
85	371	m		Strommenger, Klaus	RTV Rumeln	M55	3	57	00:32:03.6
86	434	m		Lochow, Daniel	Team Erdinger ...	MHK	4	58	00:32:09.1
87	163	w		Massauer, Mareike	Rumelner TV	WHK	6	29	00:32:10.1

88	124	w	Mölders, Inga	Duisburg	WHK	7	30	00:32:35.3
89	210	w	Wilczek, Eva	BSG Hilden	W65	1	31	00:32:51.1
90	77	w	Löbel, Katrin	Duisburg	WHK	8	32	00:33:08.9
91	160	m	Kaffanke, Paul	Rumelner TV	M60	4	59	00:33:20.9
92	117	w	Appelt, Anne	Düsseldorf	W30	3	33	00:33:21.7
93	367	m	Külven, Markus	Rumelner TV	M35	4	60	00:34:48.7
94	116	w	Schreer, Stefanie	Essen	WHK	9	34	00:35:18.8
95	261	m	Albertini, Werner	Rumelner TV	M65	2	61	00:35:20.3
96	199	m	Skirde, Paul	Rheinhausen	M70	3	62	00:35:29.1
97	410	m	Buunk, Elias	Duisburg	MJugB	10	63	00:37:37.8
98	293	m	Brich, Tobias	GGs van-Gogh-S...	MJugB	11	64	00:38:09.2
99	378	m	Kunz, Hans-Peter	BVB Dortmund	M60	5	65	00:39:16.9
100	170	m	Kölven, Gerd	Rumelner TV	M60	6	66	00:39:25.6
101	232	w	Franz, Jennifer	St. Josef Kind...	WJugB	4	35	00:52:29.4
102	231	w	Neueling, Laura	St. Josef Kind...	WJugB	5	36	00:53:14.7
103	113	m	Müller, Ralf	Schnaufgruppe	M55	4	67	00:53:15.8