

Platz	St.Nr.	Zeit	M/W	Name, Vorname	Verein	AK	Pl.AK
1	348	00:34:06.8	M	Sudowe, David		M	1
2	155	00:34:21.3	M	Schramm, Michael	ASV Duisburg	M35	1
3	158	00:35:32.1	M	Eble, Christian	ASV Duisburg	M	2
4	352	00:35:37.7	M	Claesges, Michael	Dropsa Sports Club	M50	1
5	266	00:36:30.0	M	Temmler, Björn	AS Neukirchen-Vluyn	M35	2
6	337	00:36:46.4	M	Schlimnat, Michael	TuS Xanten	M35	3
7	156	00:36:55.4	M	Verwold, Andre	ASV Duisburg	M30	1
8	157	00:37:25.9	M	Menzel, Oliver	ASV Duisburg	M30	2
9	74	00:37:42.1	M	Meyer, Thomas	Rumelner TV	M40	1
10	146	00:37:51.0	M	Segeth, Martin		M30	3
11	160	00:38:50.9	M	Penning, Raphael	ASV Duisburg	M	3
12	161	00:38:57.2	M	Sdorra, Michal	ASV Duisburg	M35	4
13	263	00:39:50.7	M	Timmerman, Christian	VfL Rheinhausen Tischtennis	M	4
14	341	00:39:58.5	M	Ahaus, Marcel		M35	5
15	333	00:40:03.2	M	Frenz, Andreas	Bonner SC	M75	1
16	248	00:40:20.9	M	Resdorf, Carsten	Lauffreunde HADI Wesel	M40	2
17	124	00:40:23.8	M	Gietmann, Lukas Leander	Laufjunkies	MJ U20	1
18	154	00:40:30.8	M	Esposito, Gennaro	ASV Duisburg	M50	2
19	357	00:41:08.1	M	de Haas, Freddy	TuS Xanten	M45	1
1	338	00:41:08.4	W	Schlimnat, Riccarda	TuS Xanten	W	1
20	275	00:41:36.6	M	Peters, Michael	Lauffreunde Hadi Wesel	M35	6
21	360	00:42:31.1	M	Börke, Friedel	Homberger TV	M50	3
22	343	00:42:41.7	M	Ehlert, Thomas		M40	3
23	26	00:42:48.7	M	Fischer, Andreas		M50	4
24	331	00:43:03.8	M	Beba, Wolfgang	Rumelner TV	M55	1
25	342	00:43:18.7	M	Brandt, Helge		M40	4
26	16	00:43:21.9	M	Schumacher, Christian	OSC 04 Rheinhausen	M30	4
27	139	00:43:25.3	M	Kantekin, Gültekin		MJ U20	2
28	138	00:43:26.7	M	Flügge, Thomas	Meiderich 06 / 95	M45	2
29	71	00:43:41.9	M	Marten, Jens	Rumelner TV	M40	5
2	126	00:43:51.9	W	Schönherr, Ulrike	LAC THG Kettwig	W40	1
30	353	00:44:14.4	M	Dick, Viktor		M50	5
31	70	00:44:16.3	M	Markowsky, Günter	Rumelner TV	M60	1
3	162	00:44:26.2	W	Loeb, Stefanie	ASV Duisburg	W40	2
32	159	00:44:36.3	M	Frank, Matthias	ASV Duisburg	M	5
33	268	00:44:39.6	M	Ritzmann, Volker		M45	3
34	15	00:45:08.1	M	Bleckmann, Tom	OSC 04 Rheinhausen	MJ U18	1
35	10	00:45:28.4	M	Schwarz, Rainer	OSC 04 Rheinhausen	M50	6
36	150	00:45:38.5	M	Rohmert, Björn	ASV Duisburg	M35	7
37	242	00:45:51.3	M	Gerbrecht, Klaus	LT Lustige Schleicher Essen	M60	2
38	350	00:46:03.9	M	Beckmann, Ludger	AS Neukirchen-Vluyn	M55	2
39	81	00:46:05.8	M	Brauer, Jürgen	Rumelner TV	M55	3
40	123	00:46:44.2	M	Gietmann, Michael	Laufjunkies	M45	4
41	5	00:46:48.1	M	Jordan, Julian		M	6
42	190	00:46:48.7	M	Mahlerwein, Sebastian		M30	5
4	25	00:47:05.6	W	Biermann, Alina		W	2
43	339	00:47:10.9	M	Echtenbruck, Peter	TV Walsum-Aldenrade	M55	4
44	244	00:47:16.1	M	Müller, Ralf	Schnaufgruppe	M55	5
45	328	00:47:21.3	M	Riechert, Hartmut	Homberger TV	M50	7
46	187	00:47:34.8	M	Leschinski, Günter	LT Moers 06	M70	1
47	76	00:47:36.7	M	Henning, Rainer	Rumelner TV	M50	8
48	325	00:47:51.4	M	Urbanczyk, Günter	TSV Viktoria Mülheim 1898	M50	9
49	84	00:47:57.8	M	Hendriks, Holger	Rumelner TV	M50	10
50	358	00:47:58.2	M	Schlothmann, Heinz	Rumelner Turnverein	M40	6

51	75	00:47:58.2	M	Nitschke, Dirk	Rumelner TV	M50	11
5	332	00:48:20.1	W	Hoschke, Traudel	Homberger TV	W60	1
52	135	00:48:40.6	M	Schweig, Norbert	VT Kempen	M60	3
53	91	00:48:49.3	M	Szyjka, Mirosław		M50	12
6	335	00:49:24.2	W	Görigk, Silvia	Wedau-Runner Duisburg	W45	1
54	41	00:49:25.2	M	Wulf, Christoph		M30	6
55	64	00:49:39.2	M	Raifura, Michel		M35	8
56	153	00:49:55.6	M	Spöntjes, Willi	ASV Duisburg	M55	6
57	235	00:50:08.8	M	Lange, Bodo	SV Beeckerwerth	M70	2
7	345	00:50:12.9	W	Glander, Johanna		W	3
58	3	00:50:25.0	M	Rudolph, Uwe	Apotheke Mattenklotz	M50	13
8	83	00:50:36.7	W	Schwenke, Silja	Rumelner TV	W40	3
59	77	00:50:37.5	M	Gregoric, Detlef	Rumelner TV	M45	5
60	252	00:50:46.5	M	Tekok, Rolf		M55	7
61	18	00:50:53.3	M	Schaary, Alexander	OSC 04 Rheinhausen	M	7
62	134	00:50:53.7	M	Pilz, Jürgen	Baerl	M55	8
9	130	00:50:55.8	W	Gangelhoff, Alexandra		W40	4
63	90	00:51:08.1	M	Kempken, Tobias		M	8
64	356	00:51:13.6	M	Koschlitzki, Norbert	Eintracht Duisburg 1848 e.V.	M50	14
10	112	00:51:29.6	W	Friese, Martina	Fachhochschule Köln	W35	1
65	147	00:51:34.1	M	Echtenbruck, Patrick		M35	9
66	127	00:51:45.2	M	Dalheimer, Jürgen	D/dorfer TV	M65	1
67	258	00:51:50.6	M	Ullein, Rolf	Homberger TV	M60	4
68	349	00:51:52.4	M	Szardien, Siegfried	Www.szardien.de	M60	5
69	117	00:52:01.0	M	Grelle, Wolfgang		M45	6
70	179	00:52:09.1	M	Charretteur, Jean		M40	7
71	12	00:52:49.7	M	Heinke, Jörg	OSC 04 Rheinhausen	M50	15
72	256	00:53:22.1	M	Schreiter, Thomas	(Essen)	M45	7
73	19	00:53:30.8	M	Schaary, Ernst		M60	6
11	152	00:53:36.3	W	Spöntjes, Mina	ASV Duisburg	W30	1
12	6	00:53:55.2	W	Jordan, Anja		W35	2
13	116	00:54:14.9	W	Hold, Dorina		W45	2
74	58	00:55:02.7	M	Linder, Nico	Sparda-Bank West eG	M35	10
75	56	00:55:02.8	M	Kross, Sebastian	Sparda-Bank West eG	M	9
76	60	00:55:04.5	M	Savanovic, Dragan	Sparda-Bank West eG	M	10
77	57	00:55:09.0	M	Völker, Stefan	Sparda-Bank West eG	M55	9
14	241	00:55:16.2	W	Teschler-Borges, Claudia	Sparda-Bank West eG	W55	1
78	336	00:55:19.2	M	Seipel, Andreas	Rheinberg	M55	10
79	34	00:55:42.6	M	Karcher, Gerd		M60	7
15	82	00:55:47.1	W	Kosin, Verena	Rumelner TV	W30	2
80	347	00:56:10.4	M	Leroi, Roland	LC Duisburg	M45	8
16	359	00:57:16.5	W	Börke, Gaby	Homberger TV	W50	1
81	260	00:57:16.7	M	Lachmann, Guido	Homberger TV	M45	9
82	249	00:57:30.1	M	Zwanzig, Dieter	AS Neukirchen-Vluyn	M70	3
83	13	00:57:51.1	M	Albrecht, Andre	Die Siegerländer	M45	10
17	344	00:58:35.8	W	Stuffertz, Antje		W	4
84	239	00:58:49.2	M	Borges, Constantin	Sparda-Bank West eG	M	11
18	151	00:58:55.9	W	Spöntjes, Claudia	ASV Duisburg	W50	2
85	101	00:59:20.9	M	Wilms, Stephan	Johanniter-Krankenhaus Rheinha...	M40	8
19	143	00:59:36.8	W	Steltemeier, Claudia	Da läuft sie wieder	W40	5
20	37	00:59:39.9	W	Golm, Dana		W35	3
21	185	00:59:57.0	W	Strauß, Petra		W60	2
22	257	01:00:50.4	W	Hösl, Lisa		W50	3
86	355	01:01:03.4	M	Gervers, Andre	BSG Sparkasse Duisburg	M	12
87	354	01:01:05.8	M	Schellscheidt, Roland	AS Neukirchen-Vluyn	M65	2

23	33	01:01:40.1	W	Schwinge, Erika	ICH - AG	W65	1
88	240	01:02:39.1	M	Borges, Martin	Sparda-Bank West eG	M55	11
89	87	01:03:13.9	M	Herrmann, Holger	Rumelner TV	M55	12
24	346	01:03:29.6	W	Peltzer, Ann		W	5
90	50	01:04:12.8	M	Brich, Simon	OSC 04 Rheinhausen	MJ U18	2
91	49	01:04:13.5	M	Brich, Markus	OSC 04 Rheinhausen	M50	16
25	21	01:05:00.8	W	Memis, Melika	Sparda-Bank West eG	W	6
92	32	01:05:10.9	M	Köpp, Günter	VfL Bergheide	M55	13
26	102	01:05:19.2	W	Schultz, Tatjana	Johanniter-Krankenhaus Rheinha...	W40	6
27	103	01:05:19.4	W	Biergans-Zupp, Britta	Johanniter-Krankenhaus Rheinha...	W40	7
28	104	01:05:40.0	W	Kott, Marie	Johanniter-Krankenhaus Rheinha...	W30	3
93	144	01:05:54.2	M	Budwig, Steffen		M35	11
29	93	01:06:12.9	W	Szyjka, Sandra		W	7
94	92	01:06:12.9	M	Szyjka, Thomas		M	13
30	243	01:07:18.8	W	Wilczek, Eva	BSG Hilden	W65	2
31	351	01:10:56.1	W	Claesges, Jill	Dropsa Sports Club	W40	8